

**Parsnip Root**  
**Serving Size**



**grams**

Amount Per Serving

**Calories 100**

	% Daily Value *
<b>Total Fat</b> 0 g	<b>0%</b>
Saturated Fat 0 g	<b>0%</b>
Trans Fat 0 g	
<b>Cholesterol</b> 0 mg	<b>0%</b>
<b>Sodium</b> 15 mg	<b>1%</b>
<b>Total Carbohydrate</b> 24 g	<b>9%</b>
Dietary Fiber 7 g	<b>23%</b>
Total Sugars 6 g	
Includes 0 g Added Sugars	<b>0%</b>
<b>Protein</b> 2 g	
<b>Vitamin D</b> 0 mcg	<b>0%</b>
<b>Calcium</b> 48 mg	<b>4%</b>
<b>Iron</b> 0.79 mg	<b>4%</b>
<b>Potassium</b> 500 mg	<b>10%</b>

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**Allergens:**

**Ingredients:**

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