

# Spinach

## Nutrition Facts

About 2.8 servings per container

**Serving size** 2 cups (100g)

Amount per serving

**Calories**

**20**

% Daily Value\*

**Total Fat** 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 79mg 3%

**Total Carbohydrate** 3.6g 1%

Dietary Fiber 2g 9%

Total Sugars 0g

Includes 0g Added Sugars 0%

**Protein** 3g

Vitamin D 0mcg 0%

Calcium 99mg 10%

Iron 2.7mg 15%

Potassium 558mg 16%

\* 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.

\* Nutritional Values based on the FDA.