

Spinach

Nutrition Facts

About 2.8 servings per container

Serving size2 cups (100g)

Amount per serving

Calories20

% 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 Added Sugars	0g	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.