

Asparagus

Nutrition Facts

About 4.5 servings per container

Serving size 1 cup (100g)

Amount per serving

Calories

20

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 2mg 0%

Total Carbohydrate 3g 7%

Dietary Fiber 2g 8%

Total Sugars 2g

Includes 0g Added Sugars 0%

Protein 2g

Vitamin D 0mcg 0%

Calcium 24mg 2%

Iron 2.1mg 12%

Potassium 202mg 6%

* 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.