

Nutrition Facts

Serving size 0.5 cup (chopped) (46 g)

Amount per serving

Calories9

	% Daily Value *
Total Fat 0.08g	0.1%
Sat Fat 0.03g	0.14%
Trans Fat 0g	
Polyunsaturated Fat 0.029g	
Monounsaturated Fat 0.004g	
Cholesterol 0mg	0%
Sodium 1.4mg	0.06%
Carbohydrates 2.1g	0.78%
Fiber 0.78g	2.8%
Sugars 1.104g	
Protein 0.4g	
Zinc 0.06mg	0%
Vitamin K 3.4µg	2%
Vitamin E 0.25IU	2%
Vitamin D 0IU	0%
Vitamin C 37mg	40%
Vitamin B6 0.1mg	6%
Vitamin B12 0µg	0%
Vitamin A 170IU	20%
Thiamin 0.03mg	2%
Selenium 0µg	0%
Riboflavin 0.01mg	2%
Potassium 81mg	2%
Phosphorus 9.2mg	0%
Pantothenic Acid 0.046mg	0%
Niacin 0.22mg	2%
Manganese 0.06mg	2%
Magnesium 4.6mg	2%
Iron 0.156mg	0%
Folic Acid 0µg	0%
Folate 4.6µg	2%
Copper 0.03mg	4%
Calcium 4.6mg	0%

* 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.