

Nutrition Facts	
about 24 servings per container	
Serving size	1/2 cup (120g)
Amount per serving	
Calories	40
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 120mg	5%
Total Carb. 9g	3%
Dietary Fiber 1g	4%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.5mg	2%
Potassium 110mg	2%
* The % Daily Value (DV) tells 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.	

INGREDIENTS: BEETS, WATER, SALT.

100g Data	
Calories	33.33
Total Fat (g)	0.04
Saturated Fat (g)	0.01
Trans Fat (g)	0.00
Cholesterol (mg)	0.00
Sodium (mg)	100.24
Total Carbohydrates (g)	7.50
Dietary Fiber (g)	0.76
Total Sugars (g)	3.41
Added Sugars (g)	0.00
Protein (g)	0.51
Vitamin D (mcg)	0.00
Calcium (mg)	9.40
Iron (mg)	0.40
Potassium (mg)	90.46
Moisture (%)	94.43
Ash (g)	0.85