

## Nutrition Facts (Unprepared)

13 Servings Per Container

**Serving Size** **84 g**

**Amount Per Serving**

**Calories** **20**

% Daily Value\*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 5mg 0%

Total Carbohydrate 3g 1%

Dietary Fiber 2g 1%

Sugar 2g

Added Sugar 0g 0%

Protein 3g

Vitamin D 0µg 0%

Potassium 220mg 4%

Calcium 20mg 2%

Iron 0.6mg 4%

\* 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.

## Ingredients

Asparagus