

Regal Foods
Nutrition Label
Regal Beetroot Powder

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Nutrition Facts	
Serving size	1 tsp (28g)
Amount per serving	
Calories	10
% Daily Value *	
Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 3g	1%
Dietary Fiber 1g	3%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0.3mg	2%
Potassium 90mg	2%
* 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.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: Beetroot