

# Nutrition Facts

Serving Size 2 cups chopped (85g)

## Amount Per Serving

**Calories** 23

	<b>% Daily Values*</b>
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Potassium</b> 153mg	<b>4%</b>
<b>Sodium</b> 12mg	<b>1%</b>
<b>Total Carbohydrate</b> 4g	<b>1%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 0g	
<b>Protein</b> 2g	<b>4%</b>

Vitamin A 181%	●	Vitamin C 25%
Calcium 167%	●	Vitamin B6 93%
Phosphorus 18%	●	Magnesium 19%

\*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g