

# Nutrition Facts

Serving Size 1 cup chopped (101g)

Amount Per Serving

**Calories** 16

Calories from Fat 2

% Daily Values\*

**Total Fat** 0g **0%**

Saturated Fat 0g **0%**

Trans Fat

**Cholesterol** 0mg **0%**

**Sodium** 81mg **3%**

**Total Carbohydrate** 3g **1%**

Dietary Fiber 2g **6%**

Sugars 2g

**Protein** 1g

Vitamin A 9% ● Vitamin C 5%

Calcium 4% ● Iron 1%

\*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