

Nutrition Facts

Serving Size 7 spears (83g)

Servings per container

Amount per Serving

Calories 20 **Calories from Fat** 0

% Daily Values *

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Cholesterol 0mg **0%**

Sodium 5mg **0%**

Total Carbohydrate 3g **1%**

Dietary Fiber 2g **7%**

Sugars 2g

Protein 3g

Vitamin A 10% Vitamin C 25%

Calcium 0% Iron 2%

*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	65 g	80 g
Sat Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2,400 mg	2,400 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g

INGREDIENTS: ASPARAGUS

HEALTH CLAIMS

"EXCELENT SOURCE OF VITAMIN C"

"GOOD SOURCE OF VITAMIN A"

This nutrient information is applicable only to vegetables from companies which are members of the American Frozen Food Institute's (AFFI) nutrient database.

This nutrient panel has not been approved by the Food and Drug Administration (FDA). The serving size data is based on information provided by AFFI members. AFFI makes no representations as to the accuracy of the information provided.