

Nutrition Facts

Serving Size about 2 spears (20g)

Servings Per Container about 6

Amount Per Serving

Calories 6

Calories from Fat 0

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g 0%

Cholesterol 0mg 0%

Sodium 120mg 5%

Total Carbohydrate 1g 0%

Dietary Fiber 0g 0%

Sugars 0g

Proteins 0g

Vitamin A 3%

Vitamin C 8%

Calcium 0%

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
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g