

Nutrition Facts

Serving Size 1 cup, chopped 160g (160 g)

Amount Per Serving

Calories 64

Calories from Fat 1

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat

Cholesterol 0mg 0%

Sodium 6mg 0%

Total Carbohydrate 15g 5%

Dietary Fiber 3g 11%

Sugars 7g

Protein 2g

Vitamin A 0% • Vitamin C 20%

Calcium 4% • 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	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4