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[Substance Abuse Rehab](#) The First 28-90 Day Addiction Rehab Program. Financing Available. StopYourAddiction.com/Substance

[Drug and Alcohol Rehab](#) Tired of Searching? We Can Help. Non-Profit Rehab Referral Service. 4Rehabilitation.com/DrugAlcohol

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Lambsquartners, cooked, boiled, drained, without salt		
Nutrition Facts		
Serving Size		
Standard Measure (100g/3.5oz) <input type="text"/>		
Amount per Serving		
Calories 32 kcal		
% Daily Value		
Total Fat	0.70 g	2%
Saturated Fat	0.052 g	1%
Polyunsaturated Fat	0.131 g	
Monounsaturated Fat		
Cholesterol	0 mg	0%
Sodium	29 mg	2%
Total Carbohydrates	5.00 g	2%
Dietary Fiber	2.1 g	9%
Sugars		
Protein	3.20 g	%
Recommended Daily Allowances		
	Calories	2000 2500
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

Conversion Chart
3 teaspoons = 1 tablespoon
1 tablespoon = 1/2 fluid ounce
16 tablespoons = 1 cup
1 cup = 8 fluid ounce
2 cups = 1 pint
2 pints = 1 quart
4 quarts = 1 gallon
1 ounce = 28 grams
1 pound = 454 grams
1 quart = 1 liter

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