Nutrition Facts

Serving Size 1 cup, chopped 180g (180 g)

Amount Per Serving

Calories 58 Calories from Fat 11

	% Daily Value*
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 477mg	20%
Total Carbohydrate 9g	3%
Dietary Fiber 4g	15%
Sugars 1g	
Protein 6g	

Vitamin A	281%	• Vitamin C	111%
Calcium	46%	• Iron	7%

*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

©www.NutritionData.com