

# Nutrition Facts

Serving Size 1 cup, chopped 55g (55 g)

## Amount Per Serving

**Calories** 25 **Calories from Fat** 3

### % Daily Value\*

**Total Fat** 0g 1%

Saturated Fat 0g 0%

Trans Fat

**Cholesterol** 0mg 0%

**Sodium** 42mg 2%

**Total Carbohydrate** 5g 2%

Dietary Fiber 2g 8%

Sugars 0g

**Protein** 1g

**Vitamin A** 112% • **Vitamin C** 32%

**Calcium** 10% • **Iron** 9%

\*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