

Nutrition Facts

Beets

Serving size (100g)

Amount Per Serving

Calories

45

	www.ihcare.ae	% Daily Value*
Total Fat 0g		0%
Saturated Fat 0.027g		0%
<i>Trans</i> Fat 0g		
Cholesterol 0mg		0%
Sodium 80mg		3%
Total Carbohydrate 10g		4%
Dietary Fiber 3g		11%
Total Sugars 7g		
Includes 0g Added Sugars		0%
Protein 2g		4%
Vitamin D 0mcg		0%
Calcium 16mg		2%
Iron 0.8mg		4%
Potassium 0mg		0%
Vitamin A 2000mcg		20%
Vitamin C 4.9mg		6%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.