

Nutrition Facts

Serving size 3 asparagus pieces

Amount Per Serving

Calories **170**

% Daily Value*

Total Fat 5g **6%**

Saturated Fat 2g **10%**

Trans Fat 0g

Polyunsaturated Fat 0.7g

Monounsaturated Fat 1.4g

Cholesterol 70mg **23%**

Sodium 370mg **16%**

Total Carbohydrate 22g **8%**

Dietary Fiber 2g **7%**

Total Sugars 2g

Includes 1g Added Sugars **2%**

Protein 9g **18%**

Vitamin D 0.4mcg **2%**

Calcium 125mg **10%**

Iron 3mg **15%**

Potassium 234mg **4%**

*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.