

Beets

Nutrition Facts

Serving Size: ½ cup raw beets, sliced
(68g)

Calories 29

Calories from Fat 1

% Daily Value

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 53mg 2%

Total Carbohydrate 7g 2%

Dietary Fiber 2g 8%

Sugars 5g

Protein 1g

Vitamin A 0%

Calcium 1%

Vitamin C 6%

Iron 3%

Source: www.nal.usda.gov/fnic/foodcomp/search/
NDB No: 11080

Beet Greens

Nutrition Facts

Serving Size: ½ cup cooked beet greens
(72g)

Calories 19

Calories from Fat 1

% Daily Value

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 174mg 7%

Total Carbohydrate 4g 1%

Dietary Fiber 2g 8%

Sugars 0g

Protein 2g

Vitamin A 110%

Calcium 8%

Vitamin C 30%

Iron 8%

Source: www.nal.usda.gov/fnic/foodcomp/search/
NDB No: 11087

Beets

Nutrition Facts

Serving Size: ½ cup cooked beets, sliced
(85g)

Calories 37

Calories from Fat 1

% Daily Value

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 65mg 3%

Total Carbohydrate 8g 3%

Dietary Fiber 2g 7%

Sugars 7g

Protein 1g

Vitamin A 1%

Calcium 1%

Vitamin C 5%

Iron 4%

Source: www.nal.usda.gov/fnic/foodcomp/search/
NDB No: 11081