



Harvest of the Month

Asparagus

Nutrition Facts

Serving Size: 1/2 cup asparagus, cooked (90g)

Calories 20

Calories from Fat 2

	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 13mg	1%
Total Carbohydrate 4g	1%
Dietary Fiber 2g	7%
Sugars 1g	
Protein 2g	
Vitamin A 18%	Calcium 2%
Vitamin C 12%	Iron 5%

Source: www.nutritiondata.com



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