



# Harvest of the Month

## Spinach

### Nutrition Facts

Serving Size: 1 cup, raw leaves (30g)

Calories 7

Calories from Fat 1

	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 24mg	1%
Total Carbohydrate 1g	0%
Dietary Fiber 1g	3%
Sugars 0g	
Protein 1g	
Vitamin A 56%	Calcium 3%
Vitamin C 14%	Iron 5%

Source: [www.nutritiondata.com](http://www.nutritiondata.com)



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