

**3.5oz Pea Shoots**

**NUTRITION FACTS**

Serving Size 1cup (99 g)  
Servings 1  
Amount Per Serving  
Calories 40 Calories from Fat 0  
% Daily Value\*  
Total Fat 0g 0%  
Saturated Fat 0g 0%  
Trans Fat 0g  
Cholesterol 0mg 0%  
Sodium 0mg 0%  
Total Carb 8g 3%  
Dietary Fiber 3g 12%  
Sugars 4g  
Protein 3g  
VitaminA 2% Vitamin C 50%  
Calcium 4% Iron 10%  
\*Percent Daily Values are based on a 2,000 calorie diet

**12oz Mung Bean Sprouts:**

**NUTRITION FACTS**

Serving Size 1cup (85 g)  
Servings 4  
Amount Per Serving  
Calories 30 Calories from Fat 5  
% Daily Value\*  
Total Fat .5g 1%  
Saturated Fat 0g 0%  
Trans Fat 0g  
Cholesterol 0mg 0%  
Sodium 5mg 0%  
Total Carbohydrate 4g 1%  
Dietary Fiber .5g 2%  
Sugars 0g  
Protein 3g  
Vitamin A 4% Vitamin C 20%  
Calcium 2% Iron 4%  
\*Percent Daily Values are based on a 2,000 calorie diet

**4oz Alfalfa Sprouts:**

**NUTRITION FACTS**

Serving Size 1cup (85 g)  
Servings 2.5  
Amount Per Serving  
Calories 25 Calories from Fat 5  
% Daily Value\*  
Total Fat 0.5g 1%  
Saturated Fat 0g 0%  
Trans Fat 0g  
Cholesterol 0mg 0%  
Sodium 5mg 0%  
Total Carbohydrate 3g 1%  
Dietary Fiber 2g 8%  
Sugars 0g  
Protein 3g  
VitaminA 2% VitaminC 10%  
Calcium 2% Iron 4%  
\*Percent Daily Values are based on a 2,000 calorie diet

**4oz Munchin' Mix:**

(peas, lentils and adzuki beans)

**NUTRITION FACTS**

Serving Size 1/2 cup (57 g)  
Servings 2  
Amount Per Serving  
Calories 50 Calories from Fat 3  
% Daily Value\*  
Total Fat 0g 0%  
Saturated Fat 0g 0%  
Trans Fat 0g  
Cholesterol 0mg 0%  
Sodium 5mg 0%  
Total Carb 10g 4%  
Dietary Fiber 2g 8%  
Sugars 0g  
Protein 4g  
Vitamin A 0% VitaminC7%  
Calcium 1% Iron 7%  
\*Percent Daily Values are based on a 2,000 calorie diet

**4oz Broccoli Sprouts**

**NUTRITION FACTS**

Serving Size 3 oz (84 g)  
Servings 1  
Amount Per Serving  
Calories 35 Calories from Fat 5  
% Daily Value\*  
Total Fat 0.5g 1%  
Saturated Fat 0g 0%  
Trans Fat 0g  
Cholesterol 0mg 0%  
Sodium 25mg 1%  
Total Carb 5g 2%  
Dietary Fiber 4g 16%  
Sugars 0g  
Protein 2 g  
VitaminA 10% VitaminC 60%  
Calcium 6% Iron 4%  
\*Percent Daily Values are based on a 2,000 calorie diet

**4oz Radish Sprouts**

**NUTRITION FACTS**

Serving Size 1cup (85 g)  
Servings 1  
Amount Per Serving  
Calories 57 Calories from Fat 18  
% Daily Value\*  
Total Fat 2g 3%  
Saturated Fat 0g 0%  
Trans Fat 0g  
Cholesterol 0mg 0%  
Sodium 5mg 0%  
Total Carb 3g 1%  
Dietary Fiber 2g 8%  
Sugars 0g  
Protein 3 g  
VitaminA 3% VitaminC 25%  
Calcium 2% Iron 2%  
\*Percent Daily Values are based on a 2,000 calorie diet

**4oz Alfalfa with Radish**

**Sprouts**

**NUTRITION FACTS**

Serving Size 1cup (85 g)  
Servings 1  
Amount Per Serving  
Calories 30 Calories from Fat 10  
% Daily Value\*  
Total Fat 1.5g 2%  
Saturated Fat 0g 0%  
Trans Fat 0g  
Cholesterol 0mg 0%  
Sodium 5mg 0%  
Total Carb 3g 1%  
Dietary Fiber 2g 8%  
Sugars 0g  
Protein 3 g  
VitaminA 4% VitaminC 25%  
Calcium 4% Iron 4%  
\*Percent Daily Values are based on a 2,000 calorie diet

**4oz Clover Sprouts**

**NUTRITION FACTS**

Serving Size 1cup (85 g)  
Servings 1  
Amount Per Serving  
Calories 25 Calories from Fat 5  
% Daily Value\*  
Total Fat 0.5g 1%  
Saturated Fat 0g 0%  
Trans Fat 0g  
Cholesterol 0mg 0%  
Sodium 5mg 0%  
Total Carb 3g 1%  
Dietary Fiber 2g 8%  
Sugars 0g  
Protein 3 g  
VitaminA 2% VitaminC 10%  
Calcium 2% Iron 4%  
\*Percent Daily Values are based on a 2,000 calorie diet

**4oz Broccoli/Clover Blend**

**NUTRITION FACTS**

Serving Size 3 oz (84 g)  
Servings 1  
Amount Per Serving  
Calories 30 Calories from Fat 5  
% Daily Value\*  
Total Fat 0.5g 1%  
Saturated Fat 0g 0%  
Trans Fat 0g  
Cholesterol 0mg 0%  
Sodium 11mg 1%  
Total Carb 4g 2%  
Dietary Fiber 3g 12%  
Sugars 0g  
Protein 2 g  
VitaminA 4% VitaminC 24%  
Calcium 39% Iron 4%  
\*Percent Daily Values are based on a 2,000 calorie diet

**4oz Sprout Salad**

**NUTRITION FACTS**

Serving Size 3 oz (84 g)  
Servings 1  
Amount Per Serving  
Calories 80 Calories from Fat 10  
% Daily Value\*  
Total Fat 1.5g 2%  
Saturated Fat 0g 0%  
Trans Fat 0g  
Cholesterol 0mg 0%  
Sodium 15mg 1%  
Total Carb 10g 3%  
Dietary Fiber 4g 16%  
Sugars 6g  
Protein 4 g  
VitaminA 14% VitaminC 6%  
Calcium 6% Iron 14%  
\*Percent Daily Values are based on a 2,000 calorie diet

**3oz Sunflower Greens**

**NUTRITION FACTS**

Serving Size 1cup (85 g)  
Servings 1  
Amount Per Serving  
Calories 4 Calories from Fat 35  
% Daily Value\*  
Total Fat 4g 6%  
Saturated Fat 0g 0%  
Trans Fat 0g  
Cholesterol 0mg 0%  
Sodium 0mg 0%  
Total Carb 2g 1%  
Dietary Fiber 1g 4%  
Sugars 0g  
Protein 2 g  
VitaminA 0% VitaminC 0%  
Calcium 0% Iron 4%  
\*Percent Daily Values are based on a 2,000 calorie diet

The following statement is the same for all the sprout Nutrition Facts listed on this page:

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Total Fat	Calories:	2,000	2,500
Sat Fat	Less than	65g	80g
Cholesterol	Less than	20g	25g
Sodium	Less than	300mg	300mg
Total Carbohydrate	Less than	2,400mg	2,400mg
Dietary Fiber		30g	375g
		25g	30g

Calories per gram:  
Fat 9 Carbohydrate 4 Protein 4

<p><b>4oz Alfalfa with Dill</b></p> <p><b>NUTRITION FACTS</b></p> <p>Serving Size 1cup (85 g) Servings 1</p> <p>Amount Per Serving <b>Calories</b> 30    Calories from Fat 5</p> <table border="0"> <tr> <td></td> <td></td> <td style="text-align: right;">% Daily Value*</td> </tr> <tr> <td><b>Total Fat</b> 0.5g</td> <td></td> <td style="text-align: right;"><b>1%</b></td> </tr> <tr> <td>  Saturated Fat 0g</td> <td></td> <td style="text-align: right;"><b>0%</b></td> </tr> <tr> <td>  Trans Fat 0g</td> <td></td> <td></td> </tr> <tr> <td><b>Cholesterol</b> 0mg</td> <td></td> <td style="text-align: right;"><b>0%</b></td> </tr> <tr> <td><b>Sodium</b> 15mg</td> <td></td> <td style="text-align: right;"><b>1%</b></td> </tr> <tr> <td><b>Total Carb</b> 4g</td> <td></td> <td style="text-align: right;"><b>1%</b></td> </tr> <tr> <td>  Dietary Fiber 2g</td> <td></td> <td style="text-align: right;"><b>8%</b></td> </tr> <tr> <td>  Sugars 0g</td> <td></td> <td></td> </tr> <tr> <td><b>Protein</b> 3 g</td> <td></td> <td></td> </tr> <tr> <td>VitaminA 6%</td> <td>VitaminC 30%</td> <td></td> </tr> <tr> <td>Calcium 6%</td> <td>Iron 4%</td> <td></td> </tr> </table> <p>*Percent Daily Values are based on a 2,000 calorie diet</p>			% Daily Value*	<b>Total Fat</b> 0.5g		<b>1%</b>	Saturated Fat 0g		<b>0%</b>	Trans Fat 0g			<b>Cholesterol</b> 0mg		<b>0%</b>	<b>Sodium</b> 15mg		<b>1%</b>	<b>Total Carb</b> 4g		<b>1%</b>	Dietary Fiber 2g		<b>8%</b>	Sugars 0g			<b>Protein</b> 3 g			VitaminA 6%	VitaminC 30%		Calcium 6%	Iron 4%		<p><b>4oz Gourmet Sprouts</b></p> <p><b>NUTRITION FACTS</b></p> <p>Serving Size 1cup (85 g) Servings 1</p> <p>Amount Per Serving <b>Calories</b> 20    Calories from Fat 0</p> <table border="0"> <tr> <td></td> <td></td> <td style="text-align: right;">% Daily Value*</td> </tr> <tr> <td><b>Total Fat</b> 0g</td> <td></td> <td style="text-align: right;"><b>0%</b></td> </tr> <tr> <td>  Saturated Fat 0g</td> <td></td> <td style="text-align: right;"><b>0%</b></td> </tr> <tr> <td>  Trans Fat 0g</td> <td></td> <td></td> </tr> <tr> <td><b>Cholesterol</b> 0mg</td> <td></td> <td style="text-align: right;"><b>0%</b></td> </tr> <tr> <td><b>Sodium</b> 10mg</td> <td></td> <td style="text-align: right;"><b>0%</b></td> </tr> <tr> <td><b>Total Carb</b> 3g</td> <td></td> <td style="text-align: right;"><b>1%</b></td> </tr> <tr> <td>  Dietary Fiber 2g</td> <td></td> <td style="text-align: right;"><b>8%</b></td> </tr> <tr> <td>  Sugars 0g</td> <td></td> <td></td> </tr> <tr> <td><b>Protein</b> 3 g</td> <td></td> <td></td> </tr> <tr> <td>VitaminA 10%</td> <td>VitaminC 30%</td> <td></td> </tr> <tr> <td>Calcium 2%</td> <td>Iron 4%</td> <td></td> </tr> </table> <p>*Percent Daily Values are based on a 2,000 calorie diet</p>			% Daily Value*	<b>Total Fat</b> 0g		<b>0%</b>	Saturated Fat 0g		<b>0%</b>	Trans Fat 0g			<b>Cholesterol</b> 0mg		<b>0%</b>	<b>Sodium</b> 10mg		<b>0%</b>	<b>Total Carb</b> 3g		<b>1%</b>	Dietary Fiber 2g		<b>8%</b>	Sugars 0g			<b>Protein</b> 3 g			VitaminA 10%	VitaminC 30%		Calcium 2%	Iron 4%		<p><b>16oz Soy Sprouts</b></p> <p><b>NUTRITION FACTS</b></p> <p>Serving Size 1cup (85 g) Servings 1</p> <p>Amount Per Serving <b>Calories</b> 25    Calories from Fat 5</p> <table border="0"> <tr> <td></td> <td></td> <td style="text-align: right;">% Daily Value*</td> </tr> <tr> <td><b>Total Fat</b> 0.5g</td> <td></td> <td style="text-align: right;"><b>1%</b></td> </tr> <tr> <td>  Saturated Fat 0g</td> <td></td> <td style="text-align: right;"><b>0%</b></td> </tr> <tr> <td>  Trans Fat 0g</td> <td></td> <td></td> </tr> <tr> <td><b>Cholesterol</b> 0mg</td> <td></td> <td style="text-align: right;"><b>0%</b></td> </tr> <tr> <td><b>Sodium</b> 5mg</td> <td></td> <td style="text-align: right;"><b>0%</b></td> </tr> <tr> <td><b>Total Carb</b> 3g</td> <td></td> <td style="text-align: right;"><b>1%</b></td> </tr> <tr> <td>  Dietary Fiber 2g</td> <td></td> <td style="text-align: right;"><b>8%</b></td> </tr> <tr> <td>  Sugars 0g</td> <td></td> <td></td> </tr> <tr> <td><b>Protein</b> 3 g</td> <td></td> <td></td> </tr> <tr> <td>VitaminA 2%</td> <td>VitaminC 11%</td> <td></td> </tr> <tr> <td>Calcium 2%</td> <td>Iron 4%</td> <td></td> </tr> </table> <p>*Percent Daily Values are based on a 2,000 calorie diet</p>			% Daily Value*	<b>Total Fat</b> 0.5g		<b>1%</b>	Saturated Fat 0g		<b>0%</b>	Trans Fat 0g			<b>Cholesterol</b> 0mg		<b>0%</b>	<b>Sodium</b> 5mg		<b>0%</b>	<b>Total Carb</b> 3g		<b>1%</b>	Dietary Fiber 2g		<b>8%</b>	Sugars 0g			<b>Protein</b> 3 g			VitaminA 2%	VitaminC 11%		Calcium 2%	Iron 4%		<p><b>4oz Alfalfa with Garlic Sprouts</b></p> <p><b>NUTRITION FACTS</b></p> <p>Serving Size 1cup (85 g) Servings 1</p> <p>Amount Per Serving <b>Calories</b> 27    Calories from Fat 5</p> <table border="0"> <tr> <td></td> <td></td> <td style="text-align: right;">% Daily Value*</td> </tr> <tr> <td><b>Total Fat</b> 0.5g</td> <td></td> <td style="text-align: right;"><b>1%</b></td> </tr> <tr> <td>  Saturated Fat 0g</td> <td></td> <td style="text-align: right;"><b>0%</b></td> </tr> <tr> <td>  Trans Fat 0g</td> <td></td> <td></td> </tr> <tr> <td><b>Cholesterol</b> 0mg</td> <td></td> <td style="text-align: right;"><b>0%</b></td> </tr> <tr> <td><b>Sodium</b> 5mg</td> <td></td> <td style="text-align: right;"><b>0%</b></td> </tr> <tr> <td><b>Total Carb</b> 4g</td> <td></td> <td style="text-align: right;"><b>1%</b></td> </tr> <tr> <td>  Dietary Fiber 2g</td> <td></td> <td style="text-align: right;"><b>8%</b></td> </tr> <tr> <td>  Sugars 0g</td> <td></td> <td></td> </tr> <tr> <td><b>Protein</b> 3 g</td> <td></td> <td></td> </tr> <tr> <td>VitaminA 3%</td> <td>VitaminC 11%</td> <td></td> </tr> <tr> <td>Calcium 2%</td> <td>Iron 4%</td> <td></td> </tr> </table> <p>*Percent Daily Values are based on a 2,000 calorie diet</p>			% Daily Value*	<b>Total Fat</b> 0.5g		<b>1%</b>	Saturated Fat 0g		<b>0%</b>	Trans Fat 0g			<b>Cholesterol</b> 0mg		<b>0%</b>	<b>Sodium</b> 5mg		<b>0%</b>	<b>Total Carb</b> 4g		<b>1%</b>	Dietary Fiber 2g		<b>8%</b>	Sugars 0g			<b>Protein</b> 3 g			VitaminA 3%	VitaminC 11%		Calcium 2%	Iron 4%	
		% Daily Value*																																																																																																																																																	
<b>Total Fat</b> 0.5g		<b>1%</b>																																																																																																																																																	
Saturated Fat 0g		<b>0%</b>																																																																																																																																																	
Trans Fat 0g																																																																																																																																																			
<b>Cholesterol</b> 0mg		<b>0%</b>																																																																																																																																																	
<b>Sodium</b> 15mg		<b>1%</b>																																																																																																																																																	
<b>Total Carb</b> 4g		<b>1%</b>																																																																																																																																																	
Dietary Fiber 2g		<b>8%</b>																																																																																																																																																	
Sugars 0g																																																																																																																																																			
<b>Protein</b> 3 g																																																																																																																																																			
VitaminA 6%	VitaminC 30%																																																																																																																																																		
Calcium 6%	Iron 4%																																																																																																																																																		
		% Daily Value*																																																																																																																																																	
<b>Total Fat</b> 0g		<b>0%</b>																																																																																																																																																	
Saturated Fat 0g		<b>0%</b>																																																																																																																																																	
Trans Fat 0g																																																																																																																																																			
<b>Cholesterol</b> 0mg		<b>0%</b>																																																																																																																																																	
<b>Sodium</b> 10mg		<b>0%</b>																																																																																																																																																	
<b>Total Carb</b> 3g		<b>1%</b>																																																																																																																																																	
Dietary Fiber 2g		<b>8%</b>																																																																																																																																																	
Sugars 0g																																																																																																																																																			
<b>Protein</b> 3 g																																																																																																																																																			
VitaminA 10%	VitaminC 30%																																																																																																																																																		
Calcium 2%	Iron 4%																																																																																																																																																		
		% Daily Value*																																																																																																																																																	
<b>Total Fat</b> 0.5g		<b>1%</b>																																																																																																																																																	
Saturated Fat 0g		<b>0%</b>																																																																																																																																																	
Trans Fat 0g																																																																																																																																																			
<b>Cholesterol</b> 0mg		<b>0%</b>																																																																																																																																																	
<b>Sodium</b> 5mg		<b>0%</b>																																																																																																																																																	
<b>Total Carb</b> 3g		<b>1%</b>																																																																																																																																																	
Dietary Fiber 2g		<b>8%</b>																																																																																																																																																	
Sugars 0g																																																																																																																																																			
<b>Protein</b> 3 g																																																																																																																																																			
VitaminA 2%	VitaminC 11%																																																																																																																																																		
Calcium 2%	Iron 4%																																																																																																																																																		
		% Daily Value*																																																																																																																																																	
<b>Total Fat</b> 0.5g		<b>1%</b>																																																																																																																																																	
Saturated Fat 0g		<b>0%</b>																																																																																																																																																	
Trans Fat 0g																																																																																																																																																			
<b>Cholesterol</b> 0mg		<b>0%</b>																																																																																																																																																	
<b>Sodium</b> 5mg		<b>0%</b>																																																																																																																																																	
<b>Total Carb</b> 4g		<b>1%</b>																																																																																																																																																	
Dietary Fiber 2g		<b>8%</b>																																																																																																																																																	
Sugars 0g																																																																																																																																																			
<b>Protein</b> 3 g																																																																																																																																																			
VitaminA 3%	VitaminC 11%																																																																																																																																																		
Calcium 2%	Iron 4%																																																																																																																																																		
<p><b>4oz Garlic Sprouts</b></p> <p><b>NUTRITION FACTS</b></p> <p>Serving Size 1cup (113 g) Servings 1</p> <p>Amount Per Serving <b>Calories</b> 70    Calories from Fat 5</p> <table border="0"> <tr> <td></td> <td></td> <td style="text-align: right;">% Daily Value*</td> </tr> <tr> <td><b>Total Fat</b> 0.5g</td> <td></td> <td style="text-align: right;"><b>1%</b></td> </tr> <tr> <td>  Saturated Fat 0g</td> <td></td> <td style="text-align: right;"><b>0%</b></td> </tr> <tr> <td>  Trans Fat 0g</td> <td></td> <td></td> </tr> <tr> <td><b>Cholesterol</b> 0mg</td> <td></td> <td style="text-align: right;"><b>0%</b></td> </tr> <tr> <td><b>Sodium</b> 10mg</td> <td></td> <td style="text-align: right;"><b>0%</b></td> </tr> <tr> <td><b>Total Carb</b> 14g</td> <td></td> <td style="text-align: right;"><b>5%</b></td> </tr> <tr> <td>  Dietary Fiber 3g</td> <td></td> <td style="text-align: right;"><b>12%</b></td> </tr> <tr> <td>  Sugars 1g</td> <td></td> <td></td> </tr> <tr> <td><b>Protein</b> 5 g</td> <td></td> <td></td> </tr> <tr> <td>VitaminA 2%</td> <td>VitaminC 30%</td> <td></td> </tr> <tr> <td>Calcium 8%</td> <td>Iron 8%</td> <td></td> </tr> </table> <p>*Percent Daily Values are based on a 2,000 cal.diet</p>			% Daily Value*	<b>Total Fat</b> 0.5g		<b>1%</b>	Saturated Fat 0g		<b>0%</b>	Trans Fat 0g			<b>Cholesterol</b> 0mg		<b>0%</b>	<b>Sodium</b> 10mg		<b>0%</b>	<b>Total Carb</b> 14g		<b>5%</b>	Dietary Fiber 3g		<b>12%</b>	Sugars 1g			<b>Protein</b> 5 g			VitaminA 2%	VitaminC 30%		Calcium 8%	Iron 8%		<p><b>2.5oz Onion Sprouts</b></p> <p><b>NUTRITION FACTS</b></p> <p>Serving Size 1cup (85 g) Servings 1</p> <p>Amount Per Serving <b>Calories</b> 30    Calories from Fat 0</p> <table border="0"> <tr> <td></td> <td></td> <td style="text-align: right;">% Daily Value*</td> </tr> <tr> <td><b>Total Fat</b> 0g</td> <td></td> <td style="text-align: right;"><b>0%</b></td> </tr> <tr> <td>  Saturated Fat 0g</td> <td></td> <td style="text-align: right;"><b>0%</b></td> </tr> <tr> <td>  Trans Fat 0g</td> <td></td> <td></td> </tr> <tr> <td><b>Cholesterol</b> 0mg</td> <td></td> <td style="text-align: right;"><b>0%</b></td> </tr> <tr> <td><b>Sodium</b> 5mg</td> <td></td> <td style="text-align: right;"><b>0%</b></td> </tr> <tr> <td><b>Total Carb</b> 5g</td> <td></td> <td style="text-align: right;"><b>2%</b></td> </tr> <tr> <td>  Dietary Fiber 2g</td> <td></td> <td style="text-align: right;"><b>8%</b></td> </tr> <tr> <td>  Sugars 2g</td> <td></td> <td></td> </tr> <tr> <td><b>Protein</b> 1g</td> <td></td> <td></td> </tr> <tr> <td>VitaminA 6%</td> <td>VitaminC 30%</td> <td></td> </tr> <tr> <td>Calcium 4%</td> <td>Iron 4%</td> <td></td> </tr> </table> <p>*Percent Daily Values are based on a 2,000 calorie diet</p>			% Daily Value*	<b>Total Fat</b> 0g		<b>0%</b>	Saturated Fat 0g		<b>0%</b>	Trans Fat 0g			<b>Cholesterol</b> 0mg		<b>0%</b>	<b>Sodium</b> 5mg		<b>0%</b>	<b>Total Carb</b> 5g		<b>2%</b>	Dietary Fiber 2g		<b>8%</b>	Sugars 2g			<b>Protein</b> 1g			VitaminA 6%	VitaminC 30%		Calcium 4%	Iron 4%																																																																											
		% Daily Value*																																																																																																																																																	
<b>Total Fat</b> 0.5g		<b>1%</b>																																																																																																																																																	
Saturated Fat 0g		<b>0%</b>																																																																																																																																																	
Trans Fat 0g																																																																																																																																																			
<b>Cholesterol</b> 0mg		<b>0%</b>																																																																																																																																																	
<b>Sodium</b> 10mg		<b>0%</b>																																																																																																																																																	
<b>Total Carb</b> 14g		<b>5%</b>																																																																																																																																																	
Dietary Fiber 3g		<b>12%</b>																																																																																																																																																	
Sugars 1g																																																																																																																																																			
<b>Protein</b> 5 g																																																																																																																																																			
VitaminA 2%	VitaminC 30%																																																																																																																																																		
Calcium 8%	Iron 8%																																																																																																																																																		
		% Daily Value*																																																																																																																																																	
<b>Total Fat</b> 0g		<b>0%</b>																																																																																																																																																	
Saturated Fat 0g		<b>0%</b>																																																																																																																																																	
Trans Fat 0g																																																																																																																																																			
<b>Cholesterol</b> 0mg		<b>0%</b>																																																																																																																																																	
<b>Sodium</b> 5mg		<b>0%</b>																																																																																																																																																	
<b>Total Carb</b> 5g		<b>2%</b>																																																																																																																																																	
Dietary Fiber 2g		<b>8%</b>																																																																																																																																																	
Sugars 2g																																																																																																																																																			
<b>Protein</b> 1g																																																																																																																																																			
VitaminA 6%	VitaminC 30%																																																																																																																																																		
Calcium 4%	Iron 4%																																																																																																																																																		

Click [here](#) to return to the Sprout News Desk.