

VITAMINS

24.7 mg (27% DV) C
Ascorbic acid

14.2 µg (12% DV) K
Phylloquinone

76 µg (8% DV) A
Vitamin A, RAE

0.144 mg (8% DV) B₆
Pyridoxine

27 µg (7% DV) B₉
Folate

1.069 mg (7% DV) B₃
Niacin

0.97 mg (6% DV) E
Alpha-tocopherol

0.067 mg (6% DV) B₁
Thiamin

0.16 mg (3% DV) B₅
Pantothenic acid

0.034 mg (3% DV) B₂
Riboflavin

12.1 mg (2% DV)
Choline

CALORIES

32 kcal

MINERALS

Cu 0.106 mg (12% DV)
Copper

K 427 mg (9% DV)
Potassium

Mn 0.205 mg (9% DV)
Manganese

Mg 20 mg (5% DV)
Magnesium

P 43 mg (3% DV)
Phosphorus

Fe 0.49 mg (3% DV)
Iron

Zn 0.31 mg (3% DV)
Zinc

Less than 2% DV minerals:
Calcium, & Sodium



**Serving Size: 1 cup,
Chopped or sliced = 180 g**

WATER

170.14 g

PROTEIN

1.58 g (3% DV)

CARBOHYDRATES

7 g (2% DV)

TOTAL FATS

0.36 g (1% DV)

DIETARY FIBER

2.2 g (9% DV)

SUGARS

4.73 g (9% DV)