

Spinach Puree

Nutrition Facts

Serving Size 1/4 cup (55g)

Serving Per Container: about 8

Amount Per Serving

Calories 20 Calories from Fat 5

% Daily Value *

Total Fat 0.5g **1%**

 Saturated Fat 0g **0%**

 Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 105mg **4%**

Total Carbohydrate 2g **1%**

 Dietary Fiber 1g **4%**

 Sugars 0g

Protein 1g

Vitamin A 50% Vitamin C 0%

Calcium 4% Iron 4%

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