

# Nutrition Facts

**Asparagus**      **Serving size (100g)**

Amount Per Serving

**Calories**

**20**

	<a href="http://www.ihcare.ae">www.ihcare.ae</a>	% Daily Value*
<b>Total Fat</b> 0g		<b>0%</b>
Saturated Fat 0.048g		<b>0%</b>
<i>Trans</i> Fat 0g		
<b>Cholesterol</b> 0mg		<b>0%</b>
<b>Sodium</b> 15mg		<b>1%</b>
<b>Total Carbohydrate</b> 4g		<b>1%</b>
Dietary Fiber 2g		<b>7%</b>
Total Sugars 1g		
Includes 0g Added Sugars		<b>0%</b>
<b>Protein</b> 2g		<b>4%</b>
<b>Vitamin D</b> 0mcg		<b>0%</b>
<b>Calcium</b> 23mg		<b>2%</b>
<b>Iron</b> 0.91mg		<b>6%</b>
<b>Potassium</b> 0mg		<b>0%</b>
<b>Vitamin A</b> 300mcg		<b>35%</b>
<b>Vitamin C</b> 7.7mg		<b>8%</b>

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.