

Nutrition Facts

Dandelion Greens Serving size (100g)

Amount Per Serving

Calories

45

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% Daily Value*

Total Fat 1g	1%
Saturated Fat 0.2g	1%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 75mg	3%
Total Carbohydrate 5g	2%
Dietary Fiber 2g	7%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 3g	6%
Vitamin D 0mcg	0%
Calcium 247mg	20%
Iron 3.06mg	15%
Potassium 0mg	0%
Vitamin A	200%
Vitamin C	60%

*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.