

Nutrition Facts

Leeks

Serving size (100g)

Amount Per Serving

Calories

60

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% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0.04g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 20mg **1%**

Total Carbohydrate 14g **5%**

Dietary Fiber 2g **7%**

Total Sugars 4g

Includes 0g Added Sugars **0%**

Protein 2g **4%**

Vitamin D 0mcg **0%**

Calcium 59mg **4%**

Iron 2.1mg **10%**

Potassium 0mg **0%**

Vitamin A 82mcg **0%**

Vitamin C 12mg **15%**

*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.