

ASPARAGUS



It takes about three years from a seed to get your first harvest from a garden asparagus plant!

PRODUCE PARTICULARS

Asparagus is commonly green, but there are varieties that are purplish or white.

Green asparagus gets its vibrant color from growing in sunlight, while white asparagus stays pale because the farmers pile dirt on top of the stalks to keep the sunlight away. Nature sure has some fascinating secrets!

If you watch closely, you can actually see asparagus grow! During warm summer weather asparagus can grow up to 7 inches in a single day.

Nutrition Facts

1 serving per container
Serving size 100 g

Amount per serving
Calories 20

% Daily Value *

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 4g 1%

Dietary Fiber 2g 8%

Total Sugars 2g

Includes 0g Added Sugars 0%

Protein 2g

Vitamin D 0mcg 0%

Calcium 20mg 2%

Iron 2.1mg 10%

Potassium 200mg 4%

* 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.

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: Asparagus, Raw

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