

CANDY CANE BEETS



These fun and funky beets may look like a candy cane, but they're actually called Chioggia. It's an Italian word, pronounced k-ee-OH-g-ee-aa.

PRODUCE PARTICULARS

Beets come in several colors—golden, white, purple, pink and even striped!



Beets are a part of the *Chenopodiaceae* family, also known as the Goosefoot family. Other members of this botanical family include spinach, Swiss chard and quinoa!



Nutrition Facts

1 serving per container
Serving size 100 g

Amount per serving
Calories 45

% Daily Value *

Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 80mg	3%
Total Carbohydrate 10g	3%
Dietary Fiber 3g	10%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 0.8mg	4%
Potassium 320mg	6%

* 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

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