

GOLDEN BEET COINS



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

PRODUCE PARTICULARS

This root vegetable, which is harvested all summer through late fall, stores well and keeps for months.



In 1975, during the Apollo-Soyuz Test Project, astronauts from Apollo 18 were served beet soup on the space ship!



Beets are believed to originate along the coasts of the Mediterranean (sea beets) and were first cultivated for their edible leaves.



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% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 80mg | 3% |
| Total Carbohydrate 10g | 3% |
| Dietary Fiber 3g | 10% |
| Total Sugars 8g | |
| 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 | |

INGREDIENTS: Beets, Golden

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