

RED BEET COINS



Did you know?

Beets have the highest sugar content of any vegetable.

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!



Need a little energy? The nitrates in beets have been shown to help your blood carry more oxygen, which in turn helps the blood cells in your body perform at their best!



FRESHEALTH

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 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

INGREDIENTS: Beets, Raw