

WHITE ASPARAGUS



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.

PRODUCE PARTICULARS

Asparagus is high in anti-inflammatory nutrients and provides a wide variety of antioxidant nutrients.

They contain Vitamin C, beta-carotene, Vitamin E, and the minerals zinc, manganese, and selenium.

Green asparagus gets its bright color from being grown in the sunshine, but white asparagus is grown while covered in dirt to keep the sunlight away and give it a unique color!

FRESHEALTH

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%
<small>* 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.</small>	
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>	

INGREDIENTS: Asparagus, Raw