

FRESHHEALTH.

ASPARAGUS SPEARS



PRODUCE PARTICULARS

- Asparagus is high in anti-inflammatory nutrients and provides a wide variety of antioxidant nutrients, including Vitamin C, beta-carotene, Vitamin E, and the minerals zinc, manganese, and selenium.
- It takes about three years from seed to get your first harvest from a garden asparagus plant.
- White asparagus and green asparagus come from the same plant. Green asparagus gets its color from sunlight. For white asparagus, sunlight is prevented from touching the plant by piling dirt on top of the stalks!

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		

DID YOU KNOW?

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.

Can you count to 7?

What is 7+7?

Can you try 7x7?