

BEET SALAD

Nutrition Facts

16 Servings

Amount Per Serving: ½ pint

Calories	51.2
Total Fat	3.7 g
Saturated Fat	0.5 g
Polyunsaturated Fat	0.5 g
Monounsaturated Fat	2.6 g
Cholesterol	0.0 mg
Sodium	252.9 mg
Potassium	138.5 mg
Total Carbohydrate	4.8 g
Dietary Fiber	1.0 g
Sugars	3.1 g
Protein	0.8 g
Vitamin A	1.9 %
Vitamin B-12	0.0 %
Vitamin B-6	2.1 %
Vitamin C	5.6 %
Vitamin D	0.0 %
Vitamin E	0.2 %
Calcium	1.1 %
Copper	1.9 %
Folate	8.1 %
Iron	2.9 %
Magnesium	2.7 %
Manganese	7.2 %
Niacin	0.9 %
Pantothenic Acid	0.7 %
Phosphorus	1.8 %
Riboflavin	1.2 %
Selenium	0.5 %
Thiamin	1.1 %
Zinc	1.1 %

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on
your calorie needs.