

Nutrition Facts

Beets Salad

Serving Size: salad (about 2 cups) (129.5g)

Amount Per Serving

Calories 299

Calories from Fat 233

% Daily Value*

Total Fat 26g

40%

Saturated Fat 5g

25%

Trans Fat 0g

Polyunsaturated Fat 3g

Monounsaturated Fat 16.5g

Cholesterol 9mg

3%

Sodium 288.5mg

12%

Potassium 311.5mg

9%

Total Carbohydrates 12g

4%

Dietary Fiber 2.3g

9%

Sugars 9g

Protein 5.5g

Vitamin A

4.7%

Vitamin C

4.5%

Calcium

6%

Iron

7.5%

* Percent Daily Values are based on a 2000 calorie diet.

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