

# Beet Greens

## Nutrition Facts

Serving Size: ½ cup cooked beet greens  
(72g)

Calories 19

Calories from Fat 1

% Daily Value

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 174mg 7%

Total Carbohydrate 4g 1%

Dietary Fiber 2g 8%

Sugars 0g

Protein 2g

Vitamin A 110% Calcium 8%

Vitamin C 30% Iron 8%

Other nutrients: Vitamin K (436%), Potassium (19%), Magnesium (12%), Riboflavin (12%), Thiamin (5%)

Source: [www.nal.usda.gov/fnic/foodcomp/search/](http://www.nal.usda.gov/fnic/foodcomp/search/)  
NDB No: 11087

# Beets

## Nutrition Facts

Serving Size: ½ cup cooked beets, sliced  
(85g)

Calories 37                      Calories from Fat 1

% Daily Value

Total Fat 0g                      0%

Saturated Fat 0g                      0%

Trans Fat 0g

Cholesterol 0mg                      0%

Sodium 65mg                      3%

Total Carbohydrate 8g                      3%

Dietary Fiber 2g                      7%

Sugars 7g

Protein 1g

Vitamin A 1%                      Calcium 1%

Vitamin C 5%                      Iron 4%

Other nutrients: Folate (17%), Potassium (7%),  
Magnesium (5%),

Source: [www.nal.usda.gov/fnic/foodcomp/search/](http://www.nal.usda.gov/fnic/foodcomp/search/)  
NDB No: 11081

# Beets

## Nutrition Facts

Serving Size: ½ cup raw beets, sliced  
(68g)

Calories 29                      Calories from Fat 1

% Daily Value

Total Fat 0g                      0%

Saturated Fat 0g                      0%

Trans Fat 0g

Cholesterol 0mg                      0%

Sodium 53mg                      2%

Total Carbohydrate 7g                      2%

Dietary Fiber 2g                      8%

Sugars 5g

Protein 1g

Vitamin A 0%                      Calcium 1%

Vitamin C 6%                      Iron 3%

Other nutrients: Folate (19%)

Source: [www.nal.usda.gov/fnic/foodcomp/search/](http://www.nal.usda.gov/fnic/foodcomp/search/)  
NDB No: 11080