

Beet

Chenopodiaceae *Beta vulgaris*
(analysis based on boiled, drained, *peeled* beet)



Serving Size

1/2 Cup Sliced
84 Grams
37 Calories
3% from fat
11% from protein
86% from carbohydrate
1 Gram Protein
8 Grams Carbohydrate
2 grams dietary fiber
0.2 Gram Fat
73 Grams Water
65 Milligrams Sodium

