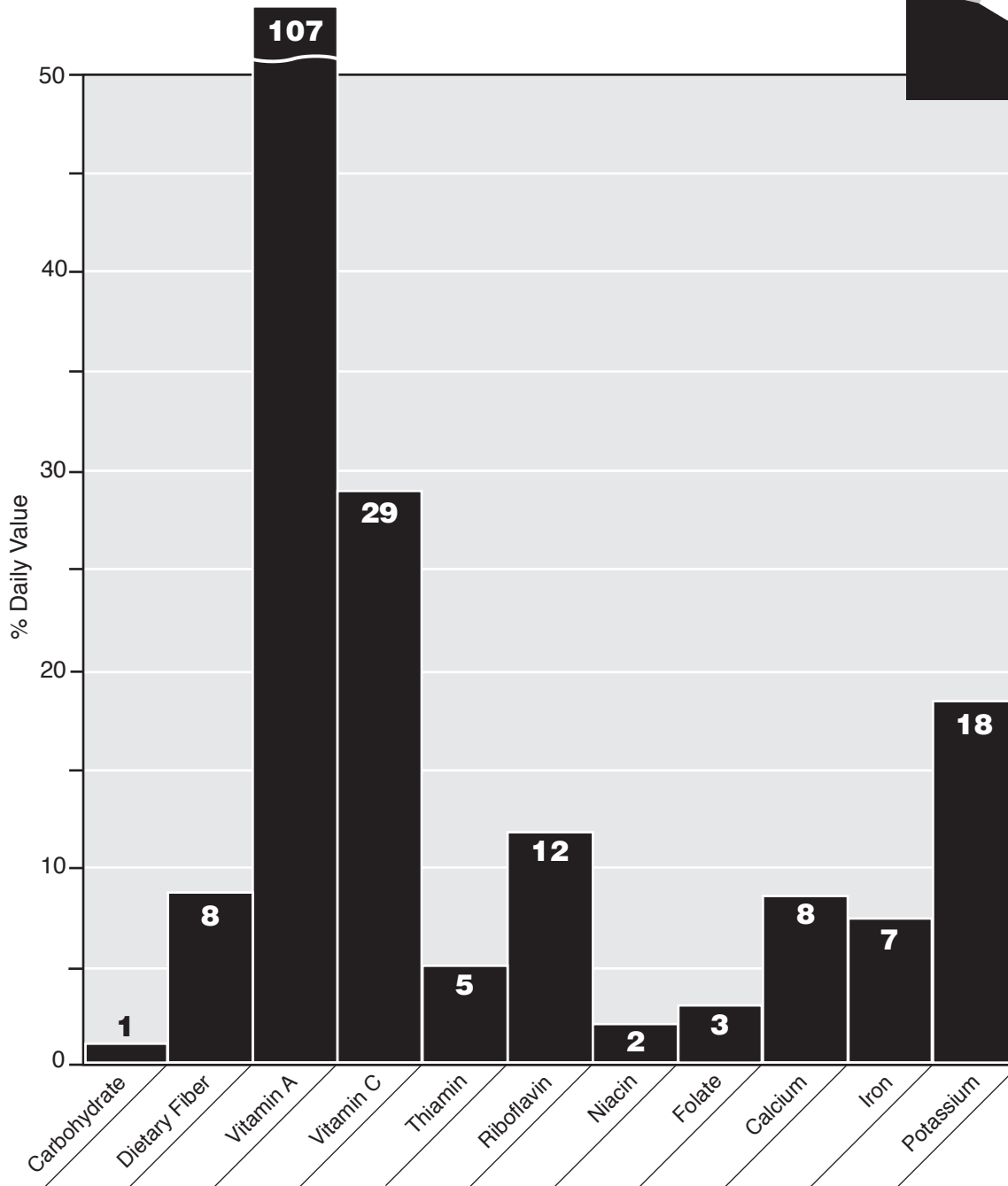


Beet Green

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



Serving Size

- 1/2 Cup Chopped
- 70 Grams
- 19 Calories
 - 6% from fat
 - 23% from protein
 - 72% from carbohydrate
- 2 Grams Protein
- 4 Grams Carbohydrate
 - 2 grams dietary fiber
- 0.1 Gram Fat
- 62 Grams Water
- 169 Milligrams Sodium

