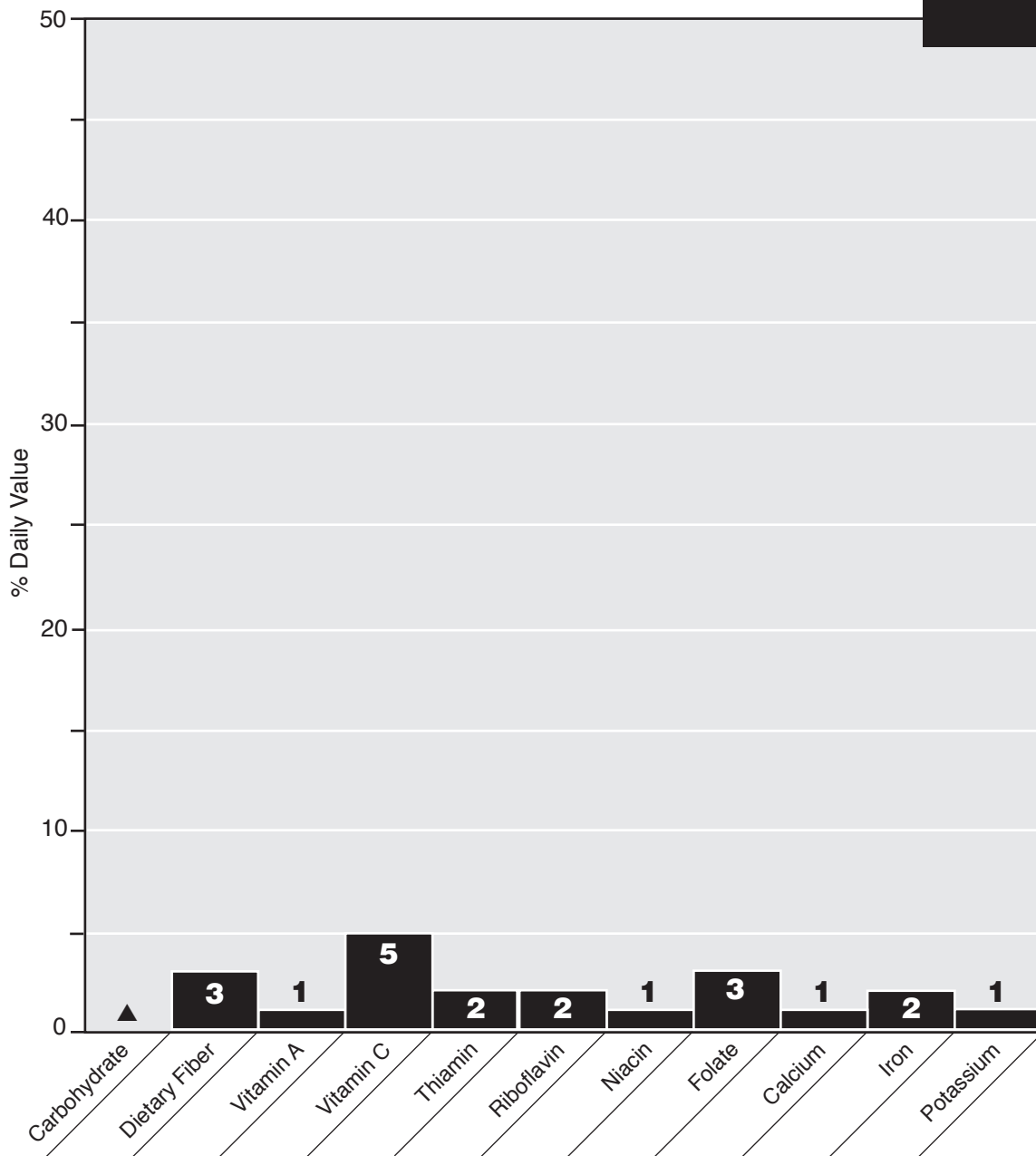


# Sprouts

*Fabaceae Medicago sativa*

(analysis based on raw alfalfa sprouts)

Pictured from left: alfalfa, onion, radish sprouts



## Serving Size

- 1 Cup
- 33 Grams
- 10 Calories
  - 20% from fat
  - 34% from protein
  - 47% from carbohydrate
- 1 Gram Protein
- 1 Gram Carbohydrate
  - 1 gram dietary fiber
- 0.2 Gram Fat
- 30 Grams Water
- 2 Milligrams Sodium

▲ Trace

