

Alfalfa Sprouts

NUTRITION FACTS	
Serving Size 1 cup (85 g)	
Servings about 1.5 per 4 oz. container	
Amount Per Serving	
Calories 25	Calories from Fat 5
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 3g	1%
Dietary Fiber 2g	8%
Sugars 0g	
Protein 3g	
Vitamin A	2%
Vitamin C	10%
Calcium	2%
Iron 4%	4%

* Daily Values based on a 2,000 calorie diet.

Alfalfa and Dill Sprouts

NUTRITION FACTS	
Serving Size 1 cup (85 g)	
Servings about 1.5 per 4 oz. container	
Amount Per Serving	
Calories 30	Calories from Fat 5
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 4g	1%
Dietary Fiber 2g	8%
Sugars 0g	
Protein 3g	
Vitamin A	6%
Vitamin C	30%
Calcium	6%
Iron	4%

* Daily Values based on a 2,000 calorie diet.

Alfalfa and Radish Shoots

NUTRITION FACTS	
Serving Size 1 cup (85 g)	
Servings about 1.5 per 4 oz. container	
Amount Per Serving	
Calories 30	Calories from Fat 10
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 3g	1%
Dietary Fiber 2g	8%
Sugars 0g	
Protein 3g	
Vitamin A	4%
Vitamin C	25%
Calcium	4%
Iron	4%

* Daily Values based on a 2,000 calorie diet.

Broccoli Sprouts

NUTRITION FACTS	
Serving Size 1 cup (85 g)	
Servings about 1.5 per 4 oz. container	
Amount Per Serving	
Calories 35	Calories from Fat 5
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 25mg	1%
Total Carbohydrate 5g	2%
Dietary Fiber 4g	16%
Sugars 0g	
Protein 2g	
Vitamin A	10%
Vitamin C	60%
Calcium	6%
Iron	4%

* Daily Values based on a 2,000 calorie diet.



Broccoli and Clover Sprouts

NUTRITION FACTS	
Serving Size 1 cup (85 g)	
Servings about 1.5 per 4 oz. container	
Amount Per Serving	
Calories 30	Calories from Fat 5
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 4g	2%
Dietary Fiber 3g	12%
Sugars 0g	
Protein 2g	
Vitamin A	6%
Vitamin C	35%
Calcium	4%
Iron	4%
* Daily Values based on a 2,000 calorie diet.	

Clover Sprouts

NUTRITION FACTS	
Serving Size 1 cup (85 g)	
Servings about 1.5 per 4 oz. container	
Amount Per Serving	
Calories 25	Calories from Fat 5
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 3g	1%
Dietary Fiber 2g	8%
Sugars 0g	
Protein 3g	
Vitamin A	4%
Vitamin C	25%
Calcium	4%
Iron	4%
* Daily Values based on a 2,000 calorie diet.	

Gourmet Sprouts

NUTRITION FACTS	
Serving Size 1 cup (85 g)	
Servings about 1.5 per 4 oz. container	
Amount Per Serving	
Calories 20	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 3g	1%
Dietary Fiber 2g	8%
Sugars 0g	
Protein 3g	
Vitamin A	10%
Vitamin C	30%
Calcium	2%
Iron	4%
* Daily Values based on a 2,000 calorie diet.	

Kale Sprouts

NUTRITION FACTS	
Serving Size 1 cup (85 g)	
Servings about 1.5 per 3 oz. container	
Amount Per Serving	
Calories 25	Calories from Fat 5
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	1%
Total Carbohydrate 3g	1%
Dietary Fiber 2g	8%
Sugars 0g	
Protein 3g	
Vitamin A	2%
Vitamin C	10%
Calcium	2%
Iron	4%
* Daily Values based on a 2,000 calorie diet.	



Munchin' Mix

NUTRITION FACTS	
Serving Size 1/2 cup (57 g)	
Servings about 3 per 4 oz. container	
Amount Per Serving	
Calories 50	Calories from Fat 3
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 10g	3%
Dietary Fiber 2g	8%
Sugars 0g	
Protein 4g	
Vitamin A	0%
Vitamin C	7%
Calcium	1%
Iron	7%
* Daily Values based on a 2,000 calorie diet.	

Mung Beans

NUTRITION FACTS	
Serving Size 1 cup (85 g)	
Servings about 4 per 12 oz. bag	
Amount Per Serving	
Calories 30	Calories from Fat 5
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 4g	1%
Dietary Fiber .5g	2%
Sugars 0g	
Protein 3g	
Vitamin A	4%
Vitamin C	20%
Calcium	2%
Iron	4%
* Daily Values based on a 2,000 calorie diet.	

Pea Shoots

NUTRITION FACTS	
Serving Size 1 cup (99 g)	
Servings about 2 per 6 oz. container	
Amount Per Serving	
Calories 40	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 8g	3%
Dietary Fiber 3g	12%
Sugars 4g	
Protein 3g	
Vitamin A	2%
Vitamin C	50%
Calcium	4%
Iron	10%
* Daily Values based on a 2,000 calorie diet.	

Radish Sprouts

NUTRITION FACTS	
Serving Size 1 cup (85 g)	
Servings about 1.5 per 4 oz. container	
Amount Per Serving	
Calories 57	Calories from Fat 18
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 3g	1%
Dietary Fiber 2g	8%
Sugars 0g	
Protein 3g	
Vitamin A	3%
Vitamin C	25%
Calcium	2%
Iron	2%
* Daily Values based on a 2,000 calorie diet.	



Sprout Salad

NUTRITION FACTS	
Serving Size 1 cup (85 g)	
Servings about 1.5 per 4 oz. container	
Amount Per Serving	
Calories 80	Calories from Fat 10
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 10g	3%
Dietary Fiber 4g	16%
Sugars 4g	
Protein 4g	
Vitamin A	14%
Vitamin C	6%
Calcium	6%
Iron	14%
* Daily Values based on a 2,000 calorie diet.	

Sunflower Greens

NUTRITION FACTS	
Serving Size 1 cup (85 g)	
Servings about 1.5 per 4 oz. container	
Amount Per Serving	
Calories 45	Calories from Fat 35
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 2g	1%
Dietary Fiber 1g	4%
Sugars 0g	
Protein 2g	
Vitamin A	0%
Vitamin C	0%
Calcium	0%
Iron	4%
* Daily Values based on a 2,000 calorie diet.	

Wheat Grass

NUTRITION FACTS	
Serving Size 1.5 oz (40g)	
Servings about 1	
Amount Per Serving	
Calories 9	Calories from Fat 1
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	1%
Total Carbohydrate 1g	1%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 0g	
Vitamin A	3%
Vitamin C	2%
Calcium	1%
Iron	1%
* Daily Values based on a 2,000 calorie diet.	

