## Sprouts Nutritional Information

### Alfalfa Sprouts

**NUTRITION FACTS**
- Serving Size: 1 cup (85 g)
- Servings: about 1.5 per 4 oz. container

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories 25</th>
<th>Calories from Fat 5</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>% Daily Value*</td>
<td></td>
</tr>
<tr>
<td><strong>Total Fat</strong></td>
<td>0.5g</td>
<td>1%</td>
</tr>
<tr>
<td><strong>Saturated Fat</strong></td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td><strong>Trans Fat</strong></td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td><strong>Cholesterol</strong></td>
<td>0mg</td>
<td>0%</td>
</tr>
<tr>
<td><strong>Sodium</strong></td>
<td>5mg</td>
<td>0%</td>
</tr>
<tr>
<td><strong>Total Carbohydrate</strong></td>
<td>3g</td>
<td>1%</td>
</tr>
<tr>
<td><strong>Dietary Fiber</strong></td>
<td>2g</td>
<td>8%</td>
</tr>
<tr>
<td><strong>Sugars</strong></td>
<td>0g</td>
<td></td>
</tr>
<tr>
<td><strong>Protein</strong></td>
<td>3g</td>
<td>2%</td>
</tr>
</tbody>
</table>

* 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

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories 30</th>
<th>Calories from Fat 5</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>% Daily Value*</td>
<td></td>
</tr>
<tr>
<td><strong>Total Fat</strong></td>
<td>0.5g</td>
<td>1%</td>
</tr>
<tr>
<td><strong>Saturated Fat</strong></td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td><strong>Trans Fat</strong></td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td><strong>Cholesterol</strong></td>
<td>0mg</td>
<td>0%</td>
</tr>
<tr>
<td><strong>Sodium</strong></td>
<td>15mg</td>
<td>1%</td>
</tr>
<tr>
<td><strong>Total Carbohydrate</strong></td>
<td>4g</td>
<td>1%</td>
</tr>
<tr>
<td><strong>Dietary Fiber</strong></td>
<td>2g</td>
<td>8%</td>
</tr>
<tr>
<td><strong>Sugars</strong></td>
<td>0g</td>
<td></td>
</tr>
<tr>
<td><strong>Protein</strong></td>
<td>3g</td>
<td>6%</td>
</tr>
</tbody>
</table>

* 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

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories 30</th>
<th>Calories from Fat 10</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>% Daily Value*</td>
<td></td>
</tr>
<tr>
<td><strong>Total Fat</strong></td>
<td>1.5g</td>
<td>2%</td>
</tr>
<tr>
<td><strong>Saturated Fat</strong></td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td><strong>Trans Fat</strong></td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td><strong>Cholesterol</strong></td>
<td>0mg</td>
<td>0%</td>
</tr>
<tr>
<td><strong>Sodium</strong></td>
<td>5mg</td>
<td>0%</td>
</tr>
<tr>
<td><strong>Total Carbohydrate</strong></td>
<td>3g</td>
<td>1%</td>
</tr>
<tr>
<td><strong>Dietary Fiber</strong></td>
<td>2g</td>
<td>8%</td>
</tr>
<tr>
<td><strong>Sugars</strong></td>
<td>0g</td>
<td></td>
</tr>
<tr>
<td><strong>Protein</strong></td>
<td>3g</td>
<td>4%</td>
</tr>
</tbody>
</table>

* 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

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories 35</th>
<th>Calories from Fat 5</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>% Daily Value*</td>
<td></td>
</tr>
<tr>
<td><strong>Total Fat</strong></td>
<td>0.5g</td>
<td>1%</td>
</tr>
<tr>
<td><strong>Saturated Fat</strong></td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td><strong>Trans Fat</strong></td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td><strong>Cholesterol</strong></td>
<td>0mg</td>
<td>0%</td>
</tr>
<tr>
<td><strong>Sodium</strong></td>
<td>25mg</td>
<td>1%</td>
</tr>
<tr>
<td><strong>Total Carbohydrate</strong></td>
<td>5g</td>
<td>2%</td>
</tr>
<tr>
<td><strong>Dietary Fiber</strong></td>
<td>4g</td>
<td>16%</td>
</tr>
<tr>
<td><strong>Sugars</strong></td>
<td>0g</td>
<td></td>
</tr>
<tr>
<td><strong>Protein</strong></td>
<td>2g</td>
<td>10%</td>
</tr>
</tbody>
</table>

* 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

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories</th>
<th>Calories from Fat 5</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>30</td>
<td></td>
</tr>
<tr>
<td>Calories from Fat 5% Daily Value*</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total Fat</td>
<td>0.5g</td>
<td>1%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0mg</td>
<td>0%</td>
</tr>
<tr>
<td>Sodium</td>
<td>15mg</td>
<td>1%</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>4g</td>
<td>2%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>3g</td>
<td>12%</td>
</tr>
<tr>
<td>Sugars</td>
<td>0g</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>2g</td>
<td>6%</td>
</tr>
<tr>
<td>Vitamin A</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Vitamin C</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Calcium</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Iron</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*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

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories</th>
<th>Calories from Fat 5</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>25</td>
<td></td>
</tr>
<tr>
<td>Calories from Fat 5% Daily Value*</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total Fat</td>
<td>0.5g</td>
<td>1%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0mg</td>
<td>0%</td>
</tr>
<tr>
<td>Sodium</td>
<td>5mg</td>
<td>0%</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>3g</td>
<td>1%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>2g</td>
<td>8%</td>
</tr>
<tr>
<td>Sugars</td>
<td>0g</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>3g</td>
<td>4%</td>
</tr>
<tr>
<td>Vitamin A</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Vitamin C</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Calcium</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Iron</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*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

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories</th>
<th>Calories from Fat 0</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>20</td>
<td></td>
</tr>
<tr>
<td>Calories from Fat 0% Daily Value*</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0mg</td>
<td>0%</td>
</tr>
<tr>
<td>Sodium</td>
<td>10mg</td>
<td>0%</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>3g</td>
<td>1%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>2g</td>
<td>8%</td>
</tr>
<tr>
<td>Sugars</td>
<td>0g</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>3g</td>
<td>10%</td>
</tr>
<tr>
<td>Vitamin A</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Vitamin C</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Calcium</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Iron</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*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

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories</th>
<th>Calories from Fat 5</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>25</td>
<td></td>
</tr>
<tr>
<td>Calories from Fat 5% Daily Value*</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total Fat</td>
<td>0.5g</td>
<td>1%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0mg</td>
<td>0%</td>
</tr>
<tr>
<td>Sodium</td>
<td>5mg</td>
<td>1%</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>3g</td>
<td>1%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>2g</td>
<td>8%</td>
</tr>
<tr>
<td>Sugars</td>
<td>0g</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>3g</td>
<td>2%</td>
</tr>
<tr>
<td>Vitamin A</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Vitamin C</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Calcium</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Iron</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*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

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories</th>
<th>Calories from Fat</th>
<th>% Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>50</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td><strong>Total Fat</strong></td>
<td>0g</td>
<td></td>
<td>0%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0g</td>
<td></td>
<td>0%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
<td></td>
<td>0%</td>
</tr>
<tr>
<td><strong>Cholesterol</strong></td>
<td>0mg</td>
<td></td>
<td>0%</td>
</tr>
<tr>
<td><strong>Sodium</strong></td>
<td>0mg</td>
<td></td>
<td>0%</td>
</tr>
<tr>
<td><strong>Total Carbohydrate</strong></td>
<td>10g</td>
<td>3%</td>
<td></td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>2g</td>
<td>8%</td>
<td></td>
</tr>
<tr>
<td>Sugars</td>
<td>0g</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Protein</strong></td>
<td>4g</td>
<td></td>
<td>0%</td>
</tr>
</tbody>
</table>

* 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

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories</th>
<th>Calories from Fat</th>
<th>% Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>30</td>
<td>5</td>
<td></td>
</tr>
<tr>
<td><strong>Total Fat</strong></td>
<td>0.5g</td>
<td></td>
<td>1%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0g</td>
<td></td>
<td>0%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
<td></td>
<td>0%</td>
</tr>
<tr>
<td><strong>Cholesterol</strong></td>
<td>0mg</td>
<td></td>
<td>0%</td>
</tr>
<tr>
<td><strong>Sodium</strong></td>
<td>5mg</td>
<td></td>
<td>0%</td>
</tr>
<tr>
<td><strong>Total Carbohydrate</strong></td>
<td>4g</td>
<td>1%</td>
<td></td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>.5g</td>
<td>2%</td>
<td></td>
</tr>
<tr>
<td>Sugars</td>
<td>0g</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Protein</strong></td>
<td>3g</td>
<td></td>
<td>4%</td>
</tr>
</tbody>
</table>

* 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

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories</th>
<th>Calories from Fat</th>
<th>% Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>40</td>
<td>0</td>
<td></td>
</tr>
<tr>
<td><strong>Total Fat</strong></td>
<td>0g</td>
<td></td>
<td>0%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0g</td>
<td></td>
<td>0%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
<td></td>
<td>0%</td>
</tr>
<tr>
<td><strong>Cholesterol</strong></td>
<td>0mg</td>
<td></td>
<td>0%</td>
</tr>
<tr>
<td><strong>Sodium</strong></td>
<td>0mg</td>
<td></td>
<td>0%</td>
</tr>
<tr>
<td><strong>Total Carbohydrate</strong></td>
<td>8g</td>
<td>3%</td>
<td></td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>3g</td>
<td>12%</td>
<td></td>
</tr>
<tr>
<td>Sugars</td>
<td>4g</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Protein</strong></td>
<td>3g</td>
<td></td>
<td>7%</td>
</tr>
</tbody>
</table>

* 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

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories</th>
<th>Calories from Fat</th>
<th>% Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>57</td>
<td>18</td>
<td></td>
</tr>
<tr>
<td><strong>Total Fat</strong></td>
<td>2g</td>
<td></td>
<td>3%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0g</td>
<td></td>
<td>0%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
<td></td>
<td>0%</td>
</tr>
<tr>
<td><strong>Cholesterol</strong></td>
<td>0mg</td>
<td></td>
<td>0%</td>
</tr>
<tr>
<td><strong>Sodium</strong></td>
<td>5mg</td>
<td></td>
<td>0%</td>
</tr>
<tr>
<td><strong>Total Carbohydrate</strong></td>
<td>3g</td>
<td>1%</td>
<td></td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>2g</td>
<td>8%</td>
<td></td>
</tr>
<tr>
<td>Sugars</td>
<td>0g</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Protein</strong></td>
<td>3g</td>
<td></td>
<td>10%</td>
</tr>
</tbody>
</table>

* 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

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories 80</th>
<th>Calories from Fat 10</th>
</tr>
</thead>
<tbody>
<tr>
<td>% Daily Value*</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Total Fat</strong></td>
<td>1.5g</td>
<td>2%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td><strong>Cholesterol</strong></td>
<td>0mg</td>
<td>0%</td>
</tr>
<tr>
<td><strong>Sodium</strong></td>
<td>15mg</td>
<td>1%</td>
</tr>
<tr>
<td><strong>Total Carbohydrate</strong></td>
<td>10g</td>
<td>3%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>4g</td>
<td>16%</td>
</tr>
<tr>
<td>Sugars</td>
<td>4g</td>
<td></td>
</tr>
<tr>
<td><strong>Protein</strong></td>
<td>4g</td>
<td>14%</td>
</tr>
</tbody>
</table>

* 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

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories 45</th>
<th>Calories from Fat 35</th>
</tr>
</thead>
<tbody>
<tr>
<td>% Daily Value*</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Total Fat</strong></td>
<td>4g</td>
<td>6%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td><strong>Cholesterol</strong></td>
<td>0mg</td>
<td>0%</td>
</tr>
<tr>
<td><strong>Sodium</strong></td>
<td>0mg</td>
<td>0%</td>
</tr>
<tr>
<td><strong>Total Carbohydrate</strong></td>
<td>2g</td>
<td>1%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>1g</td>
<td>4%</td>
</tr>
<tr>
<td>Sugars</td>
<td>0g</td>
<td></td>
</tr>
<tr>
<td><strong>Protein</strong></td>
<td>2g</td>
<td>0%</td>
</tr>
</tbody>
</table>

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

### Wheat Grass

**NUTRITION FACTS**  
Serving Size 1.5 oz (40g)  
Servings about 1

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories 9</th>
<th>Calories from Fat 1</th>
</tr>
</thead>
<tbody>
<tr>
<td>% Daily Value*</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Total Fat</strong></td>
<td>0.5g</td>
<td>1%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td><strong>Cholesterol</strong></td>
<td>0mg</td>
<td>0%</td>
</tr>
<tr>
<td><strong>Sodium</strong></td>
<td>5mg</td>
<td>1%</td>
</tr>
<tr>
<td><strong>Total Carbohydrate</strong></td>
<td>1g</td>
<td>1%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Sugars</td>
<td>0g</td>
<td></td>
</tr>
<tr>
<td><strong>Protein</strong></td>
<td>0g</td>
<td>3%</td>
</tr>
</tbody>
</table>

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