

## *Asparagus, Steamed*

### Nutrition Facts

Serving Size: 1/2 Cup

Amount Per Serving

Calories: 14

Calories from Fat: 0

<b>Total Fat:</b>	<b>.0g</b>
Saturated Fat:	.0g
Trans Fat:	0.00
<b>Cholesterol:</b>	<b>0mg</b>
<b>Sodium:</b>	<b>3mg</b>
<b>Total Carbohydrate:</b>	<b>2.1g</b>
Dietary Fiber:	.0g
<b>Protein:</b>	<b>1.4g</b>

Vitamin A: 207RE

Vitamin C: 6.2mg

Calcium: .0mg

Iron: .3mg

The accuracy of the information shown above is based on data obtained from food manufacturers, food distributors, product packaging, and the USDA Child Nutrition database. Ingredients and menu items are subject to change or substitution. Please consult your own physician or medical professional for assistance with your specific medical or dietary situation.

### Ingredients

Asparagus, Cuts & Tips, Sysco (mfg label): ASPARAGUS [902963]

