



ALFALFA SPROUTS NUTRITION FACTS

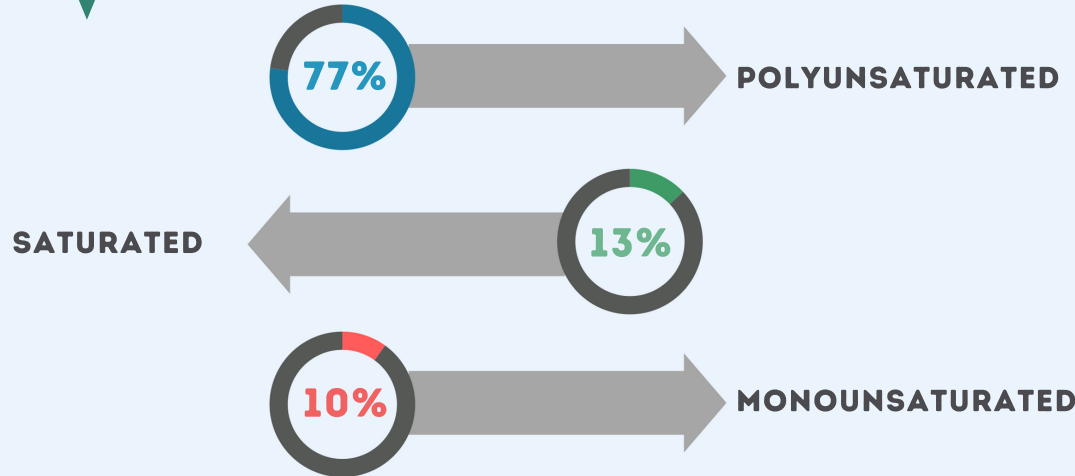


CALORIES
23/100GM

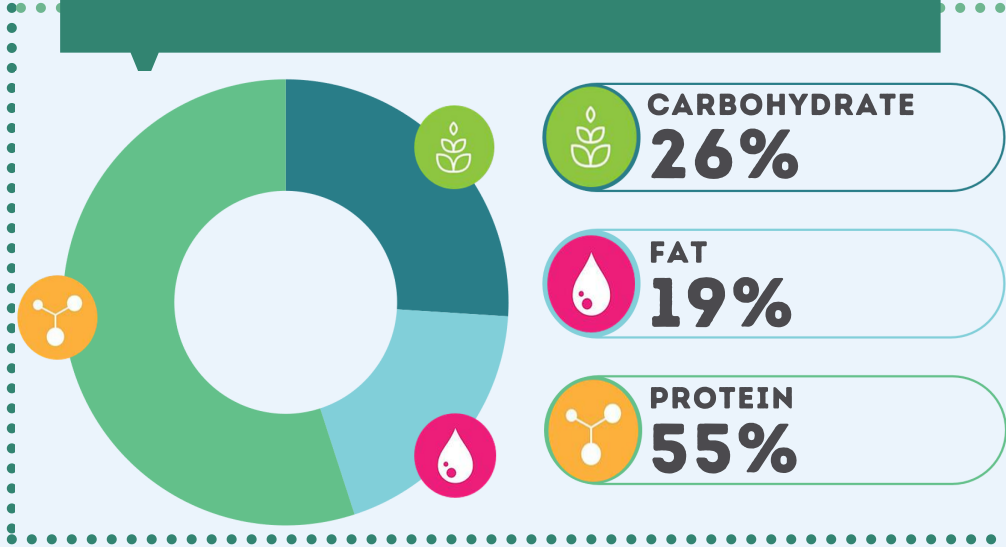
	AMOUNT		AMOUNT
CARBOHYDRATE	2.10 G	NIACIN	0.481 MG
FAT	0.69 G	VITAMIN A	8 MCG
PROTEIN	3.99 G	VITAMIN B12	0.00
CHOLESTEROL	0.00	VITAMIN B6	0.034 MG
FIBER	1.9 MG	VITAMIN C	8.2 MG
RIBOFLAVIN	0.126 MG	VITAMIN D	0.00
SODIUM, NA	6 MG	FOLATE	36 MCG
THIAMIN	0.076 MG		



FATS AND FATTY ACIDS



CALORIES BY SOURCE



ALFALFA SPROUTS OTHER NAMES

MEDICAGO SATIVA
LUCERNE
PURPLE MEDIC
TREFOIL

MINERALS IN ALFALFA SPROUTS

32 MG	CALCIUM, CA	2 % (DV)
0.157 MG	COPPER, CU	17 % (DV)
0.96 MG	IRON, FE	5 % (DV)
27 MG	MAGNESIUM, MG	7 % (DV)
0.6 MG	SELENIUM, SE	1 % (DV)
70 MG	PHOSPHORUS, P	10 % (DV)
79 MG	POTASSIUM, K	2 % (DV)
0.92 MG	ZINC, ZN	8 % (DV)

THE DAILY VALUES (DV) ARE REFERENCE AMOUNTS (EXPRESSED IN GRAMS, MILLIGRAMS, OR MICRO-GRAMS) OF NUTRIENTS TO CONSUME OR NOT TO EXCEED EACH DAY.