

DONOSTIA

F O O D S

selected ingredients for authentic pintxos and tapas

White Asparagus D.O. Navarre (extra thick)

| Nutrition Facts | |
|--|---------------------------|
| Serving Size: 2-3 pieces (130 g) | |
| Servings Per Container 3 | |
| Amount Per Serving | |
| Calories 19 | Calories from Fat 0 |
| | % Daily Value* |
| Total Fat 0 g | 0% |
| Saturated Fat 0 g | 0% |
| Trans Fat 0 g | 0% |
| Cholesterol 0 mg | 0% |
| Sodium 0.52 mg | 21% |
| Total Carbohydrate 2.3 g | 1% |
| Dietary Fiber 1.3 g | 5% |
| Sugars 1.3 g | |
| Protein 1.7 g | |
| Vitamin A 0% | Vitamin C 0% |
| Calcium 0% | Iron 0% |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs: | |
| | Calories: 2,000 2,500 |
| Total Fat | Less than 65g 80g |
| Saturated Fat | Less than 20g 25g |
| Cholesterol | Less than 300mg 300mg |
| Sodium | Less than 2,400mg 2,400mg |
| Total Carbohydrate | 300g 375g |
| Dietary Fiber | 25g 30g |
| Calories per gram: | |
| Fat 9 - Carbohydrate 4 - Protein 4 | |