

Nutrition Facts

6 servings per container

Serving size 1 egg and 2-3 beet wedges

Amount Per Serving

Calories

100

% Daily Value*

Total Fat 5g **6%**

Saturated Fat 1.641g **8%**

Trans Fat 0g

Polyunsaturated Fat 0.723g

Monounsaturated Fat 2.047g

Cholesterol 185mg **62%**

Sodium 85mg **4%**

Total Carbohydrate 4g **1%**

Dietary Fiber 1g **4%**

Total Sugars 3g

Includes 0g Added Sugars **0%**

Protein 7g **14%**

Vitamin D 1.088mcg **6%**

Calcium 32mg **2%**

Iron 0.826mg **4%**

Potassium 153mg **4%**

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.