



Beets

COOKED AND PEELED BEETS.
Vacuum-packed



FORMATS:

- Beets 2/3 pieces.
- Beets 4/6 pieces.

STORE:

At room temperature.

MOST IMPORTANT NUTRITIONAL DECLARATIONS:

- Low energy value.
- Low in saturated fat. A lower consumption of saturated fats contributes to maintenance of normal levels of blood cholesterol.
- Low in salt. A lower consumption of sodium helps to maintain normal blood pressure.
- Source of folic acid.
- Source of potassium.
- No added sugars.

NUTRITIONAL INFORMATION PER 100 G.

Energy: 134 kJ/32 kcal.

Fats: 0 g. of which 0 g. are saturated

Carbohydrates: 5,8 g. of which 4,7 g. are sugar

Protein: 1,2 g.

Dietary fiber: 1,9 g.

Salt: 0,25 g.

Potassium: 353 mg

