

Mexican Asparagus in Promotable Volume



Organic

Standard/Large



1

Many nutrients
but few calories

2

Good source of
antioxidants

3

Can improve
digestive health

4

Easy to add to
your diet

5

Helps lower blood
pressure

Nutrition

Calories: 27 kcal

Protein: 3 g

Total fat: 0.16 g

Fiber: 3 g

Potassium: 273 mg

Folate: 70.2 mcg

(One cup (135 g) of uncooked asparagus)