

**201027 Cafe Puree™ ASPARAGUS - 3.2 oz. [90g]**

**Nutritional Facts: Multi Column**

Nutrients	Per Serving	Per 100g
<b>Basic Components</b>		
Calories (kcal)	111.04	123.38
Calories from Fat (kcal)	58.82	65.36
Calories from SatFat (kcal)	0.00	
Protein (g)	1.86	2.07
Carbohydrates (g)	11.60	12.89
Dietary Fiber (g)	1.57	1.74
Soluble Fiber (g)	0.00	0.00
Total Sugars (g)	1.26	1.40
Added Sugars	0.00	0.00
Monosaccharides (g)	0.89	0.99
Disaccharides (g)	0.06	0.07
Other Carbs (g)	8.13	9.03
Fat (g)	6.85	7.61
Saturated Fat (g)	1.07	1.19
Mono Fat (g)	0.05	0.05
Poly Fat (g)	0.08	0.09
Trans Fatty Acid (g)	0.00	0.00
Cholesterol (mg)	0.58	0.64
Water (g)	68.66	76.29
<b>Vitamins</b>		
Vitamin A - IU (IU)	744.27	826.97
Vitamin A - RE (RE)	75.51	83.90
Vitamin A - RAE (RAE)	38.59	42.88
Vitamin A - Carotenoid RE (RE)		
Vitamin A - Retinol RE (RE)	0.00	0.00
Beta-Carotene (mcg)		
Vitamin B1 - Thiamin (mg)	0.12	0.13
Vitamin B2 - Riboflavin (mg)	0.11	0.12
Vitamin B3 - Niacin (mg)	0.80	0.89
Niacin Equivalents (mg)	1.15	1.28
Vitamin B6 (mg)	0.06	0.07

Nutrients	Per Serving	Per 100g
Vitamin B12 (mcg)	0.00	0.00
Biotin (mcg)	0.30	0.33
Vitamin C (mg)	5.66	6.29
Vitamin D - IU (IU)	0.21	0.23
Vitamin D - mcg (mcg)	0.01	0.01
Vitamin E - Alpha-Toco (mg)	1.11	1.23
Folate (mcg)	109.34	121.49
Folate, DFE (mcg)	109.40	121.56
Vitamin K (mcg)	37.13	41.26
Pantothenic Acid (mg)	0.16	0.18
<b>Minerals</b>		
Calcium (mg)	24.62	27.35
Chromium (mcg)	0.00	0.00
Copper (mg)	0.12	0.13
Fluoride (mg)	0.02	0.02
Iodine (mcg)		
Iron (mg)	0.71	0.79
Magnesium (mg)	11.04	12.27
Manganese (mg)	0.12	0.13
Molybdenum (mcg)		
Phosphorus (mg)	43.49	48.32
Potassium (mg)	173.21	192.46
Sodium (mg)	216.07	240.08
Zinc (mg)	0.45	0.50
<b>Other Fats</b>		
Omega 3 Fatty Acid (g)	0.02	0.02
Omega 6 Fatty Acid (g)	0.05	0.06
<b>Other Nutrients</b>		
Gram Weight (g)	90	100
Alcohol (g)	0.00	0.00
Caffeine (mg)	0.00	0.00
Choline (mg)	19.15	21.28

