

3.5oz Pea Shoots

NUTRITION FACTS

Serving Size 1cup (99 g)
Servings 1
Amount Per Serving
Calories 40 Calories from Fat 0
% Daily Value*
Total Fat 0g 0%
Saturated Fat 0g 0%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 0mg 0%
Total Carb 8g 3%
Dietary Fiber 3g 12%
Sugars 4g
Protein 3g
VitaminA 2% Vitamin C 50%
Calcium 4% Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet

12oz Mung Bean Sprouts:

NUTRITION FACTS

Serving Size 1cup (85 g)
Servings 4
Amount Per Serving
Calories 30 Calories from Fat 5
% Daily Value*
Total Fat .5g 1%
Saturated Fat 0g 0%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 5mg 0%
Total Carbohydrate 4g 1%
Dietary Fiber .5g 2%
Sugars 0g
Protein 3g
Vitamin A 4% Vitamin C 20%
Calcium 2% Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet

4oz Alfalfa Sprouts:

NUTRITION FACTS

Serving Size 1cup (85 g)
Servings 2.5
Amount Per Serving
Calories 25 Calories from Fat 5
% Daily Value*
Total Fat 0.5g 1%
Saturated Fat 0g 0%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 5mg 0%
Total Carbohydrate 3g 1%
Dietary Fiber 2g 8%
Sugars 0g
Protein 3g
VitaminA 2% VitaminC 10%
Calcium 2% Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet

4oz Munchin' Mix:

(peas, lentils and adzuki beans)

NUTRITION FACTS

Serving Size 1/2 cup (57 g)
Servings 2
Amount Per Serving
Calories 50 Calories from Fat 3
% Daily Value*
Total Fat 0g 0%
Saturated Fat 0g 0%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 5mg 0%
Total Carb 10g 4%
Dietary Fiber 2g 8%
Sugars 0g
Protein 4g
Vitamin A 0% VitaminC7%
Calcium 1% Iron 7%
*Percent Daily Values are based on a 2,000 calorie diet

4oz Broccoli Sprouts

NUTRITION FACTS

Serving Size 3 oz (84 g)
Servings 1
Amount Per Serving
Calories 35 Calories from Fat 5
% Daily Value*
Total Fat 0.5g 1%
Saturated Fat 0g 0%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 25mg 1%
Total Carb 5g 2%
Dietary Fiber 4g 16%
Sugars 0g
Protein 2 g
VitaminA 10% VitaminC 60%
Calcium 6% Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet

4oz Radish Sprouts

NUTRITION FACTS

Serving Size 1cup (85 g)
Servings 1
Amount Per Serving
Calories 57 Calories from Fat 18
% Daily Value*
Total Fat 2g 3%
Saturated Fat 0g 0%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 5mg 0%
Total Carb 3g 1%
Dietary Fiber 2g 8%
Sugars 0g
Protein 3 g
VitaminA 3% VitaminC 25%
Calcium 2% Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet

4oz Alfalfa with Radish Sprouts

NUTRITION FACTS

Serving Size 1cup (85 g)
Servings 1
Amount Per Serving
Calories 30 Calories from Fat 10
% Daily Value*
Total Fat 1.5g 2%
Saturated Fat 0g 0%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 5mg 0%
Total Carb 3g 1%
Dietary Fiber 2g 8%
Sugars 0g
Protein 3 g
VitaminA 4% VitaminC 25%
Calcium 4% Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet

4oz Clover Sprouts

NUTRITION FACTS

Serving Size 1cup (85 g)
Servings 1
Amount Per Serving
Calories 25 Calories from Fat 5
% Daily Value*
Total Fat 0.5g 1%
Saturated Fat 0g 0%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 5mg 0%
Total Carb 3g 1%
Dietary Fiber 2g 8%
Sugars 0g
Protein 3 g
VitaminA 2% VitaminC 10%
Calcium 2% Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet

4oz Broccoli/Clover Blend

NUTRITION FACTS

Serving Size 3 oz (84 g)
Servings 1
Amount Per Serving
Calories 30 Calories from Fat 5
% Daily Value*
Total Fat 0.5g 1%
Saturated Fat 0g 0%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 11mg 1%
Total Carb 4g 2%
Dietary Fiber 3g 12%
Sugars 0g
Protein 2 g
VitaminA 4% VitaminC 24%
Calcium 39% Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet

4oz Sprout Salad

NUTRITION FACTS

Serving Size 3 oz (84 g)
Servings 1
Amount Per Serving
Calories 80 Calories from Fat 10
% Daily Value*
Total Fat 1.5g 2%
Saturated Fat 0g 0%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 15mg 1%
Total Carb 10g 3%
Dietary Fiber 4g 16%
Sugars 6g
Protein 4 g
VitaminA 14% VitaminC 6%
Calcium 6% Iron 14%
*Percent Daily Values are based on a 2,000 calorie diet

3oz Sunflower Greens

NUTRITION FACTS

Serving Size 1cup (85 g)
Servings 1
Amount Per Serving
Calories 4 Calories from Fat 35
% Daily Value*
Total Fat 4g 6%
Saturated Fat 0g 0%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 0mg 0%
Total Carb 2g 1%
Dietary Fiber 1g 4%
Sugars 0g
Protein 2 g
VitaminA 0% VitaminC 0%
Calcium 0% Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet

The following statement is the same for all the sprout Nutrition Facts listed on this page:

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Table with 2 columns: Nutrient, 2,000 Cal, 2,500 Cal. Rows include Total Fat, Sat Fat, Cholesterol, Sodium, Total Carbohydrate, and Dietary Fiber.

Calories per gram: Fat 9 Carbohydrate 4 Protein 4

4oz Alfalfa with Dill

NUTRITION FACTS

Serving Size 1cup (85 g)
Servings 1
Amount Per Serving
Calories 30 Calories from Fat 5
% Daily Value*
Total Fat 0.5g 1%
Saturated Fat 0g 0%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 15mg 1%
Total Carb 4g 1%
Dietary Fiber 2g 8%
Sugars 0g
Protein 3 g
VitaminA 6% VitaminC 30%
Calcium 6% Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet

4oz Gourmet Sprouts

NUTRITION FACTS

Serving Size 1cup (85 g)
Servings 1
Amount Per Serving
Calories 20 Calories from Fat 0
% Daily Value*
Total Fat 0g 0%
Saturated Fat 0g 0%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 10mg 0%
Total Carb 3g 1%
Dietary Fiber 2g 8%
Sugars 0g
Protein 3 g
VitaminA 10% VitaminC 30%
Calcium 2% Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet

16oz Soy Sprouts

NUTRITION FACTS

Serving Size 1cup (85 g)
Servings 1
Amount Per Serving
Calories 25 Calories from Fat 5
% Daily Value*
Total Fat 0.5g 1%
Saturated Fat 0g 0%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 5mg 0%
Total Carb 3g 1%
Dietary Fiber 2g 8%
Sugars 0g
Protein 3 g
VitaminA 2% VitaminC 11%
Calcium 2% Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet

4oz Alfalfa with Garlic Sprouts

NUTRITION FACTS

Serving Size 1cup (85 g)
Servings 1
Amount Per Serving
Calories 27 Calories from Fat 5
% Daily Value*
Total Fat 0.5g 1%
Saturated Fat 0g 0%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 5mg 0%
Total Carb 4g 1%
Dietary Fiber 2g 8%
Sugars 0g
Protein 3 g
VitaminA 3% VitaminC 11%
Calcium 2% Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet

4oz Garlic Sprouts

NUTRITION FACTS

Serving Size 1cup (113 g)
Servings 1
Amount Per Serving
Calories 70 Calories from Fat 5
% Daily Value*
Total Fat 0.5g 1%
Saturated Fat 0g 0%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 10mg 0%
Total Carb 14g 5%
Dietary Fiber 3g 12%
Sugars 1g
Protein 5 g
VitaminA 2% VitaminC 30%
Calcium 8% Iron 8%
*Percent Daily Values are based on a 2,000 cal.diet

2.5oz Onion Sprouts

NUTRITION FACTS

Serving Size 1cup (85 g)
Servings 1
Amount Per Serving
Calories 30 Calories from Fat 0
% Daily Value*
Total Fat 0g 0%
Saturated Fat 0g 0%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 5mg 0%
Total Carb 5g 2%
Dietary Fiber 2g 8%
Sugars 2g
Protein 1g
VitaminA 6% VitaminC 30%
Calcium 4% Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet