

# Medium Sliced Fancy Beets



## PRODUCT DESCRIPTION

Canned Sliced Pickled Beets

## **UPC Code**

52550

DILGARD # N85547

## INGREDIENTS

BEETS, WATER, HIGH FRUCTOSE CORN SYRUP, VINEGAR, SALT, NATURAL FLAVOR.

**Beets Facts:** Beets (*beta vulgaris*) are a member of the order of flowering plants called *Caryophyllales*, which also includes bougainvillea, cacti, amaranth, carnations, spinach, and venus fly traps. Modern beets are derived from wild sea beets that originated around the coasts of Europe, the Middle East, and Africa. Around 800 BC, an Assyrian text describes beets growing in the Hanging Gardens of Babylon, one of the wonders of the ancient world. Beets were an important plant for both the ancient Greeks and Romans. Beets of this period were white or black rather than red. The Roman name for the beet plant was "beta" while the Greeks referred to it as "teutlion." At first, the Greeks used just the leaves of the plant, both medicinally and as a culinary herb.

## **Nutrition Facts\***

Serving Size 4 Slices (29g)

Servings Per Container see below

### **Amount Per Serving**

|                      |    |                     |
|----------------------|----|---------------------|
| <b>Calories</b>      | 20 | Calories from fat 0 |
| <b>%Daily Value*</b> |    |                     |

|                           |      |    |
|---------------------------|------|----|
| <b>Total Fat</b>          | 0g   | 0% |
| <b>Saturated Fat</b>      | 0g   | 0% |
| <b>Trans Fat</b>          | 0g   |    |
| <b>Cholesterol</b>        | 0mg  | 0% |
| <b>Sodium</b>             | 55mg | 2% |
| <b>Potassium</b>          | 45mg | 1% |
| <b>Total Carbohydrate</b> | 4g   | 1% |
| <b>Dietary Fiber</b>      | 0g   | 0% |
| <b>Sugars</b>             | 4g   |    |
| <b>Protein</b>            | 0g   |    |

|              |   |              |
|--------------|---|--------------|
| Vitamin A 0% | • | Vitamin C 0% |
| Calcium 0%   | • | Iron 0%      |

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

|                            |           | Calories | 2,000   | 2,500 |
|----------------------------|-----------|----------|---------|-------|
| <b>Total Fat</b>           | Less than | 65g      | 80g     |       |
| <b>Sat Fat</b>             | Less than | 20g      | 25g     |       |
| <b>Cholesterol</b>         | Less than | 300mg    | 300mg   |       |
| <b>Sodium</b>              | Less than | 2,400mg  | 2,400mg |       |
| <b>Potassium</b>           | Less than | 3,500mg  | 3,500mg |       |
| <b>Total Carbohydrates</b> |           | 300g     | 375g    |       |
| <b>Dietary Fiber</b>       |           | 25g      | 30g     |       |

Calories per gram:

Fat 9 · Carbohydrates 4 · Protein 4