



# Nutrition Facts

Serving Size:

1

leek (124ggrams)

Leeks

Amount Per Serving

**Calories38**

		% Daily Value*
Total Fat	0.3g grams	0% Daily Value
Saturated Fat	0g grams	0% Daily Value
<i>Trans</i> Fat	0g grams	
Polyunsaturated Fat	0.1g grams	
Monounsaturated Fat	0g grams	
Cholesterol	0mg milligrams	0% Daily Value
Sodium	12mg milligrams	1% Daily Value
Total Carbohydrates	9.4g grams	3% Daily Value
Dietary Fiber	1.2g grams	4% Daily Value
Sugars	2.6g grams	
Protein	1g grams	
Vitamin D	0mcg micrograms	0% Daily Value
Calcium	37mg milligrams	3% Daily Value
Iron	1.4mg milligrams	8% Daily Value
Potassium	107.9mg milligrams	2% Daily Value

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.