



Asparagus Beans, Frozen

FOOD.BRAND

FOOD.CATEGORY

Asparagus Beans, Frozen

Nutrients

CALORIES	33 kcal (per 100g)
PROTEIN	2.2g (per 100g)
FAT	0.2g (per 100g)
CARBOHYDRATES	6.8g (per 100g)
FIBER	2.3g (per 100g)

David Janitzek Diets
 Premium
 Krumbacher Straße 26
 86424 Dinkelscherben,
 Germany
 VAT ID: DE453108867

Detailed Nutrient List
 Contact:
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 Tel.: +49 1520 744 5675

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Bank Details
 Bank: Deutsche Bank
 IBAN: DE26 7207 0024 0064 1910 00
 SWIFT (BIC): DEUTDEDB33



FAT	0.2 g
CARBOHYDRATE	6.8 g
FIBER	2.3 g
WATER	89 g
SUGAR	3.2 g
SODIUM	5 mg
POTASSIUM	180 mg
VITAMIN C (ASCORBIC ACID)	18 mg
VITAMIN K	40 µg
VITAMIN A	35 µg
FOLATE	40 µg
IRON	0.8 mg
MAGNESIUM	20 mg
CALCIUM	35 mg
VITAMIN B6 (PYRIDOXINE)	0.06 mg
FATTY SATURATED	0.05 g
FATTY MONOUNSATURATED	0.02 g
FATTY POLYUNSATURATED	0.1 g
CHOLESTEROL	0 mg
ASH	0.7 g
VITAMIN B1 (THIAMIN)	0.06 mg
VITAMIN B2 (RIBOFLAVIN)	0.08 mg
VITAMIN B3 (NIACIN)	0.5 mg

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PHOSPHORUS 40 mg
ZINC 0.3 mg



COPPER	0.06 mg
MANGANESE	0.2 mg
SELENIUM	0.5 µg

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