



- Calories
340
- Protein
29g
- Fiber
32g
- Vitamin A
800%
- Vitamin C
170%
- Calcium
180%
- Iron
90%
- Magnanese
90%

Alfalfa

- ✓ High in protein, fiber, calcium and Vitamins A and C
- ✓ As much calcium as 6 glasses of milk
- ✓ As much iron as 16 cups of quinoa

