

USDA NUTRITION FACTS CHARTS

CALORIES, FAT, AND PROTEIN IN COMMERCIALLY GROWN SPROUTS

These are the statistics that the U.S. Government considers important. But there are many more meaningful nutrients in sprouts such as minerals, trace minerals, vitamins, bioflavonoids, antioxidants, phytoestrogens, glucosinolates, and other phytochemicals, that I generally consider these government statistics of little value. However, here they are for what they do offer. Special thanks to the *International Sprout Growers Association* www.ISGA-Sprouts.org and *Jonathan's Sprouts* www.jonathansorganic.com for this good research and providing the information. –Steve Meyerowitz

Soy Bean Sprouts 16oz

NUTRITION FACTS	
Serving Size 1 cup (85 g)	
Servings 5	
Amount Per Serving	
Calories 100	Fat cal 50
	% Daily Value*
Total Fat 6g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0 mg	0%
Sodium 10 mg	0%
Total Carb 8 g	3%
Dietary Fiber 2g	8%
Sugars 2 g	
Protein 11 g	
VitaminA 0 VitaminC 20%	
Calcium 6% Iron 10%	
*Percent Daily Values are based on a 2,000 cal.diet	

Mix Sprouts 4oz
33% Lentils, 33% Adzuki,
33% Pea Sprouts

NUTRITION FACTS	
Serving Size 1/2 cup (57 g)	
Servings 2	
Amount Per Serving	
Calories 50	Fat cal 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 cal.diet	

Mix Sprouts 12oz
50% Lentils, 25% Adzuki,
25% Pea Sprouts

NUTRITION FACTS	
Serving Size 3 oz (85 g)	
Servings 4	
Amount Per Serving	
Calories 100	Fat cal 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carb 21g	7%
Dietary Fiber 4g	16%
Sugars 0g	
Protein 7g	
VitaminA 0% VitaminC15%	
Calcium 2% Iron 15%	
*Percent Daily Values are based on a 2,000 cal.diet	

Soy Bean Sprouts 16oz

NUTRITION FACTS	
Serving Size 1 cup (85 g)	
Servings 5	
Amount Per Serving	
Calories 100	Fat cal 50
	% Daily Value*
Total Fat 6g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0 mg	0%
Sodium 10 mg	0%
Total Carb 8 g	3%
Dietary Fiber 2g	8%
Sugars 2 g	
Protein 11 g	
VitaminA 0 VitaminC 20%	
Calcium 6% Iron 10%	

*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
Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 Carbohydrate 4 Protein 4

Mix Sprouts 12oz
50% Lentils, 25% Adzuki,
25% Pea Sprouts

NUTRITION FACTS	
Serving Size 3 oz (85 g)	
Servings 4	
Amount Per Serving	
Calories 100	Fat cal 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carb 21g	7%
Dietary Fiber 4g	16%
Sugars 0g	
Protein 7g	
VitaminA 0% VitaminC15%	
Calcium 2% Iron 15%	
*Percent Daily Values are based on a 2,000 cal.diet	

*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
Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 Carbohydrate 4 Protein 4

Mix Sprouts 12oz
50% Lentils, 25% Adzuki,
25% Pea Sprouts

NUTRITION FACTS	
Serving Size 3 oz (85 g)	
Servings 4	
Amount Per Serving	
Calories 100	Fat cal 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carb 21g	7%
Dietary Fiber 4g	16%
Sugars 0g	
Protein 7g	
VitaminA 0% VitaminC15%	
Calcium 2% Iron 15%	

*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
Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 Carbohydrate 4 Protein 4

Sunflower Sprouts 3oz

NUTRITION FACTS

Serving Size 1cup (85 g)
Servings 1

Amount Per Serving
Calories 45 Fat cal 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	

VitaminA0% VitaminC0%
Calcium 0% Iron 4%
*Percent Daily Values are based on a 2.000 cal.diet

Snow Pea Sprouts 3.5oz

NUTRITION FACTS

Serving Size 1cup (99 g)
Servings 1

Amount Per Serving
Calories 40 Fat cal 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 3 g	

VitaminA2% Vitamin C50%
Calcium 4% Iron 10%
*Percent Daily Values are based on a 2.000 cal.diet

Alfalfa Sprouts, 8oz

NUTRITION FACTS

Serving Size 1cup (85 g)
Servings 2.5

Amount Per Serving
Calories 25 Fat cal 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% VitaminC10%
Calcium 2% Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet

Mung Bean Sprouts, 12oz

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 3 g	

Vitamin A 4% Vitamin C 20%
Calcium 2% Iron 4%

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

Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 Carbohydrate 4 Protein 4

Hot & Spicy Sprouts 4oz

NUTRITION FACTS

Serving Size 1cup (113 g)
Servings 1

Amount Per Serving
Calories 25 Fat cal 0

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carb 4g	1%
Dietary Fiber 2g	8%
Sugars 2g	
Protein 3 g	

VitaminA 2% VitaminC30%
Calcium 4% Iron 4%
*Percent Daily Values are based on a 2.000 cal.diet

Garlic Sprouts 4oz

NUTRITION FACTS

Serving Size 1cup (113 g)
Servings 1

Amount Per Serving
Calories 70 Fat cal 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% VitaminC30%
Calcium 8% Iron 8%
*Percent Daily Values are based on a 2.000 cal.diet

Onion Sprouts, 2.5oz

NUTRITION FACTS

Serving Size 1cup (85 g)
Servings 1

Amount Per Serving
Calories 30 Fat cal 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% VitaminC30%
Calcium 4% Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet

Alfalfa with Onion Sprouts, 4oz

NUTRITION FACTS

Serving Size 1cup (85 g)
Servings 1

Amount Per Serving
Calories 25 Fat cal 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

Gourmet Sprouts, 3oz
Alfalfa, Clover, Cabbage
& Fennel Sprouts

NUTRITION FACTS

Serving Size 1cup (85 g)
Servings 1

Amount Per Serving
Calories 20 Fat cal 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

Radish Sprouts, 3oz

NUTRITION FACTS

Serving Size 1cup (85 g)
Servings 1

Amount Per Serving
Calories 57 Fat cal 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

Alfalfa Sprouts, 4oz

NUTRITION FACTS

Serving Size 1cup (85 g)
Servings 1

Amount Per Serving
Calories 25 Fat cal 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

Clover Sprouts, 4oz

NUTRITION FACTS

Serving Size 1cup (85 g)
Servings 1

Amount Per Serving
Calories 25 Fat cal 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

Broccoli Sprouts 3oz

NUTRITION FACTS

Serving Size 3 oz (84 g)
Servings 1

Amount Per Serving
Calories 35 Fat cal 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 cal.diet

Alfalfa with Garlic Sprouts, 4oz

NUTRITION FACTS

Serving Size 1cup (85 g)
Servings 1

Amount Per Serving
Calories 27 Fat cal 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

Alfalfa with Dill Sprouts, 4oz

NUTRITION FACTS

Serving Size 1cup (85 g)
Servings 1

Amount Per Serving
Calories 30 Fat cal 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

Alfalfa with Radish Sprouts, 4oz

NUTRITION FACTS

Serving Size 1cup (85 g)
Servings 1

Amount Per Serving
Calories 30 Fat cal 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