



SINCE 1896



PREMIUM

# ASPARAGUS SPEARS

Premium Quality & Taste

NATURALLY ONLY 2 GRAMS NET CARBS PER SERVING

NET WT  
15 OZ  
(425g)

**MAKE IT SPECIAL WITH S&W™**  
*S&W® Asparagus Spears come from the best of the crop to bring you unsurpassed, premium quality. Asparagus Spears are rich in Vitamin C.*

**Nutrition Facts**  
 Serving Size 1/2 cup (124g)  
 Servings Per Container about 3 1/2

Amount/Serving	Calories	20	Calories from Fat	0
	% Daily Value*			
<b>Total Fat</b> 0g				<b>0%</b>
Saturated Fat 0g				<b>0%</b>
Trans Fat 0g				
<b>Cholesterol</b> 0mg				<b>0%</b>
<b>Sodium</b> 365mg				<b>15%</b>
<b>Total Carbohydrate</b> 3g				<b>1%</b>
Dietary Fiber 1g				<b>4%</b>
Sugars 0g				
<b>Protein</b> 2g				
Vitamin A 8% • Vitamin C 25%				
Calcium 0% • Iron 2%				

\*Percent Daily Values are based on a 2,000 calorie diet.

INGREDIENTS: ASPARGUS, WATER, SALT.  
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 SAN FRANCISCO, CA 94105  
 PRODUCT OF PERU

QUESTIONS OR COMMENTS?  
 CALL 800-252-7033 (MON-FRI).  
 REFRIGERATE ANY UNUSED PORTION IN A SEPARATE, COVERED CONTAINER.  
 \*NET CARBS PER SERVING=TOTAL CARBS MINUS FIBER

**SERVING SUGGESTIONS**  
*Try making Sesame Ginger Asparagus. This recipe and more available at [www.swfinefoods.com](http://www.swfinefoods.com)*



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PLEASE RECYCLE

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