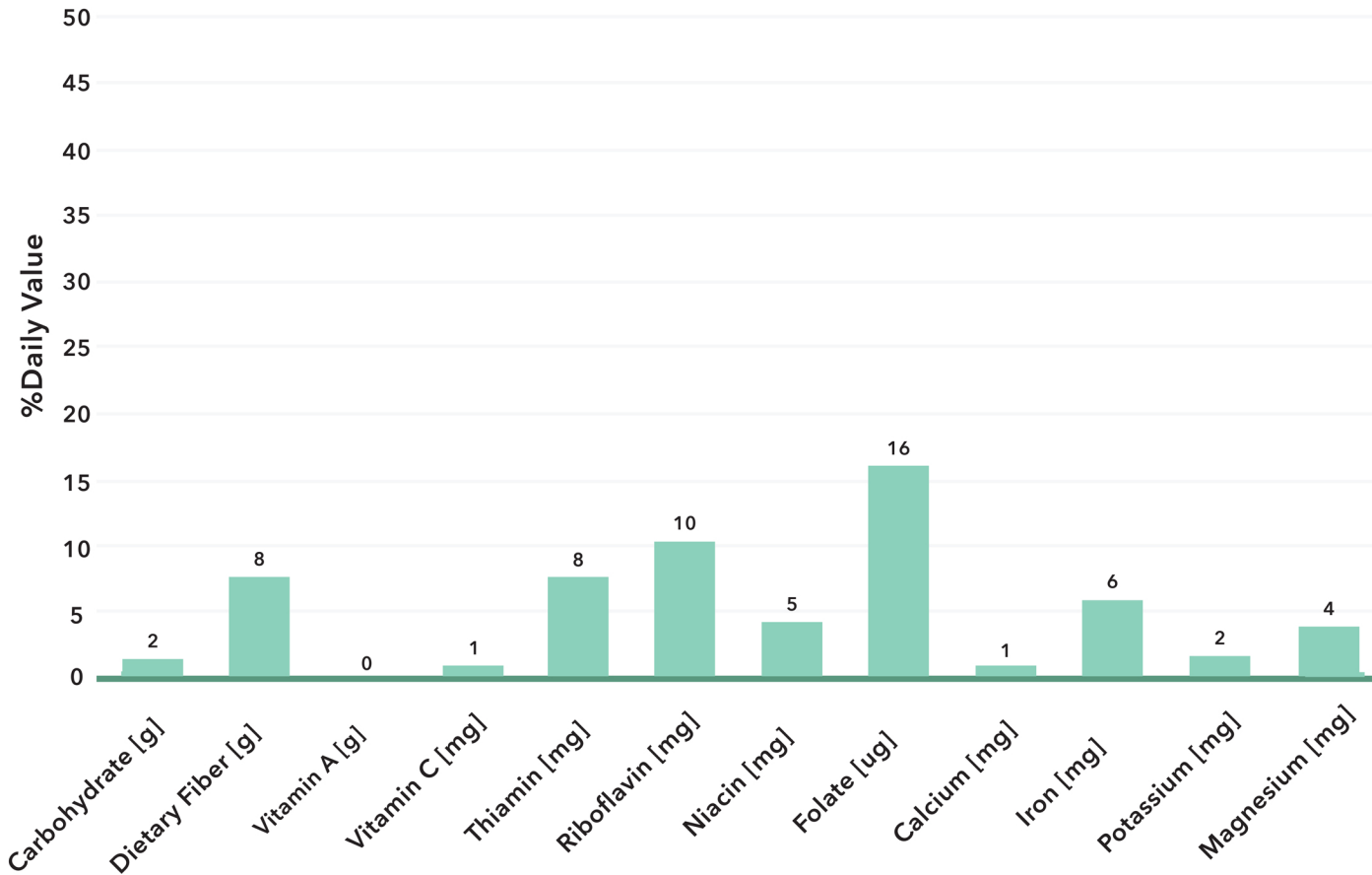


# BEAN SPROUT



# BEAN SPROUT

*Vigna radiata*



\*PERCENT DAILY VALUE (%DV) IS BASED ON A 2,000 KCAL DIET

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## SEASON

Peak availability  
year-round  
January through  
December

## DID YOU KNOW?

Sprouts can be made from just about any seed, legume, or dried bean.

Graph based upon  
USDA Database nutrient  
composition for 1/3  
avocado (50 g)

