



# AMARANTH LEAVES NUTRITION FACTS

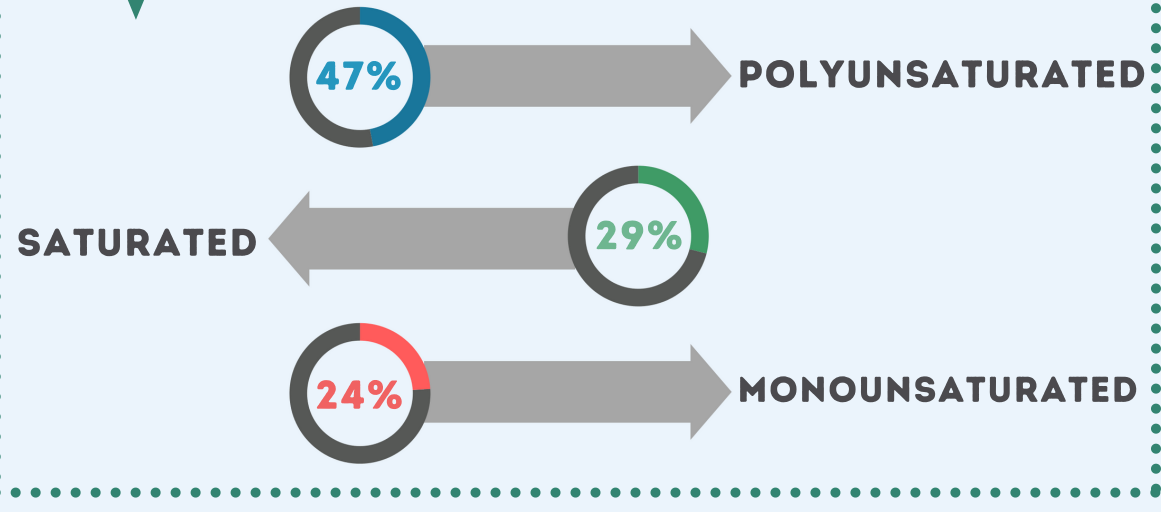


## CALORIES 23/100GM

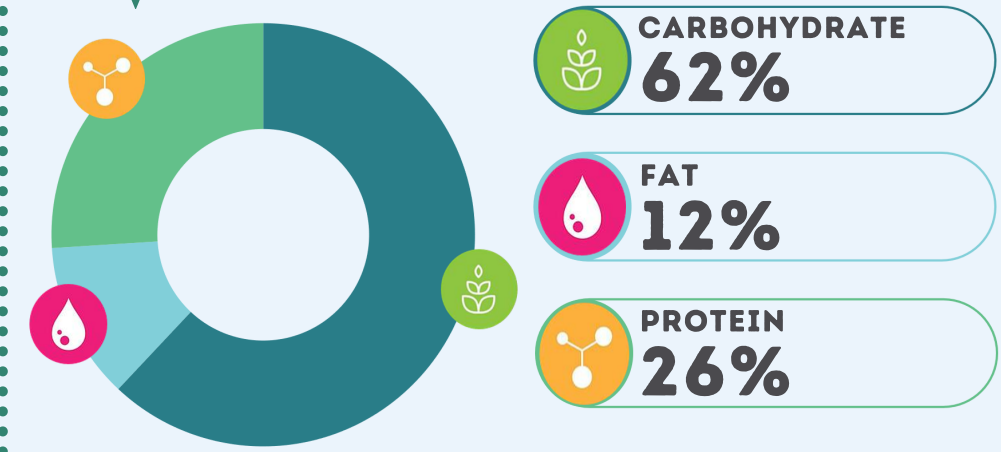
	AMOUNT		AMOUNT
CARBOHYDRATE	4.02 G	NIACIN	0.658 MG
FAT	0.33 G	VITAMIN A	146 MCG
PROTEIN	2.46 G	VITAMIN B12	0.00
CHOLESTEROL	0.00	VITAMIN B6	0.192 MG
FIBER	2.1 MG	VITAMIN C	43.3 MG
RIBOFLAVIN	611 MG	VITAMIN D	0.00
SODIUM, NA	20 MG	FOLATE	85 MCG
THIAMIN	0.027 MG		



### FATS AND FATTY ACIDS



### CALORIES BY SOURCE



### AMARANTH LEAVES OTHER NAMES

- AFRICAN SPINACH
- BUSH GREENS
- CALLALOO
- CHINESE SPINACH
- INDIAN SPINACH
- JOSEPH'S COAT
- YIN-CHOI

### MINERALS IN AMARANTH LEAVES

215 MG	CALCIUM, CA	17 % (DV)
0.162 MG	COPPER, CU	18 % (DV)
2.32 MG	IRON, FE	13% (DV)
55 MG	MAGNESIUM, MG	14 % (DV)
0.9 MG	SELENIUM, SE	2 % (DV)
50 MG	PHOSPHORUS, P	7 % (DV)
611 MG	POTASSIUM, K	13 % (DV)
0.90 MG	ZINC, ZN	8 % (DV)

THE DAILY VALUES (DV) ARE REFERENCE AMOUNTS (EXPRESSED IN GRAMS, MILLIGRAMS, OR MICRO-GRAMS) OF NUTRIENTS TO CONSUME OR NOT TO EXCEED EACH DAY.