



ARROWROOT / TARO ROOT NUTRITION FACTS

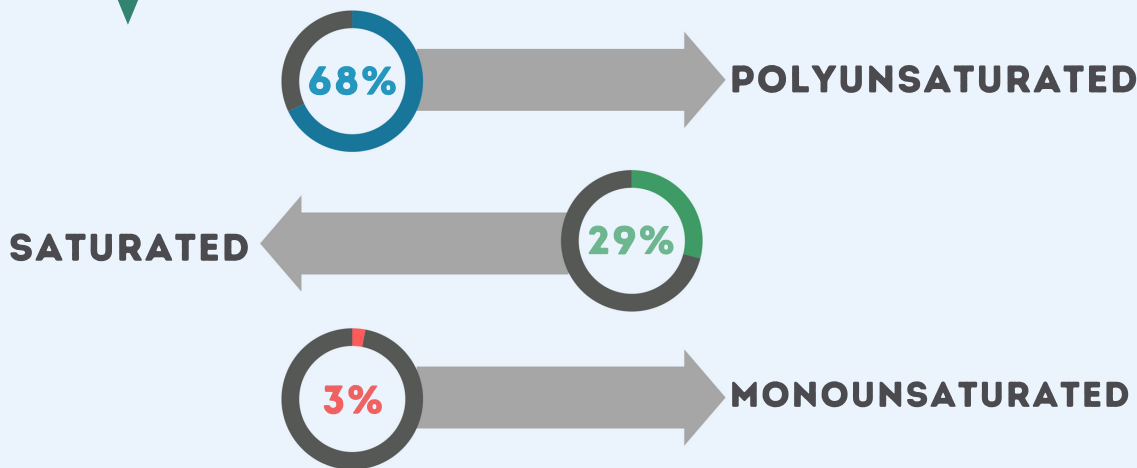


CALORIES 65/100GM

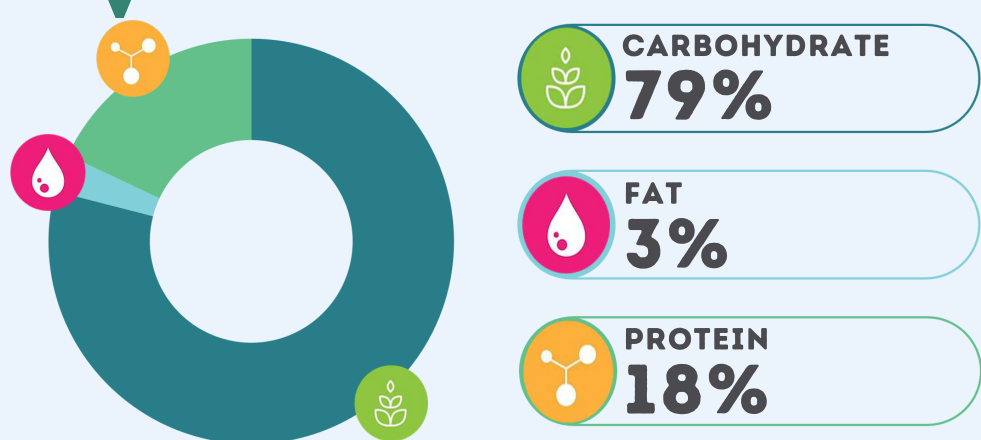
	AMOUNT		AMOUNT
CARBOHYDRATE	13.39 G	NIACIN	1.693 MG
FAT	0.20 G	VITAMIN A	1 MCG
PROTEIN	4.24 G	VITAMIN B12	0.00
CHOLESTEROL	0.00	VITAMIN B6	0.266 MG
FIBER	1.3 G	VITAMIN C	1.9 MG
RIBOFLAVIN	0.059 MG	VITAMIN D	0.00
SODIUM, NA	26 MG	FOLATE	338 MCG
THIAMIN	0.143 MG		



FATS AND FATTY ACIDS



CALORIES BY SOURCE



ARROWROOT OTHER NAMES

MARANTA ARUNDINACEA
OBEDIENCE PLANT
ARARU
ARARUTA
HULANKEERIYA
ARARAO

MINERALS IN ARROWROOTS

6 MG	CALCIUM, CA	0 % (DV)
0.121 MG	COPPER, CU	13 % (DV)
2.22 MG	IRON, FE	12% (DV)
25 MG	MAGNESIUM, MG	6 % (DV)
0.7 MCG	SELENIUM, SE	1 % (DV)
98 MG	PHOSPHORUS, P	14 % (DV)
454 MG	POTASSIUM, K	10 % (DV)
0.63 MG	ZINC, ZN	6 % (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.