



ARUGULA NUTRITION FACTS



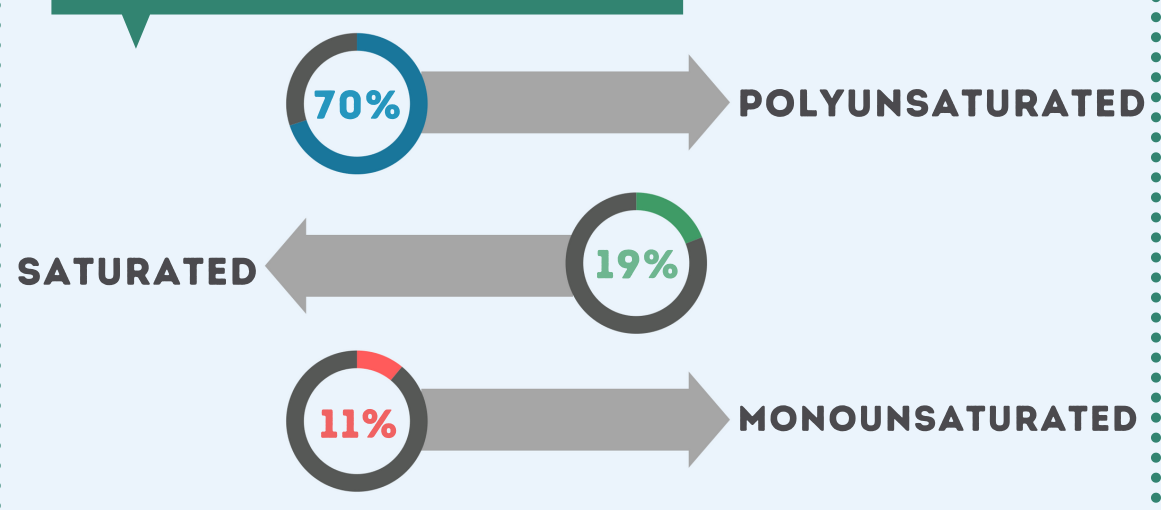
CALORIES 25/100GM

	AMOUNT
CARBOHYDRATE	3.65 G
FAT	0.66 G
PROTEIN	2.58 G
CHOLESTEROL	0.00
FIBER	1.6 G
RIBOFLAVIN	0.086 MG
SODIUM, NA	27 MG
THIAMIN	0.044 MG

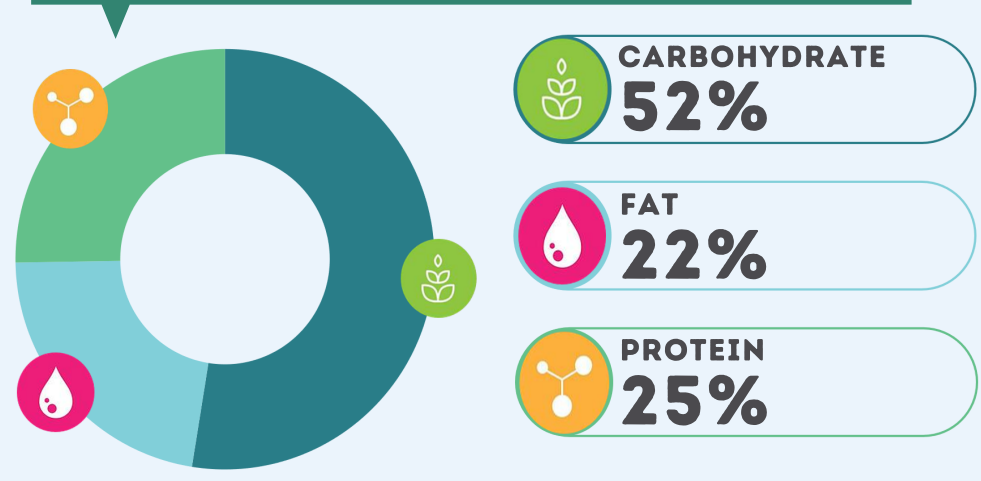
	AMOUNT
NIACIN	0.305 MG
VITAMIN A	119 MCG
VITAMIN B12	0.00
VITAMIN B6	0.073 MG
VITAMIN C	15 MG
VITAMIN D	0.00
FOLATE	97 MCG



FATS AND FATTY ACIDS



CALORIES BY SOURCE



ARUGULA OTHER NAMES

- ERUCA SATIVA
- ROQUETTE
- SALAD ROCKET
- GARDEN ROCKET
- RUGULA

MINERALS IN ARUGULA

160 MG	CALCIUM, CA	12 % (DV)
0.076 MG	COPPER, CU	8 % (DV)
1.46 MG	IRON, FE	8 % (DV)
47 MG	MAGNESIUM, MG	12 % (DV)
0.3 MCG	SELENIUM, SE	1 % (DV)
52 MG	PHOSPHORUS, P	7 % (DV)
369 MG	POTASSIUM, K	8 % (DV)
0.47 MG	ZINC, ZN	4 % (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.