



BAMBOO SHOOTS NUTRITION FACTS



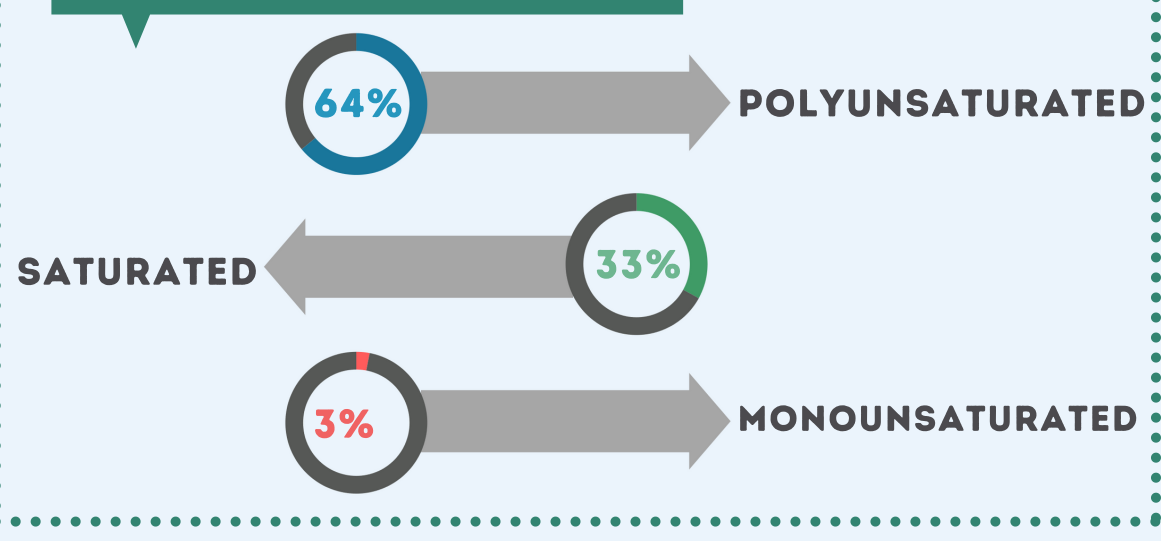
CALORIES 27/100GM

	AMOUNT
CARBOHYDRATE	5.20 G
FAT	0.30 G
PROTEIN	2.60 G
CHOLESTEROL	0.00
FIBER	2.2 G
RIBOFLAVIN	0.070 MG
SODIUM, NA	4 MG
THIAMIN	0.150 MG

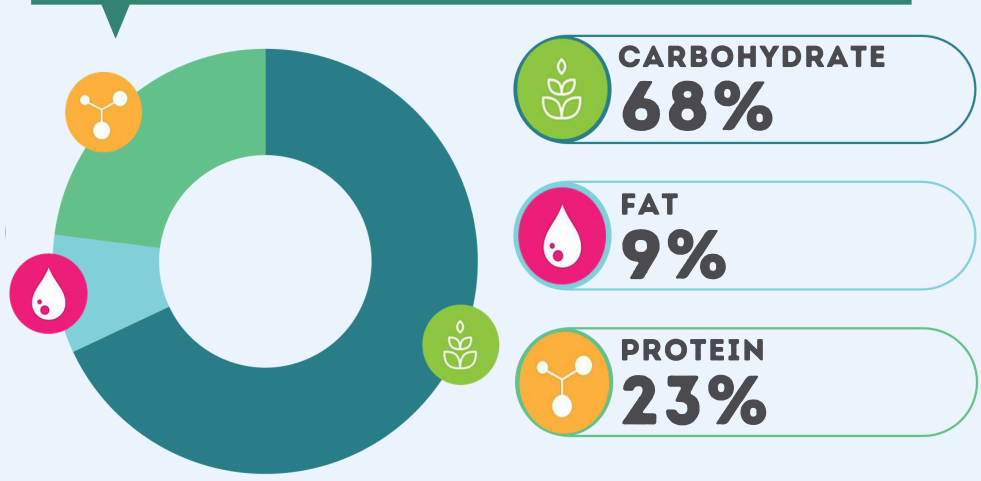
	AMOUNT
NIACIN	0.6 MG
VITAMIN A	1 MCG
VITAMIN B12	0.00
VITAMIN B6	0.24 MG
VITAMIN C	4 MG
VITAMIN D	0.00
FOLATE	7 MCG



FATS AND FATTY ACIDS



CALORIES BY SOURCE



BAMBOO SHOOTS OTHER NAMES

- BAMBUSA VULGARIS
- BAMBOO SPROUTS
- TAKENOKO
- KANJI

MINERALS IN BAMBOO SHOOTS

13 MG	CALCIUM, CA	1 % (DV)
0.190 MG	COPPER, CU	21 % (DV)
0.50 MG	IRON, FE	3 % (DV)
3 MG	MAGNESIUM, MG	1 % (DV)
0.8 MCG	SELENIUM, SE	1 % (DV)
59 MG	PHOSPHORUS, P	8 % (DV)
533 MG	POTASSIUM, K	11 % (DV)
1.10 MG	ZINC, ZN	10 % (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.