



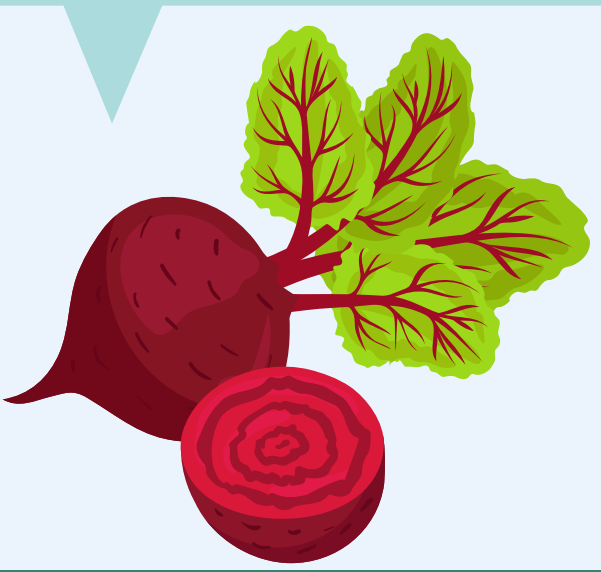
# BEETS / BEETROOT NUTRITION FACTS



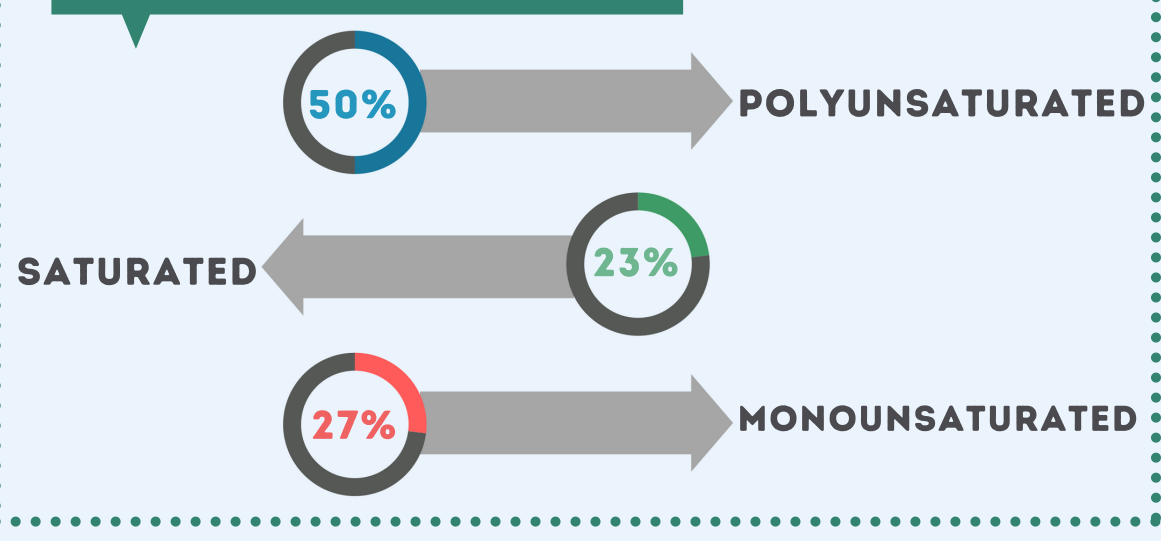
## CALORIES 43/100GM

	AMOUNT
CARBOHYDRATE	9.56 G
FAT	0.17 G
PROTEIN	1.61 G
CHOLESTEROL	0.00
FIBER	2.8 G
RIBOFLAVIN	0.040 MG
SODIUM, NA	78 MG
THIAMIN	0.031 MG

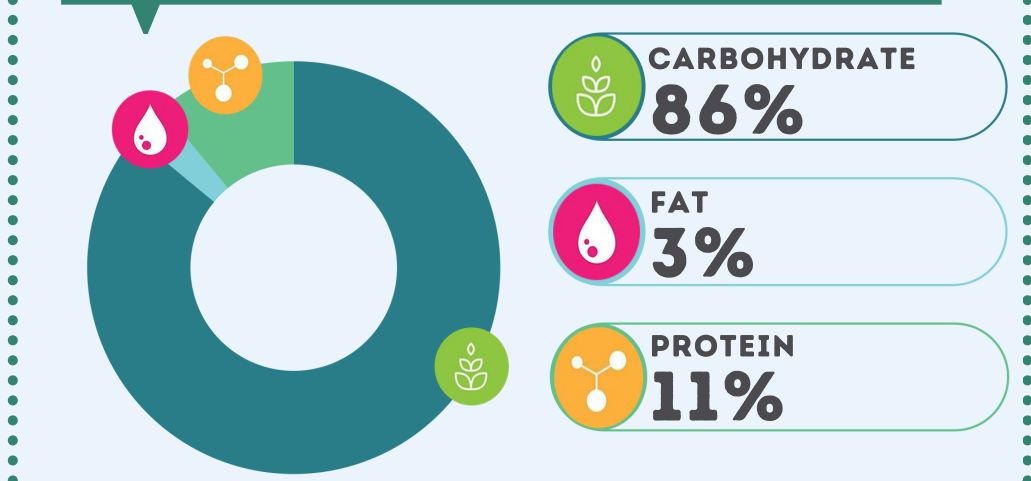
	AMOUNT
NIACIN	0.334 MG
VITAMIN A	2 MCG
VITAMIN B12	0.00
VITAMIN B6	0.067 MG
VITAMIN C	4.9 MG
VITAMIN D	0.00
FOLATE	109 MCG



### FATS AND FATTY ACIDS



### CALORIES BY SOURCE



### BEETS / BEETROOT OTHER NAMES

- BETA VULGARIS
- BLOOD TURNIP
- MANGEL
- SPINACH BEET
- MAANGELWURZEL
- HARVARD BEET
- RED GARDEN BEET

### MINERALS IN POTATO

16 MG	CALCIUM, CA	1 % (DV)
0.075 MG	COPPER, CU	8 % (DV)
0.80 MG	IRON, FE	4 % (DV)
23 MG	MAGNESIUM, MG	6 % (DV)
0.7 MCG	SELENIUM, SE	1 % (DV)
40 MG	PHOSPHORUS, P	6 % (DV)
325 MG	POTASSIUM, K	7 % (DV)
0.35 MG	ZINC, ZN	3 % (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.