



BOK CHOY NUTRITION FACTS

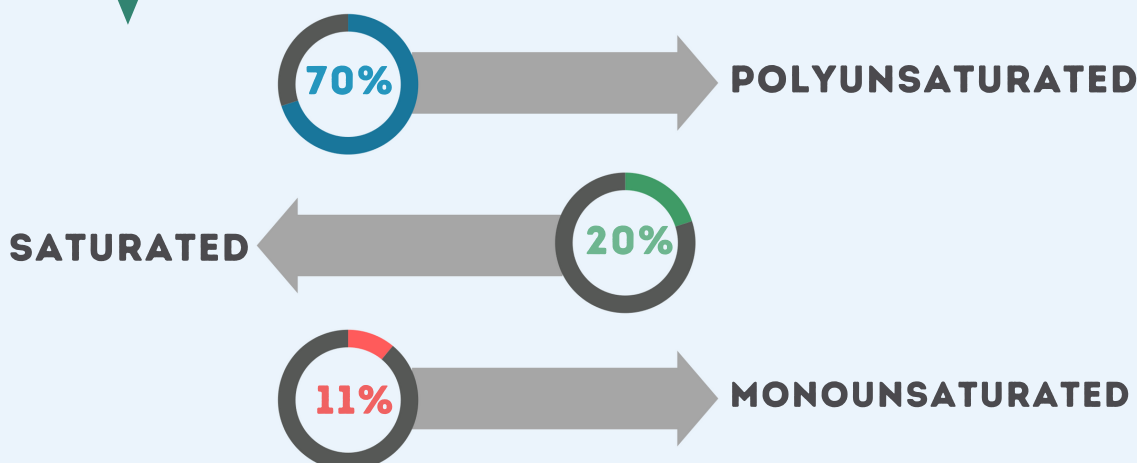


CALORIES 13/100GM

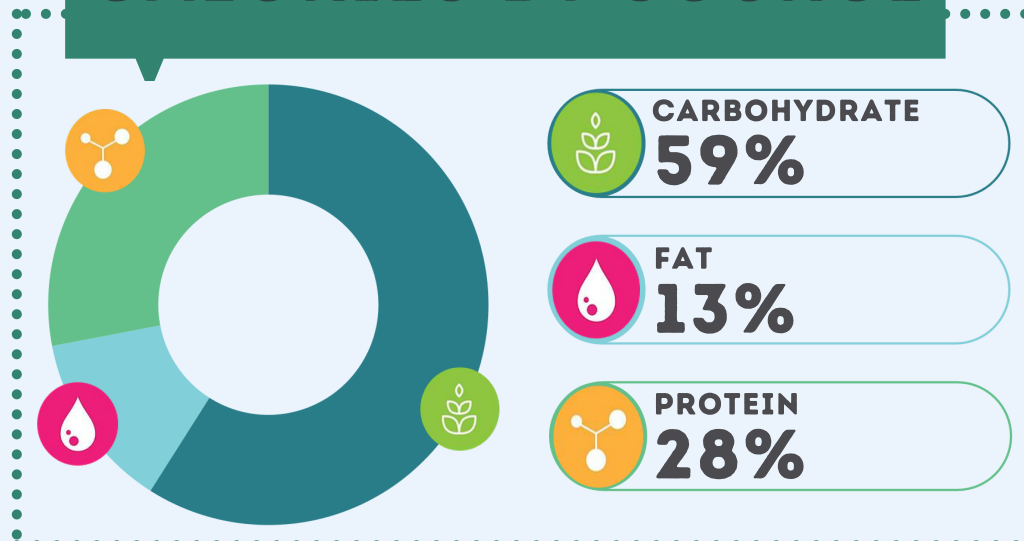
	AMOUNT		AMOUNT
CARBOHYDRATE	2.18 G	NIACIN	0.5 MG
FAT	0.20 G	VITAMIN A	223 MCG
PROTEIN	1.50 G	VITAMIN B12	0.00
CHOLESTEROL	0.00	VITAMIN B6	0.194 MG
FIBER	1 G	VITAMIN C	45 MG
RIBOFLAVIN	0.070 MG	VITAMIN D	0.00
SODIUM, NA	65 MG	FOLATE	66 MCG
THIAMIN	0.040 MG		



FATS AND FATTY ACIDS



CALORIES BY SOURCE



BOK CHOY OTHER NAMES

- BRASSICA RAPA
- WHITE CABBAGE
- PAK CHOI
- BOK CHOI
- PICHAY
- PETSAY
- MUSTARD CABBAGE

MINERALS IN BOK CHOY

105 MG	CALCIUM, CA	8 % (DV)
0.021 MG	COPPER, CU	2 % (DV)
0.80 MG	IRON, FE	4 % (DV)
19 MG	MAGNESIUM, MG	5 % (DV)
0.5 MCG	SELENIUM, SE	1 % (DV)
37 MG	PHOSPHORUS, P	5 % (DV)
252 MG	POTASSIUM, K	5 % (DV)
0.19 MG	ZINC, ZN	2 % (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.