

BROCCOLI RABE NUTRITION FACTS

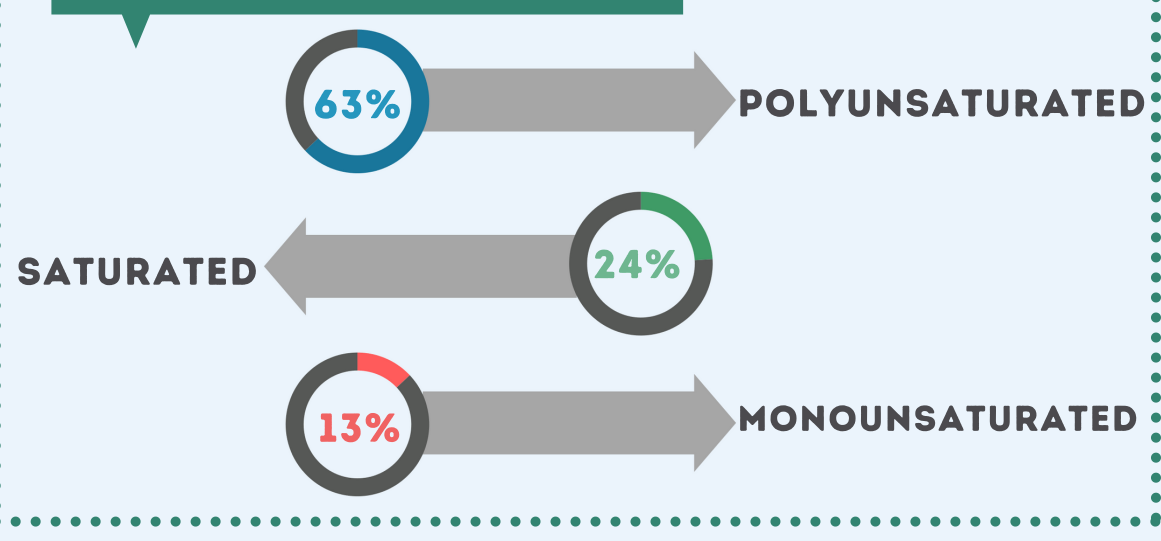


CALORIES 22/100GM

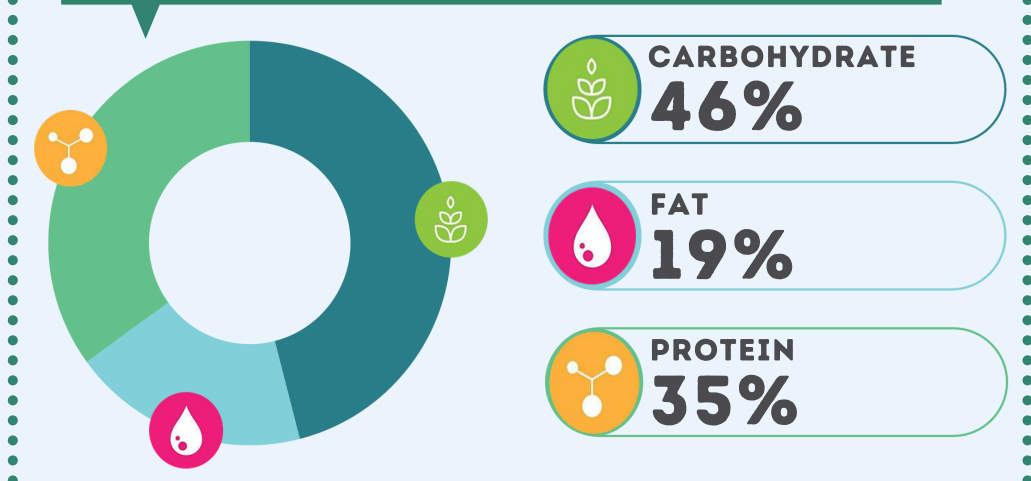
	AMOUNT		AMOUNT
CARBOHYDRATE	2.85 G	NIACIN	1.221 MG
FAT	0.49 G	VITAMIN A	131 MCG
PROTEIN	3.17 G	VITAMIN B12	0.00
CHOLESTEROL	0.00	VITAMIN B6	0.171 MG
FIBER	2.7 G	VITAMIN C	20.2 MG
RIBOFLAVIN	0.129 MG	VITAMIN D	0.00
SODIUM, NA	33 MG	FOLATE	83 MCG
THIAMIN	0.162 MG		



FATS AND FATTY ACIDS



CALORIES BY SOURCE



BROCCOLI RABE OTHER NAMES

- BRASSICA RUVO
- BROCCOLI RAAB
- RAPINI
- RAPA
- RAPPI
- RAPPONE
- TURNIP BROCCOLI

MINERALS IN BROCCOLI RABE

108 MG	CALCIUM, CA	8 % (DV)
0.042 MG	COPPER, CU	5 % (DV)
2.14 MG	IRON, FE	12 % (DV)
22 MG	MAGNESIUM, MG	6 % (DV)
1 MCG	SELENIUM, SE	2 % (DV)
73 MG	PHOSPHORUS, P	10 % (DV)
196 MG	POTASSIUM, K	4 % (DV)
0.77 MG	ZINC, ZN	7 % (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.