



CHIVES NUTRITION FACTS



CALORIES 30/100GM

	AMOUNT
CARBOHYDRATE	4.35 G
FAT	0.73 G
PROTEIN	3.27 G
CHOLESTEROL	0.00
FIBER	2.5 G
RIBOFLAVIN	0.115 MG
SODIUM, NA	3 MG
THIAMIN	0.078 MG

	AMOUNT
NIACIN	0.647 MG
VITAMIN A	218 MCG
VITAMIN B12	0.00
VITAMIN B6	0.138 MG
VITAMIN C	58.1 MG
VITAMIN D	0.00
FOLATE	105 MCG

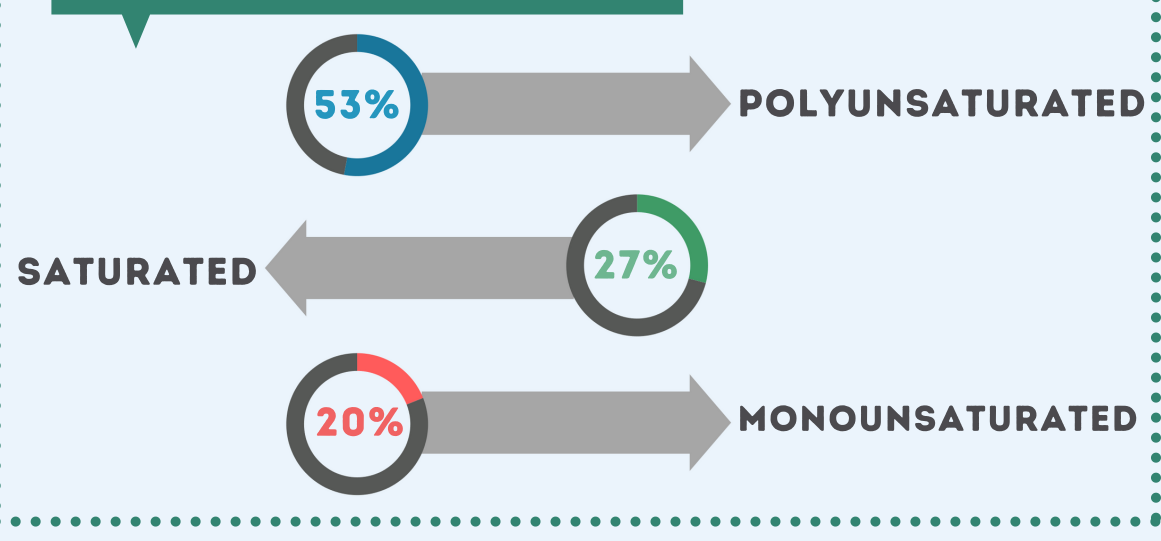


CALORIES BY SOURCE



- CARBOHYDRATE 52%
- FAT 21%
- PROTEIN 27%

FATS AND FATTY ACIDS



CHIVES OTHER NAMES

- ALLIUM SCHOENOPRASUM
- CIVE
- SCHNITTLAUGH

MINERALS IN CHIVES

92 MG	CALCIUM, CA	7 % (DV)
0.157 MG	COPPER, CU	17 % (DV)
1.60 MG	IRON, FE	9 % (DV)
42 MG	MAGNESIUM, MG	10 % (DV)
0.9 MCG	SELENIUM, SE	2 % (DV)
58 MG	PHOSPHORUS, P	8 % (DV)
296 MG	POTASSIUM, K	6 % (DV)
0.56 MG	ZINC, ZN	5 % (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.