

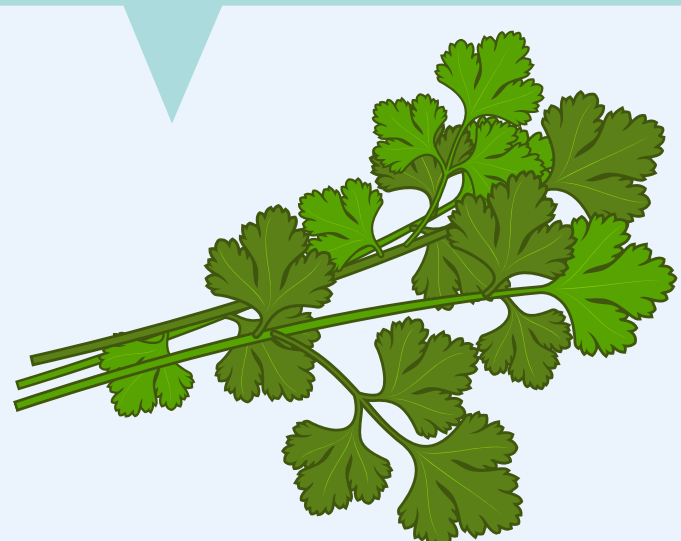


# CILANTRO NUTRITION FACTS

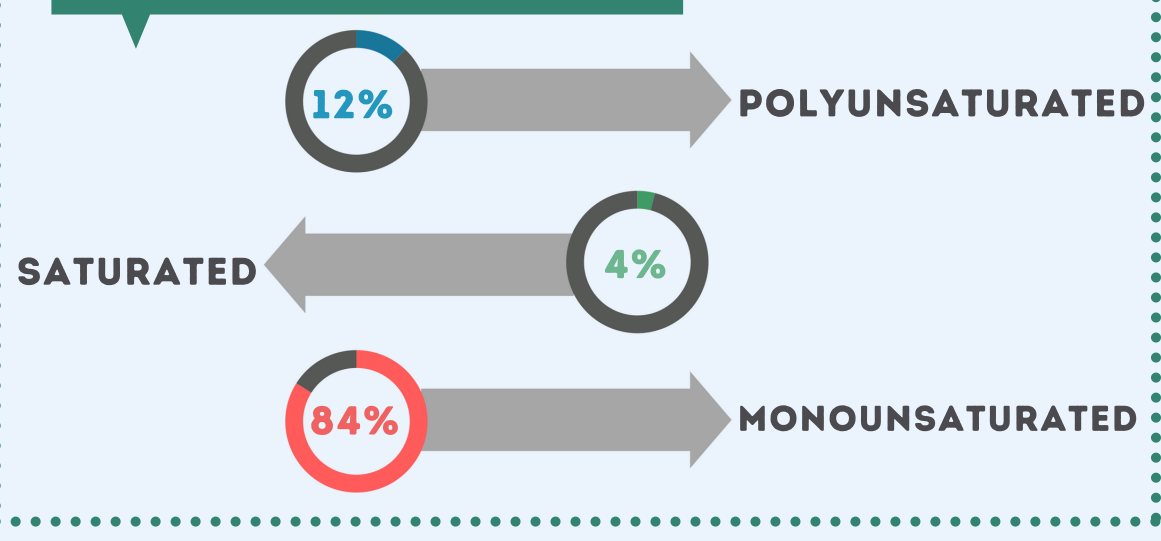


## CALORIES 23/100GM

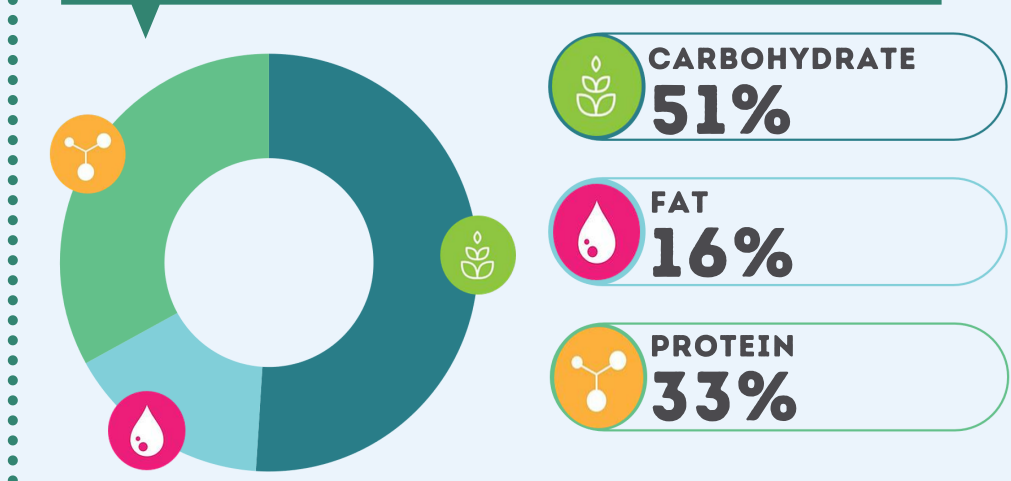
|              | AMOUNT   |             | AMOUNT   |
|--------------|----------|-------------|----------|
| CARBOHYDRATE | 3.67 G   | NIACIN      | 1.114 MG |
| FAT          | 0.52 G   | VITAMIN A   | 337 MCG  |
| PROTEIN      | 2.13 G   | VITAMIN B12 | 0.00     |
| CHOLESTEROL  | 0.00     | VITAMIN B6  | 0.149 MG |
| FIBER        | 2.8 G    | VITAMIN C   | 27 MG    |
| RIBOFLAVIN   | 0.162 MG | VITAMIN D   | 0.00     |
| SODIUM, NA   | 46 MG    | FOLATE      | 62 MCG   |
| THIAMIN      | 0.067 MG |             |          |



### FATS AND FATTY ACIDS



### CALORIES BY SOURCE



### CILANTRO OTHER NAMES

- CORIANDRUM SATIVUM
- DHANIA
- CHINESE PARSLEY
- CORIANDER LEAVES

### MINERALS IN CILANTRO

|          |               |           |
|----------|---------------|-----------|
| 67 MG    | CALCIUM, CA   | 5 % (DV)  |
| 0.225 MG | COPPER, CU    | 25 % (DV) |
| 1.77 MG  | IRON, FE      | 10 % (DV) |
| 26 MG    | MAGNESIUM, MG | 6 % (DV)  |
| 0.9 MCG  | SELENIUM, SE  | 2 % (DV)  |
| 48 MG    | PHOSPHORUS, P | 7 % (DV)  |
| 521 MG   | POTASSIUM, K  | 11 % (DV) |
| 0.50 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.