

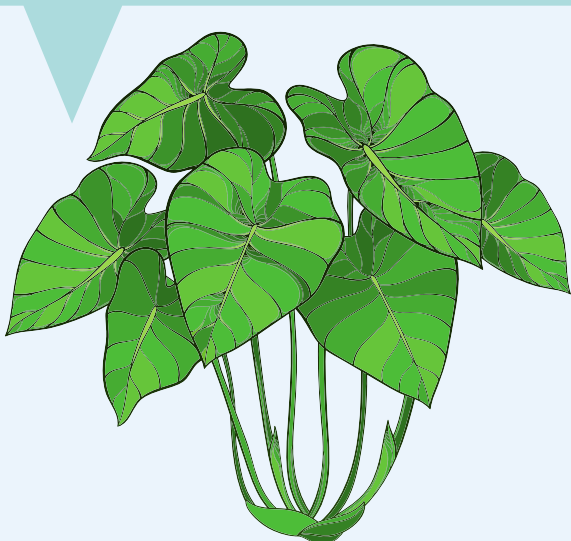


COLOCASIA NUTRITION FACTS

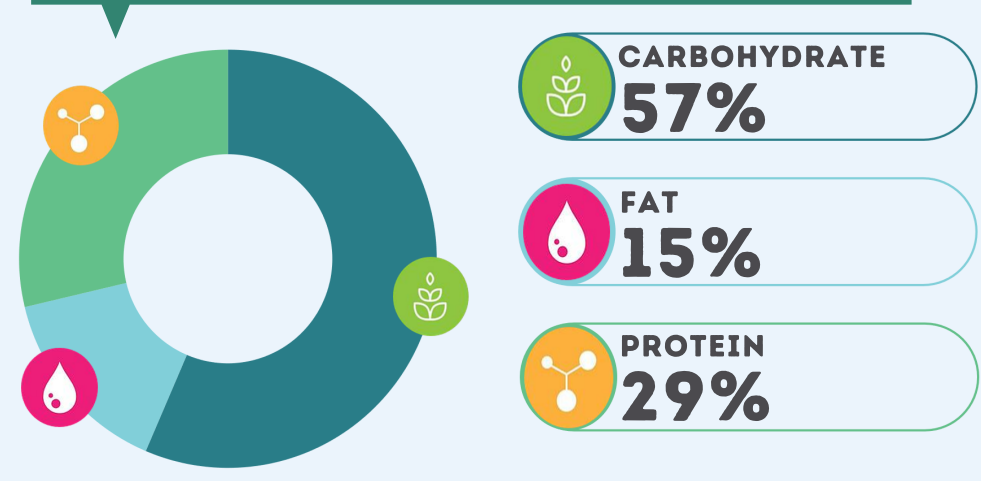


CALORIES 42/100GM

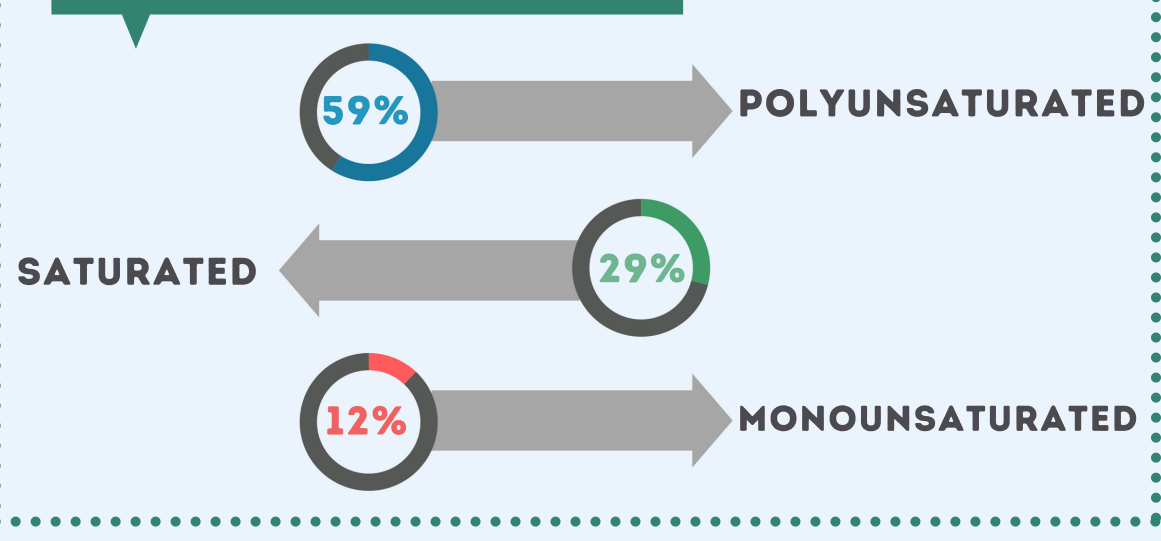
	AMOUNT		AMOUNT
CARBOHYDRATE	6.70 G	NIACIN	1.513 MG
FAT	0.74 G	VITAMIN A	241 MCG
PROTEIN	4.98 G	VITAMIN B12	0.00
CHOLESTEROL	0.00	VITAMIN B6	0.146 MG
FIBER	3.7 G	VITAMIN C	52 MG
RIBOFLAVIN	0.456 MG	VITAMIN D	0.00
SODIUM, NA	3 MG	FOLATE	126 MCG
THIAMIN	0.209 MG		



CALORIES BY SOURCE



FATS AND FATTY ACIDS



COLOCASIA OTHER NAMES

- COLOCASIA
- TARO LEAVES
- ELEPHANT-EAR
- COCOYAM
- ARBI LEAVES

MINERALS IN COLOCASIA

107 MG	CALCIUM, CA	8 % (DV)
0.270 MG	COPPER, CU	30 % (DV)
2.25 MG	IRON, FE	12 % (DV)
45 MG	MAGNESIUM, MG	11 % (DV)
0.9 MCG	SELENIUM, SE	2 % (DV)
60 MG	PHOSPHORUS, P	9 % (DV)
648 MG	POTASSIUM, K	14 % (DV)
0.41 MG	ZINC, ZN	4 % (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.