



DAIKON NUTRITION FACTS

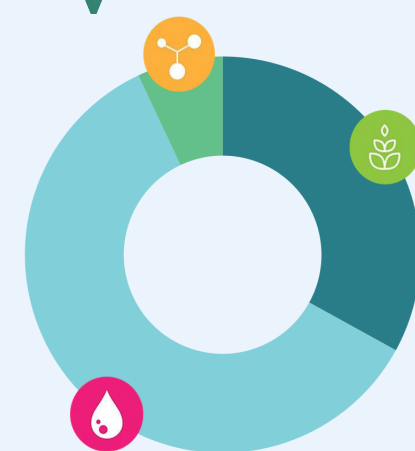


CALORIES 38/100GM

	AMOUNT		AMOUNT
CARBOHYDRATE	3.30 G	NIACIN	0.234 MG
FAT	2.63 G	VITAMIN A	11 MCG
PROTEIN	0.67 G	VITAMIN B12	0.00
CHOLESTEROL	0.00	VITAMIN B6	0.078 MG
FIBER	1.5 G	VITAMIN C	12.2 MG
RIBOFLAVIN	0.036 MG	VITAMIN D	0.00
SODIUM, NA	160 MG	FOLATE	21 MCG
THIAMIN	0.011 MG		



CALORIES BY SOURCE

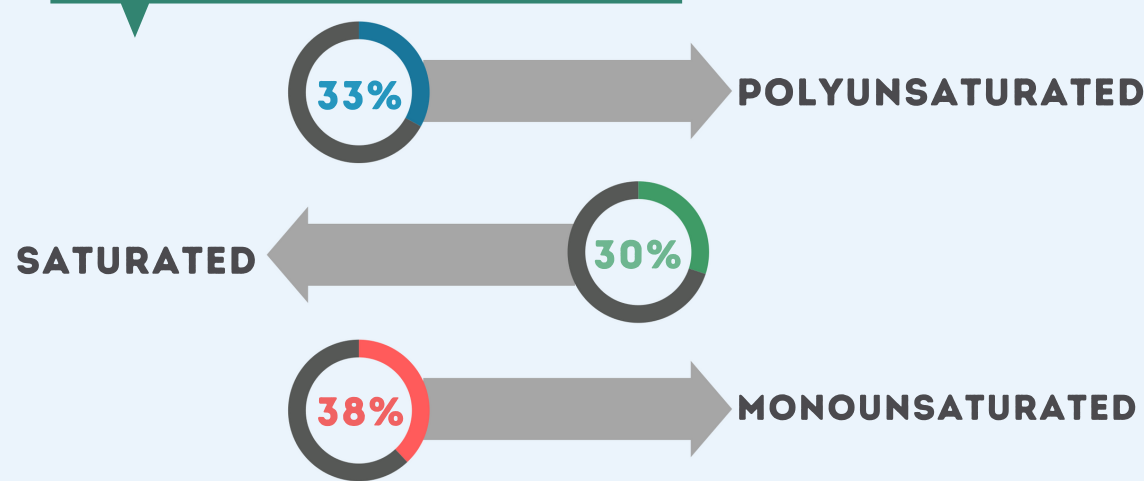


CARBOHYDRATE
33%

FAT
60%

PROTEIN
7%

FATS AND FATTY ACIDS



DAIKON OTHER NAMES

RAPHANUS SATIVUS
WHITE RADISH
ICICLE RADISH
MOOLI
MULI
CHINESE RADISH
WINTER RADISH
ORIENTAL RADISH

MINERALS IN DAIKON

25 MG CALCIUM, CA 2 % (DV)

0.048 MG COPPER, CU 5 % (DV)

0.33 MG IRON, FE 2 % (DV)

10 MG MAGNESIUM, MG 2 % (DV)

0.6 MCG SELENIUM, SE 1 % (DV)

20 MG PHOSPHORUS, P 3 % (DV)

226 MG POTASSIUM, K 5 % (DV)

0.27 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.