



# DANDELION GREENS NUTRITION FACTS

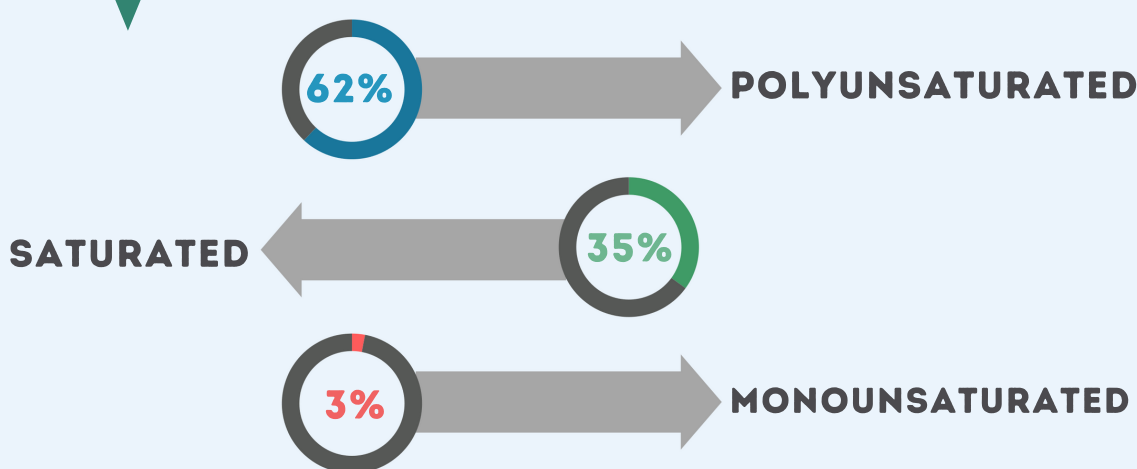


## CALORIES 45/100GM

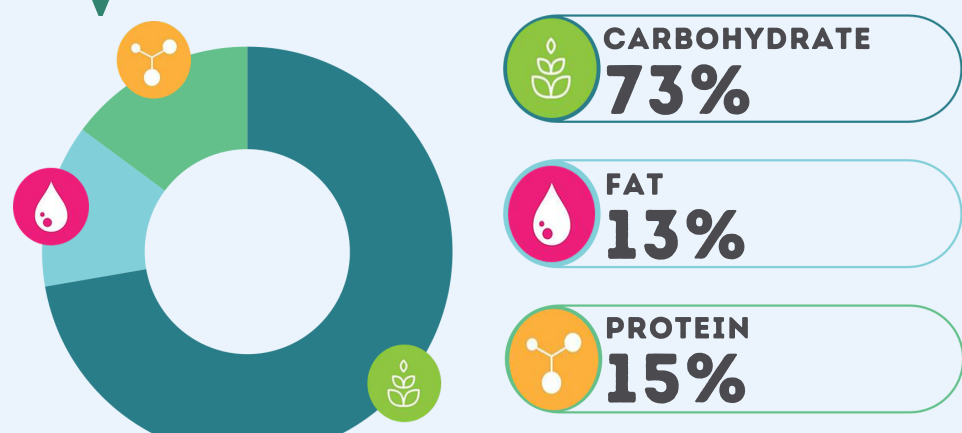
	AMOUNT		AMOUNT
CARBOHYDRATE	9.20 G	NIACIN	0.806 MG
FAT	0.70 G	VITAMIN A	508 MCG
PROTEIN	2.70 G	VITAMIN B12	0.00
CHOLESTEROL	0.00	VITAMIN B6	0.251 MG
FIBER	3.5 G	VITAMIN C	35 MG
RIBOFLAVIN	0.260 MG	VITAMIN D	0.00
SODIUM, NA	76 MG	FOLATE	27 MCG
THIAMIN	0.190 MG		



### FATS AND FATTY ACIDS



### CALORIES BY SOURCE



### DANDELION GREENS OTHER NAMES

- TARAXACUM
- SWEDISH MUMS
- BITTERWORT
- CANKERWORT
- CLOCKFLOWER
- PISSINLIT

### MINERALS IN DANDELION GREENS

187 MG	CALCIUM, CA	14 % (DV)
0.171 MG	COPPER, CU	19 % (DV)
3.10 MG	IRON, FE	17 % (DV)
36 MG	MAGNESIUM, MG	9 % (DV)
0.5 MCG	SELENIUM, SE	1 % (DV)
66 MG	PHOSPHORUS, P	9 % (DV)
397 MG	POTASSIUM, K	8 % (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.