

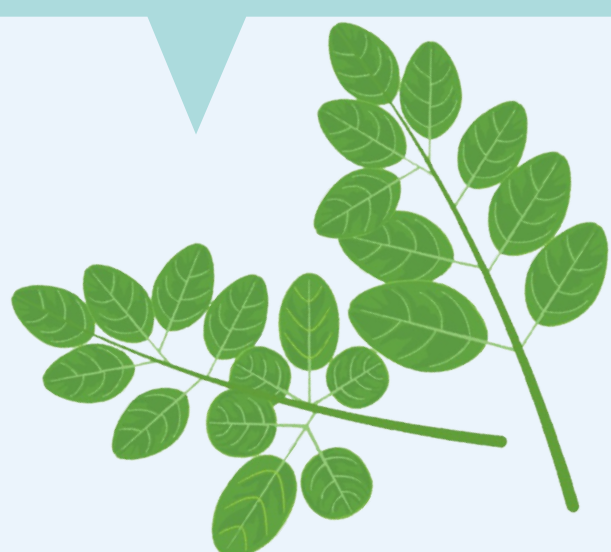


DRUMSTICK LEAVES NUTRITION FACTS

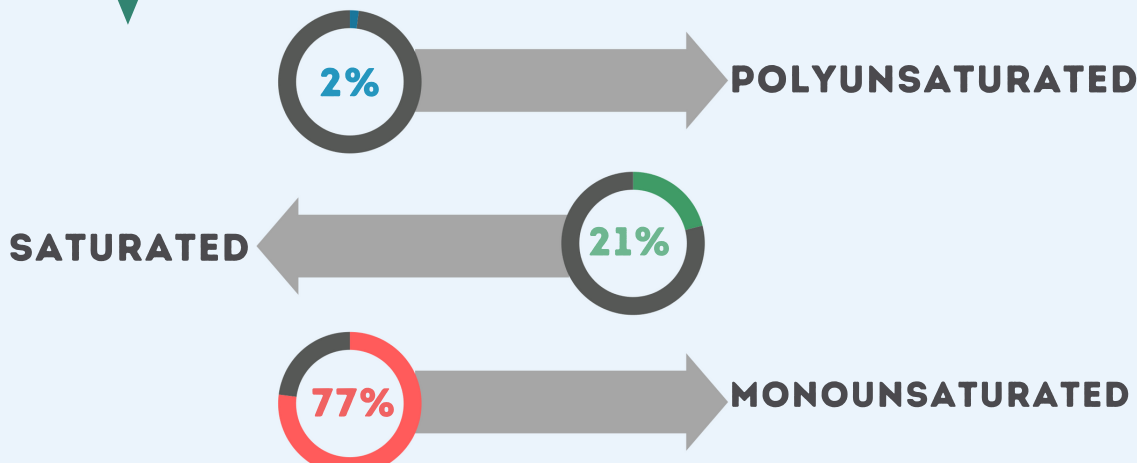


CALORIES 64/100GM

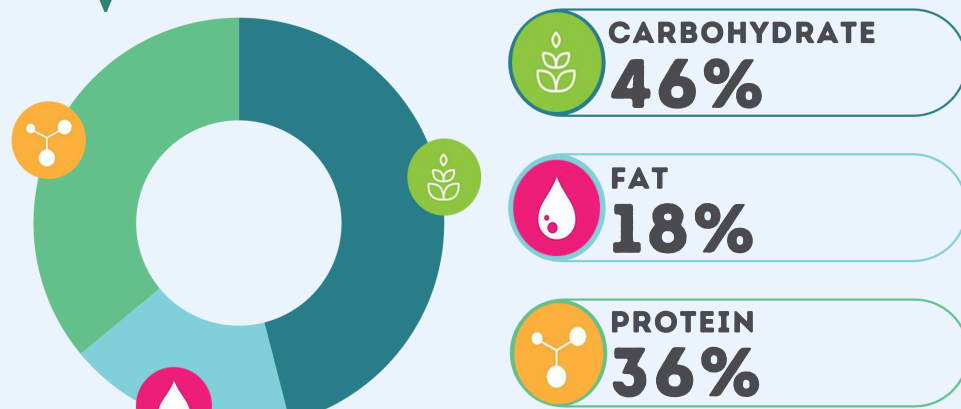
	AMOUNT		AMOUNT
CARBOHYDRATE	8.28 G	NIACIN	2.220 MG
FAT	1.40 G	VITAMIN A	378 MCG
PROTEIN	9.40 G	VITAMIN B12	0.00
CHOLESTEROL	0.00	VITAMIN B6	1.20 MG
FIBER	2.0 G	VITAMIN C	51.7 MG
RIBOFLAVIN	0.660 MG	VITAMIN D	0.00
SODIUM, NA	9.00 MG	FOLATE	40 MCG
THIAMIN	0.257 MG		



FATS AND FATTY ACIDS



CALORIES BY SOURCE



DRUMSTICK LEAVES OTHER NAMES

MORINGA OLEIFERA
MORINGA LEAVES

MINERALS IN DRUMSTICK LEAVES

185 MG	CALCIUM, CA	14 % (DV)
0.105 MG	COPPER, CU	12 % (DV)
4.00 MG	IRON, FE	22 % (DV)
42 MG	MAGNESIUM, MG	10 % (DV)
0.9 MCG	SELENIUM, SE	2 % (DV)
112 MG	PHOSPHORUS, P	16 % (DV)
337 MG	POTASSIUM, K	7 % (DV)
0.60 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.