

DRUMSTICK NUTRITION FACTS



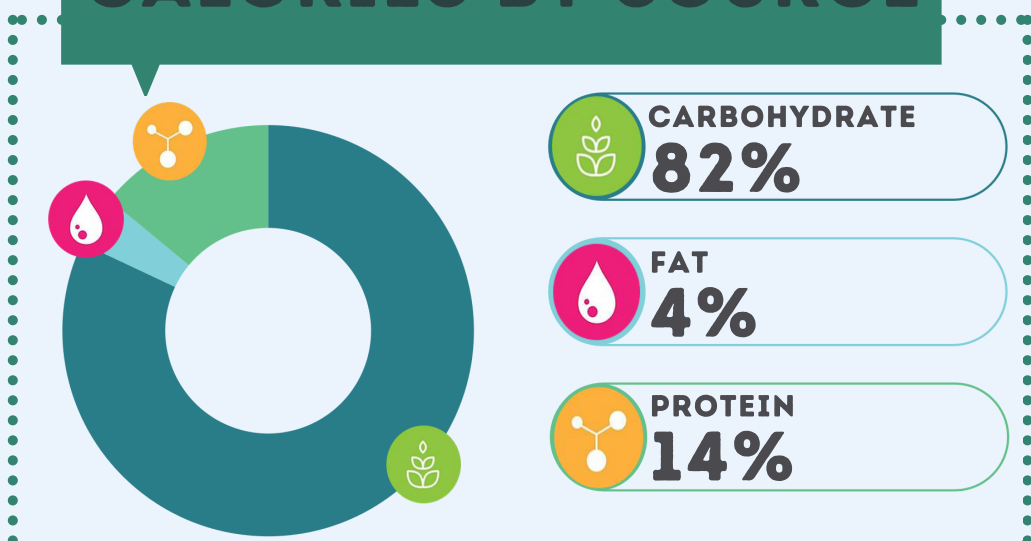
CALORIES 37/100GM

	AMOUNT
CARBOHYDRATE	8.53 G
FAT	0.20 G
PROTEIN	2.10 G
CHOLESTEROL	0.00
FIBER	3.2 G
RIBOFLAVIN	0.074 MG
SODIUM, NA	42 MG
THIAMIN	0.053 MG

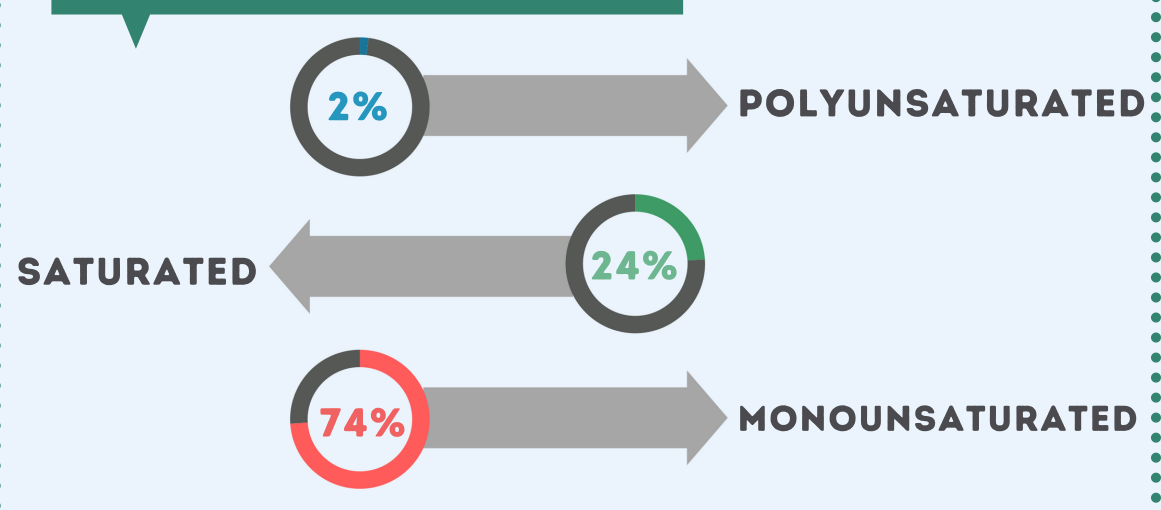
	AMOUNT
NIACIN	0.620 MG
VITAMIN A	4.0 MCG
VITAMIN B12	0.00
VITAMIN B6	0.120 MG
VITAMIN C	141 MG
VITAMIN D	0.00
FOLATE	44 MCG



CALORIES BY SOURCE



FATS AND FATTY ACIDS



DRUMSTICK OTHER NAMES

- MORINGA OLEIFERA
- MORINGA
- SHOBHANJANA
- PILON

MINERALS IN DRUMSTICK

30 MG	CALCIUM, CA	2 % (DV)
0.084 MG	COPPER, CU	9 % (DV)
0.36 MG	IRON, FE	2 % (DV)
45 MG	MAGNESIUM, MG	11 % (DV)
0.7 MCG	SELENIUM, SE	1 % (DV)
50 MG	PHOSPHORUS, P	7 % (DV)
461 MG	POTASSIUM, K	10 % (DV)
0.45 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.