



FENUGREEK LEAVES NUTRITION FACTS

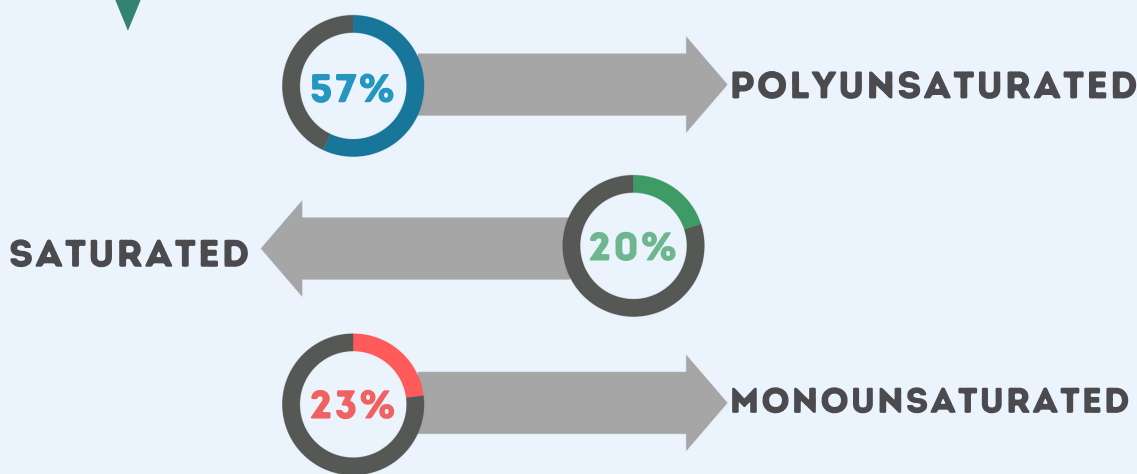


CALORIES 44/100GM

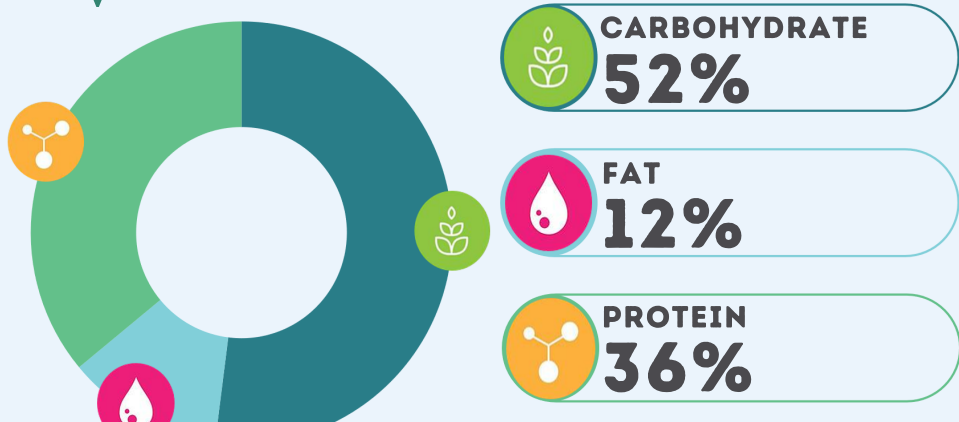
	AMOUNT		AMOUNT
CARBOHYDRATE	7.14 G	NIACIN	1.64 MG
FAT	0.75 G	VITAMIN A	447 MCG
PROTEIN	4.82 G	VITAMIN B12	0.00
CHOLESTEROL	0.00	VITAMIN B6	0.6 MG
FIBER	3.6 G	VITAMIN C	91 MG
RIBOFLAVIN	0.37 MG	VITAMIN D	0.00
SODIUM, NA	67 MG	FOLATE	57 MCG
THIAMIN	0.32 MG		



FATS AND FATTY ACIDS



CALORIES BY SOURCE



FENUGREEK LEAVES OTHER NAMES

- TRIGONELLA FOENUM-GRÆCUM
- ALHOLVA
- BOCKSHORNKLEE
- METHI
- METHIKA
- FENUGREC
- GREEK CLOVER
- GREEK HAY

MINERALS IN FENUGREEK LEAVES

49 MG	CALCIUM, CA	4 % (DV)
0.26 MG	COPPER, CU	28 % (DV)
1.93 MG	IRON, FE	12 % (DV)
59 MG	MAGNESIUM, MG	14 % (DV)
0.7 MCG	SELENIUM, SE	1 % (DV)
51 MG	PHOSPHORUS, P	7 % (DV)
626 MG	POTASSIUM, K	13 % (DV)
1.04 MG	ZINC, ZN	9 % (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.