



FIDDLEHEAD FERN NUTRITION FACTS

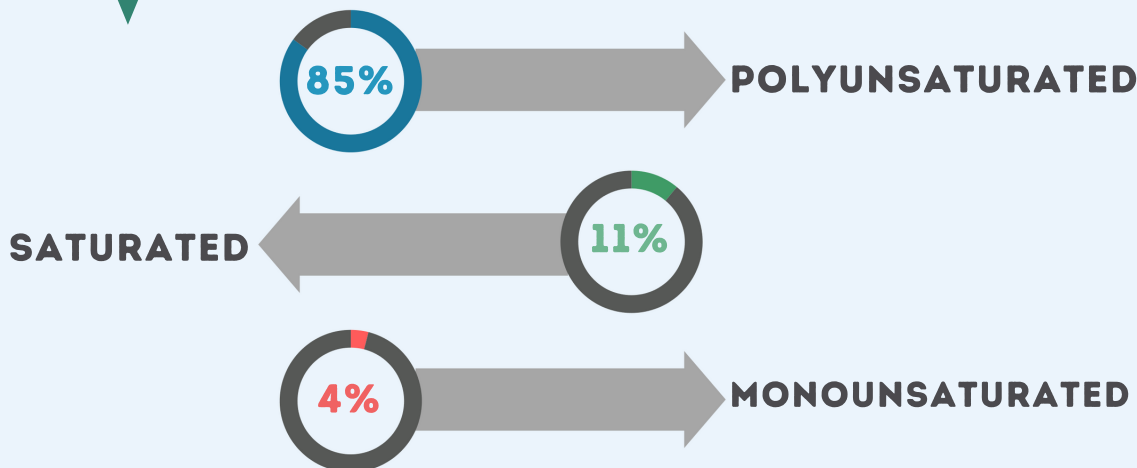


CALORIES 34/100GM

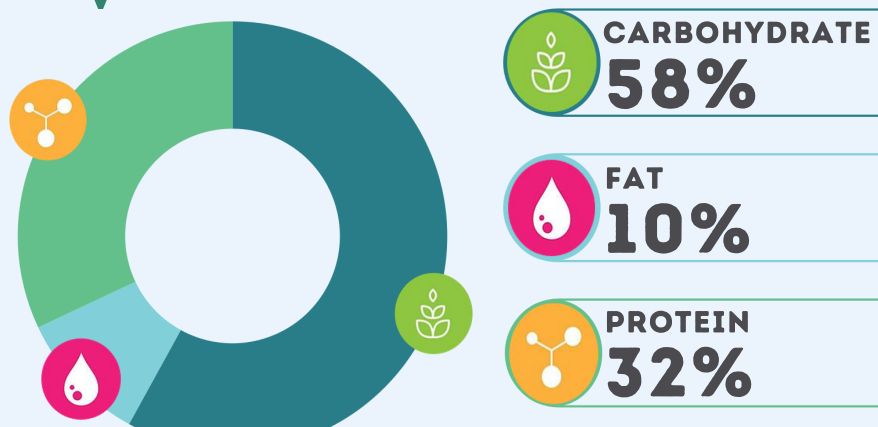
	AMOUNT		AMOUNT
CARBOHYDRATE	5.54 G	NIACIN	4.980 MG
FAT	0.40 G	VITAMIN A	181 MCG
PROTEIN	4.55 G	VITAMIN B12	0.00
CHOLESTEROL	0.00	VITAMIN B6	0.03 MG
FIBER	5.2 G	VITAMIN C	26.6 MG
RIBOFLAVIN	0.210 MG	VITAMIN D	0.00
SODIUM, NA	1 MG	FOLATE	150 MCG
THIAMIN	0.020 MG		



FATS AND FATTY ACIDS



CALORIES BY SOURCE



FIDDLEHEAD FERN OTHER NAMES

MATTEUCCIA STRUTHIOPTERIS
OSTRICH FERNS
SHUTTLECOCK FERN
CINNAMON FERN

MINERALS IN FIDDLEHEAD FERN

32 MG	CALCIUM, CA	2 % (DV)
0.320 MG	COPPER, CU	36 % (DV)
1.31 MG	IRON, FE	7 % (DV)
34 MG	MAGNESIUM, MG	8 % (DV)
0.7 MCG	SELENIUM, SE	1 % (DV)
101 MG	PHOSPHORUS, P	14 % (DV)
370 MG	POTASSIUM, K	8 % (DV)
0.83 MG	ZINC, ZN	8 % (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.