

GINGER ROOT NUTRITION FACTS



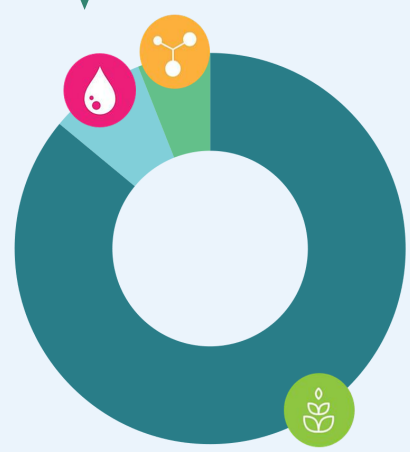
CALORIES 80/100GM

	AMOUNT
CARBOHYDRATE	17.77 G
FAT	0.75 G
PROTEIN	1.82 G
CHOLESTEROL	0.00
FIBER	2.0 G
RIBOFLAVIN	0.034 MG
SODIUM, NA	13 MG
THIAMIN	0.025 MG

	AMOUNT
NIACIN	0.750 MG
VITAMIN A	0.00
VITAMIN B12	0.00
VITAMIN B6	0.160 MG
VITAMIN C	5.0 MG
VITAMIN D	0.00
FOLATE	11 MCG

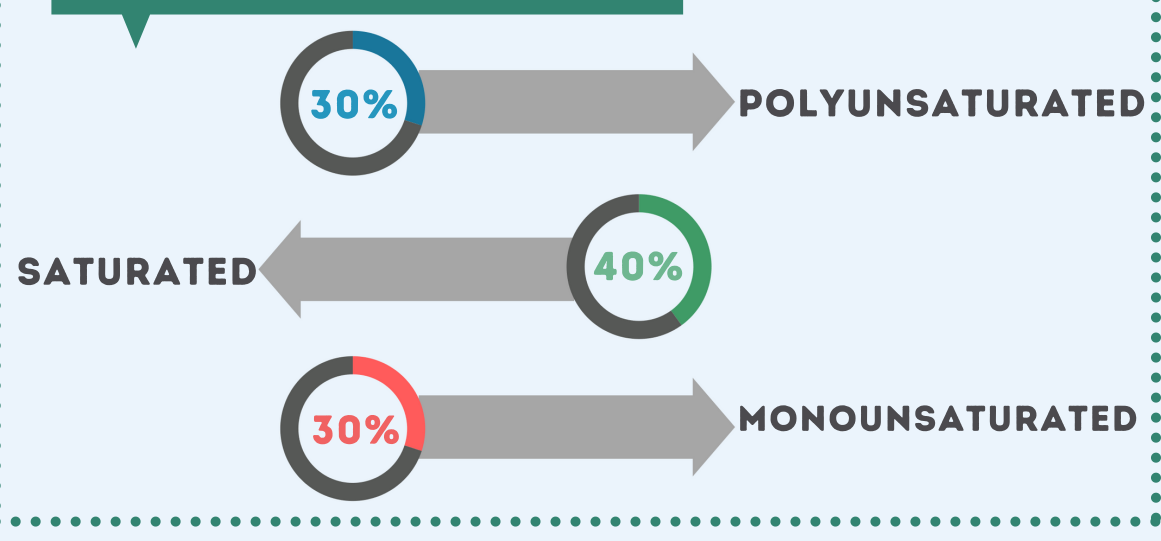


CALORIES BY SOURCE



- CARBOHYDRATE 86%
- FAT 8%
- PROTEIN 6%

FATS AND FATTY ACIDS



GINGER ROOT OTHER NAMES

- ZINGIBER
- GENGIBRE
- GINGEMBRE
- JIANG
- ADRAK
- KION

MINERALS IN GINGER ROOT

16 MG	CALCIUM, CA	1 % (DV)
0.226 MG	COPPER, CU	25 % (DV)
0.60 MG	IRON, FE	3 % (DV)
43 MG	MAGNESIUM, MG	11 % (DV)
0.7 MCG	SELENIUM, SE	1 % (DV)
34 MG	PHOSPHORUS, P	5 % (DV)
415 MG	POTASSIUM, K	9 % (DV)
0.34 MG	ZINC, ZN	3 % (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.