



HORSERADISH NUTRITION FACTS

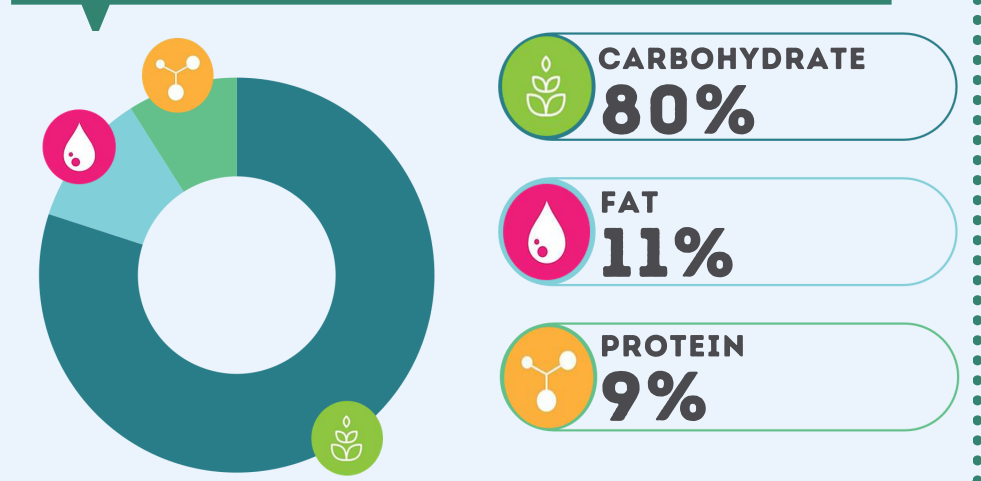


CALORIES 48/100GM

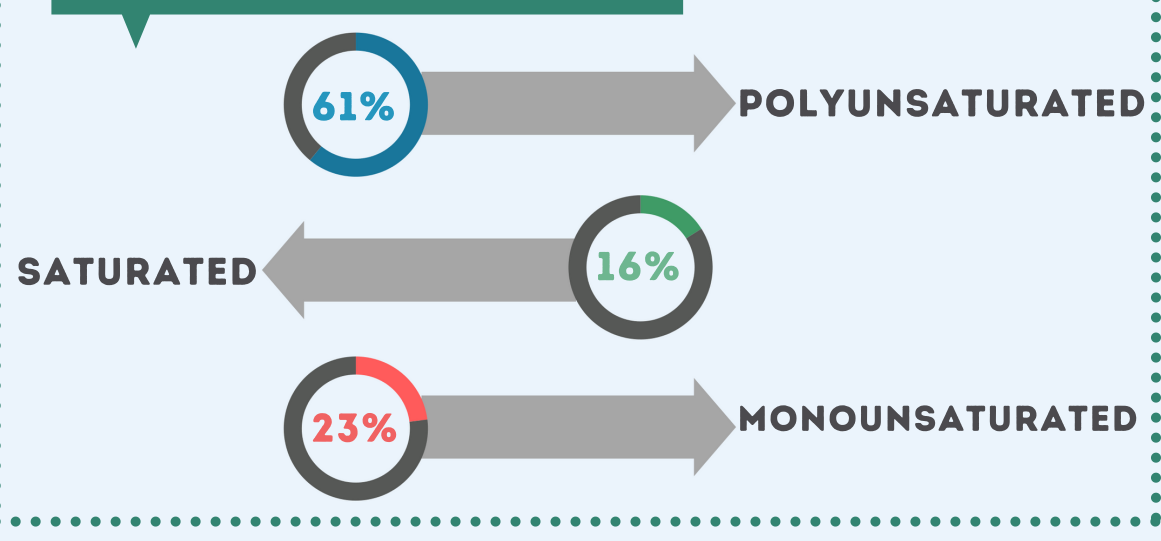
	AMOUNT		AMOUNT
CARBOHYDRATE	11.29 G	NIACIN	0.386 MG
FAT	0.69 G	VITAMIN A	0.00
PROTEIN	1.18 G	VITAMIN B12	0.00
CHOLESTEROL	0.00	VITAMIN B6	0.073 MG
FIBER	3.3 G	VITAMIN C	24.9 MG
RIBOFLAVIN	0.024 MG	VITAMIN D	0.00
SODIUM, NA	420 MG	FOLATE	57 MCG
THIAMIN	0.008 MG		



CALORIES BY SOURCE



FATS AND FATTY ACIDS



HORSERADISH OTHER NAMES

- ARMORACIA RUSTICANA
- TARRAGON
- RED COLE

MINERALS IN HORSERADISH

56 MG	CALCIUM, CA	4 % (DV)
0.058 MG	COPPER, CU	6 % (DV)
0.42 MG	IRON, FE	2 % (DV)
27 MG	MAGNESIUM, MG	7 % (DV)
2.8 MCG	SELENIUM, SE	5 % (DV)
31 MG	PHOSPHORUS, P	4 % (DV)
246 MG	POTASSIUM, K	5 % (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.