

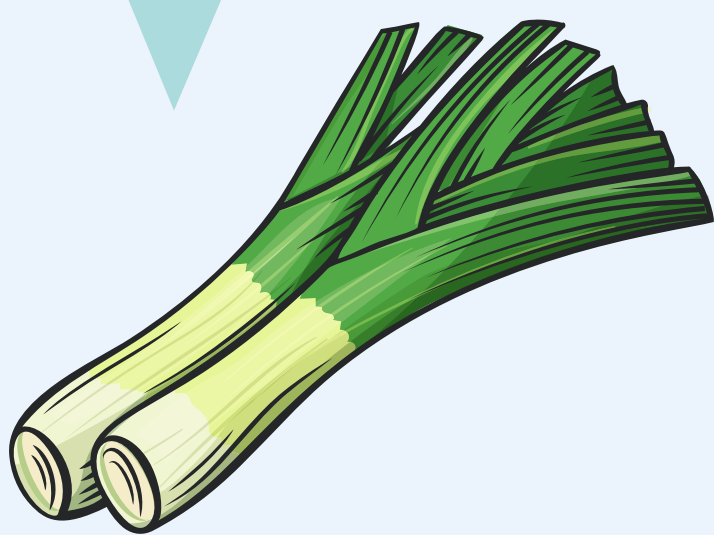


# LEEKS NUTRITION FACTS

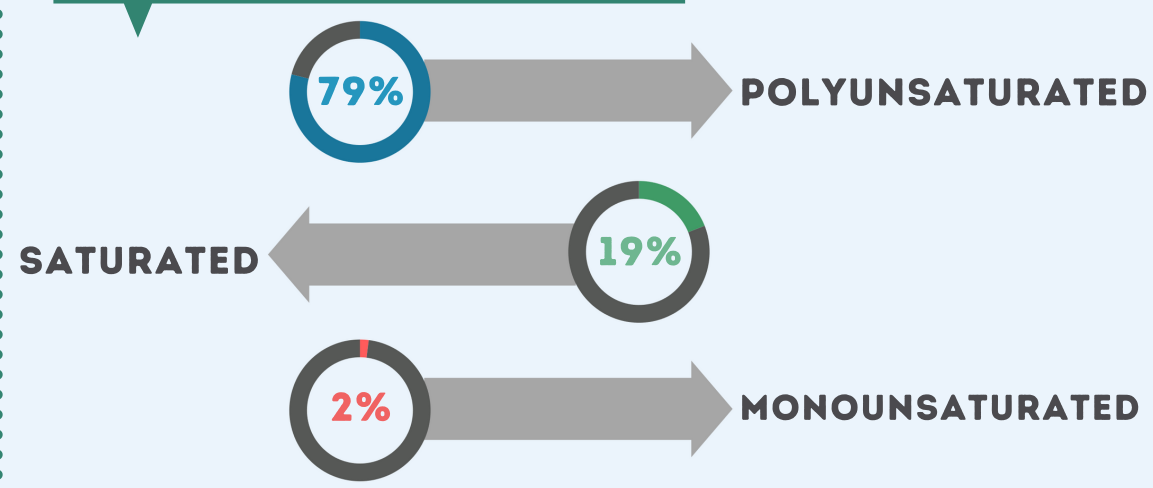


## CALORIES 61/100GM

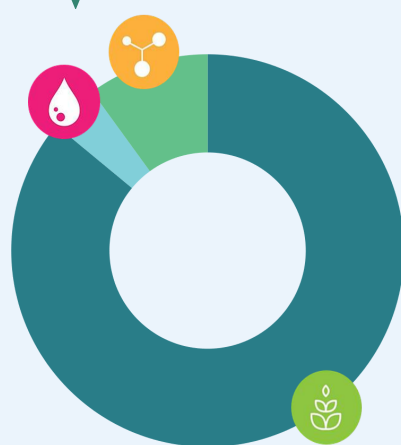
	AMOUNT		AMOUNT
CARBOHYDRATE	14.15 G	NIACIN	0.400 MG
FAT	0.30 G	VITAMIN A	83 MG
PROTEIN	1.50 G	VITAMIN B12	0.00
CHOLESTEROL	0.00	VITAMIN B6	0.233 MG
FIBER	1.8 G	VITAMIN C	12 MG
RIBOFLAVIN	0.030 MG	VITAMIN D	0.00
SODIUM, NA	20 MG	FOLATE	64 MCG
THIAMIN	0.060 MG		



### FATS AND FATTY ACIDS



### CALORIES BY SOURCE



- CARBOHYDRATE 86%
- FAT 4%
- PROTEIN 10%

### LEEKS OTHER NAMES

ALLIUM AMPELOPRASUM  
ALLIUM PORRUM  
BROADLEAF WILD LEEK  
GARDEN LEEK

### MINERALS IN LEEKS

59 MG	CALCIUM, CA	5 % (DV)
0.120 MG	COPPER, CU	13 % (DV)
2.10 MG	IRON, FE	12 % (DV)
28 MG	MAGNESIUM, MG	7 % (DV)
1.0 MCG	SELENIUM, SE	2 % (DV)
35 MG	PHOSPHORUS, P	5 % (DV)
180 MG	POTASSIUM, K	4 % (DV)
0.12 MG	ZINC, ZN	1 % (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.