



MUSTARD GREENS NUTRITION FACTS



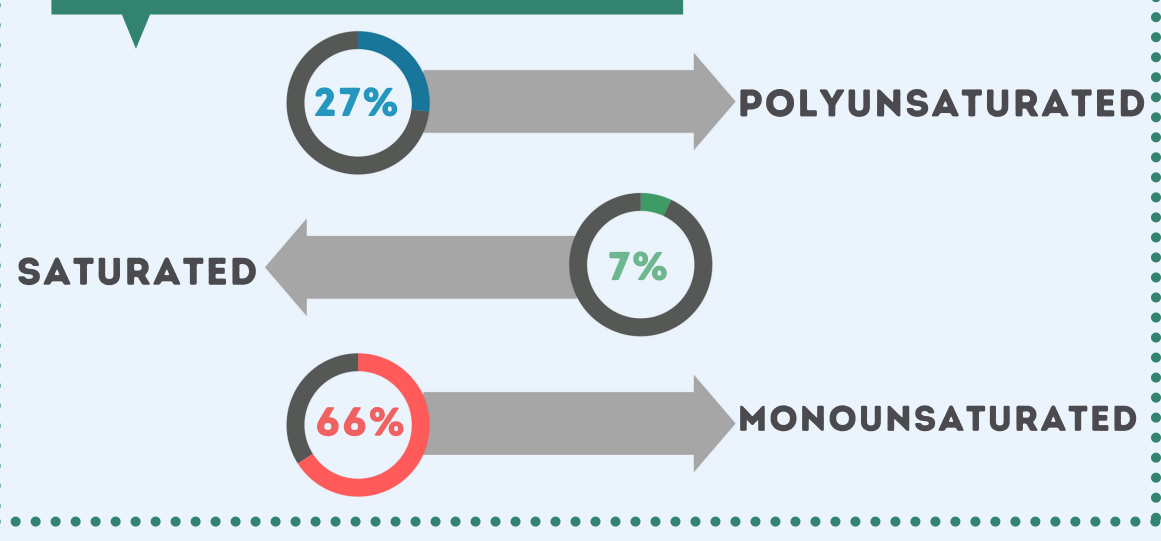
CALORIES 27/100GM

	AMOUNT
CARBOHYDRATE	4.67 G
FAT	0.42 G
PROTEIN	2.86 G
CHOLESTEROL	0.00
FIBER	3.2 G
RIBOFLAVIN	0.110 MG
SODIUM, NA	20 MG
THIAMIN	0.080 MG

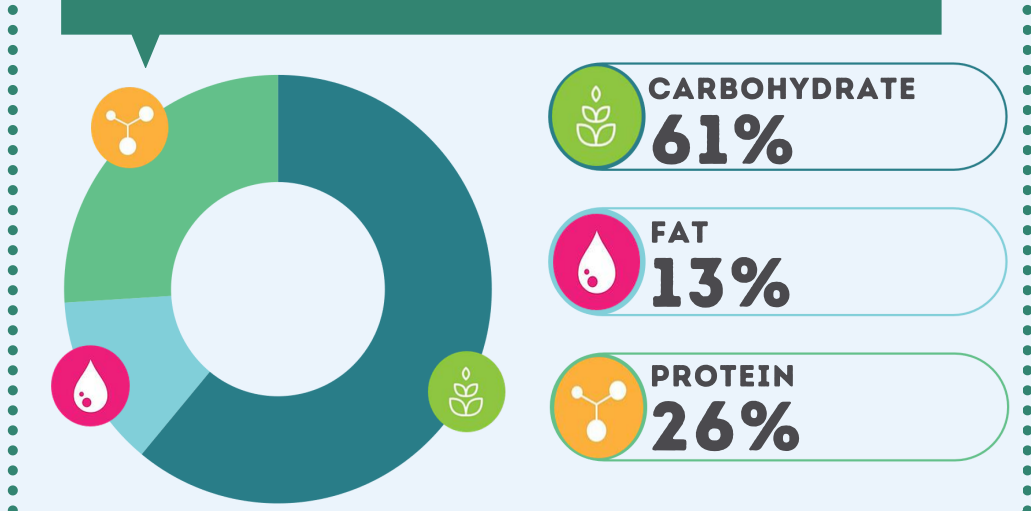
	AMOUNT
NIACIN	0.800 MG
VITAMIN A	151 MCG
VITAMIN B12	0.00
VITAMIN B6	0.180 MG
VITAMIN C	70.0 MG
VITAMIN D	0.00
FOLATE	12 MCG



FATS AND FATTY ACIDS



CALORIES BY SOURCE



MUSTARD GREENS OTHER NAMES

- BRASSICA JUNCEA
- CURLED MUSTARD
- MUSTARD SPINACH
- INDIAN MUSTARD
- LEAF MUSTARD

MINERALS IN MUSTARD GREENS

115 MG	CALCIUM, CA	9 % (DV)
0.165 MG	COPPER, CU	18 % (DV)
1.64 MG	IRON, FE	9 % (DV)
32 MG	MAGNESIUM, MG	8 % (DV)
0.9 MCG	SELENIUM, SE	2 % (DV)
58 MG	PHOSPHORUS, P	8 % (DV)
384 MG	POTASSIUM, K	8 % (DV)
0.25 MG	ZINC, ZN	2 % (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.