



# PARSLEY NUTRITION FACTS



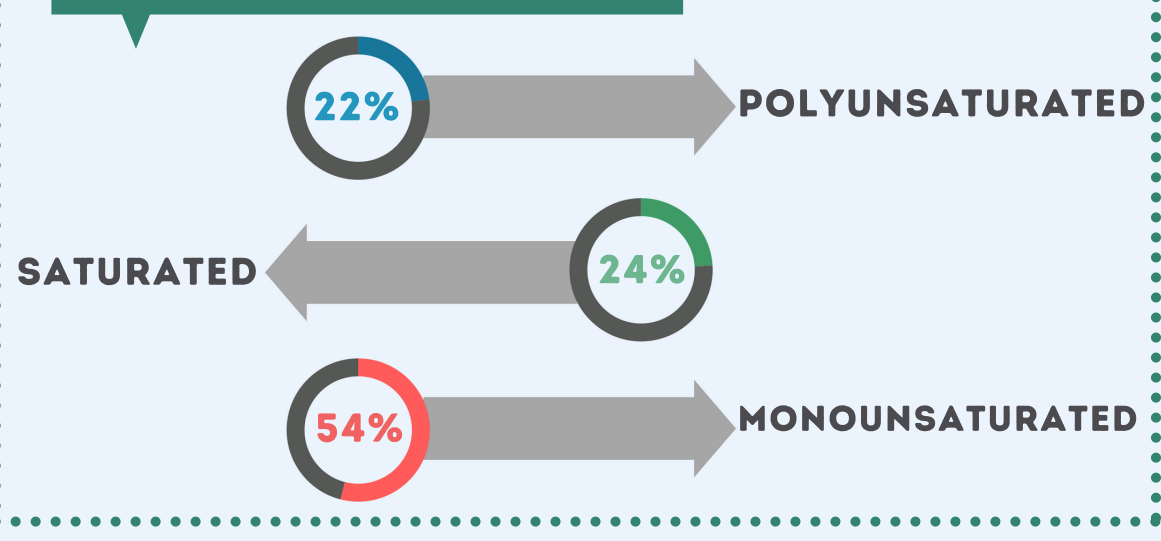
## CALORIES 36/100GM

	AMOUNT
CARBOHYDRATE	6.33 G
FAT	0.79 G
PROTEIN	2.97 G
CHOLESTEROL	0.00
FIBER	3.3 G
RIBOFLAVIN	0.098 MG
SODIUM, NA	56 MG
THIAMIN	0.086 MG

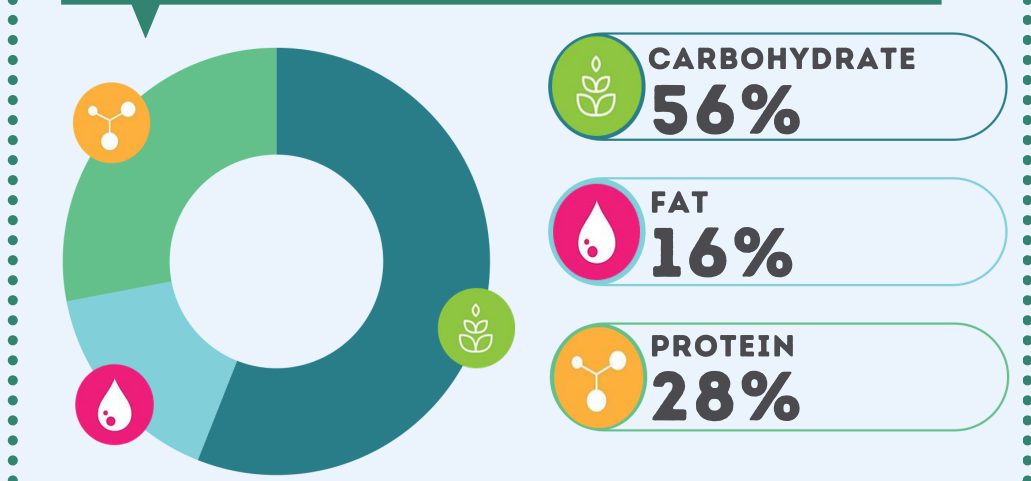
	AMOUNT
NIACIN	1.313 MG
VITAMIN A	151 MCG
VITAMIN B12	0.00
VITAMIN B6	0.090 MG
VITAMIN C	133.0 MG
VITAMIN D	0.00
FOLATE	152 MCG



### FATS AND FATTY ACIDS



### CALORIES BY SOURCE



### PARSLEY OTHER NAMES

PETROSELINUM CRISPUM

### MINERALS IN PARSLEY

138 MG	CALCIUM, CA	11 % (DV)
0.149 MG	COPPER, CU	17 % (DV)
6.20 MG	IRON, FE	34 % (DV)
50 MG	MAGNESIUM, MG	12 % (DV)
0.1 MCG	SELENIUM, SE	0 % (DV)
58 MG	PHOSPHORUS, P	8 % (DV)
554 MG	POTASSIUM, K	12 % (DV)
1.07 MG	ZINC, ZN	10 % (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.