



PARSNIP NUTRITION FACTS

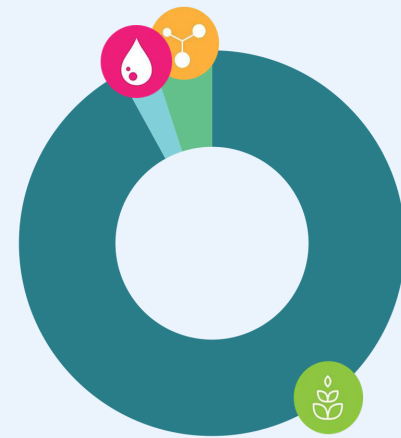


CALORIES 75/100GM

	AMOUNT		AMOUNT
CARBOHYDRATE	17.99 G	NIACIN	0.700 MG
FAT	0.30 G	VITAMIN A	0.00
PROTEIN	1.20 G	VITAMIN B12	0.00
CHOLESTEROL	0.00	VITAMIN B6	0.090 MG
FIBER	4.9 G	VITAMIN C	17.0 MG
RIBOFLAVIN	0.050 MG	VITAMIN D	0.00
SODIUM, NA	10 MG	FOLATE	67 MCG
THIAMIN	0.090 MG		

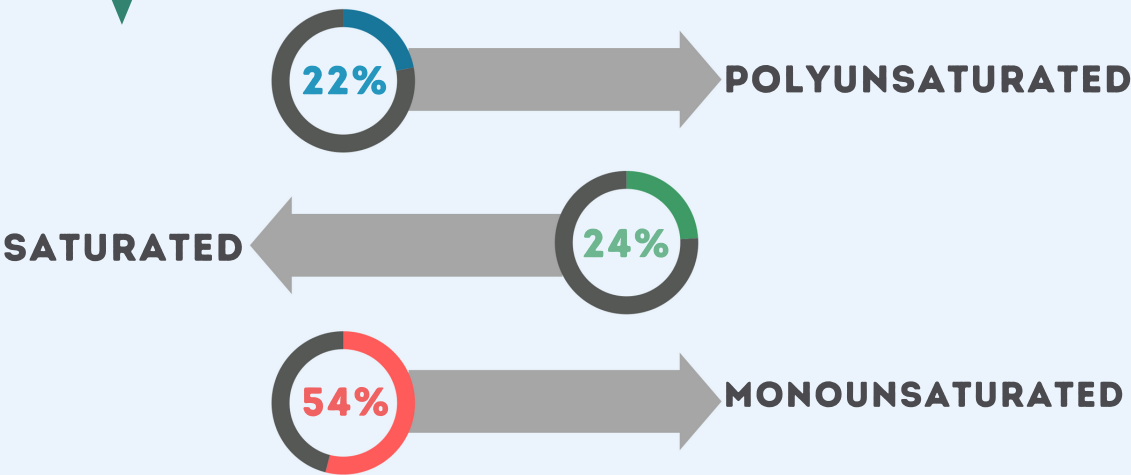


CALORIES BY SOURCE



- CARBOHYDRATE 92%
- FAT 3%
- PROTEIN 5%

FATS AND FATTY ACIDS



PARSNIP OTHER NAMES

PASTINACA SATIVA
CHUKANDAR

MINERALS IN PARSNIP

36 MG	CALCIUM, CA	3 % (DV)
0.120 MG	COPPER, CU	13 % (DV)
0.59 MG	IRON, FE	3 % (DV)
29 MG	MAGNESIUM, MG	7 % (DV)
1.8 MCG	SELENIUM, SE	3 % (DV)
71 MG	PHOSPHORUS, P	10 % (DV)
375 MG	POTASSIUM, K	8 % (DV)
0.59 MG	ZINC, ZN	5 % (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.