



# RADISH NUTRITION FACTS

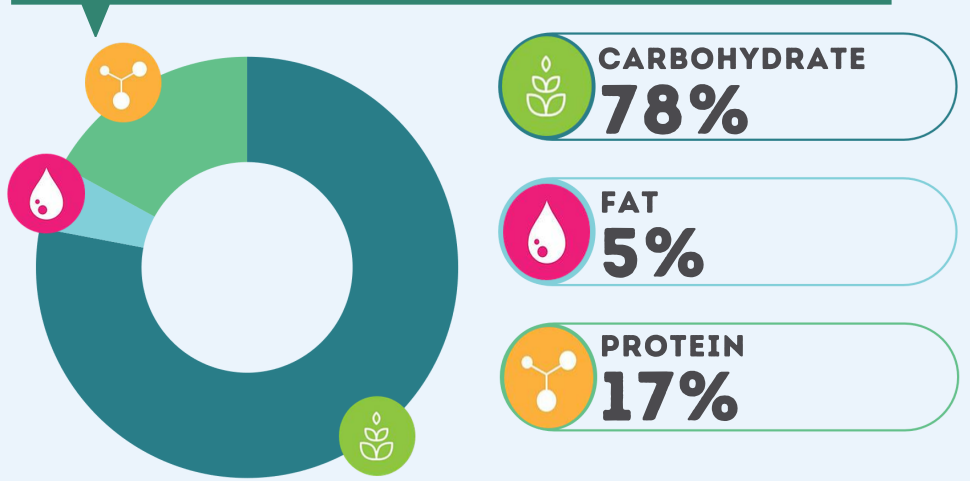


## CALORIES 16/100GM

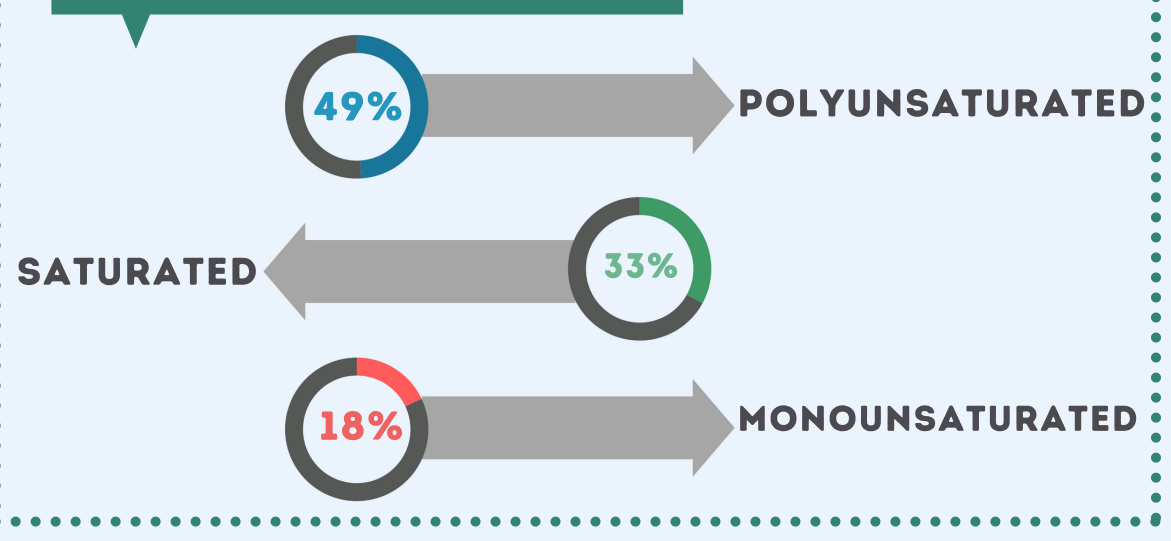
	AMOUNT		AMOUNT
CARBOHYDRATE	3.40 G	NIACIN	0.254 MG
FAT	0.10 G	VITAMIN A	0.00
PROTEIN	0.68 G	VITAMIN B12	0.00
CHOLESTEROL	0.00	VITAMIN B6	0.071 MG
FIBER	1.6 G	VITAMIN C	14.8 MG
RIBOFLAVIN	0.039 MG	VITAMIN D	0.00
SODIUM, NA	39 MG	FOLATE	25 MCG
THIAMIN	0.012 MG		



### CALORIES BY SOURCE



### FATS AND FATTY ACIDS



### RADISH OTHER NAMES

RAPHANUS SATIVUS  
RADISHES

### MINERALS IN RADISH

25 MG	CALCIUM, CA	2 % (DV)
0.050 MG	COPPER, CU	6 % (DV)
0.34 MG	IRON, FE	2 % (DV)
10 MG	MAGNESIUM, MG	2 % (DV)
0.6 MCG	SELENIUM, SE	1 % (DV)
20 MG	PHOSPHORUS, P	3 % (DV)
233 MG	POTASSIUM, K	5 % (DV)
0.28 MG	ZINC, ZN	3 % (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.