



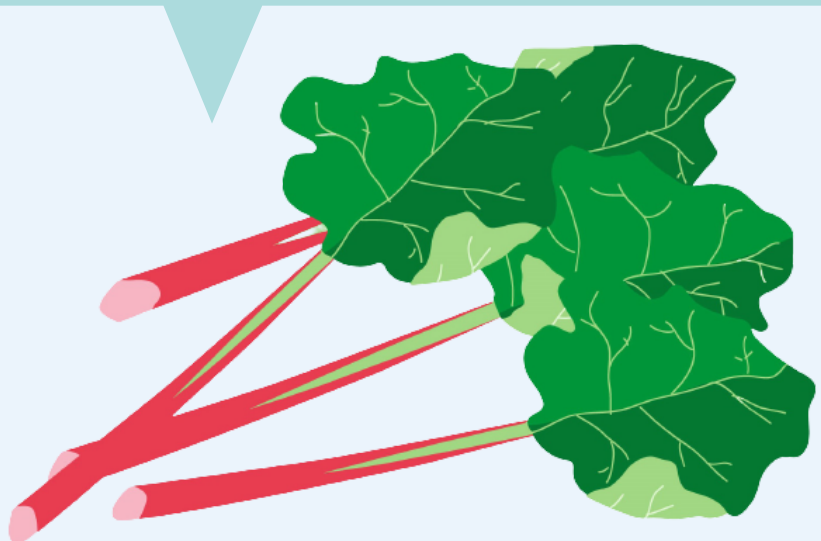
# RHUBARB NUTRITION FACTS



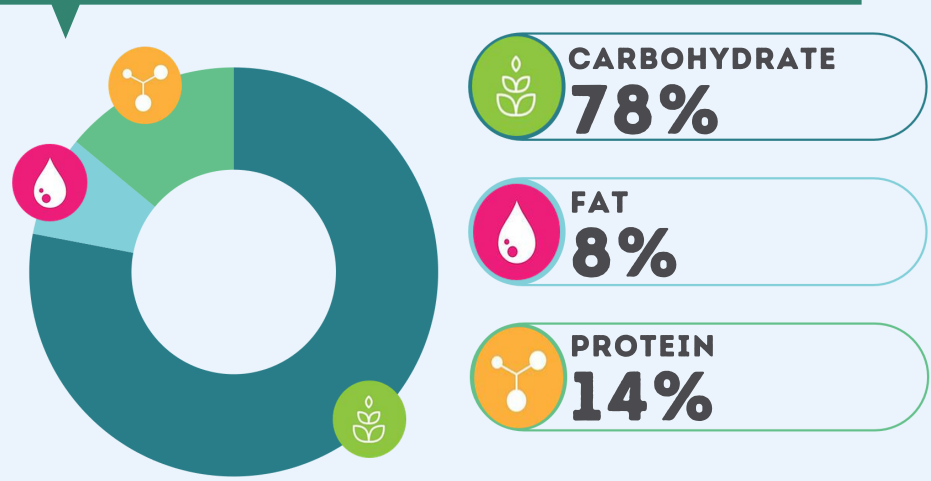
## CALORIES 21/100GM

	AMOUNT
CARBOHYDRATE	4.54 G
FAT	0.20 G
PROTEIN	0.90 G
CHOLESTEROL	0.00
FIBER	1.8 G
RIBOFLAVIN	0.030 MG
SODIUM, NA	4.00 MG
THIAMIN	0.020 MG

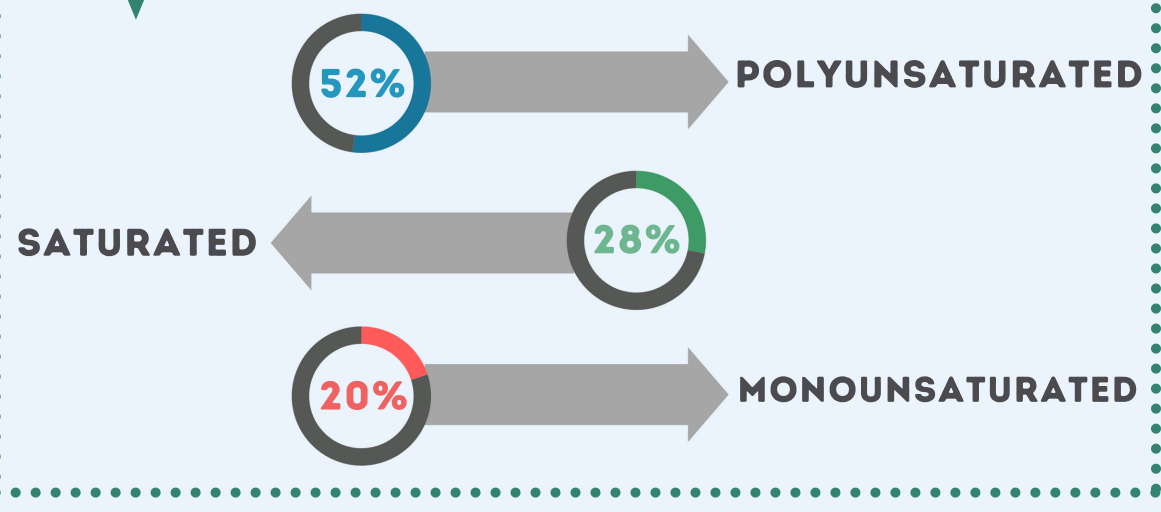
	AMOUNT
NIACIN	0.300 MG
VITAMIN A	5 MCG
VITAMIN B12	0.00
VITAMIN B6	0.024 MG
VITAMIN C	8 MG
VITAMIN D	0.00
FOLATE	7 MCG



### CALORIES BY SOURCE



### FATS AND FATTY ACIDS



### RHUBARB OTHER NAMES

- RHEUM RHABARBARUM
- RUIBARBO
- GARDEN RHUBARB

### MINERALS IN RHUBARB

86 MG	CALCIUM, CA	7 % (DV)
0.021 MG	COPPER, CU	2 % (DV)
0.22 MG	IRON, FE	1 % (DV)
12 MG	MAGNESIUM, MG	3 % (DV)
1.1 MG	SELENIUM, SE	2 % (DV)
14 MG	PHOSPHORUS, P	2 % (DV)
288 MG	POTASSIUM, K	6 % (DV)
0.10 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.