

RUTABAGA NUTRITION FACTS



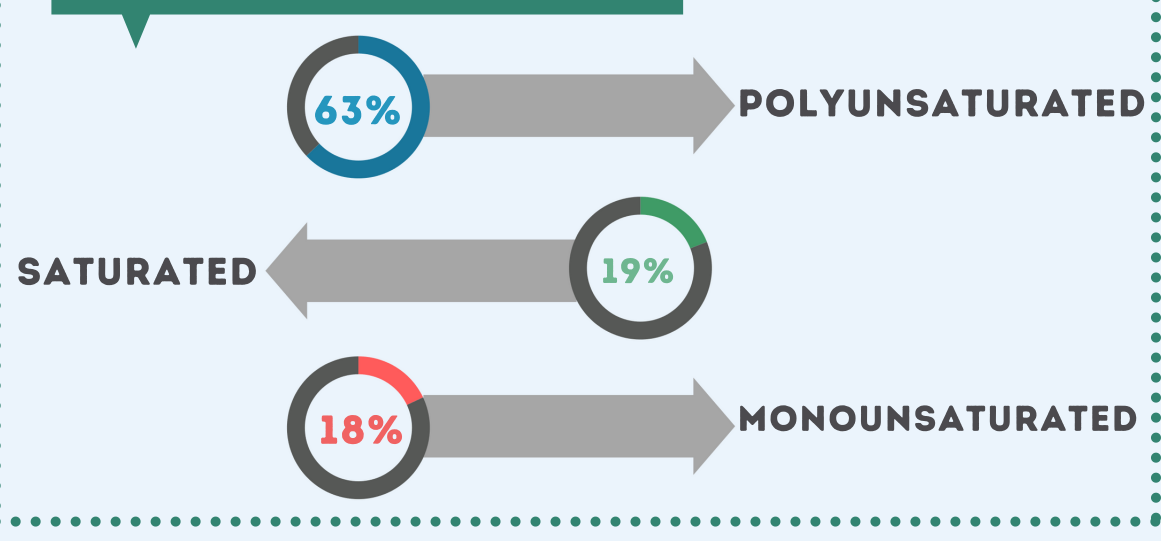
CALORIES 37/100GM

	AMOUNT
CARBOHYDRATE	8.62 G
FAT	0.16 G
PROTEIN	1.08 G
CHOLESTEROL	0.00
FIBER	2.3 G
RIBOFLAVIN	0.040 MG
SODIUM, NA	12 MG
THIAMIN	0.090 MG

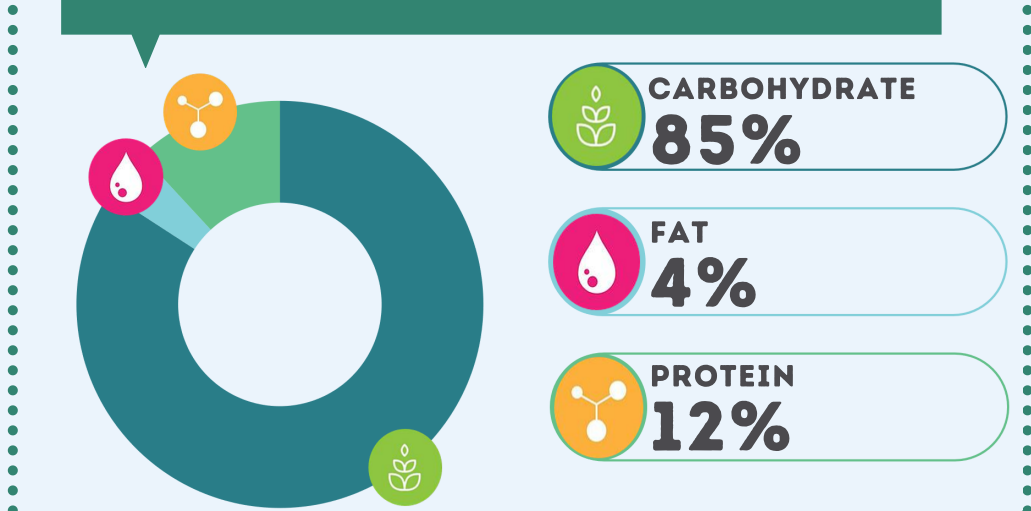
	AMOUNT
NIACIN	0.700 MG
VITAMIN A	0.00
VITAMIN B12	0.00
VITAMIN B6	0.100 MG
VITAMIN C	25 MG
VITAMIN D	0.00
FOLATE	21 MCG



FATS AND FATTY ACIDS



CALORIES BY SOURCE



RUTABAGA OTHER NAMES

- BRASSICA NAPOBRASSICA
- SWEDISH TURNIP
- WAX TURNIP
- SWEDE
- NEEP

MINERALS IN RUTABAGA

43 MG	CALCIUM, CA	3 % (DV)
0.032 MG	COPPER, CU	4 % (DV)
0.44 MG	IRON, FE	2 % (DV)
20 MG	MAGNESIUM, MG	5 % (DV)
0.7 MCG	SELENIUM, SE	1 % (DV)
53 MG	PHOSPHORUS, P	8 % (DV)
305 MG	POTASSIUM, K	6 % (DV)
0.24 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.