



# SALSIFY NUTRITION FACTS

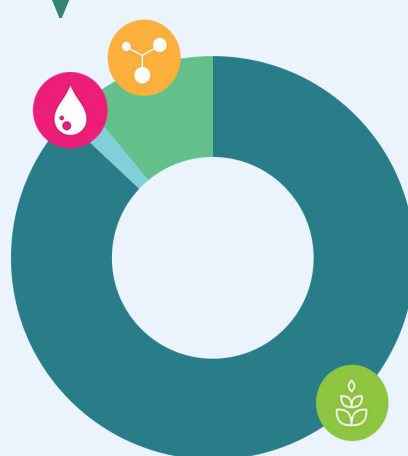


## CALORIES 82/100GM

	AMOUNT		AMOUNT
CARBOHYDRATE	18.60 G	NIACIN	0.500 MG
FAT	0.20 G	VITAMIN A	0.00
PROTEIN	3.30 G	VITAMIN B12	0.00
CHOLESTEROL	0.00	VITAMIN B6	0.277 MG
FIBER	3.3 G	VITAMIN C	8.0 MG
RIBOFLAVIN	0.200 MG	VITAMIN D	0.00
SODIUM, NA	20 MG	FOLATE	26 MCG
THIAMIN	0.080 MG		



### CALORIES BY SOURCE

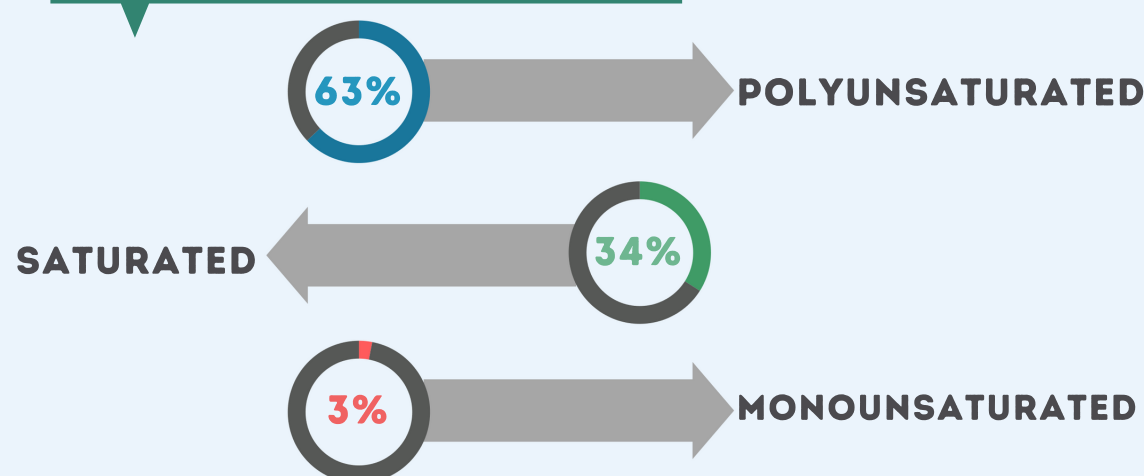


CARBOHYDRATE 87%

FAT 2%

PROTEIN 11%

### FATS AND FATTY ACIDS



### SALSIFY OTHER NAMES

TRAGOPOGON PORRIFOLIUS  
OYSTER PLANT  
VEGETABLE OYSTER  
GOATSBARD  
JERUSALEM STAR

### MINERALS IN SALSIFY

60 MG	CALCIUM, CA	5 % (DV)
0.089 MG	COPPER, CU	10 % (DV)
0.70 MG	IRON, FE	4 % (DV)
23 MG	MAGNESIUM, MG	6 % (DV)
0.8 MCG	SELENIUM, SE	1 % (DV)
75 MG	PHOSPHORUS, P	11 % (DV)
380 MG	POTASSIUM, K	8 % (DV)
0.38 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.