

TURNIP NUTRITION FACTS

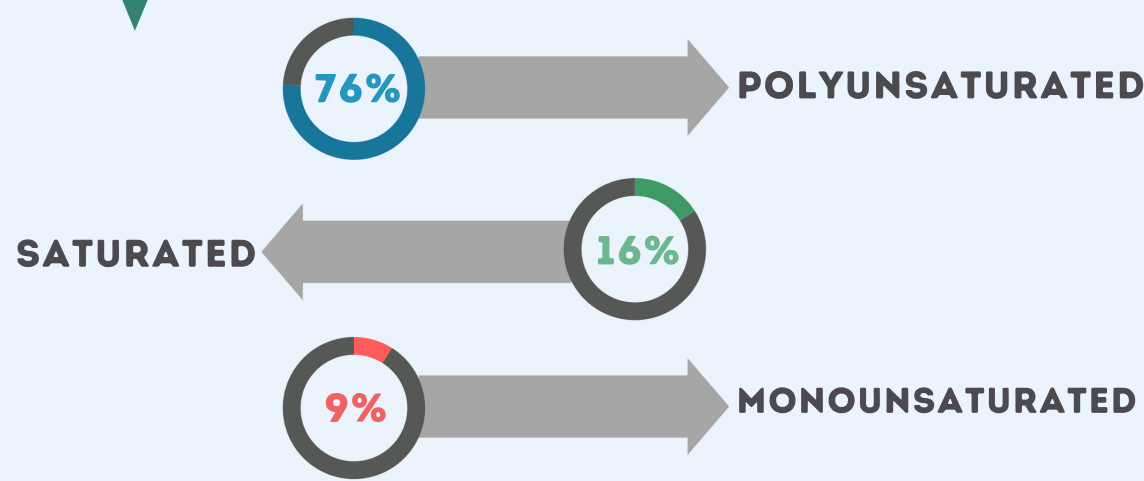


CALORIES 28/100GM

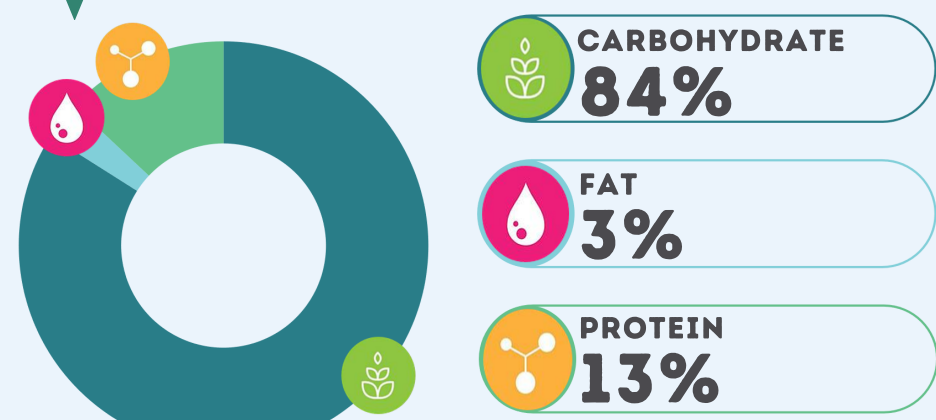
	AMOUNT		AMOUNT
CARBOHYDRATE	6.43 G	NIACIN	0.400 MG
FAT	0.10 G	VITAMIN A	0.00
PROTEIN	0.90 G	VITAMIN B12	0.00
CHOLESTEROL	0.00	VITAMIN B6	0.090 MG
FIBER	1.8 G	VITAMIN C	21 MG
RIBOFLAVIN	0.030 MG	VITAMIN D	0.00
SODIUM, NA	67 MG	FOLATE	15 MCG
THIAMIN	0.040 MG		



FATS AND FATTY ACIDS



CALORIES BY SOURCE



**TURNIP
OTHER NAMES**
BRASSICA RAPA

MINERALS IN TURNIP

30 MG	CALCIUM, CA	2 % (DV)
0.085 MG	COPPER, CU	9 % (DV)
0.30 MG	IRON, FE	2 % (DV)
11 MG	MAGNESIUM, MG	3 % (DV)
0.7 MCG	SELENIUM, SE	1 % (DV)
27 MG	PHOSPHORUS, P	4 % (DV)
191 MG	POTASSIUM, K	4 % (DV)
0.27 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.