



# WATERCRESS NUTRITION FACTS

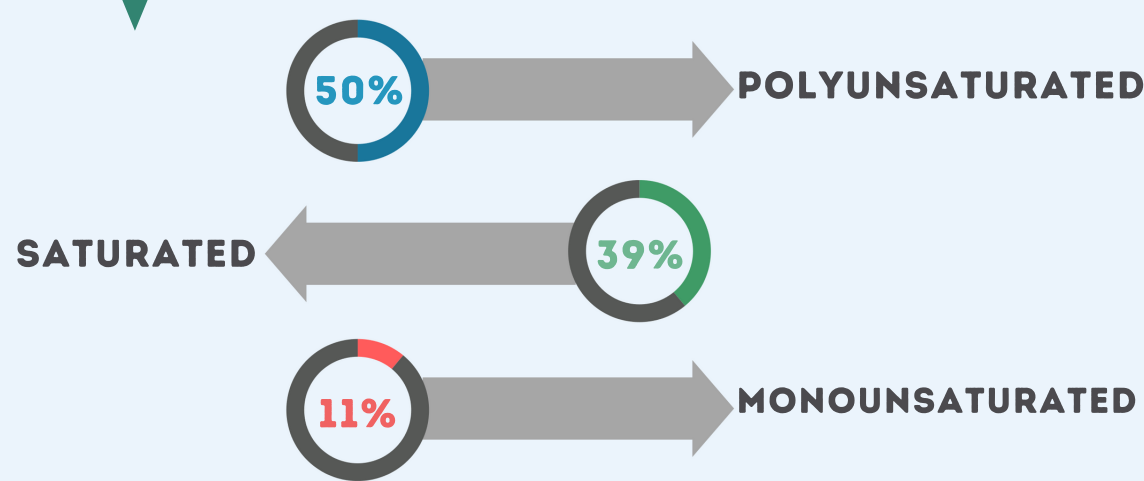


## CALORIES 11/100GM

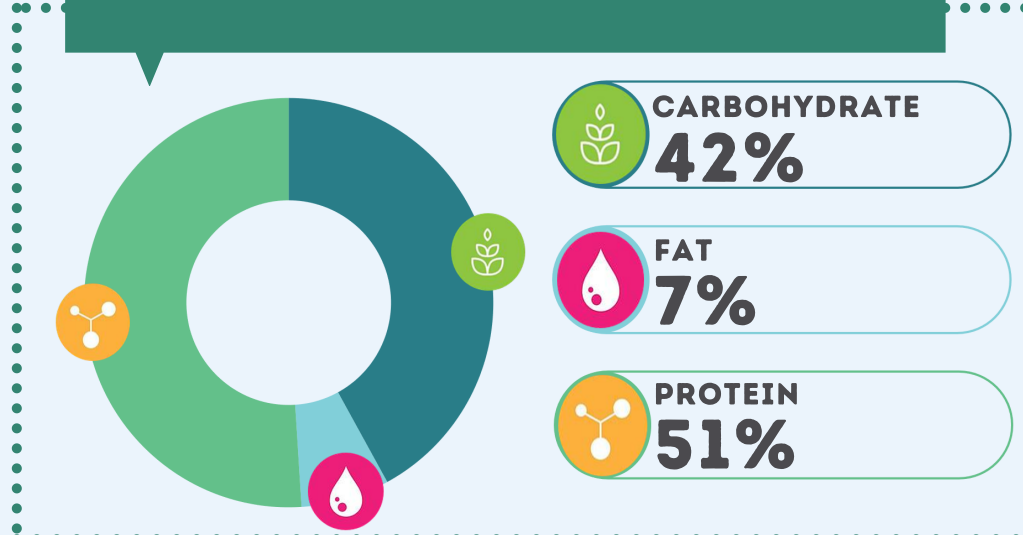
	AMOUNT		AMOUNT
CARBOHYDRATE	1.29 G	NIACIN	0.200 MG
FAT	0.10 G	VITAMIN A	160 MCG
PROTEIN	2.30 G	VITAMIN B12	0.00
CHOLESTEROL	0.00	VITAMIN B6	0.129 MG
FIBER	0.5 G	VITAMIN C	43 MG
RIBOFLAVIN	0.120 MG	VITAMIN D	0.00
SODIUM, NA	41 MG	FOLATE	9 MCG
THIAMIN	0.090 MG		



### FATS AND FATTY ACIDS



### CALORIES BY SOURCE



### WATERCRESS OTHER NAMES

NASTURTIUM OFFICINALE  
CRESS  
YELLOWCRESS  
CRESS GREEN

### MINERALS IN WATERCRESS

120 MG	CALCIUM, CA	9 % (DV)
0.077 MG	COPPER, CU	9 % (DV)
0.20 MG	IRON, FE	1 % (DV)
21 MG	MAGNESIUM, MG	5 % (DV)
0.9 MCG	SELENIUM, SE	2 % (DV)
60 MG	PHOSPHORUS, P	9 % (DV)
330 MG	POTASSIUM, K	7 % (DV)
0.11 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.