

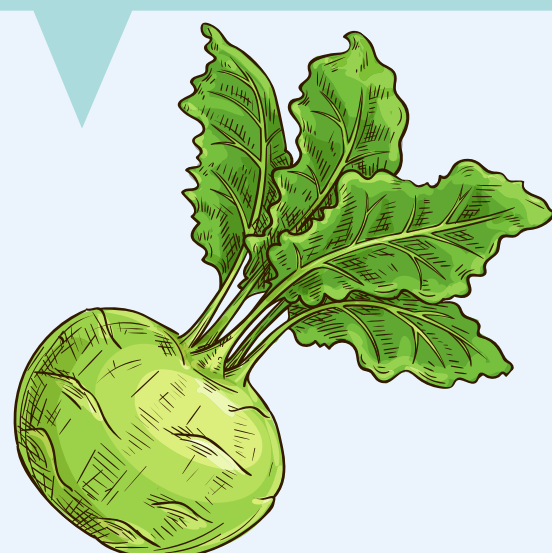


# KOHLRABI NUTRITION FACTS

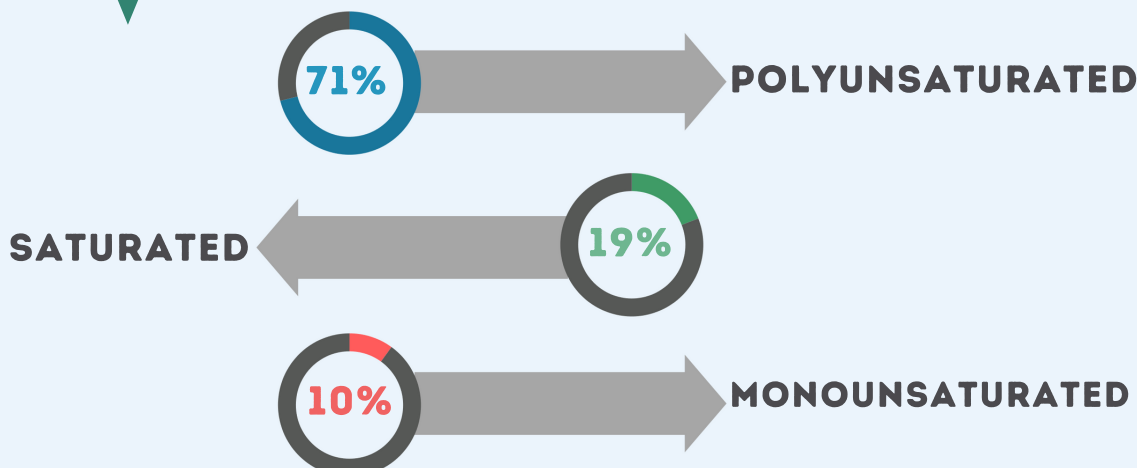


## CALORIES 27/100GM

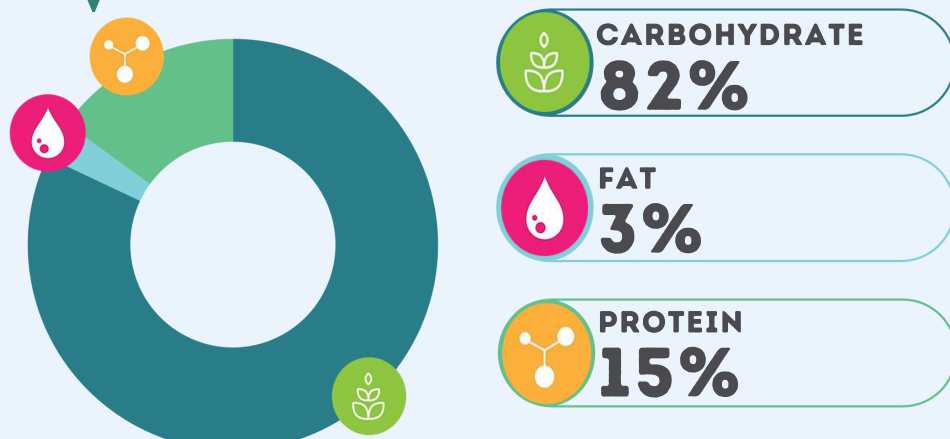
	AMOUNT		AMOUNT
CARBOHYDRATE	6.20 G	NIACIN	0.400 MG
FAT	0.10 G	VITAMIN A	2.00 MG
PROTEIN	1.70 G	VITAMIN B12	0.00
CHOLESTEROL	0.00	VITAMIN B6	0.150 MG
FIBER	3.6 G	VITAMIN C	62 MG
RIBOFLAVIN	0.020 MG	VITAMIN D	0.00
SODIUM, NA	20 MG	FOLATE	16 MCG
THIAMIN	0.050 MG		



### FATS AND FATTY ACIDS



### CALORIES BY SOURCE



### KOHLRABI OTHER NAMES

BRASSICA OLERACEA  
GERMAN TURNIP  
STEM TURNIP  
CABBAGE TURNIP  
KOHL-RABI

### MINERALS IN KOHLRABI

24 MG	CALCIUM, CA	2 % (DV)
0.129 MG	COPPER, CU	14 % (DV)
0.40 MG	IRON, FE	2 % (DV)
19 MG	MAGNESIUM, MG	5 % (DV)
0.7 MCG	SELENIUM, SE	1 % (DV)
46 MG	PHOSPHORUS, P	7 % (DV)
350 MG	POTASSIUM, K	7 % (DV)
0.03 MG	ZINC, ZN	0 % (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.