

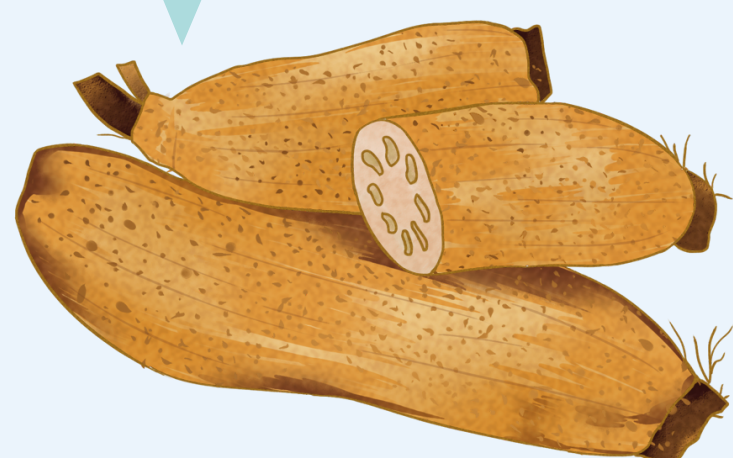


LOTUS ROOT NUTRITION FACTS

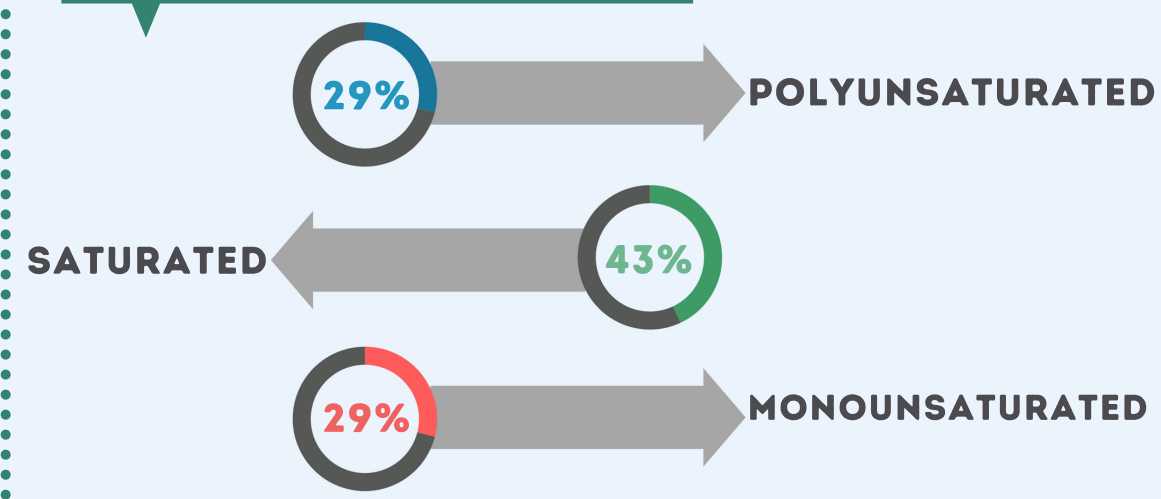


CALORIES 74/100GM

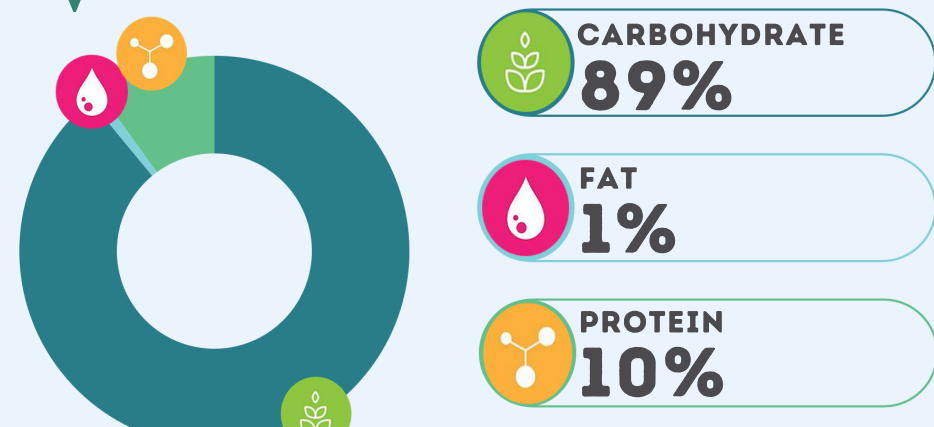
	AMOUNT		AMOUNT
CARBOHYDRATE	17.23 G	NIACIN	0.400 MG
FAT	0.10 G	VITAMIN A	0.00
PROTEIN	2.60 G	VITAMIN B12	0.00
CHOLESTEROL	0.00	VITAMIN B6	0.258 MG
FIBER	4.9 G	VITAMIN C	44 MG
RIBOFLAVIN	0.220 MG	VITAMIN D	0.00
SODIUM, NA	40 MG	FOLATE	13 MCG
THIAMIN	0.160 MG		



FATS AND FATTY ACIDS



CALORIES BY SOURCE



LOTUS ROOT OTHER NAMES

NELUMBO NUCIFERA
KAMAL KAKDI
REN KON

MINERALS IN LOTUS ROOT

45 MG CALCIUM, CA 3 % (DV)

0.257 MG COPPER, CU 29 % (DV)

1.16 MG IRON, FE 6 % (DV)

23 MG MAGNESIUM, MG 6 % (DV)

0.7 MCG SELENIUM, SE 1 % (DV)

100 MG PHOSPHORUS, P 14 % (DV)

556 MG POTASSIUM, K 12 % (DV)

0.39 MG ZINC, ZN 4 % (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.