

Nutrition Facts

Wasabi

Serving size (100g)

Amount Per Serving

Calories

110

	www.ihcare.ae	% Daily Value*
Total Fat 0.5g		1%
Saturated Fat 0g		0%
<i>Trans</i> Fat 0g		
Cholesterol 0mg		0%
Sodium 15mg		1%
Total Carbohydrate 24g		9%
Dietary Fiber 8g		29%
Total Sugars 0g		
Includes 0g Added Sugars		0%
Protein 5g		10%
Vitamin D 0mcg		0%
Calcium 169mg		15%
Iron 1.08mg		6%
Potassium 752mg		15%
Vitamin A		0%
Vitamin C		70%
Thiamin		8%
Riboflavin		8%
Niacin		4%
Vitamin B6		15%
Folate		4%
Pantothenic Acid		2%
Phosphorus		8%
Magnesium		15%
Zinc		10%
Copper		8%
Manganese		20%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.