

# Nutrition Facts

**Fennel**

**Serving size fl 00g)**

**Amount Per Serving**

**Calories**

**30**

	<a href="http://www.ihcare.ae">www.ihcare.ae</a>	% Daily Value*
<b>Total Fat</b> 0g		<b>0%</b>
Saturated Fat 0.1g		<b>1%</b>
<i>Trans</i> Fat 0g		
<b>Cholesterol</b> 0mg		<b>0%</b>
<b>Sodium</b> 50mg		<b>2%</b>
<b>Total Carbohydrate</b> 7g		<b>3%</b>
Dietary Fiber 3g		<b>11%</b>
Total Sugars 4g		
Includes 0g Added Sugars		<b>0%</b>
<b>Protein</b> 1g		<b>2%</b>
<b>Vitamin D</b> 0mcg		<b>0%</b>
<b>Calcium</b> 50mg		<b>4%</b>
<b>Iron</b> 0.73mg		<b>4%</b>
<b>Potassium</b> 0mg		<b>0%</b>
<b>Vitamin A</b> 48mcg		<b>0%</b>
<b>Vitamin C</b> 12mg		<b>15%</b>

\*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.