

# Nutrition Facts

**Parsley**

**Serving size (100g)**

**Amount Per Serving**

**Calories**

**35**

[www.ihcare.ae](http://www.ihcare.ae)

**% Daily Value\***

<b>Total Fat</b> 1g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 55mg	<b>2%</b>
<b>Total Carbohydrate</b> 6g	<b>2%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 1g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 3g	<b>6%</b>
Vitamin D 0mcg	0%
Calcium 182mg	15%
Iron 6.12mg	35%
Potassium 0mg	0%
Vitamin A	170%
Vitamin C	220%

\*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.