

Nutrition Facts

Arugula

Serving size (100g)

Amount Per Serving

Calories

25

| | www.ihcare.ae | % Daily Value* |
|------------------------------|--|----------------|
| Total Fat 1g | | 1% |
| Saturated Fat 0.1g | | 1% |
| <i>Trans</i> Fat 0g | | |
| Cholesterol 0mg | | 0% |
| Sodium 25mg | | 1% |
| Total Carbohydrate 4g | | 1% |
| Dietary Fiber 2g | | 7% |
| Total Sugars 2g | | |
| Includes 0g Added Sugars | | 0% |
| Protein 3g | | 6% |
| Vitamin D 0mcg | | 0% |
| Calcium 208mg | | 15% |
| Iron 1.44mg | | 8% |
| Potassium 0mg | | 0% |
| Vitamin A | | 45% |
| Vitamin C | | 25% |

*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.