

Nutrition Facts

Rutabaga

Serving size (100g)

Amount Per Serving

Calories

35

www.ihcare.ae % Daily Value*

Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 9g	3%
Dietary Fiber 2g	7%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 1g	2%
Vitamin D 0mcg	0%
Calcium 43mg	4%
Iron 0mg	0%
Potassium 0mg	0%
Vitamin C 25mg	30%
Phosphorus 53mg	4%
Magnesium 20mg	4%

*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.