

Nutrition Facts

Spinach

Serving size (100g)

Amount Per Serving

Calories

25

www.ihcare.ae % Daily Value*

Total Fat 0g	0%
Saturated Fat 0.1g	1%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 80mg	3%
Total Carbohydrate 4g	1%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 3g	6%
Vitamin D 0mcg	0%
Calcium 130mg	10%
Iron 2.7mg	15%
Potassium 752mg	15%
Vitamin A	190%
Vitamin C	45%
Vitamin E	10%
Vitamin K	600%
Folate	50%
Magnesium	20%
Manganese	45%

* 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.