

Nutrition Facts

Watercress **Serving size (100g)**

Amount Per Serving

Calories **10**

	www.ihcare.ae	% Daily Value*
Total Fat 0g		0%
Saturated Fat 0g		0%
<i>Trans</i> Fat 0g		
Cholesterol 0mg		0%
Sodium 0mg		0%
Total Carbohydrate 1g		0%
Dietary Fiber 0g		0%
Total Sugars 0g		
Includes 0g Added Sugars		0%
Protein 2g		4%
Vitamin D 0mcg		0%
Calcium 156mg		10%
Iron 0.18mg		0%
Potassium 0mg		0%
Vitamin A		60%
Vitamin C		70%

*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.