

Nutrition Facts													
Raw, edible weight portion. Percent Daily Values (NDV) are based on a 2,000 calorie diet.													
	Calories	Calories from Fat	Total Fat	Sodium	Potassium	Total Carbohydrate	Dietary Fiber	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron
<b>Vegetables</b>													
Asparagus	20	0	0	0	220	4	2	8	2g	10%	15%	2%	2%
Bell Pepper	25	0	0	40	220	6	2	8	4g	4%	100%	2%	4%
Broccoli	45	0	1	30	400	13	3	12	2g	4%	220%	6%	6%
Carrot	30	0	0	0	40	250	2	2	5g	118%	10%	2%	2%
Cauliflower	25	0	0	1	0	20	2	8	2g	0%	100%	2%	2%
Celery	15	0	0	115	200	4	2	8	2g	0%	10%	4%	2%
Cucumber	10	0	0	0	5	110	1	1	1g	4%	10%	2%	2%
Green (snap) Beans	20	0	0	0	0	200	5	2	1g	4%	10%	4%	2%
Green Cabbage	25	0	0	30	100	5	2	2	1g	0%	70%	4%	2%
Green Onion	10	0	0	10	10	25	2	1	0g	2%	8%	2%	2%
Iceberg Lettuce	10	0	0	10	115	1	1	4	0g	2%	8%	2%	2%
Leaf Lettuce	15	0	0	30	100	3	1	1	1g	138%	6%	2%	4%
Mushrooms	20	0	0	15	300	3	1	4	6g	3%	0%	2%	2%
Onion	45	0	0	5	100	11	3	12	7g	0%	20%	4%	4%
Potato	110	0	0	0	600	0	4	8	1g	3%	45%	2%	6%
Radishes	10	0	0	35	100	1	1	1	2g	0%	30%	2%	2%
Summer Squash	20	0	0	0	200	4	2	4	2g	1g	6%	30%	2%
Sweet Corn	90	20	1.5	0	250	18	2	8	5g	4%	10%	0%	2%
Sweet Potato	100	0	0	70	400	20	6	16	7g	2g	128%	30%	4%
Tomato	25	0	0	30	340	5	1	4	3g	1g	20%	40%	2%

Product Code . JL-FAN-3041

## Foods Nutrition Value Chart

### Description

Foods Nutrition Value Chart

**Details of this product:-**

Chart shows the nutrient's composition of various common foodstuffs in a tabular form.

Charts will help the readers to remain healthy.

**Size:-** 70 x 100 cm

Laminated with thick plastic film on both sides

Available in English & Hindi combined

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