

# Nutrition Facts

**Kohlrabi**

**Serving size (100g)**

**Amount Per Serving**

**Calories**

**25**

[www.ihcare.ae](http://www.ihcare.ae)

**% Daily Value\***

**Total Fat 0g** **0%**

Saturated Fat 0g **0%**

*Trans* Fat 0g

**Cholesterol 0mg** **0%**

**Sodium 20mg** **1%**

**Total Carbohydrate 6g** **2%**

Dietary Fiber 4g **14%**

Total Sugars 3g

Includes 0g Added Sugars **0%**

**Protein 2g** **4%**

Vitamin D 0mcg **0%**

Calcium 26mg **2%**

Iron 0.36mg **2%**

Potassium 0mg **0%**

Vitamin A 108mcg **0%**

Vitamin C 92.7mg **100%**

\*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.