

Nutrition Facts

Okra

Serving size (100g)

Amount Per Serving

Calories

35

www.ihcare.ae % Daily Value*

Total Fat 0g **0%**

Saturated Fat 0.026g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 5mg **0%**

Total Carbohydrate 7g **3%**

Dietary Fiber 3g **11%**

Total Sugars 1g

Includes 0g Added Sugars **0%**

Protein 2g **4%**

Vitamin D 0mcg **0%**

Calcium 82mg **6%**

Iron 0.6mg **4%**

Potassium 0mg **0%**

Vitamin A 35mcg **0%**

Vitamin C 23mg **25%**

*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.