

Nutrition Facts

Rhubarb

Serving size (100g)

Amount Per Serving

Calories

20

www.ihcare.ae % Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 40mg **2%**

Total Carbohydrate 4g **1%**

Dietary Fiber 5g **18%**

Total Sugars 1g

Includes 0g Added Sugars **0%**

Protein 1g **2%**

Vitamin D 0mcg **0%**

Calcium 117mg **8%**

Iron 0.18mg **0%**

Potassium 0mg **0%**

Vitamin A 216mcg **2%**

Vitamin C 11.7mg **15%**

*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.