

Nutrition Facts

Taro

Serving size fl 100g)

Amount Per Serving

Calories

140

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% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0.023g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 15mg **1%**

Total Carbohydrate 35g **13%**

Dietary Fiber 5g **18%**

Total Sugars 1g

Includes 0g Added Sugars **0%**

Protein < 1g **1%**

Vitamin D 0mcg 0%

Calcium 18mg 2%

Iron 0.7mg 4%

Potassium 0mg 0%

Vitamin A 50mcg 0%

Vitamin C 5mg 6%

*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.