

## Kohlrabi

### Serving Size

1 cup sliced, raw 97 g

Amount Per Serving

**Calories** **35**

	% Daily Value *
<b>Total Fat</b> 0 g	<b>0%</b>
Saturated Fat 0 g	<b>0%</b>
Trans Fat 0 g	
<b>Cholesterol</b> 0 mg	<b>0%</b>
<b>Sodium</b> 25 mg	<b>1%</b>
<b>Total Carbohydrate</b> 8 g	<b>3%</b>
Dietary Fiber 5 g	<b>17%</b>
Total Sugars 4 g	
Includes 0 g Added Sugars	<b>0%</b>
<b>Protein</b> 2 g	
Vitamin D 0 mcg	0%
Calcium 32 mg	2%
Iron 0.54 mg	4%
Potassium 470 mg	10%

\*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.

**Allergens:**

**Ingredients:**

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