



Radish

FOOD.BRAND	FOOD.CATEGORY
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Nutrients

CALORIES	18 kcal (per 100g)
PROTEIN	1.0g (per 100g)
FAT	0.2g (per 100g)
CARBOHYDRATES	4.4g (per 100g)
FIBER	2.5g (per 100g)

Detailed Nutrient List

FAT		0.2 g
IRON		0.8 mg
ZINC		0.26 mg

David Janitzek Diets Premium
 Krumbacher Straße 26
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FIBER	2.5 g
SODIUM	11 mg
COPPER	0.04 mg
VITAMIN B3 (NIACIN)	0.26 mg
PROTEIN	1 g
CALCIUM	29 mg
SUCROSE	0.1 g
VITAMIN B1 (THIAMIN)	0.02 mg
MAGNESIUM	7 mg
POTASSIUM	236 mg
MANGANESE	0.09 mg
VITAMIN E	0.01 mg
VITAMIN C (ASCORBIC ACID)	20.6 mg
VITAMIN A	2 µg
PHOSPHORUS	19 mg
VITAMIN B6 (PYRIDOXINE)	0.08 mg
VITAMIN B2 (RIBOFLAVIN)	0.01 mg
CARBOHYDRATE	4.4 g
FATTY SATURATED	0.05 g
FATTY MONOUNSATURATED	0.02 g
FATTY POLYUNSATURATED	0.08 g
WATER	93.5 g
FIBER SOLUBLE	0.8 g

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FIBER INSOLUBLE

GLUCOSE

1.7 g

1.86 g



FRUCTOSE	1.56 g
VITAMIN K	1.4 µg
FOLATE	29 µg
VITAMIN B5 (PANTOTHENIC ACID)	0.17 mg
VITAMIN B4 (CHOLINE)	9 mg
OMEGA 3	0.03 g
OMEGA 6	0.07 g
ASH	0.8 g
SALT	0.03 g
CHLORIDE	37 mg
SELENIUM	0.6 µg
LUTEIN + ZEAXANTHIN	10 mg
TOTAL SUGAR ALCOHOLS	0 g
CHOLESTEROL	0 mg
FATTY TRANS	0 g
SUGAR ADDED	0 g
STARCH	0.1 g
BETA-CAROTENE	1 µg
ALPHA LINOLENIC ACID	0.03 g
LINOLEIC ACID	0.07 g
OLEIC ACID	0.02 g
GLUTAMINE	0.05 g
ARGININE	0.03 g

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LYSINE	0.03 g
METHIONINE	0.01 g
PHENYLALANINE	0.02 g
THREONINE	0.02 g
TRYPTOPHAN	0.01 g
VALINE	0.02 g
HISTIDINE	0.01 g
BORON	0.05 mg
NICKEL	0.002 mg
PHYTOSTEROLS	10 mg
OXALIC ACID	15 mg
MALIC ACID	0.05 g
CITRIC ACID	0.02 mg
QUINIC ACID	0.01 g
SULFUR	30 mg
SILICA	1 mg
NITROGEN	0.04 g

The information contained in this document is for educational purposes only and does not replace medical advice.

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