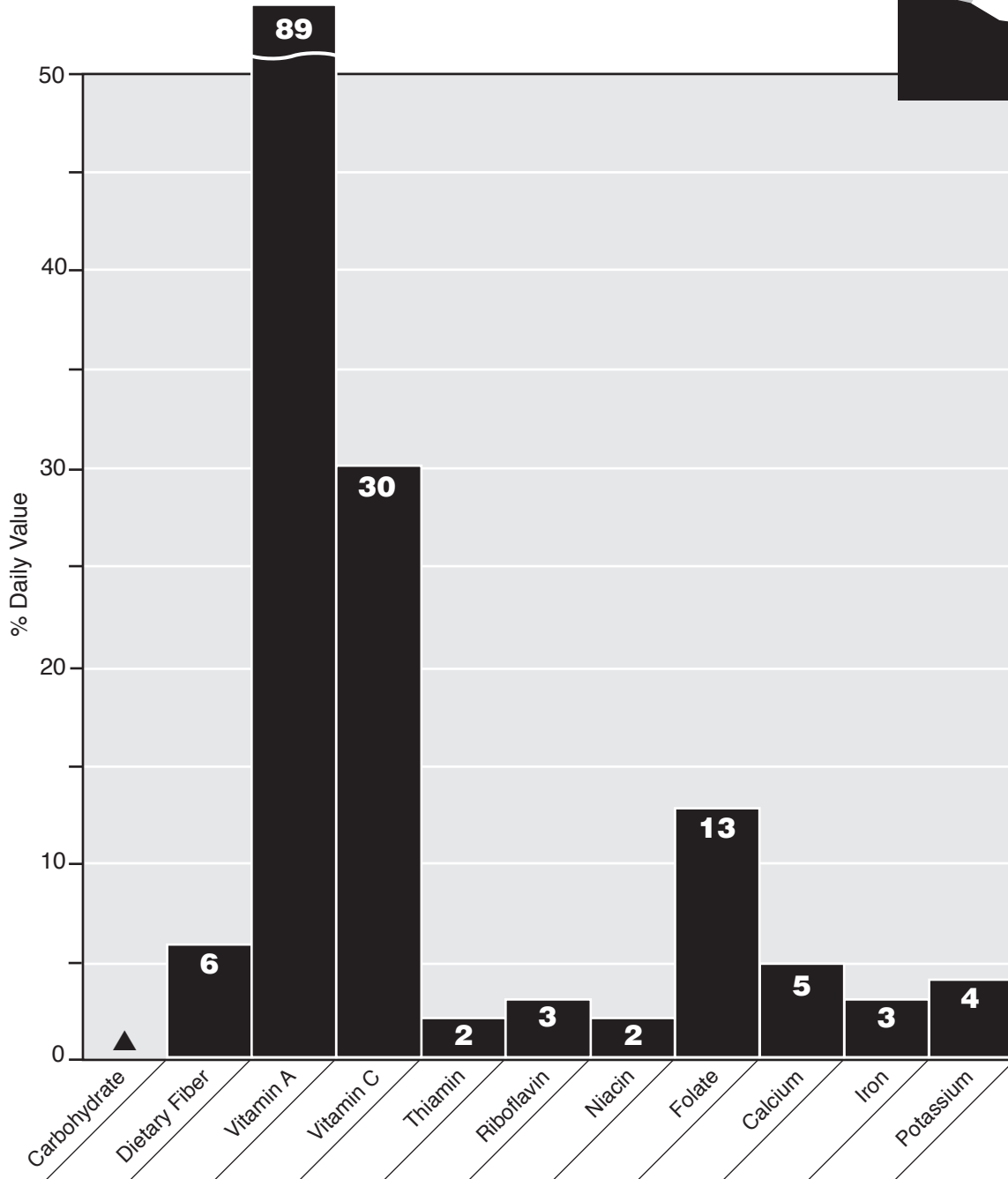


# Mustard Green

Brassicaceae *Brassica juncea*

(analysis based on boiled, drained mustard green)



## Serving Size

- 1/2 Cup Chopped
- 70 Grams
- 11 Calories
  - 14% from fat
  - 37% from protein
  - 50% from carbohydrate
- 2 Grams Protein
- 1 Gram Carbohydrate
  - 1 gram dietary fiber
- 0.2 Gram Fat
- 66 Grams Water
- 11 Milligrams Sodium

▲ Trace

