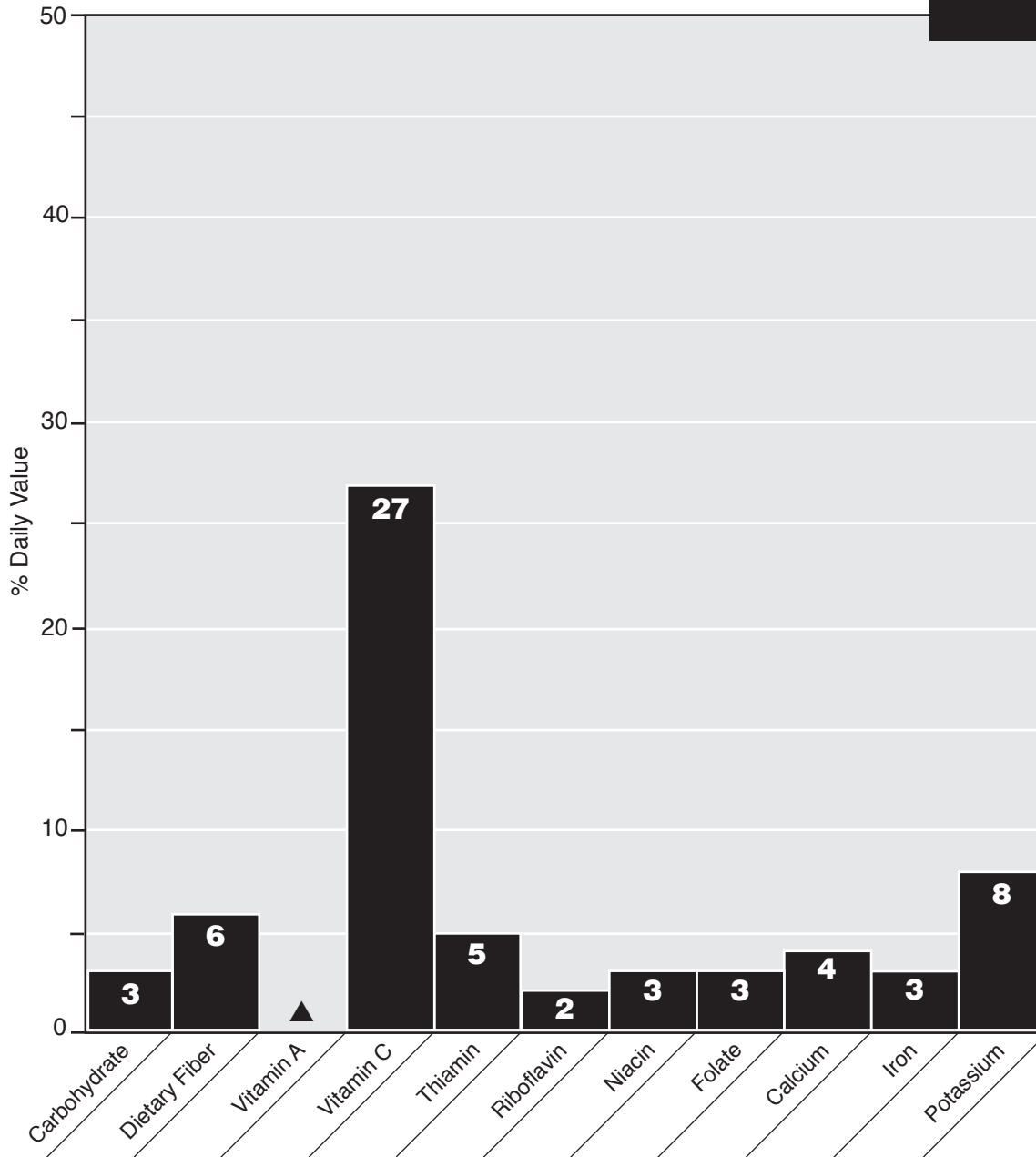


Rutabaga

Brassicaceae *Brassica napus* var. *napobrassica*
(analysis based on boiled, drained rutabaga)



Serving Size

1/2 Cup Chopped
85 Grams
33 Calories
5% from fat
9% from protein
86% from carbohydrate
1 Gram Protein
7 Grams Carbohydrate
2 grams dietary fiber
0.2 Gram Fat
76 Grams Water
17 Milligrams Sodium

▲ Trace

