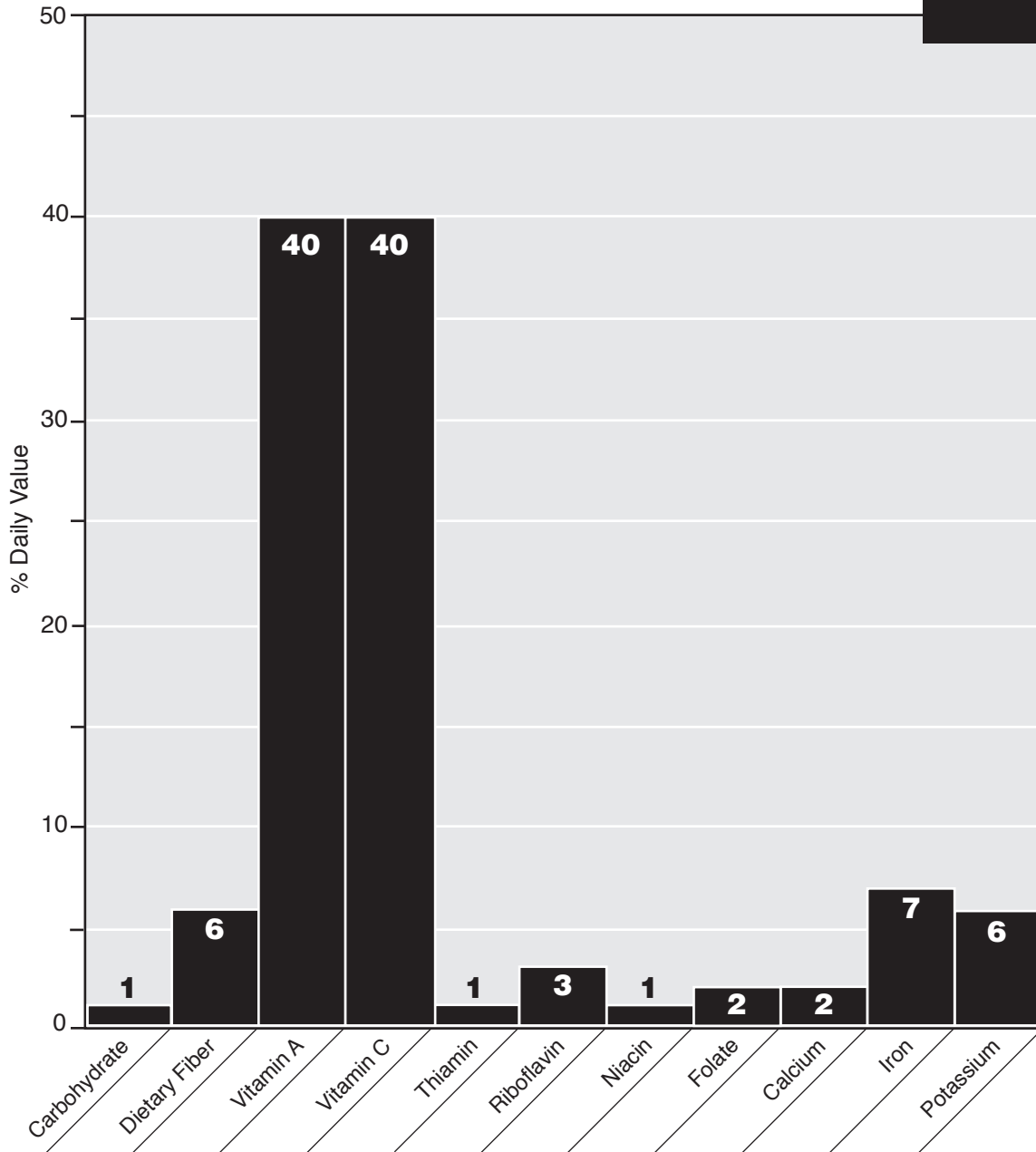


Sorrel (Dock)

Polygonaceae *Rumex acetosa*

(analysis based on boiled, drained sorrel)



Serving Size

- 1/2 Cup Chopped
- 50 Grams
- 11 Calories
 - 27% from fat
 - 22% from protein
 - 52% from carbohydrate
- 1 Gram Protein
- 2 Grams Carbohydrate
 - 1 gram dietary fiber
- 0.4 Gram Fat
- 47 Grams Water
- 2 Milligrams Sodium

