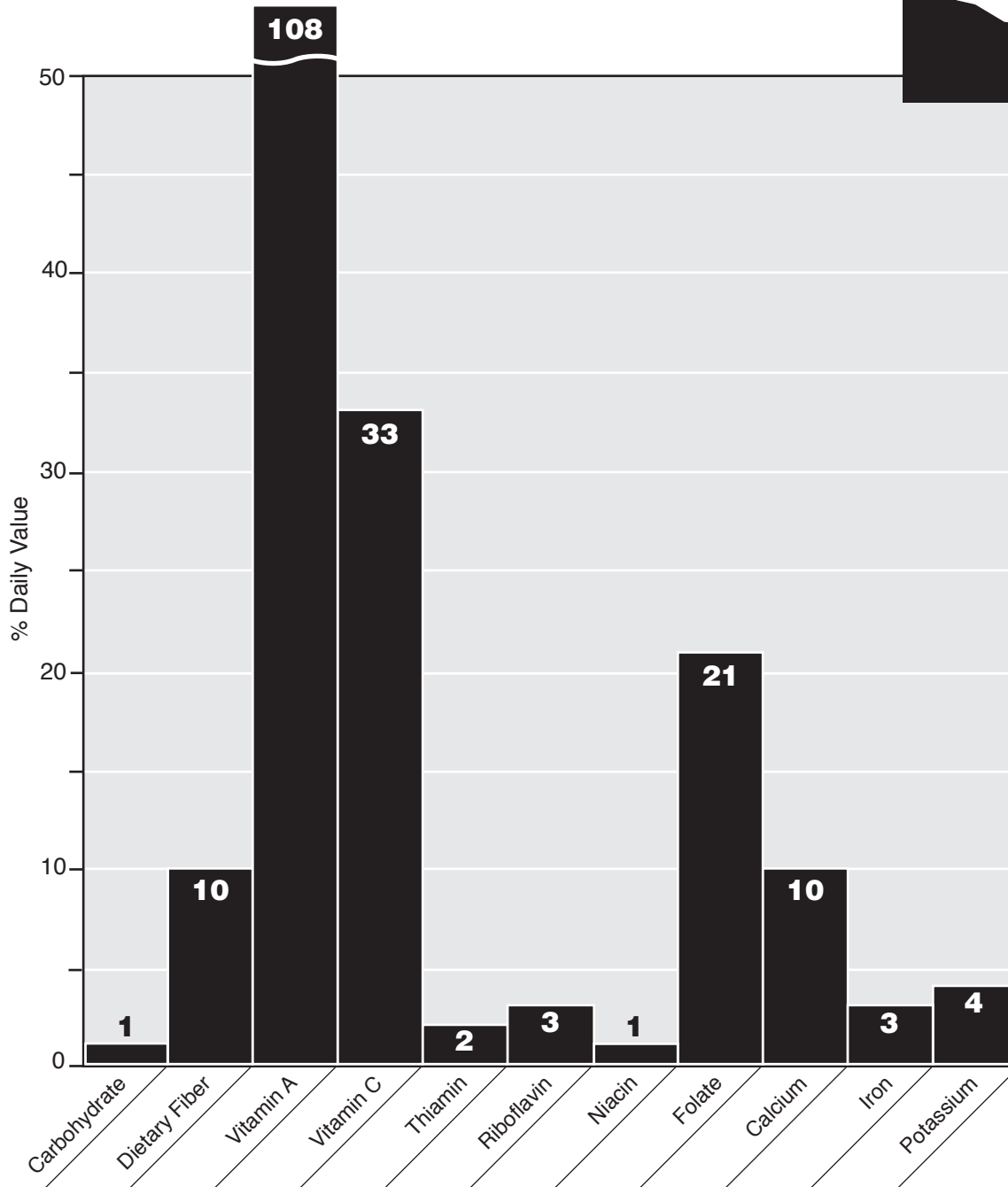


# Turnip Green

Brassicaceae *Brassica rapa* var. *rapifera*

(analysis based on boiled, drained turnip green)



## Serving Size

- 1/2 Cup Chopped
- 71 Grams
- 14 Calories
  - 10% from fat
  - 14% from protein
  - 78% from carbohydrate
- 1 Gram Protein
- 3 Grams Carbohydrate
  - 3 grams dietary fiber
- 0.2 Gram Fat
- 66 Grams Water
- 21 Milligrams Sodium

