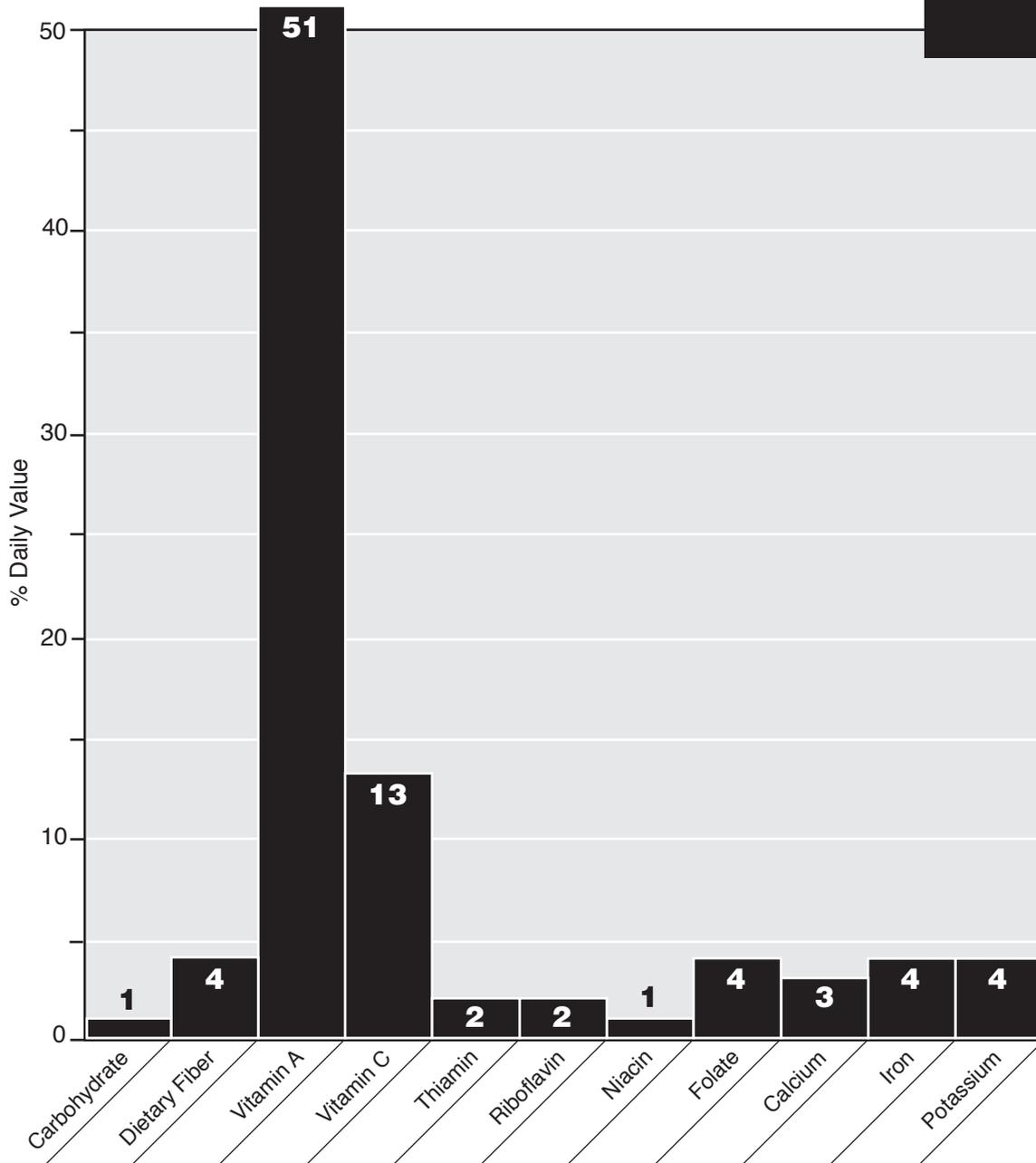


Water Spinach

Convolvulaceae *Ipomoea aquatica*
(analysis based on boiled, drained water spinach)



Serving Size

- 1/2 Cup Chopped
- 49 Grams
- 10 Calories
 - 10% from fat
 - 25% from protein
 - 65% from carbohydrate
- 1 Gram Protein
- 2 Grams Carbohydrate
 - 1 gram dietary fiber
- 0.1 Gram Fat
- 46 Grams Water
- 60 Milligrams Sodium

