

# Jicama

## Nutrition Facts

Serving Size: ½ cup jicama, sliced (60g)	
Calories 23	Calories from Fat 0
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 2mg	0%
Total Carbohydrate 5g	2%
Dietary Fiber 3g	12%
Sugars 1g	
Protein 0g	
Vitamin A 0%	Calcium 1%
Vitamin C 20%	Iron 2%

Source: [www.nal.usda.gov/fnic/foodcomp/search/](http://www.nal.usda.gov/fnic/foodcomp/search/)  
NDB No: 11603

# Russet potato

## Nutrition Facts

Serving Size: ½ small russet potato,  
baked with skin (69g)

Calories 67

Calories from Fat 0

% Daily Value

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 10mg 0%

Total Carbohydrate 15g 5%

Dietary Fiber 2g 6%

Sugars 1g

Protein 2g

Vitamin A 0%

Calcium 4%

Vitamin C 27%

Iron 3%

Other nutrients: Vitamin B6 (27%), Potassium (24%), Magnesium (11%), Folate (10%), Niacin (10%), Thiamin (7%)

Source: [www.nal.usda.gov/fnic/foodcomp/search/](http://www.nal.usda.gov/fnic/foodcomp/search/)  
NDB No: 11356

# Rutabagas

## Nutrition Facts

Serving Size: ½ cup cooked rutabagas,  
cubed (85g)

Calories 33                      Calories from Fat 0

% Daily Value

Total Fat 0g                      0%

Saturated Fat 0g                      0%

Trans Fat 0g

Cholesterol 0mg                      0%

Sodium 17mg                      1%

Total Carbohydrate 7g                      2%

Dietary Fiber 2g                      6%

Sugars 5g

Protein 1g

Vitamin A 0%                      Calcium 4%

Vitamin C 27%                      Iron 3%

Other nutrients: Potassium (8%), Magnesium (5%)

Source: [www.nal.usda.gov/fnic/foodcomp/search/](http://www.nal.usda.gov/fnic/foodcomp/search/)  
NDB No: 11436

# Turnips

## Nutrition Facts

Serving Size: ½ cup raw turnips, cubed  
(65g)

Calories 18

Calories from Fat 0

% Daily Value

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 44mg 2%

Total Carbohydrate 4g 1%

Dietary Fiber 1g 5%

Sugars 2g

Protein 1g

Vitamin A 0%

Calcium 2%

Vitamin C 23%

Iron 1%

Source: [www.nal.usda.gov/fnic/foodcomp/search/](http://www.nal.usda.gov/fnic/foodcomp/search/)  
NDB No: 11564