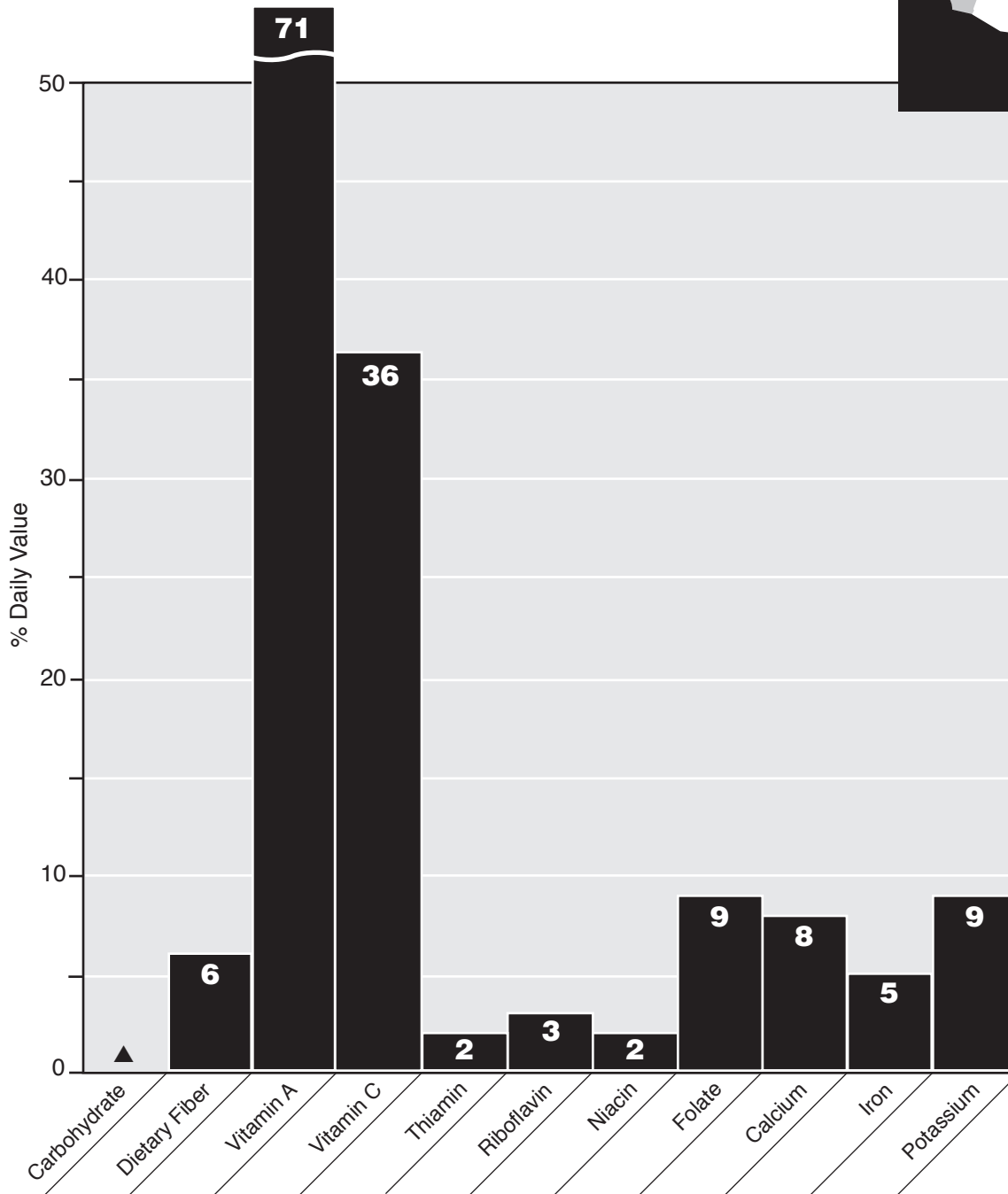


Bok Choy

Brassicaceae *Brassica rapa* L. var. *chinensis* L.
 (analysis based on boiled, drained bok choy)
 Pictured from top: bok choy, baby bok choy



Serving Size

- 1/2 Cup Chopped
- 84 Grams
- 10 Calories
 - 11% from fat
 - 33% from protein
 - 56% from carbohydrate
- 1 Gram Protein
- 2 Grams Carbohydrate
 - 1 gram dietary fiber
- 0.1 Gram Fat
- 80 Grams Water
- 29 Milligrams Sodium

▲ Trace

