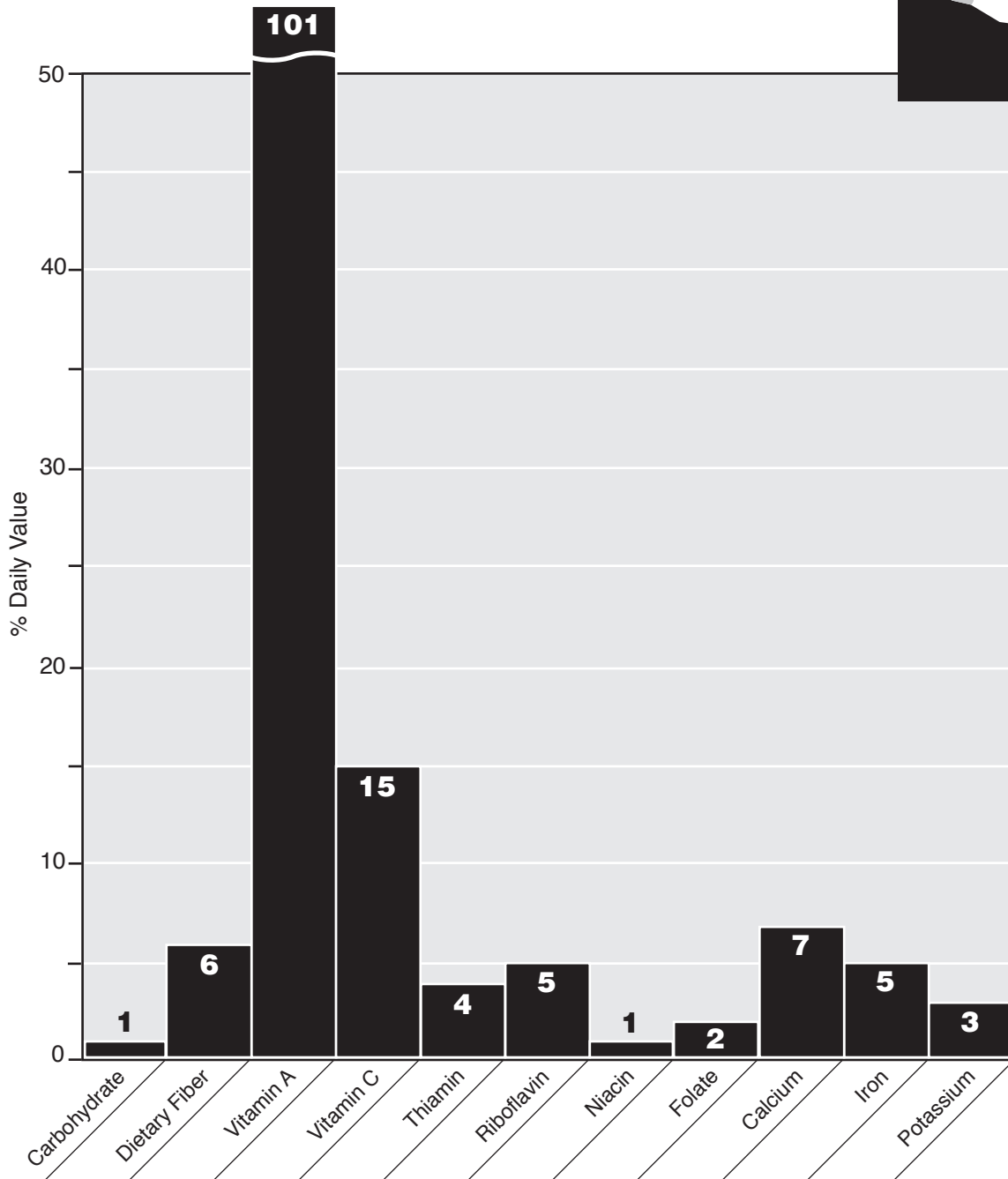


Dandelion Green

Asteraceae *Taraxacum officinale*

(analysis based on boiled, drained dandelion green)



Serving Size

- 1/2 Cup Chopped
- 51 Grams
- 17 Calories
 - 15% from fat
 - 16% from protein
 - 69% from carbohydrate
- 1 Gram Protein
- 3 Grams Carbohydrate
 - 2 grams dietary fiber
- 0.3 Gram Fat
- 46 Grams Water
- 22 Milligrams Sodium

