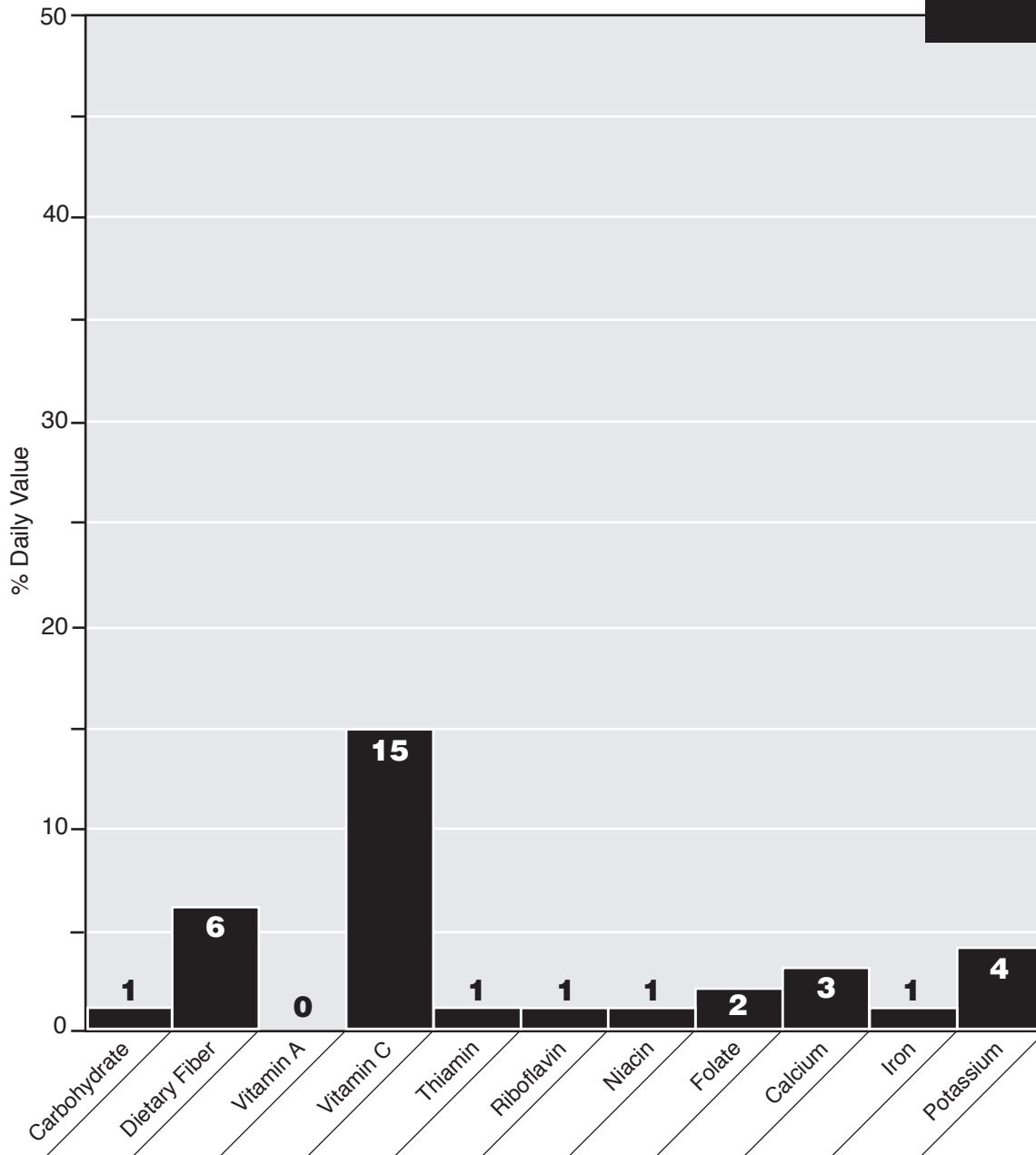


# Turnip

Brassicaceae *Brassica rapa* var. *rapifera*  
(analysis based on *peeled, boiled, drained* turnip)



## Serving Size

- 1/2 Cup Chopped
- 78 Grams
- 17 Calories
  - 3% from fat
  - 9% from protein
  - 88% from carbohydrate
- 1 Gram Protein
- 4 Grams Carbohydrate
  - 2 grams dietary fiber
- 0.1 Gram Fat
- 73 Grams Water
- 12 Milligrams Sodium

