

Moringa Nutritional 12.31.16 00012312016

Moringa Oleifera	Per Serving 1 tbsp (10g)	Per 100 g
Fat	0.47g	4.7g
saturate fat	.14g	1.4g
Carbohydrate	1.92g	19.2
Fiber	3.1 g	31.1g
Protein	2.3g	23g
	Per 1 tbsp %NRV	Per 100g %NRV
Vitamin A	260ug / 32.5%	325%
Vitamin E	2mg / 16.9%	169%
vitamin K	160ug/ 213.3%	2133%
Thiamin (B1)	.02mg / 1.54%	15.40%
Riboflavin (B2)	.09mg / 6.4%	64%
Niacin (B3)	.3mg / 1.9%	19%
Vitamin B6	.06mg / 4.4%	44%
Calcium	238 mg / 29.8%	298%
Phosphorus	27.5mg / 3.9%	39%
Magnesium	71.8mg / 19.1%	191%
Iron	6.55mg / 46.8%	468%
Zinc	.2mg / 2%	20%
Manganese	.11mg / 5.7%	57%

Rich Source NRV= Nutrient Reference Value