

# CHINESE WATER SPINACH

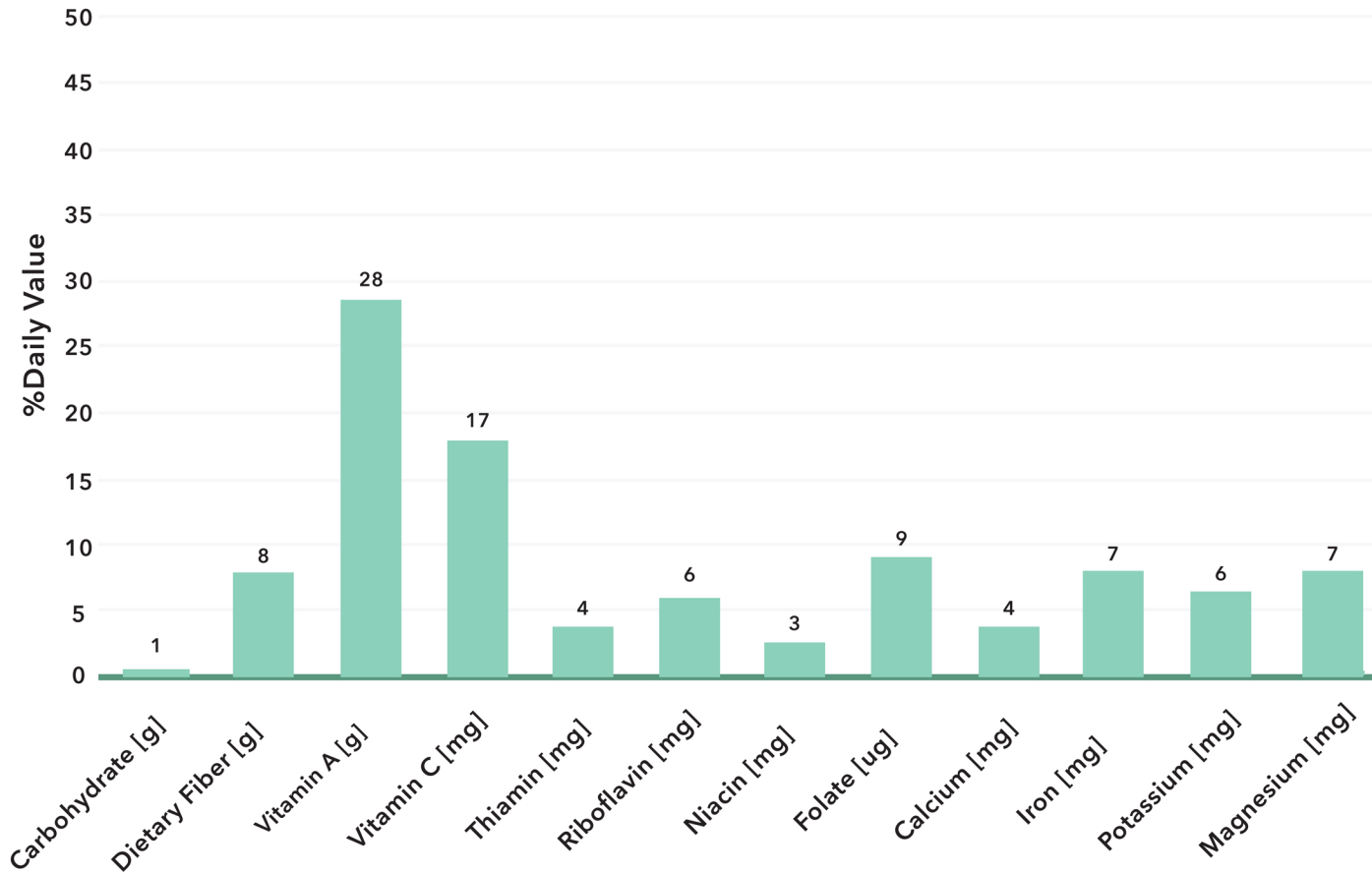


**KANGKONG**

# CHINESE WATER SPINACH/ KANGKONG

(CHamoru Name)

*Persea americana*



\*PERCENT DAILY VALUE (%DV) IS BASED ON A 2,000 KCAL DIET

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## SEASON

Peak availability  
year-round  
January through  
December

## DID YOU KNOW?

Kangkong grows so well that in some parts of the world it is seen as a weed.

Graph based upon  
USDA Database  
nutrient composition  
for 1 cup (98 g)  
cooked, boiled,  
drained, without salt

