

Basic Report 11245, Lambsquarters, cooked, boiled, drained, without salt

Report Date: February 01, 2015 08:14 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	1 cup, chopped 180g
Proximates			
Water	g	88.90	160.02
Energy	kcal	32	58
Protein	g	3.20	5.76
Total lipid (fat)	g	0.70	1.26
Carbohydrate, by difference	g	5.00	9.00
Fiber, total dietary	g	2.1	3.8
Sugars, total	g	0.62	1.12
Minerals			
Calcium, Ca	mg	258	464
Iron, Fe	mg	0.70	1.26
Magnesium, Mg	mg	23	41
Phosphorus, P	mg	45	81
Potassium, K	mg	288	518
Sodium, Na	mg	29	52
Zinc, Zn	mg	0.30	0.54
Vitamins			
Vitamin C, total ascorbic acid	mg	37.0	66.6
Thiamin	mg	0.100	0.180
Riboflavin	mg	0.260	0.468
Niacin	mg	0.900	1.620
Vitamin B-6	mg	0.174	0.313
Folate, DFE	µg	14	25
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	391	704
Vitamin A, IU	IU	7816	14069
Vitamin E (alpha-tocopherol)	mg	1.85	3.33

Nutrient	Unit	1 Value Per100 g	1 cup, chopped 180g
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	494.2	889.6
Lipids			
Fatty acids, total saturated	g	0.052	0.094
Fatty acids, total monounsaturated	g	0.131	0.236
Fatty acids, total polyunsaturated	g	0.307	0.553
Cholesterol	mg	0	0
Other			
Caffeine	mg	0	0