

Basic Report 11246, Leeks, (bulb and lower leaf-portion), raw

Report Date: January 28, 2015 23:19 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	1 cup 89g	1 leek 89g	1 slice 6g
Proximates					
Water	g	83.00	73.87	73.87	4.98
Energy	kcal	61	54	54	4
Protein	g	1.50	1.34	1.34	0.09
Total lipid (fat)	g	0.30	0.27	0.27	0.02
Carbohydrate, by difference	g	14.15	12.59	12.59	0.85
Fiber, total dietary	g	1.8	1.6	1.6	0.1
Sugars, total	g	3.90	3.47	3.47	0.23
Minerals					
Calcium, Ca	mg	59	53	53	4
Iron, Fe	mg	2.10	1.87	1.87	0.13
Magnesium, Mg	mg	28	25	25	2
Phosphorus, P	mg	35	31	31	2
Potassium, K	mg	180	160	160	11
Sodium, Na	mg	20	18	18	1
Zinc, Zn	mg	0.12	0.11	0.11	0.01
Vitamins					
Vitamin C, total ascorbic acid	mg	12.0	10.7	10.7	0.7
Thiamin	mg	0.060	0.053	0.053	0.004
Riboflavin	mg	0.030	0.027	0.027	0.002
Niacin	mg	0.400	0.356	0.356	0.024
Vitamin B-6	mg	0.233	0.207	0.207	0.014
Folate, DFE	µg	64	57	57	4
Vitamin B-12	µg	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	83	74	74	5
Vitamin A, IU	IU	1667	1484	1484	100
Vitamin E (alpha-tocopherol)	mg	0.92	0.82	0.82	0.06

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	0.0
Vitamin D	IU	0	0	0	0
Vitamin K (phylloquinone)	µg	47.0	41.8	41.8	2.8
Lipids					
Fatty acids, total saturated	g	0.040	0.036	0.036	0.002
Fatty acids, total monounsaturated	g	0.004	0.004	0.004	0.000
Fatty acids, total polyunsaturated	g	0.166	0.148	0.148	0.010
Cholesterol	mg	0	0	0	0
Other					
Caffeine	mg	0	0	0	0