

Full Report (All Nutrients) 11246, Leeks, (bulb and lower leaf-portion), raw

Report Date: January 28, 2015 15:13 EST

Nutrient values and weights are for edible portion

Food Group : Vegetables and Vegetable Products

Carbohydrate Factor: 3.84 Fat Factor: 8.37 Protein Factor: 2.78 Nitrogen to Protein Conversion Factor: 6.25

Refuse: 56% Refuse Description: Tops, root end and skin

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 89g	1 leek 89g	1 slice 6g
Proximates							
Water	g	83.00	1	--	73.87	73.87	4.98
Energy	kcal	61	--	--	54	54	4
Energy	kJ	255	--	--	227	227	15
Protein	g	1.50	1	--	1.34	1.34	0.09
Total lipid (fat)	g	0.30	1	--	0.27	0.27	0.02
Ash	g	1.05	--	--	0.93	0.93	0.06
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	1	--	53	53	4
Iron, Fe	mg	2.10	1	--	1.87	1.87	0.13
Magnesium, Mg	mg	28	1	--	25	25	2
Phosphorus, P	mg	35	1	--	31	31	2
Potassium, K	mg	180	1	--	160	160	11
Sodium, Na	mg	20	1	--	18	18	1
Zinc, Zn	mg	0.12	--	--	0.11	0.11	0.01
Copper, Cu	mg	0.120	--	--	0.107	0.107	0.007
Manganese, Mn	mg	0.481	--	--	0.428	0.428	0.029
Selenium, Se	µg	1.0	--	--	0.9	0.9	0.1
Vitamins							

Nutrient	Unit	1			1 cup 89g	1 leek 89g	1 slice 6g
		Value Per100 g	Data points	Std. Error			
Vitamin C, total ascorbic acid	mg	12.0	1	--	10.7	10.7	0.7
Thiamin	mg	0.060	1	--	0.053	0.053	0.004
Riboflavin	mg	0.030	1	--	0.027	0.027	0.002
Niacin	mg	0.400	1	--	0.356	0.356	0.024
Pantothenic acid	mg	0.140	--	--	0.125	0.125	0.008
Vitamin B-6	mg	0.233	--	--	0.207	0.207	0.014
Folate, total	µg	64	--	--	57	57	4
Folic acid	µg	0	--	--	0	0	0
Folate, food	µg	64	--	--	57	57	4
Folate, DFE	µg	64	--	--	57	57	4
Choline, total	mg	9.5	--	--	8.5	8.5	0.6
Vitamin B-12	µg	0.00	--	--	0.00	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00	0.00
Vitamin A, RAE	µg	83	--	--	74	74	5
Retinol	µg	0	--	--	0	0	0
Carotene, beta	µg	1000	--	--	890	890	60
Carotene, alpha	µg	0	--	--	0	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0	0
Vitamin A, IU	IU	1667	--	--	1484	1484	100
Lycopene	µg	0	--	--	0	0	0
Lutein + zeaxanthin	µg	1900	--	--	1691	1691	114
Vitamin E (alpha-tocopherol)	mg	0.92	--	--	0.82	0.82	0.06
Vitamin E, added	mg	0.00	--	--	0.00	0.00	0.00
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
4:0	g	0.000	--	--	0.000	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000	0.000
12:0	g	0.000	--	--	0.000	0.000	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 89g	1 leek 89g	1 slice 6g
14:0	g	0.000	--	--	0.000	0.000	0.000
16:0	g	0.038	1	--	0.034	0.034	0.002
18:0	g	0.002	1	--	0.002	0.002	0.000
Fatty acids, total monounsaturated	g	0.004	--	--	0.004	0.004	0.000
16:1 undifferentiated	g	0.000	--	--	0.000	0.000	0.000
18:1 undifferentiated	g	0.004	1	--	0.004	0.004	0.000
20:1	g	0.000	--	--	0.000	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	0.166	--	--	0.148	0.148	0.010
18:2 undifferentiated	g	0.067	1	--	0.060	0.060	0.004
18:3 undifferentiated	g	0.099	1	--	0.088	0.088	0.006
18:4	g	0.000	--	--	0.000	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000	0.000
Cholesterol	mg	0	--	--	0	0	0
Amino Acids							
Tryptophan	g	0.012	5	--	0.011	0.011	0.001
Threonine	g	0.063	9	--	0.056	0.056	0.004
Isoleucine	g	0.052	9	--	0.046	0.046	0.003
Leucine	g	0.096	9	--	0.085	0.085	0.006
Lysine	g	0.078	12	--	0.069	0.069	0.005
Methionine	g	0.018	12	--	0.016	0.016	0.001
Cystine	g	0.025	7	--	0.022	0.022	0.002
Phenylalanine	g	0.055	9	--	0.049	0.049	0.003
Tyrosine	g	0.041	8	--	0.036	0.036	0.002
Valine	g	0.056	9	--	0.050	0.050	0.003
Arginine	g	0.078	9	--	0.069	0.069	0.005
Histidine	g	0.025	9	--	0.022	0.022	0.002
Alanine	g	0.074	8	--	0.066	0.066	0.004
Aspartic acid	g	0.140	8	--	0.125	0.125	0.008
Glutamic acid	g	0.226	8	--	0.201	0.201	0.014

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 89g	1 leek 89g	1 slice 6g
Glycine	g	0.069	8	--	0.061	0.061	0.004
Proline	g	0.066	8	--	0.059	0.059	0.004
Serine	g	0.092	8	--	0.082	0.082	0.006
Other							
Alcohol, ethyl	g	0.0	--	--	0.0	0.0	0.0
Caffeine	mg	0	--	--	0	0	0
Theobromine	mg	0	--	--	0	0	0
Flavonoids							
Flavan-3-ols							
(+)-Catechin ¹	mg	0.0	4	0	0.0	0.0	0.0
(-)-Epigallocatechin ¹	mg	0.0	4	0	0.0	0.0	0.0
(-)-Epicatechin ¹	mg	0.0	4	0	0.0	0.0	0.0
(-)-Epicatechin 3-gallate ¹	mg	0.0	4	0	0.0	0.0	0.0
(-)-Epigallocatechin 3-gallate ¹	mg	0.0	4	0	0.0	0.0	0.0
(+)-Galocatechin ¹	mg	0.0	4	0	0.0	0.0	0.0
Flavones							
Apigenin ^{2 3}	mg	0.0	5	0	0.0	0.0	0.0
Luteolin ^{2 3}	mg	0.0	5	0	0.0	0.0	0.0
Flavonols							
Kaempferol ^{2 3 4 5 6 7 9}	mg	2.7	10	0.49	2.4	2.4	0.2
Myricetin ^{2 3 7}	mg	0.2	6	0.22	0.2	0.2	0.0
Quercetin ^{2 3 4 5 7 9}	mg	0.1	8	0.06	0.1	0.1	0.0
Isoflavones							
Daidzein ⁸	mg	0.0	1	--	0.0	0.0	0.0
Genistein ⁸	mg	0.0	1	--	0.0	0.0	0.0
Total isoflavones ⁸	mg	0.0	1	--	0.0	0.0	0.0

¹Arts, I. C. W., van de Putte, B., and Hollman, P. C. H. Catechin content of foods commonly consumed in the Netherlands. 1. Fruits, vegetables, staple foods and processed foods., 2000 J. Agric. Food Chem. 48 pp.1746-1751

²Hertog, M. G. L., Hollman, P. C. H., and Katan, M. B. Content of potentially anticarcinogenic flavonoids of 28 vegetables and fruits commonly consumed in The Netherlands., 1992 J. Agric. Food Chem. 40 pp.2379-2383

³Lugasi, A., and Hovari, J. Flavonoid aglycons in foods of plant origin I. Vegetables, 2000 Acta Alimentaria 29 pp.345-352

⁴Bilyk, A., and Sapers, G. M. Distribution of quercetin and kaempferol in lettuce, kale, chive, garlic chive, leek, horseradish, red radish, and red cabbage tissues., 1985 J. Agric. Food Chem. 33 pp.226-228

⁵Hertog, M. G. L., Hollman, P. C. H., and Venema, D. P. Optimization of a quantitative HPLC determination of potentially anticarcinogenic flavonoids in vegetables and fruits., 1992 J. Agric. Food Chem. 40 pp.1591-1598

⁶*Justesen, U., Knuthsen, P., and Leth, T. Quantitative analysis of flavonols, flavones, and flavonones in fruits, vegetables and beverages by high-performance liquid chromatography with photo-diode array and mass spectrometric detection., 1998 J. Chromatogr. A 799 pp.101-110*

⁷*Kevers, C., Falkowski, M., Tabart, J., Defraigne, J-O., Dommès, J., and Pincemail, J. Evolution of antioxidant capacity during storage of selected fruits and vegetables, 2007 J. Agric. Food Chem. 55 pp.8596-8603*

⁸*Liggins, J., Bluck, L. J. C., Runswick, C., Atkinson, C., Coward, W. A., and Bingham, S. A. Daidzein and genistein content of vegetables., 2000 Brit. J. Nutr. 84 pp.717-725*

⁹*Adhikari, D. P., Francis, J. A., Schutzki, R. E., Chandra A., and Nair, M. Quantification and characterization of cyclooxygenase and lipid peroxidation inhibitory anthocyanins in fruits of Amelanchier., 2005 Phytochem. Anal 16 pp.175-180*

LanguaL Code(s)

- A0152 VEGETABLE OR VEGETABLE PRODUCT (US CFR)
- A1281 1100 VEGETABLES AND VEGETABLE PRODUCTS (USDA SR)
- B1308 LEEK
- C0100 ROOT, TUBER OR BULB, WITH PART OF TOP
- E0150 WHOLE, NATURAL SHAPE
- F0003 NOT HEAT-TREATED
- G0003 COOKING METHOD NOT APPLICABLE
- H0003 NO TREATMENT APPLIED
- J0001 PRESERVATION METHOD NOT KNOWN
- K0003 NO PACKING MEDIUM USED
- M0001 CONTAINER OR WRAPPING NOT KNOWN
- N0001 FOOD CONTACT SURFACE NOT KNOWN
- P0024 HUMAN FOOD, NO AGE SPECIFICATION