

**Basic Report 11890, Turnips, frozen, cooked, boiled, drained, with salt**

Report Date: February 01, 2015 19:14 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	1 cup 156g
<b>Proximates</b>			
Water	g	93.60	146.02
Energy	kcal	21	33
Protein	g	1.53	2.39
Total lipid (fat)	g	0.24	0.37
Carbohydrate, by difference	g	3.76	5.87
Fiber, total dietary	g	2.0	3.1
Sugars, total	g	1.76	2.75
<b>Minerals</b>			
Calcium, Ca	mg	32	50
Iron, Fe	mg	0.98	1.53
Magnesium, Mg	mg	14	22
Phosphorus, P	mg	26	41
Potassium, K	mg	182	284
Sodium, Na	mg	272	424
Zinc, Zn	mg	0.20	0.31
<b>Vitamins</b>			
Vitamin C, total ascorbic acid	mg	3.9	6.1
Thiamin	mg	0.035	0.055
Riboflavin	mg	0.028	0.044
Niacin	mg	0.560	0.874
Vitamin B-6	mg	0.067	0.105
Folate, DFE	µg	8	12
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	0	0
Vitamin A, IU	IU	0	0
Vitamin E (alpha-tocopherol)	mg	0.02	0.03

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>1 cup 156g</b>
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	0.1	0.2
<b>Lipids</b>			
Fatty acids, total saturated	g	0.025	0.039
Fatty acids, total monounsaturated	g	0.015	0.023
Fatty acids, total polyunsaturated	g	0.125	0.195
Cholesterol	mg	0	0
<b>Other</b>			
Caffeine	mg	0	0