

## Basic Report 09307, Rhubarb, raw

Report Date: August 18, 2019 09:45 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup, diced 122g	1 stalk 51g
<b>Proximates</b>				
Water	g	93.61	114.20	47.74
Energy	kcal	21	26	11
Protein	g	0.90	1.10	0.46
Total lipid (fat)	g	0.20	0.24	0.10
Carbohydrate, by difference	g	4.54	5.54	2.32
Fiber, total dietary	g	1.8	2.2	0.9
Sugars, total	g	1.10	1.34	0.56
<b>Minerals</b>				
Calcium, Ca	mg	86	105	44
Iron, Fe	mg	0.22	0.27	0.11
Magnesium, Mg	mg	12	15	6
Phosphorus, P	mg	14	17	7
Potassium, K	mg	288	351	147
Sodium, Na	mg	4	5	2
Zinc, Zn	mg	0.10	0.12	0.05
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	8.0	9.8	4.1
Thiamin	mg	0.020	0.024	0.010
Riboflavin	mg	0.030	0.037	0.015
Niacin	mg	0.300	0.366	0.153
Vitamin B-6	mg	0.024	0.029	0.012
Folate, DFE	µg	7	9	4
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	5	6	3
Vitamin A, IU	IU	102	124	52
Vitamin E (alpha-tocopherol)	mg	0.27	0.33	0.14

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	0	0	0
Vitamin K (phylloquinone)	µg	29.3	35.7	14.9
<b>Lipids</b>				
Fatty acids, total saturated	g	0.053	0.065	0.027
Fatty acids, total monounsaturated	g	0.039	0.048	0.020
Fatty acids, total polyunsaturated	g	0.099	0.121	0.050
Fatty acids, total trans	g	0.000	0.000	0.000
Cholesterol	mg	0	0	0
<b>Amino Acids</b>				
<b>Other</b>				
Caffeine	mg	0	0	0