

Basic Report 11024, Balsam-pear (bitter gourd), pods, raw

Report Date: September 17, 2019 08:40 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup (1/2" pieces) 93g	1 balsam-pear 124g
Proximates				
Water	g	94.03	87.45	116.60
Energy	kcal	17	16	21
Protein	g	1.00	0.93	1.24
Total lipid (fat)	g	0.17	0.16	0.21
Carbohydrate, by difference	g	3.70	3.44	4.59
Fiber, total dietary	g	2.8	2.6	3.5
Minerals				
Calcium, Ca	mg	19	18	24
Iron, Fe	mg	0.43	0.40	0.53
Magnesium, Mg	mg	17	16	21
Phosphorus, P	mg	31	29	38
Potassium, K	mg	296	275	367
Sodium, Na	mg	5	5	6
Zinc, Zn	mg	0.80	0.74	0.99
Vitamins				
Vitamin C, total ascorbic acid	mg	84.0	78.1	104.2
Thiamin	mg	0.040	0.037	0.050
Riboflavin	mg	0.040	0.037	0.050
Niacin	mg	0.400	0.372	0.496
Vitamin B-6	mg	0.043	0.040	0.053
Folate, DFE	µg	72	67	89
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	24	22	30
Vitamin A, IU	IU	471	438	584
Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	0	0	0

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Lipids				
Fatty acids, total trans	g	0.000	0.000	0.000
Cholesterol	mg	0	0	0
Amino Acids				
Other				