

Basic Report 11027, Bamboo shoots, cooked, boiled, drained, without salt

Report Date: June 24, 2019 05:04 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup (1/2" slices) 120g	1 shoot 144g
Proximates				
Water	g	95.92	115.10	138.12
Energy	kcal	12	14	17
Protein	g	1.53	1.84	2.20
Total lipid (fat)	g	0.22	0.26	0.32
Carbohydrate, by difference	g	1.92	2.30	2.76
Fiber, total dietary	g	1.0	1.2	1.4
Minerals				
Calcium, Ca	mg	12	14	17
Iron, Fe	mg	0.24	0.29	0.35
Magnesium, Mg	mg	3	4	4
Phosphorus, P	mg	20	24	29
Potassium, K	mg	533	640	768
Sodium, Na	mg	4	5	6
Zinc, Zn	mg	0.47	0.56	0.68
Vitamins				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.020	0.024	0.029
Riboflavin	mg	0.050	0.060	0.072
Niacin	mg	0.300	0.360	0.432
Vitamin B-6	mg	0.098	0.118	0.141
Folate, DFE	µg	2	2	3
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	0	0	0
Vitamin A, IU	IU	0	0	0
Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	0	0	0

Nutrient	Unit	1 Value Per100 g	1 cup (1/2" slices) 120g	1 shoot 144g
Lipids				
Fatty acids, total saturated	g	0.051	0.061	0.073
Fatty acids, total monounsaturated	g	0.005	0.006	0.007
Fatty acids, total polyunsaturated	g	0.098	0.118	0.141
Fatty acids, total trans	g	0.000	0.000	0.000
Cholesterol	mg	0	0	0

Amino Acids

Other