

## Basic Report 11080, Beets, raw

Report Date: September 18, 2019 07:43 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 136g	1 beet (2" dia) 82g
<b>Proximates</b>				
Water	g	87.58	119.11	71.82
Energy	kcal	43	58	35
Protein	g	1.61	2.19	1.32
Total lipid (fat)	g	0.17	0.23	0.14
Carbohydrate, by difference	g	9.56	13.00	7.84
Fiber, total dietary	g	2.8	3.8	2.3
Sugars, total	g	6.76	9.19	5.54
<b>Minerals</b>				
Calcium, Ca	mg	16	22	13
Iron, Fe	mg	0.80	1.09	0.66
Magnesium, Mg	mg	23	31	19
Phosphorus, P	mg	40	54	33
Potassium, K	mg	325	442	266
Sodium, Na	mg	78	106	64
Zinc, Zn	mg	0.35	0.48	0.29
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	4.9	6.7	4.0
Thiamin	mg	0.031	0.042	0.025
Riboflavin	mg	0.040	0.054	0.033
Niacin	mg	0.334	0.454	0.274
Vitamin B-6	mg	0.067	0.091	0.055
Folate, DFE	µg	109	148	89
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	2	3	2
Vitamin A, IU	IU	33	45	27
Vitamin E (alpha-tocopherol)	mg	0.04	0.05	0.03

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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	0.2	0.3	0.2
<b>Lipids</b>				
Fatty acids, total saturated	g	0.027	0.037	0.022
Fatty acids, total monounsaturated	g	0.032	0.044	0.026
Fatty acids, total polyunsaturated	g	0.060	0.082	0.049
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