

## Basic Report 11207, Dandelion greens, raw

Report Date: September 18, 2019 20:12 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup, chopped 55g
<b>Proximates</b>			
Water	g	85.60	47.08
Energy	kcal	45	25
Protein	g	2.70	1.49
Total lipid (fat)	g	0.70	0.39
Carbohydrate, by difference	g	9.20	5.06
Fiber, total dietary	g	3.5	1.9
Sugars, total	g	0.71	0.39
<b>Minerals</b>			
Calcium, Ca	mg	187	103
Iron, Fe	mg	3.10	1.71
Magnesium, Mg	mg	36	20
Phosphorus, P	mg	66	36
Potassium, K	mg	397	218
Sodium, Na	mg	76	42
Zinc, Zn	mg	0.41	0.23
<b>Vitamins</b>			
Vitamin C, total ascorbic acid	mg	35.0	19.2
Thiamin	mg	0.190	0.104
Riboflavin	mg	0.260	0.143
Niacin	mg	0.806	0.443
Vitamin B-6	mg	0.251	0.138
Folate, DFE	µg	27	15
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	508	279
Vitamin A, IU	IU	10161	5589
Vitamin E (alpha-tocopherol)	mg	3.44	1.89

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>1 cup, chopped 55g</b>
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	778.4	428.1
<b>Lipids</b>			
Fatty acids, total saturated	g	0.170	0.094
Fatty acids, total monounsaturated	g	0.014	0.008
Fatty acids, total polyunsaturated	g	0.306	0.168
Fatty acids, total trans	g	0.000	0.000
Cholesterol	mg	0	0
<b>Amino Acids</b>			
<b>Other</b>			
Caffeine	mg	0	0