

Basic Report 11226, Jerusalem-artichokes, raw

Report Date: June 18, 2019 06:56 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup slices 150g
Proximates			
Water	g	78.01	117.02
Energy	kcal	73	110
Protein	g	2.00	3.00
Total lipid (fat)	g	0.01	0.01
Carbohydrate, by difference	g	17.44	26.16
Fiber, total dietary	g	1.6	2.4
Sugars, total	g	9.60	14.40
Minerals			
Calcium, Ca	mg	14	21
Iron, Fe	mg	3.40	5.10
Magnesium, Mg	mg	17	26
Phosphorus, P	mg	78	117
Potassium, K	mg	429	644
Sodium, Na	mg	4	6
Zinc, Zn	mg	0.12	0.18
Vitamins			
Vitamin C, total ascorbic acid	mg	4.0	6.0
Thiamin	mg	0.200	0.300
Riboflavin	mg	0.060	0.090
Niacin	mg	1.300	1.950
Vitamin B-6	mg	0.077	0.116
Folate, DFE	µg	13	20
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	1	2
Vitamin A, IU	IU	20	30
Vitamin E (alpha-tocopherol)	mg	0.19	0.28

Nutrient	Unit	1 Value Per100 g	1 cup slices 150g
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	0.1	0.1
Lipids			
Fatty acids, total saturated	g	0.000	0.000
Fatty acids, total monounsaturated	g	0.004	0.006
Fatty acids, total polyunsaturated	g	0.001	0.002
Fatty acids, total trans	g	0.000	0.000
Cholesterol	mg	0	0
Amino Acids			
Other			
Caffeine	mg	0	0