

**Full Report (All Nutrients) 11226, Jerusalem-artichokes, raw**

**Report Date: July 17, 2019 22:37 EDT**

Nutrient values and weights are for edible portion.

Food Group : Vegetables and Vegetable Products

**Common Name: Sunchokes**

**Carbohydrate Factor: 3.84 Fat Factor: 8.37 Protein Factor:2.78 Nitrogen to Protein Conversion Factor:6.25**

**Refuse:31% Refuse Description: Parings**

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup slices 150g
<b>Proximates</b>					
Water	g	78.01	3	0.640	117.02
Energy	kcal	73	--	--	110
Energy	kJ	304	--	--	456
Protein	g	2.00	2	--	3.00
Total lipid (fat)	g	0.01	2	--	0.01
Ash	g	2.54	2	--	3.81
Carbohydrate, by difference	g	17.44	--	--	26.16
Fiber, total dietary	g	1.6	--	--	2.4
Sugars, total	g	9.60	--	--	14.40
<b>Minerals</b>					
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
Copper, Cu	mg	0.140	--	--	0.210
Manganese, Mn	mg	0.060	2	--	0.090
Selenium, Se	µg	0.7	--	--	1.1

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup slices 150g
<b>Vitamins</b>					
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
Pantothenic acid	mg	0.397	--	--	0.596
Vitamin B-6	mg	0.077	--	--	0.116
Folate, total	µg	13	--	--	20
Folic acid	µg	0	--	--	0
Folate, food	µg	13	--	--	20
Folate, DFE	µg	13	--	--	20
Choline, total	mg	30.0	--	--	45.0
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	1	--	--	2
Retinol	µg	0	--	--	0
Carotene, beta	µg	12	--	--	18
Carotene, alpha	µg	0	--	--	0
Cryptoxanthin, beta	µg	0	--	--	0
Vitamin A, IU	IU	20	--	--	30
Lycopene	µg	0	--	--	0
Lutein + zeaxanthin	µg	0	--	--	0
Vitamin E (alpha-tocopherol)	mg	0.19	--	--	0.28
Vitamin E, added	mg	0.00	--	--	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Vitamin K (phylloquinone)	µg	0.1	--	--	0.1
<b>Lipids</b>					
Fatty acids, total saturated	g	0.000	--	--	0.000
4:0	g	0.000	--	--	0.000
6:0	g	0.000	--	--	0.000
8:0	g	0.000	--	--	0.000
10:0	g	0.000	--	--	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup slices 150g
12:0	g	0.000	--	--	0.000
14:0	g	0.000	--	--	0.000
16:0	g	0.000	1	--	0.000
18:0	g	0.000	1	--	0.000
Fatty acids, total monounsaturated	g	0.004	--	--	0.006
16:1 undifferentiated	g	0.000	--	--	0.000
18:1 undifferentiated	g	0.004	1	--	0.006
20:1	g	0.000	--	--	0.000
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	0.001	--	--	0.002
18:2 undifferentiated	g	0.001	1	--	0.002
18:3 undifferentiated	g	0.000	1	--	0.000
18:4	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.000	--	--	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Fatty acids, total trans	g	0.000	--	--	0.000
Cholesterol	mg	0	--	--	0
<b>Amino Acids</b>					
<b>Other</b>					
Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0
<b>Flavonoids</b>					
Proanthocyanidin					
Proanthocyanidin dimers <sup>1</sup>	mg	0.0	1	--	0.0
Proanthocyanidin trimers <sup>1</sup>	mg	0.0	1	--	0.0
Proanthocyanidin 4-6mers <sup>1</sup>	mg	0.0	1	--	0.0
Proanthocyanidin 7-10mers <sup>1</sup>	mg	0.0	1	--	0.0
Proanthocyanidin polymers (>10mers) <sup>1</sup>	mg	0.0	1	--	0.0

<sup>1</sup>Hellstrm, Trrnen, A.R., and Matilla, P.H. **Proanthocyanidins in common food products of plant origin**, 2009 J. Agric. Food Chem. 57 pp.7899-7906

**Langual Code(s)**

- A0152 VEGETABLE OR VEGETABLE PRODUCT (US CFR)
- A1281 1100 VEGETABLES AND VEGETABLE PRODUCTS (USDA SR)
- B1038 JERUSALEM ARTICHOKE
- C0240 ROOT, TUBER OR BULB, WITHOUT PEEL
- E0150 WHOLE, NATURAL SHAPE
- F0003 NOT HEAT-TREATED
- G0003 COOKING METHOD NOT APPLICABLE
- H0003 NO TREATMENT APPLIED
- J0001 PRESERVATION METHOD NOT KNOWN
- K0003 NO PACKING MEDIUM USED
- M0001 CONTAINER OR WRAPPING NOT KNOWN
- N0001 FOOD CONTACT SURFACE NOT KNOWN
- P0024 HUMAN FOOD, NO AGE SPECIFICATION