

Basic Report 11254, Lotus root, raw

Report Date: August 23, 2019 09:36 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	10.0 slices (2-1/2" dia) 81g	1 root (9-1/2" long) 115g
Proximates				
Water	g	79.10	64.07	90.97
Energy	kcal	74	60	85
Protein	g	2.60	2.11	2.99
Total lipid (fat)	g	0.10	0.08	0.12
Carbohydrate, by difference	g	17.23	13.96	19.81
Fiber, total dietary	g	4.9	4.0	5.6
Minerals				
Calcium, Ca	mg	45	36	52
Iron, Fe	mg	1.16	0.94	1.33
Magnesium, Mg	mg	23	19	26
Phosphorus, P	mg	100	81	115
Potassium, K	mg	556	450	639
Sodium, Na	mg	40	32	46
Zinc, Zn	mg	0.39	0.32	0.45
Vitamins				
Vitamin C, total ascorbic acid	mg	44.0	35.6	50.6
Thiamin	mg	0.160	0.130	0.184
Riboflavin	mg	0.220	0.178	0.253
Niacin	mg	0.400	0.324	0.460
Vitamin B-6	mg	0.258	0.209	0.297
Folate, DFE	µg	13	11	15
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
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Lipids				
Fatty acids, total saturated	g	0.030	0.024	0.034
Fatty acids, total monounsaturated	g	0.020	0.016	0.023
Fatty acids, total polyunsaturated	g	0.020	0.016	0.023
Fatty acids, total trans	g	0.000	0.000	0.000
Cholesterol	mg	0	0	0
Amino Acids				
Other				
Caffeine	mg	0	0	0