

Basic Report 11270, Mustard greens, raw

Report Date: August 25, 2019 03:21 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup, chopped 56g
Proximates			
Water	g	90.70	50.79
Energy	kcal	27	15
Protein	g	2.86	1.60
Total lipid (fat)	g	0.42	0.24
Carbohydrate, by difference	g	4.67	2.62
Fiber, total dietary	g	3.2	1.8
Sugars, total	g	1.32	0.74
Minerals			
Calcium, Ca	mg	115	64
Iron, Fe	mg	1.64	0.92
Magnesium, Mg	mg	32	18
Phosphorus, P	mg	58	32
Potassium, K	mg	384	215
Sodium, Na	mg	20	11
Zinc, Zn	mg	0.25	0.14
Vitamins			
Vitamin C, total ascorbic acid	mg	70.0	39.2
Thiamin	mg	0.080	0.045
Riboflavin	mg	0.110	0.062
Niacin	mg	0.800	0.448
Vitamin B-6	mg	0.180	0.101
Folate, DFE	µg	12	7
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	151	85
Vitamin A, IU	IU	3024	1693
Vitamin E (alpha-tocopherol)	mg	2.01	1.13

Nutrient	Unit	1 Value Per100 g	1 cup, chopped 56g
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	257.5	144.2
Lipids			
Fatty acids, total saturated	g	0.010	0.006
Fatty acids, total monounsaturated	g	0.092	0.052
Fatty acids, total polyunsaturated	g	0.038	0.021
Fatty acids, total trans	g	0.000	0.000
Cholesterol	mg	0	0
Amino Acids			
Other			
Caffeine	mg	0	0