

## Basic Report 11274, Mustard spinach, (tendergreen), raw

Report Date: September 18, 2019 19:16 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup, chopped 150g
<b>Proximates</b>			
Water	g	92.20	138.30
Energy	kcal	22	33
Protein	g	2.20	3.30
Total lipid (fat)	g	0.30	0.45
Carbohydrate, by difference	g	3.90	5.85
Fiber, total dietary	g	2.8	4.2
<b>Minerals</b>			
Calcium, Ca	mg	210	315
Iron, Fe	mg	1.50	2.25
Magnesium, Mg	mg	11	16
Phosphorus, P	mg	28	42
Potassium, K	mg	449	674
Sodium, Na	mg	21	32
Zinc, Zn	mg	0.17	0.26
<b>Vitamins</b>			
Vitamin C, total ascorbic acid	mg	130.0	195.0
Thiamin	mg	0.068	0.102
Riboflavin	mg	0.093	0.139
Niacin	mg	0.678	1.017
Vitamin B-6	mg	0.153	0.229
Folate, DFE	µg	159	238
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	495	742
Vitamin A, IU	IU	9900	14850
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>1 cup, chopped 150g</b>
<b>Lipids</b>			
Fatty acids, total saturated	g	0.015	0.022
Fatty acids, total monounsaturated	g	0.138	0.207
Fatty acids, total polyunsaturated	g	0.057	0.086
Fatty acids, total trans	g	0.000	0.000
Cholesterol	mg	0	0

**Amino Acids**

**Other**