

Basic Report 11299, Parsnips, cooked, boiled, drained, without salt

Report Date: September 18, 2019 01:28 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	0.5 cup slices 78g	1 parsnip (9" long) 160g
Proximates				
Water	g	80.24	62.59	128.38
Energy	kcal	71	55	114
Protein	g	1.32	1.03	2.11
Total lipid (fat)	g	0.30	0.23	0.48
Carbohydrate, by difference	g	17.01	13.27	27.22
Fiber, total dietary	g	3.6	2.8	5.8
Sugars, total	g	4.80	3.74	7.68
Minerals				
Calcium, Ca	mg	37	29	59
Iron, Fe	mg	0.58	0.45	0.93
Magnesium, Mg	mg	29	23	46
Phosphorus, P	mg	69	54	110
Potassium, K	mg	367	286	587
Sodium, Na	mg	10	8	16
Zinc, Zn	mg	0.26	0.20	0.42
Vitamins				
Vitamin C, total ascorbic acid	mg	13.0	10.1	20.8
Thiamin	mg	0.083	0.065	0.133
Riboflavin	mg	0.051	0.040	0.082
Niacin	mg	0.724	0.565	1.158
Vitamin B-6	mg	0.093	0.073	0.149
Folate, DFE	µg	58	45	93
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 E (alpha-tocopherol)	mg	1.00	0.78	1.60

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	0	0	0
Vitamin K (phylloquinone)	µg	1.0	0.8	1.6
Lipids				
Fatty acids, total saturated	g	0.050	0.039	0.080
Fatty acids, total monounsaturated	g	0.112	0.087	0.179
Fatty acids, total polyunsaturated	g	0.047	0.037	0.075
Fatty acids, total trans	g	0.000	0.000	0.000
Cholesterol	mg	0	0	0
Amino Acids				
Other				
Caffeine	mg	0	0	0