

Basic Report 11437, Salsify, (vegetable oyster), raw

Report Date: September 20, 2019 01:38 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup slices 133g
Proximates			
Water	g	77.00	102.41
Energy	kcal	82	109
Protein	g	3.30	4.39
Total lipid (fat)	g	0.20	0.27
Carbohydrate, by difference	g	18.60	24.74
Fiber, total dietary	g	3.3	4.4
Minerals			
Calcium, Ca	mg	60	80
Iron, Fe	mg	0.70	0.93
Magnesium, Mg	mg	23	31
Phosphorus, P	mg	75	100
Potassium, K	mg	380	505
Sodium, Na	mg	20	27
Zinc, Zn	mg	0.38	0.51
Vitamins			
Vitamin C, total ascorbic acid	mg	8.0	10.6
Thiamin	mg	0.080	0.106
Riboflavin	mg	0.220	0.293
Niacin	mg	0.500	0.665
Vitamin B-6	mg	0.277	0.368
Folate, DFE	µg	26	35
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	0	0
Vitamin A, IU	IU	0	0
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0

Nutrient	Unit	1 Value Per100 g	1 cup slices 133g
Lipids			
Fatty acids, total trans	g	0.000	0.000
Cholesterol	mg	0	0
Amino Acids			
Other			