

## Basic Report 11439, Sauerkraut, canned, solids and liquids

Report Date: September 17, 2019 06:37 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 142g	1 cup, undrained 236g
<b>Proximates</b>				
Water	g	92.52	131.38	218.35
Energy	kcal	19	27	45
Protein	g	0.91	1.29	2.15
Total lipid (fat)	g	0.14	0.20	0.33
Carbohydrate, by difference	g	4.28	6.08	10.10
Fiber, total dietary	g	2.9	4.1	6.8
Sugars, total	g	1.78	2.53	4.20
<b>Minerals</b>				
Calcium, Ca	mg	30	43	71
Iron, Fe	mg	1.47	2.09	3.47
Magnesium, Mg	mg	13	18	31
Phosphorus, P	mg	20	28	47
Potassium, K	mg	170	241	401
Sodium, Na	mg	661	939	1560
Zinc, Zn	mg	0.19	0.27	0.45
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	14.7	20.9	34.7
Thiamin	mg	0.021	0.030	0.050
Riboflavin	mg	0.022	0.031	0.052
Niacin	mg	0.143	0.203	0.337
Vitamin B-6	mg	0.130	0.185	0.307
Folate, DFE	µg	24	34	57
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	1	1	2
Vitamin A, IU	IU	18	26	42
Vitamin E (alpha-tocopherol)	mg	0.14	0.20	0.33

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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	13.0	18.5	30.7
<b>Lipids</b>				
Fatty acids, total saturated	g	0.034	0.048	0.080
Fatty acids, total monounsaturated	g	0.013	0.018	0.031
Fatty acids, total polyunsaturated	g	0.067	0.095	0.158
Fatty acids, total trans	g	0.000	0.000	0.000
Cholesterol	mg	0	0	0
<b>Amino Acids</b>				
<b>Other</b>				
Caffeine	mg	0	0	0