

## Basic Report 11576, Turnip greens and turnips, frozen, unprepared

Report Date: September 19, 2019 15:12 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	0.33 package (10 oz) 95g	1 package (10 oz) 284g	1 package (3 lb) 1,361g
<b>Proximates</b>					
Water	g	93.13	88.47	264.49	1267.50
Energy	kcal	21	20	60	286
Protein	g	2.46	2.34	6.99	33.48
Total lipid (fat)	g	0.19	0.18	0.54	2.59
Carbohydrate, by difference	g	3.39	3.22	9.63	46.14
Fiber, total dietary	g	2.4	2.3	6.8	32.7
<b>Minerals</b>					
Calcium, Ca	mg	114	108	324	1552
Iron, Fe	mg	1.63	1.55	4.63	22.18
Magnesium, Mg	mg	18	17	51	245
Phosphorus, P	mg	24	23	68	327
Potassium, K	mg	82	78	233	1116
Sodium, Na	mg	18	17	51	245
Zinc, Zn	mg	0.16	0.15	0.45	2.18
<b>Vitamins</b>					
Vitamin C, total ascorbic acid	mg	25.8	24.5	73.3	351.1
Thiamin	mg	0.044	0.042	0.125	0.599
Riboflavin	mg	0.088	0.084	0.250	1.198
Niacin	mg	0.388	0.369	1.102	5.281
Vitamin B-6	mg	0.074	0.070	0.210	1.007
Folate, DFE	µg	41	39	116	558
Vitamin B-12	µg	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	305	290	866	4151
Vitamin A, IU	IU	6108	5803	17347	83130
Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	0.0
Vitamin D	IU	0	0	0	0

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<b>Lipids</b>					
Fatty acids, total saturated	g	0.032	0.030	0.091	0.436
Fatty acids, total monounsaturated	g	0.012	0.011	0.034	0.163
Fatty acids, total polyunsaturated	g	0.088	0.084	0.250	1.198
Fatty acids, total trans	g	0.000	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0

**Amino Acids**

**Other**