

Full Report (All Nutrients) 11952, Radicchio, raw

Report Date: July 23, 2019 01:03 EDT

Nutrient values and weights are for edible portion.

Food Group : Vegetables and Vegetable Products

Carbohydrate Factor: 3.84 Fat Factor: 8.37 Protein Factor:2.44 Nitrogen to Protein Conversion Factor:6.25

Refuse:9% Refuse Description: Core and leaf ends

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, shredded 40g	1 leaf 8g
Proximates						
Water	g	93.14	2	--	37.26	7.45
Energy	kcal	23	--	--	9	2
Energy	kJ	96	--	--	38	8
Protein	g	1.43	2	--	0.57	0.11
Total lipid (fat)	g	0.25	2	--	0.10	0.02
Ash	g	0.70	2	--	0.28	0.06
Carbohydrate, by difference	g	4.48	--	--	1.79	0.36
Fiber, total dietary	g	0.9	--	--	0.4	0.1
Sugars, total	g	0.60	--	--	0.24	0.05
Minerals						
Calcium, Ca	mg	19	2	--	8	2
Iron, Fe	mg	0.57	1	--	0.23	0.05
Magnesium, Mg	mg	13	2	--	5	1
Phosphorus, P	mg	40	2	--	16	3
Potassium, K	mg	302	2	--	121	24
Sodium, Na	mg	22	2	--	9	2
Zinc, Zn	mg	0.62	2	--	0.25	0.05
Copper, Cu	mg	0.341	2	--	0.136	0.027
Manganese, Mn	mg	0.138	2	--	0.055	0.011
Selenium, Se	µg	0.9	--	--	0.4	0.1

Vitamins

Nutrient	Unit	1			1 cup, shredded 40g	1 leaf 8g
		Value Per100 g	Data points	Std. Error		
Vitamin C, total ascorbic acid	mg	8.0	2	--	3.2	0.6
Thiamin	mg	0.016	2	--	0.006	0.001
Riboflavin	mg	0.028	2	--	0.011	0.002
Niacin	mg	0.255	2	--	0.102	0.020
Pantothenic acid	mg	0.269	2	--	0.108	0.022
Vitamin B-6	mg	0.057	2	--	0.023	0.005
Folate, total	µg	60	2	--	24	5
Folic acid	µg	0	--	--	0	0
Folate, food	µg	60	2	--	24	5
Folate, DFE	µg	60	--	--	24	5
Choline, total	mg	10.9	--	--	4.4	0.9
Vitamin B-12	µg	0.00	--	--	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	1	--	--	0	0
Retinol	µg	0	--	--	0	0
Carotene, beta	µg	16	--	--	6	1
Carotene, alpha	µg	0	--	--	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0
Vitamin A, IU	IU	27	--	--	11	2
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	8832	--	--	3533	707
Vitamin E (alpha-tocopherol)	mg	2.26	--	--	0.90	0.18
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0
Vitamin D	IU	0	--	--	0	0
Vitamin K (phylloquinone)	µg	255.2	--	--	102.1	20.4
Lipids						
Fatty acids, total saturated	g	0.060	--	--	0.024	0.005
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000
12:0	g	0.000	--	--	0.000	0.000

Nutrient	Unit	1	Data points	Std. Error	1 cup, shredded 40g	1 leaf 8g
		Value Per100 g				
14:0	g	0.003	--	--	0.001	0.000
16:0	g	0.052	--	--	0.021	0.004
18:0	g	0.003	--	--	0.001	0.000
Fatty acids, total monounsaturated	g	0.010	--	--	0.004	0.001
16:1 undifferentiated	g	0.000	--	--	0.000	0.000
18:1 undifferentiated	g	0.005	--	--	0.002	0.000
20:1	g	0.000	--	--	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.110	--	--	0.044	0.009
18:2 undifferentiated	g	0.093	--	--	0.037	0.007
18:3 undifferentiated	g	0.016	--	--	0.006	0.001
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Fatty acids, total trans	g	0.000	--	--	0.000	0.000
Cholesterol	mg	0	--	--	0	0
Amino Acids						
Tryptophan	g	0.026	--	--	0.010	0.002
Threonine	g	0.040	--	--	0.016	0.003
Isoleucine	g	0.085	--	--	0.034	0.007
Leucine	g	0.062	--	--	0.025	0.005
Lysine	g	0.056	--	--	0.022	0.004
Methionine	g	0.008	--	--	0.003	0.001
Phenylalanine	g	0.034	--	--	0.014	0.003
Valine	g	0.065	--	--	0.026	0.005
Arginine	g	0.105	--	--	0.042	0.008
Histidine	g	0.024	--	--	0.010	0.002
Other						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, shredded 40g	1 leaf 8g
Flavonoids						
Anthocyanidins						
Cyanidin ¹	mg	127.0	6	32.72	50.8	10.2
Delphinidin ¹	mg	7.7	6	2.98	3.1	0.6
Flavones						
Luteolin ¹	mg	38.0	6	9.88	15.2	3.0
Flavonols						
Quercetin ¹	mg	31.5	6	8.73	12.6	2.5

¹Innocenti, M., Gallori, S., Giaccherini, C., Ieri, F., Vincieri, F. F., and Mulinacci, N. Evaluation of the phenolic content in the aerial parts of different varieties of *Cichorium intybus* L., 2005 J. Agric. Food Chem. 53 pp.6497-6502

Langual Code(s)

- A1281 1100 VEGETABLES AND VEGETABLE PRODUCTS (USDA SR)
- B2452 RADICCHIO
- C0200 LEAF
- E0131 WHOLE
- F0003 NOT HEAT-TREATED
- G0003 COOKING METHOD NOT APPLICABLE
- H0001 TREATMENT APPLIED NOT KNOWN
- J0001 PRESERVATION METHOD NOT KNOWN
- K0001 PACKING MEDIUM NOT KNOWN
- M0001 CONTAINER OR WRAPPING NOT KNOWN
- N0001 FOOD CONTACT SURFACE NOT KNOWN
- P0024 HUMAN FOOD, NO AGE SPECIFICATION
- R0001 GEOGRAPHIC PLACE OR REGION NOT KNOWN