

Basic Report 11957, Fennel, bulb, raw

Report Date: July 15, 2019 20:24 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup, sliced 87g	1 bulb 234g
Proximates				
Water	g	90.21	78.48	211.09
Energy	kcal	31	27	73
Protein	g	1.24	1.08	2.90
Total lipid (fat)	g	0.20	0.17	0.47
Carbohydrate, by difference	g	7.30	6.35	17.08
Fiber, total dietary	g	3.1	2.7	7.3
Sugars, total	g	3.93	3.42	9.20
Minerals				
Calcium, Ca	mg	49	43	115
Iron, Fe	mg	0.73	0.64	1.71
Magnesium, Mg	mg	17	15	40
Phosphorus, P	mg	50	44	117
Potassium, K	mg	414	360	969
Sodium, Na	mg	52	45	122
Zinc, Zn	mg	0.20	0.17	0.47
Vitamins				
Vitamin C, total ascorbic acid	mg	12.0	10.4	28.1
Thiamin	mg	0.010	0.009	0.023
Riboflavin	mg	0.032	0.028	0.075
Niacin	mg	0.640	0.557	1.498
Vitamin B-6	mg	0.047	0.041	0.110
Folate, DFE	µg	27	23	63
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	48	42	112
Vitamin A, IU	IU	963	838	2253
Vitamin E (alpha-tocopherol)	mg	0.58	0.50	1.36

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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	62.8	54.6	147.0
Lipids				
Fatty acids, total saturated	g	0.090	0.078	0.211
Fatty acids, total monounsaturated	g	0.068	0.059	0.159
Fatty acids, total polyunsaturated	g	0.169	0.147	0.395
Fatty acids, total trans	g	0.000	0.000	0.000
Cholesterol	mg	0	0	0
Amino Acids				
Other				
Caffeine	mg	0	0	0