

## Basic Report 11957, Fennel, bulb, raw

Report Date: July 16, 2019 07:05 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup, sliced 87g	1 bulb 234g
<b>Proximates</b>				
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
<b>Minerals</b>				
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
<b>Vitamins</b>				
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
<b>Lipids</b>				
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
<b>Amino Acids</b>				
<b>Other</b>				
Caffeine	mg	0	0	0