

Basic Report 11959, Arugula, raw

Report Date: September 20, 2019 01:46 EDT

Nutrient values and weights are for edible portion.

| Nutrient | Unit | 1 Value Per100 g | 1 leaf 2g | 1 cup 20g |
|--------------------------------|------|------------------------|--------------|--------------|
| Proximates | | | | |
| Water | g | 91.71 | 1.83 | 18.34 |
| Energy | kcal | 25 | 0 | 5 |
| Protein | g | 2.58 | 0.05 | 0.52 |
| Total lipid (fat) | g | 0.66 | 0.01 | 0.13 |
| Carbohydrate, by difference | g | 3.65 | 0.07 | 0.73 |
| Fiber, total dietary | g | 1.6 | 0.0 | 0.3 |
| Sugars, total | g | 2.05 | 0.04 | 0.41 |
| Minerals | | | | |
| Calcium, Ca | mg | 160 | 3 | 32 |
| Iron, Fe | mg | 1.46 | 0.03 | 0.29 |
| Magnesium, Mg | mg | 47 | 1 | 9 |
| Phosphorus, P | mg | 52 | 1 | 10 |
| Potassium, K | mg | 369 | 7 | 74 |
| Sodium, Na | mg | 27 | 1 | 5 |
| Zinc, Zn | mg | 0.47 | 0.01 | 0.09 |
| Vitamins | | | | |
| Vitamin C, total ascorbic acid | mg | 15.0 | 0.3 | 3.0 |
| Thiamin | mg | 0.044 | 0.001 | 0.009 |
| Riboflavin | mg | 0.086 | 0.002 | 0.017 |
| Niacin | mg | 0.305 | 0.006 | 0.061 |
| Vitamin B-6 | mg | 0.073 | 0.001 | 0.015 |
| Folate, DFE | µg | 97 | 2 | 19 |
| Vitamin B-12 | µg | 0.00 | 0.00 | 0.00 |
| Vitamin A, RAE | µg | 119 | 2 | 24 |
| Vitamin A, IU | IU | 2373 | 47 | 475 |
| Vitamin E (alpha-tocopherol) | mg | 0.43 | 0.01 | 0.09 |

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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 | 108.6 | 2.2 | 21.7 |
| Lipids | | | | |
| Fatty acids, total saturated | g | 0.086 | 0.002 | 0.017 |
| Fatty acids, total monounsaturated | g | 0.049 | 0.001 | 0.010 |
| Fatty acids, total polyunsaturated | g | 0.319 | 0.006 | 0.064 |
| Fatty acids, total trans | g | 0.000 | 0.000 | 0.000 |
| Cholesterol | mg | 0 | 0 | 0 |
| Amino Acids | | | | |
| Other | | | | |
| Caffeine | mg | 0 | 0 | 0 |