

Basic Report 11972, Lemon grass (citronella), raw

Report Date: September 17, 2019 06:33 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 67g	1 tbsp 4.8g
Proximates				
Water	g	70.58	47.29	3.39
Energy	kcal	99	66	5
Protein	g	1.82	1.22	0.09
Total lipid (fat)	g	0.49	0.33	0.02
Carbohydrate, by difference	g	25.31	16.96	1.21
Minerals				
Calcium, Ca	mg	65	44	3
Iron, Fe	mg	8.17	5.47	0.39
Magnesium, Mg	mg	60	40	3
Phosphorus, P	mg	101	68	5
Potassium, K	mg	723	484	35
Sodium, Na	mg	6	4	0
Zinc, Zn	mg	2.23	1.49	0.11
Vitamins				
Vitamin C, total ascorbic acid	mg	2.6	1.7	0.1
Thiamin	mg	0.065	0.044	0.003
Riboflavin	mg	0.135	0.090	0.006
Niacin	mg	1.101	0.738	0.053
Vitamin B-6	mg	0.080	0.054	0.004
Folate, DFE	µg	75	50	4
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	0	0	0
Vitamin A, IU	IU	6	4	0
Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	0	0	0

Lipids

Nutrient	Unit	1 Value Per100 g	1 cup 67g	1 tbsp 4.8g
Fatty acids, total saturated	g	0.119	0.080	0.006
Fatty acids, total monounsaturated	g	0.054	0.036	0.003
Fatty acids, total polyunsaturated	g	0.170	0.114	0.008
Fatty acids, total trans	g	0.000	0.000	0.000
Cholesterol	mg	0	0	0

Amino Acids

Other