

Basic Report 11995, Fiddlehead ferns, raw

Report Date: September 18, 2019 07:40 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g
Proximates		
Water	g	88.68
Energy	kcal	34
Protein	g	4.55
Total lipid (fat)	g	0.40
Carbohydrate, by difference	g	5.54
Minerals		
Calcium, Ca	mg	32
Iron, Fe	mg	1.31
Magnesium, Mg	mg	34
Phosphorus, P	mg	101
Potassium, K	mg	370
Sodium, Na	mg	1
Zinc, Zn	mg	0.83
Vitamins		
Vitamin C, total ascorbic acid	mg	26.6
Thiamin	mg	0.020
Riboflavin	mg	0.210
Niacin	mg	4.980
Vitamin B-12	µg	0.00
Vitamin A, RAE	µg	181
Vitamin A, IU	IU	3617
Vitamin D (D2 + D3)	µg	0.0
Vitamin D	IU	0
Lipids		
Fatty acids, total trans	g	0.000
Cholesterol	mg	0

Nutrient	Unit	1 Value Per100 g
Amino Acids		
Other		