

Basic Report 09311, Roselle, raw

Report Date: February 21, 2018 16:02 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup, without refuse 57g
Proximates			
Water	g	86.58	49.35
Energy	kcal	49	28
Protein	g	0.96	0.55
Total lipid (fat)	g	0.64	0.36
Carbohydrate, by difference	g	11.31	6.45
Minerals			
Calcium, Ca	mg	215	123
Iron, Fe	mg	1.48	0.84
Magnesium, Mg	mg	51	29
Phosphorus, P	mg	37	21
Potassium, K	mg	208	119
Sodium, Na	mg	6	3
Vitamins			
Vitamin C, total ascorbic acid	mg	12.0	6.8
Thiamin	mg	0.011	0.006
Riboflavin	mg	0.028	0.016
Niacin	mg	0.310	0.177
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	14	8
Vitamin A, IU	IU	287	164
Lipids			
Fatty acids, total trans	g	0.000	0.000
Cholesterol	mg	0	0
Amino Acids			
Other			