

Basic Report 11003, Amaranth leaves, raw

Report Date: February 18, 2018 05:36 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 28g	1 leaf 14g
Proximates				
Water	g	91.69	25.67	12.84
Energy	kcal	23	6	3
Protein	g	2.46	0.69	0.34
Total lipid (fat)	g	0.33	0.09	0.05
Carbohydrate, by difference	g	4.02	1.13	0.56
Minerals				
Calcium, Ca	mg	215	60	30
Iron, Fe	mg	2.32	0.65	0.32
Magnesium, Mg	mg	55	15	8
Phosphorus, P	mg	50	14	7
Potassium, K	mg	611	171	86
Sodium, Na	mg	20	6	3
Zinc, Zn	mg	0.90	0.25	0.13
Vitamins				
Vitamin C, total ascorbic acid	mg	43.3	12.1	6.1
Thiamin	mg	0.027	0.008	0.004
Riboflavin	mg	0.158	0.044	0.022
Niacin	mg	0.658	0.184	0.092
Vitamin B-6	mg	0.192	0.054	0.027
Folate, DFE	µg	85	24	12
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	146	41	20
Vitamin A, IU	IU	2917	817	408
Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	0	0	0
Vitamin K (phylloquinone)	µg	1140.0	319.2	159.6

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Lipids				
Fatty acids, total saturated	g	0.091	0.025	0.013
Fatty acids, total monounsaturated	g	0.076	0.021	0.011
Fatty acids, total polyunsaturated	g	0.147	0.041	0.021
Fatty acids, total trans	g	0.000	0.000	0.000
Cholesterol	mg	0	0	0

Amino Acids

Other