

## Basic Report 11006, Arrowhead, cooked, boiled, drained, without salt

Report Date: July 26, 2017 06:36 EDT

Nutrient values and weights are for edible portion.

| Nutrient                       | Unit | 1<br>Value<br>Per100 g | 1 medium<br>12g |
|--------------------------------|------|------------------------|-----------------|
| <b>Proximates</b>              |      |                        |                 |
| Water                          | g    | 77.08                  | 9.25            |
| Energy                         | kcal | 78                     | 9               |
| Protein                        | g    | 4.49                   | 0.54            |
| Total lipid (fat)              | g    | 0.10                   | 0.01            |
| Carbohydrate, by difference    | g    | 16.14                  | 1.94            |
| <b>Minerals</b>                |      |                        |                 |
| Calcium, Ca                    | mg   | 7                      | 1               |
| Iron, Fe                       | mg   | 1.21                   | 0.15            |
| Magnesium, Mg                  | mg   | 49                     | 6               |
| Phosphorus, P                  | mg   | 197                    | 24              |
| Potassium, K                   | mg   | 881                    | 106             |
| Sodium, Na                     | mg   | 18                     | 2               |
| Zinc, Zn                       | mg   | 0.22                   | 0.03            |
| <b>Vitamins</b>                |      |                        |                 |
| Vitamin C, total ascorbic acid | mg   | 0.3                    | 0.0             |
| Thiamin                        | mg   | 0.144                  | 0.017           |
| Riboflavin                     | mg   | 0.060                  | 0.007           |
| Niacin                         | mg   | 1.160                  | 0.139           |
| Vitamin B-6                    | mg   | 0.206                  | 0.025           |
| Folate, DFE                    | µg   | 9                      | 1               |
| Vitamin B-12                   | µg   | 0.00                   | 0.00            |
| Vitamin A, RAE                 | µg   | 0                      | 0               |
| Vitamin A, IU                  | IU   | 0                      | 0               |
| Vitamin D (D2 + D3)            | µg   | 0.0                    | 0.0             |
| Vitamin D                      | IU   | 0                      | 0               |
| <b>Lipids</b>                  |      |                        |                 |

| <b>Nutrient</b>          | <b>Unit</b> | <b>1<br/>Value<br/>Per100 g</b> | <b>1 medium<br/>12g</b> |
|--------------------------|-------------|---------------------------------|-------------------------|
| Fatty acids, total trans | g           | 0.000                           | 0.000                   |
| Cholesterol              | mg          | 0                               | 0                       |

**Amino Acids**  
**Other**