

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

Report Date: September 19, 2019 15:20 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 medium 12g
Proximates			
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
Minerals			
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
Vitamins			
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
Lipids			

Nutrient	Unit	1 Value Per100 g	1 medium 12g
Fatty acids, total trans	g	0.000	0.000
Cholesterol	mg	0	0

Amino Acids

Other