

Basic Report 11023, Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, without salt

Report Date: September 22, 2019 22:54 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 58g
Proximates			
Water	g	88.69	51.44
Energy	kcal	34	20
Protein	g	3.60	2.09
Total lipid (fat)	g	0.20	0.12
Carbohydrate, by difference	g	6.68	3.87
Fiber, total dietary	g	1.9	1.1
Sugars, total	g	1.04	0.60
Minerals			
Calcium, Ca	mg	42	24
Iron, Fe	mg	1.02	0.59
Magnesium, Mg	mg	94	55
Phosphorus, P	mg	77	45
Potassium, K	mg	602	349
Sodium, Na	mg	13	8
Zinc, Zn	mg	0.30	0.17
Vitamins			
Vitamin C, total ascorbic acid	mg	55.6	32.2
Thiamin	mg	0.147	0.085
Riboflavin	mg	0.282	0.164
Niacin	mg	0.995	0.577
Vitamin B-6	mg	0.760	0.441
Folate, DFE	µg	88	51
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	121	70
Vitamin A, IU	IU	2416	1401
Vitamin E (alpha-tocopherol)	mg	1.45	0.84

Nutrient	Unit	1 Value Per100 g	1 cup 58g
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	163.1	94.6
Lipids			
Fatty acids, total saturated	g	0.032	0.019
Fatty acids, total monounsaturated	g	0.005	0.003
Fatty acids, total polyunsaturated	g	0.083	0.048
Fatty acids, total trans	g	0.000	0.000
Cholesterol	mg	0	0
Amino Acids			
Other			
Caffeine	mg	0	0