

Basic Report 11025, Balsam-pear (bitter gourd), pods, cooked, boiled, drained, without salt

Report Date: August 18, 2019 07:36 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup (1/2" pieces) 124g	0.5 cup (1/2" pieces) 62g
Proximates				
Water	g	93.95	116.50	58.25
Energy	kcal	19	24	12
Protein	g	0.84	1.04	0.52
Total lipid (fat)	g	0.18	0.22	0.11
Carbohydrate, by difference	g	4.32	5.36	2.68
Fiber, total dietary	g	2.0	2.5	1.2
Sugars, total	g	1.95	2.42	1.21
Minerals				
Calcium, Ca	mg	9	11	6
Iron, Fe	mg	0.38	0.47	0.24
Magnesium, Mg	mg	16	20	10
Phosphorus, P	mg	36	45	22
Potassium, K	mg	319	396	198
Sodium, Na	mg	6	7	4
Zinc, Zn	mg	0.77	0.95	0.48
Vitamins				
Vitamin C, total ascorbic acid	mg	33.0	40.9	20.5
Thiamin	mg	0.051	0.063	0.032
Riboflavin	mg	0.053	0.066	0.033
Niacin	mg	0.280	0.347	0.174
Vitamin B-6	mg	0.041	0.051	0.025
Folate, DFE	µg	51	63	32
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	6	7	4
Vitamin A, IU	IU	113	140	70
Vitamin E (alpha-tocopherol)	mg	0.14	0.17	0.09

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	0	0	0
Vitamin K (phylloquinone)	µg	4.8	6.0	3.0
Lipids				
Fatty acids, total saturated	g	0.014	0.017	0.009
Fatty acids, total monounsaturated	g	0.033	0.041	0.020
Fatty acids, total polyunsaturated	g	0.078	0.097	0.048
Fatty acids, total trans	g	0.000	0.000	0.000
Cholesterol	mg	0	0	0
Amino Acids				
Other				
Caffeine	mg	0	0	0