

Basic Report 11080, Beets, raw

Report Date: June 25, 2019 22:02 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 136g	1 beet (2" dia) 82g
Proximates				
Water	g	87.58	119.11	71.82
Energy	kcal	43	58	35
Protein	g	1.61	2.19	1.32
Total lipid (fat)	g	0.17	0.23	0.14
Carbohydrate, by difference	g	9.56	13.00	7.84
Fiber, total dietary	g	2.8	3.8	2.3
Sugars, total	g	6.76	9.19	5.54
Minerals				
Calcium, Ca	mg	16	22	13
Iron, Fe	mg	0.80	1.09	0.66
Magnesium, Mg	mg	23	31	19
Phosphorus, P	mg	40	54	33
Potassium, K	mg	325	442	266
Sodium, Na	mg	78	106	64
Zinc, Zn	mg	0.35	0.48	0.29
Vitamins				
Vitamin C, total ascorbic acid	mg	4.9	6.7	4.0
Thiamin	mg	0.031	0.042	0.025
Riboflavin	mg	0.040	0.054	0.033
Niacin	mg	0.334	0.454	0.274
Vitamin B-6	mg	0.067	0.091	0.055
Folate, DFE	µg	109	148	89
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	2	3	2
Vitamin A, IU	IU	33	45	27
Vitamin E (alpha-tocopherol)	mg	0.04	0.05	0.03

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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	0.2	0.3	0.2
Lipids				
Fatty acids, total saturated	g	0.027	0.037	0.022
Fatty acids, total monounsaturated	g	0.032	0.044	0.026
Fatty acids, total polyunsaturated	g	0.060	0.082	0.049
Fatty acids, total trans	g	0.000	0.000	0.000
Cholesterol	mg	0	0	0
Amino Acids				
Other				
Caffeine	mg	0	0	0