

Basic Report 11105, Burdock root, cooked, boiled, drained, without salt

Report Date: June 16, 2019 00:10 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup (1" pieces) 125g	1 root 166g
Proximates				
Water	g	75.64	94.55	125.56
Energy	kcal	88	110	146
Protein	g	2.09	2.61	3.47
Total lipid (fat)	g	0.14	0.17	0.23
Carbohydrate, by difference	g	21.15	26.44	35.11
Fiber, total dietary	g	1.8	2.2	3.0
Sugars, total	g	3.55	4.44	5.89
Minerals				
Calcium, Ca	mg	49	61	81
Iron, Fe	mg	0.77	0.96	1.28
Magnesium, Mg	mg	39	49	65
Phosphorus, P	mg	93	116	154
Potassium, K	mg	360	450	598
Sodium, Na	mg	4	5	7
Zinc, Zn	mg	0.38	0.47	0.63
Vitamins				
Vitamin C, total ascorbic acid	mg	2.6	3.2	4.3
Thiamin	mg	0.039	0.049	0.065
Riboflavin	mg	0.058	0.072	0.096
Niacin	mg	0.320	0.400	0.531
Vitamin B-6	mg	0.279	0.349	0.463
Folate, DFE	µg	20	25	33
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	0	0	0
Vitamin A, IU	IU	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.46	0.57	0.76

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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	2.0	2.5	3.3
Lipids				
Fatty acids, total saturated	g	0.023	0.029	0.038
Fatty acids, total monounsaturated	g	0.035	0.044	0.058
Fatty acids, total polyunsaturated	g	0.055	0.069	0.091
Fatty acids, total trans	g	0.000	0.000	0.000
Cholesterol	mg	0	0	0
Amino Acids				
Other				
Caffeine	mg	0	0	0