

Full Report (All Nutrients) 11105, Burdock root, cooked, boiled, drained, without salt

Report Date: September 15, 2019 20:48 EDT

Nutrient values and weights are for edible portion.

Food Group : Vegetables and Vegetable Products

Carbohydrate Factor: 3.84 Fat Factor: 8.37 Protein Factor:2.78 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup (1" pieces) 125g	1 root 166g
Proximates						
Water	g	75.64	1	--	94.55	125.56
Energy	kcal	88	--	--	110	146
Energy	kJ	369	--	--	461	613
Protein	g	2.09	1	--	2.61	3.47
Total lipid (fat)	g	0.14	1	--	0.17	0.23
Ash	g	0.98	1	--	1.23	1.63
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	1	--	61	81
Iron, Fe	mg	0.77	1	--	0.96	1.28
Magnesium, Mg	mg	39	1	--	49	65
Phosphorus, P	mg	93	1	--	116	154
Potassium, K	mg	360	1	--	450	598
Sodium, Na	mg	4	1	--	5	7
Zinc, Zn	mg	0.38	--	--	0.47	0.63
Copper, Cu	mg	0.089	--	--	0.111	0.148
Manganese, Mn	mg	0.270	--	--	0.338	0.448
Selenium, Se	µg	0.9	--	--	1.1	1.5
Vitamins						
Vitamin C, total ascorbic acid	mg	2.6	--	--	3.2	4.3

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Thiamin	mg	0.039	--	--	0.049	0.065
Riboflavin	mg	0.058	--	--	0.072	0.096
Niacin	mg	0.320	--	--	0.400	0.531
Pantothenic acid	mg	0.353	--	--	0.441	0.586
Vitamin B-6	mg	0.279	--	--	0.349	0.463
Folate, total	µg	20	--	--	25	33
Folic acid	µg	0	--	--	0	0
Folate, food	µg	20	--	--	25	33
Folate, DFE	µg	20	--	--	25	33
Choline, total	mg	14.3	--	--	17.9	23.7
Betaine	mg	0.2	--	--	0.2	0.3
Vitamin B-12	µg	0.00	--	--	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	0	--	--	0	0
Retinol	µg	0	--	--	0	0
Carotene, beta	µg	0	--	--	0	0
Carotene, alpha	µg	0	--	--	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0
Vitamin A, IU	IU	0	--	--	0	0
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0
Vitamin E (alpha-tocopherol)	mg	0.46	--	--	0.57	0.76
Vitamin E, added	mg	0.00	--	--	0.00	0.00
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
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000
12:0	g	0.000	--	--	0.000	0.000

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14:0	g	0.000	--	--	0.000	0.000
16:0	g	0.023	--	--	0.029	0.038
18:0	g	0.000	--	--	0.000	0.000
Fatty acids, total monounsaturated	g	0.035	--	--	0.044	0.058
16:1 undifferentiated	g	0.000	--	--	0.000	0.000
18:1 undifferentiated	g	0.035	--	--	0.044	0.058
20:1	g	0.000	--	--	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.055	--	--	0.069	0.091
18:2 undifferentiated	g	0.052	--	--	0.065	0.086
18:3 undifferentiated	g	0.002	--	--	0.003	0.003
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Fatty acids, total trans	g	0.000	--	--	0.000	0.000
Cholesterol	mg	0	--	--	0	0
Amino Acids						
Tryptophan	g	0.008	--	--	0.010	0.013
Threonine	g	0.035	--	--	0.044	0.058
Isoleucine	g	0.041	--	--	0.051	0.068
Leucine	g	0.044	--	--	0.055	0.073
Lysine	g	0.092	--	--	0.115	0.153
Methionine	g	0.012	--	--	0.015	0.020
Cystine	g	0.008	--	--	0.010	0.013
Phenylalanine	g	0.045	--	--	0.056	0.075
Tyrosine	g	0.024	--	--	0.030	0.040
Valine	g	0.046	--	--	0.058	0.076
Arginine	g	0.144	--	--	0.180	0.239
Histidine	g	0.042	--	--	0.052	0.070
Alanine	g	0.034	--	--	0.043	0.056
Aspartic acid	g	0.242	--	--	0.302	0.402

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Glutamic acid	g	0.215	--	--	0.269	0.357
Glycine	g	0.042	--	--	0.052	0.070
Proline	g	0.071	--	--	0.089	0.118
Serine	g	0.034	--	--	0.043	0.056
Other						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0

Languag Code(s)

- A0152 VEGETABLE OR VEGETABLE PRODUCT (US CFR)
- A1281 1100 VEGETABLES AND VEGETABLE PRODUCTS (USDA SR)
- B1646 LAPPA
- C0240 ROOT, TUBER OR BULB, WITHOUT PEEL
- E0151 SOLID
- F0014 FULLY HEAT-TREATED
- G0015 BOILED AND DRAINED
- H0001 TREATMENT APPLIED NOT KNOWN
- J0001 PRESERVATION METHOD NOT KNOWN
- K0003 NO PACKING MEDIUM USED
- M0001 CONTAINER OR WRAPPING NOT KNOWN
- N0001 FOOD CONTACT SURFACE NOT KNOWN
- P0024 HUMAN FOOD, NO AGE SPECIFICATION
- P0078 NO SALT ADDED CLAIM OR USE