

**Full Report (All Nutrients) 11107, Butterbur, cooked, boiled, drained, without salt**

**Report Date: July 20, 2019 22:19 EDT**

Nutrient values and weights are for edible portion.

Food Group : Vegetables and Vegetable Products

**Carbohydrate Factor: 3.57 Fat Factor: 8.37 Protein Factor:2.44 Nitrogen to Protein Conversion Factor:6.25**

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error
<b>Proximates</b>				
Water	g	96.70	--	--
Energy	kcal	8	--	--
Energy	kJ	33	--	--
Protein	g	0.23	--	--
Total lipid (fat)	g	0.02	--	--
Ash	g	0.88	--	--
Carbohydrate, by difference	g	2.16	--	--
<b>Minerals</b>				
Calcium, Ca	mg	59	--	--
Iron, Fe	mg	0.10	--	--
Magnesium, Mg	mg	8	--	--
Phosphorus, P	mg	7	--	--
Potassium, K	mg	354	--	--
Sodium, Na	mg	4	--	--
Zinc, Zn	mg	0.09	--	--
Copper, Cu	mg	0.059	--	--
Manganese, Mn	mg	0.156	--	--
Selenium, Se	µg	0.9	--	--
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	18.9	--	--
Thiamin	mg	0.010	--	--
Riboflavin	mg	0.010	--	--

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error
Niacin	mg	0.100	--	--
Pantothenic acid	mg	0.018	--	--
Vitamin B-6	mg	0.052	--	--
Folate, total	µg	4	--	--
Folic acid	µg	0	--	--
Folate, food	µg	4	--	--
Folate, DFE	µg	4	--	--
Vitamin B-12	µg	0.00	--	--
Vitamin A, RAE	µg	1	--	--
Retinol	µg	0	--	--
Vitamin A, IU	IU	27	--	--
Vitamin D (D2 + D3)	µg	0.0	--	--
Vitamin D	IU	0	--	--
<b>Lipids</b>				
Fatty acids, total trans	g	0.000	--	--
Cholesterol	mg	0	--	--

**Amino Acids**

**Other**

**Languag Code(s)**

- A0152 VEGETABLE OR VEGETABLE PRODUCT (US CFR)
- A1281 1100 VEGETABLES AND VEGETABLE PRODUCTS (USDA SR)
- B1739 BUTTER BUR
- C0101 STEM OR STALK (WITHOUT LEAVES)
- 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