

## Full Report (All Nutrients) 11116, Cabbage, chinese (pak-choi), raw

Report Date: October 21, 2017 15:29 EDT

Nutrient values and weights are for edible portion.

Food Group : Vegetables and Vegetable Products

Common Name: pak choi, bok choy

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

Refuse:12% Refuse Description: Base and damaged leaves

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, shredded 70g	1 head 840g	1 leaf 14g
<b>Proximates</b>							
Water	g	95.32	2	--	66.72	800.69	13.34
Energy	kcal	13	--	--	9	109	2
Energy	kJ	55	--	--	38	462	8
Protein	g	1.50	1	--	1.05	12.60	0.21
Total lipid (fat)	g	0.20	1	--	0.14	1.68	0.03
Ash	g	0.80	--	--	0.56	6.72	0.11
Carbohydrate, by difference	g	2.18	--	--	1.53	18.31	0.31
Fiber, total dietary	g	1.0	--	--	0.7	8.4	0.1
Sugars, total	g	1.18	--	--	0.83	9.91	0.17
<b>Minerals</b>							
Calcium, Ca	mg	105	1	--	74	882	15
Iron, Fe	mg	0.80	1	--	0.56	6.72	0.11
Magnesium, Mg	mg	19	2	--	13	160	3
Phosphorus, P	mg	37	1	--	26	311	5
Potassium, K	mg	252	2	--	176	2117	35
Sodium, Na	mg	65	2	--	46	546	9
Zinc, Zn	mg	0.19	--	--	0.13	1.60	0.03
Copper, Cu	mg	0.021	--	--	0.015	0.176	0.003
Manganese, Mn	mg	0.159	--	--	0.111	1.336	0.022
Selenium, Se	µg	0.5	--	--	0.3	4.2	0.1

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, shredded 70g	1 head 840g	1 leaf 14g
<b>Vitamins</b>							
Vitamin C, total ascorbic acid	mg	45.0	1	--	31.5	378.0	6.3
Thiamin	mg	0.040	1	--	0.028	0.336	0.006
Riboflavin	mg	0.070	1	--	0.049	0.588	0.010
Niacin	mg	0.500	1	--	0.350	4.200	0.070
Pantothenic acid	mg	0.088	--	--	0.062	0.739	0.012
Vitamin B-6	mg	0.194	--	--	0.136	1.630	0.027
Folate, total	µg	66	--	--	46	554	9
Folic acid	µg	0	--	--	0	0	0
Folate, food	µg	66	--	--	46	554	9
Folate, DFE	µg	66	--	--	46	554	9
Choline, total	mg	6.4	--	--	4.5	53.8	0.9
Betaine	mg	0.3	--	--	0.2	2.5	0.0
Vitamin B-12	µg	0.00	--	--	0.00	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00	0.00
Vitamin A, RAE	µg	223	--	--	156	1873	31
Retinol	µg	0	--	--	0	0	0
Carotene, beta	µg	2681	--	--	1877	22520	375
Carotene, alpha	µg	1	--	--	1	8	0
Cryptoxanthin, beta	µg	0	--	--	0	0	0
Vitamin A, IU	IU	4468	--	--	3128	37531	626
Lycopene	µg	0	--	--	0	0	0
Lutein + zeaxanthin	µg	40	--	--	28	336	6
Vitamin E (alpha-tocopherol)	mg	0.09	--	--	0.06	0.76	0.01
Vitamin E, added	mg	0.00	--	--	0.00	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0	0.0
Vitamin D	IU	0	--	--	0	0	0
Vitamin K (phylloquinone)	µg	45.5	--	--	31.9	382.2	6.4
<b>Lipids</b>							
Fatty acids, total saturated	g	0.027	--	--	0.019	0.227	0.004
4:0	g	0.000	--	--	0.000	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000	0.000

Nutrient	Unit	1	Data points	Std. Error	1 cup, shredded 70g	1 head 840g	1 leaf 14g
		Value Per100 g					
10:0	g	0.000	--	--	0.000	0.000	0.000
12:0	g	0.001	--	--	0.001	0.008	0.000
14:0	g	0.001	--	--	0.001	0.008	0.000
16:0	g	0.024	--	--	0.017	0.202	0.003
18:0	g	0.001	--	--	0.001	0.008	0.000
Fatty acids, total monounsaturated	g	0.015	--	--	0.011	0.126	0.002
16:1 undifferentiated	g	0.000	--	--	0.000	0.000	0.000
18:1 undifferentiated	g	0.015	--	--	0.011	0.126	0.002
20:1	g	0.000	--	--	0.000	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	0.096	--	--	0.067	0.806	0.013
18:2 undifferentiated	g	0.042	--	--	0.029	0.353	0.006
18:3 undifferentiated	g	0.055	--	--	0.038	0.462	0.008
18:4	g	0.000	--	--	0.000	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000	0.000
Fatty acids, total trans	g	0.000	--	--	0.000	0.000	0.000
Cholesterol	mg	0	--	--	0	0	0
<b>Amino Acids</b>							
Tryptophan	g	0.015	17	--	0.011	0.126	0.002
Threonine	g	0.049	17	--	0.034	0.412	0.007
Isoleucine	g	0.085	17	--	0.060	0.714	0.012
Leucine	g	0.088	17	--	0.062	0.739	0.012
Lysine	g	0.089	17	--	0.062	0.748	0.012
Methionine	g	0.009	17	--	0.006	0.076	0.001
Cystine	g	0.017	1	--	0.012	0.143	0.002
Phenylalanine	g	0.044	17	--	0.031	0.370	0.006
Tyrosine	g	0.029	1	--	0.020	0.244	0.004
Valine	g	0.066	17	--	0.046	0.554	0.009
Arginine	g	0.084	17	--	0.059	0.706	0.012
Histidine	g	0.026	17	--	0.018	0.218	0.004

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Alanine	g	0.086	1	--	0.060	0.722	0.012
Aspartic acid	g	0.108	1	--	0.076	0.907	0.015
Glutamic acid	g	0.360	1	--	0.252	3.024	0.050
Glycine	g	0.043	1	--	0.030	0.361	0.006
Proline	g	0.031	1	--	0.022	0.260	0.004
Serine	g	0.048	1	--	0.034	0.403	0.007
<b>Other</b>							
Alcohol, ethyl	g	0.0	--	--	0.0	0.0	0.0
Caffeine	mg	0	--	--	0	0	0
Theobromine	mg	0	--	--	0	0	0
<b>Flavonoids</b>							
Flavan-3-ols							
(+)-Catechin <a href="#">2</a>	mg	0.0	4	0	0.0	0.0	0.0
(-)-Epigallocatechin <a href="#">2</a>	mg	0.0	4	0	0.0	0.0	0.0
(-)-Epicatechin <a href="#">2</a>	mg	0.0	4	0	0.0	0.0	0.0
(-)-Epicatechin 3-gallate <a href="#">2</a>	mg	0.0	4	0	0.0	0.0	0.0
(-)-Epigallocatechin 3-gallate <a href="#">2</a>	mg	0.0	4	0	0.0	0.0	0.0
(+)-Gallocatechin <a href="#">2</a>	mg	0.0	4	0	0.0	0.0	0.0
Flavones							
Apigenin <a href="#">3 4 5 6 7</a>	mg	0.2	19	0.24	0.2	2.0	0.0
Luteolin <a href="#">3 4 5 6 7</a>	mg	0.1	19	0.06	0.1	0.8	0.0
Flavonols							
Kaempferol <a href="#">3 4 5 6 7 8</a>	mg	4.3	25	0.45	3.0	36.4	0.6
Myricetin <a href="#">3 4 5 6</a>	mg	0.0	7	0.01	0.0	0.3	0.0
Quercetin <a href="#">3 4 5 6 7</a>	mg	2.1	19	2.05	1.4	17.3	0.3
Isoflavones							
Daidzein <a href="#">9</a>	mg	0.00	1	--	0.00	0.00	0.00
Genistein <a href="#">9</a>	mg	0.00	1	--	0.00	0.00	0.00
Total isoflavones <a href="#">9</a>	mg	0.00	1	--	0.00	0.00	0.00
Proanthocyanidin							
Proanthocyanidin dimers <a href="#">1</a>	mg	0.0	1	--	0.0	0.0	0.0
Proanthocyanidin trimers <a href="#">1</a>	mg	0.0	1	--	0.0	0.0	0.0
Proanthocyanidin 4-6mers <a href="#">1</a>	mg	0.0	1	--	0.0	0.0	0.0

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, shredded 70g	1 head 840g	1 leaf 14g
Proanthocyanidin 7-10mers <sup>1</sup>	mg	0.0	1	--	0.0	0.0	0.0
Proanthocyanidin polymers (>10mers) <sup>1</sup>	mg	0.0	1	--	0.0	0.0	0.0

<sup>1</sup>Hellström, Törrönen, A.R., and Matilla, P.H. **Proanthocyanidins in common food products of plant origin**, 2009 J. Agric. Food Chem. 57 pp.7899-7906

<sup>2</sup>Arts, I. C. W., van de Putte, B., and Hollman, P. C. H. **Catechin content of foods commonly consumed in the Netherlands. 1. Fruits, vegetables, staple foods and processed foods.**, 2000 J. Agric. Food Chem. 48 pp.1746-1751

<sup>3</sup>Bahroun, T., Luximon-Ramma, A., Crozier, A., and Arouma, O. **Total phenol, flavonoid, proanthocyanidin and vitamin C levels and antioxidant activities of Mauritian vegetables**, 2004 J. Sci. Food Agric. 84 pp.1553-1561

<sup>4</sup>Chu, Y-H., Chang, C-L., and Hsu, H-F. **Flavonoid content of several vegetables and their antioxidant activity.**, 2000 J. Sci. Food Agric. 80 pp.561-566

<sup>5</sup>Franke, A.A., Custer, L.J., Arakaki, C., and Murphy, S.P. **Vitamin C and flavonoid levels of fruits and vegetables consumed in Hawaii.**, 2004 J. Food Comp. Anal. 17 pp.1-35

<sup>6</sup>Lugasi, A., and Hovari, J. **Flavonoid aglycons in foods of plant origin I. Vegetables**, 2000 Acta Alimentaria 29 pp.345-352

<sup>7</sup>Young, J. E., Zhao, X., Carey, E. E., Welti, R., Yang, S-S., and Wang, W. **Phytochemical phenolics in organically grown vegetabes**, 2005 Mol. Nutr. Food Res. 49 pp.1136-1142

<sup>8</sup>Sakakibara, H., Honda, Y., Nakagawa, S., Ashida, H., and Kanazawa, K. **Simultaneous determination of all polyphenols in vegetables, fruits, and teas**, 2003 J. Agric. Food Chem. 51 3 pp.571-581

<sup>9</sup>Horn-Ross, P. L., Barnes, S., Lee, M., Coward, L., Mandel, E., Koo, J., John, E. M., and Smith, M. **Assesing phytoestrogen exposure in epidemiologic studies: development of a database (United States).**, 2000 Cancer Causes and Control 11 pp.289-298