

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

Report Date: December 12, 2017 07:04 EST

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
Proximates							
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
Minerals							
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
Vitamins							
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
Lipids							
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 Value Per100 g	Data points	Std. Error	1 cup, shredded 70g	1 head 840g	1 leaf 14g
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
Amino Acids							
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
Other							
Alcohol, ethyl	g	0.0	--	--	0.0	0.0	0.0
Caffeine	mg	0	--	--	0	0	0
Theobromine	mg	0	--	--	0	0	0
Flavonoids							
Flavan-3-ols							
(+)-Catechin 2	mg	0.0	4	0	0.0	0.0	0.0
(-)-Epigallocatechin 2	mg	0.0	4	0	0.0	0.0	0.0
(-)-Epicatechin 2	mg	0.0	4	0	0.0	0.0	0.0
(-)-Epicatechin 3-gallate 2	mg	0.0	4	0	0.0	0.0	0.0
(-)-Epigallocatechin 3-gallate 2	mg	0.0	4	0	0.0	0.0	0.0
(+)-Gallocatechin 2	mg	0.0	4	0	0.0	0.0	0.0
Flavones							
Apigenin 3 4 5 6 7	mg	0.2	19	0.24	0.2	2.0	0.0
Luteolin 3 4 5 6 7	mg	0.1	19	0.06	0.1	0.8	0.0
Flavonols							
Kaempferol 3 4 5 6 7 8	mg	4.3	25	0.45	3.0	36.4	0.6
Myricetin 3 4 5 6	mg	0.0	7	0.01	0.0	0.3	0.0
Quercetin 3 4 5 6 7	mg	2.1	19	2.05	1.4	17.3	0.3
Isoflavones							
Daidzein 9	mg	0.00	1	--	0.00	0.00	0.00
Genistein 9	mg	0.00	1	--	0.00	0.00	0.00
Total isoflavones 9	mg	0.00	1	--	0.00	0.00	0.00
Proanthocyanidin							
Proanthocyanidin dimers 1	mg	0.0	1	--	0.0	0.0	0.0
Proanthocyanidin trimers 1	mg	0.0	1	--	0.0	0.0	0.0
Proanthocyanidin 4-6mers 1	mg	0.0	1	--	0.0	0.0	0.0

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Proanthocyanidin 7-10mers ¹	mg	0.0	1	--	0.0	0.0	0.0
Proanthocyanidin polymers (>10mers) ¹	mg	0.0	1	--	0.0	0.0	0.0

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