

Basic Report 11122, Cardoon, raw

Report Date: June 29, 2017 04:59 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup, shredded 178g
Proximates			
Water	g	94.00	167.32
Energy	kcal	17	30
Protein	g	0.70	1.25
Total lipid (fat)	g	0.10	0.18
Carbohydrate, by difference	g	4.07	7.24
Fiber, total dietary	g	1.6	2.8
Minerals			
Calcium, Ca	mg	70	125
Iron, Fe	mg	0.70	1.25
Magnesium, Mg	mg	42	75
Phosphorus, P	mg	23	41
Potassium, K	mg	400	712
Sodium, Na	mg	170	303
Zinc, Zn	mg	0.17	0.30
Vitamins			
Vitamin C, total ascorbic acid	mg	2.0	3.6
Thiamin	mg	0.020	0.036
Riboflavin	mg	0.030	0.053
Niacin	mg	0.300	0.534
Vitamin B-6	mg	0.116	0.206
Folate, DFE	µg	68	121
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	0	0
Vitamin A, IU	IU	0	0
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0

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Lipids			
Fatty acids, total saturated	g	0.011	0.020
Fatty acids, total monounsaturated	g	0.018	0.032
Fatty acids, total polyunsaturated	g	0.041	0.073
Fatty acids, total trans	g	0.000	0.000
Cholesterol	mg	0	0

Amino Acids

Other