

Basic Report 11122, Cardoon, raw

Report Date: March 24, 2018 19:38 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