

Full Report (All Nutrients) 11122, Cardoon, raw

Report Date: November 23, 2017 20:50 EST

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

Refuse:51% Refuse Description: Tough stems and leaves

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, shredded 178g
Proximates					
Water	g	94.00	1	--	167.32
Energy	kcal	17	--	--	30
Energy	kJ	71	--	--	126
Protein	g	0.70	1	--	1.25
Total lipid (fat)	g	0.10	1	--	0.18
Ash	g	1.13	--	--	2.01
Carbohydrate, by difference	g	4.07	--	--	7.24
Fiber, total dietary	g	1.6	--	--	2.8
Minerals					
Calcium, Ca	mg	70	1	--	125
Iron, Fe	mg	0.70	1	--	1.25
Magnesium, Mg	mg	42	1	--	75
Phosphorus, P	mg	23	1	--	41
Potassium, K	mg	400	1	--	712
Sodium, Na	mg	170	1	--	303
Zinc, Zn	mg	0.17	--	--	0.30
Copper, Cu	mg	0.231	--	--	0.411
Manganese, Mn	mg	0.256	--	--	0.456
Selenium, Se	µg	0.2	--	--	0.4
Vitamins					
Vitamin C, total ascorbic acid	mg	2.0	1	--	3.6

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, shredded 178g
Thiamin	mg	0.020	1	--	0.036
Riboflavin	mg	0.030	1	--	0.053
Niacin	mg	0.300	1	--	0.534
Pantothenic acid	mg	0.338	--	--	0.602
Vitamin B-6	mg	0.116	--	--	0.206
Folate, total	µg	68	--	--	121
Folic acid	µg	0	--	--	0
Folate, food	µg	68	--	--	121
Folate, DFE	µg	68	--	--	121
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	0	--	--	0
Retinol	µg	0	--	--	0
Vitamin A, IU	IU	0	--	--	0
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Lipids					
Fatty acids, total saturated	g	0.011	--	--	0.020
16:0	g	0.009	--	--	0.016
18:0	g	0.002	--	--	0.004
Fatty acids, total monounsaturated	g	0.018	--	--	0.032
16:1 undifferentiated	g	0.000	--	--	0.000
18:1 undifferentiated	g	0.018	--	--	0.032
20:1	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	0.041	--	--	0.073
18:2 undifferentiated	g	0.041	--	--	0.073
Fatty acids, total trans	g	0.000	--	--	0.000
Cholesterol	mg	0	--	--	0
Amino Acids					
Other					