

Basic Report 11147, Chard, swiss, raw

Report Date: December 12, 2017 07:02 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 36g	1 leaf 48g
Proximates				
Water	g	92.66	33.36	44.48
Energy	kcal	19	7	9
Protein	g	1.80	0.65	0.86
Total lipid (fat)	g	0.20	0.07	0.10
Carbohydrate, by difference	g	3.74	1.35	1.80
Fiber, total dietary	g	1.6	0.6	0.8
Sugars, total	g	1.10	0.40	0.53
Minerals				
Calcium, Ca	mg	51	18	24
Iron, Fe	mg	1.80	0.65	0.86
Magnesium, Mg	mg	81	29	39
Phosphorus, P	mg	46	17	22
Potassium, K	mg	379	136	182
Sodium, Na	mg	213	77	102
Zinc, Zn	mg	0.36	0.13	0.17
Vitamins				
Vitamin C, total ascorbic acid	mg	30.0	10.8	14.4
Thiamin	mg	0.040	0.014	0.019
Riboflavin	mg	0.090	0.032	0.043
Niacin	mg	0.400	0.144	0.192
Vitamin B-6	mg	0.099	0.036	0.048
Folate, DFE	µg	14	5	7
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	306	110	147
Vitamin A, IU	IU	6116	2202	2936
Vitamin E (alpha-tocopherol)	mg	1.89	0.68	0.91

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	0	0	0
Vitamin K (phylloquinone)	µg	830.0	298.8	398.4
Lipids				
Fatty acids, total saturated	g	0.030	0.011	0.014
Fatty acids, total monounsaturated	g	0.040	0.014	0.019
Fatty acids, total polyunsaturated	g	0.070	0.025	0.034
Fatty acids, total trans	g	0.000	0.000	0.000
Cholesterol	mg	0	0	0
Amino Acids				
Other				
Caffeine	mg	0	0	0