

Basic Report 11162, Collards, cooked, boiled, drained, without salt

Report Date: September 23, 2019 09:45 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup, chopped 190g
Proximates			
Water	g	90.18	171.34
Energy	kcal	33	63
Protein	g	2.71	5.15
Total lipid (fat)	g	0.72	1.37
Carbohydrate, by difference	g	5.65	10.73
Fiber, total dietary	g	4.0	7.6
Sugars, total	g	0.40	0.76
Minerals			
Calcium, Ca	mg	141	268
Iron, Fe	mg	1.13	2.15
Magnesium, Mg	mg	21	40
Phosphorus, P	mg	32	61
Potassium, K	mg	117	222
Sodium, Na	mg	15	28
Zinc, Zn	mg	0.23	0.44
Vitamins			
Vitamin C, total ascorbic acid	mg	18.2	34.6
Thiamin	mg	0.040	0.076
Riboflavin	mg	0.106	0.201
Niacin	mg	0.575	1.092
Vitamin B-6	mg	0.128	0.243
Folate, DFE	µg	16	30
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	380	722
Vitamin A, IU	IU	7600	14440
Vitamin E (alpha-tocopherol)	mg	0.88	1.67

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Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	406.6	772.5
Lipids			
Fatty acids, total saturated	g	0.047	0.089
Fatty acids, total monounsaturated	g	0.026	0.049
Fatty acids, total polyunsaturated	g	0.173	0.329
Fatty acids, total trans	g	0.000	0.000
Cholesterol	mg	0	0
Amino Acids			
Other			
Caffeine	mg	0	0