

Basic Report 11190, Cornsalad, raw

Report Date: October 18, 2017 23:20 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 56g
Proximates			
Water	g	92.80	51.97
Energy	kcal	21	12
Protein	g	2.00	1.12
Total lipid (fat)	g	0.40	0.22
Carbohydrate, by difference	g	3.60	2.02
Minerals			
Calcium, Ca	mg	38	21
Iron, Fe	mg	2.18	1.22
Magnesium, Mg	mg	13	7
Phosphorus, P	mg	53	30
Potassium, K	mg	459	257
Sodium, Na	mg	4	2
Zinc, Zn	mg	0.59	0.33
Vitamins			
Vitamin C, total ascorbic acid	mg	38.2	21.4
Thiamin	mg	0.071	0.040
Riboflavin	mg	0.087	0.049
Niacin	mg	0.415	0.232
Vitamin B-6	mg	0.273	0.153
Folate, DFE	µg	14	8
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	355	199
Vitamin A, IU	IU	7092	3972
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Lipids			

Nutrient	Unit	1 Value Per100 g	1 cup 56g
Fatty acids, total trans	g	0.000	0.000
Cholesterol	mg	0	0

Amino Acids

Other