

Basic Report 11203, Cress, garden, raw

Report Date: September 18, 2019 20:46 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 50g	1 sprig 1g
Proximates				
Water	g	89.40	44.70	0.89
Energy	kcal	32	16	0
Protein	g	2.60	1.30	0.03
Total lipid (fat)	g	0.70	0.35	0.01
Carbohydrate, by difference	g	5.50	2.75	0.06
Fiber, total dietary	g	1.1	0.6	0.0
Sugars, total	g	4.40	2.20	0.04
Minerals				
Calcium, Ca	mg	81	40	1
Iron, Fe	mg	1.30	0.65	0.01
Magnesium, Mg	mg	38	19	0
Phosphorus, P	mg	76	38	1
Potassium, K	mg	606	303	6
Sodium, Na	mg	14	7	0
Zinc, Zn	mg	0.23	0.12	0.00
Vitamins				
Vitamin C, total ascorbic acid	mg	69.0	34.5	0.7
Thiamin	mg	0.080	0.040	0.001
Riboflavin	mg	0.260	0.130	0.003
Niacin	mg	1.000	0.500	0.010
Vitamin B-6	mg	0.247	0.123	0.002
Folate, DFE	µg	80	40	1
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	346	173	3
Vitamin A, IU	IU	6917	3458	69
Vitamin E (alpha-tocopherol)	mg	0.70	0.35	0.01

Nutrient	Unit	1 Value Per100 g	1 cup 50g	1 sprig 1g
Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	0	0	0
Vitamin K (phylloquinone)	µg	541.9	270.9	5.4
Lipids				
Fatty acids, total saturated	g	0.023	0.011	0.000
Fatty acids, total monounsaturated	g	0.239	0.119	0.002
Fatty acids, total polyunsaturated	g	0.228	0.114	0.002
Fatty acids, total trans	g	0.000	0.000	0.000
Cholesterol	mg	0	0	0
Amino Acids				
Other				
Caffeine	mg	0	0	0