

Full Report (All Nutrients) 11203, Cress, garden, raw

Report Date: March 22, 2018 17:32 EDT

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:29% Refuse Description: Stems, crowns and spoiled leaves

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 50g	1 sprig 1g
Proximates						
Water	g	89.40	--	--	44.70	0.89
Energy	kcal	32	--	--	16	0
Energy	kJ	134	--	--	67	1
Protein	g	2.60	--	--	1.30	0.03
Total lipid (fat)	g	0.70	--	--	0.35	0.01
Ash	g	1.80	--	--	0.90	0.02
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
Copper, Cu	mg	0.170	--	--	0.085	0.002
Manganese, Mn	mg	0.553	--	--	0.277	0.006
Selenium, Se	µg	0.9	--	--	0.5	0.0

Vitamins

Nutrient	Unit	1			1 cup 50g	1 sprig 1g
		Value Per100 g	Data points	Std. Error		
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
Pantothenic acid	mg	0.242	--	--	0.121	0.002
Vitamin B-6	mg	0.247	--	--	0.123	0.002
Folate, total	µg	80	--	--	40	1
Folic acid	µg	0	--	--	0	0
Folate, food	µg	80	--	--	40	1
Folate, DFE	µg	80	--	--	40	1
Choline, total	mg	19.5	--	--	9.8	0.2
Betaine	mg	0.2	--	--	0.1	0.0
Vitamin B-12	µg	0.00	--	--	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	346	--	--	173	3
Retinol	µg	0	--	--	0	0
Carotene, beta	µg	4150	--	--	2075	42
Carotene, alpha	µg	0	--	--	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0
Vitamin A, IU	IU	6917	--	--	3458	69
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	12500	--	--	6250	125
Vitamin E (alpha-tocopherol)	mg	0.70	--	--	0.35	0.01
Vitamin E, added	mg	0.00	--	--	0.00	0.00
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
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 50g	1 sprig 1g
12:0	g	0.000	--	--	0.000	0.000
14:0	g	0.000	--	--	0.000	0.000
16:0	g	0.016	--	--	0.008	0.000
18:0	g	0.007	--	--	0.004	0.000
Fatty acids, total monounsaturated	g	0.239	--	--	0.119	0.002
16:1 undifferentiated	g	0.000	--	--	0.000	0.000
18:1 undifferentiated	g	0.087	--	--	0.043	0.001
20:1	g	0.061	--	--	0.030	0.001
22:1 undifferentiated	g	0.091	--	--	0.045	0.001
Fatty acids, total polyunsaturated	g	0.228	--	--	0.114	0.002
18:2 undifferentiated	g	0.152	--	--	0.076	0.002
18:3 undifferentiated	g	0.076	--	--	0.038	0.001
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Fatty acids, total trans	g	0.000	--	--	0.000	0.000
Cholesterol	mg	0	--	--	0	0
Amino Acids						
Other						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0
Flavonoids						
Flavanones						
Hesperetin 1	mg	0.0	1	--	0.0	0.0
Flavones						
Apigenin 1	mg	0.0	1	--	0.0	0.0
Luteolin 1	mg	0.0	1	--	0.0	0.0
Flavonols						
Isorhamnetin 1	mg	1.0	1	--	0.5	0.0
Kaempferol 1	mg	13.0	1	--	6.5	0.1

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 50g	1 sprig 1g
Quercetin 1	mg	0.0	1	--	0.0	0.0
Isoflavones						
Daidzein 2	mg	0.00	1	--	0.00	0.00
Genistein 2	mg	0.00	1	--	0.00	0.00
Total isoflavones 2	mg	0.00	1	--	0.00	0.00

¹Justesen, U., and Knuthsen, P. **Composition of flavonoids in fresh herbs and calculation of flavonoid intake by use of herbs in traditional Danish dishes.**, 2001 Food Chem. 73 pp.245-250

²Liggins, J., Bluck, L. J. C., Runswick, C., Atkinson, C., Coward, W. A., and Bingham, S. A. **Daidzein and genistein content of vegetables.**, 2000 Brit. J. Nutr. 84 pp.717-725