

Basic Report 11207, Dandelion greens, raw

Report Date: February 22, 2018 02:06 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup, chopped 55g
Proximates			
Water	g	85.60	47.08
Energy	kcal	45	25
Protein	g	2.70	1.49
Total lipid (fat)	g	0.70	0.39
Carbohydrate, by difference	g	9.20	5.06
Fiber, total dietary	g	3.5	1.9
Sugars, total	g	0.71	0.39
Minerals			
Calcium, Ca	mg	187	103
Iron, Fe	mg	3.10	1.71
Magnesium, Mg	mg	36	20
Phosphorus, P	mg	66	36
Potassium, K	mg	397	218
Sodium, Na	mg	76	42
Zinc, Zn	mg	0.41	0.23
Vitamins			
Vitamin C, total ascorbic acid	mg	35.0	19.2
Thiamin	mg	0.190	0.104
Riboflavin	mg	0.260	0.143
Niacin	mg	0.806	0.443
Vitamin B-6	mg	0.251	0.138
Folate, DFE	µg	27	15
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	508	279
Vitamin A, IU	IU	10161	5589
Vitamin E (alpha-tocopherol)	mg	3.44	1.89

Nutrient	Unit	1 Value Per100 g	1 cup, chopped 55g
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	778.4	428.1
Lipids			
Fatty acids, total saturated	g	0.170	0.094
Fatty acids, total monounsaturated	g	0.014	0.008
Fatty acids, total polyunsaturated	g	0.306	0.168
Fatty acids, total trans	g	0.000	0.000
Cholesterol	mg	0	0
Amino Acids			
Other			
Caffeine	mg	0	0