

Basic Report 11216, Ginger root, raw

Report Date: August 23, 2019 09:25 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 tsp 2g	0.25 cup slices (1" dia) 24g	5.0 slices (1" dia) 11g
Proximates					
Water	g	78.89	1.58	18.93	8.68
Energy	kcal	80	2	19	9
Protein	g	1.82	0.04	0.44	0.20
Total lipid (fat)	g	0.75	0.01	0.18	0.08
Carbohydrate, by difference	g	17.77	0.36	4.26	1.95
Fiber, total dietary	g	2.0	0.0	0.5	0.2
Sugars, total	g	1.70	0.03	0.41	0.19
Minerals					
Calcium, Ca	mg	16	0	4	2
Iron, Fe	mg	0.60	0.01	0.14	0.07
Magnesium, Mg	mg	43	1	10	5
Phosphorus, P	mg	34	1	8	4
Potassium, K	mg	415	8	100	46
Sodium, Na	mg	13	0	3	1
Zinc, Zn	mg	0.34	0.01	0.08	0.04
Vitamins					
Vitamin C, total ascorbic acid	mg	5.0	0.1	1.2	0.6
Thiamin	mg	0.025	0.000	0.006	0.003
Riboflavin	mg	0.034	0.001	0.008	0.004
Niacin	mg	0.750	0.015	0.180	0.083
Vitamin B-6	mg	0.160	0.003	0.038	0.018
Folate, DFE	µg	11	0	3	1
Vitamin B-12	µg	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	0	0	0	0
Vitamin A, IU	IU	0	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.26	0.01	0.06	0.03

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	0.0
Vitamin D	IU	0	0	0	0
Vitamin K (phylloquinone)	µg	0.1	0.0	0.0	0.0
Lipids					
Fatty acids, total saturated	g	0.203	0.004	0.049	0.022
Fatty acids, total monounsaturated	g	0.154	0.003	0.037	0.017
Fatty acids, total polyunsaturated	g	0.154	0.003	0.037	0.017
Fatty acids, total trans	g	0.000	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0
Amino Acids					
Other					
Caffeine	mg	0	0	0	0