

Basic Report 11222, Drumstick leaves, raw

Report Date: August 18, 2019 09:07 EDT

Nutrient values and weights are for edible portion.

| Nutrient | Unit | 1 Value Per100 g | 1 cup, chopped 21g |
|--------------------------------|------|------------------------|-----------------------|
| Proximates | | | |
| Water | g | 78.66 | 16.52 |
| Energy | kcal | 64 | 13 |
| Protein | g | 9.40 | 1.97 |
| Total lipid (fat) | g | 1.40 | 0.29 |
| Carbohydrate, by difference | g | 8.28 | 1.74 |
| Fiber, total dietary | g | 2.0 | 0.4 |
| Minerals | | | |
| Calcium, Ca | mg | 185 | 39 |
| Iron, Fe | mg | 4.00 | 0.84 |
| Magnesium, Mg | mg | 42 | 9 |
| Phosphorus, P | mg | 112 | 24 |
| Potassium, K | mg | 337 | 71 |
| Sodium, Na | mg | 9 | 2 |
| Zinc, Zn | mg | 0.60 | 0.13 |
| Vitamins | | | |
| Vitamin C, total ascorbic acid | mg | 51.7 | 10.9 |
| Thiamin | mg | 0.257 | 0.054 |
| Riboflavin | mg | 0.660 | 0.139 |
| Niacin | mg | 2.220 | 0.466 |
| Vitamin B-6 | mg | 1.200 | 0.252 |
| Folate, DFE | µg | 40 | 8 |
| Vitamin B-12 | µg | 0.00 | 0.00 |
| Vitamin A, RAE | µg | 378 | 79 |
| Vitamin A, IU | IU | 7564 | 1588 |
| Vitamin D (D2 + D3) | µg | 0.0 | 0.0 |
| Vitamin D | IU | 0 | 0 |

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|--------------------------|-------------|---------------------------------|-------------------------------|
| Lipids | | | |
| Fatty acids, total trans | g | 0.000 | 0.000 |
| Cholesterol | mg | 0 | 0 |
| Amino Acids | | | |
| Other | | | |