

Full Report (All Nutrients) 11222, Drumstick leaves, raw

Report Date: November 19, 2018 00:05 EST

Nutrient values and weights are for edible portion.

Food Group : Vegetables and Vegetable Products

Common Name: Harseradish tree leaves

Carbohydrate Factor: 3.57 Fat Factor: 8.37 Protein Factor:2.44 Nitrogen to Protein Conversion Factor:6.25

Refuse:38% Refuse Description: Stems

| Nutrient | Unit | 1 Value Per100 g | Data points | Std. Error | 1 cup, chopped 21g |
|-----------------------------|------|------------------------|-------------|------------|-----------------------|
| Proximates | | | | | |
| Water | g | 78.66 | 1 | -- | 16.52 |
| Energy | kcal | 64 | -- | -- | 13 |
| Energy | kJ | 268 | -- | -- | 56 |
| Protein | g | 9.40 | -- | -- | 1.97 |
| Total lipid (fat) | g | 1.40 | -- | -- | 0.29 |
| Ash | g | 2.26 | -- | -- | 0.47 |
| 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 | 1 | -- | 71 |
| Sodium, Na | mg | 9 | 1 | -- | 2 |
| Zinc, Zn | mg | 0.60 | -- | -- | 0.13 |
| Copper, Cu | mg | 0.105 | -- | -- | 0.022 |
| Manganese, Mn | mg | 1.063 | -- | -- | 0.223 |
| Selenium, Se | µg | 0.9 | -- | -- | 0.2 |
| Vitamins | | | | | |

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| 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 |
| Pantothenic acid | mg | 0.125 | -- | -- | 0.026 |
| Vitamin B-6 | mg | 1.200 | -- | -- | 0.252 |
| Folate, total | µg | 40 | -- | -- | 8 |
| Folic acid | µg | 0 | -- | -- | 0 |
| Folate, food | µg | 40 | -- | -- | 8 |
| Folate, DFE | µg | 40 | -- | -- | 8 |
| Vitamin B-12 | µg | 0.00 | -- | -- | 0.00 |
| Vitamin A, RAE | µg | 378 | -- | -- | 79 |
| Retinol | µg | 0 | -- | -- | 0 |
| Vitamin A, IU | IU | 7564 | -- | -- | 1588 |
| Vitamin D (D2 + D3) | µg | 0.0 | -- | -- | 0.0 |
| Vitamin D | IU | 0 | -- | -- | 0 |
| Lipids | | | | | |
| Fatty acids, total trans | g | 0.000 | -- | -- | 0.000 |
| Cholesterol | mg | 0 | -- | -- | 0 |
| Amino Acids | | | | | |
| Tryptophan | g | 0.144 | 3 | -- | 0.030 |
| Threonine | g | 0.411 | 3 | -- | 0.086 |
| Isoleucine | g | 0.451 | 3 | -- | 0.095 |
| Leucine | g | 0.791 | 3 | -- | 0.166 |
| Lysine | g | 0.537 | 3 | -- | 0.113 |
| Methionine | g | 0.123 | 3 | -- | 0.026 |
| Cystine | g | 0.140 | 3 | -- | 0.029 |
| Phenylalanine | g | 0.487 | 3 | -- | 0.102 |
| Tyrosine | g | 0.347 | 1 | -- | 0.073 |
| Valine | g | 0.611 | 3 | -- | 0.128 |
| Arginine | g | 0.532 | 3 | -- | 0.112 |
| Histidine | g | 0.196 | 3 | -- | 0.041 |
| Alanine | g | 0.705 | 1 | -- | 0.148 |

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| Aspartic acid | g | 0.920 | 1 | -- | 0.193 |
| Glutamic acid | g | 1.035 | 1 | -- | 0.217 |
| Glycine | g | 0.517 | 1 | -- | 0.109 |
| Proline | g | 0.451 | 1 | -- | 0.095 |
| Serine | g | 0.414 | 1 | -- | 0.087 |

Other

Flavonoids

Flavonols

| | | | | | |
|---------------------------|----|------|---|----|-----|
| Isorhamnetin ¹ | mg | 0.4 | 2 | -- | 0.1 |
| Kaempferol ¹ | mg | 6.0 | 2 | -- | 1.2 |
| Myricetin ¹ | mg | 0.0 | 2 | -- | 0.0 |
| Quercetin ¹ | mg | 16.6 | 2 | -- | 3.5 |

¹Lako, J., Trenerry, V. C., Wahlqvist, M., Wattanapenpaiboon, N., Sotheeswaran, S., Premier, R. **Phytochemical flavonols, carotenoids and the antioxidant properties of a wide selection of Fijian fruit, vegetables and other readily available foods.**, 2007 Food Chemistry 101 pp.1727-1741

Langual Code(s)

- A0152 VEGETABLE OR VEGETABLE PRODUCT (US CFR)
- A1281 1100 VEGETABLES AND VEGETABLE PRODUCTS (USDA SR)
- B1748 HORSERADISH TREE
- C0200 LEAF
- E0150 WHOLE, NATURAL SHAPE
- F0003 NOT HEAT-TREATED
- G0003 COOKING METHOD NOT APPLICABLE
- H0003 NO TREATMENT APPLIED
- J0001 PRESERVATION METHOD NOT KNOWN
- K0003 NO PACKING MEDIUM USED
- M0001 CONTAINER OR WRAPPING NOT KNOWN
- N0001 FOOD CONTACT SURFACE NOT KNOWN
- P0024 HUMAN FOOD, NO AGE SPECIFICATION