

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

Report Date: November 20, 2017 04:40 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

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, chopped 21g
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

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, chopped 21g
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