

Basic Report 11223, Drumstick leaves, cooked, boiled, drained, without salt

Report Date: February 25, 2018 18:28 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup, chopped 42g
Proximates			
Water	g	81.65	34.29
Energy	kcal	60	25
Protein	g	5.27	2.21
Total lipid (fat)	g	0.93	0.39
Carbohydrate, by difference	g	11.15	4.68
Fiber, total dietary	g	2.0	0.8
Sugars, total	g	1.00	0.42
Minerals			
Calcium, Ca	mg	151	63
Iron, Fe	mg	2.32	0.97
Magnesium, Mg	mg	34	14
Phosphorus, P	mg	67	28
Potassium, K	mg	344	144
Sodium, Na	mg	9	4
Zinc, Zn	mg	0.49	0.21
Vitamins			
Vitamin C, total ascorbic acid	mg	31.0	13.0
Thiamin	mg	0.222	0.093
Riboflavin	mg	0.509	0.214
Niacin	mg	1.995	0.838
Vitamin B-6	mg	0.929	0.390
Folate, DFE	µg	23	10
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	351	147
Vitamin A, IU	IU	7013	2945
Vitamin E (alpha-tocopherol)	mg	0.10	0.04

Nutrient	Unit	1 Value Per100 g	1 cup, chopped 42g
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	108.0	45.4
Lipids			
Fatty acids, total saturated	g	0.152	0.064
Fatty acids, total monounsaturated	g	0.473	0.199
Fatty acids, total polyunsaturated	g	0.015	0.006
Fatty acids, total trans	g	0.000	0.000
Cholesterol	mg	0	0
Amino Acids			
Other			
Caffeine	mg	0	0