

Basic Report 11237, Kanpyo, (dried gourd strips)

Report Date: June 19, 2019 15:07 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 strip 6.3g	0.5 cup 27g
Proximates				
Water	g	19.97	1.26	5.39
Energy	kcal	258	16	70
Protein	g	8.58	0.54	2.32
Total lipid (fat)	g	0.56	0.04	0.15
Carbohydrate, by difference	g	65.03	4.10	17.56
Fiber, total dietary	g	9.8	0.6	2.6
Minerals				
Calcium, Ca	mg	280	18	76
Iron, Fe	mg	5.12	0.32	1.38
Magnesium, Mg	mg	125	8	34
Phosphorus, P	mg	188	12	51
Potassium, K	mg	1582	100	427
Sodium, Na	mg	15	1	4
Zinc, Zn	mg	5.86	0.37	1.58
Vitamins				
Vitamin C, total ascorbic acid	mg	0.2	0.0	0.1
Thiamin	mg	0.000	0.000	0.000
Riboflavin	mg	0.044	0.003	0.012
Niacin	mg	2.900	0.183	0.783
Vitamin B-6	mg	0.532	0.034	0.144
Folate, DFE	µg	61	4	16
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, IU	IU	0	0	0
Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	0	0	0
Lipids				

Nutrient	Unit	1 Value Per100 g	1 strip 6.3g	0.5 cup 27g
Fatty acids, total saturated	g	0.045	0.003	0.012
Fatty acids, total monounsaturated	g	0.103	0.006	0.028
Fatty acids, total polyunsaturated	g	0.244	0.015	0.066
Fatty acids, total trans	g	0.000	0.000	0.000
Cholesterol	mg	0	0	0
Amino Acids				
Other				
Caffeine	mg	0	0	0