

Basic Report 11242, Kohlrabi, cooked, boiled, drained, without salt

Report Date: January 22, 2019 13:52 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup slices 165g
Proximates			
Water	g	90.30	149.00
Energy	kcal	29	48
Protein	g	1.80	2.97
Total lipid (fat)	g	0.11	0.18
Carbohydrate, by difference	g	6.69	11.04
Fiber, total dietary	g	1.1	1.8
Sugars, total	g	2.80	4.62
Minerals			
Calcium, Ca	mg	25	41
Iron, Fe	mg	0.40	0.66
Magnesium, Mg	mg	19	31
Phosphorus, P	mg	45	74
Potassium, K	mg	340	561
Sodium, Na	mg	21	35
Zinc, Zn	mg	0.31	0.51
Vitamins			
Vitamin C, total ascorbic acid	mg	54.0	89.1
Thiamin	mg	0.040	0.066
Riboflavin	mg	0.020	0.033
Niacin	mg	0.390	0.644
Vitamin B-6	mg	0.154	0.254
Folate, DFE	µg	12	20
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	2	3
Vitamin A, IU	IU	35	58
Vitamin E (alpha-tocopherol)	mg	0.52	0.86

Nutrient	Unit	1 Value Per100 g	1 cup slices 165g
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	0.1	0.2
Lipids			
Fatty acids, total saturated	g	0.014	0.023
Fatty acids, total monounsaturated	g	0.008	0.013
Fatty acids, total polyunsaturated	g	0.053	0.087
Fatty acids, total trans	g	0.000	0.000
Cholesterol	mg	0	0
Amino Acids			
Other			
Caffeine	mg	0	0