

Basic Report 11148, Chard, swiss, cooked, boiled, drained, without salt

Report Date: July 20, 2019 05:47 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup, chopped 175g
Proximates			
Water	g	92.65	162.14
Energy	kcal	20	35
Protein	g	1.88	3.29
Total lipid (fat)	g	0.08	0.14
Carbohydrate, by difference	g	4.13	7.23
Fiber, total dietary	g	2.1	3.7
Sugars, total	g	1.10	1.93
Minerals			
Calcium, Ca	mg	58	102
Iron, Fe	mg	2.26	3.95
Magnesium, Mg	mg	86	150
Phosphorus, P	mg	33	58
Potassium, K	mg	549	961
Sodium, Na	mg	179	313
Zinc, Zn	mg	0.33	0.58
Vitamins			
Vitamin C, total ascorbic acid	mg	18.0	31.5
Thiamin	mg	0.034	0.060
Riboflavin	mg	0.086	0.150
Niacin	mg	0.360	0.630
Vitamin B-6	mg	0.085	0.149
Folate, DFE	µg	9	16
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	306	536
Vitamin A, IU	IU	6124	10717
Vitamin E (alpha-tocopherol)	mg	1.89	3.31

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Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	327.3	572.8
Lipids			
Fatty acids, total saturated	g	0.012	0.021
Fatty acids, total monounsaturated	g	0.016	0.028
Fatty acids, total polyunsaturated	g	0.028	0.049
Fatty acids, total trans	g	0.000	0.000
Cholesterol	mg	0	0
Amino Acids			
Other			
Caffeine	mg	0	0