

## Basic Report 11161, Collards, raw

Report Date: June 15, 2019 20:53 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup, chopped 36g
<b>Proximates</b>			
Water	g	89.62	32.26
Energy	kcal	32	12
Protein	g	3.02	1.09
Total lipid (fat)	g	0.61	0.22
Carbohydrate, by difference	g	5.42	1.95
Fiber, total dietary	g	4.0	1.4
Sugars, total	g	0.46	0.17
<b>Minerals</b>			
Calcium, Ca	mg	232	84
Iron, Fe	mg	0.47	0.17
Magnesium, Mg	mg	27	10
Phosphorus, P	mg	25	9
Potassium, K	mg	213	77
Sodium, Na	mg	17	6
Zinc, Zn	mg	0.21	0.08
<b>Vitamins</b>			
Vitamin C, total ascorbic acid	mg	35.3	12.7
Thiamin	mg	0.054	0.019
Riboflavin	mg	0.130	0.047
Niacin	mg	0.742	0.267
Vitamin B-6	mg	0.165	0.059
Folate, DFE	µg	129	46
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	251	90
Vitamin A, IU	IU	5019	1807
Vitamin E (alpha-tocopherol)	mg	2.26	0.81

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>1 cup, chopped 36g</b>
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	437.1	157.4
<b>Lipids</b>			
Fatty acids, total saturated	g	0.055	0.020
Fatty acids, total monounsaturated	g	0.030	0.011
Fatty acids, total polyunsaturated	g	0.201	0.072
Fatty acids, total trans	g	0.000	0.000
Cholesterol	mg	0	0
<b>Amino Acids</b>			
<b>Other</b>			
Caffeine	mg	0	0