

Basic Report 11214, Escarole, cooked, boiled, drained, no salt added

Report Date: September 22, 2019 23:34 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 150g
Proximates			
Water	g	94.29	141.44
Energy	kcal	15	22
Protein	g	1.15	1.73
Total lipid (fat)	g	0.18	0.27
Carbohydrate, by difference	g	3.07	4.61
Fiber, total dietary	g	2.8	4.2
Sugars, total	g	0.23	0.34
Minerals			
Calcium, Ca	mg	46	69
Iron, Fe	mg	0.72	1.08
Magnesium, Mg	mg	13	20
Phosphorus, P	mg	22	33
Potassium, K	mg	245	368
Sodium, Na	mg	19	28
Zinc, Zn	mg	0.69	1.03
Vitamins			
Vitamin C, total ascorbic acid	mg	3.3	5.0
Thiamin	mg	0.059	0.088
Riboflavin	mg	0.062	0.093
Niacin	mg	0.312	0.468
Vitamin B-6	mg	0.016	0.024
Folate, DFE	µg	78	117
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	94	141
Vitamin A, IU	IU	1888	2832
Vitamin E (alpha-tocopherol)	mg	0.40	0.60

Nutrient	Unit	1 Value Per100 g	1 cup 150g
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	211.9	317.9
Lipids			
Fatty acids, total saturated	g	0.042	0.063
Fatty acids, total monounsaturated	g	0.004	0.006
Fatty acids, total polyunsaturated	g	0.081	0.121
Cholesterol	mg	0	0
Amino Acids			
Other			
Caffeine	mg	0	0