

Basic Report 11274, Mustard spinach, (tendergreen), raw

Report Date: June 26, 2019 06:05 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup, chopped 150g
Proximates			
Water	g	92.20	138.30
Energy	kcal	22	33
Protein	g	2.20	3.30
Total lipid (fat)	g	0.30	0.45
Carbohydrate, by difference	g	3.90	5.85
Fiber, total dietary	g	2.8	4.2
Minerals			
Calcium, Ca	mg	210	315
Iron, Fe	mg	1.50	2.25
Magnesium, Mg	mg	11	16
Phosphorus, P	mg	28	42
Potassium, K	mg	449	674
Sodium, Na	mg	21	32
Zinc, Zn	mg	0.17	0.26
Vitamins			
Vitamin C, total ascorbic acid	mg	130.0	195.0
Thiamin	mg	0.068	0.102
Riboflavin	mg	0.093	0.139
Niacin	mg	0.678	1.017
Vitamin B-6	mg	0.153	0.229
Folate, DFE	µg	159	238
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	495	742
Vitamin A, IU	IU	9900	14850
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0

Nutrient	Unit	1 Value Per100 g	1 cup, chopped 150g
Lipids			
Fatty acids, total saturated	g	0.015	0.022
Fatty acids, total monounsaturated	g	0.138	0.207
Fatty acids, total polyunsaturated	g	0.057	0.086
Fatty acids, total trans	g	0.000	0.000
Cholesterol	mg	0	0

Amino Acids

Other