

Basic Report 11279, Okra, cooked, boiled, drained, without salt

Report Date: September 18, 2019 20:07 EDT

Nutrient values and weights are for edible portion.

| Nutrient | Unit | 1 Value Per100 g | 0.5 cup slices 80g | 8.0 pods (3" long) 85g |
|--------------------------------|------|------------------------|-----------------------|---------------------------|
| Proximates | | | | |
| Water | g | 92.57 | 74.06 | 78.68 |
| Energy | kcal | 22 | 18 | 19 |
| Protein | g | 1.87 | 1.50 | 1.59 |
| Total lipid (fat) | g | 0.21 | 0.17 | 0.18 |
| Carbohydrate, by difference | g | 4.51 | 3.61 | 3.83 |
| Fiber, total dietary | g | 2.5 | 2.0 | 2.1 |
| Sugars, total | g | 2.40 | 1.92 | 2.04 |
| Minerals | | | | |
| Calcium, Ca | mg | 77 | 62 | 65 |
| Iron, Fe | mg | 0.28 | 0.22 | 0.24 |
| Magnesium, Mg | mg | 36 | 29 | 31 |
| Phosphorus, P | mg | 32 | 26 | 27 |
| Potassium, K | mg | 135 | 108 | 115 |
| Sodium, Na | mg | 6 | 5 | 5 |
| Zinc, Zn | mg | 0.43 | 0.34 | 0.37 |
| Vitamins | | | | |
| Vitamin C, total ascorbic acid | mg | 16.3 | 13.0 | 13.9 |
| Thiamin | mg | 0.132 | 0.106 | 0.112 |
| Riboflavin | mg | 0.055 | 0.044 | 0.047 |
| Niacin | mg | 0.871 | 0.697 | 0.740 |
| Vitamin B-6 | mg | 0.187 | 0.150 | 0.159 |
| Folate, DFE | µg | 46 | 37 | 39 |
| Vitamin B-12 | µg | 0.00 | 0.00 | 0.00 |
| Vitamin A, RAE | µg | 14 | 11 | 12 |
| Vitamin A, IU | IU | 283 | 226 | 241 |
| Vitamin E (alpha-tocopherol) | mg | 0.27 | 0.22 | 0.23 |

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|------------------------------------|-------------|---------------------------------|-------------------------------|-----------------------------------|
| Vitamin D (D2 + D3) | µg | 0.0 | 0.0 | 0.0 |
| Vitamin D | IU | 0 | 0 | 0 |
| Vitamin K (phylloquinone) | µg | 40.0 | 32.0 | 34.0 |
| Lipids | | | | |
| Fatty acids, total saturated | g | 0.045 | 0.036 | 0.038 |
| Fatty acids, total monounsaturated | g | 0.028 | 0.022 | 0.024 |
| Fatty acids, total polyunsaturated | g | 0.046 | 0.037 | 0.039 |
| Fatty acids, total trans | g | 0.000 | 0.000 | 0.000 |
| Cholesterol | mg | 0 | 0 | 0 |
| Amino Acids | | | | |
| Other | | | | |
| Caffeine | mg | 0 | 0 | 0 |