

Basic Report 11613, Borage, raw

Report Date: July 23, 2019 01:03 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup (1" pieces) 89g
Proximates			
Water	g	93.00	82.77
Energy	kcal	21	19
Protein	g	1.80	1.60
Total lipid (fat)	g	0.70	0.62
Carbohydrate, by difference	g	3.06	2.72
Minerals			
Calcium, Ca	mg	93	83
Iron, Fe	mg	3.30	2.94
Magnesium, Mg	mg	52	46
Phosphorus, P	mg	53	47
Potassium, K	mg	470	418
Sodium, Na	mg	80	71
Zinc, Zn	mg	0.20	0.18
Vitamins			
Vitamin C, total ascorbic acid	mg	35.0	31.1
Thiamin	mg	0.060	0.053
Riboflavin	mg	0.150	0.134
Niacin	mg	0.900	0.801
Vitamin B-6	mg	0.084	0.075
Folate, DFE	µg	13	12
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	210	187
Vitamin A, IU	IU	4200	3738
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Lipids			

Nutrient	Unit	1 Value Per100 g	1 cup (1" pieces) 89g
Fatty acids, total saturated	g	0.170	0.151
Fatty acids, total monounsaturated	g	0.211	0.188
Fatty acids, total polyunsaturated	g	0.109	0.097
Fatty acids, total trans	g	0.000	0.000
Cholesterol	mg	0	0

Amino Acids

Other