

## Basic Report 11621, Drumstick pods, cooked, boiled, drained, without salt

Report Date: September 17, 2019 08:59 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup slices 118g
<b>Proximates</b>			
Water	g	88.42	104.34
Energy	kcal	36	42
Protein	g	2.09	2.47
Total lipid (fat)	g	0.19	0.22
Carbohydrate, by difference	g	8.18	9.65
Fiber, total dietary	g	4.2	5.0
<b>Minerals</b>			
Calcium, Ca	mg	20	24
Iron, Fe	mg	0.45	0.53
Magnesium, Mg	mg	42	50
Phosphorus, P	mg	49	58
Potassium, K	mg	457	539
Sodium, Na	mg	43	51
Zinc, Zn	mg	0.42	0.50
<b>Vitamins</b>			
Vitamin C, total ascorbic acid	mg	97.0	114.5
Thiamin	mg	0.046	0.054
Riboflavin	mg	0.068	0.080
Niacin	mg	0.590	0.696
Vitamin B-6	mg	0.112	0.132
Folate, DFE	µg	30	35
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	4	5
Vitamin A, IU	IU	70	83
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>1 cup slices 118g</b>
<b>Lipids</b>			
Fatty acids, total saturated	g	0.031	0.037
Fatty acids, total monounsaturated	g	0.097	0.114
Fatty acids, total polyunsaturated	g	0.003	0.004
Fatty acids, total trans	g	0.000	0.000
Cholesterol	mg	0	0

**Amino Acids**

**Other**