

Basic Report 11974, Grape leaves, raw

Report Date: June 26, 2019 06:06 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 14g	1 leaf 3g
Proximates				
Water	g	73.32	10.26	2.20
Energy	kcal	93	13	3
Protein	g	5.60	0.78	0.17
Total lipid (fat)	g	2.12	0.30	0.06
Carbohydrate, by difference	g	17.31	2.42	0.52
Fiber, total dietary	g	11.0	1.5	0.3
Sugars, total	g	6.30	0.88	0.19
Minerals				
Calcium, Ca	mg	363	51	11
Iron, Fe	mg	2.63	0.37	0.08
Magnesium, Mg	mg	95	13	3
Phosphorus, P	mg	91	13	3
Potassium, K	mg	272	38	8
Sodium, Na	mg	9	1	0
Zinc, Zn	mg	0.67	0.09	0.02
Vitamins				
Vitamin C, total ascorbic acid	mg	11.1	1.6	0.3
Thiamin	mg	0.040	0.006	0.001
Riboflavin	mg	0.354	0.050	0.011
Niacin	mg	2.362	0.331	0.071
Vitamin B-6	mg	0.400	0.056	0.012
Folate, DFE	µg	83	12	2
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	1376	193	41
Vitamin A, IU	IU	27521	3853	826
Vitamin E (alpha-tocopherol)	mg	2.00	0.28	0.06

Nutrient	Unit	1 Value Per100 g	1 cup 14g	1 leaf 3g
Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	0	0	0
Vitamin K (phylloquinone)	µg	108.6	15.2	3.3
Lipids				
Fatty acids, total saturated	g	0.336	0.047	0.010
Fatty acids, total monounsaturated	g	0.081	0.011	0.002
Fatty acids, total polyunsaturated	g	1.065	0.149	0.032
Fatty acids, total trans	g	0.000	0.000	0.000
Cholesterol	mg	0	0	0
Amino Acids				
Other				
Caffeine	mg	0	0	0