

Full Report (All Nutrients) 11974, Grape leaves, raw

Report Date: July 23, 2019 18:18 EDT

Nutrient values and weights are for edible portion.

Food Group : Vegetables and Vegetable Products

Carbohydrate Factor: 3.57 Fat Factor: 8.37 Protein Factor:2.44 Nitrogen to Protein Conversion Factor:6.25

Refuse:5% Refuse Description: Tough stems

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 14g	1 leaf 3g
Proximates						
Water	g	73.32	2	--	10.26	2.20
Energy	kcal	93	--	--	13	3
Energy	kJ	390	--	--	55	12
Protein	g	5.60	2	--	0.78	0.17
Total lipid (fat)	g	2.12	2	--	0.30	0.06
Ash	g	1.65	2	--	0.23	0.05
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	2	--	51	11
Iron, Fe	mg	2.63	2	--	0.37	0.08
Magnesium, Mg	mg	95	2	--	13	3
Phosphorus, P	mg	91	2	--	13	3
Potassium, K	mg	272	2	--	38	8
Sodium, Na	mg	9	2	--	1	0
Zinc, Zn	mg	0.67	2	--	0.09	0.02
Copper, Cu	mg	0.415	2	--	0.058	0.012
Manganese, Mn	mg	2.855	2	--	0.400	0.086
Selenium, Se	µg	0.9	--	--	0.1	0.0

Vitamins

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 14g	1 leaf 3g
Vitamin C, total ascorbic acid	mg	11.1	2	--	1.6	0.3
Thiamin	mg	0.040	2	--	0.006	0.001
Riboflavin	mg	0.354	2	--	0.050	0.011
Niacin	mg	2.362	2	--	0.331	0.071
Pantothenic acid	mg	0.231	2	--	0.032	0.007
Vitamin B-6	mg	0.400	2	--	0.056	0.012
Folate, total	µg	83	2	--	12	2
Folic acid	µg	0	--	--	0	0
Folate, food	µg	83	2	--	12	2
Folate, DFE	µg	83	--	--	12	2
Choline, total	mg	12.8	--	--	1.8	0.4
Vitamin B-12	µg	0.00	--	--	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	1376	--	--	193	41
Retinol	µg	0	--	--	0	0
Carotene, beta	µg	16194	2	--	2267	486
Carotene, alpha	µg	629	--	--	88	19
Cryptoxanthin, beta	µg	9	2	--	1	0
Vitamin A, IU	IU	27521	--	--	3853	826
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	1747	--	--	245	52
Vitamin E (alpha-tocopherol)	mg	2.00	--	--	0.28	0.06
Vitamin E, added	mg	0.00	--	--	0.00	0.00
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	1	--	0.047	0.010
4:0	g	0.000	1	--	0.000	0.000
6:0	g	0.000	1	--	0.000	0.000
8:0	g	0.000	1	--	0.000	0.000
10:0	g	0.000	1	--	0.000	0.000
12:0	g	0.000	1	--	0.000	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 14g	1 leaf 3g
14:0	g	0.005	1	--	0.001	0.000
15:0	g	0.010	1	--	0.001	0.000
16:0	g	0.243	1	--	0.034	0.007
17:0	g	0.002	1	--	0.000	0.000
18:0	g	0.026	1	--	0.004	0.001
20:0	g	0.012	1	--	0.002	0.000
22:0	g	0.008	1	--	0.001	0.000
24:0	g	0.013	1	--	0.002	0.000
Fatty acids, total monounsaturated	g	0.081	1	--	0.011	0.002
14:1	g	0.003	1	--	0.000	0.000
16:1 undifferentiated	g	0.035	1	--	0.005	0.001
18:1 undifferentiated	g	0.039	1	--	0.005	0.001
20:1	g	0.000	1	--	0.000	0.000
22:1 undifferentiated	g	0.000	1	--	0.000	0.000
Fatty acids, total polyunsaturated	g	1.065	1	--	0.149	0.032
18:2 undifferentiated	g	0.148	1	--	0.021	0.004
18:3 undifferentiated	g	0.856	1	--	0.120	0.026
18:4	g	0.000	1	--	0.000	0.000
20:4 undifferentiated	g	0.000	1	--	0.000	0.000
20:5 n-3 (EPA)	g	0.000	1	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	1	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	1	--	0.000	0.000
Fatty acids, total trans	g	0.000	--	--	0.000	0.000
Cholesterol	mg	0	--	--	0	0
Phytosterols	mg	21	1	--	3	1
Stigmasterol	mg	2	1	--	0	0
Beta-sitosterol	mg	20	1	--	3	1
Amino Acids						
Other						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0

Langual Code(s)

- A1281 1100 VEGETABLES AND VEGETABLE PRODUCTS (USDA SR)
- B2121 GRAPE, EUROPEAN
- C0200 LEAF
- E0150 WHOLE, NATURAL SHAPE
- F0003 NOT HEAT-TREATED
- G0003 COOKING METHOD NOT APPLICABLE
- H0001 TREATMENT APPLIED NOT KNOWN
- J0001 PRESERVATION METHOD NOT KNOWN
- K0001 PACKING MEDIUM NOT KNOWN
- M0001 CONTAINER OR WRAPPING NOT KNOWN
- N0001 FOOD CONTACT SURFACE NOT KNOWN
- P0024 HUMAN FOOD, NO AGE SPECIFICATION
- R0001 GEOGRAPHIC PLACE OR REGION NOT KNOWN