

Basic Report 11278, Okra, raw
Report Date: July 20, 2019 05:43 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 100g	8.0 pods (3" long) 95g
Proximates				
Water	g	89.58	89.58	85.10
Energy	kcal	33	33	31
Protein	g	1.93	1.93	1.83
Total lipid (fat)	g	0.19	0.19	0.18
Carbohydrate, by difference	g	7.45	7.45	7.08
Fiber, total dietary	g	3.2	3.2	3.0
Sugars, total	g	1.48	1.48	1.41
Minerals				
Calcium, Ca	mg	82	82	78
Iron, Fe	mg	0.62	0.62	0.59
Magnesium, Mg	mg	57	57	54
Phosphorus, P	mg	61	61	58
Potassium, K	mg	299	299	284
Sodium, Na	mg	7	7	7
Zinc, Zn	mg	0.58	0.58	0.55
Vitamins				
Vitamin C, total ascorbic acid	mg	23.0	23.0	21.9
Thiamin	mg	0.200	0.200	0.190
Riboflavin	mg	0.060	0.060	0.057
Niacin	mg	1.000	1.000	0.950
Vitamin B-6	mg	0.215	0.215	0.204
Folate, DFE	µg	60	60	57
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	36	36	34
Vitamin A, IU	IU	716	716	680
Vitamin E (alpha-tocopherol)	mg	0.27	0.27	0.26

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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	31.3	31.3	29.7
Lipids				
Fatty acids, total saturated	g	0.026	0.026	0.025
Fatty acids, total monounsaturated	g	0.017	0.017	0.016
Fatty acids, total polyunsaturated	g	0.027	0.027	0.026
Fatty acids, total trans	g	0.000	0.000	0.000
Cholesterol	mg	0	0	0
Amino Acids				
Other				
Caffeine	mg	0	0	0