

Basic Report 11350, Pokeberry shoots, (poke), raw

Report Date: September 20, 2019 20:45 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 160g
Proximates			
Water	g	91.60	146.56
Energy	kcal	23	37
Protein	g	2.60	4.16
Total lipid (fat)	g	0.40	0.64
Carbohydrate, by difference	g	3.70	5.92
Fiber, total dietary	g	1.7	2.7
Minerals			
Calcium, Ca	mg	53	85
Iron, Fe	mg	1.70	2.72
Magnesium, Mg	mg	18	29
Phosphorus, P	mg	44	70
Potassium, K	mg	242	387
Sodium, Na	mg	23	37
Zinc, Zn	mg	0.24	0.38
Vitamins			
Vitamin C, total ascorbic acid	mg	136.0	217.6
Thiamin	mg	0.080	0.128
Riboflavin	mg	0.330	0.528
Niacin	mg	1.200	1.920
Vitamin B-6	mg	0.146	0.234
Folate, DFE	µg	16	26
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	435	696
Vitamin A, IU	IU	8700	13920
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0

Nutrient	Unit	1 Value Per100 g	1 cup 160g
Lipids			
Fatty acids, total trans	g	0.000	0.000
Cholesterol	mg	0	0
Amino Acids			
Other			