

Basic Report 31033, Ginger root, pickled, canned, with artificial sweetener

Report Date: August 18, 2018 15:46 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	2.0 tablespoon 25g
Proximates			
Water	g	92.30	23.07
Energy	kcal	20	5
Protein	g	0.33	0.08
Total lipid (fat)	g	0.10	0.03
Carbohydrate, by difference	g	4.83	1.21
Fiber, total dietary	g	2.6	0.7
Sugars, total	g	0.00	0.00
Minerals			
Calcium, Ca	mg	74	18
Iron, Fe	mg	0.28	0.07
Magnesium, Mg	mg	4	1
Phosphorus, P	mg	2	0
Potassium, K	mg	36	9
Sodium, Na	mg	906	226
Zinc, Zn	mg	0.04	0.01
Vitamins			
Vitamin C, total ascorbic acid	mg	0.0	0.0
Thiamin	mg	0.020	0.005
Riboflavin	mg	0.015	0.004
Niacin	mg	0.022	0.005
Vitamin B-6	mg	0.037	0.009
Folate, DFE	µg	1	0
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	0	0
Vitamin A, IU	IU	0	0
Vitamin E (alpha-tocopherol)	mg	0.18	0.04

Nutrient	Unit	1 Value Per100 g	2.0 tablespoon 25g
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	2.2	0.6
Lipids			
Fatty acids, total saturated	g	0.037	0.009
Fatty acids, total monounsaturated	g	0.020	0.005
Fatty acids, total polyunsaturated	g	0.034	0.009
Fatty acids, total trans	g	0.029	0.007
Cholesterol	mg	0	0
Amino Acids			
Other			
Caffeine	mg	0	0