

## Basic Report 11419, Pumpkin leaves, cooked, boiled, drained, without salt

Report Date: August 18, 2019 07:32 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 71g
<b>Proximates</b>			
Water	g	92.51	65.68
Energy	kcal	21	15
Protein	g	2.72	1.93
Total lipid (fat)	g	0.22	0.16
Carbohydrate, by difference	g	3.39	2.41
Fiber, total dietary	g	2.7	1.9
Sugars, total	g	0.69	0.49
<b>Minerals</b>			
Calcium, Ca	mg	43	31
Iron, Fe	mg	3.20	2.27
Magnesium, Mg	mg	38	27
Phosphorus, P	mg	79	56
Potassium, K	mg	438	311
Sodium, Na	mg	8	6
Zinc, Zn	mg	0.20	0.14
<b>Vitamins</b>			
Vitamin C, total ascorbic acid	mg	1.0	0.7
Thiamin	mg	0.068	0.048
Riboflavin	mg	0.136	0.097
Niacin	mg	0.850	0.604
Vitamin B-6	mg	0.196	0.139
Folate, DFE	µg	25	18
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	80	57
Vitamin A, IU	IU	1600	1136
Vitamin E (alpha-tocopherol)	mg	0.96	0.68

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>1 cup 71g</b>
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	108.0	76.7
<b>Lipids</b>			
Fatty acids, total saturated	g	0.114	0.081
Fatty acids, total monounsaturated	g	0.029	0.021
Fatty acids, total polyunsaturated	g	0.012	0.009
Fatty acids, total trans	g	0.000	0.000
Cholesterol	mg	0	0
<b>Amino Acids</b>			
<b>Other</b>			
Caffeine	mg	0	0