

Basic Report 11427, Purslane, raw

Report Date: September 21, 2019 17:32 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 43g	1 plant 3g
Proximates				
Water	g	92.86	39.93	2.79
Energy	kcal	20	9	1
Protein	g	2.03	0.87	0.06
Total lipid (fat)	g	0.36	0.15	0.01
Carbohydrate, by difference	g	3.39	1.46	0.10
Minerals				
Calcium, Ca	mg	65	28	2
Iron, Fe	mg	1.99	0.86	0.06
Magnesium, Mg	mg	68	29	2
Phosphorus, P	mg	44	19	1
Potassium, K	mg	494	212	15
Sodium, Na	mg	45	19	1
Zinc, Zn	mg	0.17	0.07	0.01
Vitamins				
Vitamin C, total ascorbic acid	mg	21.0	9.0	0.6
Thiamin	mg	0.047	0.020	0.001
Riboflavin	mg	0.112	0.048	0.003
Niacin	mg	0.480	0.206	0.014
Vitamin B-6	mg	0.073	0.031	0.002
Folate, DFE	µg	12	5	0
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, IU	IU	1320	568	40
Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	0	0	0
Lipids				
Fatty acids, total trans	g	0.000	0.000	0.000

Nutrient	Unit	1 Value Per100 g	1 cup 43g	1 plant 3g
Cholesterol	mg	0	0	0
Amino Acids				
Other				
Caffeine	mg	0	0	0