

Full Report (All Nutrients) 11427, Purslane, raw

Report Date: February 17, 2018 23:54 EST

Nutrient values and weights are for edible portion.

Food Group : Vegetables and Vegetable Products

Carbohydrate Factor: 3.57 Fat Factor: 8.37 Protein Factor:2.44 Nitrogen to Protein Conversion Factor:6.25

Refuse:24% Refuse Description: Tough stems and leaves

| Nutrient | Unit | 1 Value Per100 g | Data points | Std. Error | 1 cup 43g | 1 plant 3g |
|-------------------------------------|------|------------------------|-------------|------------|--------------|---------------|
| Proximates | | | | | | |
| Water 1 | g | 92.86 | 3 | 0.127 | 39.93 | 2.79 |
| Energy | kcal | 20 | -- | -- | 9 | 1 |
| Energy | kJ | 84 | -- | -- | 36 | 3 |
| Protein 1 | g | 2.03 | 2 | -- | 0.87 | 0.06 |
| Total lipid (fat) 1 | g | 0.36 | 2 | -- | 0.15 | 0.01 |
| Ash 1 | g | 1.36 | 2 | -- | 0.58 | 0.04 |
| 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 | 1 | -- | 29 | 2 |
| Phosphorus, P | mg | 44 | -- | -- | 19 | 1 |
| Potassium, K | mg | 494 | 1 | -- | 212 | 15 |
| Sodium, Na | mg | 45 | 1 | -- | 19 | 1 |
| Zinc, Zn | mg | 0.17 | -- | -- | 0.07 | 0.01 |
| Copper, Cu | mg | 0.113 | -- | -- | 0.049 | 0.003 |
| Manganese, Mn | mg | 0.303 | -- | -- | 0.130 | 0.009 |
| Selenium, Se | µg | 0.9 | -- | -- | 0.4 | 0.0 |
| Vitamins | | | | | | |
| Vitamin C, total ascorbic acid | mg | 21.0 | -- | -- | 9.0 | 0.6 |
| Thiamin | mg | 0.047 | -- | -- | 0.020 | 0.001 |

| Nutrient | Unit | 1 | | | 1 cup 43g | 1 plant 3g |
|--------------------------------|------|-------------------|-------------|------------|--------------|---------------|
| | | Value Per100 g | Data points | Std. Error | | |
| Riboflavin | mg | 0.112 | -- | -- | 0.048 | 0.003 |
| Niacin | mg | 0.480 | -- | -- | 0.206 | 0.014 |
| Pantothenic acid | mg | 0.036 | -- | -- | 0.015 | 0.001 |
| Vitamin B-6 | mg | 0.073 | -- | -- | 0.031 | 0.002 |
| Folate, total | µg | 12 | -- | -- | 5 | 0 |
| Folic acid | µg | 0 | -- | -- | 0 | 0 |
| Folate, food | µg | 12 | -- | -- | 5 | 0 |
| Folate, DFE | µg | 12 | -- | -- | 5 | 0 |
| Choline, total | mg | 12.8 | -- | -- | 5.5 | 0.4 |
| Vitamin B-12 | µg | 0.00 | -- | -- | 0.00 | 0.00 |
| Retinol | µg | 0 | -- | -- | 0 | 0 |
| 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 |
| Cholesterol | mg | 0 | -- | -- | 0 | 0 |
| Amino Acids | | | | | | |
| Other | | | | | | |
| Alcohol, ethyl | g | 0.0 | -- | -- | 0.0 | 0.0 |
| Caffeine | mg | 0 | -- | -- | 0 | 0 |
| Theobromine | mg | 0 | -- | -- | 0 | 0 |
| Flavonoids | | | | | | |
| Flavones | | | | | | |
| Apigenin 2 | mg | 0.0 | 2 | -- | 0.0 | 0.0 |
| Luteolin 2 | mg | 0.0 | 2 | -- | 0.0 | 0.0 |
| Flavonols | | | | | | |
| Isorhamnetin 3 | mg | 2.8 | 3 | 0 | 1.2 | 0.1 |
| Kaempferol 2,3 | mg | 0.7 | 5 | 0.22 | 0.3 | 0.0 |
| Myricetin 2 | mg | 0.0 | 2 | -- | 0.0 | 0.0 |
| Quercetin 2,3 | mg | 0.8 | 5 | 0.26 | 0.3 | 0.0 |

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 10j, 2006 Beltsville MD

²Hertog, M. G. L., Hollman, P. C. H., and Katan, M. B. **Content of potentially anticarcinogenic flavonoids of 28 vegetables and fruits commonly consumed in The Netherlands.**, 1992 J. Agric. Food Chem. 40 pp.2379-2383

³Huang, Z., Wang, B., Eaves, D. H., Shikany, J. M., and Pace, R. D. **Phenolic compound profile of selected vegetables frequently consumed by African Americans in the southeast United States.**, 2007 Food Chemistry 103 pp.1395-1402