

Full Report (All Nutrients) 11427, Purslane, raw

Report Date: January 19, 2019 13:53 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	0.120	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

Langual Code(s)

- A0152 VEGETABLE OR VEGETABLE PRODUCT (US CFR)
- A1281 1100 VEGETABLES AND VEGETABLE PRODUCTS (USDA SR)
- B1642 PURSLANE
- C0144 PLANT ABOVE SURFACE, EXCLUDING FRUIT AND SEED
- E0150 WHOLE, NATURAL SHAPE
- F0003 NOT HEAT-TREATED
- G0003 COOKING METHOD NOT APPLICABLE
- H0003 NO TREATMENT APPLIED
- J0001 PRESERVATION METHOD NOT KNOWN
- K0003 NO PACKING MEDIUM USED
- M0001 CONTAINER OR WRAPPING NOT KNOWN
- N0001 FOOD CONTACT SURFACE NOT KNOWN
- P0024 HUMAN FOOD, NO AGE SPECIFICATION