

Basic Report 11428, Purslane, cooked, boiled, drained, without salt

Report Date: August 17, 2017 23:09 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 115g	1 squash 431g
Proximates				
Water	g	93.52	107.55	403.07
Energy	kcal	18	21	78
Protein	g	1.49	1.71	6.42
Total lipid (fat)	g	0.19	0.22	0.82
Carbohydrate, by difference	g	3.55	4.08	15.30
Minerals				
Calcium, Ca	mg	78	90	336
Iron, Fe	mg	0.77	0.89	3.32
Magnesium, Mg	mg	67	77	289
Phosphorus, P	mg	37	43	159
Potassium, K	mg	488	561	2103
Sodium, Na	mg	44	51	190
Zinc, Zn	mg	0.17	0.20	0.73
Vitamins				
Vitamin C, total ascorbic acid	mg	10.5	12.1	45.3
Thiamin	mg	0.031	0.036	0.134
Riboflavin	mg	0.090	0.103	0.388
Niacin	mg	0.460	0.529	1.983
Vitamin B-6	mg	0.070	0.081	0.302
Folate, DFE	µg	9	10	39
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	93	107	401
Vitamin A, IU	IU	1852	2130	7982
Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	0	0	0

Lipids

Nutrient	Unit	1 Value Per100 g	1 cup 115g	1 squash 431g
Fatty acids, total trans	g	0.000	0.000	0.000
Cholesterol	mg	0	0	0

Amino Acids

Other