

Full Report (All Nutrients) 11428, Purslane, cooked, boiled, drained, without salt

Report Date: February 25, 2018 08:38 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

| Nutrient | Unit | 1 Value Per100 g | Data points | Std. Error | 1 cup 115g | 1 squash 431g |
|--------------------------------|------|------------------------|----------------|------------|---------------|------------------|
| Proximates | | | | | | |
| Water | g | 93.52 | 1 | -- | 107.55 | 403.07 |
| Energy | kcal | 18 | -- | -- | 21 | 78 |
| Energy | kJ | 75 | -- | -- | 86 | 323 |
| Protein | g | 1.49 | 1 | -- | 1.71 | 6.42 |
| Total lipid (fat) | g | 0.19 | 1 | -- | 0.22 | 0.82 |
| Ash | g | 1.25 | 1 | -- | 1.44 | 5.39 |
| Carbohydrate, by difference | g | 3.55 | -- | -- | 4.08 | 15.30 |
| Minerals | | | | | | |
| Calcium, Ca | mg | 78 | 1 | -- | 90 | 336 |
| Iron, Fe | mg | 0.77 | 1 | -- | 0.89 | 3.32 |
| Magnesium, Mg | mg | 67 | 1 | -- | 77 | 289 |
| Phosphorus, P | mg | 37 | 1 | -- | 43 | 159 |
| Potassium, K | mg | 488 | 1 | -- | 561 | 2103 |
| Sodium, Na | mg | 44 | 1 | -- | 51 | 190 |
| Zinc, Zn | mg | 0.17 | -- | -- | 0.20 | 0.73 |
| Copper, Cu | mg | 0.114 | -- | -- | 0.131 | 0.491 |
| Manganese, Mn | mg | 0.307 | -- | -- | 0.353 | 1.323 |
| Selenium, Se | µg | 0.9 | -- | -- | 1.0 | 3.9 |
| 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 |

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|--------------------------|------|------------------|-------------|------------|------------|---------------|
| Niacin | mg | 0.460 | -- | -- | 0.529 | 1.983 |
| Pantothenic acid | mg | 0.036 | -- | -- | 0.041 | 0.155 |
| Vitamin B-6 | mg | 0.070 | -- | -- | 0.081 | 0.302 |
| Folate, total | µg | 9 | -- | -- | 10 | 39 |
| Folic acid | µg | 0 | -- | -- | 0 | 0 |
| Folate, food | µg | 9 | -- | -- | 10 | 39 |
| Folate, DFE | µg | 9 | -- | -- | 10 | 39 |
| Vitamin B-12 | µg | 0.00 | -- | -- | 0.00 | 0.00 |
| Vitamin A, RAE | µg | 93 | -- | -- | 107 | 401 |
| Retinol | µg | 0 | -- | -- | 0 | 0 |
| 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 | | | | | | |
| Fatty acids, total trans | g | 0.000 | -- | -- | 0.000 | 0.000 |
| Cholesterol | mg | 0 | -- | -- | 0 | 0 |
| Amino Acids | | | | | | |
| Tryptophan | g | 0.016 | -- | -- | 0.018 | 0.069 |
| Threonine | g | 0.050 | -- | -- | 0.058 | 0.215 |
| Isoleucine | g | 0.053 | -- | -- | 0.061 | 0.228 |
| Leucine | g | 0.091 | -- | -- | 0.105 | 0.392 |
| Lysine | g | 0.065 | -- | -- | 0.075 | 0.280 |
| Methionine | g | 0.014 | -- | -- | 0.016 | 0.060 |
| Cystine | g | 0.010 | -- | -- | 0.012 | 0.043 |
| Phenylalanine | g | 0.058 | -- | -- | 0.067 | 0.250 |
| Tyrosine | g | 0.024 | -- | -- | 0.028 | 0.103 |
| Valine | g | 0.072 | -- | -- | 0.083 | 0.310 |
| Arginine | g | 0.057 | -- | -- | 0.066 | 0.246 |
| Histidine | g | 0.023 | -- | -- | 0.026 | 0.099 |
| Alanine | g | 0.057 | -- | -- | 0.066 | 0.246 |
| Aspartic acid | g | 0.077 | -- | -- | 0.089 | 0.332 |
| Glutamic acid | g | 0.219 | -- | -- | 0.252 | 0.944 |
| Glycine | g | 0.046 | -- | -- | 0.053 | 0.198 |

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|-----------------|-------------|---------------------------------|------------------------|-------------------|-----------------------|--------------------------|
| Proline | g | 0.070 | -- | -- | 0.081 | 0.302 |
| Serine | g | 0.045 | -- | -- | 0.052 | 0.194 |
| Other | | | | | | |