

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

Report Date: May 29, 2017 03:30 EDT

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

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 115g	1 squash 431g
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

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 115g	1 squash 431g
Proline	g	0.070	--	--	0.081	0.302
Serine	g	0.045	--	--	0.052	0.194
Other						