

Full Report (All Nutrients) 11429, Radishes, raw
Report Date: July 15, 2019 20:41 EDT

Nutrient values and weights are for edible portion.

Food Group : Vegetables and Vegetable Products

Carbohydrate Factor: 3.84 Fat Factor: 8.37 Protein Factor:2.78 Nitrogen to Protein Conversion Factor:6.25
Refuse:10% Refuse Description: Stem ends, rootlets and trimmings

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup slices 116g	1 large (1" to 1-1/4" dia) 9g	1 medium (3/4" to 1" dia) 4.5g	1 slice 1g	1 small 2g	0.5 cup slices 58g
Proximates										
Water 1 2	g	95.27	21	0.220	110.51	8.57	4.29	0.95	1.91	55.26
Energy	kcal	16	--	--	19	1	1	0	0	9
Energy	kJ	66	--	--	77	6	3	1	1	38
Protein 1 2	g	0.68	19	0.060	0.79	0.06	0.03	0.01	0.01	0.39
Total lipid (fat) 1 2	g	0.10	14	0.010	0.12	0.01	0.00	0.00	0.00	0.06
Ash 1 2	g	0.55	19	0.010	0.64	0.05	0.02	0.01	0.01	0.32
Carbohydrate, by difference	g	3.40	--	--	3.94	0.31	0.15	0.03	0.07	1.97
Fiber, total dietary 1 2	g	1.6	8	0.058	1.9	0.1	0.1	0.0	0.0	0.9
Sugars, total 2	g	1.86	--	--	2.16	0.17	0.08	0.02	0.04	1.08
Sucrose 1 2	g	0.10	10	0.080	0.12	0.01	0.00	0.00	0.00	0.06
Glucose (dextrose) 1 2	g	1.05	13	0.090	1.22	0.09	0.05	0.01	0.02	0.61
Fructose 1 2	g	0.71	13	0.040	0.82	0.06	0.03	0.01	0.01	0.41
Lactose 1 2	g	0.00	8	0.000	0.00	0.00	0.00	0.00	0.00	0.00
Maltose 1 2	g	0.00	8	0.000	0.00	0.00	0.00	0.00	0.00	0.00
Galactose 2	g	0.00	4	0.000	0.00	0.00	0.00	0.00	0.00	0.00
Starch 2	g	0.00	4	0.000	0.00	0.00	0.00	0.00	0.00	0.00
Minerals										
Calcium, Ca 1 2	mg	25	26	1.000	29	2	1	0	0	14
Iron, Fe 1 2	mg	0.34	24	0.030	0.39	0.03	0.02	0.00	0.01	0.20
Magnesium, Mg 1 2	mg	10	25	0.000	12	1	0	0	0	6

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup slices 116g	1 large (1" to 1-1/4" dia) 9g	1 medium (3/4" to 1" dia) 4.5g	1 slice 1g	1 small 2g	0.5 cup slices 58g
Malvidin 4	mg	0.0	7	0	0.0	0.0	0.0	0.0	0.0	0.0
Pelargonidin 4 5	mg	63.1	15	10.2	73.2	5.7	2.8	0.6	1.3	36.6
Peonidin 4	mg	0.0	7	0	0.0	0.0	0.0	0.0	0.0	0.0
Flavan-3-ols										
(+)-Catechin 4	mg	0.0	3	0	0.0	0.0	0.0	0.0	0.0	0.0
(-)-Epigallocatechin 4	mg	0.0	3	0	0.0	0.0	0.0	0.0	0.0	0.0
(-)-Epicatechin 4	mg	0.0	3	0	0.0	0.0	0.0	0.0	0.0	0.0
(-)-Epicatechin 3-gallate 4	mg	0.0	3	0	0.0	0.0	0.0	0.0	0.0	0.0
(-)-Epigallocatechin 3-gallate 4	mg	0.0	3	0	0.0	0.0	0.0	0.0	0.0	0.0
(+)-Gallocatechin 4	mg	0.0	3	0	0.0	0.0	0.0	0.0	0.0	0.0
Flavanones										
Hesperetin 4	mg	0.0	3	0	0.0	0.0	0.0	0.0	0.0	0.0
Naringenin 4	mg	0.0	3	0	0.0	0.0	0.0	0.0	0.0	0.0
Flavones										
Apigenin 4 6 7	mg	0.0	13	0	0.0	0.0	0.0	0.0	0.0	0.0
Luteolin 4 6 7	mg	0.0	9	0	0.0	0.0	0.0	0.0	0.0	0.0
Flavonols										
Kaempferol 6 7 8	mg	0.9	7	0.15	1.0	0.1	0.0	0.0	0.0	0.5
Myricetin 4 6 7	mg	0.0	13	0	0.0	0.0	0.0	0.0	0.0	0.0
Quercetin 4 6 7 8	mg	0.0	14	0	0.0	0.0	0.0	0.0	0.0	0.0
Isoflavones										
Daidzein 11	mg	0.00	1	--	0.00	0.00	0.00	0.00	0.00	0.00
Genistein 11	mg	0.00	1	--	0.00	0.00	0.00	0.00	0.00	0.00
Total isoflavones 11	mg	0.00	1	--	0.00	0.00	0.00	0.00	0.00	0.00
Proanthocyanidin										
Proanthocyanidin dimers 9 10	mg	0.0	2	--	0.0	0.0	0.0	0.0	0.0	0.0
Proanthocyanidin trimers 9 10	mg	0.0	2	--	0.0	0.0	0.0	0.0	0.0	0.0
Proanthocyanidin 4-6mers 9 10	mg	0.0	2	--	0.0	0.0	0.0	0.0	0.0	0.0
Proanthocyanidin 7-10mers 9 10	mg	0.0	2	--	0.0	0.0	0.0	0.0	0.0	0.0
Proanthocyanidin polymers (>10mers) 9 10	mg	0.0	2	--	0.0	0.0	0.0	0.0	0.0	0.0

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 5n, 2001 Beltsville MD

²Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 5c, 2001 Beltsville MD

³Robert Ophaug **Fluoride, Unpublished - Ophaug**, Microdiffision

⁴Harnly, J. M., Doherty, R., Beecher, G. R., Holden, J. M., Haytowitz, D. B., and Bhagwat, S., and Gebhardt S. **Flavonoid content of U.S. fruits, vegetables, and nuts**, 2006 J. Agric. Food Chem. 54 pp.9966-9977

⁵Wu, X., Beecher, G. R., Holden, J. M., Haytowitz, D. B., Gebhardt, S. E., and Prior, R. L. **Concentrations of anthocyanins in common foods in the United States and estimation of normal consumption.** , 2006 J. Agric. Food Chem. 54 pp.4069-4075

⁶Hertog, 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

⁷Lugasi, A., and Hovari, J. **Flavonoid aglycons in foods of plant origin I. Vegetables**, 2000 Acta Alimentaria 29 pp.345-352

⁸Bilyk, A., and Sapers, G. M. **Distribution of quercetin and kaempferol in lettuce, kale, chive, garlic chive, leek, horseradish, red radish, and red cabbage tissues.**, 1985 J. Agric. Food Chem. 33 pp.226-228

⁹Gu, L., Kelm, M.A., Hammerstone, J.F., Beecher, G., Holden, J., Haytowitz, D., Gebhardt, S., and Prior, R.L. **Screening foods containing proanthocyanidins and their structural characterization using LC-MS/MS and thiolytic degradation**, 2003 J. Agric. Food Chem. 51 pp.7513-7521

¹⁰Hellstrm, Trmen, A.R., and Matilla, P.H. **Proanthocyanidins in common food products of plant origin**, 2009 J. Agric. Food Chem. 57 pp.7899-7906

¹¹Liggins, J., Bluck, L. J. C., Runswick, C., Atkinson, C., Coward, W. A., and Bingham, S. A. **Daidzein and genistein content of vegetables.**, 2000 Brit. J. Nutr. 84 pp.717-725

Languag Code(s)

- A0152 VEGETABLE OR VEGETABLE PRODUCT (US CFR)
- A1281 1100 VEGETABLES AND VEGETABLE PRODUCTS (USDA SR)
- B1315 RADISH
- C0239 ROOT, TUBER OR BULB, WITH PEEL
- 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