

Basic Report 11431, Radishes, oriental, cooked, boiled, drained, without salt

Report Date: June 22, 2017 14:34 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup, sliced 147g
Proximates			
Water	g	95.04	139.71
Energy	kcal	17	25
Protein	g	0.67	0.98
Total lipid (fat)	g	0.24	0.35
Carbohydrate, by difference	g	3.43	5.04
Fiber, total dietary	g	1.6	2.4
Sugars, total	g	1.83	2.69
Minerals			
Calcium, Ca	mg	17	25
Iron, Fe	mg	0.15	0.22
Magnesium, Mg	mg	9	13
Phosphorus, P	mg	24	35
Potassium, K	mg	285	419
Sodium, Na	mg	13	19
Zinc, Zn	mg	0.13	0.19
Vitamins			
Vitamin C, total ascorbic acid	mg	15.1	22.2
Thiamin	mg	0.000	0.000
Riboflavin	mg	0.023	0.034
Niacin	mg	0.150	0.221
Vitamin B-6	mg	0.038	0.056
Folate, DFE	µg	17	25
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	0	0
Vitamin A, IU	IU	0	0
Vitamin E (alpha-tocopherol)	mg	0.00	0.00

Nutrient	Unit	1 Value Per100 g	1 cup, sliced 147g
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	0.3	0.4
Lipids			
Fatty acids, total saturated	g	0.073	0.107
Fatty acids, total monounsaturated	g	0.040	0.059
Fatty acids, total polyunsaturated	g	0.108	0.159
Fatty acids, total trans	g	0.000	0.000
Cholesterol	mg	0	0
Amino Acids			
Other			
Caffeine	mg	0	0