

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

Report Date: September 23, 2017 16:03 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 |

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| 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 |