

Basic Report 11435, Rutabagas, raw

Report Date: March 23, 2018 12:35 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup, cubes 140g	1 large 772g	1 medium 386g	1 small 192g
Proximates						
Water	g	89.43	125.20	690.40	345.20	171.71
Energy	kcal	37	52	286	143	71
Protein	g	1.08	1.51	8.34	4.17	2.07
Total lipid (fat)	g	0.16	0.22	1.24	0.62	0.31
Carbohydrate, by difference	g	8.62	12.07	66.55	33.27	16.55
Fiber, total dietary	g	2.3	3.2	17.8	8.9	4.4
Sugars, total	g	4.46	6.24	34.43	17.22	8.56
Minerals						
Calcium, Ca	mg	43	60	332	166	83
Iron, Fe	mg	0.44	0.62	3.40	1.70	0.84
Magnesium, Mg	mg	20	28	154	77	38
Phosphorus, P	mg	53	74	409	205	102
Potassium, K	mg	305	427	2355	1177	586
Sodium, Na	mg	12	17	93	46	23
Zinc, Zn	mg	0.24	0.34	1.85	0.93	0.46
Vitamins						
Vitamin C, total ascorbic acid	mg	25.0	35.0	193.0	96.5	48.0
Thiamin	mg	0.090	0.126	0.695	0.347	0.173
Riboflavin	mg	0.040	0.056	0.309	0.154	0.077
Niacin	mg	0.700	0.980	5.404	2.702	1.344
Vitamin B-6	mg	0.100	0.140	0.772	0.386	0.192
Folate, DFE	µg	21	29	162	81	40
Vitamin B-12	µg	0.00	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	0	0	0	0	0
Vitamin A, IU	IU	2	3	15	8	4
Vitamin E (alpha-tocopherol)	mg	0.30	0.42	2.32	1.16	0.58

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	0.0	0.0
Vitamin D	IU	0	0	0	0	0
Vitamin K (phylloquinone)	µg	0.3	0.4	2.3	1.2	0.6
Lipids						
Fatty acids, total saturated	g	0.027	0.038	0.208	0.104	0.052
Fatty acids, total monounsaturated	g	0.025	0.035	0.193	0.097	0.048
Fatty acids, total polyunsaturated	g	0.088	0.123	0.679	0.340	0.169
Fatty acids, total trans	g	0.000	0.000	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Amino Acids						
Other						
Caffeine	mg	0	0	0	0	0