

Basic Report 11564, Turnips, raw
Report Date: September 17, 2019 06:38 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup, cubes 130g	1 large 183g	1 medium 122g	1 slice 15g	1 small 61g	0.5 cup, cubes 65g
Proximates								
Water	g	91.87	119.43	168.12	112.08	13.78	56.04	59.72
Energy	kcal	28	36	51	34	4	17	18
Protein	g	0.90	1.17	1.65	1.10	0.14	0.55	0.58
Total lipid (fat)	g	0.10	0.13	0.18	0.12	0.01	0.06	0.07
Carbohydrate, by difference	g	6.43	8.36	11.77	7.84	0.96	3.92	4.18
Fiber, total dietary	g	1.8	2.3	3.3	2.2	0.3	1.1	1.2
Sugars, total	g	3.80	4.94	6.95	4.64	0.57	2.32	2.47
Minerals								
Calcium, Ca	mg	30	39	55	37	4	18	20
Iron, Fe	mg	0.30	0.39	0.55	0.37	0.04	0.18	0.20
Magnesium, Mg	mg	11	14	20	13	2	7	7
Phosphorus, P	mg	27	35	49	33	4	16	18
Potassium, K	mg	191	248	350	233	29	117	124
Sodium, Na	mg	67	87	123	82	10	41	44
Zinc, Zn	mg	0.27	0.35	0.49	0.33	0.04	0.16	0.18
Vitamins								
Vitamin C, total ascorbic acid	mg	21.0	27.3	38.4	25.6	3.1	12.8	13.7
Thiamin	mg	0.040	0.052	0.073	0.049	0.006	0.024	0.026
Riboflavin	mg	0.030	0.039	0.055	0.037	0.004	0.018	0.019
Niacin	mg	0.400	0.520	0.732	0.488	0.060	0.244	0.260
Vitamin B-6	mg	0.090	0.117	0.165	0.110	0.013	0.055	0.058
Folate, DFE	µg	15	20	27	18	2	9	10
Vitamin B-12	µg	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	0	0	0	0	0	0	0
Vitamin A, IU	IU	0	0	0	0	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.03	0.04	0.05	0.04	0.00	0.02	0.02

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Vitamin D	IU	0	0	0	0	0	0	0
Vitamin K (phylloquinone)	µg	0.1	0.1	0.2	0.1	0.0	0.1	0.1
Lipids								
Fatty acids, total saturated	g	0.011	0.014	0.020	0.013	0.002	0.007	0.007
Fatty acids, total monounsaturated	g	0.006	0.008	0.011	0.007	0.001	0.004	0.004
Fatty acids, total polyunsaturated	g	0.053	0.069	0.097	0.065	0.008	0.032	0.034
Fatty acids, total trans	g	0.000	0.000	0.000	0.000	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0	0	0
Amino Acids								
Other								
Caffeine	mg	0	0	0	0	0	0	0