

Basic Report 11567, Turnips, frozen, cooked, boiled, drained, without salt

Report Date: July 23, 2019 18:19 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 156g
Proximates			
Water	g	93.60	146.02
Energy	kcal	23	36
Protein	g	1.53	2.39
Total lipid (fat)	g	0.24	0.37
Carbohydrate, by difference	g	4.35	6.79
Fiber, total dietary	g	2.0	3.1
Sugars, total	g	2.35	3.67
Minerals			
Calcium, Ca	mg	32	50
Iron, Fe	mg	0.98	1.53
Magnesium, Mg	mg	14	22
Phosphorus, P	mg	26	41
Potassium, K	mg	182	284
Sodium, Na	mg	36	56
Zinc, Zn	mg	0.20	0.31
Vitamins			
Vitamin C, total ascorbic acid	mg	3.9	6.1
Thiamin	mg	0.035	0.055
Riboflavin	mg	0.028	0.044
Niacin	mg	0.560	0.874
Vitamin B-6	mg	0.067	0.105
Folate, DFE	µg	8	12
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	0.02	0.03

Nutrient	Unit	1 Value Per100 g	1 cup 156g
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	0.1	0.2
Lipids			
Fatty acids, total saturated	g	0.025	0.039
Fatty acids, total monounsaturated	g	0.015	0.023
Fatty acids, total polyunsaturated	g	0.125	0.195
Fatty acids, total trans	g	0.000	0.000
Cholesterol	mg	0	0
Amino Acids			
Other			
Caffeine	mg	0	0