

Basic Report 11581, Vegetables, mixed, canned, drained solids [a](#)

Report Date: June 20, 2019 19:22 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 163g
Proximates			
Water	g	87.01	141.83
Energy	kcal	49	80
Protein	g	2.59	4.22
Total lipid (fat)	g	0.25	0.41
Carbohydrate, by difference	g	9.26	15.09
Fiber, total dietary	g	3.0	4.9
Sugars, total	g	2.41	3.93
Minerals			
Calcium, Ca	mg	27	44
Iron, Fe	mg	1.05	1.71
Magnesium, Mg	mg	16	26
Phosphorus, P	mg	42	68
Potassium, K	mg	291	474
Sodium, Na	mg	214	349
Zinc, Zn	mg	0.41	0.67
Vitamins			
Vitamin C, total ascorbic acid	mg	5.0	8.2
Thiamin	mg	0.046	0.075
Riboflavin	mg	0.048	0.078
Niacin	mg	0.577	0.941
Vitamin B-6	mg	0.079	0.129
Folate, DFE	µg	24	39
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	583	950
Vitamin A, IU	IU	11651	18991

Nutrient	Unit	1 Value Per100 g	1 cup 163g
Vitamin E (alpha-tocopherol)	mg	0.29	0.47
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	18.2	29.7
Lipids			
Fatty acids, total saturated	g	0.051	0.083
Fatty acids, total monounsaturated	g	0.016	0.026
Fatty acids, total polyunsaturated	g	0.119	0.194
Fatty acids, total trans	g	0.000	0.000
Cholesterol	mg	0	0
Amino Acids			
Other			
Caffeine	mg	0	0

Footnotes

^a Mixture includes carrots, green peas, snap beans, and lima beans.