

**Basic Report 11584, Vegetables, mixed, frozen, cooked, boiled, drained, without salt [a](#)**

Report Date: July 15, 2019 20:29 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	0.5 cup 91g	1 package (10 oz) yields 275g
<b>Proximates</b>				
Water	g	83.23	75.74	228.88
Energy	kcal	65	59	179
Protein	g	2.86	2.60	7.87
Total lipid (fat)	g	0.15	0.14	0.41
Carbohydrate, by difference	g	13.09	11.91	36.00
Fiber, total dietary	g	4.4	4.0	12.1
Sugars, total	g	3.12	2.84	8.58
<b>Minerals</b>				
Calcium, Ca	mg	25	23	69
Iron, Fe	mg	0.82	0.75	2.25
Magnesium, Mg	mg	22	20	60
Phosphorus, P	mg	51	46	140
Potassium, K	mg	169	154	465
Sodium, Na	mg	35	32	96
Zinc, Zn	mg	0.49	0.45	1.35
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	3.2	2.9	8.8
Thiamin	mg	0.071	0.065	0.195
Riboflavin	mg	0.120	0.109	0.330
Niacin	mg	0.851	0.774	2.340
Vitamin B-6	mg	0.074	0.067	0.203
Folate, DFE	µg	19	17	52
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	214	195	588
Vitamin A, IU	IU	4277	3892	11762

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Vitamin E (alpha-tocopherol)	mg	0.38	0.35	1.04
Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	0	0	0
Vitamin K (phylloquinone)	µg	23.5	21.4	64.6
<b>Lipids</b>				
Fatty acids, total saturated	g	0.031	0.028	0.085
Fatty acids, total monounsaturated	g	0.010	0.009	0.028
Fatty acids, total polyunsaturated	g	0.072	0.066	0.198
Fatty acids, total trans	g	0.000	0.000	0.000
Cholesterol	mg	0	0	0
<b>Amino Acids</b>				
<b>Other</b>				
Caffeine	mg	0	0	0

**Footnotes**

<sup>a</sup> Mixture includes corn, lima beans, snap beans, green peas, and carrots.