

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

Report Date: December 13, 2017 15:46 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	0.5 cup 91g	1 package (10 oz) yields 275g
Proximates				
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
Minerals				
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
Vitamins				
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
Lipids				
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
Amino Acids				
Other				
Caffeine	mg	0	0	0

Footnotes

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