

Basic Report 11587, Vinespinach, (basella), raw

Report Date: November 21, 2017 20:51 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g
Proximates		
Water	g	93.10
Energy	kcal	19
Protein	g	1.80
Total lipid (fat)	g	0.30
Carbohydrate, by difference	g	3.40
Minerals		
Calcium, Ca	mg	109
Iron, Fe	mg	1.20
Magnesium, Mg	mg	65
Phosphorus, P	mg	52
Potassium, K	mg	510
Sodium, Na	mg	24
Zinc, Zn	mg	0.43
Vitamins		
Vitamin C, total ascorbic acid	mg	102.0
Thiamin	mg	0.050
Riboflavin	mg	0.155
Niacin	mg	0.500
Vitamin B-6	mg	0.240
Folate, DFE	µg	140
Vitamin B-12	µg	0.00
Vitamin A, RAE	µg	400
Vitamin A, IU	IU	8000
Vitamin D (D2 + D3)	µg	0.0
Vitamin D	IU	0
Lipids		

Nutrient	Unit	1 Value Per100 g
Fatty acids, total trans	g	0.000
Cholesterol	mg	0

Amino Acids
Other