

Basic Report 11590, Waterchestnuts, chinese, canned, solids and liquids

Report Date: August 21, 2017 04:33 EDT

Nutrient values and weights are for edible portion.

| Nutrient | Unit | 1 Value Per100 g | 0.5 cup slices 70g | 4.0 waterchestnuts 28g |
|--------------------------------|------|------------------------|-----------------------|---------------------------|
| Proximates | | | | |
| Water | g | 86.42 | 60.49 | 24.20 |
| Energy | kcal | 50 | 35 | 14 |
| Protein | g | 0.88 | 0.62 | 0.25 |
| Total lipid (fat) | g | 0.06 | 0.04 | 0.02 |
| Carbohydrate, by difference | g | 12.30 | 8.61 | 3.44 |
| Fiber, total dietary | g | 2.5 | 1.8 | 0.7 |
| Sugars, total | g | 2.46 | 1.72 | 0.69 |
| Minerals | | | | |
| Calcium, Ca | mg | 4 | 3 | 1 |
| Iron, Fe | mg | 0.87 | 0.61 | 0.24 |
| Magnesium, Mg | mg | 5 | 4 | 1 |
| Phosphorus, P | mg | 19 | 13 | 5 |
| Potassium, K | mg | 118 | 83 | 33 |
| Sodium, Na | mg | 8 | 6 | 2 |
| Zinc, Zn | mg | 0.38 | 0.27 | 0.11 |
| Vitamins | | | | |
| Vitamin C, total ascorbic acid | mg | 1.3 | 0.9 | 0.4 |
| Thiamin | mg | 0.011 | 0.008 | 0.003 |
| Riboflavin | mg | 0.024 | 0.017 | 0.007 |
| Niacin | mg | 0.360 | 0.252 | 0.101 |
| Vitamin B-6 | mg | 0.159 | 0.111 | 0.045 |
| Folate, DFE | µg | 6 | 4 | 2 |
| Vitamin B-12 | µg | 0.00 | 0.00 | 0.00 |
| Vitamin A, RAE | µg | 0 | 0 | 0 |
| Vitamin A, IU | IU | 0 | 0 | 0 |
| Vitamin E (alpha-tocopherol) | mg | 0.50 | 0.35 | 0.14 |

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|------------------------------------|-------------|---------------------------------|-------------------------------|-----------------------------------|
| Vitamin D (D2 + D3) | µg | 0.0 | 0.0 | 0.0 |
| Vitamin D | IU | 0 | 0 | 0 |
| Vitamin K (phylloquinone) | µg | 0.2 | 0.1 | 0.1 |
| Lipids | | | | |
| Fatty acids, total saturated | g | 0.016 | 0.011 | 0.004 |
| Fatty acids, total monounsaturated | g | 0.001 | 0.001 | 0.000 |
| Fatty acids, total polyunsaturated | g | 0.026 | 0.018 | 0.007 |
| Fatty acids, total trans | g | 0.000 | 0.000 | 0.000 |
| Cholesterol | mg | 0 | 0 | 0 |
| Amino Acids | | | | |
| Other | | | | |
| Caffeine | mg | 0 | 0 | 0 |