

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

Report Date: December 14, 2017 12:05 EST

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