

Basic Report 11591, Watercress, raw
Report Date: June 20, 2019 19:30 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup, chopped 34g	1 sprig 2.5g	10.0 sprigs 25g
Proximates					
Water	g	95.11	32.34	2.38	23.78
Energy	kcal	11	4	0	3
Protein	g	2.30	0.78	0.06	0.57
Total lipid (fat)	g	0.10	0.03	0.00	0.03
Carbohydrate, by difference	g	1.29	0.44	0.03	0.32
Fiber, total dietary	g	0.5	0.2	0.0	0.1
Sugars, total	g	0.20	0.07	0.01	0.05
Minerals					
Calcium, Ca	mg	120	41	3	30
Iron, Fe	mg	0.20	0.07	0.01	0.05
Magnesium, Mg	mg	21	7	1	5
Phosphorus, P	mg	60	20	2	15
Potassium, K	mg	330	112	8	82
Sodium, Na	mg	41	14	1	10
Zinc, Zn	mg	0.11	0.04	0.00	0.03
Vitamins					
Vitamin C, total ascorbic acid	mg	43.0	14.6	1.1	10.8
Thiamin	mg	0.090	0.031	0.002	0.022
Riboflavin	mg	0.120	0.041	0.003	0.030
Niacin	mg	0.200	0.068	0.005	0.050
Vitamin B-6	mg	0.129	0.044	0.003	0.032
Folate, DFE	µg	9	3	0	2
Vitamin B-12	µg	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	160	54	4	40
Vitamin A, IU	IU	3191	1085	80	798
Vitamin E (alpha-tocopherol)	mg	1.00	0.34	0.03	0.25

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	0.0
Vitamin D	IU	0	0	0	0
Vitamin K (phylloquinone)	µg	250.0	85.0	6.2	62.5
Lipids					
Fatty acids, total saturated	g	0.027	0.009	0.001	0.007
Fatty acids, total monounsaturated	g	0.008	0.003	0.000	0.002
Fatty acids, total polyunsaturated	g	0.035	0.012	0.001	0.009
Fatty acids, total trans	g	0.000	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0
Amino Acids					
Other					
Caffeine	mg	0	0	0	0