

Full Report (All Nutrients) 11591, Watercress, raw

Report Date: September 17, 2019 00:32 EDT

Nutrient values and weights are for edible portion.

Food Group : Vegetables and Vegetable Products

Carbohydrate Factor: 3.57 Fat Factor: 8.37 Protein Factor:2.44 Nitrogen to Protein Conversion Factor:6.25

Refuse:8% Refuse Description: Tough stems and ends

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, chopped 34g	1 sprig 2.5g	10.0 sprigs 25g
Proximates							
Water	g	95.11	2	--	32.34	2.38	23.78
Energy	kcal	11	--	--	4	0	3
Energy	kJ	46	--	--	16	1	12
Protein	g	2.30	1	--	0.78	0.06	0.57
Total lipid (fat)	g	0.10	1	--	0.03	0.00	0.03
Ash	g	1.20	--	--	0.41	0.03	0.30
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	1	--	41	3	30
Iron, Fe	mg	0.20	1	--	0.07	0.01	0.05
Magnesium, Mg	mg	21	2	--	7	1	5
Phosphorus, P	mg	60	1	--	20	2	15
Potassium, K	mg	330	2	--	112	8	82
Sodium, Na	mg	41	2	--	14	1	10
Zinc, Zn	mg	0.11	--	--	0.04	0.00	0.03
Copper, Cu	mg	0.077	--	--	0.026	0.002	0.019
Manganese, Mn	mg	0.244	--	--	0.083	0.006	0.061
Selenium, Se	µg	0.9	--	--	0.3	0.0	0.2
Vitamins							

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, chopped 34g	1 sprig 2.5g	10.0 sprigs 25g
Vitamin C, total ascorbic acid	mg	43.0	1	--	14.6	1.1	10.8
Thiamin	mg	0.090	1	--	0.031	0.002	0.022
Riboflavin	mg	0.120	1	--	0.041	0.003	0.030
Niacin	mg	0.200	1	--	0.068	0.005	0.050
Pantothenic acid	mg	0.310	--	--	0.105	0.008	0.077
Vitamin B-6	mg	0.129	--	--	0.044	0.003	0.032
Folate, total	µg	9	--	--	3	0	2
Folic acid	µg	0	--	--	0	0	0
Folate, food	µg	9	--	--	3	0	2
Folate, DFE	µg	9	--	--	3	0	2
Choline, total	mg	9.0	--	--	3.1	0.2	2.2
Vitamin B-12	µg	0.00	--	--	0.00	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00	0.00
Vitamin A, RAE	µg	160	--	--	54	4	40
Retinol	µg	0	--	--	0	0	0
Carotene, beta	µg	1914	--	--	651	48	478
Carotene, alpha	µg	0	--	--	0	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0	0
Vitamin A, IU	IU	3191	--	--	1085	80	798
Lycopene	µg	0	--	--	0	0	0
Lutein + zeaxanthin	µg	5767	--	--	1961	144	1442
Vitamin E (alpha-tocopherol)	mg	1.00	--	--	0.34	0.03	0.25
Vitamin E, added	mg	0.00	--	--	0.00	0.00	0.00
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
4:0	g	0.000	--	--	0.000	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000	0.000
12:0	g	0.000	--	--	0.000	0.000	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, chopped 34g	1 sprig 2.5g	10.0 sprigs 25g
14:0	g	0.000	--	--	0.000	0.000	0.000
16:0	g	0.024	3	--	0.008	0.001	0.006
18:0	g	0.003	3	--	0.001	0.000	0.001
Fatty acids, total monounsaturated	g	0.008	--	--	0.003	0.000	0.002
16:1 undifferentiated	g	0.002	3	--	0.001	0.000	0.000
18:1 undifferentiated	g	0.006	3	--	0.002	0.000	0.002
20:1	g	0.000	--	--	0.000	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	0.035	--	--	0.012	0.001	0.009
18:2 undifferentiated	g	0.012	3	--	0.004	0.000	0.003
18:3 undifferentiated	g	0.023	3	--	0.008	0.001	0.006
18:4	g	0.000	--	--	0.000	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000	0.000
Fatty acids, total trans	g	0.000	--	--	0.000	0.000	0.000
Cholesterol	mg	0	--	--	0	0	0
Amino Acids							
Tryptophan	g	0.030	5	--	0.010	0.001	0.007
Threonine	g	0.133	2	--	0.045	0.003	0.033
Isoleucine	g	0.093	2	--	0.032	0.002	0.023
Leucine	g	0.166	2	--	0.056	0.004	0.042
Lysine	g	0.134	6	--	0.046	0.003	0.034
Methionine	g	0.020	6	--	0.007	0.000	0.005
Cystine	g	0.007	1	--	0.002	0.000	0.002
Phenylalanine	g	0.114	2	--	0.039	0.003	0.029
Tyrosine	g	0.063	1	--	0.021	0.002	0.016
Valine	g	0.137	2	--	0.047	0.003	0.034
Arginine	g	0.150	1	--	0.051	0.004	0.037
Histidine	g	0.040	1	--	0.014	0.001	0.010
Alanine	g	0.137	1	--	0.047	0.003	0.034
Aspartic acid	g	0.187	1	--	0.064	0.005	0.047

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, chopped 34g	1 sprig 2.5g	10.0 sprigs 25g
Glutamic acid	g	0.190	1	--	0.065	0.005	0.048
Glycine	g	0.112	1	--	0.038	0.003	0.028
Proline	g	0.096	1	--	0.033	0.002	0.024
Serine	g	0.060	1	--	0.020	0.002	0.015
Other							
Alcohol, ethyl	g	0.0	--	--	0.0	0.0	0.0
Caffeine	mg	0	--	--	0	0	0
Theobromine	mg	0	--	--	0	0	0
Flavonoids							
Flavanones							
Hesperetin 1	mg	0.0	1	--	0.0	0.0	0.0
Flavones							
Apigenin 1 2	mg	0.0	5	0	0.0	0.0	0.0
Luteolin 1 2	mg	0.0	5	0.01	0.0	0.0	0.0
Flavonols							
Isorhamnetin 1	mg	0.0	1	--	0.0	0.0	0.0
Kaempferol 1 2 3	mg	23.0	8	3.66	7.8	0.6	5.8
Myricetin 2	mg	0.2	4	0	0.1	0.0	0.1
Quercetin 1 2 3	mg	30.0	8	6.74	10.2	0.7	7.5
Isoflavones							
Daidzein 4	mg	0.00	1	--	0.00	0.00	0.00
Genistein 4	mg	0.00	1	--	0.00	0.00	0.00
Total isoflavones 4	mg	0.00	1	--	0.00	0.00	0.00

¹Justesen, U., and Knuthsen, P. **Composition of flavonoids in fresh herbs and calculation of flavonoid intake by use of herbs in traditional Danish dishes.**, 2001 Food Chem. 73 pp.245-250

²Franke, A.A., Custer, L.J., Arakaki, C., and Murphy, S.P. **Vitamin C and flavonoid levels of fruits and vegetables consumed in Hawaii.**, 2004 J. Food Comp. Anal. 17 pp.1-35

³Martnez-Sanchez, A., Gil-Izquierdo, A., Gil, M. I., and Ferreres, F. **A comparative study of flavonoid compounds, vitamin C, and antioxidant properties of baby leaf Brassicaceae species.**, 2008 J. Agric. Food Chem. 56 pp.2330-2340

⁴Liggins, J., Bluck, L. J. C., Runswick, C., Atkinson, C., Coward, W. A., and Bingham, S. A. **Daidzein and genistein content of vegetables.**, 2000 Brit. J. Nutr. 84 pp.717-725

Languag Code(s)

- A0152 VEGETABLE OR VEGETABLE PRODUCT (US CFR)
- A1281 1100 VEGETABLES AND VEGETABLE PRODUCTS (USDA SR)
- B1492 WATERCRESS
- C0200 LEAF
- E0150 WHOLE, NATURAL SHAPE
- F0003 NOT HEAT-TREATED
- G0003 COOKING METHOD NOT APPLICABLE

- H0003 NO TREATMENT APPLIED
- J0001 PRESERVATION METHOD NOT KNOWN
- K0003 NO PACKING MEDIUM USED
- M0001 CONTAINER OR WRAPPING NOT KNOWN
- N0001 FOOD CONTACT SURFACE NOT KNOWN
- P0024 HUMAN FOOD, NO AGE SPECIFICATION