

Basic Report 11605, Beets, harvard, canned, solids and liquids

Report Date: July 19, 2019 16:49 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup slices 246g
Proximates			
Water	g	80.16	197.19
Energy	kcal	73	180
Protein	g	0.84	2.07
Total lipid (fat)	g	0.06	0.15
Carbohydrate, by difference	g	18.18	44.72
Fiber, total dietary	g	2.5	6.2
Minerals			
Calcium, Ca	mg	11	27
Iron, Fe	mg	0.36	0.89
Magnesium, Mg	mg	19	47
Phosphorus, P	mg	17	42
Potassium, K	mg	164	403
Sodium, Na	mg	162	399
Zinc, Zn	mg	0.23	0.57
Vitamins			
Vitamin C, total ascorbic acid	mg	2.4	5.9
Thiamin	mg	0.010	0.025
Riboflavin	mg	0.050	0.123
Niacin	mg	0.084	0.207
Vitamin B-6	mg	0.055	0.135
Folate, DFE	µg	29	71
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	1	2
Vitamin A, IU	IU	11	27
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0

Nutrient	Unit	1 Value Per100 g	1 cup slices 246g
Lipids			
Fatty acids, total saturated	g	0.009	0.022
Fatty acids, total monounsaturated	g	0.011	0.027
Fatty acids, total polyunsaturated	g	0.019	0.047
Fatty acids, total trans	g	0.000	0.000
Cholesterol	mg	0	0

Amino Acids

Other