

**Basic Report 11617, Dock, cooked, boiled, drained, without salt**

Report Date: September 15, 2019 12:20 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g
<b>Proximates</b>		
Water	g	93.60
Energy	kcal	20
Protein	g	1.83
Total lipid (fat)	g	0.64
Carbohydrate, by difference	g	2.93
Fiber, total dietary	g	2.6
<b>Minerals</b>		
Calcium, Ca	mg	38
Iron, Fe	mg	2.08
Magnesium, Mg	mg	89
Phosphorus, P	mg	52
Potassium, K	mg	321
Sodium, Na	mg	3
Zinc, Zn	mg	0.17
<b>Vitamins</b>		
Vitamin C, total ascorbic acid	mg	26.3
Thiamin	mg	0.034
Riboflavin	mg	0.086
Niacin	mg	0.411
Vitamin B-6	mg	0.100
Folate, DFE	µg	8
Vitamin B-12	µg	0.00
Vitamin A, RAE	µg	174
Vitamin A, IU	IU	3474
Vitamin D (D2 + D3)	µg	0.0
Vitamin D	IU	0

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>
<b>Lipids</b>		
Fatty acids, total trans	g	0.000
Cholesterol	mg	0
<b>Amino Acids</b>		
<b>Other</b>		