

Full Report (All Nutrients) 11617, Dock, cooked, boiled, drained, without salt

Report Date: July 23, 2019 18:49 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

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error
Proximates				
Water	g	93.60	--	--
Energy	kcal	20	--	--
Energy	kJ	84	--	--
Protein	g	1.83	--	--
Total lipid (fat)	g	0.64	--	--
Ash	g	1.01	--	--
Carbohydrate, by difference	g	2.93	--	--
Fiber, total dietary	g	2.6	--	--
Minerals				
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	--	--
Copper, Cu	mg	0.114	--	--
Manganese, Mn	mg	0.303	--	--
Selenium, Se	µg	0.9	--	--
Vitamins				
Vitamin C, total ascorbic acid	mg	26.3	--	--
Thiamin	mg	0.034	--	--

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error
Riboflavin	mg	0.086	--	--
Niacin	mg	0.411	--	--
Pantothenic acid	mg	0.036	--	--
Vitamin B-6	mg	0.100	--	--
Folate, total	µg	8	--	--
Folic acid	µg	0	--	--
Folate, food	µg	8	--	--
Folate, DFE	µg	8	--	--
Vitamin B-12	µg	0.00	--	--
Vitamin A, RAE	µg	174	--	--
Retinol	µg	0	--	--
Vitamin A, IU	IU	3474	--	--
Vitamin D (D2 + D3)	µg	0.0	--	--
Vitamin D	IU	0	--	--
Lipids				
Fatty acids, total trans	g	0.000	--	--
Cholesterol	mg	0	--	--
Amino Acids				
Threonine	g	0.086	--	--
Isoleucine	g	0.093	--	--
Leucine	g	0.152	--	--
Lysine	g	0.105	--	--
Methionine	g	0.032	--	--
Phenylalanine	g	0.104	--	--
Tyrosine	g	0.075	--	--
Valine	g	0.121	--	--
Arginine	g	0.098	--	--
Histidine	g	0.049	--	--
Alanine	g	0.121	--	--
Aspartic acid	g	0.166	--	--
Glutamic acid	g	0.197	--	--
Glycine	g	0.104	--	--
Proline	g	0.106	--	--

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error
Serine	g	0.070	--	--

Other

Languag Code(s)

- A0152 VEGETABLE OR VEGETABLE PRODUCT (US CFR)
- A1281 1100 VEGETABLES AND VEGETABLE PRODUCTS (USDA SR)
- B1641 SORREL
- C0200 LEAF
- E0151 SOLID
- F0014 FULLY HEAT-TREATED
- G0015 BOILED AND DRAINED
- H0001 TREATMENT APPLIED NOT KNOWN
- 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
- P0078 NO SALT ADDED CLAIM OR USE