

Basic Report 11808, Parsnips, cooked, boiled, drained, with salt

Report Date: October 22, 2017 06:05 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	0.5 cup slices 78g	1 parsnip (9" long) 160g
Proximates				
Water	g	80.24	62.59	128.38
Energy	kcal	71	55	114
Protein	g	1.32	1.03	2.11
Total lipid (fat)	g	0.30	0.23	0.48
Carbohydrate, by difference	g	17.01	13.27	27.22
Fiber, total dietary	g	4.0	3.1	6.4
Sugars, total	g	4.80	3.74	7.68
Minerals				
Calcium, Ca	mg	37	29	59
Iron, Fe	mg	0.58	0.45	0.93
Magnesium, Mg	mg	29	23	46
Phosphorus, P	mg	69	54	110
Potassium, K	mg	367	286	587
Sodium, Na	mg	246	192	394
Zinc, Zn	mg	0.26	0.20	0.42
Vitamins				
Vitamin C, total ascorbic acid	mg	13.0	10.1	20.8
Thiamin	mg	0.083	0.065	0.133
Riboflavin	mg	0.051	0.040	0.082
Niacin	mg	0.724	0.565	1.158
Vitamin B-6	mg	0.093	0.073	0.149
Folate, DFE	µg	58	45	93
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	0	0	0
Vitamin A, IU	IU	0	0	0
Vitamin E (alpha-tocopherol)	mg	1.00	0.78	1.60

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	0	0	0
Vitamin K (phylloquinone)	µg	1.0	0.8	1.6
Lipids				
Fatty acids, total saturated	g	0.050	0.039	0.080
Fatty acids, total monounsaturated	g	0.112	0.087	0.179
Fatty acids, total polyunsaturated	g	0.047	0.037	0.075
Fatty acids, total trans	g	0.000	0.000	0.000
Cholesterol	mg	0	0	0

Amino Acids

Other