

## Basic Report 11847, Pumpkin, flowers, cooked, boiled, drained, with salt

Report Date: December 11, 2017 19:51 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 134g
<b>Proximates</b>			
Water	g	95.20	127.57
Energy	kcal	15	20
Protein	g	1.09	1.46
Total lipid (fat)	g	0.08	0.11
Carbohydrate, by difference	g	3.18	4.26
Fiber, total dietary	g	0.9	1.2
Sugars, total	g	2.40	3.22
<b>Minerals</b>			
Calcium, Ca	mg	37	50
Iron, Fe	mg	0.88	1.18
Magnesium, Mg	mg	25	34
Phosphorus, P	mg	34	46
Potassium, K	mg	106	142
Sodium, Na	mg	242	324
Zinc, Zn	mg	0.10	0.13
<b>Vitamins</b>			
Vitamin C, total ascorbic acid	mg	5.0	6.7
Thiamin	mg	0.018	0.024
Riboflavin	mg	0.032	0.043
Niacin	mg	0.310	0.415
Vitamin B-6	mg	0.050	0.067
Folate, DFE	µg	41	55
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	87	117
Vitamin A, IU	IU	1734	2324
Vitamin E (alpha-tocopherol)	mg	0.04	0.05

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>1 cup 134g</b>
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	0.0	0.0
<b>Lipids</b>			
Fatty acids, total saturated	g	0.041	0.055
Fatty acids, total monounsaturated	g	0.010	0.013
Fatty acids, total polyunsaturated	g	0.004	0.005
Fatty acids, total trans	g	0.000	0.000
Cholesterol	mg	0	0
<b>Amino Acids</b>			
<b>Other</b>			
Caffeine	mg	0	0