

## Basic Report 11849, Purslane, cooked, boiled, drained, with salt

Report Date: August 20, 2019 21:14 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 115g
<b>Proximates</b>			
Water	g	93.52	107.55
Energy	kcal	18	21
Protein	g	1.49	1.71
Total lipid (fat)	g	0.19	0.22
Carbohydrate, by difference	g	3.55	4.08
<b>Minerals</b>			
Calcium, Ca	mg	78	90
Iron, Fe	mg	0.77	0.89
Magnesium, Mg	mg	67	77
Phosphorus, P	mg	37	43
Potassium, K	mg	488	561
Sodium, Na	mg	280	322
Zinc, Zn	mg	0.17	0.20
<b>Vitamins</b>			
Vitamin C, total ascorbic acid	mg	10.5	12.1
Thiamin	mg	0.031	0.036
Riboflavin	mg	0.090	0.103
Niacin	mg	0.460	0.529
Vitamin B-6	mg	0.070	0.081
Folate, DFE	µg	9	10
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	93	107
Vitamin A, IU	IU	1852	2130
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0

### Lipids

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>1 cup 115g</b>
Fatty acids, total trans	g	0.000	0.000
Cholesterol	mg	0	0

**Amino Acids**

**Other**