

## Basic Report 11928, Tree fern, cooked, with salt

Report Date: August 16, 2017 17:45 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 frond (6-1/2" long) 31g	0.5 cup, chopped or diced 71g
<b>Proximates</b>				
Water	g	88.60	27.47	62.91
Energy	kcal	40	12	28
Protein	g	0.29	0.09	0.21
Total lipid (fat)	g	0.07	0.02	0.05
Carbohydrate, by difference	g	10.78	3.34	7.65
Fiber, total dietary	g	3.7	1.1	2.6
<b>Minerals</b>				
Calcium, Ca	mg	8	2	6
Iron, Fe	mg	0.16	0.05	0.11
Magnesium, Mg	mg	5	2	4
Phosphorus, P	mg	4	1	3
Potassium, K	mg	5	2	4
Sodium, Na	mg	241	75	171
Zinc, Zn	mg	0.31	0.10	0.22
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	30.0	9.3	21.3
Thiamin	mg	0.000	0.000	0.000
Riboflavin	mg	0.300	0.093	0.213
Niacin	mg	3.500	1.085	2.485
Vitamin B-6	mg	0.179	0.055	0.127
Folate, DFE	µg	15	5	11
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	10	3	7
Vitamin A, IU	IU	200	62	142
Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
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<b>Lipids</b>				
Fatty acids, total trans	g	0.000	0.000	0.000
Cholesterol	mg	0	0	0
<b>Amino Acids</b>				
<b>Other</b>				