

Basic Report 11928, Tree fern, cooked, with salt

Report Date: December 13, 2017 00:21 EST

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
Proximates				
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
Minerals				
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
Vitamins				
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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Lipids				
Fatty acids, total trans	g	0.000	0.000	0.000
Cholesterol	mg	0	0	0
Amino Acids				
Other				