

Basic Report 11928, Tree fern, cooked, with salt

Report Date: May 23, 2017 01:08 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 |
|--------------------------------|------|------------------------|------------------------------|----------------------------------|
| 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 |
| Vitamin D | IU | 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 | | | | |