

Basic Report 11959, Arugula, raw

Report Date: September 22, 2017 20:24 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 leaf 2g	0.5 cup 10g
Proximates				
Water	g	91.71	1.83	9.17
Energy	kcal	25	0	2
Protein	g	2.58	0.05	0.26
Total lipid (fat)	g	0.66	0.01	0.07
Carbohydrate, by difference	g	3.65	0.07	0.36
Fiber, total dietary	g	1.6	0.0	0.2
Sugars, total	g	2.05	0.04	0.20
Minerals				
Calcium, Ca	mg	160	3	16
Iron, Fe	mg	1.46	0.03	0.15
Magnesium, Mg	mg	47	1	5
Phosphorus, P	mg	52	1	5
Potassium, K	mg	369	7	37
Sodium, Na	mg	27	1	3
Zinc, Zn	mg	0.47	0.01	0.05
Vitamins				
Vitamin C, total ascorbic acid	mg	15.0	0.3	1.5
Thiamin	mg	0.044	0.001	0.004
Riboflavin	mg	0.086	0.002	0.009
Niacin	mg	0.305	0.006	0.030
Vitamin B-6	mg	0.073	0.001	0.007
Folate, DFE	µg	97	2	10
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	119	2	12
Vitamin A, IU	IU	2373	47	237
Vitamin E (alpha-tocopherol)	mg	0.43	0.01	0.04

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	0	0	0
Vitamin K (phylloquinone)	µg	108.6	2.2	10.9
Lipids				
Fatty acids, total saturated	g	0.086	0.002	0.009
Fatty acids, total monounsaturated	g	0.049	0.001	0.005
Fatty acids, total polyunsaturated	g	0.319	0.006	0.032
Fatty acids, total trans	g	0.000	0.000	0.000
Cholesterol	mg	0	0	0
Amino Acids				
Other				
Caffeine	mg	0	0	0