

## Basic Report 11985, Fireweed, leaves, raw

Report Date: November 19, 2018 08:49 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup, chopped 23g	1 plant 22g
<b>Proximates</b>				
Water	g	70.78	16.28	15.57
Energy	kcal	103	24	23
Protein	g	4.71	1.08	1.04
Total lipid (fat)	g	2.75	0.63	0.60
Carbohydrate, by difference	g	19.22	4.42	4.23
Fiber, total dietary	g	10.6	2.4	2.3
<b>Minerals</b>				
Calcium, Ca	mg	429	99	94
Iron, Fe	mg	2.40	0.55	0.53
Magnesium, Mg	mg	156	36	34
Phosphorus, P	mg	108	25	24
Potassium, K	mg	494	114	109
Sodium, Na	mg	34	8	7
Zinc, Zn	mg	2.66	0.61	0.59
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	2.2	0.5	0.5
Thiamin	mg	0.033	0.008	0.007
Riboflavin	mg	0.137	0.032	0.030
Niacin	mg	4.674	1.075	1.028
Vitamin B-6	mg	0.632	0.145	0.139
Folate, DFE	µg	112	26	25
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	180	41	40
Vitamin A, IU	IU	3598	828	792
Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	0	0	0

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>1 cup, chopped 23g</b>	<b>1 plant 22g</b>
<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>				