

Basic Report 35205, Stinging Nettles, blanched (Northern Plains Indians)

Report Date: July 27, 2017 14:37 EDT

Nutrient values and weights are for edible portion.

| Nutrient | Unit | 1 Value Per100 g | 1 cup 89g |
|-----------------------------|------|------------------------|--------------|
| Proximates | | | |
| Water | g | 87.67 | 78.03 |
| Energy | kcal | 42 | 37 |
| Protein | g | 2.71 | 2.41 |
| Total lipid (fat) | g | 0.11 | 0.10 |
| Carbohydrate, by difference | g | 7.49 | 6.67 |
| Fiber, total dietary | g | 6.9 | 6.1 |
| Sugars, total | g | 0.25 | 0.22 |
| Minerals | | | |
| Calcium, Ca | mg | 481 | 428 |
| Iron, Fe | mg | 1.64 | 1.46 |
| Magnesium, Mg | mg | 57 | 51 |
| Phosphorus, P | mg | 71 | 63 |
| Potassium, K | mg | 334 | 297 |
| Sodium, Na | mg | 4 | 4 |
| Zinc, Zn | mg | 0.34 | 0.30 |
| Vitamins | | | |
| Thiamin | mg | 0.008 | 0.007 |
| Riboflavin | mg | 0.160 | 0.142 |
| Niacin | mg | 0.388 | 0.345 |
| Vitamin B-6 | mg | 0.103 | 0.092 |
| Folate, DFE | µg | 14 | 12 |
| Vitamin A, RAE | µg | 101 | 90 |
| Vitamin A, IU | IU | 2011 | 1790 |
| Vitamin K (phylloquinone) | µg | 498.6 | 443.8 |

Lipids

Amino Acids

| Nutrient | Unit | 1 Value Per100 g | 1 cup 89g |
|-----------------|-------------|---------------------------------|----------------------|
|-----------------|-------------|---------------------------------|----------------------|

Other

Footnotes

^a Includes only 5-methyl tetrahydrofolate (THF).