

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

Report Date: November 24, 2017 05:54 EST

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

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Other

Footnotes

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