

Basic Report 11597, Winged bean leaves, raw

Report Date: May 26, 2019 23:59 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g
Proximates		
Water	g	76.85
Energy	kcal	74
Protein	g	5.85
Total lipid (fat)	g	1.10
Carbohydrate, by difference	g	14.10
Minerals		
Calcium, Ca	mg	224
Iron, Fe	mg	4.00
Magnesium, Mg	mg	8
Phosphorus, P	mg	63
Potassium, K	mg	176
Sodium, Na	mg	9
Zinc, Zn	mg	1.28
Vitamins		
Vitamin C, total ascorbic acid	mg	45.0
Thiamin	mg	0.833
Riboflavin	mg	0.602
Niacin	mg	3.472
Vitamin B-6	mg	0.232
Folate, DFE	µg	16
Vitamin B-12	µg	0.00
Vitamin A, RAE	µg	405
Vitamin A, IU	IU	8090
Vitamin D (D2 + D3)	µg	0.0
Vitamin D	IU	0
Lipids		

Nutrient	Unit	1 Value Per100 g
Fatty acids, total saturated	g	0.272
Fatty acids, total monounsaturated	g	0.285
Fatty acids, total polyunsaturated	g	0.213
Fatty acids, total trans	g	0.000
Cholesterol	mg	0

Amino Acids

Other