

Full Report (All Nutrients) 11022, Balsam-pear (bitter gourd), leafy tips, raw

Report Date: December 28, 2017 15:31 EST

Nutrient values and weights are for edible portion.

Food Group : Vegetables and Vegetable Products

Carbohydrate Factor: 3.57 Fat Factor: 8.37 Protein Factor:2.44 Nitrogen to Protein Conversion Factor:6.25

Refuse:62% Refuse Description: Tough stems and leaves

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 leaf 4g	0.5 cup 24g
Proximates						
Water	g	89.25	1	--	3.57	21.42
Energy	kcal	30	--	--	1	7
Energy	kJ	126	--	--	5	30
Protein	g	5.30	--	--	0.21	1.27
Total lipid (fat)	g	0.69	--	--	0.03	0.17
Ash	g	1.47	--	--	0.06	0.35
Carbohydrate, by difference	g	3.29	--	--	0.13	0.79
Minerals						
Calcium, Ca	mg	84	--	--	3	20
Iron, Fe	mg	2.04	--	--	0.08	0.49
Magnesium, Mg	mg	85	1	--	3	20
Phosphorus, P	mg	99	--	--	4	24
Potassium, K	mg	608	1	--	24	146
Sodium, Na	mg	11	1	--	0	3
Zinc, Zn	mg	0.30	--	--	0.01	0.07
Copper, Cu	mg	0.201	--	--	0.008	0.048
Manganese, Mn	mg	0.536	--	--	0.021	0.129
Selenium, Se	µg	0.9	--	--	0.0	0.2
Vitamins						
Vitamin C, total ascorbic acid	mg	88.0	--	--	3.5	21.1
Thiamin	mg	0.181	--	--	0.007	0.043

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 leaf 4g	0.5 cup 24g
Riboflavin	mg	0.362	--	--	0.014	0.087
Niacin	mg	1.110	--	--	0.044	0.266
Pantothenic acid	mg	0.063	--	--	0.003	0.015
Vitamin B-6	mg	0.803	--	--	0.032	0.193
Folate, total	µg	128	--	--	5	31
Folic acid	µg	0	--	--	0	0
Folate, food	µg	128	--	--	5	31
Folate, DFE	µg	128	--	--	5	31
Vitamin B-12	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	87	--	--	3	21
Retinol	µg	0	--	--	0	0
Vitamin A, IU	IU	1734	--	--	69	416
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0
Vitamin D	IU	0	--	--	0	0
Lipids						
Fatty acids, total trans	g	0.000	--	--	0.000	0.000
Cholesterol	mg	0	--	--	0	0
Amino Acids						
Other						