

## Parsley, fresh

Portion: 100g

Name	Amount	Unit
Water	87.71	g
Energy	36	kcal
Energy	151	kJ
Protein	2.97	g
Total lipid (fat)	0.79	g
Ash	2.2	g
Carbohydrate, by difference	6.33	g
Fiber, total dietary	3.3	g
Sugars, total including NLEA	0.85	g
Calcium, Ca	138	mg
Iron, Fe	6.2	mg
Magnesium, Mg	50	mg
Phosphorus, P	58	mg
Potassium, K	554	mg
Sodium, Na	56	mg
Zinc, Zn	1.07	mg
Copper, Cu	0.149	mg
Manganese, Mn	0.16	mg
Selenium, Se	0.1	µg
Vitamin C, total ascorbic acid	133	mg
Thiamin	0.086	mg
Riboflavin	0.098	mg
Niacin	1.313	mg
Pantothenic acid	0.4	mg
Vitamin B-6	0.09	mg
Folate, total	152	µg
Folate, food	152	µg
Folate, DFE	152	µg
Choline, total	12.8	mg
Vitamin A, RAE	421	µg
Carotene, beta	5054	µg
Vitamin A, IU	8424	IU
Lutein + zeaxanthin	5561	µg
Vitamin E (alpha-tocopherol)	0.75	mg
Vitamin K (phylloquinone)	1640	µg
Fatty acids, total saturated	0.132	g
Fatty acids, total monounsaturated	0.295	g
Fatty acids, total polyunsaturated	0.124	g
Tryptophan	0.045	g
Threonine	0.122	g

<b>Name</b>	<b>Amount</b>	<b>Unit</b>
Isoleucine	0.118	g
Leucine	0.204	g
Lysine	0.181	g
Methionine	0.042	g
Cystine	0.014	g
Phenylalanine	0.145	g
Tyrosine	0.082	g
Valine	0.172	g
Arginine	0.122	g
Histidine	0.061	g
Alanine	0.195	g
Aspartic acid	0.294	g
Glutamic acid	0.249	g
Glycine	0.145	g
Proline	0.213	g
Serine	0.136	g

"Parsley, fresh." *FoodData Central*, 1 Apr. 2019, U.S.D.A., Agricultural Research Service, [fdc.nal.usda.gov/index.html](http://fdc.nal.usda.gov/index.html). Accessed 22 Oct. 2020.