

## Basic Report 11086, Beet greens, raw

Report Date: August 18, 2018 00:21 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 38g	1 leaf 32g	0.5 cup (1" pieces) 19g
<b>Proximates</b>					
Water	g	91.02	34.59	29.13	17.29
Energy	kcal	22	8	7	4
Protein	g	2.20	0.84	0.70	0.42
Total lipid (fat)	g	0.13	0.05	0.04	0.02
Carbohydrate, by difference	g	4.33	1.65	1.39	0.82
Fiber, total dietary	g	3.7	1.4	1.2	0.7
Sugars, total	g	0.50	0.19	0.16	0.10
<b>Minerals</b>					
Calcium, Ca	mg	117	44	37	22
Iron, Fe	mg	2.57	0.98	0.82	0.49
Magnesium, Mg	mg	70	27	22	13
Phosphorus, P	mg	41	16	13	8
Potassium, K	mg	762	290	244	145
Sodium, Na	mg	226	86	72	43
Zinc, Zn	mg	0.38	0.14	0.12	0.07
<b>Vitamins</b>					
Vitamin C, total ascorbic acid	mg	30.0	11.4	9.6	5.7
Thiamin	mg	0.100	0.038	0.032	0.019
Riboflavin	mg	0.220	0.084	0.070	0.042
Niacin	mg	0.400	0.152	0.128	0.076
Vitamin B-6	mg	0.106	0.040	0.034	0.020
Folate, DFE	µg	15	6	5	3
Vitamin B-12	µg	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	316	120	101	60
Vitamin A, IU	IU	6326	2404	2024	1202
Vitamin E (alpha-tocopherol)	mg	1.50	0.57	0.48	0.28

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	0.0
Vitamin D	IU	0	0	0	0
Vitamin K (phylloquinone)	µg	400.0	152.0	128.0	76.0
<b>Lipids</b>					
Fatty acids, total saturated	g	0.020	0.008	0.006	0.004
Fatty acids, total monounsaturated	g	0.026	0.010	0.008	0.005
Fatty acids, total polyunsaturated	g	0.046	0.017	0.015	0.009
Fatty acids, total trans	g	0.000	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0
<b>Amino Acids</b>					
<b>Other</b>					
Caffeine	mg	0	0	0	0