

Basic Report 11952, Radicchio, raw

Report Date: June 18, 2017 10:18 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup, shredded 40g	1 leaf 8g
Proximates				
Water	g	93.14	37.26	7.45
Energy	kcal	23	9	2
Protein	g	1.43	0.57	0.11
Total lipid (fat)	g	0.25	0.10	0.02
Carbohydrate, by difference	g	4.48	1.79	0.36
Fiber, total dietary	g	0.9	0.4	0.1
Sugars, total	g	0.60	0.24	0.05
Minerals				
Calcium, Ca	mg	19	8	2
Iron, Fe	mg	0.57	0.23	0.05
Magnesium, Mg	mg	13	5	1
Phosphorus, P	mg	40	16	3
Potassium, K	mg	302	121	24
Sodium, Na	mg	22	9	2
Zinc, Zn	mg	0.62	0.25	0.05
Vitamins				
Vitamin C, total ascorbic acid	mg	8.0	3.2	0.6
Thiamin	mg	0.016	0.006	0.001
Riboflavin	mg	0.028	0.011	0.002
Niacin	mg	0.255	0.102	0.020
Vitamin B-6	mg	0.057	0.023	0.005
Folate, DFE	µg	60	24	5
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	1	0	0
Vitamin A, IU	IU	27	11	2
Vitamin E (alpha-tocopherol)	mg	2.26	0.90	0.18

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	0	0	0
Vitamin K (phylloquinone)	µg	255.2	102.1	20.4
Lipids				
Fatty acids, total saturated	g	0.060	0.024	0.005
Fatty acids, total monounsaturated	g	0.010	0.004	0.001
Fatty acids, total polyunsaturated	g	0.110	0.044	0.009
Fatty acids, total trans	g	0.000	0.000	0.000
Cholesterol	mg	0	0	0
Amino Acids				
Other				
Caffeine	mg	0	0	0