

USDA National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Basic Report 11429, Radishes, raw

Report Date: June 06, 2016 11:00 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup slices 116g	1 large (1" to 1-1/4" dia) 9g	1 medium (3/4" to 1" dia) 4,5g	1 slice 1g	1 small 2g	0.5 cup slices 58g
Proximates								
Water	g	95.27	110.51	8.57	4.29	0.95	1.91	55.26
Energy	kcal	16	19	1	1	0	0	9
Protein	g	0.68	0.79	0.06	0.03	0.01	0.01	0.39
Total lipid (fat)	g	0.10	0.12	0.01	0.00	0.00	0.00	0.06
Carbohydrate, by difference	g	3.40	3.94	0.31	0.15	0.03	0.07	1.97
Fiber, total dietary	g	1.6	1.9	0.1	0.1	0.0	0.0	0.9
Sugars, total	g	1.86	2.16	0.17	0.08	0.02	0.04	1.08
Minerals								
Calcium, Ca	mg	25	29	2	1	0	0	14
Iron, Fe	mg	0.34	0.39	0.03	0.02	0.00	0.01	0.20
Magnesium, Mg	mg	10	12	1	0	0	0	6
Phosphorus, P	mg	20	23	2	1	0	0	12
Potassium, K	mg	233	270	21	10	2	5	135
Sodium, Na	mg	39	45	4	2	0	1	23
Zinc, Zn	mg	0.28	0.32	0.03	0.01	0.00	0.01	0.16
Vitamins								
Vitamin C, total ascorbic acid	mg	14.8	17.2	1.3	0.7	0.1	0.3	8.6
Thiamin	mg	0.012	0.014	0.001	0.001	0.000	0.000	0.007
Riboflavin	mg	0.039	0.045	0.004	0.002	0.000	0.001	0.023
Niacin	mg	0.254	0.295	0.023	0.011	0.003	0.005	0.147
Vitamin B-6	mg	0.071	0.082	0.006	0.003	0.001	0.001	0.041
Folate, DFE	µg	25	29	2	1	0	0	14
Vitamin B-12	µg	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	0	0	0	0	0	0	0
Vitamin A, IU	IU	7	8	1	0	0	0	4

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Vitamin E (alpha-tocopherol)	mg	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Vitamin D	IU	0	0	0	0	0	0	0
Vitamin K (phylloquinone)	µg	1.3	1.5	0.1	0.1	0.0	0.0	0.8
Lipids								
Fatty acids, total saturated	g	0.032	0.037	0.003	0.001	0.000	0.001	0.019
Fatty acids, total monounsaturated	g	0.017	0.020	0.002	0.001	0.000	0.000	0.010
Fatty acids, total polyunsaturated	g	0.048	0.056	0.004	0.002	0.000	0.001	0.028
Fatty acids, total trans	g	0.000	0.000	0.000	0.000	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0	0	0
Amino Acids								
Other								
Caffeine	mg	0	0	0	0	0	0	0