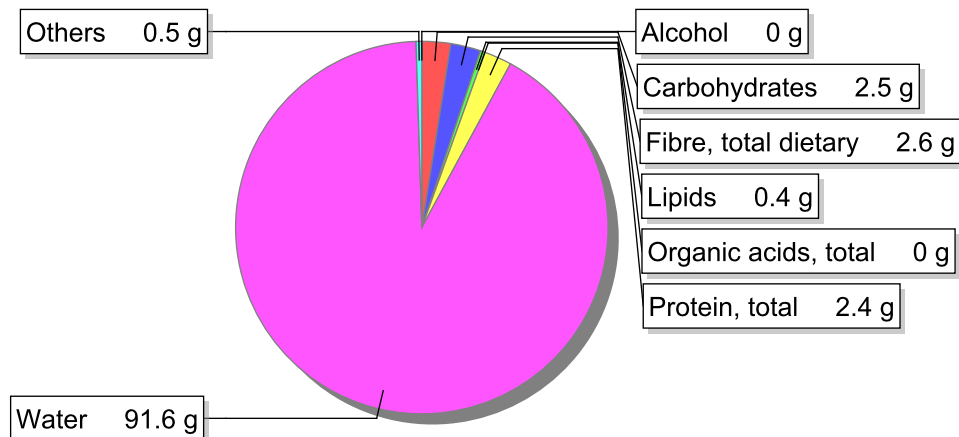


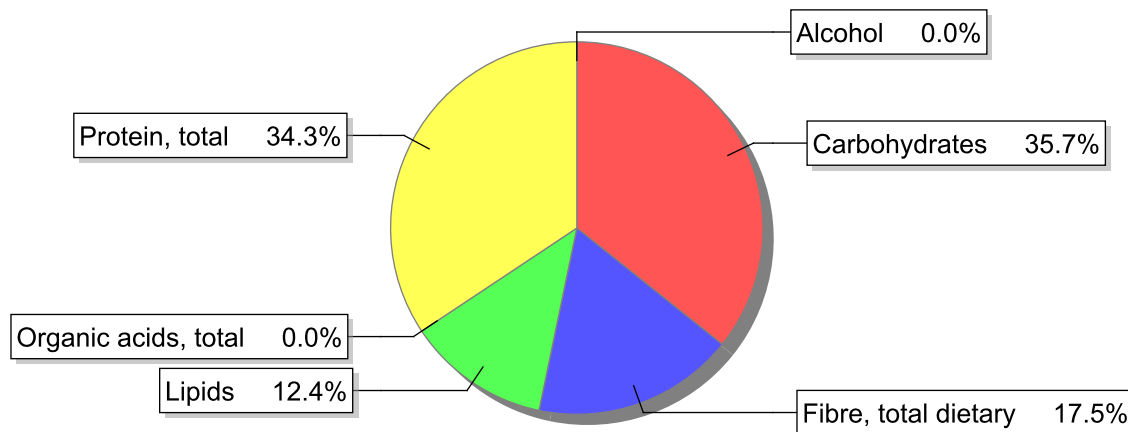
Food

Name: Spring greens, raw
Group: Vegetables other than legumes
Subgroup: Vegetables other than legumes
Edible Part: 40%
Code: IS565
FoodEX2 Code: A00FP

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	28	kcal	
energy kJ, total metabolisable	119	kJ	
fatty acids, total saturated	0.1	g	
fatty acids, total monounsaturated	0	g	
fatty acids, total polyunsaturated	0.3	g	
fatty acid 18:2 n-6 cis,cis	0.3	g	
fatty acids, total trans	0	g	
sugars, total	2.1	g	
sucrose	0.2	g	

Name	Value	Unit	Source(s)
lactose	0	g	
salt	0.0	g	
starch, total	0.2	g	
protein, total	2.4	g	
alcohol	0	g	
water	91.6	g	
organic acids, total	0	g	
cholesterol	0	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	180	µg	57
carotene, total (vitamin A precursors)	1080	µg	57
vitamin D	0	µg	
alpha-tocopherol	1.3	mg	
thiamin	0.07	mg	57
riboflavin	0.09	mg	57
niacin, preformed	0.7	mg	
niacin equivalents, total	1.1	mg	
niacin equivalents from tryptophan	0.4	mg	
vitamin B-6, total	0.14	mg	
vitamin B-12	0	µg	
vitamin C	79	mg	57
folate, total	90	µg	
ash	1.04	g	
sodium	19	mg	
potassium	230	mg	
calcium	150	mg	57
phosphorus	51	mg	57
magnesium	20	mg	
iron, total	0.6	mg	
zinc	0.7	mg	

Legend

Code	Name
g	gram
kJ	kilojoule
kcal	kilocalorie
mg	milligram
µg	microgram

References

Id	Reference
57	PIABAD (1993) Programa do Instituto de Alimentação Becel para análise de dietas: programa profissional para computadores pessoais. Lisboa: IAB