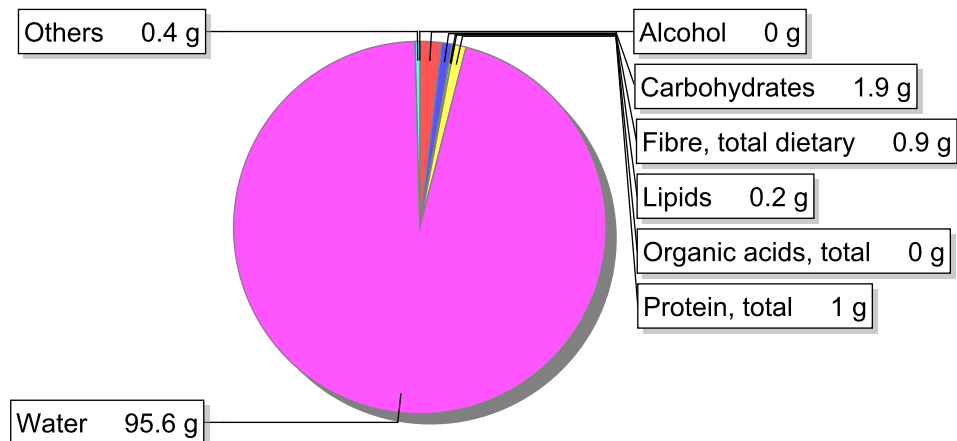


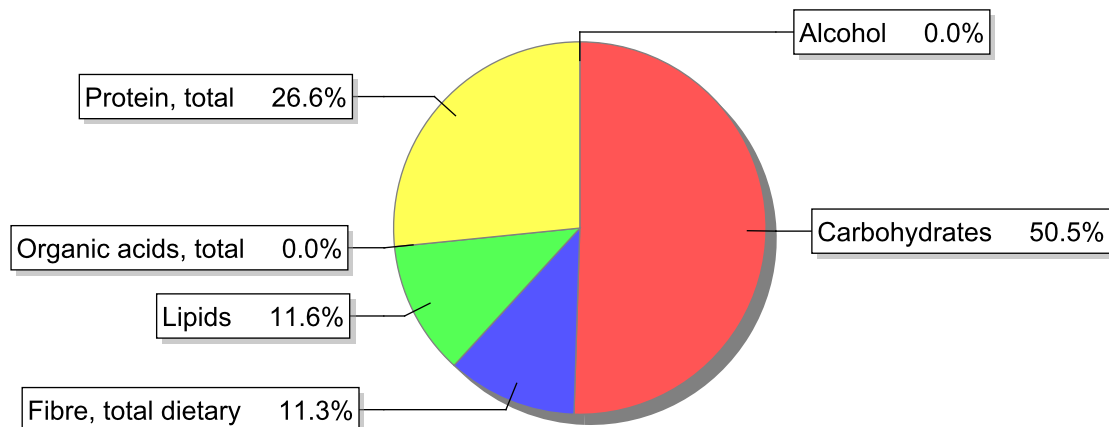
## Food

**Name:** Radish, raw  
**Group:** Vegetables other than legumes  
**Subgroup:** Vegetables other than legumes  
**Edible Part:** 68%  
**Code:** IS614  
**FoodEX2 Code:** A00QV

## Composition [g/100g]



## Energy



## Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	15	kcal	
energy kJ, total metabolisable	64	kJ	
fatty acids, total saturated	0.1	g	
fatty acids, total monounsaturated	0	g	
fatty acids, total polyunsaturated	0.1	g	
fatty acid 18:2 n-6 cis,cis	0.1	g	
fatty acids, total trans	0	g	
sugars, total	1.9	g	
sucrose	0	g	

Name	Value	Unit	Source(s)
lactose	0	g	
salt	0.0	g	
starch, total	0	g	
protein, total	1	g	57
alcohol	0	g	
water	95.6	g	57
organic acids, total	0	g	
cholesterol	0	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	0	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	0	µg	
alpha-tocopherol	0	mg	
thiamin	0.03	mg	57
riboflavin	0.01	mg	57
niacin, preformed	0.4	mg	
niacin equivalents, total	0.5	mg	
niacin equivalents from tryptophan	0.1	mg	
vitamin B-6, total	0.06	mg	57
vitamin B-12	0	µg	
vitamin C	16	mg	57
folate, total	38	µg	
ash	0.34	g	
sodium	11	mg	
potassium	160	mg	57
calcium	22	mg	57
phosphorus	27	mg	57
magnesium	7	mg	57
iron, total	0.4	mg	57
zinc	0.1	mg	57

## 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