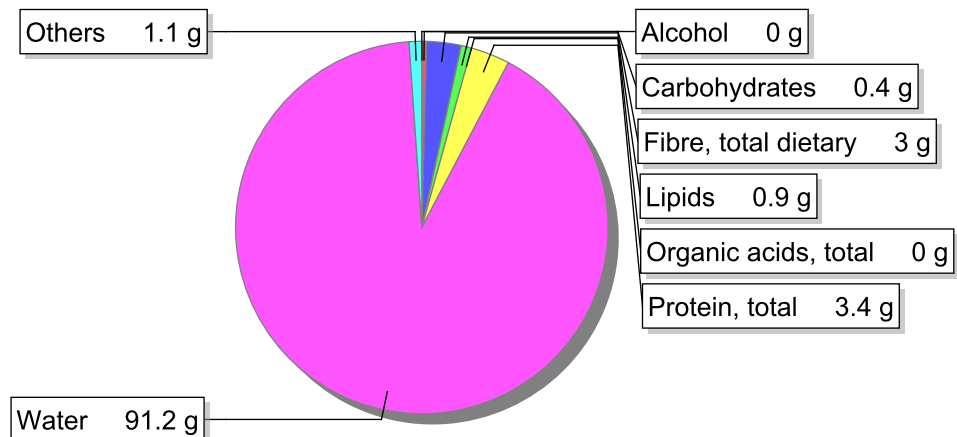


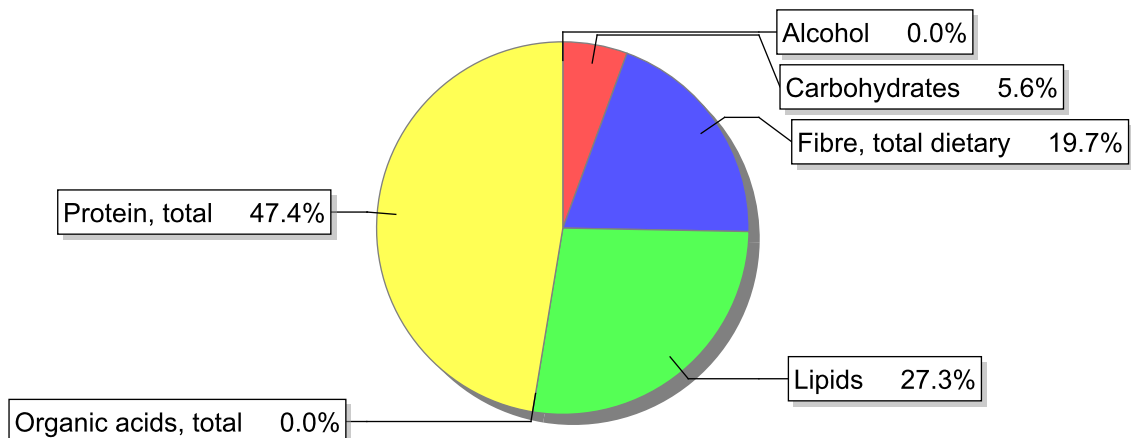
Food

Name: Watercress, raw
Group: Vegetables other than legumes
Subgroup: Vegetables other than legumes
Edible Part: 36%
Code: IS580
FoodEX2 Code: A00ND

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
Energy value			
energy kcal, total metabolisable	29	kcal	
energy kJ, total metabolisable	122	kJ	
Macro nutrients			
Lipids		g	
fatty acids, total saturated	0.3	g	
fatty acids, total monounsaturated	0.1	g	
fatty acids, total polyunsaturated	0.4	g	
fatty acid 18:2 n-6 cis,cis	0.1	g	

Name	Value	Unit	Source(s)
fatty acids, total trans	0	g	
Carbohydrates		g	
sugars, total	0.4	g	
sucrose	0.1	g	
lactose	0	g	
oligosaccharides, available	0	g	
starch, total	0	g	
salt	0.1	g	
fibre, total dietary	3	g	
protein, total	3.4	g	57
alcohol	0	g	
water	91.2	g	
organic acids, total	0	g	
cholesterol	0	mg	
Vitamins			
vitamin A; retinol equiv from retinol and carotenoid activities	325	µg	57
carotene, total (vitamin A precursors)	1950	µg	57
vitamin D	0	µg	
alpha-tocopherol	1.5	mg	
thiamin	0.09	mg	57
riboflavin	0.07	mg	57
niacin, preformed	0.6	mg	
niacin equivalents, total	1.1	mg	
niacin equivalents from tryptophan	0.5	mg	
vitamin B-6, total	0.23	mg	
vitamin B-12	0	µg	
vitamin C	77	mg	
folate, total	200	µg	
Minerals			
ash	1.15	g	
sodium	49	mg	
potassium	230	mg	
calcium	200	mg	57
phosphorus	56	mg	57
magnesium	15	mg	57
iron, total	1.7	mg	57
zinc	0.2	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