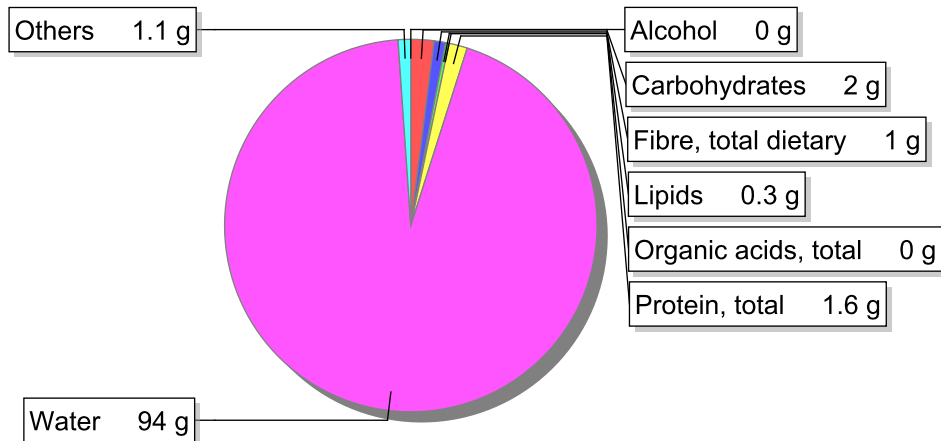


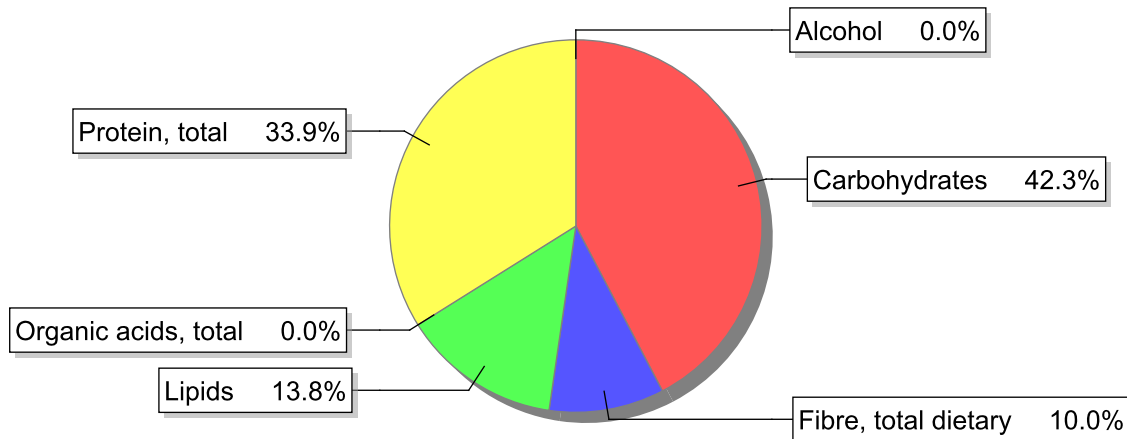
**Food**

**Name:** Courgette, raw  
**Group:** Vegetables other than legumes  
**Subgroup:** Vegetables other than legumes  
**Edible Part:** 95%  
**Code:** IS621  
**FoodEX2 Code:** A00JR

**Composition [g/100g]**



**Energy**



**Nutritive content per 100g edible portion**

| Name                               | Value | Unit | Source(s) |
|------------------------------------|-------|------|-----------|
| energy kcal, total metabolisable   | 19    | kcal |           |
| energy kJ, total metabolisable     | 80    | 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                            | 0.8   | g    |           |

| Name   | Value | Unit | Source(s) |
|--|-------|------|-----------|
| <b>lactose</b>   | 0     | g    |           |
| <b>salt</b>  | 0.0   | g    |           |
| <b>starch, total</b>   | 0.1   | g    |           |
| <b>protein, total</b>  | 1.6   | g    |           |
| <b>alcohol</b>   | 0     | g    |           |
| <b>water</b>   | 94    | g    |           |
| <b>organic acids, total</b>  | 0     | g    |           |
| <b>cholesterol</b>   | 0     | mg   |           |
| <b>vitamin A; retinol equiv from retinol and carotenoid activities</b> | 55    | µg   |           |
| <b>carotene, total (vitamin A precursors)</b>                          | 332   | µg   |           |
| <b>vitamin D</b>   | 0     | µg   |           |
| <b>alpha-tocopherol</b>  | 0     | mg   |           |
| <b>thiamin</b>   | 0.11  | mg   |           |
| <b>riboflavin</b>  | 0.04  | mg   |           |
| <b>niacin, preformed</b>   | 0.4   | mg   |           |
| <b>niacin equivalents, total</b>                                       | 0.7   | mg   |           |
| <b>niacin equivalents from tryptophan</b>                              | 0.3   | mg   |           |
| <b>vitamin B-6, total</b>  | 0.12  | mg   |           |
| <b>vitamin B-12</b>  | 0     | µg   |           |
| <b>vitamin C</b>   | 17    | mg   |           |
| <b>folate, total</b>   | 41    | µg   |           |
| <b>ash</b>   | 0.60  | g    |           |
| <b>sodium</b>  | 3     | mg   |           |
| <b>potassium</b>   | 250   | mg   |           |
| <b>calcium</b>   | 22    | mg   |           |
| <b>phosphorus</b>  | 33    | mg   |           |
| <b>magnesium</b>   | 20    | mg   |           |
| <b>iron, total</b>   | 0.8   | mg   |           |
| <b>zinc</b>  | 0.3   | mg   |           |

## Legend

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

## References