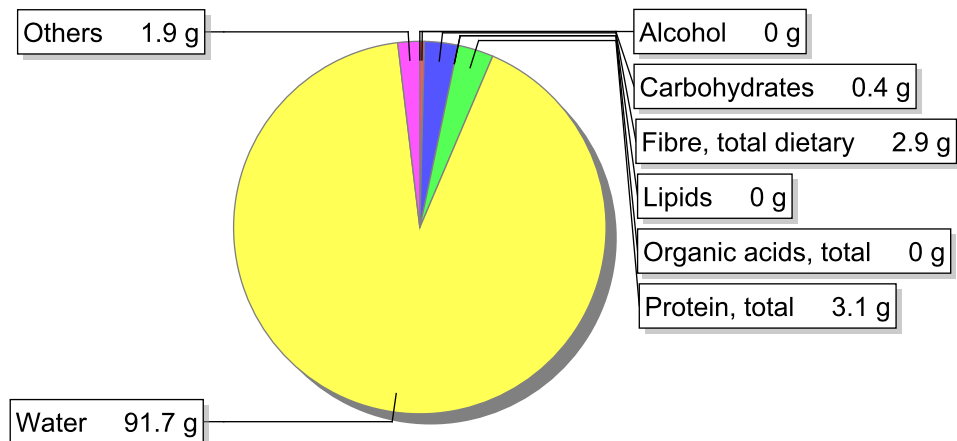


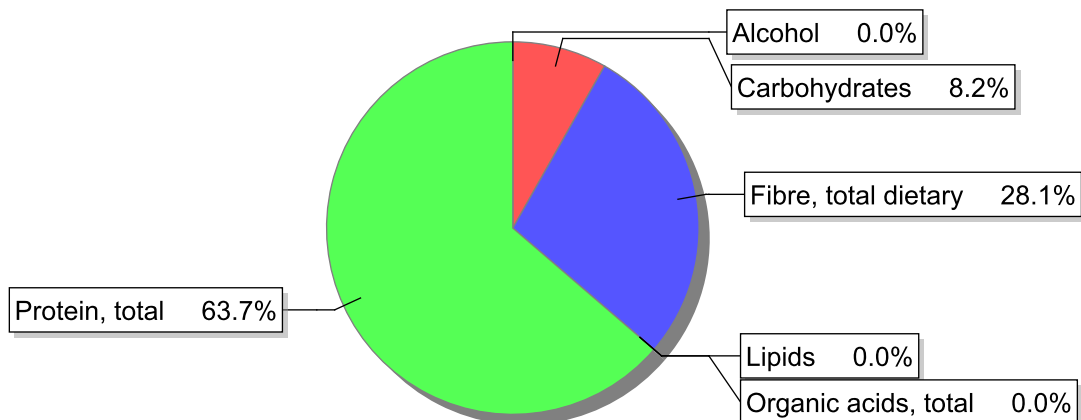
Food

Name: Parsley, raw
Group: Vegetables other than legumes
Subgroup: Vegetables other than legumes
Edible Part: 75%
Code: IS006
FoodEX2 Code: A00YE

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	20	kcal	
energy kJ, total metabolisable	83	kJ	
fatty acids, total saturated	0	g	
fatty acids, total monounsaturated	0	g	
fatty acids, total polyunsaturated	0	g	
fatty acid 18:2 n-6 cis,cis	0	g	
fatty acids, total trans	0	g	
sugars, total	0.4	g	
sucrose	0	g	

Name	Value	Unit	Source(s)
lactose	0	g	
salt	0.1	g	
starch, total	0	g	
protein, total	3.1	g	57
alcohol	0	g	
water	91.7	g	57
organic acids, total	0	g	
cholesterol	0	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	558	µg	
carotene, total (vitamin A precursors)	3350	µg	
vitamin D	0	µg	
alpha-tocopherol	1.9	mg	
thiamin	0.28	mg	
riboflavin	0.06	mg	
niacin, preformed	0.6	mg	
niacin equivalents, total	1.1	mg	
niacin equivalents from tryptophan	0.5	mg	
vitamin B-6, total	0.09	mg	
vitamin B-12	0	µg	
vitamin C	220	mg	
folate, total	170	µg	
ash	1.70	g	
sodium	34	mg	
potassium	750	mg	
calcium	200	mg	
phosphorus	91	mg	
magnesium	34	mg	
iron, total	3.2	mg	
zinc	0.9	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