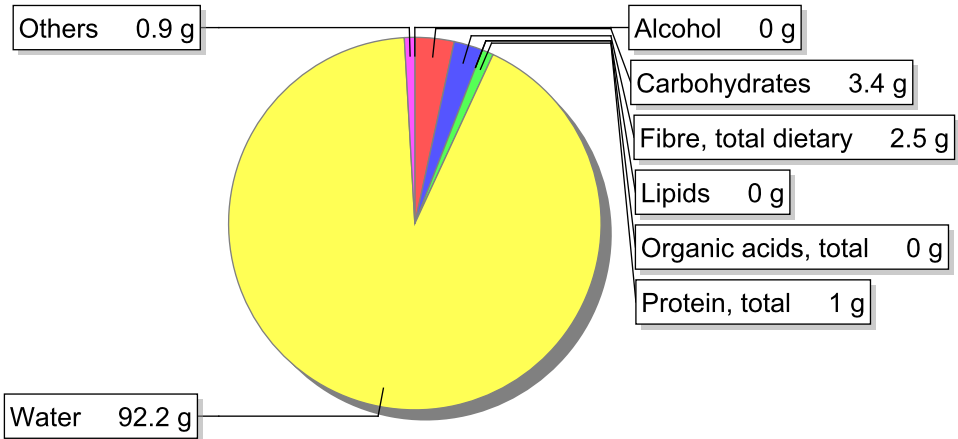


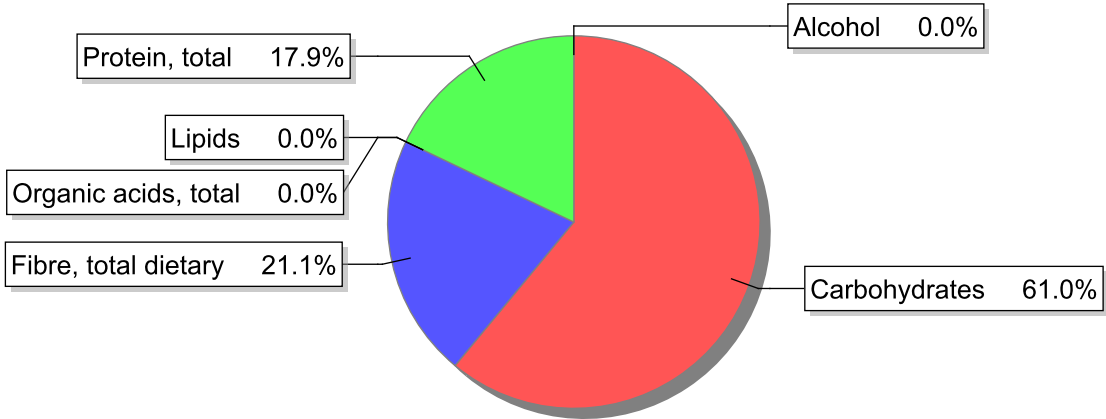
Food

Name: Beetroot, boiled
Group: Vegetables other than legumes
Subgroup: Vegetables other than legumes
Edible Part: 100%
Code: IS596
FoodEX2 Code: A00QG

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	23	kcal	
energy kJ, total metabolisable	95	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	3.4	g	
sucrose	3	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	0	g	
fibre, total dietary	2.5	g	
protein, total	1	g	
alcohol	0	g	
water	92.2	g	
organic acids, total	0	g	
cholesterol	0	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	20	µg	
carotene, total (vitamin A precursors)	14	µg	
vitamin D	0	µg	
alpha-tocopherol	0	mg	
thiamin	0.03	mg	
riboflavin	0.02	mg	
niacin, preformed	0.2	mg	
niacin equivalents, total	0.4	mg	
niacin equivalents from tryptophan	0.2	mg	
vitamin B-6, total	0.03	mg	
vitamin B-12	0	µg	
vitamin C	12	mg	
folate, total	67	µg	
ash	0.51	g	
sodium	57	mg	
potassium	290	mg	
calcium	16	mg	
phosphorus	25	mg	
magnesium	16	mg	
iron, total	0.7	mg	
zinc	0.4	mg	

Legend

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

References