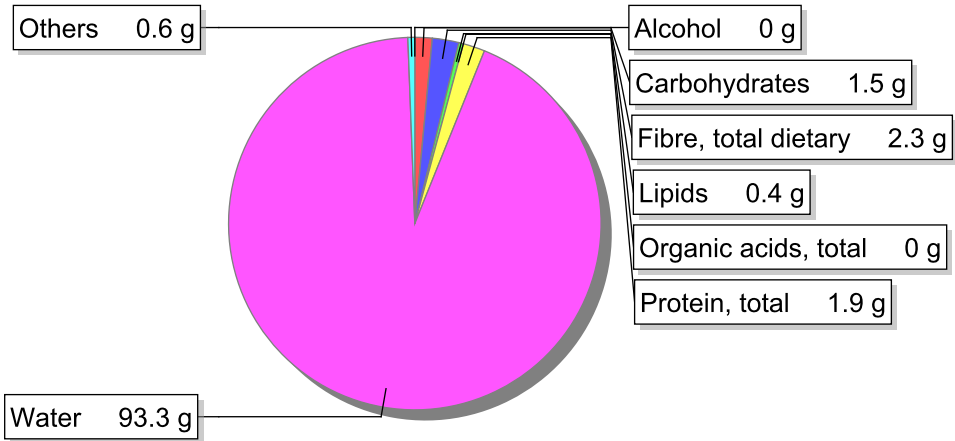


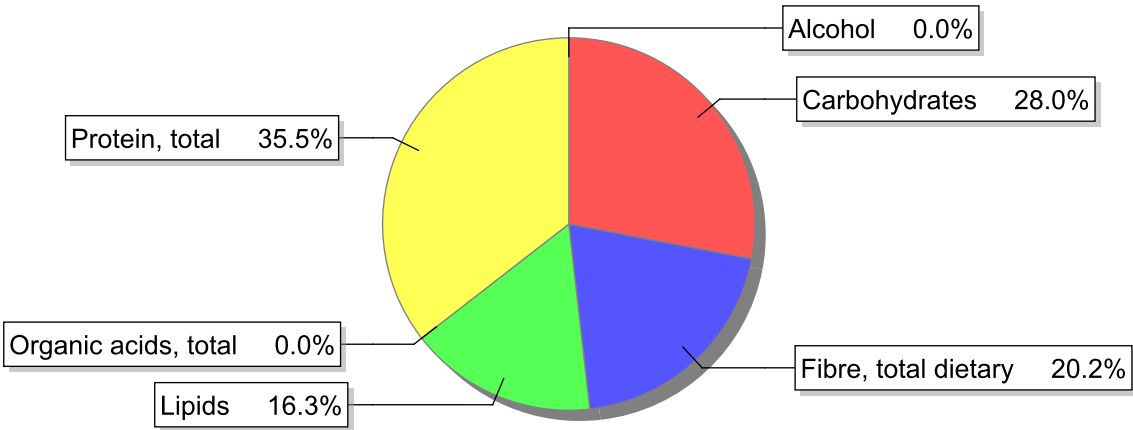
Food

Name: Spring greens, boiled
Group: Vegetables other than legumes
Subgroup: Vegetables other than legumes
Edible Part: 100%
Code: IS566
FoodEX2 Code: A00FP

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	22	kcal	
energy kJ, total metabolisable	91	kJ	
fatty acids, total saturated	0.1	g	
fatty acids, total monounsaturated	0	g	
fatty acids, total polyunsaturated	0.2	g	
fatty acid 18:2 n-6 cis,cis	0.2	g	
fatty acids, total trans	0	g	
sugars, total	1.3	g	
sucrose	0.2	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	0.1	g	
starch, total	0.1	g	
protein, total	1.9	g	
alcohol	0	g	
water	93.3	g	
organic acids, total	0	g	
cholesterol	0	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	161	µg	
carotene, total (vitamin A precursors)	770	µg	
vitamin D	0	µg	
alpha-tocopherol	1.1	mg	
thiamin	0.04	mg	
riboflavin	0.06	mg	
niacin, preformed	0.4	mg	
niacin equivalents, total	0.8	mg	
niacin equivalents from tryptophan	0.4	mg	
vitamin B-6, total	0.09	mg	
vitamin B-12	0	µg	
vitamin C	35	mg	
folate, total	48	µg	
ash	0.60	g	
sodium	110	mg	
potassium	100	mg	
calcium	130	mg	
phosphorus	41	mg	
magnesium	12	mg	
iron, total	0.5	mg	57
zinc	0.5	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
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