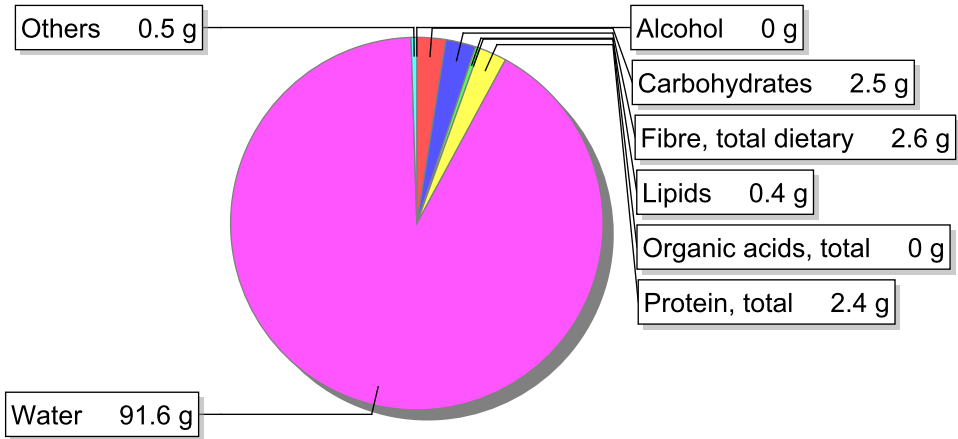


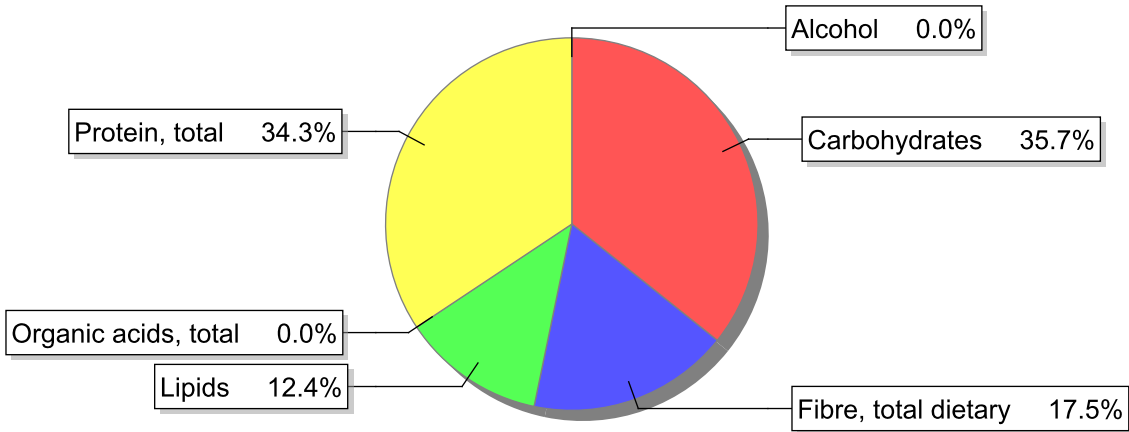
Food

**Name:** Spring greens, raw  
**Group:** Vegetables other than legumes  
**Subgroup:** Vegetables other than legumes  
**Edible Part:** 40%  
**Code:** IS565  
**FoodEX2 Code:** A00FP

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

| Name                               | Value | Unit | Source(s) |
|------------------------------------|-------|------|-----------|
| energy kcal, total metabolisable   | 28    | kcal |           |
| energy kJ, total metabolisable     | 119   | kJ   |           |
| fatty acids, total saturated       | 0.1   | g    |           |
| fatty acids, total monounsaturated | 0     | g    |           |
| fatty acids, total polyunsaturated | 0.3   | g    |           |
| fatty acid 18:2 n-6 cis,cis        | 0.3   | g    |           |
| fatty acids, total trans           | 0     | g    |           |
| sugars, total                      | 2.1   | g    |           |
| sucrose                            | 0.2   | g    |           |

| Name                                                            | Value | Unit | Source(s) |
|-----------------------------------------------------------------|-------|------|-----------|
| lactose                                                         | 0     | g    |           |
| oligosaccharides, available                                     | 0.2   | g    |           |
| fibre, total dietary                                            | 2.6   | g    |           |
| protein, total                                                  | 2.4   | g    |           |
| alcohol                                                         | 0     | g    |           |
| water                                                           | 91.6  | g    |           |
| organic acids, total                                            | 0     | g    |           |
| cholesterol                                                     | 0     | mg   |           |
| vitamin A; retinol equiv from retinol and carotenoid activities | 180   | µg   | 57        |
| carotene, total (vitamin A precursors)                          | 1080  | µg   | 57        |
| vitamin D                                                       | 0     | µg   |           |
| alpha-tocopherol                                                | 1.3   | mg   |           |
| thiamin                                                         | 0.07  | mg   | 57        |
| riboflavin                                                      | 0.09  | mg   | 57        |
| niacin, preformed                                               | 0.7   | mg   |           |
| niacin equivalents, total                                       | 1.1   | mg   |           |
| niacin equivalents from tryptophan                              | 0.4   | mg   |           |
| vitamin B-6, total                                              | 0.14  | mg   |           |
| vitamin B-12                                                    | 0     | µg   |           |
| vitamin C                                                       | 79    | mg   | 57        |
| folate, total                                                   | 90    | µg   |           |
| ash                                                             | 1.04  | g    |           |
| sodium                                                          | 19    | mg   |           |
| potassium                                                       | 230   | mg   |           |
| calcium                                                         | 150   | mg   | 57        |
| phosphorus                                                      | 51    | mg   | 57        |
| magnesium                                                       | 20    | mg   |           |
| iron, total                                                     | 0.6   | mg   |           |
| zinc                                                            | 0.7   | 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 |