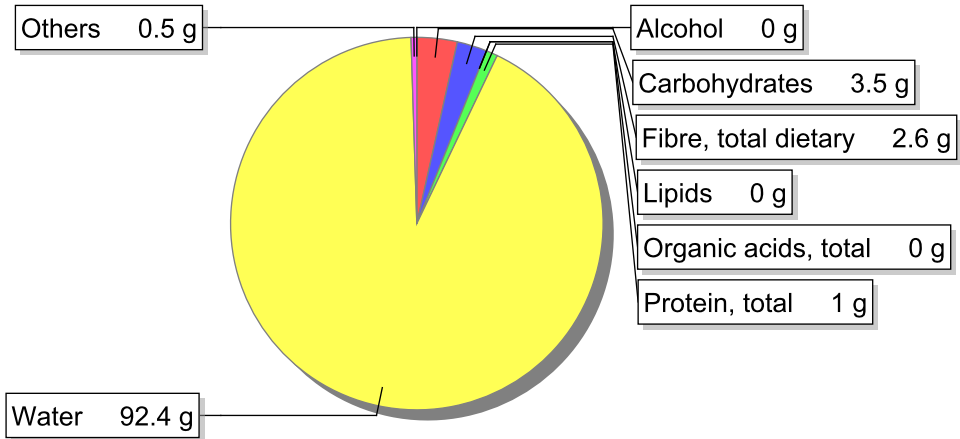


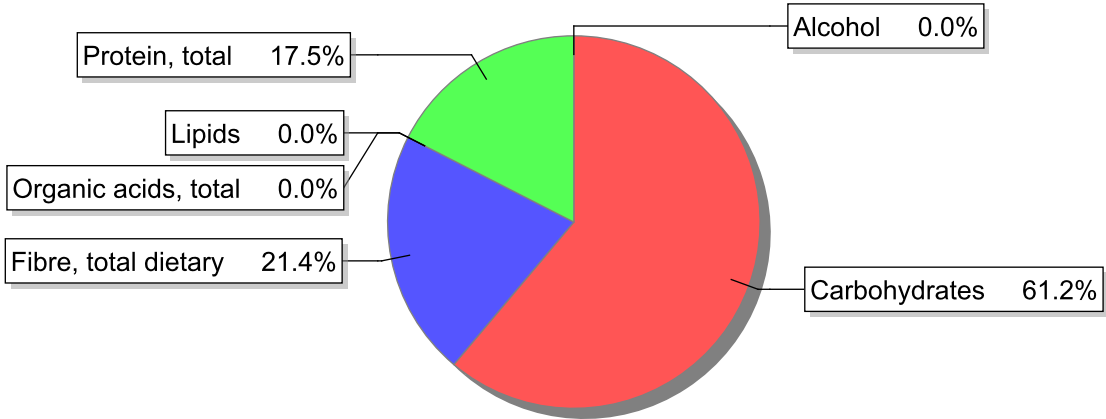
Food

Name: Beetroot, raw
Group: Vegetables other than legumes
Subgroup: Vegetables other than legumes
Edible Part: 47%
Code: IS595
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	97	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	3.5	g	
sucrose	3.1	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	0	g	
fibre, total dietary	2.6	g	
protein, total	1	g	57
alcohol	0	g	
water	92.4	g	57
organic acids, total	0	g	
cholesterol	0	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	3	µg	
carotene, total (vitamin A precursors)	16	µg	
vitamin D	0	µg	
alpha-tocopherol	0	mg	
thiamin	0.04	mg	57
riboflavin	0.02	mg	57
niacin, preformed	0.2	mg	
niacin equivalents, total	0.4	mg	
niacin equivalents from tryptophan	0.2	mg	
vitamin B-6, total	0.04	mg	
vitamin B-12	0	µg	
vitamin C	15	mg	57
folate, total	110	µg	
ash	0.59	g	
sodium	70	mg	
potassium	340	mg	
calcium	17	mg	57
phosphorus	25	mg	57
magnesium	19	mg	
iron, total	0.8	mg	57
zinc	0.4	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