

Source: USDA National Nutrient Database for Standard Reference 27 Software v.2.0b

Basic Report

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Nutrient data for: 11216,Ginger root, raw

<u>Nutrient</u>	<u>0.0625"cup slices (1" dia)"6.0g</u>	<u>Unit</u>	<u>1Value per100g</u>	<u>1.0"tsp"2 .0g</u>	<u>5.0"slices (1" dia)"11.0g</u>
Proximates					
Water	4.73	g	78.89	1.58	8.68
Energy	5	kcal	80	2	9
Protein	0.11	g	1.82	0.04	0.2
Total lipid (fat)	0.04	g	0.75	0.02	0.08
Carbohydrate, by difference	1.07	g	17.77	0.36	1.95
Fiber, total dietary	0.1	g	2	0	0.2
Sugars, total	0.1	g	1.7	0.03	0.19
Minerals					
Calcium, Ca	1	mg	16	0	2
Iron, Fe	0.04	mg	0.6	0.01	0.07
Magnesium, Mg	3	mg	43	1	5
Phosphorus, P	2	mg	34	1	4
Potassium, K	25	mg	415	8	46
Sodium, Na	1	mg	13	0	1
Zinc, Zn	0.02	mg	0.34	0.01	0.04
Vitamins					
Vitamin C, total ascorbic acid	0.3	mg	5	0.1	0.6
Thiamin	0.002	mg	0.025	0	0.003
Riboflavin	0.002	mg	0.034	0.001	0.004
Niacin	0.045	mg	0.75	0.015	0.082
Vitamin B-6	0.01	mg	0.16	0.003	0.018
Folate, DFE	1	Âµg	11	0	1
Vitamin B-12	0	Âµg	0	0	0
Vitamin A, RAE	0	Âµg	0	0	0
Vitamin A, IU	0	IU	0	0	0
Vitamin E (alpha-tocopherol)	0.02	mg	0.26	0.01	0.03
Vitamin D (D2 + D3)	0	Âµg	0	0	0
Vitamin D	0	IU	0	0	0
Vitamin K (phylloquinone)	0	Âµg	0.1	0	0
Lipids					
Fatty acids, total saturated	0.012	g	0.203	0.004	0.022
Fatty acids, total monounsaturated	0.009	g	0.154	0.003	0.017
Fatty acids, total polyunsaturated	0.009	g	0.154	0.003	0.017
Cholesterol	0	mg	0	0	0
Other					
Caffeine	0	mg	0	0	0