

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

Basic Report

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**Nutrient data for: 11429,Radishes, raw**

| <u>Nutrient</u>                    | <u>0.125"cup<br/>slices"14.5g</u> | <u>Unit</u> | <u>1Value<br/>per100g</u> | <u>1.0"medium<br/>(3/4" to 1"<br/>dia)"4.5g</u> | <u>1.0"slice"<br/>1.0g</u> | <u>0.5"cup<br/>slices"58.0g</u> |
|------------------------------------|-----------------------------------|-------------|---------------------------|---|----------------------------|---------------------------------|
| Proximates                         |                                   |             |                           |   |                            |                                 |
| Water                              | 13.81                             | g           | 95.27                     | 4.29  | 0.95                       | 55.26                           |
| Energy                             | 2                                 | kcal        | 16                        | 1   | 0                          | 9                               |
| Protein                            | 0.1                               | g           | 0.68                      | 0.03  | 0.01                       | 0.39                            |
| Total lipid (fat)                  | 0.01                              | g           | 0.1                       | 0   | 0                          | 0.06                            |
| Carbohydrate, by difference        | 0.49                              | g           | 3.4                       | 0.15  | 0.03                       | 1.97                            |
| Fiber, total dietary               | 0.2                               | g           | 1.6                       | 0.1   | 0                          | 0.9                             |
| Sugars, total                      | 0.27                              | g           | 1.86                      | 0.08  | 0.02                       | 1.08                            |
| Minerals                           |                                   |             |                           |   |                            |                                 |
| Calcium, Ca                        | 4                                 | mg          | 25                        | 1   | 0                          | 14                              |
| Iron, Fe                           | 0.05                              | mg          | 0.34                      | 0.02  | 0                          | 0.2                             |
| Magnesium, Mg                      | 1                                 | mg          | 10                        | 0   | 0                          | 6                               |
| Phosphorus, P                      | 3                                 | mg          | 20                        | 1   | 0                          | 12                              |
| Potassium, K                       | 34                                | mg          | 233                       | 10  | 2                          | 135                             |
| Sodium, Na                         | 6                                 | mg          | 39                        | 2   | 0                          | 23                              |
| Zinc, Zn                           | 0.04                              | mg          | 0.28                      | 0.01  | 0                          | 0.16                            |
| Vitamins                           |                                   |             |                           |   |                            |                                 |
| Vitamin C, total ascorbic acid     | 2.1                               | mg          | 14.8                      | 0.7   | 0.1                        | 8.6                             |
| Thiamin                            | 0.002                             | mg          | 0.012                     | 0.001   | 0                          | 0.007                           |
| Riboflavin                         | 0.006                             | mg          | 0.039                     | 0.002   | 0                          | 0.023                           |
| Niacin                             | 0.037                             | mg          | 0.254                     | 0.011   | 0.003                      | 0.147                           |
| Vitamin B-6                        | 0.01                              | mg          | 0.071                     | 0.003   | 0.001                      | 0.041                           |
| Folate, DFE                        | 4                                 | Âµg         | 25                        | 1   | 0                          | 14                              |
| Vitamin B-12                       | 0                                 | Âµg         | 0                         | 0   | 0                          | 0                               |
| Vitamin A, RAE                     | 0                                 | Âµg         | 0                         | 0   | 0                          | 0                               |
| Vitamin A, IU                      | 1                                 | IU          | 7                         | 0   | 0                          | 4                               |
| Vitamin E (alpha-tocopherol)       | 0                                 | mg          | 0                         | 0   | 0                          | 0                               |
| Vitamin D (D2 + D3)                | 0                                 | Âµg         | 0                         | 0   | 0                          | 0                               |
| Vitamin D                          | 0                                 | IU          | 0                         | 0   | 0                          | 0                               |
| Vitamin K (phylloquinone)          | 0.2                               | Âµg         | 1.3                       | 0.1   | 0                          | 0.8                             |
| Lipids                             |                                   |             |                           |   |                            |                                 |
| Fatty acids, total saturated       | 0.005                             | g           | 0.032                     | 0.001   | 0                          | 0.019                           |
| Fatty acids, total monounsaturated | 0.002                             | g           | 0.017                     | 0.001   | 0                          | 0.01                            |
| Fatty acids, total polyunsaturated | 0.007                             | g           | 0.048                     | 0.002   | 0                          | 0.028                           |
| Cholesterol                        | 0                                 | mg          | 0                         | 0   | 0                          | 0                               |
| Other                              |                                   |             |                           |   |                            |                                 |
| Caffeine                           | 0                                 | mg          | 0                         | 0   | 0                          | 0                               |