

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 slices"14.5g</u>	<u>Unit</u>	<u>1Value per100g</u>	<u>1.0"medium (3/4" to 1" dia)"4.5g</u>	<u>1.0"slice" 1.0g</u>	<u>0.5"cup 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