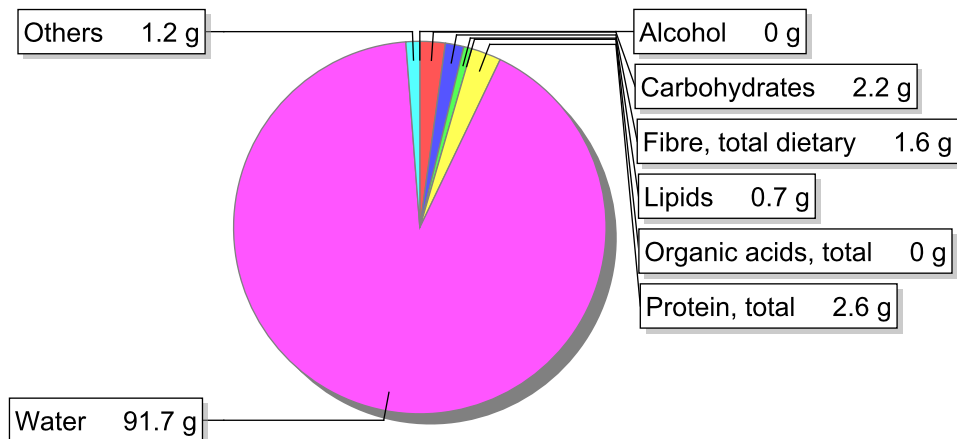


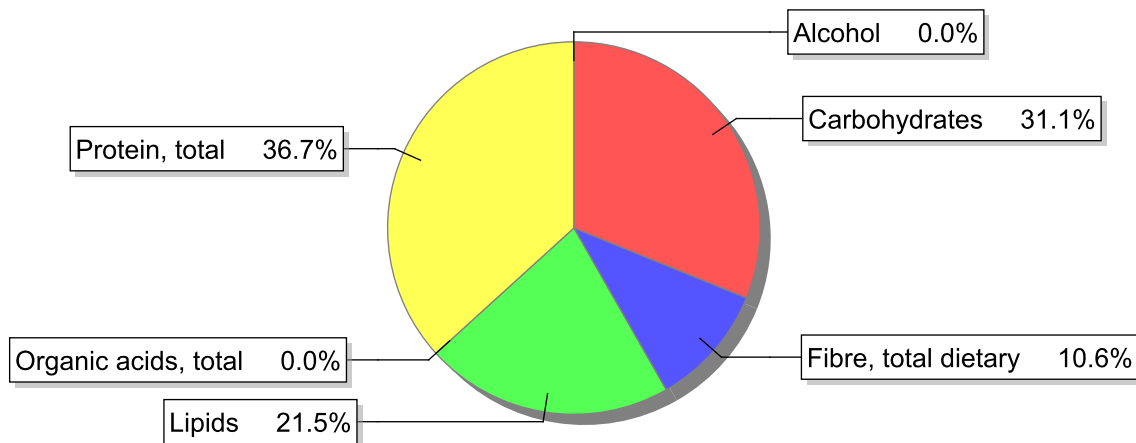
Food

Name: Rocket, raw
Group: Vegetables other than legumes
Subgroup: Vegetables other than legumes
Edible Part: 100%
Code:
FoodEX2 Code: A00LN

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	29	kcal	
energy kJ, total metabolisable	120	kJ	
fatty acids, total saturated	0.1	g	
fatty acids, total monounsaturated	0.1	g	
fatty acids, total polyunsaturated	0.3	g	
fatty acid 18:2 n-6 cis,cis	0.2	g	
fatty acids, total trans	0	g	
sugars, total	2.1	g	
oligosaccharides, available	0	g	

Name	Value	Unit	Source(s)
starch, total	0.1	g	
protein, total	2.6	g	
alcohol	0	g	
water	91.7	g	
organic acids, total	0	g	
cholesterol	0	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	308	µg	
carotene, total (vitamin A precursors)	1848	µg	
vitamin D	0	µg	
alpha-tocopherol	0.43	mg	
thiamin	0.04	mg	
riboflavin	0.09	mg	
niacin, preformed	0.3	mg	
niacin equivalents, total	0.4	mg	
niacin equivalents from tryptophan	0.1	mg	
vitamin B-6, total	0.07	mg	
vitamin B-12	0	µg	
vitamin C	15	mg	
folate, total	97	µg	
ash	1.9	g	
sodium	27	mg	
potassium	370	mg	
calcium	160	mg	
phosphorus	52	mg	
magnesium	41	mg	
iron, total	1.5	mg	
zinc	0.4	mg	

Legend

Code	Name
g	gram
kJ	kilojoule
kcal	kilocalorie
mg	milligram
µg	microgram
µg-BCE	beta-carotene equivalent

References