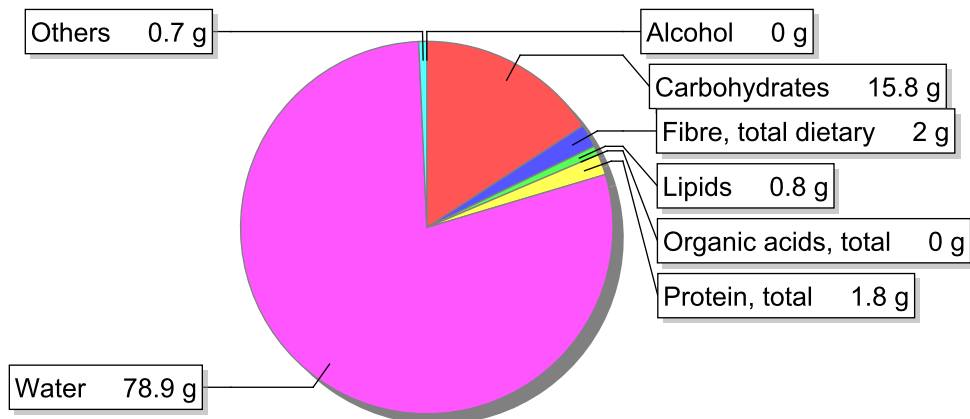


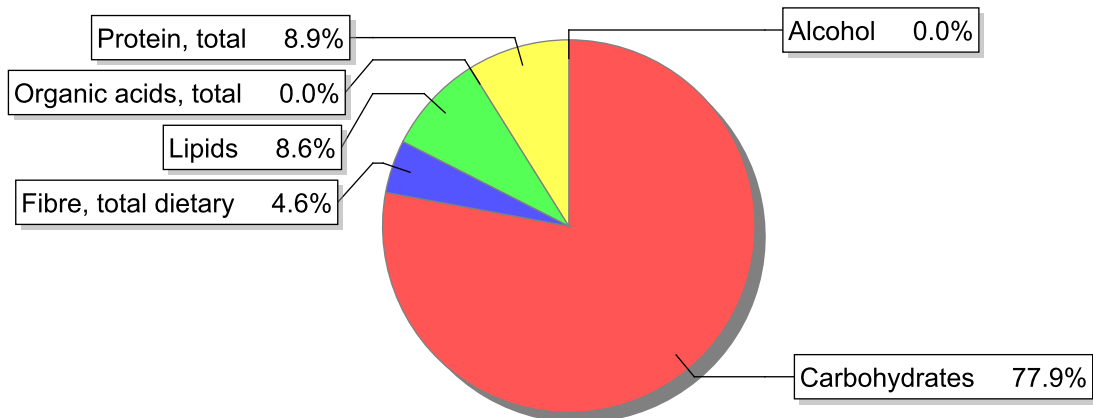
Food

Name: Ginger, fresh
Group: Soups, sauces and miscellaneous foods
Subgroup: Miscellaneous foods (vinegar, baking powder/yeast, stock cubes)
Edible Part:
Code:
FoodEX2 Code: A01AB

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	82	kcal	
energy kJ, total metabolisable	345	kJ	
fatty acids, total saturated	0.2	g	
fatty acids, total monounsaturated	0.2	g	
fatty acids, total polyunsaturated	0.2	g	
fatty acid 18:2 n-6 cis,cis	0.143	g	
fatty acids, total trans	0	g	
sugars, total	15.8	g	
oligosaccharides, available	0	g	

Name	Value	Unit	Source(s)
starch, total	0	g	
protein, total	1.8	g	
alcohol	0	g	
water	78.9	g	
organic acids, total	0	g	
cholesterol	0	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	0	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	0	µg	
alpha-tocopherol	0.5	mg	
thiamin	0.03	mg	
riboflavin	0.03	mg	
niacin, preformed	0.75	mg	
niacin equivalents, total	0.95	mg	
niacin equivalents from tryptophan	0.2	mg	
vitamin B-6, total	0.16	mg	
vitamin B-12	0	µg	
vitamin C	5	mg	
folate, total	11	µg	
ash	0.8	g	
sodium	13	mg	
potassium	420	mg	
calcium	16	mg	
phosphorus	34	mg	
magnesium	43	mg	
iron, total	0.6	mg	
zinc	0.3	mg	

Legend

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

References