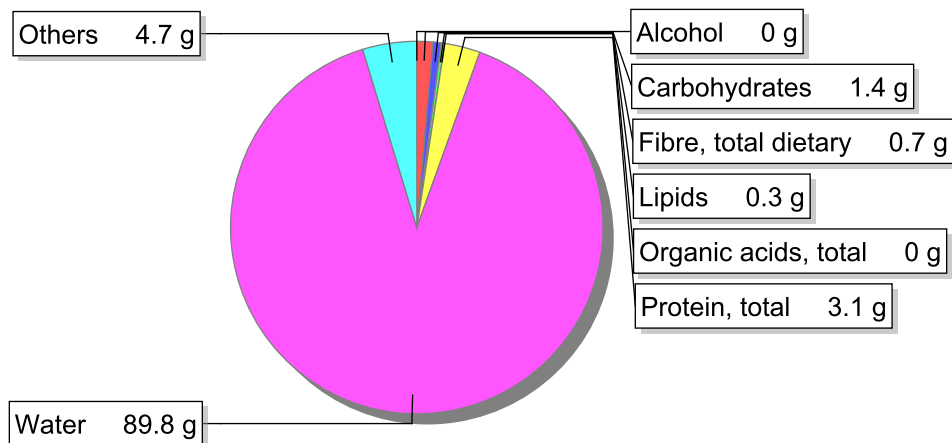


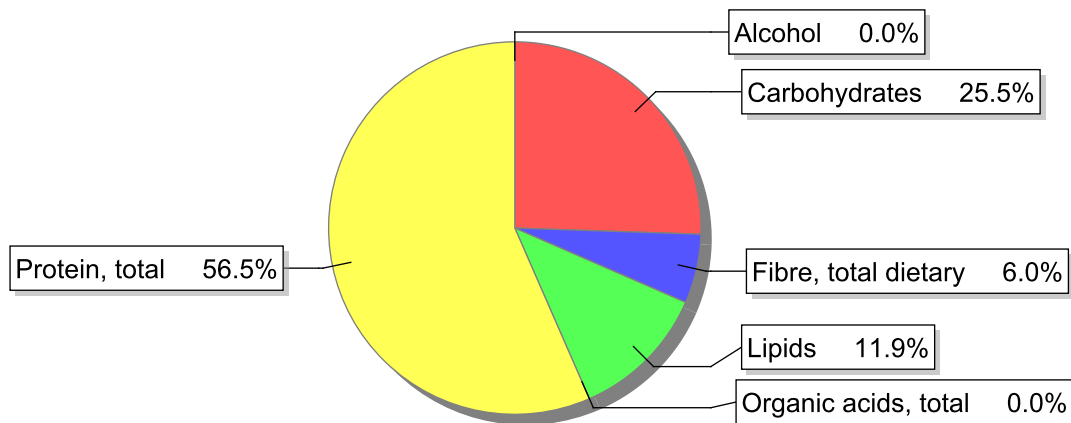
Food

Name: Bamboo shoots, raw
Group: Vegetables other than legumes
Subgroup: Vegetables other than legumes
Edible Part: 100%
Code:
FoodEX2 Code: A00RV

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	22	kcal	
energy kJ, total metabolisable	92	kJ	
fatty acids, total saturated	0.1	g	656
fatty acids, total monounsaturated	0	g	656
fatty acids, total polyunsaturated	0.2	g	656
fatty acid 18:2 n-6 cis,cis	0.1	g	
fatty acids, total trans	0	g	
sugars, total	1	g	656
sucrose	0.5	g	

Name	Value	Unit	Source(s)
lactose	0	g	
salt	0	g	
fibre, total dietary	0.7	g	650
protein, total	3.1	g	650, 656
alcohol	0	g	650
water	89.8	g	650, 656
organic acids, total	0	g	
cholesterol	0	mg	650, 656
vitamin A; retinol equiv from retinol and carotenoid activities	1	µg	
carotene, total (vitamin A precursors)	8	µg	
vitamin D	0	µg	650
alpha-tocopherol	0.67	mg	
thiamin	0.09	mg	650, 656
riboflavin	0.1	mg	650, 656
niacin, preformed	0.5	mg	650
niacin equivalents, total	0.7	mg	
niacin equivalents from tryptophan	0.2	mg	
vitamin B-6, total	0.48	mg	
vitamin B-12	0	µg	650
vitamin C	8.8	mg	650, 656
folate, total	87	µg	
ash	1	g	650
sodium	3	mg	650, 656
potassium	480	mg	650, 656
calcium	17	mg	650, 656
phosphorus	52	mg	650, 656
magnesium	11	mg	
iron, total	0.5	mg	650, 656
zinc	0.2	mg	

Legend

Code	Name
g	gram
kJ	kilojoule
kcal	kilocalorie
mg	milligram
µg	microgram

References

Id	Reference
650	Danish Food Composition Databank version 7.01, 2009, FoodExplorer
656	Belgische Voedingsmiddelentabel 2009, FoodExplorer