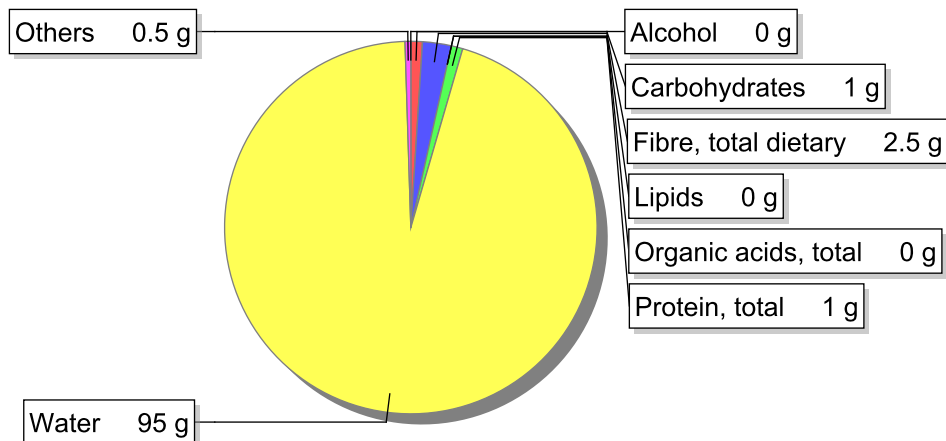


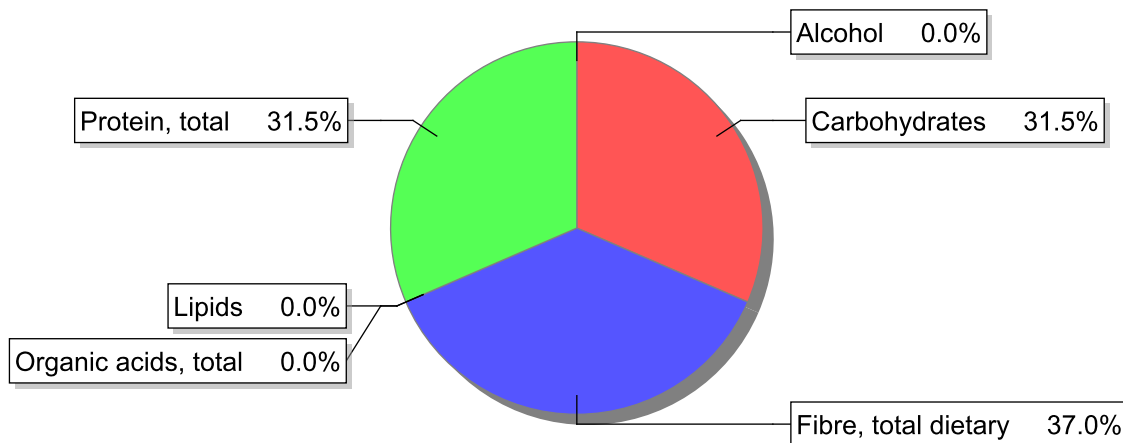
Food

Name: Purslane, raw
Group: Todos
Subgroup:
Edible Part: 36%
Code:
FoodEX2 Code: A00MP

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	13	kcal	
energy kJ, total metabolisable	54	kJ	
fatty acids, total saturated	0	g	651
fatty acids, total monounsaturated	0	g	
fatty acids, total polyunsaturated	0	g	651
fatty acid 18:2 n-6 cis,cis	0	g	651
fatty acids, total trans	0	g	651
sugars, total	1	g	651
lactose	0	g	

Name	Value	Unit	Source(s)
salt	0.1	g	
starch, total	0	g	651
protein, total	1	g	651
alcohol	0	g	651
water	95	g	651
organic acids, total	0	g	
cholesterol	0	mg	651
vitamin A; retinol equiv from retinol and carotenoid activities	478	µg	651
carotene, total (vitamin A precursors)	2860	µg	651
vitamin D	0	µg	651
alpha-tocopherol	1.7	mg	
thiamin	0.06	mg	651
riboflavin	0.04	mg	651
niacin, preformed	0.2	mg	651
niacin equivalents, total	0.9	mg	
niacin equivalents from tryptophan	0.7	mg	
vitamin B-6, total	0.06	mg	651
vitamin B-12	0	µg	651
vitamin C	20	mg	651
folate, total	130.9	µg	651
iodide	4	µg	651
sodium	30	mg	651
potassium	800	mg	651
calcium	130	mg	651
phosphorus	70	mg	651
magnesium	68	mg	651
iron, total	3	mg	651
zinc	0.2	mg	651

Legend

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

References

Id	Reference
651	NEVO-online, version 2014/4.0. RIVM, Bilthoven, The Netherlands, FoodExplorer