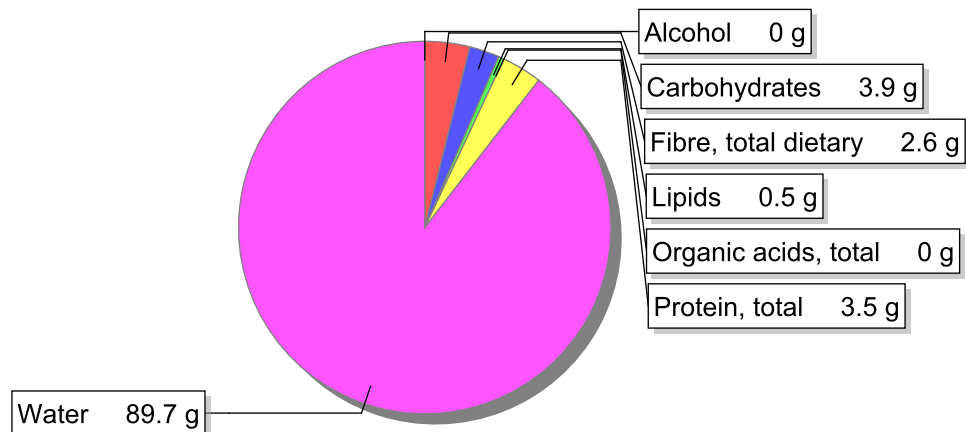


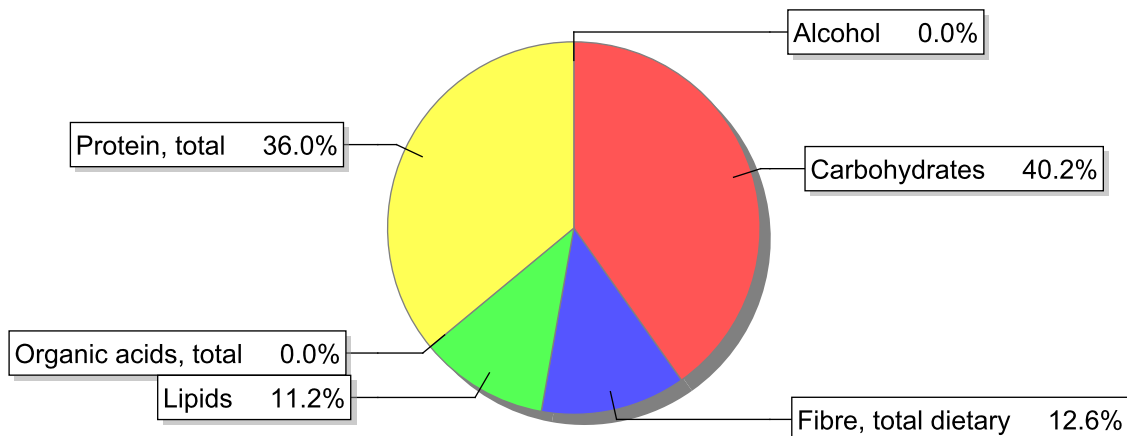
Food

Name: Radish leaves, raw
Group: Vegetables other than legumes
Subgroup: Vegetables other than legumes
Edible Part: 75%
Code:
FoodEX2 Code: A00MB

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	39	kcal	
energy kJ, total metabolisable	165	kJ	
fatty acids, total saturated	0.1	g	
fatty acids, total monounsaturated	0	g	
fatty acids, total polyunsaturated	0.3	g	
fatty acid 18:2 n-6 cis,cis	0.3	g	
fatty acids, total trans	0	g	
sugars, total	3.5	g	649
sucrose	0	g	

Name	Value	Unit	Source(s)
lactose	0	g	649
salt	0.3	g	
starch, total	0.2	g	
protein, total	3.5	g	649
alcohol	0	g	
water	89.7	g	649
organic acids, total	0	g	
cholesterol	0	mg	649
vitamin A; retinol equiv from retinol and carotenoid activities	612	µg	649
carotene, total (vitamin A precursors)	3670	µg	649
vitamin D	0	µg	649
alpha-tocopherol	1.3	mg	
thiamin	0.13	mg	649
riboflavin	0.35	mg	649
niacin, preformed	0.8	mg	649
niacin equivalents, total	1.6	mg	
niacin equivalents from tryptophan	0.8	mg	649
vitamin B-6, total	0.14	mg	
vitamin B-12	0	µg	649
vitamin C	63	mg	649
folate, total	90	µg	
ash	0.81	g	
sodium	110	mg	649
potassium	370	mg	649
calcium	200	mg	649
phosphorus	44	mg	649
magnesium	26	mg	649
iron, total	3.8	mg	649
zinc	0.4	mg	

Legend

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

References

Id	Reference
649	McCance and Widdowson's 'composition of foods integrated dataset' on the nutrient content of the UK food supply File: McCance_Widdowson_s_Composition_of_Foods_Integrated_Dataset (Published 25 March 2015).