

## Mulberry, raw

Portion: 100g

Name	Amount	Unit
Water	87.68	g
Energy	43	kcal
Protein	1.44	g
Total lipid (fat)	0.39	g
Carbohydrate, by difference	9.8	g
Fiber, total dietary	1.7	g
Sugars, total including NLEA	8.1	g
Calcium, Ca	239	mg
Iron, Fe	1.85	mg
Magnesium, Mg	18	mg
Phosphorus, P	38	mg
Potassium, K	194	mg
Sodium, Na	10	mg
Zinc, Zn	0.12	mg
Copper, Cu	0.06	mg
Selenium, Se	0.6	µg
Vitamin C, total ascorbic acid	36.4	mg
Thiamin	0.029	mg
Riboflavin	0.101	mg
Niacin	0.62	mg
Vitamin B-6	0.05	mg
Folate, total	6	µg
Folic acid	0	µg
Folate, food	6	µg
Folate, DFE	6	µg
Choline, total	12.3	mg
Vitamin B-12	0	µg
Vitamin B-12, added	0	µg
Vitamin A, RAE	1	µg
Retinol	0	µg
Carotene, beta	9	µg
Carotene, alpha	12	µg
Cryptoxanthin, beta	0	µg
Lycopene	0	µg
Lutein + zeaxanthin	136	µg
Vitamin E (alpha-tocopherol)	0.87	mg
Vitamin E, added	0	mg
Vitamin D (D2 + D3)	0	µg
Vitamin K (phylloquinone)	7.8	µg

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<b>Name</b>	<b>Amount</b>	<b>Unit</b>
Fatty acids, total saturated	0.041	g
Fatty acids, total monounsaturated	0	g
Fatty acids, total polyunsaturated	0.207	g
20:5 n-3 (EPA)	0	g
22:5 n-3 (DPA)	0	g
22:6 n-3 (DHA)	0	g
Cholesterol	0	mg
Alcohol, ethyl	0	g
Caffeine	0	mg
Theobromine	0	mg

"Mulberry, raw." *FoodData Central*, 1 Apr. 2019, *USDA Agricultural Research Service*, [fdc.nal.usda.gov/index.html](http://fdc.nal.usda.gov/index.html). Accessed 6 Mar. 2020.