

Basic Report 11081, Beets, cooked, boiled, drained

Report Date: August 18, 2018 00:25 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	0.5 cup slices 85g	2.0 beets (2" dia, sphere) 100g
Proximates				
Water	g	87.06	74.00	87.06
Energy	kcal	44	37	44
Protein	g	1.68	1.43	1.68
Total lipid (fat)	g	0.18	0.15	0.18
Carbohydrate, by difference	g	9.96	8.47	9.96
Fiber, total dietary	g	2.0	1.7	2.0
Sugars, total	g	7.96	6.77	7.96
Minerals				
Calcium, Ca	mg	16	14	16
Iron, Fe	mg	0.79	0.67	0.79
Magnesium, Mg	mg	23	20	23
Phosphorus, P	mg	38	32	38
Potassium, K	mg	305	259	305
Sodium, Na	mg	77	65	77
Zinc, Zn	mg	0.35	0.30	0.35
Vitamins				
Vitamin C, total ascorbic acid	mg	3.6	3.1	3.6
Thiamin	mg	0.027	0.023	0.027
Riboflavin	mg	0.040	0.034	0.040
Niacin	mg	0.331	0.281	0.331
Vitamin B-6	mg	0.067	0.057	0.067
Folate, DFE	µg	80	68	80
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	2	2	2
Vitamin A, IU	IU	35	30	35
Vitamin E (alpha-tocopherol)	mg	0.04	0.03	0.04

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	0	0	0
Vitamin K (phylloquinone)	µg	0.2	0.2	0.2
Lipids				
Fatty acids, total saturated	g	0.028	0.024	0.028
Fatty acids, total monounsaturated	g	0.035	0.030	0.035
Fatty acids, total polyunsaturated	g	0.064	0.054	0.064
Fatty acids, total trans	g	0.000	0.000	0.000
Cholesterol	mg	0	0	0
Amino Acids				
Other				
Caffeine	mg	0	0	0