

Purslane: Portulaca oleracea. Usual serving weight: 43.0

Nutrient:	Average amount in 100g of product:
Water	93.920 g
Energy	16.000 kcal
Energy	67.000 kj
Protein	1.300 g
Total lipid (fat)	0.100 g
Ash	1.250 g
Carbohydrate, by difference	3.430 g
Calcium, Ca	65.000 mg
Iron, Fe	1.990 mg
Magnesium, Mg	68.000 mg
Phosphorus, P	44.000 mg
Potassium, K	494.000 mg
Sodium, Na	45.000 mg
Zinc, Zn	0.170 mg
Copper, Cu	0.113 mg
Manganese, Mn	0.303 mg
Selenium, Se	0.900 mcg
Vitamin C, total ascorbic acid	21.000 mg
Thiamin	0.047 mg
Riboflavin	0.112 mg
Niacin	0.480 mg
Pantothenic acid	0.036 mg
Vitamin B-6	0.073 mg
Folate, total	12.000 mcg
Folic acid	-

Nutrient:	Average amount in 100g of product:
Folate, food	12.000 mcg
Folate, DFE	12.000 mcg_DFE
Choline, total	12.800 mg
Vitamin B-13	-
Vitamin A, IU	1320.000 IU
Vitamin A, RAE	66.000 mcg_RAE
Cholesterol	-
Tryptophan	0.014 g
Threonine	0.044 g
Isoleucine	0.047 g
Leucine	0.080 g
Lysine	0.057 g
Methionine	0.012 g
Cystine	0.009 g
Phenylalanine	0.051 g
Tyrosine	0.021 g
Valine	0.063 g
Arginine	0.050 g
Histidine	0.020 g
Alanine	0.050 g
Aspartic acid	0.068 g
Glutamic acid	0.191 g
Glycine	0.040 g
Proline	0.061 g
Serine	0.039 g