

THE TITI TUDORANCEA® BULLETIN

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Amaranth leaves, raw

Nutrition facts

Scientifical name: **Amaranthus spp.**

Food category: **Vegetables and Vegetable Products**

Refuse name: **Tough stems**

Refuse (percent): **6%**

Usual serving weight: **28.0**

Nutrient:	Average amount in 100g of product:	Min. amount.:	Max. amount:
Water	91.690 g	-	-
Energy	23.000 kcal	-	-
Energy	97.000 kj	-	-
Protein	2.460 g	-	-
Total lipid (fat)	0.330 g	-	-
Ash	1.500 g	-	-
Carbohydrate, by difference	4.020 g	-	-
Calcium, Ca	215.000 mg	-	-
Iron, Fe	2.320 mg	-	-

Magnesium, Mg	55.000 mg	-	-
Phosphorus, P	50.000 mg	-	-
Potassium, K	611.000 mg	-	-
Sodium, Na	20.000 mg	-	-
Zinc, Zn	0.900 mg	-	-
Copper, Cu	0.162 mg	-	-
Manganese, Mn	0.885 mg	-	-
Selenium, Se	0.900 mcg	-	-
Vitamin C, total ascorbic acid	43.300 mg	-	-
Thiamin	0.027 mg	-	-
Riboflavin	0.158 mg	-	-
Niacin	0.658 mg	-	-
Pantothenic acid	0.064 mg	-	-
Vitamin B-6	0.192 mg	-	-
Folate, total	85.000 mcg	-	-
Folic acid	-	-	-
Folate, food	85.000 mcg	-	-
Folate, DFE	85.000 mcg_DFE	-	-
Vitamin B-12	-	-	-
Vitamin A, IU	2917.000 IU	-	-
Vitamin A, RAE	146.000 mcg_RAE	-	-
Retinol	-	-	-
Vitamin K (phylloquinone)	1140.000 mcg	-	-

Fatty acids, total saturated	0.091 g	-	-
Saturated fatty acids 14:0	0.001 g	-	-
Saturated fatty acids 16:0	0.073 g	-	-
Saturated fatty acids 18:0	0.012 g	-	-
Fatty acids, total monounsaturated	0.076 g	-	-
Monounsaturated fatty acids 18:1 undifferentiated	0.076 g	-	-
Fatty acids, total polyunsaturated	0.147 g	-	-
Polyunsaturated fatty acids 18:2 undifferentiated	0.145 g	-	-
Polyunsaturated fatty acids 18:3 undifferentiated	0.002 g	-	-
Cholesterol	-	-	-
Tryptophan	0.031 g	-	-
Threonine	0.099 g	-	-
Isoleucine	0.119 g	-	-
Leucine	0.195 g	-	-
Lysine	0.127 g	-	-
Methionine	0.036 g	-	-
Cystine	0.029 g	-	-
Phenylalanine	0.133 g	-	-

Tyrosine	0.080 g	-	-
Valine	0.137 g	-	-
Arginine	0.121 g	-	-
Histidine	0.052 g	-	-
Alanine	0.139 g	-	-
Aspartic acid	0.229 g	-	-
Glutamic acid	0.292 g	-	-
Glycine	0.132 g	-	-
Proline	0.121 g	-	-
Serine	0.111 g	-	-