

Foods

BY THE TEAM AT NUTRIVORE

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Introduction

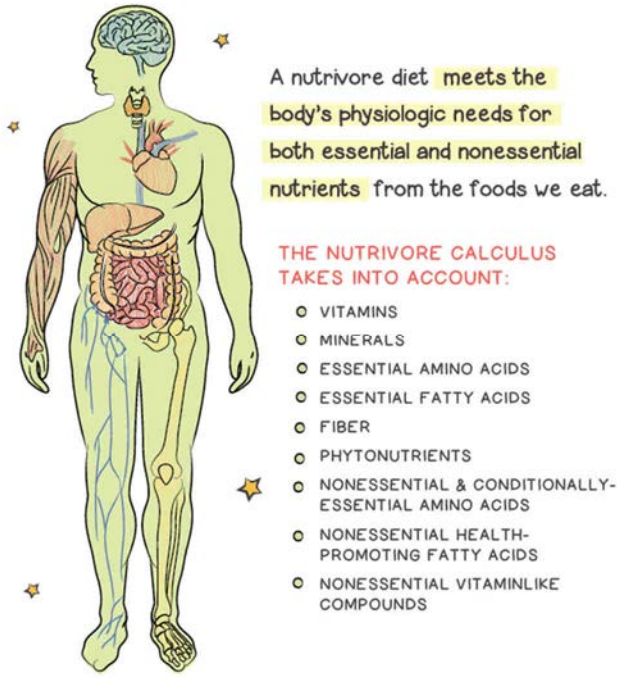
What is a Nutrivore?

Nutrivore is a revolutionary yet simple dietary concept: Get all the nutrients our bodies need from the foods we eat. That's it!

no͝o-trĭ-vôr'

noun

1. A person who chooses foods to supply all the nutrients their body needs to thrive.
2. A diet predominantly comprised of nutrient-dense whole foods.
3. A radical yet simple idea: Get all the nutrients we need from the food we eat.



Nutrivore represents a completely new way to think about foods. Instead of labeling foods as "good" or "bad", we look at the overall quality of the whole diet.

The concept of Nutrivore is very simple: Choose foods such that the total of all the nutrients contained within those foods adds up throughout the day to meet or safely exceed our daily requirements for the full complement of essential and nonessential (but still very important) nutrients required to fully meet our body's physiologic needs, without consuming excess energy (i.e., while also staying within our daily caloric requirements).

The easiest way to do this is to have the foundation of the diet be a wide variety of nutrient-dense whole and minimally-processed foods, including selections from all of the nutritionally distinct food families. But, how do we identify the most nutrient-dense options? That's where the Nutrivore Score comes in!

What is the Nutrivore Score?



Simply put, the Nutrivore Score is an objective way to quantify the nutrient-density of foods!

Nutrient density refers to the concentration of nutrients (mainly vitamins and minerals, but also protein, fiber, phytonutrients, and other micronutrients) per calorie of food. High nutrient-density foods supply a wide range of nutrients (or alternatively, high levels of a specific, important nutrient) relative to the calories they contain.

*"The Nutrivore Score is a measurement of the total amount of **nutrients per calorie** a food contains."*

NUTRIVORE SCORE RANGES

Overall, the higher the Nutrivore Score, the more nutrient-dense the food.

More specifically:

- SUPER nutrient-dense foods have a Nutrivore Score higher than 800.
- HIGH nutrient-dense foods have a Nutrivore Score between 400 and 800.
- MEDIUM nutrient-dense foods have a Nutrivore Score between 150 and 400.
- LOW nutrient-dense foods have a Nutrivore Score less than 150.

Any food with a Nutrivore Score over 150 contributes more nutrients than calories to the diet but note that there is no cusp below which a food is "bad" and above which a food is "good". In fact, there are plenty of examples of foods with lower scores that are still incredibly valuable sources of nutrients. For example, cheese has an average Nutrivore Score of 140 but is also the most concentrated food source of calcium!

This example shows us that all foods lie on a spectrum of nutrient density and the Nutrivore Score is just one tool to help identify good options. For instance, both kale and beef liver are extremely nutrient dense and have similar Nutrivore Scores. However, upon further inspection, they do not contribute the same level of nutrients to the diet. Kale offers 50% DV (see Daily Value (%DV) Calculations section) or more of 3 different essential nutrients, where liver will deliver over half of the required intake for 11 essential nutrients. While both kale and beef liver are both super nutrient-dense, they don't contribute equally to the overall diet because of their energy density and size of a typical serving. The Nutrivore Score is a tool that shows us these foods are nutrient powerhouses, however the score is only one piece of information, we need to look further into the data to see what nutrients are superior in each food.

Overall, as a part of a nutrient-dense diet, we want to focus on whole and minimally-processed foods but it's also important to remember that we don't need to feel guilty about eating a food that isn't

particularly nutrient-dense. Instead, let's focus on celebrating any choice we make that is nutrient focused.

Where Does the Data Come From?

The Nutrivore Database was generated from raw data exported from the United States Department of Agriculture (USDA) FoodData Central (Legacy Foods). This database is a wealth of information that includes thousands of food items and detailed component information for nutrients contained within each food.

However, there is a lot of nutrition information missing from the database. Some common foods such as dragon fruit, extra-virgin olive oil, and tigernut are not a part of the existing data set, and some nutrients used in the calculation of the Nutrivore Score are missing as well. For instance, the USDA does not include data for: vitamin B7 (biotin), polyphenols, glucosinolates, thiosulfinates, coQ10, ergothioneine, taurine, myo-inositol, betalains, or iodine. Even when nutrients are included in the USDA, data is not available for all foods. As such, the team at Nutrivore filled as many gaps as possible with reliable academic sources such as scientific papers, additional databases like Phenol Explorer and other national databases such as Fineli, the nutrition database maintained by the Finnish Institute for Health.

Given all of the detail and rigor that was poured into this database, we can confidently say the Nutrivore Database is the only one of its kind.

What Calculations Were Required?

The raw data from the USDA FoodData Central is only the beginning to the Nutrivore Database. After creating a large pool of data and calculating Nutrivore Scores for all foods, we also had to determine standard serving sizes for each food group, designate food groups for each food, and calculate the corresponding %DV of each nutrient per serving, which is dependent on serving size and the recommended daily allowance for that specific nutrient.

In addition, it's important to note that some nutrients are not found in foods and are specifically noted as a zero, while other nutrients currently may not have any information (unknown). In the Nutrivore Database, we have distinguished between the two with a '~' for no information, and a '0.0' which communicates no nutrient present.

The %DV calculations that are found in the nutrient tables for all of the top 500 foods are calculated as follows, according to the RDI (reference daily intake):

$$\%DV = \frac{Nutrient\ Quantity\ Present\ in\ Particular\ Food}{RDI}$$

How to Use This Book

This book is simply an amazing reference deck of the top 500 most nutrient-dense foods according to their Nutrivore Score. Think of it as the go-to resource for a super-nerd, to learn more and better understand which foods stand out.

There is no categorizing of food groups, no listings by nutrient or information on health conditions. It is simply the data, as it shakes out!

How the Top 500 List Was Generated

The USDA FoodData Central legacy foods database consists of over 7,500 foods. When compiling this book, we first calculated Nutrivore Scores for all foods in the database and then ordered them based on Nutrivore Score. However, to create this book it wasn't as simple as choosing the first 500 foods on the list (that would have been way too easy!). Instead, we wanted to make this resource as useful as possible to the reader, which meant we had to put in the time to curate the list. First off, we focused on whole and minimally processed foods, while also including commonly consumed beverages, condiments, and baking ingredients. We excluded foods with artificially inflated scores due to fortification with nutrients not inherently present in the food or as a result of non-nutritive sweeteners and fats.

We also limited entries of each food. For example, if you search FoodData Central for broccoli, you would find over 10 entries, including raw, cooked, and frozen versions of the food. Even though all versions of broccoli are nutrient-dense, we only included raw, uncooked broccoli to feature, so that we could have a larger variety of foods in the book. In general, all foods included in this book are raw versions of the food unless otherwise specified (e.g., canned). The same thing goes for limiting entries of varying types of meat. For instance, we did not include all possible cuts of a particular meat (beef alone has hundreds of entries!), but instead limited to representative examples, for instance only including ground beef of one specific fat content or limiting chicken to a white meat and dark meat entry.

In addition, we limited the number of entries for similar types of food to 5 or less. For instance, in the USDA there are 13 different types of liver, but we only included beef, chicken, duck, lamb, and veal liver in the book because in our experience they are the most easy to find and commonly consumed (at least in North America). If you were interested in pork liver, which is not in the book, you could look at these entries and get a good feel for the types of nutrients and overall nutrient density of your liver of choice. The same goes for types of salmon, mushrooms, or varieties of coffee and tea etc.

When it came to something like cheese, which is commonly consumed world-wide, we included more than 5 entries because cheese varieties vary so widely, so we wanted to ensure we had representation of all varieties but only included one cheese of each type. That means you can find brie, blue, cheddar, cottage, cream, feta, goat, gouda, mozzarella, parmesan, and swiss cheese in the book but we didn't include romano because it was in the same family as parmesan or roquefort as it is closely related to blue cheese. We felt that was a "grate" compromise! (Groan).

We also exercised discretion and did not include some nutrient-dense foods because for many of us they would be almost impossible to find and are unlikely to be commonly consumed (e.g. caribou bone marrow and brain). But, we definitely did push the envelope and included some less common foods in an effort to broaden your horizons and encourage you to try new foods. We hope that seeing the photos of the foods and learning their names, as well as their nutritional strengths, might encourage you to try them next time you are out shopping and come across them (mamey sapote I'm looking at you!).

In taking this approach, we feel that the book provides comprehensive nutrition information for the top 500 nutrient-dense and most commonly consumed foods. You're welcome!

Understanding the Graphs

If you happen to love a particular food and are interested to learn about its nutritional content, simply look-up your food of interest in the (very extensive) index/table of contents. Otherwise, if you just want to nerd-out, all you have to do is "flip" through the book and "feast" your eyes on the substantial amounts of nutritional data we have compiled.

To make this easier for you, the reader, we have designed the book such that each food page is identically formatted.

Let's look at our top nutrient-dense food, clam juice, as an example (and then you'll know how to read every other page in the book).

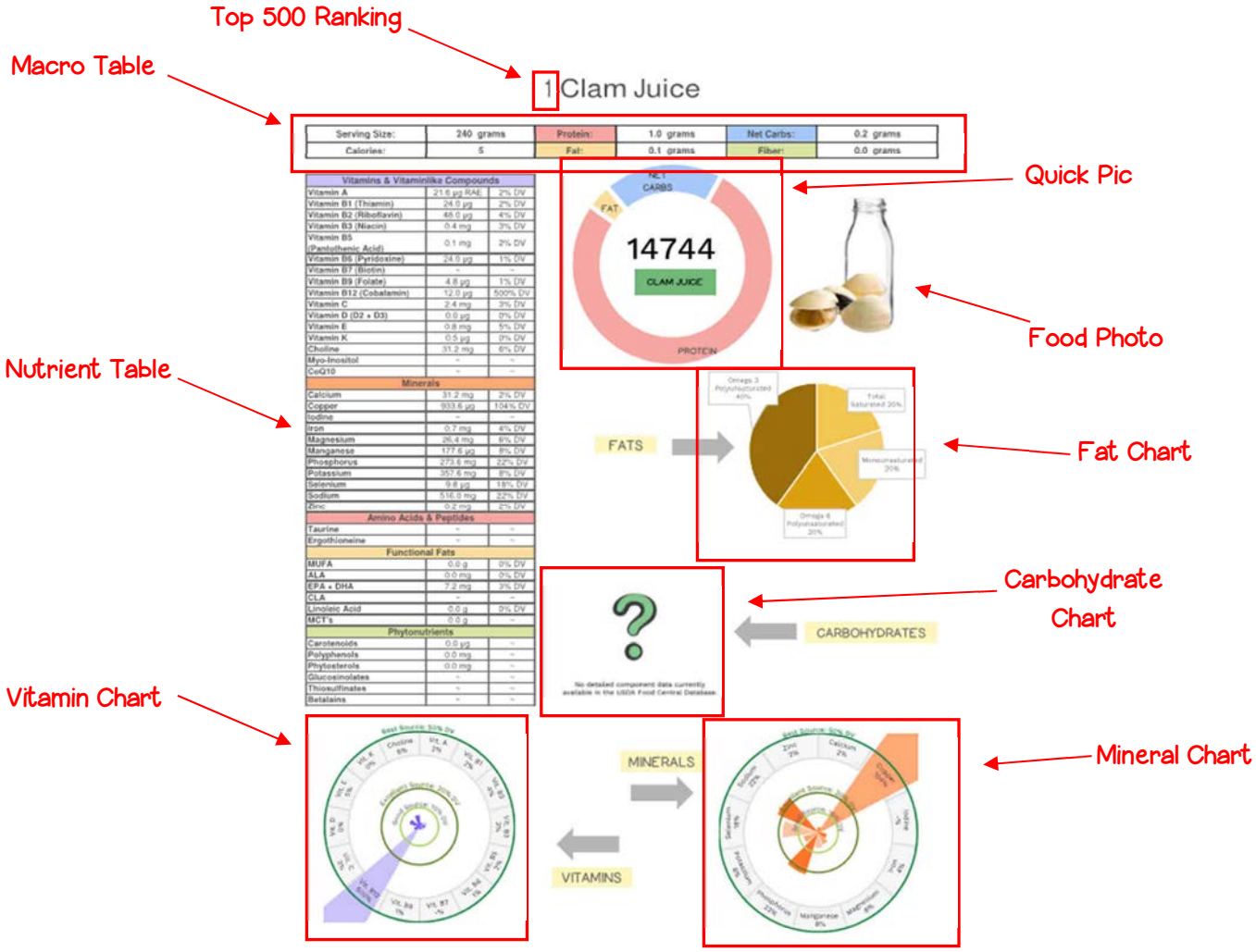
At the top of the page, the title consists of the food's ranking number (in this case #1), followed by the food name (Clam Juice).

Next is the Macro Table, which displays the serving size (in grams), along with the amount of protein, net carbs, calories, fat, and fiber found *in one serving* of the food.

Below the Macro Table is what we call the Quick pic, which is a visual representation of the food's Nutrivore Score and macronutrient distribution (the numerical info found in the Macro Table above).

The Nutrient Table provides detailed information regarding the vitamins and vitamin-like compounds, minerals, amino acids and peptides, functional fats, and phytonutrients in one serving of the food. Included is both the amount and the %DV, where applicable. For example, clam juice has 2.4 mg of vitamin C per serving, which is equivalent to 3% DV.

Each page also includes fat, carbohydrate, vitamin, and mineral pie charts to visualize some of the numerical data from the tables.


Top 500 Ranking
Macro Table
1 Clam Juice
Serving Size: 240 grams
Calories: 5
Protein: 1.0 grams
Fat: 0.1 grams
Net Carbs: 0.2 grams
Fiber: 0.0 grams
Quick Pic
14744
CLAM JUICE
CARBS
FAT
PROTEIN
Food Photo
Nutrient Table
Vitamins & Vitaminlike Compounds
Minerals
Amino Acids & Peptides
Functional Fats
Phytonutrients
FATS
Fat Chart
Carbohydrate Chart
CARBOHYDRATES
Vitamin Chart
MINERALS
VITAMINS
Mineral Chart

Carbohydrate Charts

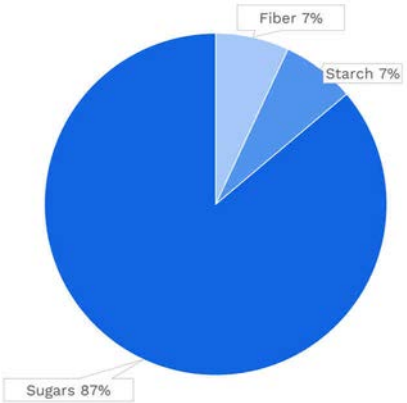


Carbohydrates (including sugar, starch and fiber) are a class of organic molecules with the basic structural components being sugar molecules, or saccharides, which have a general molecular formula of Cm(H2O)n. Their two main roles in supporting health are as an energy source and as fermentable substrate for the gut microbiome. Chemically, carbohydrates are classified based on the number of saccharides they contain: monosaccharides are made up of a single sugar molecule (glucose and fructose), disaccharides contain two sugar molecules (sucrose and lactose), oligosaccharides are medium-length chains of three to ten sugar molecules, and polysaccharides are long chains of sugar molecules that can be hundreds long.

From a dietary perspective carbohydrates can be classified into 3 main categories based on how they're digested and absorbed: sugars, starches, and fiber.

- **SUGARS:** Simple carbohydrates like glucose, fructose, and sucrose that are digested and absorbed quickly, having a rapid impact on blood sugar levels and insulin secretion (naturally found in fruit, dairy products and natural sweeteners like honey and cane sugar).
- **STARCHES:** Complex carbohydrates, polysaccharides composed primarily of glucose, which take longer to break down during digestion and have a more gradual impact on blood sugar levels (found in grains, legumes, and root vegetables such as potatoes, sweet potatoes, and cassava).
- **FIBER:** Complex carbohydrates, oligosaccharides and polysaccharides from plant cell walls that don't get fully broken down by our digestive enzymes and instead are fermented in our digestive tracts. Fiber can be further divided into a few major classes based on molecular structure, including cellulose, hemicellulose, pectin, lignin, chitin, chitosan, gums, glucans, mucilages, fructans and resistant starch. It can also be classified based on its solubility, viscosity and how readily it is fermented by our gut bacteria.

Here is an example of the typical carbohydrate graph that you will find on a top 500 food page.



The detailed component data for fiber, starch and sugar comes directly from the USDA FoodData Central, in the legacy foods data set. This raw data is given as a ratio, or a percentage of the sum of all 3 components. For example:

$$Fiber\ \% = \frac{Fiber}{(Fiber + Starch + Sugar)}$$

If there was no carbohydrates in the food, we included a 0% pie chart and if there was an absence of data or when detailed data was not available regarding the break-down of the carbohydrates in the food, we simply included a "?" graphic.

Fat Charts



Dietary fat is a macronutrient, one of the three major classes of nutrients that we need in large quantities (the others being carbohydrates and protein). Fat is a concentrated source of energy in our foods—with 9 calories per gram, it's the most calorie-dense macronutrient, compared to the mere 4 calories per gram provided by carbohydrates and protein—as well as the main molecule our own bodies use for long term energy storage, but fats have much more extensive roles in our biology.

Fats are a type of lipid, which is broadly defined as a molecule that is insoluble in water but that dissolves in organic solvents like ether and chloroform. Lipids encompass fats and oils, fatty acids, phospholipids, and sterols like cholesterol.

Lipids perform three primary biological functions within the body:

1. they serve as structural components of cell membranes,
2. they are energy storage molecules and some can be directly used for energy,
3. they function as important signaling molecules, including forming the backbone of autocrine (within a cell) and paracrine (between neighboring cells) signaling molecules as well steroid hormones and vitamin D.

The impact of dietary fat on our health is dependent on both the type of fat and how much of it we're eating. In our detailed fat charts, the following fats are calculated as a ratio of the total fat:

TOTAL SATURATED FAT – is a detailed nutrient component value that comes directly from the USDA data set.

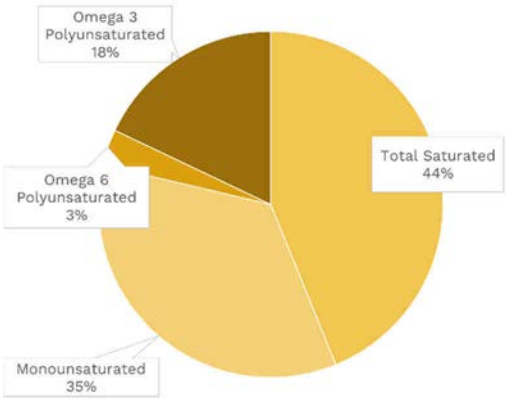
MONOUNSATURATED FAT – a detailed nutrient component value that comes directly from the USDA data set.

OMEGA 3 POLYUNSATURATED FATS – is a group of fatty acids that include ALA (alpha-linoleic acid), DHA (Docosahexaenoic Acid), EPA (Eicosapentaenoic Acid) and DPA (Docosapentaenoic acid). The value for this component is the sum of the aforementioned fats:

$$\text{Omega 3} = \text{ALA} + \text{DHA} + \text{EPA} + \text{DPA}$$

OMEGA 6 POLYUNSATURATED FATS – This is the remaining category of polyunsaturated fats that is calculated by subtracting the Omega 3 total from the USDA nutrient component for "Total Polyunsaturated Fatty Acids":

$$\text{Omega 6} = \text{Total Polyunsaturated Fatty Acids} - \text{Omega 3}$$



Above is an example of a typical fat graph that you will find on a top 500 food page. The fat chart is given as a ratio, or a percentage of the sum of all 5 components. For example:

$$Omega\ 3\ \% = \frac{Omega\ 3}{(Saturated\ +\ Monounsaturated\ +\ Polyunsaturated\ +\ Omega\ 3\ +\ Omega\ 6)}$$

If there was no fat in the food, we included a 0% pie chart and if there was an absence of data or when detailed data was not available regarding the break-down of the fats in the food, we simply included a "?" graphic.

Mineral Charts

Minerals perform many different roles in the human body, including forming structural tissues (like bones and teeth), maintaining acid-base balance, regulating enzyme systems, serving as electrolytes (necessary for nerve impulse transmission and muscle contraction), and metabolic processes.



A mineral is a chemical element (that is, a member of the Periodic Table of Elements) required as an essential nutrient other than carbon, hydrogen, nitrogen, oxygen, and sulfur (which form the backbone of most organic molecules including amino acids, fatty acids, and vitamins). Dietary minerals may be present in inorganic salts (like table salt, a.k.a. sodium chloride) or as part of carbon-containing organic compounds (like magnesium in chlorophyll, the pigment that makes plants green).

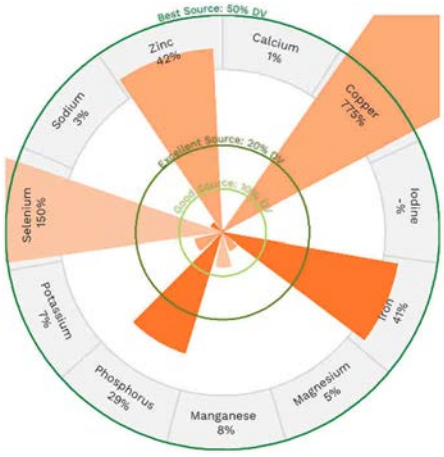
Essential minerals can be divided into macrominerals, which we need in excess of 100 milligrams per day to avoid symptoms of deficiency, and trace minerals, which we need in much smaller amounts (1 to 100 milligrams per day). Macrominerals include sodium, chloride, potassium, phosphorus, magnesium, sulfur, and calcium. Trace minerals include copper, chromium, fluoride, iodine, iron, molybdenum, manganese, selenium, and zinc.

In our book, the mineral chart includes data for: calcium, copper, iodine, iron, magnesium, manganese, phosphorus, potassium, selenium, sodium, and zinc.

To display the mineral pie chart, the %DV of each mineral was calculated as follows:

$$Iron\ \%DV = \frac{Iron}{RDI}$$

The mineral pie chart is broken up into equal slices, one for each mineral. Each pie slice denotes a single mineral, and the amount of the pie slice that is filled, represents the %DV of that mineral in one serving of the particular food. There are several concentric circles, the innermost being 10% DV, the middle 20% DV and the outer 50% DV. If a mineral's pie slice is filled up to the 10% line it is categorized as a GOOD source of that mineral. If a food is filled up to the 20% line, it is categorized as an EXCELLENT source, and if it is up to or over the 50% line, it is defined as a BEST source of that mineral. The actual %DV value is also denoted in the pie chart slice for a numerical representation. In the following example, the amount of copper in lamb liver is 775% of the daily value, therefore it is a BEST source of copper. Iron and zinc are 41% and 42% respectively, therefore lamb liver is an EXCELLENT source of both iron and zinc. Iodine is displayed as -%, which denotes there is no information available regarding the amount of iodine in lamb liver.



Vitamin Charts



The term *vitamin* is derived from the Latin *vita*, meaning "essence of life." Discovered predominantly in the late nineteenth and early twentieth centuries, vitamins were labeled with letters (A, B, C, D, E, etc.) as they were discovered, until technological advances permitting the identification of molecular structures changed the nomenclature. Other substances originally labeled as vitamins lost their classification once their structure was identified; for example, flavonoids were originally given the name vitamin P.

Vitamins can be broadly divided into two classes:

- **FAT-SOLUBLE VITAMINS** including vitamins A, D, E, and K, dissolve in fats and oils.
- **WATER-SOLUBLE VITAMINS**, including all the B vitamins and vitamin C, dissolve in water.

This property affects the way in which vitamins are absorbed and used in the body. Fat-soluble vitamins tend to form important elements of cell membranes and water-soluble vitamins tend to act as coenzymes (a nonprotein compound that is necessary for the functioning of an enzyme). Each vitamin plays an important and unique role in supporting human health.

In addition, there are many vitamin-like compounds that have recently been identified as essential to supporting overall health. Some examples include alpha-lipoic acid, betaine, carnitine, choline, coQ10 (ubiquinone and ubiquinol), inositol (aka myo-inositol), and pyrroloquinoline quinone (PQQ).

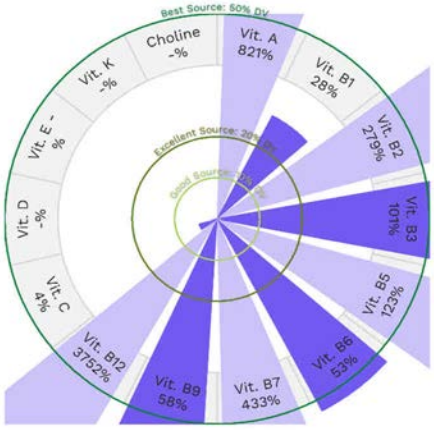
In our book, the vitamin chart includes data for: vitamin A, vitamin B1 (thiamin), vitamin B2 (riboflavin), vitamin B3 (niacin), vitamin B5 (pantothenic acid), vitamin B6 (pyridoxine), vitamin B7 (biotin), vitamin B9 (folate), vitamin B12 (cobalamin), vitamin C, vitamin D, vitamin E, vitamin K, and choline.

To display the vitamin pie chart, the %DV of each vitamin was calculated as follows:

$$Vitamin\ K\ \%DV = \frac{Vitamin\ K}{RDI}$$

The vitamin pie chart is broken up into equal slices, one for each vitamin. Each pie slice denotes a single vitamin, and the amount of the pie slice that is filled, represents the %DV of that vitamin in the particular food. There are several concentric circles, the innermost being 10% DV, the middle 20% DV and the outer 50% DV. If a vitamin's pie slice is filled up to the 10% line it is categorized as a GOOD source of that vitamin. If a food is filled up to the 20% line, it is categorized as an EXCELLENT source, and if it is up to or over the 50% line, it is defined as a BEST source of that vitamin. The actual %DV value is also denoted in the pie chart slice for a numerical representation. In the following example, the amount of vitamin A in lamb liver is 821% of the daily value, therefore it is a BEST source of vitamin A. Vitamin B6 and B9 are also BEST sources, however are much less at 53% and

58% respectively. If there is no information available regarding the amount of a specific vitamin, it is denoted as -%, as is the case for choline and vitamins D, E, and K in this example.



So, there you have it! That's all you need to know to fully understand and get the most out of the information presented on each food page. To say it is comprehensive is an understatement! In fact, we're pretty proud of how much data we were able to pack into one page in an easy-to-read format.

And, after pouring over the data for many, many, many hours while putting together this book we noticed some interesting and fun facts (in addition to finding lots of new foods to explore)!

Interesting Finds

- Clam juice is the number 1 food. This is due to its superior content of vitamin B12 and its extremely low-calorie count: 500% of the DV for vitamin B12 in just 5 calories!
- Brewed coffee also makes the top 5 for a similar reason, a high amount of polyphenols present with a very low calorie count.
- Herbs are nutrient powerhouses! For example, parsley is the most nutrient-dense of the herbs coming in at a rank of #14, chives are a strong #30, basil is #34 and cilantro makes #47.
- Aside from clam juice at #1, the next animal food does not show up on the list until #19 (lamb liver), illustrating that some of the most nutrient-dense foods are plant-based.
- While there are many heavy-hitting greens in the top 10, or 25 even, examining the nutrient profiles of each, it is easy to see that animal foods such as liver and seafood provide a larger array of essential nutrients per serving than these plant foods.
- There are some interesting clusters of foods that appear in the top 500. For example, enoki, shiitake and maitake mushrooms are #24, #25, and #29 respectively. The next mushroom does not appear until #48.
- Yeast extract spread (aka Marmite, Vegemite) makes the top 50 due to its high B vitamin content. This is the only processed food other than clam juice that makes the top 50!
- The highest scoring variety of tomatoes is orange at #74, followed closely by yellow tomatoes at #76! The next highest tomato product is actually tomato juice at #83. Red tomatoes are #128 and green #213.
- Expanding on the above point, different colored sweet peppers are the 'same' food but appear at very different rankings from each other, highlighting the fact that different varieties of foods have differing nutrient profiles, aka variety matters!
- Convenience foods, such as canned fish, are represented in the top 500, which shows us that even if we're short on time, we have great nutrient-dense options to choose from.
- Adding 'toppers' to our foods, such as condiments, herbs, and spices is a great (and easy) way to boost the nutrient density of any meal.

- Kelp is a phenomenal source of iodine, providing over 52,000% DV in just one serving! This also means that we need to be cautious of not eating too much of this food.

Final Thoughts

We all have a lot on our plate (pun intended!), so the main purpose of this book is to make life easier by giving us a quick reference to the top 500 most nutrient dense foods available! These foods will fit our nutrient needs and help us create a balanced nutrient-dense diet, and this book shows the details behind "why" these foods are such powerhouses.

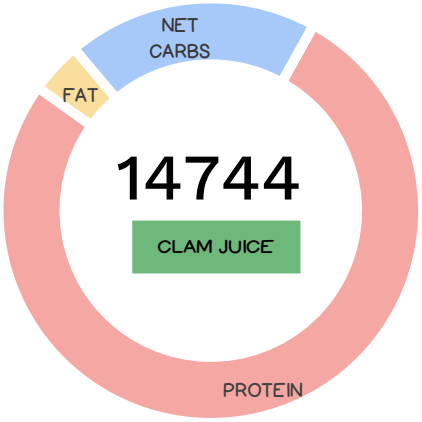
We want to inspire people to take control of their own health journeys by arming them with the knowledge that no foods are off limits, and while some are certainly better than others, our choices can always be made with nutrient density in mind, given our circumstances and the dietary framework we identify with.

And with that, let the nerding out on nutrients begin ….

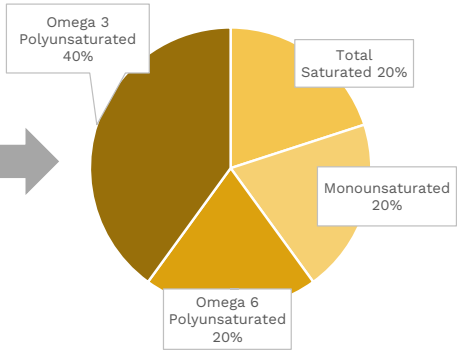
1 Clam Juice

Serving Size:	240 grams	Protein:	1.0 grams	Net Carbs:	0.2 grams
Calories:	5	Fat:	0.1 grams	Fiber:	0.0 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	21.6 µg RAE	2% DV
Vitamin B1 (Thiamin)	24.0 µg	2% DV
Vitamin B2 (Riboflavin)	48.0 µg	4% DV
Vitamin B3 (Niacin)	0.4 mg	3% DV
Vitamin B5 (Pantothenic Acid)	0.1 mg	2% DV
Vitamin B6 (Pyridoxine)	24.0 µg	1% DV
Vitamin B7 (Biotin)	~	~
Vitamin B9 (Folate)	4.8 µg	1% DV
Vitamin B12 (Cobalamin)	12.0 µg	500% DV
Vitamin C	2.4 mg	3% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.8 mg	5% DV
Vitamin K	0.5 µg	0% DV
Choline	31.2 mg	6% DV
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	31.2 mg	2% DV
Copper	933.6 µg	104% DV
Iodine	~	~
Iron	0.7 mg	4% DV
Magnesium	26.4 mg	6% DV
Manganese	177.6 µg	8% DV
Phosphorus	273.6 mg	22% DV
Potassium	357.6 mg	8% DV
Selenium	9.8 µg	18% DV
Sodium	516.0 mg	22% DV
Zinc	0.2 mg	2% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	0.0 mg	0% DV
EPA + DHA	7.2 mg	3% DV
CLA	~	~
Linoleic Acid	0.0 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	0.0 µg	~
Polyphenols	0.0 mg	~
Phytosterols	0.0 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~



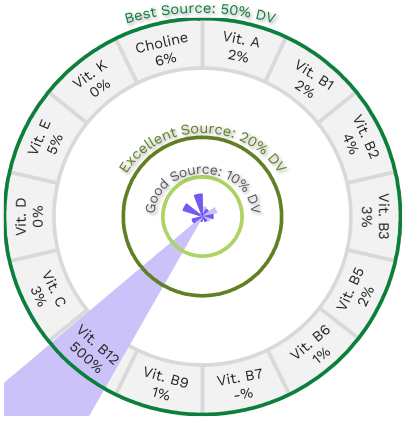






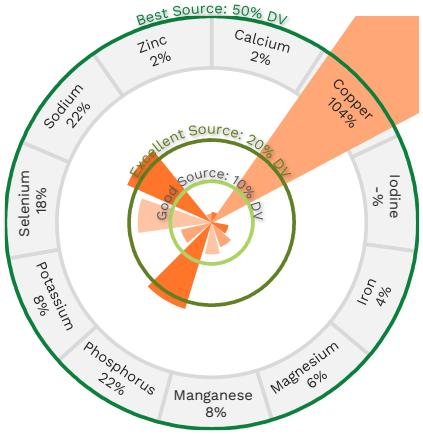
CARBOHYDRATES

No detailed component data currently available in the USDA Food Central Database.



MINERALS

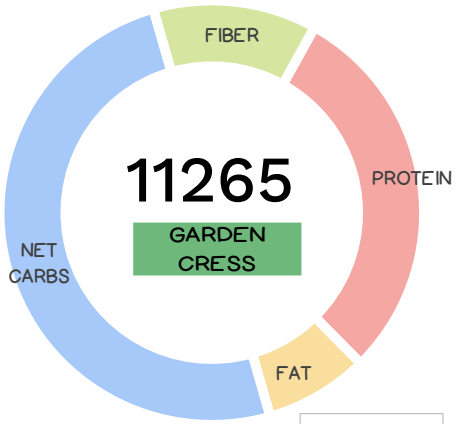
VITAMINS



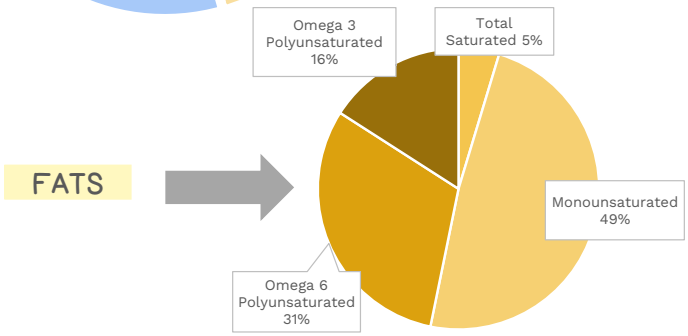
2 Garden Cress

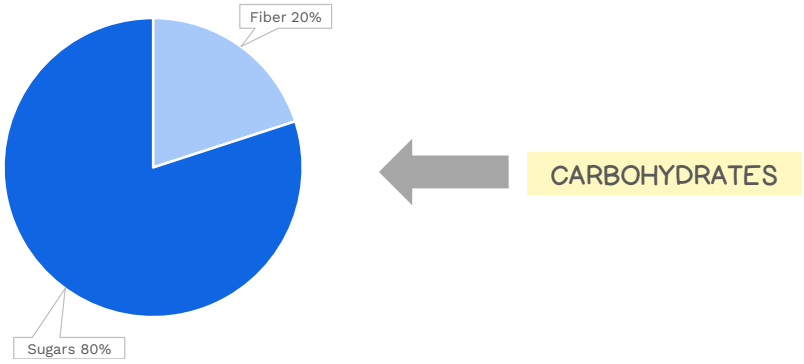
Serving Size:	100 grams	Protein:	2.6 grams	Net Carbs:	4.4 grams
Calories:	32	Fat:	0.7 grams	Fiber:	1.1 grams

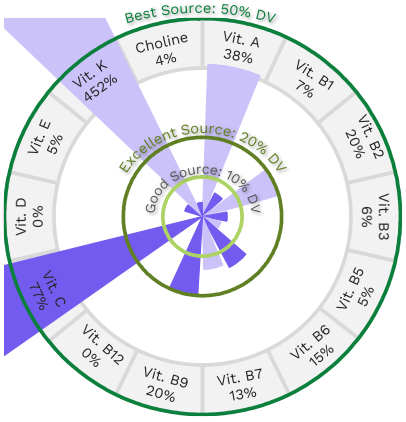
Vitamins & Vitaminlike Compounds		
Vitamin A	346.0 µg RAE	38% DV
Vitamin B1 (Thiamin)	80.0 µg	7% DV
Vitamin B2 (Riboflavin)	260.0 µg	20% DV
Vitamin B3 (Niacin)	1.0 mg	6% DV
Vitamin B5 (Pantothenic Acid)	0.2 mg	5% DV
Vitamin B6 (Pyridoxine)	247.0 µg	15% DV
Vitamin B7 (Biotin)	4.0 µg	13% DV
Vitamin B9 (Folate)	80.0 µg	20% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	69.0 mg	77% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.7 mg	5% DV
Vitamin K	541.9 µg	452% DV
Choline	19.5 mg	4% DV
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	309.2 mg	24% DV
Copper	2724.5 µg	303% DV
Iodine	~	~
Iron	4.7 mg	26% DV
Magnesium	733.1 mg	175% DV
Manganese	6810.5 µg	296% DV
Phosphorus	160.4 mg	13% DV
Potassium	781.3 mg	17% DV
Selenium	0.9 µg	2% DV
Sodium	14.0 mg	1% DV
Zinc	10.6 mg	96% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.2 g	1% DV
ALA	76.0 mg	5% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.2 g	1% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	16650.0 µg	~
Polyphenols	77.4 mg	~
Phytosterols	19.9 mg	~
Glucosinolates	1069.2 mg	~
Thiosulfinates	~	~
Betalains	~	~

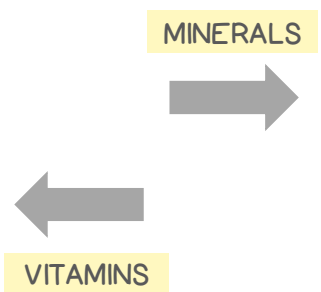


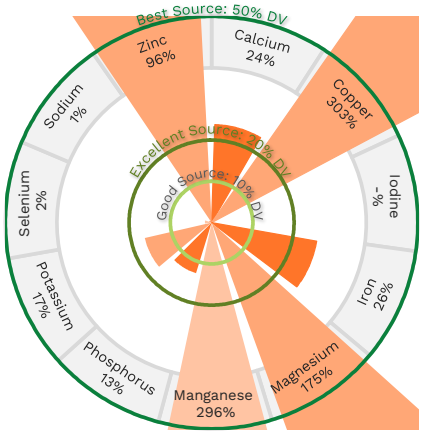








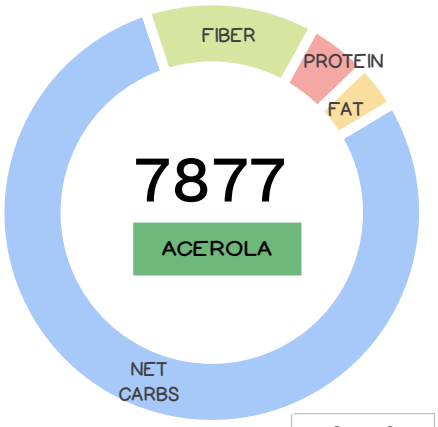




3 Acerola

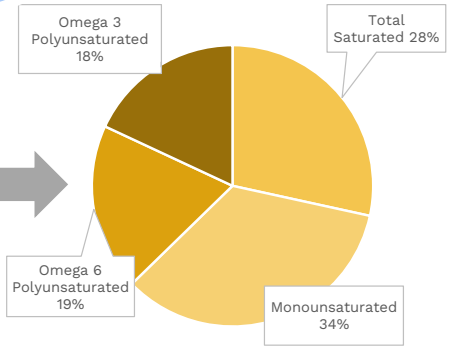
Serving Size:	98 grams	Protein:	0.4 grams	Net Carbs:	6.5 grams
Calories:	31	Fat:	0.3 grams	Fiber:	1.1 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	37.2 µg RAE	4% DV
Vitamin B1 (Thiamin)	19.6 µg	2% DV
Vitamin B2 (Riboflavin)	58.8 µg	5% DV
Vitamin B3 (Niacin)	0.4 mg	2% DV
Vitamin B5 (Pantothenic Acid)	0.3 mg	6% DV
Vitamin B6 (Pyridoxine)	8.8 µg	1% DV
Vitamin B7 (Biotin)	2.5 µg	8% DV
Vitamin B9 (Folate)	13.7 µg	3% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	1644.0 mg	1827% DV
Vitamin D (D2 + D3)	~	~
Vitamin E	~	~
Vitamin K	~	~
Choline	~	~
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	11.8 mg	1% DV
Copper	84.3 µg	9% DV
Iodine	~	~
Iron	0.2 mg	1% DV
Magnesium	17.6 mg	4% DV
Manganese	~	~
Phosphorus	10.8 mg	1% DV
Potassium	143.1 mg	3% DV
Selenium	0.6 µg	1% DV
Sodium	6.9 mg	0% DV
Zinc	0.1 mg	1% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.1 g	0% DV
ALA	43.1 mg	3% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.0 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	3978.8 µg	~
Polyphenols	4312.0 mg	~
Phytosterols	~	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

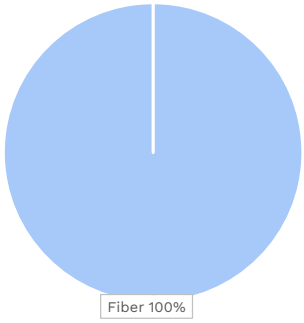




FATS



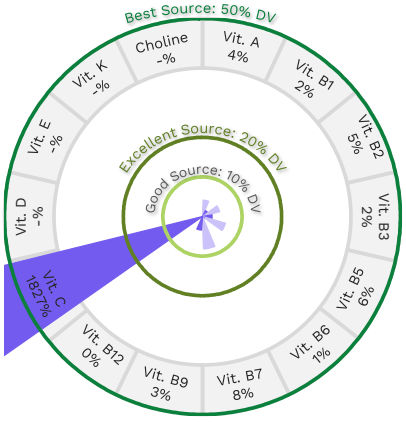
CARBOHYDRATES



MINERALS



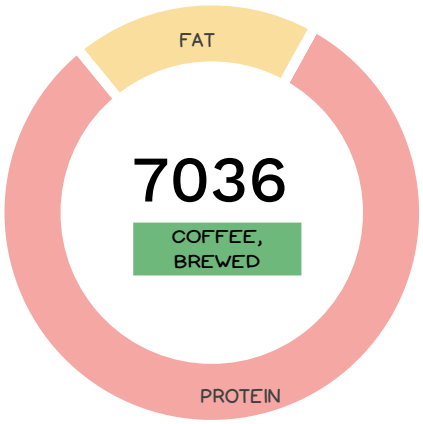
VITAMINS



4 Coffee, brewed

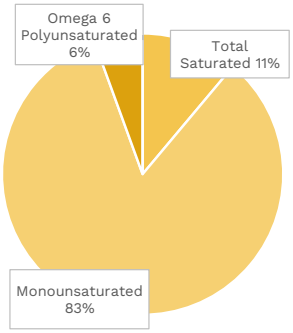
Serving Size:	178 grams	Protein:	0.2 grams	Net Carbs:	0.0 grams
Calories:	2	Fat:	0.1 grams	Fiber:	0.0 grams

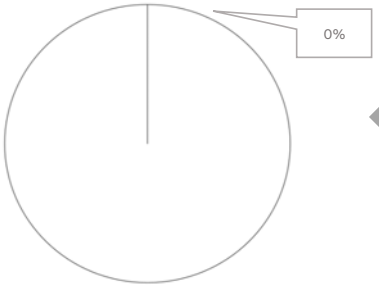
Vitamins & Vitaminlike Compounds		
Vitamin A	0.0 µg RAE	0% DV
Vitamin B1 (Thiamin)	24.9 µg	2% DV
Vitamin B2 (Riboflavin)	135.3 µg	10% DV
Vitamin B3 (Niacin)	0.3 mg	2% DV
Vitamin B5 (Pantothenic Acid)	0.5 mg	9% DV
Vitamin B6 (Pyridoxine)	1.8 µg	0% DV
Vitamin B7 (Biotin)	4.1 µg	14% DV
Vitamin B9 (Folate)	3.6 µg	1% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	0.0 mg	0% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.1 mg	0% DV
Vitamin K	0.2 µg	0% DV
Choline	4.6 mg	1% DV
Myo-Inositol	8.9 mg	~
CoQ10	~	~
Minerals		
Calcium	3.6 mg	0% DV
Copper	3.6 µg	0% DV
Iodine	~	~
Iron	0.0 mg	0% DV
Magnesium	5.3 mg	1% DV
Manganese	40.9 µg	2% DV
Phosphorus	5.3 mg	0% DV
Potassium	87.2 mg	2% DV
Selenium	0.0 µg	0% DV
Sodium	3.6 mg	0% DV
Zinc	0.0 mg	0% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	0.0 mg	0% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.0 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	0.0 µg	~
Polyphenols	623.0 mg	~
Phytosterols	0.4 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~



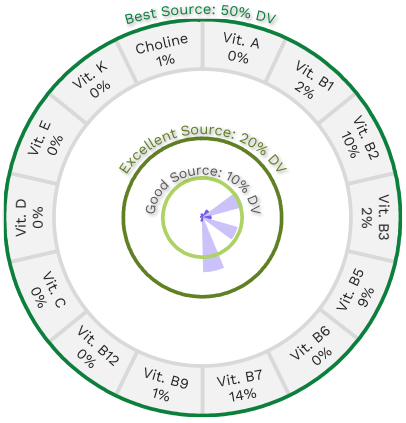


FATS





CARBOHYDRATES



MINERALS

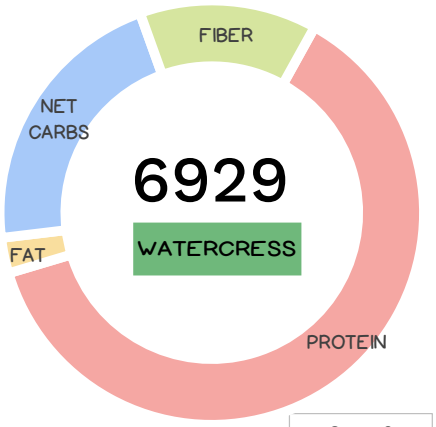
VITAMINS



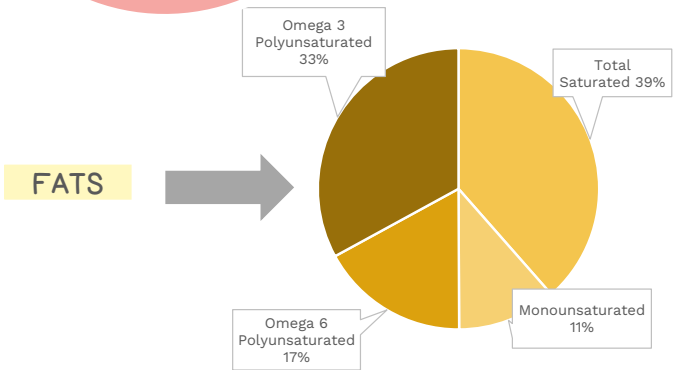
5 Watercress

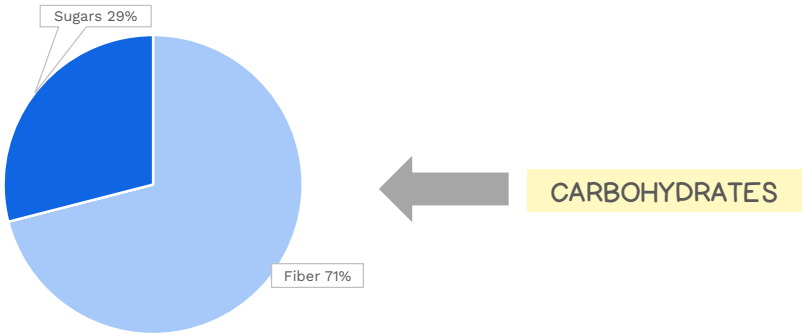
Serving Size:	68 grams	Protein:	1.6 grams	Net Carbs:	0.5 grams
Calories:	7	Fat:	0.1 grams	Fiber:	0.3 grams

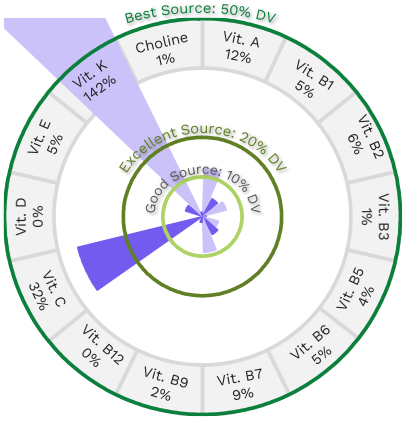
Vitamins & Vitaminlike Compounds		
Vitamin A	108.8 µg RAE	12% DV
Vitamin B1 (Thiamin)	61.2 µg	5% DV
Vitamin B2 (Riboflavin)	81.6 µg	6% DV
Vitamin B3 (Niacin)	0.1 mg	1% DV
Vitamin B5 (Pantothenic Acid)	0.2 mg	4% DV
Vitamin B6 (Pyridoxine)	87.7 µg	5% DV
Vitamin B7 (Biotin)	2.7 µg	9% DV
Vitamin B9 (Folate)	6.1 µg	2% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	29.2 mg	32% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.7 mg	5% DV
Vitamin K	170.0 µg	142% DV
Choline	6.1 mg	1% DV
Myo-Inositol	15.6 mg	~
CoQ10	~	~
Minerals		
Calcium	81.6 mg	6% DV
Copper	52.4 µg	6% DV
Iodine	~	~
Iron	0.1 mg	1% DV
Magnesium	14.3 mg	3% DV
Manganese	165.9 µg	7% DV
Phosphorus	40.8 mg	3% DV
Potassium	224.4 mg	5% DV
Selenium	0.6 µg	1% DV
Sodium	27.9 mg	1% DV
Zinc	0.1 mg	1% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	15.6 mg	1% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.0 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	5223.1 µg	~
Polyphenols	710.0 mg	~
Phytosterols	13.5 mg	~
Glucosinolates	64.6 mg	~
Thiosulfinates	~	~
Betalains	~	~

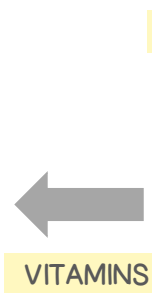




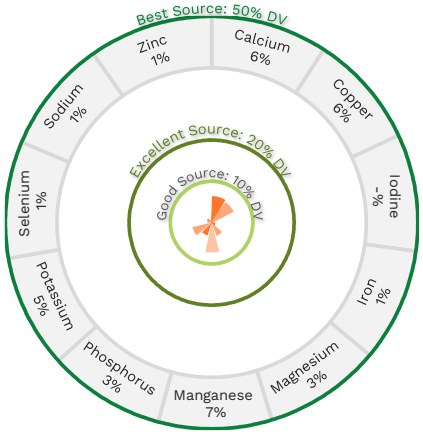








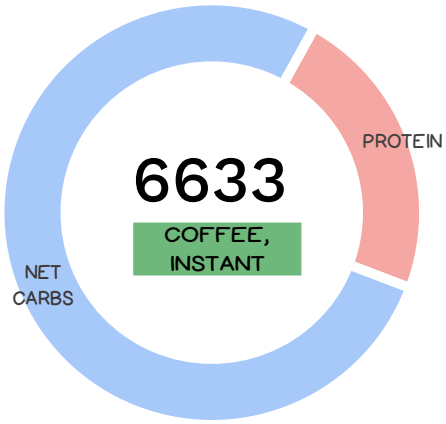




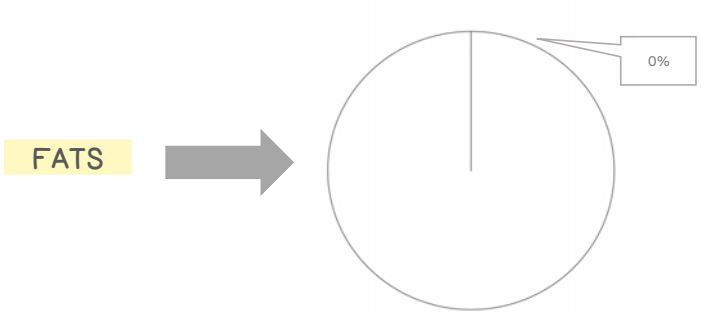
6 Coffee, instant

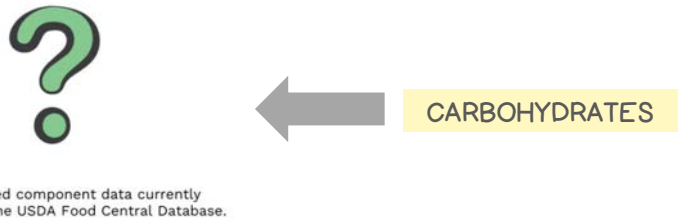
Serving Size:	179 grams	Protein:	0.2 grams	Net Carbs:	0.6 grams
Calories:	4	Fat:	0.0 grams	Fiber:	0.0 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	0.0 µg RAE	0% DV
Vitamin B1 (Thiamin)	0.0 µg	0% DV
Vitamin B2 (Riboflavin)	1.8 µg	0% DV
Vitamin B3 (Niacin)	0.4 mg	3% DV
Vitamin B5 (Pantothenic Acid)	0.0 mg	0% DV
Vitamin B6 (Pyridoxine)	0.0 µg	0% DV
Vitamin B7 (Biotin)	2.8 µg	9% DV
Vitamin B9 (Folate)	0.0 µg	0% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	0.0 mg	0% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.0 mg	0% DV
Vitamin K	0.0 µg	0% DV
Choline	1.0 mg	0% DV
Myo-Inositol	20.8 mg	~
CoQ10	~	~
Minerals		
Calcium	7.2 mg	1% DV
Copper	19.7 µg	2% DV
Iodine	0.0 µg	0% DV
Iron	0.1 mg	0% DV
Magnesium	7.2 mg	2% DV
Manganese	26.9 µg	1% DV
Phosphorus	5.4 mg	0% DV
Potassium	53.7 mg	1% DV
Selenium	0.2 µg	0% DV
Sodium	7.2 mg	0% DV
Zinc	0.0 mg	0% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	0.0 mg	0% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.0 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	0.0 µg	~
Polyphenols	1720.9 mg	~
Phytosterols	0.0 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

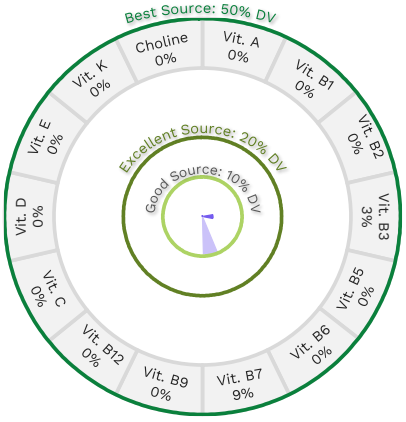








No detailed component data currently available in the USDA Food Central Database.





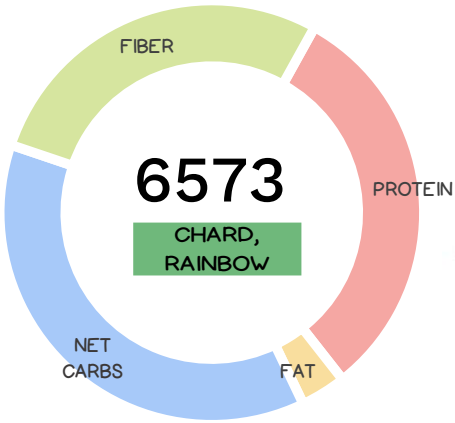




7 Chard, Rainbow

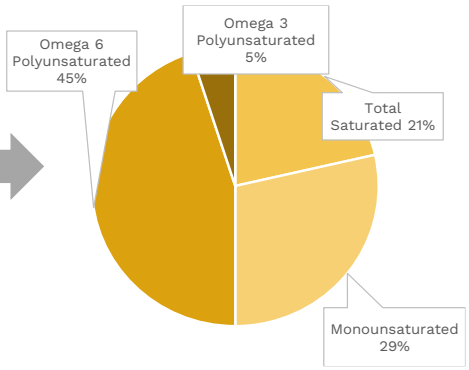
Serving Size:	72 grams	Protein:	1.3 grams	Net Carbs:	1.5 grams
Calories:	14	Fat:	0.1 grams	Fiber:	1.2 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	220.3 µg RAE	24% DV
Vitamin B1 (Thiamin)	28.8 µg	2% DV
Vitamin B2 (Riboflavin)	64.8 µg	5% DV
Vitamin B3 (Niacin)	0.3 mg	2% DV
Vitamin B5 (Pantothenic Acid)	0.1 mg	2% DV
Vitamin B6 (Pyridoxine)	71.3 µg	4% DV
Vitamin B7 (Biotin)	~	~
Vitamin B9 (Folate)	10.1 µg	3% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	21.6 mg	24% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	1.4 mg	9% DV
Vitamin K	597.6 µg	498% DV
Choline	13.0 mg	2% DV
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	36.7 mg	3% DV
Copper	128.9 µg	14% DV
Iodine	~	~
Iron	1.3 mg	7% DV
Magnesium	58.3 mg	14% DV
Manganese	263.5 µg	11% DV
Phosphorus	33.1 mg	3% DV
Potassium	272.9 mg	6% DV
Selenium	0.6 µg	1% DV
Sodium	~	~
Zinc	0.3 mg	2% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	5.0 mg	0% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.0 g	0% DV
MCT's	~	~
Phytonutrients		
Carotenoids	10578.2 µg	~
Polyphenols	950.4 mg	~
Phytosterols	8.3 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	4.2 mg	~

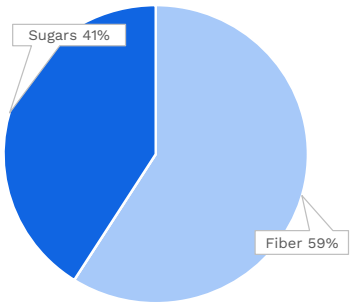


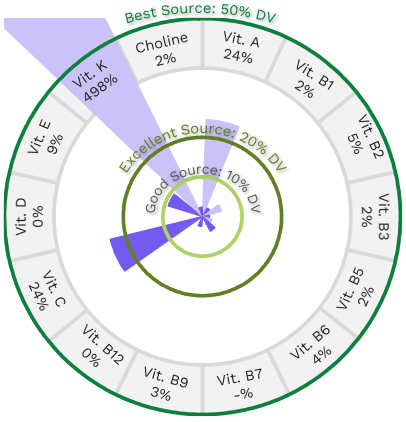


FATS



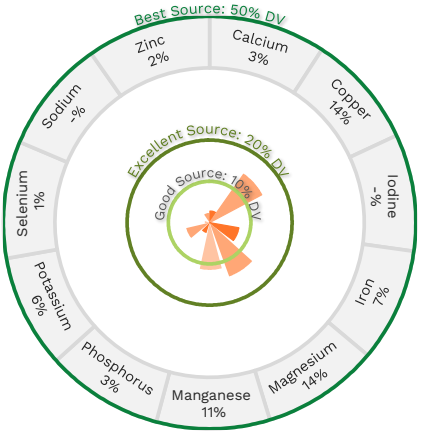
CARBOHYDRATES





MINERALS

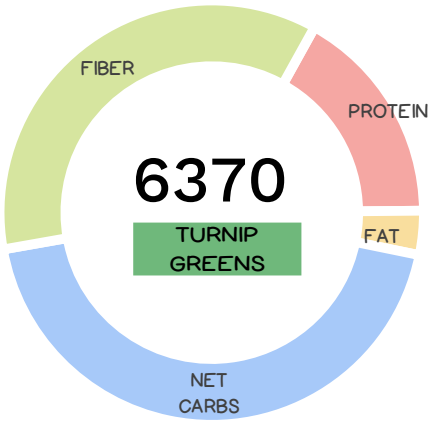
VITAMINS



8 Turnip greens

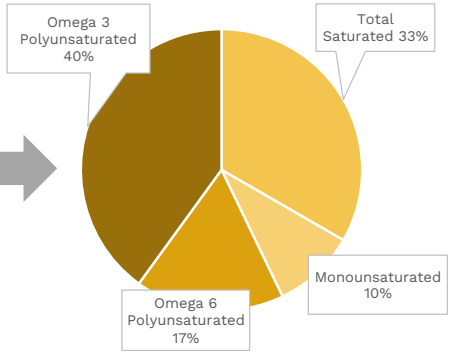
Serving Size:	110 grams	Protein:	1.7 grams	Net Carbs:	4.3 grams
Calories:	35	Fat:	0.3 grams	Fiber:	3.5 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	636.9 µg RAE	71% DV
Vitamin B1 (Thiamin)	77.0 µg	6% DV
Vitamin B2 (Riboflavin)	110.0 µg	8% DV
Vitamin B3 (Niacin)	0.7 mg	4% DV
Vitamin B5 (Pantothenic Acid)	0.4 mg	8% DV
Vitamin B6 (Pyridoxine)	289.3 µg	17% DV
Vitamin B7 (Biotin)	3.0 µg	10% DV
Vitamin B9 (Folate)	213.4 µg	53% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	66.0 mg	73% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	3.3 mg	22% DV
Vitamin K	276.1 µg	230% DV
Choline	~	~
Myo-Inositol	47.3 mg	~
CoQ10	~	~
Minerals		
Calcium	209.0 mg	16% DV
Copper	385.0 µg	43% DV
Iodine	~	~
Iron	1.2 mg	7% DV
Magnesium	34.1 mg	8% DV
Manganese	512.6 µg	22% DV
Phosphorus	46.2 mg	4% DV
Potassium	325.6 mg	7% DV
Selenium	1.3 µg	2% DV
Sodium	44.0 mg	2% DV
Zinc	0.2 mg	2% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	92.4 mg	6% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.0 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	21754.7 µg	~
Polyphenols	100.0 mg	~
Phytosterols	~	~
Glucosinolates	810.7 mg	~
Thiosulfinates	~	~
Betalains	~	~

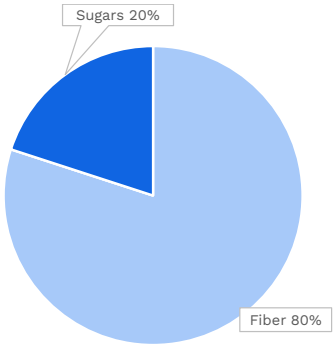




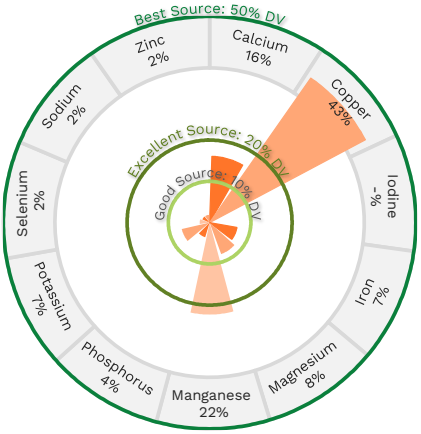
FATS



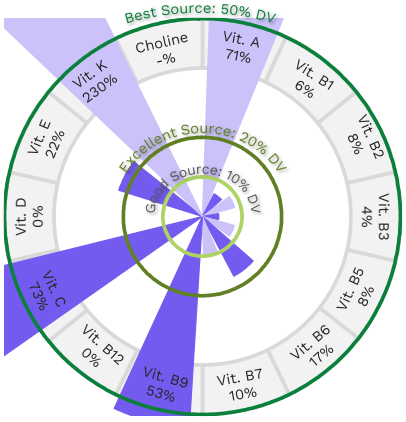
CARBOHYDRATES



MINERALS



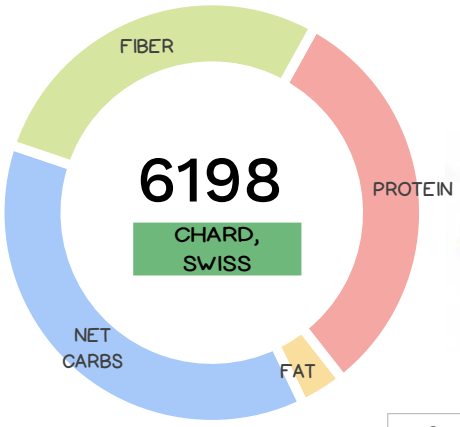
VITAMINS



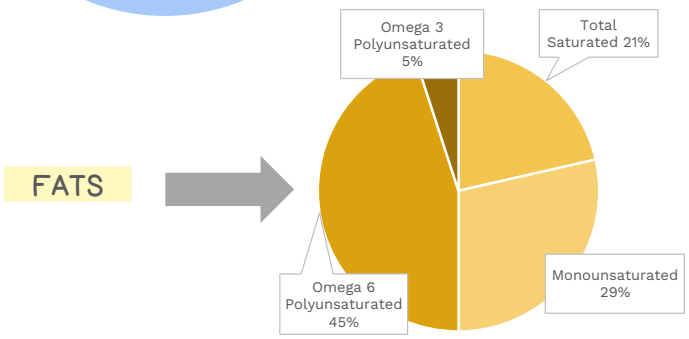
9 Chard, Swiss

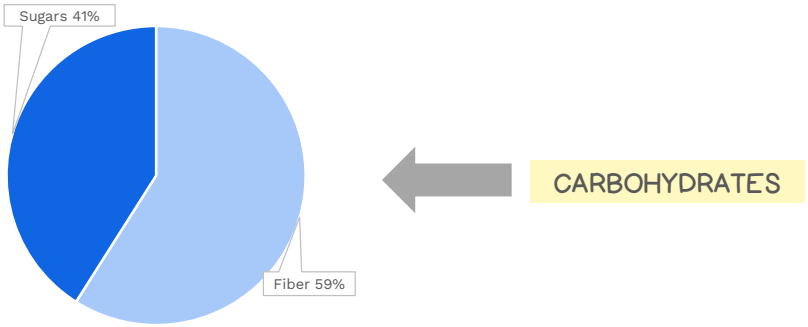
Serving Size:	72 grams	Protein:	1.3 grams	Net Carbs:	1.5 grams
Calories:	14	Fat:	0.1 grams	Fiber:	1.2 grams

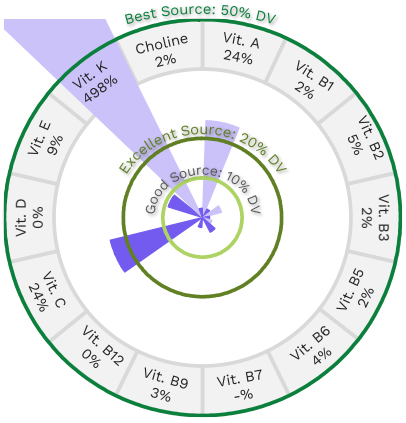
Vitamins & Vitaminlike Compounds		
Vitamin A	220.3 µg RAE	24% DV
Vitamin B1 (Thiamin)	28.8 µg	2% DV
Vitamin B2 (Riboflavin)	64.8 µg	5% DV
Vitamin B3 (Niacin)	0.3 mg	2% DV
Vitamin B5 (Pantothenic Acid)	0.1 mg	2% DV
Vitamin B6 (Pyridoxine)	71.3 µg	4% DV
Vitamin B7 (Biotin)	~	~
Vitamin B9 (Folate)	10.1 µg	3% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	21.6 mg	24% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	1.4 mg	9% DV
Vitamin K	597.6 µg	498% DV
Choline	13.0 mg	2% DV
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	36.7 mg	3% DV
Copper	128.9 µg	14% DV
Iodine	~	~
Iron	1.3 mg	7% DV
Magnesium	58.3 mg	14% DV
Manganese	263.5 µg	11% DV
Phosphorus	33.1 mg	3% DV
Potassium	272.9 mg	6% DV
Selenium	0.6 µg	1% DV
Sodium	153.4 mg	7% DV
Zinc	0.3 mg	2% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	5.0 mg	0% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.0 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	10578.2 µg	~
Polyphenols	597.6 mg	~
Phytosterols	8.3 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	2.4 mg	~

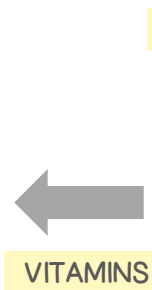


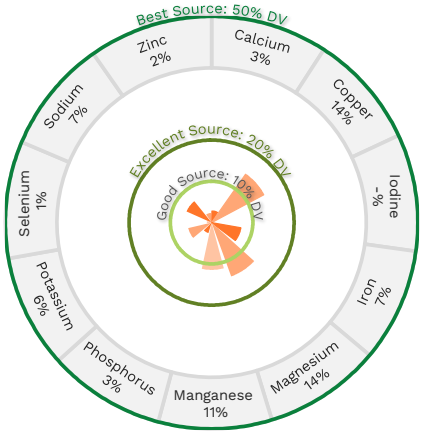








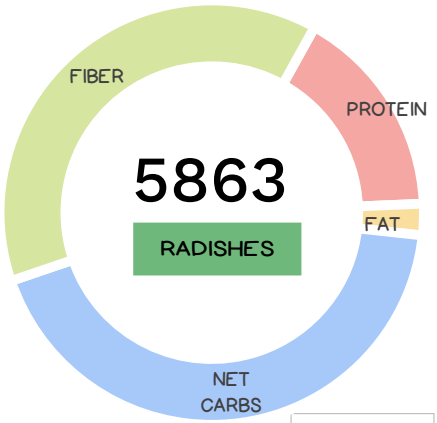




10 Radishes

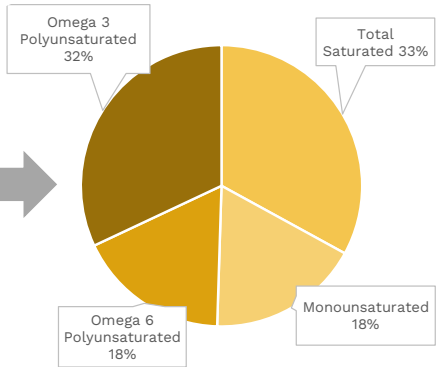
Serving Size:	116 grams	Protein:	0.8 grams	Net Carbs:	2.1 grams
Calories:	19	Fat:	0.1 grams	Fiber:	1.9 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	0.0 µg RAE	0% DV
Vitamin B1 (Thiamin)	13.9 µg	1% DV
Vitamin B2 (Riboflavin)	45.2 µg	3% DV
Vitamin B3 (Niacin)	0.3 mg	2% DV
Vitamin B5 (Pantothenic Acid)	0.2 mg	4% DV
Vitamin B6 (Pyridoxine)	82.4 µg	5% DV
Vitamin B7 (Biotin)	4.9 µg	16% DV
Vitamin B9 (Folate)	29.0 µg	7% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	17.2 mg	19% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.0 mg	0% DV
Vitamin K	1.5 µg	1% DV
Choline	7.5 mg	1% DV
Myo-Inositol	11.6 mg	~
CoQ10	~	~
Minerals		
Calcium	29.0 mg	2% DV
Copper	58.0 µg	6% DV
Iodine	~	~
Iron	0.4 mg	2% DV
Magnesium	11.6 mg	3% DV
Manganese	80.0 µg	3% DV
Phosphorus	23.2 mg	2% DV
Potassium	270.3 mg	6% DV
Selenium	0.7 µg	1% DV
Sodium	45.2 mg	2% DV
Zinc	0.3 mg	3% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	36.0 mg	2% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.0 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	16.2 µg	~
Polyphenols	85.8 mg	~
Phytosterols	10.4 mg	~
Glucosinolates	585.8 mg	~
Thiosulfinates	~	~
Betalains	~	~

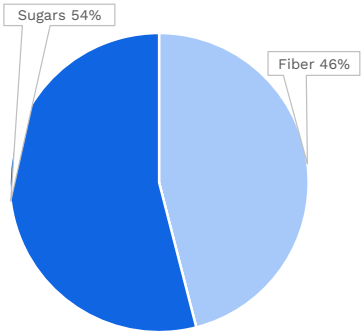




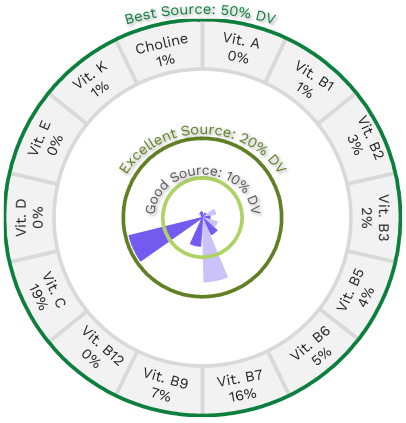
FATS



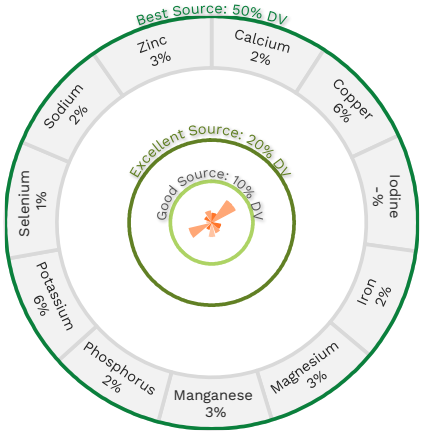
CARBOHYDRATES



MINERALS



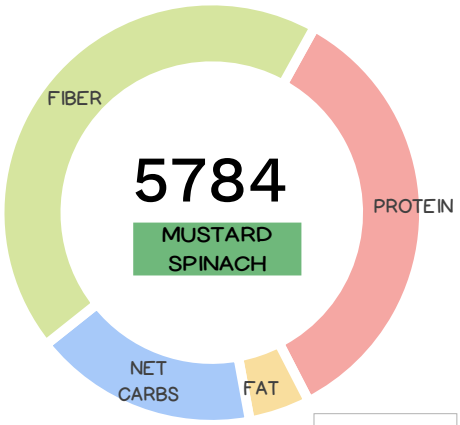
VITAMINS



11 Mustard spinach

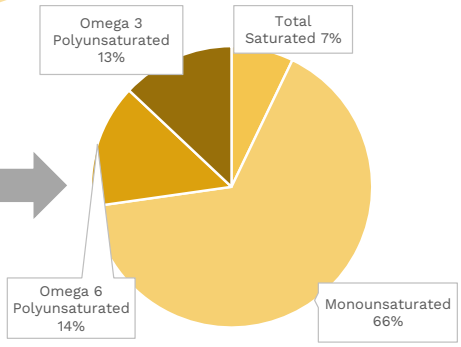
Serving Size:	300 grams	Protein:	6.6 grams	Net Carbs:	3.3 grams
Calories:	66	Fat:	0.9 grams	Fiber:	8.4 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	1485.0 µg RAE	165% DV
Vitamin B1 (Thiamin)	204.0 µg	17% DV
Vitamin B2 (Riboflavin)	279.0 µg	21% DV
Vitamin B3 (Niacin)	2.0 mg	13% DV
Vitamin B5 (Pantothenic Acid)	0.5 mg	11% DV
Vitamin B6 (Pyridoxine)	459.0 µg	27% DV
Vitamin B7 (Biotin)	6.3 µg	21% DV
Vitamin B9 (Folate)	477.0 µg	119% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	390.0 mg	433% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	~	~
Vitamin K	~	~
Choline	~	~
Myo-Inositol	69.0 mg	~
CoQ10	0.6 mg	~
Minerals		
Calcium	630.0 mg	48% DV
Copper	225.0 µg	25% DV
Iodine	~	~
Iron	4.5 mg	25% DV
Magnesium	33.0 mg	8% DV
Manganese	1221.0 µg	53% DV
Phosphorus	84.0 mg	7% DV
Potassium	1347.0 mg	29% DV
Selenium	2.4 µg	4% DV
Sodium	63.0 mg	3% DV
Zinc	0.5 mg	5% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.4 g	2% DV
ALA	81.0 mg	5% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.1 g	1% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	~	~
Polyphenols	105.3 mg	~
Phytosterols	~	~
Glucosinolates	1633.4 mg	~
Thiosulfinates	~	~
Betalains	~	~

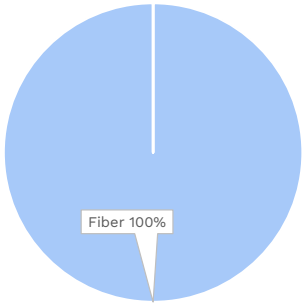


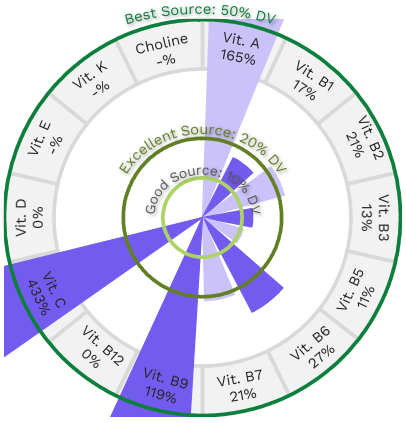


FATS



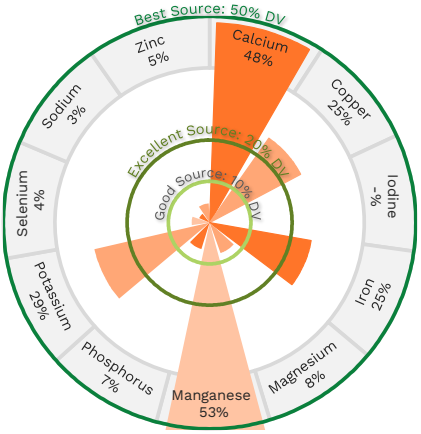
CARBOHYDRATES





MINERALS

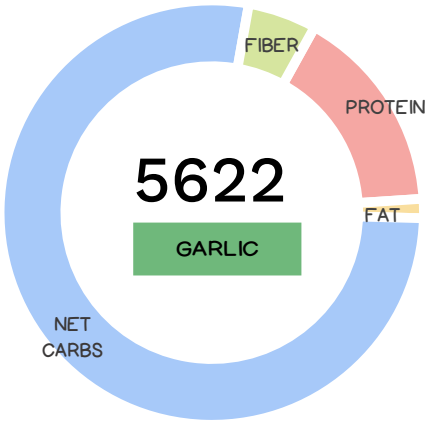
VITAMINS



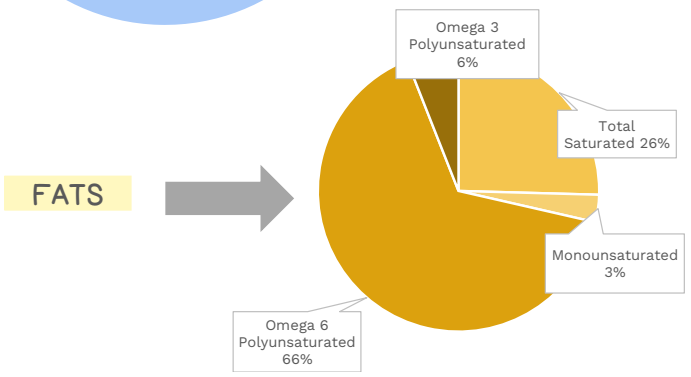
12 Garlic

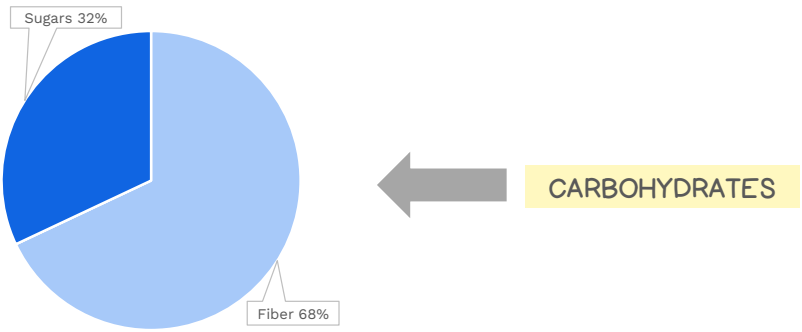
Serving Size:	9 grams	Protein:	0.5 grams	Net Carbs:	2.6 grams
Calories:	13	Fat:	0.1 grams	Fiber:	0.2 grams

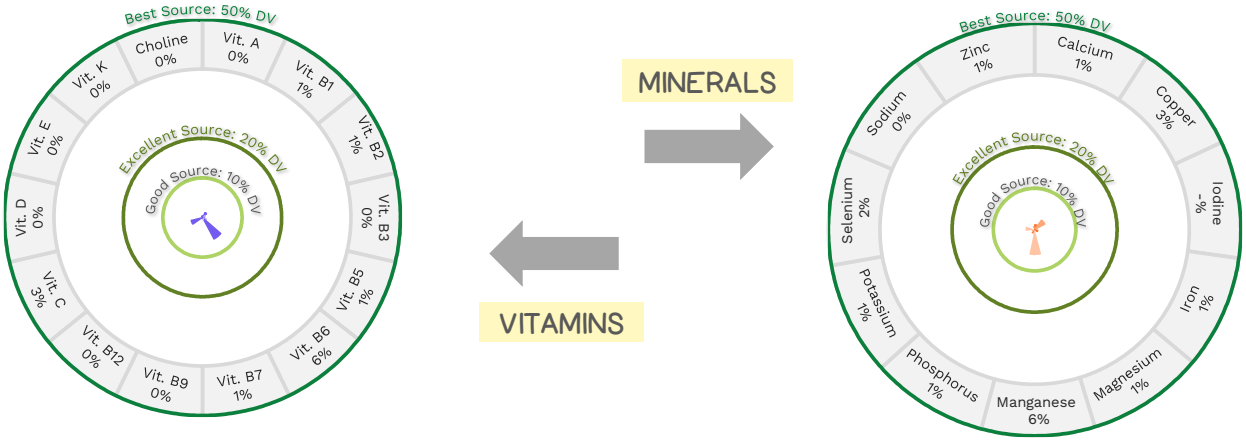
Vitamins & Vitaminlike Compounds		
Vitamin A	0.0 µg RAE	0% DV
Vitamin B1 (Thiamin)	17.0 µg	1% DV
Vitamin B2 (Riboflavin)	9.4 µg	1% DV
Vitamin B3 (Niacin)	0.1 mg	0% DV
Vitamin B5 (Pantothenic Acid)	0.1 mg	1% DV
Vitamin B6 (Pyridoxine)	105.0 µg	6% DV
Vitamin B7 (Biotin)	0.2 µg	1% DV
Vitamin B9 (Folate)	0.3 µg	0% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	2.7 mg	3% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.0 mg	0% DV
Vitamin K	0.1 µg	0% DV
Choline	2.0 mg	0% DV
Myo-Inositol	~	~
CoQ10	0.0 mg	~
Minerals		
Calcium	15.4 mg	1% DV
Copper	25.4 µg	3% DV
Iodine	~	~
Iron	0.1 mg	1% DV
Magnesium	2.1 mg	1% DV
Manganese	142.1 µg	6% DV
Phosphorus	13.0 mg	1% DV
Potassium	34.1 mg	1% DV
Selenium	1.2 µg	2% DV
Sodium	1.4 mg	0% DV
Zinc	0.1 mg	1% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	0.1 mg	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	1.7 mg	0% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.0 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	1.8 µg	~
Polyphenols	12.7 mg	~
Phytosterols	1.0 mg	~
Glucosinolates	~	~
Thiosulfinates	81.4 mg	~
Betalains	~	~







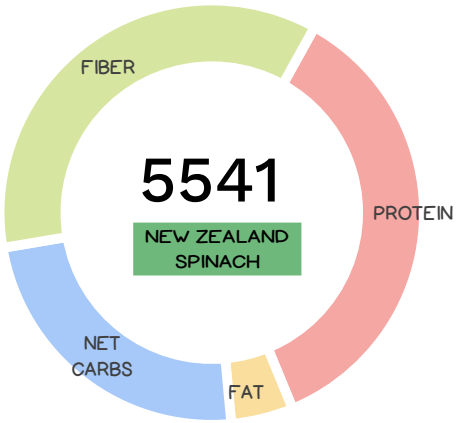




13 New Zealand spinach

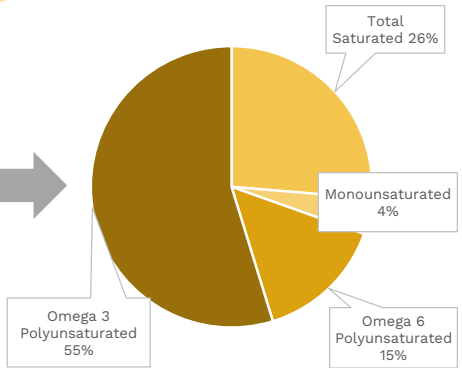
Serving Size:	112 grams	Protein:	1.7 grams	Net Carbs:	1.1 grams
Calories:	16	Fat:	0.2 grams	Fiber:	1.7 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	~	~
Vitamin B1 (Thiamin)	179.2 µg	15% DV
Vitamin B2 (Riboflavin)	358.4 µg	28% DV
Vitamin B3 (Niacin)	0.9 mg	6% DV
Vitamin B5 (Pantothenic Acid)	0.3 mg	7% DV
Vitamin B6 (Pyridoxine)	340.5 µg	20% DV
Vitamin B7 (Biotin)	4.5 µg	15% DV
Vitamin B9 (Folate)	16.8 µg	4% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	56.6 mg	63% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	1.6 mg	11% DV
Vitamin K	377.4 µg	315% DV
Choline	~	~
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	65.0 mg	5% DV
Copper	104.2 µg	12% DV
Iodine	~	~
Iron	5.1 mg	28% DV
Magnesium	43.7 mg	10% DV
Manganese	715.7 µg	31% DV
Phosphorus	119.4 mg	10% DV
Potassium	303.1 mg	6% DV
Selenium	0.8 µg	1% DV
Sodium	145.6 mg	6% DV
Zinc	1.4 mg	13% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	73.9 mg	5% DV
EPA + DHA	~	~
CLA	~	~
Linoleic Acid	0.0 g	0% DV
MCT's	~	~
Phytonutrients		
Carotenoids	16240.0 µg	~
Polyphenols	600.7 mg	~
Phytosterols	~	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

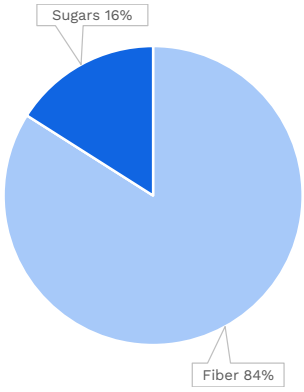




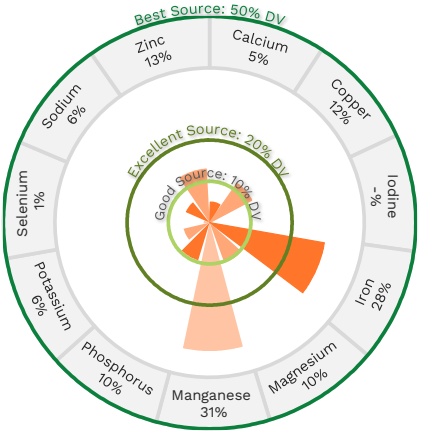
FATS



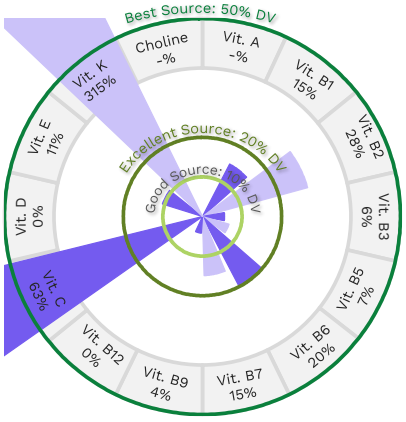
CARBOHYDRATES



MINERALS



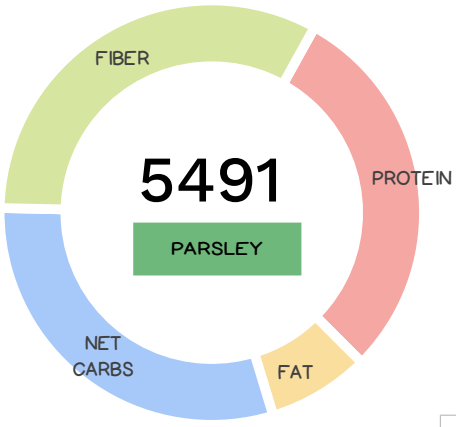
VITAMINS



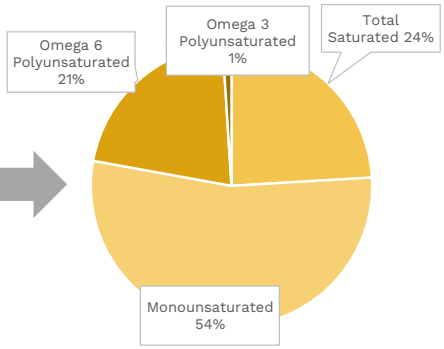
14 Parsley

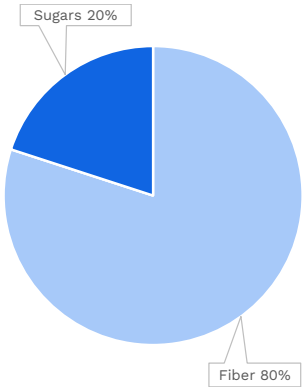
Serving Size:	15 grams	Protein:	0.4 grams	Net Carbs:	0.5 grams
Calories:	5	Fat:	0.1 grams	Fiber:	0.5 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	63.2 µg RAE	7% DV
Vitamin B1 (Thiamin)	12.9 µg	1% DV
Vitamin B2 (Riboflavin)	14.7 µg	1% DV
Vitamin B3 (Niacin)	0.2 mg	1% DV
Vitamin B5 (Pantothenic Acid)	0.1 mg	1% DV
Vitamin B6 (Pyridoxine)	13.5 µg	1% DV
Vitamin B7 (Biotin)	0.9 µg	3% DV
Vitamin B9 (Folate)	22.8 µg	6% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	20.0 mg	22% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.2 mg	1% DV
Vitamin K	246.0 µg	205% DV
Choline	1.9 mg	0% DV
Myo-Inositol	3.3 mg	~
CoQ10	0.4 mg	~
Minerals		
Calcium	20.7 mg	2% DV
Copper	22.4 µg	2% DV
Iodine	~	~
Iron	0.9 mg	5% DV
Magnesium	7.5 mg	2% DV
Manganese	24.0 µg	1% DV
Phosphorus	8.7 mg	1% DV
Potassium	83.1 mg	2% DV
Selenium	0.0 µg	0% DV
Sodium	8.4 mg	0% DV
Zinc	0.2 mg	1% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	1.2 mg	0% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.0 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	1592.3 µg	~
Polyphenols	22.8 mg	~
Phytosterols	4.3 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~



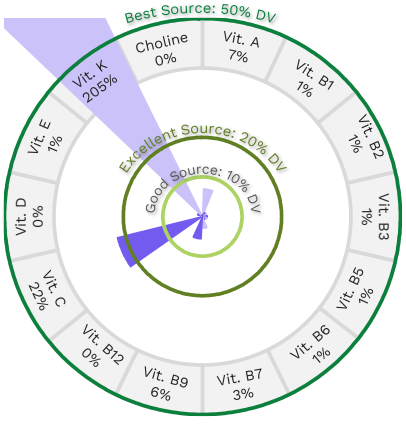






CARBOHYDRATES

MINERALS



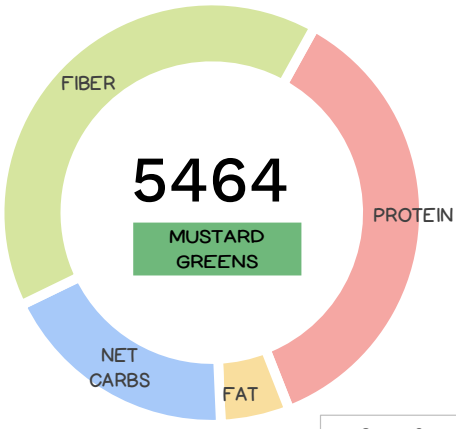
VITAMINS



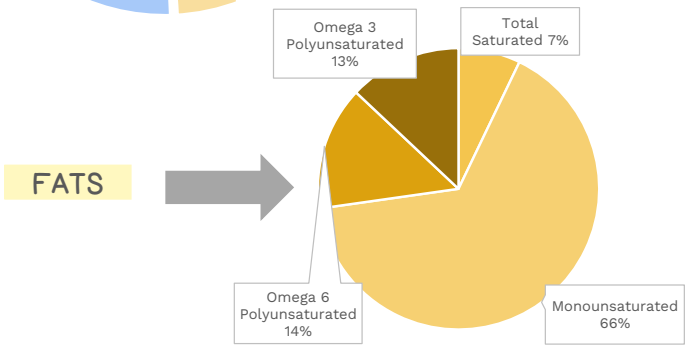
15 Mustard greens

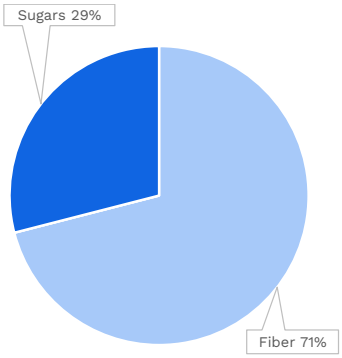
Serving Size:	112 grams	Protein:	3.2 grams	Net Carbs:	1.6 grams
Calories:	30	Fat:	0.5 grams	Fiber:	3.6 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	169.1 µg RAE	19% DV
Vitamin B1 (Thiamin)	89.6 µg	7% DV
Vitamin B2 (Riboflavin)	123.2 µg	9% DV
Vitamin B3 (Niacin)	0.9 mg	6% DV
Vitamin B5 (Pantothenic Acid)	0.2 mg	5% DV
Vitamin B6 (Pyridoxine)	201.6 µg	12% DV
Vitamin B7 (Biotin)	~	~
Vitamin B9 (Folate)	13.4 µg	3% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	78.4 mg	87% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	2.3 mg	15% DV
Vitamin K	288.4 µg	240% DV
Choline	0.6 mg	0% DV
Myo-Inositol	25.8 mg	~
CoQ10	~	~
Minerals		
Calcium	128.8 mg	10% DV
Copper	184.8 µg	21% DV
Iodine	~	~
Iron	1.8 mg	10% DV
Magnesium	35.8 mg	9% DV
Manganese	512.6 µg	22% DV
Phosphorus	65.0 mg	5% DV
Potassium	430.1 mg	9% DV
Selenium	1.0 µg	2% DV
Sodium	22.4 mg	1% DV
Zinc	0.3 mg	3% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.1 g	1% DV
ALA	20.2 mg	1% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.0 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	6238.4 µg	~
Polyphenols	412.9 mg	~
Phytosterols	~	~
Glucosinolates	609.8 mg	~
Thiosulfinates	~	~
Betalains	~	~





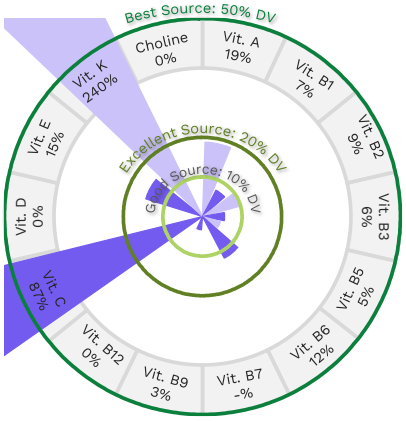


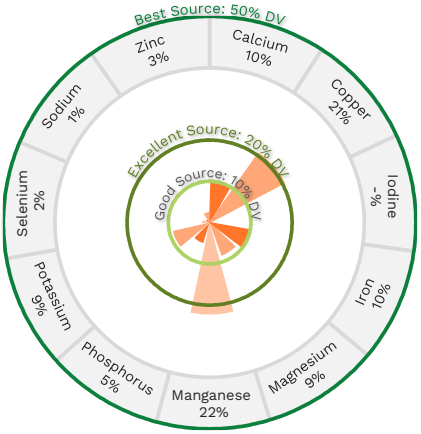


CARBOHYDRATES

MINERALS

VITAMINS

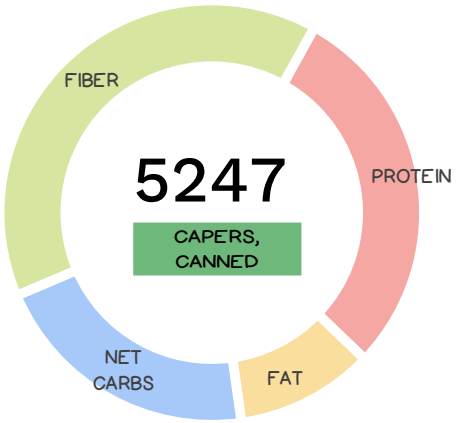




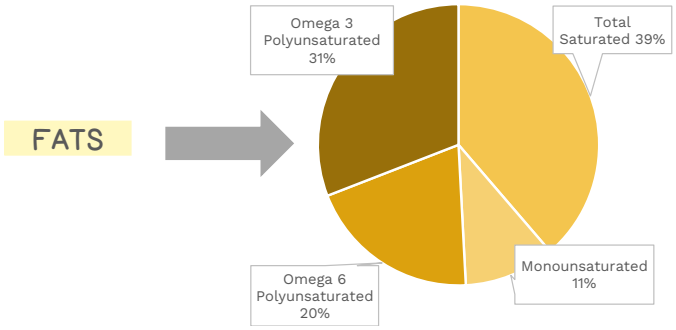
16 Capers, canned

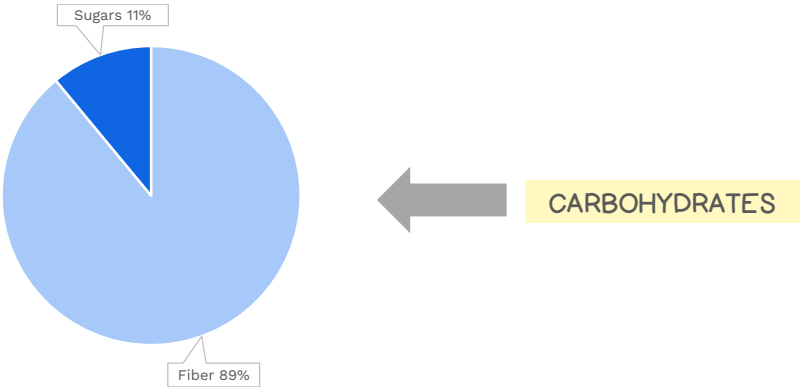
Serving Size:	9 grams	Protein:	0.2 grams	Net Carbs:	0.1 grams
Calories:	2	Fat:	0.1 grams	Fiber:	0.3 grams

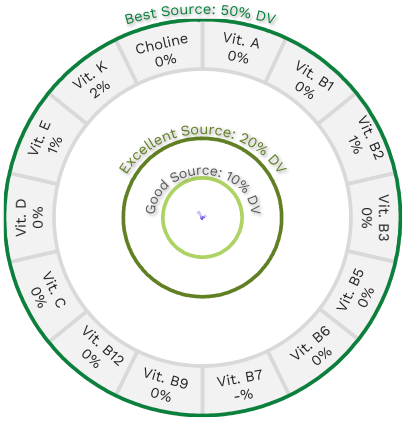
Vitamins & Vitaminlike Compounds		
Vitamin A	0.6 µg RAE	0% DV
Vitamin B1 (Thiamin)	1.5 µg	0% DV
Vitamin B2 (Riboflavin)	12.0 µg	1% DV
Vitamin B3 (Niacin)	0.1 mg	0% DV
Vitamin B5 (Pantothenic Acid)	0.0 mg	0% DV
Vitamin B6 (Pyridoxine)	2.0 µg	0% DV
Vitamin B7 (Biotin)	~	~
Vitamin B9 (Folate)	2.0 µg	0% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	0.4 mg	0% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.1 mg	1% DV
Vitamin K	2.1 µg	2% DV
Choline	0.6 mg	0% DV
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	3.4 mg	0% DV
Copper	32.2 µg	4% DV
Iodine	~	~
Iron	0.1 mg	1% DV
Magnesium	2.8 mg	1% DV
Manganese	6.7 µg	0% DV
Phosphorus	0.9 mg	0% DV
Potassium	3.4 mg	0% DV
Selenium	0.1 µg	0% DV
Sodium	201.9 mg	9% DV
Zinc	0.0 mg	0% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	15.7 mg	1% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.0 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	7.1 µg	~
Polyphenols	309.6 mg	~
Phytosterols	~	~
Glucosinolates	30.9 mg	~
Thiosulfinates	~	~
Betalains	~	~

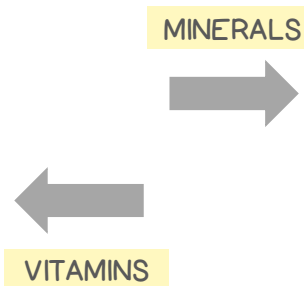










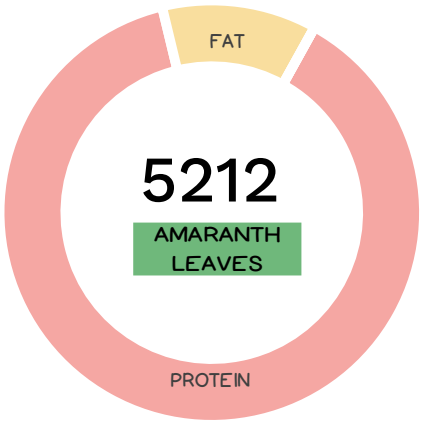




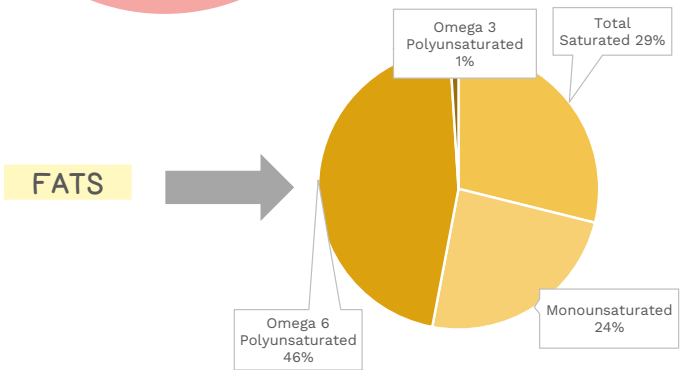
17 Amaranth Leaves

Serving Size:	56 grams	Protein:	1.4 grams	Net Carbs:	~
Calories:	13	Fat:	0.2 grams	Fiber:	~

Vitamins & Vitaminlike Compounds		
Vitamin A	81.8 µg RAE	9% DV
Vitamin B1 (Thiamin)	15.1 µg	1% DV
Vitamin B2 (Riboflavin)	88.5 µg	7% DV
Vitamin B3 (Niacin)	0.4 mg	2% DV
Vitamin B5 (Pantothenic Acid)	0.0 mg	1% DV
Vitamin B6 (Pyridoxine)	107.5 µg	6% DV
Vitamin B7 (Biotin)	~	~
Vitamin B9 (Folate)	47.6 µg	12% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	24.2 mg	27% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	~	~
Vitamin K	638.4 µg	532% DV
Choline	~	~
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	120.4 mg	9% DV
Copper	90.7 µg	10% DV
Iodine	~	~
Iron	1.3 mg	7% DV
Magnesium	30.8 mg	7% DV
Manganese	495.6 µg	22% DV
Phosphorus	28.0 mg	2% DV
Potassium	342.2 mg	7% DV
Selenium	0.5 µg	1% DV
Sodium	11.2 mg	0% DV
Zinc	0.5 mg	5% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	1.1 mg	0% DV
EPA + DHA	~	~
CLA	~	~
Linoleic Acid	0.1 g	0% DV
MCT's	~	~
Phytonutrients		
Carotenoids	~	~
Polyphenols	0.0 mg	~
Phytosterols	~	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~



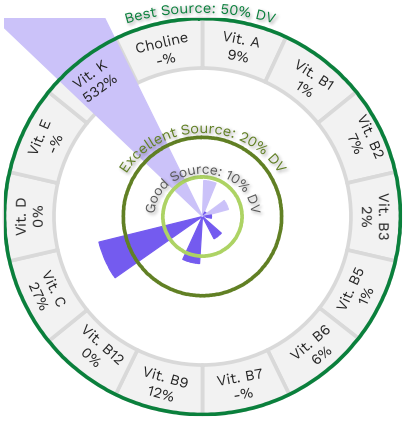






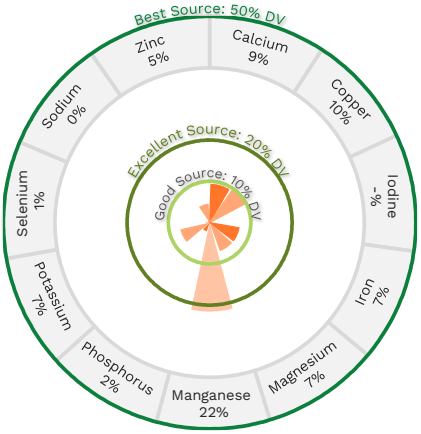
CARBOHYDRATES

No detailed component data currently available in the USDA Food Central Database.



VITAMINS

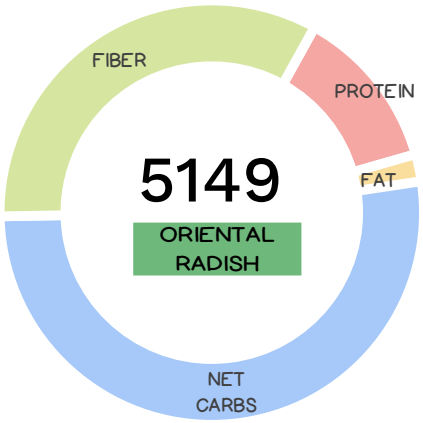
MINERALS



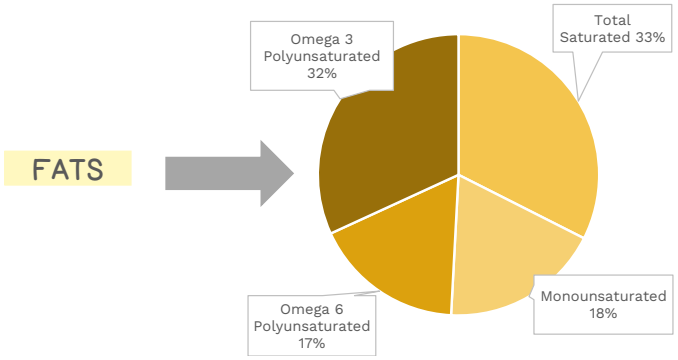
18 Oriental Radish

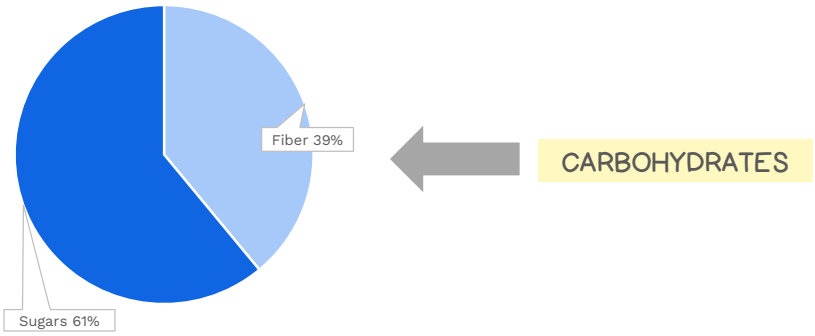
Serving Size:	116 grams	Protein:	0.7 grams	Net Carbs:	2.9 grams
Calories:	21	Fat:	0.1 grams	Fiber:	1.9 grams

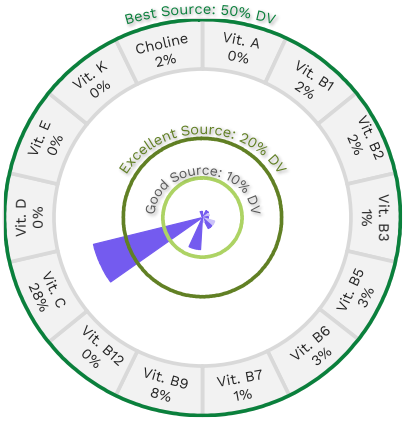
Vitamins & Vitaminlike Compounds		
Vitamin A	0.0 µg RAE	0% DV
Vitamin B1 (Thiamin)	23.2 µg	2% DV
Vitamin B2 (Riboflavin)	23.2 µg	2% DV
Vitamin B3 (Niacin)	0.2 mg	1% DV
Vitamin B5 (Pantothenic Acid)	0.2 mg	3% DV
Vitamin B6 (Pyridoxine)	53.4 µg	3% DV
Vitamin B7 (Biotin)	0.3 µg	1% DV
Vitamin B9 (Folate)	32.5 µg	8% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	25.5 mg	28% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.0 mg	0% DV
Vitamin K	0.3 µg	0% DV
Choline	8.5 mg	2% DV
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	31.3 mg	2% DV
Copper	133.4 µg	15% DV
Iodine	~	~
Iron	0.5 mg	3% DV
Magnesium	18.6 mg	4% DV
Manganese	44.1 µg	2% DV
Phosphorus	26.7 mg	2% DV
Potassium	263.3 mg	6% DV
Selenium	0.8 µg	1% DV
Sodium	24.4 mg	1% DV
Zinc	0.2 mg	2% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	33.6 mg	2% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.0 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	0.0 µg	~
Polyphenols	0.0 mg	~
Phytosterols	5.9 mg	~
Glucosinolates	585.8 mg	~
Thiosulfinates	~	~
Betalains	~	~

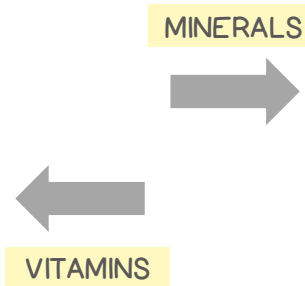


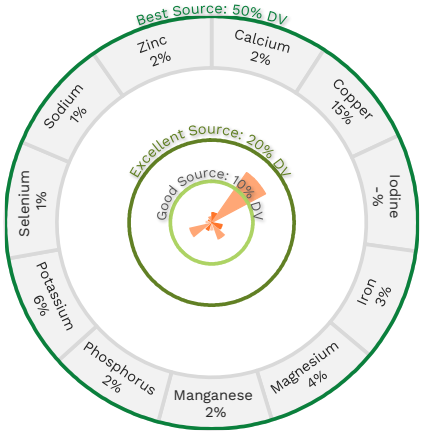








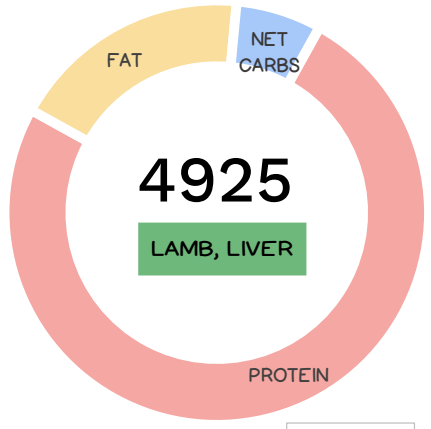




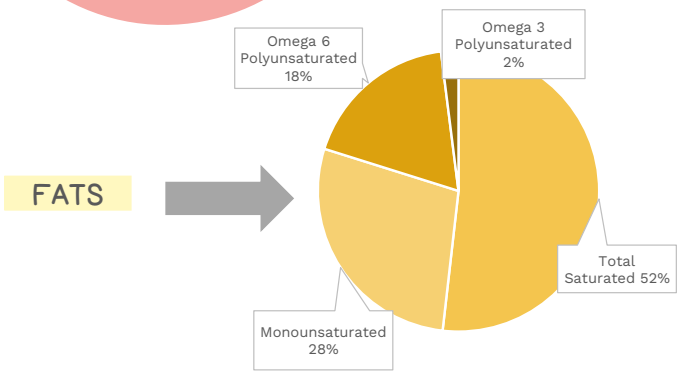
19 Lamb, liver

Serving Size:	100 grams	Protein:	20.4 grams	Net Carbs:	1.8 grams
Calories:	139	Fat:	5.0 grams	Fiber:	0.0 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	7391.0 µg RAE	821% DV
Vitamin B1 (Thiamin)	340.0 µg	28% DV
Vitamin B2 (Riboflavin)	3630.0 µg	279% DV
Vitamin B3 (Niacin)	16.1 mg	101% DV
Vitamin B5 (Pantothenic Acid)	6.1 mg	123% DV
Vitamin B6 (Pyridoxine)	900.0 µg	53% DV
Vitamin B7 (Biotin)	130.0 µg	433% DV
Vitamin B9 (Folate)	230.0 µg	58% DV
Vitamin B12 (Cobalamin)	90.1 µg	3752% DV
Vitamin C	4.0 mg	4% DV
Vitamin D (D2 + D3)	~	~
Vitamin E	~	~
Vitamin K	~	~
Choline	~	~
Myo-Inositol	64.0 mg	~
CoQ10	5.1 mg	~
Minerals		
Calcium	7.0 mg	1% DV
Copper	6979.0 µg	775% DV
Iodine	~	~
Iron	7.4 mg	41% DV
Magnesium	19.0 mg	5% DV
Manganese	184.0 µg	8% DV
Phosphorus	364.0 mg	29% DV
Potassium	313.0 mg	7% DV
Selenium	82.4 µg	150% DV
Sodium	70.0 mg	3% DV
Zinc	4.7 mg	42% DV
Amino Acids & Peptides		
Taurine	42.0 mg	~
Ergothioneine	0.1 mg	~
Functional Fats		
MUFA	1.1 g	5% DV
ALA	70.0 mg	4% DV
EPA + DHA	~	~
CLA	41.2 mg	~
Linoleic Acid	0.3 g	2% DV
MCT's	~	~
Phytonutrients		
Carotenoids	0.0 µg	~
Polyphenols	0.0 mg	~
Phytosterols	0.0 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~



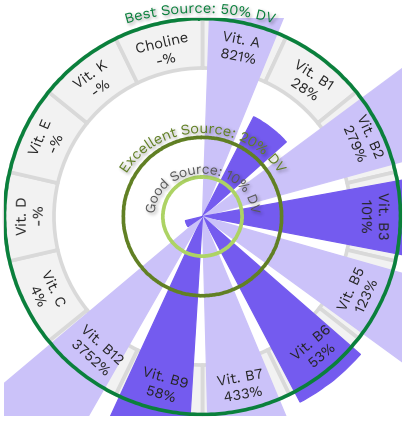






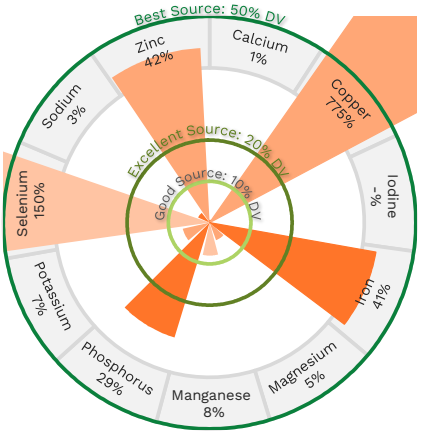
CARBOHYDRATES

No detailed component data currently available in the USDA Food Central Database.



VITAMINS

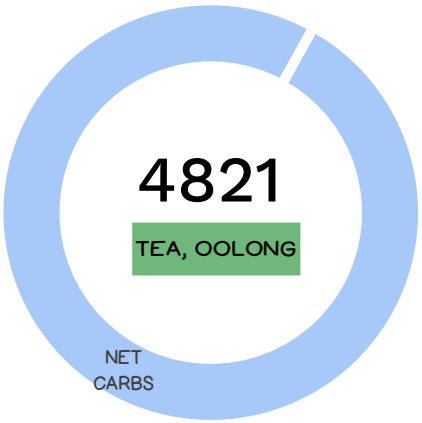
MINERALS



20 Tea, Oolong

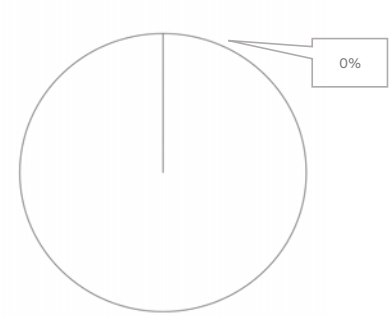
Serving Size:	237 grams	Protein:	0.0 grams	Net Carbs:	0.4 grams
Calories:	2	Fat:	0.0 grams	Fiber:	0.0 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	0.0 µg RAE	0% DV
Vitamin B1 (Thiamin)	0.0 µg	0% DV
Vitamin B2 (Riboflavin)	0.0 µg	0% DV
Vitamin B3 (Niacin)	0.1 mg	1% DV
Vitamin B5 (Pantothenic Acid)	0.0 mg	0% DV
Vitamin B6 (Pyridoxine)	0.0 µg	0% DV
Vitamin B7 (Biotin)	0.9 µg	3% DV
Vitamin B9 (Folate)	0.0 µg	0% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	0.0 mg	0% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.0 mg	0% DV
Vitamin K	0.0 µg	0% DV
Choline	0.0 mg	0% DV
Myo-Inositol	0.1 mg	~
CoQ10	~	~
Minerals		
Calcium	2.4 mg	0% DV
Copper	0.0 µg	0% DV
Iodine	0.0 µg	0% DV
Iron	0.0 mg	0% DV
Magnesium	2.4 mg	1% DV
Manganese	497.7 µg	22% DV
Phosphorus	2.4 mg	0% DV
Potassium	28.4 mg	1% DV
Selenium	0.0 µg	0% DV
Sodium	7.1 mg	0% DV
Zinc	0.0 mg	0% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	0.0 mg	0% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.0 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	0.0 µg	~
Polyphenols	694.4 mg	~
Phytosterols	~	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~





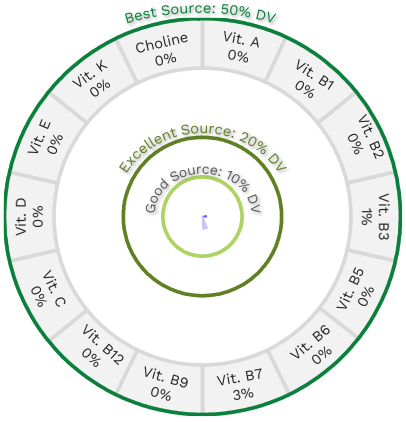
FATS



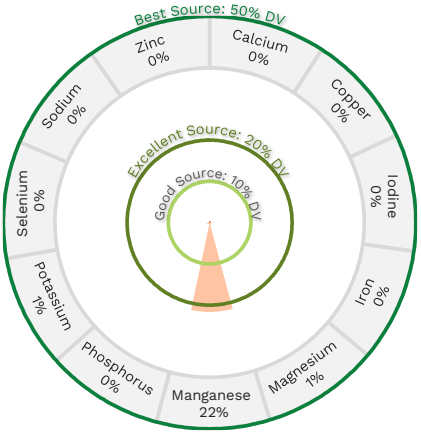
CARBOHYDRATES

No detailed component data currently available in the USDA Food Central Database.

VITAMINS



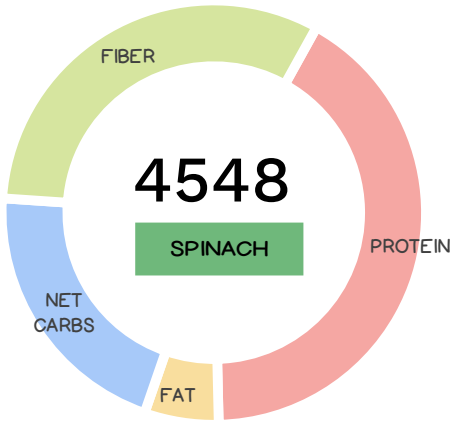
MINERALS



21 Spinach

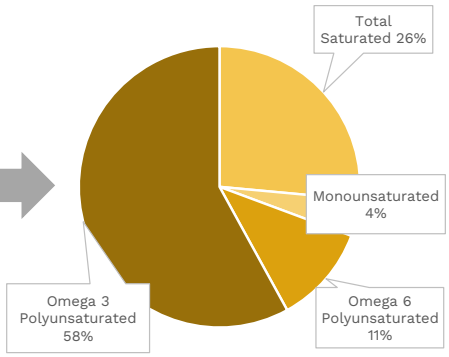
Serving Size:	60 grams	Protein:	1.7 grams	Net Carbs:	0.9 grams
Calories:	14	Fat:	0.2 grams	Fiber:	1.3 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	281.4 µg RAE	31% DV
Vitamin B1 (Thiamin)	46.8 µg	4% DV
Vitamin B2 (Riboflavin)	113.4 µg	9% DV
Vitamin B3 (Niacin)	0.4 mg	3% DV
Vitamin B5 (Pantothenic Acid)	0.0 mg	1% DV
Vitamin B6 (Pyridoxine)	117.0 µg	7% DV
Vitamin B7 (Biotin)	2.4 µg	8% DV
Vitamin B9 (Folate)	116.4 µg	29% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	16.9 mg	19% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	1.3 mg	9% DV
Vitamin K	289.7 µg	241% DV
Choline	11.6 mg	2% DV
Myo-Inositol	4.8 mg	~
CoQ10	0.6 mg	~
Minerals		
Calcium	59.4 mg	5% DV
Copper	78.0 µg	9% DV
Iodine	~	~
Iron	1.6 mg	9% DV
Magnesium	47.4 mg	11% DV
Manganese	538.2 µg	23% DV
Phosphorus	29.4 mg	2% DV
Potassium	334.8 mg	7% DV
Selenium	0.6 µg	1% DV
Sodium	47.4 mg	2% DV
Zinc	0.3 mg	3% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	0.0 mg	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	82.8 mg	5% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.0 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	10694.4 µg	~
Polyphenols	414.0 mg	~
Phytosterols	6.4 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

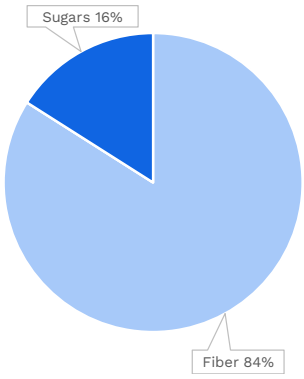


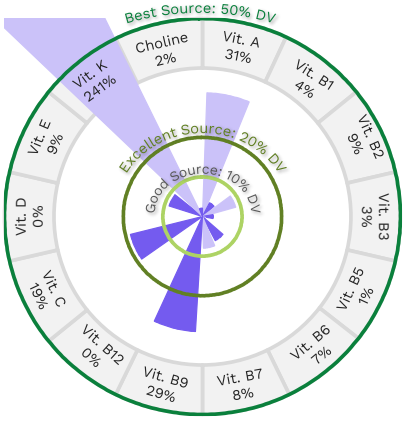


FATS



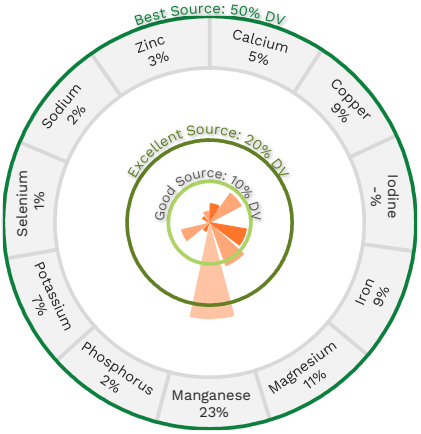
CARBOHYDRATES





MINERALS

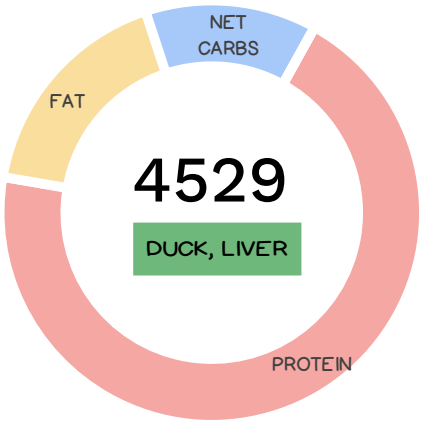
VITAMINS



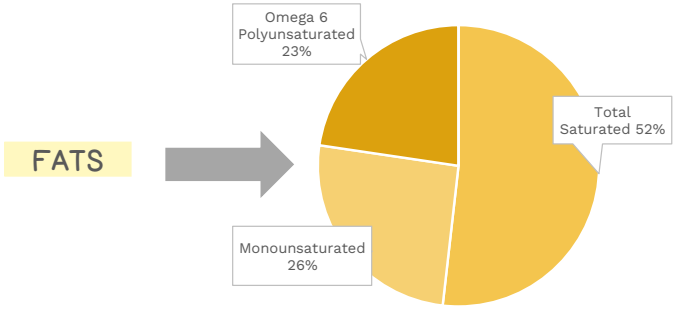
22 Duck, liver

Serving Size:	100 grams	Protein:	18.7 grams	Net Carbs:	3.5 grams
Calories:	136	Fat:	4.6 grams	Fiber:	0.0 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	11984.0 µg RAE	1332% DV
Vitamin B1 (Thiamin)	562.0 µg	47% DV
Vitamin B2 (Riboflavin)	892.0 µg	69% DV
Vitamin B3 (Niacin)	6.5 mg	41% DV
Vitamin B5 (Pantothenic Acid)	6.2 mg	124% DV
Vitamin B6 (Pyridoxine)	760.0 µg	45% DV
Vitamin B7 (Biotin)	232.4 µg	775% DV
Vitamin B9 (Folate)	738.0 µg	185% DV
Vitamin B12 (Cobalamin)	54.0 µg	2250% DV
Vitamin C	4.5 mg	5% DV
Vitamin D (D2 + D3)	~	~
Vitamin E	~	~
Vitamin K	~	~
Choline	~	~
Myo-Inositol	131.0 mg	~
CoQ10	13.2 mg	~
Minerals		
Calcium	11.0 mg	1% DV
Copper	5962.0 µg	662% DV
Iodine	~	~
Iron	30.5 mg	170% DV
Magnesium	24.0 mg	6% DV
Manganese	258.0 µg	11% DV
Phosphorus	269.0 mg	22% DV
Potassium	230.0 mg	5% DV
Selenium	67.0 µg	122% DV
Sodium	140.0 mg	6% DV
Zinc	3.1 mg	28% DV
Amino Acids & Peptides		
Taurine	169.6 mg	~
Ergothioneine	1.1 mg	~
Functional Fats		
MUFA	0.7 g	4% DV
ALA	0.0 mg	0% DV
EPA + DHA	0.0 mg	0% DV
CLA	4.2 mg	~
Linoleic Acid	0.4 g	2% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	0.0 µg	~
Polyphenols	0.0 mg	~
Phytosterols	0.0 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~



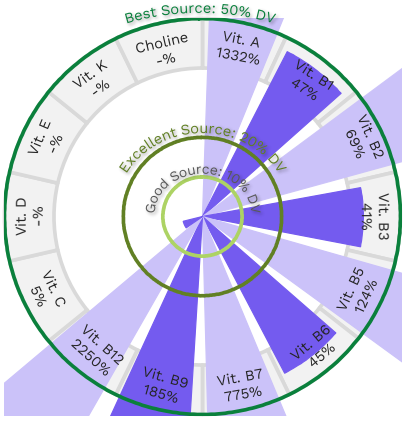






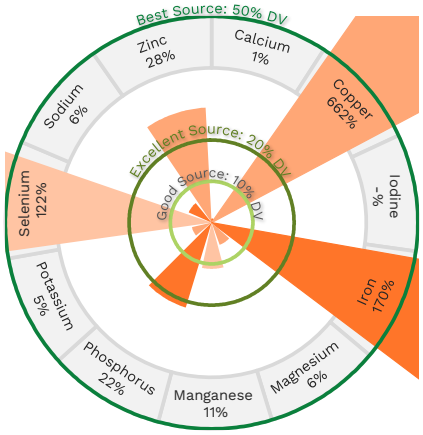
CARBOHYDRATES

No detailed component data currently available in the USDA Food Central Database.



VITAMINS

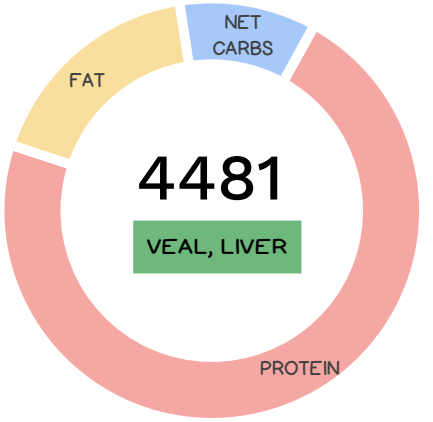
MINERALS



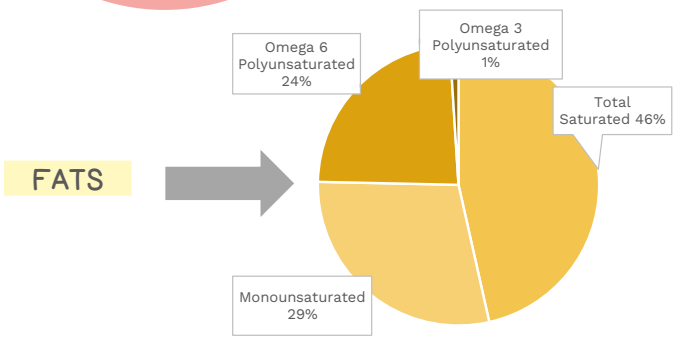
23 Veal, liver

Serving Size:	100 grams	Protein:	19.9 grams	Net Carbs:	2.9 grams
Calories:	140	Fat:	4.9 grams	Fiber:	0.0 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	11707.0 µg RAE	1301% DV
Vitamin B1 (Thiamin)	173.0 µg	14% DV
Vitamin B2 (Riboflavin)	2440.0 µg	188% DV
Vitamin B3 (Niacin)	10.6 mg	66% DV
Vitamin B5 (Pantothenic Acid)	6.1 mg	121% DV
Vitamin B6 (Pyridoxine)	957.0 µg	56% DV
Vitamin B7 (Biotin)	75.0 µg	250% DV
Vitamin B9 (Folate)	125.0 µg	31% DV
Vitamin B12 (Cobalamin)	59.9 µg	2494% DV
Vitamin C	0.7 mg	1% DV
Vitamin D (D2 + D3)	~	~
Vitamin E	0.4 mg	3% DV
Vitamin K	0.9 µg	1% DV
Choline	310.0 mg	56% DV
Myo-Inositol	64.0 mg	~
CoQ10	5.1 mg	~
Minerals		
Calcium	5.0 mg	0% DV
Copper	11865.0 µg	1318% DV
Iodine	~	~
Iron	6.4 mg	36% DV
Magnesium	20.0 mg	5% DV
Manganese	255.0 µg	11% DV
Phosphorus	379.0 mg	30% DV
Potassium	308.0 mg	7% DV
Selenium	22.7 µg	41% DV
Sodium	77.0 mg	3% DV
Zinc	12.0 mg	109% DV
Amino Acids & Peptides		
Taurine	42.0 mg	~
Ergothioneine	0.1 mg	~
Functional Fats		
MUFA	1.0 g	5% DV
ALA	35.0 mg	2% DV
EPA + DHA	0.0 mg	0% DV
CLA	13.1 mg	~
Linoleic Acid	0.5 g	3% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	35.0 µg	~
Polyphenols	0.0 mg	~
Phytosterols	0.0 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~



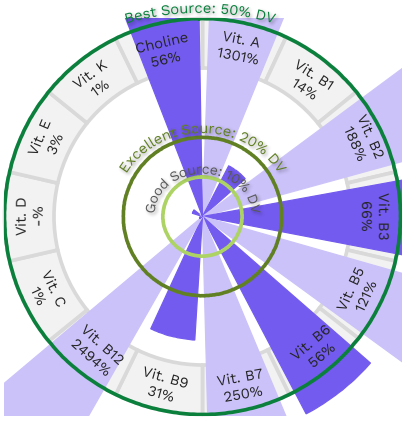






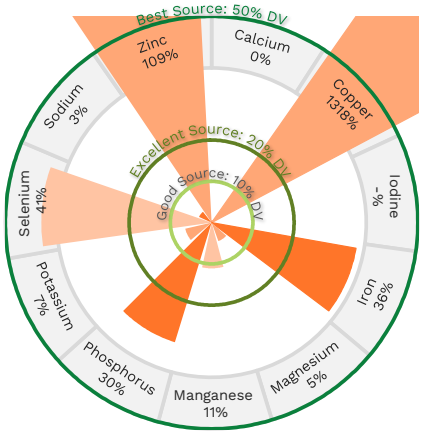
CARBOHYDRATES

No detailed component data currently available in the USDA Food Central Database.



VITAMINS

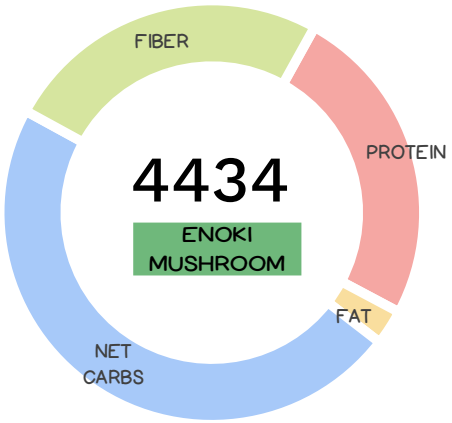
MINERALS



24 Enoki mushroom

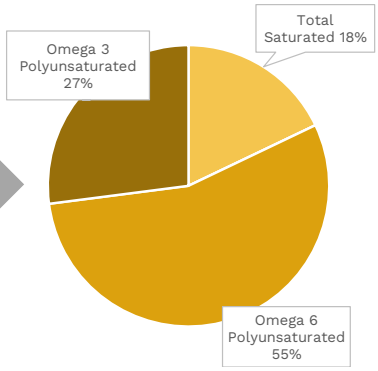
Serving Size:	65 grams	Protein:	1.7 grams	Net Carbs:	3.3 grams
Calories:	24	Fat:	0.2 grams	Fiber:	1.8 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	~	~
Vitamin B1 (Thiamin)	146.3 µg	12% DV
Vitamin B2 (Riboflavin)	130.0 µg	10% DV
Vitamin B3 (Niacin)	4.6 mg	29% DV
Vitamin B5 (Pantothenic Acid)	0.9 mg	18% DV
Vitamin B6 (Pyridoxine)	65.0 µg	4% DV
Vitamin B7 (Biotin)	6.9 µg	23% DV
Vitamin B9 (Folate)	31.2 µg	8% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	0.0 mg	0% DV
Vitamin D (D2 + D3)	0.1 µg	0% DV
Vitamin E	0.0 mg	0% DV
Vitamin K	0.3 µg	0% DV
Choline	31.0 mg	6% DV
Myo-Inositol	5.9 mg	~
CoQ10	0.0 mg	~
Minerals		
Calcium	0.0 mg	0% DV
Copper	69.6 µg	8% DV
Iodine	~	~
Iron	0.7 mg	4% DV
Magnesium	10.4 mg	2% DV
Manganese	48.8 µg	2% DV
Phosphorus	68.3 mg	5% DV
Potassium	233.4 mg	5% DV
Selenium	1.4 µg	3% DV
Sodium	2.0 mg	0% DV
Zinc	0.4 mg	4% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	19.4 mg	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	26.7 mg	2% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.1 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	~	~
Polyphenols	409.5 mg	~
Phytosterols	0.7 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

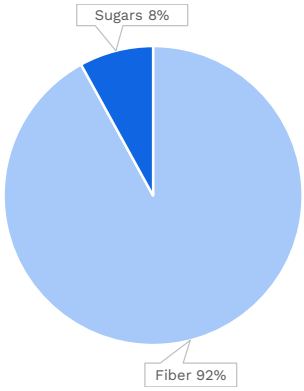




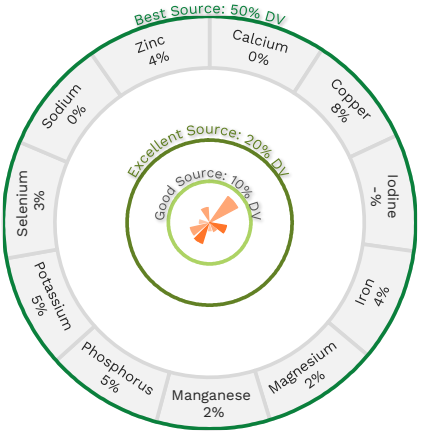
FATS



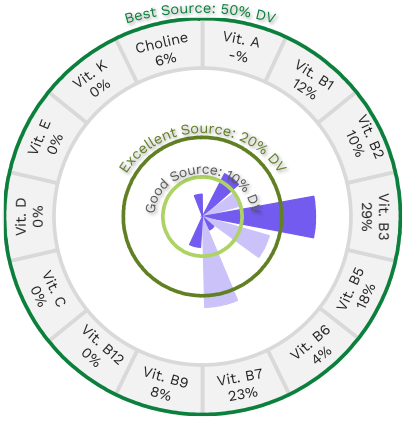
CARBOHYDRATES



MINERALS



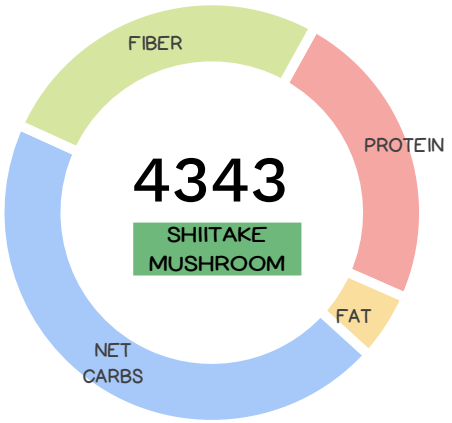
VITAMINS



25 Shiitake mushroom

Serving Size:	86 grams	Protein:	1.9 grams	Net Carbs:	3.7 grams
Calories:	29	Fat:	0.4 grams	Fiber:	2.2 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	0.0 µg RAE	0% DV
Vitamin B1 (Thiamin)	12.9 µg	1% DV
Vitamin B2 (Riboflavin)	186.6 µg	14% DV
Vitamin B3 (Niacin)	3.3 mg	21% DV
Vitamin B5 (Pantothenic Acid)	1.3 mg	26% DV
Vitamin B6 (Pyridoxine)	252.0 µg	15% DV
Vitamin B7 (Biotin)	5.8 µg	19% DV
Vitamin B9 (Folate)	11.2 µg	3% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	0.3 mg	0% DV
Vitamin D (D2 + D3)	0.3 µg	2% DV
Vitamin E	0.0 mg	0% DV
Vitamin K	~	~
Choline	20.0 mg	4% DV
Myo-Inositol	7.7 mg	~
CoQ10	0.0 mg	~
Minerals		
Calcium	1.7 mg	0% DV
Copper	122.1 µg	14% DV
Iodine	~	~
Iron	0.4 mg	2% DV
Magnesium	17.2 mg	4% DV
Manganese	197.8 µg	9% DV
Phosphorus	96.3 mg	8% DV
Potassium	261.4 mg	6% DV
Selenium	4.9 µg	9% DV
Sodium	7.7 mg	0% DV
Zinc	0.9 mg	8% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	24.4 mg	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	1.3 mg	0% DV
EPA + DHA	~	~
CLA	~	~
Linoleic Acid	0.0 g	0% DV
MCT's	~	~
Phytonutrients		
Carotenoids	0.0 µg	~
Polyphenols	44.6 mg	~
Phytosterols	49.0 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

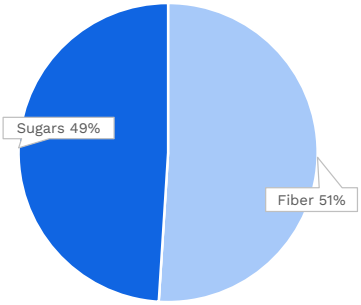




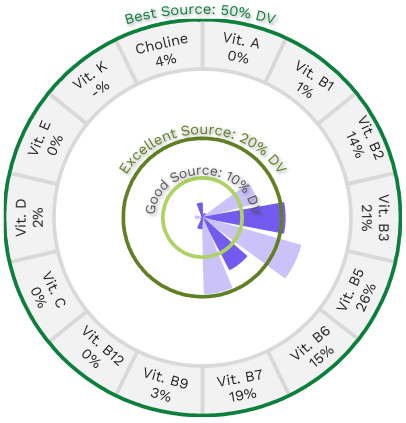
FATS



No detailed component data currently available in the USDA Food Central Database.

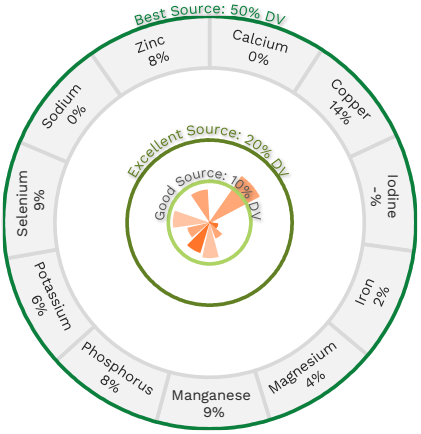


CARBOHYDRATES



VITAMINS

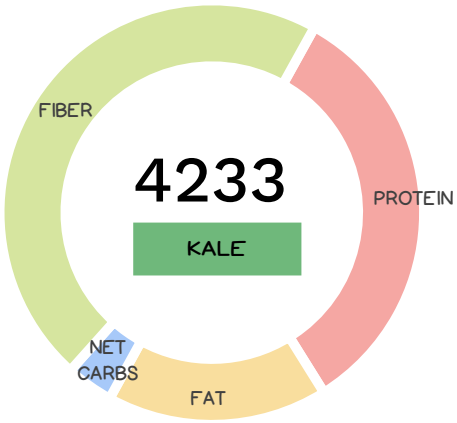
MINERALS



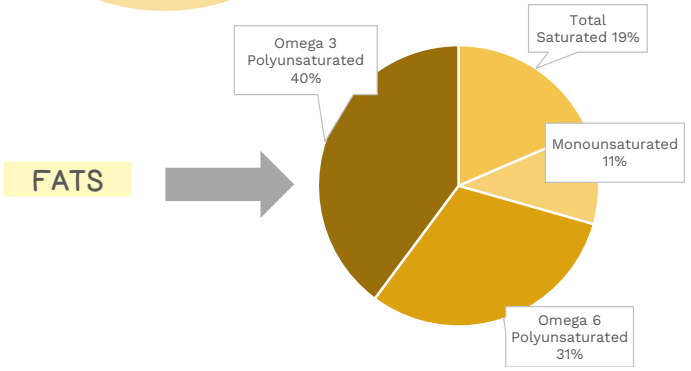
26 Kale

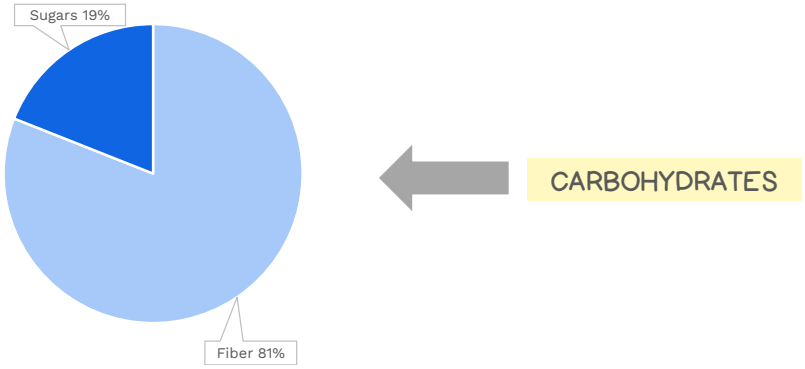
Serving Size:	50 grams	Protein:	1.5 grams	Net Carbs:	0.2 grams
Calories:	18	Fat:	0.7 grams	Fiber:	2.1 grams

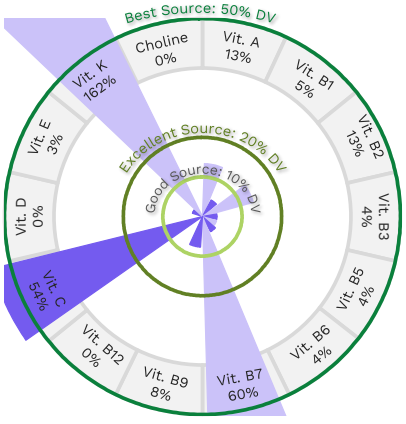
Vitamins & Vitaminlike Compounds		
Vitamin A	120.5 µg RAE	13% DV
Vitamin B1 (Thiamin)	56.5 µg	5% DV
Vitamin B2 (Riboflavin)	173.5 µg	13% DV
Vitamin B3 (Niacin)	0.6 mg	4% DV
Vitamin B5 (Pantothenic Acid)	0.2 mg	4% DV
Vitamin B6 (Pyridoxine)	73.5 µg	4% DV
Vitamin B7 (Biotin)	18.0 µg	60% DV
Vitamin B9 (Folate)	31.0 µg	8% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	49.0 mg	54% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.4 mg	3% DV
Vitamin K	194.8 µg	162% DV
Choline	0.3 mg	0% DV
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	127.0 mg	10% DV
Copper	26.5 µg	3% DV
Iodine	~	~
Iron	0.8 mg	4% DV
Magnesium	16.5 mg	4% DV
Manganese	460.0 µg	20% DV
Phosphorus	27.5 mg	2% DV
Potassium	174.0 mg	4% DV
Selenium	0.5 µg	1% DV
Sodium	26.5 mg	1% DV
Zinc	0.2 mg	2% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	0.0 mg	~
Functional Fats		
MUFA	0.1 g	0% DV
ALA	189.0 mg	12% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.1 g	1% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	4580.5 µg	~
Polyphenols	177.5 mg	~
Phytosterols	4.4 mg	~
Glucosinolates	158.6 mg	~
Thiosulfinates	~	~
Betalains	~	~

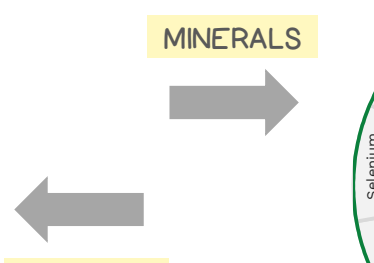


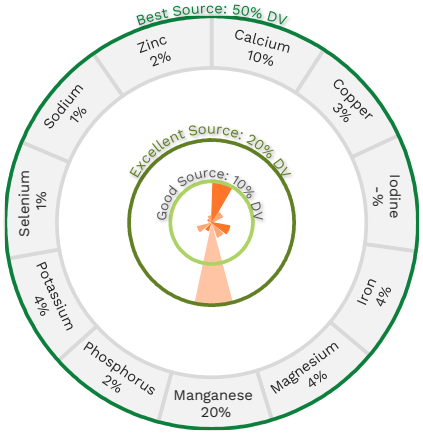








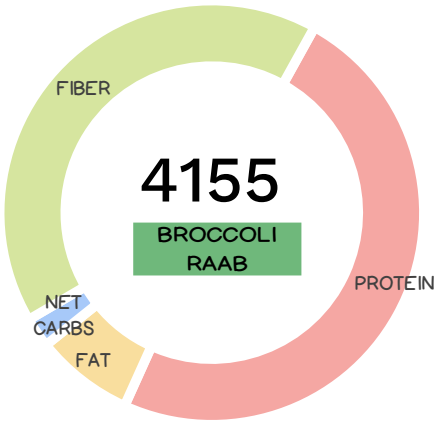




27 Broccoli raab

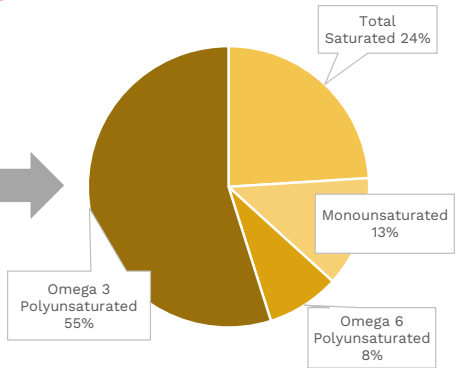
Serving Size:	40 grams	Protein:	1.3 grams	Net Carbs:	0.1 grams
Calories:	9	Fat:	0.2 grams	Fiber:	1.1 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	52.4 µg RAE	6% DV
Vitamin B1 (Thiamin)	64.8 µg	5% DV
Vitamin B2 (Riboflavin)	51.6 µg	4% DV
Vitamin B3 (Niacin)	0.5 mg	3% DV
Vitamin B5 (Pantothenic Acid)	0.1 mg	3% DV
Vitamin B6 (Pyridoxine)	68.4 µg	4% DV
Vitamin B7 (Biotin)	~	~
Vitamin B9 (Folate)	33.2 µg	8% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	8.1 mg	9% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.7 mg	5% DV
Vitamin K	89.6 µg	75% DV
Choline	7.3 mg	1% DV
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	43.2 mg	3% DV
Copper	16.8 µg	2% DV
Iodine	~	~
Iron	0.9 mg	5% DV
Magnesium	8.8 mg	2% DV
Manganese	158.0 µg	7% DV
Phosphorus	29.2 mg	2% DV
Potassium	78.4 mg	2% DV
Selenium	0.4 µg	1% DV
Sodium	13.2 mg	1% DV
Zinc	0.3 mg	3% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	75.6 mg	5% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.0 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	1077.6 µg	~
Polyphenols	55.5 mg	~
Phytosterols	~	~
Glucosinolates	111.7 mg	~
Thiosulfinates	~	~
Betalains	~	~

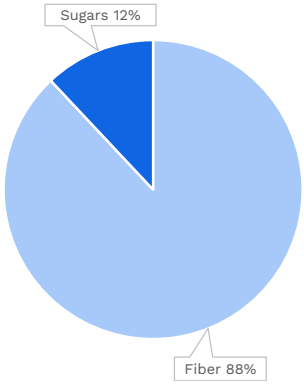




FATS



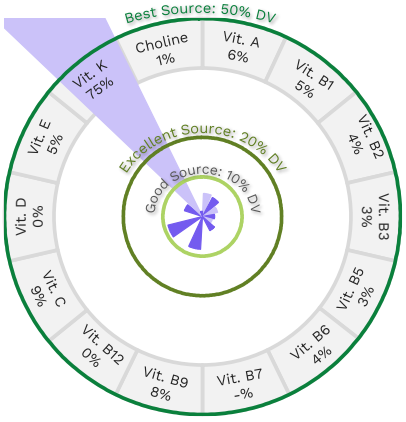
CARBOHYDRATES



MINERALS



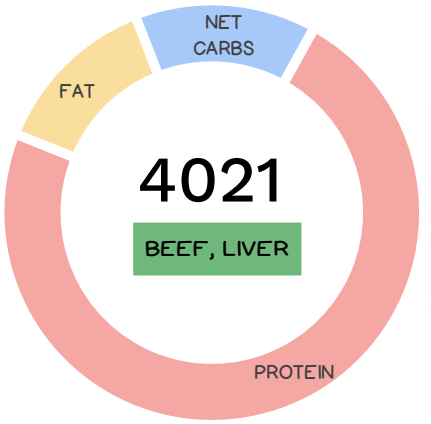
VITAMINS



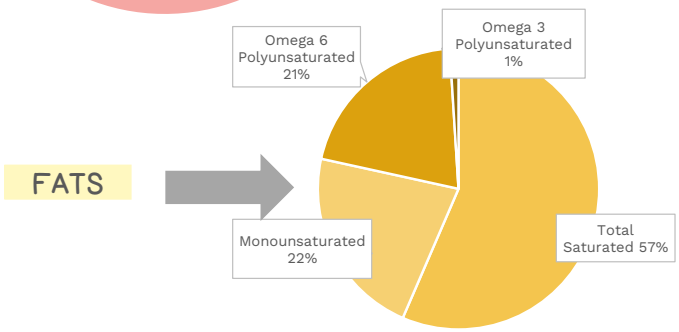
28 Beef, liver

Serving Size:	100 grams	Protein:	20.4 grams	Net Carbs:	3.9 grams
Calories:	135	Fat:	3.6 grams	Fiber:	0.0 grams

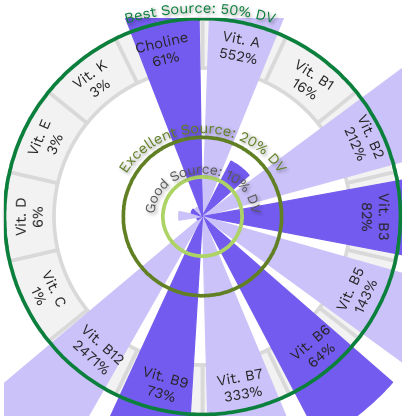
Vitamins & Vitaminlike Compounds		
Vitamin A	4968.0 µg RAE	552% DV
Vitamin B1 (Thiamin)	189.0 µg	16% DV
Vitamin B2 (Riboflavin)	2755.0 µg	212% DV
Vitamin B3 (Niacin)	13.2 mg	82% DV
Vitamin B5 (Pantothenic Acid)	7.2 mg	143% DV
Vitamin B6 (Pyridoxine)	1083.0 µg	64% DV
Vitamin B7 (Biotin)	100.0 µg	333% DV
Vitamin B9 (Folate)	290.0 µg	73% DV
Vitamin B12 (Cobalamin)	59.3 µg	2471% DV
Vitamin C	1.3 mg	1% DV
Vitamin D (D2 + D3)	1.2 µg	6% DV
Vitamin E	0.5 mg	3% DV
Vitamin K	3.1 µg	3% DV
Choline	333.3 mg	61% DV
Myo-Inositol	64.0 mg	~
CoQ10	5.1 mg	~
Minerals		
Calcium	5.0 mg	0% DV
Copper	9755.0 µg	1084% DV
Iodine	~	~
Iron	4.9 mg	27% DV
Magnesium	18.0 mg	4% DV
Manganese	310.0 µg	13% DV
Phosphorus	387.0 mg	31% DV
Potassium	313.0 mg	7% DV
Selenium	39.7 µg	72% DV
Sodium	69.0 mg	3% DV
Zinc	4.0 mg	36% DV
Amino Acids & Peptides		
Taurine	42.0 mg	~
Ergothioneine	0.1 mg	~
Functional Fats		
MUFA	0.5 g	2% DV
ALA	16.0 mg	1% DV
EPA + DHA	0.0 mg	0% DV
CLA	27.5 mg	~
Linoleic Acid	0.3 g	2% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	256.0 µg	~
Polyphenols	0.0 mg	~
Phytosterols	0.0 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

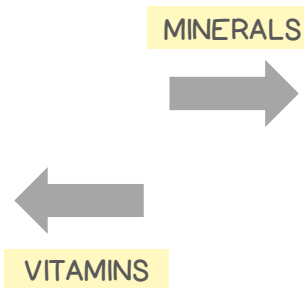


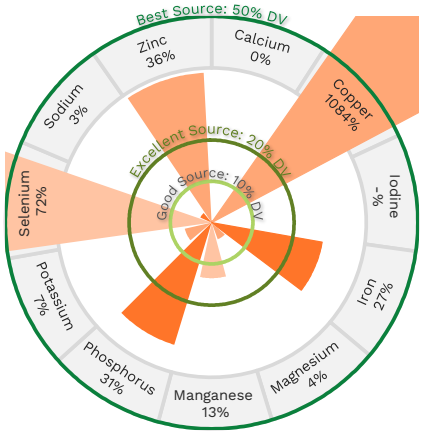








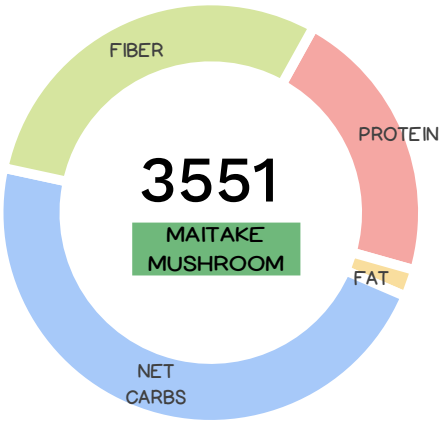




29 Maitake mushroom

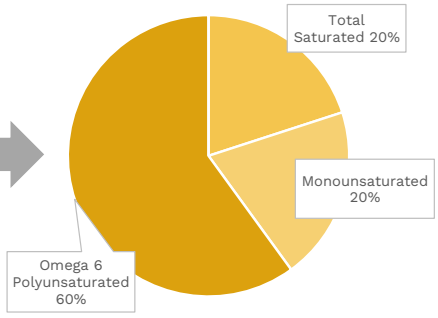
Serving Size:	77 grams	Protein:	1.5 grams	Net Carbs:	3.3 grams
Calories:	24	Fat:	0.1 grams	Fiber:	2.1 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	0.0 µg RAE	0% DV
Vitamin B1 (Thiamin)	112.4 µg	9% DV
Vitamin B2 (Riboflavin)	186.3 µg	14% DV
Vitamin B3 (Niacin)	5.1 mg	32% DV
Vitamin B5 (Pantothenic Acid)	0.2 mg	4% DV
Vitamin B6 (Pyridoxine)	43.1 µg	3% DV
Vitamin B7 (Biotin)	19.4 µg	65% DV
Vitamin B9 (Folate)	16.2 µg	4% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	0.0 mg	0% DV
Vitamin D (D2 + D3)	21.6 µg	108% DV
Vitamin E	0.0 mg	0% DV
Vitamin K	0.0 µg	0% DV
Choline	39.3 mg	7% DV
Myo-Inositol	6.9 mg	~
CoQ10	0.0 mg	~
Minerals		
Calcium	0.8 mg	0% DV
Copper	194.0 µg	22% DV
Iodine	~	~
Iron	0.2 mg	1% DV
Magnesium	7.7 mg	2% DV
Manganese	45.4 µg	2% DV
Phosphorus	57.0 mg	5% DV
Potassium	157.1 mg	3% DV
Selenium	1.7 µg	3% DV
Sodium	0.8 mg	0% DV
Zinc	0.6 mg	5% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	12.2 mg	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	0.0 mg	0% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.1 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	0.0 µg	~
Polyphenols	54.6 mg	~
Phytosterols	1.5 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

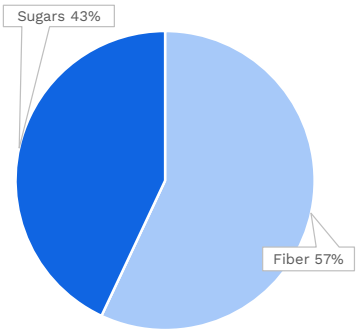




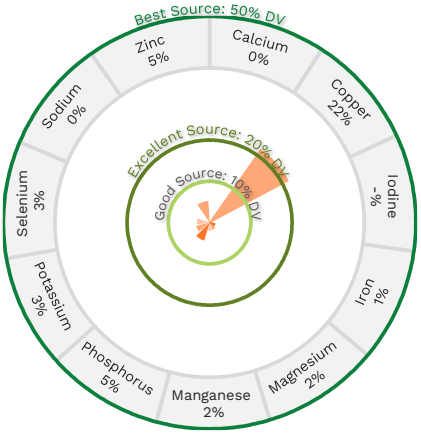
FATS



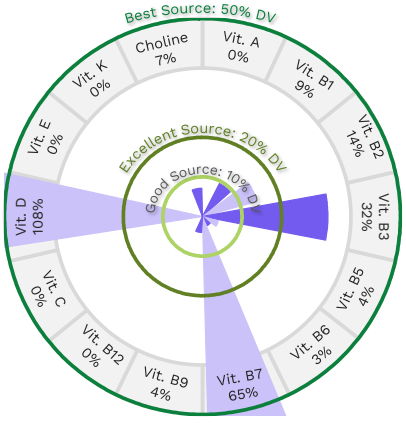
CARBOHYDRATES



MINERALS



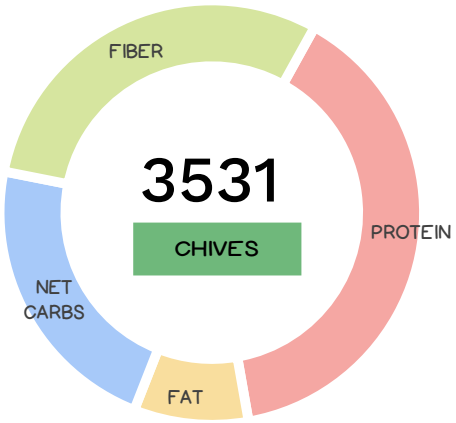
VITAMINS



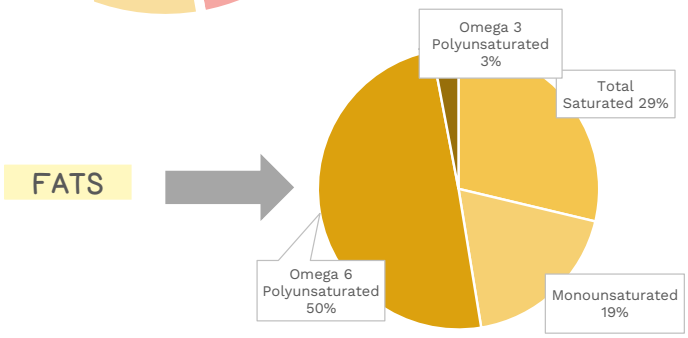
30 Chives

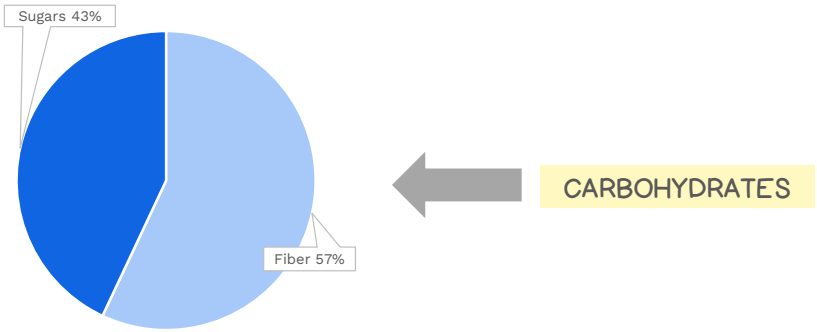
Serving Size:	12 grams	Protein:	0.4 grams	Net Carbs:	0.2 grams
Calories:	4	Fat:	0.1 grams	Fiber:	0.3 grams

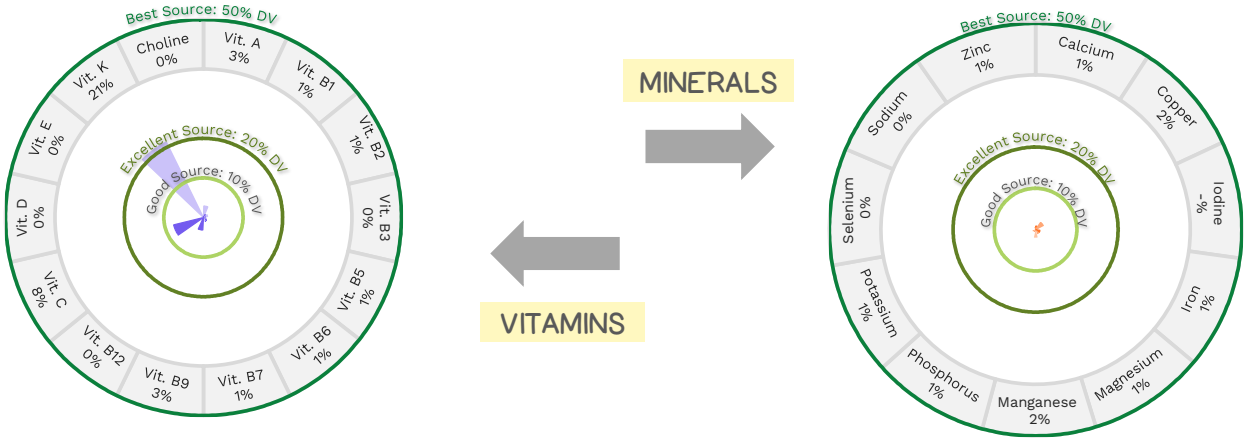
Vitamins & Vitaminlike Compounds		
Vitamin A	26.2 µg RAE	3% DV
Vitamin B1 (Thiamin)	9.4 µg	1% DV
Vitamin B2 (Riboflavin)	13.8 µg	1% DV
Vitamin B3 (Niacin)	0.1 mg	0% DV
Vitamin B5 (Pantothenic Acid)	0.0 mg	1% DV
Vitamin B6 (Pyridoxine)	16.6 µg	1% DV
Vitamin B7 (Biotin)	0.3 µg	1% DV
Vitamin B9 (Folate)	12.6 µg	3% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	7.0 mg	8% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.0 mg	0% DV
Vitamin K	25.5 µg	21% DV
Choline	0.6 mg	0% DV
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	11.0 mg	1% DV
Copper	18.8 µg	2% DV
Iodine	~	~
Iron	0.2 mg	1% DV
Magnesium	5.0 mg	1% DV
Manganese	44.8 µg	2% DV
Phosphorus	7.0 mg	1% DV
Potassium	35.5 mg	1% DV
Selenium	0.1 µg	0% DV
Sodium	0.4 mg	0% DV
Zinc	0.1 mg	1% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	1.8 mg	0% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.0 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	352.2 µg	~
Polyphenols	12.6 mg	~
Phytosterols	1.2 mg	~
Glucosinolates	~	~
Thiosulfinates	8.4 mg	~
Betalains	~	~







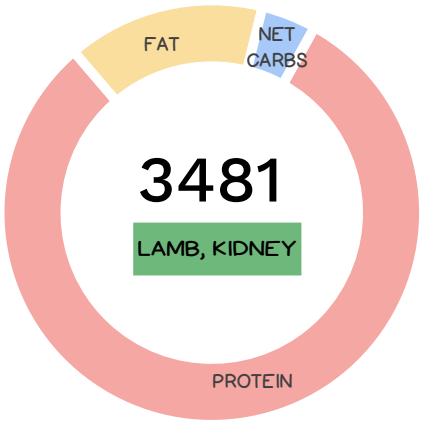




31 Lamb, kidney

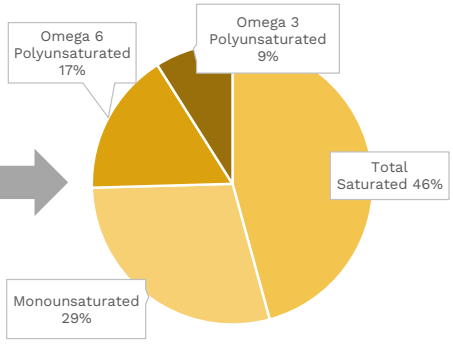
Serving Size:	100 grams	Protein:	15.7 grams	Net Carbs:	0.8 grams
Calories:	97	Fat:	3.0 grams	Fiber:	0.0 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	95.0 µg RAE	11% DV
Vitamin B1 (Thiamin)	620.0 µg	52% DV
Vitamin B2 (Riboflavin)	2240.0 µg	172% DV
Vitamin B3 (Niacin)	7.5 mg	47% DV
Vitamin B5 (Pantothenic Acid)	4.2 mg	84% DV
Vitamin B6 (Pyridoxine)	220.0 µg	13% DV
Vitamin B7 (Biotin)	80.0 µg	267% DV
Vitamin B9 (Folate)	28.0 µg	7% DV
Vitamin B12 (Cobalamin)	52.4 µg	2184% DV
Vitamin C	11.0 mg	12% DV
Vitamin D (D2 + D3)	~	~
Vitamin E	~	~
Vitamin K	~	~
Choline	~	~
Myo-Inositol	37.0 mg	~
CoQ10	5.1 mg	~
Minerals		
Calcium	13.0 mg	1% DV
Copper	446.0 µg	50% DV
Iodine	~	~
Iron	6.4 mg	35% DV
Magnesium	17.0 mg	4% DV
Manganese	118.0 µg	5% DV
Phosphorus	246.0 mg	20% DV
Potassium	277.0 mg	6% DV
Selenium	126.9 µg	231% DV
Sodium	156.0 mg	7% DV
Zinc	2.2 mg	20% DV
Amino Acids & Peptides		
Taurine	42.0 mg	~
Ergothioneine	0.1 mg	~
Functional Fats		
MUFA	0.6 g	3% DV
ALA	70.0 mg	4% DV
EPA + DHA	80.0 mg	32% DV
CLA	24.2 mg	~
Linoleic Acid	0.2 g	1% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	0.0 µg	~
Polyphenols	0.0 mg	~
Phytosterols	0.0 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~





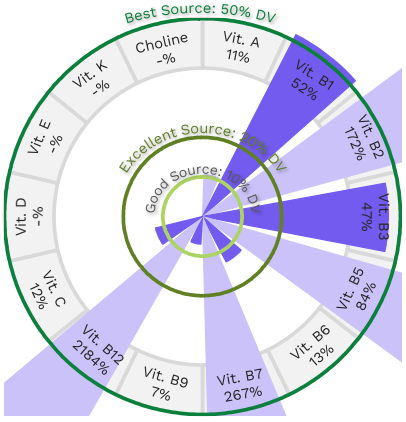
FATS



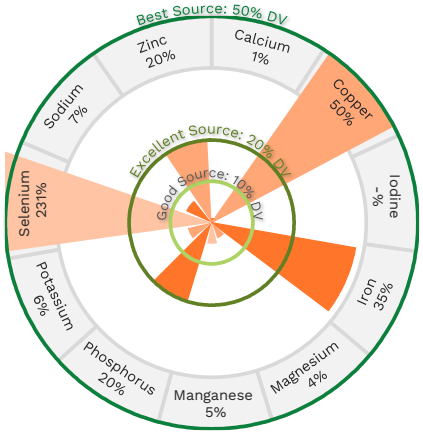
CARBOHYDRATES

No detailed component data currently available in the USDA Food Central Database.

VITAMINS



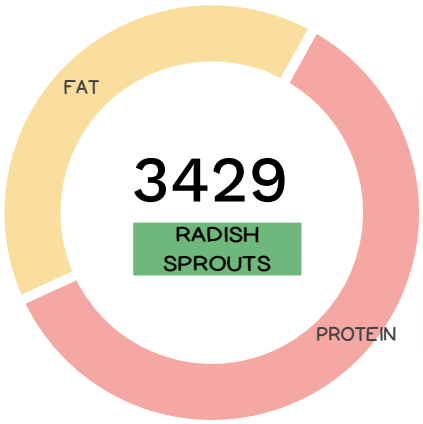
MINERALS



32 Radish sprouts

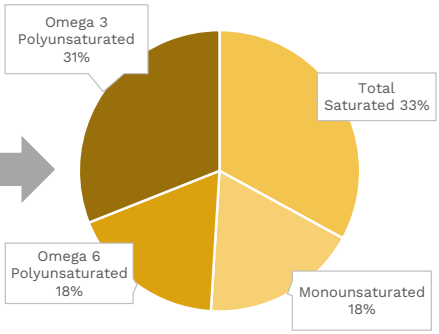
Serving Size:	38 grams	Protein:	1.4 grams	Net Carbs:	~
Calories:	16	Fat:	1.0 grams	Fiber:	~

Vitamins & Vitaminlike Compounds		
Vitamin A	7.6 µg RAE	1% DV
Vitamin B1 (Thiamin)	38.8 µg	3% DV
Vitamin B2 (Riboflavin)	39.1 µg	3% DV
Vitamin B3 (Niacin)	1.1 mg	7% DV
Vitamin B5 (Pantothenic Acid)	0.3 mg	6% DV
Vitamin B6 (Pyridoxine)	108.3 µg	6% DV
Vitamin B7 (Biotin)	~	~
Vitamin B9 (Folate)	36.1 µg	9% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	11.0 mg	12% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	~	~
Vitamin K	~	~
Choline	~	~
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	19.4 mg	1% DV
Copper	45.6 µg	5% DV
Iodine	~	~
Iron	0.3 mg	2% DV
Magnesium	16.7 mg	4% DV
Manganese	98.8 µg	4% DV
Phosphorus	42.9 mg	3% DV
Potassium	32.7 mg	1% DV
Selenium	0.2 µg	0% DV
Sodium	2.3 mg	0% DV
Zinc	0.2 mg	2% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.2 g	1% DV
ALA	274.4 mg	17% DV
EPA + DHA	~	~
CLA	~	~
Linoleic Acid	0.2 g	1% DV
MCT's	~	~
Phytonutrients		
Carotenoids	~	~
Polyphenols	321.9 mg	~
Phytosterols	~	~
Glucosinolates	256.9 mg	~
Thiosulfinates	~	~
Betalains	~	~





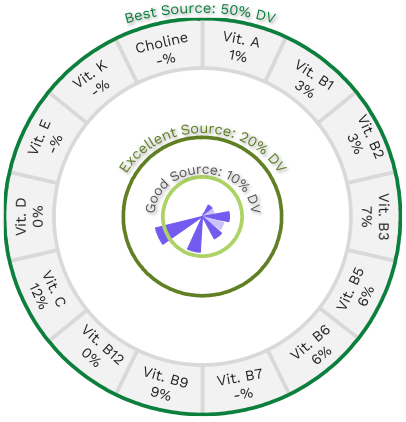
FATS



CARBOHYDRATES

No detailed component data currently available in the USDA Food Central Database.

VITAMINS



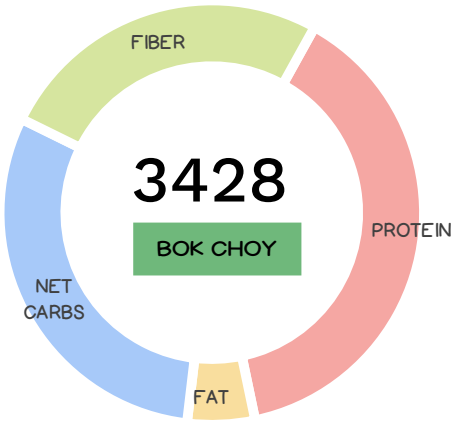
MINERALS



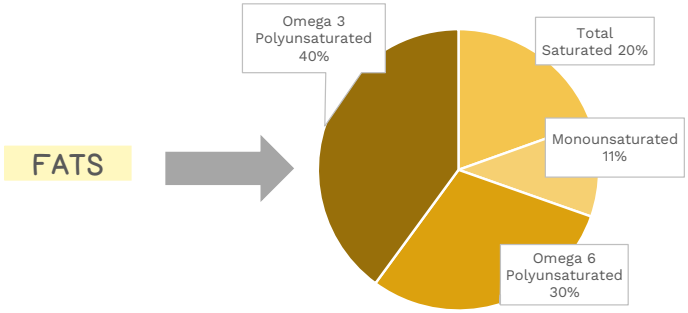
33 Bok choy

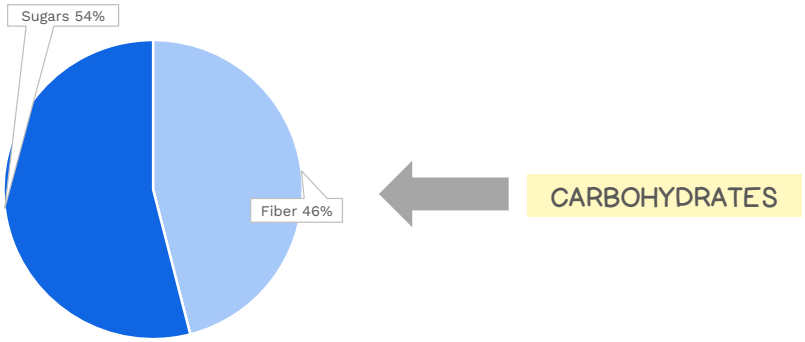
Serving Size:	70 grams	Protein:	1.1 grams	Net Carbs:	0.8 grams
Calories:	9	Fat:	0.1 grams	Fiber:	0.7 grams

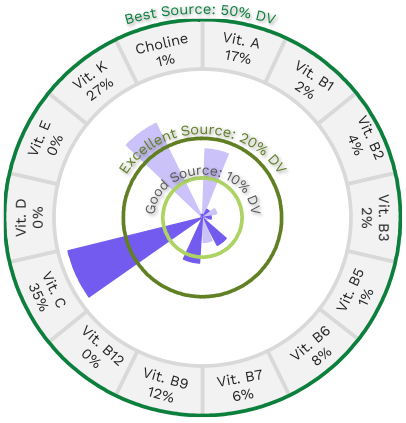
Vitamins & Vitaminlike Compounds		
Vitamin A	156.1 µg RAE	17% DV
Vitamin B1 (Thiamin)	28.0 µg	2% DV
Vitamin B2 (Riboflavin)	49.0 µg	4% DV
Vitamin B3 (Niacin)	0.4 mg	2% DV
Vitamin B5 (Pantothenic Acid)	0.1 mg	1% DV
Vitamin B6 (Pyridoxine)	135.8 µg	8% DV
Vitamin B7 (Biotin)	1.9 µg	6% DV
Vitamin B9 (Folate)	46.2 µg	12% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	31.5 mg	35% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.1 mg	0% DV
Vitamin K	31.9 µg	27% DV
Choline	4.5 mg	1% DV
Myo-Inositol	18.9 mg	~
CoQ10	0.3 mg	~
Minerals		
Calcium	73.5 mg	6% DV
Copper	14.7 µg	2% DV
Iodine	~	~
Iron	0.6 mg	3% DV
Magnesium	13.3 mg	3% DV
Manganese	111.3 µg	5% DV
Phosphorus	25.9 mg	2% DV
Potassium	176.4 mg	4% DV
Selenium	0.4 µg	1% DV
Sodium	45.5 mg	2% DV
Zinc	0.1 mg	1% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	38.5 mg	2% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.0 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	1905.4 µg	~
Polyphenols	187.6 mg	~
Phytosterols	8.9 mg	~
Glucosinolates	70.7 mg	~
Thiosulfinates	~	~
Betalains	~	~

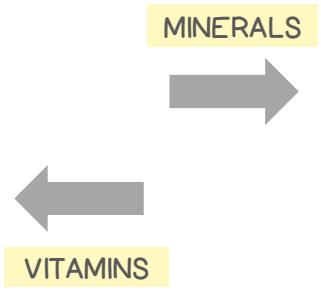


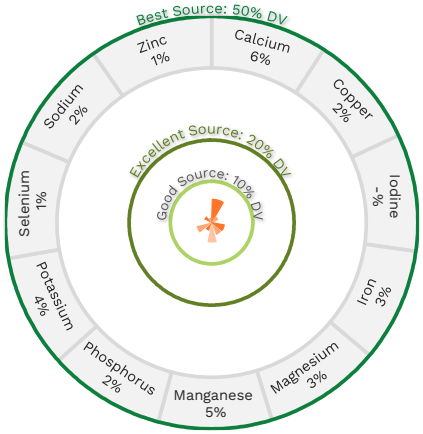








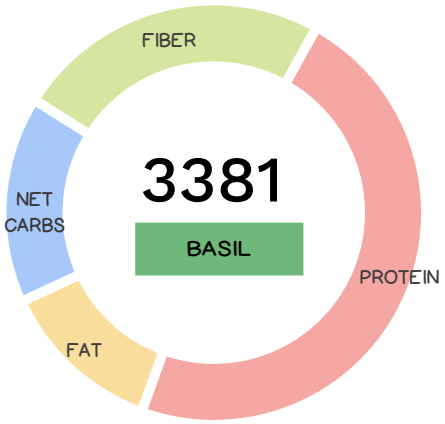




34 Basil

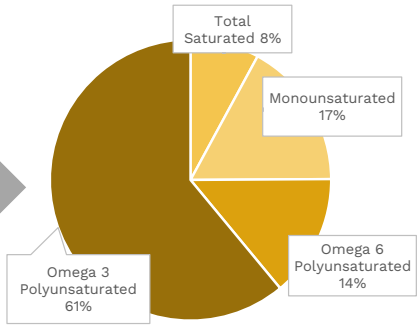
Serving Size:	6 grams	Protein:	0.2 grams	Net Carbs:	0.1 grams
Calories:	1	Fat:	0.1 grams	Fiber:	0.1 grams

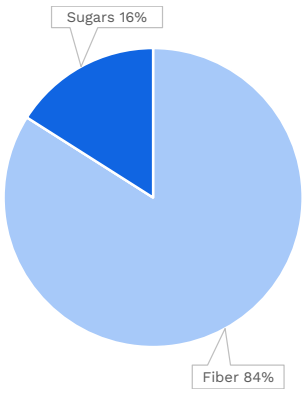
Vitamins & Vitaminlike Compounds		
Vitamin A	15.8 µg RAE	2% DV
Vitamin B1 (Thiamin)	2.0 µg	0% DV
Vitamin B2 (Riboflavin)	4.6 µg	0% DV
Vitamin B3 (Niacin)	0.1 mg	0% DV
Vitamin B5 (Pantothenic Acid)	0.0 mg	0% DV
Vitamin B6 (Pyridoxine)	9.3 µg	1% DV
Vitamin B7 (Biotin)	0.2 µg	1% DV
Vitamin B9 (Folate)	4.1 µg	1% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	1.1 mg	1% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.1 mg	0% DV
Vitamin K	24.9 µg	21% DV
Choline	0.7 mg	0% DV
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	10.6 mg	1% DV
Copper	23.1 µg	3% DV
Iodine	~	~
Iron	0.2 mg	1% DV
Magnesium	3.8 mg	1% DV
Manganese	68.9 µg	3% DV
Phosphorus	3.4 mg	0% DV
Potassium	17.7 mg	0% DV
Selenium	0.0 µg	0% DV
Sodium	0.2 mg	0% DV
Zinc	0.0 mg	0% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	0.0 mg	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	19.0 mg	1% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.0 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	530.3 µg	~
Polyphenols	14.0 mg	~
Phytosterols	1.2 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~





FATS



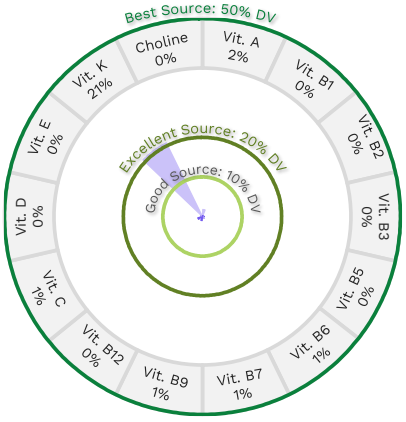


CARBOHYDRATES

MINERALS



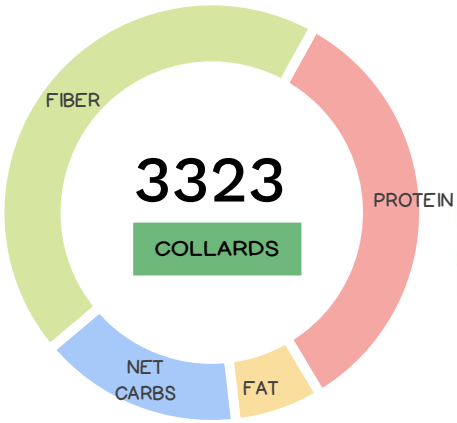
VITAMINS



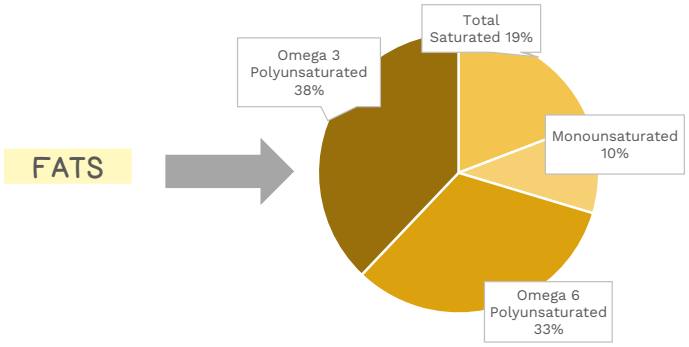
35 Collards

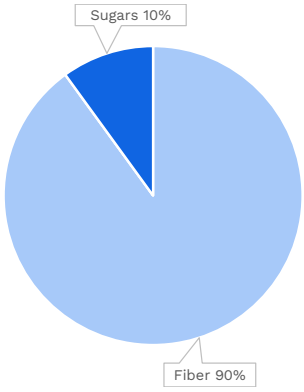
Serving Size:	72 grams	Protein:	2.2 grams	Net Carbs:	1.0 grams
Calories:	23	Fat:	0.4 grams	Fiber:	2.9 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	180.7 µg RAE	20% DV
Vitamin B1 (Thiamin)	38.9 µg	3% DV
Vitamin B2 (Riboflavin)	93.6 µg	7% DV
Vitamin B3 (Niacin)	0.5 mg	3% DV
Vitamin B5 (Pantothenic Acid)	0.2 mg	4% DV
Vitamin B6 (Pyridoxine)	118.8 µg	7% DV
Vitamin B7 (Biotin)	~	~
Vitamin B9 (Folate)	92.9 µg	23% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	25.4 mg	28% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	1.6 mg	11% DV
Vitamin K	314.7 µg	262% DV
Choline	16.7 mg	3% DV
Myo-Inositol	46.1 mg	~
CoQ10	~	~
Minerals		
Calcium	167.0 mg	13% DV
Copper	33.1 µg	4% DV
Iodine	~	~
Iron	0.3 mg	2% DV
Magnesium	19.4 mg	5% DV
Manganese	473.8 µg	21% DV
Phosphorus	18.0 mg	1% DV
Potassium	153.4 mg	3% DV
Selenium	0.9 µg	2% DV
Sodium	12.2 mg	1% DV
Zinc	0.2 mg	1% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	77.8 mg	5% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.1 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	5296.3 µg	~
Polyphenols	178.6 mg	~
Phytosterols	~	~
Glucosinolates	144.5 mg	~
Thiosulfinates	~	~
Betalains	~	~

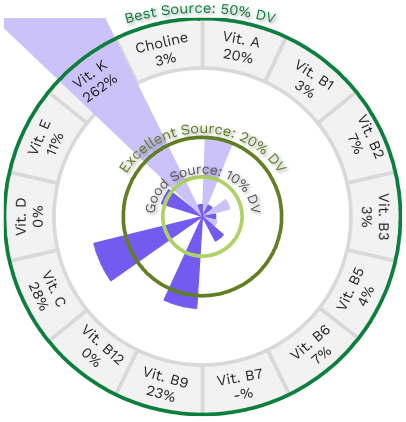






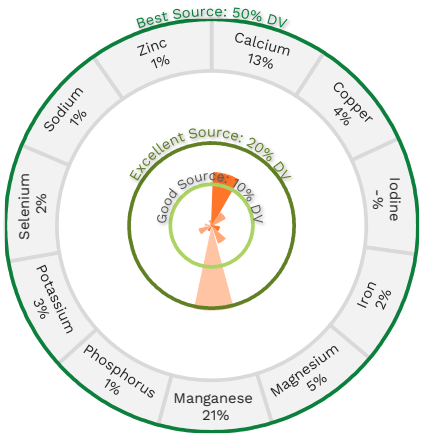








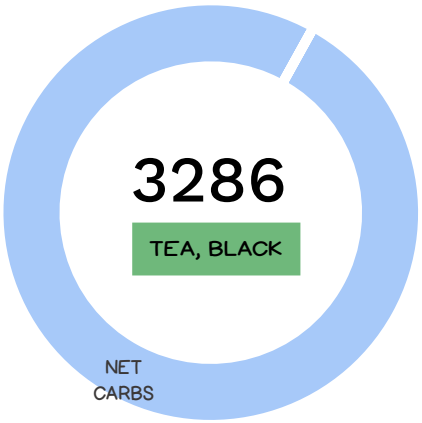




36 Tea, black

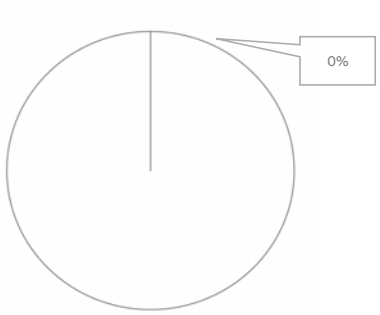
Serving Size:	237 grams	Protein:	0.0 grams	Net Carbs:	0.7 grams
Calories:	2	Fat:	0.0 grams	Fiber:	0.0 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	0.0 µg RAE	0% DV
Vitamin B1 (Thiamin)	0.0 µg	0% DV
Vitamin B2 (Riboflavin)	33.2 µg	3% DV
Vitamin B3 (Niacin)	0.0 mg	0% DV
Vitamin B5 (Pantothenic Acid)	0.0 mg	1% DV
Vitamin B6 (Pyridoxine)	0.0 µg	0% DV
Vitamin B7 (Biotin)	0.5 µg	2% DV
Vitamin B9 (Folate)	11.9 µg	3% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	0.0 mg	0% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.0 mg	0% DV
Vitamin K	0.0 µg	0% DV
Choline	0.9 mg	0% DV
Myo-Inositol	0.1 mg	~
CoQ10	~	~
Minerals		
Calcium	0.0 mg	0% DV
Copper	23.7 µg	3% DV
Iodine	~	~
Iron	0.0 mg	0% DV
Magnesium	7.1 mg	2% DV
Manganese	519.0 µg	23% DV
Phosphorus	2.4 mg	0% DV
Potassium	87.7 mg	2% DV
Selenium	0.0 µg	0% DV
Sodium	7.1 mg	0% DV
Zinc	0.0 mg	0% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	7.1 mg	0% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.0 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	0.0 µg	~
Polyphenols	319.7 mg	~
Phytosterols	0.0 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~





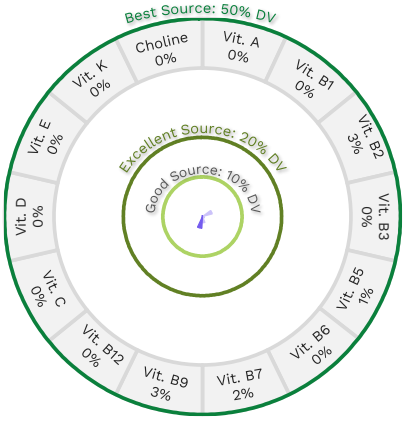
FATS



CARBOHYDRATES

No detailed component data currently available in the USDA Food Central Database.

VITAMINS



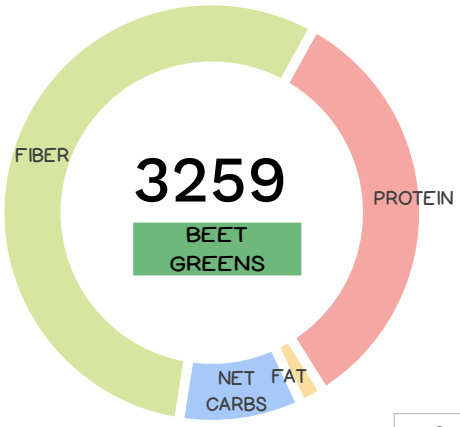
MINERALS



37 Beet greens

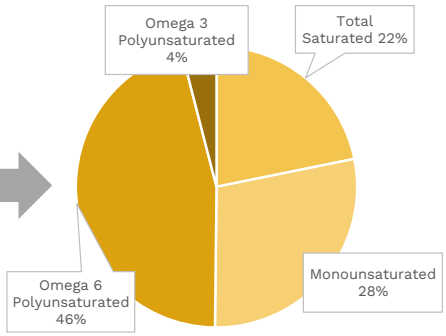
Serving Size:	76 grams	Protein:	1.7 grams	Net Carbs:	0.5 grams
Calories:	17	Fat:	0.1 grams	Fiber:	2.8 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	240.2 µg RAE	27% DV
Vitamin B1 (Thiamin)	76.0 µg	6% DV
Vitamin B2 (Riboflavin)	167.2 µg	13% DV
Vitamin B3 (Niacin)	0.3 mg	2% DV
Vitamin B5 (Pantothenic Acid)	0.2 mg	4% DV
Vitamin B6 (Pyridoxine)	80.6 µg	5% DV
Vitamin B7 (Biotin)	~	~
Vitamin B9 (Folate)	11.4 µg	3% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	22.8 mg	25% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	1.1 mg	8% DV
Vitamin K	304.0 µg	253% DV
Choline	0.3 mg	0% DV
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	88.9 mg	7% DV
Copper	145.2 µg	16% DV
Iodine	~	~
Iron	2.0 mg	11% DV
Magnesium	53.2 mg	13% DV
Manganese	297.2 µg	13% DV
Phosphorus	31.2 mg	2% DV
Potassium	579.1 mg	12% DV
Selenium	0.7 µg	1% DV
Sodium	171.8 mg	7% DV
Zinc	0.3 mg	3% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	3.0 mg	0% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.0 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	4028.0 µg	~
Polyphenols	501.6 mg	~
Phytosterols	~	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

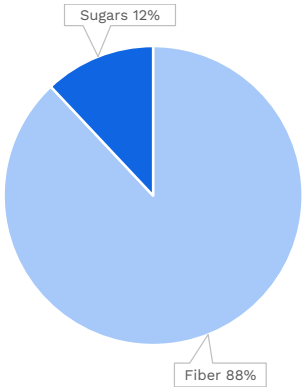




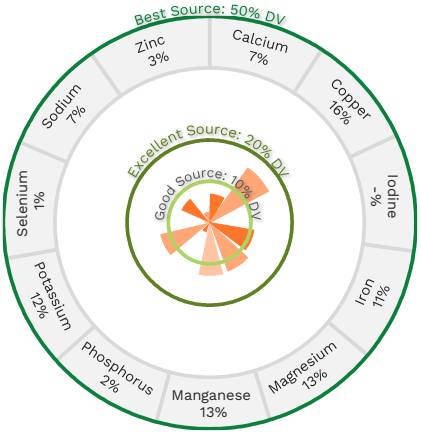
FATS



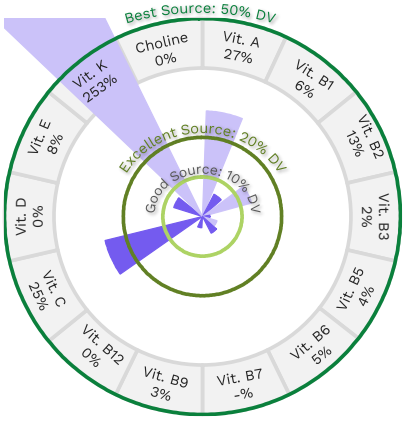
CARBOHYDRATES



MINERALS



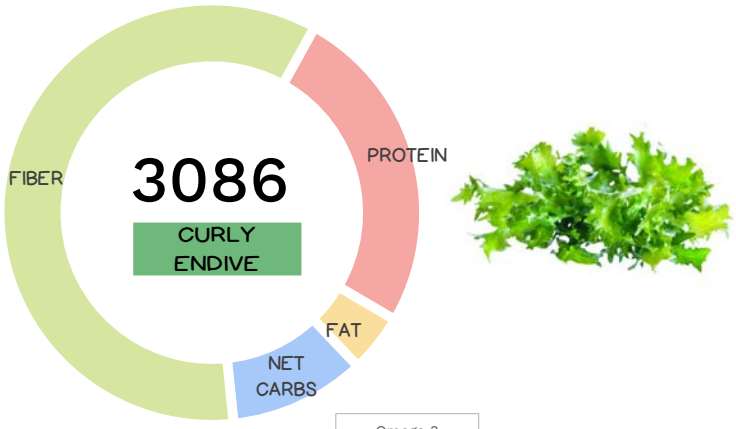
VITAMINS

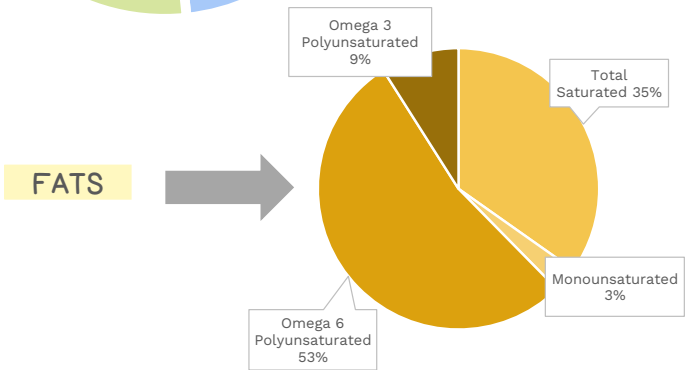


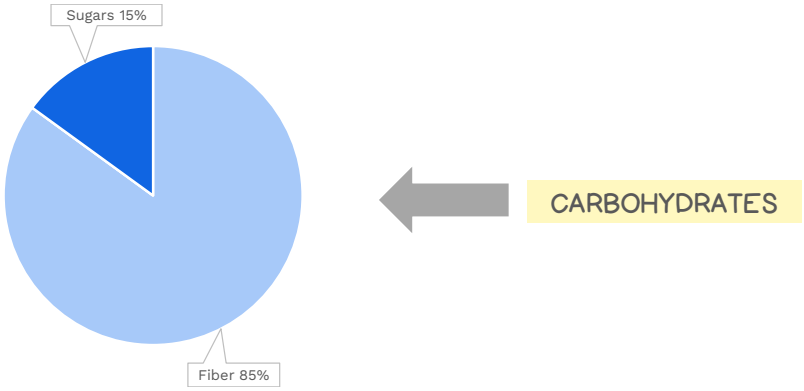
38 Curly Endive

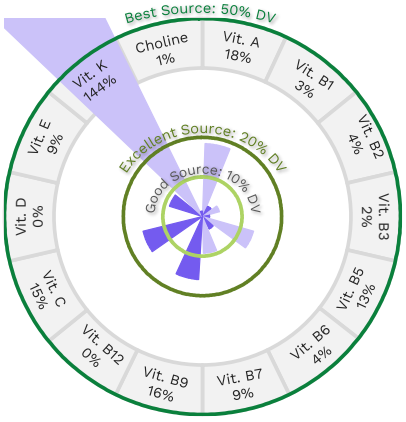
Serving Size:	58 grams	Protein:	1.0 grams	Net Carbs:	0.4 grams
Calories:	13	Fat:	0.2 grams	Fiber:	2.3 grams

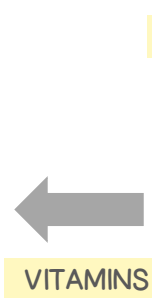
Vitamins & Vitaminlike Compounds		
Vitamin A	165.9 µg RAE	18% DV
Vitamin B1 (Thiamin)	34.8 µg	3% DV
Vitamin B2 (Riboflavin)	58.0 µg	4% DV
Vitamin B3 (Niacin)	0.3 mg	2% DV
Vitamin B5 (Pantothenic Acid)	0.7 mg	13% DV
Vitamin B6 (Pyridoxine)	60.9 µg	4% DV
Vitamin B7 (Biotin)	2.8 µg	9% DV
Vitamin B9 (Folate)	63.8 µg	16% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	13.9 mg	15% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	1.3 mg	9% DV
Vitamin K	172.6 µg	144% DV
Choline	7.4 mg	1% DV
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	58.0 mg	4% DV
Copper	171.1 µg	19% DV
Iodine	~	~
Iron	0.5 mg	3% DV
Magnesium	17.4 mg	4% DV
Manganese	248.8 µg	11% DV
Phosphorus	27.3 mg	2% DV
Potassium	243.6 mg	5% DV
Selenium	0.2 µg	0% DV
Sodium	26.1 mg	1% DV
Zinc	0.2 mg	2% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	11.0 mg	1% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.1 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	7963.4 µg	~
Polyphenols	170.6 mg	~
Phytosterols	~	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

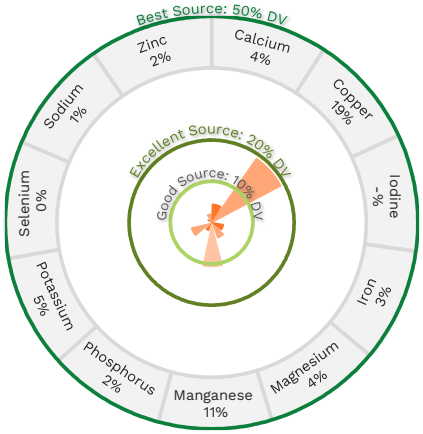








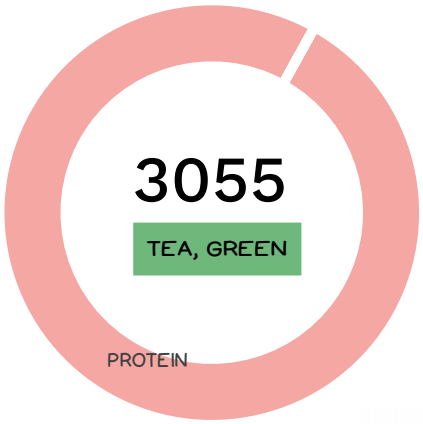




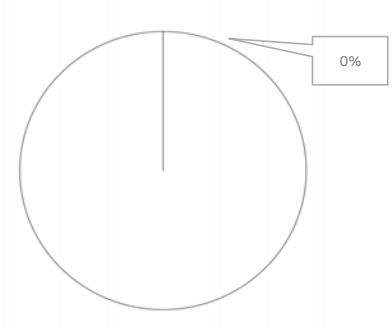
39 Tea, green

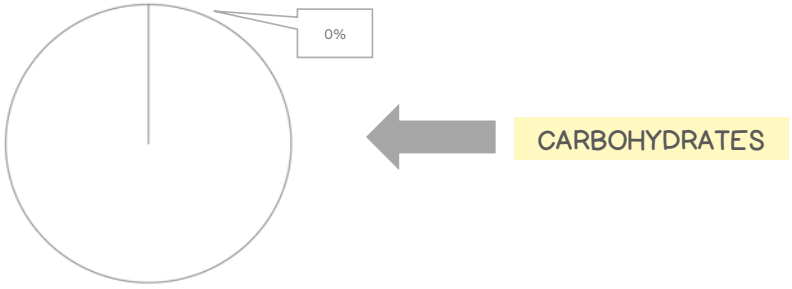
Serving Size:	245 grams	Protein:	0.5 grams	Net Carbs:	0.0 grams
Calories:	2	Fat:	0.0 grams	Fiber:	0.0 grams

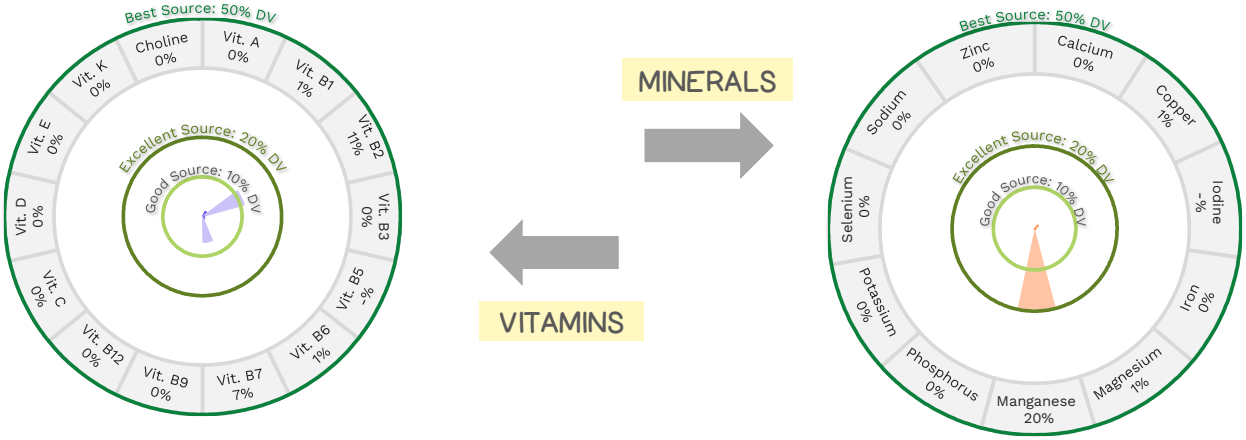
Vitamins & Vitaminlike Compounds		
Vitamin A	0.0 µg RAE	0% DV
Vitamin B1 (Thiamin)	17.2 µg	1% DV
Vitamin B2 (Riboflavin)	142.1 µg	11% DV
Vitamin B3 (Niacin)	0.1 mg	0% DV
Vitamin B5 (Pantothenic Acid)	~	~
Vitamin B6 (Pyridoxine)	12.3 µg	1% DV
Vitamin B7 (Biotin)	2.0 µg	7% DV
Vitamin B9 (Folate)	0.0 µg	0% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	0.0 mg	0% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.0 mg	0% DV
Vitamin K	0.0 µg	0% DV
Choline	0.0 mg	0% DV
Myo-Inositol	0.1 mg	~
CoQ10	~	~
Minerals		
Calcium	0.0 mg	0% DV
Copper	9.8 µg	1% DV
Iodine	~	~
Iron	0.0 mg	0% DV
Magnesium	2.5 mg	1% DV
Manganese	450.8 µg	20% DV
Phosphorus	0.0 mg	0% DV
Potassium	19.6 mg	0% DV
Selenium	0.0 µg	0% DV
Sodium	2.5 mg	0% DV
Zinc	0.0 mg	0% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	0.0 mg	0% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.0 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	0.0 µg	~
Polyphenols	252.1 mg	~
Phytosterols	0.0 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~







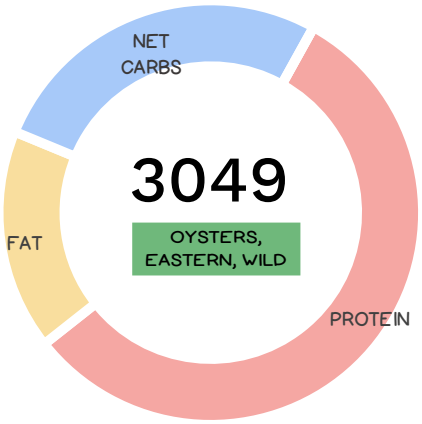




40 Oysters, Eastern, wild

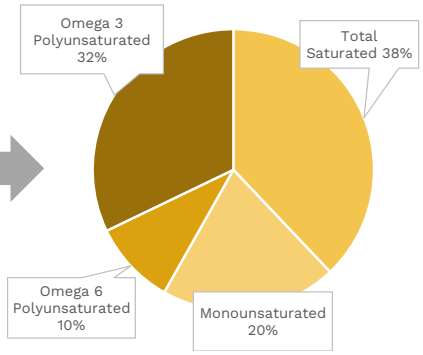
Serving Size:	115 grams	Protein:	6.6 grams	Net Carbs:	3.1 grams
Calories:	59	Fat:	2.0 grams	Fiber:	0.0 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	15.0 µg RAE	2% DV
Vitamin B1 (Thiamin)	20.7 µg	2% DV
Vitamin B2 (Riboflavin)	103.5 µg	8% DV
Vitamin B3 (Niacin)	1.1 mg	7% DV
Vitamin B5 (Pantothenic Acid)	0.3 mg	5% DV
Vitamin B6 (Pyridoxine)	35.7 µg	2% DV
Vitamin B7 (Biotin)	47.2 µg	157% DV
Vitamin B9 (Folate)	8.1 µg	2% DV
Vitamin B12 (Cobalamin)	10.1 µg	419% DV
Vitamin C	0.0 mg	0% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	1.0 mg	7% DV
Vitamin K	1.2 µg	1% DV
Choline	74.8 mg	14% DV
Myo-Inositol	28.8 mg	~
CoQ10	0.5 mg	~
Minerals		
Calcium	67.9 mg	5% DV
Copper	3286.7 µg	365% DV
Iodine	69.0 µg	46% DV
Iron	5.3 mg	29% DV
Magnesium	20.7 mg	5% DV
Manganese	340.4 µg	15% DV
Phosphorus	111.6 mg	9% DV
Potassium	179.4 mg	4% DV
Selenium	22.7 µg	41% DV
Sodium	97.8 mg	4% DV
Zinc	45.2 mg	411% DV
Amino Acids & Peptides		
Taurine	456.2 mg	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.3 g	1% DV
ALA	96.6 mg	6% DV
EPA + DHA	360.0 mg	144% DV
CLA	0.8 mg	~
Linoleic Acid	0.0 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	0.0 µg	~
Polyphenols	0.0 mg	~
Phytosterols	0.0 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

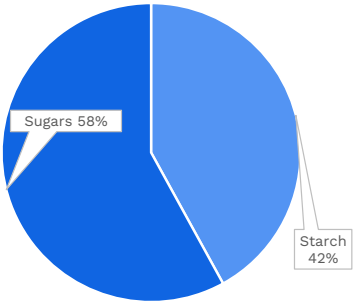




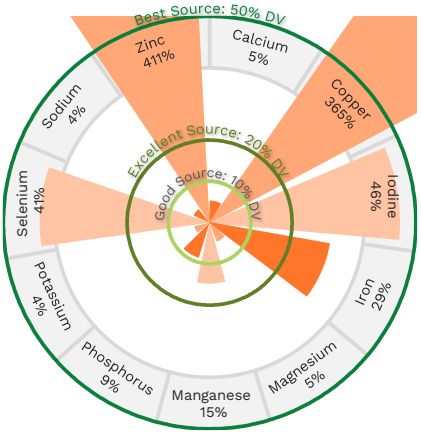
FATS



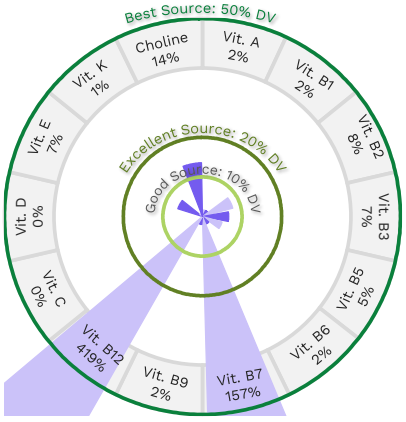
CARBOHYDRATES



MINERALS



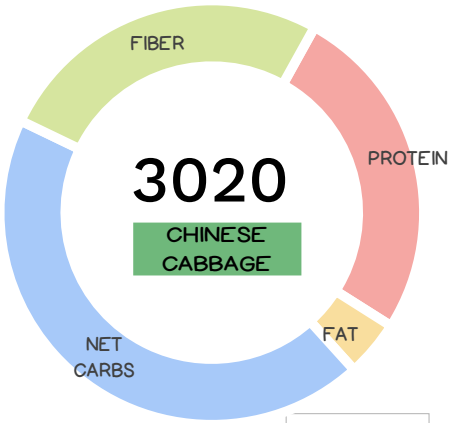
VITAMINS



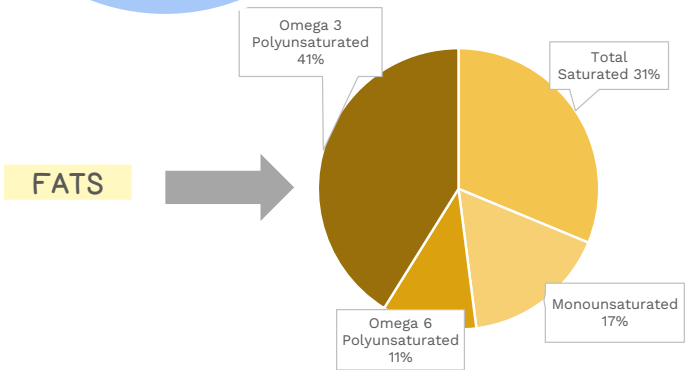
41 Chinese Cabbage

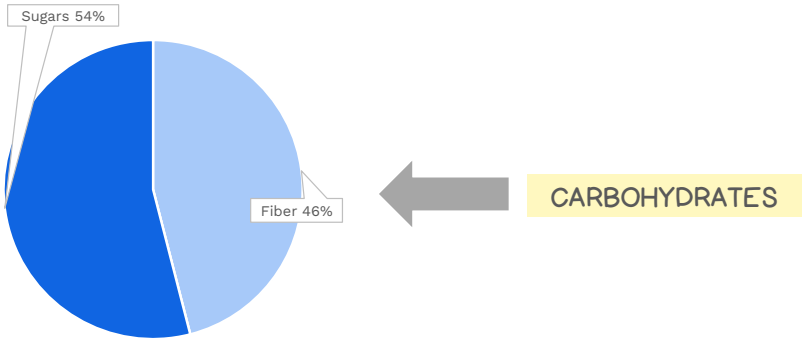
Serving Size:	76 grams	Protein:	0.9 grams	Net Carbs:	1.5 grams
Calories:	12	Fat:	0.2 grams	Fiber:	0.9 grams

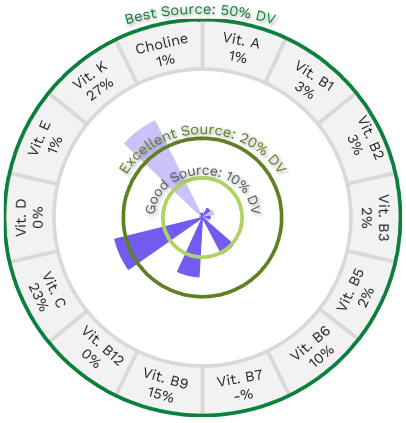
Vitamins & Vitaminlike Compounds		
Vitamin A	12.2 µg RAE	1% DV
Vitamin B1 (Thiamin)	30.4 µg	3% DV
Vitamin B2 (Riboflavin)	38.0 µg	3% DV
Vitamin B3 (Niacin)	0.3 mg	2% DV
Vitamin B5 (Pantothenic Acid)	0.1 mg	2% DV
Vitamin B6 (Pyridoxine)	176.3 µg	10% DV
Vitamin B7 (Biotin)	~	~
Vitamin B9 (Folate)	60.0 µg	15% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	20.5 mg	23% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.1 mg	1% DV
Vitamin K	32.6 µg	27% DV
Choline	5.8 mg	1% DV
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	58.5 mg	5% DV
Copper	27.4 µg	3% DV
Iodine	~	~
Iron	0.2 mg	1% DV
Magnesium	9.9 mg	2% DV
Manganese	144.4 µg	6% DV
Phosphorus	22.0 mg	2% DV
Potassium	180.9 mg	4% DV
Selenium	0.5 µg	1% DV
Sodium	6.8 mg	0% DV
Zinc	0.2 mg	2% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	43.3 mg	3% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.0 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	181.6 µg	~
Polyphenols	0.0 mg	~
Phytosterols	~	~
Glucosinolates	146.7 mg	~
Thiosulfinates	~	~
Betalains	~	~

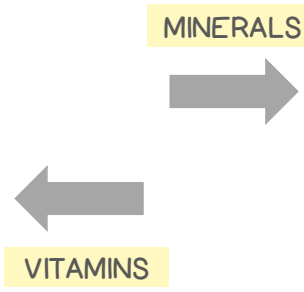


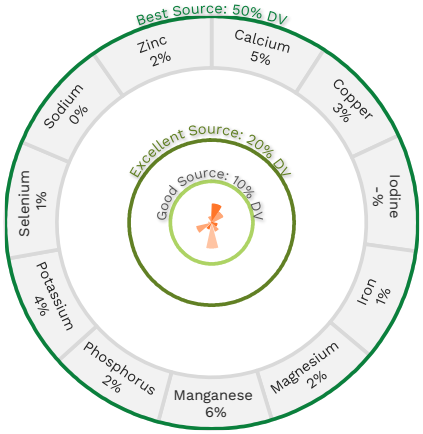








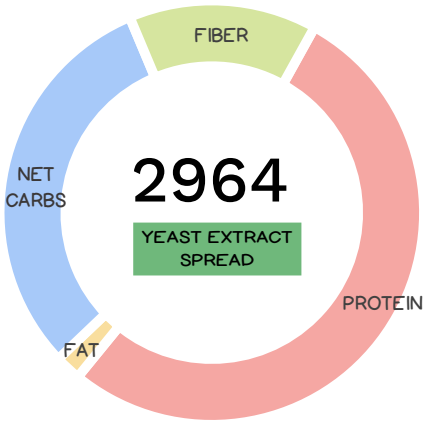




42 Yeast extract spread

Serving Size:	18 grams	Protein:	4.3 grams	Net Carbs:	2.5 grams
Calories:	33	Fat:	0.2 grams	Fiber:	1.2 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	0.0 µg RAE	0% DV
Vitamin B1 (Thiamin)	4207.5 µg	351% DV
Vitamin B2 (Riboflavin)	3150.0 µg	242% DV
Vitamin B3 (Niacin)	23.0 mg	143% DV
Vitamin B5 (Pantothenic Acid)	0.8 mg	17% DV
Vitamin B6 (Pyridoxine)	0.0 µg	0% DV
Vitamin B7 (Biotin)	~	~
Vitamin B9 (Folate)	681.5 µg	170% DV
Vitamin B12 (Cobalamin)	0.1 µg	4% DV
Vitamin C	0.0 mg	0% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.0 mg	0% DV
Vitamin K	0.0 µg	0% DV
Choline	11.7 mg	2% DV
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	12.1 mg	1% DV
Copper	44.1 µg	5% DV
Iodine	~	~
Iron	0.7 mg	4% DV
Magnesium	32.4 mg	8% DV
Manganese	47.0 µg	2% DV
Phosphorus	18.7 mg	1% DV
Potassium	378.0 mg	8% DV
Selenium	5.0 µg	9% DV
Sodium	608.4 mg	26% DV
Zinc	0.8 mg	7% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	0.0 mg	0% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.0 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	0.0 µg	~
Polyphenols	0.0 mg	~
Phytosterols	~	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

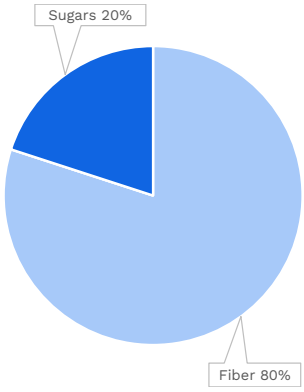




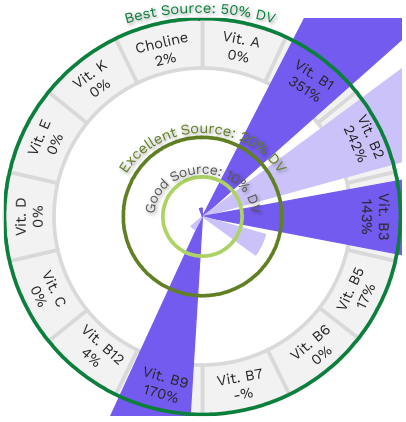
FATS



No detailed component data currently available in the USDA Food Central Database.

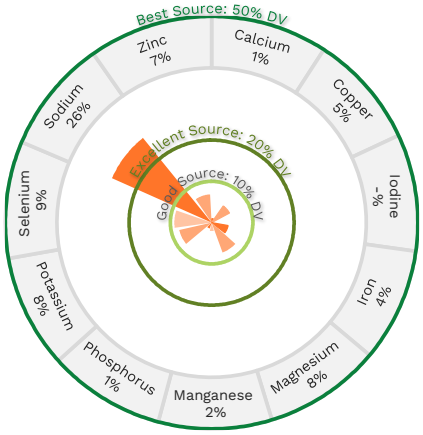


CARBOHYDRATES



VITAMINS

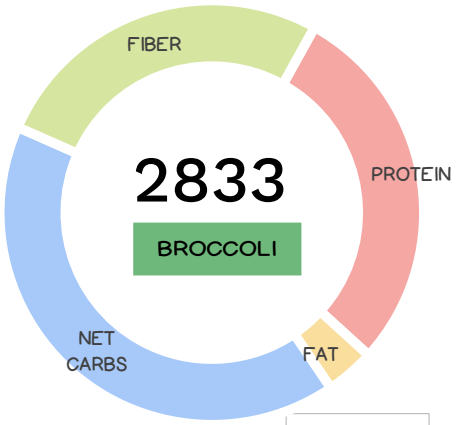
MINERALS



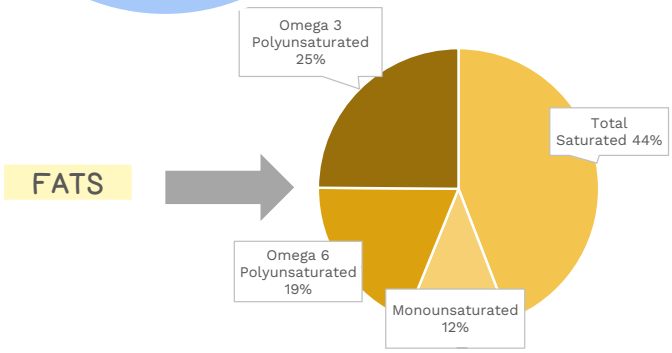
43 Broccoli

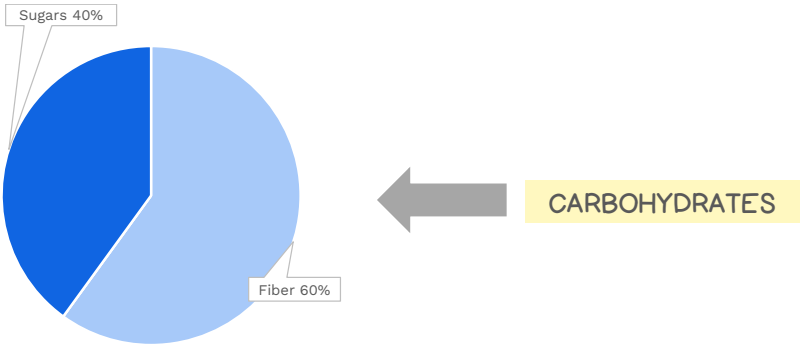
Serving Size:	91 grams	Protein:	2.6 grams	Net Carbs:	3.7 grams
Calories:	31	Fat:	0.3 grams	Fiber:	2.4 grams

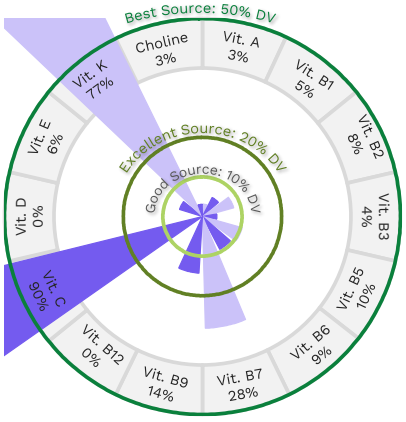
Vitamins & Vitaminlike Compounds		
Vitamin A	28.2 µg RAE	3% DV
Vitamin B1 (Thiamin)	64.6 µg	5% DV
Vitamin B2 (Riboflavin)	106.5 µg	8% DV
Vitamin B3 (Niacin)	0.6 mg	4% DV
Vitamin B5 (Pantothenic Acid)	0.5 mg	10% DV
Vitamin B6 (Pyridoxine)	159.3 µg	9% DV
Vitamin B7 (Biotin)	8.5 µg	28% DV
Vitamin B9 (Folate)	57.3 µg	14% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	81.2 mg	90% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.9 mg	6% DV
Vitamin K	92.5 µg	77% DV
Choline	17.0 mg	3% DV
Myo-Inositol	27.3 mg	~
CoQ10	0.8 mg	~
Minerals		
Calcium	42.8 mg	3% DV
Copper	44.6 µg	5% DV
Iodine	~	~
Iron	0.7 mg	4% DV
Magnesium	19.1 mg	5% DV
Manganese	191.1 µg	8% DV
Phosphorus	60.1 mg	5% DV
Potassium	287.6 mg	6% DV
Selenium	2.3 µg	4% DV
Sodium	30.0 mg	1% DV
Zinc	0.4 mg	3% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	0.0 mg	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	57.3 mg	4% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.0 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	1628.9 µg	~
Polyphenols	306.7 mg	~
Phytosterols	37.2 mg	~
Glucosinolates	298.5 mg	~
Thiosulfinates	~	~
Betalains	~	~



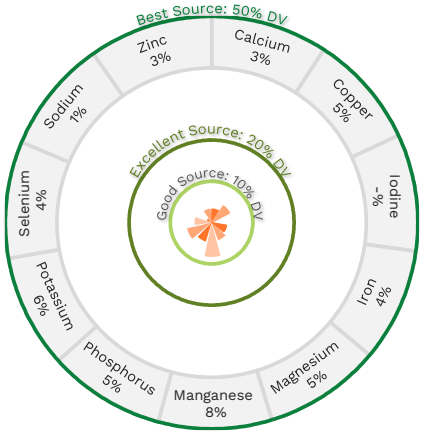








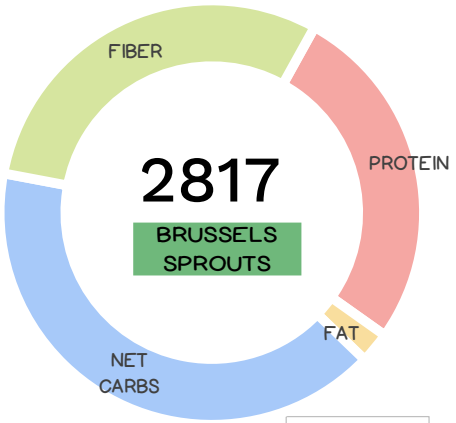




44 Brussels sprouts

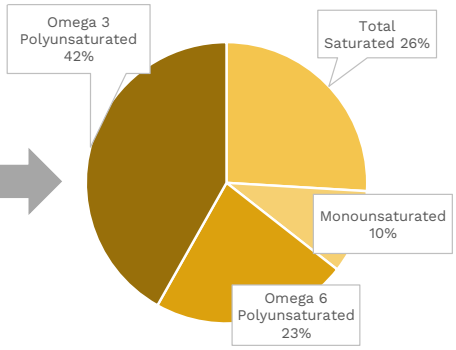
Serving Size:	88 grams	Protein:	3.0 grams	Net Carbs:	4.5 grams
Calories:	38	Fat:	0.3 grams	Fiber:	3.3 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	33.4 µg RAE	4% DV
Vitamin B1 (Thiamin)	122.3 µg	10% DV
Vitamin B2 (Riboflavin)	79.2 µg	6% DV
Vitamin B3 (Niacin)	0.7 mg	4% DV
Vitamin B5 (Pantothenic Acid)	0.3 mg	5% DV
Vitamin B6 (Pyridoxine)	192.7 µg	11% DV
Vitamin B7 (Biotin)	~	~
Vitamin B9 (Folate)	53.7 µg	13% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	74.8 mg	83% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.8 mg	5% DV
Vitamin K	155.8 µg	130% DV
Choline	16.8 mg	3% DV
Myo-Inositol	71.3 mg	~
CoQ10	0.1 mg	~
Minerals		
Calcium	37.0 mg	3% DV
Copper	61.6 µg	7% DV
Iodine	~	~
Iron	1.2 mg	7% DV
Magnesium	20.2 mg	5% DV
Manganese	296.6 µg	13% DV
Phosphorus	60.7 mg	5% DV
Potassium	342.3 mg	7% DV
Selenium	1.4 µg	3% DV
Sodium	22.0 mg	1% DV
Zinc	0.4 mg	3% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	87.1 mg	5% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.0 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	1800.5 µg	~
Polyphenols	308.4 mg	~
Phytosterols	32.6 mg	~
Glucosinolates	392.0 mg	~
Thiosulfinates	~	~
Betalains	~	~

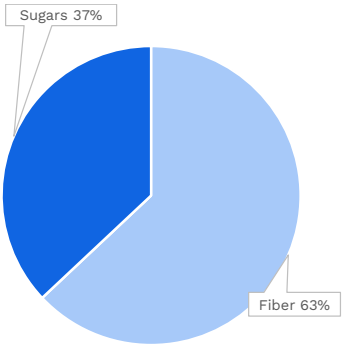


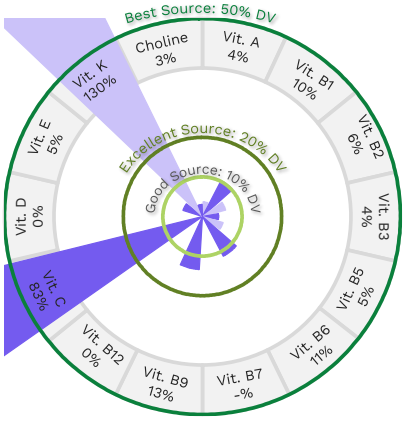


FATS



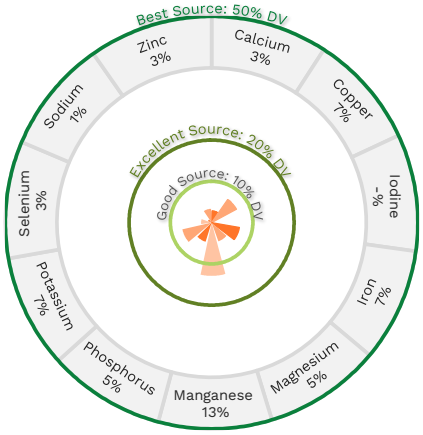
CARBOHYDRATES





VITAMINS

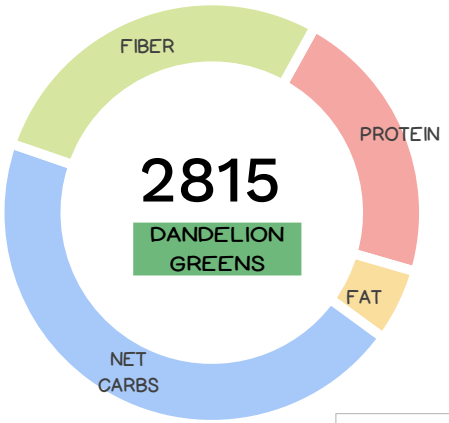
MINERALS



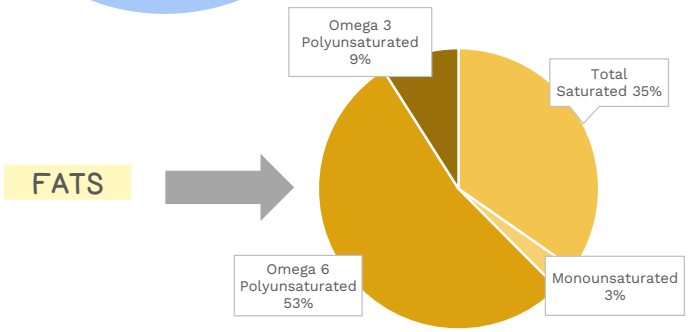
45 Dandelion greens

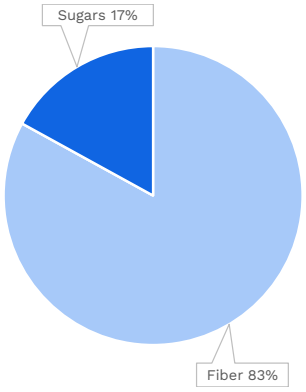
Serving Size:	110 grams	Protein:	3.0 grams	Net Carbs:	6.3 grams
Calories:	50	Fat:	0.8 grams	Fiber:	3.9 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	558.8 µg RAE	62% DV
Vitamin B1 (Thiamin)	209.0 µg	17% DV
Vitamin B2 (Riboflavin)	286.0 µg	22% DV
Vitamin B3 (Niacin)	0.9 mg	6% DV
Vitamin B5 (Pantothenic Acid)	0.1 mg	2% DV
Vitamin B6 (Pyridoxine)	276.1 µg	16% DV
Vitamin B7 (Biotin)	~	~
Vitamin B9 (Folate)	29.7 µg	7% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	38.5 mg	43% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	3.8 mg	25% DV
Vitamin K	856.2 µg	714% DV
Choline	38.8 mg	7% DV
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	205.7 mg	16% DV
Copper	188.1 µg	21% DV
Iodine	~	~
Iron	3.4 mg	19% DV
Magnesium	39.6 mg	9% DV
Manganese	376.2 µg	16% DV
Phosphorus	72.6 mg	6% DV
Potassium	436.7 mg	9% DV
Selenium	0.6 µg	1% DV
Sodium	83.6 mg	4% DV
Zinc	0.5 mg	4% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	48.4 mg	3% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.3 g	2% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	21942.8 µg	~
Polyphenols	819.6 mg	~
Phytosterols	~	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~





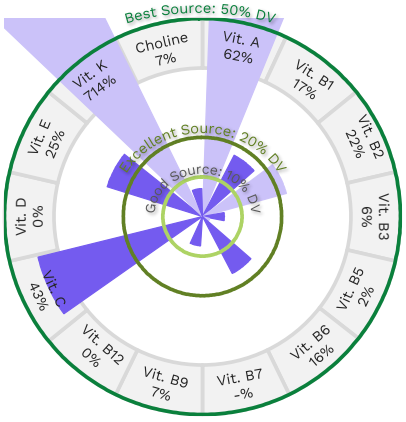


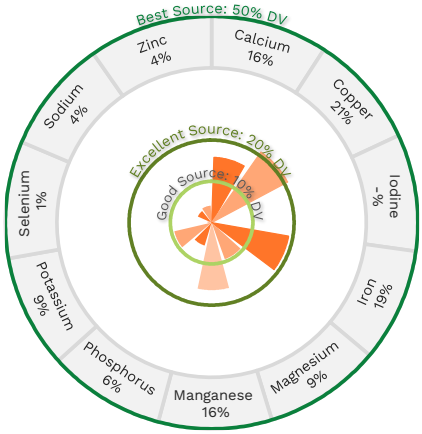


CARBOHYDRATES

MINERALS

VITAMINS

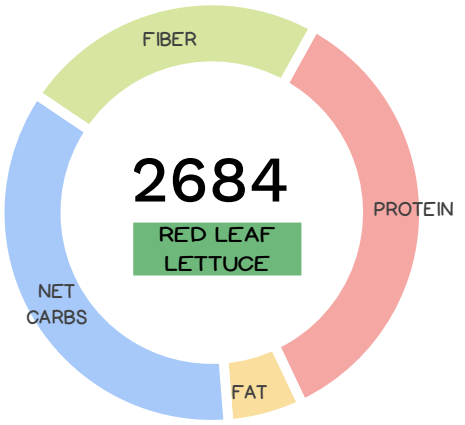




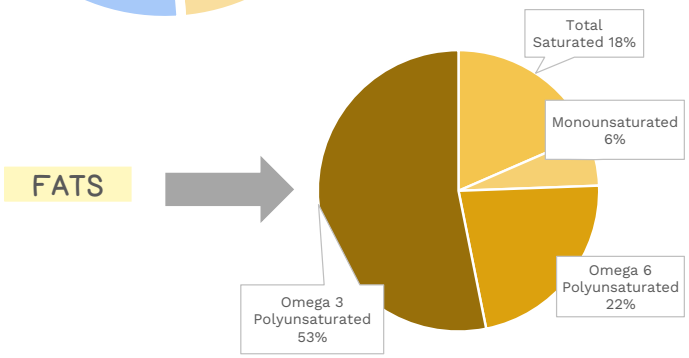
46 Red leaf lettuce

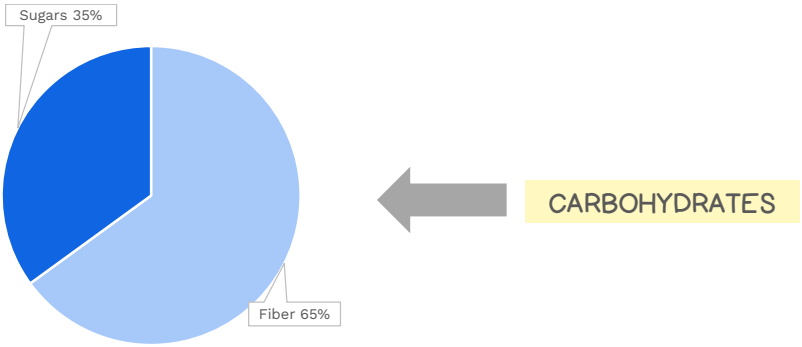
Serving Size:	56 grams	Protein:	0.7 grams	Net Carbs:	0.8 grams
Calories:	7	Fat:	0.1 grams	Fiber:	0.5 grams

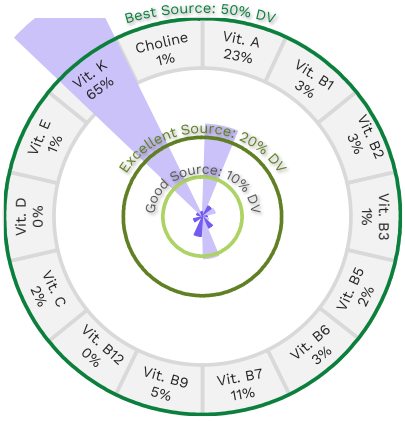
Vitamins & Vitaminlike Compounds		
Vitamin A	210.0 µg RAE	23% DV
Vitamin B1 (Thiamin)	35.8 µg	3% DV
Vitamin B2 (Riboflavin)	43.1 µg	3% DV
Vitamin B3 (Niacin)	0.2 mg	1% DV
Vitamin B5 (Pantothenic Acid)	0.1 mg	2% DV
Vitamin B6 (Pyridoxine)	56.0 µg	3% DV
Vitamin B7 (Biotin)	3.2 µg	11% DV
Vitamin B9 (Folate)	20.2 µg	5% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	2.1 mg	2% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.2 mg	1% DV
Vitamin K	78.6 µg	65% DV
Choline	6.6 mg	1% DV
Myo-Inositol	12.3 mg	~
CoQ10	~	~
Minerals		
Calcium	18.5 mg	1% DV
Copper	15.7 µg	2% DV
Iodine	~	~
Iron	0.7 mg	4% DV
Magnesium	6.7 mg	2% DV
Manganese	113.7 µg	5% DV
Phosphorus	15.7 mg	1% DV
Potassium	104.7 mg	2% DV
Selenium	0.8 µg	2% DV
Sodium	14.0 mg	1% DV
Zinc	0.1 mg	1% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	45.4 mg	3% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.0 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	3482.6 µg	~
Polyphenols	63.8 mg	~
Phytosterols	4.8 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

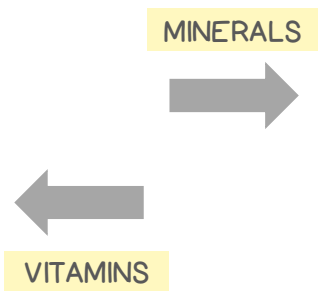


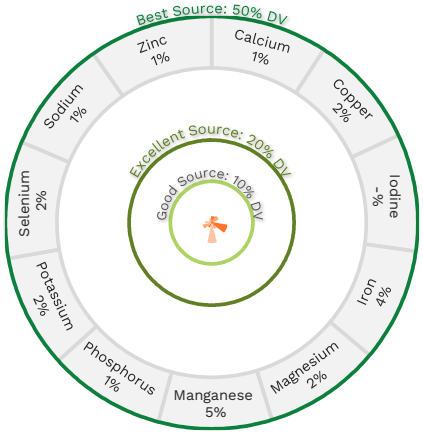








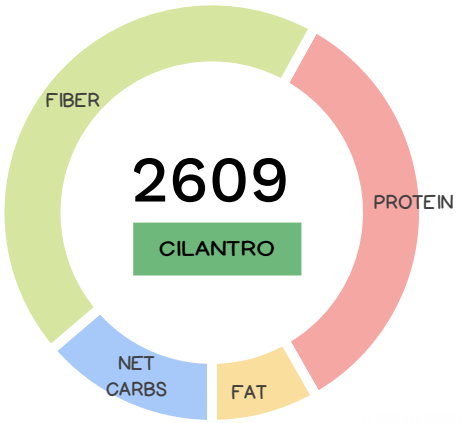




47 Cilantro

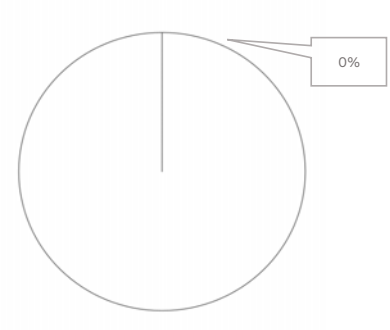
Serving Size:	8 grams	Protein:	0.2 grams	Net Carbs:	0.1 grams
Calories:	2	Fat:	0.0 grams	Fiber:	0.2 grams

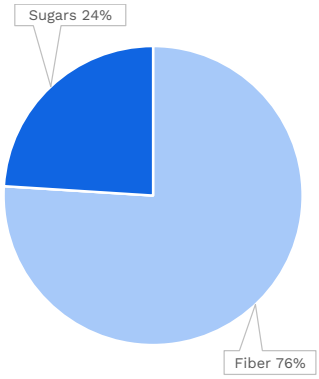
Vitamins & Vitaminlike Compounds		
Vitamin A	27.0 µg RAE	3% DV
Vitamin B1 (Thiamin)	5.4 µg	0% DV
Vitamin B2 (Riboflavin)	13.0 µg	1% DV
Vitamin B3 (Niacin)	0.1 mg	1% DV
Vitamin B5 (Pantothenic Acid)	0.0 mg	1% DV
Vitamin B6 (Pyridoxine)	11.9 µg	1% DV
Vitamin B7 (Biotin)	~	~
Vitamin B9 (Folate)	5.0 µg	1% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	2.2 mg	2% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.2 mg	1% DV
Vitamin K	24.8 µg	21% DV
Choline	1.0 mg	0% DV
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	5.4 mg	0% DV
Copper	18.0 µg	2% DV
Iodine	~	~
Iron	0.1 mg	1% DV
Magnesium	2.1 mg	0% DV
Manganese	34.1 µg	1% DV
Phosphorus	3.8 mg	0% DV
Potassium	41.7 mg	1% DV
Selenium	0.1 µg	0% DV
Sodium	3.7 mg	0% DV
Zinc	0.0 mg	0% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	0.0 mg	0% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.0 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	402.6 µg	~
Polyphenols	22.7 mg	~
Phytosterols	1.5 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~



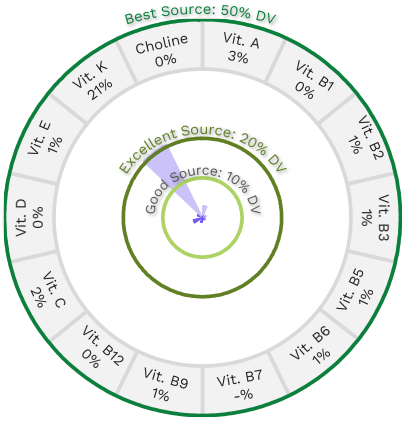


FATS





CARBOHYDRATES



MINERALS

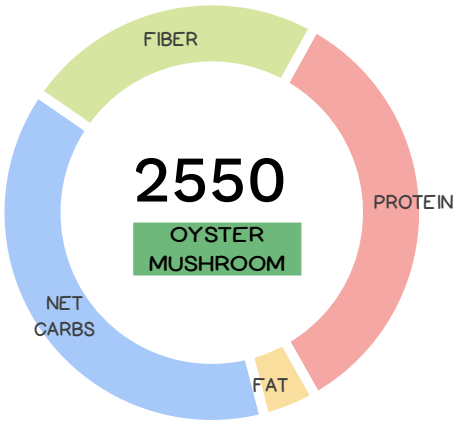
VITAMINS



48 Oyster mushroom

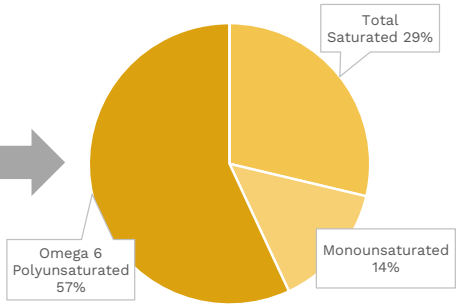
Serving Size:	86 grams	Protein:	2.8 grams	Net Carbs:	3.3 grams
Calories:	28	Fat:	0.4 grams	Fiber:	2.0 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	1.7 µg RAE	0% DV
Vitamin B1 (Thiamin)	107.5 µg	9% DV
Vitamin B2 (Riboflavin)	300.1 µg	23% DV
Vitamin B3 (Niacin)	4.3 mg	27% DV
Vitamin B5 (Pantothenic Acid)	1.1 mg	22% DV
Vitamin B6 (Pyridoxine)	94.6 µg	6% DV
Vitamin B7 (Biotin)	10.3 µg	34% DV
Vitamin B9 (Folate)	32.7 µg	8% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	0.0 mg	0% DV
Vitamin D (D2 + D3)	0.6 µg	3% DV
Vitamin E	0.0 mg	0% DV
Vitamin K	0.0 µg	0% DV
Choline	41.9 mg	8% DV
Myo-Inositol	7.7 mg	~
CoQ10	0.0 mg	~
Minerals		
Calcium	2.6 mg	0% DV
Copper	209.8 µg	23% DV
Iodine	~	~
Iron	1.1 mg	6% DV
Magnesium	15.5 mg	4% DV
Manganese	97.2 µg	4% DV
Phosphorus	103.2 mg	8% DV
Potassium	361.2 mg	8% DV
Selenium	2.2 µg	4% DV
Sodium	15.5 mg	1% DV
Zinc	0.7 mg	6% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	11.3 mg	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	0.0 mg	0% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.1 g	1% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	24.9 µg	~
Polyphenols	44.1 mg	~
Phytosterols	0.9 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

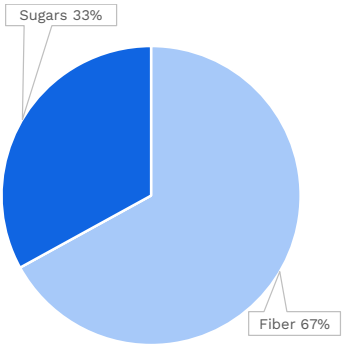


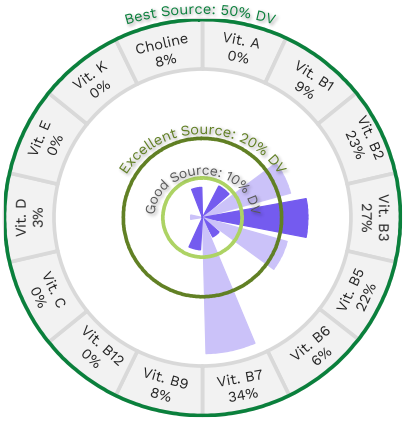


FATS



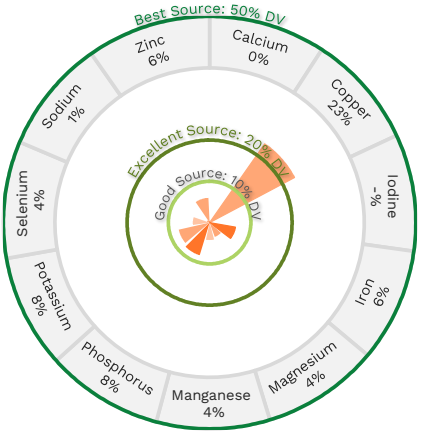
CARBOHYDRATES





MINERALS

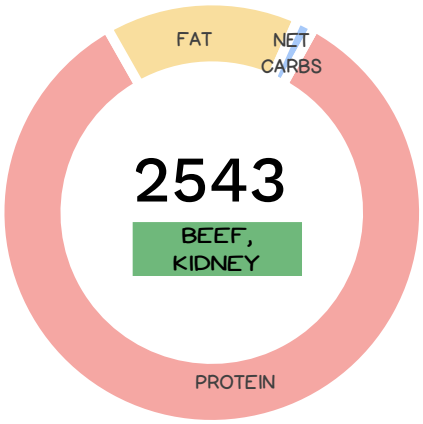
VITAMINS



49 Beef, kidney

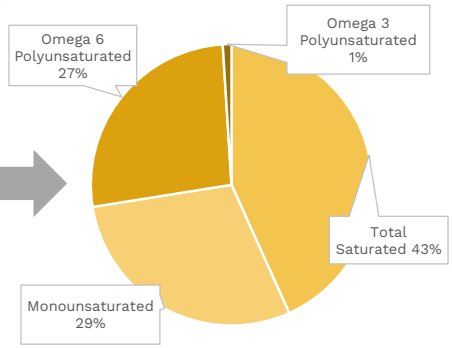
Serving Size:	100 grams	Protein:	17.4 grams	Net Carbs:	0.3 grams
Calories:	99	Fat:	3.1 grams	Fiber:	0.0 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	419.0 µg RAE	47% DV
Vitamin B1 (Thiamin)	357.0 µg	30% DV
Vitamin B2 (Riboflavin)	2840.0 µg	218% DV
Vitamin B3 (Niacin)	8.0 mg	50% DV
Vitamin B5 (Pantothenic Acid)	4.0 mg	79% DV
Vitamin B6 (Pyridoxine)	665.0 µg	39% DV
Vitamin B7 (Biotin)	89.6 µg	299% DV
Vitamin B9 (Folate)	98.0 µg	25% DV
Vitamin B12 (Cobalamin)	27.5 µg	1146% DV
Vitamin C	9.4 mg	10% DV
Vitamin D (D2 + D3)	1.1 µg	6% DV
Vitamin E	0.2 mg	2% DV
Vitamin K	0.0 µg	0% DV
Choline	321.6 mg	58% DV
Myo-Inositol	30.0 mg	~
CoQ10	5.1 mg	~
Minerals		
Calcium	13.0 mg	1% DV
Copper	426.0 µg	47% DV
Iodine	~	~
Iron	4.6 mg	26% DV
Magnesium	17.0 mg	4% DV
Manganese	142.0 µg	6% DV
Phosphorus	257.0 mg	21% DV
Potassium	262.0 mg	6% DV
Selenium	141.0 µg	256% DV
Sodium	182.0 mg	8% DV
Zinc	1.9 mg	17% DV
Amino Acids & Peptides		
Taurine	42.0 mg	~
Ergothioneine	0.1 mg	~
Functional Fats		
MUFA	0.6 g	3% DV
ALA	13.0 mg	1% DV
EPA + DHA	0.0 mg	0% DV
CLA	23.4 mg	~
Linoleic Acid	0.3 g	2% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	20.0 µg	~
Polyphenols	0.0 mg	~
Phytosterols	0.0 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~





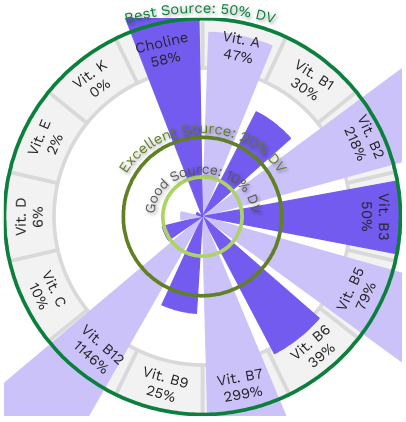
FATS



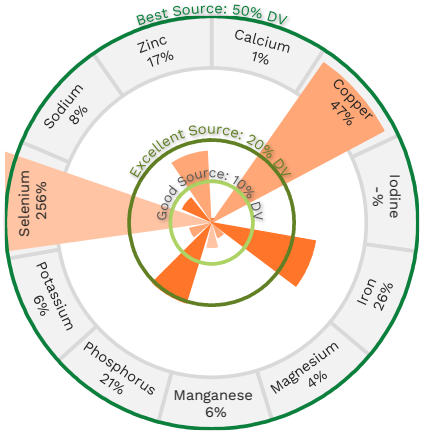
CARBOHYDRATES

No detailed component data currently available in the USDA Food Central Database.

VITAMINS



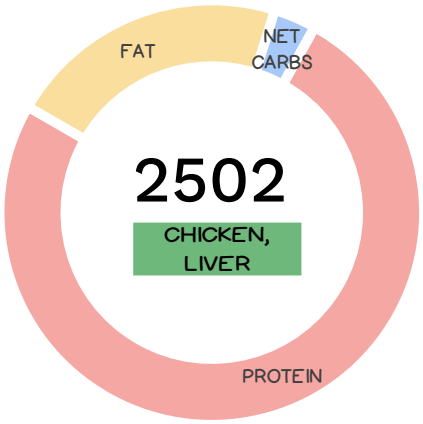
MINERALS



50 Chicken, liver

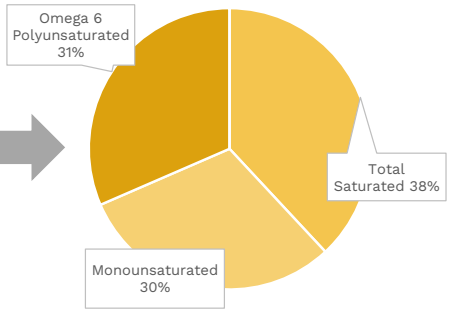
Serving Size:	100 grams	Protein:	16.9 grams	Net Carbs:	0.7 grams
Calories:	119	Fat:	4.8 grams	Fiber:	0.0 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	3296.0 µg RAE	366% DV
Vitamin B1 (Thiamin)	305.0 µg	25% DV
Vitamin B2 (Riboflavin)	1778.0 µg	137% DV
Vitamin B3 (Niacin)	9.7 mg	61% DV
Vitamin B5 (Pantothenic Acid)	6.2 mg	125% DV
Vitamin B6 (Pyridoxine)	853.0 µg	50% DV
Vitamin B7 (Biotin)	232.4 µg	775% DV
Vitamin B9 (Folate)	588.0 µg	147% DV
Vitamin B12 (Cobalamin)	16.6 µg	691% DV
Vitamin C	17.9 mg	20% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	1.0 mg	7% DV
Vitamin K	0.0 µg	0% DV
Choline	194.4 mg	35% DV
Myo-Inositol	131.0 mg	~
CoQ10	13.2 mg	~
Minerals		
Calcium	8.0 mg	1% DV
Copper	492.0 µg	55% DV
Iodine	~	~
Iron	9.0 mg	50% DV
Magnesium	19.0 mg	5% DV
Manganese	255.0 µg	11% DV
Phosphorus	297.0 mg	24% DV
Potassium	230.0 mg	5% DV
Selenium	54.6 µg	99% DV
Sodium	71.0 mg	3% DV
Zinc	2.7 mg	24% DV
Amino Acids & Peptides		
Taurine	169.6 mg	~
Ergothioneine	1.1 mg	~
Functional Fats		
MUFA	1.2 g	6% DV
ALA	12.0 mg	1% DV
EPA + DHA	0.0 mg	0% DV
CLA	4.3 mg	~
Linoleic Acid	0.5 g	3% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	118.0 µg	~
Polyphenols	0.0 mg	~
Phytosterols	0.0 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~



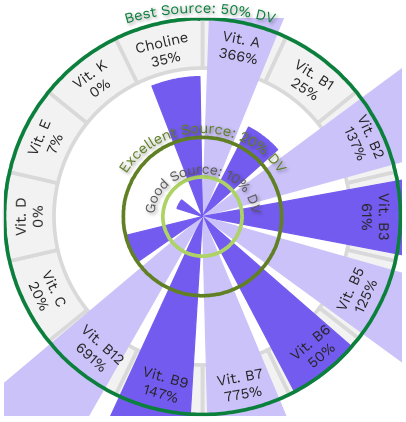


FATS



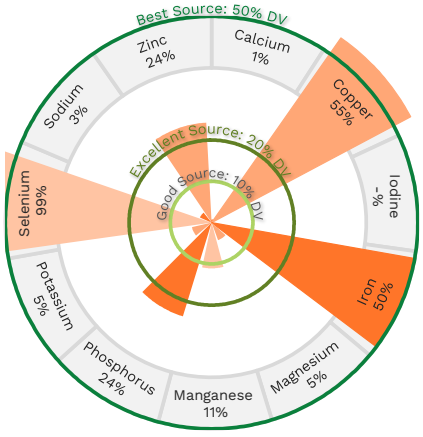
CARBOHYDRATES

No detailed component data currently available in the USDA Food Central Database.



MINERALS

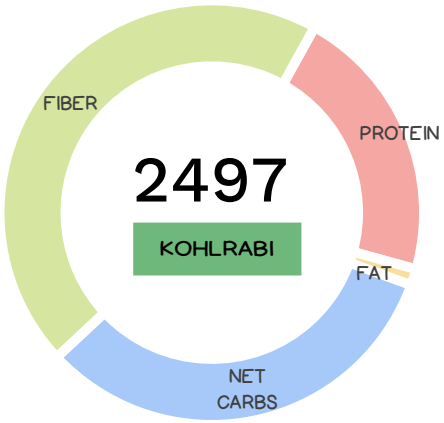
VITAMINS



51 Kohlrabi

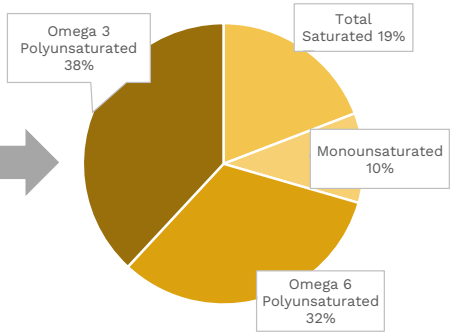
Serving Size:	135 grams	Protein:	2.3 grams	Net Carbs:	3.5 grams
Calories:	36	Fat:	0.1 grams	Fiber:	4.9 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	2.7 µg RAE	0% DV
Vitamin B1 (Thiamin)	67.5 µg	6% DV
Vitamin B2 (Riboflavin)	27.0 µg	2% DV
Vitamin B3 (Niacin)	0.5 mg	3% DV
Vitamin B5 (Pantothenic Acid)	0.2 mg	4% DV
Vitamin B6 (Pyridoxine)	202.5 µg	12% DV
Vitamin B7 (Biotin)	~	~
Vitamin B9 (Folate)	21.6 µg	5% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	83.7 mg	93% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.6 mg	4% DV
Vitamin K	0.1 µg	0% DV
Choline	16.6 mg	3% DV
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	32.4 mg	2% DV
Copper	174.2 µg	19% DV
Iodine	~	~
Iron	0.5 mg	3% DV
Magnesium	25.7 mg	6% DV
Manganese	187.7 µg	8% DV
Phosphorus	62.1 mg	5% DV
Potassium	472.5 mg	10% DV
Selenium	0.9 µg	2% DV
Sodium	27.0 mg	1% DV
Zinc	0.0 mg	0% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	35.1 mg	2% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.0 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	29.7 µg	~
Polyphenols	226.8 mg	~
Phytosterols	18.9 mg	~
Glucosinolates	399.6 mg	~
Thiosulfinates	~	~
Betalains	~	~

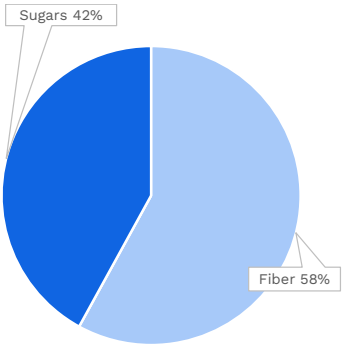




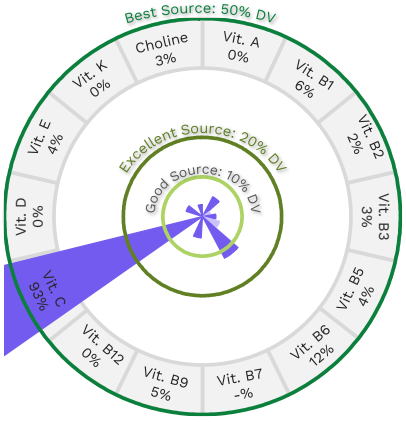
FATS



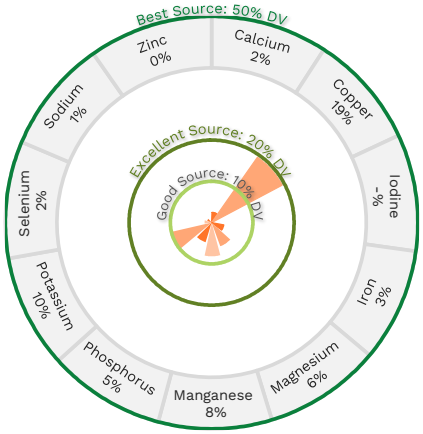
CARBOHYDRATES



VITAMINS



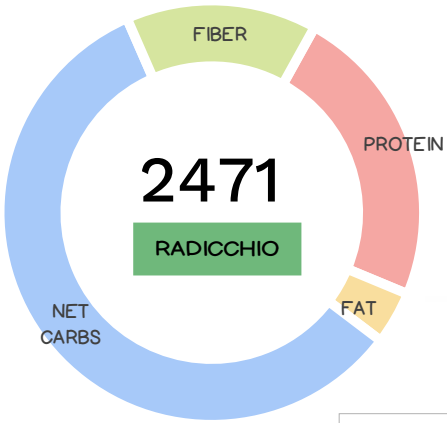
MINERALS



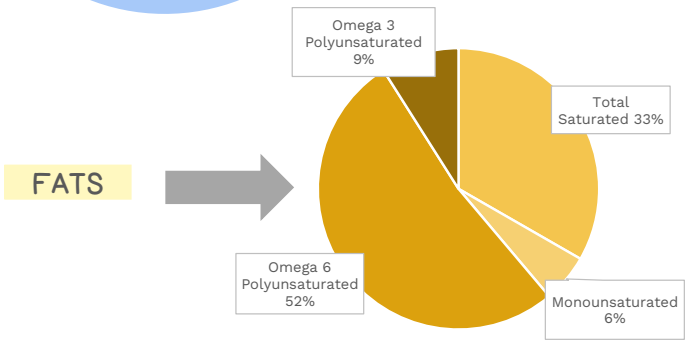
52 Radicchio

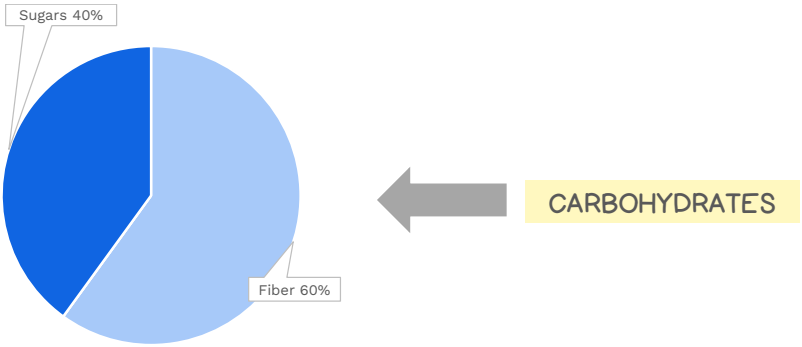
Serving Size:	80 grams	Protein:	1.1 grams	Net Carbs:	2.9 grams
Calories:	18	Fat:	0.2 grams	Fiber:	0.7 grams

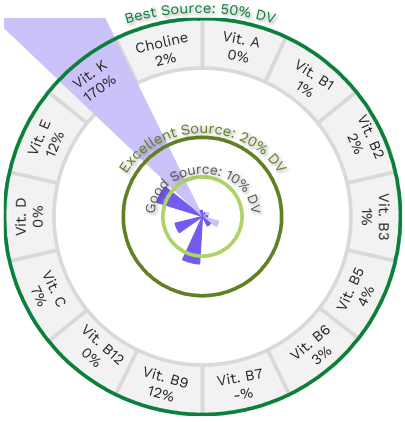
Vitamins & Vitaminlike Compounds		
Vitamin A	0.8 µg RAE	0% DV
Vitamin B1 (Thiamin)	12.8 µg	1% DV
Vitamin B2 (Riboflavin)	22.4 µg	2% DV
Vitamin B3 (Niacin)	0.2 mg	1% DV
Vitamin B5 (Pantothenic Acid)	0.2 mg	4% DV
Vitamin B6 (Pyridoxine)	45.6 µg	3% DV
Vitamin B7 (Biotin)	~	~
Vitamin B9 (Folate)	48.0 µg	12% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	6.4 mg	7% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	1.8 mg	12% DV
Vitamin K	204.2 µg	170% DV
Choline	8.7 mg	2% DV
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	15.2 mg	1% DV
Copper	272.8 µg	30% DV
Iodine	~	~
Iron	0.5 mg	3% DV
Magnesium	10.4 mg	2% DV
Manganese	110.4 µg	5% DV
Phosphorus	32.0 mg	3% DV
Potassium	241.6 mg	5% DV
Selenium	0.7 µg	1% DV
Sodium	17.6 mg	1% DV
Zinc	0.5 mg	5% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	12.8 mg	1% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.1 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	7078.4 µg	~
Polyphenols	807.9 mg	~
Phytosterols	~	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

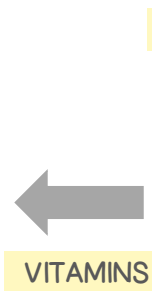


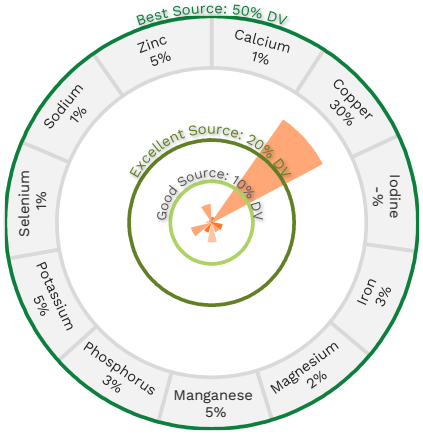








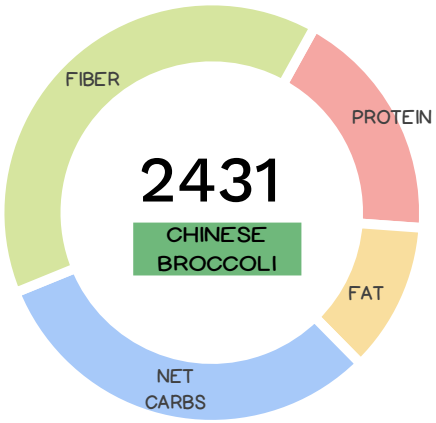




53 Chinese Broccoli

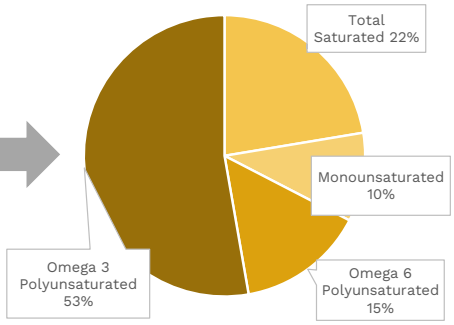
Serving Size:	91 grams	Protein:	1.1 grams	Net Carbs:	1.9 grams
Calories:	24	Fat:	0.7 grams	Fiber:	2.4 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	78.3 µg RAE	9% DV
Vitamin B1 (Thiamin)	91.0 µg	8% DV
Vitamin B2 (Riboflavin)	139.2 µg	11% DV
Vitamin B3 (Niacin)	0.4 mg	3% DV
Vitamin B5 (Pantothenic Acid)	0.2 mg	3% DV
Vitamin B6 (Pyridoxine)	67.3 µg	4% DV
Vitamin B7 (Biotin)	~	~
Vitamin B9 (Folate)	94.6 µg	24% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	141.8 mg	158% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.5 mg	3% DV
Vitamin K	81.1 µg	68% DV
Choline	24.1 mg	4% DV
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	95.6 mg	7% DV
Copper	58.2 µg	6% DV
Iodine	~	~
Iron	0.5 mg	3% DV
Magnesium	17.3 mg	4% DV
Manganese	283.9 µg	12% DV
Phosphorus	39.1 mg	3% DV
Potassium	249.3 mg	5% DV
Selenium	1.3 µg	2% DV
Sodium	6.4 mg	0% DV
Zinc	0.4 mg	3% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	246.6 mg	15% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.1 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	8881.6 µg	~
Polyphenols	144.7 mg	~
Phytosterols	~	~
Glucosinolates	54.7 mg	~
Thiosulfinates	~	~
Betalains	~	~

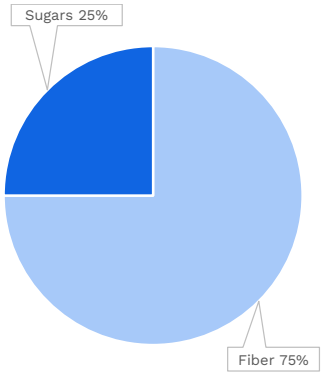




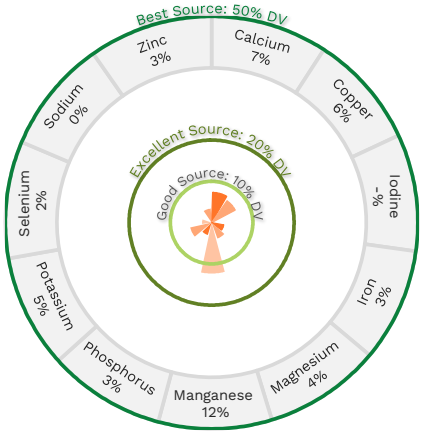
FATS



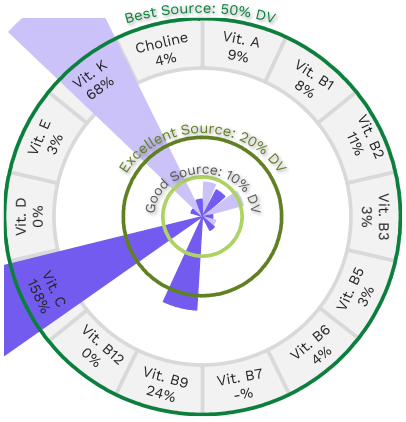
CARBOHYDRATES



MINERALS



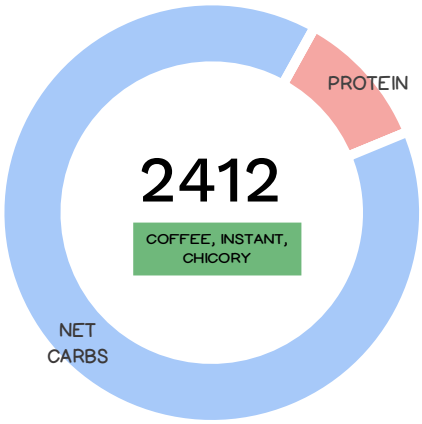
VITAMINS



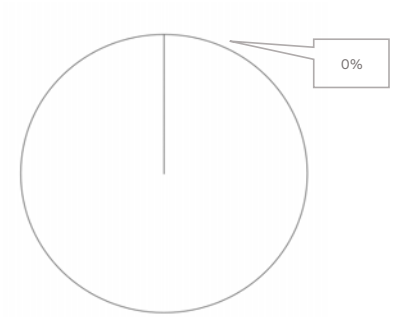
54 Coffee, instant, chicory

Serving Size:	179 grams	Protein:	0.2 grams	Net Carbs:	1.3 grams
Calories:	5	Fat:	0.0 grams	Fiber:	0.0 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	0.0 µg RAE	0% DV
Vitamin B1 (Thiamin)	0.0 µg	0% DV
Vitamin B2 (Riboflavin)	5.4 µg	0% DV
Vitamin B3 (Niacin)	0.4 mg	2% DV
Vitamin B5 (Pantothenic Acid)	0.0 mg	0% DV
Vitamin B6 (Pyridoxine)	0.0 µg	0% DV
Vitamin B7 (Biotin)	~	~
Vitamin B9 (Folate)	0.0 µg	0% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	0.0 mg	0% DV
Vitamin D (D2 + D3)	~	~
Vitamin E	0.0 mg	0% DV
Vitamin K	0.0 µg	0% DV
Choline	~	~
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	7.2 mg	1% DV
Copper	17.9 µg	2% DV
Iodine	0.0 µg	0% DV
Iron	0.1 mg	0% DV
Magnesium	5.4 mg	1% DV
Manganese	21.5 µg	1% DV
Phosphorus	5.4 mg	0% DV
Potassium	62.7 mg	1% DV
Selenium	0.2 µg	0% DV
Sodium	12.5 mg	1% DV
Zinc	0.0 mg	0% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	0.0 mg	0% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.0 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	0.0 µg	~
Polyphenols	950.3 mg	~
Phytosterols	~	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~





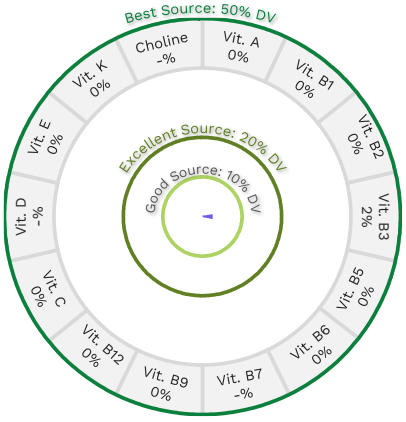


FATS



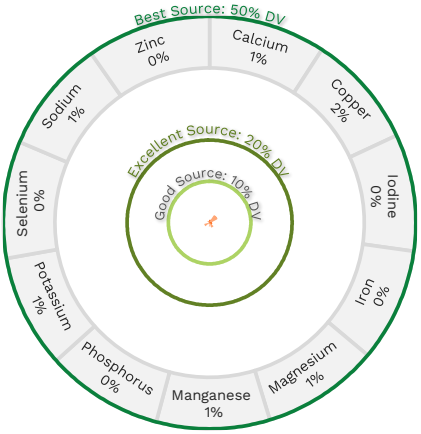
CARBOHYDRATES

No detailed component data currently available in the USDA Food Central Database.



VITAMINS

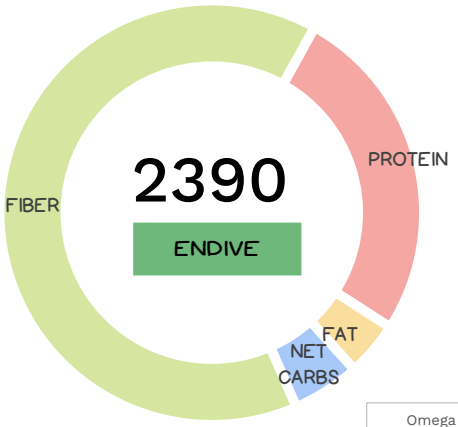
MINERALS



55 Endive

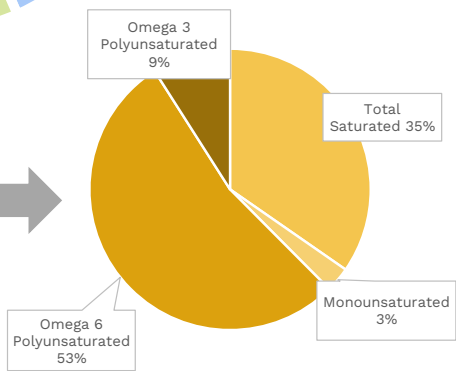
Serving Size:	100 grams	Protein:	1.3 grams	Net Carbs:	0.3 grams
Calories:	17	Fat:	0.2 grams	Fiber:	3.1 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	108.0 µg RAE	12% DV
Vitamin B1 (Thiamin)	80.0 µg	7% DV
Vitamin B2 (Riboflavin)	75.0 µg	6% DV
Vitamin B3 (Niacin)	0.4 mg	3% DV
Vitamin B5 (Pantothenic Acid)	0.9 mg	18% DV
Vitamin B6 (Pyridoxine)	20.0 µg	1% DV
Vitamin B7 (Biotin)	4.8 µg	16% DV
Vitamin B9 (Folate)	142.0 µg	36% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	6.5 mg	7% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.4 mg	3% DV
Vitamin K	231.0 µg	193% DV
Choline	16.8 mg	3% DV
Myo-Inositol	11.0 mg	~
CoQ10	~	~
Minerals		
Calcium	52.0 mg	4% DV
Copper	99.0 µg	11% DV
Iodine	~	~
Iron	0.8 mg	5% DV
Magnesium	15.0 mg	4% DV
Manganese	420.0 µg	18% DV
Phosphorus	28.0 mg	2% DV
Potassium	314.0 mg	7% DV
Selenium	0.2 µg	0% DV
Sodium	22.0 mg	1% DV
Zinc	0.8 mg	7% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	13.0 mg	1% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.1 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	1300.0 µg	~
Polyphenols	109.3 mg	~
Phytosterols	17.3 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

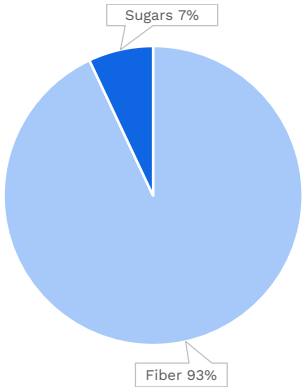




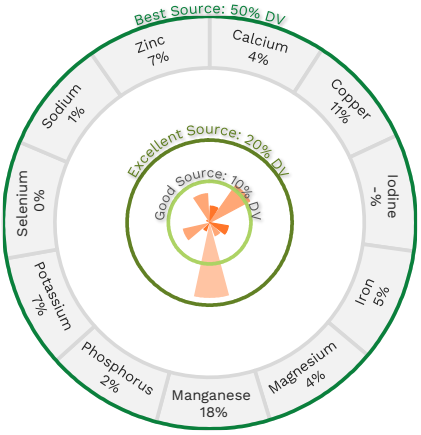
FATS



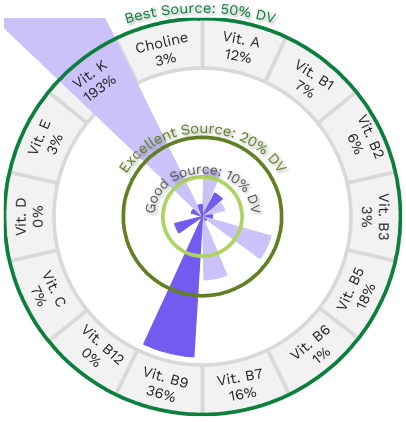
CARBOHYDRATES



MINERALS



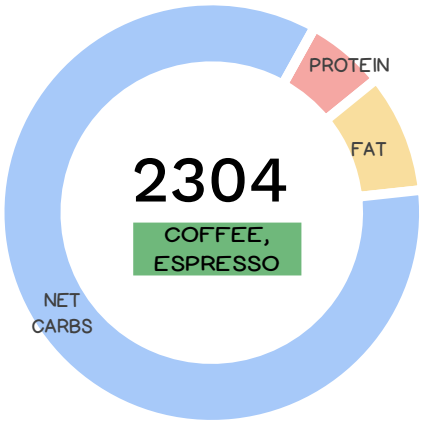
VITAMINS



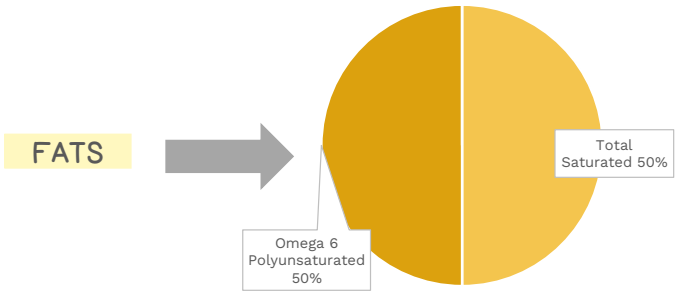
56 Coffee, espresso

Serving Size:	44 grams	Protein:	0.1 grams	Net Carbs:	0.7 grams
Calories:	4	Fat:	0.1 grams	Fiber:	0.0 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	0.0 µg RAE	0% DV
Vitamin B1 (Thiamin)	0.4 µg	0% DV
Vitamin B2 (Riboflavin)	78.6 µg	6% DV
Vitamin B3 (Niacin)	2.3 mg	14% DV
Vitamin B5 (Pantothenic Acid)	0.0 mg	0% DV
Vitamin B6 (Pyridoxine)	0.9 µg	0% DV
Vitamin B7 (Biotin)	9.2 µg	31% DV
Vitamin B9 (Folate)	0.4 µg	0% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	0.1 mg	0% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.0 mg	0% DV
Vitamin K	0.0 µg	0% DV
Choline	1.2 mg	0% DV
Myo-Inositol	20.0 mg	~
CoQ10	~	~
Minerals		
Calcium	0.9 mg	0% DV
Copper	22.2 µg	2% DV
Iodine	~	~
Iron	0.1 mg	0% DV
Magnesium	35.5 mg	8% DV
Manganese	22.2 µg	1% DV
Phosphorus	3.1 mg	0% DV
Potassium	51.1 mg	1% DV
Selenium	0.0 µg	0% DV
Sodium	6.2 mg	0% DV
Zinc	0.0 mg	0% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	0.0 mg	0% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.0 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	0.0 µg	~
Polyphenols	196.8 mg	~
Phytosterols	0.0 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~



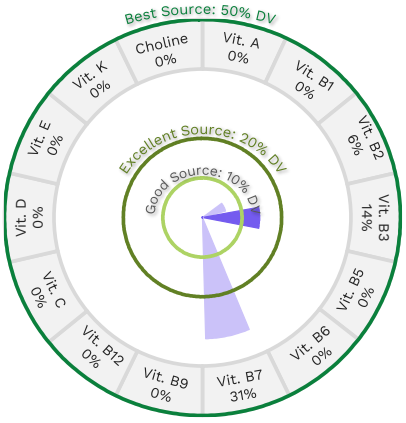






CARBOHYDRATES

No detailed component data currently available in the USDA Food Central Database.



VITAMINS

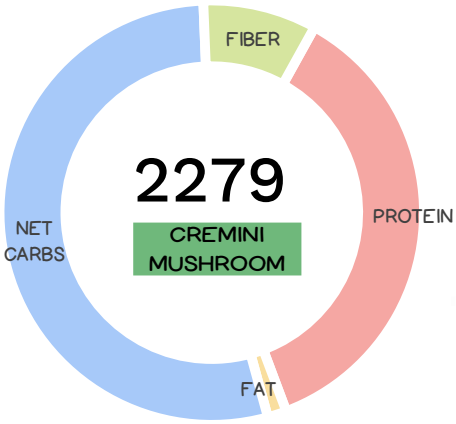
MINERALS



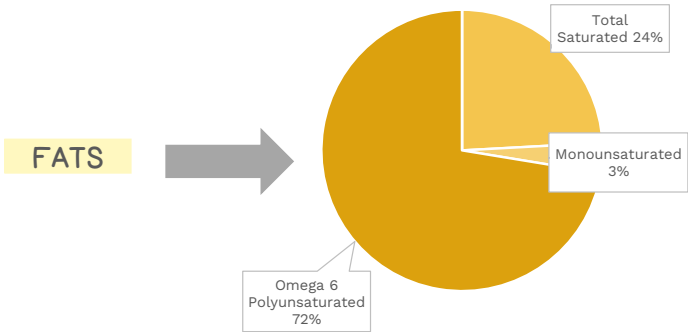
57 Cremini mushroom

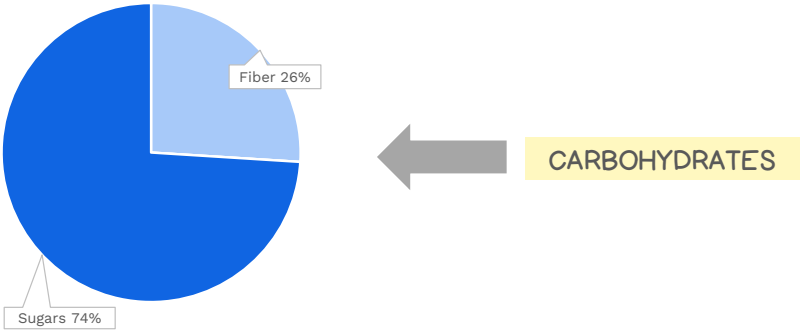
Serving Size:	87 grams	Protein:	2.2 grams	Net Carbs:	3.2 grams
Calories:	19	Fat:	0.1 grams	Fiber:	0.5 grams

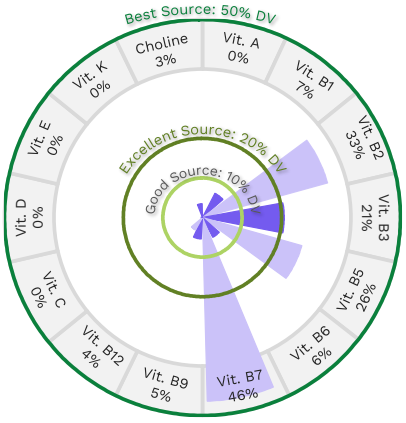
Vitamins & Vitaminlike Compounds		
Vitamin A	0.0 µg RAE	0% DV
Vitamin B1 (Thiamin)	82.7 µg	7% DV
Vitamin B2 (Riboflavin)	426.3 µg	33% DV
Vitamin B3 (Niacin)	3.3 mg	21% DV
Vitamin B5 (Pantothenic Acid)	1.3 mg	26% DV
Vitamin B6 (Pyridoxine)	95.7 µg	6% DV
Vitamin B7 (Biotin)	13.9 µg	46% DV
Vitamin B9 (Folate)	21.8 µg	5% DV
Vitamin B12 (Cobalamin)	0.1 µg	4% DV
Vitamin C	0.0 mg	0% DV
Vitamin D (D2 + D3)	0.1 µg	0% DV
Vitamin E	0.0 mg	0% DV
Vitamin K	0.0 µg	0% DV
Choline	19.2 mg	3% DV
Myo-Inositol	7.8 mg	~
CoQ10	0.0 mg	~
Minerals		
Calcium	15.7 mg	1% DV
Copper	435.0 µg	48% DV
Iodine	~	~
Iron	0.3 mg	2% DV
Magnesium	7.8 mg	2% DV
Manganese	123.5 µg	5% DV
Phosphorus	104.4 mg	8% DV
Potassium	389.8 mg	8% DV
Selenium	22.6 µg	41% DV
Sodium	5.2 mg	0% DV
Zinc	1.0 mg	9% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	3.2 mg	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	0.0 mg	0% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.0 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	0.0 µg	~
Polyphenols	77.5 mg	~
Phytosterols	1.7 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~



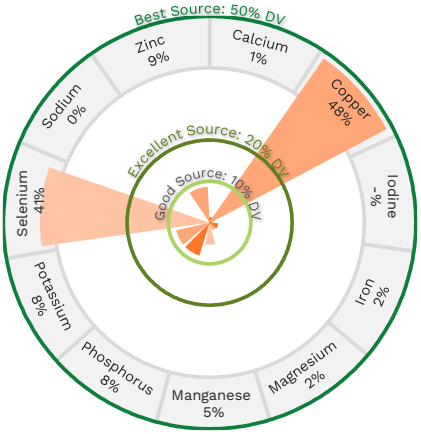








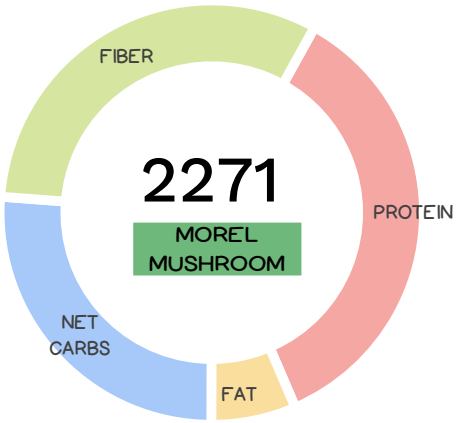




58 Morel mushroom

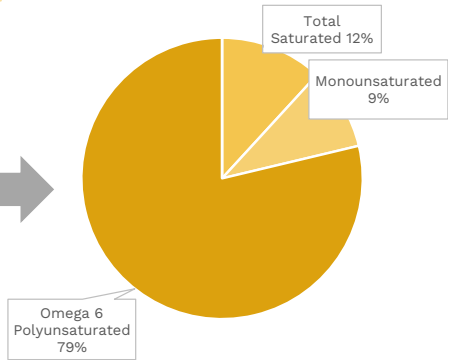
Serving Size:	66 grams	Protein:	2.1 grams	Net Carbs:	1.5 grams
Calories:	20	Fat:	0.4 grams	Fiber:	1.8 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	0.0 µg RAE	0% DV
Vitamin B1 (Thiamin)	45.5 µg	4% DV
Vitamin B2 (Riboflavin)	135.3 µg	10% DV
Vitamin B3 (Niacin)	1.5 mg	9% DV
Vitamin B5 (Pantothenic Acid)	0.3 mg	6% DV
Vitamin B6 (Pyridoxine)	89.8 µg	5% DV
Vitamin B7 (Biotin)	6.1 µg	20% DV
Vitamin B9 (Folate)	5.9 µg	1% DV
Vitamin B12 (Cobalamin)	~	~
Vitamin C	~	~
Vitamin D (D2 + D3)	3.4 µg	17% DV
Vitamin E	~	~
Vitamin K	~	~
Choline	~	~
Myo-Inositol	5.9 mg	~
CoQ10	0.0 mg	~
Minerals		
Calcium	28.4 mg	2% DV
Copper	412.5 µg	46% DV
Iodine	~	~
Iron	8.0 mg	45% DV
Magnesium	12.5 mg	3% DV
Manganese	387.4 µg	17% DV
Phosphorus	128.0 mg	10% DV
Potassium	271.3 mg	6% DV
Selenium	1.5 µg	3% DV
Sodium	13.9 mg	1% DV
Zinc	1.3 mg	12% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	3.2 mg	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	0.0 mg	0% DV
EPA + DHA	0.0 mg	0% DV
CLA	0.0 mg	~
Linoleic Acid	0.1 g	1% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	0.0 µg	~
Polyphenols	742.5 mg	~
Phytosterols	2.0 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

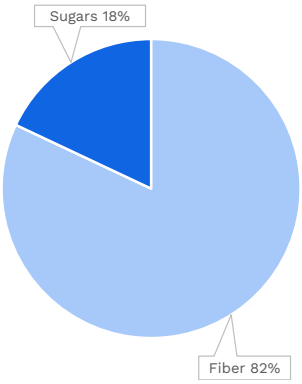




FATS

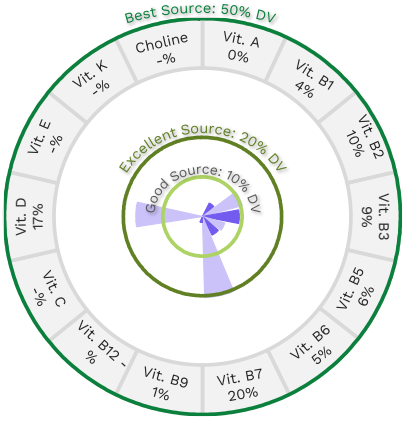


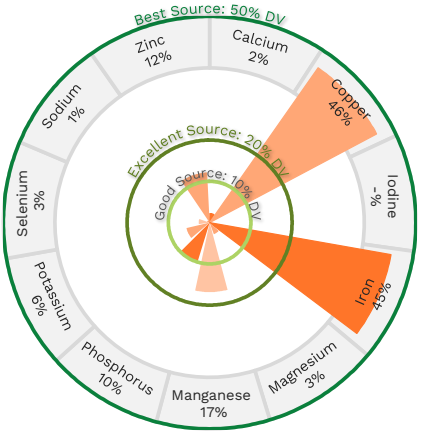
CARBOHYDRATES



MINERALS

VITAMINS

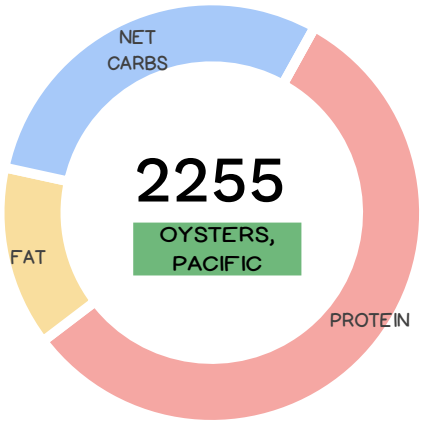




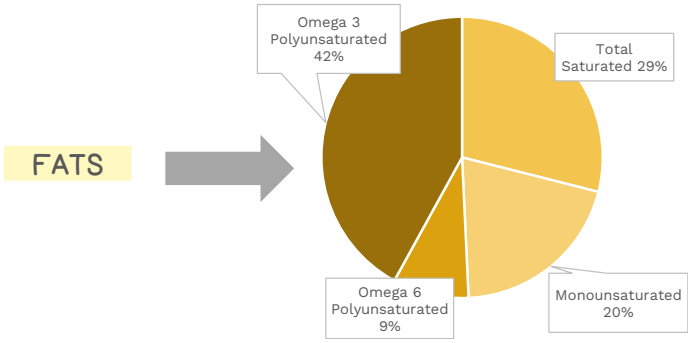
59 Oysters, Pacific

Serving Size:	115 grams	Protein:	10.9 grams	Net Carbs:	5.7 grams
Calories:	93	Fat:	2.6 grams	Fiber:	0.0 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	93.2 µg RAE	10% DV
Vitamin B1 (Thiamin)	77.1 µg	6% DV
Vitamin B2 (Riboflavin)	268.0 µg	21% DV
Vitamin B3 (Niacin)	2.3 mg	14% DV
Vitamin B5 (Pantothenic Acid)	0.6 mg	12% DV
Vitamin B6 (Pyridoxine)	57.5 µg	3% DV
Vitamin B7 (Biotin)	47.2 µg	157% DV
Vitamin B9 (Folate)	11.5 µg	3% DV
Vitamin B12 (Cobalamin)	18.4 µg	767% DV
Vitamin C	9.2 mg	10% DV
Vitamin D (D2 + D3)	1.2 µg	6% DV
Vitamin E	1.0 mg	7% DV
Vitamin K	1.0 µg	1% DV
Choline	~	~
Myo-Inositol	28.8 mg	~
CoQ10	0.5 mg	~
Minerals		
Calcium	9.2 mg	1% DV
Copper	1812.4 µg	201% DV
Iodine	~	~
Iron	5.9 mg	33% DV
Magnesium	25.3 mg	6% DV
Manganese	739.5 µg	32% DV
Phosphorus	186.3 mg	15% DV
Potassium	193.2 mg	4% DV
Selenium	88.6 µg	161% DV
Sodium	121.9 mg	5% DV
Zinc	19.1 mg	174% DV
Amino Acids & Peptides		
Taurine	456.2 mg	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.4 g	2% DV
ALA	36.8 mg	2% DV
EPA + DHA	791.2 mg	316% DV
CLA	1.1 mg	~
Linoleic Acid	0.0 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	0.0 µg	~
Polyphenols	0.0 mg	~
Phytosterols	0.0 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~



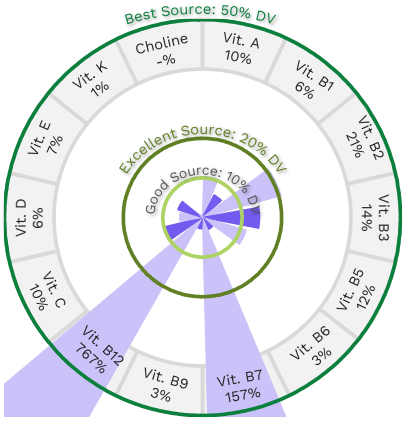






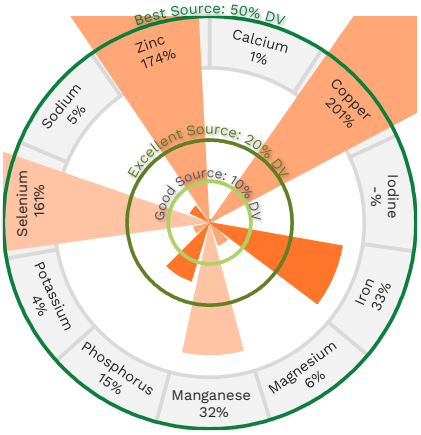
CARBOHYDRATES

No detailed component data currently available in the USDA Food Central Database.



VITAMINS

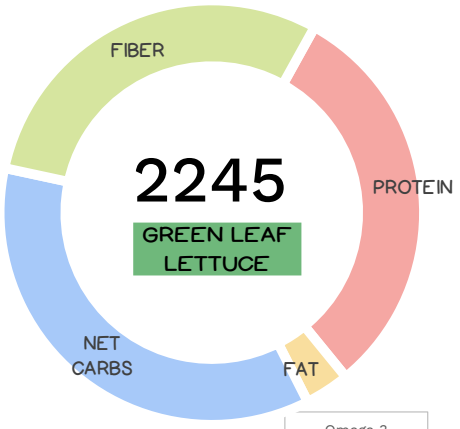
MINERALS



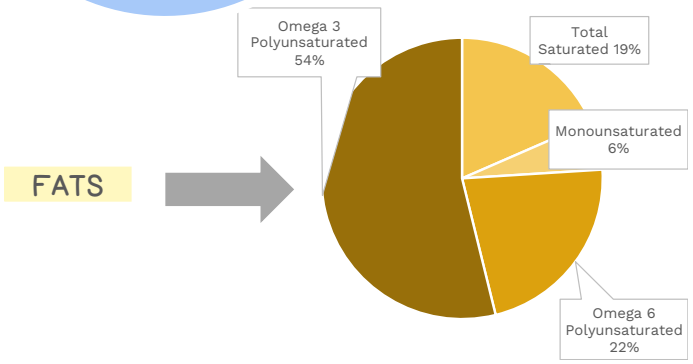
60 Green leaf lettuce

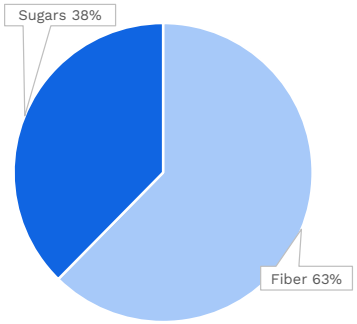
Serving Size:	72 grams	Protein:	1.0 grams	Net Carbs:	1.1 grams
Calories:	11	Fat:	0.1 grams	Fiber:	0.9 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	266.4 µg RAE	30% DV
Vitamin B1 (Thiamin)	50.4 µg	4% DV
Vitamin B2 (Riboflavin)	57.6 µg	4% DV
Vitamin B3 (Niacin)	0.3 mg	2% DV
Vitamin B5 (Pantothenic Acid)	0.1 mg	2% DV
Vitamin B6 (Pyridoxine)	64.8 µg	4% DV
Vitamin B7 (Biotin)	2.1 µg	7% DV
Vitamin B9 (Folate)	27.4 µg	7% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	6.6 mg	7% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.5 mg	3% DV
Vitamin K	90.9 µg	76% DV
Choline	9.8 mg	2% DV
Myo-Inositol	13.0 mg	~
CoQ10	~	~
Minerals		
Calcium	25.9 mg	2% DV
Copper	20.9 µg	2% DV
Iodine	~	~
Iron	0.6 mg	3% DV
Magnesium	9.4 mg	2% DV
Manganese	180.0 µg	8% DV
Phosphorus	20.9 mg	2% DV
Potassium	139.7 mg	3% DV
Selenium	0.4 µg	1% DV
Sodium	20.2 mg	1% DV
Zinc	0.1 mg	1% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	41.8 mg	3% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.0 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	4444.6 µg	~
Polyphenols	94.3 mg	~
Phytosterols	6.1 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

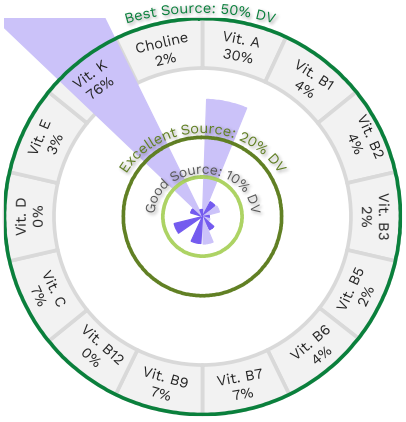






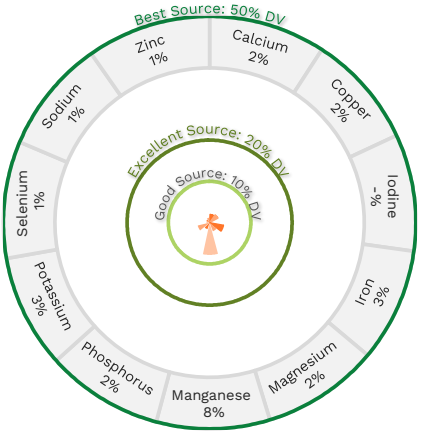


CARBOHYDRATES



MINERALS

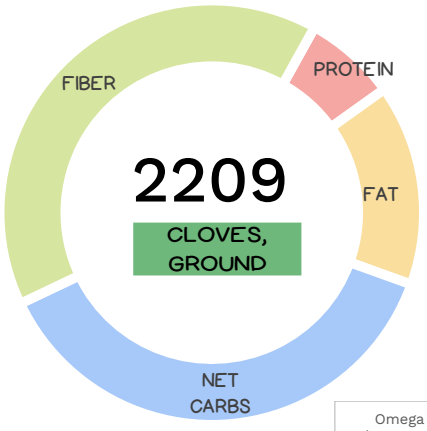
VITAMINS



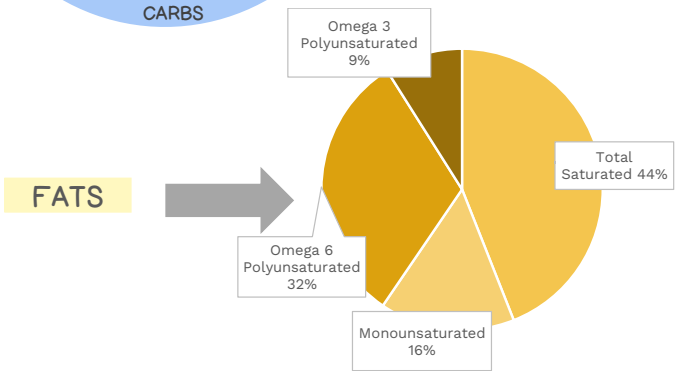
61 Cloves, ground

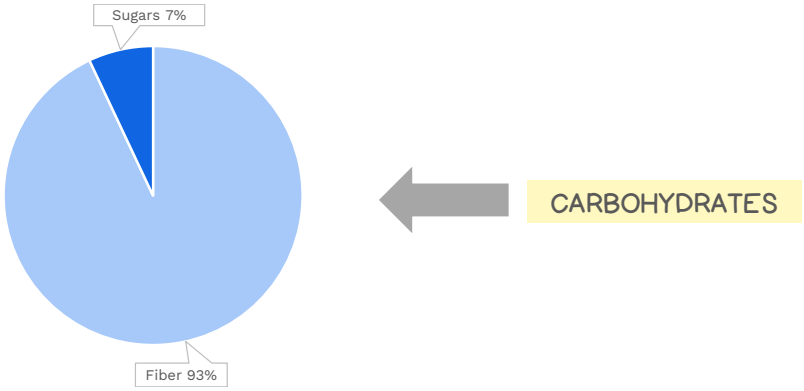
Serving Size:	7 grams	Protein:	0.4 grams	Net Carbs:	2.1 grams
Calories:	18	Fat:	0.8 grams	Fiber:	2.2 grams

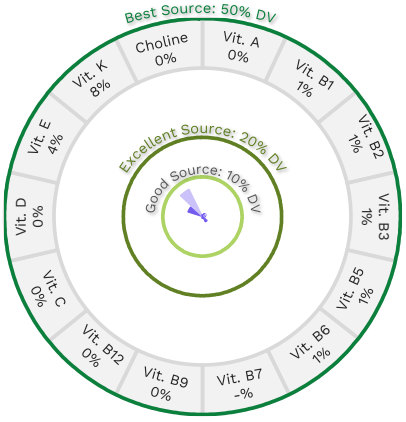
Vitamins & Vitaminlike Compounds		
Vitamin A	0.5 µg RAE	0% DV
Vitamin B1 (Thiamin)	10.3 µg	1% DV
Vitamin B2 (Riboflavin)	14.3 µg	1% DV
Vitamin B3 (Niacin)	0.1 mg	1% DV
Vitamin B5 (Pantothenic Acid)	0.0 mg	1% DV
Vitamin B6 (Pyridoxine)	25.4 µg	1% DV
Vitamin B7 (Biotin)	~	~
Vitamin B9 (Folate)	1.6 µg	0% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	0.0 mg	0% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.6 mg	4% DV
Vitamin K	9.2 µg	8% DV
Choline	2.4 mg	0% DV
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	41.1 mg	3% DV
Copper	23.9 µg	3% DV
Iodine	~	~
Iron	0.8 mg	4% DV
Magnesium	16.8 mg	4% DV
Manganese	3908.3 µg	170% DV
Phosphorus	6.8 mg	1% DV
Potassium	66.3 mg	1% DV
Selenium	0.5 µg	1% DV
Sodium	18.0 mg	1% DV
Zinc	0.2 mg	1% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.1 g	0% DV
ALA	38.0 mg	2% DV
EPA + DHA	0.5 mg	0% DV
CLA	3.8 mg	~
Linoleic Acid	0.2 g	1% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	9.6 µg	~
Polyphenols	1398.4 mg	~
Phytosterols	~	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

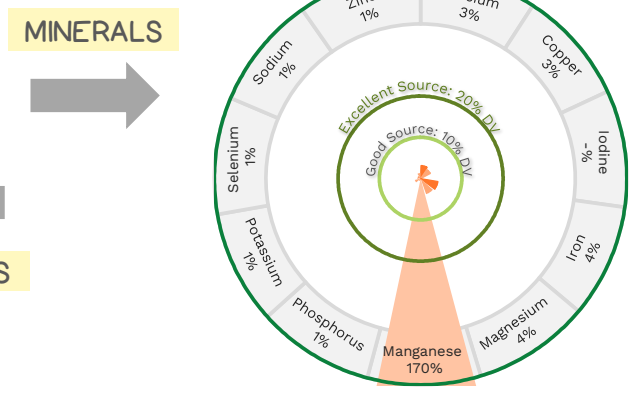








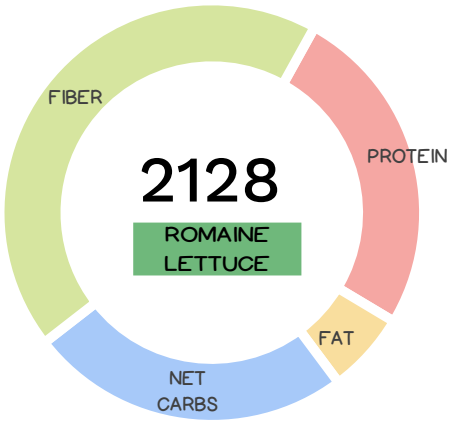




62 Romaine lettuce

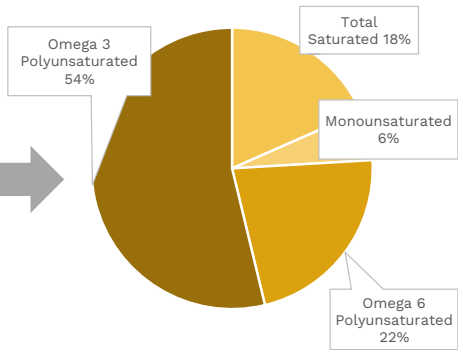
Serving Size:	94 grams	Protein:	1.2 grams	Net Carbs:	1.1 grams
Calories:	16	Fat:	0.3 grams	Fiber:	2.0 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	409.8 µg RAE	46% DV
Vitamin B1 (Thiamin)	67.7 µg	6% DV
Vitamin B2 (Riboflavin)	63.0 µg	5% DV
Vitamin B3 (Niacin)	0.3 mg	2% DV
Vitamin B5 (Pantothenic Acid)	0.1 mg	3% DV
Vitamin B6 (Pyridoxine)	69.6 µg	4% DV
Vitamin B7 (Biotin)	2.5 µg	8% DV
Vitamin B9 (Folate)	127.8 µg	32% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	3.8 mg	4% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.5 mg	3% DV
Vitamin K	96.4 µg	80% DV
Choline	9.3 mg	2% DV
Myo-Inositol	16.0 mg	~
CoQ10	0.0 mg	~
Minerals		
Calcium	31.0 mg	2% DV
Copper	45.1 µg	5% DV
Iodine	~	~
Iron	0.9 mg	5% DV
Magnesium	13.2 mg	3% DV
Manganese	145.7 µg	6% DV
Phosphorus	28.2 mg	2% DV
Potassium	232.2 mg	5% DV
Selenium	0.4 µg	1% DV
Sodium	7.5 mg	0% DV
Zinc	0.2 mg	2% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	106.2 mg	7% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.0 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	7085.7 µg	~
Polyphenols	123.1 mg	~
Phytosterols	29.0 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

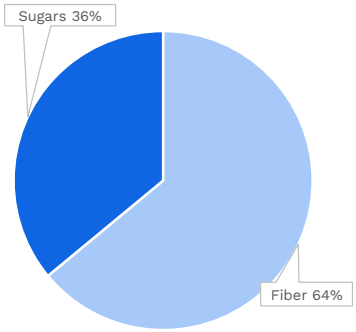


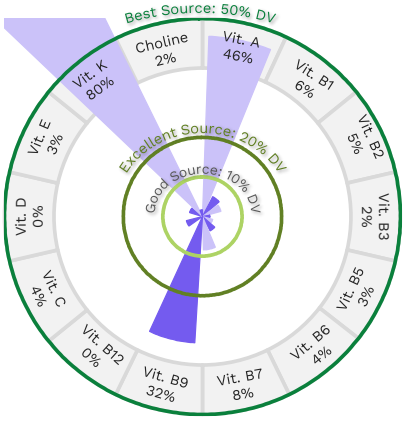


FATS



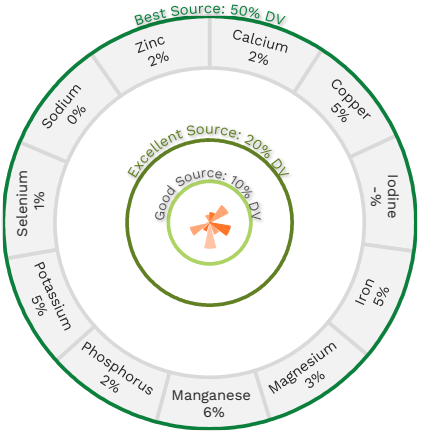
CARBOHYDRATES





MINERALS

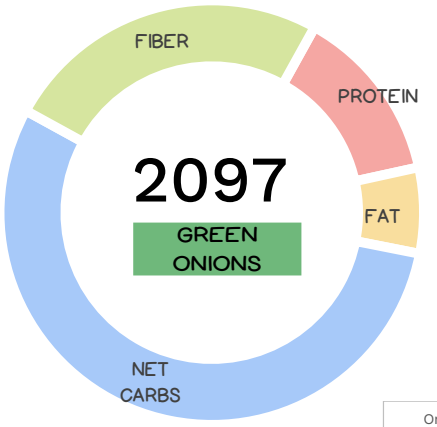
VITAMINS



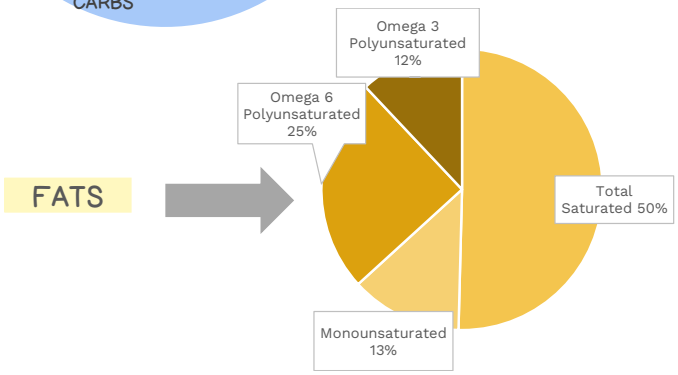
63 Green Onions

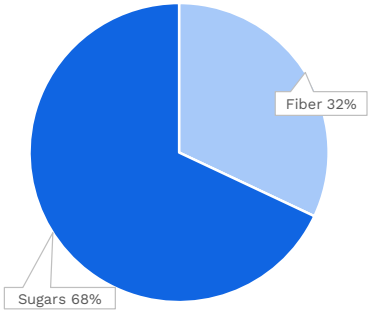
Serving Size:	18 grams	Protein:	0.2 grams	Net Carbs:	0.7 grams
Calories:	5	Fat:	0.1 grams	Fiber:	0.3 grams

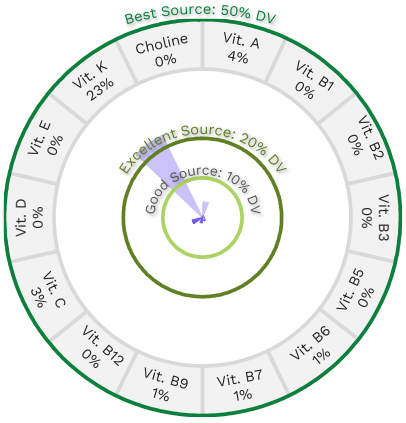
Vitamins & Vitaminlike Compounds		
Vitamin A	35.5 µg RAE	4% DV
Vitamin B1 (Thiamin)	5.3 µg	0% DV
Vitamin B2 (Riboflavin)	4.6 µg	0% DV
Vitamin B3 (Niacin)	0.1 mg	0% DV
Vitamin B5 (Pantothenic Acid)	0.0 mg	0% DV
Vitamin B6 (Pyridoxine)	15.6 µg	1% DV
Vitamin B7 (Biotin)	0.2 µg	1% DV
Vitamin B9 (Folate)	5.3 µg	1% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	2.4 mg	3% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.0 mg	0% DV
Vitamin K	27.7 µg	23% DV
Choline	0.8 mg	0% DV
Myo-Inositol	4.8 mg	~
CoQ10	~	~
Minerals		
Calcium	9.2 mg	1% DV
Copper	5.5 µg	1% DV
Iodine	~	~
Iron	0.1 mg	1% DV
Magnesium	2.8 mg	1% DV
Manganese	26.6 µg	1% DV
Phosphorus	4.4 mg	0% DV
Potassium	28.2 mg	1% DV
Selenium	0.1 µg	0% DV
Sodium	2.7 mg	0% DV
Zinc	0.0 mg	0% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	7.1 mg	0% DV
EPA + DHA	0.0 mg	0% DV
CLA	0.0 mg	~
Linoleic Acid	0.0 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	578.3 µg	~
Polyphenols	32.7 mg	~
Phytosterols	3.9 mg	~
Glucosinolates	~	~
Thiosulfinates	5.8 mg	~
Betalains	~	~











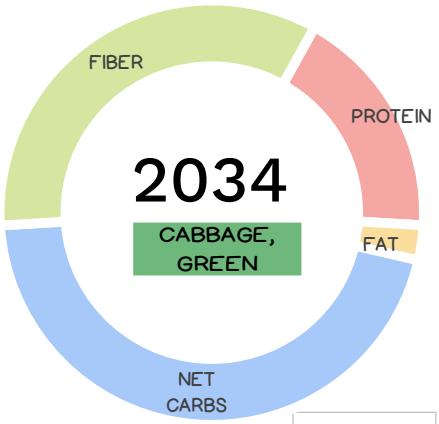




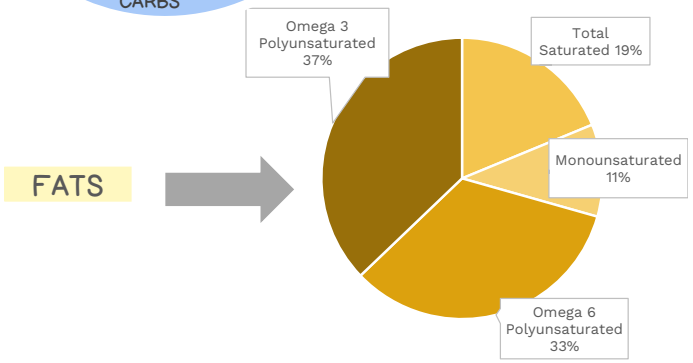
64 Cabbage, green

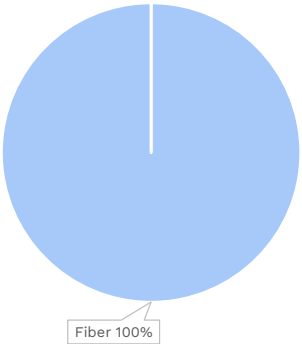
Serving Size:	89 grams	Protein:	1.1 grams	Net Carbs:	2.7 grams
Calories:	21	Fat:	0.2 grams	Fiber:	2.0 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	5.3 µg RAE	1% DV
Vitamin B1 (Thiamin)	44.5 µg	4% DV
Vitamin B2 (Riboflavin)	26.7 µg	2% DV
Vitamin B3 (Niacin)	0.3 mg	2% DV
Vitamin B5 (Pantothenic Acid)	0.1 mg	2% DV
Vitamin B6 (Pyridoxine)	84.6 µg	5% DV
Vitamin B7 (Biotin)	2.8 µg	9% DV
Vitamin B9 (Folate)	50.7 µg	13% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	45.4 mg	50% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.0 mg	0% DV
Vitamin K	67.6 µg	56% DV
Choline	18.9 mg	3% DV
Myo-Inositol	18.7 mg	~
CoQ10	0.3 mg	~
Minerals		
Calcium	41.8 mg	3% DV
Copper	20.5 µg	2% DV
Iodine	~	~
Iron	0.5 mg	3% DV
Magnesium	13.4 mg	3% DV
Manganese	141.5 µg	6% DV
Phosphorus	20.5 mg	2% DV
Potassium	218.9 mg	5% DV
Selenium	0.8 µg	1% DV
Sodium	16.0 mg	1% DV
Zinc	0.2 mg	1% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	40.9 mg	3% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.0 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	194.0 µg	~
Polyphenols	199.4 mg	~
Phytosterols	13.2 mg	~
Glucosinolates	131.7 mg	~
Thiosulfinates	~	~
Betalains	~	~

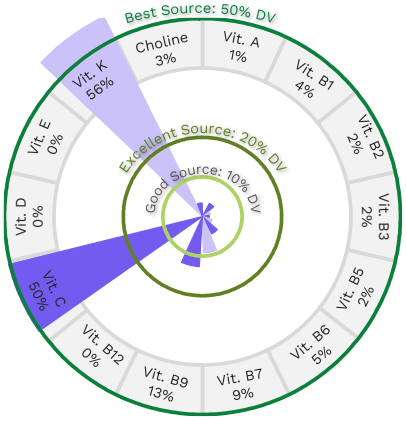








CARBOHYDRATES



VITAMINS

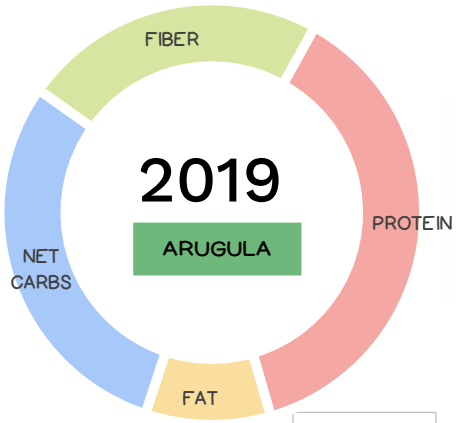
MINERALS



65 Arugula

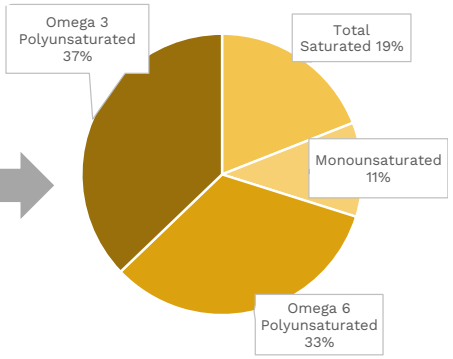
Serving Size:	40 grams	Protein:	1.0 grams	Net Carbs:	0.8 grams
Calories:	10	Fat:	0.3 grams	Fiber:	0.6 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	47.6 µg RAE	5% DV
Vitamin B1 (Thiamin)	17.6 µg	1% DV
Vitamin B2 (Riboflavin)	34.4 µg	3% DV
Vitamin B3 (Niacin)	0.1 mg	1% DV
Vitamin B5 (Pantothenic Acid)	0.2 mg	3% DV
Vitamin B6 (Pyridoxine)	29.2 µg	2% DV
Vitamin B7 (Biotin)	~	~
Vitamin B9 (Folate)	38.8 µg	10% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	6.0 mg	7% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.2 mg	1% DV
Vitamin K	43.4 µg	36% DV
Choline	6.1 mg	1% DV
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	64.0 mg	5% DV
Copper	30.4 µg	3% DV
Iodine	~	~
Iron	0.6 mg	3% DV
Magnesium	18.8 mg	4% DV
Manganese	128.4 µg	6% DV
Phosphorus	20.8 mg	2% DV
Potassium	147.6 mg	3% DV
Selenium	0.1 µg	0% DV
Sodium	10.8 mg	0% DV
Zinc	0.2 mg	2% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	68.0 mg	4% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.1 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	1991.6 µg	~
Polyphenols	54.6 mg	~
Phytosterols	~	~
Glucosinolates	39.2 mg	~
Thiosulfinates	~	~
Betalains	~	~

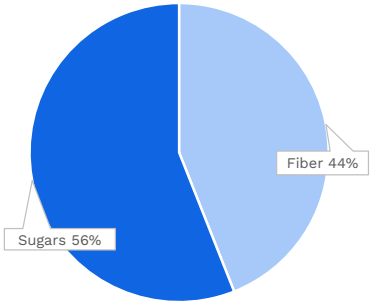




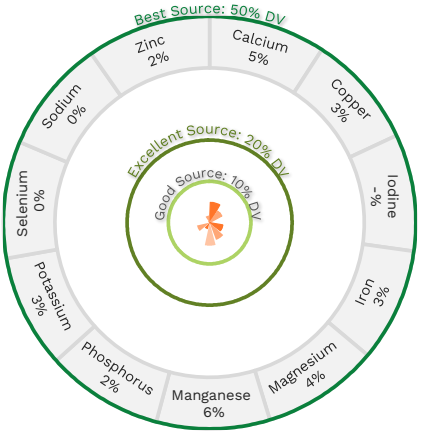
FATS



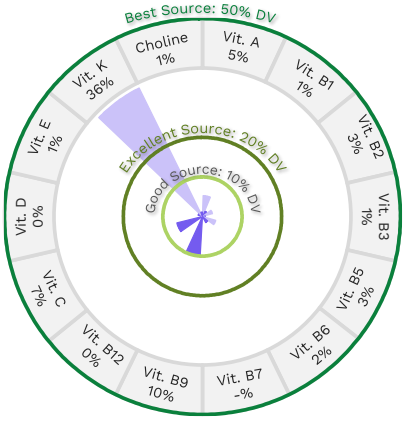
CARBOHYDRATES



MINERALS



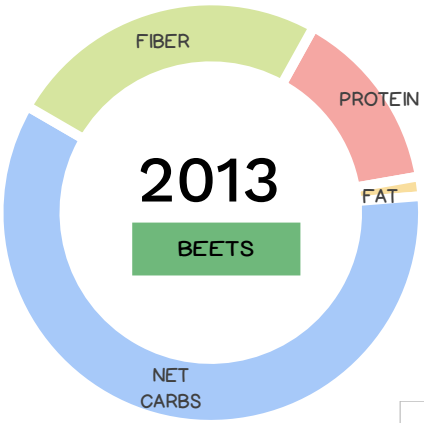
VITAMINS



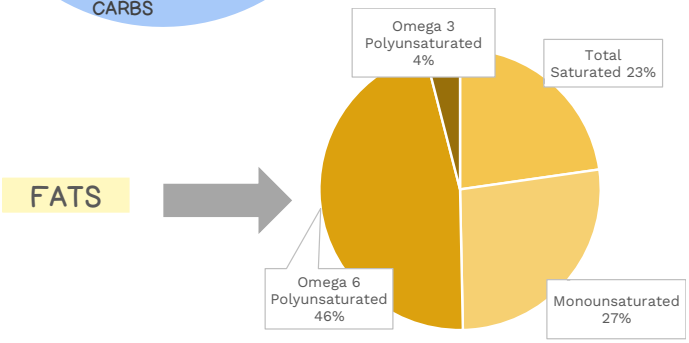
66 Beets

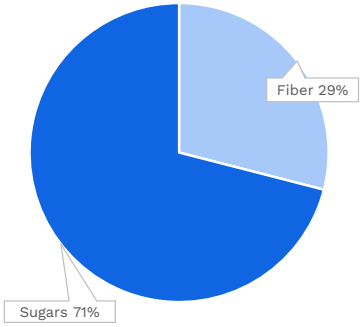
Serving Size:	136 grams	Protein:	2.2 grams	Net Carbs:	9.2 grams
Calories:	58	Fat:	0.2 grams	Fiber:	3.8 grams

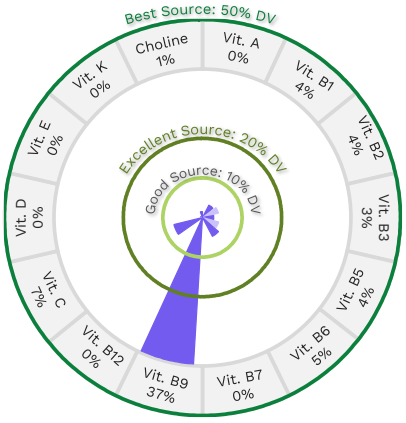
Vitamins & Vitaminlike Compounds		
Vitamin A	2.7 µg RAE	0% DV
Vitamin B1 (Thiamin)	42.2 µg	4% DV
Vitamin B2 (Riboflavin)	54.4 µg	4% DV
Vitamin B3 (Niacin)	0.5 mg	3% DV
Vitamin B5 (Pantothenic Acid)	0.2 mg	4% DV
Vitamin B6 (Pyridoxine)	91.1 µg	5% DV
Vitamin B7 (Biotin)	0.0 µg	0% DV
Vitamin B9 (Folate)	148.2 µg	37% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	6.7 mg	7% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.1 mg	0% DV
Vitamin K	0.3 µg	0% DV
Choline	8.2 mg	1% DV
Myo-Inositol	16.3 mg	~
CoQ10	~	~
Minerals		
Calcium	21.8 mg	2% DV
Copper	102.0 µg	11% DV
Iodine	~	~
Iron	1.1 mg	6% DV
Magnesium	31.3 mg	7% DV
Manganese	447.4 µg	19% DV
Phosphorus	54.4 mg	4% DV
Potassium	442.0 mg	9% DV
Selenium	1.0 µg	2% DV
Sodium	106.1 mg	5% DV
Zinc	0.5 mg	4% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	6.8 mg	0% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.1 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	27.2 µg	~
Polyphenols	326.4 mg	~
Phytosterols	23.3 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	245.7 mg	~

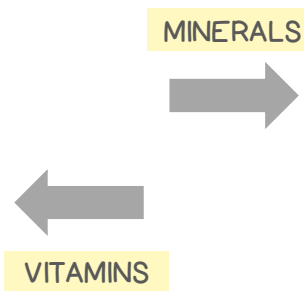


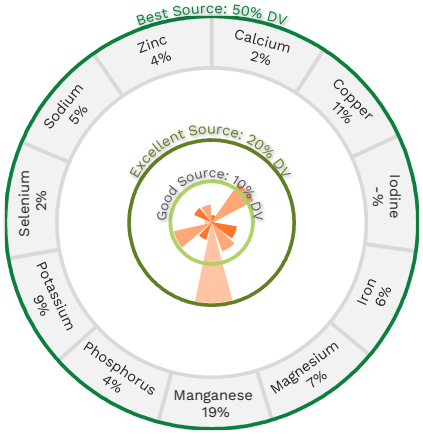








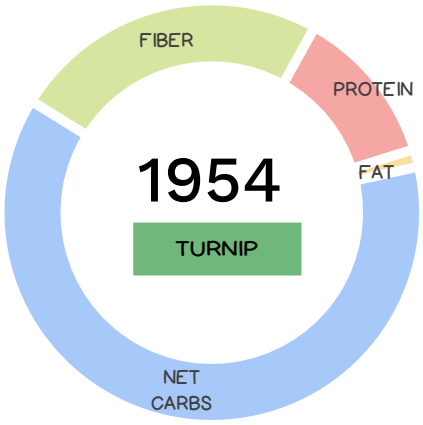




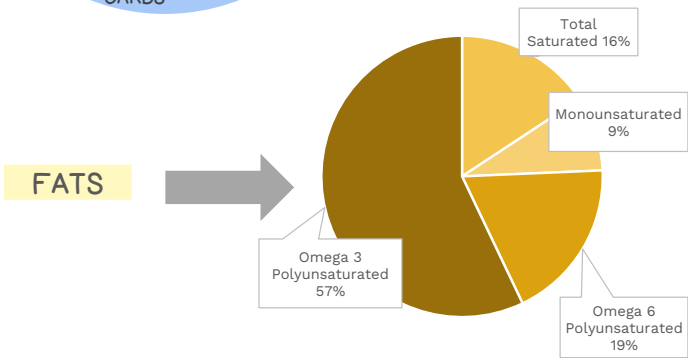
67 Turnip

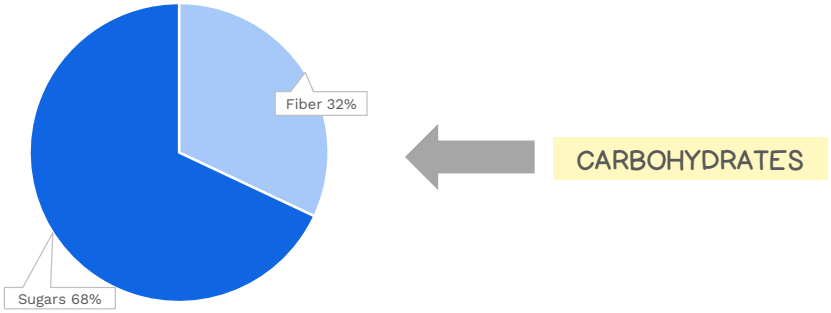
Serving Size:	130 grams	Protein:	1.2 grams	Net Carbs:	6.0 grams
Calories:	36	Fat:	0.1 grams	Fiber:	2.3 grams

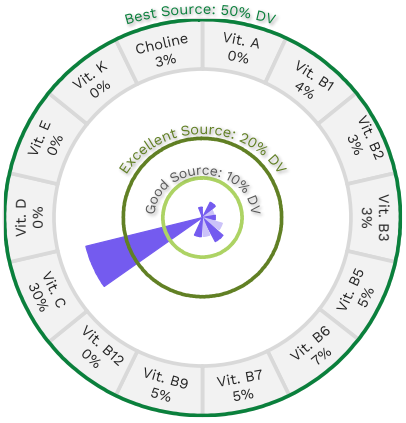
Vitamins & Vitaminlike Compounds		
Vitamin A	0.0 µg RAE	0% DV
Vitamin B1 (Thiamin)	52.0 µg	4% DV
Vitamin B2 (Riboflavin)	39.0 µg	3% DV
Vitamin B3 (Niacin)	0.5 mg	3% DV
Vitamin B5 (Pantothenic Acid)	0.3 mg	5% DV
Vitamin B6 (Pyridoxine)	117.0 µg	7% DV
Vitamin B7 (Biotin)	1.4 µg	5% DV
Vitamin B9 (Folate)	19.5 µg	5% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	27.3 mg	30% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.0 mg	0% DV
Vitamin K	0.1 µg	0% DV
Choline	14.4 mg	3% DV
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	39.0 mg	3% DV
Copper	110.5 µg	12% DV
Iodine	~	~
Iron	0.4 mg	2% DV
Magnesium	14.3 mg	3% DV
Manganese	174.2 µg	8% DV
Phosphorus	35.1 mg	3% DV
Potassium	248.3 mg	5% DV
Selenium	0.9 µg	2% DV
Sodium	87.1 mg	4% DV
Zinc	0.4 mg	3% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	52.0 mg	3% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.0 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	0.0 µg	~
Polyphenols	117.0 mg	~
Phytosterols	17.2 mg	~
Glucosinolates	344.5 mg	~
Thiosulfinates	~	~
Betalains	~	~

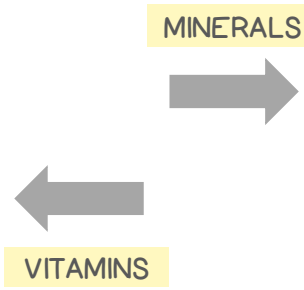


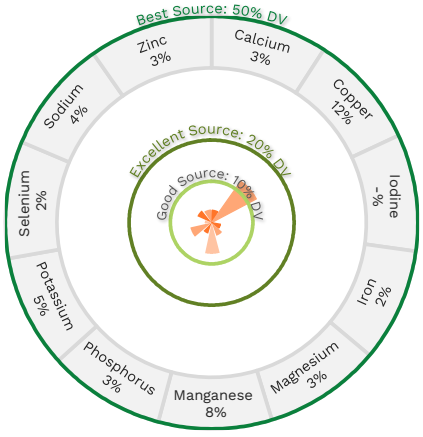








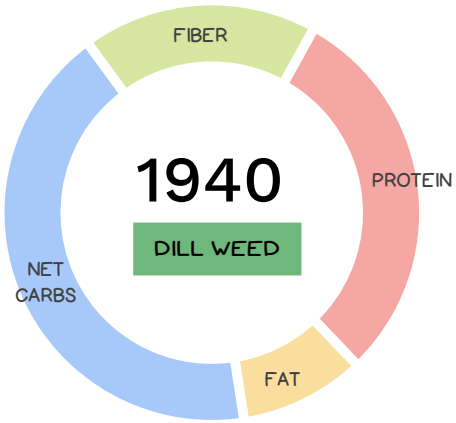




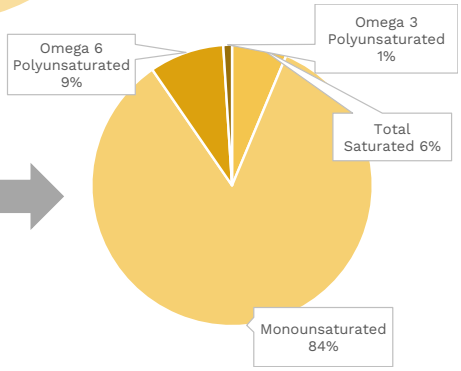
68 Dill weed

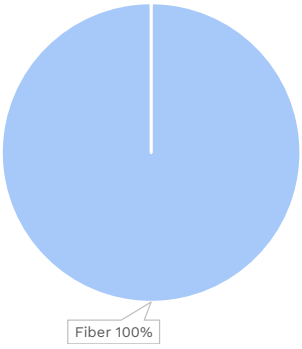
Serving Size:	8 grams	Protein:	0.3 grams	Net Carbs:	0.4 grams
Calories:	3	Fat:	0.1 grams	Fiber:	0.2 grams

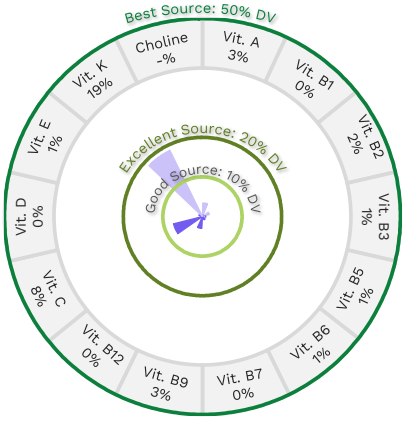
Vitamins & Vitaminlike Compounds		
Vitamin A	30.9 µg RAE	3% DV
Vitamin B1 (Thiamin)	4.6 µg	0% DV
Vitamin B2 (Riboflavin)	23.7 µg	2% DV
Vitamin B3 (Niacin)	0.1 mg	1% DV
Vitamin B5 (Pantothenic Acid)	0.0 mg	1% DV
Vitamin B6 (Pyridoxine)	14.8 µg	1% DV
Vitamin B7 (Biotin)	0.0 µg	0% DV
Vitamin B9 (Folate)	12.0 µg	3% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	6.8 mg	8% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.1 mg	1% DV
Vitamin K	22.4 µg	19% DV
Choline	~	~
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	16.6 mg	1% DV
Copper	11.7 µg	1% DV
Iodine	~	~
Iron	0.5 mg	3% DV
Magnesium	4.4 mg	1% DV
Manganese	101.1 µg	4% DV
Phosphorus	5.3 mg	0% DV
Potassium	59.0 mg	1% DV
Selenium	0.2 µg	0% DV
Sodium	4.9 mg	0% DV
Zinc	0.1 mg	1% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.1 g	0% DV
ALA	1.0 mg	0% DV
EPA + DHA	~	~
CLA	~	~
Linoleic Acid	0.0 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	898.5 µg	~
Polyphenols	25.0 mg	~
Phytosterols	2.6 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

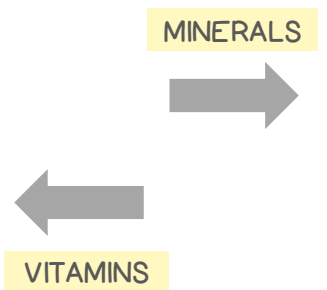










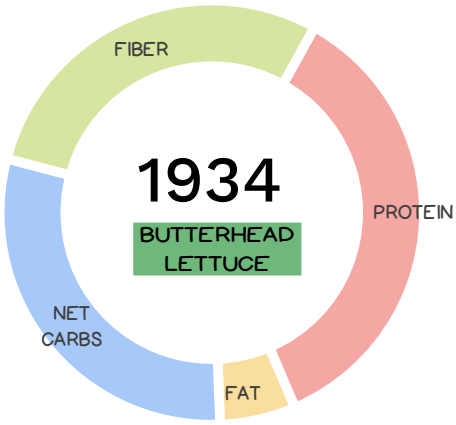




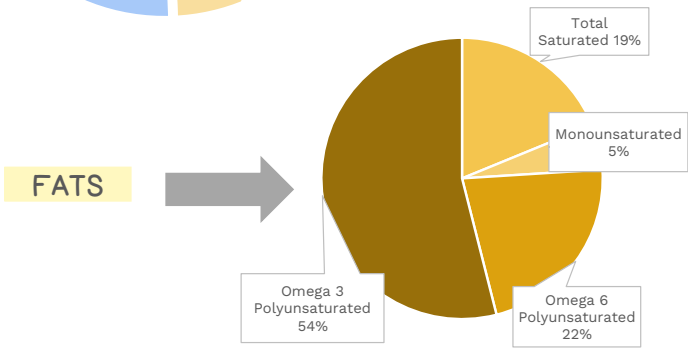
69 Butterhead lettuce

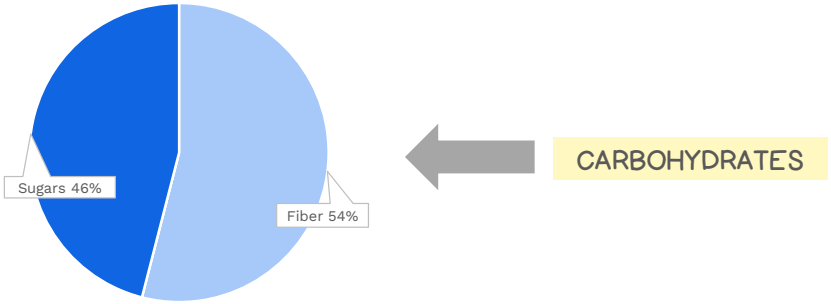
Serving Size:	110 grams	Protein:	1.5 grams	Net Carbs:	1.2 grams
Calories:	14	Fat:	0.2 grams	Fiber:	1.2 grams

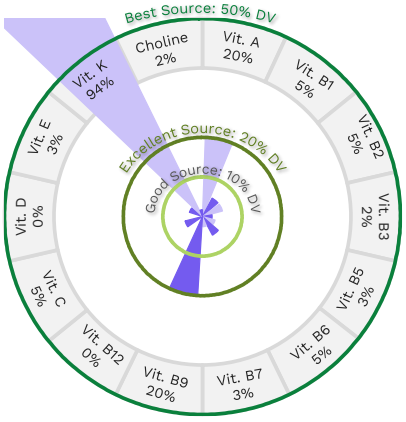
Vitamins & Vitaminlike Compounds		
Vitamin A	182.6 µg RAE	20% DV
Vitamin B1 (Thiamin)	62.7 µg	5% DV
Vitamin B2 (Riboflavin)	68.2 µg	5% DV
Vitamin B3 (Niacin)	0.4 mg	2% DV
Vitamin B5 (Pantothenic Acid)	0.2 mg	3% DV
Vitamin B6 (Pyridoxine)	90.2 µg	5% DV
Vitamin B7 (Biotin)	0.8 µg	3% DV
Vitamin B9 (Folate)	80.3 µg	20% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	4.1 mg	5% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.5 mg	3% DV
Vitamin K	112.5 µg	94% DV
Choline	9.2 mg	2% DV
Myo-Inositol	19.8 mg	~
CoQ10	~	~
Minerals		
Calcium	38.5 mg	3% DV
Copper	17.6 µg	2% DV
Iodine	~	~
Iron	1.4 mg	8% DV
Magnesium	14.3 mg	3% DV
Manganese	196.9 µg	9% DV
Phosphorus	36.3 mg	3% DV
Potassium	261.8 mg	6% DV
Selenium	0.7 µg	1% DV
Sodium	5.5 mg	0% DV
Zinc	0.2 mg	2% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	91.3 mg	6% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.0 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	3531.0 µg	~
Polyphenols	144.1 mg	~
Phytosterols	9.4 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

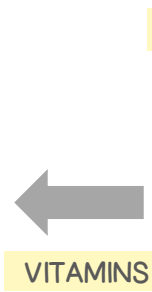










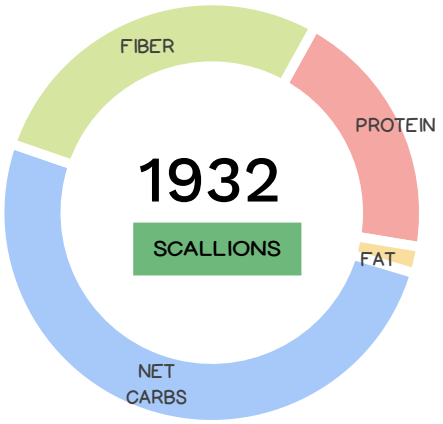




70 Scallions

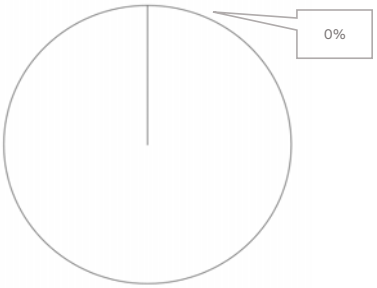
Serving Size:	25 grams	Protein:	0.5 grams	Net Carbs:	1.2 grams
Calories:	8	Fat:	0.0 grams	Fiber:	0.7 grams

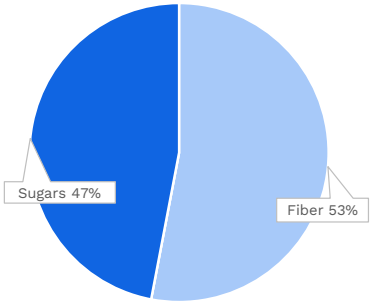
Vitamins & Vitaminlike Compounds		
Vitamin A	12.5 µg RAE	1% DV
Vitamin B1 (Thiamin)	13.8 µg	1% DV
Vitamin B2 (Riboflavin)	20.0 µg	2% DV
Vitamin B3 (Niacin)	0.1 mg	1% DV
Vitamin B5 (Pantothenic Acid)	0.0 mg	0% DV
Vitamin B6 (Pyridoxine)	15.3 µg	1% DV
Vitamin B7 (Biotin)	0.2 µg	1% DV
Vitamin B9 (Folate)	16.0 µg	4% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	4.7 mg	5% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.1 mg	1% DV
Vitamin K	51.8 µg	43% DV
Choline	1.4 mg	0% DV
Myo-Inositol	6.8 mg	~
CoQ10	~	~
Minerals		
Calcium	18.0 mg	1% DV
Copper	20.8 µg	2% DV
Iodine	~	~
Iron	0.4 mg	2% DV
Magnesium	5.0 mg	1% DV
Manganese	40.0 µg	2% DV
Phosphorus	9.3 mg	1% DV
Potassium	69.0 mg	1% DV
Selenium	0.2 µg	0% DV
Sodium	4.0 mg	0% DV
Zinc	0.1 mg	1% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	1.0 mg	0% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.0 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	433.8 µg	~
Polyphenols	46.0 mg	~
Phytosterols	5.5 mg	~
Glucosinolates	~	~
Thiosulfinates	8.1 mg	~
Betalains	~	~



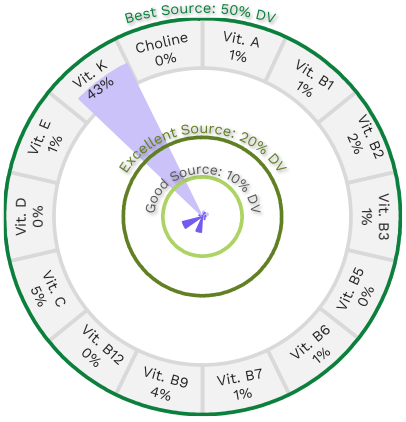


FATS





CARBOHYDRATES



MINERALS

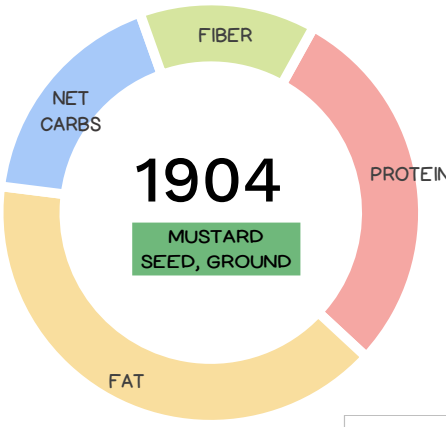
VITAMINS



71 Mustard seed, ground

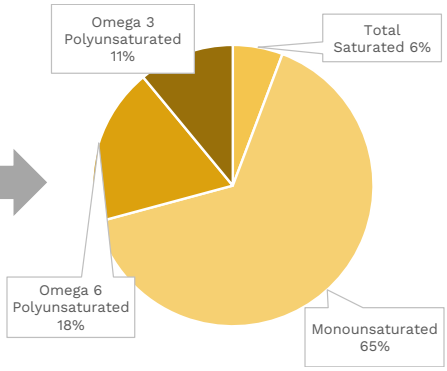
Serving Size:	6 grams	Protein:	1.6 grams	Net Carbs:	1.0 grams
Calories:	32	Fat:	2.3 grams	Fiber:	0.8 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	0.1 µg RAE	0% DV
Vitamin B1 (Thiamin)	50.7 µg	4% DV
Vitamin B2 (Riboflavin)	16.4 µg	1% DV
Vitamin B3 (Niacin)	0.3 mg	2% DV
Vitamin B5 (Pantothenic Acid)	0.1 mg	1% DV
Vitamin B6 (Pyridoxine)	25.0 µg	1% DV
Vitamin B7 (Biotin)	10.0 µg	33% DV
Vitamin B9 (Folate)	10.2 µg	3% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	0.4 mg	0% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	1.6 mg	11% DV
Vitamin K	0.3 µg	0% DV
Choline	7.7 mg	1% DV
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	16.8 mg	1% DV
Copper	40.6 µg	5% DV
Iodine	~	~
Iron	0.6 mg	3% DV
Magnesium	23.3 mg	6% DV
Manganese	154.2 µg	7% DV
Phosphorus	52.2 mg	4% DV
Potassium	46.5 mg	1% DV
Selenium	13.1 µg	24% DV
Sodium	0.8 mg	0% DV
Zinc	0.4 mg	3% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	1.4 g	7% DV
ALA	238.9 mg	15% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.4 g	2% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	36.9 µg	~
Polyphenols	23.6 mg	~
Phytosterols	13.7 mg	~
Glucosinolates	277.3 mg	~
Thiosulfinates	~	~
Betalains	~	~

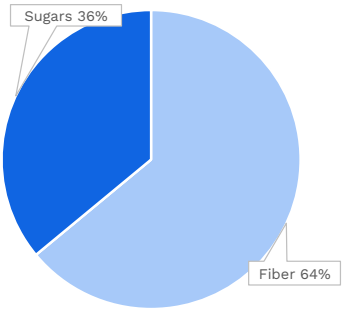




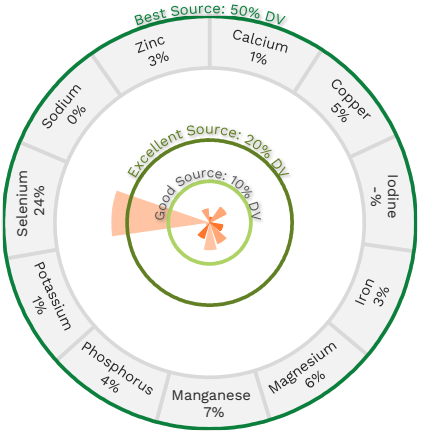
FATS



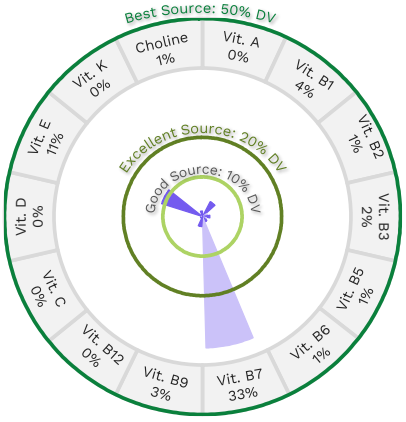
CARBOHYDRATES



MINERALS



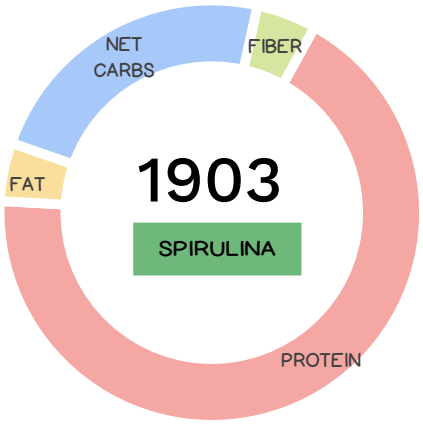
VITAMINS



72 Spirulina

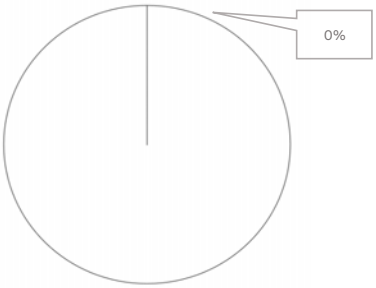
Serving Size:	4 grams	Protein:	0.2 grams	Net Carbs:	0.1 grams
Calories:	1	Fat:	0.0 grams	Fiber:	0.0 grams

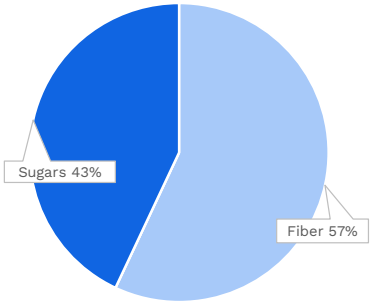
Vitamins & Vitaminlike Compounds		
Vitamin A	0.1 µg RAE	0% DV
Vitamin B1 (Thiamin)	8.9 µg	1% DV
Vitamin B2 (Riboflavin)	13.7 µg	1% DV
Vitamin B3 (Niacin)	0.0 mg	0% DV
Vitamin B5 (Pantothenic Acid)	0.0 mg	0% DV
Vitamin B6 (Pyridoxine)	1.4 µg	0% DV
Vitamin B7 (Biotin)	~	~
Vitamin B9 (Folate)	0.4 µg	0% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	0.0 mg	0% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.0 mg	0% DV
Vitamin K	0.1 µg	0% DV
Choline	0.3 mg	0% DV
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	0.5 mg	0% DV
Copper	23.9 µg	3% DV
Iodine	0.0 µg	0% DV
Iron	0.1 mg	1% DV
Magnesium	0.8 mg	0% DV
Manganese	7.4 µg	0% DV
Phosphorus	0.4 mg	0% DV
Potassium	5.1 mg	0% DV
Selenium	0.0 µg	0% DV
Sodium	3.9 mg	0% DV
Zinc	0.0 mg	0% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	1.7 mg	0% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.0 g	0% DV
MCT's	~	~
Phytonutrients		
Carotenoids	1.3 µg	~
Polyphenols	97.6 mg	~
Phytosterols	~	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~



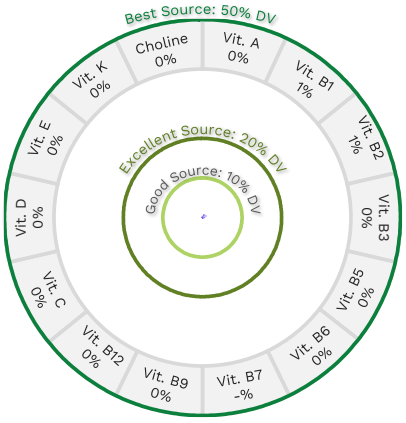


FATS





CARBOHYDRATES



VITAMINS

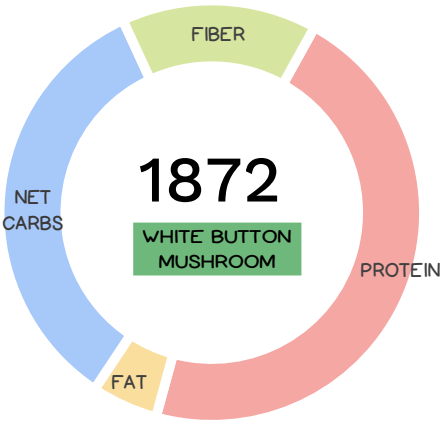
MINERALS



73 White button mushroom

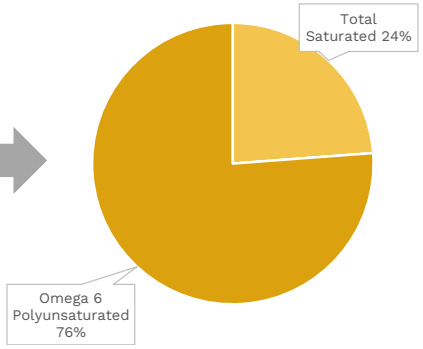
Serving Size:	96 grams	Protein:	3.0 grams	Net Carbs:	2.2 grams
Calories:	21	Fat:	0.3 grams	Fiber:	1.0 grams

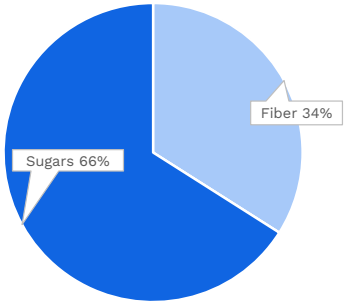
Vitamins & Vitaminlike Compounds		
Vitamin A	0.0 µg RAE	0% DV
Vitamin B1 (Thiamin)	77.8 µg	6% DV
Vitamin B2 (Riboflavin)	385.9 µg	30% DV
Vitamin B3 (Niacin)	3.5 mg	22% DV
Vitamin B5 (Pantothenic Acid)	1.4 mg	29% DV
Vitamin B6 (Pyridoxine)	99.8 µg	6% DV
Vitamin B7 (Biotin)	15.4 µg	51% DV
Vitamin B9 (Folate)	16.3 µg	4% DV
Vitamin B12 (Cobalamin)	0.0 µg	2% DV
Vitamin C	2.0 mg	2% DV
Vitamin D (D2 + D3)	0.2 µg	1% DV
Vitamin E	0.1 mg	1% DV
Vitamin K	1.0 µg	1% DV
Choline	16.6 mg	3% DV
Myo-Inositol	8.6 mg	~
CoQ10	0.0 mg	~
Minerals		
Calcium	2.9 mg	0% DV
Copper	305.3 µg	34% DV
Iodine	~	~
Iron	0.5 mg	3% DV
Magnesium	8.6 mg	2% DV
Manganese	45.1 µg	2% DV
Phosphorus	82.6 mg	7% DV
Potassium	305.3 mg	6% DV
Selenium	8.9 µg	16% DV
Sodium	4.8 mg	0% DV
Zinc	0.5 mg	5% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	3.3 mg	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	0.0 mg	0% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.2 g	1% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	0.0 µg	~
Polyphenols	67.1 mg	~
Phytosterols	1.9 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~





FATS

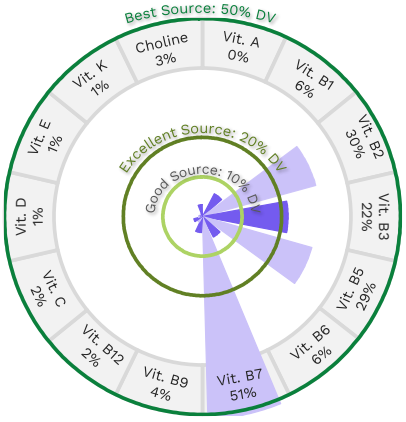


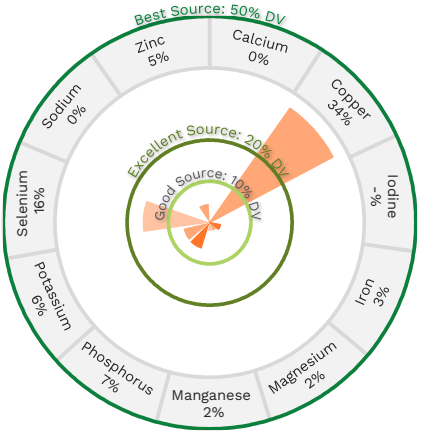


CARBOHYDRATES

MINERALS

VITAMINS

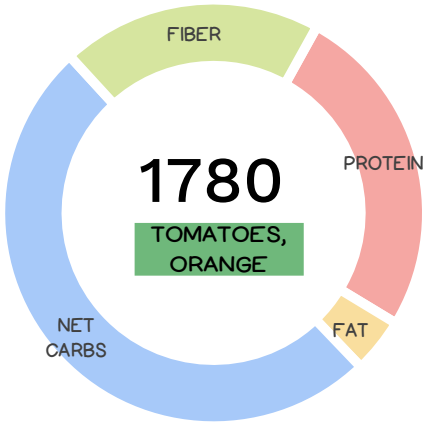




74 Tomatoes, orange

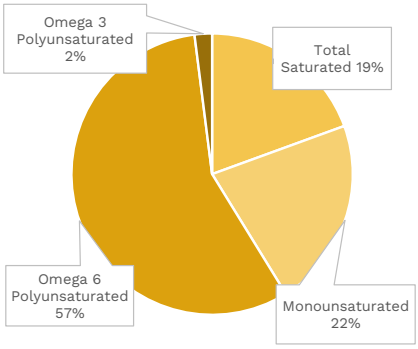
Serving Size:	158 grams	Protein:	1.8 grams	Net Carbs:	3.6 grams
Calories:	25	Fat:	0.3 grams	Fiber:	1.4 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	118.5 µg RAE	13% DV
Vitamin B1 (Thiamin)	72.7 µg	6% DV
Vitamin B2 (Riboflavin)	53.7 µg	4% DV
Vitamin B3 (Niacin)	0.9 mg	6% DV
Vitamin B5 (Pantothenic Acid)	0.3 mg	6% DV
Vitamin B6 (Pyridoxine)	94.8 µg	6% DV
Vitamin B7 (Biotin)	6.3 µg	21% DV
Vitamin B9 (Folate)	45.8 µg	11% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	25.3 mg	28% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	1.1 mg	7% DV
Vitamin K	12.5 µg	10% DV
Choline	10.6 mg	2% DV
Myo-Inositol	85.3 mg	~
CoQ10	0.1 mg	~
Minerals		
Calcium	7.9 mg	1% DV
Copper	98.0 µg	11% DV
Iodine	~	~
Iron	0.7 mg	4% DV
Magnesium	12.6 mg	3% DV
Manganese	139.0 µg	6% DV
Phosphorus	45.8 mg	4% DV
Potassium	335.0 mg	7% DV
Selenium	0.6 µg	1% DV
Sodium	66.4 mg	3% DV
Zinc	0.2 mg	2% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	0.0 mg	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	4.7 mg	0% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.1 g	1% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	22145.3 µg	~
Polyphenols	224.4 mg	~
Phytosterols	11.7 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

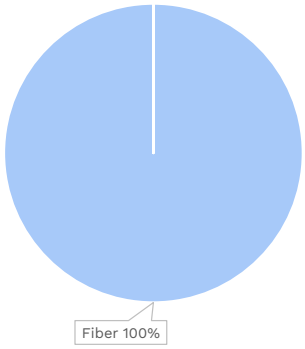




FATS

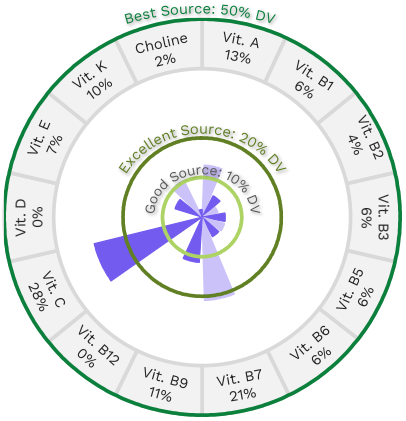


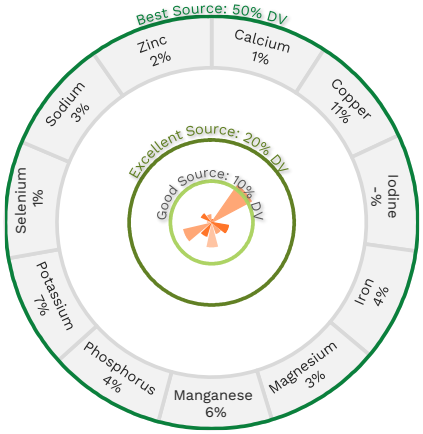
CARBOHYDRATES



MINERALS

VITAMINS

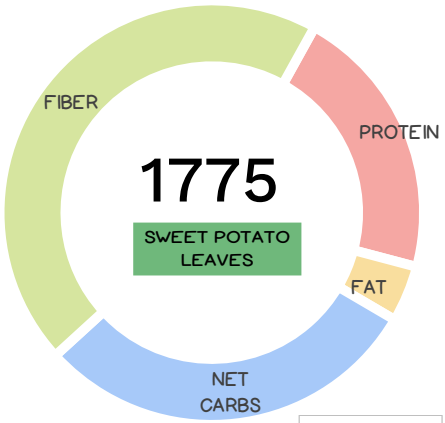




75 Sweet potato leaves

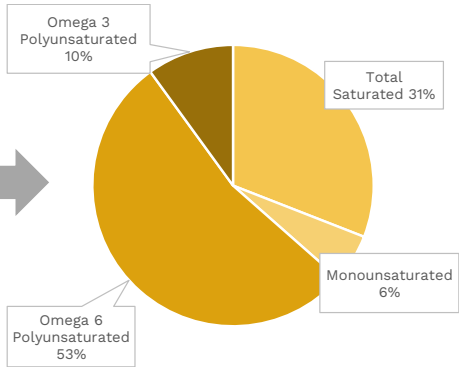
Serving Size:	70 grams	Protein:	1.7 grams	Net Carbs:	2.5 grams
Calories:	29	Fat:	0.4 grams	Fiber:	3.7 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	132.3 µg RAE	15% DV
Vitamin B1 (Thiamin)	109.2 µg	9% DV
Vitamin B2 (Riboflavin)	241.5 µg	19% DV
Vitamin B3 (Niacin)	0.8 mg	5% DV
Vitamin B5 (Pantothenic Acid)	0.2 mg	3% DV
Vitamin B6 (Pyridoxine)	133.0 µg	8% DV
Vitamin B7 (Biotin)	~	~
Vitamin B9 (Folate)	41.2 µg	10% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	7.7 mg	9% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.8 mg	5% DV
Vitamin K	211.5 µg	176% DV
Choline	17.6 mg	3% DV
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	54.6 mg	4% DV
Copper	27.7 µg	3% DV
Iodine	~	~
Iron	0.7 mg	4% DV
Magnesium	49.0 mg	12% DV
Manganese	192.4 µg	8% DV
Phosphorus	56.7 mg	5% DV
Potassium	355.6 mg	8% DV
Selenium	0.6 µg	1% DV
Sodium	4.2 mg	0% DV
Zinc	0.2 mg	2% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	25.2 mg	2% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.1 g	1% DV
MCT's	~	~
Phytonutrients		
Carotenoids	11925.9 µg	~
Polyphenols	494.0 mg	~
Phytosterols	~	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

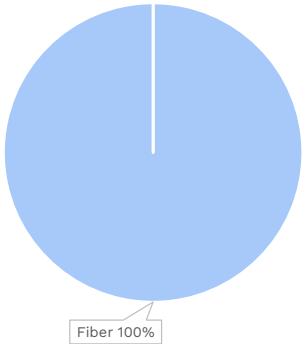


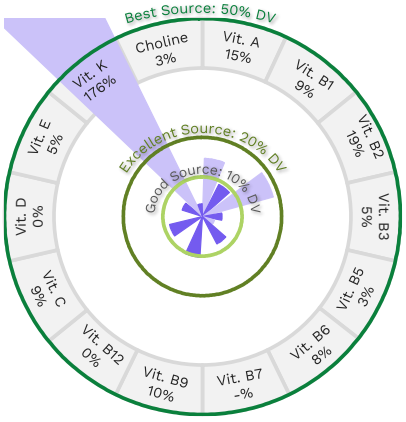


FATS



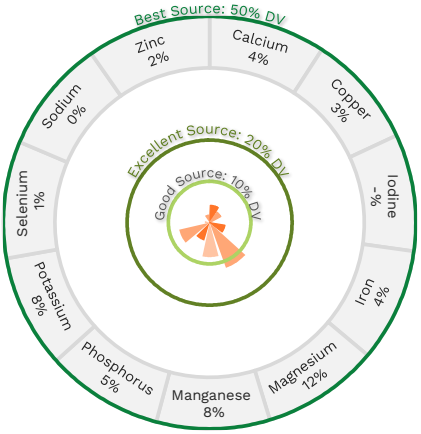
CARBOHYDRATES





MINERALS

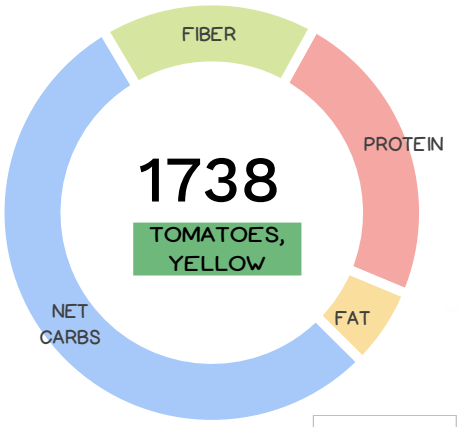
VITAMINS



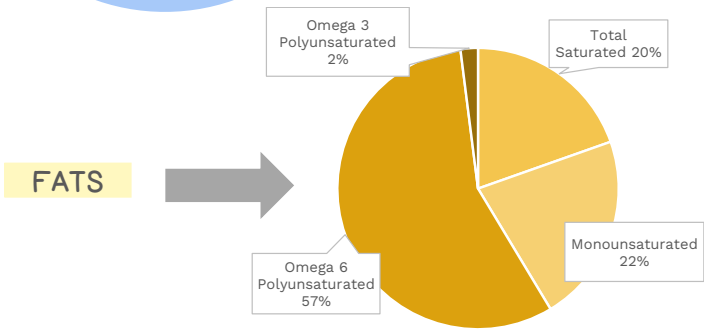
76 Tomatoes, yellow

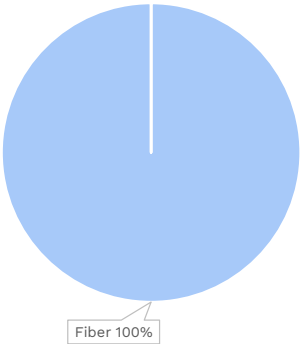
Serving Size:	139 grams	Protein:	1.4 grams	Net Carbs:	3.2 grams
Calories:	21	Fat:	0.4 grams	Fiber:	1.0 grams

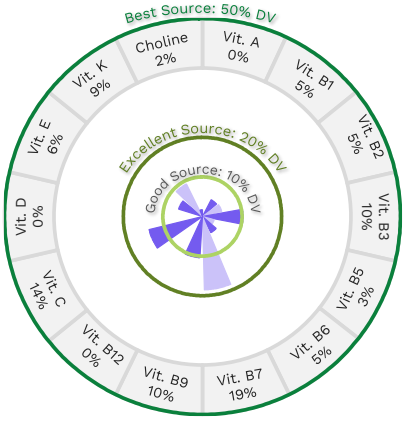
Vitamins & Vitaminlike Compounds		
Vitamin A	0.0 µg RAE	0% DV
Vitamin B1 (Thiamin)	57.0 µg	5% DV
Vitamin B2 (Riboflavin)	65.3 µg	5% DV
Vitamin B3 (Niacin)	1.6 mg	10% DV
Vitamin B5 (Pantothenic Acid)	0.2 mg	3% DV
Vitamin B6 (Pyridoxine)	77.8 µg	5% DV
Vitamin B7 (Biotin)	5.6 µg	19% DV
Vitamin B9 (Folate)	41.7 µg	10% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	12.5 mg	14% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.9 mg	6% DV
Vitamin K	11.0 µg	9% DV
Choline	9.3 mg	2% DV
Myo-Inositol	75.1 mg	~
CoQ10	0.1 mg	~
Minerals		
Calcium	15.3 mg	1% DV
Copper	140.4 µg	16% DV
Iodine	~	~
Iron	0.7 mg	4% DV
Magnesium	16.7 mg	4% DV
Manganese	166.8 µg	7% DV
Phosphorus	50.0 mg	4% DV
Potassium	358.6 mg	8% DV
Selenium	0.6 µg	1% DV
Sodium	32.0 mg	1% DV
Zinc	0.4 mg	4% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	0.0 mg	~
Functional Fats		
MUFA	0.1 g	0% DV
ALA	5.6 mg	0% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.1 g	1% DV
MCT's	~	~
Phytonutrients		
Carotenoids	16983.0 µg	~
Polyphenols	197.4 mg	~
Phytosterols	10.3 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~



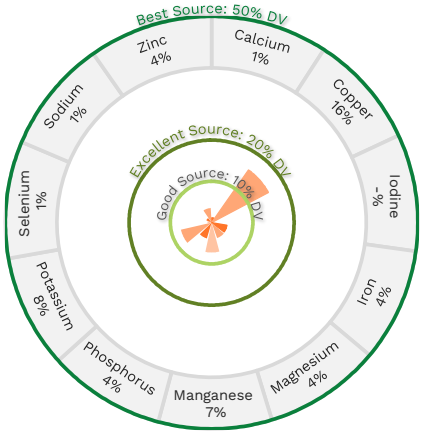








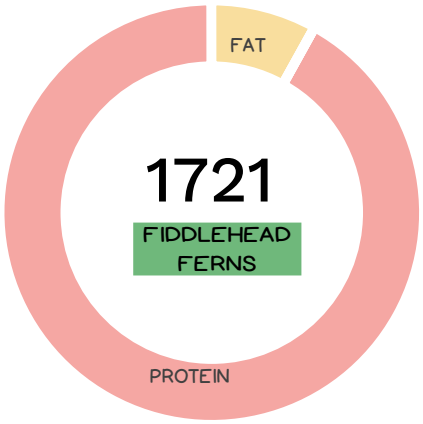




77 Fiddlehead ferns

Serving Size:	118 grams	Protein:	5.4 grams	Net Carbs:	~
Calories:	40	Fat:	0.5 grams	Fiber:	~

Vitamins & Vitaminlike Compounds		
Vitamin A	212.9 µg RAE	24% DV
Vitamin B1 (Thiamin)	23.5 µg	2% DV
Vitamin B2 (Riboflavin)	247.1 µg	19% DV
Vitamin B3 (Niacin)	5.9 mg	37% DV
Vitamin B5 (Pantothenic Acid)	~	~
Vitamin B6 (Pyridoxine)	~	~
Vitamin B7 (Biotin)	~	~
Vitamin B9 (Folate)	~	~
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	31.3 mg	35% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	~	~
Vitamin K	~	~
Choline	~	~
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	37.6 mg	3% DV
Copper	376.5 µg	42% DV
Iodine	~	~
Iron	1.5 mg	9% DV
Magnesium	40.0 mg	10% DV
Manganese	600.0 µg	26% DV
Phosphorus	118.8 mg	10% DV
Potassium	435.3 mg	9% DV
Selenium	~	~
Sodium	1.2 mg	0% DV
Zinc	1.0 mg	9% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.1 g	0% DV
ALA	38.9 mg	2% DV
EPA + DHA	8.0 mg	3% DV
CLA	~	~
Linoleic Acid	0.1 g	0% DV
MCT's	~	~
Phytonutrients		
Carotenoids	4648.7 µg	~
Polyphenols	3097.7 mg	~
Phytosterols	~	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~





FATS

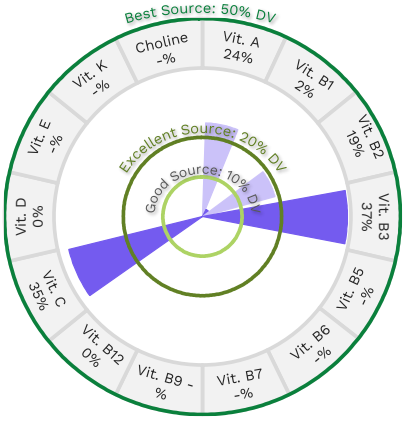


No detailed component data currently available in the USDA Food Central Database.



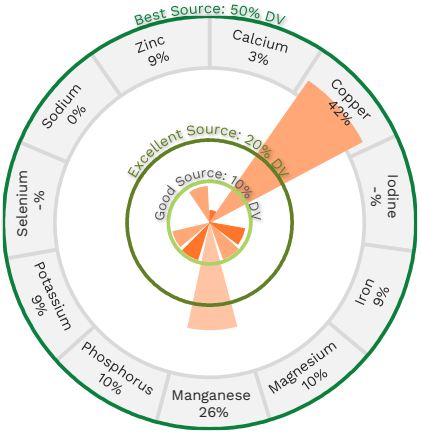
CARBOHYDRATES

No detailed component data currently available in the USDA Food Central Database.



MINERALS

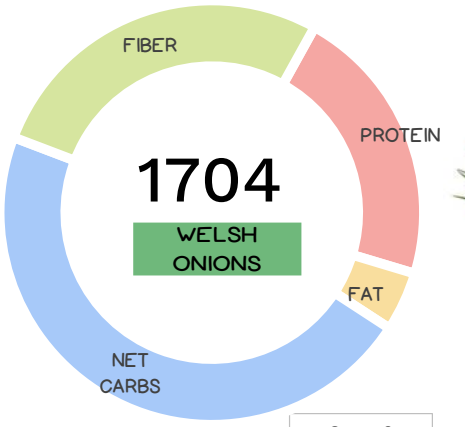
VITAMINS



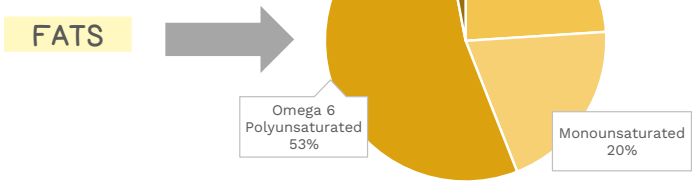
78 Welsh Onions

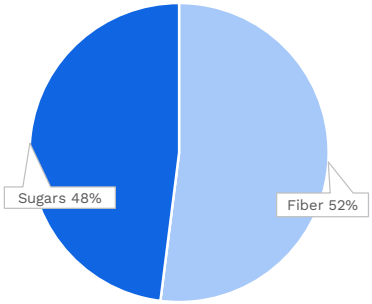
Serving Size:	100 grams	Protein:	1.9 grams	Net Carbs:	4.1 grams
Calories:	34	Fat:	0.4 grams	Fiber:	2.4 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	~	~
Vitamin B1 (Thiamin)	50.0 µg	4% DV
Vitamin B2 (Riboflavin)	90.0 µg	7% DV
Vitamin B3 (Niacin)	0.4 mg	3% DV
Vitamin B5 (Pantothenic Acid)	0.2 mg	3% DV
Vitamin B6 (Pyridoxine)	72.0 µg	4% DV
Vitamin B7 (Biotin)	2.3 µg	8% DV
Vitamin B9 (Folate)	16.0 µg	4% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	27.0 mg	30% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.5 mg	3% DV
Vitamin K	193.4 µg	161% DV
Choline	5.3 mg	1% DV
Myo-Inositol	~	~
CoQ10	0.1 mg	~
Minerals		
Calcium	18.0 mg	1% DV
Copper	70.0 µg	8% DV
Iodine	~	~
Iron	1.2 mg	7% DV
Magnesium	23.0 mg	5% DV
Manganese	137.0 µg	6% DV
Phosphorus	49.0 mg	4% DV
Potassium	212.0 mg	5% DV
Selenium	0.6 µg	1% DV
Sodium	17.0 mg	1% DV
Zinc	0.5 mg	5% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.1 g	0% DV
ALA	8.0 mg	1% DV
EPA + DHA	~	~
CLA	~	~
Linoleic Acid	0.1 g	1% DV
MCT's	~	~
Phytonutrients		
Carotenoids	~	~
Polyphenols	184.1 mg	~
Phytosterols	22.0 mg	~
Glucosinolates	~	~
Thiosulfinates	32.5 mg	~
Betalains	~	~

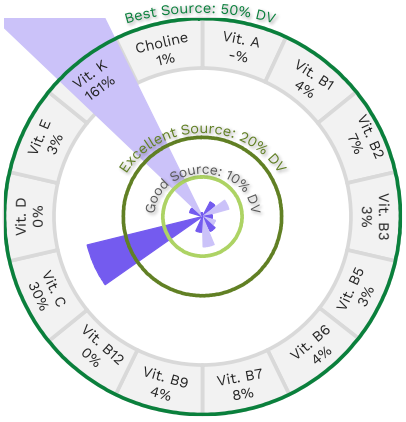






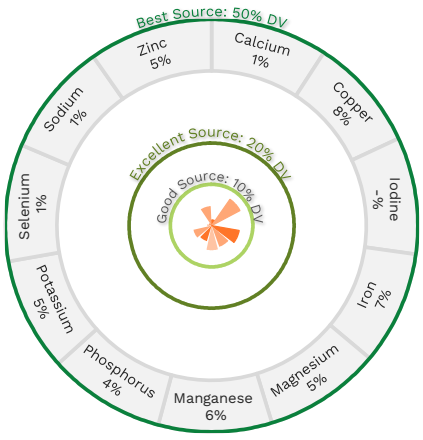








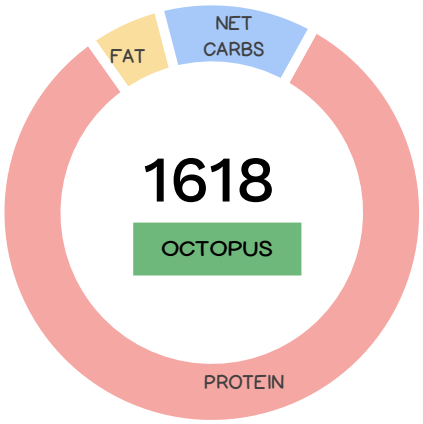




79 Octopus

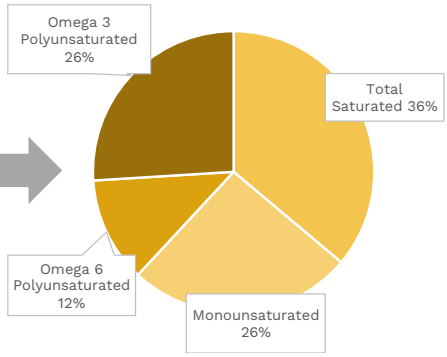
Serving Size:	115 grams	Protein:	17.1 grams	Net Carbs:	2.5 grams
Calories:	94	Fat:	1.2 grams	Fiber:	0.0 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	51.8 µg RAE	6% DV
Vitamin B1 (Thiamin)	34.5 µg	3% DV
Vitamin B2 (Riboflavin)	46.0 µg	4% DV
Vitamin B3 (Niacin)	2.4 mg	15% DV
Vitamin B5 (Pantothenic Acid)	0.6 mg	12% DV
Vitamin B6 (Pyridoxine)	414.0 µg	24% DV
Vitamin B7 (Biotin)	3.2 µg	11% DV
Vitamin B9 (Folate)	18.4 µg	5% DV
Vitamin B12 (Cobalamin)	23.0 µg	958% DV
Vitamin C	5.8 mg	6% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	1.4 mg	9% DV
Vitamin K	0.1 µg	0% DV
Choline	74.8 mg	14% DV
Myo-Inositol	~	~
CoQ10	0.4 mg	~
Minerals		
Calcium	61.0 mg	5% DV
Copper	500.3 µg	56% DV
Iodine	23.0 µg	15% DV
Iron	6.1 mg	34% DV
Magnesium	34.5 mg	8% DV
Manganese	28.8 µg	1% DV
Phosphorus	213.9 mg	17% DV
Potassium	402.5 mg	9% DV
Selenium	51.5 µg	94% DV
Sodium	264.5 mg	12% DV
Zinc	1.9 mg	18% DV
Amino Acids & Peptides		
Taurine	448.5 mg	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.2 g	1% DV
ALA	0.0 mg	0% DV
EPA + DHA	180.6 mg	72% DV
CLA	0.4 mg	~
Linoleic Acid	0.0 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	0.0 µg	~
Polyphenols	0.0 mg	~
Phytosterols	0.0 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~





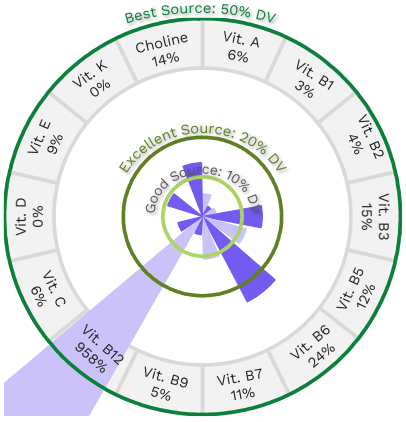
FATS



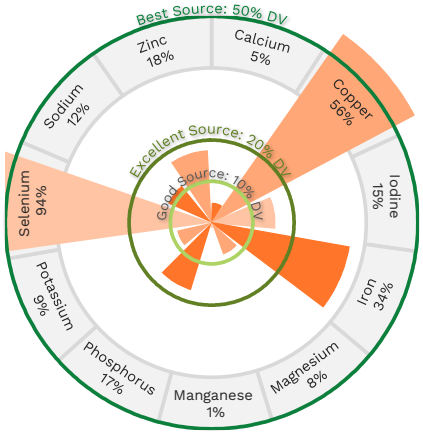
CARBOHYDRATES

No detailed component data currently available in the USDA Food Central Database.

VITAMINS



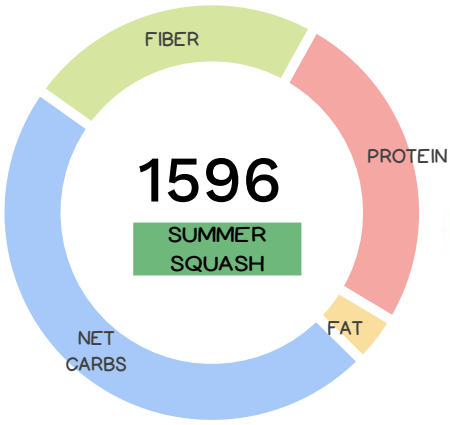
MINERALS



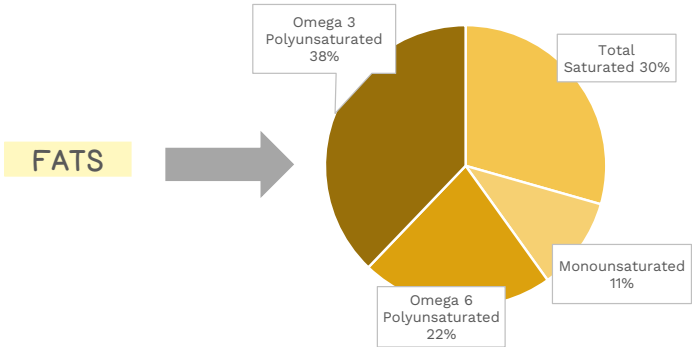
80 Summer squash

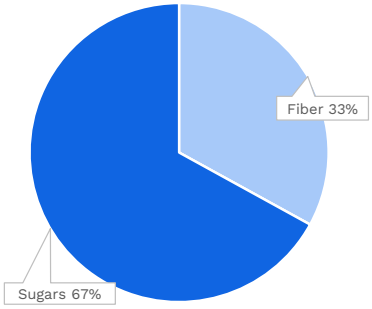
Serving Size:	113 grams	Protein:	1.4 grams	Net Carbs:	2.5 grams
Calories:	18	Fat:	0.2 grams	Fiber:	1.2 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	11.3 µg RAE	1% DV
Vitamin B1 (Thiamin)	54.2 µg	5% DV
Vitamin B2 (Riboflavin)	160.5 µg	12% DV
Vitamin B3 (Niacin)	0.6 mg	3% DV
Vitamin B5 (Pantothenic Acid)	0.2 mg	4% DV
Vitamin B6 (Pyridoxine)	246.3 µg	14% DV
Vitamin B7 (Biotin)	3.1 µg	10% DV
Vitamin B9 (Folate)	32.8 µg	8% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	19.2 mg	21% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.1 mg	1% DV
Vitamin K	3.4 µg	3% DV
Choline	7.6 mg	1% DV
Myo-Inositol	59.9 mg	~
CoQ10	~	~
Minerals		
Calcium	17.0 mg	1% DV
Copper	57.6 µg	6% DV
Iodine	~	~
Iron	0.4 mg	2% DV
Magnesium	19.2 mg	5% DV
Manganese	197.8 µg	9% DV
Phosphorus	42.9 mg	3% DV
Potassium	296.1 mg	6% DV
Selenium	0.2 µg	0% DV
Sodium	2.3 mg	0% DV
Zinc	0.3 mg	3% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	63.3 mg	4% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.0 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	2536.9 µg	~
Polyphenols	979.7 mg	~
Phytosterols	24.7 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

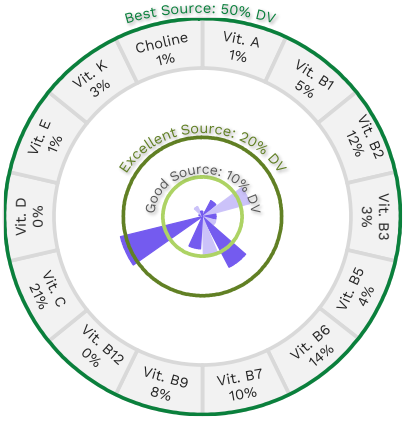




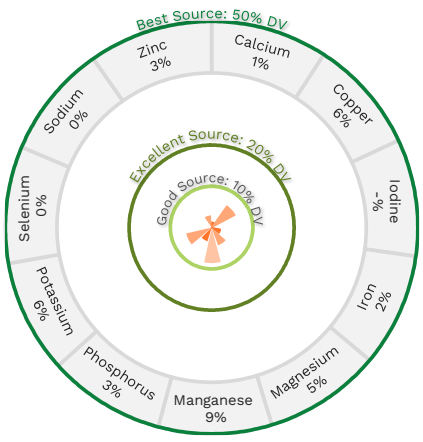








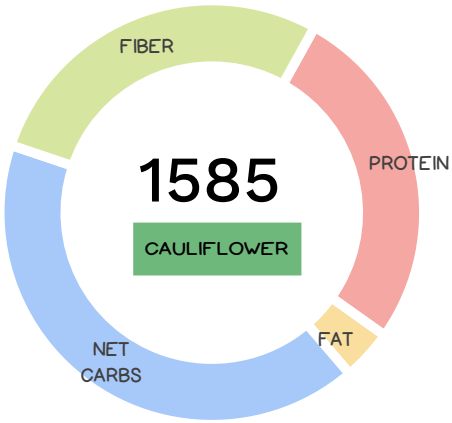




81 Cauliflower

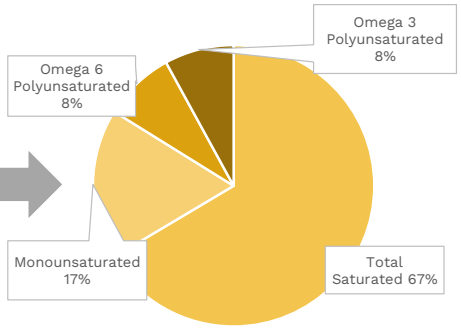
Serving Size:	107 grams	Protein:	2.1 grams	Net Carbs:	3.2 grams
Calories:	27	Fat:	0.3 grams	Fiber:	2.1 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	0.0 µg RAE	0% DV
Vitamin B1 (Thiamin)	53.5 µg	4% DV
Vitamin B2 (Riboflavin)	64.2 µg	5% DV
Vitamin B3 (Niacin)	0.5 mg	3% DV
Vitamin B5 (Pantothenic Acid)	0.7 mg	14% DV
Vitamin B6 (Pyridoxine)	196.9 µg	12% DV
Vitamin B7 (Biotin)	18.2 µg	61% DV
Vitamin B9 (Folate)	61.0 µg	15% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	51.6 mg	57% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.3 mg	2% DV
Vitamin K	16.6 µg	14% DV
Choline	47.4 mg	9% DV
Myo-Inositol	19.3 mg	~
CoQ10	0.7 mg	~
Minerals		
Calcium	23.5 mg	2% DV
Copper	41.7 µg	5% DV
Iodine	~	~
Iron	0.4 mg	2% DV
Magnesium	16.1 mg	4% DV
Manganese	165.9 µg	7% DV
Phosphorus	47.1 mg	4% DV
Potassium	319.9 mg	7% DV
Selenium	0.6 µg	1% DV
Sodium	32.1 mg	1% DV
Zinc	0.3 mg	3% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	16.1 mg	1% DV
EPA + DHA	0.0 mg	0% DV
CLA	3.2 mg	~
Linoleic Acid	0.0 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	1.1 µg	~
Polyphenols	293.2 mg	~
Phytosterols	45.8 mg	~
Glucosinolates	84.1 mg	~
Thiosulfinates	~	~
Betalains	~	~

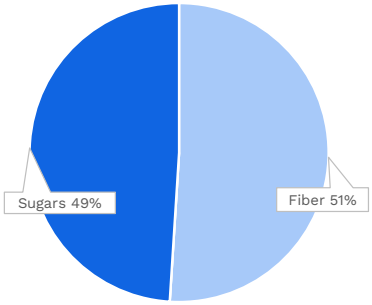




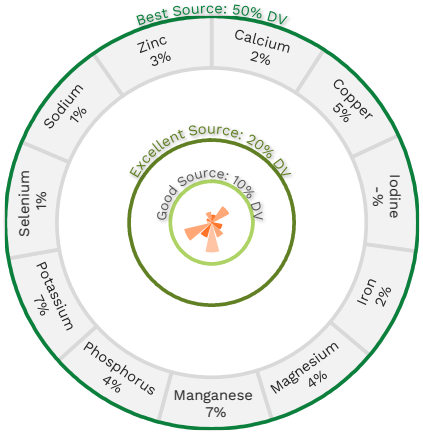
FATS



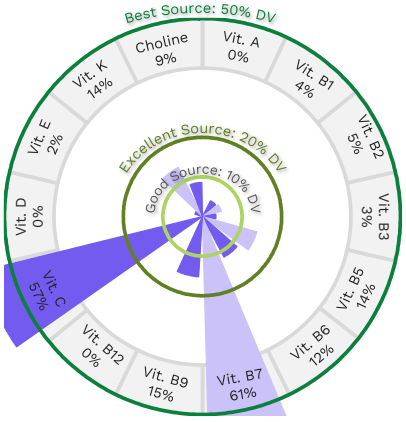
CARBOHYDRATES



MINERALS



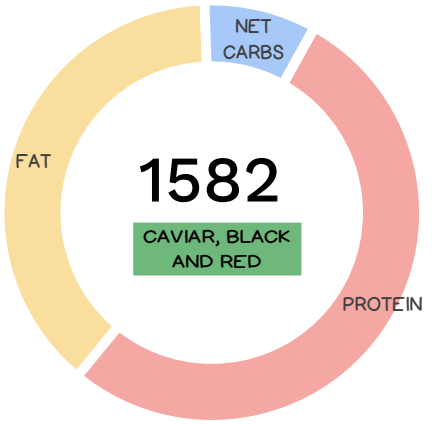
VITAMINS



82 Caviar, black and red

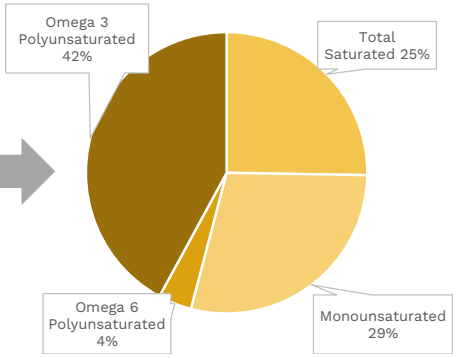
Serving Size:	28 grams	Protein:	7.0 grams	Net Carbs:	1.1 grams
Calories:	75	Fat:	5.1 grams	Fiber:	0.0 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	76.8 µg RAE	9% DV
Vitamin B1 (Thiamin)	53.9 µg	4% DV
Vitamin B2 (Riboflavin)	175.8 µg	14% DV
Vitamin B3 (Niacin)	0.0 mg	0% DV
Vitamin B5 (Pantothenic Acid)	1.0 mg	20% DV
Vitamin B6 (Pyridoxine)	90.7 µg	5% DV
Vitamin B7 (Biotin)	0.0 µg	0% DV
Vitamin B9 (Folate)	14.2 µg	4% DV
Vitamin B12 (Cobalamin)	5.7 µg	236% DV
Vitamin C	0.0 mg	0% DV
Vitamin D (D2 + D3)	0.8 µg	4% DV
Vitamin E	0.5 mg	4% DV
Vitamin K	0.2 µg	0% DV
Choline	139.2 mg	25% DV
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	78.0 mg	6% DV
Copper	31.2 µg	3% DV
Iodine	39.7 µg	26% DV
Iron	3.4 mg	19% DV
Magnesium	85.1 mg	20% DV
Manganese	14.2 µg	1% DV
Phosphorus	100.9 mg	8% DV
Potassium	51.3 mg	1% DV
Selenium	18.6 µg	34% DV
Sodium	425.3 mg	18% DV
Zinc	0.3 mg	2% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	1.3 g	7% DV
ALA	4.8 mg	0% DV
EPA + DHA	1854.4 mg	742% DV
CLA	~	~
Linoleic Acid	0.0 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	183.7 µg	~
Polyphenols	0.0 mg	~
Phytosterols	0.0 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~





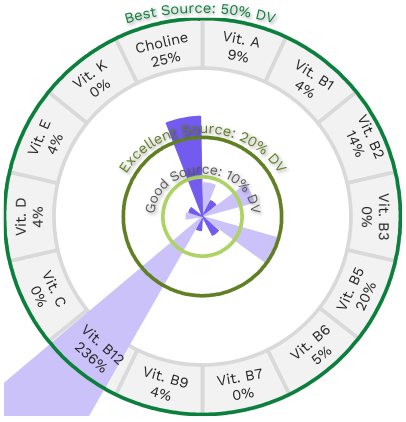
FATS



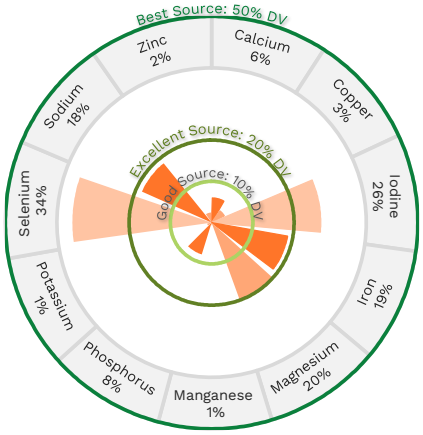
CARBOHYDRATES

No detailed component data currently available in the USDA Food Central Database.

VITAMINS



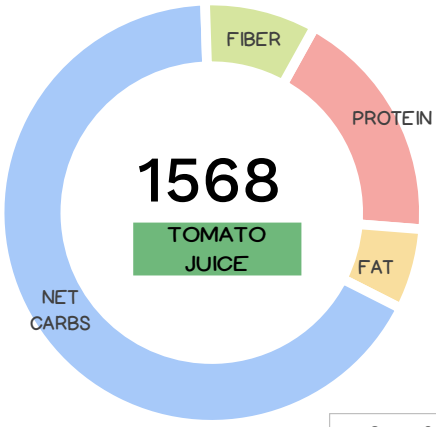
MINERALS



83 Tomato juice

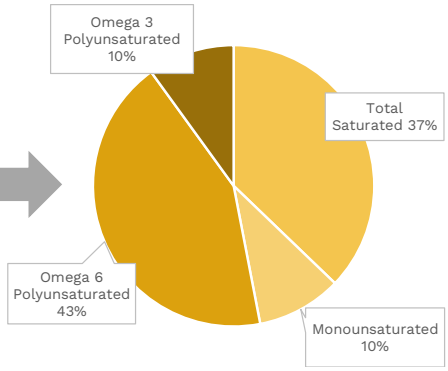
Serving Size:	243 grams	Protein:	2.1 grams	Net Carbs:	7.6 grams
Calories:	41	Fat:	0.7 grams	Fiber:	1.0 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	55.9 µg RAE	6% DV
Vitamin B1 (Thiamin)	243.0 µg	20% DV
Vitamin B2 (Riboflavin)	189.5 µg	15% DV
Vitamin B3 (Niacin)	1.6 mg	10% DV
Vitamin B5 (Pantothenic Acid)	0.6 mg	12% DV
Vitamin B6 (Pyridoxine)	170.1 µg	10% DV
Vitamin B7 (Biotin)	10.2 µg	34% DV
Vitamin B9 (Folate)	48.6 µg	12% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	170.3 mg	189% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.9 mg	6% DV
Vitamin K	5.6 µg	5% DV
Choline	16.5 mg	3% DV
Myo-Inositol	116.6 mg	~
CoQ10	~	~
Minerals		
Calcium	24.3 mg	2% DV
Copper	102.1 µg	11% DV
Iodine	~	~
Iron	0.9 mg	5% DV
Magnesium	26.7 mg	6% DV
Manganese	165.2 µg	7% DV
Phosphorus	46.2 mg	4% DV
Potassium	527.3 mg	11% DV
Selenium	1.2 µg	2% DV
Sodium	24.3 mg	1% DV
Zinc	0.3 mg	2% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	12.2 mg	1% DV
EPA + DHA	0.0 mg	0% DV
CLA	0.0 mg	~
Linoleic Acid	0.1 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	22761.8 µg	~
Polyphenols	31.3 mg	~
Phytosterols	6.1 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

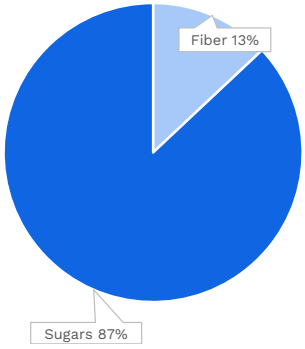




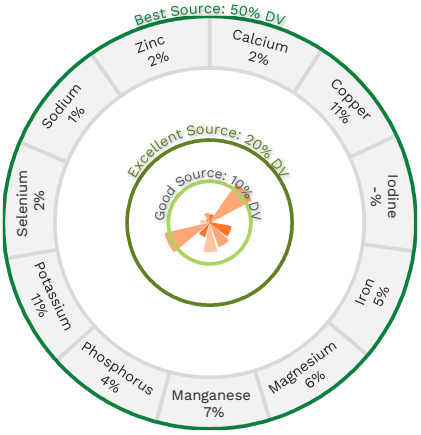
FATS



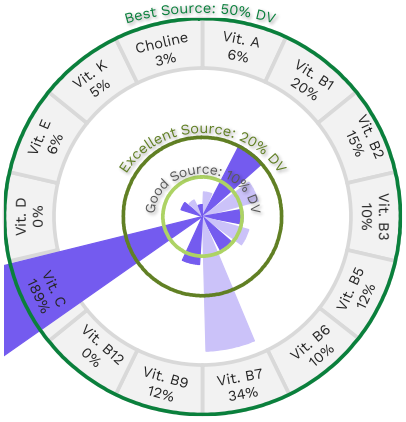
CARBOHYDRATES



MINERALS



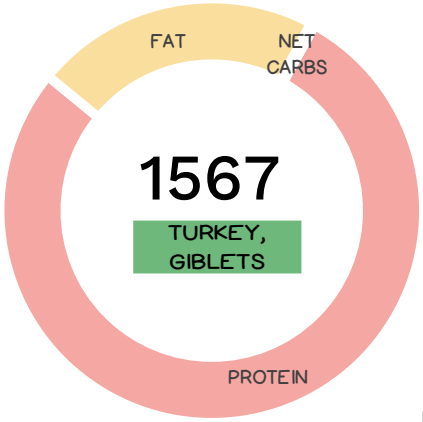
VITAMINS



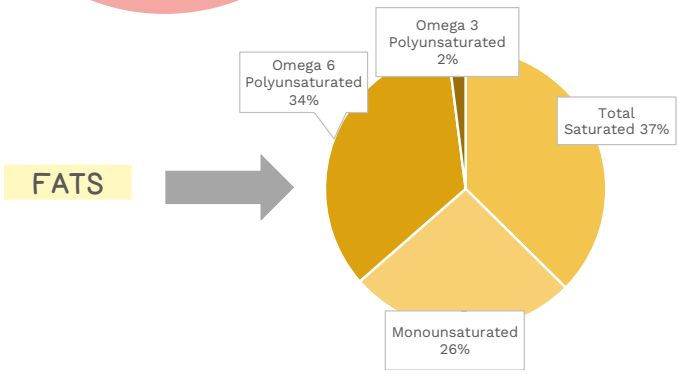
84 Turkey, giblets

Serving Size:	100 grams	Protein:	18.2 grams	Net Carbs:	0.1 grams
Calories:	124	Fat:	5.1 grams	Fiber:	0.0 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	3939.0 µg RAE	438% DV
Vitamin B1 (Thiamin)	149.0 µg	12% DV
Vitamin B2 (Riboflavin)	1393.0 µg	107% DV
Vitamin B3 (Niacin)	8.7 mg	54% DV
Vitamin B5 (Pantothenic Acid)	3.9 mg	78% DV
Vitamin B6 (Pyridoxine)	654.0 µg	38% DV
Vitamin B7 (Biotin)	47.2 µg	157% DV
Vitamin B9 (Folate)	331.0 µg	83% DV
Vitamin B12 (Cobalamin)	13.1 µg	544% DV
Vitamin C	0.0 mg	0% DV
Vitamin D (D2 + D3)	0.8 µg	4% DV
Vitamin E	0.4 mg	3% DV
Vitamin K	0.0 µg	0% DV
Choline	160.0 mg	29% DV
Myo-Inositol	14.4 mg	~
CoQ10	4.8 mg	~
Minerals		
Calcium	18.0 mg	1% DV
Copper	577.0 µg	64% DV
Iodine	~	~
Iron	5.9 mg	33% DV
Magnesium	22.0 mg	5% DV
Manganese	190.0 µg	8% DV
Phosphorus	223.0 mg	18% DV
Potassium	198.0 mg	4% DV
Selenium	49.3 µg	90% DV
Sodium	136.0 mg	6% DV
Zinc	3.2 mg	29% DV
Amino Acids & Peptides		
Taurine	306.0 mg	~
Ergothioneine	0.1 mg	~
Functional Fats		
MUFA	1.0 g	5% DV
ALA	43.0 mg	3% DV
EPA + DHA	30.0 mg	12% DV
CLA	12.7 mg	~
Linoleic Acid	1.0 g	6% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	0.0 µg	~
Polyphenols	0.0 mg	~
Phytosterols	0.0 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~



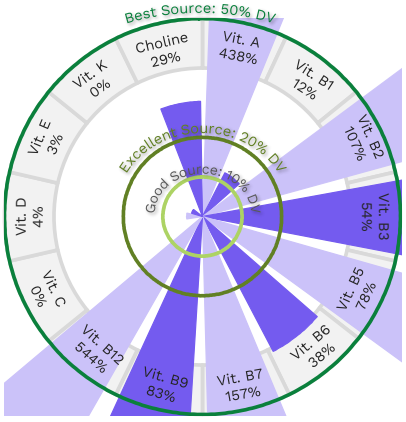






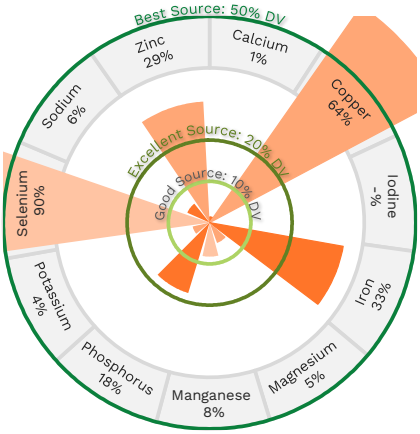
CARBOHYDRATES

No detailed component data currently available in the USDA Food Central Database.



VITAMINS

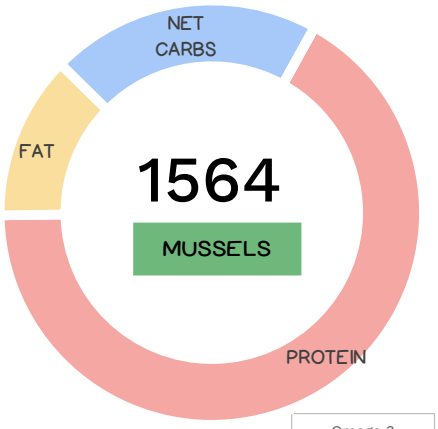
MINERALS



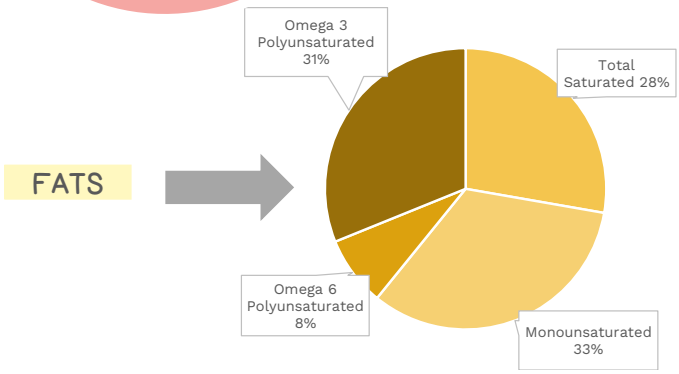
85 Mussels

Serving Size:	115 grams	Protein:	13.7 grams	Net Carbs:	4.2 grams
Calories:	99	Fat:	2.6 grams	Fiber:	0.0 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	55.2 µg RAE	6% DV
Vitamin B1 (Thiamin)	184.0 µg	15% DV
Vitamin B2 (Riboflavin)	241.5 µg	19% DV
Vitamin B3 (Niacin)	1.8 mg	12% DV
Vitamin B5 (Pantothenic Acid)	0.6 mg	12% DV
Vitamin B6 (Pyridoxine)	57.5 µg	3% DV
Vitamin B7 (Biotin)	26.1 µg	87% DV
Vitamin B9 (Folate)	48.3 µg	12% DV
Vitamin B12 (Cobalamin)	13.8 µg	575% DV
Vitamin C	9.2 mg	10% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.7 mg	4% DV
Vitamin K	0.1 µg	0% DV
Choline	74.8 mg	14% DV
Myo-Inositol	~	~
CoQ10	1.1 mg	~
Minerals		
Calcium	29.9 mg	2% DV
Copper	108.1 µg	12% DV
Iodine	120.5 µg	80% DV
Iron	4.5 mg	25% DV
Magnesium	39.1 mg	9% DV
Manganese	3910.0 µg	170% DV
Phosphorus	226.6 mg	18% DV
Potassium	368.0 mg	8% DV
Selenium	51.5 µg	94% DV
Sodium	328.9 mg	14% DV
Zinc	1.8 mg	17% DV
Amino Acids & Peptides		
Taurine	753.7 mg	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.6 g	3% DV
ALA	23.0 mg	1% DV
EPA + DHA	507.2 mg	203% DV
CLA	1.0 mg	~
Linoleic Acid	0.0 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	0.0 µg	~
Polyphenols	0.0 mg	~
Phytosterols	0.0 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~



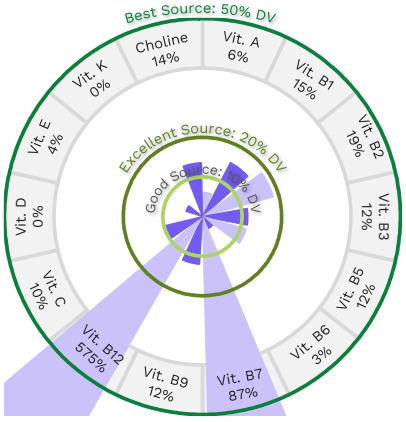






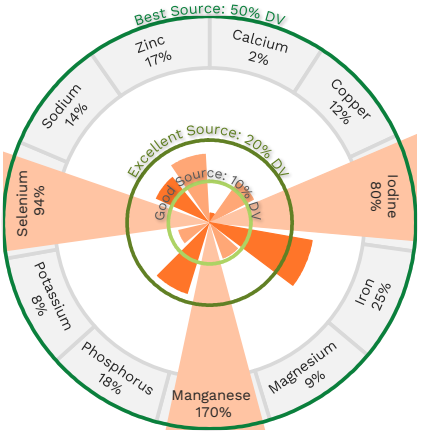
CARBOHYDRATES

No detailed component data currently available in the USDA Food Central Database.



MINERALS

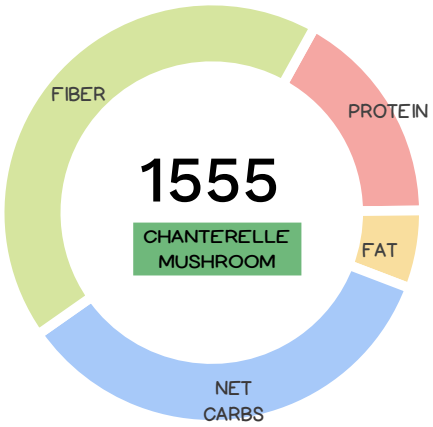
VITAMINS



86 Chanterelle mushroom

Serving Size:	54 grams	Protein:	0.8 grams	Net Carbs:	1.7 grams
Calories:	17	Fat:	0.3 grams	Fiber:	2.1 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	59.6 µg RAE	7% DV
Vitamin B1 (Thiamin)	8.1 µg	1% DV
Vitamin B2 (Riboflavin)	116.1 µg	9% DV
Vitamin B3 (Niacin)	2.2 mg	14% DV
Vitamin B5 (Pantothenic Acid)	0.6 mg	12% DV
Vitamin B6 (Pyridoxine)	23.8 µg	1% DV
Vitamin B7 (Biotin)	5.0 µg	17% DV
Vitamin B9 (Folate)	1.1 µg	0% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	2.7 mg	3% DV
Vitamin D (D2 + D3)	2.9 µg	14% DV
Vitamin E	0.0 mg	0% DV
Vitamin K	0.0 µg	0% DV
Choline	~	~
Myo-Inositol	4.9 mg	~
CoQ10	0.0 mg	~
Minerals		
Calcium	8.1 mg	1% DV
Copper	190.6 µg	21% DV
Iodine	~	~
Iron	1.9 mg	10% DV
Magnesium	7.0 mg	2% DV
Manganese	154.4 µg	7% DV
Phosphorus	30.8 mg	2% DV
Potassium	273.2 mg	6% DV
Selenium	1.2 µg	2% DV
Sodium	4.9 mg	0% DV
Zinc	0.4 mg	3% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	1.1 mg	~
Functional Fats		
MUFA	~	~
ALA	0.0 mg	0% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.1 g	1% DV
MCT's	~	~
Phytonutrients		
Carotenoids	717.9 µg	~
Polyphenols	554.0 mg	~
Phytosterols	18.2 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

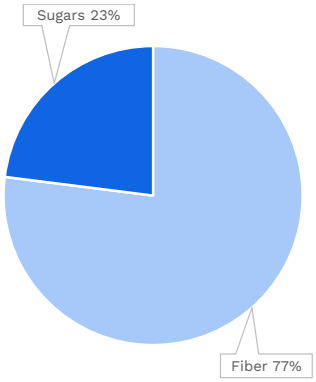




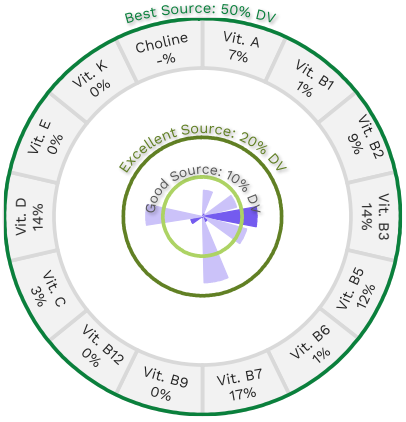
FATS



No detailed component data currently available in the USDA Food Central Database.

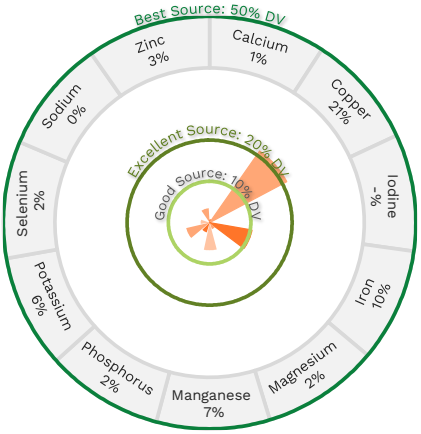


CARBOHYDRATES



MINERALS

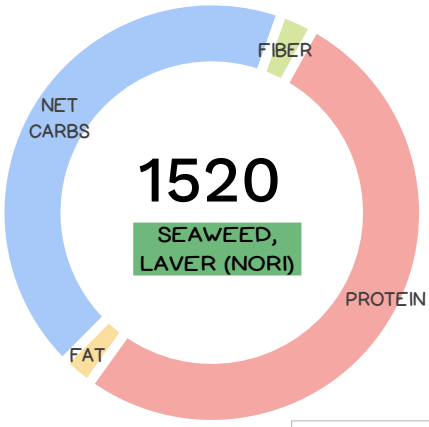
VITAMINS



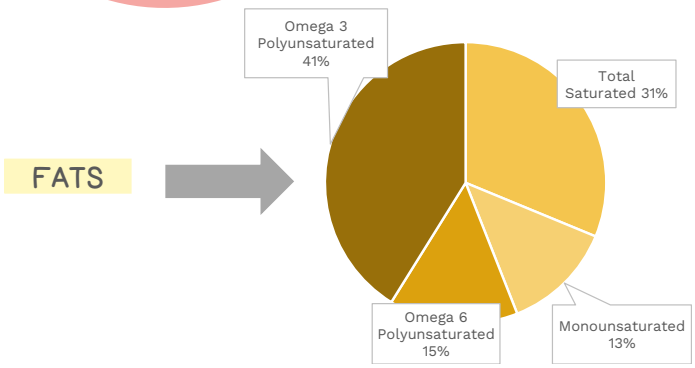
87 Seaweed, Laver (Nori)

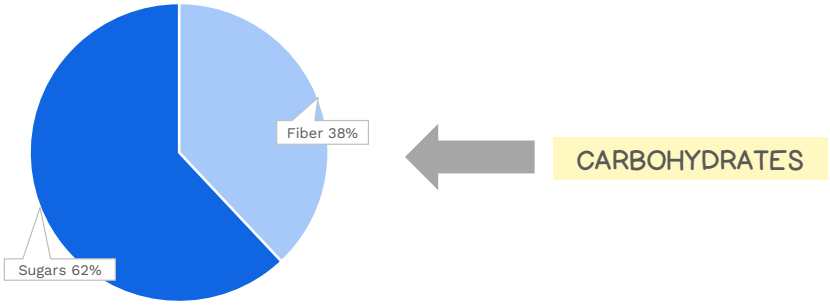
Serving Size:	80 grams	Protein:	4.6 grams	Net Carbs:	3.8 grams
Calories:	28	Fat:	0.2 grams	Fiber:	0.2 grams

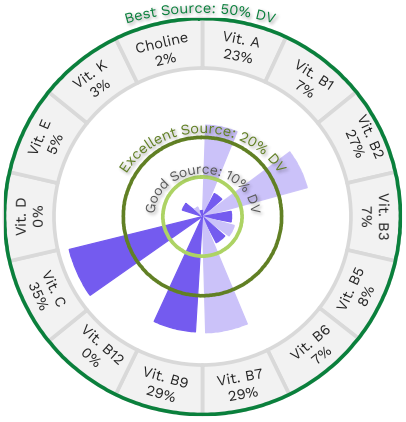
Vitamins & Vitaminlike Compounds		
Vitamin A	208.0 µg RAE	23% DV
Vitamin B1 (Thiamin)	78.4 µg	7% DV
Vitamin B2 (Riboflavin)	356.8 µg	27% DV
Vitamin B3 (Niacin)	1.2 mg	7% DV
Vitamin B5 (Pantothenic Acid)	0.4 mg	8% DV
Vitamin B6 (Pyridoxine)	127.2 µg	7% DV
Vitamin B7 (Biotin)	8.8 µg	29% DV
Vitamin B9 (Folate)	116.8 µg	29% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	31.2 mg	35% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.8 mg	5% DV
Vitamin K	3.2 µg	3% DV
Choline	8.3 mg	2% DV
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	56.0 mg	4% DV
Copper	211.2 µg	23% DV
Iodine	211.5 µg	141% DV
Iron	1.4 mg	8% DV
Magnesium	1.6 mg	0% DV
Manganese	790.4 µg	34% DV
Phosphorus	46.4 mg	4% DV
Potassium	284.8 mg	6% DV
Selenium	0.6 µg	1% DV
Sodium	38.4 mg	2% DV
Zinc	0.8 mg	8% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	0.8 mg	0% DV
EPA + DHA	64.0 mg	26% DV
CLA	~	~
Linoleic Acid	0.0 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	2496.8 µg	~
Polyphenols	720.8 mg	~
Phytosterols	~	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

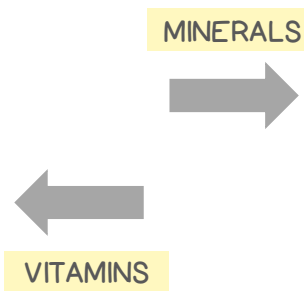


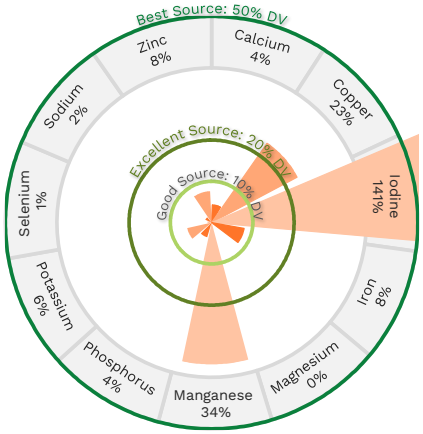








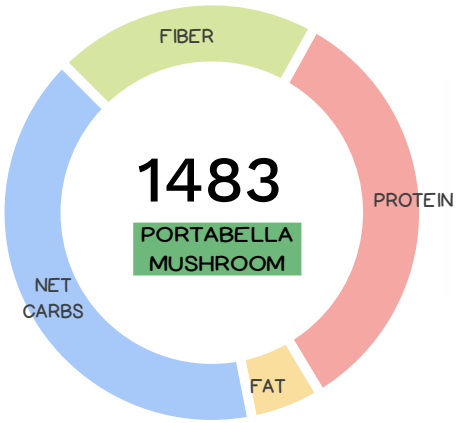




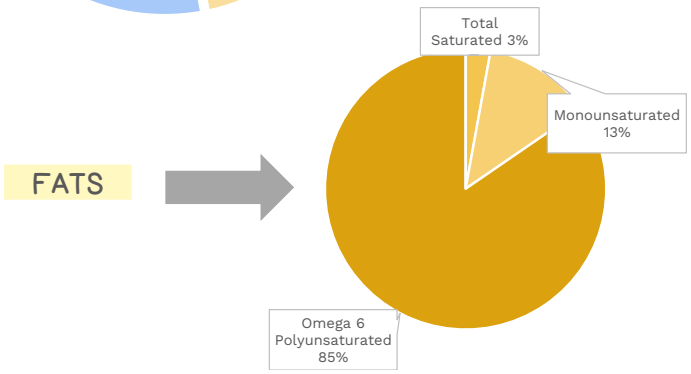
88 Portabella mushroom

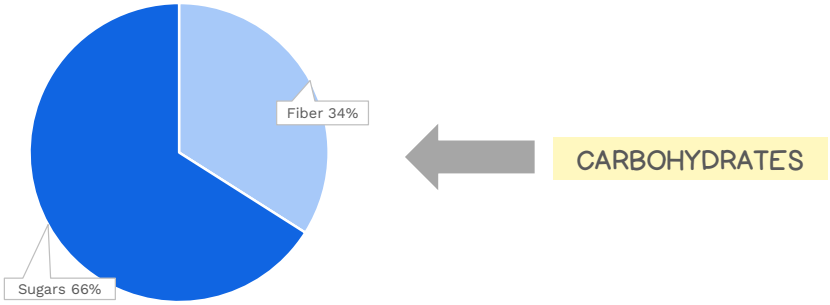
Serving Size:	86 grams	Protein:	1.8 grams	Net Carbs:	2.2 grams
Calories:	19	Fat:	0.3 grams	Fiber:	1.1 grams

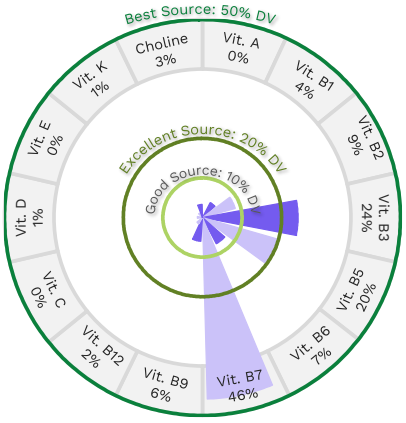
Vitamins & Vitaminlike Compounds		
Vitamin A	0.0 µg RAE	0% DV
Vitamin B1 (Thiamin)	50.7 µg	4% DV
Vitamin B2 (Riboflavin)	111.8 µg	9% DV
Vitamin B3 (Niacin)	3.9 mg	24% DV
Vitamin B5 (Pantothenic Acid)	1.0 mg	20% DV
Vitamin B6 (Pyridoxine)	127.3 µg	7% DV
Vitamin B7 (Biotin)	13.8 µg	46% DV
Vitamin B9 (Folate)	24.1 µg	6% DV
Vitamin B12 (Cobalamin)	0.0 µg	2% DV
Vitamin C	0.0 mg	0% DV
Vitamin D (D2 + D3)	0.3 µg	1% DV
Vitamin E	0.0 mg	0% DV
Vitamin K	1.5 µg	1% DV
Choline	18.2 mg	3% DV
Myo-Inositol	7.7 mg	~
CoQ10	0.0 mg	~
Minerals		
Calcium	2.6 mg	0% DV
Copper	246.0 µg	27% DV
Iodine	~	~
Iron	0.3 mg	1% DV
Magnesium	~	~
Manganese	59.3 µg	3% DV
Phosphorus	92.9 mg	7% DV
Potassium	313.0 mg	7% DV
Selenium	16.0 µg	29% DV
Sodium	7.7 mg	0% DV
Zinc	0.5 mg	4% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	1.4 mg	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	0.0 mg	0% DV
EPA + DHA	~	~
CLA	0.0 mg	~
Linoleic Acid	0.1 g	1% DV
MCT's	~	~
Phytonutrients		
Carotenoids	0.0 µg	~
Polyphenols	64.1 mg	~
Phytosterols	1.7 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

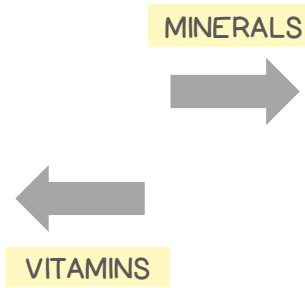


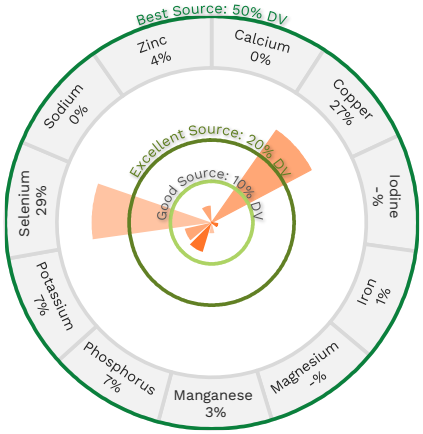








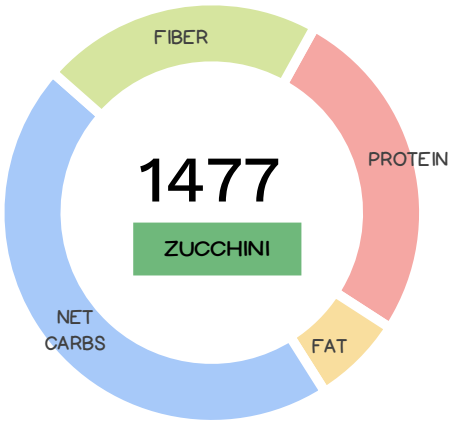




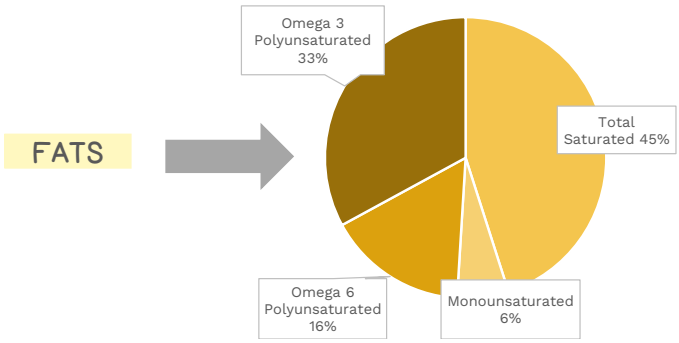
89 Zucchini

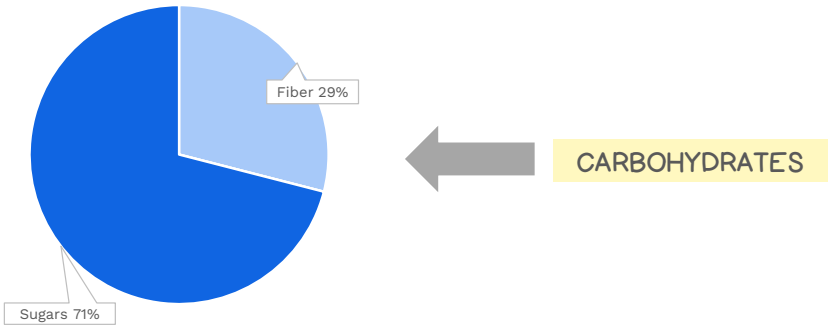
Serving Size:	113 grams	Protein:	1.4 grams	Net Carbs:	2.4 grams
Calories:	19	Fat:	0.4 grams	Fiber:	1.1 grams

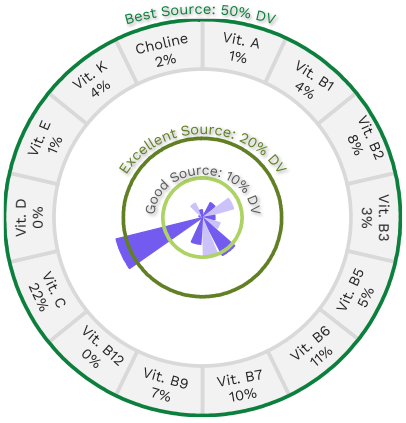
Vitamins & Vitaminlike Compounds		
Vitamin A	11.3 µg RAE	1% DV
Vitamin B1 (Thiamin)	50.9 µg	4% DV
Vitamin B2 (Riboflavin)	106.2 µg	8% DV
Vitamin B3 (Niacin)	0.5 mg	3% DV
Vitamin B5 (Pantothenic Acid)	0.2 mg	5% DV
Vitamin B6 (Pyridoxine)	184.2 µg	11% DV
Vitamin B7 (Biotin)	3.1 µg	10% DV
Vitamin B9 (Folate)	27.1 µg	7% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	20.2 mg	22% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.1 mg	1% DV
Vitamin K	4.9 µg	4% DV
Choline	10.7 mg	2% DV
Myo-Inositol	59.9 mg	~
CoQ10	~	~
Minerals		
Calcium	18.1 mg	1% DV
Copper	59.9 µg	7% DV
Iodine	~	~
Iron	0.4 mg	2% DV
Magnesium	20.3 mg	5% DV
Manganese	200.0 µg	9% DV
Phosphorus	42.9 mg	3% DV
Potassium	294.9 mg	6% DV
Selenium	0.2 µg	0% DV
Sodium	9.0 mg	0% DV
Zinc	0.4 mg	3% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	68.9 mg	4% DV
EPA + DHA	0.0 mg	0% DV
CLA	0.0 mg	~
Linoleic Acid	0.0 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	2536.9 µg	~
Polyphenols	979.7 mg	~
Phytosterols	24.7 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

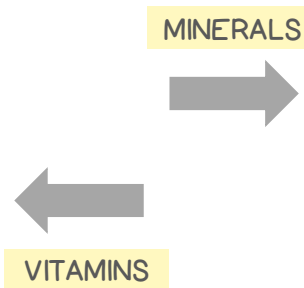


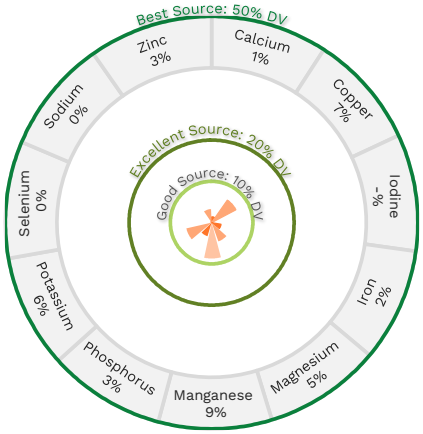








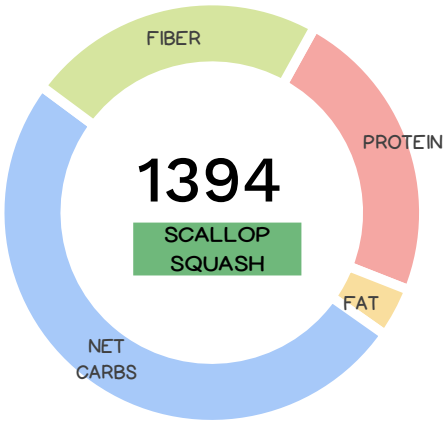




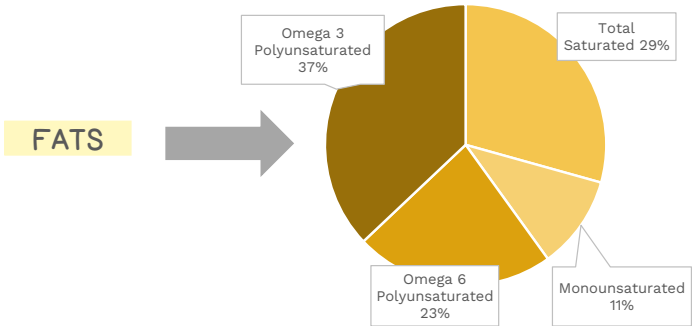
90 Scallop squash

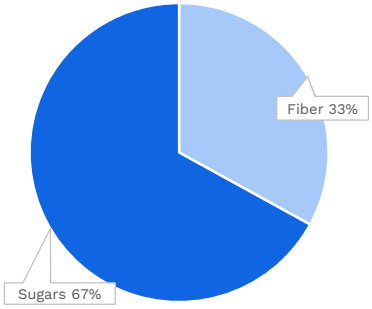
Serving Size:	130 grams	Protein:	1.6 grams	Net Carbs:	3.4 grams
Calories:	23	Fat:	0.3 grams	Fiber:	1.6 grams

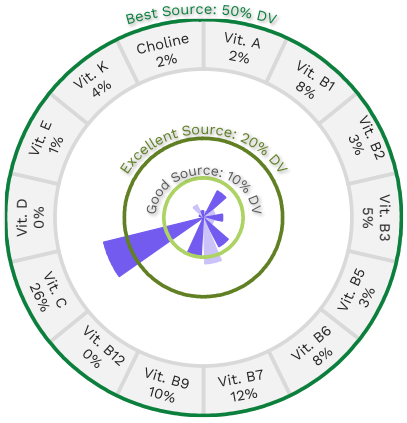
Vitamins & Vitaminlike Compounds		
Vitamin A	14.3 µg RAE	2% DV
Vitamin B1 (Thiamin)	91.0 µg	8% DV
Vitamin B2 (Riboflavin)	39.0 µg	3% DV
Vitamin B3 (Niacin)	0.8 mg	5% DV
Vitamin B5 (Pantothenic Acid)	0.1 mg	3% DV
Vitamin B6 (Pyridoxine)	141.7 µg	8% DV
Vitamin B7 (Biotin)	3.5 µg	12% DV
Vitamin B9 (Folate)	39.0 µg	10% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	23.4 mg	26% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.2 mg	1% DV
Vitamin K	4.3 µg	4% DV
Choline	9.5 mg	2% DV
Myo-Inositol	68.9 mg	~
CoQ10	~	~
Minerals		
Calcium	24.7 mg	2% DV
Copper	132.6 µg	15% DV
Iodine	~	~
Iron	0.5 mg	3% DV
Magnesium	29.9 mg	7% DV
Manganese	204.1 µg	9% DV
Phosphorus	46.8 mg	4% DV
Potassium	236.6 mg	5% DV
Selenium	0.3 µg	0% DV
Sodium	1.3 mg	0% DV
Zinc	0.4 mg	3% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	67.6 mg	4% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.0 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	3169.4 µg	~
Polyphenols	1127.1 mg	~
Phytosterols	28.5 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

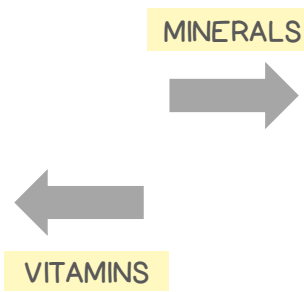


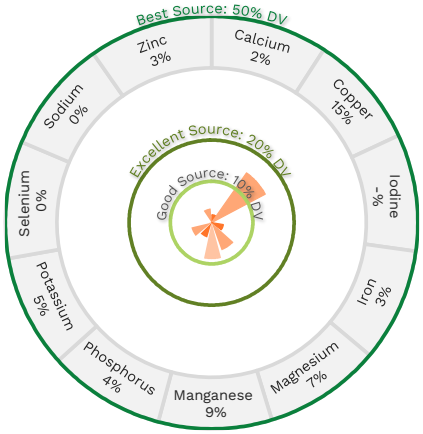








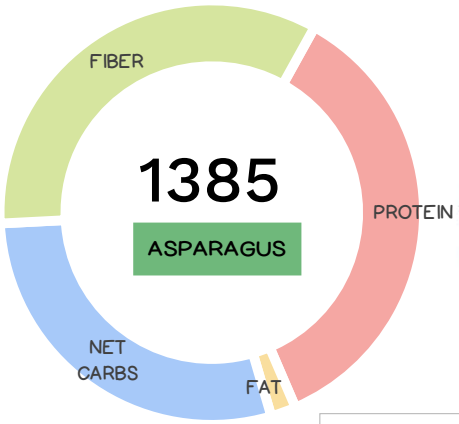




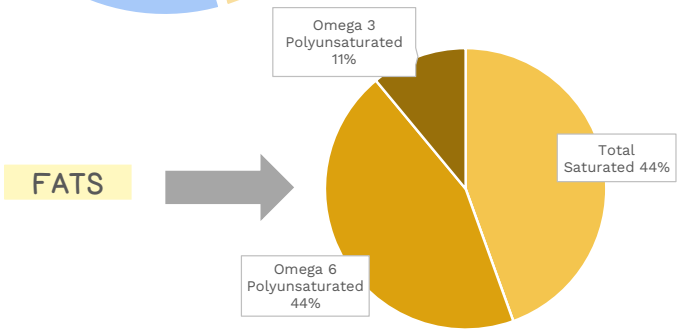
91 Asparagus

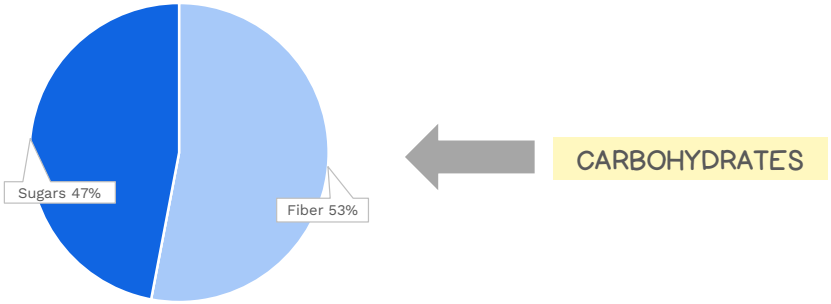
Serving Size:	134 grams	Protein:	2.9 grams	Net Carbs:	2.4 grams
Calories:	27	Fat:	0.2 grams	Fiber:	2.8 grams

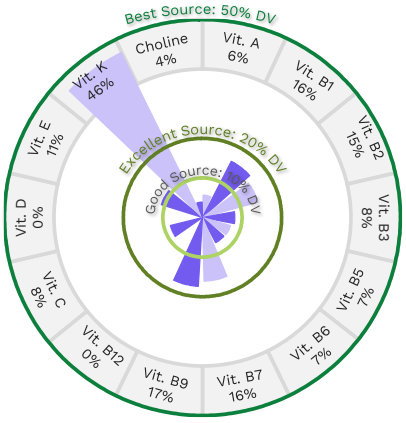
Vitamins & Vitaminlike Compounds		
Vitamin A	50.9 µg RAE	6% DV
Vitamin B1 (Thiamin)	191.6 µg	16% DV
Vitamin B2 (Riboflavin)	188.9 µg	15% DV
Vitamin B3 (Niacin)	1.3 mg	8% DV
Vitamin B5 (Pantothenic Acid)	0.4 mg	7% DV
Vitamin B6 (Pyridoxine)	121.9 µg	7% DV
Vitamin B7 (Biotin)	4.8 µg	16% DV
Vitamin B9 (Folate)	69.7 µg	17% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	7.5 mg	8% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	1.6 mg	11% DV
Vitamin K	55.7 µg	46% DV
Choline	21.4 mg	4% DV
Myo-Inositol	38.9 mg	~
CoQ10	0.3 mg	~
Minerals		
Calcium	32.2 mg	2% DV
Copper	253.3 µg	28% DV
Iodine	~	~
Iron	2.9 mg	16% DV
Magnesium	18.8 mg	4% DV
Manganese	211.7 µg	9% DV
Phosphorus	69.7 mg	6% DV
Potassium	270.7 mg	6% DV
Selenium	3.1 µg	6% DV
Sodium	2.7 mg	0% DV
Zinc	0.7 mg	7% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	1.5 mg	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	13.4 mg	1% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.1 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	1565.1 µg	~
Polyphenols	188.9 mg	~
Phytosterols	20.1 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~



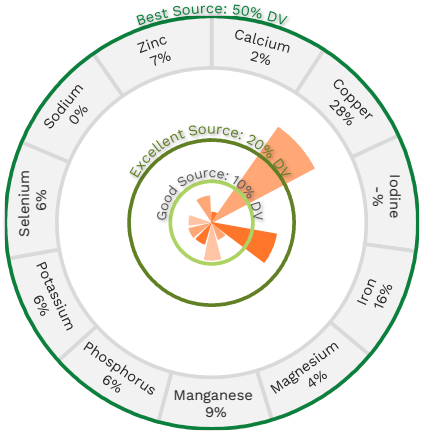








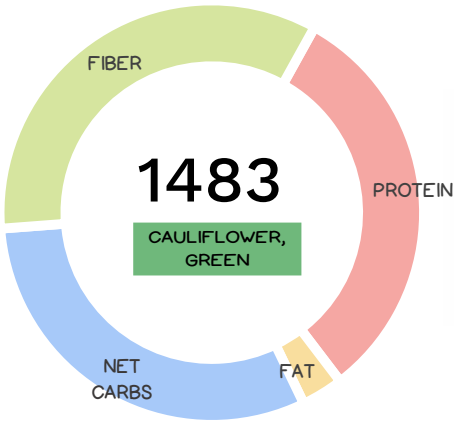




92 Cauliflower, green

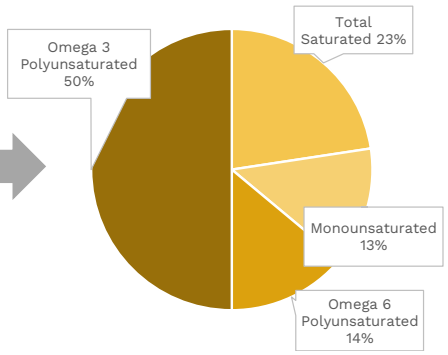
Serving Size:	107 grams	Protein:	3.2 grams	Net Carbs:	3.1 grams
Calories:	33	Fat:	0.3 grams	Fiber:	3.4 grams

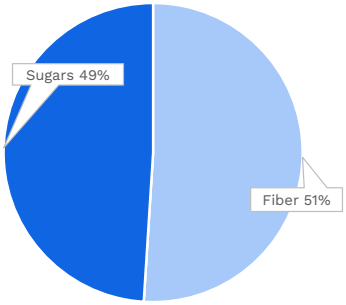
Vitamins & Vitaminlike Compounds		
Vitamin A	8.6 µg RAE	1% DV
Vitamin B1 (Thiamin)	85.6 µg	7% DV
Vitamin B2 (Riboflavin)	109.1 µg	8% DV
Vitamin B3 (Niacin)	0.8 mg	5% DV
Vitamin B5 (Pantothenic Acid)	0.7 mg	15% DV
Vitamin B6 (Pyridoxine)	237.5 µg	14% DV
Vitamin B7 (Biotin)	18.2 µg	61% DV
Vitamin B9 (Folate)	61.0 µg	15% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	94.3 mg	105% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.0 mg	0% DV
Vitamin K	21.6 µg	18% DV
Choline	61.1 mg	11% DV
Myo-Inositol	19.3 mg	~
CoQ10	0.7 mg	~
Minerals		
Calcium	35.3 mg	3% DV
Copper	43.9 µg	5% DV
Iodine	~	~
Iron	0.8 mg	4% DV
Magnesium	21.4 mg	5% DV
Manganese	264.3 µg	11% DV
Phosphorus	66.3 mg	5% DV
Potassium	321.0 mg	7% DV
Selenium	0.6 µg	1% DV
Sodium	24.6 mg	1% DV
Zinc	0.7 mg	6% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	111.3 mg	7% DV
EPA + DHA	0.0 mg	0% DV
CLA	3.2 mg	~
Linoleic Acid	0.0 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	144.5 µg	~
Polyphenols	293.2 mg	~
Phytosterols	45.8 mg	~
Glucosinolates	69.6 mg	~
Thiosulfinates	~	~
Betalains	~	~



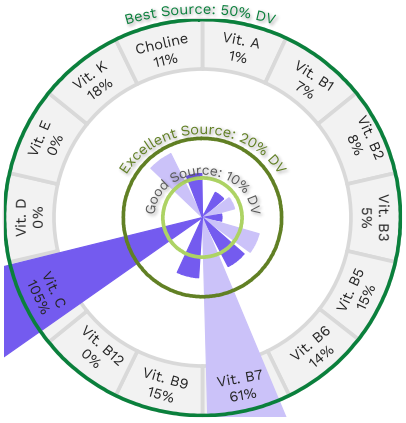


FATS



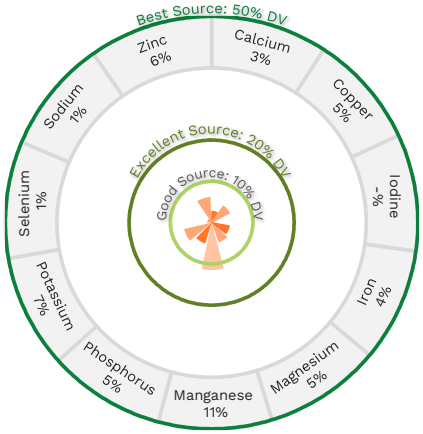


CARBOHYDRATES



VITAMINS

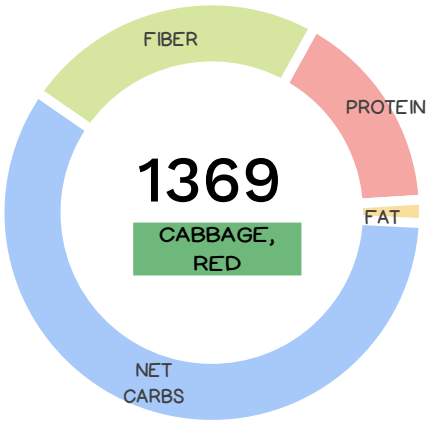
MINERALS



93 Cabbage, red

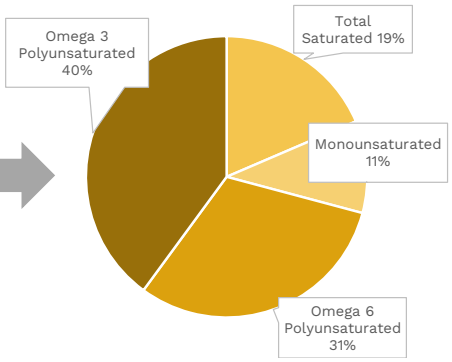
Serving Size:	89 grams	Protein:	1.3 grams	Net Carbs:	4.7 grams
Calories:	28	Fat:	0.1 grams	Fiber:	1.9 grams

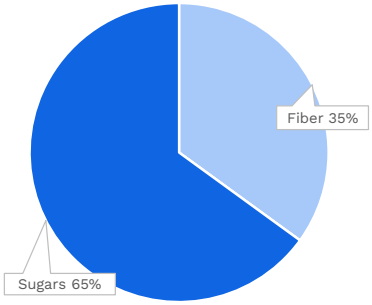
Vitamins & Vitaminlike Compounds		
Vitamin A	49.8 µg RAE	6% DV
Vitamin B1 (Thiamin)	57.0 µg	5% DV
Vitamin B2 (Riboflavin)	61.4 µg	5% DV
Vitamin B3 (Niacin)	0.4 mg	2% DV
Vitamin B5 (Pantothenic Acid)	0.1 mg	3% DV
Vitamin B6 (Pyridoxine)	186.0 µg	11% DV
Vitamin B7 (Biotin)	1.5 µg	5% DV
Vitamin B9 (Folate)	16.0 µg	4% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	50.7 mg	56% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.1 mg	1% DV
Vitamin K	34.0 µg	28% DV
Choline	15.2 mg	3% DV
Myo-Inositol	8.0 mg	~
CoQ10	0.3 mg	~
Minerals		
Calcium	40.1 mg	3% DV
Copper	15.1 µg	2% DV
Iodine	~	~
Iron	0.7 mg	4% DV
Magnesium	14.2 mg	3% DV
Manganese	216.3 µg	9% DV
Phosphorus	26.7 mg	2% DV
Potassium	216.3 mg	5% DV
Selenium	0.5 µg	1% DV
Sodium	24.0 mg	1% DV
Zinc	0.2 mg	2% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	40.1 mg	3% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.0 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	906.9 µg	~
Polyphenols	604.3 mg	~
Phytosterols	13.2 mg	~
Glucosinolates	72.1 mg	~
Thiosulfinates	~	~
Betalains	~	~



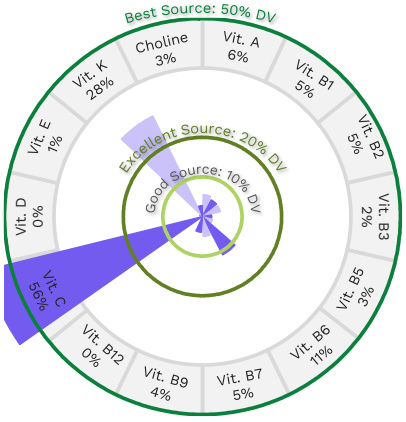


FATS



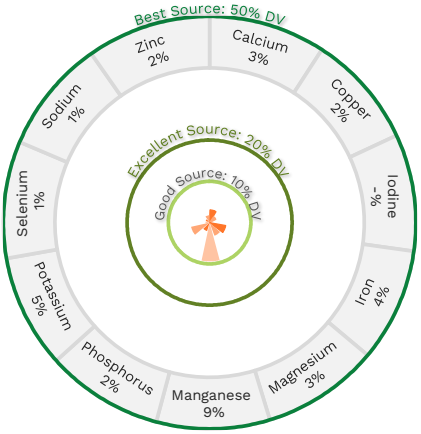


CARBOHYDRATES



MINERALS

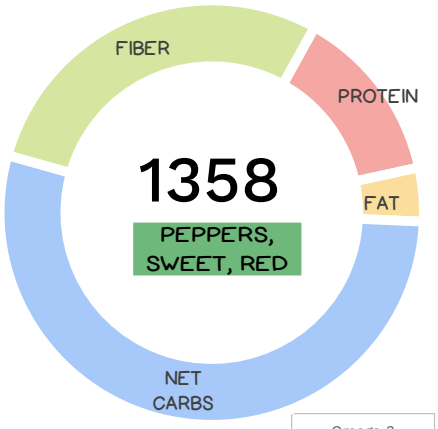
VITAMINS



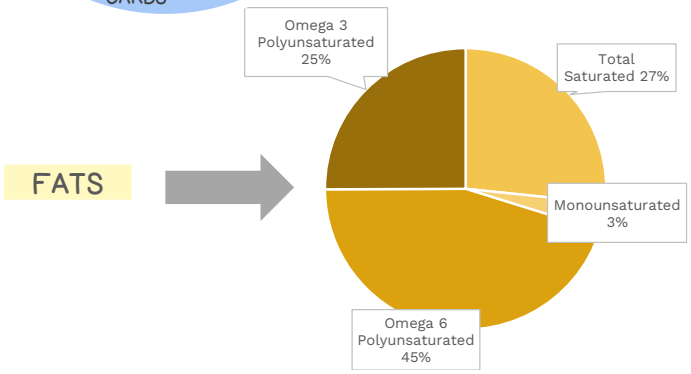
94 Peppers, sweet, red

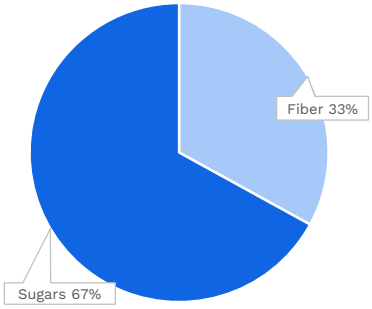
Serving Size:	92 grams	Protein:	0.9 grams	Net Carbs:	3.6 grams
Calories:	24	Fat:	0.3 grams	Fiber:	1.9 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	144.4 µg RAE	16% DV
Vitamin B1 (Thiamin)	49.7 µg	4% DV
Vitamin B2 (Riboflavin)	78.2 µg	6% DV
Vitamin B3 (Niacin)	0.9 mg	6% DV
Vitamin B5 (Pantothenic Acid)	0.3 mg	6% DV
Vitamin B6 (Pyridoxine)	267.7 µg	16% DV
Vitamin B7 (Biotin)	1.4 µg	5% DV
Vitamin B9 (Folate)	42.3 µg	11% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	117.5 mg	131% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	1.6 mg	11% DV
Vitamin K	4.5 µg	4% DV
Choline	5.2 mg	1% DV
Myo-Inositol	52.4 mg	~
CoQ10	0.3 mg	~
Minerals		
Calcium	6.4 mg	0% DV
Copper	15.6 µg	2% DV
Iodine	~	~
Iron	0.4 mg	2% DV
Magnesium	11.0 mg	3% DV
Manganese	103.0 µg	4% DV
Phosphorus	23.9 mg	2% DV
Potassium	194.1 mg	4% DV
Selenium	0.1 µg	0% DV
Sodium	3.7 mg	0% DV
Zinc	0.2 mg	2% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	51.5 mg	3% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.1 g	1% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	2010.2 µg	~
Polyphenols	390.1 mg	~
Phytosterols	20.2 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~





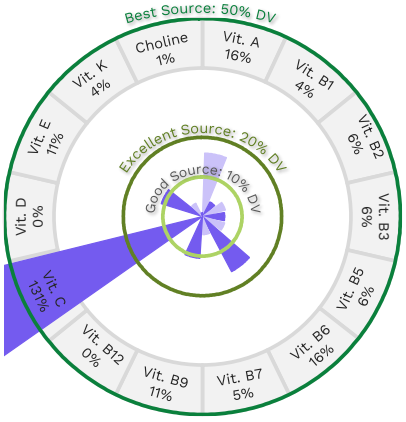




CARBOHYDRATES

MINERALS

VITAMINS

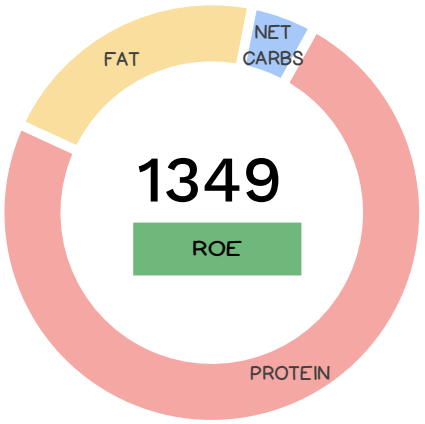




95 Roe

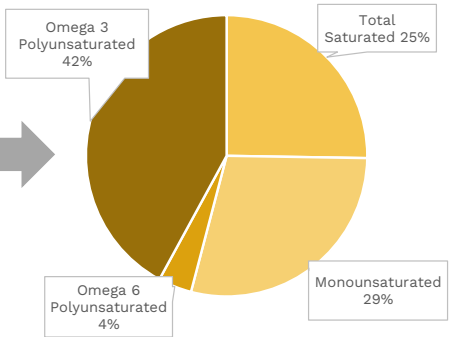
Serving Size:	28 grams	Protein:	6.3 grams	Net Carbs:	0.4 grams
Calories:	41	Fat:	1.8 grams	Fiber:	0.0 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	25.5 µg RAE	3% DV
Vitamin B1 (Thiamin)	68.0 µg	6% DV
Vitamin B2 (Riboflavin)	209.8 µg	16% DV
Vitamin B3 (Niacin)	0.5 mg	3% DV
Vitamin B5 (Pantothenic Acid)	0.3 mg	6% DV
Vitamin B6 (Pyridoxine)	45.4 µg	3% DV
Vitamin B7 (Biotin)	3.7 µg	12% DV
Vitamin B9 (Folate)	22.7 µg	6% DV
Vitamin B12 (Cobalamin)	2.8 µg	118% DV
Vitamin C	4.5 mg	5% DV
Vitamin D (D2 + D3)	3.4 µg	17% DV
Vitamin E	2.0 mg	13% DV
Vitamin K	0.1 µg	0% DV
Choline	95.1 mg	17% DV
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	6.2 mg	0% DV
Copper	28.4 µg	3% DV
Iodine	39.7 µg	26% DV
Iron	0.2 mg	1% DV
Magnesium	5.7 mg	1% DV
Manganese	2.8 µg	0% DV
Phosphorus	114.0 mg	9% DV
Potassium	62.7 mg	1% DV
Selenium	11.4 µg	21% DV
Sodium	25.8 mg	1% DV
Zinc	0.3 mg	3% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.5 g	2% DV
ALA	1.7 mg	0% DV
EPA + DHA	665.1 mg	266% DV
CLA	~	~
Linoleic Acid	0.0 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	60.7 µg	~
Polyphenols	0.0 mg	~
Phytosterols	0.0 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~





FATS

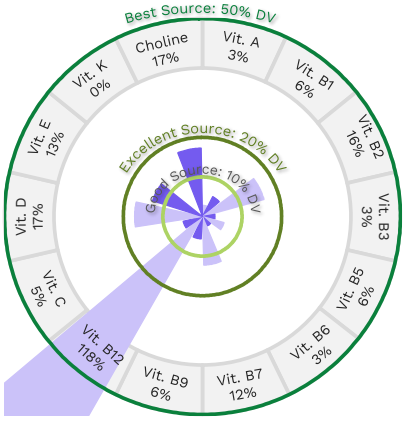


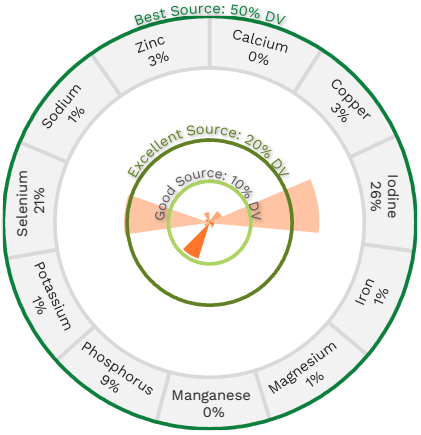
CARBOHYDRATES

No detailed component data currently available in the USDA Food Central Database.

MINERALS

VITAMINS

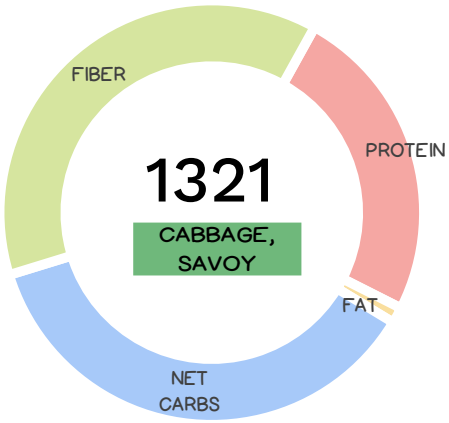




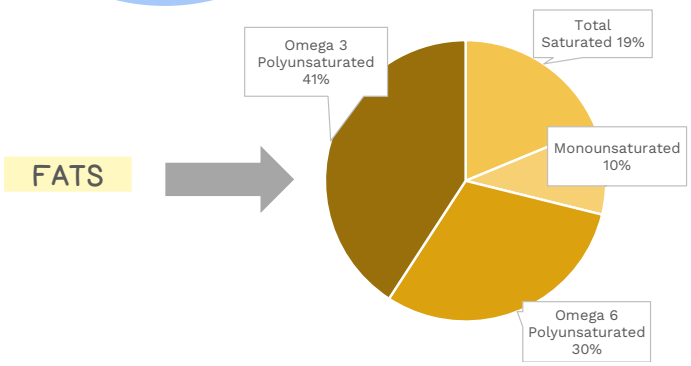
96 Cabbage, savoy

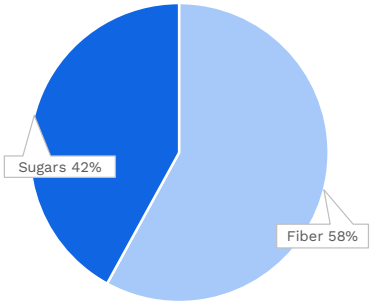
Serving Size:	70 grams	Protein:	1.4 grams	Net Carbs:	2.1 grams
Calories:	19	Fat:	0.1 grams	Fiber:	2.2 grams

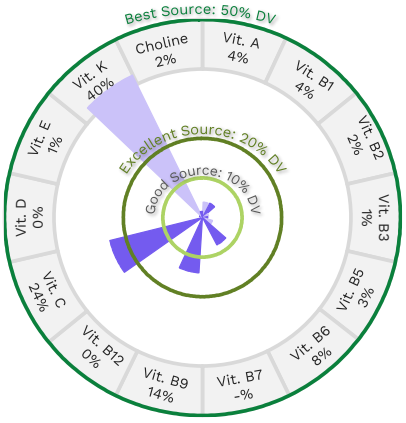
Vitamins & Vitaminlike Compounds		
Vitamin A	35.0 µg RAE	4% DV
Vitamin B1 (Thiamin)	49.0 µg	4% DV
Vitamin B2 (Riboflavin)	21.0 µg	2% DV
Vitamin B3 (Niacin)	0.2 mg	1% DV
Vitamin B5 (Pantothenic Acid)	0.1 mg	3% DV
Vitamin B6 (Pyridoxine)	133.0 µg	8% DV
Vitamin B7 (Biotin)	~	~
Vitamin B9 (Folate)	56.0 µg	14% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	21.7 mg	24% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.1 mg	1% DV
Vitamin K	48.2 µg	40% DV
Choline	8.6 mg	2% DV
Myo-Inositol	~	~
CoQ10	0.2 mg	~
Minerals		
Calcium	24.5 mg	2% DV
Copper	43.4 µg	5% DV
Iodine	~	~
Iron	0.3 mg	2% DV
Magnesium	19.6 mg	5% DV
Manganese	126.0 µg	5% DV
Phosphorus	29.4 mg	2% DV
Potassium	161.0 mg	3% DV
Selenium	0.6 µg	1% DV
Sodium	19.6 mg	1% DV
Zinc	0.2 mg	2% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	19.6 mg	1% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.0 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	473.9 µg	~
Polyphenols	0.0 mg	~
Phytosterols	10.4 mg	~
Glucosinolates	61.6 mg	~
Thiosulfinates	~	~
Betalains	~	~

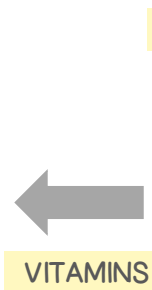


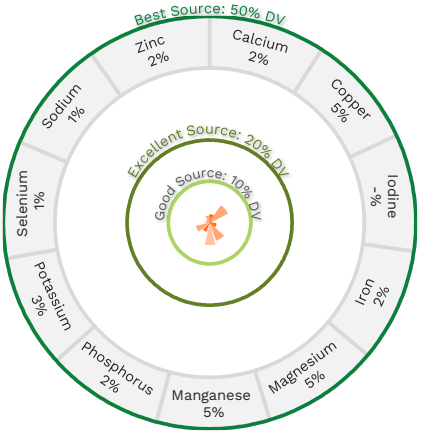








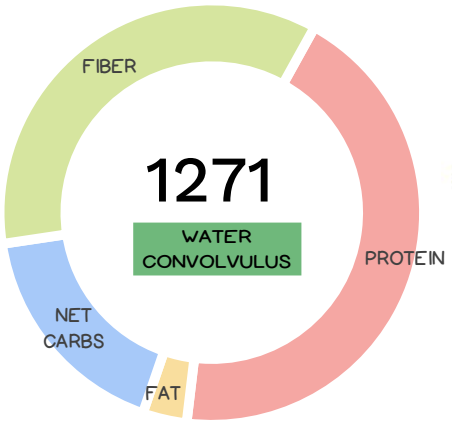




97 Water convolvulus

Serving Size:	112 grams	Protein:	2.9 grams	Net Carbs:	1.2 grams
Calories:	21	Fat:	0.2 grams	Fiber:	2.4 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	352.8 µg RAE	39% DV
Vitamin B1 (Thiamin)	33.6 µg	3% DV
Vitamin B2 (Riboflavin)	112.0 µg	9% DV
Vitamin B3 (Niacin)	1.0 mg	6% DV
Vitamin B5 (Pantothenic Acid)	0.2 mg	3% DV
Vitamin B6 (Pyridoxine)	107.5 µg	6% DV
Vitamin B7 (Biotin)	~	~
Vitamin B9 (Folate)	63.8 µg	16% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	61.6 mg	68% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	~	~
Vitamin K	~	~
Choline	~	~
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	86.2 mg	7% DV
Copper	25.8 µg	3% DV
Iodine	~	~
Iron	1.9 mg	10% DV
Magnesium	79.5 mg	19% DV
Manganese	179.2 µg	8% DV
Phosphorus	43.7 mg	3% DV
Potassium	349.4 mg	7% DV
Selenium	1.0 µg	2% DV
Sodium	126.6 mg	6% DV
Zinc	0.2 mg	2% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	~	~
ALA	~	~
EPA + DHA	~	~
CLA	~	~
Linoleic Acid	~	~
MCT's	~	~
Phytonutrients		
Carotenoids	~	~
Polyphenols	354.4 mg	~
Phytosterols	~	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~



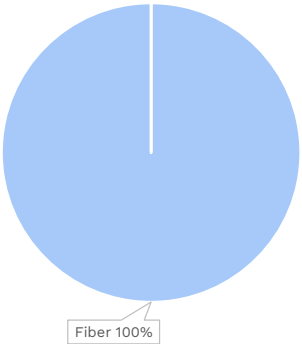


FATS



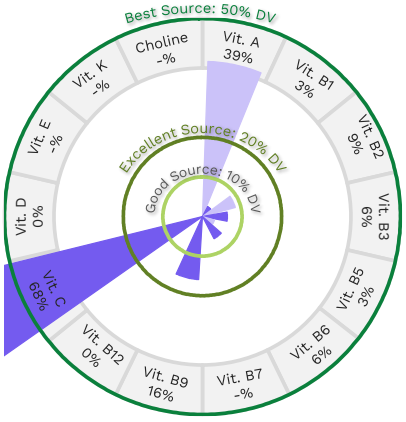
No detailed component data currently available in the USDA Food Central Database.

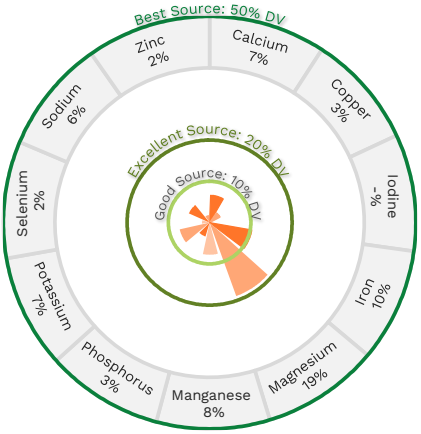
CARBOHYDRATES



MINERALS

VITAMINS

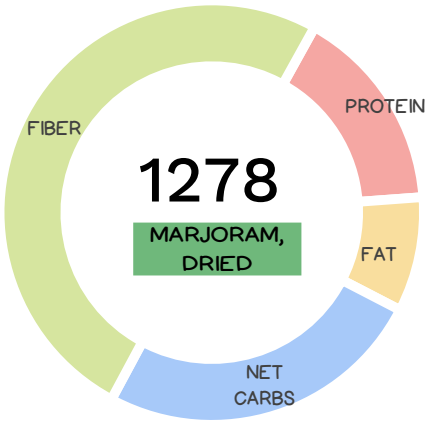




98 Marjoram, dried

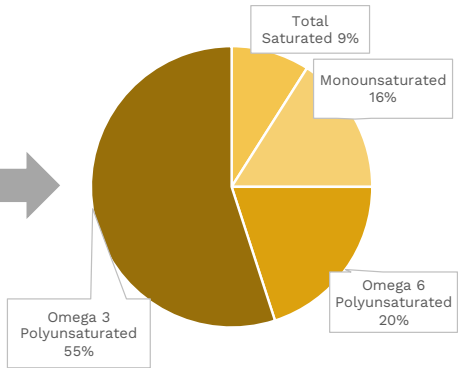
Serving Size:	2 grams	Protein:	0.2 grams	Net Carbs:	0.3 grams
Calories:	5	Fat:	0.1 grams	Fiber:	0.7 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	6.9 µg RAE	1% DV
Vitamin B1 (Thiamin)	4.9 µg	0% DV
Vitamin B2 (Riboflavin)	5.4 µg	0% DV
Vitamin B3 (Niacin)	0.1 mg	0% DV
Vitamin B5 (Pantothenic Acid)	~	~
Vitamin B6 (Pyridoxine)	20.2 µg	1% DV
Vitamin B7 (Biotin)	~	~
Vitamin B9 (Folate)	4.7 µg	1% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	0.9 mg	1% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.0 mg	0% DV
Vitamin K	10.6 µg	9% DV
Choline	0.7 mg	0% DV
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	33.8 mg	3% DV
Copper	19.3 µg	2% DV
Iodine	~	~
Iron	1.4 mg	8% DV
Magnesium	5.9 mg	1% DV
Manganese	92.4 µg	4% DV
Phosphorus	5.2 mg	0% DV
Potassium	25.9 mg	1% DV
Selenium	0.1 µg	0% DV
Sodium	1.3 mg	0% DV
Zinc	0.1 mg	1% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	54.9 mg	3% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.0 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	115.1 µg	~
Polyphenols	136.0 mg	~
Phytosterols	~	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

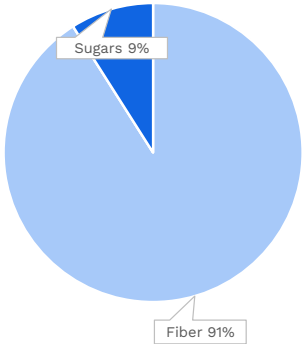




FATS



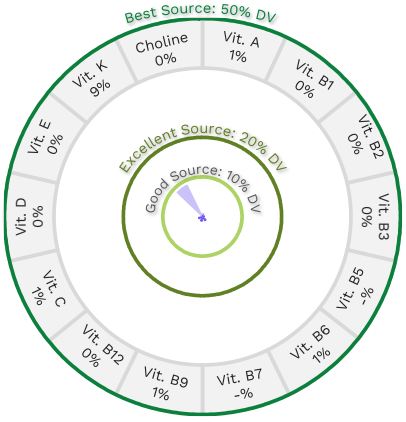
CARBOHYDRATES



MINERALS



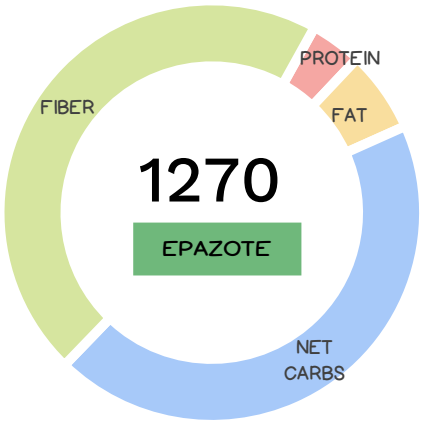
VITAMINS



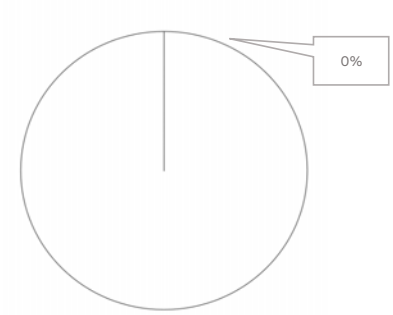
99 Epazote

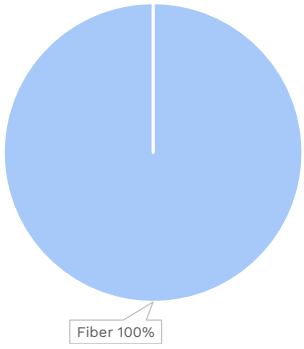
Serving Size:	3 grams	Protein:	0.0 grams	Net Carbs:	0.1 grams
Calories:	1	Fat:	0.0 grams	Fiber:	0.1 grams

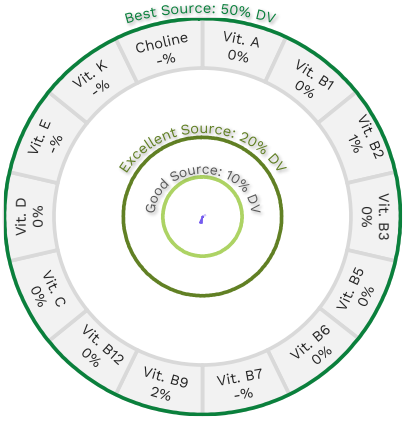
Vitamins & Vitaminlike Compounds		
Vitamin A	0.1 µg RAE	0% DV
Vitamin B1 (Thiamin)	0.9 µg	0% DV
Vitamin B2 (Riboflavin)	11.1 µg	1% DV
Vitamin B3 (Niacin)	0.0 mg	0% DV
Vitamin B5 (Pantothenic Acid)	0.0 mg	0% DV
Vitamin B6 (Pyridoxine)	4.9 µg	0% DV
Vitamin B7 (Biotin)	~	~
Vitamin B9 (Folate)	6.9 µg	2% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	0.1 mg	0% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	~	~
Vitamin K	~	~
Choline	~	~
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	8.8 mg	1% DV
Copper	6.1 µg	1% DV
Iodine	~	~
Iron	0.1 mg	0% DV
Magnesium	3.9 mg	1% DV
Manganese	99.1 µg	4% DV
Phosphorus	2.8 mg	0% DV
Potassium	20.3 mg	0% DV
Selenium	0.0 µg	0% DV
Sodium	1.4 mg	0% DV
Zinc	0.0 mg	0% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	~	~
ALA	~	~
EPA + DHA	~	~
CLA	~	~
Linoleic Acid	~	~
MCT's	~	~
Phytonutrients		
Carotenoids	1.2 µg	~
Polyphenols	10.2 mg	~
Phytosterols	~	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~









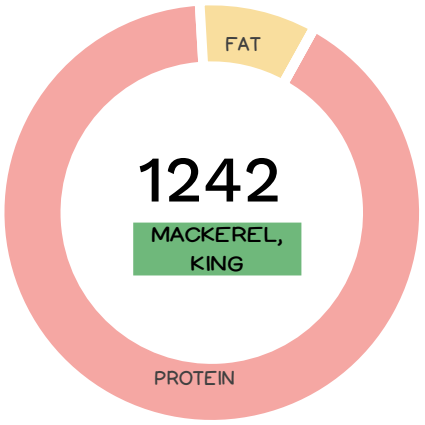




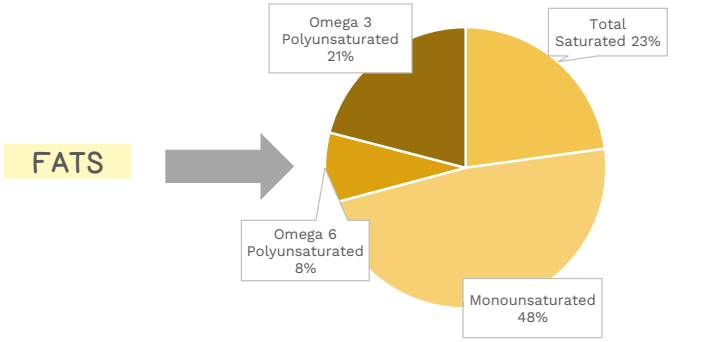
100 Mackerel, king

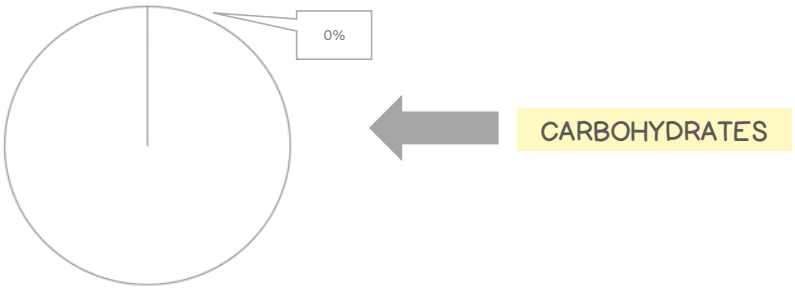
Serving Size:	115 grams	Protein:	23.3 grams	Net Carbs:	0.0 grams
Calories:	121	Fat:	2.3 grams	Fiber:	0.0 grams

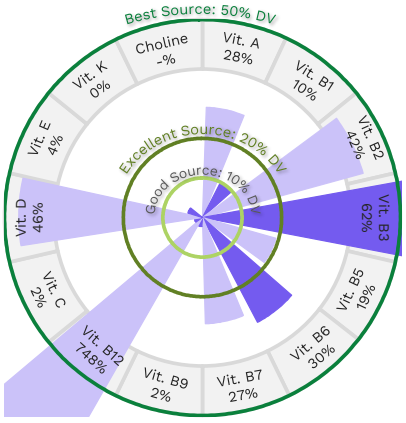
Vitamins & Vitaminlike Compounds		
Vitamin A	250.7 µg RAE	28% DV
Vitamin B1 (Thiamin)	115.0 µg	10% DV
Vitamin B2 (Riboflavin)	547.4 µg	42% DV
Vitamin B3 (Niacin)	9.9 mg	62% DV
Vitamin B5 (Pantothenic Acid)	1.0 mg	19% DV
Vitamin B6 (Pyridoxine)	508.3 µg	30% DV
Vitamin B7 (Biotin)	8.1 µg	27% DV
Vitamin B9 (Folate)	9.2 µg	2% DV
Vitamin B12 (Cobalamin)	17.9 µg	748% DV
Vitamin C	1.8 mg	2% DV
Vitamin D (D2 + D3)	9.3 µg	46% DV
Vitamin E	0.6 mg	4% DV
Vitamin K	0.0 µg	0% DV
Choline	~	~
Myo-Inositol	~	~
CoQ10	7.8 mg	~
Minerals		
Calcium	35.7 mg	3% DV
Copper	29.9 µg	3% DV
Iodine	39.5 µg	26% DV
Iron	2.0 mg	11% DV
Magnesium	36.8 mg	9% DV
Manganese	5.8 µg	0% DV
Phosphorus	285.2 mg	23% DV
Potassium	500.3 mg	11% DV
Selenium	42.0 µg	76% DV
Sodium	181.7 mg	8% DV
Zinc	0.6 mg	6% DV
Amino Acids & Peptides		
Taurine	89.7 mg	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.9 g	4% DV
ALA	215.1 mg	13% DV
EPA + DHA	360.0 mg	144% DV
CLA	0.7 mg	~
Linoleic Acid	0.0 g	0% DV
MCT's	~	~
Phytonutrients		
Carotenoids	1.2 µg	~
Polyphenols	0.0 mg	~
Phytosterols	0.0 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

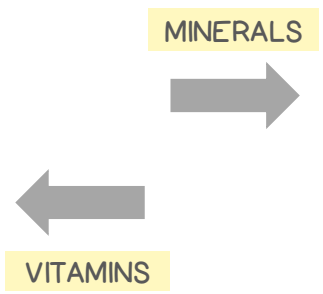


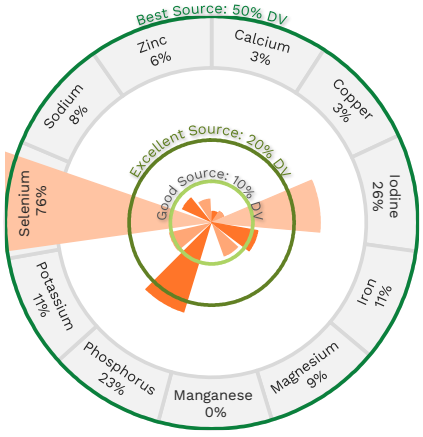








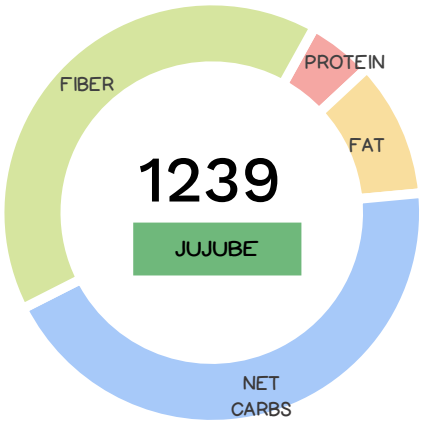




101 Jujube

Serving Size:	147 grams	Protein:	1.8 grams	Net Carbs:	15.5 grams
Calories:	116	Fat:	3.7 grams	Fiber:	14.3 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	2.9 µg RAE	0% DV
Vitamin B1 (Thiamin)	35.3 µg	3% DV
Vitamin B2 (Riboflavin)	58.8 µg	5% DV
Vitamin B3 (Niacin)	1.3 mg	8% DV
Vitamin B5 (Pantothenic Acid)	~	~
Vitamin B6 (Pyridoxine)	119.1 µg	7% DV
Vitamin B7 (Biotin)	~	~
Vitamin B9 (Folate)	~	~
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	111.7 mg	124% DV
Vitamin D (D2 + D3)	~	~
Vitamin E	~	~
Vitamin K	~	~
Choline	~	~
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	57.6 mg	4% DV
Copper	588.0 µg	65% DV
Iodine	~	~
Iron	2.6 mg	15% DV
Magnesium	14.7 mg	4% DV
Manganese	16669.8 µg	725% DV
Phosphorus	42.0 mg	3% DV
Potassium	367.5 mg	8% DV
Selenium	0.1 µg	0% DV
Sodium	4.4 mg	0% DV
Zinc	0.3 mg	3% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	~	~
ALA	26.1 mg	2% DV
EPA + DHA	~	~
CLA	~	~
Linoleic Acid	1.9 g	11% DV
MCT's	~	~
Phytonutrients		
Carotenoids	30.9 µg	~
Polyphenols	3176.7 mg	~
Phytosterols	~	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~





FATS

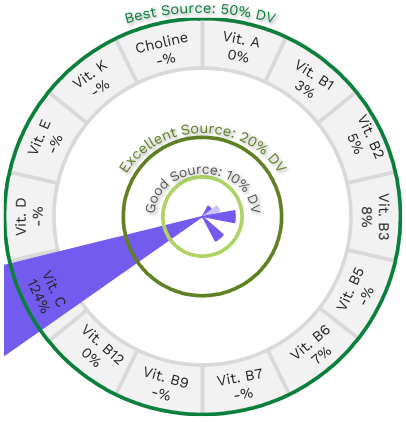


No detailed component data currently available in the USDA Food Central Database.



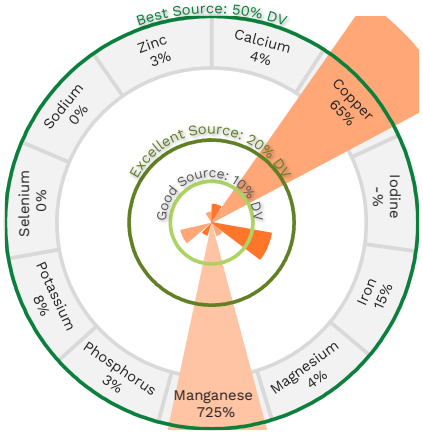
CARBOHYDRATES

No detailed component data currently available in the USDA Food Central Database.



MINERALS

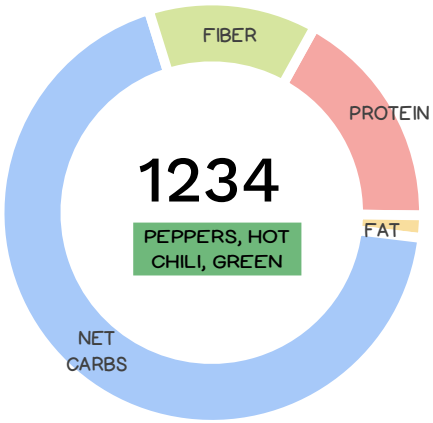
VITAMINS



102 Peppers, hot chili, green

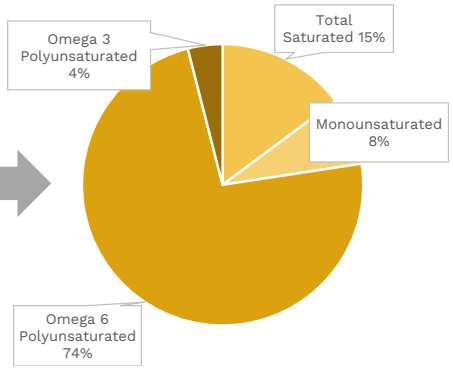
Serving Size:	38 grams	Protein:	0.8 grams	Net Carbs:	3.0 grams
Calories:	15	Fat:	0.1 grams	Fiber:	0.6 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	22.1 µg RAE	2% DV
Vitamin B1 (Thiamin)	33.8 µg	3% DV
Vitamin B2 (Riboflavin)	33.8 µg	3% DV
Vitamin B3 (Niacin)	0.4 mg	2% DV
Vitamin B5 (Pantothenic Acid)	0.0 mg	0% DV
Vitamin B6 (Pyridoxine)	104.3 µg	6% DV
Vitamin B7 (Biotin)	~	~
Vitamin B9 (Folate)	8.6 µg	2% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	90.9 mg	101% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.3 mg	2% DV
Vitamin K	5.4 µg	4% DV
Choline	4.2 mg	1% DV
Myo-Inositol	22.1 mg	~
CoQ10	~	~
Minerals		
Calcium	6.8 mg	1% DV
Copper	65.3 µg	7% DV
Iodine	~	~
Iron	0.5 mg	3% DV
Magnesium	9.4 mg	2% DV
Manganese	88.9 µg	4% DV
Phosphorus	17.3 mg	1% DV
Potassium	127.5 mg	3% DV
Selenium	0.2 µg	0% DV
Sodium	2.6 mg	0% DV
Zinc	0.1 mg	1% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	1.9 mg	0% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.0 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	550.9 µg	~
Polyphenols	196.7 mg	~
Phytosterols	5.0 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

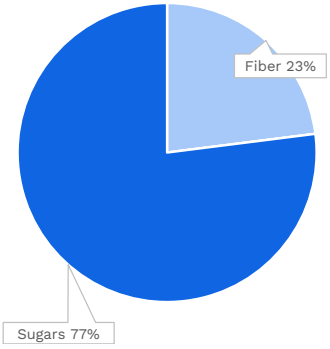




FATS



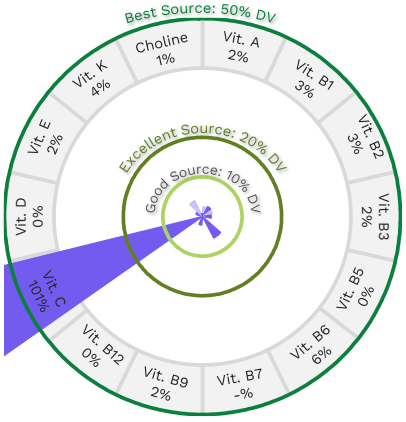
CARBOHYDRATES



MINERALS



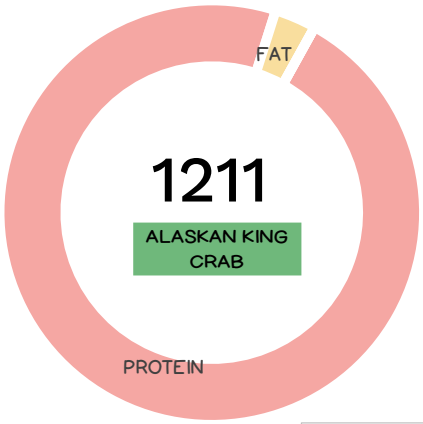
VITAMINS



103 Alaskan king crab

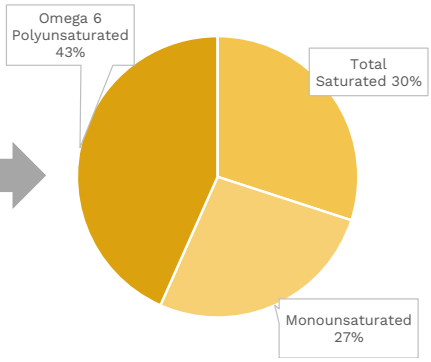
Serving Size:	115 grams	Protein:	21.0 grams	Net Carbs:	0.0 grams
Calories:	97	Fat:	0.7 grams	Fiber:	0.0 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	8.1 µg RAE	1% DV
Vitamin B1 (Thiamin)	49.5 µg	4% DV
Vitamin B2 (Riboflavin)	49.5 µg	4% DV
Vitamin B3 (Niacin)	1.3 mg	8% DV
Vitamin B5 (Pantothenic Acid)	0.4 mg	8% DV
Vitamin B6 (Pyridoxine)	172.5 µg	10% DV
Vitamin B7 (Biotin)	5.3 µg	18% DV
Vitamin B9 (Folate)	50.6 µg	13% DV
Vitamin B12 (Cobalamin)	10.4 µg	431% DV
Vitamin C	8.1 mg	9% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	2.8 mg	18% DV
Vitamin K	0.0 µg	0% DV
Choline	~	~
Myo-Inositol	5.8 mg	~
CoQ10	0.3 mg	~
Minerals		
Calcium	52.9 mg	4% DV
Copper	1060.3 µg	118% DV
Iodine	243.1 µg	162% DV
Iron	0.7 mg	4% DV
Magnesium	56.4 mg	13% DV
Manganese	40.3 µg	2% DV
Phosphorus	251.9 mg	20% DV
Potassium	234.6 mg	5% DV
Selenium	41.9 µg	76% DV
Sodium	961.4 mg	42% DV
Zinc	6.8 mg	62% DV
Amino Acids & Peptides		
Taurine	319.7 mg	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.1 g	0% DV
ALA	78.2 mg	5% DV
EPA + DHA	535.9 mg	214% DV
CLA	0.2 mg	~
Linoleic Acid	0.1 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	0.0 µg	~
Polyphenols	0.0 mg	~
Phytosterols	0.0 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

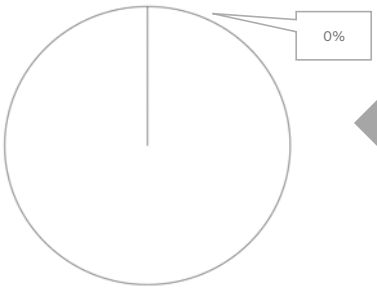




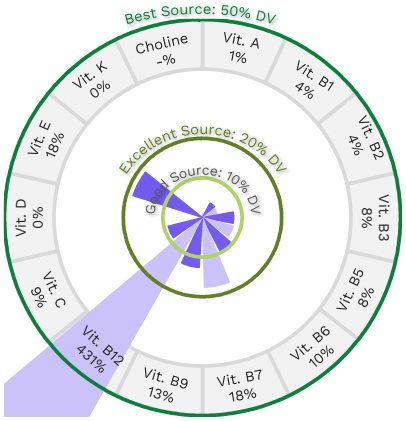
FATS



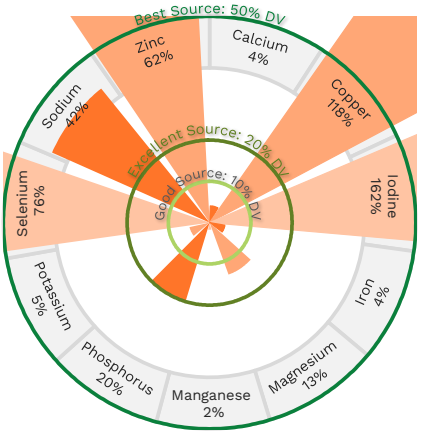
CARBOHYDRATES



VITAMINS



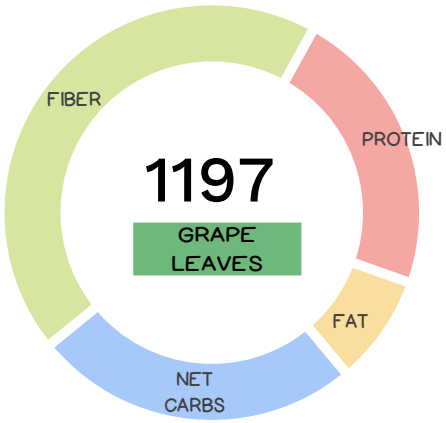
MINERALS



104 Grape leaves

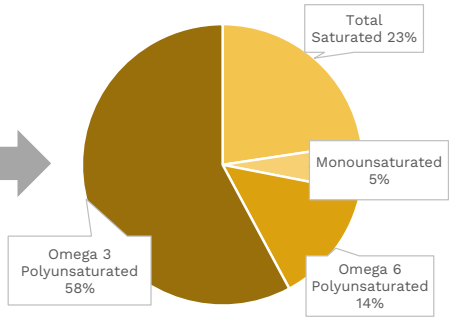
Serving Size:	28 grams	Protein:	1.6 grams	Net Carbs:	1.8 grams
Calories:	26	Fat:	0.6 grams	Fiber:	3.1 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	385.3 µg RAE	43% DV
Vitamin B1 (Thiamin)	11.2 µg	1% DV
Vitamin B2 (Riboflavin)	99.1 µg	8% DV
Vitamin B3 (Niacin)	0.7 mg	4% DV
Vitamin B5 (Pantothenic Acid)	0.1 mg	1% DV
Vitamin B6 (Pyridoxine)	112.0 µg	7% DV
Vitamin B7 (Biotin)	~	~
Vitamin B9 (Folate)	23.2 µg	6% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	3.1 mg	3% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.6 mg	4% DV
Vitamin K	30.4 µg	25% DV
Choline	3.6 mg	1% DV
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	101.6 mg	8% DV
Copper	116.2 µg	13% DV
Iodine	~	~
Iron	0.7 mg	4% DV
Magnesium	26.6 mg	6% DV
Manganese	799.4 µg	35% DV
Phosphorus	25.5 mg	2% DV
Potassium	76.2 mg	2% DV
Selenium	0.3 µg	0% DV
Sodium	2.5 mg	0% DV
Zinc	0.2 mg	2% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	239.7 mg	15% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.0 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	5202.1 µg	~
Polyphenols	398.2 mg	~
Phytosterols	6.2 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

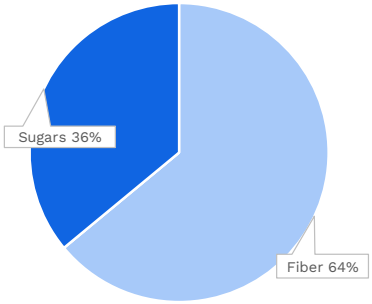


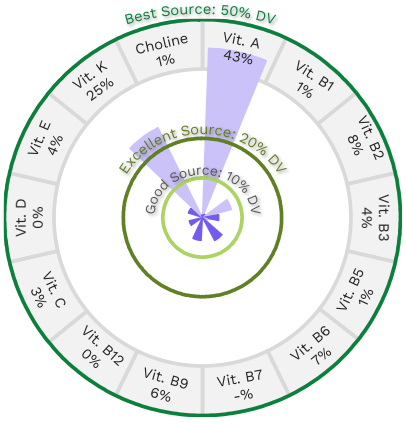


FATS



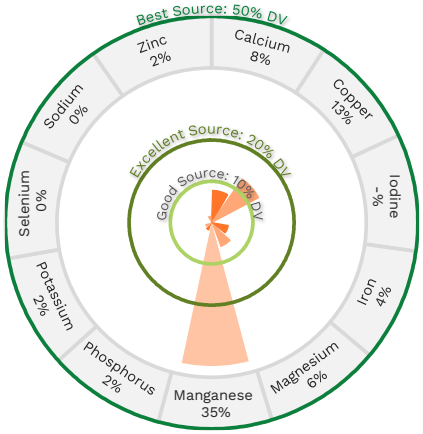
CARBOHYDRATES





MINERALS

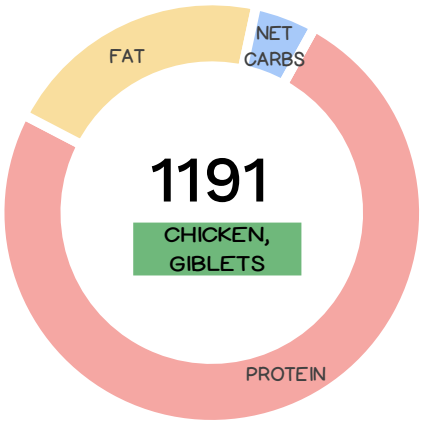
VITAMINS



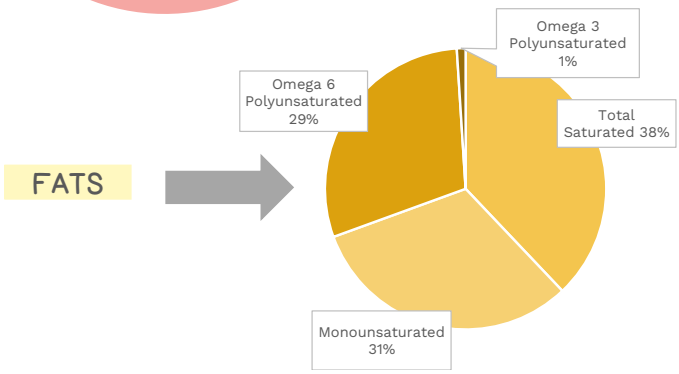
105 Chicken, giblets

Serving Size:	100 grams	Protein:	18.1 grams	Net Carbs:	1.1 grams
Calories:	127	Fat:	5.0 grams	Fiber:	0.0 grams

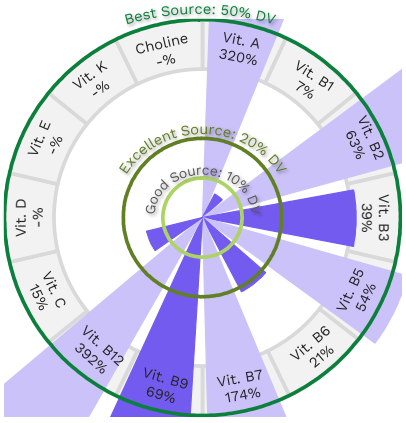
Vitamins & Vitaminlike Compounds		
Vitamin A	2880.0 µg RAE	320% DV
Vitamin B1 (Thiamin)	80.0 µg	7% DV
Vitamin B2 (Riboflavin)	818.0 µg	63% DV
Vitamin B3 (Niacin)	6.2 mg	39% DV
Vitamin B5 (Pantothenic Acid)	2.7 mg	54% DV
Vitamin B6 (Pyridoxine)	360.0 µg	21% DV
Vitamin B7 (Biotin)	52.1 µg	174% DV
Vitamin B9 (Folate)	276.0 µg	69% DV
Vitamin B12 (Cobalamin)	9.4 µg	392% DV
Vitamin C	13.1 mg	15% DV
Vitamin D (D2 + D3)	~	~
Vitamin E	~	~
Vitamin K	~	~
Choline	~	~
Myo-Inositol	24.8 mg	~
CoQ10	5.1 mg	~
Minerals		
Calcium	10.0 mg	1% DV
Copper	218.0 µg	24% DV
Iodine	~	~
Iron	5.4 mg	30% DV
Magnesium	17.0 mg	4% DV
Manganese	130.0 µg	6% DV
Phosphorus	184.0 mg	15% DV
Potassium	227.0 mg	5% DV
Selenium	54.1 µg	98% DV
Sodium	77.0 mg	3% DV
Zinc	3.4 mg	31% DV
Amino Acids & Peptides		
Taurine	169.6 mg	~
Ergothioneine	0.1 mg	~
Functional Fats		
MUFA	1.3 g	6% DV
ALA	30.0 mg	2% DV
EPA + DHA	30.0 mg	12% DV
CLA	4.5 mg	~
Linoleic Acid	0.9 g	5% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	0.0 µg	~
Polyphenols	0.0 mg	~
Phytosterols	0.0 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

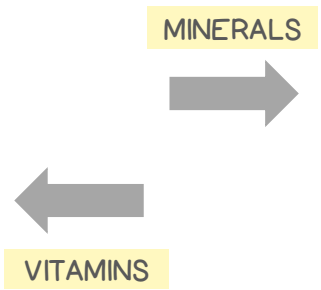


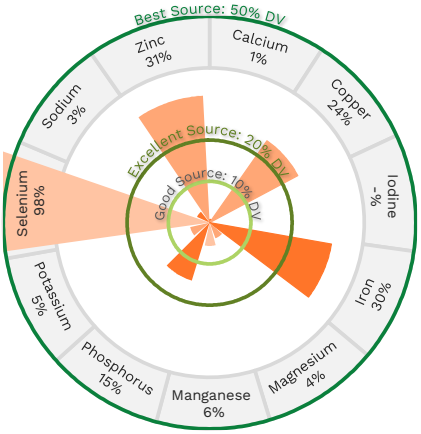








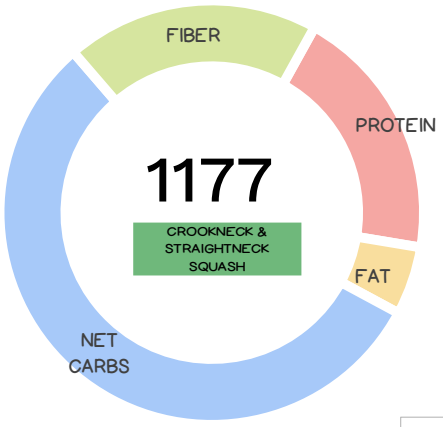




106 Crookneck & straightneck squash

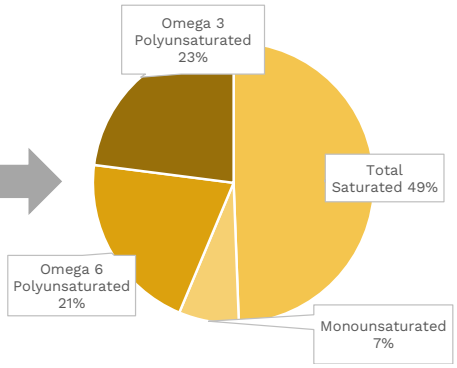
Serving Size:	127 grams	Protein:	1.3 grams	Net Carbs:	3.7 grams
Calories:	24	Fat:	0.3 grams	Fiber:	1.3 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	10.2 µg RAE	1% DV
Vitamin B1 (Thiamin)	64.8 µg	5% DV
Vitamin B2 (Riboflavin)	52.1 µg	4% DV
Vitamin B3 (Niacin)	0.6 mg	4% DV
Vitamin B5 (Pantothenic Acid)	0.2 mg	4% DV
Vitamin B6 (Pyridoxine)	132.1 µg	8% DV
Vitamin B7 (Biotin)	3.4 µg	11% DV
Vitamin B9 (Folate)	24.1 µg	6% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	24.5 mg	27% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.2 mg	1% DV
Vitamin K	4.1 µg	3% DV
Choline	9.0 mg	2% DV
Myo-Inositol	67.3 mg	~
CoQ10	~	~
Minerals		
Calcium	26.7 mg	2% DV
Copper	116.8 µg	13% DV
Iodine	~	~
Iron	0.6 mg	3% DV
Magnesium	25.4 mg	6% DV
Manganese	218.4 µg	9% DV
Phosphorus	40.6 mg	3% DV
Potassium	281.9 mg	6% DV
Selenium	0.3 µg	0% DV
Sodium	2.5 mg	0% DV
Zinc	0.4 mg	3% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	54.6 mg	3% DV
EPA + DHA	0.0 mg	0% DV
CLA	0.0 mg	~
Linoleic Acid	0.0 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	482.6 µg	~
Polyphenols	1101.1 mg	~
Phytosterols	27.8 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

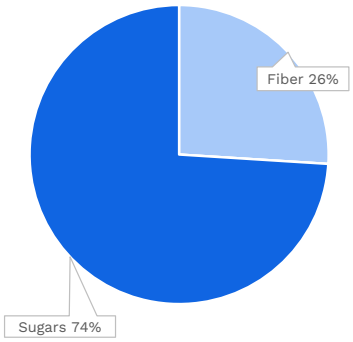




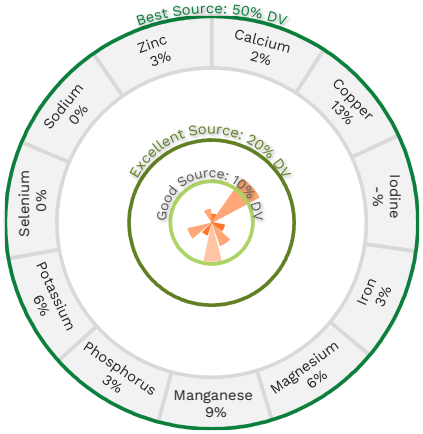
FATS



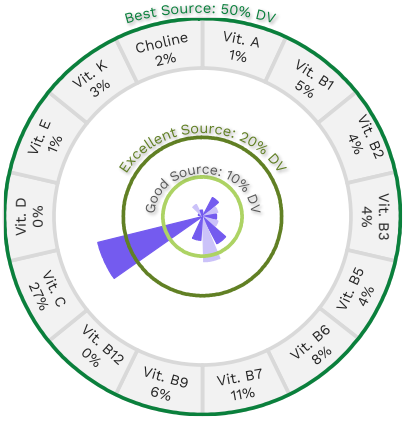
CARBOHYDRATES



MINERALS



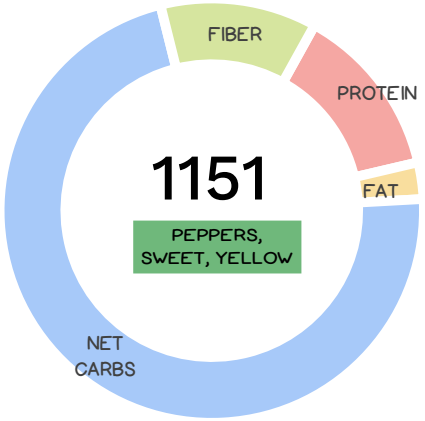
VITAMINS



107 Peppers, sweet, yellow

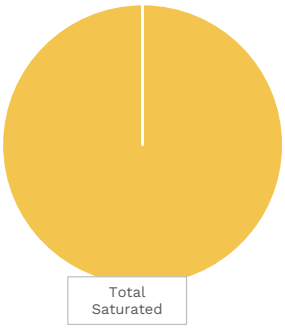
Serving Size:	92 grams	Protein:	0.9 grams	Net Carbs:	5.0 grams
Calories:	25	Fat:	0.2 grams	Fiber:	0.8 grams

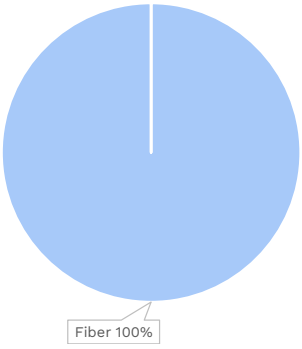
Vitamins & Vitaminlike Compounds		
Vitamin A	9.2 µg RAE	1% DV
Vitamin B1 (Thiamin)	25.8 µg	2% DV
Vitamin B2 (Riboflavin)	23.0 µg	2% DV
Vitamin B3 (Niacin)	0.8 mg	5% DV
Vitamin B5 (Pantothenic Acid)	0.2 mg	3% DV
Vitamin B6 (Pyridoxine)	154.6 µg	9% DV
Vitamin B7 (Biotin)	~	~
Vitamin B9 (Folate)	23.9 µg	6% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	168.8 mg	188% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	~	~
Vitamin K	~	~
Choline	~	~
Myo-Inositol	52.4 mg	~
CoQ10	0.3 mg	~
Minerals		
Calcium	10.1 mg	1% DV
Copper	98.4 µg	11% DV
Iodine	~	~
Iron	0.4 mg	2% DV
Magnesium	11.0 mg	3% DV
Manganese	107.6 µg	5% DV
Phosphorus	22.1 mg	2% DV
Potassium	195.0 mg	4% DV
Selenium	0.3 µg	1% DV
Sodium	1.8 mg	0% DV
Zinc	0.2 mg	1% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	~	~
ALA	~	~
EPA + DHA	~	~
CLA	~	~
Linoleic Acid	~	~
MCT's	~	~
Phytonutrients		
Carotenoids	110.4 µg	~
Polyphenols	239.2 mg	~
Phytosterols	~	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~



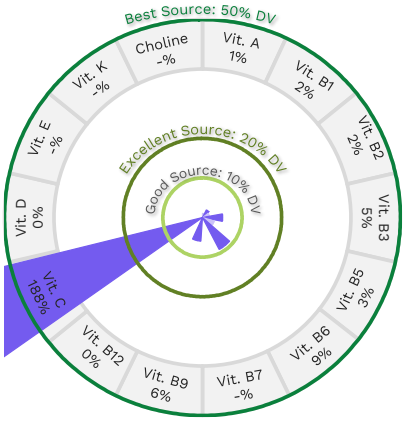


FATS





CARBOHYDRATES



MINERALS

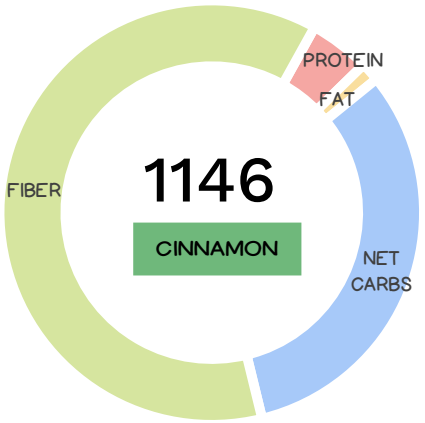
VITAMINS



108 Cinnamon

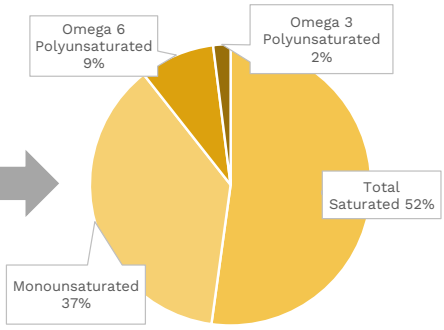
Serving Size:	8 grams	Protein:	0.3 grams	Net Carbs:	2.1 grams
Calories:	19	Fat:	0.1 grams	Fiber:	4.1 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	1.2 µg RAE	0% DV
Vitamin B1 (Thiamin)	1.7 µg	0% DV
Vitamin B2 (Riboflavin)	3.2 µg	0% DV
Vitamin B3 (Niacin)	0.1 mg	1% DV
Vitamin B5 (Pantothenic Acid)	0.0 mg	1% DV
Vitamin B6 (Pyridoxine)	12.3 µg	1% DV
Vitamin B7 (Biotin)	0.3 µg	1% DV
Vitamin B9 (Folate)	0.5 µg	0% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	0.3 mg	0% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	1.0 mg	7% DV
Vitamin K	2.4 µg	2% DV
Choline	0.9 mg	0% DV
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	78.2 mg	6% DV
Copper	26.4 µg	3% DV
Iodine	~	~
Iron	0.6 mg	4% DV
Magnesium	4.7 mg	1% DV
Manganese	1362.3 µg	59% DV
Phosphorus	5.0 mg	0% DV
Potassium	33.6 mg	1% DV
Selenium	0.2 µg	0% DV
Sodium	0.8 mg	0% DV
Zinc	0.1 mg	1% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	0.9 mg	0% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.0 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	37.4 µg	~
Polyphenols	928.2 mg	~
Phytosterols	~	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

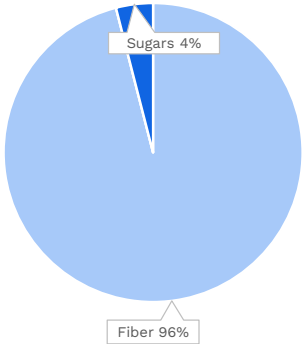




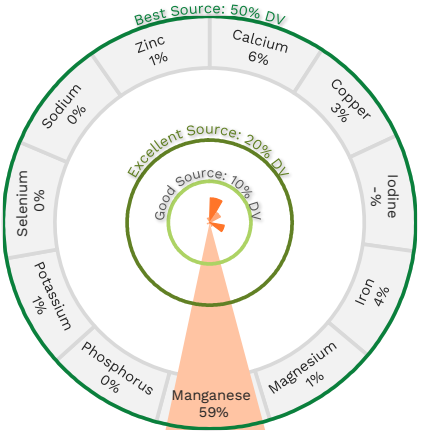
FATS



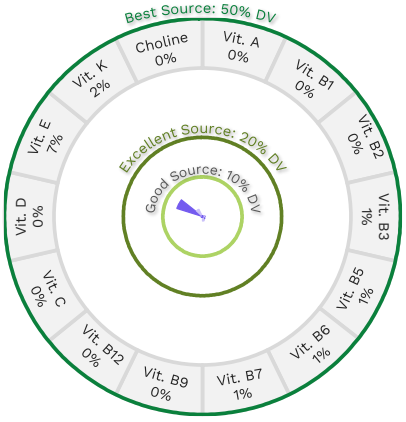
CARBOHYDRATES



MINERALS



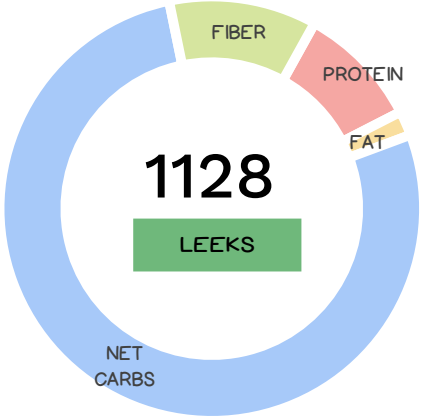
VITAMINS



109 Leeks

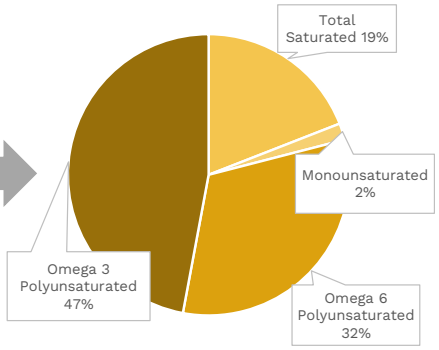
Serving Size:	89 grams	Protein:	1.3 grams	Net Carbs:	11.0 grams
Calories:	54	Fat:	0.3 grams	Fiber:	1.6 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	73.9 µg RAE	8% DV
Vitamin B1 (Thiamin)	53.4 µg	4% DV
Vitamin B2 (Riboflavin)	26.7 µg	2% DV
Vitamin B3 (Niacin)	0.4 mg	2% DV
Vitamin B5 (Pantothenic Acid)	0.1 mg	2% DV
Vitamin B6 (Pyridoxine)	207.4 µg	12% DV
Vitamin B7 (Biotin)	1.2 µg	4% DV
Vitamin B9 (Folate)	57.0 µg	14% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	10.7 mg	12% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.8 mg	5% DV
Vitamin K	41.8 µg	35% DV
Choline	8.5 mg	2% DV
Myo-Inositol	~	~
CoQ10	0.1 mg	~
Minerals		
Calcium	52.5 mg	4% DV
Copper	106.8 µg	12% DV
Iodine	~	~
Iron	1.9 mg	10% DV
Magnesium	24.9 mg	6% DV
Manganese	428.1 µg	19% DV
Phosphorus	31.2 mg	2% DV
Potassium	160.2 mg	3% DV
Selenium	0.9 µg	2% DV
Sodium	17.8 mg	1% DV
Zinc	0.1 mg	1% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	88.1 mg	6% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.1 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	2581.0 µg	~
Polyphenols	62.3 mg	~
Phytosterols	17.3 mg	~
Glucosinolates	~	~
Thiosulfinates	47.7 mg	~
Betalains	~	~

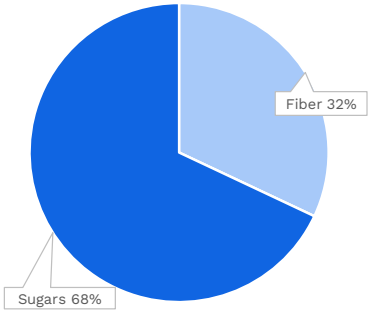


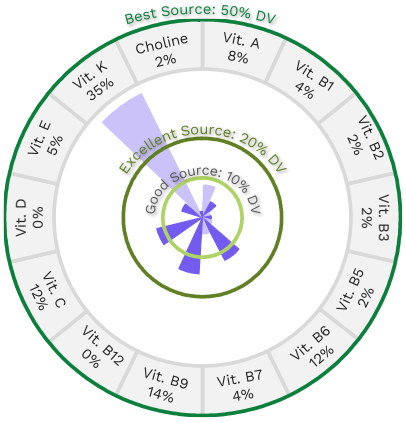


FATS



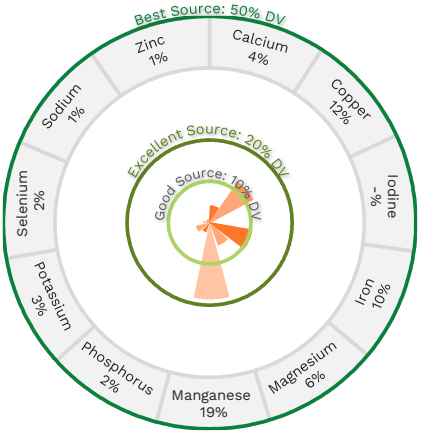
CARBOHYDRATES





MINERALS

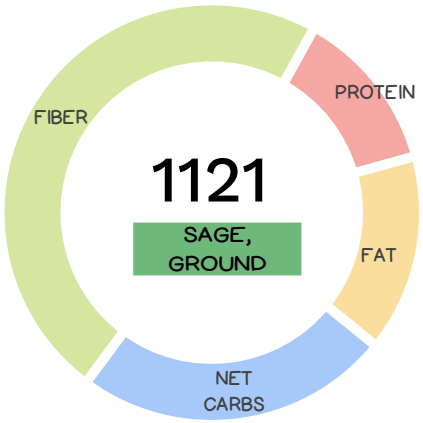
VITAMINS



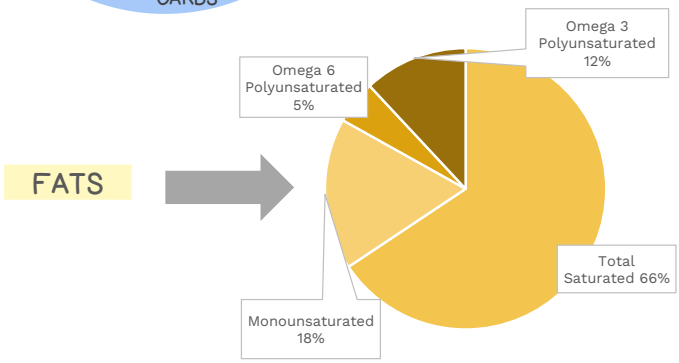
110 Sage, ground

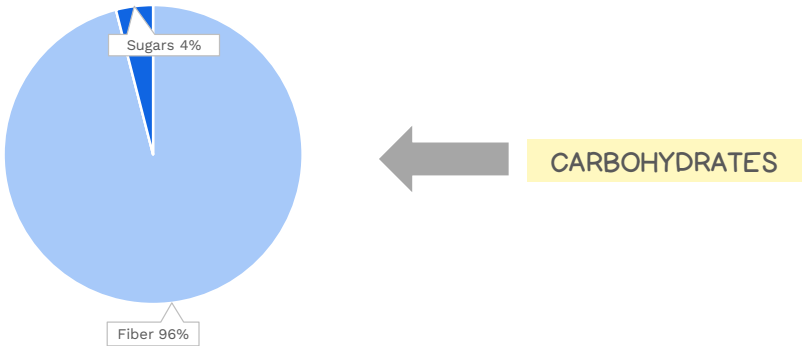
Serving Size:	2 grams	Protein:	0.2 grams	Net Carbs:	0.4 grams
Calories:	6	Fat:	0.3 grams	Fiber:	0.8 grams

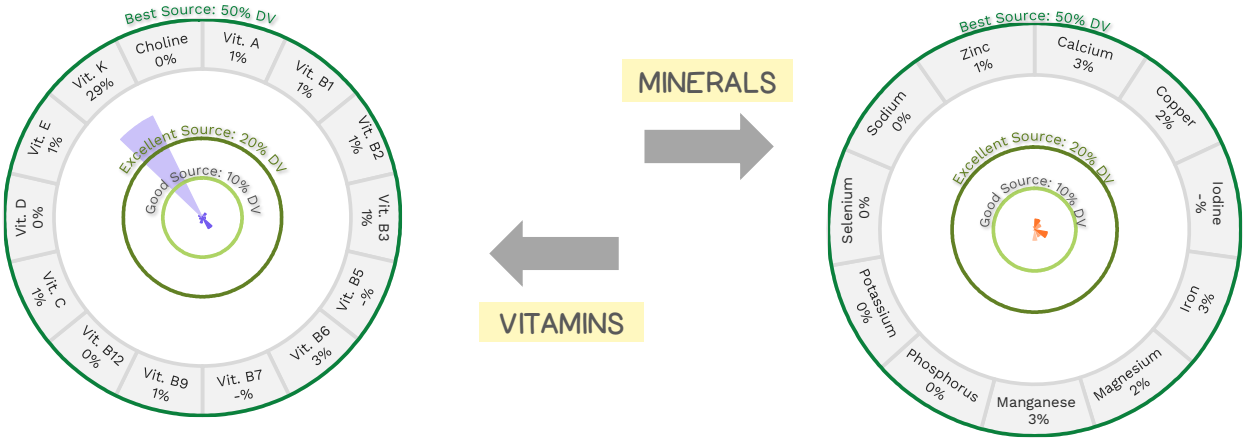
Vitamins & Vitaminlike Compounds		
Vitamin A	5.9 µg RAE	1% DV
Vitamin B1 (Thiamin)	15.1 µg	1% DV
Vitamin B2 (Riboflavin)	6.7 µg	1% DV
Vitamin B3 (Niacin)	0.1 mg	1% DV
Vitamin B5 (Pantothenic Acid)	~	~
Vitamin B6 (Pyridoxine)	53.8 µg	3% DV
Vitamin B7 (Biotin)	~	~
Vitamin B9 (Folate)	5.5 µg	1% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	0.6 mg	1% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.1 mg	1% DV
Vitamin K	34.3 µg	29% DV
Choline	0.9 mg	0% DV
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	33.0 mg	3% DV
Copper	15.1 µg	2% DV
Iodine	~	~
Iron	0.6 mg	3% DV
Magnesium	8.6 mg	2% DV
Manganese	62.7 µg	3% DV
Phosphorus	1.8 mg	0% DV
Potassium	21.4 mg	0% DV
Selenium	0.1 µg	0% DV
Sodium	0.2 mg	0% DV
Zinc	0.1 mg	1% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	24.6 mg	2% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.0 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	109.8 µg	~
Polyphenols	95.3 mg	~
Phytosterols	~	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~







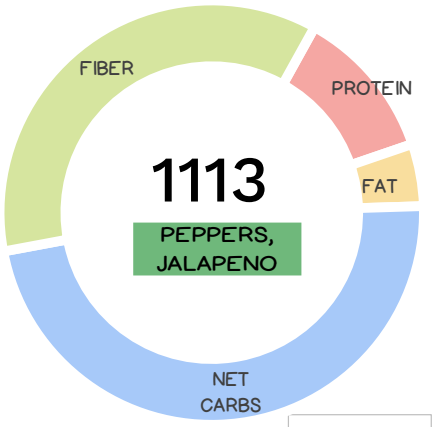




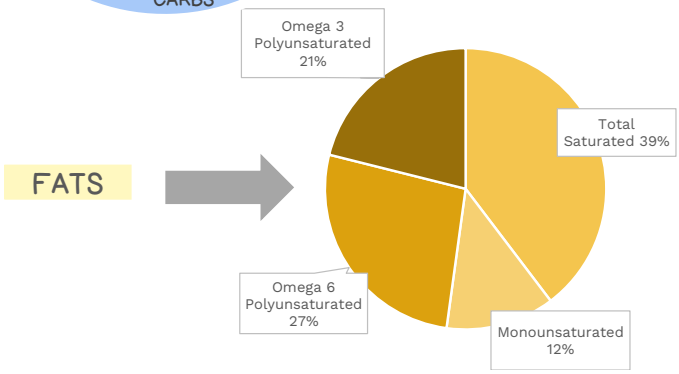
111 Peppers, jalapeno

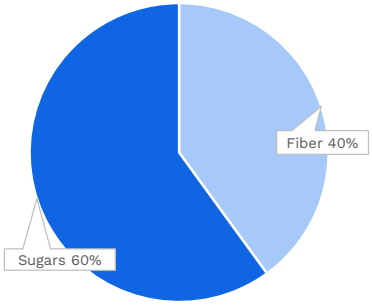
Serving Size:	23 grams	Protein:	0.2 grams	Net Carbs:	0.8 grams
Calories:	7	Fat:	0.1 grams	Fiber:	0.6 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	12.2 µg RAE	1% DV
Vitamin B1 (Thiamin)	9.0 µg	1% DV
Vitamin B2 (Riboflavin)	15.8 µg	1% DV
Vitamin B3 (Niacin)	0.3 mg	2% DV
Vitamin B5 (Pantothenic Acid)	0.1 mg	1% DV
Vitamin B6 (Pyridoxine)	94.3 µg	6% DV
Vitamin B7 (Biotin)	~	~
Vitamin B9 (Folate)	6.1 µg	2% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	26.7 mg	30% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.9 mg	6% DV
Vitamin K	4.2 µg	3% DV
Choline	1.7 mg	0% DV
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	2.7 mg	0% DV
Copper	10.4 µg	1% DV
Iodine	~	~
Iron	0.1 mg	0% DV
Magnesium	3.4 mg	1% DV
Manganese	21.8 µg	1% DV
Phosphorus	5.9 mg	0% DV
Potassium	55.8 mg	1% DV
Selenium	0.1 µg	0% DV
Sodium	0.7 mg	0% DV
Zinc	0.0 mg	0% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	11.3 mg	1% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.0 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	358.7 µg	~
Polyphenols	54.9 mg	~
Phytosterols	~	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

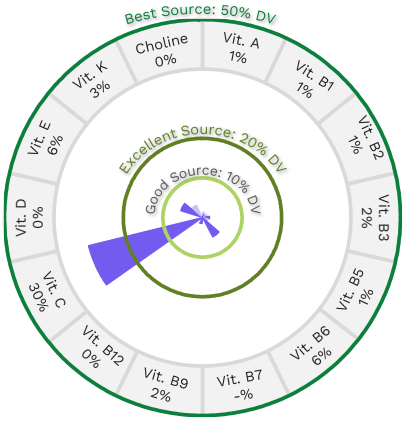








CARBOHYDRATES



VITAMINS

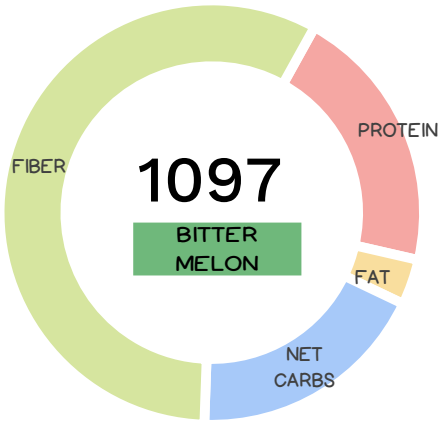
MINERALS



112 Bitter melon

Serving Size:	93 grams	Protein:	0.9 grams	Net Carbs:	0.8 grams
Calories:	16	Fat:	0.2 grams	Fiber:	2.6 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	22.3 µg RAE	2% DV
Vitamin B1 (Thiamin)	37.2 µg	3% DV
Vitamin B2 (Riboflavin)	37.2 µg	3% DV
Vitamin B3 (Niacin)	0.4 mg	2% DV
Vitamin B5 (Pantothenic Acid)	0.2 mg	4% DV
Vitamin B6 (Pyridoxine)	40.0 µg	2% DV
Vitamin B7 (Biotin)	~	~
Vitamin B9 (Folate)	67.0 µg	17% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	78.1 mg	87% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.1 mg	1% DV
Vitamin K	4.0 µg	3% DV
Choline	9.0 mg	2% DV
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	17.7 mg	1% DV
Copper	31.6 µg	4% DV
Iodine	~	~
Iron	0.4 mg	2% DV
Magnesium	15.8 mg	4% DV
Manganese	82.8 µg	4% DV
Phosphorus	28.8 mg	2% DV
Potassium	275.3 mg	6% DV
Selenium	0.2 µg	0% DV
Sodium	4.7 mg	0% DV
Zinc	0.7 mg	7% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	0.0 mg	0% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.1 g	0% DV
MCT's	~	~
Phytonutrients		
Carotenoids	506.9 µg	~
Polyphenols	0.0 mg	~
Phytosterols	~	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~



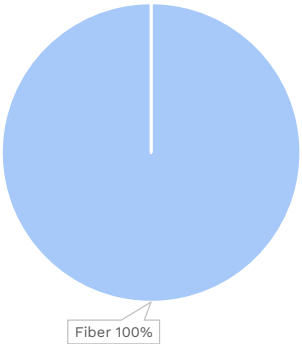


FATS



No detailed component data currently available in the USDA Food Central Database.

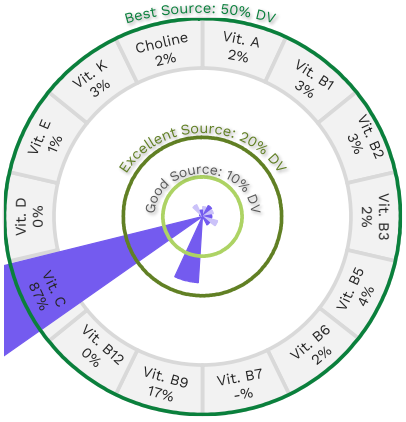
CARBOHYDRATES



MINERALS



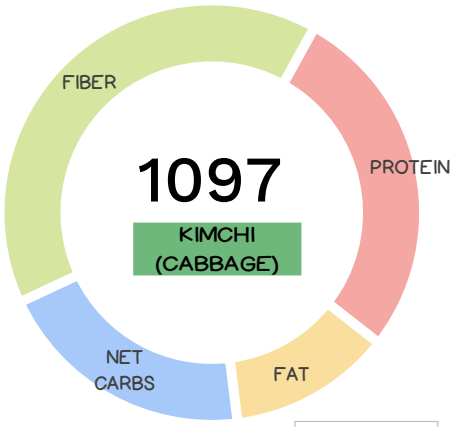
VITAMINS



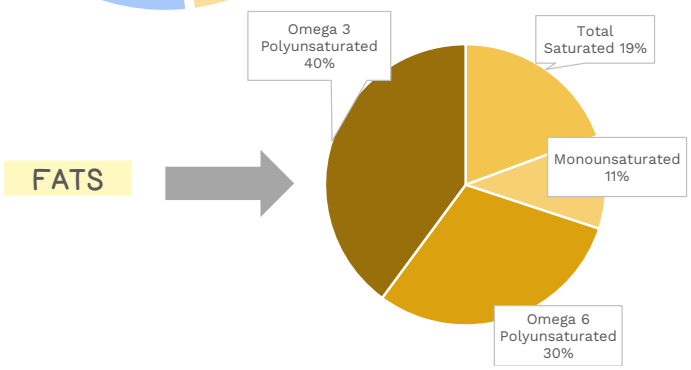
113 Kimchi (Cabbage)

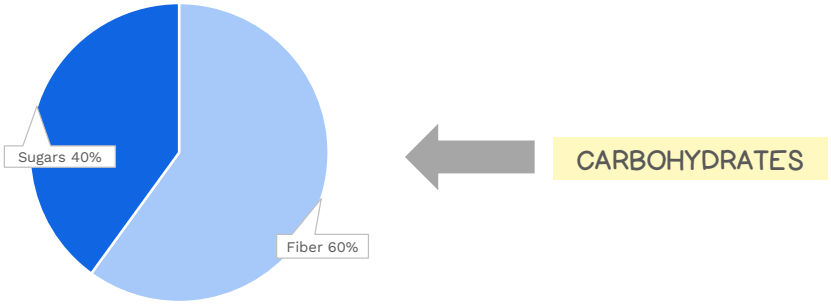
Serving Size:	150 grams	Protein:	1.7 grams	Net Carbs:	1.2 grams
Calories:	23	Fat:	0.8 grams	Fiber:	2.4 grams

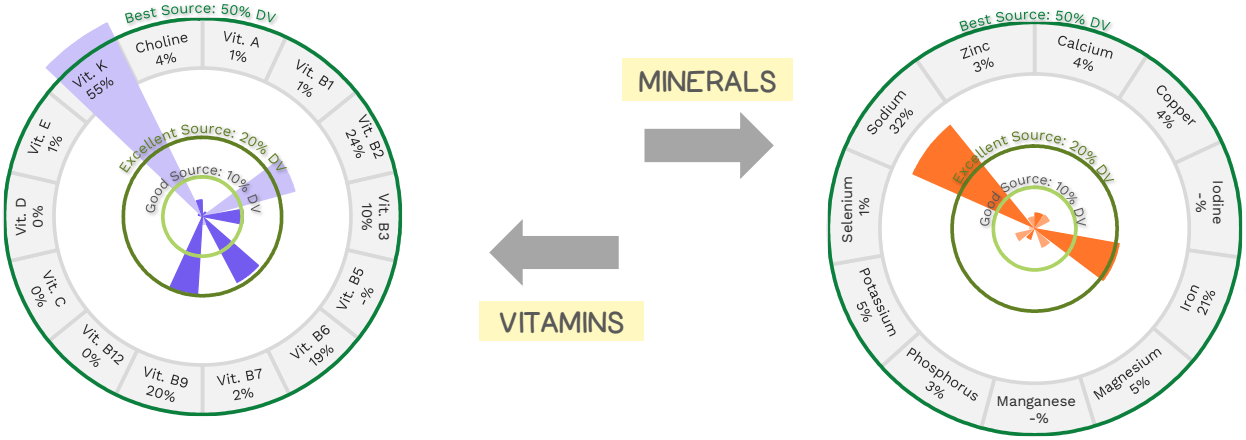
Vitamins & Vitaminlike Compounds		
Vitamin A	7.5 µg RAE	1% DV
Vitamin B1 (Thiamin)	15.0 µg	1% DV
Vitamin B2 (Riboflavin)	315.0 µg	24% DV
Vitamin B3 (Niacin)	1.7 mg	10% DV
Vitamin B5 (Pantothenic Acid)	~	~
Vitamin B6 (Pyridoxine)	319.5 µg	19% DV
Vitamin B7 (Biotin)	0.6 µg	2% DV
Vitamin B9 (Folate)	78.0 µg	20% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	0.0 mg	0% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.2 mg	1% DV
Vitamin K	65.4 µg	55% DV
Choline	23.3 mg	4% DV
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	49.5 mg	4% DV
Copper	36.0 µg	4% DV
Iodine	~	~
Iron	3.8 mg	21% DV
Magnesium	21.0 mg	5% DV
Manganese	~	~
Phosphorus	36.0 mg	3% DV
Potassium	226.5 mg	5% DV
Selenium	0.8 µg	1% DV
Sodium	747.0 mg	32% DV
Zinc	0.3 mg	3% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.1 g	0% DV
ALA	205.5 mg	13% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.2 g	1% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	157.5 µg	~
Polyphenols	290.6 mg	~
Phytosterols	~	~
Glucosinolates	0.2 mg	~
Thiosulfinates	~	~
Betalains	~	~







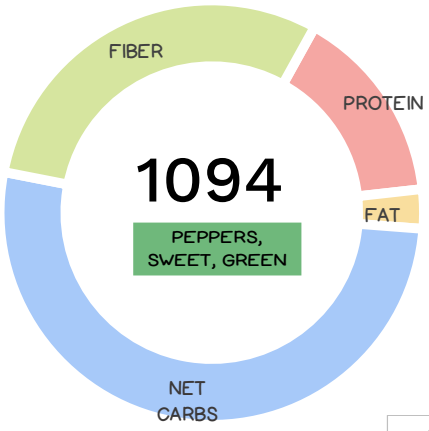




114 Peppers, sweet, green

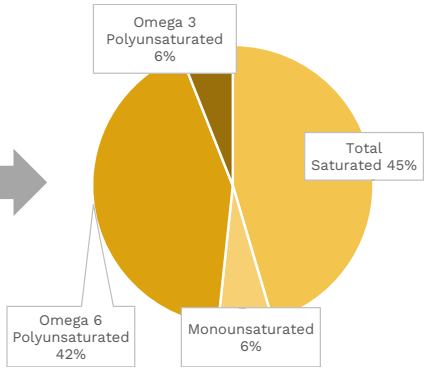
Serving Size:	92 grams	Protein:	0.8 grams	Net Carbs:	2.7 grams
Calories:	18	Fat:	0.2 grams	Fiber:	1.6 grams

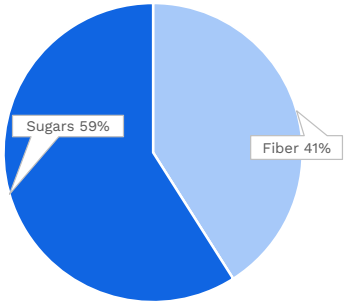
Vitamins & Vitaminlike Compounds		
Vitamin A	16.6 µg RAE	2% DV
Vitamin B1 (Thiamin)	52.4 µg	4% DV
Vitamin B2 (Riboflavin)	25.8 µg	2% DV
Vitamin B3 (Niacin)	0.4 mg	3% DV
Vitamin B5 (Pantothenic Acid)	0.1 mg	2% DV
Vitamin B6 (Pyridoxine)	206.1 µg	12% DV
Vitamin B7 (Biotin)	1.5 µg	5% DV
Vitamin B9 (Folate)	9.2 µg	2% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	74.0 mg	82% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.3 mg	2% DV
Vitamin K	6.8 µg	6% DV
Choline	5.1 mg	1% DV
Myo-Inositol	52.4 mg	~
CoQ10	0.3 mg	~
Minerals		
Calcium	9.2 mg	1% DV
Copper	60.7 µg	7% DV
Iodine	~	~
Iron	0.3 mg	2% DV
Magnesium	9.2 mg	2% DV
Manganese	112.2 µg	5% DV
Phosphorus	18.4 mg	1% DV
Potassium	161.0 mg	3% DV
Selenium	0.0 µg	0% DV
Sodium	2.8 mg	0% DV
Zinc	0.1 mg	1% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	7.4 mg	0% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.0 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	530.8 µg	~
Polyphenols	283.8 mg	~
Phytosterols	19.8 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~



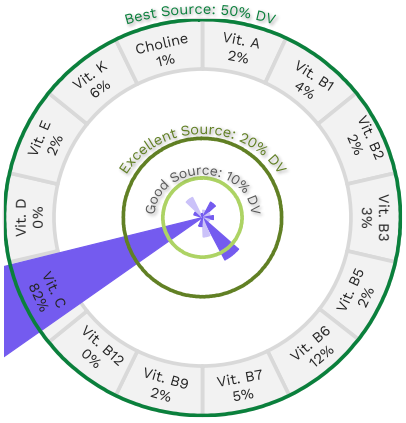


FATS





CARBOHYDRATES



MINERALS

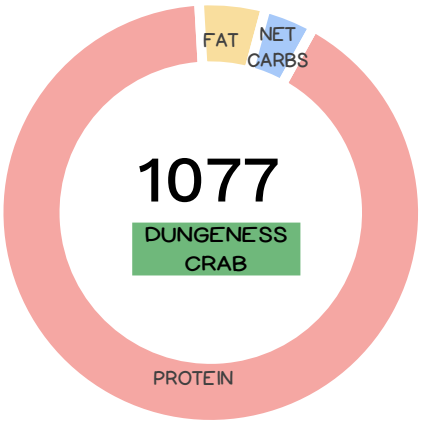
VITAMINS



115 Dungeness crab

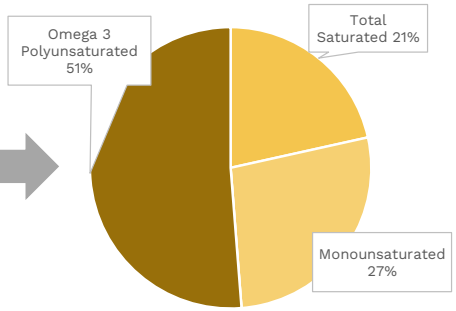
Serving Size:	115 grams	Protein:	20.0 grams	Net Carbs:	0.9 grams
Calories:	99	Fat:	1.1 grams	Fiber:	0.0 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	31.1 µg RAE	3% DV
Vitamin B1 (Thiamin)	54.1 µg	5% DV
Vitamin B2 (Riboflavin)	192.1 µg	15% DV
Vitamin B3 (Niacin)	3.6 mg	23% DV
Vitamin B5 (Pantothenic Acid)	0.4 mg	8% DV
Vitamin B6 (Pyridoxine)	172.5 µg	10% DV
Vitamin B7 (Biotin)	3.5 µg	12% DV
Vitamin B9 (Folate)	50.6 µg	13% DV
Vitamin B12 (Cobalamin)	10.4 µg	431% DV
Vitamin C	4.0 mg	4% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	2.8 mg	18% DV
Vitamin K	0.0 µg	0% DV
Choline	~	~
Myo-Inositol	5.8 mg	~
CoQ10	0.3 mg	~
Minerals		
Calcium	52.9 mg	4% DV
Copper	775.1 µg	86% DV
Iodine	219.5 µg	146% DV
Iron	0.4 mg	2% DV
Magnesium	51.8 mg	12% DV
Manganese	92.0 µg	4% DV
Phosphorus	209.3 mg	17% DV
Potassium	407.1 mg	9% DV
Selenium	42.7 µg	78% DV
Sodium	339.3 mg	15% DV
Zinc	4.9 mg	45% DV
Amino Acids & Peptides		
Taurine	319.7 mg	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.2 g	1% DV
ALA	78.2 mg	5% DV
EPA + DHA	353.1 mg	141% DV
CLA	0.3 mg	~
Linoleic Acid	0.1 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	0.0 µg	~
Polyphenols	0.0 mg	~
Phytosterols	0.0 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~





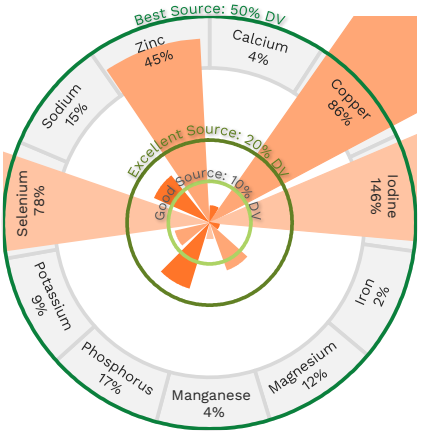
FATS



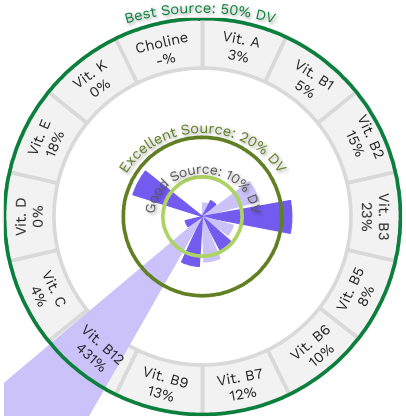
CARBOHYDRATES

No detailed component data currently available in the USDA Food Central Database.

MINERALS



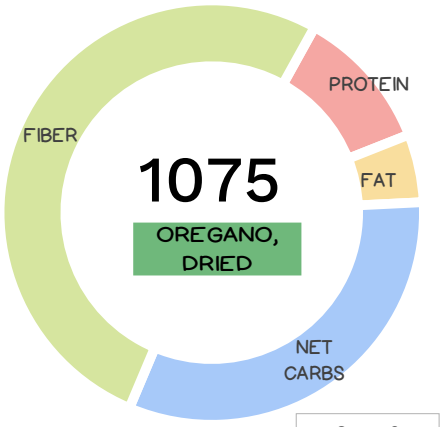
VITAMINS



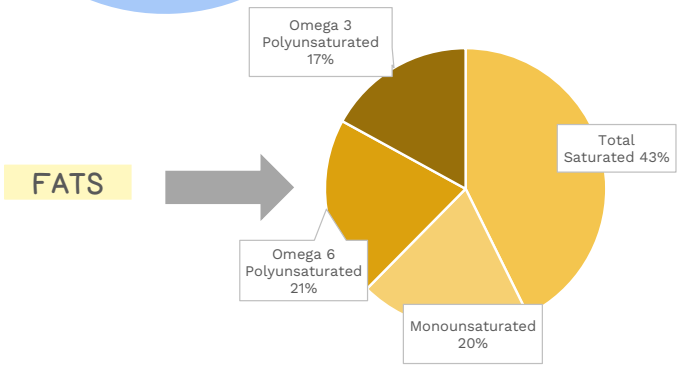
116 Oregano, dried

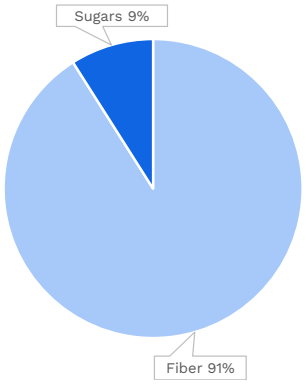
Serving Size:	3 grams	Protein:	0.3 grams	Net Carbs:	0.8 grams
Calories:	8	Fat:	0.1 grams	Fiber:	1.3 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	2.6 µg RAE	0% DV
Vitamin B1 (Thiamin)	5.3 µg	0% DV
Vitamin B2 (Riboflavin)	15.8 µg	1% DV
Vitamin B3 (Niacin)	0.1 mg	1% DV
Vitamin B5 (Pantothenic Acid)	0.0 mg	1% DV
Vitamin B6 (Pyridoxine)	31.3 µg	2% DV
Vitamin B7 (Biotin)	~	~
Vitamin B9 (Folate)	7.1 µg	2% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	0.1 mg	0% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	1.3 mg	9% DV
Vitamin K	18.7 µg	16% DV
Choline	1.0 mg	0% DV
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	47.9 mg	4% DV
Copper	19.0 µg	2% DV
Iodine	~	~
Iron	1.1 mg	6% DV
Magnesium	8.1 mg	2% DV
Manganese	149.7 µg	7% DV
Phosphorus	4.4 mg	0% DV
Potassium	37.8 mg	1% DV
Selenium	0.1 µg	0% DV
Sodium	0.8 mg	0% DV
Zinc	0.1 mg	1% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	18.6 mg	1% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.0 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	87.9 µg	~
Polyphenols	191.0 mg	~
Phytosterols	~	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~





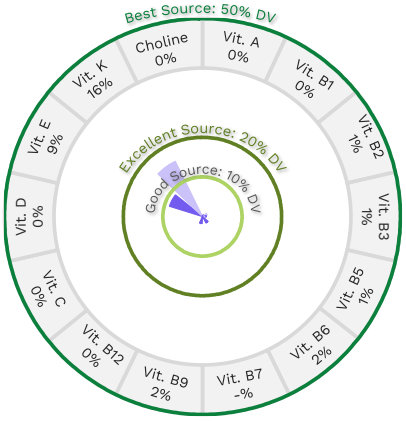




CARBOHYDRATES

MINERALS

VITAMINS

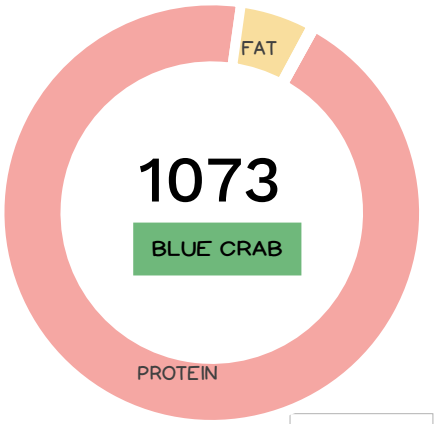




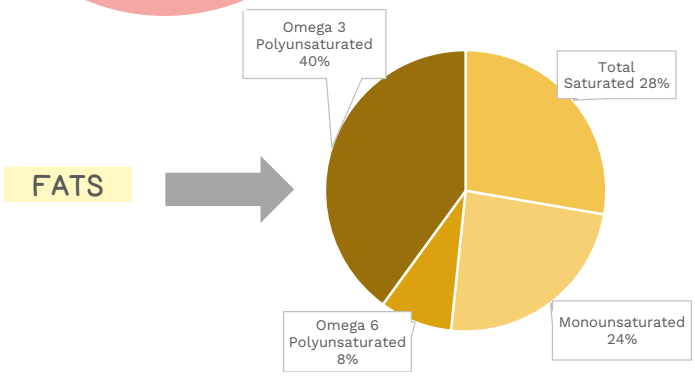
117 Blue crab

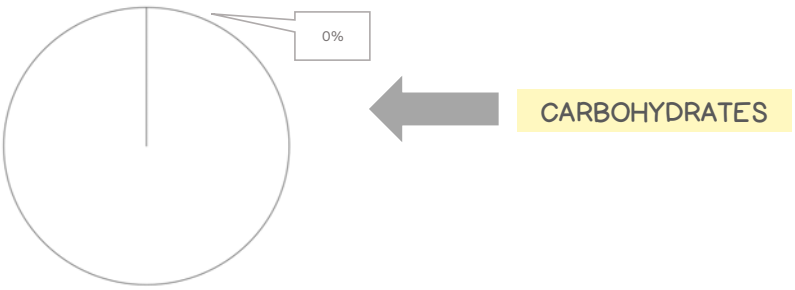
Serving Size:	115 grams	Protein:	20.8 grams	Net Carbs:	0.0 grams
Calories:	100	Fat:	1.2 grams	Fiber:	0.0 grams

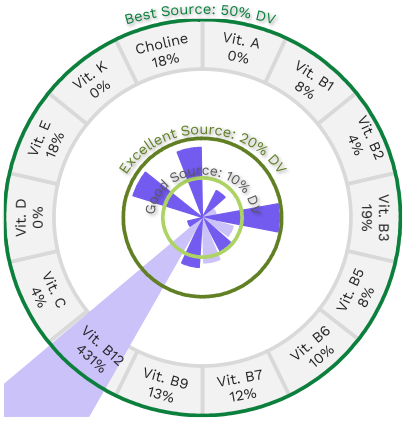
Vitamins & Vitaminlike Compounds		
Vitamin A	2.3 µg RAE	0% DV
Vitamin B1 (Thiamin)	92.0 µg	8% DV
Vitamin B2 (Riboflavin)	46.0 µg	4% DV
Vitamin B3 (Niacin)	3.1 mg	19% DV
Vitamin B5 (Pantothenic Acid)	0.4 mg	8% DV
Vitamin B6 (Pyridoxine)	172.5 µg	10% DV
Vitamin B7 (Biotin)	3.5 µg	12% DV
Vitamin B9 (Folate)	50.6 µg	13% DV
Vitamin B12 (Cobalamin)	10.4 µg	431% DV
Vitamin C	3.5 mg	4% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	2.8 mg	18% DV
Vitamin K	0.0 µg	0% DV
Choline	97.5 mg	18% DV
Myo-Inositol	5.8 mg	~
CoQ10	0.3 mg	~
Minerals		
Calcium	102.4 mg	8% DV
Copper	769.4 µg	85% DV
Iodine	294.3 µg	196% DV
Iron	0.9 mg	5% DV
Magnesium	39.1 mg	9% DV
Manganese	172.5 µg	8% DV
Phosphorus	263.4 mg	21% DV
Potassium	378.4 mg	8% DV
Selenium	43.0 µg	78% DV
Sodium	337.0 mg	15% DV
Zinc	4.1 mg	37% DV
Amino Acids & Peptides		
Taurine	319.7 mg	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.2 g	1% DV
ALA	0.0 mg	0% DV
EPA + DHA	368.0 mg	147% DV
CLA	0.4 mg	~
Linoleic Acid	0.0 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	0.0 µg	~
Polyphenols	0.0 mg	~
Phytosterols	0.0 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

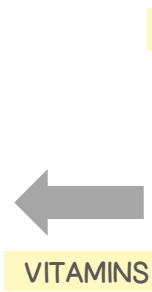


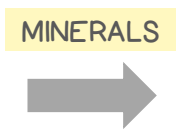


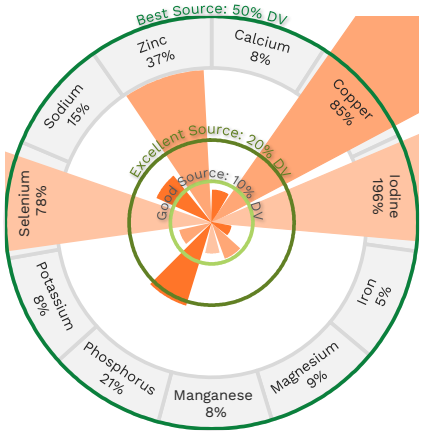








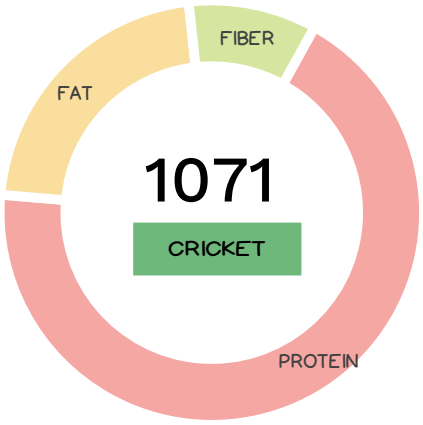




118 Cricket

Serving Size:	100 grams	Protein:	71.1 grams	Net Carbs:	~
Calories:	455	Fat:	22.8 grams	Fiber:	10.2 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	24400.0 µg RAE	2711% DV
Vitamin B1 (Thiamin)	40.0 µg	3% DV
Vitamin B2 (Riboflavin)	3410.0 µg	262% DV
Vitamin B3 (Niacin)	3.8 mg	24% DV
Vitamin B5 (Pantothenic Acid)	2.3 mg	46% DV
Vitamin B6 (Pyridoxine)	230.0 µg	14% DV
Vitamin B7 (Biotin)	20.0 µg	67% DV
Vitamin B9 (Folate)	150.0 µg	38% DV
Vitamin B12 (Cobalamin)	10.0 µg	417% DV
Vitamin C	3.0 mg	3% DV
Vitamin D (D2 + D3)	~	~
Vitamin E	1.3 mg	9% DV
Vitamin K	~	~
Choline	151.9 mg	28% DV
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	287.0 mg	22% DV
Copper	1430.0 µg	159% DV
Iodine	21.0 µg	14% DV
Iron	8.8 mg	49% DV
Magnesium	94.7 mg	23% DV
Manganese	3350.0 µg	146% DV
Phosphorus	832.9 mg	67% DV
Potassium	126.6 mg	3% DV
Selenium	19.0 µg	35% DV
Sodium	~	~
Zinc	20.2 mg	184% DV
Amino Acids & Peptides		
Taurine	141.0 mg	~
Ergothioneine	~	~
Functional Fats		
MUFA	21.7 g	109% DV
ALA	~	~
EPA + DHA	10.0 mg	4% DV
CLA	~	~
Linoleic Acid	41.4 g	243% DV
MCT's	~	~
Phytonutrients		
Carotenoids	~	~
Polyphenols	0.0 mg	~
Phytosterols	~	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~





FATS

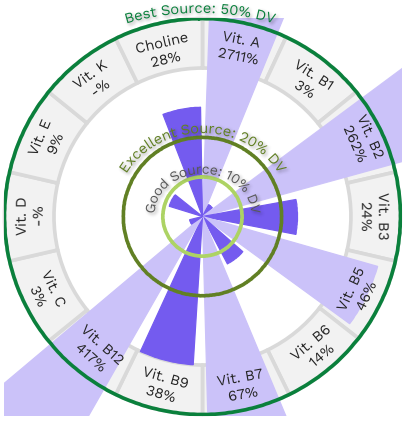


No detailed component data currently available in the USDA Food Central Database.



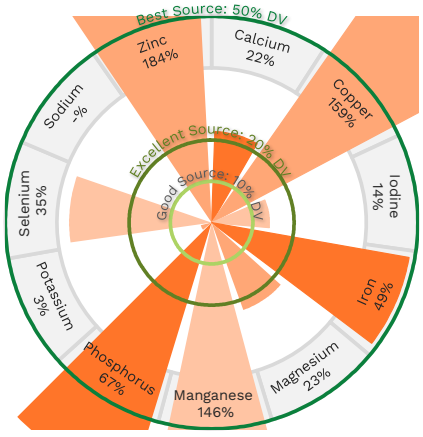
CARBOHYDRATES

No detailed component data currently available in the USDA Food Central Database.



VITAMINS

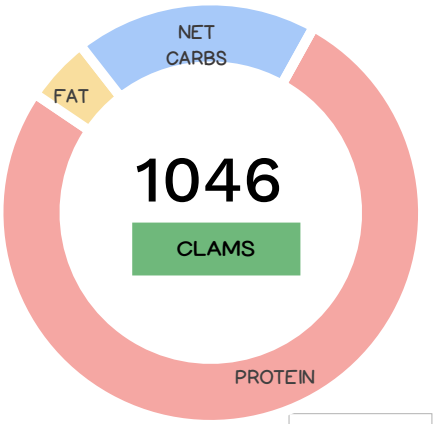
MINERALS



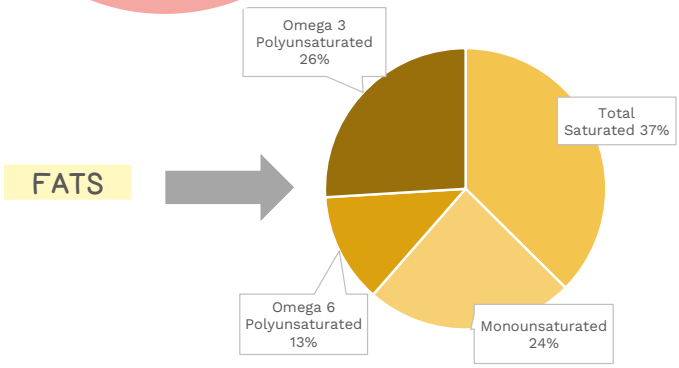
119 Clams

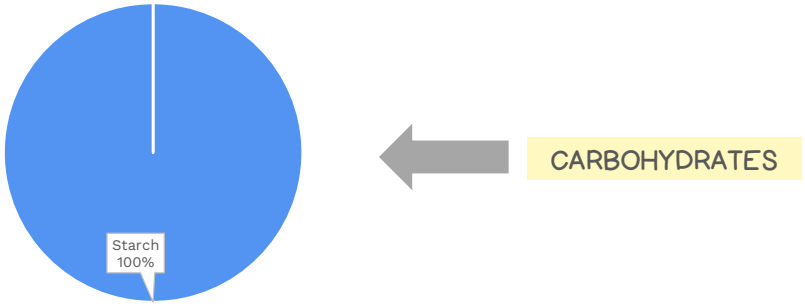
Serving Size:	115 grams	Protein:	16.9 grams	Net Carbs:	4.1 grams
Calories:	99	Fat:	1.1 grams	Fiber:	0.0 grams

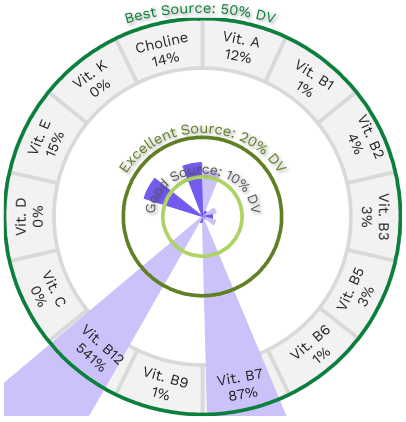
Vitamins & Vitaminlike Compounds		
Vitamin A	103.5 µg RAE	12% DV
Vitamin B1 (Thiamin)	17.3 µg	1% DV
Vitamin B2 (Riboflavin)	46.0 µg	4% DV
Vitamin B3 (Niacin)	0.4 mg	3% DV
Vitamin B5 (Pantothenic Acid)	0.2 mg	3% DV
Vitamin B6 (Pyridoxine)	11.5 µg	1% DV
Vitamin B7 (Biotin)	26.1 µg	87% DV
Vitamin B9 (Folate)	5.8 µg	1% DV
Vitamin B12 (Cobalamin)	13.0 µg	541% DV
Vitamin C	0.0 mg	0% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	2.3 mg	15% DV
Vitamin K	0.2 µg	0% DV
Choline	74.8 mg	14% DV
Myo-Inositol	3.5 mg	~
CoQ10	1.1 mg	~
Minerals		
Calcium	44.9 mg	3% DV
Copper	61.0 µg	7% DV
Iodine	180.6 µg	120% DV
Iron	1.9 mg	10% DV
Magnesium	21.9 mg	5% DV
Manganese	97.8 µg	4% DV
Phosphorus	227.7 mg	18% DV
Potassium	52.9 mg	1% DV
Selenium	35.2 µg	64% DV
Sodium	691.2 mg	30% DV
Zinc	0.6 mg	5% DV
Amino Acids & Peptides		
Taurine	598.8 mg	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.1 g	1% DV
ALA	17.3 mg	1% DV
EPA + DHA	123.1 mg	49% DV
CLA	16.1 mg	~
Linoleic Acid	0.0 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	0.0 µg	~
Polyphenols	0.0 mg	~
Phytosterols	0.0 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

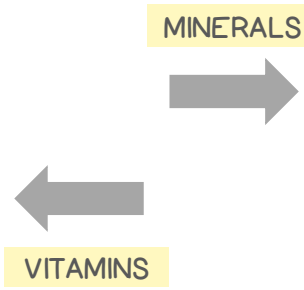


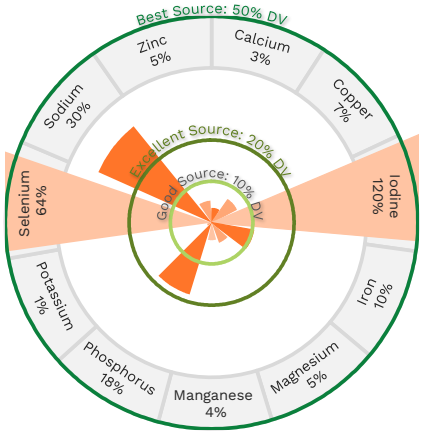








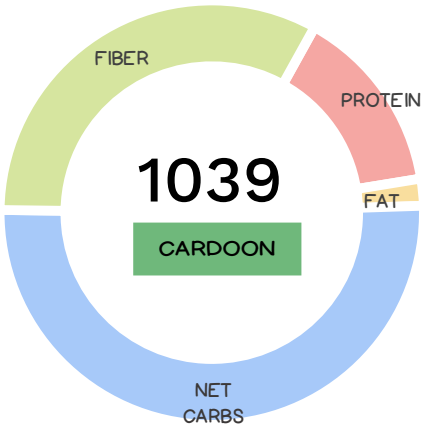




120 Cardoon

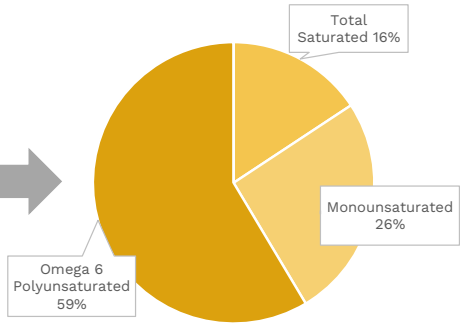
Serving Size:	178 grams	Protein:	1.2 grams	Net Carbs:	4.4 grams
Calories:	30	Fat:	0.2 grams	Fiber:	2.8 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	0.0 µg RAE	0% DV
Vitamin B1 (Thiamin)	35.6 µg	3% DV
Vitamin B2 (Riboflavin)	53.4 µg	4% DV
Vitamin B3 (Niacin)	0.5 mg	3% DV
Vitamin B5 (Pantothenic Acid)	0.6 mg	12% DV
Vitamin B6 (Pyridoxine)	206.5 µg	12% DV
Vitamin B7 (Biotin)	~	~
Vitamin B9 (Folate)	121.0 µg	30% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	3.6 mg	4% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	~	~
Vitamin K	~	~
Choline	~	~
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	124.6 mg	10% DV
Copper	411.2 µg	46% DV
Iodine	~	~
Iron	1.2 mg	7% DV
Magnesium	74.8 mg	18% DV
Manganese	455.7 µg	20% DV
Phosphorus	40.9 mg	3% DV
Potassium	712.0 mg	15% DV
Selenium	0.4 µg	1% DV
Sodium	302.6 mg	13% DV
Zinc	0.3 mg	3% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	~	~
EPA + DHA	~	~
CLA	~	~
Linoleic Acid	0.1 g	0% DV
MCT's	~	~
Phytonutrients		
Carotenoids	~	~
Polyphenols	884.7 mg	~
Phytosterols	~	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

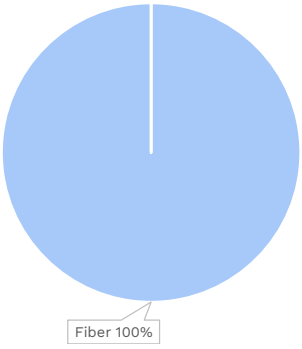


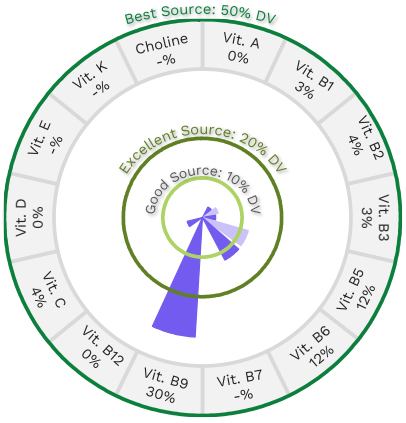


FATS



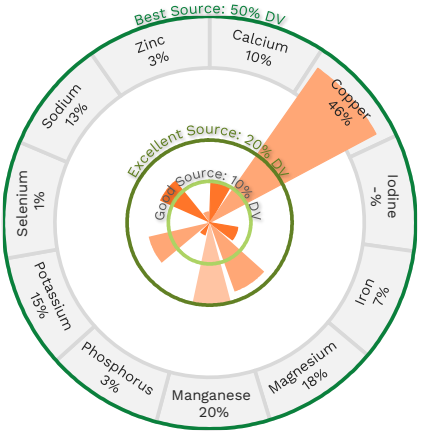
CARBOHYDRATES





MINERALS

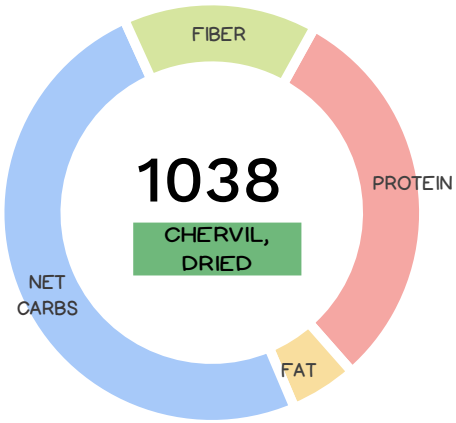
VITAMINS



121 Chervil, dried

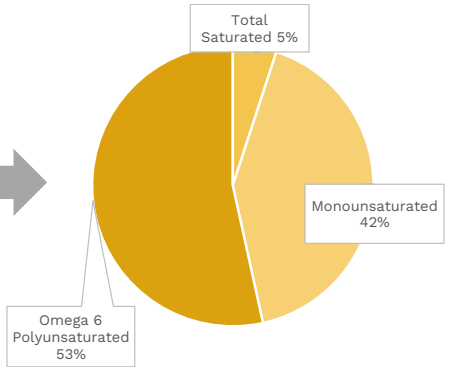
Serving Size:	2 grams	Protein:	0.4 grams	Net Carbs:	0.7 grams
Calories:	5	Fat:	0.1 grams	Fiber:	0.2 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	5.6 µg RAE	1% DV
Vitamin B1 (Thiamin)	7.2 µg	1% DV
Vitamin B2 (Riboflavin)	12.9 µg	1% DV
Vitamin B3 (Niacin)	0.1 mg	1% DV
Vitamin B5 (Pantothenic Acid)	0.1 mg	1% DV
Vitamin B6 (Pyridoxine)	17.7 µg	1% DV
Vitamin B7 (Biotin)	0.3 µg	1% DV
Vitamin B9 (Folate)	5.2 µg	1% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	1.0 mg	1% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.6 mg	4% DV
Vitamin K	~	~
Choline	~	~
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	39.6 mg	3% DV
Copper	37.6 µg	4% DV
Iodine	~	~
Iron	0.6 mg	3% DV
Magnesium	7.7 mg	2% DV
Manganese	109.1 µg	5% DV
Phosphorus	13.9 mg	1% DV
Potassium	171.5 mg	4% DV
Selenium	0.6 µg	1% DV
Sodium	1.6 mg	0% DV
Zinc	0.4 mg	4% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	0.0 mg	0% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.0 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	315.2 µg	~
Polyphenols	12.7 mg	~
Phytosterols	~	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

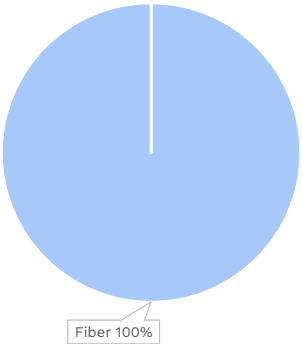




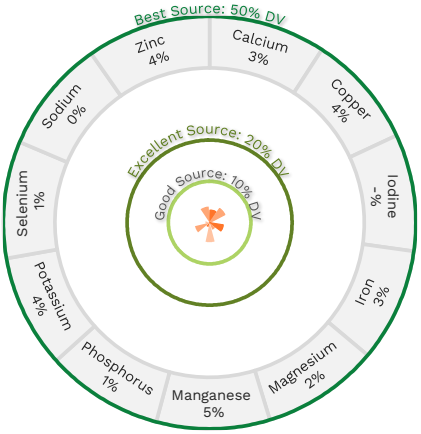
FATS



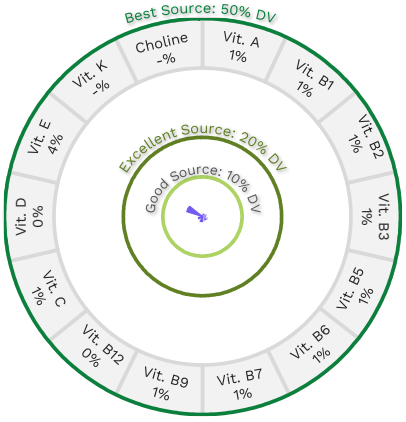
CARBOHYDRATES



MINERALS



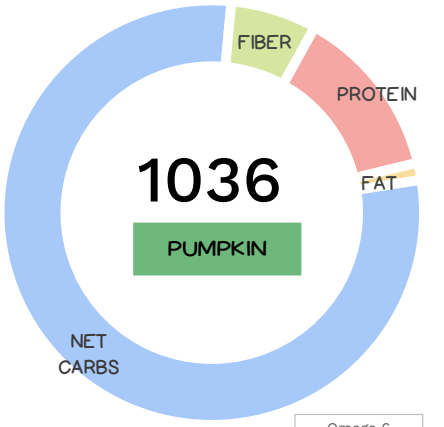
VITAMINS



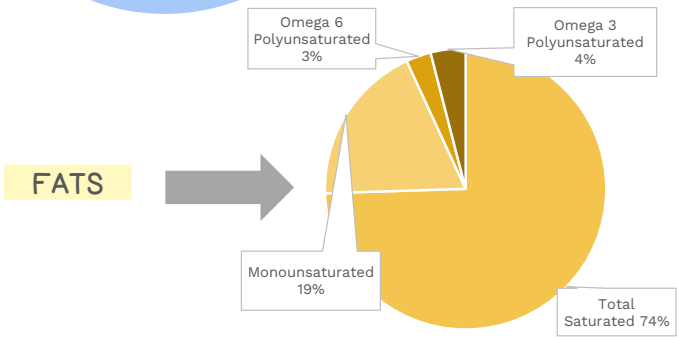
122 Pumpkin

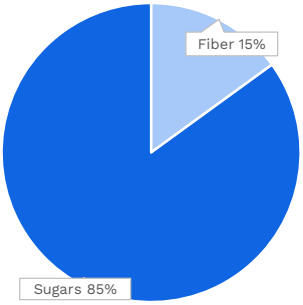
Serving Size:	116 grams	Protein:	1.2 grams	Net Carbs:	7.0 grams
Calories:	30	Fat:	0.1 grams	Fiber:	0.6 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	494.2 µg RAE	55% DV
Vitamin B1 (Thiamin)	58.0 µg	5% DV
Vitamin B2 (Riboflavin)	127.6 µg	10% DV
Vitamin B3 (Niacin)	0.7 mg	4% DV
Vitamin B5 (Pantothenic Acid)	0.3 mg	7% DV
Vitamin B6 (Pyridoxine)	70.8 µg	4% DV
Vitamin B7 (Biotin)	2.0 µg	7% DV
Vitamin B9 (Folate)	18.6 µg	5% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	10.4 mg	12% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	1.2 mg	8% DV
Vitamin K	1.3 µg	1% DV
Choline	9.5 mg	2% DV
Myo-Inositol	76.6 mg	~
CoQ10	0.0 mg	~
Minerals		
Calcium	24.4 mg	2% DV
Copper	147.3 µg	16% DV
Iodine	~	~
Iron	0.9 mg	5% DV
Magnesium	13.9 mg	3% DV
Manganese	145.0 µg	6% DV
Phosphorus	51.0 mg	4% DV
Potassium	394.4 mg	8% DV
Selenium	0.3 µg	1% DV
Sodium	1.2 mg	0% DV
Zinc	0.4 mg	3% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	3.5 mg	0% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.0 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	9994.6 µg	~
Polyphenols	182.1 mg	~
Phytosterols	9.0 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

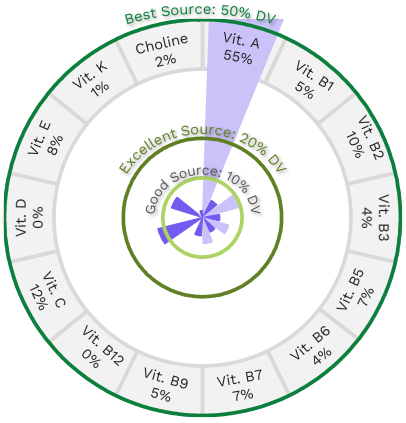






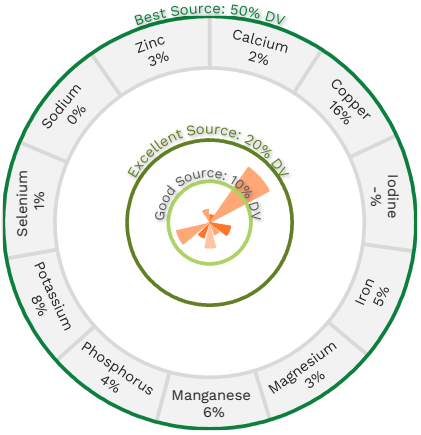


CARBOHYDRATES



VITAMINS

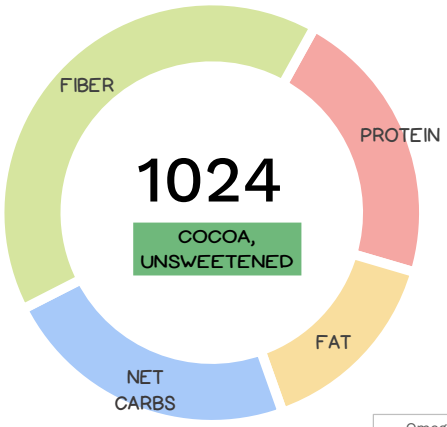
MINERALS



123 Cocoa, unsweetened

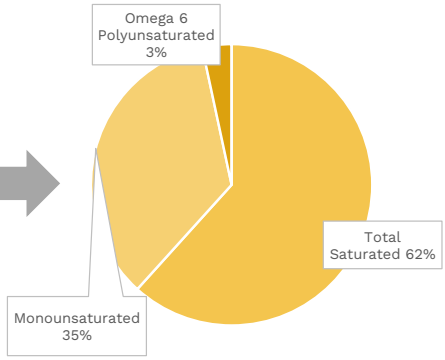
Serving Size:	28 grams	Protein:	5.5 grams	Net Carbs:	5.9 grams
Calories:	64	Fat:	3.8 grams	Fiber:	10.4 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	0.0 µg RAE	0% DV
Vitamin B1 (Thiamin)	21.8 µg	2% DV
Vitamin B2 (Riboflavin)	67.5 µg	5% DV
Vitamin B3 (Niacin)	0.6 mg	4% DV
Vitamin B5 (Pantothenic Acid)	0.1 mg	1% DV
Vitamin B6 (Pyridoxine)	33.0 µg	2% DV
Vitamin B7 (Biotin)	7.5 µg	25% DV
Vitamin B9 (Folate)	9.0 µg	2% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	0.0 mg	0% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.0 mg	0% DV
Vitamin K	0.7 µg	1% DV
Choline	3.4 mg	1% DV
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	35.8 mg	3% DV
Copper	1060.6 µg	118% DV
Iodine	~	~
Iron	3.9 mg	22% DV
Magnesium	139.7 mg	33% DV
Manganese	1074.4 µg	47% DV
Phosphorus	205.5 mg	16% DV
Potassium	426.7 mg	9% DV
Selenium	4.0 µg	7% DV
Sodium	5.9 mg	0% DV
Zinc	1.9 mg	17% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	1.3 g	6% DV
ALA	0.0 mg	0% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.1 g	1% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	10.6 µg	~
Polyphenols	2249.2 mg	~
Phytosterols	28.9 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

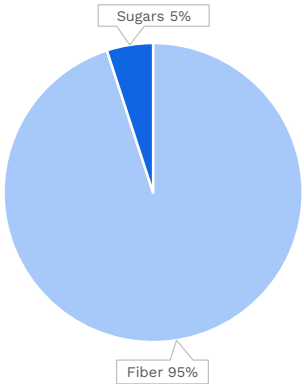




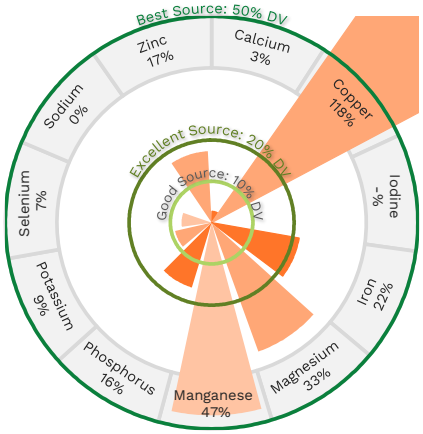
FATS



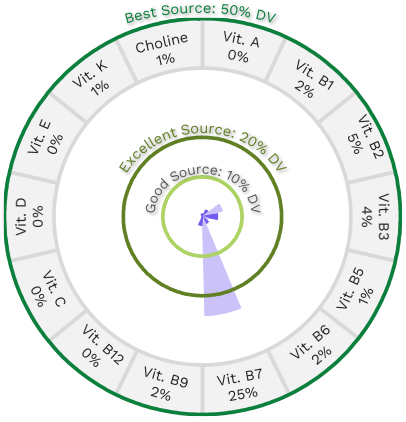
CARBOHYDRATES



MINERALS



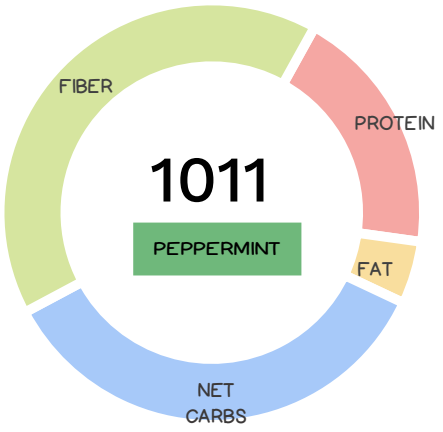
VITAMINS



124 Peppermint

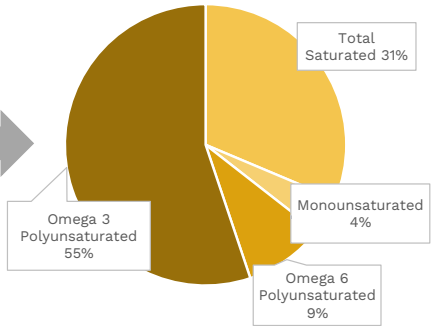
Serving Size:	6 grams	Protein:	0.2 grams	Net Carbs:	0.4 grams
Calories:	4	Fat:	0.1 grams	Fiber:	0.5 grams

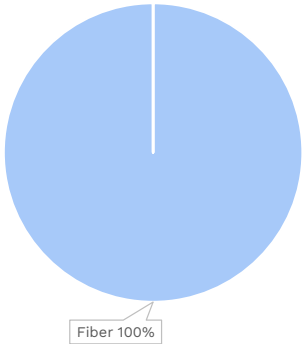
Vitamins & Vitaminlike Compounds		
Vitamin A	13.6 µg RAE	2% DV
Vitamin B1 (Thiamin)	5.2 µg	0% DV
Vitamin B2 (Riboflavin)	17.0 µg	1% DV
Vitamin B3 (Niacin)	0.1 mg	1% DV
Vitamin B5 (Pantothenic Acid)	0.0 mg	0% DV
Vitamin B6 (Pyridoxine)	8.3 µg	0% DV
Vitamin B7 (Biotin)	~	~
Vitamin B9 (Folate)	7.3 µg	2% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	2.0 mg	2% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	~	~
Vitamin K	~	~
Choline	~	~
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	15.6 mg	1% DV
Copper	21.1 µg	2% DV
Iodine	~	~
Iron	0.3 mg	2% DV
Magnesium	5.1 mg	1% DV
Manganese	75.3 µg	3% DV
Phosphorus	4.7 mg	0% DV
Potassium	36.4 mg	1% DV
Selenium	~	~
Sodium	2.0 mg	0% DV
Zinc	0.1 mg	1% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	27.8 mg	2% DV
EPA + DHA	~	~
CLA	~	~
Linoleic Acid	0.0 g	0% DV
MCT's	~	~
Phytonutrients		
Carotenoids	~	~
Polyphenols	165.1 mg	~
Phytosterols	~	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~



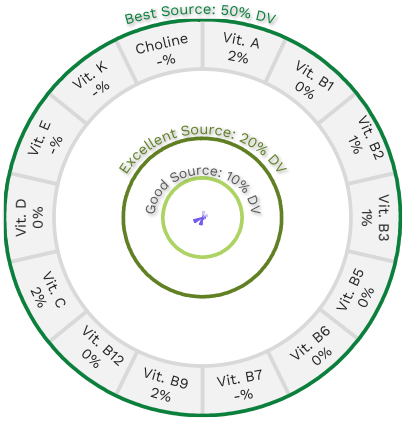


FATS



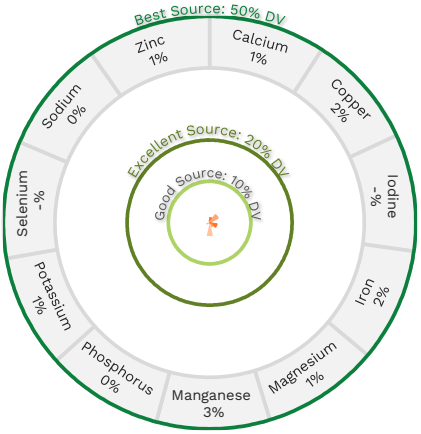


CARBOHYDRATES



MINERALS

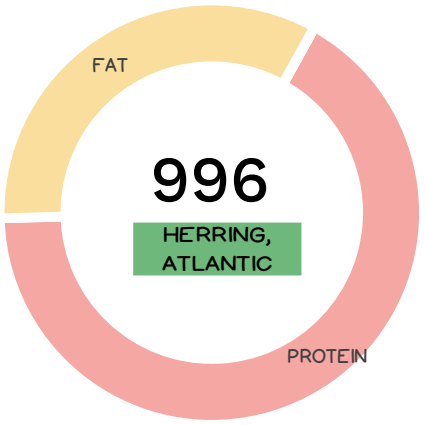
VITAMINS



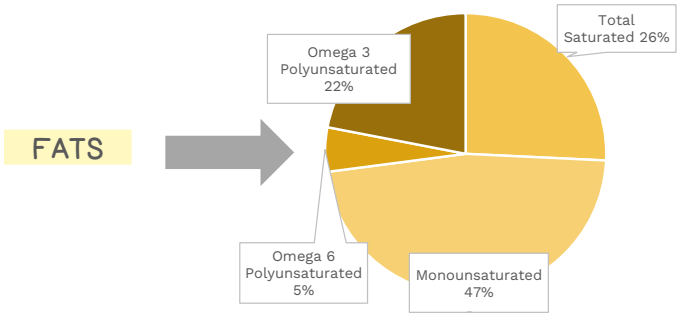
125 Herring, Atlantic

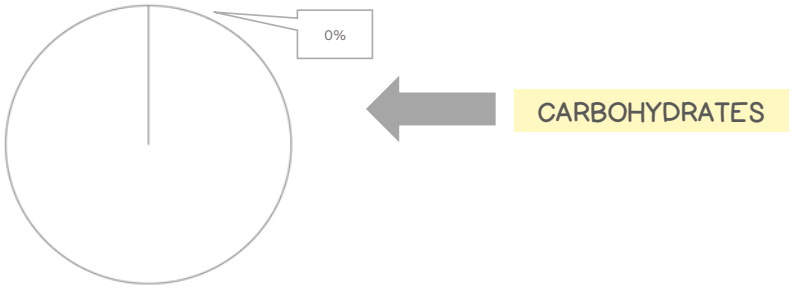
Serving Size:	115 grams	Protein:	20.7 grams	Net Carbs:	0.0 grams
Calories:	182	Fat:	10.4 grams	Fiber:	0.0 grams

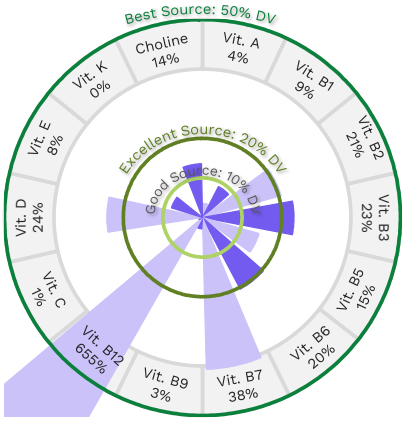
Vitamins & Vitaminlike Compounds		
Vitamin A	32.2 µg RAE	4% DV
Vitamin B1 (Thiamin)	105.8 µg	9% DV
Vitamin B2 (Riboflavin)	268.0 µg	21% DV
Vitamin B3 (Niacin)	3.7 mg	23% DV
Vitamin B5 (Pantothenic Acid)	0.7 mg	15% DV
Vitamin B6 (Pyridoxine)	347.3 µg	20% DV
Vitamin B7 (Biotin)	11.5 µg	38% DV
Vitamin B9 (Folate)	11.5 µg	3% DV
Vitamin B12 (Cobalamin)	15.7 µg	655% DV
Vitamin C	0.8 mg	1% DV
Vitamin D (D2 + D3)	4.8 µg	24% DV
Vitamin E	1.2 mg	8% DV
Vitamin K	0.1 µg	0% DV
Choline	74.8 mg	14% DV
Myo-Inositol	23.0 mg	~
CoQ10	1.8 mg	~
Minerals		
Calcium	65.6 mg	5% DV
Copper	105.8 µg	12% DV
Iodine	35.0 µg	23% DV
Iron	1.3 mg	7% DV
Magnesium	36.8 mg	9% DV
Manganese	40.3 µg	2% DV
Phosphorus	271.4 mg	22% DV
Potassium	376.1 mg	8% DV
Selenium	42.0 µg	76% DV
Sodium	103.5 mg	5% DV
Zinc	1.1 mg	10% DV
Amino Acids & Peptides		
Taurine	69.0 mg	~
Ergothioneine	~	~
Functional Fats		
MUFA	4.3 g	21% DV
ALA	118.5 mg	7% DV
EPA + DHA	1806.7 mg	723% DV
CLA	3.1 mg	~
Linoleic Acid	0.1 g	1% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	0.0 µg	~
Polyphenols	0.0 mg	~
Phytosterols	0.0 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

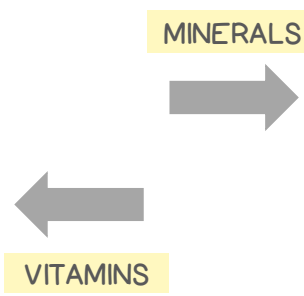


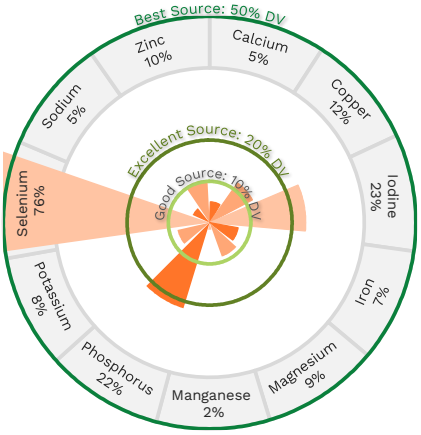








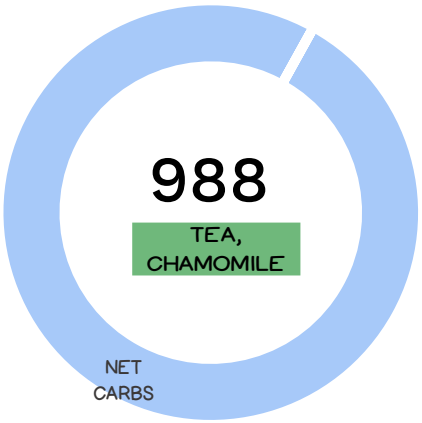




126 Tea, chamomile

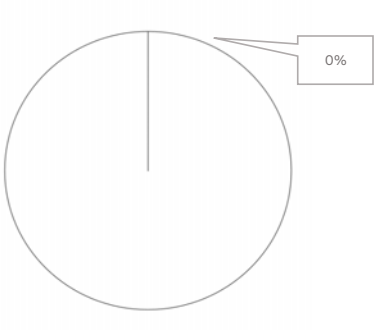
Serving Size:	237 grams	Protein:	0.0 grams	Net Carbs:	0.5 grams
Calories:	2	Fat:	0.0 grams	Fiber:	0.0 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	2.4 µg RAE	0% DV
Vitamin B1 (Thiamin)	23.7 µg	2% DV
Vitamin B2 (Riboflavin)	9.5 µg	1% DV
Vitamin B3 (Niacin)	0.0 mg	0% DV
Vitamin B5 (Pantothenic Acid)	0.0 mg	1% DV
Vitamin B6 (Pyridoxine)	0.0 µg	0% DV
Vitamin B7 (Biotin)	~	~
Vitamin B9 (Folate)	2.4 µg	1% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	0.0 mg	0% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.0 mg	0% DV
Vitamin K	0.0 µg	0% DV
Choline	0.0 mg	0% DV
Myo-Inositol	0.1 mg	~
CoQ10	~	~
Minerals		
Calcium	4.7 mg	0% DV
Copper	35.6 µg	4% DV
Iodine	0.0 µg	0% DV
Iron	0.2 mg	1% DV
Magnesium	2.4 mg	1% DV
Manganese	104.3 µg	5% DV
Phosphorus	0.0 mg	0% DV
Potassium	21.3 mg	0% DV
Selenium	0.0 µg	0% DV
Sodium	2.4 mg	0% DV
Zinc	0.1 mg	1% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	7.1 mg	0% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.0 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	28.4 µg	~
Polyphenols	54.0 mg	~
Phytosterols	~	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~





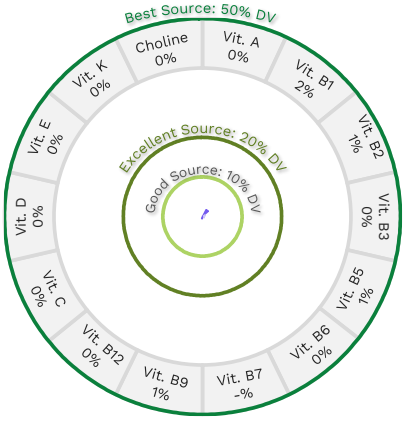
FATS



CARBOHYDRATES

No detailed component data currently available in the USDA Food Central Database.

VITAMINS



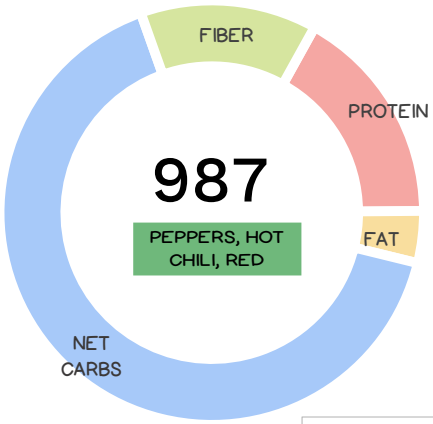
MINERALS



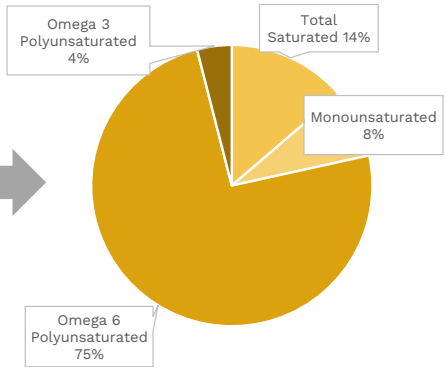
127 Peppers, hot chili, red

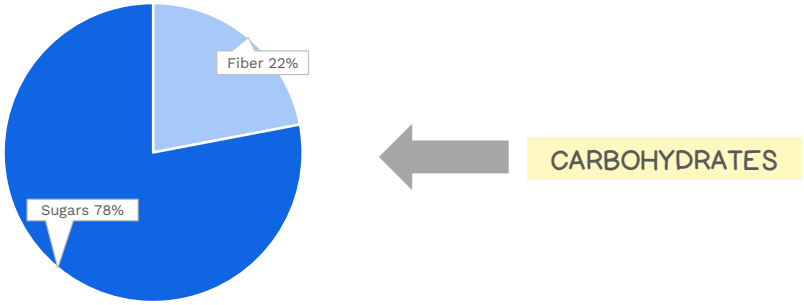
Serving Size:	38 grams	Protein:	0.7 grams	Net Carbs:	2.7 grams
Calories:	15	Fat:	0.2 grams	Fiber:	0.6 grams

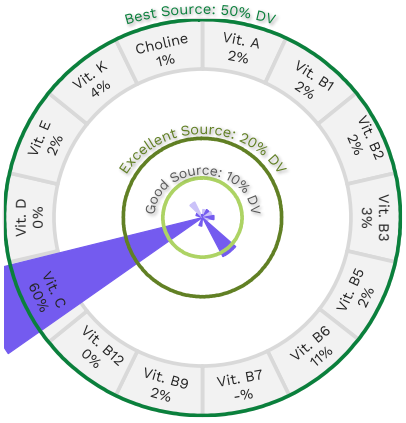
Vitamins & Vitaminlike Compounds		
Vitamin A	18.0 µg RAE	2% DV
Vitamin B1 (Thiamin)	27.0 µg	2% DV
Vitamin B2 (Riboflavin)	32.3 µg	2% DV
Vitamin B3 (Niacin)	0.5 mg	3% DV
Vitamin B5 (Pantothenic Acid)	0.1 mg	2% DV
Vitamin B6 (Pyridoxine)	189.8 µg	11% DV
Vitamin B7 (Biotin)	~	~
Vitamin B9 (Folate)	8.6 µg	2% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	53.9 mg	60% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.3 mg	2% DV
Vitamin K	5.3 µg	4% DV
Choline	4.1 mg	1% DV
Myo-Inositol	22.1 mg	~
CoQ10	~	~
Minerals		
Calcium	5.3 mg	0% DV
Copper	48.4 µg	5% DV
Iodine	~	~
Iron	0.4 mg	2% DV
Magnesium	8.6 mg	2% DV
Manganese	70.1 µg	3% DV
Phosphorus	16.1 mg	1% DV
Potassium	120.8 mg	3% DV
Selenium	0.2 µg	0% DV
Sodium	3.4 mg	0% DV
Zinc	0.1 mg	1% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	4.1 mg	0% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.1 g	1% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	494.6 µg	~
Polyphenols	217.1 mg	~
Phytosterols	5.0 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

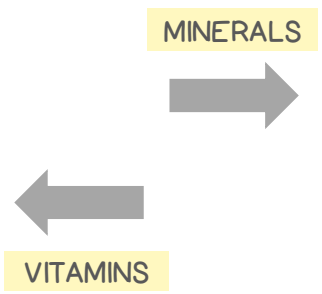










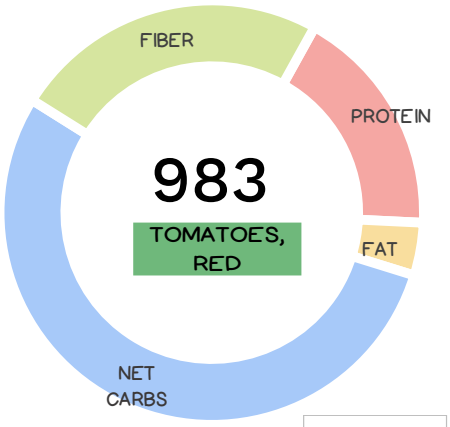




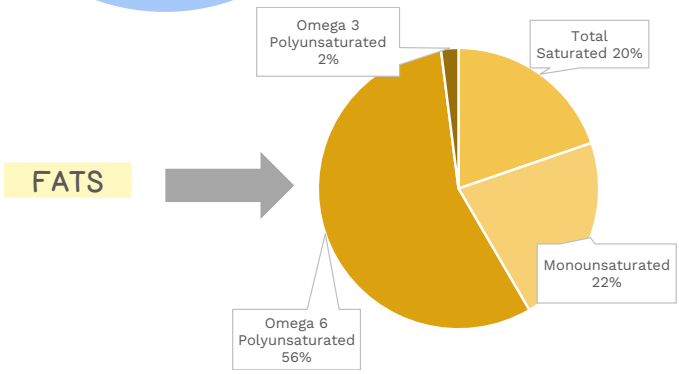
128 Tomatoes, red

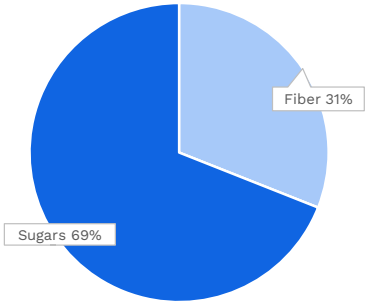
Serving Size:	180 grams	Protein:	1.6 grams	Net Carbs:	4.8 grams
Calories:	32	Fat:	0.4 grams	Fiber:	2.2 grams

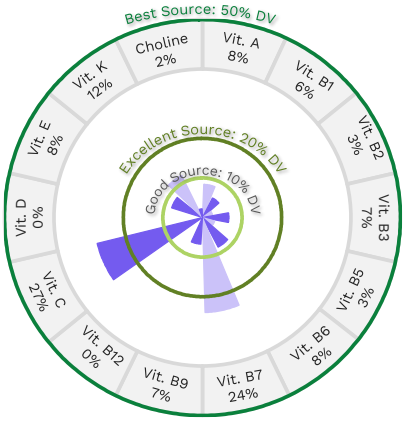
Vitamins & Vitaminlike Compounds		
Vitamin A	75.6 µg RAE	8% DV
Vitamin B1 (Thiamin)	66.6 µg	6% DV
Vitamin B2 (Riboflavin)	34.2 µg	3% DV
Vitamin B3 (Niacin)	1.1 mg	7% DV
Vitamin B5 (Pantothenic Acid)	0.2 mg	3% DV
Vitamin B6 (Pyridoxine)	144.0 µg	8% DV
Vitamin B7 (Biotin)	7.2 µg	24% DV
Vitamin B9 (Folate)	27.0 µg	7% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	24.7 mg	27% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	1.2 mg	8% DV
Vitamin K	14.2 µg	12% DV
Choline	12.1 mg	2% DV
Myo-Inositol	97.2 mg	~
CoQ10	0.2 mg	~
Minerals		
Calcium	18.0 mg	1% DV
Copper	106.2 µg	12% DV
Iodine	~	~
Iron	0.5 mg	3% DV
Magnesium	19.8 mg	5% DV
Manganese	205.2 µg	9% DV
Phosphorus	43.2 mg	3% DV
Potassium	426.6 mg	9% DV
Selenium	0.0 µg	0% DV
Sodium	9.0 mg	0% DV
Zinc	0.3 mg	3% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	0.0 mg	~
Functional Fats		
MUFA	0.1 g	0% DV
ALA	5.4 mg	0% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.1 g	1% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	9597.6 µg	~
Polyphenols	255.6 mg	~
Phytosterols	13.3 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

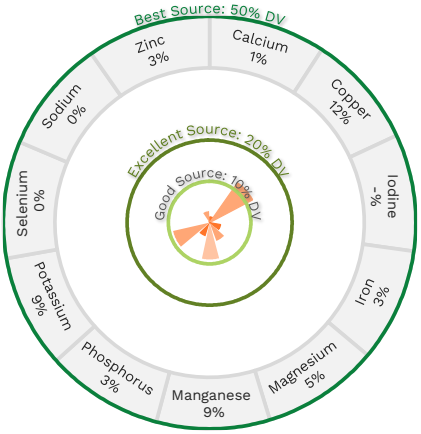








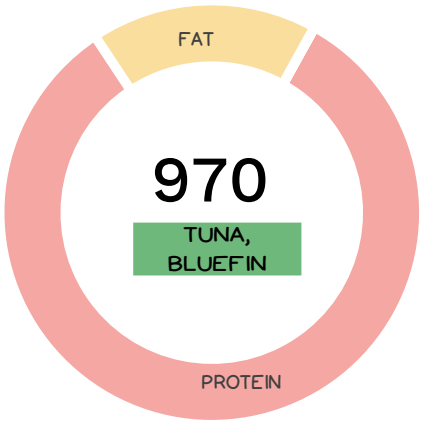




129 Tuna, bluefin

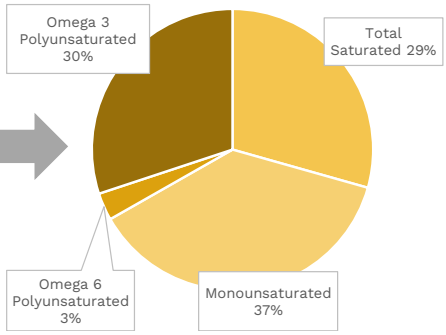
Serving Size:	115 grams	Protein:	26.8 grams	Net Carbs:	0.0 grams
Calories:	166	Fat:	5.6 grams	Fiber:	0.0 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	753.3 µg RAE	84% DV
Vitamin B1 (Thiamin)	277.2 µg	23% DV
Vitamin B2 (Riboflavin)	288.7 µg	22% DV
Vitamin B3 (Niacin)	10.0 mg	62% DV
Vitamin B5 (Pantothenic Acid)	1.2 mg	24% DV
Vitamin B6 (Pyridoxine)	523.3 µg	31% DV
Vitamin B7 (Biotin)	3.0 µg	10% DV
Vitamin B9 (Folate)	2.3 µg	1% DV
Vitamin B12 (Cobalamin)	10.8 µg	452% DV
Vitamin C	0.0 mg	0% DV
Vitamin D (D2 + D3)	6.6 µg	33% DV
Vitamin E	1.2 mg	8% DV
Vitamin K	0.0 µg	0% DV
Choline	74.8 mg	14% DV
Myo-Inositol	17.3 mg	~
CoQ10	0.6 mg	~
Minerals		
Calcium	9.2 mg	1% DV
Copper	98.9 µg	11% DV
Iodine	17.9 µg	12% DV
Iron	1.2 mg	7% DV
Magnesium	57.5 mg	14% DV
Manganese	17.3 µg	1% DV
Phosphorus	292.1 mg	23% DV
Potassium	289.8 mg	6% DV
Selenium	42.0 µg	76% DV
Sodium	44.9 mg	2% DV
Zinc	0.7 mg	6% DV
Amino Acids & Peptides		
Taurine	381.8 mg	~
Ergothioneine	~	~
Functional Fats		
MUFA	1.8 g	9% DV
ALA	0.0 mg	0% DV
EPA + DHA	1349.0 mg	540% DV
CLA	1.7 mg	~
Linoleic Acid	0.1 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	0.0 µg	~
Polyphenols	0.0 mg	~
Phytosterols	0.0 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

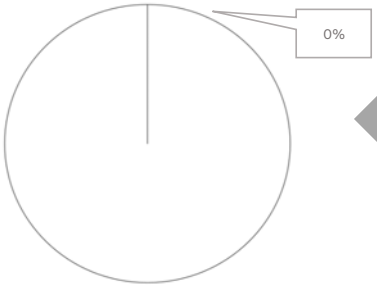




FATS

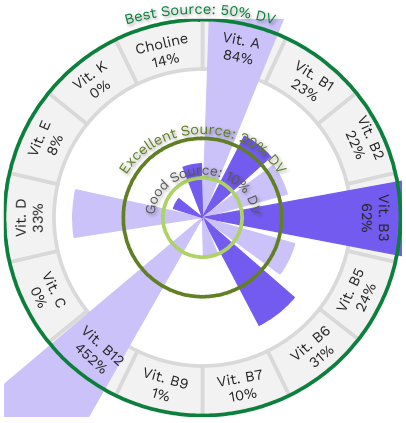


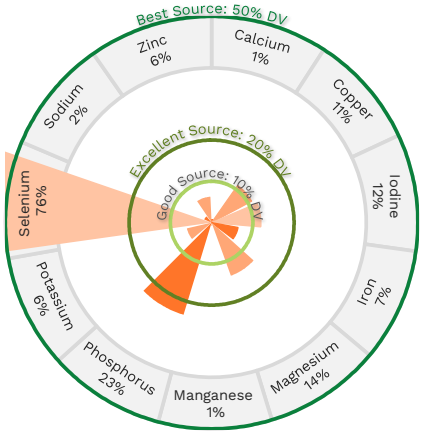
CARBOHYDRATES



MINERALS

VITAMINS

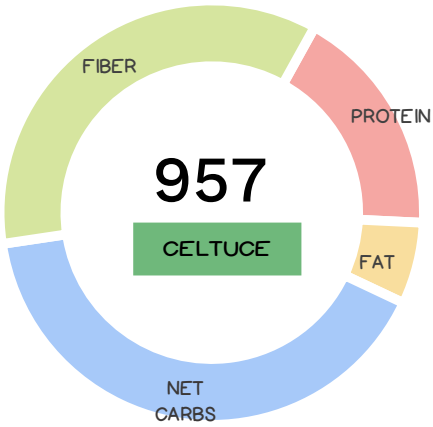




130 Celtuce

Serving Size:	101 grams	Protein:	0.9 grams	Net Carbs:	2.0 grams
Calories:	18	Fat:	0.3 grams	Fiber:	1.7 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	176.8 µg RAE	20% DV
Vitamin B1 (Thiamin)	55.6 µg	5% DV
Vitamin B2 (Riboflavin)	70.7 µg	5% DV
Vitamin B3 (Niacin)	0.6 mg	3% DV
Vitamin B5 (Pantothenic Acid)	0.2 mg	4% DV
Vitamin B6 (Pyridoxine)	50.5 µg	3% DV
Vitamin B7 (Biotin)	~	~
Vitamin B9 (Folate)	46.5 µg	12% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	19.7 mg	22% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	~	~
Vitamin K	~	~
Choline	~	~
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	39.4 mg	3% DV
Copper	40.4 µg	4% DV
Iodine	~	~
Iron	0.6 mg	3% DV
Magnesium	28.3 mg	7% DV
Manganese	694.9 µg	30% DV
Phosphorus	39.4 mg	3% DV
Potassium	333.3 mg	7% DV
Selenium	0.9 µg	2% DV
Sodium	11.1 mg	0% DV
Zinc	0.3 mg	2% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	~	~
ALA	~	~
EPA + DHA	~	~
CLA	~	~
Linoleic Acid	~	~
MCT's	~	~
Phytonutrients		
Carotenoids	~	~
Polyphenols	247.0 mg	~
Phytosterols	~	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

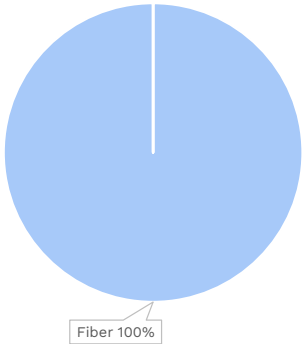




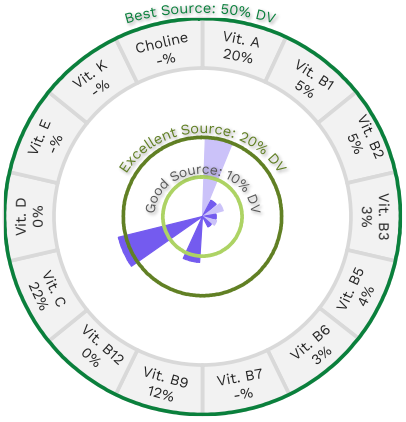
FATS



No detailed component data currently available in the USDA Food Central Database.

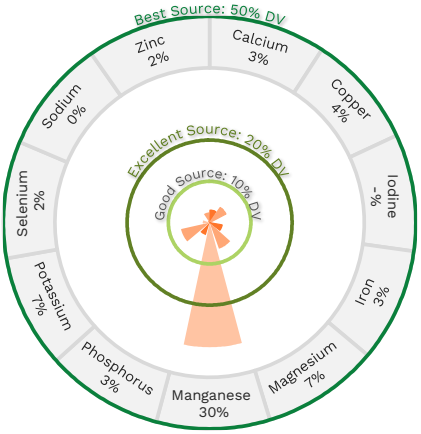


CARBOHYDRATES



MINERALS

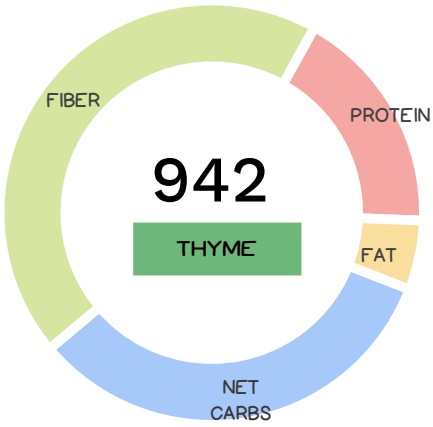
VITAMINS



131 Thyme

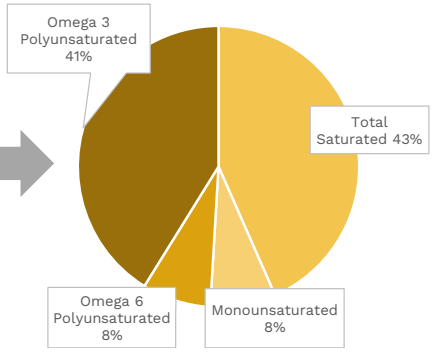
Serving Size:	10 grams	Protein:	0.5 grams	Net Carbs:	1.0 grams
Calories:	10	Fat:	0.2 grams	Fiber:	1.3 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	22.8 µg RAE	3% DV
Vitamin B1 (Thiamin)	4.6 µg	0% DV
Vitamin B2 (Riboflavin)	45.2 µg	3% DV
Vitamin B3 (Niacin)	0.2 mg	1% DV
Vitamin B5 (Pantothenic Acid)	0.0 mg	1% DV
Vitamin B6 (Pyridoxine)	33.4 µg	2% DV
Vitamin B7 (Biotin)	~	~
Vitamin B9 (Folate)	4.3 µg	1% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	15.4 mg	17% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	~	~
Vitamin K	~	~
Choline	~	~
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	38.9 mg	3% DV
Copper	53.3 µg	6% DV
Iodine	~	~
Iron	1.7 mg	9% DV
Magnesium	15.4 mg	4% DV
Manganese	165.0 µg	7% DV
Phosphorus	10.2 mg	1% DV
Potassium	58.5 mg	1% DV
Selenium	~	~
Sodium	0.9 mg	0% DV
Zinc	0.2 mg	2% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	42.9 mg	3% DV
EPA + DHA	~	~
CLA	~	~
Linoleic Acid	0.0 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	273.7 µg	~
Polyphenols	147.6 mg	~
Phytosterols	~	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

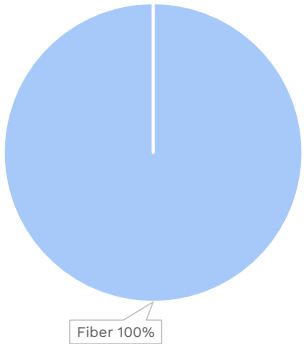




FATS



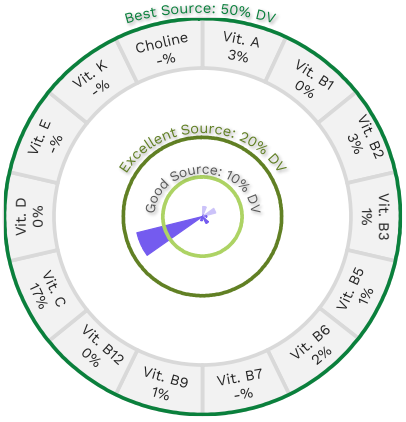
CARBOHYDRATES



MINERALS



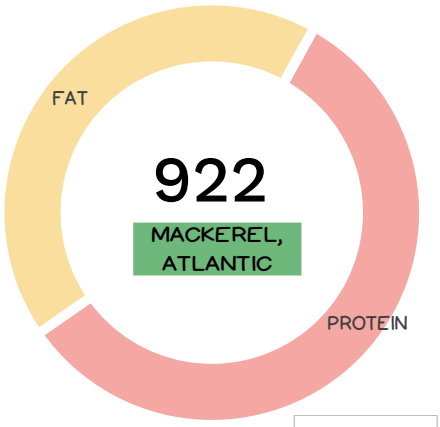
VITAMINS



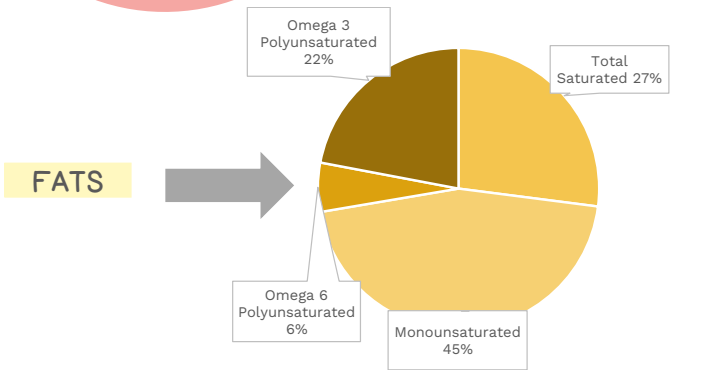
132 Mackerel, Atlantic

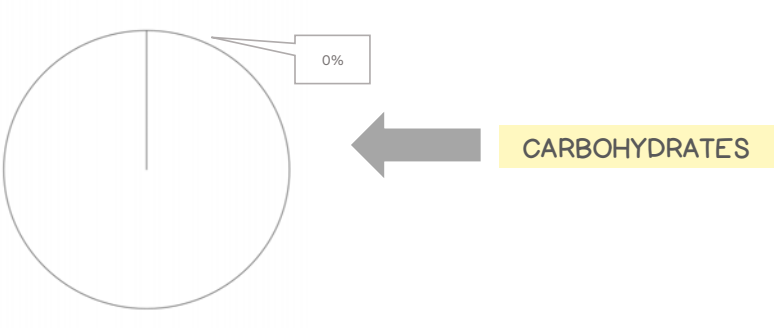
Serving Size:	115 grams	Protein:	21.4 grams	Net Carbs:	0.0 grams
Calories:	236	Fat:	16.0 grams	Fiber:	0.0 grams

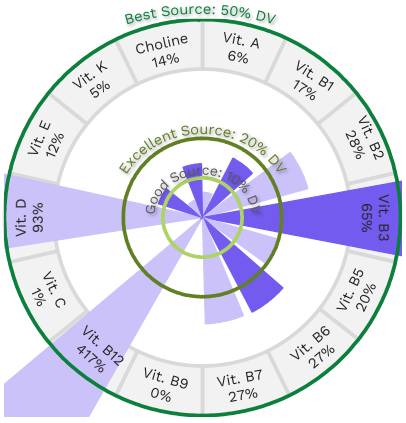
Vitamins & Vitaminlike Compounds		
Vitamin A	57.5 µg RAE	6% DV
Vitamin B1 (Thiamin)	202.4 µg	17% DV
Vitamin B2 (Riboflavin)	358.8 µg	28% DV
Vitamin B3 (Niacin)	10.4 mg	65% DV
Vitamin B5 (Pantothenic Acid)	1.0 mg	20% DV
Vitamin B6 (Pyridoxine)	458.9 µg	27% DV
Vitamin B7 (Biotin)	8.1 µg	27% DV
Vitamin B9 (Folate)	1.2 µg	0% DV
Vitamin B12 (Cobalamin)	10.0 µg	417% DV
Vitamin C	0.5 mg	1% DV
Vitamin D (D2 + D3)	18.5 µg	93% DV
Vitamin E	1.7 mg	12% DV
Vitamin K	5.8 µg	5% DV
Choline	74.8 mg	14% DV
Myo-Inositol	~	~
CoQ10	7.8 mg	~
Minerals		
Calcium	13.8 mg	1% DV
Copper	84.0 µg	9% DV
Iodine	39.5 µg	26% DV
Iron	1.9 mg	10% DV
Magnesium	87.4 mg	21% DV
Manganese	17.3 µg	1% DV
Phosphorus	249.6 mg	20% DV
Potassium	361.1 mg	8% DV
Selenium	50.7 µg	92% DV
Sodium	103.5 mg	5% DV
Zinc	0.7 mg	7% DV
Amino Acids & Peptides		
Taurine	89.7 mg	~
Ergothioneine	~	~
Functional Fats		
MUFA	6.3 g	31% DV
ALA	182.9 mg	11% DV
EPA + DHA	2643.9 mg	1058% DV
CLA	4.8 mg	~
Linoleic Acid	0.3 g	1% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	0.0 µg	~
Polyphenols	0.0 mg	~
Phytosterols	0.0 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

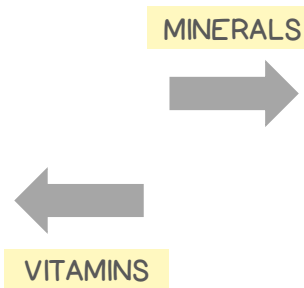


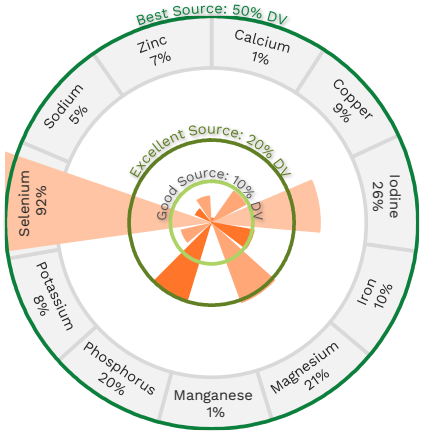








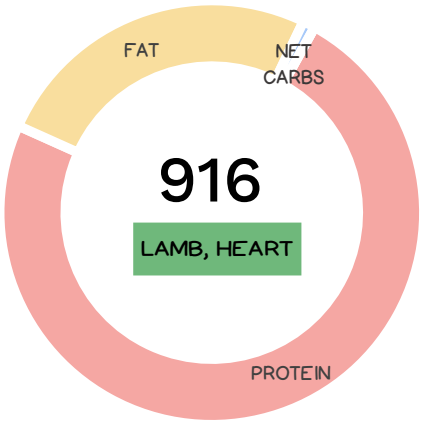




133 Lamb, heart

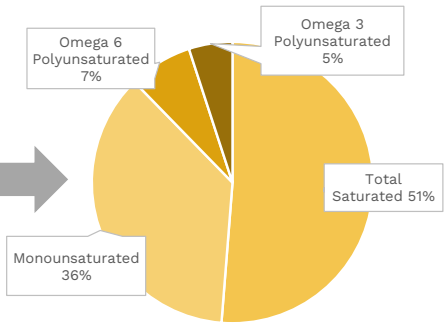
Serving Size:	100 grams	Protein:	16.5 grams	Net Carbs:	0.2 grams
Calories:	122	Fat:	5.7 grams	Fiber:	0.0 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	0.0 µg RAE	0% DV
Vitamin B1 (Thiamin)	370.0 µg	31% DV
Vitamin B2 (Riboflavin)	990.0 µg	76% DV
Vitamin B3 (Niacin)	6.1 mg	38% DV
Vitamin B5 (Pantothenic Acid)	2.6 mg	53% DV
Vitamin B6 (Pyridoxine)	390.0 µg	23% DV
Vitamin B7 (Biotin)	7.3 µg	24% DV
Vitamin B9 (Folate)	2.0 µg	1% DV
Vitamin B12 (Cobalamin)	10.3 µg	427% DV
Vitamin C	5.0 mg	6% DV
Vitamin D (D2 + D3)	~	~
Vitamin E	~	~
Vitamin K	~	~
Choline	~	~
Myo-Inositol	37.0 mg	~
CoQ10	11.3 mg	~
Minerals		
Calcium	6.0 mg	0% DV
Copper	397.0 µg	44% DV
Iodine	~	~
Iron	4.6 mg	26% DV
Magnesium	17.0 mg	4% DV
Manganese	46.0 µg	2% DV
Phosphorus	175.0 mg	14% DV
Potassium	316.0 mg	7% DV
Selenium	32.0 µg	58% DV
Sodium	89.0 mg	4% DV
Zinc	1.9 mg	17% DV
Amino Acids & Peptides		
Taurine	42.0 mg	~
Ergothioneine	0.1 mg	~
Functional Fats		
MUFA	1.6 g	8% DV
ALA	130.0 mg	8% DV
EPA + DHA	70.0 mg	28% DV
CLA	46.6 mg	~
Linoleic Acid	0.2 g	1% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	0.0 µg	~
Polyphenols	0.0 mg	~
Phytosterols	0.0 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~





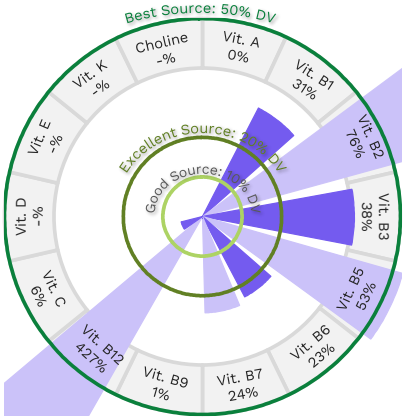
FATS





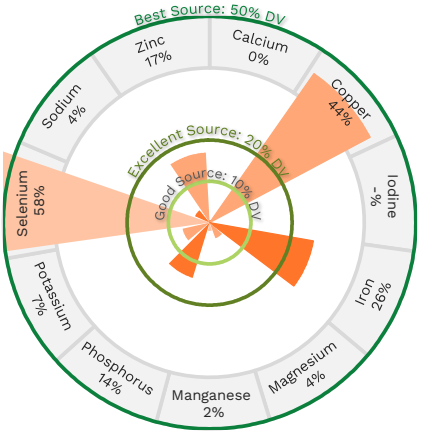
No detailed component data currently available in the USDA Food Central Database.

CARBOHYDRATES



VITAMINS

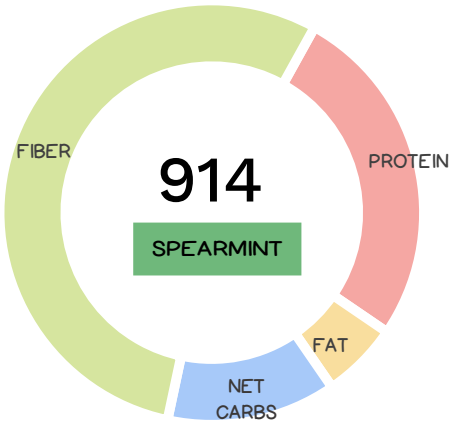
MINERALS



134 Spearmint

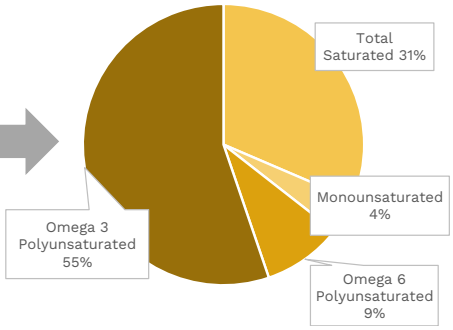
Serving Size:	23 grams	Protein:	0.8 grams	Net Carbs:	0.4 grams
Calories:	10	Fat:	0.2 grams	Fiber:	1.6 grams

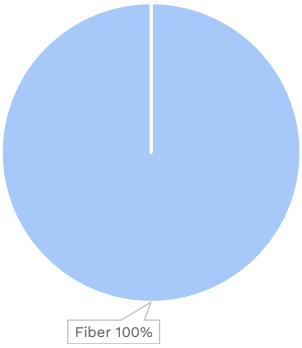
Vitamins & Vitaminlike Compounds		
Vitamin A	46.3 µg RAE	5% DV
Vitamin B1 (Thiamin)	17.8 µg	1% DV
Vitamin B2 (Riboflavin)	39.9 µg	3% DV
Vitamin B3 (Niacin)	0.2 mg	1% DV
Vitamin B5 (Pantothenic Acid)	0.1 mg	1% DV
Vitamin B6 (Pyridoxine)	36.0 µg	2% DV
Vitamin B7 (Biotin)	~	~
Vitamin B9 (Folate)	23.9 µg	6% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	3.0 mg	3% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	~	~
Vitamin K	~	~
Choline	~	~
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	45.4 mg	3% DV
Copper	54.7 µg	6% DV
Iodine	~	~
Iron	2.7 mg	15% DV
Magnesium	14.4 mg	3% DV
Manganese	254.9 µg	11% DV
Phosphorus	13.7 mg	1% DV
Potassium	104.4 mg	2% DV
Selenium	~	~
Sodium	6.8 mg	0% DV
Zinc	0.2 mg	2% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	77.1 mg	5% DV
EPA + DHA	~	~
CLA	~	~
Linoleic Acid	0.0 g	0% DV
MCT's	~	~
Phytonutrients		
Carotenoids	~	~
Polyphenols	91.2 mg	~
Phytosterols	~	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~



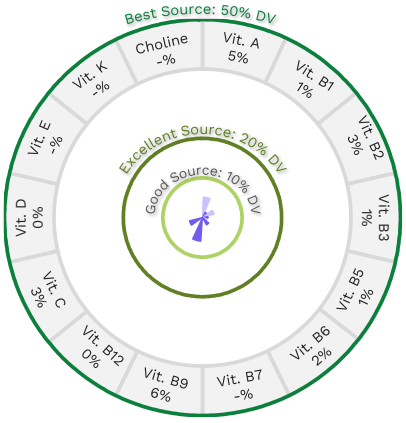


FATS



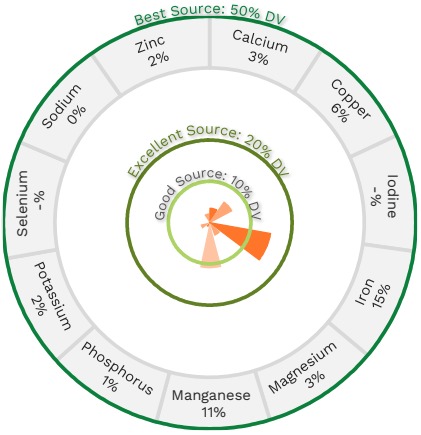


CARBOHYDRATES



MINERALS

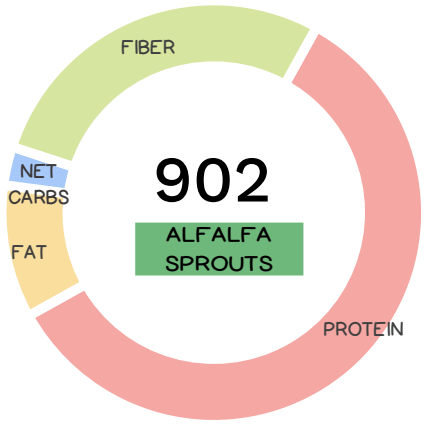
VITAMINS



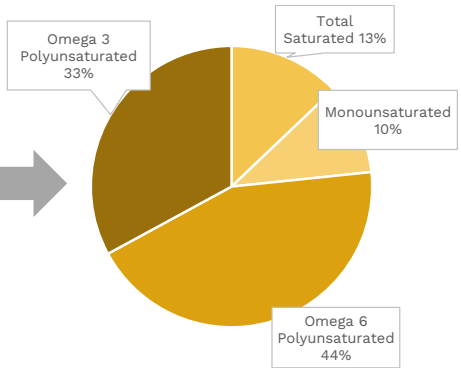
135 Alfalfa Sprouts

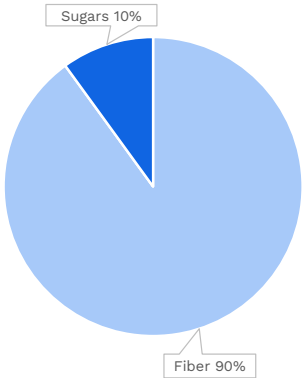
Serving Size:	33 grams	Protein:	1.3 grams	Net Carbs:	0.1 grams
Calories:	8	Fat:	0.2 grams	Fiber:	0.6 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	2.6 µg RAE	0% DV
Vitamin B1 (Thiamin)	25.1 µg	2% DV
Vitamin B2 (Riboflavin)	41.6 µg	3% DV
Vitamin B3 (Niacin)	0.2 mg	1% DV
Vitamin B5 (Pantothenic Acid)	0.2 mg	4% DV
Vitamin B6 (Pyridoxine)	11.2 µg	1% DV
Vitamin B7 (Biotin)	1.5 µg	5% DV
Vitamin B9 (Folate)	11.9 µg	3% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	2.7 mg	3% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.0 mg	0% DV
Vitamin K	10.1 µg	8% DV
Choline	4.8 mg	1% DV
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	10.6 mg	1% DV
Copper	51.8 µg	6% DV
Iodine	~	~
Iron	0.9 mg	5% DV
Magnesium	8.9 mg	2% DV
Manganese	62.0 µg	3% DV
Phosphorus	23.1 mg	2% DV
Potassium	39.0 mg	1% DV
Selenium	0.2 µg	0% DV
Sodium	2.0 mg	0% DV
Zinc	0.3 mg	3% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	57.8 mg	4% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.1 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	32.7 µg	~
Polyphenols	43.9 mg	~
Phytosterols	6.5 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~





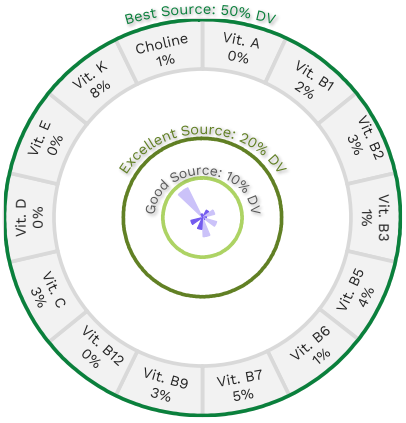


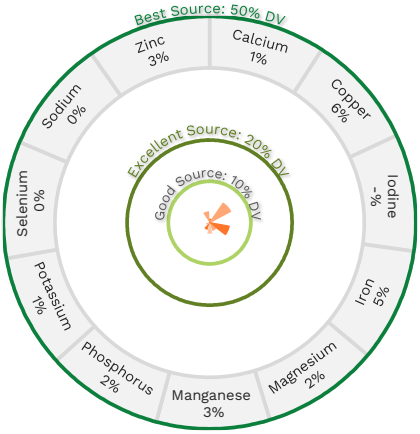


CARBOHYDRATES

MINERALS

VITAMINS

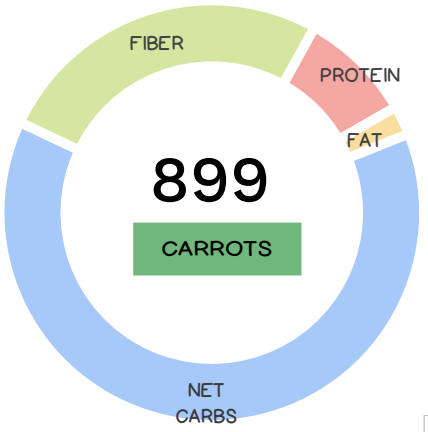




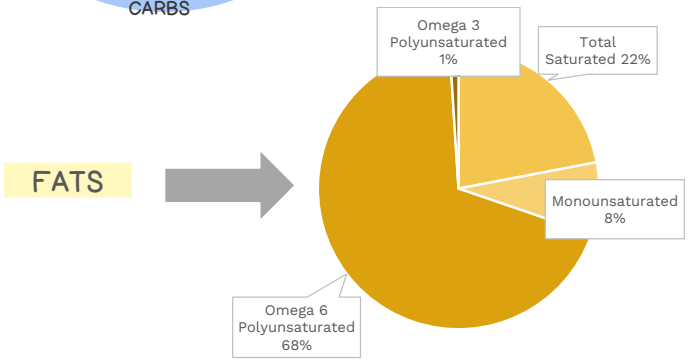
136 Carrots

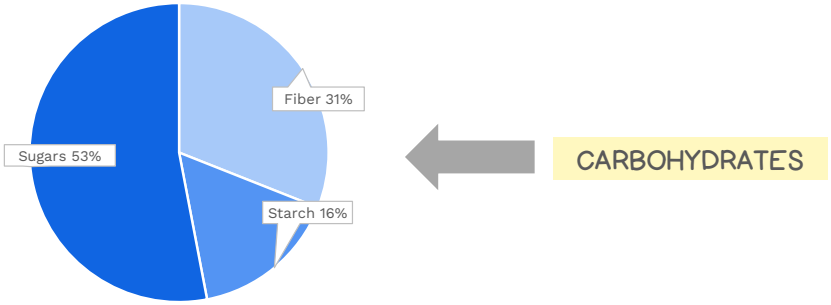
Serving Size:	128 grams	Protein:	1.2 grams	Net Carbs:	8.7 grams
Calories:	52	Fat:	0.3 grams	Fiber:	3.6 grams

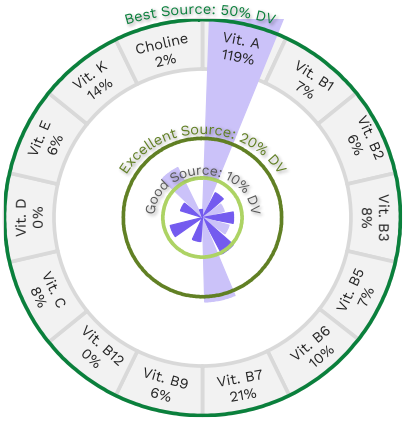
Vitamins & Vitaminlike Compounds		
Vitamin A	1068.8 µg RAE	119% DV
Vitamin B1 (Thiamin)	84.5 µg	7% DV
Vitamin B2 (Riboflavin)	74.2 µg	6% DV
Vitamin B3 (Niacin)	1.3 mg	8% DV
Vitamin B5 (Pantothenic Acid)	0.3 mg	7% DV
Vitamin B6 (Pyridoxine)	176.6 µg	10% DV
Vitamin B7 (Biotin)	6.4 µg	21% DV
Vitamin B9 (Folate)	24.3 µg	6% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	7.6 mg	8% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.9 mg	6% DV
Vitamin K	16.9 µg	14% DV
Choline	11.3 mg	2% DV
Myo-Inositol	15.4 mg	~
CoQ10	0.3 mg	~
Minerals		
Calcium	42.2 mg	3% DV
Copper	57.6 µg	6% DV
Iodine	~	~
Iron	0.4 mg	2% DV
Magnesium	15.4 mg	4% DV
Manganese	183.0 µg	8% DV
Phosphorus	44.8 mg	4% DV
Potassium	409.6 mg	9% DV
Selenium	0.1 µg	0% DV
Sodium	88.3 mg	4% DV
Zinc	0.3 mg	3% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	2.6 mg	0% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.1 g	1% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	15384.3 µg	~
Polyphenols	199.7 mg	~
Phytosterols	24.8 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

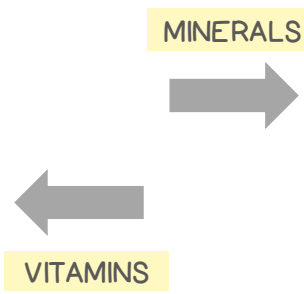


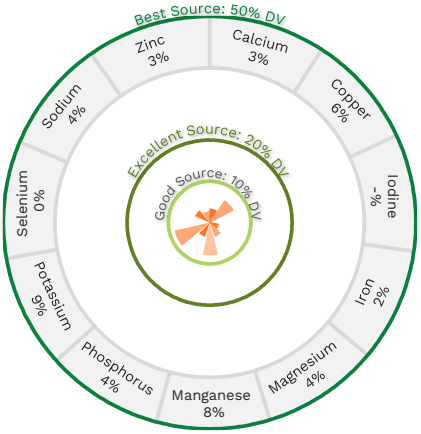








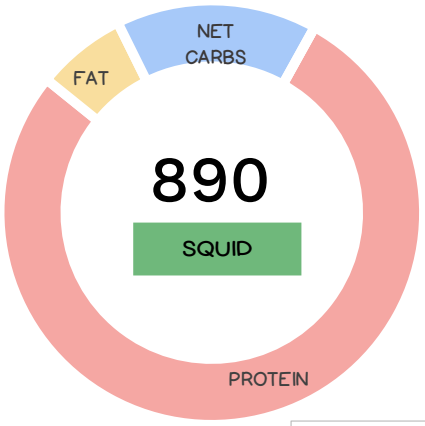




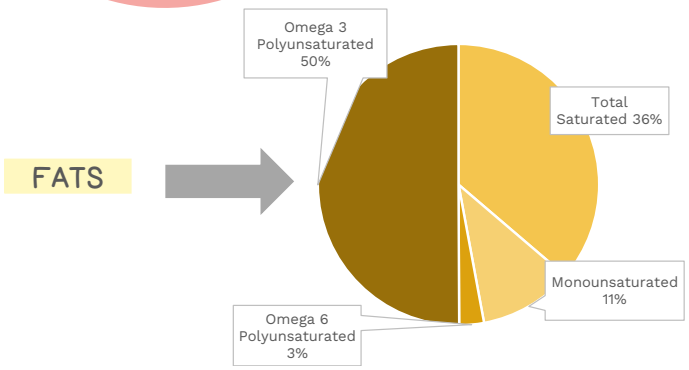
137 Squid

Serving Size:	115 grams	Protein:	17.9 grams	Net Carbs:	3.5 grams
Calories:	106	Fat:	1.6 grams	Fiber:	0.0 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	11.5 µg RAE	1% DV
Vitamin B1 (Thiamin)	23.0 µg	2% DV
Vitamin B2 (Riboflavin)	473.8 µg	36% DV
Vitamin B3 (Niacin)	2.5 mg	16% DV
Vitamin B5 (Pantothenic Acid)	0.6 mg	12% DV
Vitamin B6 (Pyridoxine)	64.4 µg	4% DV
Vitamin B7 (Biotin)	5.8 µg	19% DV
Vitamin B9 (Folate)	5.8 µg	1% DV
Vitamin B12 (Cobalamin)	1.5 µg	62% DV
Vitamin C	5.4 mg	6% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	1.4 mg	9% DV
Vitamin K	0.0 µg	0% DV
Choline	74.8 mg	14% DV
Myo-Inositol	~	~
CoQ10	0.4 mg	~
Minerals		
Calcium	36.8 mg	3% DV
Copper	2174.7 µg	242% DV
Iodine	23.0 µg	15% DV
Iron	0.8 mg	4% DV
Magnesium	38.0 mg	9% DV
Manganese	40.3 µg	2% DV
Phosphorus	254.2 mg	20% DV
Potassium	282.9 mg	6% DV
Selenium	51.5 µg	94% DV
Sodium	50.6 mg	2% DV
Zinc	1.8 mg	16% DV
Amino Acids & Peptides		
Taurine	410.2 mg	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.1 g	1% DV
ALA	4.6 mg	0% DV
EPA + DHA	561.2 mg	224% DV
CLA	0.5 mg	~
Linoleic Acid	0.0 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	0.0 µg	~
Polyphenols	0.0 mg	~
Phytosterols	0.0 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~



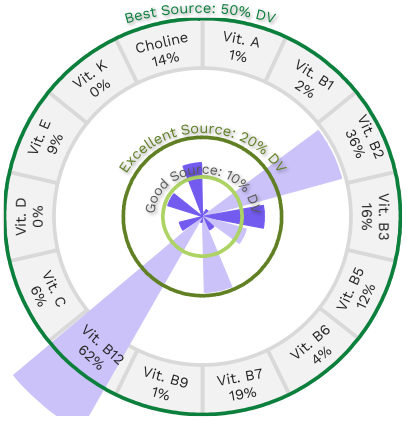






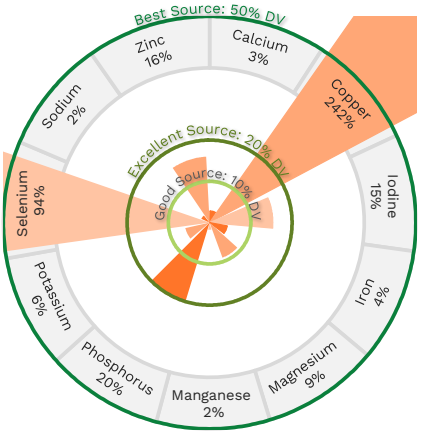
CARBOHYDRATES

No detailed component data currently available in the USDA Food Central Database.



VITAMINS

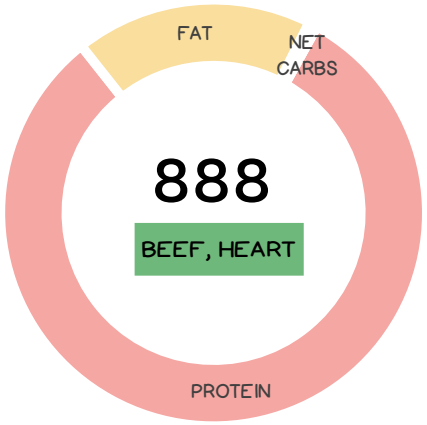
MINERALS



138 Beef, heart

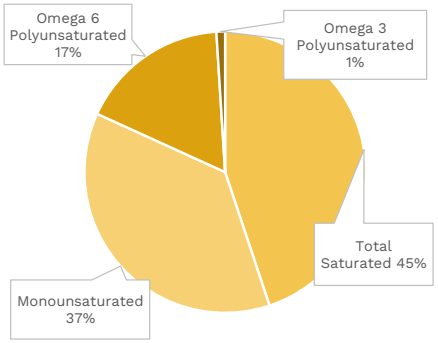
Serving Size:	100 grams	Protein:	17.7 grams	Net Carbs:	0.1 grams
Calories:	112	Fat:	3.9 grams	Fiber:	0.0 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	0.0 µg RAE	0% DV
Vitamin B1 (Thiamin)	238.0 µg	20% DV
Vitamin B2 (Riboflavin)	906.0 µg	70% DV
Vitamin B3 (Niacin)	7.5 mg	47% DV
Vitamin B5 (Pantothenic Acid)	1.8 mg	36% DV
Vitamin B6 (Pyridoxine)	279.0 µg	16% DV
Vitamin B7 (Biotin)	7.3 µg	24% DV
Vitamin B9 (Folate)	20.0 µg	5% DV
Vitamin B12 (Cobalamin)	8.6 µg	356% DV
Vitamin C	2.0 mg	2% DV
Vitamin D (D2 + D3)	0.2 µg	1% DV
Vitamin E	0.2 mg	2% DV
Vitamin K	0.0 µg	0% DV
Choline	155.3 mg	28% DV
Myo-Inositol	30.0 mg	~
CoQ10	11.3 mg	~
Minerals		
Calcium	7.0 mg	1% DV
Copper	396.0 µg	44% DV
Iodine	~	~
Iron	4.3 mg	24% DV
Magnesium	21.0 mg	5% DV
Manganese	35.0 µg	2% DV
Phosphorus	212.0 mg	17% DV
Potassium	287.0 mg	6% DV
Selenium	21.8 µg	40% DV
Sodium	98.0 mg	4% DV
Zinc	1.7 mg	15% DV
Amino Acids & Peptides		
Taurine	42.0 mg	~
Ergothioneine	0.1 mg	~
Functional Fats		
MUFA	1.1 g	6% DV
ALA	16.0 mg	1% DV
EPA + DHA	0.0 mg	0% DV
CLA	29.8 mg	~
Linoleic Acid	0.4 g	2% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	17.0 µg	~
Polyphenols	0.0 mg	~
Phytosterols	0.5 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~





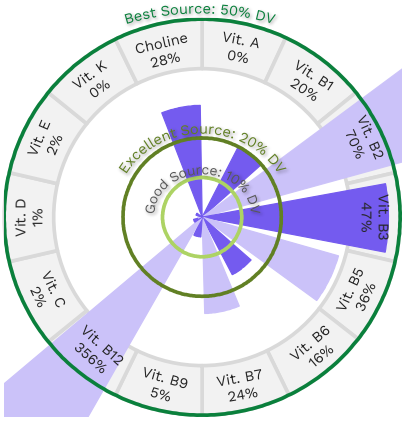
FATS



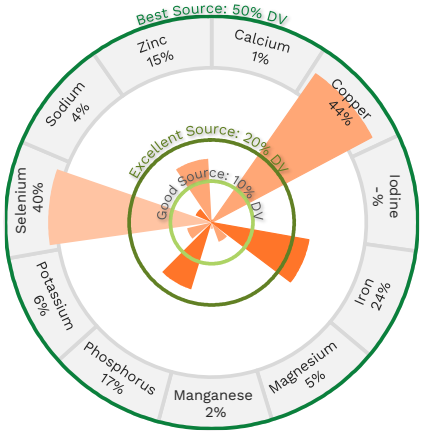
CARBOHYDRATES

No detailed component data currently available in the USDA Food Central Database.

VITAMINS



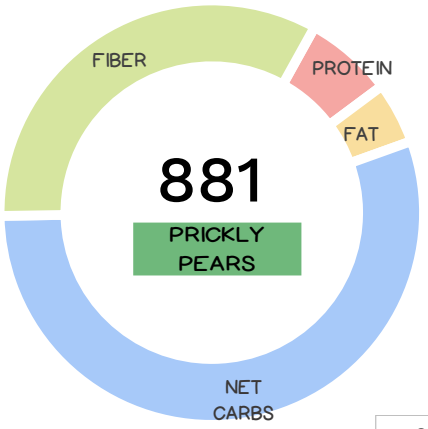
MINERALS



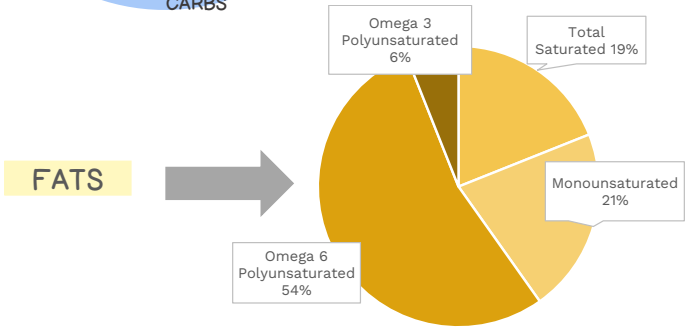
139 Prickly pears

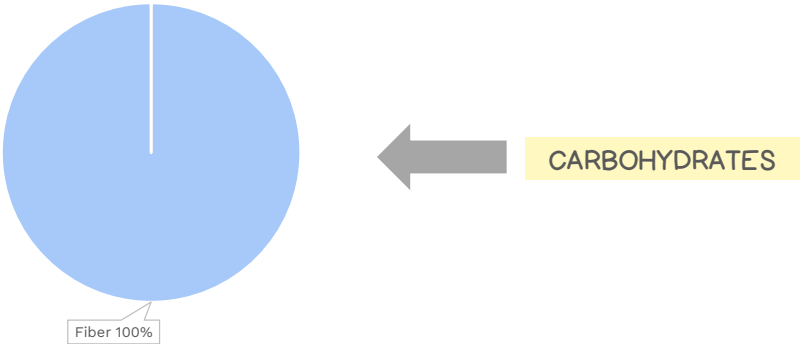
Serving Size:	149 grams	Protein:	1.1 grams	Net Carbs:	8.9 grams
Calories:	61	Fat:	0.8 grams	Fiber:	5.4 grams

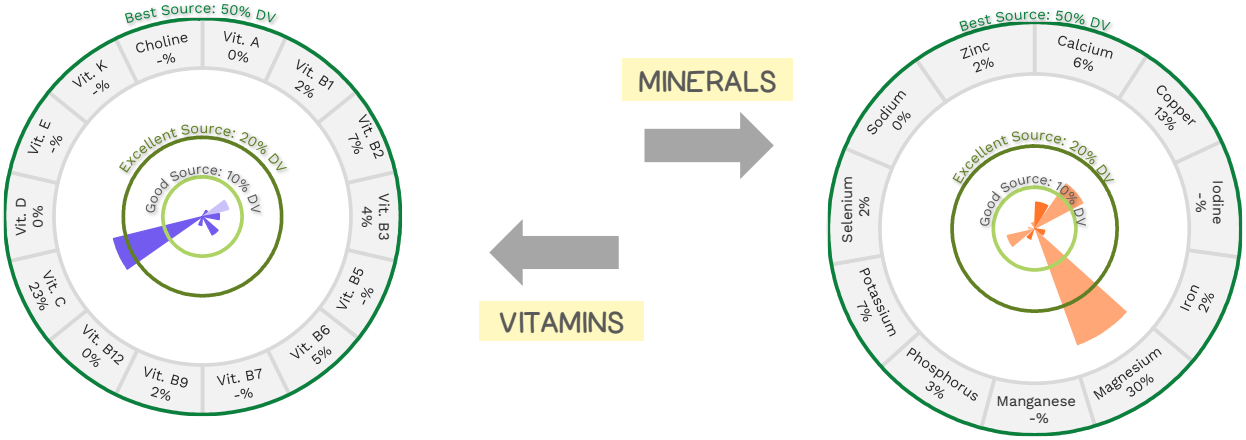
Vitamins & Vitaminlike Compounds		
Vitamin A	3.0 µg RAE	0% DV
Vitamin B1 (Thiamin)	20.9 µg	2% DV
Vitamin B2 (Riboflavin)	89.4 µg	7% DV
Vitamin B3 (Niacin)	0.7 mg	4% DV
Vitamin B5 (Pantothenic Acid)	~	~
Vitamin B6 (Pyridoxine)	89.4 µg	5% DV
Vitamin B7 (Biotin)	~	~
Vitamin B9 (Folate)	8.9 µg	2% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	20.9 mg	23% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	~	~
Vitamin K	~	~
Choline	~	~
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	83.4 mg	6% DV
Copper	119.2 µg	13% DV
Iodine	~	~
Iron	0.4 mg	2% DV
Magnesium	126.7 mg	30% DV
Manganese	~	~
Phosphorus	35.8 mg	3% DV
Potassium	327.8 mg	7% DV
Selenium	0.9 µg	2% DV
Sodium	7.5 mg	0% DV
Zinc	0.2 mg	2% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.1 g	1% DV
ALA	34.3 mg	2% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.3 g	2% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	41.7 µg	~
Polyphenols	324.8 mg	~
Phytosterols	~	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	90.6 mg	~







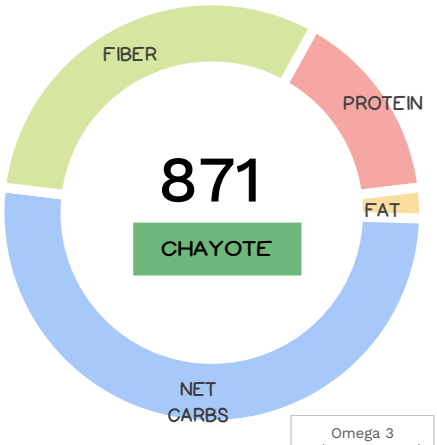




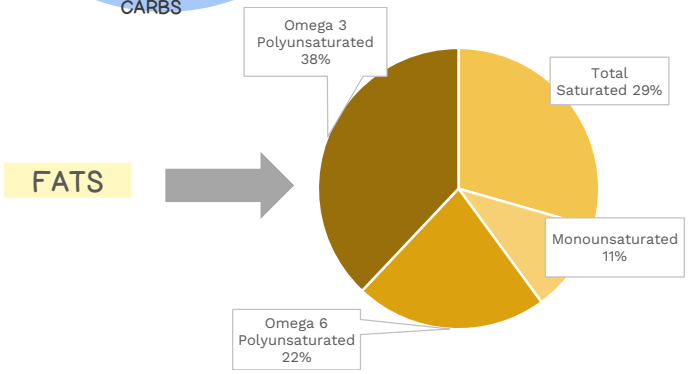
140 Chayote

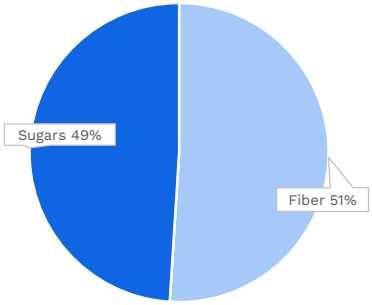
Serving Size:	132 grams	Protein:	1.1 grams	Net Carbs:	3.7 grams
Calories:	25	Fat:	0.2 grams	Fiber:	2.2 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	0.0 µg RAE	0% DV
Vitamin B1 (Thiamin)	33.0 µg	3% DV
Vitamin B2 (Riboflavin)	38.3 µg	3% DV
Vitamin B3 (Niacin)	0.6 mg	4% DV
Vitamin B5 (Pantothenic Acid)	0.3 mg	7% DV
Vitamin B6 (Pyridoxine)	100.3 µg	6% DV
Vitamin B7 (Biotin)	~	~
Vitamin B9 (Folate)	122.8 µg	31% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	10.2 mg	11% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.2 mg	1% DV
Vitamin K	5.4 µg	5% DV
Choline	12.1 mg	2% DV
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	22.4 mg	2% DV
Copper	162.4 µg	18% DV
Iodine	~	~
Iron	0.4 mg	2% DV
Magnesium	15.8 mg	4% DV
Manganese	249.5 µg	11% DV
Phosphorus	23.8 mg	2% DV
Potassium	165.0 mg	4% DV
Selenium	0.3 µg	0% DV
Sodium	2.6 mg	0% DV
Zinc	1.0 mg	9% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	47.5 mg	3% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.0 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	0.0 µg	~
Polyphenols	652.1 mg	~
Phytosterols	~	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

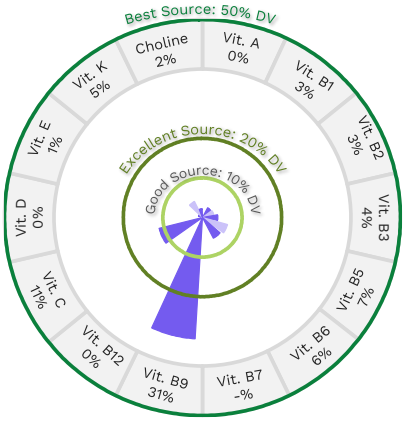






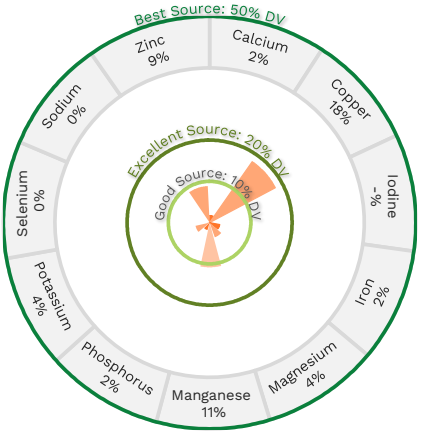


CARBOHYDRATES



MINERALS

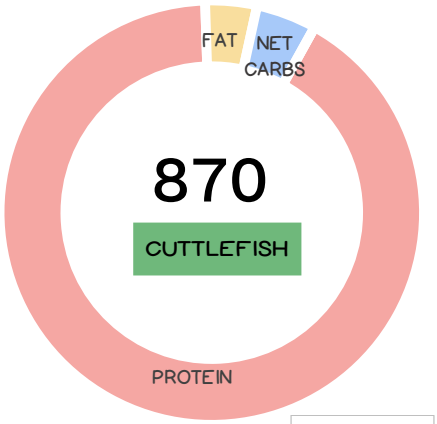
VITAMINS



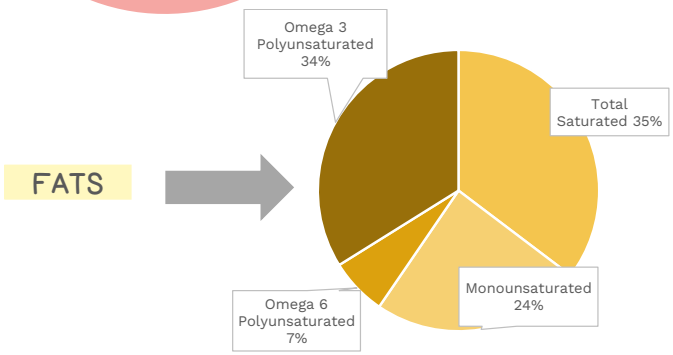
141 Cuttlefish

Serving Size:	115 grams	Protein:	18.7 grams	Net Carbs:	0.9 grams
Calories:	91	Fat:	0.8 grams	Fiber:	0.0 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	130.0 µg RAE	14% DV
Vitamin B1 (Thiamin)	10.4 µg	1% DV
Vitamin B2 (Riboflavin)	1046.5 µg	81% DV
Vitamin B3 (Niacin)	1.4 mg	9% DV
Vitamin B5 (Pantothenic Acid)	0.6 mg	12% DV
Vitamin B6 (Pyridoxine)	172.5 µg	10% DV
Vitamin B7 (Biotin)	5.8 µg	19% DV
Vitamin B9 (Folate)	18.4 µg	5% DV
Vitamin B12 (Cobalamin)	3.5 µg	144% DV
Vitamin C	6.1 mg	7% DV
Vitamin D (D2 + D3)	~	~
Vitamin E	~	~
Vitamin K	~	~
Choline	~	~
Myo-Inositol	~	~
CoQ10	0.9 mg	~
Minerals		
Calcium	103.5 mg	8% DV
Copper	675.1 µg	75% DV
Iodine	~	~
Iron	6.9 mg	38% DV
Magnesium	34.5 mg	8% DV
Manganese	126.5 µg	6% DV
Phosphorus	445.1 mg	36% DV
Potassium	407.1 mg	9% DV
Selenium	51.5 µg	94% DV
Sodium	427.8 mg	19% DV
Zinc	2.0 mg	18% DV
Amino Acids & Peptides		
Taurine	448.5 mg	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.1 g	0% DV
ALA	1.2 mg	0% DV
EPA + DHA	120.8 mg	48% DV
CLA	0.2 mg	~
Linoleic Acid	0.0 g	0% DV
MCT's	~	~
Phytonutrients		
Carotenoids	0.0 µg	~
Polyphenols	0.0 mg	~
Phytosterols	0.0 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~



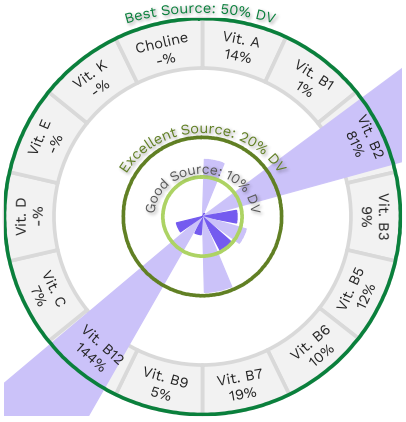






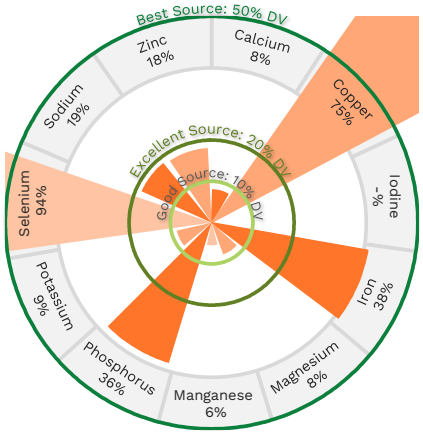
CARBOHYDRATES

No detailed component data currently available in the USDA Food Central Database.



VITAMINS

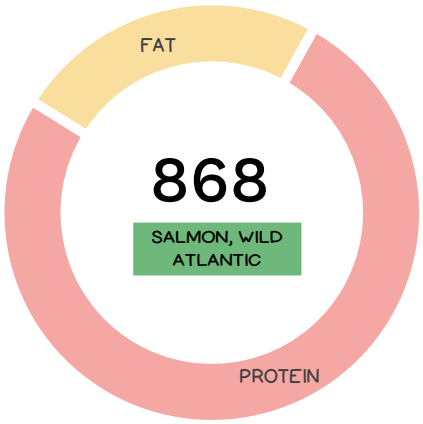
MINERALS



142 Salmon, Wild Atlantic

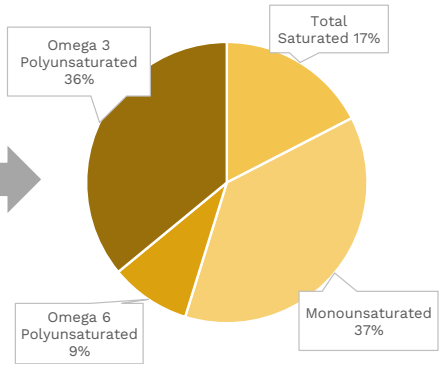
Serving Size:	115 grams	Protein:	22.8 grams	Net Carbs:	0.0 grams
Calories:	163	Fat:	7.3 grams	Fiber:	0.0 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	13.8 µg RAE	2% DV
Vitamin B1 (Thiamin)	259.9 µg	22% DV
Vitamin B2 (Riboflavin)	437.0 µg	34% DV
Vitamin B3 (Niacin)	9.0 mg	56% DV
Vitamin B5 (Pantothenic Acid)	1.9 mg	38% DV
Vitamin B6 (Pyridoxine)	940.7 µg	55% DV
Vitamin B7 (Biotin)	11.7 µg	39% DV
Vitamin B9 (Folate)	28.8 µg	7% DV
Vitamin B12 (Cobalamin)	3.7 µg	152% DV
Vitamin C	0.0 mg	0% DV
Vitamin D (D2 + D3)	10.4 µg	52% DV
Vitamin E	0.8 mg	6% DV
Vitamin K	0.1 µg	0% DV
Choline	125.8 mg	23% DV
Myo-Inositol	~	~
CoQ10	0.9 mg	~
Minerals		
Calcium	13.8 mg	1% DV
Copper	287.5 µg	32% DV
Iodine	34.5 µg	23% DV
Iron	0.9 mg	5% DV
Magnesium	33.4 mg	8% DV
Manganese	18.4 µg	1% DV
Phosphorus	230.0 mg	18% DV
Potassium	563.5 mg	12% DV
Selenium	42.0 µg	76% DV
Sodium	50.6 mg	2% DV
Zinc	0.7 mg	7% DV
Amino Acids & Peptides		
Taurine	69.0 mg	~
Ergothioneine	~	~
Functional Fats		
MUFA	2.4 g	12% DV
ALA	339.3 mg	21% DV
EPA + DHA	1651.4 mg	661% DV
CLA	2.2 mg	~
Linoleic Acid	0.2 g	1% DV
MCT's	~	~
Phytonutrients		
Carotenoids	1150.0 µg	~
Polyphenols	0.0 mg	~
Phytosterols	0.0 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

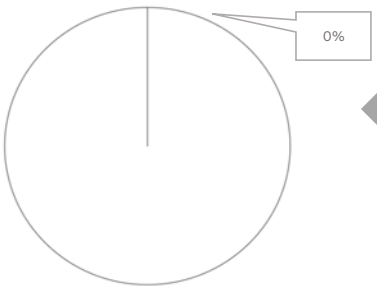




FATS

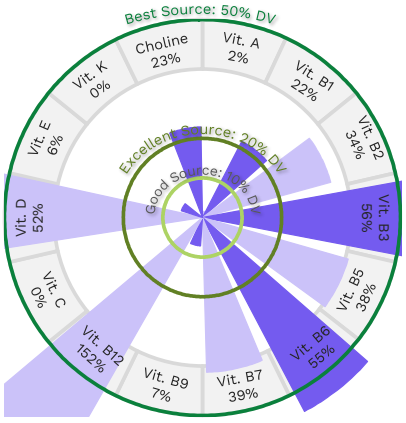


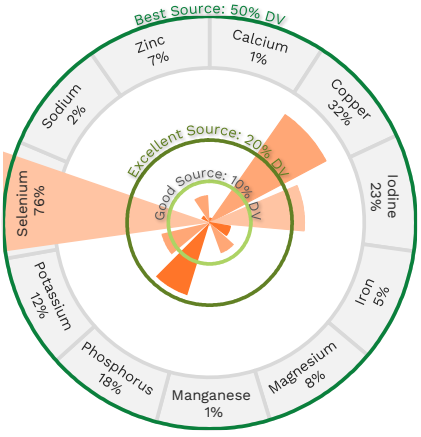
CARBOHYDRATES



MINERALS

VITAMINS

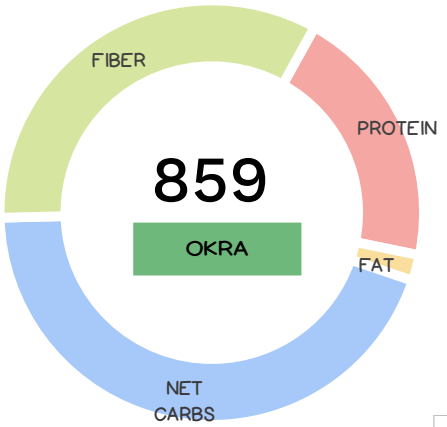




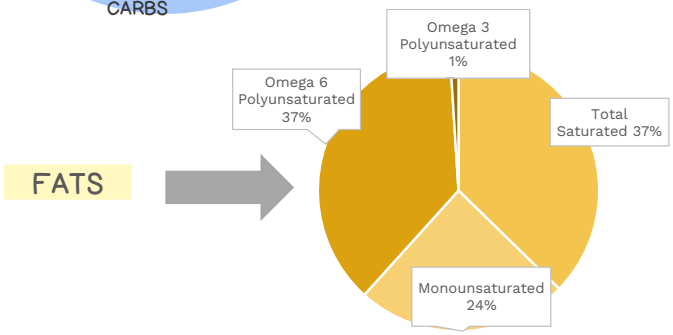
143 Okra

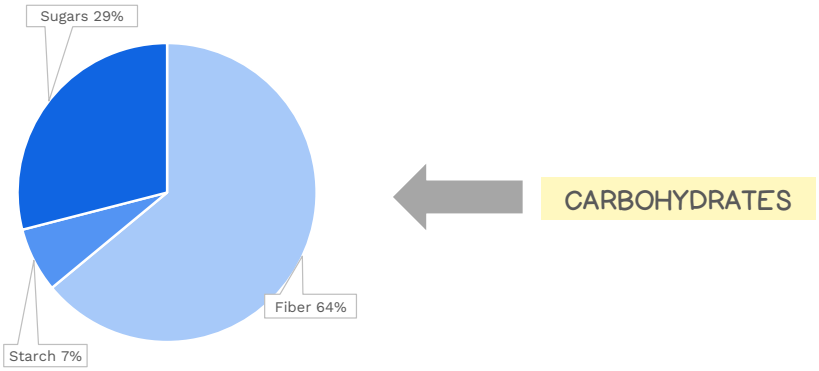
Serving Size:	100 grams	Protein:	1.9 grams	Net Carbs:	4.3 grams
Calories:	33	Fat:	0.2 grams	Fiber:	3.2 grams

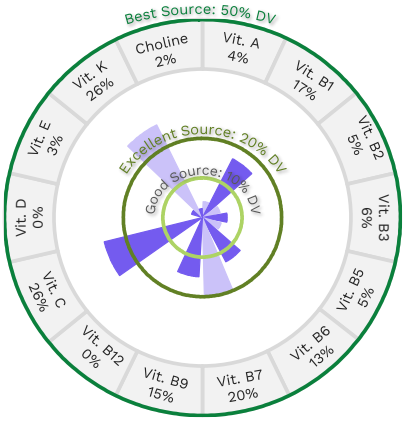
Vitamins & Vitaminlike Compounds		
Vitamin A	36.0 µg RAE	4% DV
Vitamin B1 (Thiamin)	200.0 µg	17% DV
Vitamin B2 (Riboflavin)	60.0 µg	5% DV
Vitamin B3 (Niacin)	1.0 mg	6% DV
Vitamin B5 (Pantothenic Acid)	0.2 mg	5% DV
Vitamin B6 (Pyridoxine)	215.0 µg	13% DV
Vitamin B7 (Biotin)	6.0 µg	20% DV
Vitamin B9 (Folate)	60.0 µg	15% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	23.0 mg	26% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.4 mg	3% DV
Vitamin K	31.3 µg	26% DV
Choline	12.3 mg	2% DV
Myo-Inositol	33.0 mg	~
CoQ10	~	~
Minerals		
Calcium	82.0 mg	6% DV
Copper	109.0 µg	12% DV
Iodine	~	~
Iron	0.6 mg	3% DV
Magnesium	57.0 mg	14% DV
Manganese	788.0 µg	34% DV
Phosphorus	61.0 mg	5% DV
Potassium	299.0 mg	6% DV
Selenium	0.7 µg	1% DV
Sodium	7.0 mg	0% DV
Zinc	0.6 mg	5% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	1.0 mg	0% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.0 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	723.0 µg	~
Polyphenols	234.5 mg	~
Phytosterols	~	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

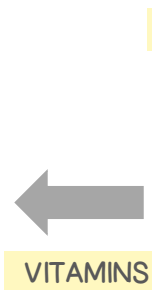


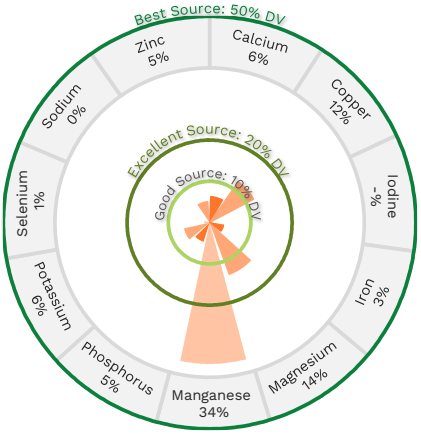








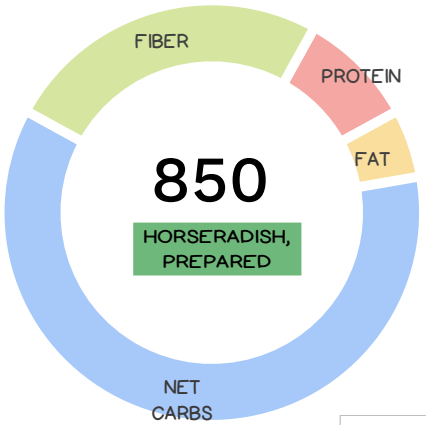




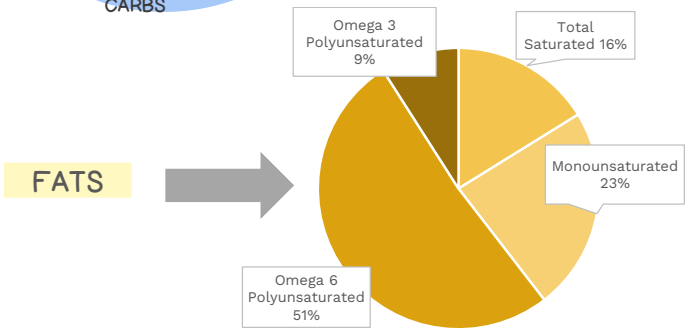
144 Horseradish, prepared

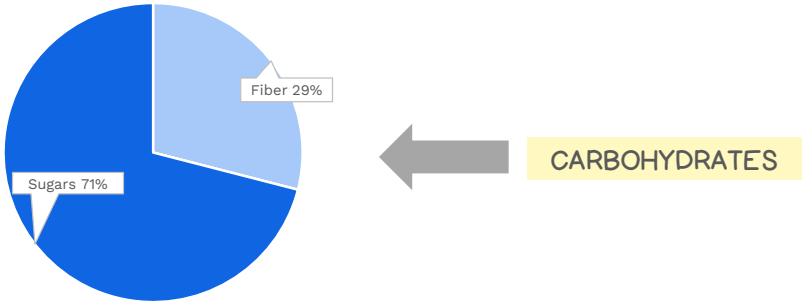
Serving Size:	15 grams	Protein:	0.2 grams	Net Carbs:	1.2 grams
Calories:	7	Fat:	0.1 grams	Fiber:	0.5 grams

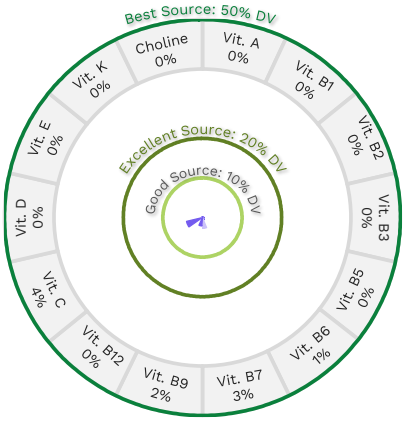
Vitamins & Vitaminlike Compounds		
Vitamin A	0.0 µg RAE	0% DV
Vitamin B1 (Thiamin)	1.2 µg	0% DV
Vitamin B2 (Riboflavin)	3.6 µg	0% DV
Vitamin B3 (Niacin)	0.1 mg	0% DV
Vitamin B5 (Pantothenic Acid)	0.0 mg	0% DV
Vitamin B6 (Pyridoxine)	11.0 µg	1% DV
Vitamin B7 (Biotin)	0.8 µg	3% DV
Vitamin B9 (Folate)	8.6 µg	2% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	3.7 mg	4% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.0 mg	0% DV
Vitamin K	0.2 µg	0% DV
Choline	1.0 mg	0% DV
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	8.4 mg	1% DV
Copper	8.7 µg	1% DV
Iodine	~	~
Iron	0.1 mg	0% DV
Magnesium	4.1 mg	1% DV
Manganese	18.9 µg	1% DV
Phosphorus	4.7 mg	0% DV
Potassium	36.9 mg	1% DV
Selenium	0.4 µg	1% DV
Sodium	63.0 mg	3% DV
Zinc	0.1 mg	1% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	8.0 mg	0% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.0 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	1.7 µg	~
Polyphenols	0.6 mg	~
Phytosterols	3.0 mg	~
Glucosinolates	24.0 mg	~
Thiosulfinates	~	~
Betalains	~	~

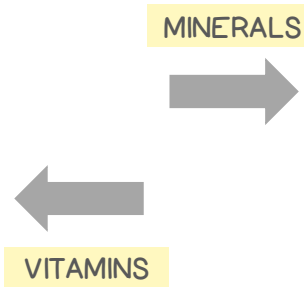










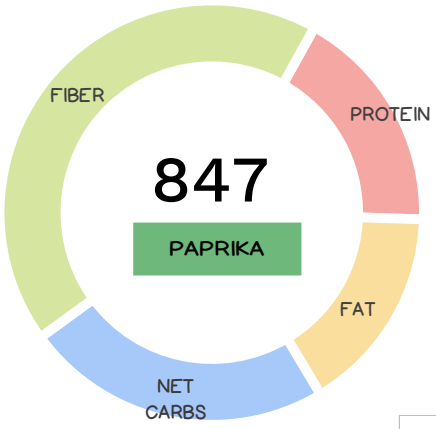




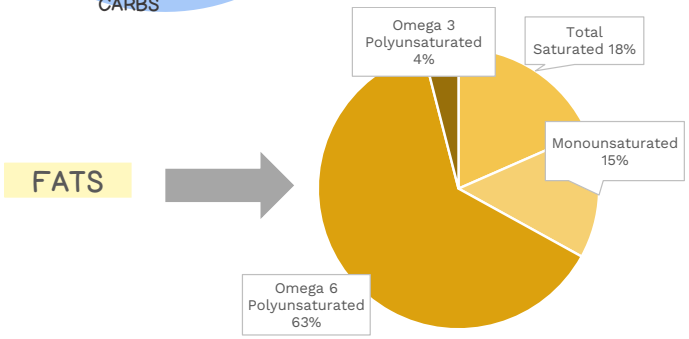
145 Paprika

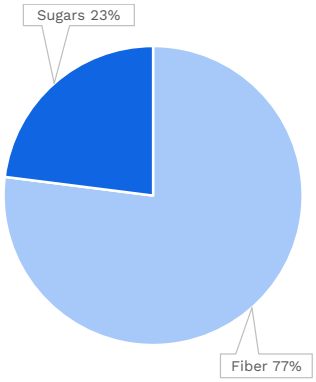
Serving Size:	7 grams	Protein:	1.0 grams	Net Carbs:	1.3 grams
Calories:	19	Fat:	0.9 grams	Fiber:	2.4 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	167.5 µg RAE	19% DV
Vitamin B1 (Thiamin)	22.4 µg	2% DV
Vitamin B2 (Riboflavin)	83.6 µg	6% DV
Vitamin B3 (Niacin)	0.7 mg	4% DV
Vitamin B5 (Pantothenic Acid)	0.2 mg	3% DV
Vitamin B6 (Pyridoxine)	145.6 µg	9% DV
Vitamin B7 (Biotin)	2.6 µg	9% DV
Vitamin B9 (Folate)	3.3 µg	1% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	0.1 mg	0% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	2.5 mg	17% DV
Vitamin K	5.5 µg	5% DV
Choline	3.5 mg	1% DV
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	15.6 mg	1% DV
Copper	48.5 µg	5% DV
Iodine	~	~
Iron	1.4 mg	8% DV
Magnesium	12.1 mg	3% DV
Manganese	108.1 µg	5% DV
Phosphorus	21.4 mg	2% DV
Potassium	155.0 mg	3% DV
Selenium	0.4 µg	1% DV
Sodium	4.6 mg	0% DV
Zinc	0.3 mg	3% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.1 g	1% DV
ALA	30.8 mg	2% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.5 g	3% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	3528.3 µg	~
Polyphenols	13.7 mg	~
Phytosterols	~	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~





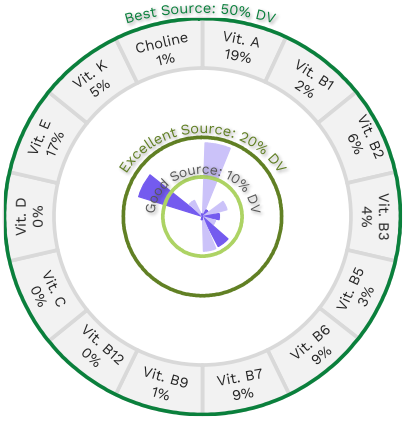


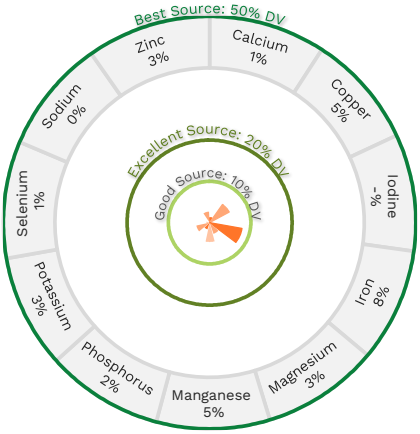


CARBOHYDRATES

MINERALS

VITAMINS

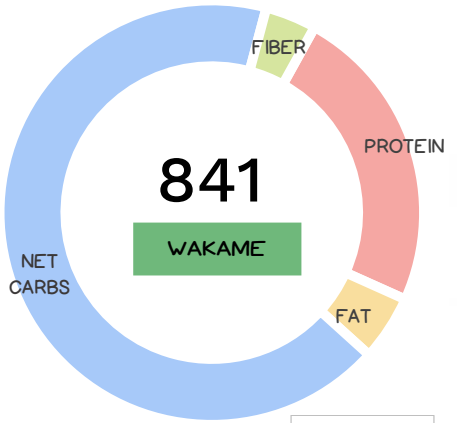




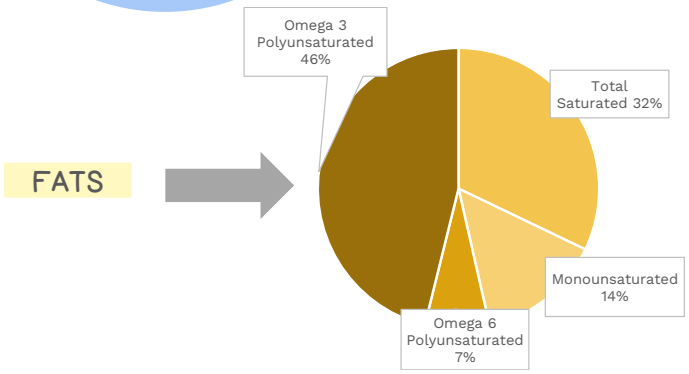
146 Wakame

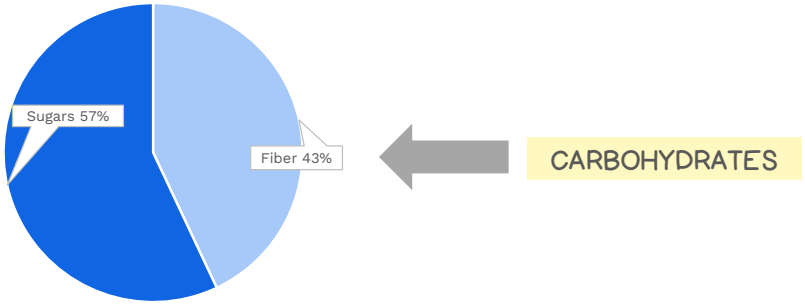
Serving Size:	80 grams	Protein:	2.4 grams	Net Carbs:	6.9 grams
Calories:	36	Fat:	0.5 grams	Fiber:	0.4 grams

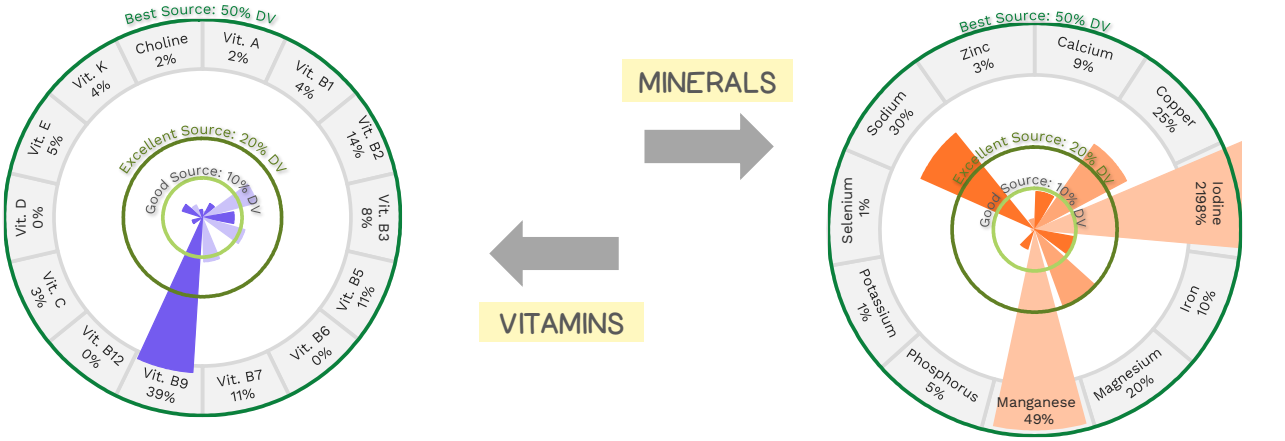
Vitamins & Vitaminlike Compounds		
Vitamin A	14.4 µg RAE	2% DV
Vitamin B1 (Thiamin)	48.0 µg	4% DV
Vitamin B2 (Riboflavin)	184.0 µg	14% DV
Vitamin B3 (Niacin)	1.3 mg	8% DV
Vitamin B5 (Pantothenic Acid)	0.6 mg	11% DV
Vitamin B6 (Pyridoxine)	1.6 µg	0% DV
Vitamin B7 (Biotin)	3.4 µg	11% DV
Vitamin B9 (Folate)	156.8 µg	39% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	2.4 mg	3% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.8 mg	5% DV
Vitamin K	4.2 µg	4% DV
Choline	11.1 mg	2% DV
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	120.0 mg	9% DV
Copper	227.2 µg	25% DV
Iodine	3296.4 µg	2198% DV
Iron	1.7 mg	10% DV
Magnesium	85.6 mg	20% DV
Manganese	1120.0 µg	49% DV
Phosphorus	64.0 mg	5% DV
Potassium	40.0 mg	1% DV
Selenium	0.6 µg	1% DV
Sodium	697.6 mg	30% DV
Zinc	0.3 mg	3% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	0.0 mg	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	1.6 mg	0% DV
EPA + DHA	148.8 mg	60% DV
CLA	~	~
Linoleic Acid	0.0 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	172.8 µg	~
Polyphenols	57.0 mg	~
Phytosterols	~	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~







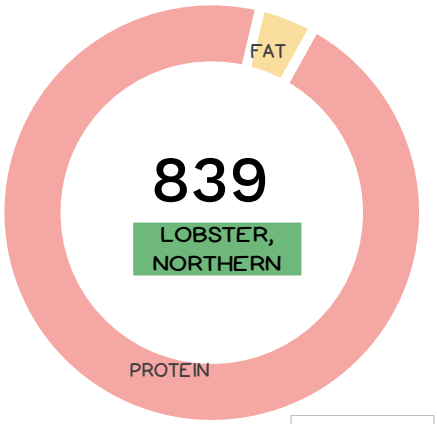




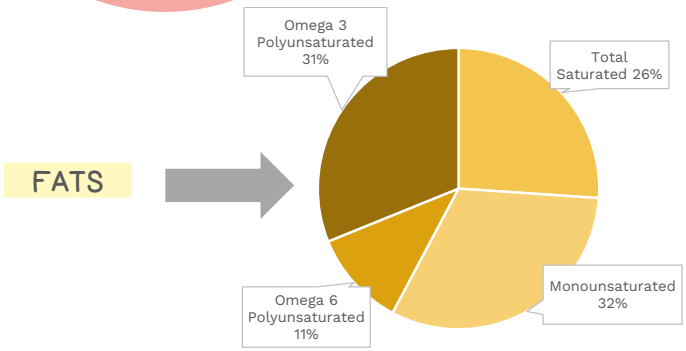
147 Lobster, Northern

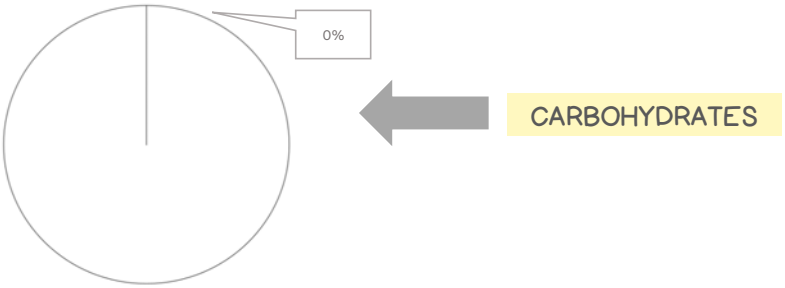
Serving Size:	115 grams	Protein:	19.0 grams	Net Carbs:	0.0 grams
Calories:	89	Fat:	0.9 grams	Fiber:	0.0 grams

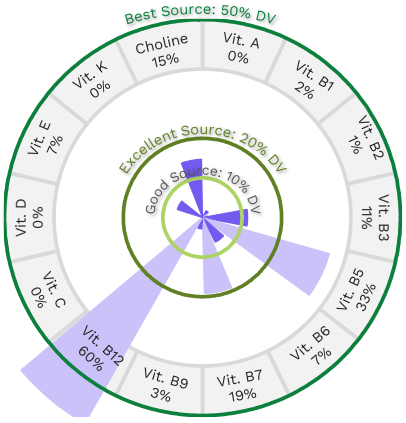
Vitamins & Vitaminlike Compounds		
Vitamin A	1.2 µg RAE	0% DV
Vitamin B1 (Thiamin)	23.0 µg	2% DV
Vitamin B2 (Riboflavin)	16.1 µg	1% DV
Vitamin B3 (Niacin)	1.8 mg	11% DV
Vitamin B5 (Pantothenic Acid)	1.7 mg	33% DV
Vitamin B6 (Pyridoxine)	119.6 µg	7% DV
Vitamin B7 (Biotin)	5.8 µg	19% DV
Vitamin B9 (Folate)	11.5 µg	3% DV
Vitamin B12 (Cobalamin)	1.4 µg	60% DV
Vitamin C	0.0 mg	0% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	1.0 mg	7% DV
Vitamin K	0.0 µg	0% DV
Choline	80.8 mg	15% DV
Myo-Inositol	~	~
CoQ10	0.3 mg	~
Minerals		
Calcium	96.6 mg	7% DV
Copper	1551.4 µg	172% DV
Iodine	120.3 µg	80% DV
Iron	0.3 mg	2% DV
Magnesium	43.7 mg	10% DV
Manganese	64.4 µg	3% DV
Phosphorus	185.2 mg	15% DV
Potassium	230.0 mg	5% DV
Selenium	73.1 µg	133% DV
Sodium	486.5 mg	21% DV
Zinc	4.1 mg	37% DV
Amino Acids & Peptides		
Taurine	319.7 mg	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.3 g	1% DV
ALA	49.5 mg	3% DV
EPA + DHA	195.5 mg	78% DV
CLA	0.3 mg	~
Linoleic Acid	0.0 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	0.0 µg	~
Polyphenols	0.0 mg	~
Phytosterols	0.0 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

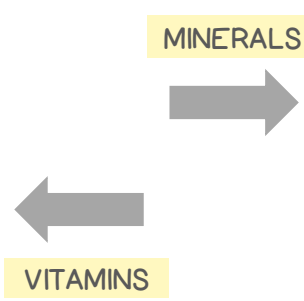


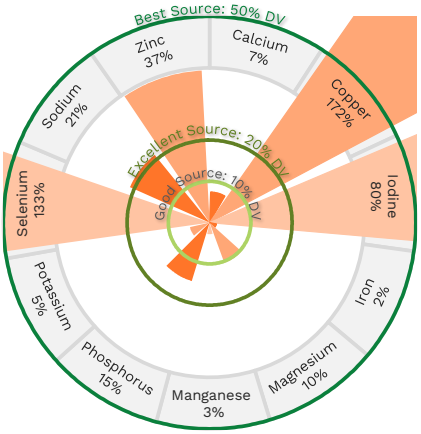








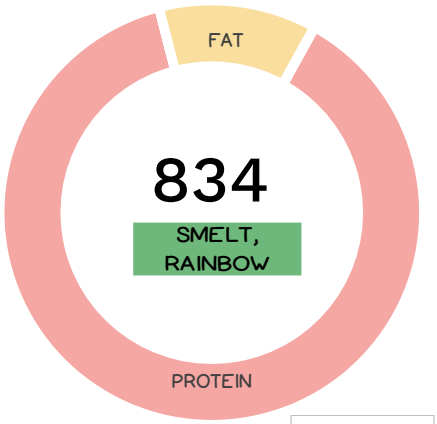




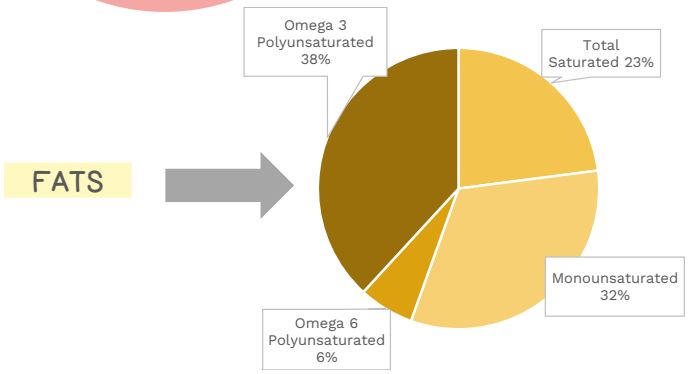
148 Smelt, rainbow

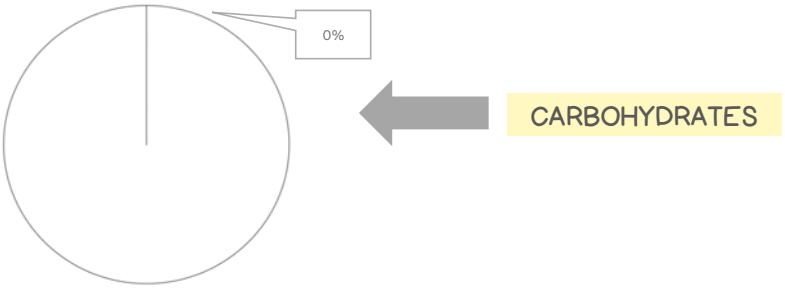
Serving Size:	115 grams	Protein:	20.3 grams	Net Carbs:	0.0 grams
Calories:	112	Fat:	2.8 grams	Fiber:	0.0 grams

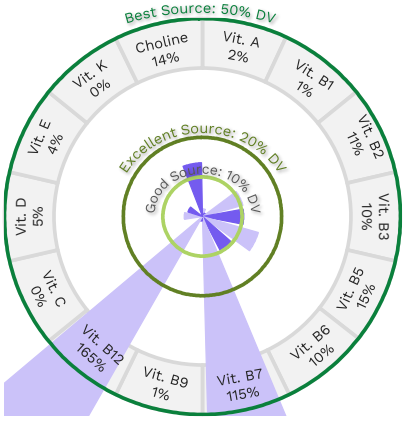
Vitamins & Vitaminlike Compounds		
Vitamin A	17.3 µg RAE	2% DV
Vitamin B1 (Thiamin)	11.5 µg	1% DV
Vitamin B2 (Riboflavin)	138.0 µg	11% DV
Vitamin B3 (Niacin)	1.7 mg	10% DV
Vitamin B5 (Pantothenic Acid)	0.7 mg	15% DV
Vitamin B6 (Pyridoxine)	172.5 µg	10% DV
Vitamin B7 (Biotin)	34.5 µg	115% DV
Vitamin B9 (Folate)	4.6 µg	1% DV
Vitamin B12 (Cobalamin)	4.0 µg	165% DV
Vitamin C	0.0 mg	0% DV
Vitamin D (D2 + D3)	0.9 µg	5% DV
Vitamin E	0.6 mg	4% DV
Vitamin K	0.1 µg	0% DV
Choline	74.8 mg	14% DV
Myo-Inositol	~	~
CoQ10	0.9 mg	~
Minerals		
Calcium	69.0 mg	5% DV
Copper	159.9 µg	18% DV
Iodine	~	~
Iron	1.0 mg	6% DV
Magnesium	34.5 mg	8% DV
Manganese	805.0 µg	35% DV
Phosphorus	264.5 mg	21% DV
Potassium	333.5 mg	7% DV
Selenium	42.0 µg	76% DV
Sodium	69.0 mg	3% DV
Zinc	1.9 mg	17% DV
Amino Acids & Peptides		
Taurine	69.0 mg	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.7 g	4% DV
ALA	56.4 mg	4% DV
EPA + DHA	797.0 mg	319% DV
CLA	0.8 mg	~
Linoleic Acid	0.1 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	0.0 µg	~
Polyphenols	0.0 mg	~
Phytosterols	0.0 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~



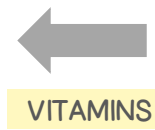


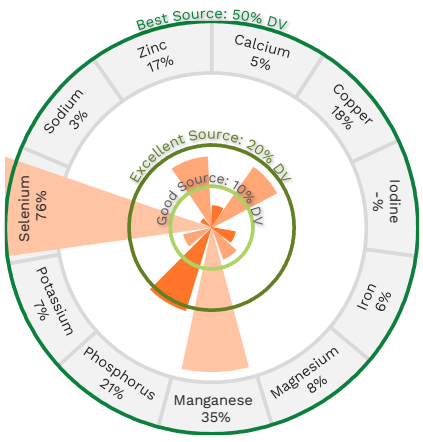








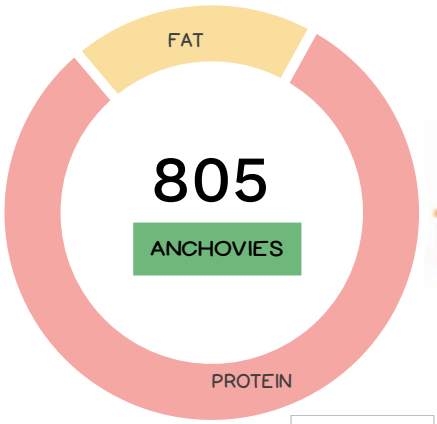




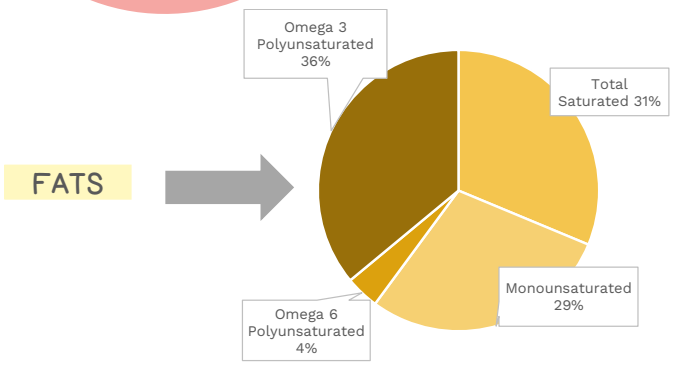
149 Anchovies

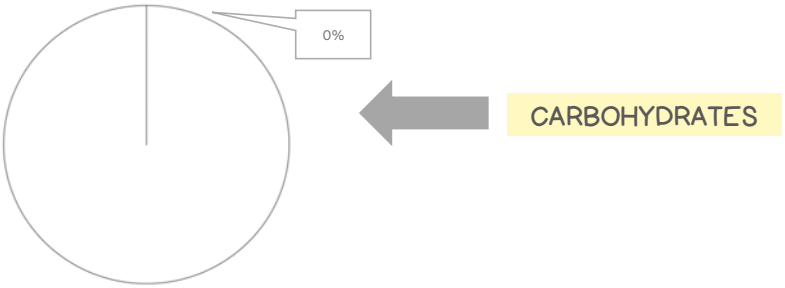
Serving Size:	115 grams	Protein:	23.4 grams	Net Carbs:	0.0 grams
Calories:	151	Fat:	5.6 grams	Fiber:	0.0 grams

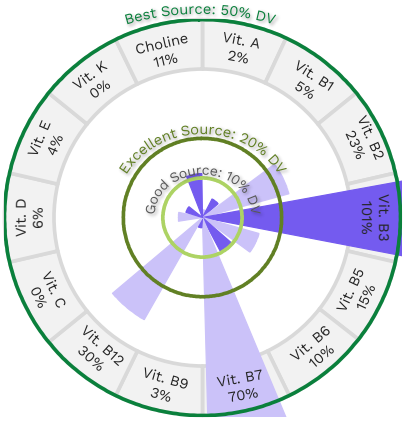
Vitamins & Vitaminlike Compounds		
Vitamin A	17.3 µg RAE	2% DV
Vitamin B1 (Thiamin)	63.3 µg	5% DV
Vitamin B2 (Riboflavin)	294.4 µg	23% DV
Vitamin B3 (Niacin)	16.1 mg	101% DV
Vitamin B5 (Pantothenic Acid)	0.7 mg	15% DV
Vitamin B6 (Pyridoxine)	164.5 µg	10% DV
Vitamin B7 (Biotin)	21.0 µg	70% DV
Vitamin B9 (Folate)	10.4 µg	3% DV
Vitamin B12 (Cobalamin)	0.7 µg	30% DV
Vitamin C	0.0 mg	0% DV
Vitamin D (D2 + D3)	1.2 µg	6% DV
Vitamin E	0.7 mg	4% DV
Vitamin K	0.1 µg	0% DV
Choline	61.0 mg	11% DV
Myo-Inositol	~	~
CoQ10	0.9 mg	~
Minerals		
Calcium	169.1 mg	13% DV
Copper	242.7 µg	27% DV
Iodine	51.8 µg	35% DV
Iron	3.7 mg	21% DV
Magnesium	47.2 mg	11% DV
Manganese	80.5 µg	4% DV
Phosphorus	200.1 mg	16% DV
Potassium	440.5 mg	9% DV
Selenium	42.0 µg	76% DV
Sodium	119.6 mg	5% DV
Zinc	2.0 mg	18% DV
Amino Acids & Peptides		
Taurine	69.0 mg	~
Ergothioneine	~	~
Functional Fats		
MUFA	1.4 g	7% DV
ALA	0.0 mg	0% DV
EPA + DHA	1666.4 mg	667% DV
CLA	1.7 mg	~
Linoleic Acid	0.1 g	1% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	0.0 µg	~
Polyphenols	0.0 mg	~
Phytosterols	0.0 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

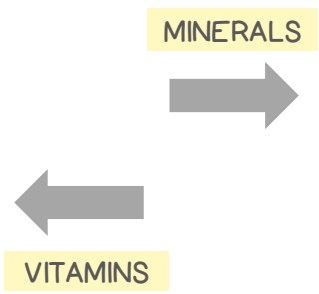


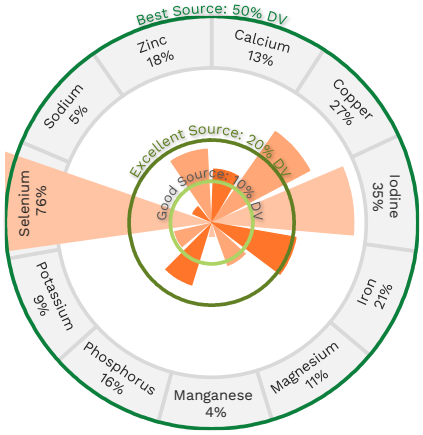








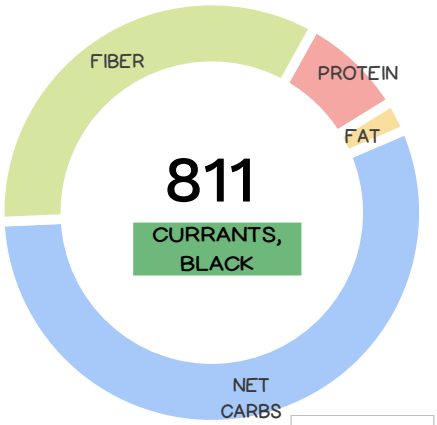




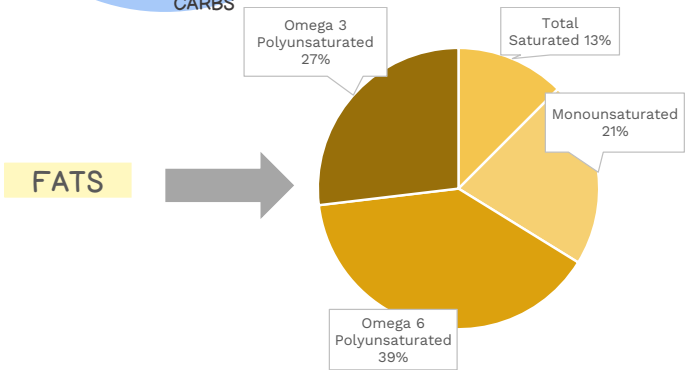
150 Currants, black

Serving Size:	112 grams	Protein:	1.6 grams	Net Carbs:	10.7 grams
Calories:	71	Fat:	0.5 grams	Fiber:	6.5 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	13.4 µg RAE	1% DV
Vitamin B1 (Thiamin)	56.0 µg	5% DV
Vitamin B2 (Riboflavin)	56.0 µg	4% DV
Vitamin B3 (Niacin)	0.3 mg	2% DV
Vitamin B5 (Pantothenic Acid)	0.4 mg	9% DV
Vitamin B6 (Pyridoxine)	73.9 µg	4% DV
Vitamin B7 (Biotin)	2.7 µg	9% DV
Vitamin B9 (Folate)	16.8 µg	4% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	202.7 mg	225% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	1.1 mg	7% DV
Vitamin K	~	~
Choline	~	~
Myo-Inositol	~	~
CoQ10	0.4 mg	~
Minerals		
Calcium	61.6 mg	5% DV
Copper	96.3 µg	11% DV
Iodine	~	~
Iron	1.7 mg	10% DV
Magnesium	26.9 mg	6% DV
Manganese	286.7 µg	12% DV
Phosphorus	66.1 mg	5% DV
Potassium	360.6 mg	8% DV
Selenium	1.2 µg	2% DV
Sodium	2.2 mg	0% DV
Zinc	0.3 mg	3% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.1 g	0% DV
ALA	80.6 mg	5% DV
EPA + DHA	~	~
CLA	~	~
Linoleic Acid	0.1 g	1% DV
MCT's	~	~
Phytonutrients		
Carotenoids	145.6 µg	~
Polyphenols	1579.2 mg	~
Phytosterols	9.9 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~



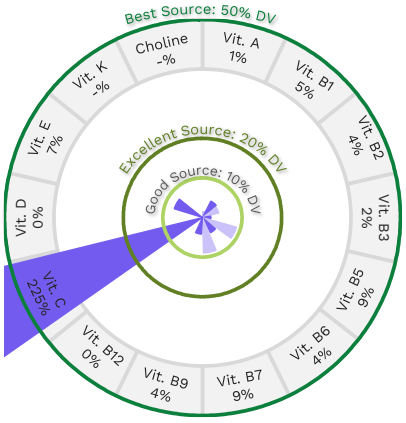






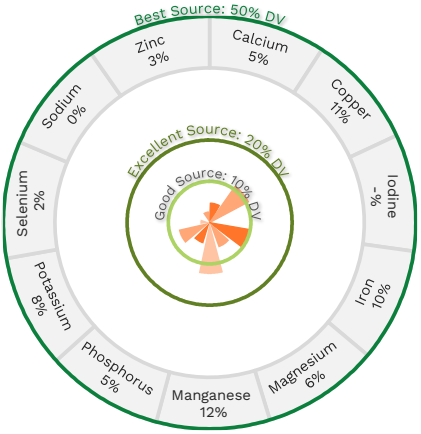
CARBOHYDRATES

No detailed component data currently available in the USDA Food Central Database.



VITAMINS

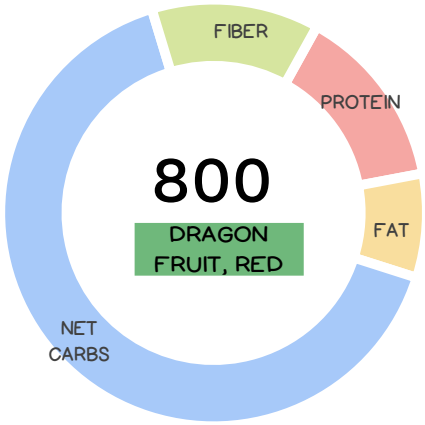
MINERALS



151 Dragon fruit, red

Serving Size:	140 grams	Protein:	1.5 grams	Net Carbs:	7.1 grams
Calories:	48	Fat:	0.9 grams	Fiber:	1.4 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	1246.0 µg RAE	138% DV
Vitamin B1 (Thiamin)	3.3 µg	0% DV
Vitamin B2 (Riboflavin)	1.8 µg	0% DV
Vitamin B3 (Niacin)	0.0 mg	0% DV
Vitamin B5 (Pantothenic Acid)	0.1 mg	1% DV
Vitamin B6 (Pyridoxine)	0.2 µg	0% DV
Vitamin B7 (Biotin)	0.4 µg	1% DV
Vitamin B9 (Folate)	~	~
Vitamin B12 (Cobalamin)	~	~
Vitamin C	5.0 mg	6% DV
Vitamin D (D2 + D3)	0.8 µg	4% DV
Vitamin E	0.3 mg	2% DV
Vitamin K	17.4 µg	14% DV
Choline	~	~
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	61.7 mg	5% DV
Copper	134.4 µg	15% DV
Iodine	~	~
Iron	1.1 mg	6% DV
Magnesium	43.4 mg	10% DV
Manganese	105.0 µg	5% DV
Phosphorus	43.3 mg	3% DV
Potassium	172.2 mg	4% DV
Selenium	~	~
Sodium	~	~
Zinc	0.5 mg	4% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.2 g	1% DV
ALA	6.4 mg	0% DV
EPA + DHA	1.3 mg	1% DV
CLA	~	~
Linoleic Acid	0.4 g	2% DV
MCT's	~	~
Phytonutrients		
Carotenoids	1204.0 µg	~
Polyphenols	55.9 mg	~
Phytosterols	~	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	32.2 mg	~





FATS

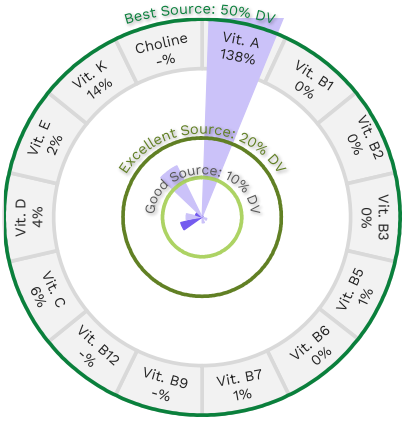
No detailed component data currently available in the USDA Food Central Database.

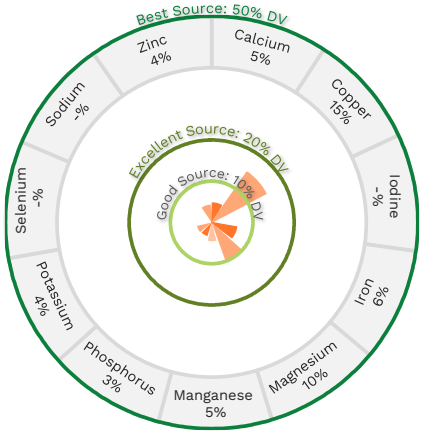
CARBOHYDRATES

No detailed component data currently available in the USDA Food Central Database.

MINERALS

VITAMINS

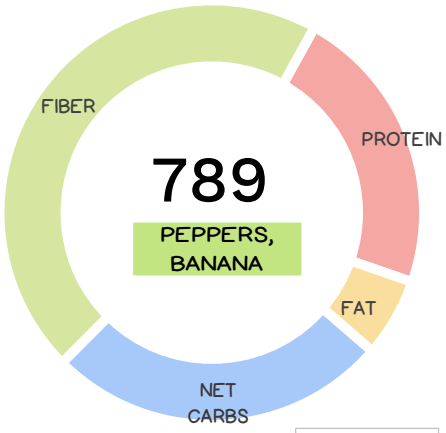




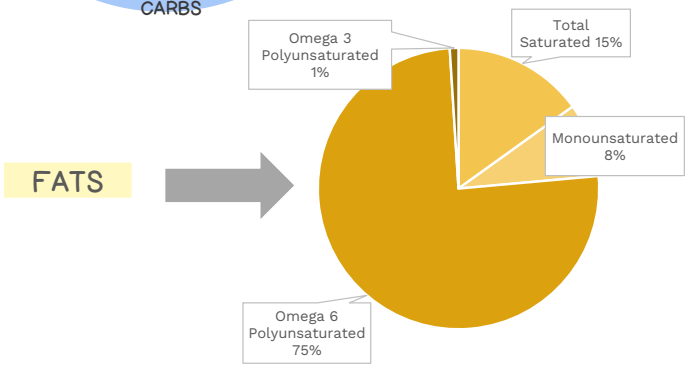
152 Peppers, banana

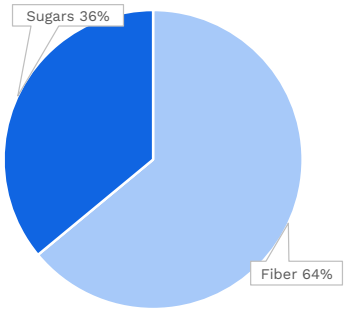
Serving Size:	31 grams	Protein:	0.5 grams	Net Carbs:	0.6 grams
Calories:	8	Fat:	0.1 grams	Fiber:	1.1 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	5.3 µg RAE	1% DV
Vitamin B1 (Thiamin)	25.1 µg	2% DV
Vitamin B2 (Riboflavin)	16.7 µg	1% DV
Vitamin B3 (Niacin)	0.4 mg	2% DV
Vitamin B5 (Pantothenic Acid)	0.1 mg	2% DV
Vitamin B6 (Pyridoxine)	110.7 µg	7% DV
Vitamin B7 (Biotin)	~	~
Vitamin B9 (Folate)	9.0 µg	2% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	25.6 mg	28% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.2 mg	1% DV
Vitamin K	2.9 µg	2% DV
Choline	2.3 mg	0% DV
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	4.3 mg	0% DV
Copper	29.1 µg	3% DV
Iodine	~	~
Iron	0.1 mg	1% DV
Magnesium	5.3 mg	1% DV
Manganese	31.0 µg	1% DV
Phosphorus	9.9 mg	1% DV
Potassium	79.4 mg	2% DV
Selenium	0.1 µg	0% DV
Sodium	4.0 mg	0% DV
Zinc	0.1 mg	1% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	0.9 mg	0% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.1 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	69.1 µg	~
Polyphenols	0.0 mg	~
Phytosterols	0.9 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

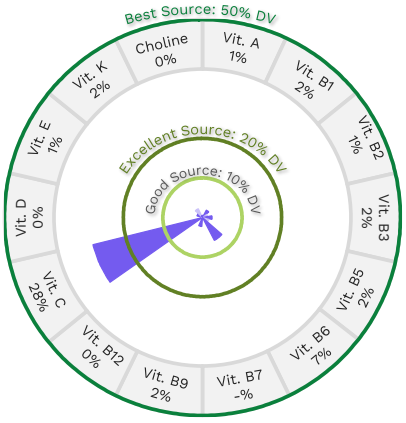








CARBOHYDRATES



VITAMINS

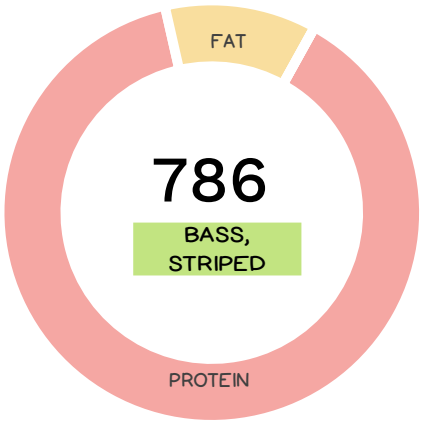
MINERALS



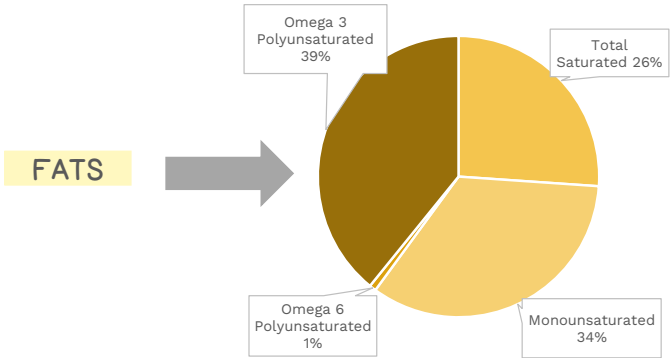
153 Bass, striped

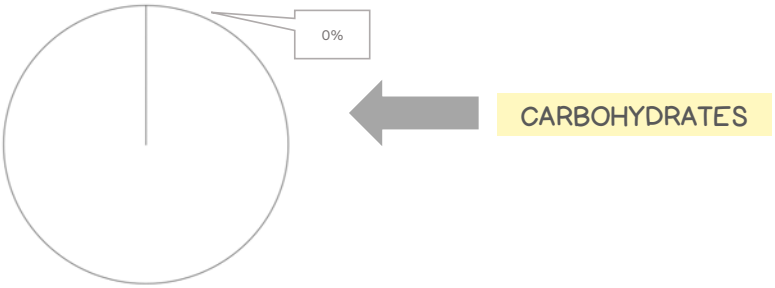
Serving Size:	115 grams	Protein:	20.4 grams	Net Carbs:	0.0 grams
Calories:	112	Fat:	2.7 grams	Fiber:	0.0 grams

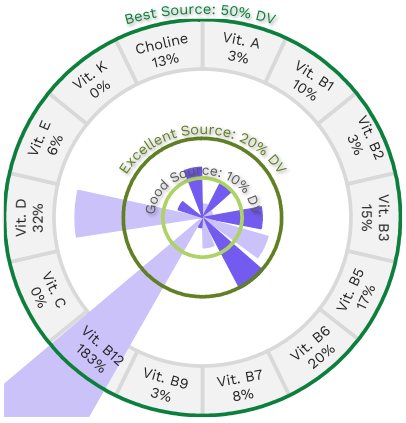
Vitamins & Vitaminlike Compounds		
Vitamin A	31.1 µg RAE	3% DV
Vitamin B1 (Thiamin)	115.0 µg	10% DV
Vitamin B2 (Riboflavin)	34.5 µg	3% DV
Vitamin B3 (Niacin)	2.4 mg	15% DV
Vitamin B5 (Pantothenic Acid)	0.9 mg	17% DV
Vitamin B6 (Pyridoxine)	345.0 µg	20% DV
Vitamin B7 (Biotin)	2.3 µg	8% DV
Vitamin B9 (Folate)	10.4 µg	3% DV
Vitamin B12 (Cobalamin)	4.4 µg	183% DV
Vitamin C	0.0 mg	0% DV
Vitamin D (D2 + D3)	6.4 µg	32% DV
Vitamin E	1.0 mg	6% DV
Vitamin K	0.1 µg	0% DV
Choline	69.9 mg	13% DV
Myo-Inositol	~	~
CoQ10	0.0 mg	~
Minerals		
Calcium	17.3 mg	1% DV
Copper	35.7 µg	4% DV
Iodine	20.6 µg	14% DV
Iron	1.0 mg	5% DV
Magnesium	46.0 mg	11% DV
Manganese	17.3 µg	1% DV
Phosphorus	227.7 mg	18% DV
Potassium	294.4 mg	6% DV
Selenium	42.0 µg	76% DV
Sodium	79.4 mg	3% DV
Zinc	0.5 mg	4% DV
Amino Acids & Peptides		
Taurine	173.7 mg	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.8 g	4% DV
ALA	17.3 mg	1% DV
EPA + DHA	867.1 mg	347% DV
CLA	~	~
Linoleic Acid	0.0 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	0.0 µg	~
Polyphenols	0.0 mg	~
Phytosterols	0.0 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

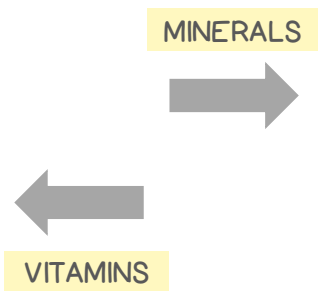


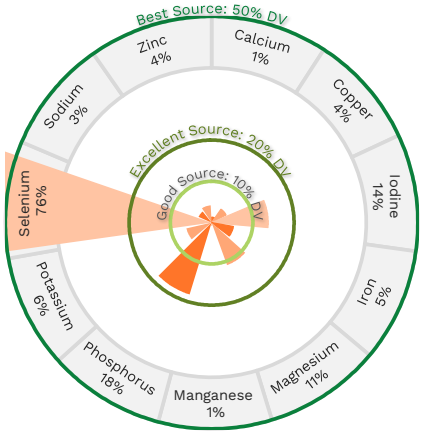








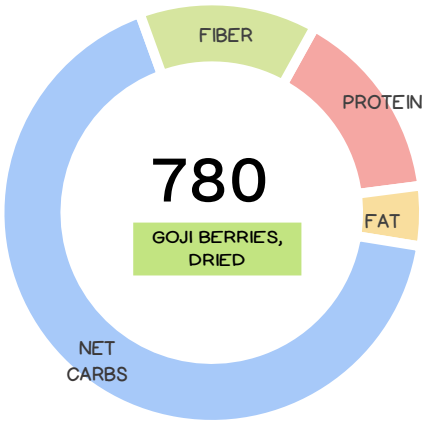




154 Goji berries, dried

Serving Size:	45 grams	Protein:	6.4 grams	Net Carbs:	28.7 grams
Calories:	156	Fat:	2.0 grams	Fiber:	5.8 grams

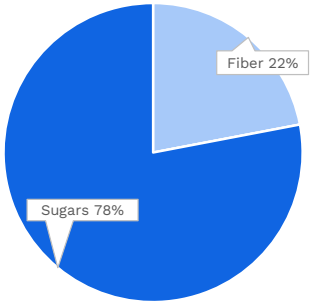
Vitamins & Vitaminlike Compounds		
Vitamin A	~	~
Vitamin B1 (Thiamin)	~	~
Vitamin B2 (Riboflavin)	~	~
Vitamin B3 (Niacin)	~	~
Vitamin B5 (Pantothenic Acid)	~	~
Vitamin B6 (Pyridoxine)	~	~
Vitamin B7 (Biotin)	~	~
Vitamin B9 (Folate)	~	~
Vitamin B12 (Cobalamin)	~	~
Vitamin C	21.7 mg	24% DV
Vitamin D (D2 + D3)	~	~
Vitamin E	3.6 mg	24% DV
Vitamin K	~	~
Choline	~	~
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	85.1 mg	7% DV
Copper	358.4 µg	40% DV
Iodine	~	~
Iron	3.0 mg	17% DV
Magnesium	20.6 mg	5% DV
Manganese	224.0 µg	10% DV
Phosphorus	78.1 mg	6% DV
Potassium	395.1 mg	8% DV
Selenium	0.1 µg	0% DV
Sodium	133.5 mg	6% DV
Zinc	0.7 mg	6% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	~	~
ALA	~	~
EPA + DHA	~	~
CLA	~	~
Linoleic Acid	~	~
MCT's	~	~
Phytonutrients		
Carotenoids	89062.4 µg	~
Polyphenols	400.5 mg	~
Phytosterols	~	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~



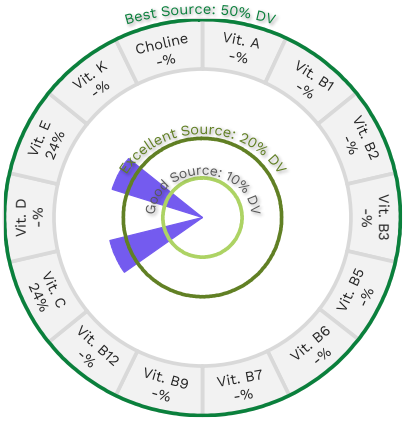


FATS

No detailed component data currently available in the USDA Food Central Database.

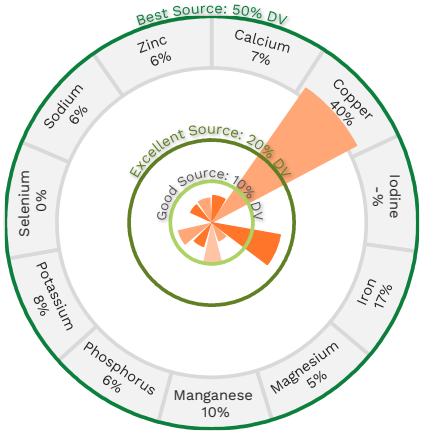


CARBOHYDRATES



MINERALS

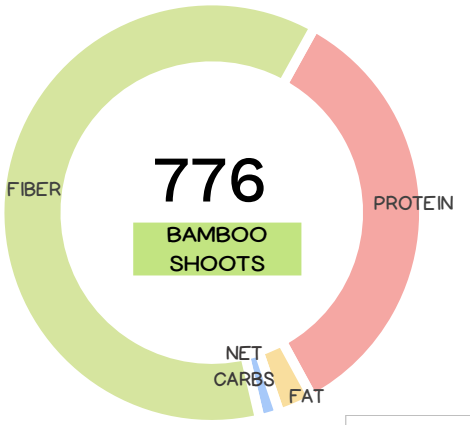
VITAMINS



155 Bamboo shoots

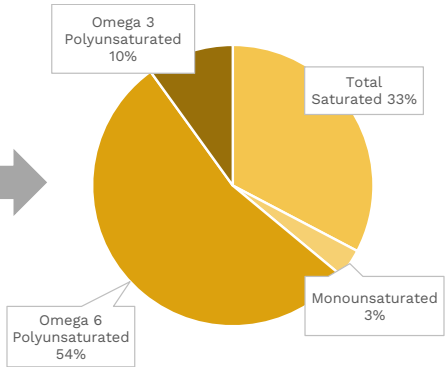
Serving Size:	151 grams	Protein:	5.6 grams	Net Carbs:	0.3 grams
Calories:	41	Fat:	0.5 grams	Fiber:	10.2 grams

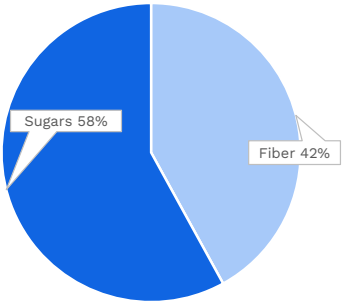
Vitamins & Vitaminlike Compounds		
Vitamin A	1.5 µg RAE	0% DV
Vitamin B1 (Thiamin)	226.5 µg	19% DV
Vitamin B2 (Riboflavin)	105.7 µg	8% DV
Vitamin B3 (Niacin)	0.9 mg	6% DV
Vitamin B5 (Pantothenic Acid)	0.2 mg	5% DV
Vitamin B6 (Pyridoxine)	362.4 µg	21% DV
Vitamin B7 (Biotin)	1.2 µg	4% DV
Vitamin B9 (Folate)	10.6 µg	3% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	6.0 mg	7% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	1.5 mg	10% DV
Vitamin K	0.0 µg	0% DV
Choline	0.0 mg	0% DV
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	19.6 mg	2% DV
Copper	286.9 µg	32% DV
Iodine	~	~
Iron	0.8 mg	4% DV
Magnesium	4.5 mg	1% DV
Manganese	395.6 µg	17% DV
Phosphorus	89.1 mg	7% DV
Potassium	804.8 mg	17% DV
Selenium	1.2 µg	2% DV
Sodium	6.0 mg	0% DV
Zinc	1.7 mg	15% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	30.2 mg	2% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.2 g	1% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	18.1 µg	~
Polyphenols	670.4 mg	~
Phytosterols	25.8 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~



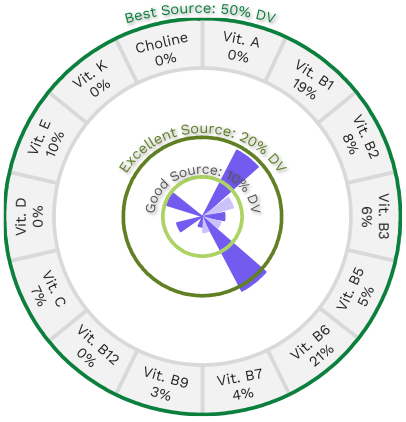


FATS



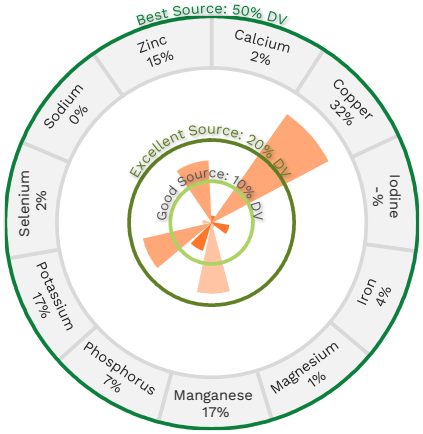


CARBOHYDRATES



MINERALS

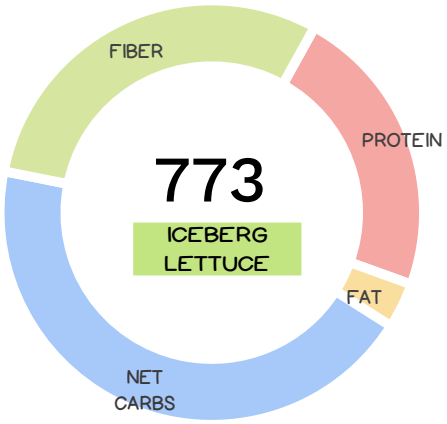
VITAMINS



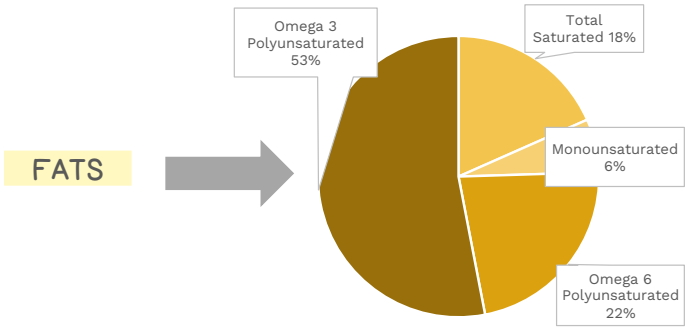
156 Iceberg lettuce

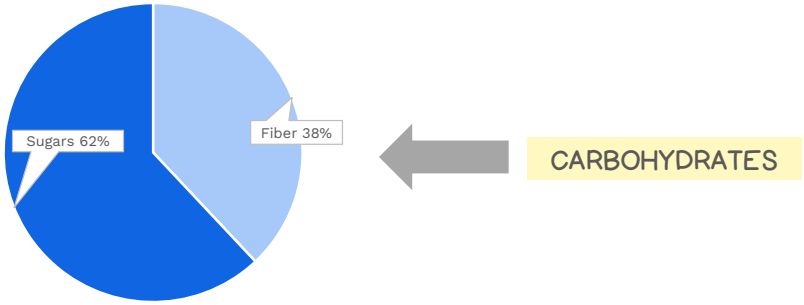
Serving Size:	114 grams	Protein:	1.0 grams	Net Carbs:	2.0 grams
Calories:	16	Fat:	0.2 grams	Fiber:	1.4 grams

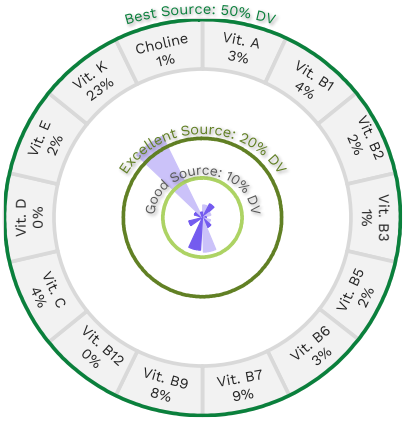
Vitamins & Vitaminlike Compounds		
Vitamin A	28.5 µg RAE	3% DV
Vitamin B1 (Thiamin)	46.7 µg	4% DV
Vitamin B2 (Riboflavin)	28.5 µg	2% DV
Vitamin B3 (Niacin)	0.1 mg	1% DV
Vitamin B5 (Pantothenic Acid)	0.1 mg	2% DV
Vitamin B6 (Pyridoxine)	47.9 µg	3% DV
Vitamin B7 (Biotin)	2.6 µg	9% DV
Vitamin B9 (Folate)	33.1 µg	8% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	3.2 mg	4% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.3 mg	2% DV
Vitamin K	27.5 µg	23% DV
Choline	7.6 mg	1% DV
Myo-Inositol	20.5 mg	~
CoQ10	~	~
Minerals		
Calcium	20.5 mg	2% DV
Copper	28.5 µg	3% DV
Iodine	~	~
Iron	0.5 mg	3% DV
Magnesium	8.0 mg	2% DV
Manganese	142.5 µg	6% DV
Phosphorus	22.8 mg	2% DV
Potassium	160.7 mg	3% DV
Selenium	0.1 µg	0% DV
Sodium	11.4 mg	0% DV
Zinc	0.2 mg	2% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	59.3 mg	4% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.0 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	661.2 µg	~
Polyphenols	149.3 mg	~
Phytosterols	9.7 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~



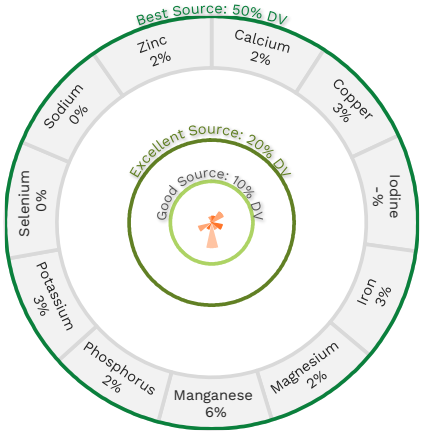








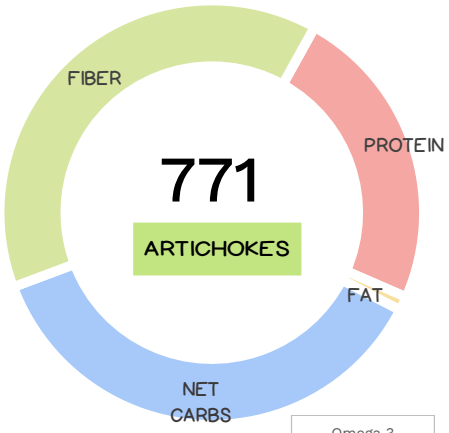




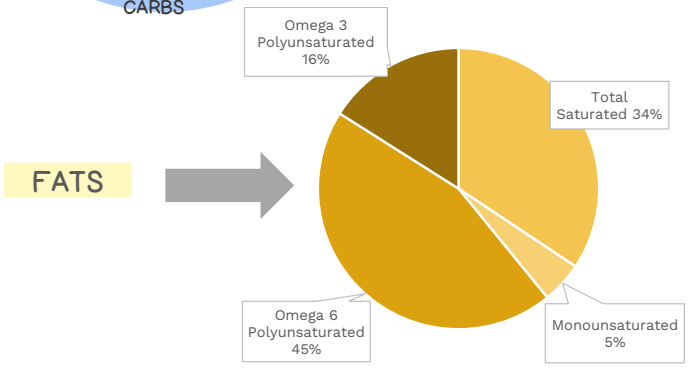
157 Artichokes

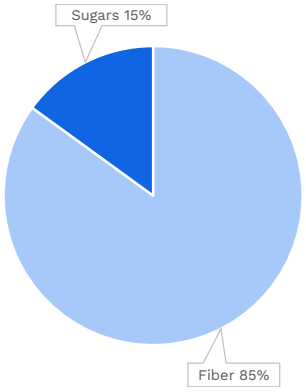
Serving Size:	168 grams	Protein:	5.5 grams	Net Carbs:	8.6 grams
Calories:	79	Fat:	0.3 grams	Fiber:	9.1 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	1.7 µg RAE	0% DV
Vitamin B1 (Thiamin)	121.0 µg	10% DV
Vitamin B2 (Riboflavin)	110.9 µg	9% DV
Vitamin B3 (Niacin)	1.8 mg	11% DV
Vitamin B5 (Pantothenic Acid)	0.6 mg	11% DV
Vitamin B6 (Pyridoxine)	194.9 µg	11% DV
Vitamin B7 (Biotin)	~	~
Vitamin B9 (Folate)	114.2 µg	29% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	19.7 mg	22% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.3 mg	2% DV
Vitamin K	24.9 µg	21% DV
Choline	57.8 mg	11% DV
Myo-Inositol	100.8 mg	~
CoQ10	~	~
Minerals		
Calcium	73.9 mg	6% DV
Copper	388.1 µg	43% DV
Iodine	~	~
Iron	2.2 mg	12% DV
Magnesium	100.8 mg	24% DV
Manganese	430.1 µg	19% DV
Phosphorus	151.2 mg	12% DV
Potassium	621.6 mg	13% DV
Selenium	0.3 µg	1% DV
Sodium	157.9 mg	7% DV
Zinc	0.8 mg	7% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	28.6 mg	2% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.1 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	793.0 µg	~
Polyphenols	2192.4 mg	~
Phytosterols	~	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

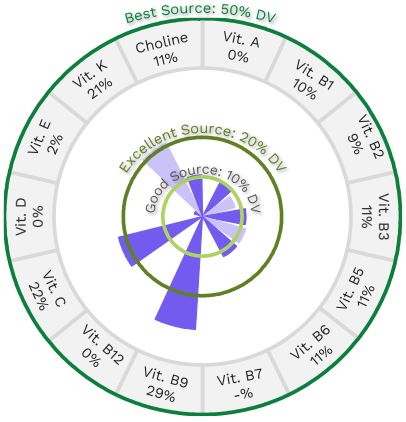






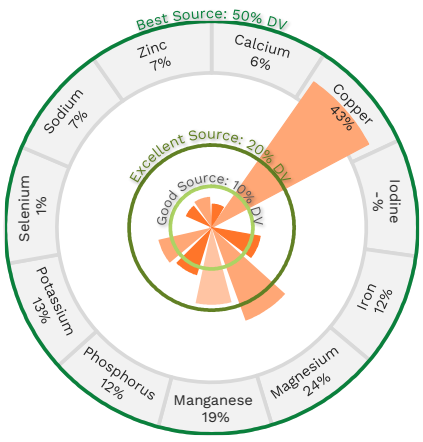








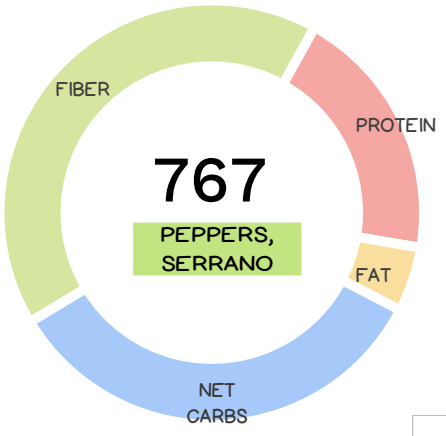




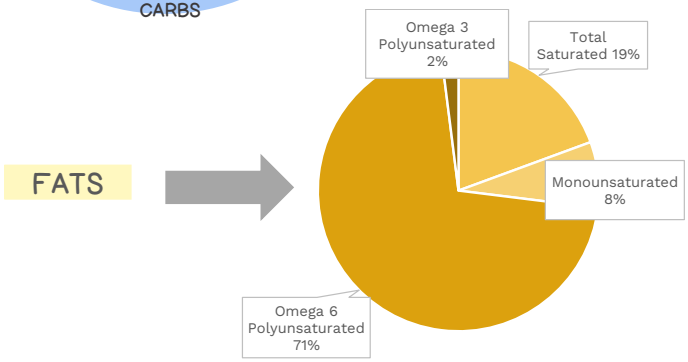
158 Peppers, serrano

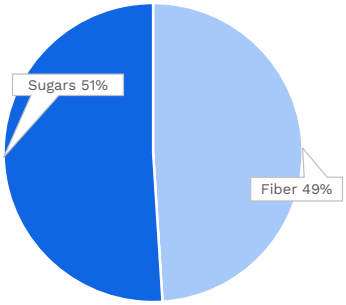
Serving Size:	26 grams	Protein:	0.5 grams	Net Carbs:	0.8 grams
Calories:	8	Fat:	0.1 grams	Fiber:	1.0 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	12.3 µg RAE	1% DV
Vitamin B1 (Thiamin)	14.2 µg	1% DV
Vitamin B2 (Riboflavin)	21.3 µg	2% DV
Vitamin B3 (Niacin)	0.4 mg	3% DV
Vitamin B5 (Pantothenic Acid)	0.1 mg	1% DV
Vitamin B6 (Pyridoxine)	132.6 µg	8% DV
Vitamin B7 (Biotin)	~	~
Vitamin B9 (Folate)	6.0 µg	2% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	11.8 mg	13% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.2 mg	1% DV
Vitamin K	3.1 µg	3% DV
Choline	2.3 mg	0% DV
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	2.9 mg	0% DV
Copper	33.9 µg	4% DV
Iodine	~	~
Iron	0.2 mg	1% DV
Magnesium	5.8 mg	1% DV
Manganese	49.1 µg	2% DV
Phosphorus	10.5 mg	1% DV
Potassium	80.1 mg	2% DV
Selenium	0.1 µg	0% DV
Sodium	2.6 mg	0% DV
Zinc	0.1 mg	1% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	1.6 mg	0% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.1 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	298.2 µg	~
Polyphenols	77.7 mg	~
Phytosterols	1.3 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~





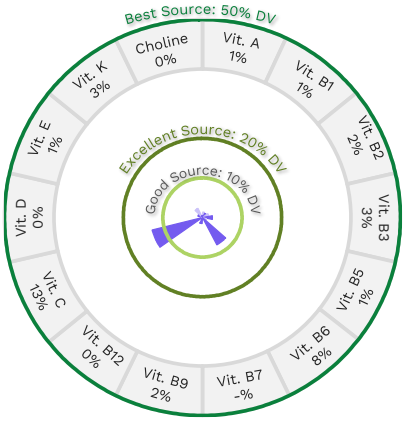




CARBOHYDRATES

MINERALS

VITAMINS

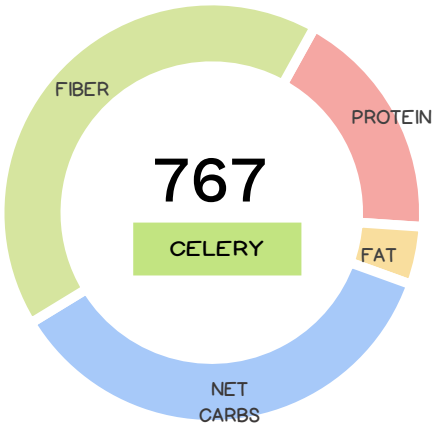




159 Celery

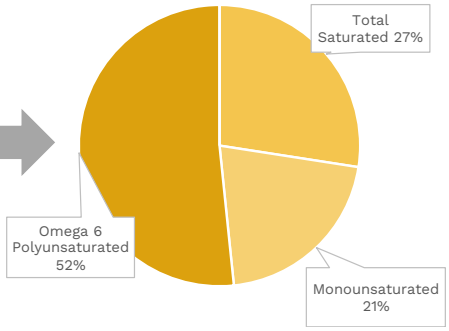
Serving Size:	101 grams	Protein:	0.7 grams	Net Carbs:	1.4 grams
Calories:	14	Fat:	0.2 grams	Fiber:	1.6 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	22.2 µg RAE	2% DV
Vitamin B1 (Thiamin)	21.2 µg	2% DV
Vitamin B2 (Riboflavin)	57.6 µg	4% DV
Vitamin B3 (Niacin)	0.3 mg	2% DV
Vitamin B5 (Pantothenic Acid)	0.2 mg	5% DV
Vitamin B6 (Pyridoxine)	74.7 µg	4% DV
Vitamin B7 (Biotin)	1.7 µg	6% DV
Vitamin B9 (Folate)	36.4 µg	9% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	3.1 mg	3% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.3 mg	2% DV
Vitamin K	29.6 µg	25% DV
Choline	6.2 mg	1% DV
Myo-Inositol	5.1 mg	~
CoQ10	~	~
Minerals		
Calcium	40.4 mg	3% DV
Copper	35.4 µg	4% DV
Iodine	~	~
Iron	0.2 mg	1% DV
Magnesium	11.1 mg	3% DV
Manganese	104.0 µg	5% DV
Phosphorus	24.2 mg	2% DV
Potassium	262.6 mg	6% DV
Selenium	0.4 µg	1% DV
Sodium	80.8 mg	4% DV
Zinc	0.1 mg	1% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	0.0 mg	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	0.0 mg	0% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.1 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	558.5 µg	~
Polyphenols	15.4 mg	~
Phytosterols	17.2 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

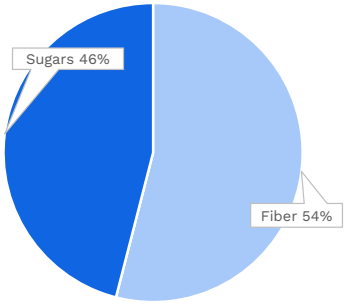


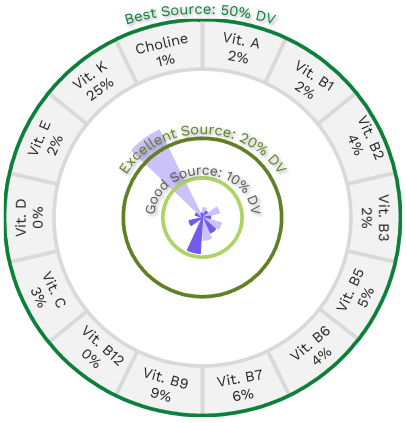


FATS



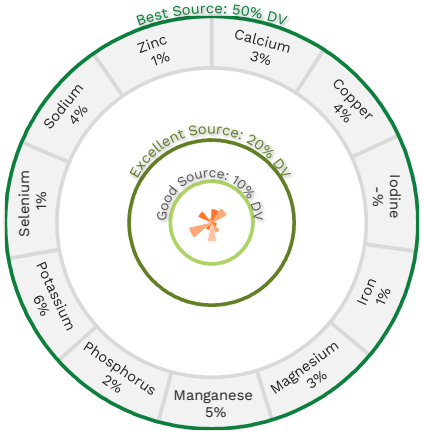
CARBOHYDRATES





MINERALS

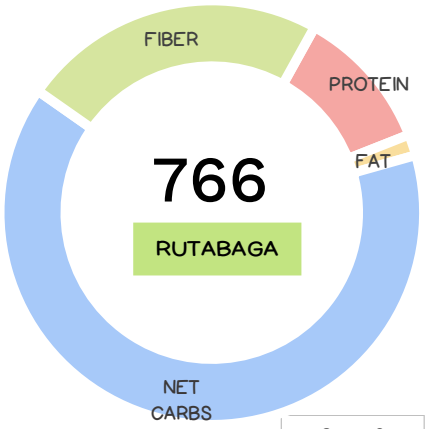
VITAMINS



160 Rutabaga

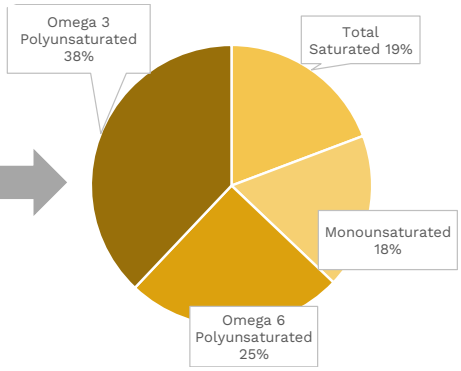
Serving Size:	140 grams	Protein:	1.5 grams	Net Carbs:	8.8 grams
Calories:	52	Fat:	0.2 grams	Fiber:	3.2 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	0.0 µg RAE	0% DV
Vitamin B1 (Thiamin)	126.0 µg	11% DV
Vitamin B2 (Riboflavin)	56.0 µg	4% DV
Vitamin B3 (Niacin)	1.0 mg	6% DV
Vitamin B5 (Pantothenic Acid)	0.2 mg	4% DV
Vitamin B6 (Pyridoxine)	140.0 µg	8% DV
Vitamin B7 (Biotin)	0.1 µg	0% DV
Vitamin B9 (Folate)	29.4 µg	7% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	35.0 mg	39% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.4 mg	3% DV
Vitamin K	0.4 µg	0% DV
Choline	19.7 mg	4% DV
Myo-Inositol	33.6 mg	~
CoQ10	~	~
Minerals		
Calcium	60.2 mg	5% DV
Copper	44.8 µg	5% DV
Iodine	~	~
Iron	0.6 mg	3% DV
Magnesium	28.0 mg	7% DV
Manganese	183.4 µg	8% DV
Phosphorus	74.2 mg	6% DV
Potassium	427.0 mg	9% DV
Selenium	1.0 µg	2% DV
Sodium	16.8 mg	1% DV
Zinc	0.3 mg	3% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	74.2 mg	5% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.0 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	49.0 µg	~
Polyphenols	207.2 mg	~
Phytosterols	18.5 mg	~
Glucosinolates	128.8 mg	~
Thiosulfinates	~	~
Betalains	~	~

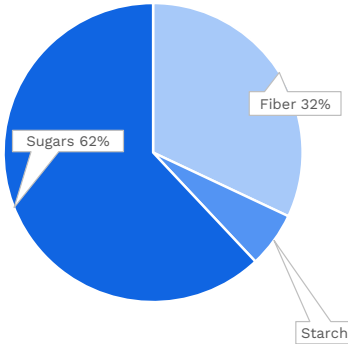




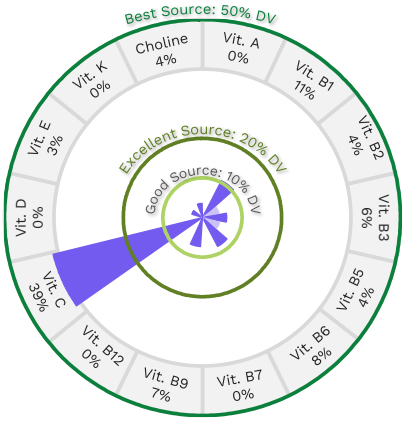
FATS



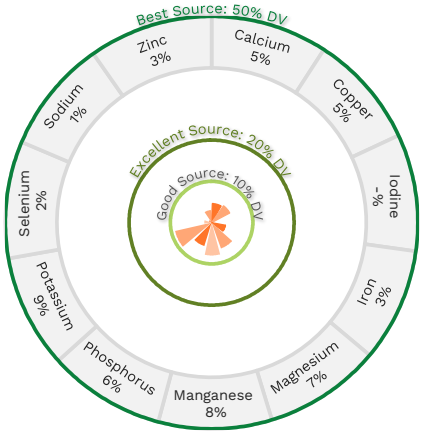
CARBOHYDRATES



VITAMINS



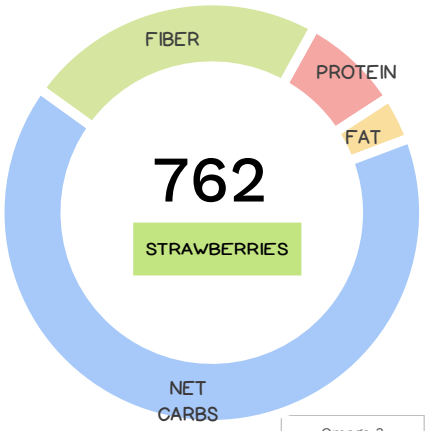
MINERALS



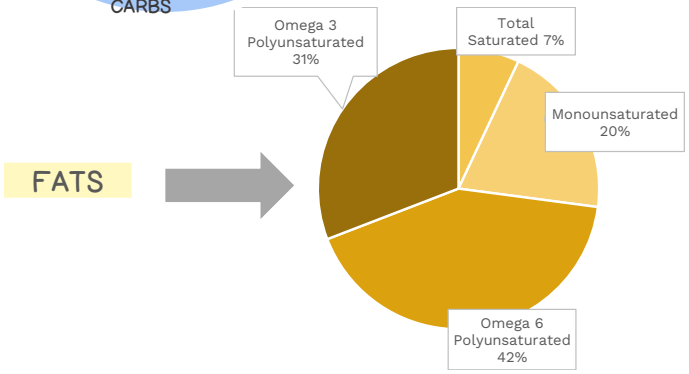
161 Strawberries

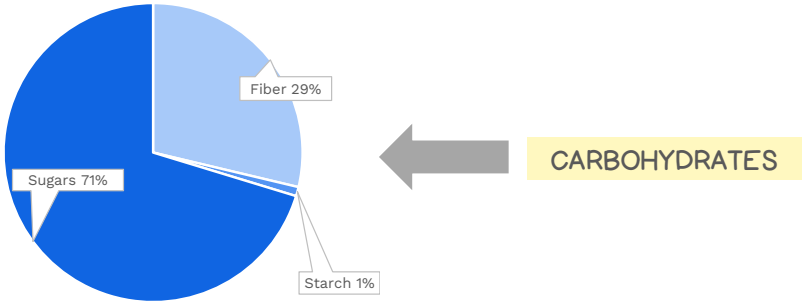
Serving Size:	152 grams	Protein:	1.0 grams	Net Carbs:	8.6 grams
Calories:	49	Fat:	0.5 grams	Fiber:	3.0 grams

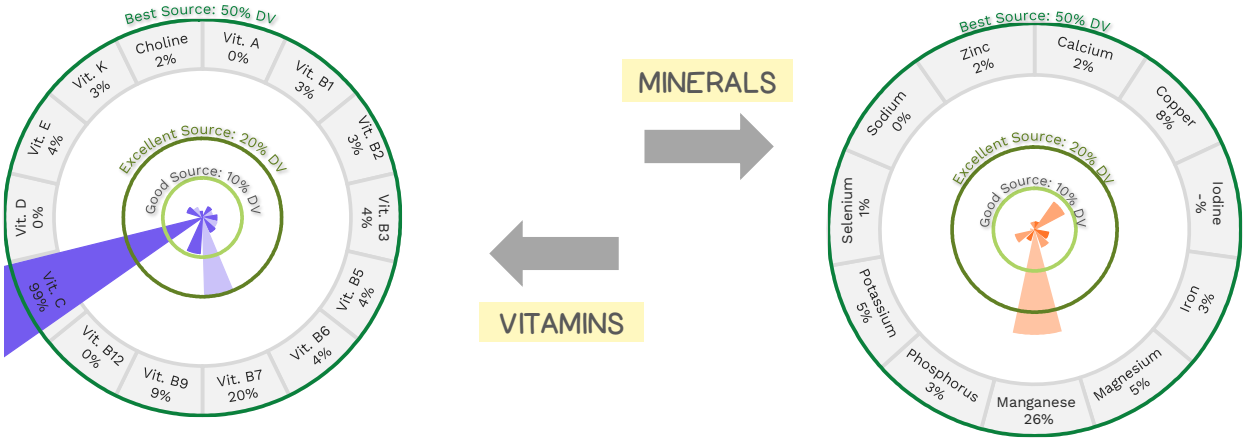
Vitamins & Vitaminlike Compounds		
Vitamin A	1.5 µg RAE	0% DV
Vitamin B1 (Thiamin)	36.5 µg	3% DV
Vitamin B2 (Riboflavin)	33.4 µg	3% DV
Vitamin B3 (Niacin)	0.6 mg	4% DV
Vitamin B5 (Pantothenic Acid)	0.2 mg	4% DV
Vitamin B6 (Pyridoxine)	71.4 µg	4% DV
Vitamin B7 (Biotin)	6.1 µg	20% DV
Vitamin B9 (Folate)	36.5 µg	9% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	89.4 mg	99% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.6 mg	4% DV
Vitamin K	3.3 µg	3% DV
Choline	8.7 mg	2% DV
Myo-Inositol	19.8 mg	~
CoQ10	0.1 mg	~
Minerals		
Calcium	24.3 mg	2% DV
Copper	73.0 µg	8% DV
Iodine	~	~
Iron	0.6 mg	3% DV
Magnesium	19.8 mg	5% DV
Manganese	586.7 µg	26% DV
Phosphorus	36.5 mg	3% DV
Potassium	232.6 mg	5% DV
Selenium	0.6 µg	1% DV
Sodium	1.5 mg	0% DV
Zinc	0.2 mg	2% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.1 g	0% DV
ALA	98.8 mg	6% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.1 g	1% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	50.2 µg	~
Polyphenols	674.0 mg	~
Phytosterols	719.7 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~







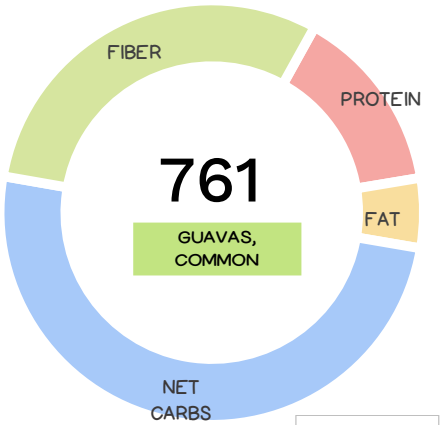




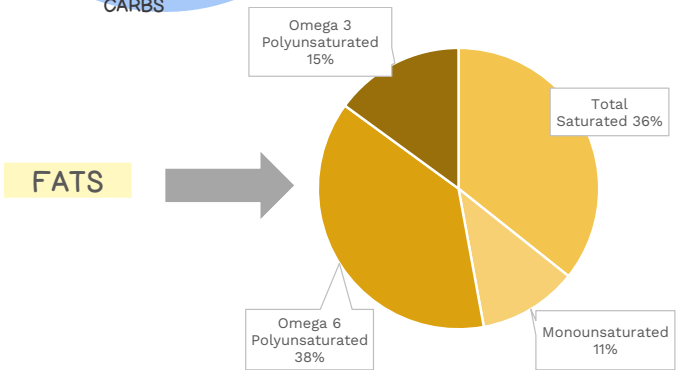
162 Guavas, common

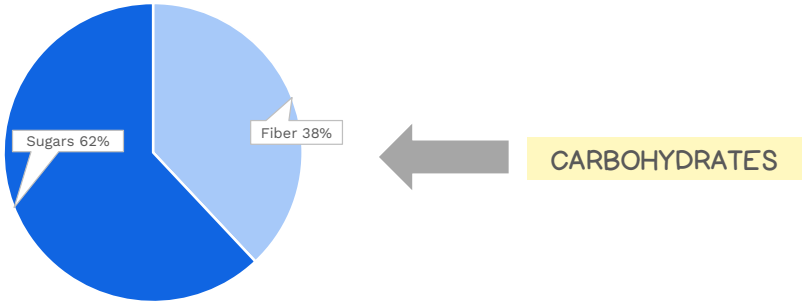
Serving Size:	165 grams	Protein:	4.2 grams	Net Carbs:	14.7 grams
Calories:	112	Fat:	1.6 grams	Fiber:	8.9 grams

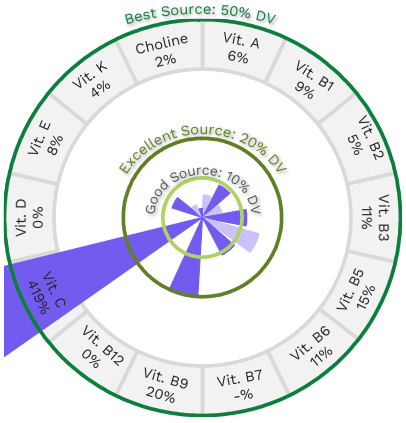
Vitamins & Vitaminlike Compounds		
Vitamin A	51.2 µg RAE	6% DV
Vitamin B1 (Thiamin)	110.6 µg	9% DV
Vitamin B2 (Riboflavin)	66.0 µg	5% DV
Vitamin B3 (Niacin)	1.8 mg	11% DV
Vitamin B5 (Pantothenic Acid)	0.7 mg	15% DV
Vitamin B6 (Pyridoxine)	181.5 µg	11% DV
Vitamin B7 (Biotin)	~	~
Vitamin B9 (Folate)	80.9 µg	20% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	376.7 mg	419% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	1.2 mg	8% DV
Vitamin K	4.3 µg	4% DV
Choline	12.5 mg	2% DV
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	29.7 mg	2% DV
Copper	379.5 µg	42% DV
Iodine	~	~
Iron	0.4 mg	2% DV
Magnesium	36.3 mg	9% DV
Manganese	247.5 µg	11% DV
Phosphorus	66.0 mg	5% DV
Potassium	688.1 mg	15% DV
Selenium	1.0 µg	2% DV
Sodium	3.3 mg	0% DV
Zinc	0.4 mg	3% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.1 g	1% DV
ALA	184.8 mg	12% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.5 g	3% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	9203.7 µg	~
Polyphenols	762.3 mg	~
Phytosterols	~	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

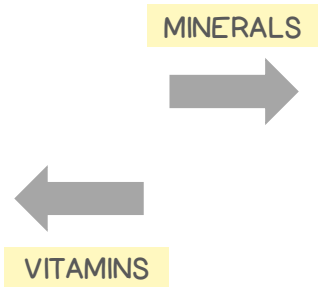


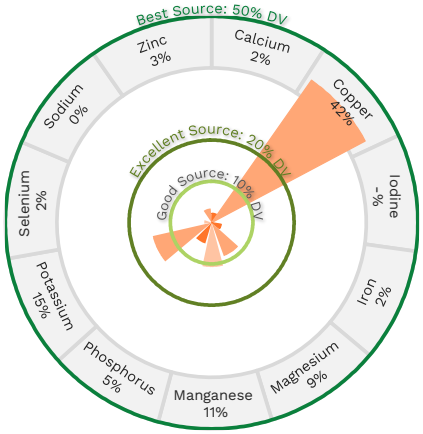








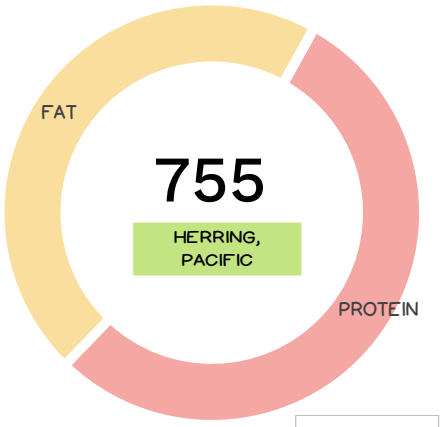




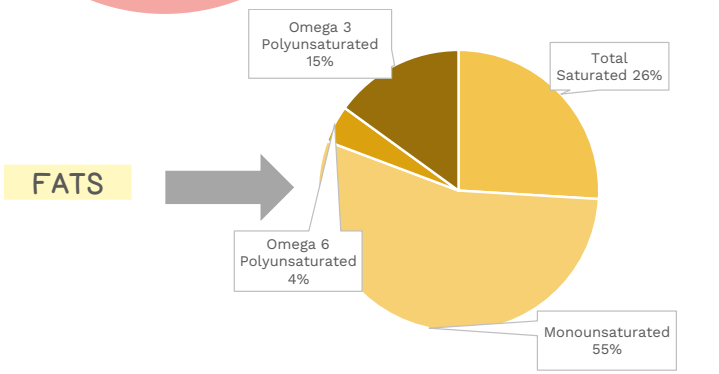
163 Herring, Pacific

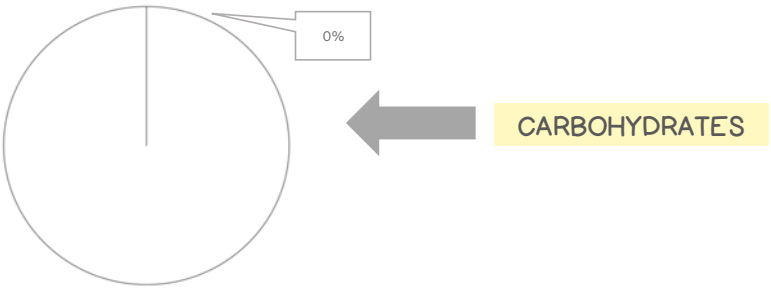
Serving Size:	115 grams	Protein:	18.8 grams	Net Carbs:	0.0 grams
Calories:	224	Fat:	16.0 grams	Fiber:	0.0 grams

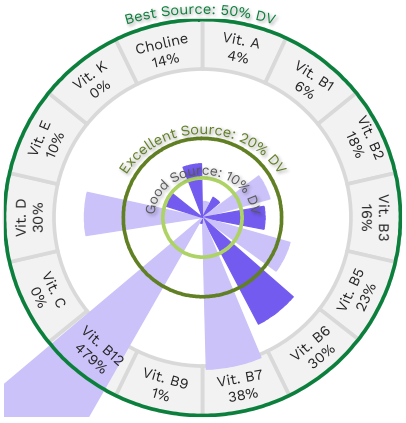
Vitamins & Vitaminlike Compounds		
Vitamin A	36.8 µg RAE	4% DV
Vitamin B1 (Thiamin)	69.0 µg	6% DV
Vitamin B2 (Riboflavin)	230.0 µg	18% DV
Vitamin B3 (Niacin)	2.5 mg	16% DV
Vitamin B5 (Pantothenic Acid)	1.2 mg	23% DV
Vitamin B6 (Pyridoxine)	517.5 µg	30% DV
Vitamin B7 (Biotin)	11.5 µg	38% DV
Vitamin B9 (Folate)	5.8 µg	1% DV
Vitamin B12 (Cobalamin)	11.5 µg	479% DV
Vitamin C	0.0 mg	0% DV
Vitamin D (D2 + D3)	6.0 µg	30% DV
Vitamin E	1.5 mg	10% DV
Vitamin K	0.1 µg	0% DV
Choline	74.8 mg	14% DV
Myo-Inositol	23.0 mg	~
CoQ10	1.8 mg	~
Minerals		
Calcium	95.5 mg	7% DV
Copper	89.7 µg	10% DV
Iodine	~	~
Iron	1.3 mg	7% DV
Magnesium	36.8 mg	9% DV
Manganese	51.8 µg	2% DV
Phosphorus	262.2 mg	21% DV
Potassium	486.5 mg	10% DV
Selenium	42.0 µg	76% DV
Sodium	85.1 mg	4% DV
Zinc	0.6 mg	6% DV
Amino Acids & Peptides		
Taurine	69.0 mg	~
Ergothioneine	~	~
Functional Fats		
MUFA	7.9 g	40% DV
ALA	65.6 mg	4% DV
EPA + DHA	1906.7 mg	763% DV
CLA	4.8 mg	~
Linoleic Acid	0.2 g	1% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	0.0 µg	~
Polyphenols	0.0 mg	~
Phytosterols	0.0 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

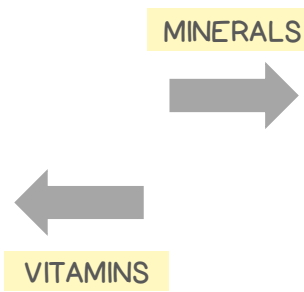


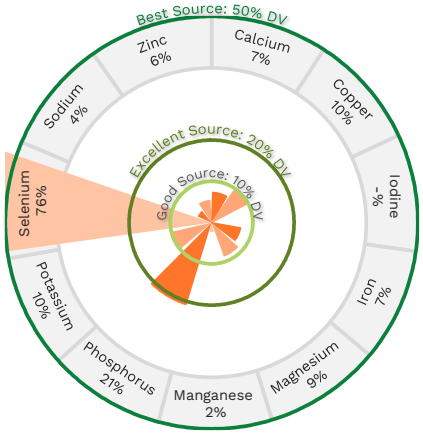








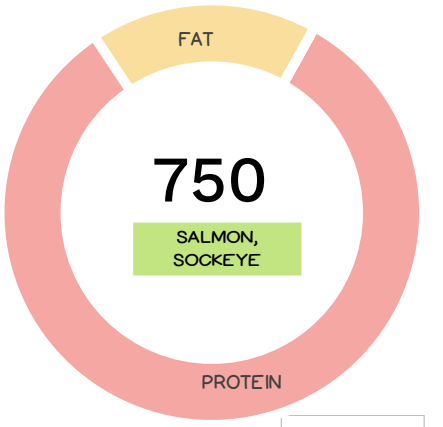




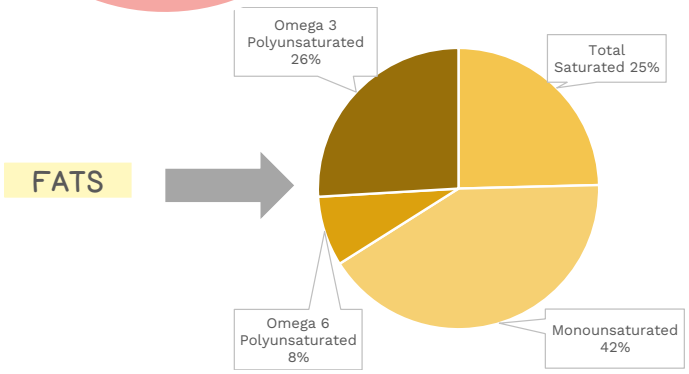
164 Salmon, Sockeye

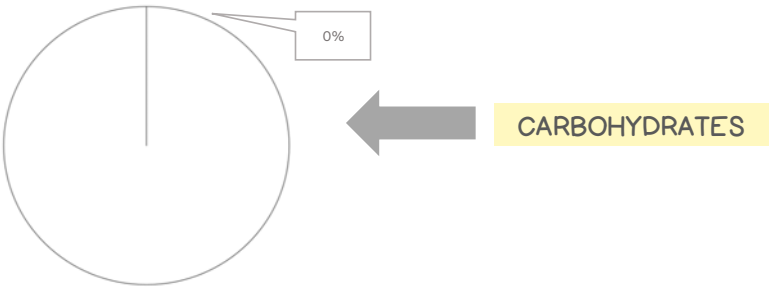
Serving Size:	115 grams	Protein:	25.6 grams	Net Carbs:	0.0 grams
Calories:	151	Fat:	5.4 grams	Fiber:	0.0 grams

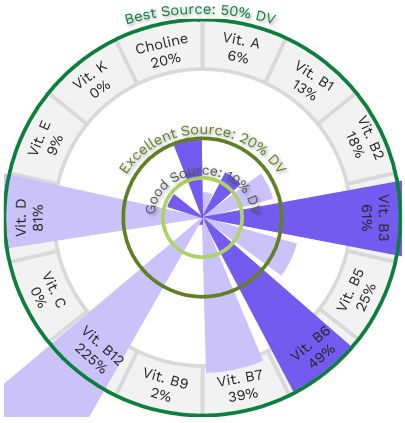
Vitamins & Vitaminlike Compounds		
Vitamin A	56.4 µg RAE	6% DV
Vitamin B1 (Thiamin)	151.8 µg	13% DV
Vitamin B2 (Riboflavin)	238.1 µg	18% DV
Vitamin B3 (Niacin)	9.8 mg	61% DV
Vitamin B5 (Pantothenic Acid)	1.2 mg	25% DV
Vitamin B6 (Pyridoxine)	840.7 µg	49% DV
Vitamin B7 (Biotin)	11.7 µg	39% DV
Vitamin B9 (Folate)	6.9 µg	2% DV
Vitamin B12 (Cobalamin)	5.4 µg	225% DV
Vitamin C	0.0 mg	0% DV
Vitamin D (D2 + D3)	16.2 µg	81% DV
Vitamin E	1.4 mg	9% DV
Vitamin K	0.1 µg	0% DV
Choline	108.8 mg	20% DV
Myo-Inositol	~	~
CoQ10	0.9 mg	~
Minerals		
Calcium	10.4 mg	1% DV
Copper	73.6 µg	8% DV
Iodine	28.6 µg	19% DV
Iron	0.5 mg	3% DV
Magnesium	34.5 mg	8% DV
Manganese	12.7 µg	1% DV
Phosphorus	295.6 mg	24% DV
Potassium	422.1 mg	9% DV
Selenium	34.3 µg	62% DV
Sodium	89.7 mg	4% DV
Zinc	0.5 mg	5% DV
Amino Acids & Peptides		
Taurine	69.0 mg	~
Ergothioneine	~	~
Functional Fats		
MUFA	1.6 g	8% DV
ALA	55.2 mg	3% DV
EPA + DHA	830.3 mg	332% DV
CLA	4.6 mg	~
Linoleic Acid	0.2 g	1% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	4370.0 µg	~
Polyphenols	0.0 mg	~
Phytosterols	0.0 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~





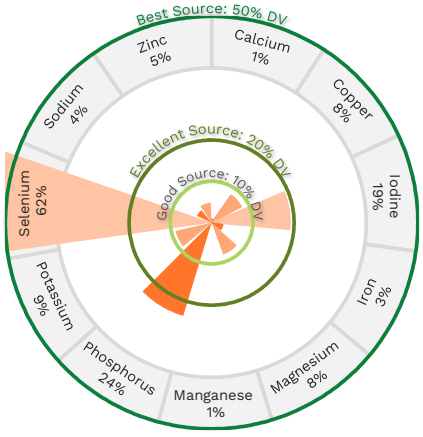








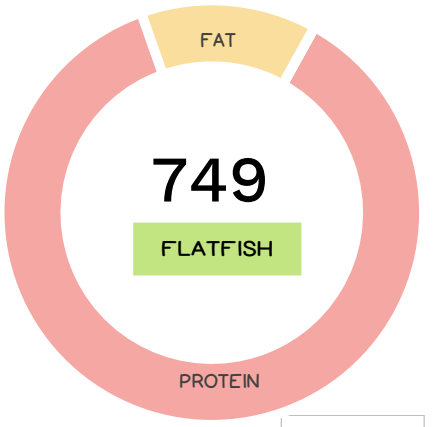




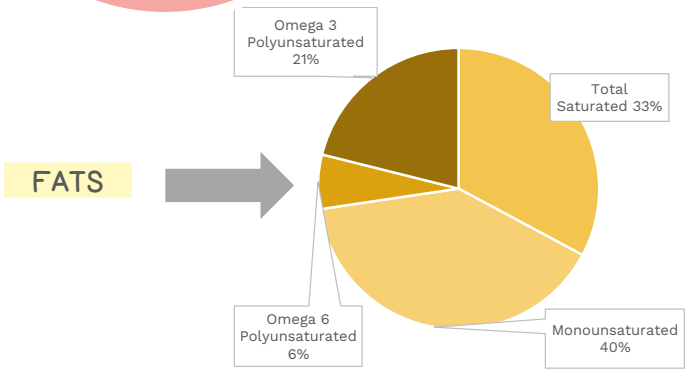
165 Flatfish

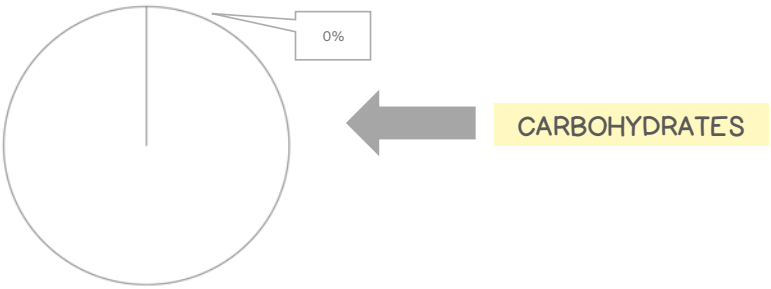
Serving Size:	115 grams	Protein:	14.3 grams	Net Carbs:	0.0 grams
Calories:	81	Fat:	2.2 grams	Fiber:	0.0 grams

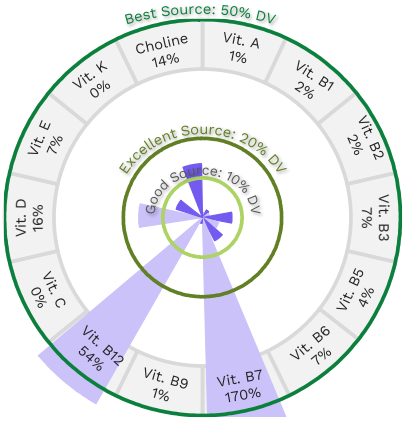
Vitamins & Vitaminlike Compounds		
Vitamin A	11.5 µg RAE	1% DV
Vitamin B1 (Thiamin)	25.3 µg	2% DV
Vitamin B2 (Riboflavin)	23.0 µg	2% DV
Vitamin B3 (Niacin)	1.2 mg	7% DV
Vitamin B5 (Pantothenic Acid)	0.2 mg	4% DV
Vitamin B6 (Pyridoxine)	112.7 µg	7% DV
Vitamin B7 (Biotin)	51.1 µg	170% DV
Vitamin B9 (Folate)	5.8 µg	1% DV
Vitamin B12 (Cobalamin)	1.3 µg	54% DV
Vitamin C	0.0 mg	0% DV
Vitamin D (D2 + D3)	3.2 µg	16% DV
Vitamin E	1.0 mg	7% DV
Vitamin K	0.1 µg	0% DV
Choline	74.8 mg	14% DV
Myo-Inositol	~	~
CoQ10	0.6 mg	~
Minerals		
Calcium	24.2 mg	2% DV
Copper	21.9 µg	2% DV
Iodine	28.8 µg	19% DV
Iron	0.2 mg	1% DV
Magnesium	20.7 mg	5% DV
Manganese	16.1 µg	1% DV
Phosphorus	289.8 mg	23% DV
Potassium	184.0 mg	4% DV
Selenium	30.6 µg	56% DV
Sodium	340.4 mg	15% DV
Zinc	0.4 mg	3% DV
Amino Acids & Peptides		
Taurine	294.4 mg	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.6 g	3% DV
ALA	19.6 mg	1% DV
EPA + DHA	281.8 mg	113% DV
CLA	0.0 mg	~
Linoleic Acid	0.1 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	0.0 µg	~
Polyphenols	0.0 mg	~
Phytosterols	0.0 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

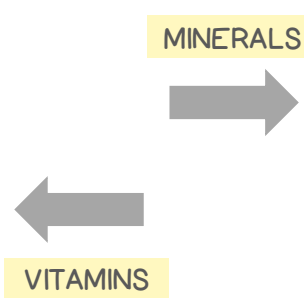


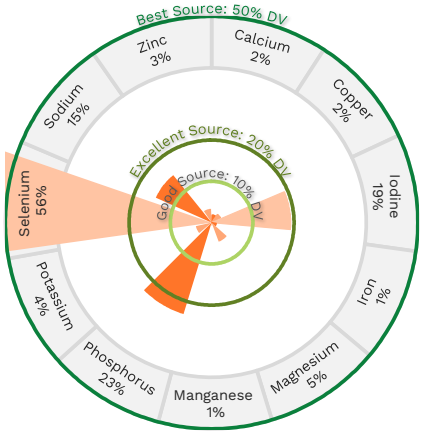








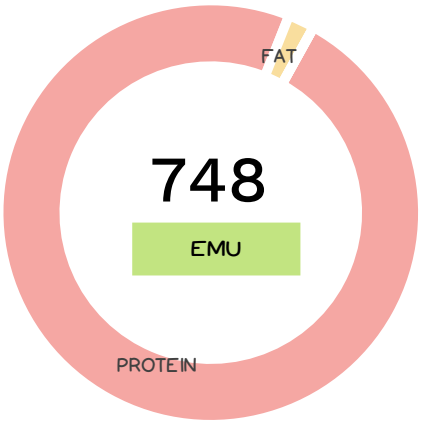




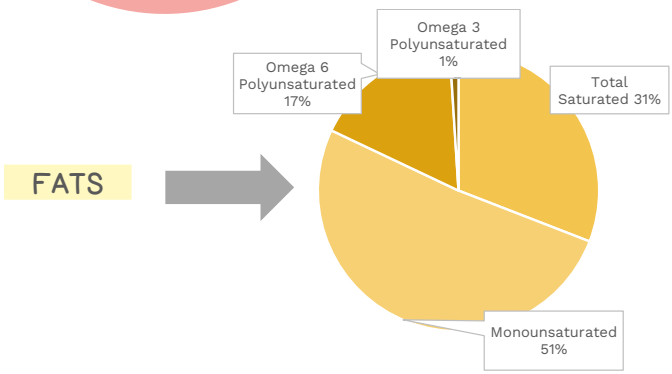
166 Emu

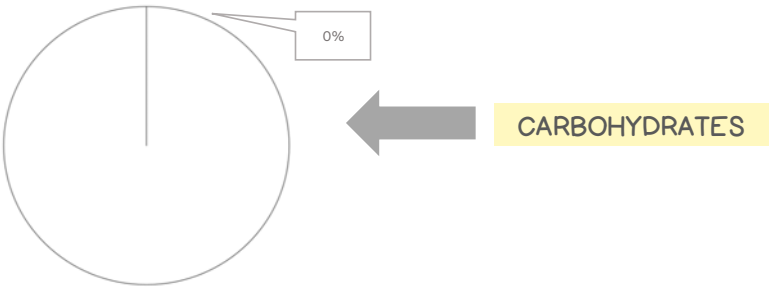
Serving Size:	100 grams	Protein:	23.1 grams	Net Carbs:	0.0 grams
Calories:	103	Fat:	0.5 grams	Fiber:	0.0 grams

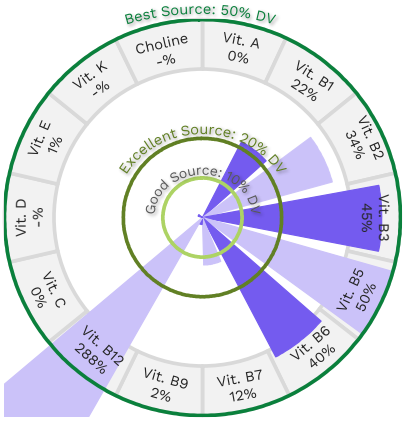
Vitamins & Vitaminlike Compounds		
Vitamin A	0.0 µg RAE	0% DV
Vitamin B1 (Thiamin)	258.0 µg	22% DV
Vitamin B2 (Riboflavin)	442.0 µg	34% DV
Vitamin B3 (Niacin)	7.2 mg	45% DV
Vitamin B5 (Pantothenic Acid)	2.5 mg	50% DV
Vitamin B6 (Pyridoxine)	676.0 µg	40% DV
Vitamin B7 (Biotin)	3.6 µg	12% DV
Vitamin B9 (Folate)	7.0 µg	2% DV
Vitamin B12 (Cobalamin)	6.9 µg	288% DV
Vitamin C	0.0 mg	0% DV
Vitamin D (D2 + D3)	~	~
Vitamin E	0.2 mg	1% DV
Vitamin K	~	~
Choline	~	~
Myo-Inositol	24.8 mg	~
CoQ10	2.5 mg	~
Minerals		
Calcium	3.0 mg	0% DV
Copper	199.0 µg	22% DV
Iodine	~	~
Iron	4.5 mg	25% DV
Magnesium	29.0 mg	7% DV
Manganese	25.0 µg	1% DV
Phosphorus	225.0 mg	18% DV
Potassium	320.0 mg	7% DV
Selenium	36.3 µg	66% DV
Sodium	100.0 mg	4% DV
Zinc	4.5 mg	41% DV
Amino Acids & Peptides		
Taurine	169.6 mg	~
Ergothioneine	0.1 mg	~
Functional Fats		
MUFA	0.2 g	1% DV
ALA	3.0 mg	0% DV
EPA + DHA	~	~
CLA	0.4 mg	~
Linoleic Acid	0.1 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	0.0 µg	~
Polyphenols	0.0 mg	~
Phytosterols	0.0 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

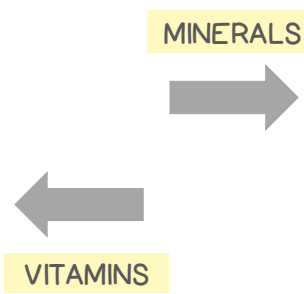


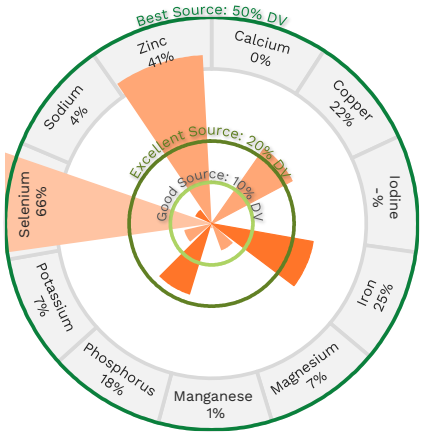








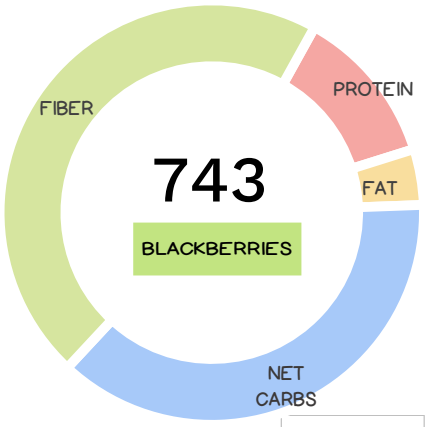




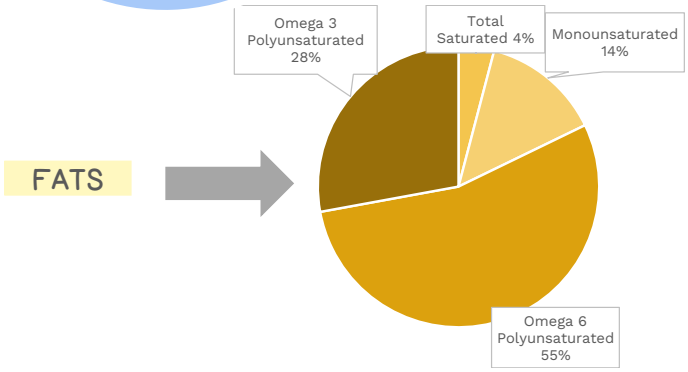
167 Blackberries

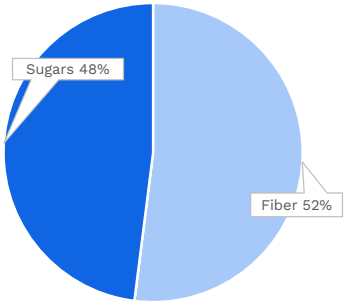
Serving Size:	144 grams	Protein:	2.0 grams	Net Carbs:	6.2 grams
Calories:	62	Fat:	0.7 grams	Fiber:	7.6 grams

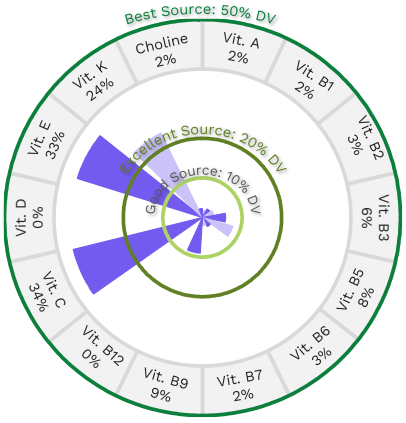
Vitamins & Vitaminlike Compounds		
Vitamin A	15.8 µg RAE	2% DV
Vitamin B1 (Thiamin)	28.8 µg	2% DV
Vitamin B2 (Riboflavin)	37.4 µg	3% DV
Vitamin B3 (Niacin)	0.9 mg	6% DV
Vitamin B5 (Pantothenic Acid)	0.4 mg	8% DV
Vitamin B6 (Pyridoxine)	43.2 µg	3% DV
Vitamin B7 (Biotin)	0.6 µg	2% DV
Vitamin B9 (Folate)	36.0 µg	9% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	30.2 mg	34% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	5.0 mg	33% DV
Vitamin K	28.5 µg	24% DV
Choline	12.2 mg	2% DV
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	41.8 mg	3% DV
Copper	237.6 µg	26% DV
Iodine	~	~
Iron	0.9 mg	5% DV
Magnesium	28.8 mg	7% DV
Manganese	930.2 µg	40% DV
Phosphorus	31.7 mg	3% DV
Potassium	233.3 mg	5% DV
Selenium	0.6 µg	1% DV
Sodium	1.4 mg	0% DV
Zinc	0.8 mg	7% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.1 g	0% DV
ALA	135.4 mg	8% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.3 g	2% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	354.2 µg	~
Polyphenols	1520.6 mg	~
Phytosterols	2.8 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

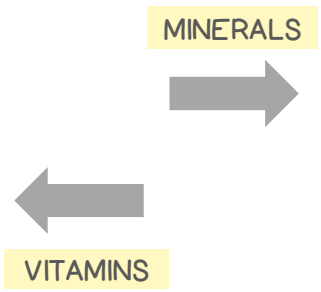


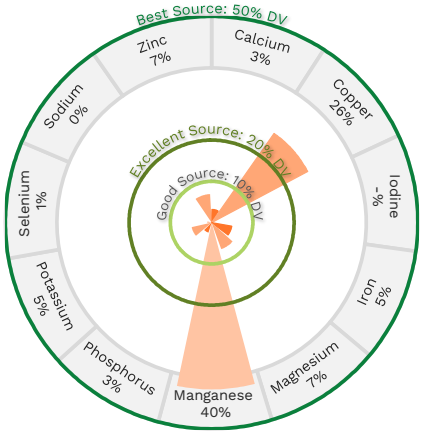








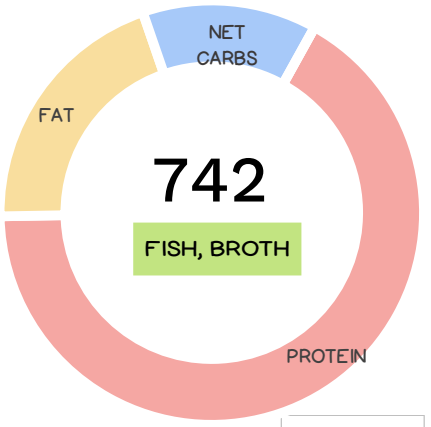




168 Fish, broth

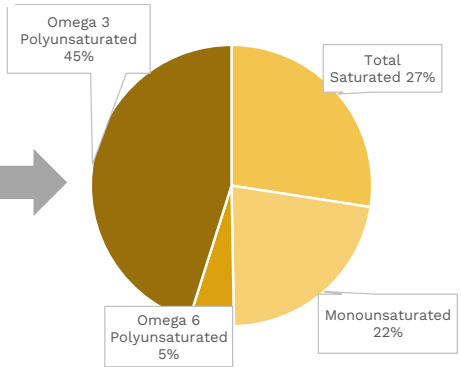
Serving Size:	244 grams	Protein:	4.9 grams	Net Carbs:	1.0 grams
Calories:	39	Fat:	1.5 grams	Fiber:	0.0 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	2.4 µg RAE	0% DV
Vitamin B1 (Thiamin)	0.0 µg	0% DV
Vitamin B2 (Riboflavin)	73.2 µg	6% DV
Vitamin B3 (Niacin)	3.3 mg	21% DV
Vitamin B5 (Pantothenic Acid)	~	~
Vitamin B6 (Pyridoxine)	24.4 µg	1% DV
Vitamin B7 (Biotin)	~	~
Vitamin B9 (Folate)	9.8 µg	2% DV
Vitamin B12 (Cobalamin)	0.2 µg	10% DV
Vitamin C	0.0 mg	0% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.4 mg	2% DV
Vitamin K	0.5 µg	0% DV
Choline	22.4 mg	4% DV
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	73.2 mg	6% DV
Copper	124.4 µg	14% DV
Iodine	~	~
Iron	0.5 mg	3% DV
Magnesium	2.4 mg	1% DV
Manganese	~	~
Phosphorus	73.2 mg	6% DV
Potassium	209.8 mg	4% DV
Selenium	1.7 µg	3% DV
Sodium	488.0 mg	21% DV
Zinc	0.2 mg	2% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.3 g	1% DV
ALA	14.6 mg	1% DV
EPA + DHA	478.2 mg	191% DV
CLA	~	~
Linoleic Acid	0.0 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	0.0 µg	~
Polyphenols	0.0 mg	~
Phytosterols	0.0 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

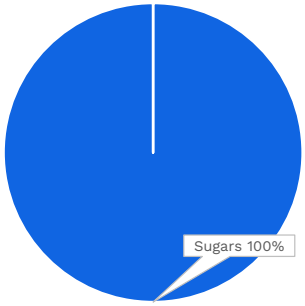




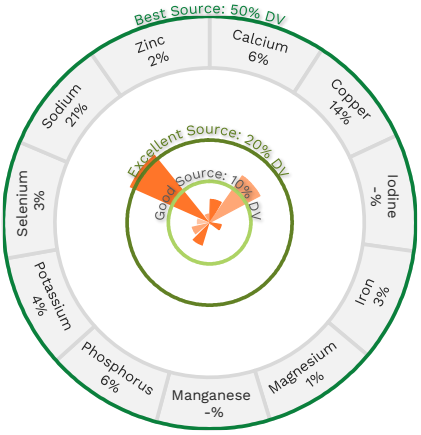
FATS



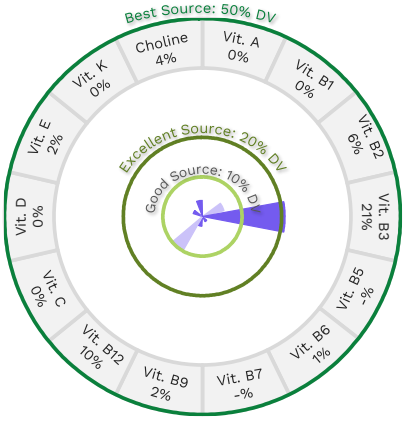
CARBOHYDRATES



MINERALS



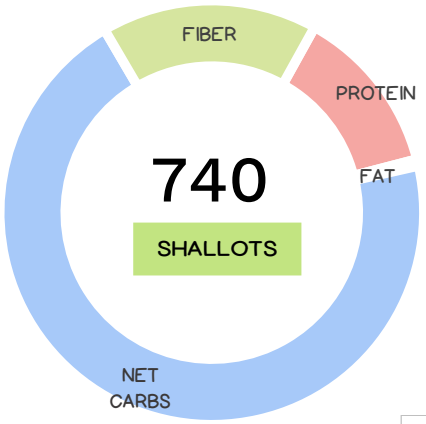
VITAMINS



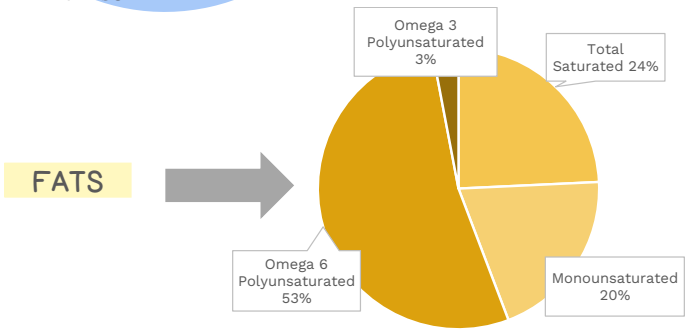
169 Shallots

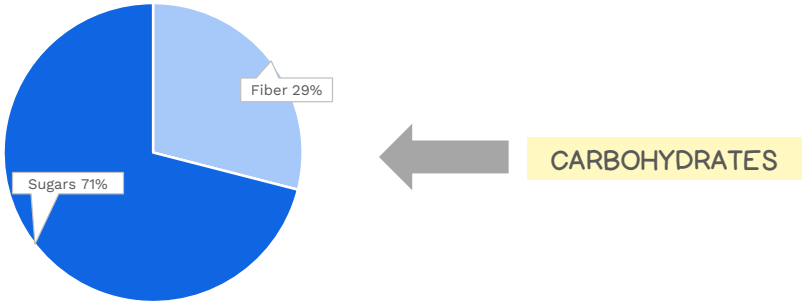
Serving Size:	160 grams	Protein:	4.0 grams	Net Carbs:	21.8 grams
Calories:	115	Fat:	0.2 grams	Fiber:	5.1 grams

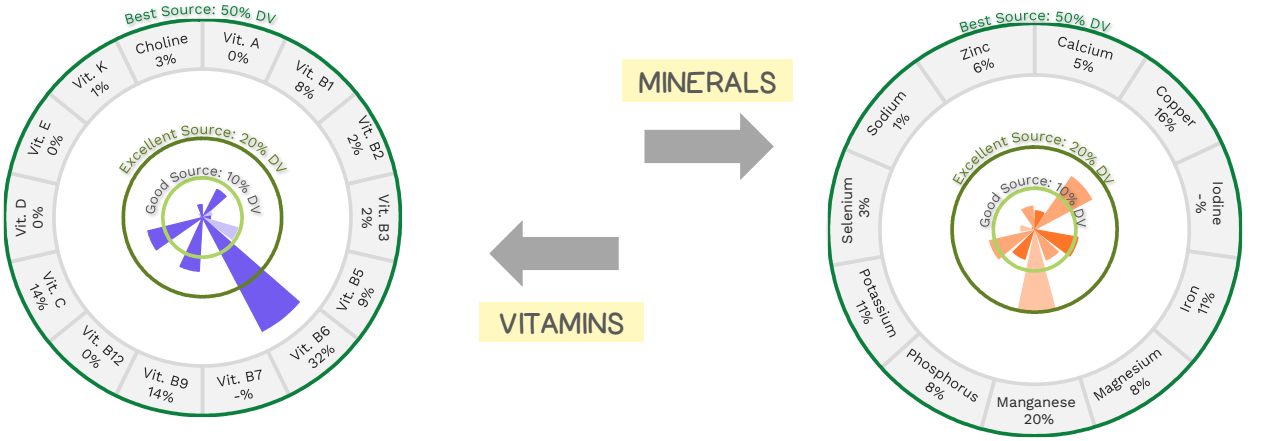
Vitamins & Vitaminlike Compounds		
Vitamin A	0.0 µg RAE	0% DV
Vitamin B1 (Thiamin)	96.0 µg	8% DV
Vitamin B2 (Riboflavin)	32.0 µg	2% DV
Vitamin B3 (Niacin)	0.3 mg	2% DV
Vitamin B5 (Pantothenic Acid)	0.5 mg	9% DV
Vitamin B6 (Pyridoxine)	552.0 µg	32% DV
Vitamin B7 (Biotin)	~	~
Vitamin B9 (Folate)	54.4 µg	14% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	12.8 mg	14% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.1 mg	0% DV
Vitamin K	1.3 µg	1% DV
Choline	18.1 mg	3% DV
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	59.2 mg	5% DV
Copper	140.8 µg	16% DV
Iodine	~	~
Iron	1.9 mg	11% DV
Magnesium	33.6 mg	8% DV
Manganese	467.2 µg	20% DV
Phosphorus	96.0 mg	8% DV
Potassium	534.4 mg	11% DV
Selenium	1.9 µg	3% DV
Sodium	19.2 mg	1% DV
Zinc	0.6 mg	6% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	3.2 mg	0% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.1 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	17.6 µg	~
Polyphenols	183.5 mg	~
Phytosterols	~	~
Glucosinolates	~	~
Thiosulfinates	75.3 mg	~
Betalains	~	~







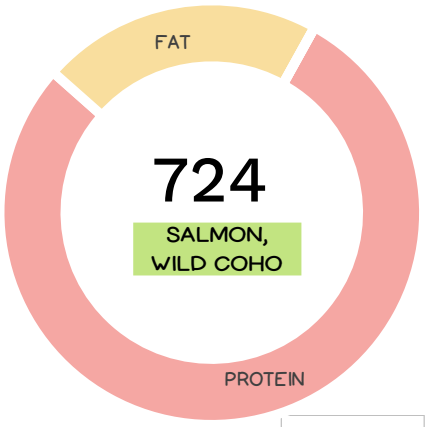




170 Salmon, Wild Coho

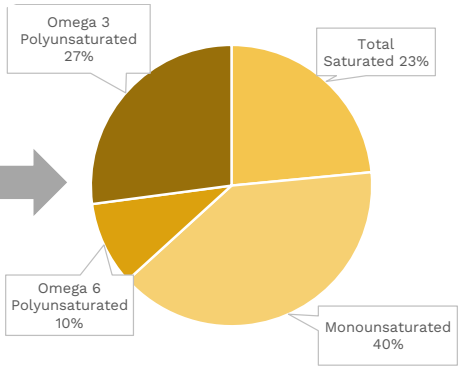
Serving Size:	115 grams	Protein:	24.9 grams	Net Carbs:	0.0 grams
Calories:	168	Fat:	6.8 grams	Fiber:	0.0 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	46.0 µg RAE	5% DV
Vitamin B1 (Thiamin)	130.0 µg	11% DV
Vitamin B2 (Riboflavin)	161.0 µg	12% DV
Vitamin B3 (Niacin)	8.3 mg	52% DV
Vitamin B5 (Pantothenic Acid)	0.9 mg	19% DV
Vitamin B6 (Pyridoxine)	631.4 µg	37% DV
Vitamin B7 (Biotin)	11.7 µg	39% DV
Vitamin B9 (Folate)	10.4 µg	3% DV
Vitamin B12 (Cobalamin)	4.8 µg	200% DV
Vitamin C	1.2 mg	1% DV
Vitamin D (D2 + D3)	10.4 µg	52% DV
Vitamin E	0.8 mg	6% DV
Vitamin K	0.1 µg	0% DV
Choline	125.8 mg	23% DV
Myo-Inositol	~	~
CoQ10	0.9 mg	~
Minerals		
Calcium	41.4 mg	3% DV
Copper	58.7 µg	7% DV
Iodine	48.5 µg	32% DV
Iron	0.6 mg	4% DV
Magnesium	35.7 mg	8% DV
Manganese	16.1 µg	1% DV
Phosphorus	301.3 mg	24% DV
Potassium	486.5 mg	10% DV
Selenium	42.0 µg	76% DV
Sodium	52.9 mg	2% DV
Zinc	0.5 mg	4% DV
Amino Acids & Peptides		
Taurine	69.0 mg	~
Ergothioneine	~	~
Functional Fats		
MUFA	2.5 g	12% DV
ALA	180.6 mg	11% DV
EPA + DHA	1247.8 mg	499% DV
CLA	2.0 mg	~
Linoleic Acid	0.2 g	1% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	2415.0 µg	~
Polyphenols	0.0 mg	~
Phytosterols	0.0 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

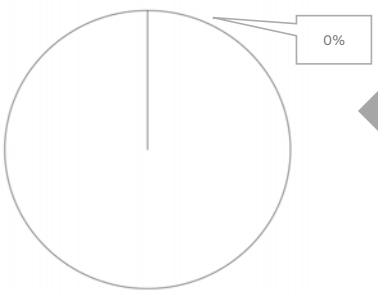




FATS

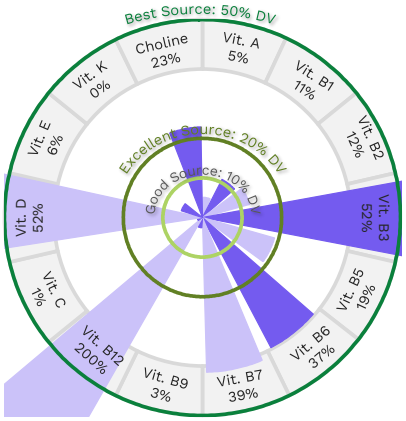


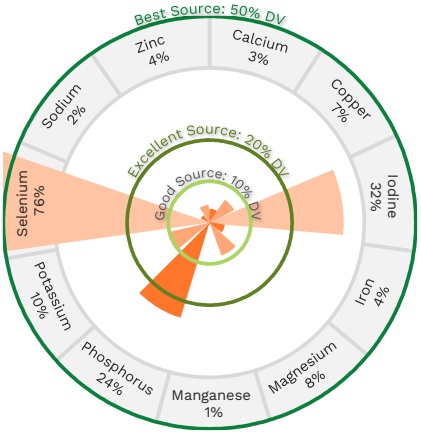
CARBOHYDRATES



MINERALS

VITAMINS

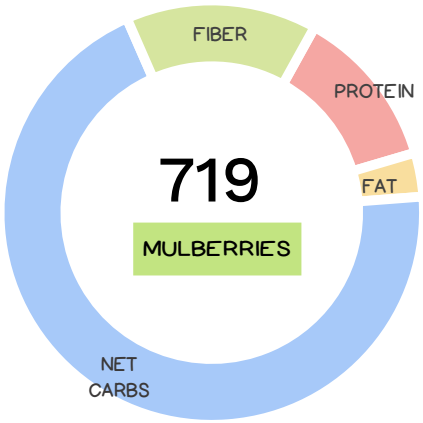




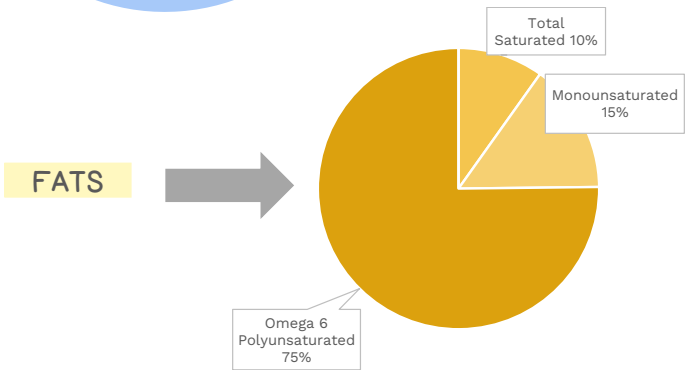
171 Mulberries

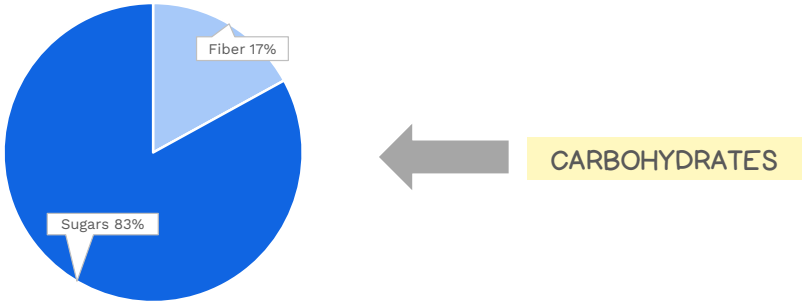
Serving Size:	140 grams	Protein:	2.0 grams	Net Carbs:	11.3 grams
Calories:	60	Fat:	0.5 grams	Fiber:	2.4 grams

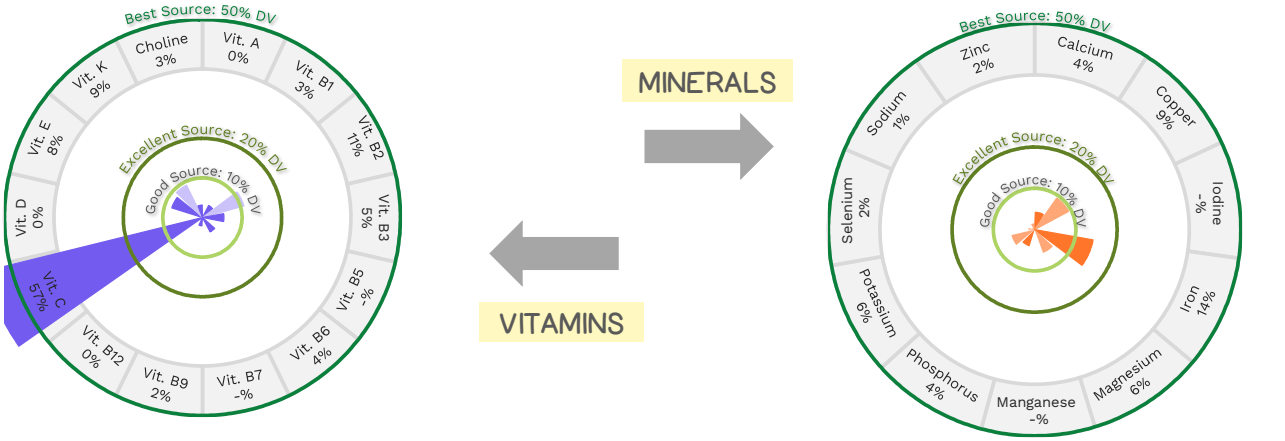
Vitamins & Vitaminlike Compounds		
Vitamin A	1.4 µg RAE	0% DV
Vitamin B1 (Thiamin)	40.6 µg	3% DV
Vitamin B2 (Riboflavin)	141.4 µg	11% DV
Vitamin B3 (Niacin)	0.9 mg	5% DV
Vitamin B5 (Pantothenic Acid)	~	~
Vitamin B6 (Pyridoxine)	70.0 µg	4% DV
Vitamin B7 (Biotin)	~	~
Vitamin B9 (Folate)	8.4 µg	2% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	51.0 mg	57% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	1.2 mg	8% DV
Vitamin K	10.9 µg	9% DV
Choline	17.2 mg	3% DV
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	54.6 mg	4% DV
Copper	84.0 µg	9% DV
Iodine	~	~
Iron	2.6 mg	14% DV
Magnesium	25.2 mg	6% DV
Manganese	~	~
Phosphorus	53.2 mg	4% DV
Potassium	271.6 mg	6% DV
Selenium	0.8 µg	2% DV
Sodium	14.0 mg	1% DV
Zinc	0.2 mg	2% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.1 g	0% DV
ALA	1.4 mg	0% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.3 g	2% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	219.8 µg	~
Polyphenols	2127.9 mg	~
Phytosterols	~	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~







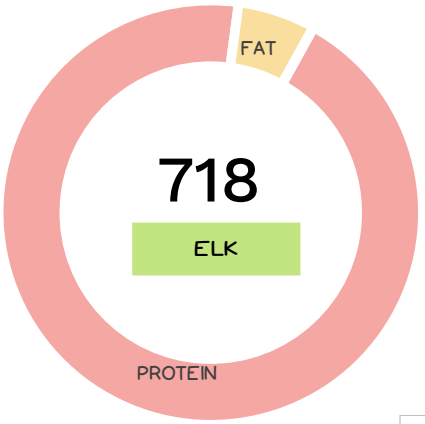




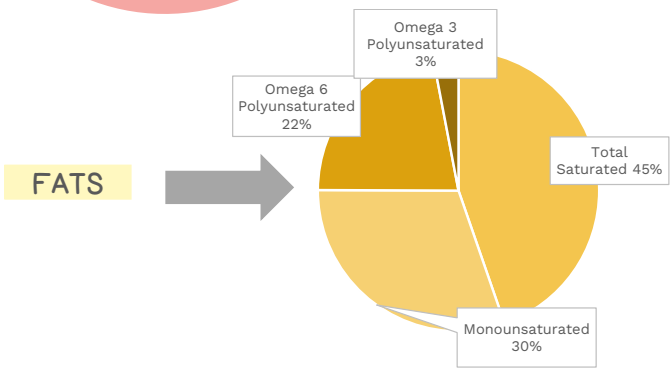
172 Elk

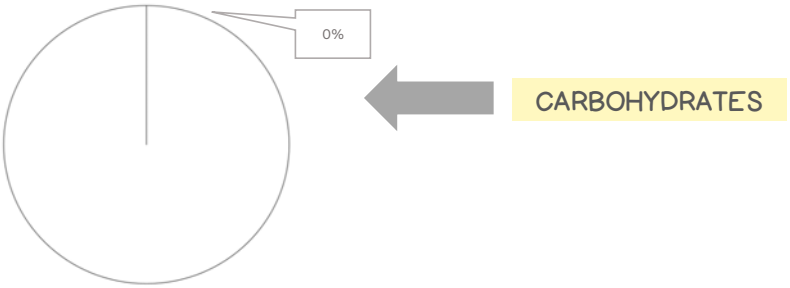
Serving Size:	100 grams	Protein:	23.0 grams	Net Carbs:	0.0 grams
Calories:	111	Fat:	1.5 grams	Fiber:	0.0 grams

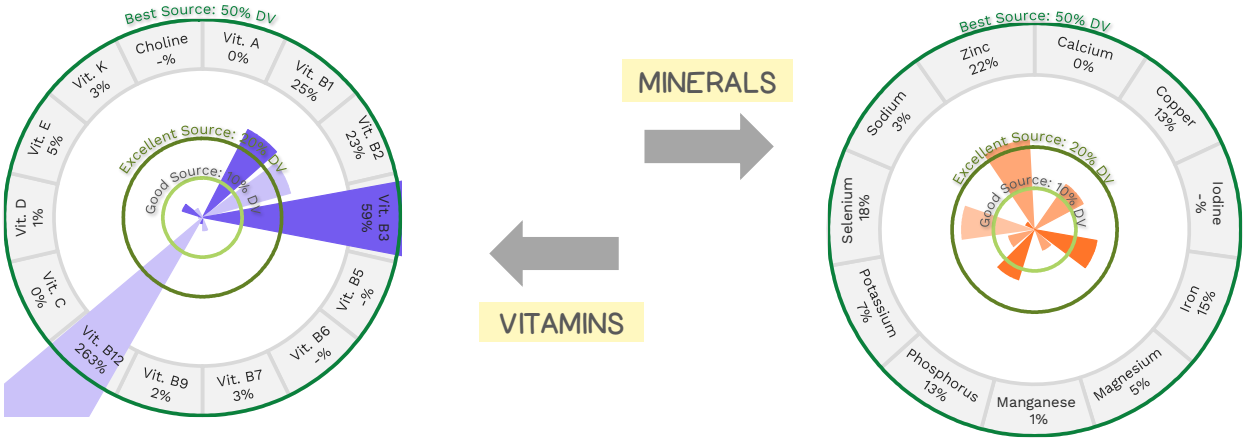
Vitamins & Vitaminlike Compounds		
Vitamin A	0.0 µg RAE	0% DV
Vitamin B1 (Thiamin)	300.0 µg	25% DV
Vitamin B2 (Riboflavin)	300.0 µg	23% DV
Vitamin B3 (Niacin)	9.5 mg	59% DV
Vitamin B5 (Pantothenic Acid)	~	~
Vitamin B6 (Pyridoxine)	~	~
Vitamin B7 (Biotin)	1.0 µg	3% DV
Vitamin B9 (Folate)	6.0 µg	2% DV
Vitamin B12 (Cobalamin)	6.3 µg	263% DV
Vitamin C	0.0 mg	0% DV
Vitamin D (D2 + D3)	0.2 µg	1% DV
Vitamin E	0.8 mg	5% DV
Vitamin K	3.0 µg	3% DV
Choline	~	~
Myo-Inositol	30.0 mg	~
CoQ10	15.8 mg	~
Minerals		
Calcium	4.0 mg	0% DV
Copper	120.0 µg	13% DV
Iodine	~	~
Iron	2.8 mg	15% DV
Magnesium	23.0 mg	5% DV
Manganese	12.0 µg	1% DV
Phosphorus	161.0 mg	13% DV
Potassium	312.0 mg	7% DV
Selenium	9.8 µg	18% DV
Sodium	58.0 mg	3% DV
Zinc	2.4 mg	22% DV
Amino Acids & Peptides		
Taurine	100.0 mg	~
Ergothioneine	0.1 mg	~
Functional Fats		
MUFA	0.4 g	2% DV
ALA	40.0 mg	3% DV
EPA + DHA	13.0 mg	5% DV
CLA	10.9 mg	~
Linoleic Acid	0.2 g	1% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	0.0 µg	~
Polyphenols	0.0 mg	~
Phytosterols	0.0 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~







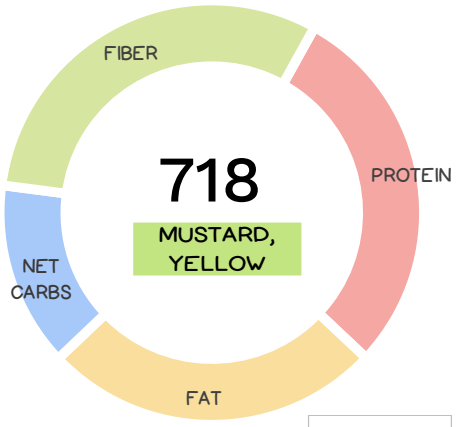




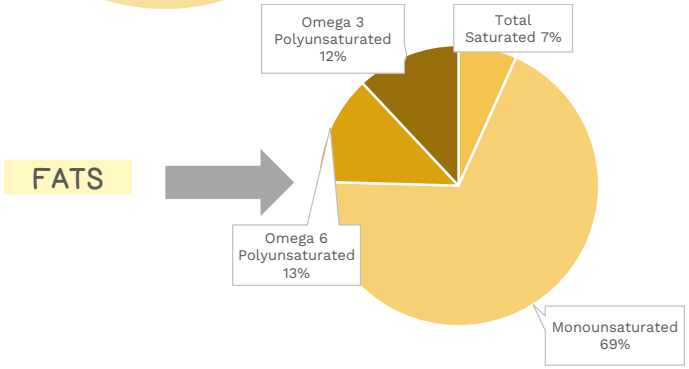
173 Mustard, yellow

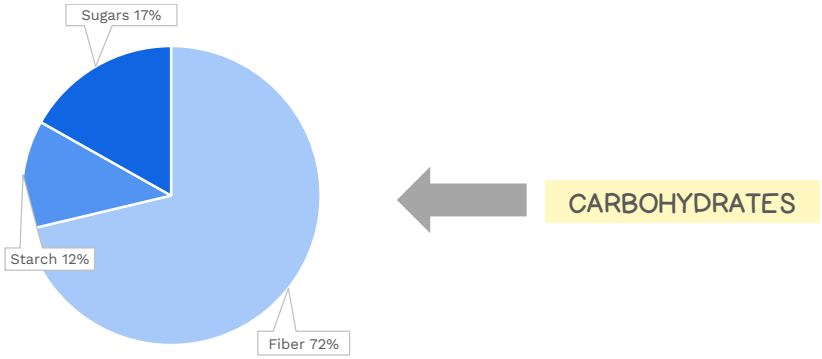
Serving Size:	16 grams	Protein:	0.6 grams	Net Carbs:	0.3 grams
Calories:	10	Fat:	0.5 grams	Fiber:	0.6 grams

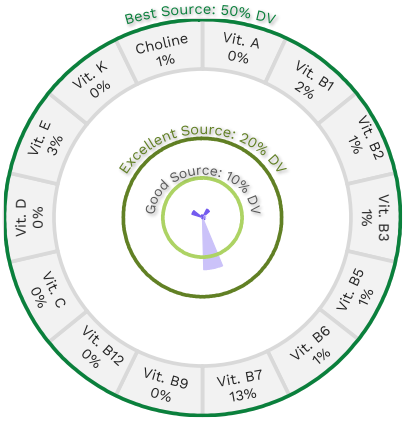
Vitamins & Vitaminlike Compounds		
Vitamin A	0.8 µg RAE	0% DV
Vitamin B1 (Thiamin)	28.3 µg	2% DV
Vitamin B2 (Riboflavin)	11.2 µg	1% DV
Vitamin B3 (Niacin)	0.1 mg	1% DV
Vitamin B5 (Pantothenic Acid)	0.0 mg	1% DV
Vitamin B6 (Pyridoxine)	11.2 µg	1% DV
Vitamin B7 (Biotin)	4.0 µg	13% DV
Vitamin B9 (Folate)	1.1 µg	0% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	0.0 mg	0% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.4 mg	3% DV
Vitamin K	0.2 µg	0% DV
Choline	3.6 mg	1% DV
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	10.1 mg	1% DV
Copper	11.8 µg	1% DV
Iodine	~	~
Iron	0.3 mg	1% DV
Magnesium	7.7 mg	2% DV
Manganese	67.5 µg	3% DV
Phosphorus	17.3 mg	1% DV
Potassium	24.3 mg	1% DV
Selenium	5.4 µg	10% DV
Sodium	176.6 mg	8% DV
Zinc	0.1 mg	1% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.3 g	2% DV
ALA	59.8 mg	4% DV
EPA + DHA	0.0 mg	0% DV
CLA	0.0 mg	~
Linoleic Acid	0.1 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	30.7 µg	~
Polyphenols	0.0 mg	~
Phytosterols	~	~
Glucosinolates	9.5 mg	~
Thiosulfinates	~	~
Betalains	~	~

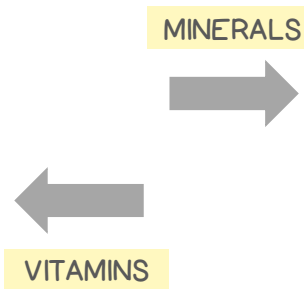










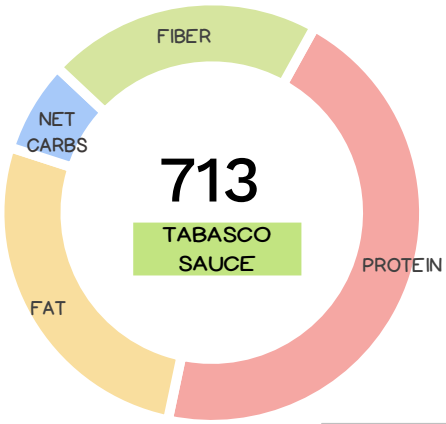




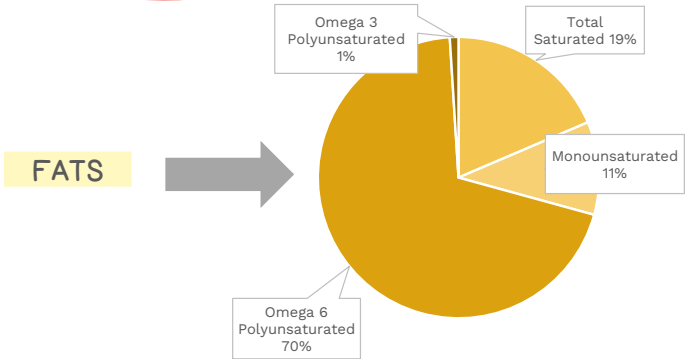
174 Tabasco sauce

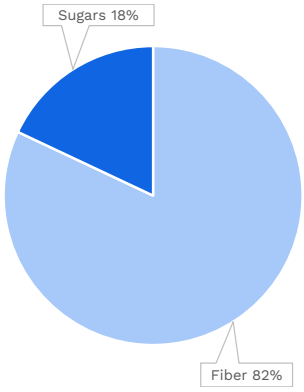
Serving Size:	14 grams	Protein:	0.2 grams	Net Carbs:	0.0 grams
Calories:	2	Fat:	0.1 grams	Fiber:	0.1 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	11.6 µg RAE	1% DV
Vitamin B1 (Thiamin)	4.5 µg	0% DV
Vitamin B2 (Riboflavin)	11.8 µg	1% DV
Vitamin B3 (Niacin)	0.0 mg	0% DV
Vitamin B5 (Pantothenic Acid)	0.0 mg	0% DV
Vitamin B6 (Pyridoxine)	21.7 µg	1% DV
Vitamin B7 (Biotin)	~	~
Vitamin B9 (Folate)	0.1 µg	0% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	0.6 mg	1% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.0 mg	0% DV
Vitamin K	0.0 µg	0% DV
Choline	0.0 mg	0% DV
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	1.7 mg	0% DV
Copper	10.6 µg	1% DV
Iodine	~	~
Iron	0.2 mg	1% DV
Magnesium	1.7 mg	0% DV
Manganese	15.1 µg	1% DV
Phosphorus	3.2 mg	0% DV
Potassium	18.0 mg	0% DV
Selenium	0.1 µg	0% DV
Sodium	89.3 mg	4% DV
Zinc	0.0 mg	0% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	0.4 mg	0% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.1 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	149.3 µg	~
Polyphenols	0.0 mg	~
Phytosterols	~	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

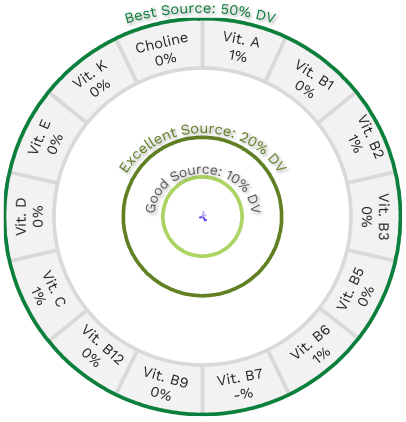








CARBOHYDRATES



MINERALS

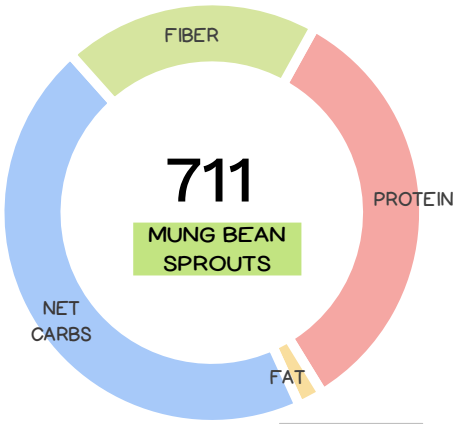
VITAMINS



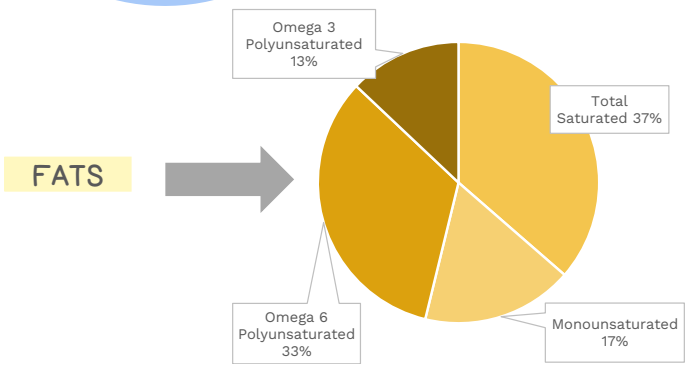
175 Mung Bean Sprouts

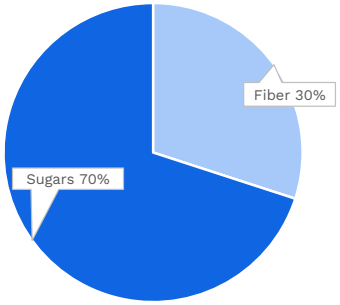
Serving Size:	104 grams	Protein:	3.2 grams	Net Carbs:	4.3 grams
Calories:	31	Fat:	0.2 grams	Fiber:	1.9 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	1.0 µg RAE	0% DV
Vitamin B1 (Thiamin)	87.4 µg	7% DV
Vitamin B2 (Riboflavin)	129.0 µg	10% DV
Vitamin B3 (Niacin)	0.8 mg	5% DV
Vitamin B5 (Pantothenic Acid)	0.4 mg	8% DV
Vitamin B6 (Pyridoxine)	91.5 µg	5% DV
Vitamin B7 (Biotin)	1.8 µg	6% DV
Vitamin B9 (Folate)	63.4 µg	16% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	13.7 mg	15% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.1 mg	1% DV
Vitamin K	34.3 µg	29% DV
Choline	15.0 mg	3% DV
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	13.5 mg	1% DV
Copper	170.6 µg	19% DV
Iodine	~	~
Iron	0.9 mg	5% DV
Magnesium	21.8 mg	5% DV
Manganese	195.5 µg	9% DV
Phosphorus	56.2 mg	4% DV
Potassium	155.0 mg	3% DV
Selenium	0.6 µg	1% DV
Sodium	6.2 mg	0% DV
Zinc	0.4 mg	4% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	16.6 mg	1% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.0 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	18.7 µg	~
Polyphenols	395.2 mg	~
Phytosterols	20.6 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

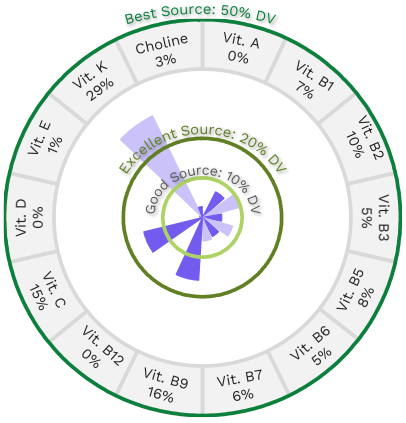






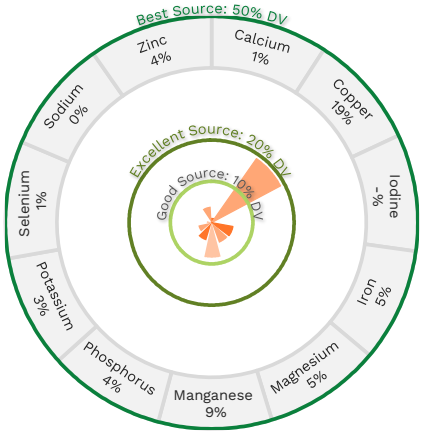


CARBOHYDRATES



VITAMINS

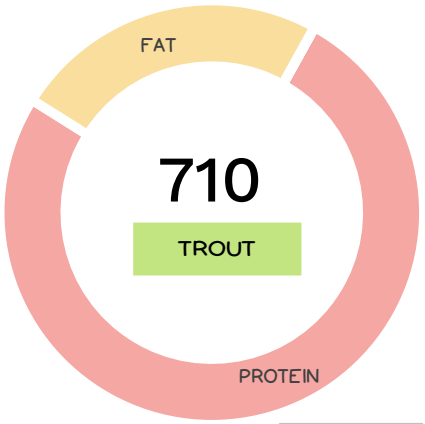
MINERALS



176 Trout

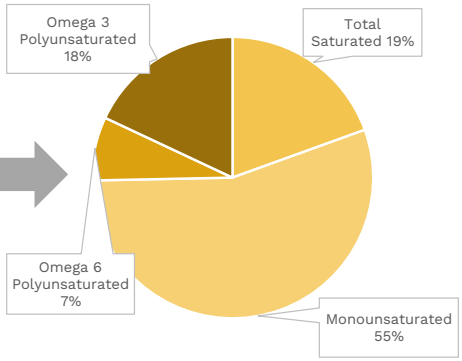
Serving Size:	115 grams	Protein:	23.9 grams	Net Carbs:	0.0 grams
Calories:	170	Fat:	7.6 grams	Fiber:	0.0 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	19.6 µg RAE	2% DV
Vitamin B1 (Thiamin)	402.5 µg	34% DV
Vitamin B2 (Riboflavin)	379.5 µg	29% DV
Vitamin B3 (Niacin)	5.2 mg	32% DV
Vitamin B5 (Pantothenic Acid)	2.2 mg	45% DV
Vitamin B6 (Pyridoxine)	230.0 µg	14% DV
Vitamin B7 (Biotin)	6.0 µg	20% DV
Vitamin B9 (Folate)	15.0 µg	4% DV
Vitamin B12 (Cobalamin)	9.0 µg	373% DV
Vitamin C	0.6 mg	1% DV
Vitamin D (D2 + D3)	4.5 µg	22% DV
Vitamin E	0.2 mg	2% DV
Vitamin K	0.1 µg	0% DV
Choline	74.8 mg	14% DV
Myo-Inositol	9.9 mg	~
CoQ10	1.3 mg	~
Minerals		
Calcium	49.5 mg	4% DV
Copper	216.2 µg	24% DV
Iodine	28.8 µg	19% DV
Iron	1.7 mg	10% DV
Magnesium	25.3 mg	6% DV
Manganese	978.7 µg	43% DV
Phosphorus	281.8 mg	23% DV
Potassium	415.2 mg	9% DV
Selenium	14.5 µg	26% DV
Sodium	59.8 mg	3% DV
Zinc	0.8 mg	7% DV
Amino Acids & Peptides		
Taurine	69.0 mg	~
Ergothioneine	0.0 mg	~
Functional Fats		
MUFA	3.7 g	19% DV
ALA	178.3 mg	11% DV
EPA + DHA	839.5 mg	336% DV
CLA	3.8 mg	~
Linoleic Acid	0.2 g	1% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	2875.0 µg	~
Polyphenols	0.0 mg	~
Phytosterols	0.0 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

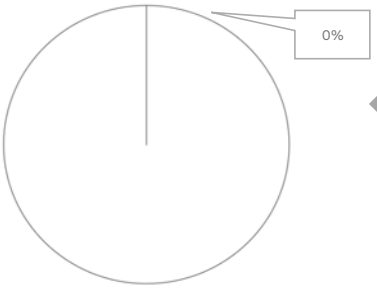




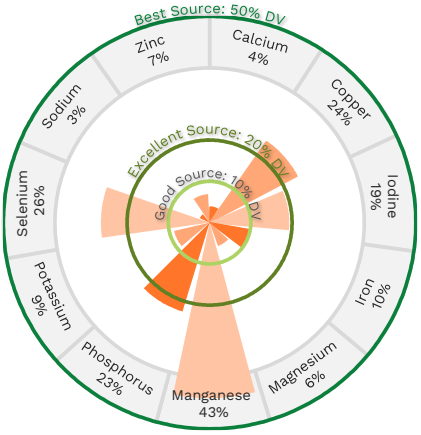
FATS



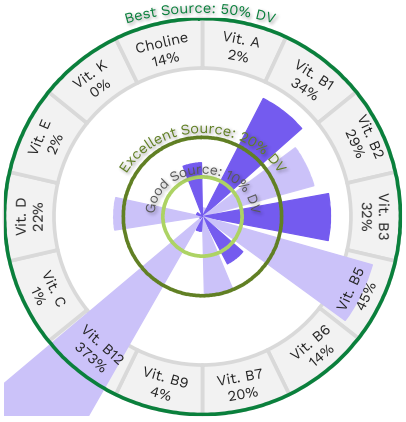
CARBOHYDRATES



MINERALS



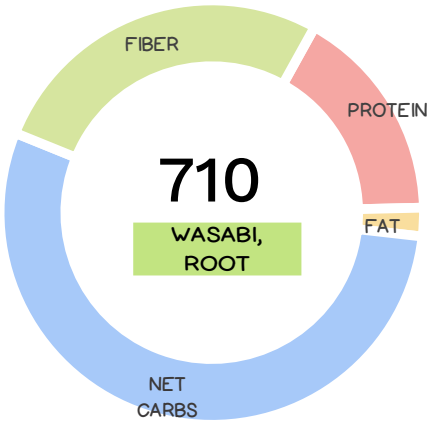
VITAMINS



177 Wasabi, root

Serving Size:	33 grams	Protein:	1.6 grams	Net Carbs:	5.1 grams
Calories:	35	Fat:	0.2 grams	Fiber:	2.5 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	0.7 µg RAE	0% DV
Vitamin B1 (Thiamin)	42.6 µg	4% DV
Vitamin B2 (Riboflavin)	37.1 µg	3% DV
Vitamin B3 (Niacin)	0.2 mg	2% DV
Vitamin B5 (Pantothenic Acid)	0.1 mg	1% DV
Vitamin B6 (Pyridoxine)	89.1 µg	5% DV
Vitamin B7 (Biotin)	0.4 µg	1% DV
Vitamin B9 (Folate)	5.9 µg	1% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	13.6 mg	15% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	1.1 mg	7% DV
Vitamin K	0.4 µg	0% DV
Choline	0.3 mg	0% DV
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	41.6 mg	3% DV
Copper	50.4 µg	6% DV
Iodine	~	~
Iron	0.3 mg	2% DV
Magnesium	22.4 mg	5% DV
Manganese	127.1 µg	6% DV
Phosphorus	26.0 mg	2% DV
Potassium	184.6 mg	4% DV
Selenium	0.3 µg	0% DV
Sodium	5.5 mg	0% DV
Zinc	0.5 mg	5% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.5 g	3% DV
ALA	19.3 mg	1% DV
EPA + DHA	0.5 mg	0% DV
CLA	1.1 mg	~
Linoleic Acid	0.4 g	2% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	6.8 µg	~
Polyphenols	316.7 mg	~
Phytosterols	~	~
Glucosinolates	72.0 mg	~
Thiosulfinates	~	~
Betalains	~	~

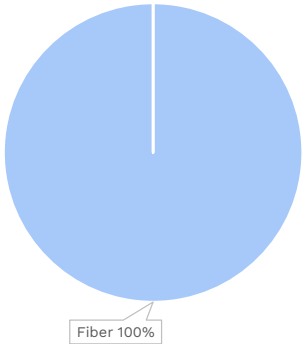




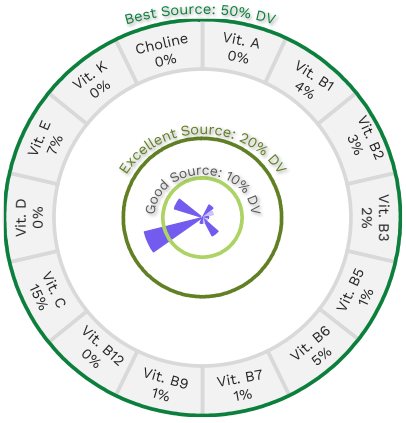
FATS



No detailed component data currently available in the USDA Food Central Database.

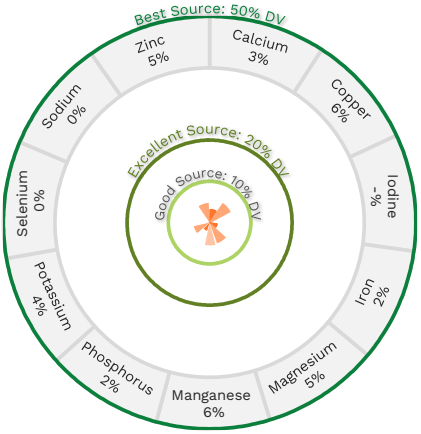


CARBOHYDRATES



MINERALS

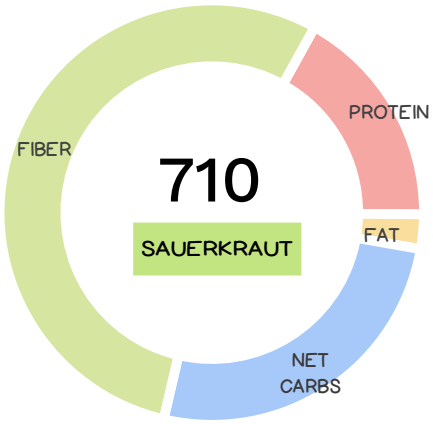
VITAMINS



178 Sauerkraut

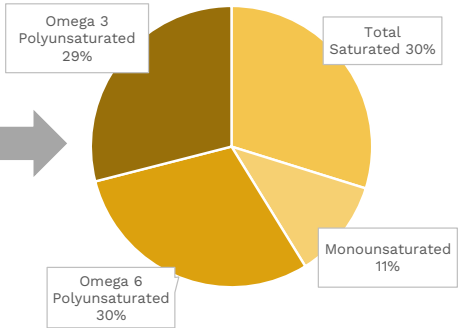
Serving Size:	142 grams	Protein:	1.3 grams	Net Carbs:	2.0 grams
Calories:	27	Fat:	0.2 grams	Fiber:	4.1 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	1.4 µg RAE	0% DV
Vitamin B1 (Thiamin)	29.8 µg	2% DV
Vitamin B2 (Riboflavin)	31.2 µg	2% DV
Vitamin B3 (Niacin)	0.2 mg	1% DV
Vitamin B5 (Pantothenic Acid)	0.1 mg	3% DV
Vitamin B6 (Pyridoxine)	184.6 µg	11% DV
Vitamin B7 (Biotin)	0.6 µg	2% DV
Vitamin B9 (Folate)	34.1 µg	9% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	20.9 mg	23% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.2 mg	1% DV
Vitamin K	18.5 µg	15% DV
Choline	14.8 mg	3% DV
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	42.6 mg	3% DV
Copper	136.3 µg	15% DV
Iodine	~	~
Iron	2.1 mg	12% DV
Magnesium	18.5 mg	4% DV
Manganese	214.4 µg	9% DV
Phosphorus	28.4 mg	2% DV
Potassium	241.4 mg	5% DV
Selenium	0.9 µg	2% DV
Sodium	938.6 mg	41% DV
Zinc	0.3 mg	2% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	46.9 mg	3% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.0 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	437.4 µg	~
Polyphenols	119.0 mg	~
Phytosterols	21.0 mg	~
Glucosinolates	12.9 mg	~
Thiosulfinates	~	~
Betalains	~	~

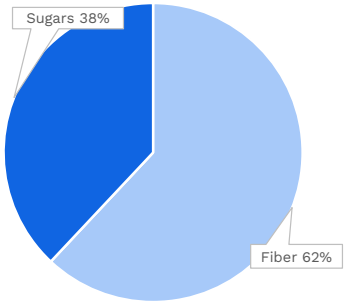




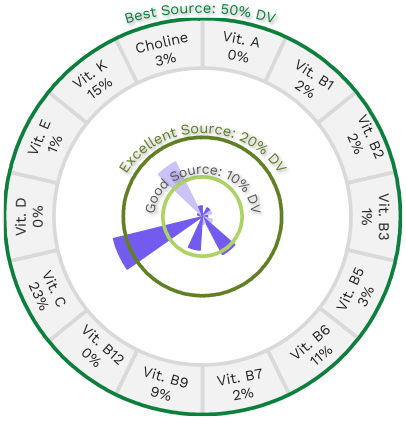
FATS



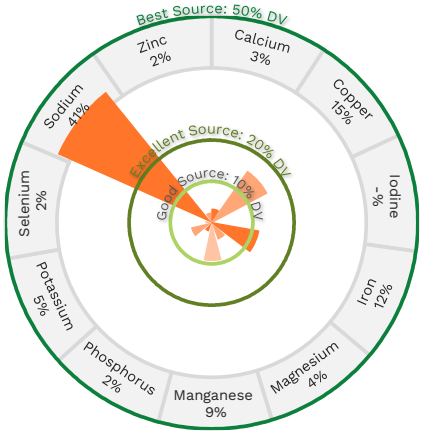
CARBOHYDRATES



VITAMINS



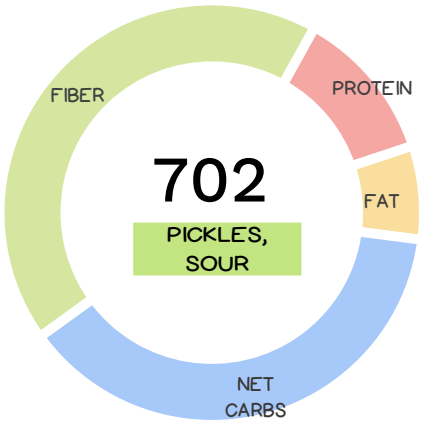
MINERALS



179 Pickles, sour

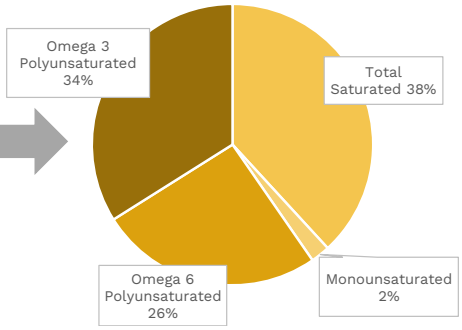
Serving Size:	155 grams	Protein:	0.5 grams	Net Carbs:	1.6 grams
Calories:	17	Fat:	0.3 grams	Fiber:	1.9 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	15.5 µg RAE	2% DV
Vitamin B1 (Thiamin)	0.0 µg	0% DV
Vitamin B2 (Riboflavin)	15.5 µg	1% DV
Vitamin B3 (Niacin)	0.0 mg	0% DV
Vitamin B5 (Pantothenic Acid)	0.1 mg	1% DV
Vitamin B6 (Pyridoxine)	14.0 µg	1% DV
Vitamin B7 (Biotin)	0.6 µg	2% DV
Vitamin B9 (Folate)	1.6 µg	0% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	1.6 mg	2% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.1 mg	1% DV
Vitamin K	72.9 µg	61% DV
Choline	5.6 mg	1% DV
Myo-Inositol	46.5 mg	~
CoQ10	~	~
Minerals		
Calcium	0.0 mg	0% DV
Copper	131.8 µg	15% DV
Iodine	~	~
Iron	0.6 mg	3% DV
Magnesium	6.2 mg	1% DV
Manganese	17.1 µg	1% DV
Phosphorus	21.7 mg	2% DV
Potassium	35.7 mg	1% DV
Selenium	0.0 µg	0% DV
Sodium	1872.4 mg	81% DV
Zinc	0.0 mg	0% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	71.3 mg	4% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.1 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	296.1 µg	~
Polyphenols	41.6 mg	~
Phytosterols	10.2 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

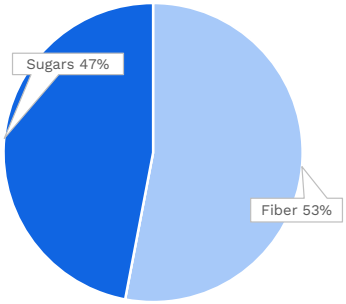




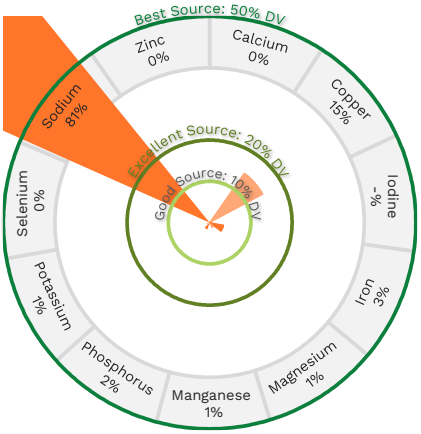
FATS



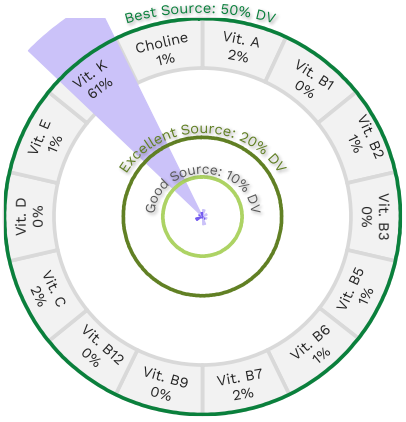
CARBOHYDRATES



MINERALS



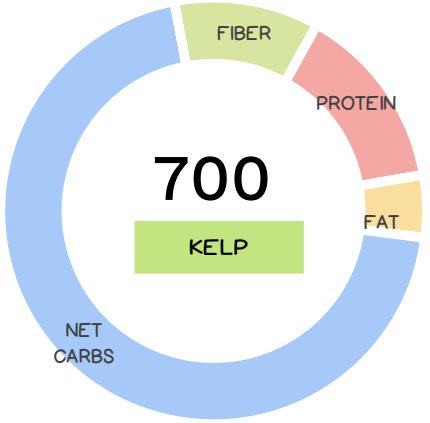
VITAMINS



180 Kelp

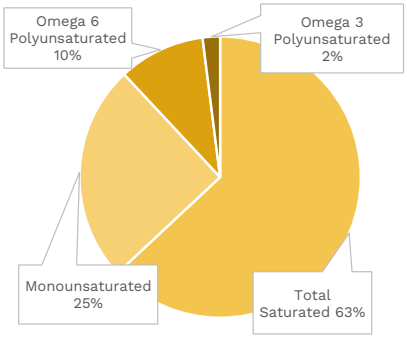
Serving Size:	80 grams	Protein:	1.3 grams	Net Carbs:	6.6 grams
Calories:	34	Fat:	0.4 grams	Fiber:	1.0 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	4.8 µg RAE	1% DV
Vitamin B1 (Thiamin)	40.0 µg	3% DV
Vitamin B2 (Riboflavin)	120.0 µg	9% DV
Vitamin B3 (Niacin)	0.4 mg	2% DV
Vitamin B5 (Pantothenic Acid)	0.5 mg	10% DV
Vitamin B6 (Pyridoxine)	1.6 µg	0% DV
Vitamin B7 (Biotin)	9.7 µg	32% DV
Vitamin B9 (Folate)	144.0 µg	36% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	2.4 mg	3% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.7 mg	5% DV
Vitamin K	52.8 µg	44% DV
Choline	10.2 mg	2% DV
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	134.4 mg	10% DV
Copper	104.0 µg	12% DV
Iodine	78497.9 µg	52332% DV
Iron	2.3 mg	13% DV
Magnesium	96.8 mg	23% DV
Manganese	160.0 µg	7% DV
Phosphorus	33.6 mg	3% DV
Potassium	71.2 mg	2% DV
Selenium	0.6 µg	1% DV
Sodium	186.4 mg	8% DV
Zinc	1.0 mg	9% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	0.0 mg	~
Functional Fats		
MUFA	0.1 g	0% DV
ALA	3.2 mg	0% DV
EPA + DHA	3.2 mg	1% DV
CLA	~	~
Linoleic Acid	0.0 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	56.0 µg	~
Polyphenols	33.9 mg	~
Phytosterols	~	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

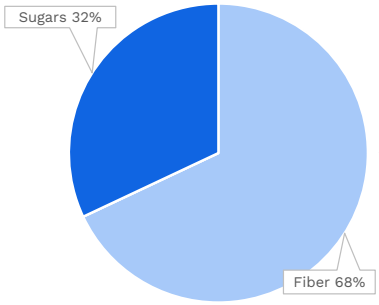




FATS

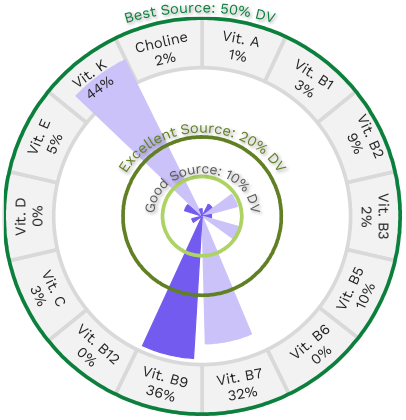


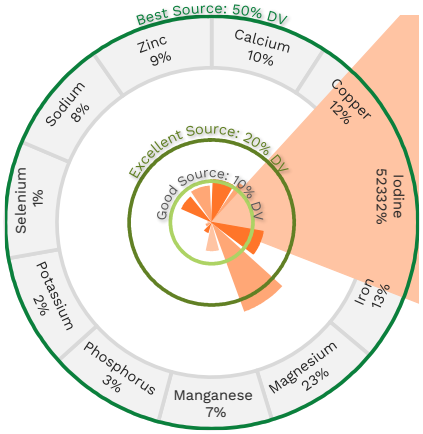
CARBOHYDRATES



MINERALS

VITAMINS

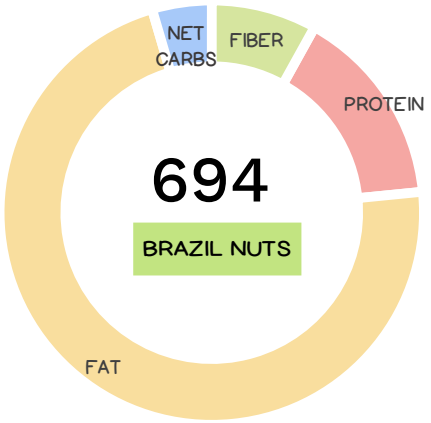




181 Brazil nuts

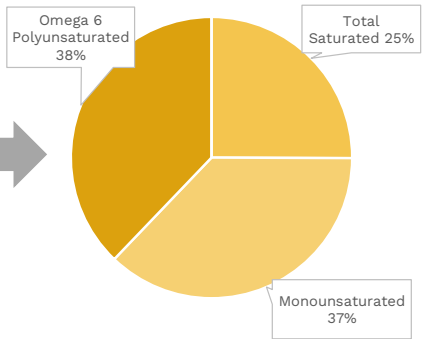
Serving Size:	28 grams	Protein:	4.0 grams	Net Carbs:	1.2 grams
Calories:	185	Fat:	18.8 grams	Fiber:	2.1 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	0.0 µg RAE	0% DV
Vitamin B1 (Thiamin)	172.8 µg	14% DV
Vitamin B2 (Riboflavin)	9.8 µg	1% DV
Vitamin B3 (Niacin)	0.1 mg	1% DV
Vitamin B5 (Pantothenic Acid)	0.1 mg	1% DV
Vitamin B6 (Pyridoxine)	28.3 µg	2% DV
Vitamin B7 (Biotin)	2.6 µg	9% DV
Vitamin B9 (Folate)	6.2 µg	2% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	0.2 mg	0% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	4.5 mg	30% DV
Vitamin K	0.0 µg	0% DV
Choline	8.1 mg	1% DV
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	44.8 mg	3% DV
Copper	488.0 µg	54% DV
Iodine	~	~
Iron	0.7 mg	4% DV
Magnesium	105.3 mg	25% DV
Manganese	342.4 µg	15% DV
Phosphorus	203.0 mg	16% DV
Potassium	184.5 mg	4% DV
Selenium	536.8 µg	976% DV
Sodium	0.8 mg	0% DV
Zinc	1.1 mg	10% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	0.1 mg	~
Functional Fats		
MUFA	6.7 g	33% DV
ALA	10.1 mg	1% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	6.8 g	40% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	0.0 µg	~
Polyphenols	113.7 mg	~
Phytosterols	36.7 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

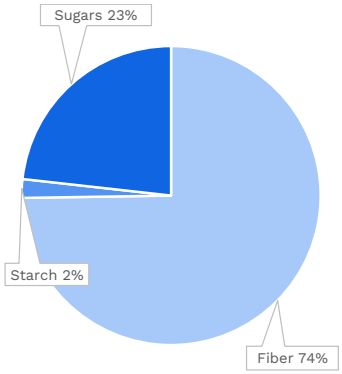




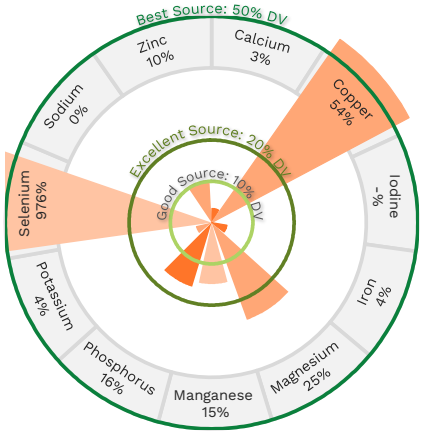
FATS



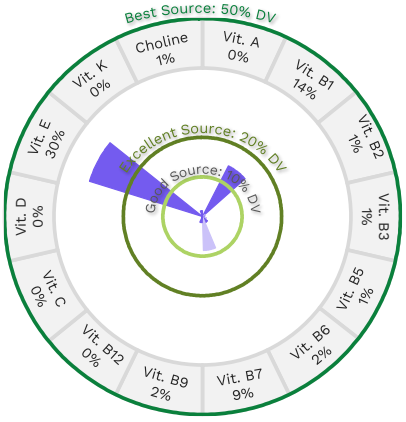
CARBOHYDRATES



MINERALS



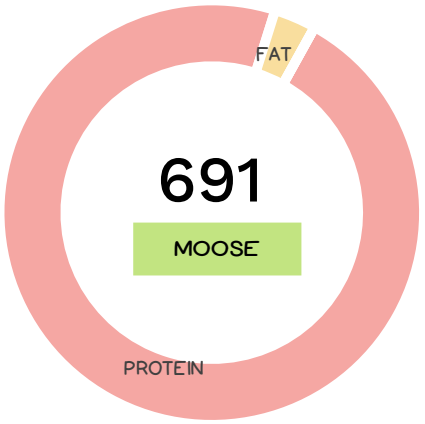
VITAMINS



182 Moose

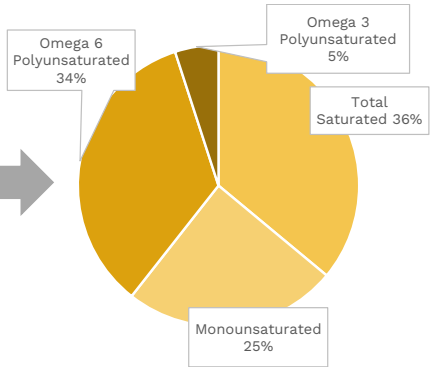
Serving Size:	100 grams	Protein:	22.2 grams	Net Carbs:	0.0 grams
Calories:	102	Fat:	0.7 grams	Fiber:	0.0 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	0.0 µg RAE	0% DV
Vitamin B1 (Thiamin)	60.0 µg	5% DV
Vitamin B2 (Riboflavin)	270.0 µg	21% DV
Vitamin B3 (Niacin)	5.0 mg	31% DV
Vitamin B5 (Pantothenic Acid)	~	~
Vitamin B6 (Pyridoxine)	281.6 µg	17% DV
Vitamin B7 (Biotin)	1.0 µg	3% DV
Vitamin B9 (Folate)	3.0 µg	1% DV
Vitamin B12 (Cobalamin)	4.8 µg	200% DV
Vitamin C	4.0 mg	4% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.2 mg	1% DV
Vitamin K	0.9 µg	1% DV
Choline	87.8 mg	16% DV
Myo-Inositol	30.0 mg	~
CoQ10	15.8 mg	~
Minerals		
Calcium	5.0 mg	0% DV
Copper	67.0 µg	7% DV
Iodine	~	~
Iron	3.2 mg	18% DV
Magnesium	23.0 mg	5% DV
Manganese	8.0 µg	0% DV
Phosphorus	158.0 mg	13% DV
Potassium	317.0 mg	7% DV
Selenium	9.6 µg	17% DV
Sodium	65.0 mg	3% DV
Zinc	2.8 mg	25% DV
Amino Acids & Peptides		
Taurine	100.0 mg	~
Ergothioneine	0.1 mg	~
Functional Fats		
MUFA	0.2 g	1% DV
ALA	30.0 mg	2% DV
EPA + DHA	0.0 mg	0% DV
CLA	5.6 mg	~
Linoleic Acid	0.1 g	1% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	0.0 µg	~
Polyphenols	0.0 mg	~
Phytosterols	0.0 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

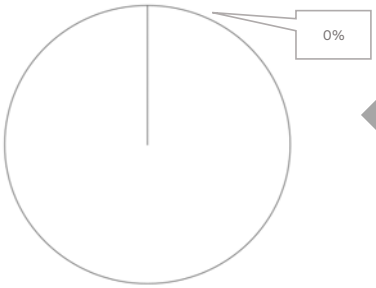


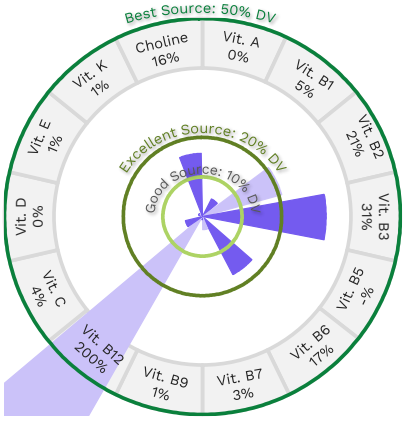


FATS



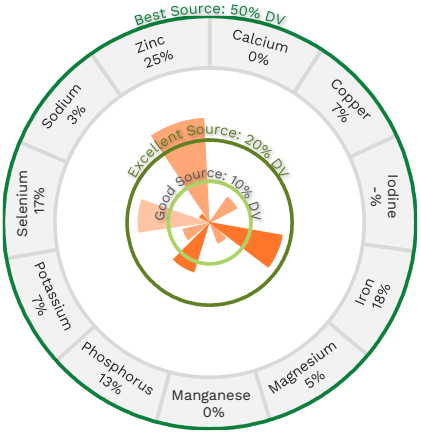
CARBOHYDRATES





MINERALS

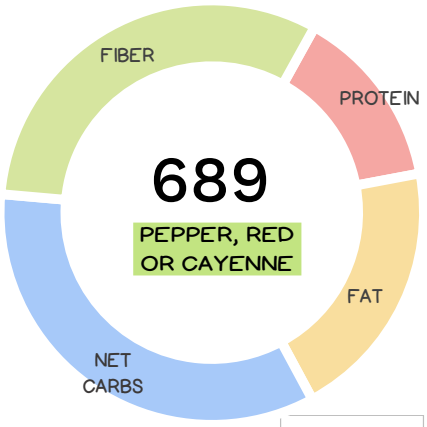
VITAMINS



183 Pepper, red or cayenne

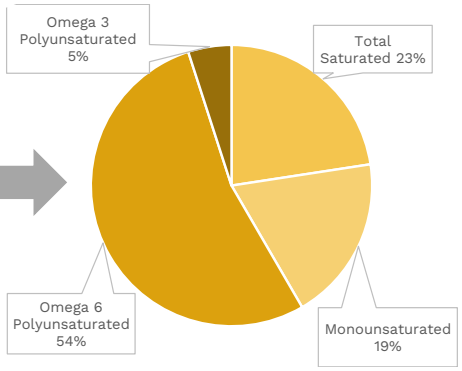
Serving Size:	5 grams	Protein:	0.6 grams	Net Carbs:	1.6 grams
Calories:	17	Fat:	0.9 grams	Fiber:	1.4 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	110.3 µg RAE	12% DV
Vitamin B1 (Thiamin)	17.4 µg	1% DV
Vitamin B2 (Riboflavin)	48.7 µg	4% DV
Vitamin B3 (Niacin)	0.5 mg	3% DV
Vitamin B5 (Pantothenic Acid)	~	~
Vitamin B6 (Pyridoxine)	129.9 µg	8% DV
Vitamin B7 (Biotin)	2.6 µg	9% DV
Vitamin B9 (Folate)	5.6 µg	1% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	4.0 mg	4% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	1.6 mg	11% DV
Vitamin K	4.3 µg	4% DV
Choline	2.7 mg	0% DV
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	7.8 mg	1% DV
Copper	19.8 µg	2% DV
Iodine	~	~
Iron	0.4 mg	2% DV
Magnesium	8.1 mg	2% DV
Manganese	106.0 µg	5% DV
Phosphorus	15.5 mg	1% DV
Potassium	106.7 mg	2% DV
Selenium	0.5 µg	1% DV
Sodium	1.6 mg	0% DV
Zinc	0.1 mg	1% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.1 g	1% DV
ALA	35.0 mg	2% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.4 g	2% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	2186.2 µg	~
Polyphenols	45.7 mg	~
Phytosterols	~	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

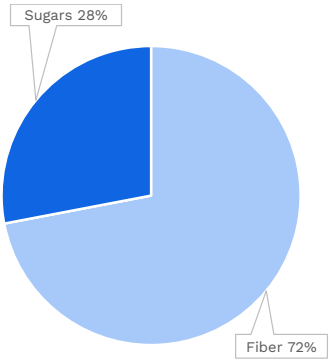




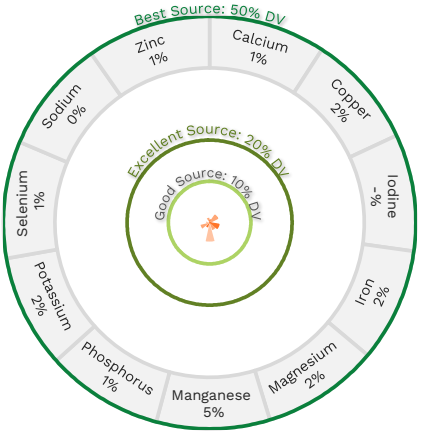
FATS



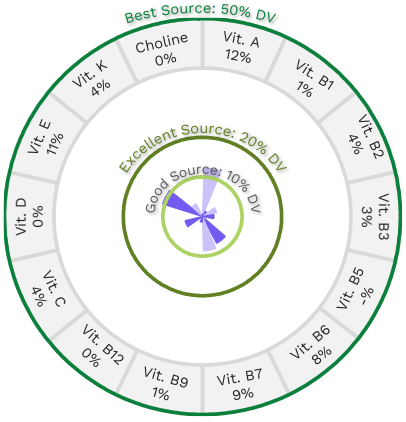
CARBOHYDRATES



MINERALS



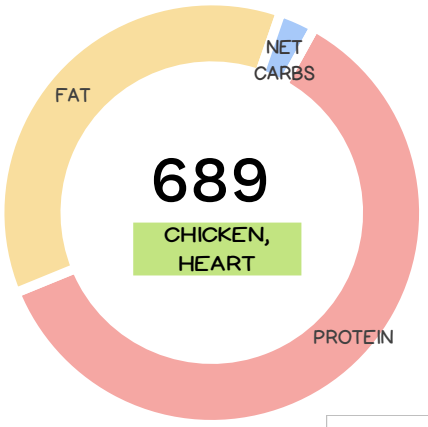
VITAMINS



184 Chicken, heart

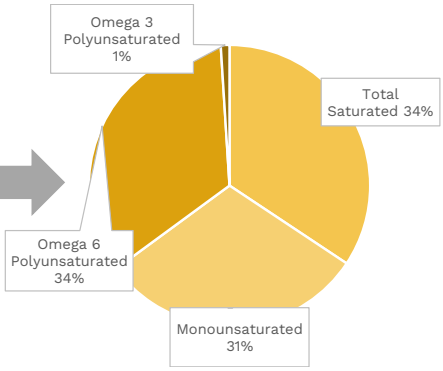
Serving Size:	100 grams	Protein:	15.6 grams	Net Carbs:	0.7 grams
Calories:	153	Fat:	9.3 grams	Fiber:	0.0 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	9.0 µg RAE	1% DV
Vitamin B1 (Thiamin)	152.0 µg	13% DV
Vitamin B2 (Riboflavin)	728.0 µg	56% DV
Vitamin B3 (Niacin)	4.9 mg	31% DV
Vitamin B5 (Pantothenic Acid)	2.6 mg	51% DV
Vitamin B6 (Pyridoxine)	360.0 µg	21% DV
Vitamin B7 (Biotin)	3.5 µg	12% DV
Vitamin B9 (Folate)	72.0 µg	18% DV
Vitamin B12 (Cobalamin)	7.3 µg	304% DV
Vitamin C	3.2 mg	4% DV
Vitamin D (D2 + D3)	~	~
Vitamin E	~	~
Vitamin K	~	~
Choline	~	~
Myo-Inositol	24.8 mg	~
CoQ10	19.2 mg	~
Minerals		
Calcium	12.0 mg	1% DV
Copper	346.0 µg	38% DV
Iodine	~	~
Iron	6.0 mg	33% DV
Magnesium	15.0 mg	4% DV
Manganese	89.0 µg	4% DV
Phosphorus	177.0 mg	14% DV
Potassium	176.0 mg	4% DV
Selenium	4.3 µg	8% DV
Sodium	74.0 mg	3% DV
Zinc	6.6 mg	60% DV
Amino Acids & Peptides		
Taurine	169.6 mg	~
Ergothioneine	0.1 mg	~
Functional Fats		
MUFA	2.4 g	12% DV
ALA	70.0 mg	4% DV
EPA + DHA	0.0 mg	0% DV
CLA	8.4 mg	~
Linoleic Acid	1.9 g	11% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	0.0 µg	~
Polyphenols	0.0 mg	~
Phytosterols	0.0 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~





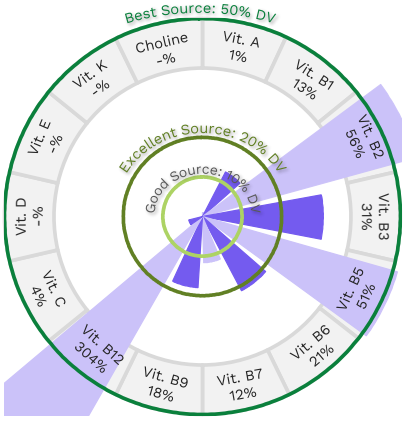
FATS



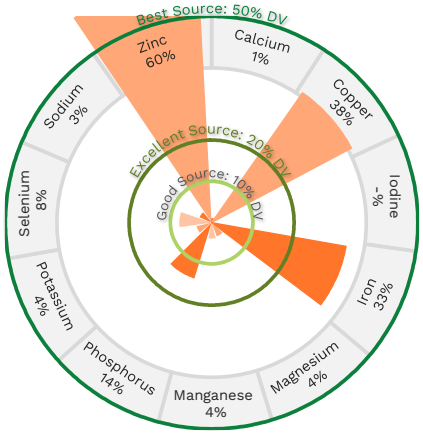
CARBOHYDRATES

No detailed component data currently available in the USDA Food Central Database.

VITAMINS



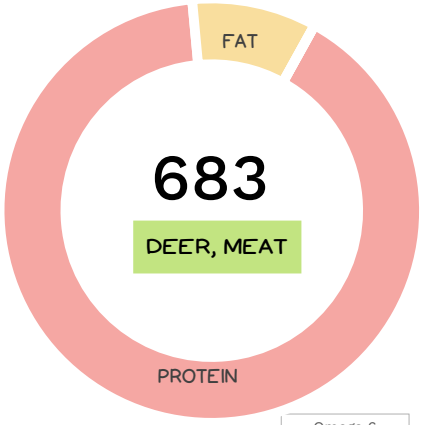
MINERALS



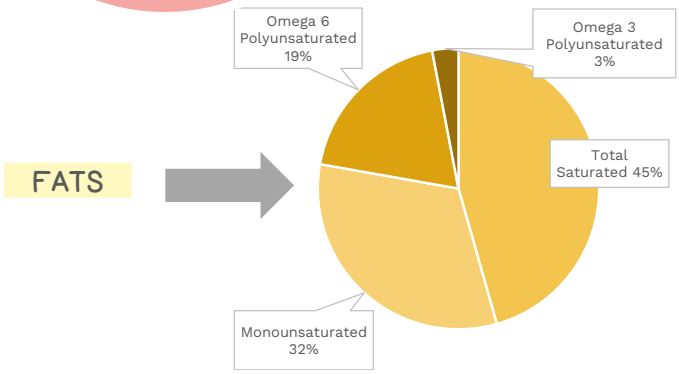
185 Deer, meat

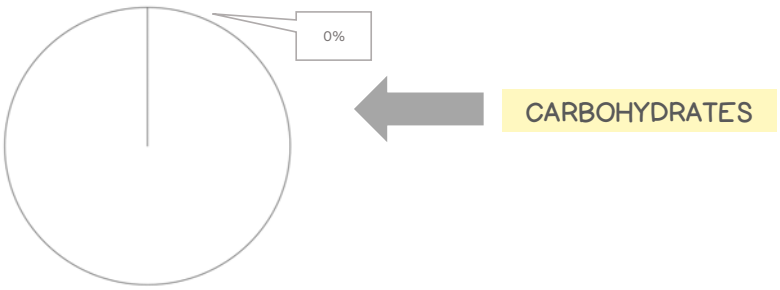
Serving Size:	100 grams	Protein:	23.0 grams	Net Carbs:	0.0 grams
Calories:	120	Fat:	2.4 grams	Fiber:	0.0 grams

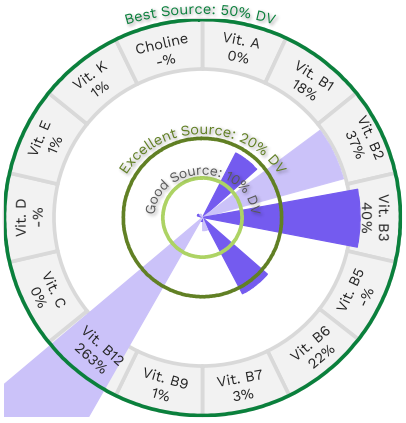
Vitamins & Vitaminlike Compounds		
Vitamin A	0.0 µg RAE	0% DV
Vitamin B1 (Thiamin)	220.0 µg	18% DV
Vitamin B2 (Riboflavin)	480.0 µg	37% DV
Vitamin B3 (Niacin)	6.4 mg	40% DV
Vitamin B5 (Pantothenic Acid)	~	~
Vitamin B6 (Pyridoxine)	370.0 µg	22% DV
Vitamin B7 (Biotin)	1.0 µg	3% DV
Vitamin B9 (Folate)	4.0 µg	1% DV
Vitamin B12 (Cobalamin)	6.3 µg	263% DV
Vitamin C	0.0 mg	0% DV
Vitamin D (D2 + D3)	~	~
Vitamin E	0.2 mg	1% DV
Vitamin K	1.1 µg	1% DV
Choline	~	~
Myo-Inositol	30.0 mg	~
CoQ10	15.8 mg	~
Minerals		
Calcium	5.0 mg	0% DV
Copper	253.0 µg	28% DV
Iodine	~	~
Iron	3.4 mg	19% DV
Magnesium	23.0 mg	5% DV
Manganese	41.0 µg	2% DV
Phosphorus	202.0 mg	16% DV
Potassium	318.0 mg	7% DV
Selenium	9.7 µg	18% DV
Sodium	51.0 mg	2% DV
Zinc	2.1 mg	19% DV
Amino Acids & Peptides		
Taurine	100.0 mg	~
Ergothioneine	0.1 mg	~
Functional Fats		
MUFA	0.7 g	3% DV
ALA	70.0 mg	4% DV
EPA + DHA	0.0 mg	0% DV
CLA	18.2 mg	~
Linoleic Acid	0.3 g	2% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	0.0 µg	~
Polyphenols	0.0 mg	~
Phytosterols	0.0 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

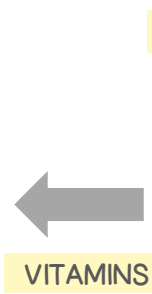


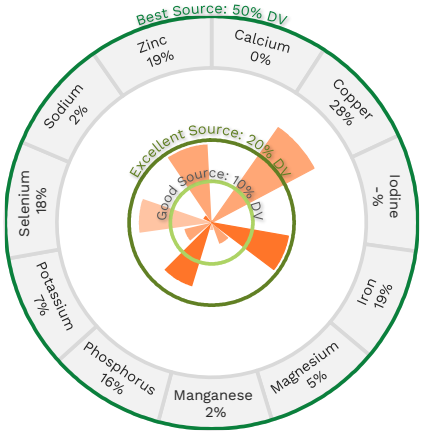








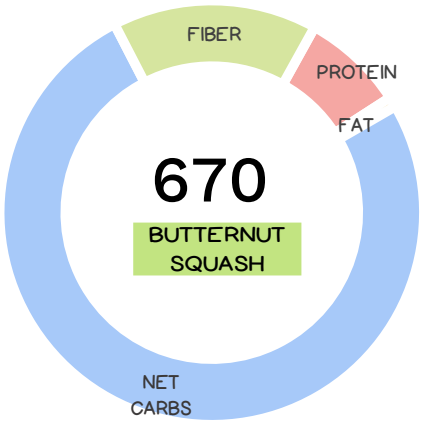




186 Butternut squash

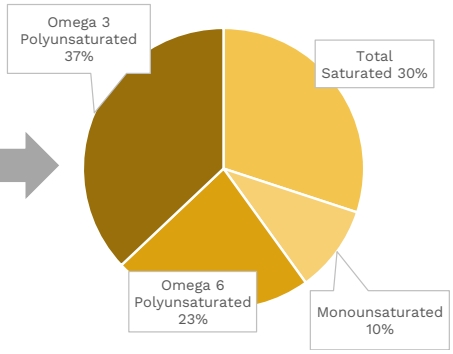
Serving Size:	140 grams	Protein:	1.4 grams	Net Carbs:	13.6 grams
Calories:	63	Fat:	0.1 grams	Fiber:	2.8 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	744.8 µg RAE	83% DV
Vitamin B1 (Thiamin)	140.0 µg	12% DV
Vitamin B2 (Riboflavin)	28.0 µg	2% DV
Vitamin B3 (Niacin)	1.7 mg	11% DV
Vitamin B5 (Pantothenic Acid)	0.6 mg	11% DV
Vitamin B6 (Pyridoxine)	215.6 µg	13% DV
Vitamin B7 (Biotin)	2.4 µg	8% DV
Vitamin B9 (Folate)	37.8 µg	9% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	29.4 mg	33% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	2.0 mg	13% DV
Vitamin K	1.5 µg	1% DV
Choline	~	~
Myo-Inositol	92.4 mg	~
CoQ10	~	~
Minerals		
Calcium	67.2 mg	5% DV
Copper	100.8 µg	11% DV
Iodine	~	~
Iron	1.0 mg	5% DV
Magnesium	47.6 mg	11% DV
Manganese	282.8 µg	12% DV
Phosphorus	46.2 mg	4% DV
Potassium	492.8 mg	10% DV
Selenium	0.7 µg	1% DV
Sodium	5.6 mg	0% DV
Zinc	0.2 mg	2% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	36.4 mg	2% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.0 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	11943.4 µg	~
Polyphenols	71.0 mg	~
Phytosterols	10.9 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

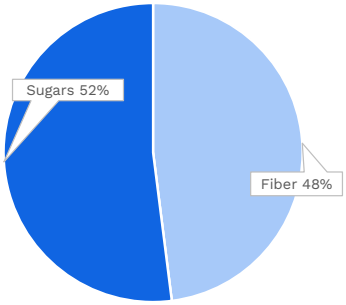




FATS



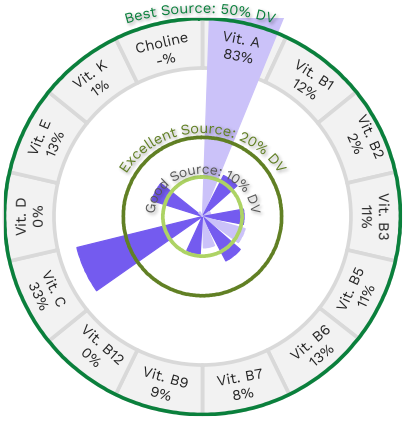
CARBOHYDRATES



MINERALS



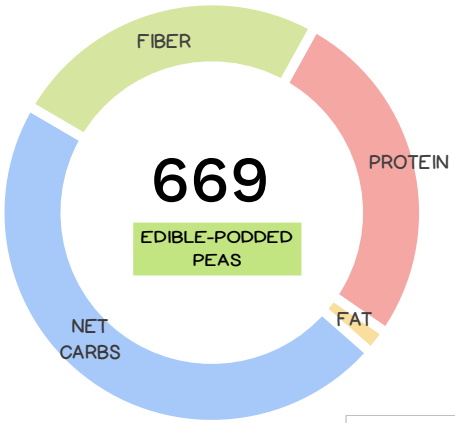
VITAMINS



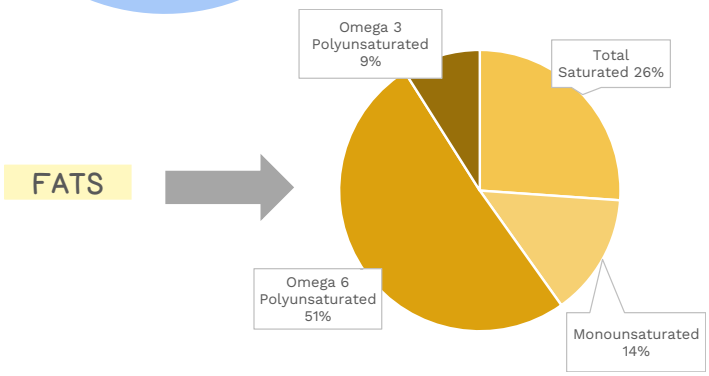
187 Edible-podded Peas

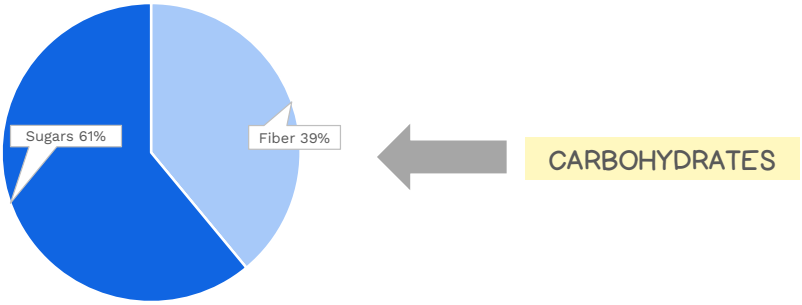
Serving Size:	98 grams	Protein:	2.7 grams	Net Carbs:	4.9 grams
Calories:	41	Fat:	0.2 grams	Fiber:	2.5 grams

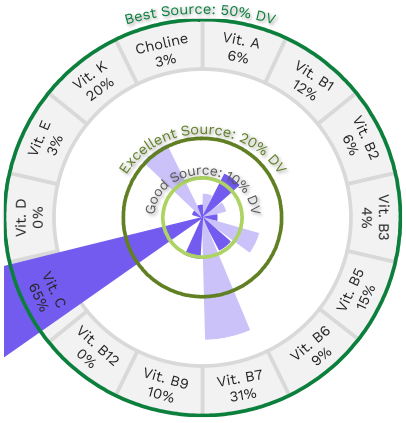
Vitamins & Vitaminlike Compounds		
Vitamin A	52.9 µg RAE	6% DV
Vitamin B1 (Thiamin)	147.0 µg	12% DV
Vitamin B2 (Riboflavin)	78.4 µg	6% DV
Vitamin B3 (Niacin)	0.6 mg	4% DV
Vitamin B5 (Pantothenic Acid)	0.7 mg	15% DV
Vitamin B6 (Pyridoxine)	156.8 µg	9% DV
Vitamin B7 (Biotin)	9.2 µg	31% DV
Vitamin B9 (Folate)	41.2 µg	10% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	58.8 mg	65% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.4 mg	3% DV
Vitamin K	24.5 µg	20% DV
Choline	17.1 mg	3% DV
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	42.1 mg	3% DV
Copper	77.4 µg	9% DV
Iodine	~	~
Iron	2.0 mg	11% DV
Magnesium	23.5 mg	6% DV
Manganese	239.1 µg	10% DV
Phosphorus	51.9 mg	4% DV
Potassium	196.0 mg	4% DV
Selenium	0.7 µg	1% DV
Sodium	3.9 mg	0% DV
Zinc	0.3 mg	2% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	12.7 mg	1% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.1 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	1385.7 µg	~
Polyphenols	59.6 mg	~
Phytosterols	17.3 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

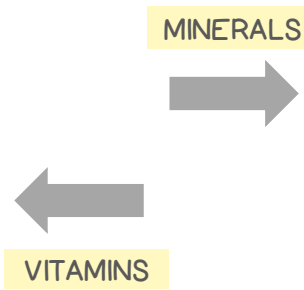


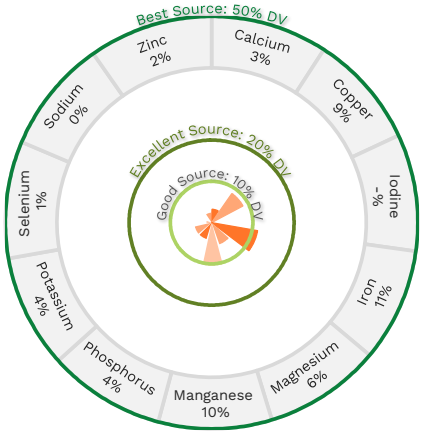








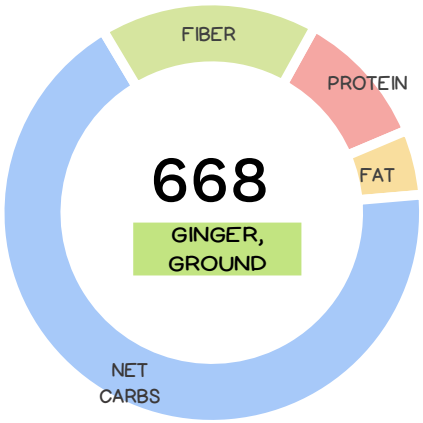




188 Ginger, ground

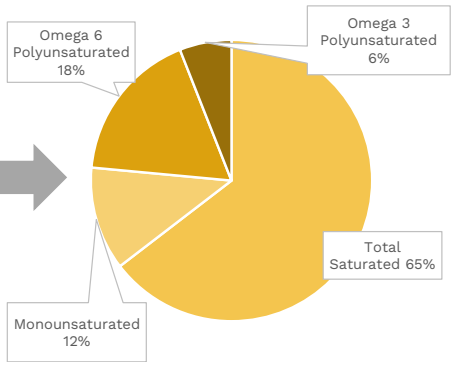
Serving Size:	5 grams	Protein:	0.5 grams	Net Carbs:	3.0 grams
Calories:	17	Fat:	0.2 grams	Fiber:	0.7 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	0.1 µg RAE	0% DV
Vitamin B1 (Thiamin)	2.4 µg	0% DV
Vitamin B2 (Riboflavin)	8.8 µg	1% DV
Vitamin B3 (Niacin)	0.5 mg	3% DV
Vitamin B5 (Pantothenic Acid)	0.0 mg	0% DV
Vitamin B6 (Pyridoxine)	32.6 µg	2% DV
Vitamin B7 (Biotin)	0.5 µg	2% DV
Vitamin B9 (Folate)	0.7 µg	0% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	0.0 mg	0% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.2 mg	1% DV
Vitamin K	0.2 µg	0% DV
Choline	2.1 mg	0% DV
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	5.9 mg	0% DV
Copper	25.0 µg	3% DV
Iodine	~	~
Iron	1.0 mg	6% DV
Magnesium	11.1 mg	3% DV
Manganese	1731.6 µg	75% DV
Phosphorus	8.7 mg	1% DV
Potassium	68.6 mg	1% DV
Selenium	2.9 µg	5% DV
Sodium	1.4 mg	0% DV
Zinc	0.2 mg	2% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	0.0 mg	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	11.6 mg	1% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.0 g	0% DV
MCT's	0.1 g	~
Phytonutrients		
Carotenoids	0.9 µg	~
Polyphenols	32.8 mg	~
Phytosterols	3.3 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

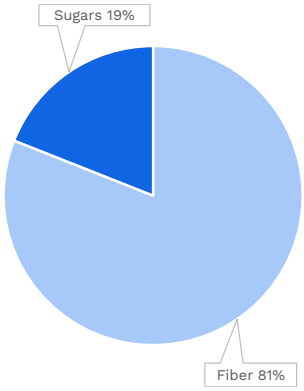




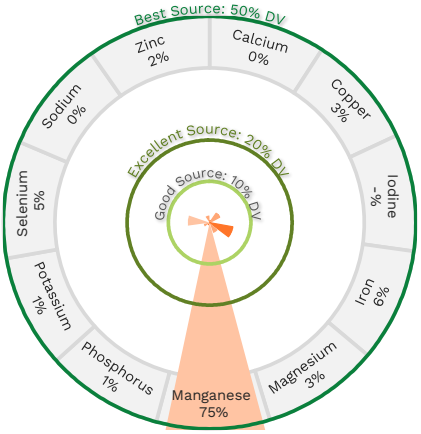
FATS



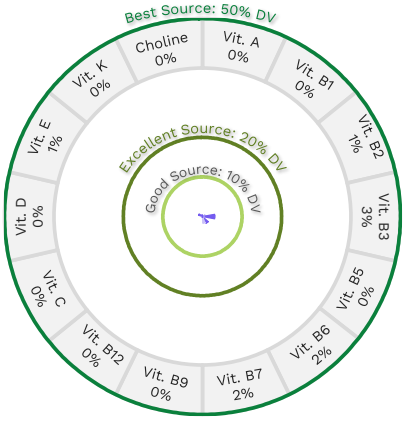
CARBOHYDRATES



MINERALS



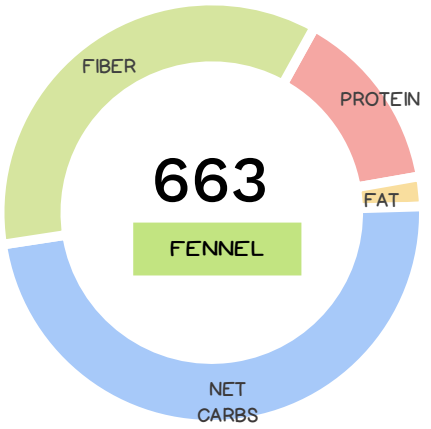
VITAMINS



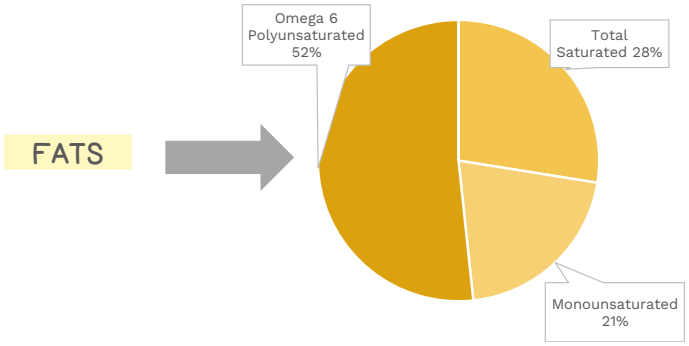
189 Fennel

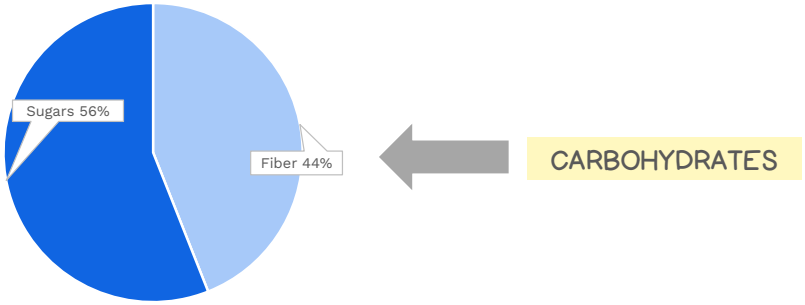
Serving Size:	89 grams	Protein:	1.1 grams	Net Carbs:	3.7 grams
Calories:	28	Fat:	0.2 grams	Fiber:	2.8 grams

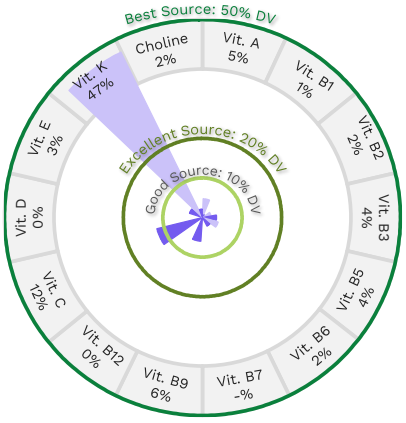
Vitamins & Vitaminlike Compounds		
Vitamin A	42.7 µg RAE	5% DV
Vitamin B1 (Thiamin)	8.9 µg	1% DV
Vitamin B2 (Riboflavin)	28.5 µg	2% DV
Vitamin B3 (Niacin)	0.6 mg	4% DV
Vitamin B5 (Pantothenic Acid)	0.2 mg	4% DV
Vitamin B6 (Pyridoxine)	41.8 µg	2% DV
Vitamin B7 (Biotin)	~	~
Vitamin B9 (Folate)	24.0 µg	6% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	10.7 mg	12% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.5 mg	3% DV
Vitamin K	55.9 µg	47% DV
Choline	11.7 mg	2% DV
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	43.6 mg	3% DV
Copper	58.7 µg	7% DV
Iodine	~	~
Iron	0.6 mg	4% DV
Magnesium	15.1 mg	4% DV
Manganese	170.0 µg	7% DV
Phosphorus	44.5 mg	4% DV
Potassium	368.5 mg	8% DV
Selenium	0.6 µg	1% DV
Sodium	46.3 mg	2% DV
Zinc	0.2 mg	2% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.1 g	0% DV
ALA	0.0 mg	0% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.2 g	1% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	1054.7 µg	~
Polyphenols	251.9 mg	~
Phytosterols	~	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

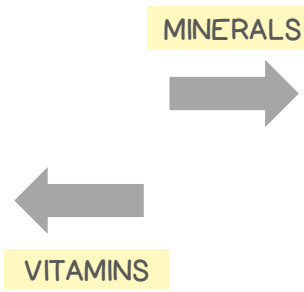


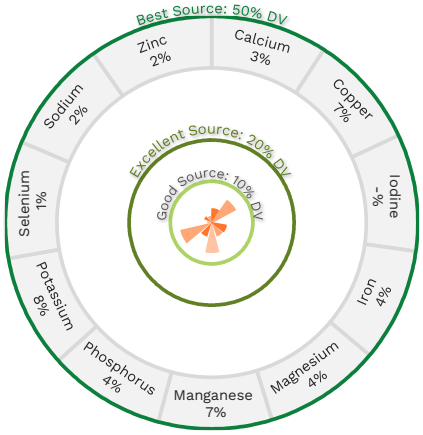








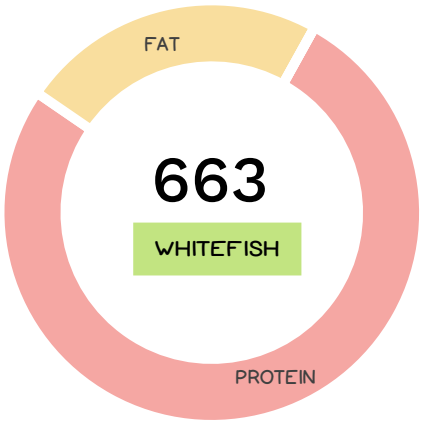




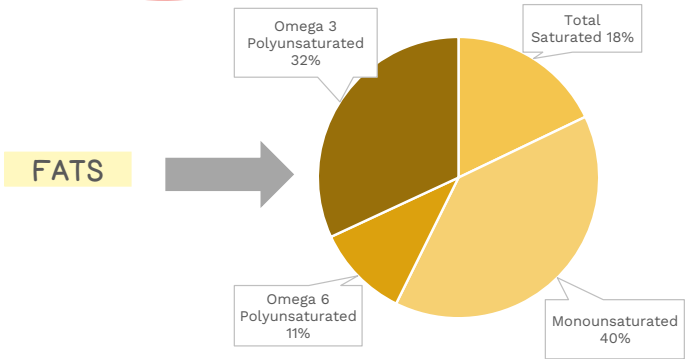
190 Whitefish

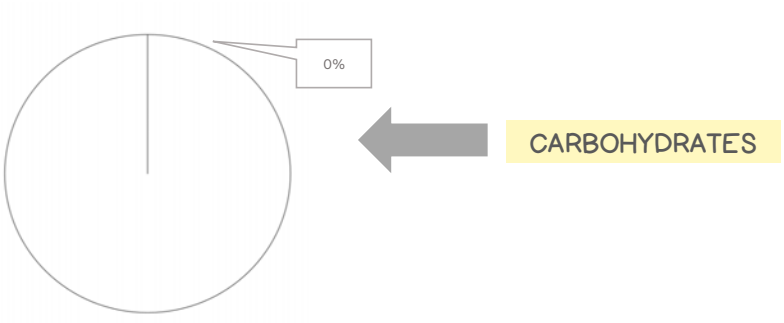
Serving Size:	115 grams	Protein:	22.0 grams	Net Carbs:	0.0 grams
Calories:	154	Fat:	6.7 grams	Fiber:	0.0 grams

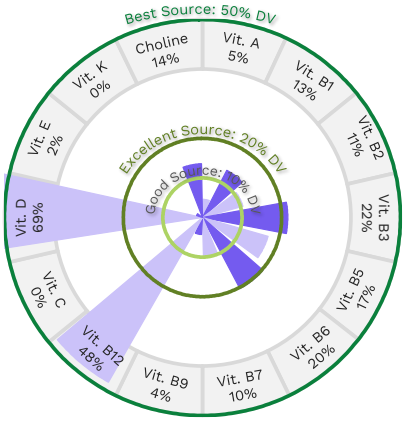
Vitamins & Vitaminlike Compounds		
Vitamin A	41.4 µg RAE	5% DV
Vitamin B1 (Thiamin)	161.0 µg	13% DV
Vitamin B2 (Riboflavin)	138.0 µg	11% DV
Vitamin B3 (Niacin)	3.5 mg	22% DV
Vitamin B5 (Pantothenic Acid)	0.9 mg	17% DV
Vitamin B6 (Pyridoxine)	345.0 µg	20% DV
Vitamin B7 (Biotin)	2.9 µg	10% DV
Vitamin B9 (Folate)	17.3 µg	4% DV
Vitamin B12 (Cobalamin)	1.2 µg	48% DV
Vitamin C	0.0 mg	0% DV
Vitamin D (D2 + D3)	13.8 µg	69% DV
Vitamin E	0.2 mg	2% DV
Vitamin K	0.1 µg	0% DV
Choline	74.8 mg	14% DV
Myo-Inositol	~	~
CoQ10	0.4 mg	~
Minerals		
Calcium	29.9 mg	2% DV
Copper	82.8 µg	9% DV
Iodine	23.0 µg	15% DV
Iron	0.4 mg	2% DV
Magnesium	38.0 mg	9% DV
Manganese	77.1 µg	3% DV
Phosphorus	310.5 mg	25% DV
Potassium	364.6 mg	8% DV
Selenium	14.5 µg	26% DV
Sodium	58.7 mg	3% DV
Zinc	1.1 mg	10% DV
Amino Acids & Peptides		
Taurine	173.7 mg	~
Ergothioneine	~	~
Functional Fats		
MUFA	2.3 g	11% DV
ALA	210.5 mg	13% DV
EPA + DHA	1446.7 mg	579% DV
CLA	~	~
Linoleic Acid	0.3 g	2% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	0.0 µg	~
Polyphenols	0.0 mg	~
Phytosterols	0.0 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

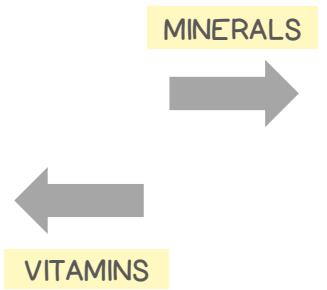


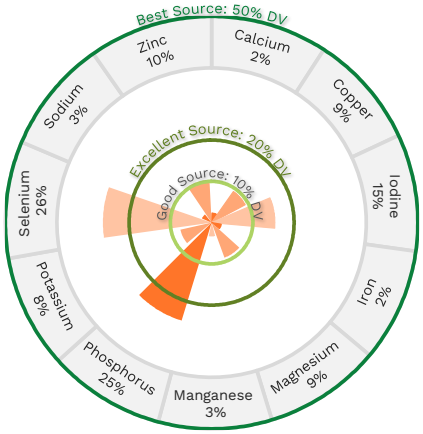








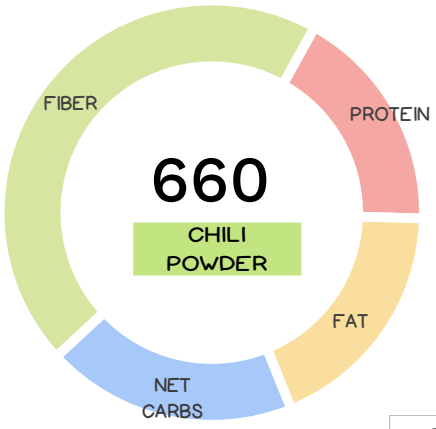




191 Chili Powder

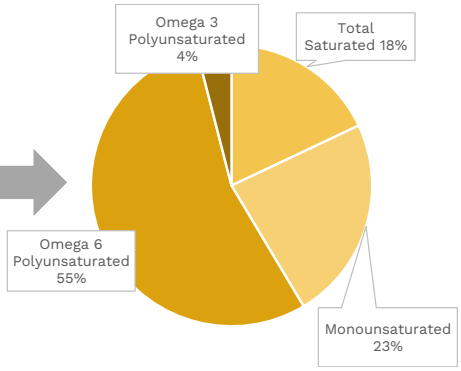
Serving Size:	8 grams	Protein:	1.1 grams	Net Carbs:	1.2 grams
Calories:	23	Fat:	1.1 grams	Fiber:	2.8 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	118.6 µg RAE	13% DV
Vitamin B1 (Thiamin)	20.0 µg	2% DV
Vitamin B2 (Riboflavin)	75.2 µg	6% DV
Vitamin B3 (Niacin)	0.9 mg	6% DV
Vitamin B5 (Pantothenic Acid)	0.1 mg	1% DV
Vitamin B6 (Pyridoxine)	167.5 µg	10% DV
Vitamin B7 (Biotin)	~	~
Vitamin B9 (Folate)	2.2 µg	1% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	0.1 mg	0% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	3.8 mg	25% DV
Vitamin K	8.5 µg	7% DV
Choline	5.3 mg	1% DV
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	26.4 mg	2% DV
Copper	80.0 µg	9% DV
Iodine	~	~
Iron	1.4 mg	8% DV
Magnesium	11.9 mg	3% DV
Manganese	136.0 µg	6% DV
Phosphorus	24.0 mg	2% DV
Potassium	156.0 mg	3% DV
Selenium	1.6 µg	3% DV
Sodium	229.4 mg	10% DV
Zinc	0.3 mg	3% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.3 g	1% DV
ALA	42.6 mg	3% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.6 g	4% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	1672.9 µg	~
Polyphenols	0.0 mg	~
Phytosterols	~	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

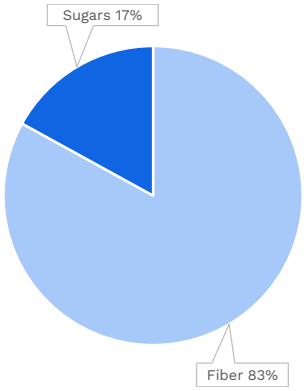




FATS

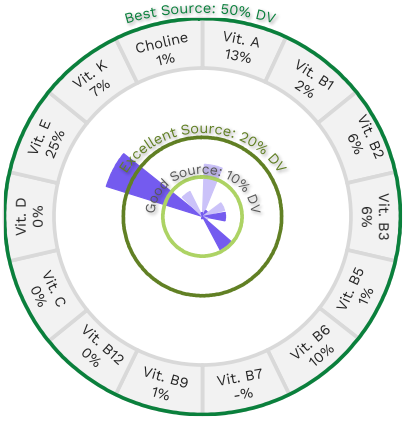


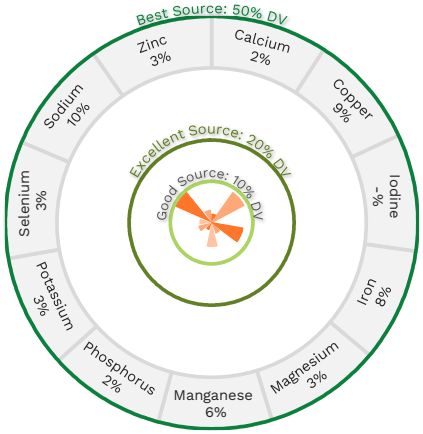
CARBOHYDRATES



MINERALS

VITAMINS

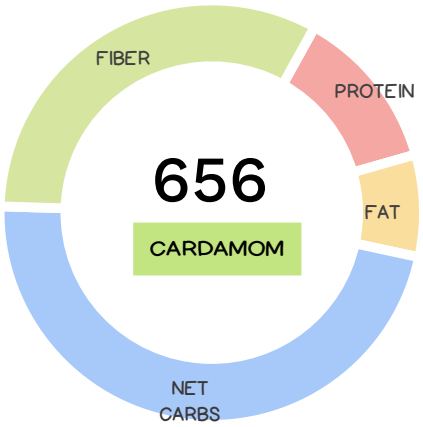




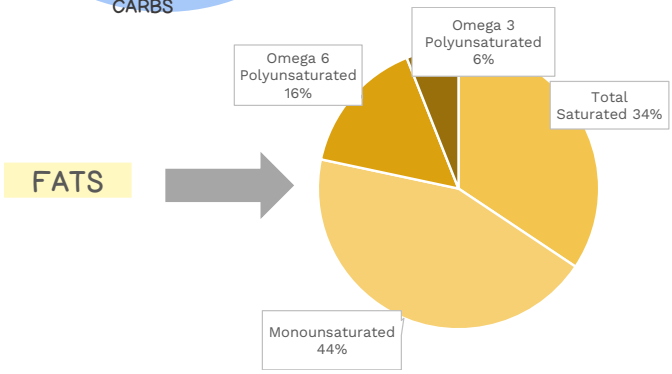
192 Cardamom

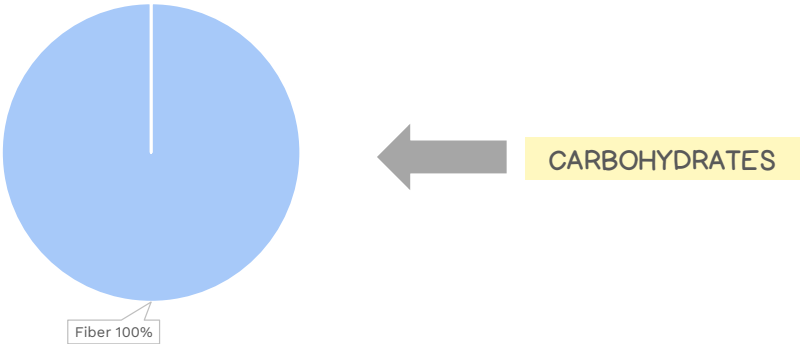
Serving Size:	6 grams	Protein:	0.6 grams	Net Carbs:	2.3 grams
Calories:	18	Fat:	0.4 grams	Fiber:	1.6 grams

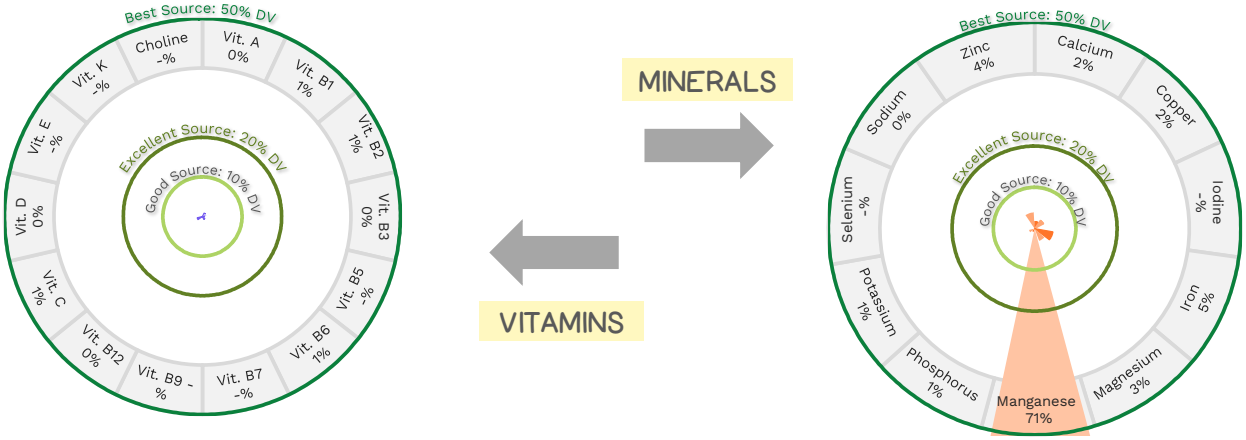
Vitamins & Vitaminlike Compounds		
Vitamin A	0.0 µg RAE	0% DV
Vitamin B1 (Thiamin)	11.5 µg	1% DV
Vitamin B2 (Riboflavin)	10.6 µg	1% DV
Vitamin B3 (Niacin)	0.1 mg	0% DV
Vitamin B5 (Pantothenic Acid)	~	~
Vitamin B6 (Pyridoxine)	13.3 µg	1% DV
Vitamin B7 (Biotin)	~	~
Vitamin B9 (Folate)	~	~
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	1.2 mg	1% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	~	~
Vitamin K	~	~
Choline	~	~
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	22.2 mg	2% DV
Copper	22.2 µg	2% DV
Iodine	~	~
Iron	0.8 mg	5% DV
Magnesium	13.3 mg	3% DV
Manganese	1624.0 µg	71% DV
Phosphorus	10.3 mg	1% DV
Potassium	64.9 mg	1% DV
Selenium	~	~
Sodium	1.0 mg	0% DV
Zinc	0.4 mg	4% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.1 g	0% DV
ALA	7.0 mg	0% DV
EPA + DHA	~	~
CLA	~	~
Linoleic Acid	0.0 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	~	~
Polyphenols	140.4 mg	~
Phytosterols	~	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~







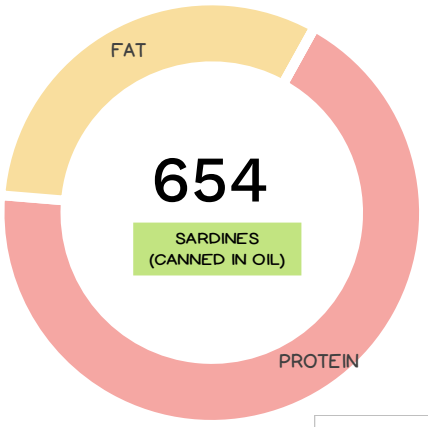




193 Sardines (canned in oil)

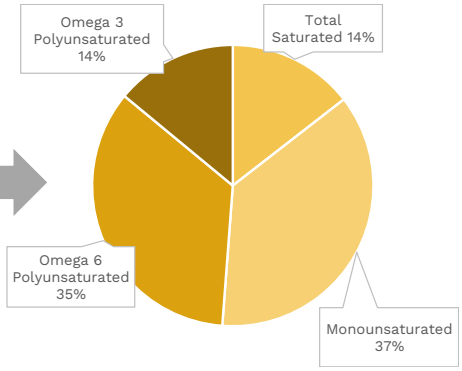
Serving Size:	115 grams	Protein:	28.3 grams	Net Carbs:	0.0 grams
Calories:	239	Fat:	13.2 grams	Fiber:	0.0 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	36.8 µg RAE	4% DV
Vitamin B1 (Thiamin)	92.0 µg	8% DV
Vitamin B2 (Riboflavin)	261.1 µg	20% DV
Vitamin B3 (Niacin)	6.0 mg	38% DV
Vitamin B5 (Pantothenic Acid)	0.7 mg	15% DV
Vitamin B6 (Pyridoxine)	192.1 µg	11% DV
Vitamin B7 (Biotin)	27.6 µg	92% DV
Vitamin B9 (Folate)	11.5 µg	3% DV
Vitamin B12 (Cobalamin)	10.3 µg	428% DV
Vitamin C	0.0 mg	0% DV
Vitamin D (D2 + D3)	5.5 µg	28% DV
Vitamin E	2.3 mg	16% DV
Vitamin K	3.0 µg	2% DV
Choline	86.3 mg	16% DV
Myo-Inositol	23.0 mg	~
CoQ10	1.4 mg	~
Minerals		
Calcium	439.3 mg	34% DV
Copper	213.9 µg	24% DV
Iodine	28.8 µg	19% DV
Iron	3.4 mg	19% DV
Magnesium	44.9 mg	11% DV
Manganese	124.2 µg	5% DV
Phosphorus	563.5 mg	45% DV
Potassium	456.6 mg	10% DV
Selenium	60.6 µg	110% DV
Sodium	353.1 mg	15% DV
Zinc	1.5 mg	14% DV
Amino Acids & Peptides		
Taurine	69.0 mg	~
Ergothioneine	~	~
Functional Fats		
MUFA	4.4 g	22% DV
ALA	572.7 mg	36% DV
EPA + DHA	1129.3 mg	452% DV
CLA	4.0 mg	~
Linoleic Acid	4.1 g	24% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	0.0 µg	~
Polyphenols	0.0 mg	~
Phytosterols	0.0 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

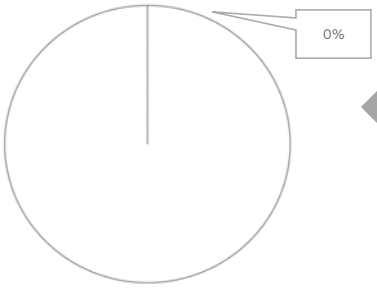




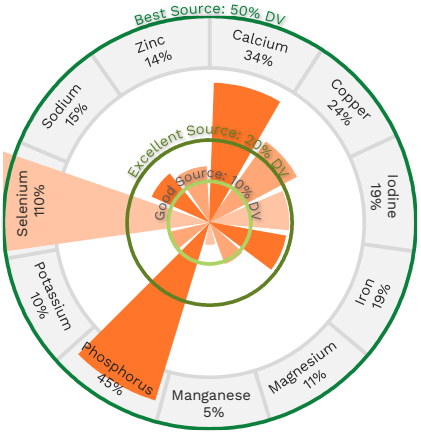
FATS



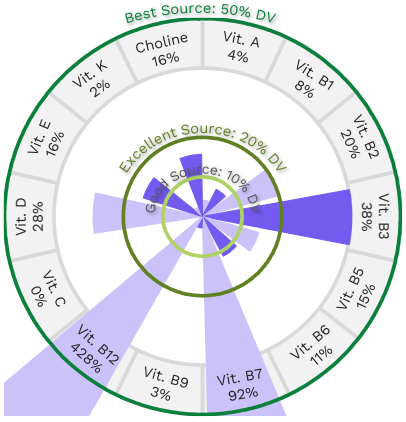
CARBOHYDRATES



MINERALS



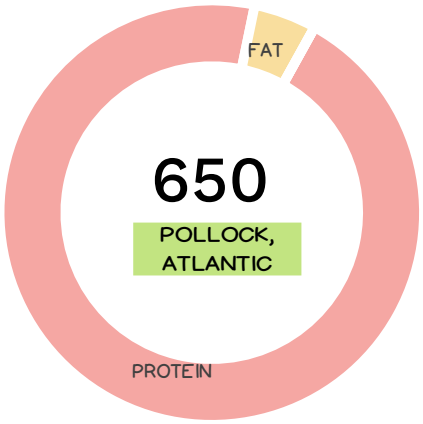
VITAMINS



194 Pollock, Atlantic

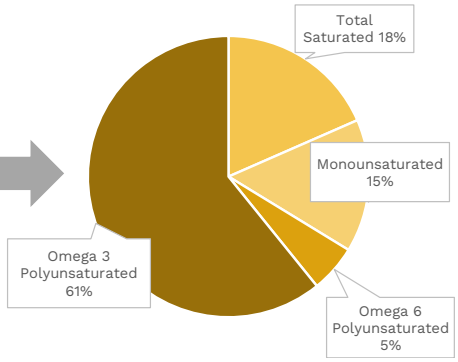
Serving Size:	115 grams	Protein:	22.4 grams	Net Carbs:	0.0 grams
Calories:	106	Fat:	1.1 grams	Fiber:	0.0 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	16.1 µg RAE	2% DV
Vitamin B1 (Thiamin)	54.1 µg	5% DV
Vitamin B2 (Riboflavin)	212.8 µg	16% DV
Vitamin B3 (Niacin)	3.8 mg	24% DV
Vitamin B5 (Pantothenic Acid)	0.4 mg	8% DV
Vitamin B6 (Pyridoxine)	330.1 µg	19% DV
Vitamin B7 (Biotin)	3.1 µg	10% DV
Vitamin B9 (Folate)	3.5 µg	1% DV
Vitamin B12 (Cobalamin)	3.7 µg	153% DV
Vitamin C	0.0 mg	0% DV
Vitamin D (D2 + D3)	1.2 µg	6% DV
Vitamin E	0.3 mg	2% DV
Vitamin K	0.1 µg	0% DV
Choline	87.2 mg	16% DV
Myo-Inositol	~	~
CoQ10	1.7 mg	~
Minerals		
Calcium	69.0 mg	5% DV
Copper	57.5 µg	6% DV
Iodine	87.5 µg	58% DV
Iron	0.5 mg	3% DV
Magnesium	77.1 mg	18% DV
Manganese	17.3 µg	1% DV
Phosphorus	254.2 mg	20% DV
Potassium	409.4 mg	9% DV
Selenium	42.0 µg	76% DV
Sodium	98.9 mg	4% DV
Zinc	0.5 mg	5% DV
Amino Acids & Peptides		
Taurine	173.7 mg	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.1 g	1% DV
ALA	0.0 mg	0% DV
EPA + DHA	484.2 mg	194% DV
CLA	~	~
Linoleic Acid	0.0 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	0.0 µg	~
Polyphenols	0.0 mg	~
Phytosterols	0.0 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

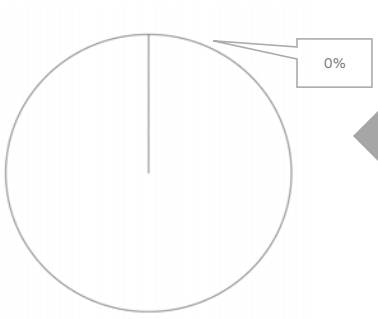




FATS

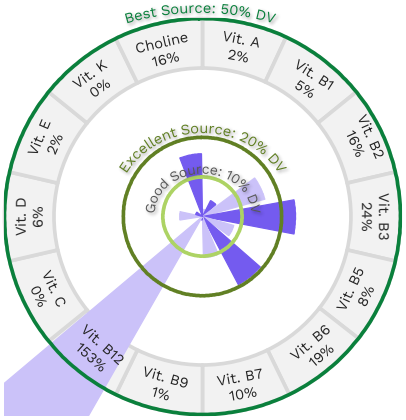


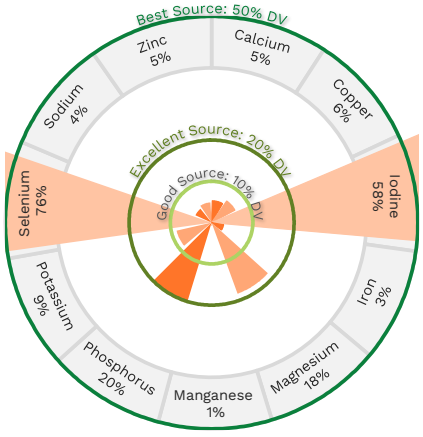
CARBOHYDRATES



MINERALS

VITAMINS

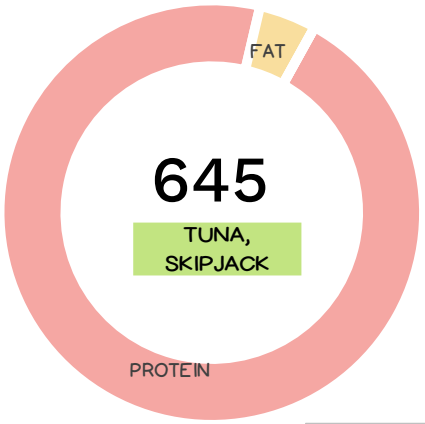




195 Tuna, Skipjack

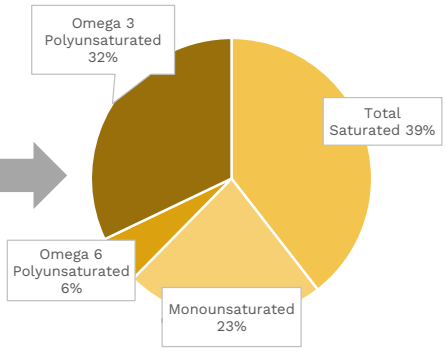
Serving Size:	115 grams	Protein:	25.3 grams	Net Carbs:	0.0 grams
Calories:	118	Fat:	1.2 grams	Fiber:	0.0 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	18.4 µg RAE	2% DV
Vitamin B1 (Thiamin)	38.0 µg	3% DV
Vitamin B2 (Riboflavin)	115.0 µg	9% DV
Vitamin B3 (Niacin)	17.7 mg	111% DV
Vitamin B5 (Pantothenic Acid)	0.5 mg	10% DV
Vitamin B6 (Pyridoxine)	977.5 µg	58% DV
Vitamin B7 (Biotin)	6.6 µg	22% DV
Vitamin B9 (Folate)	10.4 µg	3% DV
Vitamin B12 (Cobalamin)	2.2 µg	91% DV
Vitamin C	1.2 mg	1% DV
Vitamin D (D2 + D3)	3.2 µg	16% DV
Vitamin E	1.4 mg	9% DV
Vitamin K	3.9 µg	3% DV
Choline	~	~
Myo-Inositol	17.3 mg	~
CoQ10	0.6 mg	~
Minerals		
Calcium	33.4 mg	3% DV
Copper	98.9 µg	11% DV
Iodine	17.9 µg	12% DV
Iron	1.4 mg	8% DV
Magnesium	39.1 mg	9% DV
Manganese	17.3 µg	1% DV
Phosphorus	255.3 mg	20% DV
Potassium	468.1 mg	10% DV
Selenium	42.0 µg	76% DV
Sodium	42.6 mg	2% DV
Zinc	0.9 mg	9% DV
Amino Acids & Peptides		
Taurine	381.8 mg	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.2 g	1% DV
ALA	243.8 mg	15% DV
EPA + DHA	294.4 mg	118% DV
CLA	0.3 mg	~
Linoleic Acid	0.0 g	0% DV
MCT's	~	~
Phytonutrients		
Carotenoids	0.0 µg	~
Polyphenols	0.0 mg	~
Phytosterols	0.0 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

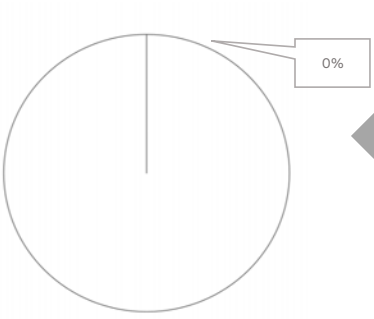




FATS



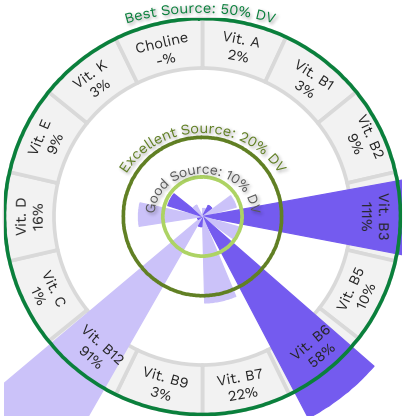
CARBOHYDRATES



MINERALS



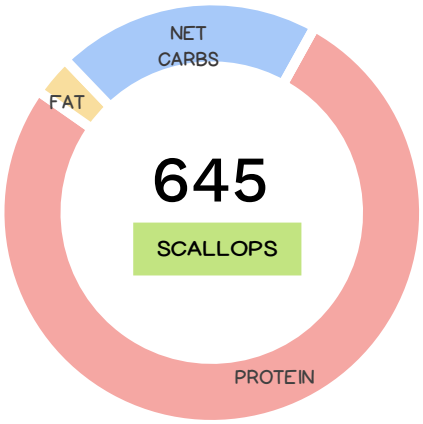
VITAMINS



196 Scallops

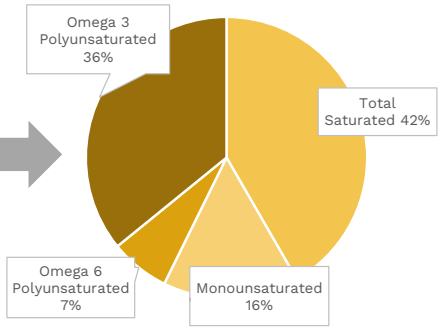
Serving Size:	115 grams	Protein:	13.9 grams	Net Carbs:	3.7 grams
Calories:	79	Fat:	0.6 grams	Fiber:	0.0 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	1.2 µg RAE	0% DV
Vitamin B1 (Thiamin)	8.1 µg	1% DV
Vitamin B2 (Riboflavin)	17.3 µg	1% DV
Vitamin B3 (Niacin)	0.8 mg	5% DV
Vitamin B5 (Pantothenic Acid)	0.2 mg	5% DV
Vitamin B6 (Pyridoxine)	84.0 µg	5% DV
Vitamin B7 (Biotin)	3.2 µg	11% DV
Vitamin B9 (Folate)	18.4 µg	5% DV
Vitamin B12 (Cobalamin)	1.6 µg	68% DV
Vitamin C	0.0 mg	0% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.0 mg	0% DV
Vitamin K	0.0 µg	0% DV
Choline	74.8 mg	14% DV
Myo-Inositol	~	~
CoQ10	0.6 mg	~
Minerals		
Calcium	6.9 mg	1% DV
Copper	26.5 µg	3% DV
Iodine	21.7 µg	14% DV
Iron	0.4 mg	2% DV
Magnesium	25.3 mg	6% DV
Manganese	19.6 µg	1% DV
Phosphorus	384.1 mg	31% DV
Potassium	235.8 mg	5% DV
Selenium	14.7 µg	27% DV
Sodium	450.8 mg	20% DV
Zinc	1.0 mg	10% DV
Amino Acids & Peptides		
Taurine	951.9 mg	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.1 g	0% DV
ALA	3.5 mg	0% DV
EPA + DHA	118.5 mg	47% DV
CLA	0.2 mg	~
Linoleic Acid	0.0 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	0.0 µg	~
Polyphenols	0.0 mg	~
Phytosterols	0.0 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

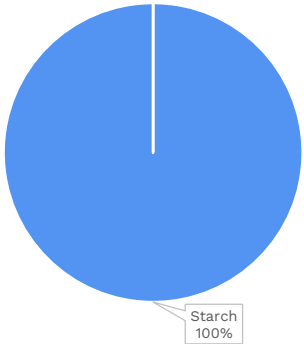




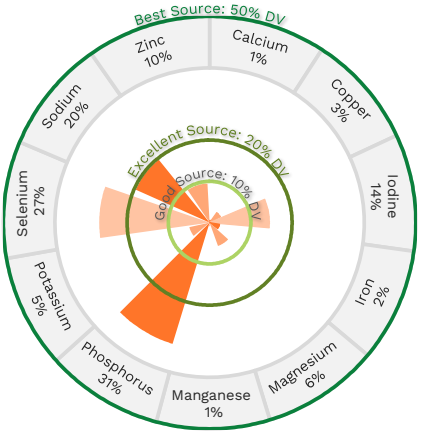
FATS



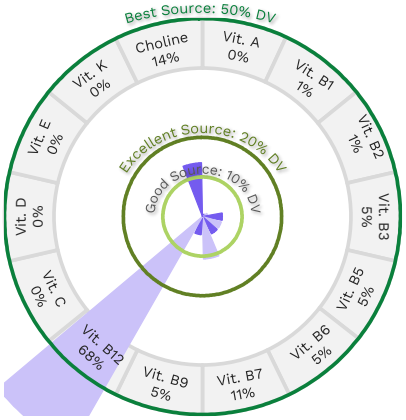
CARBOHYDRATES



MINERALS



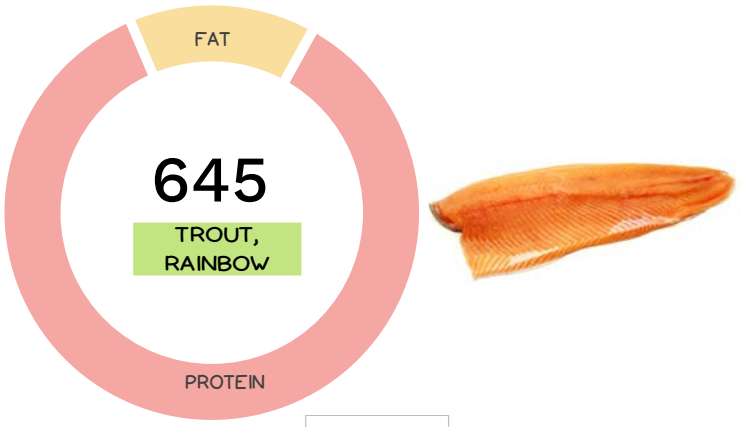
VITAMINS

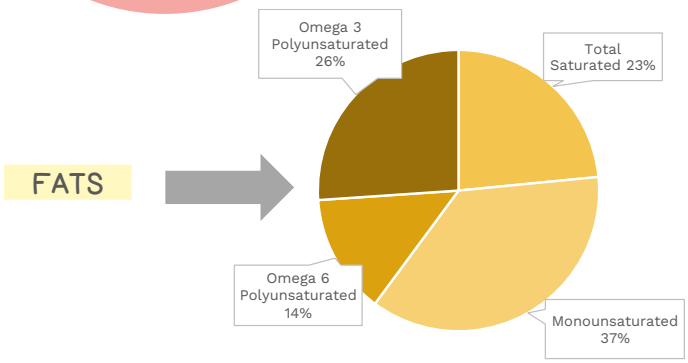


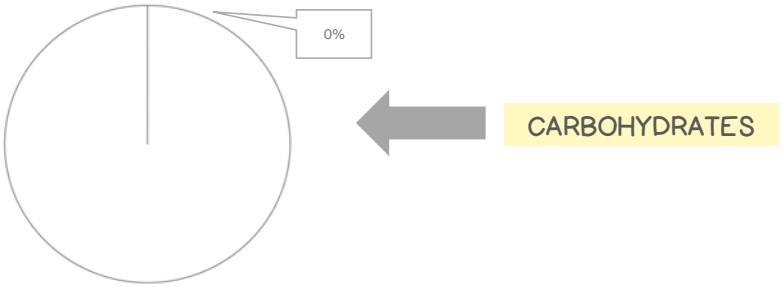
197 Trout, Rainbow

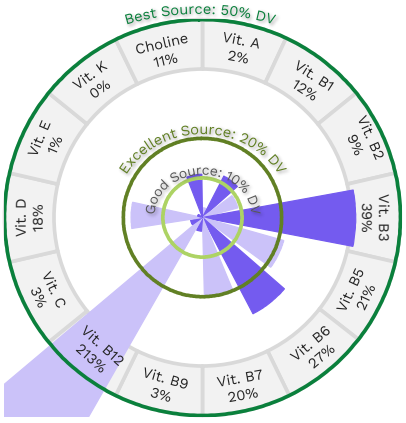
Serving Size:	115 grams	Protein:	23.6 grams	Net Carbs:	0.0 grams
Calories:	137	Fat:	4.0 grams	Fiber:	0.0 grams

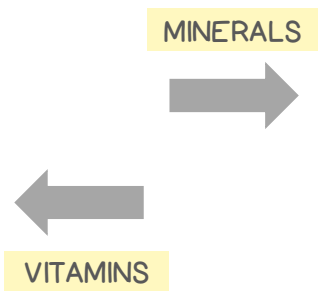
Vitamins & Vitaminlike Compounds		
Vitamin A	21.9 µg RAE	2% DV
Vitamin B1 (Thiamin)	141.5 µg	12% DV
Vitamin B2 (Riboflavin)	120.8 µg	9% DV
Vitamin B3 (Niacin)	6.2 mg	39% DV
Vitamin B5 (Pantothenic Acid)	1.1 mg	21% DV
Vitamin B6 (Pyridoxine)	466.9 µg	27% DV
Vitamin B7 (Biotin)	6.0 µg	20% DV
Vitamin B9 (Folate)	13.8 µg	3% DV
Vitamin B12 (Cobalamin)	5.1 µg	213% DV
Vitamin C	2.8 mg	3% DV
Vitamin D (D2 + D3)	3.6 µg	18% DV
Vitamin E	0.2 mg	1% DV
Vitamin K	0.1 µg	0% DV
Choline	60.1 mg	11% DV
Myo-Inositol	10.0 mg	~
CoQ10	1.3 mg	~
Minerals		
Calcium	77.1 mg	6% DV
Copper	125.4 µg	14% DV
Iodine	13.4 µg	9% DV
Iron	0.8 mg	4% DV
Magnesium	35.7 mg	8% DV
Manganese	181.7 µg	8% DV
Phosphorus	311.7 mg	25% DV
Potassium	553.2 mg	12% DV
Selenium	14.5 µg	26% DV
Sodium	35.7 mg	2% DV
Zinc	1.2 mg	11% DV
Amino Acids & Peptides		
Taurine	69.0 mg	~
Ergothioneine	0.0 mg	~
Functional Fats		
MUFA	1.3 g	6% DV
ALA	136.9 mg	9% DV
EPA + DHA	675.1 mg	270% DV
CLA	2.0 mg	~
Linoleic Acid	0.3 g	2% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	2875.0 µg	~
Polyphenols	0.0 mg	~
Phytosterols	0.0 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

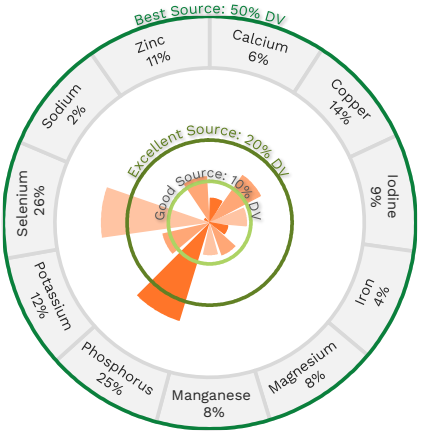








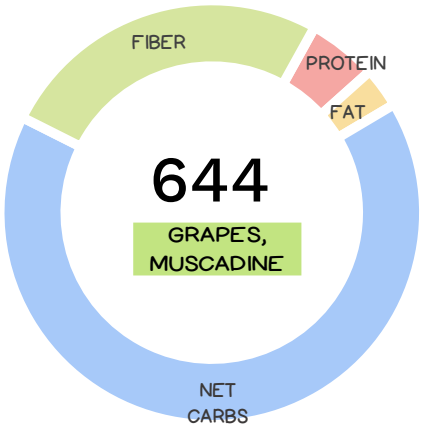




198 Grapes, muscadine

Serving Size:	224 grams	Protein:	1.8 grams	Net Carbs:	22.5 grams
Calories:	128	Fat:	1.1 grams	Fiber:	8.7 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	6.7 µg RAE	1% DV
Vitamin B1 (Thiamin)	206.1 µg	17% DV
Vitamin B2 (Riboflavin)	3360.0 µg	258% DV
Vitamin B3 (Niacin)	0.7 mg	4% DV
Vitamin B5 (Pantothenic Acid)	0.1 mg	1% DV
Vitamin B6 (Pyridoxine)	246.4 µg	14% DV
Vitamin B7 (Biotin)	3.6 µg	12% DV
Vitamin B9 (Folate)	4.5 µg	1% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	14.6 mg	16% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.4 mg	3% DV
Vitamin K	32.7 µg	27% DV
Choline	12.5 mg	2% DV
Myo-Inositol	35.8 mg	~
CoQ10	2.0 mg	~
Minerals		
Calcium	82.9 mg	6% DV
Copper	266.6 µg	30% DV
Iodine	~	~
Iron	0.6 mg	3% DV
Magnesium	31.4 mg	7% DV
Manganese	4419.5 µg	192% DV
Phosphorus	53.8 mg	4% DV
Potassium	454.7 mg	10% DV
Selenium	0.2 µg	0% DV
Sodium	2.2 mg	0% DV
Zinc	0.2 mg	2% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	53.8 mg	3% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.2 g	1% DV
MCT's	~	~
Phytonutrients		
Carotenoids	235.2 µg	~
Polyphenols	1047.1 mg	~
Phytosterols	44.8 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

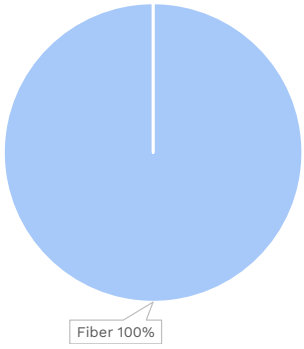




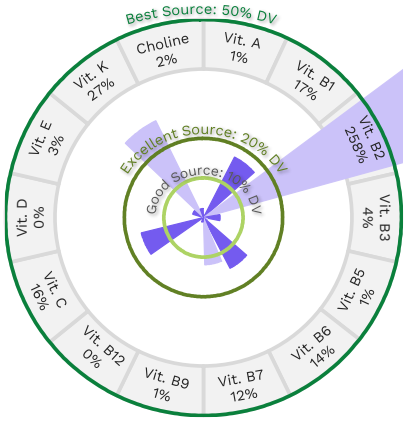
FATS



No detailed component data currently available in the USDA Food Central Database.

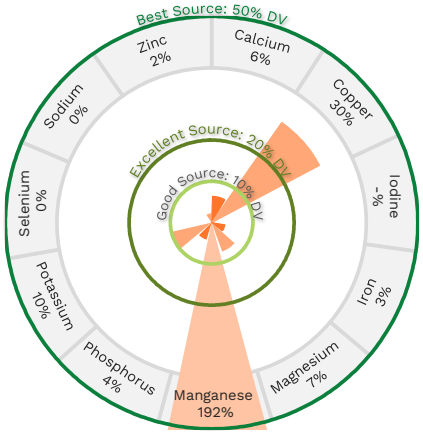


CARBOHYDRATES



MINERALS

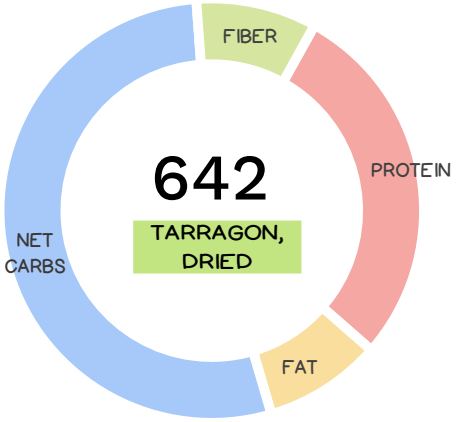
VITAMINS



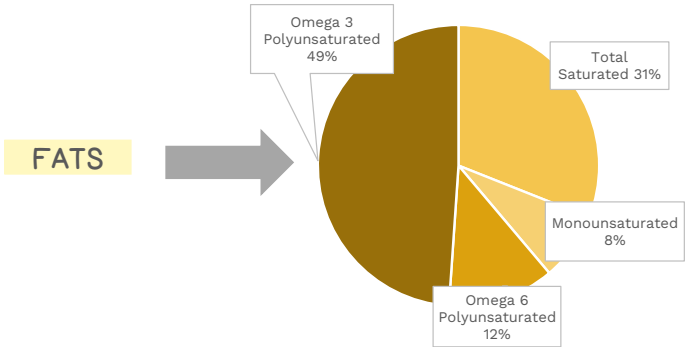
199 Tarragon, dried

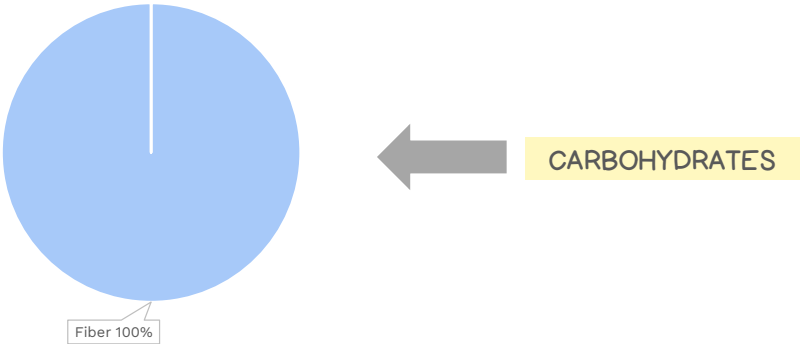
Serving Size:	2 grams	Protein:	0.4 grams	Net Carbs:	0.8 grams
Calories:	5	Fat:	0.1 grams	Fiber:	0.1 grams

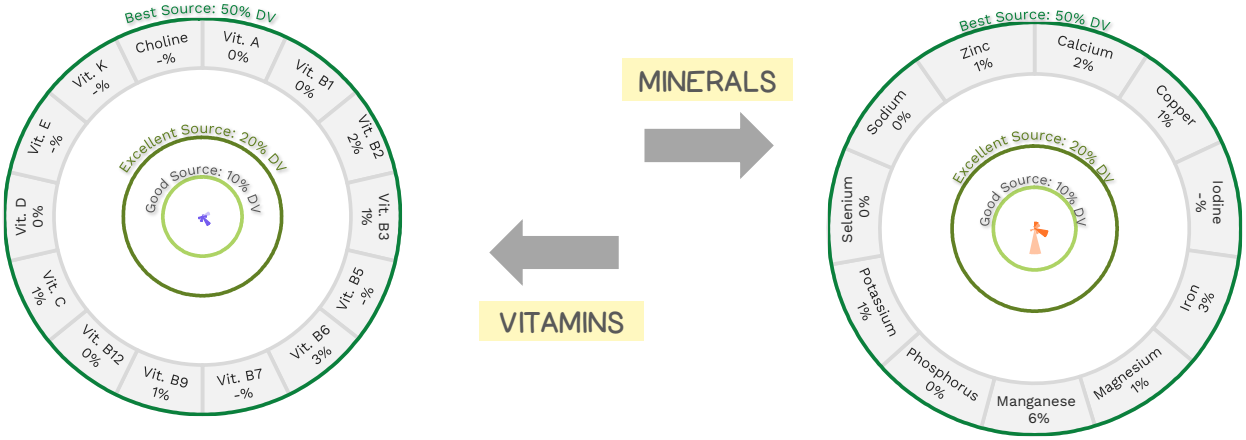
Vitamins & Vitaminlike Compounds		
Vitamin A	3.8 µg RAE	0% DV
Vitamin B1 (Thiamin)	4.5 µg	0% DV
Vitamin B2 (Riboflavin)	24.1 µg	2% DV
Vitamin B3 (Niacin)	0.2 mg	1% DV
Vitamin B5 (Pantothenic Acid)	~	~
Vitamin B6 (Pyridoxine)	43.4 µg	3% DV
Vitamin B7 (Biotin)	~	~
Vitamin B9 (Folate)	4.9 µg	1% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	0.9 mg	1% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	~	~
Vitamin K	~	~
Choline	~	~
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	20.5 mg	2% DV
Copper	12.2 µg	1% DV
Iodine	~	~
Iron	0.6 mg	3% DV
Magnesium	6.2 mg	1% DV
Manganese	143.4 µg	6% DV
Phosphorus	5.6 mg	0% DV
Potassium	54.4 mg	1% DV
Selenium	0.1 µg	0% DV
Sodium	1.1 mg	0% DV
Zinc	0.1 mg	1% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	53.2 mg	3% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.0 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	~	~
Polyphenols	37.2 mg	~
Phytosterols	~	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~







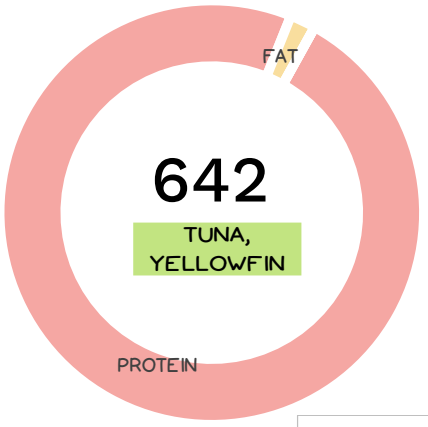




200 Tuna, Yellowfin

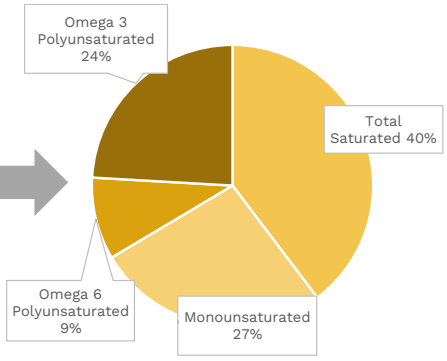
Serving Size:	115 grams	Protein:	28.1 grams	Net Carbs:	0.0 grams
Calories:	125	Fat:	0.6 grams	Fiber:	0.0 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	20.7 µg RAE	2% DV
Vitamin B1 (Thiamin)	135.7 µg	11% DV
Vitamin B2 (Riboflavin)	132.3 µg	10% DV
Vitamin B3 (Niacin)	21.2 mg	133% DV
Vitamin B5 (Pantothenic Acid)	0.3 mg	6% DV
Vitamin B6 (Pyridoxine)	1073.0 µg	63% DV
Vitamin B7 (Biotin)	1.6 µg	5% DV
Vitamin B9 (Folate)	2.3 µg	1% DV
Vitamin B12 (Cobalamin)	2.4 µg	100% DV
Vitamin C	0.0 mg	0% DV
Vitamin D (D2 + D3)	2.0 µg	10% DV
Vitamin E	0.3 mg	2% DV
Vitamin K	0.1 µg	0% DV
Choline	74.8 mg	14% DV
Myo-Inositol	17.3 mg	~
CoQ10	0.6 mg	~
Minerals		
Calcium	4.6 mg	0% DV
Copper	41.4 µg	5% DV
Iodine	10.7 µg	7% DV
Iron	0.9 mg	5% DV
Magnesium	40.3 mg	10% DV
Manganese	12.7 µg	1% DV
Phosphorus	319.7 mg	26% DV
Potassium	507.2 mg	11% DV
Selenium	104.2 µg	189% DV
Sodium	51.8 mg	2% DV
Zinc	0.4 mg	4% DV
Amino Acids & Peptides		
Taurine	381.8 mg	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.1 g	1% DV
ALA	2.3 mg	0% DV
EPA + DHA	115.0 mg	46% DV
CLA	0.2 mg	~
Linoleic Acid	0.0 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	0.0 µg	~
Polyphenols	0.0 mg	~
Phytosterols	0.0 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

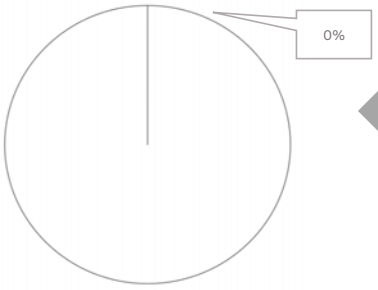




FATS

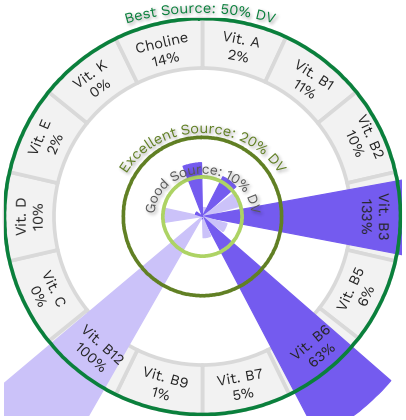


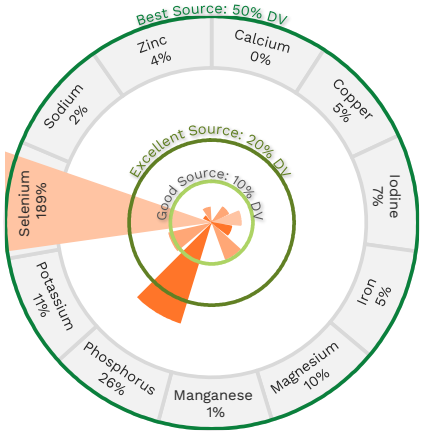
CARBOHYDRATES



MINERALS

VITAMINS

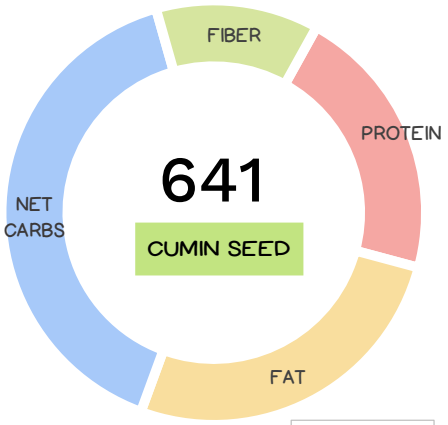




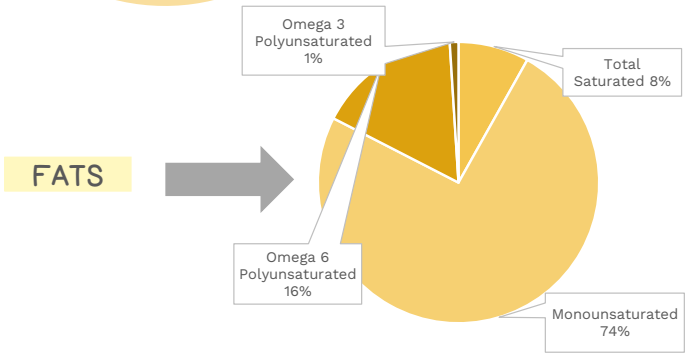
201 Cumin seed

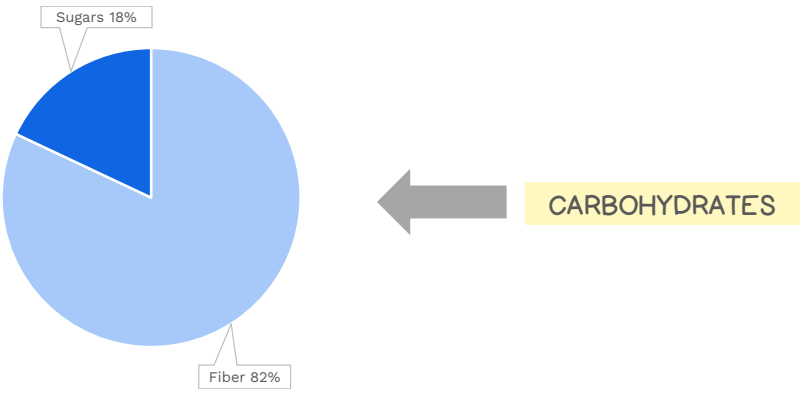
Serving Size:	6 grams	Protein:	1.1 grams	Net Carbs:	2.0 grams
Calories:	23	Fat:	1.3 grams	Fiber:	0.6 grams

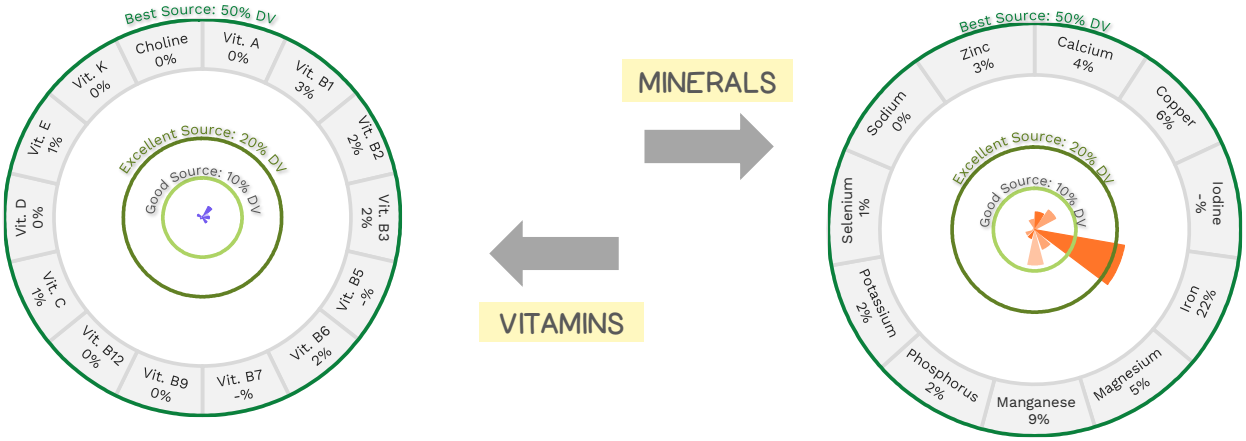
Vitamins & Vitaminlike Compounds		
Vitamin A	3.8 µg RAE	0% DV
Vitamin B1 (Thiamin)	37.7 µg	3% DV
Vitamin B2 (Riboflavin)	19.6 µg	2% DV
Vitamin B3 (Niacin)	0.3 mg	2% DV
Vitamin B5 (Pantothenic Acid)	~	~
Vitamin B6 (Pyridoxine)	26.1 µg	2% DV
Vitamin B7 (Biotin)	~	~
Vitamin B9 (Folate)	0.6 µg	0% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	0.5 mg	1% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.2 mg	1% DV
Vitamin K	0.3 µg	0% DV
Choline	1.5 mg	0% DV
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	55.9 mg	4% DV
Copper	52.0 µg	6% DV
Iodine	~	~
Iron	4.0 mg	22% DV
Magnesium	22.0 mg	5% DV
Manganese	200.0 µg	9% DV
Phosphorus	29.9 mg	2% DV
Potassium	107.3 mg	2% DV
Selenium	0.3 µg	1% DV
Sodium	10.1 mg	0% DV
Zinc	0.3 mg	3% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	0.0 mg	~
Functional Fats		
MUFA	0.8 g	4% DV
ALA	10.6 mg	1% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.2 g	1% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	72.6 µg	~
Polyphenols	540.0 mg	~
Phytosterols	~	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~







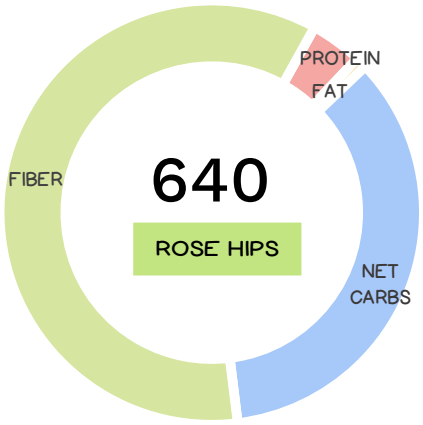




202 Rose Hips

Serving Size:	127 grams	Protein:	2.0 grams	Net Carbs:	17.9 grams
Calories:	206	Fat:	0.4 grams	Fiber:	30.6 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	275.6 µg RAE	31% DV
Vitamin B1 (Thiamin)	20.3 µg	2% DV
Vitamin B2 (Riboflavin)	210.8 µg	16% DV
Vitamin B3 (Niacin)	1.7 mg	10% DV
Vitamin B5 (Pantothenic Acid)	1.0 mg	20% DV
Vitamin B6 (Pyridoxine)	96.5 µg	6% DV
Vitamin B7 (Biotin)	~	~
Vitamin B9 (Folate)	3.8 µg	1% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	541.0 mg	601% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	9.5 mg	63% DV
Vitamin K	32.9 µg	27% DV
Choline	15.2 mg	3% DV
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	214.6 mg	17% DV
Copper	143.5 µg	16% DV
Iodine	~	~
Iron	1.3 mg	7% DV
Magnesium	87.6 mg	21% DV
Manganese	1295.4 µg	56% DV
Phosphorus	77.5 mg	6% DV
Potassium	544.8 mg	12% DV
Selenium	12.7 µg	23% DV
Sodium	5.1 mg	0% DV
Zinc	0.3 mg	3% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	~	~
ALA	63.5 mg	4% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.0 g	0% DV
MCT's	~	~
Phytonutrients		
Carotenoids	14814.6 µg	~
Polyphenols	730.3 mg	~
Phytosterols	22.6 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

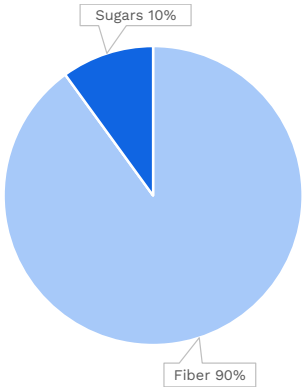




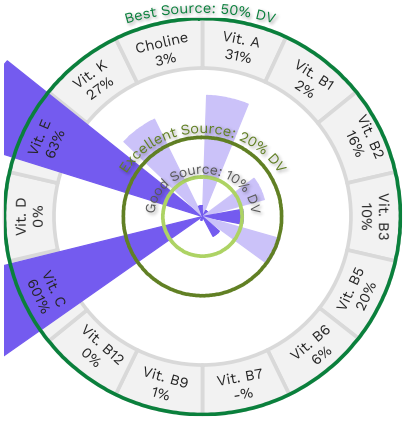
FATS



No detailed component data currently available in the USDA Food Central Database.

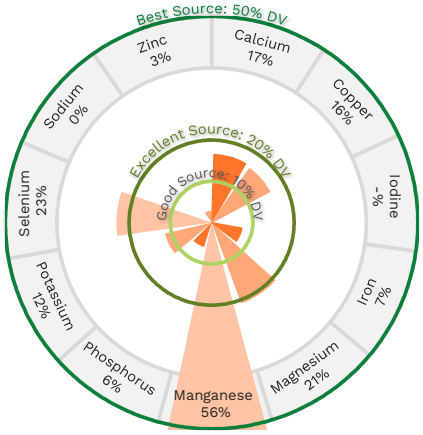


CARBOHYDRATES



MINERALS

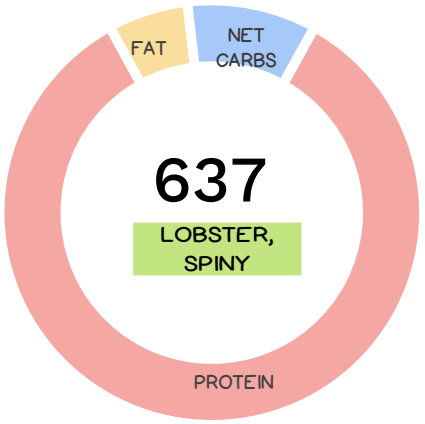
VITAMINS



203 Lobster, spiny

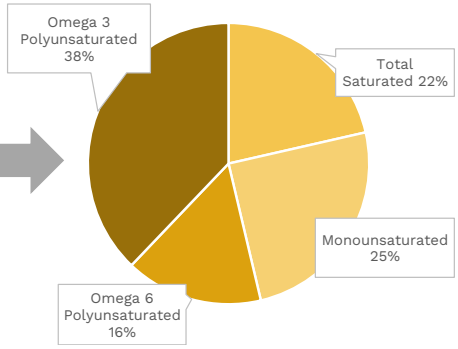
Serving Size:	115 grams	Protein:	23.7 grams	Net Carbs:	2.8 grams
Calories:	129	Fat:	1.7 grams	Fiber:	0.0 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	5.8 µg RAE	1% DV
Vitamin B1 (Thiamin)	8.1 µg	1% DV
Vitamin B2 (Riboflavin)	52.9 µg	4% DV
Vitamin B3 (Niacin)	4.9 mg	31% DV
Vitamin B5 (Pantothenic Acid)	0.4 mg	8% DV
Vitamin B6 (Pyridoxine)	172.5 µg	10% DV
Vitamin B7 (Biotin)	5.8 µg	19% DV
Vitamin B9 (Folate)	1.2 µg	0% DV
Vitamin B12 (Cobalamin)	4.0 µg	168% DV
Vitamin C	2.3 mg	3% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	1.0 mg	7% DV
Vitamin K	0.0 µg	0% DV
Choline	80.8 mg	15% DV
Myo-Inositol	~	~
CoQ10	0.3 mg	~
Minerals		
Calcium	56.4 mg	4% DV
Copper	438.2 µg	49% DV
Iodine	805.0 µg	537% DV
Iron	1.4 mg	8% DV
Magnesium	46.0 mg	11% DV
Manganese	17.3 µg	1% DV
Phosphorus	273.7 mg	22% DV
Potassium	207.0 mg	4% DV
Selenium	53.1 µg	97% DV
Sodium	203.6 mg	9% DV
Zinc	6.5 mg	59% DV
Amino Acids & Peptides		
Taurine	319.7 mg	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.3 g	2% DV
ALA	9.2 mg	1% DV
EPA + DHA	429.0 mg	172% DV
CLA	0.5 mg	~
Linoleic Acid	0.0 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	0.0 µg	~
Polyphenols	0.0 mg	~
Phytosterols	0.0 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~





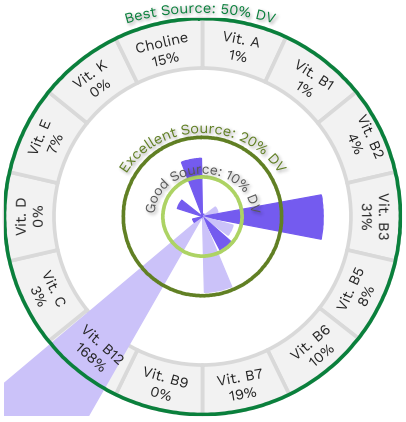
FATS



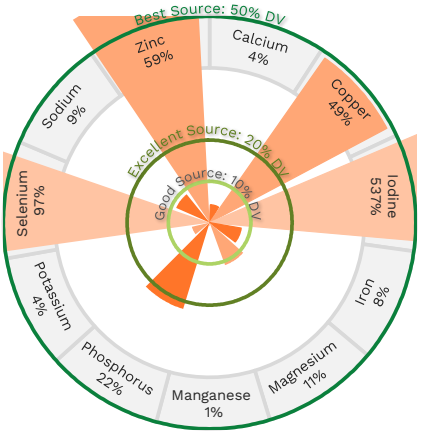
CARBOHYDRATES

No detailed component data currently available in the USDA Food Central Database.

VITAMINS



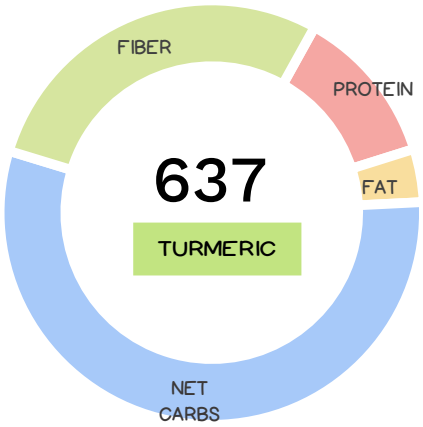
MINERALS



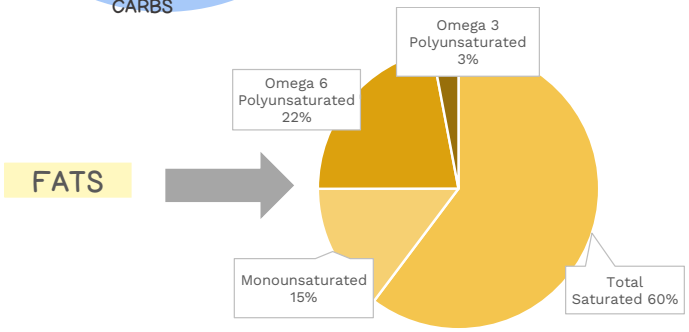
204 Turmeric

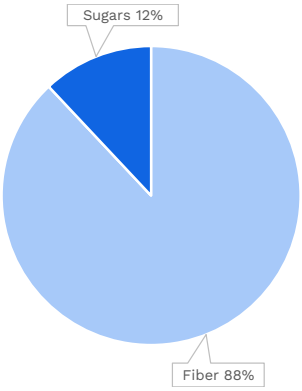
Serving Size:	9 grams	Protein:	0.9 grams	Net Carbs:	4.2 grams
Calories:	29	Fat:	0.3 grams	Fiber:	2.1 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	0.0 µg RAE	0% DV
Vitamin B1 (Thiamin)	5.5 µg	0% DV
Vitamin B2 (Riboflavin)	14.1 µg	1% DV
Vitamin B3 (Niacin)	0.1 mg	1% DV
Vitamin B5 (Pantothenic Acid)	0.1 mg	1% DV
Vitamin B6 (Pyridoxine)	10.1 µg	1% DV
Vitamin B7 (Biotin)	~	~
Vitamin B9 (Folate)	1.9 µg	0% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	0.1 mg	0% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.5 mg	3% DV
Vitamin K	1.3 µg	1% DV
Choline	4.6 mg	1% DV
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	15.8 mg	1% DV
Copper	122.2 µg	14% DV
Iodine	~	~
Iron	5.2 mg	29% DV
Magnesium	19.6 mg	5% DV
Manganese	1861.2 µg	81% DV
Phosphorus	28.1 mg	2% DV
Potassium	195.5 mg	4% DV
Selenium	0.6 µg	1% DV
Sodium	2.5 mg	0% DV
Zinc	0.4 mg	4% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	7.9 mg	0% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.1 g	0% DV
MCT's	0.1 g	~
Phytonutrients		
Carotenoids	0.0 µg	~
Polyphenols	199.0 mg	~
Phytosterols	~	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~





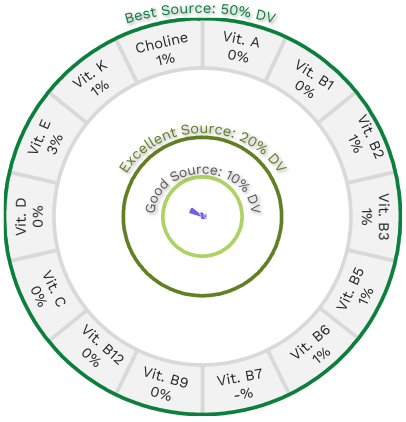


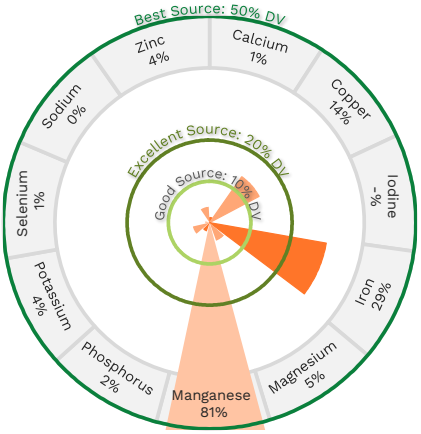


CARBOHYDRATES

MINERALS

VITAMINS

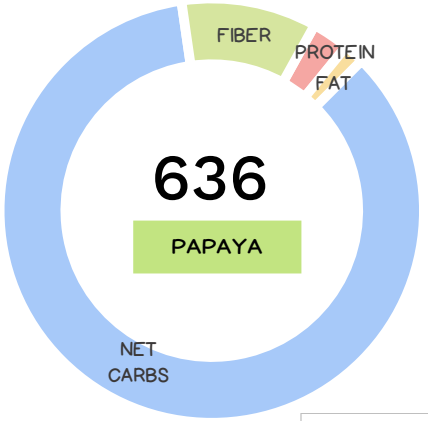




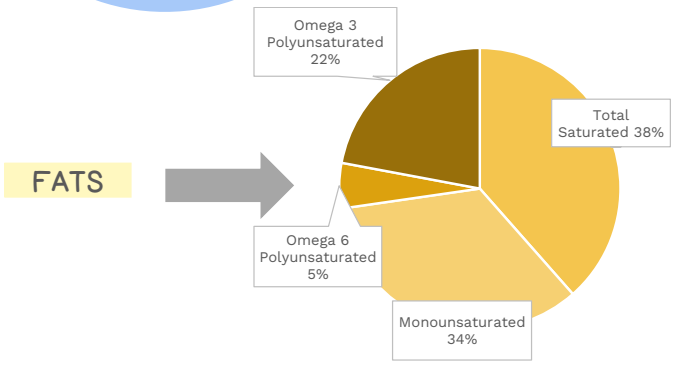
205 Papaya

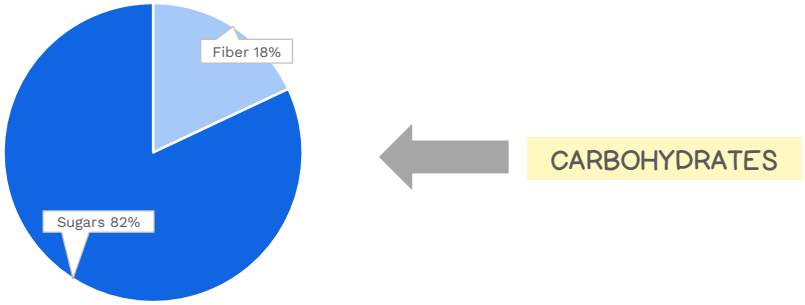
Serving Size:	145 grams	Protein:	0.7 grams	Net Carbs:	20.3 grams
Calories:	62	Fat:	0.4 grams	Fiber:	2.5 grams

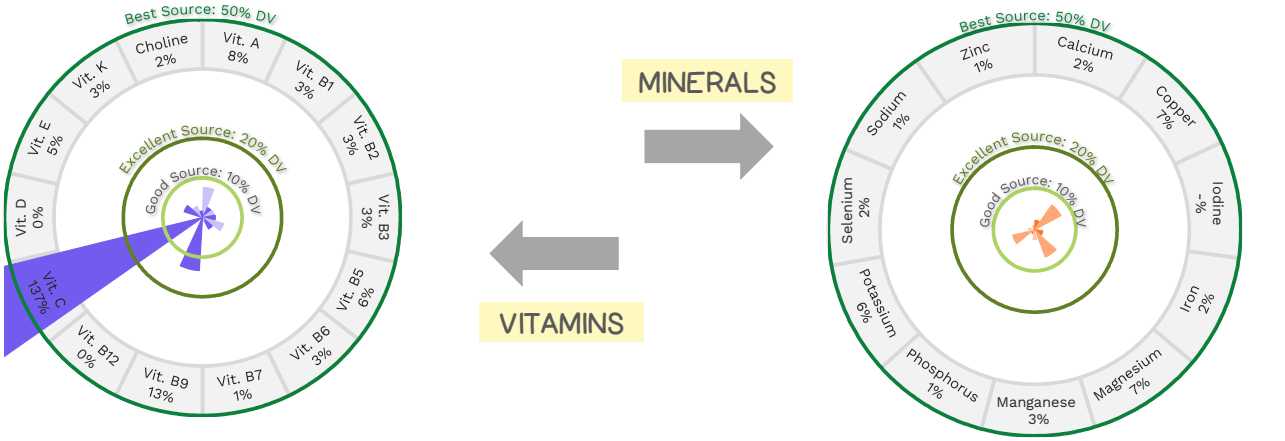
Vitamins & Vitaminlike Compounds		
Vitamin A	68.2 µg RAE	8% DV
Vitamin B1 (Thiamin)	33.4 µg	3% DV
Vitamin B2 (Riboflavin)	39.2 µg	3% DV
Vitamin B3 (Niacin)	0.5 mg	3% DV
Vitamin B5 (Pantothenic Acid)	0.3 mg	6% DV
Vitamin B6 (Pyridoxine)	55.1 µg	3% DV
Vitamin B7 (Biotin)	0.3 µg	1% DV
Vitamin B9 (Folate)	53.7 µg	13% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	123.1 mg	137% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.7 mg	5% DV
Vitamin K	3.8 µg	3% DV
Choline	8.8 mg	2% DV
Myo-Inositol	11.6 mg	~
CoQ10	~	~
Minerals		
Calcium	29.0 mg	2% DV
Copper	65.3 µg	7% DV
Iodine	~	~
Iron	0.4 mg	2% DV
Magnesium	30.5 mg	7% DV
Manganese	58.0 µg	3% DV
Phosphorus	14.5 mg	1% DV
Potassium	263.9 mg	6% DV
Selenium	0.9 µg	2% DV
Sodium	11.6 mg	1% DV
Zinc	0.1 mg	1% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.1 g	1% DV
ALA	68.2 mg	4% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.0 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	4033.9 µg	~
Polyphenols	230.6 mg	~
Phytosterols	24.5 mg	~
Glucosinolates	53.7 mg	~
Thiosulfinates	~	~
Betalains	~	~







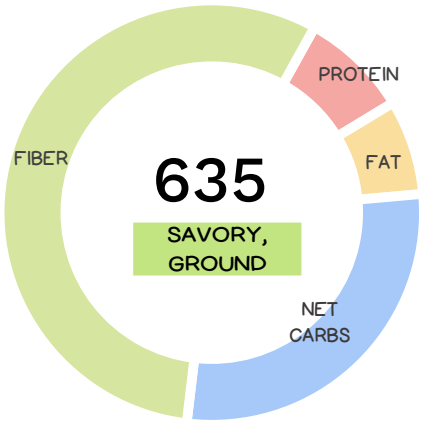




206 Savory, ground

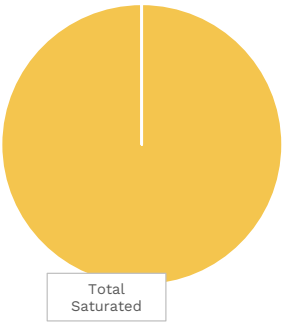
Serving Size:	4 grams	Protein:	0.3 grams	Net Carbs:	1.0 grams
Calories:	12	Fat:	0.3 grams	Fiber:	2.0 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	11.3 µg RAE	1% DV
Vitamin B1 (Thiamin)	16.1 µg	1% DV
Vitamin B2 (Riboflavin)	~	~
Vitamin B3 (Niacin)	0.2 mg	1% DV
Vitamin B5 (Pantothenic Acid)	~	~
Vitamin B6 (Pyridoxine)	79.6 µg	5% DV
Vitamin B7 (Biotin)	~	~
Vitamin B9 (Folate)	~	~
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	2.2 mg	2% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	~	~
Vitamin K	~	~
Choline	~	~
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	93.8 mg	7% DV
Copper	37.3 µg	4% DV
Iodine	~	~
Iron	1.7 mg	9% DV
Magnesium	16.6 mg	4% DV
Manganese	268.4 µg	12% DV
Phosphorus	6.2 mg	0% DV
Potassium	46.2 mg	1% DV
Selenium	0.2 µg	0% DV
Sodium	1.1 mg	0% DV
Zinc	0.2 mg	2% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	~	~
ALA	~	~
EPA + DHA	~	~
CLA	~	~
Linoleic Acid	~	~
MCT's	~	~
Phytonutrients		
Carotenoids	~	~
Polyphenols	140.6 mg	~
Phytosterols	~	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

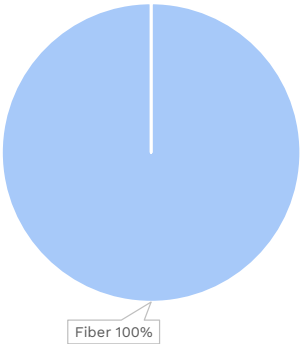




FATS



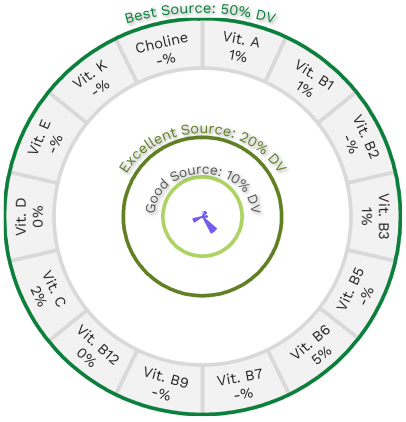
CARBOHYDRATES



MINERALS



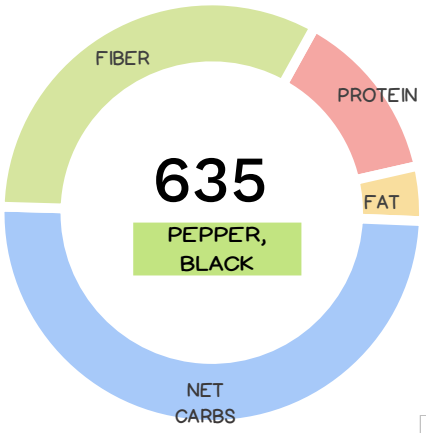
VITAMINS



207 Pepper, black

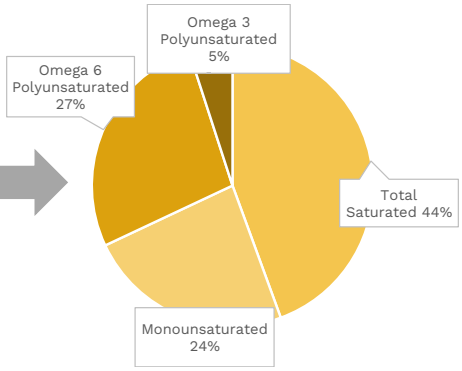
Serving Size:	7 grams	Protein:	0.7 grams	Net Carbs:	2.7 grams
Calories:	17	Fat:	0.2 grams	Fiber:	1.7 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	1.9 µg RAE	0% DV
Vitamin B1 (Thiamin)	7.5 µg	1% DV
Vitamin B2 (Riboflavin)	12.4 µg	1% DV
Vitamin B3 (Niacin)	0.1 mg	0% DV
Vitamin B5 (Pantothenic Acid)	0.1 mg	2% DV
Vitamin B6 (Pyridoxine)	20.1 µg	1% DV
Vitamin B7 (Biotin)	1.3 µg	4% DV
Vitamin B9 (Folate)	1.2 µg	0% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	0.0 mg	0% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.6 mg	4% DV
Vitamin K	11.3 µg	9% DV
Choline	0.8 mg	0% DV
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	30.6 mg	2% DV
Copper	91.8 µg	10% DV
Iodine	~	~
Iron	0.7 mg	4% DV
Magnesium	11.8 mg	3% DV
Manganese	880.0 µg	38% DV
Phosphorus	10.9 mg	1% DV
Potassium	91.7 mg	2% DV
Selenium	0.3 µg	1% DV
Sodium	1.4 mg	0% DV
Zinc	0.1 mg	1% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	0.0 mg	~
Functional Fats		
MUFA	0.1 g	0% DV
ALA	10.5 mg	1% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.0 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	56.6 µg	~
Polyphenols	117.3 mg	~
Phytosterols	~	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

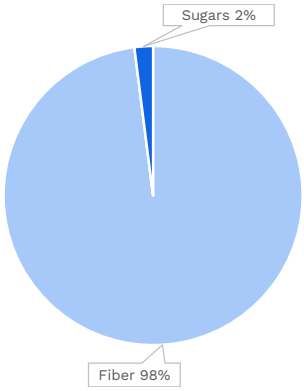




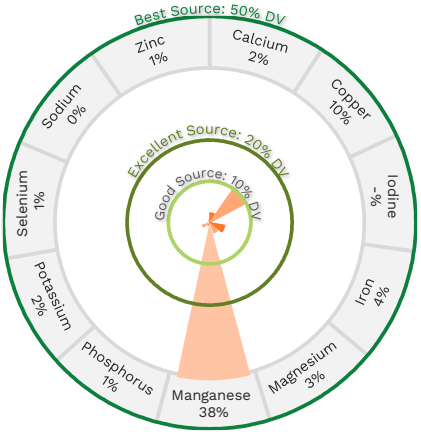
FATS



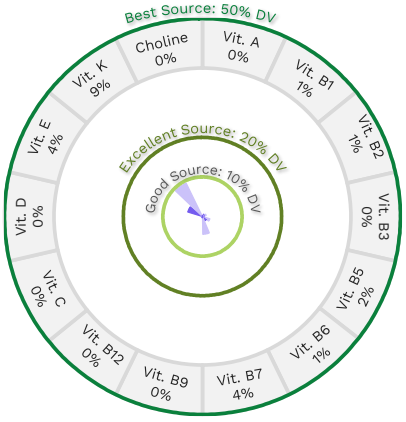
CARBOHYDRATES



MINERALS



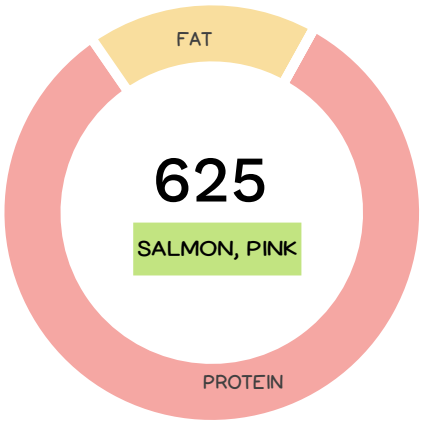
VITAMINS



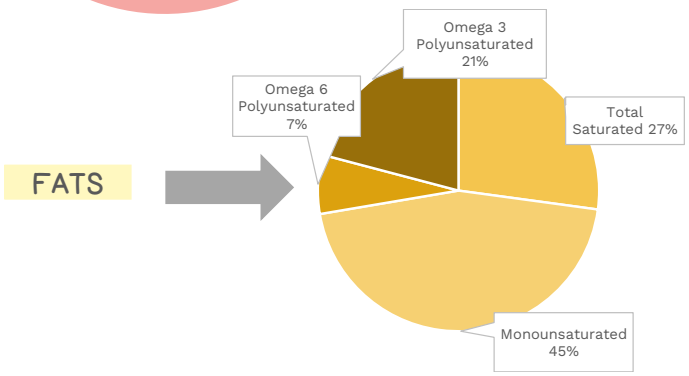
208 Salmon, Pink

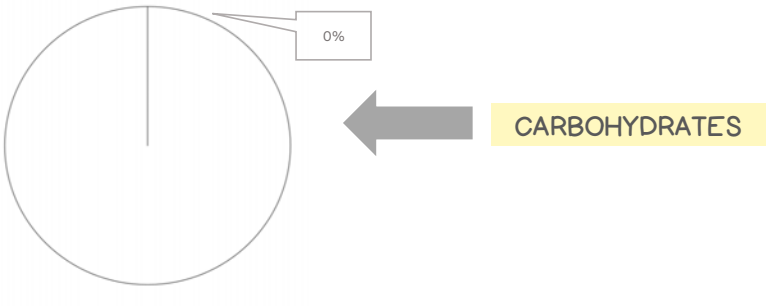
Serving Size:	115 grams	Protein:	23.6 grams	Net Carbs:	0.0 grams
Calories:	146	Fat:	5.1 grams	Fiber:	0.0 grams

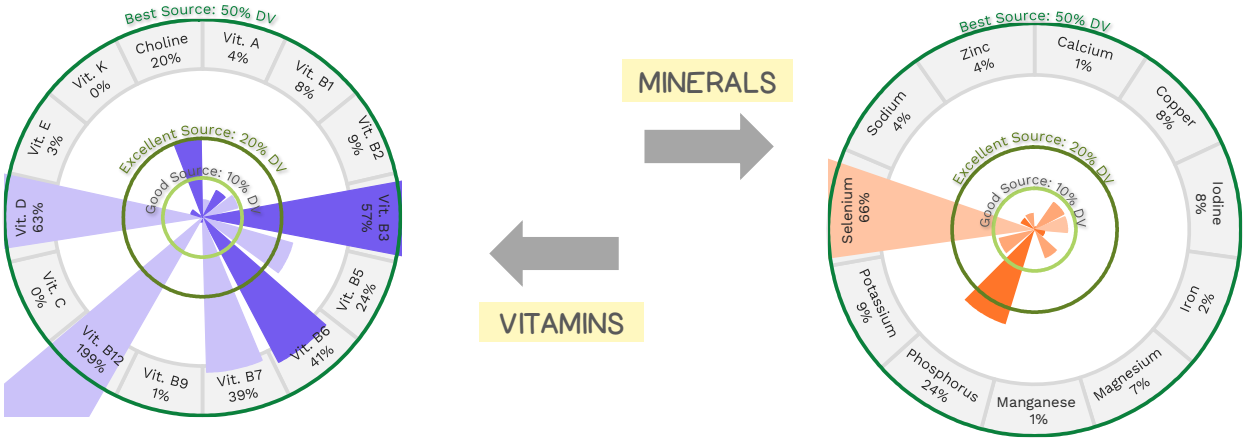
Vitamins & Vitaminlike Compounds		
Vitamin A	40.3 µg RAE	4% DV
Vitamin B1 (Thiamin)	92.0 µg	8% DV
Vitamin B2 (Riboflavin)	120.8 µg	9% DV
Vitamin B3 (Niacin)	9.2 mg	57% DV
Vitamin B5 (Pantothenic Acid)	1.2 mg	24% DV
Vitamin B6 (Pyridoxine)	702.7 µg	41% DV
Vitamin B7 (Biotin)	11.7 µg	39% DV
Vitamin B9 (Folate)	4.6 µg	1% DV
Vitamin B12 (Cobalamin)	4.8 µg	199% DV
Vitamin C	0.0 mg	0% DV
Vitamin D (D2 + D3)	12.5 µg	63% DV
Vitamin E	0.5 mg	3% DV
Vitamin K	0.5 µg	0% DV
Choline	108.8 mg	20% DV
Myo-Inositol	~	~
CoQ10	0.9 mg	~
Minerals		
Calcium	8.1 mg	1% DV
Copper	72.5 µg	8% DV
Iodine	12.0 µg	8% DV
Iron	0.4 mg	2% DV
Magnesium	31.1 mg	7% DV
Manganese	12.7 µg	1% DV
Phosphorus	300.2 mg	24% DV
Potassium	420.9 mg	9% DV
Selenium	36.1 µg	66% DV
Sodium	86.3 mg	4% DV
Zinc	0.4 mg	4% DV
Amino Acids & Peptides		
Taurine	69.0 mg	~
Ergothioneine	~	~
Functional Fats		
MUFA	1.6 g	8% DV
ALA	54.1 mg	3% DV
EPA + DHA	592.3 mg	237% DV
CLA	5.8 mg	~
Linoleic Acid	0.1 g	1% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	805.0 µg	~
Polyphenols	0.0 mg	~
Phytosterols	0.0 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~







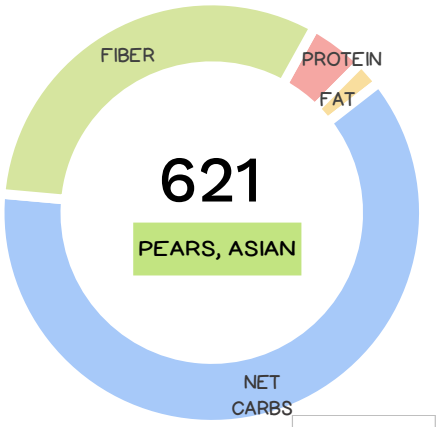




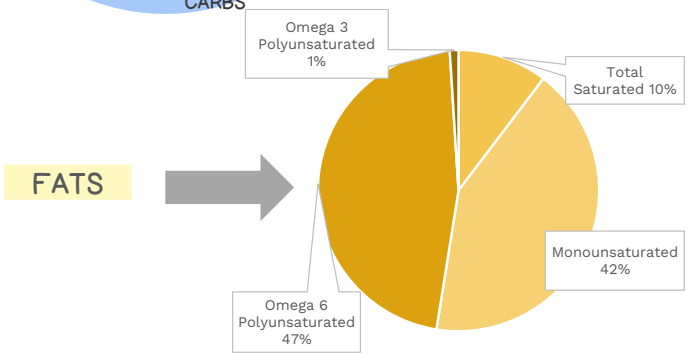
209 Pears, Asian

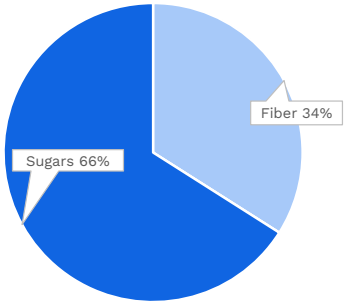
Serving Size:	122 grams	Protein:	0.6 grams	Net Carbs:	8.6 grams
Calories:	51	Fat:	0.3 grams	Fiber:	4.4 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	0.0 µg RAE	0% DV
Vitamin B1 (Thiamin)	11.0 µg	1% DV
Vitamin B2 (Riboflavin)	12.2 µg	1% DV
Vitamin B3 (Niacin)	0.3 mg	2% DV
Vitamin B5 (Pantothenic Acid)	0.1 mg	2% DV
Vitamin B6 (Pyridoxine)	26.8 µg	2% DV
Vitamin B7 (Biotin)	1.1 µg	4% DV
Vitamin B9 (Folate)	9.8 µg	2% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	4.6 mg	5% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.1 mg	1% DV
Vitamin K	5.5 µg	5% DV
Choline	6.2 mg	1% DV
Myo-Inositol	89.1 mg	~
CoQ10	~	~
Minerals		
Calcium	4.9 mg	0% DV
Copper	61.0 µg	7% DV
Iodine	~	~
Iron	0.0 mg	0% DV
Magnesium	9.8 mg	2% DV
Manganese	73.2 µg	3% DV
Phosphorus	13.4 mg	1% DV
Potassium	147.6 mg	3% DV
Selenium	0.1 µg	0% DV
Sodium	0.0 mg	0% DV
Zinc	0.0 mg	0% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.1 g	0% DV
ALA	1.2 mg	0% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.1 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	61.0 µg	~
Polyphenols	2000.8 mg	~
Phytosterols	22.0 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~





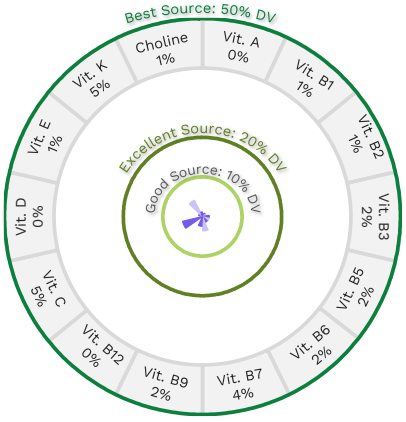


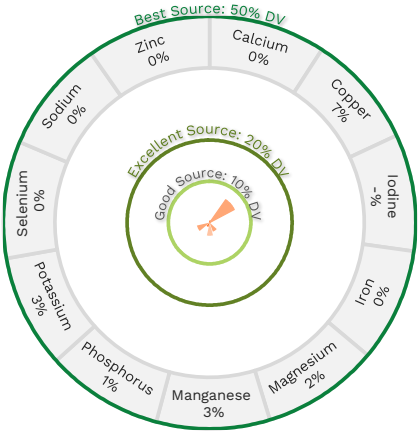


CARBOHYDRATES

MINERALS

VITAMINS

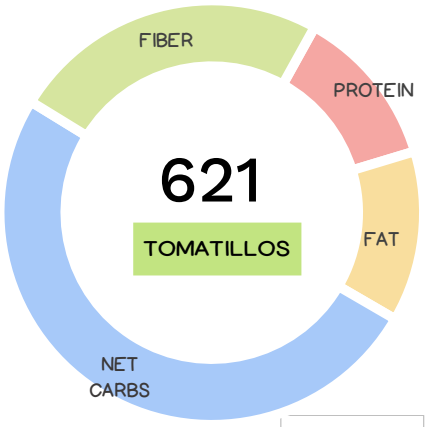




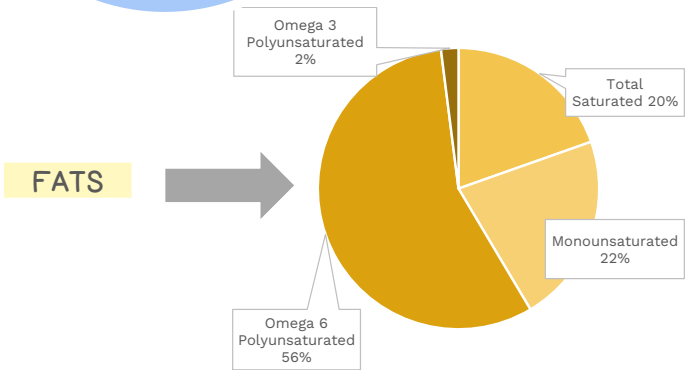
210 Tomatillos

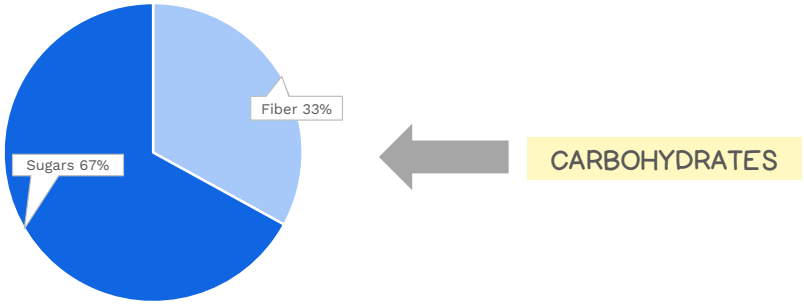
Serving Size:	132 grams	Protein:	1.3 grams	Net Carbs:	5.2 grams
Calories:	42	Fat:	1.3 grams	Fiber:	2.5 grams

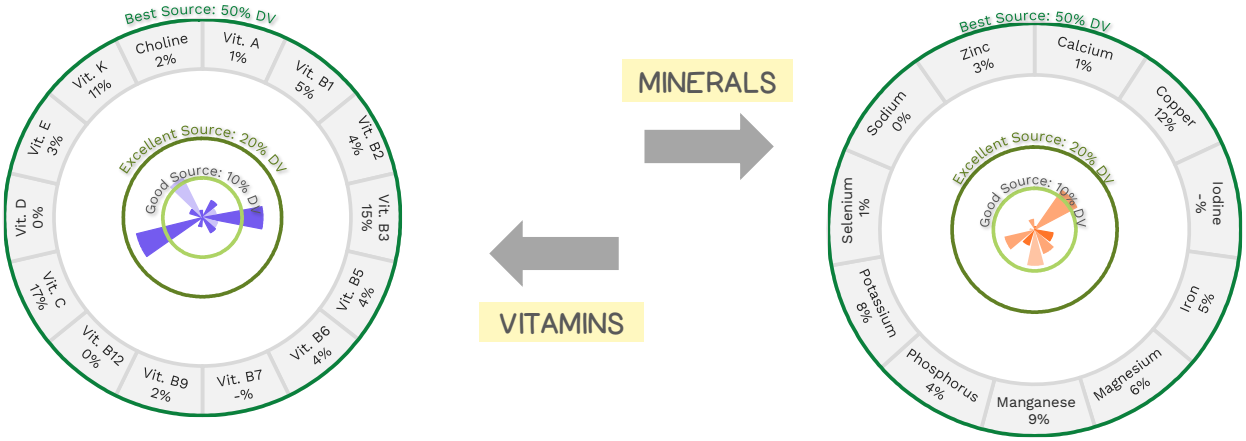
Vitamins & Vitaminlike Compounds		
Vitamin A	7.9 µg RAE	1% DV
Vitamin B1 (Thiamin)	58.1 µg	5% DV
Vitamin B2 (Riboflavin)	46.2 µg	4% DV
Vitamin B3 (Niacin)	2.4 mg	15% DV
Vitamin B5 (Pantothenic Acid)	0.2 mg	4% DV
Vitamin B6 (Pyridoxine)	73.9 µg	4% DV
Vitamin B7 (Biotin)	~	~
Vitamin B9 (Folate)	9.2 µg	2% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	15.4 mg	17% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.5 mg	3% DV
Vitamin K	13.3 µg	11% DV
Choline	10.0 mg	2% DV
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	9.2 mg	1% DV
Copper	104.3 µg	12% DV
Iodine	~	~
Iron	0.8 mg	5% DV
Magnesium	26.4 mg	6% DV
Manganese	202.0 µg	9% DV
Phosphorus	51.5 mg	4% DV
Potassium	353.8 mg	8% DV
Selenium	0.7 µg	1% DV
Sodium	1.3 mg	0% DV
Zinc	0.3 mg	3% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.2 g	1% DV
ALA	21.1 mg	1% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.5 g	3% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	712.8 µg	~
Polyphenols	970.2 mg	~
Phytosterols	~	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~







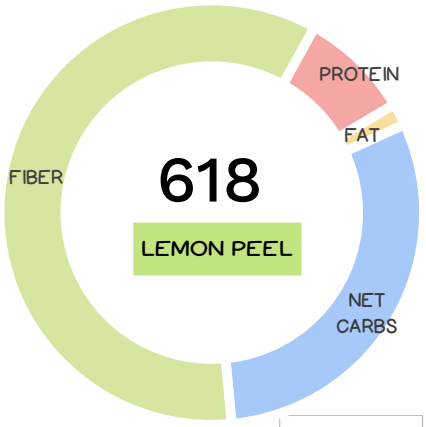




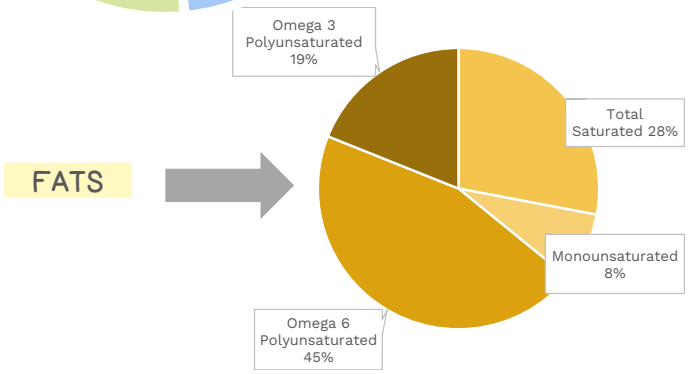
211 Lemon peel

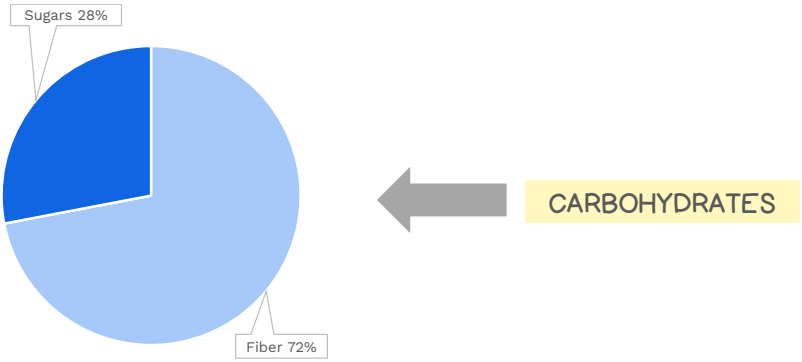
Serving Size:	6 grams	Protein:	0.1 grams	Net Carbs:	0.3 grams
Calories:	3	Fat:	0.0 grams	Fiber:	0.6 grams

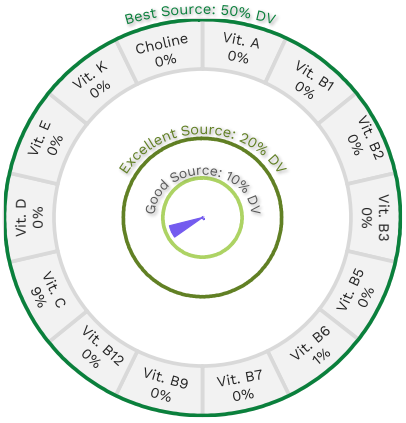
Vitamins & Vitaminlike Compounds		
Vitamin A	0.2 µg RAE	0% DV
Vitamin B1 (Thiamin)	3.6 µg	0% DV
Vitamin B2 (Riboflavin)	4.8 µg	0% DV
Vitamin B3 (Niacin)	0.0 mg	0% DV
Vitamin B5 (Pantothenic Acid)	0.0 mg	0% DV
Vitamin B6 (Pyridoxine)	10.3 µg	1% DV
Vitamin B7 (Biotin)	0.1 µg	0% DV
Vitamin B9 (Folate)	0.8 µg	0% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	7.7 mg	9% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.0 mg	0% DV
Vitamin K	0.0 µg	0% DV
Choline	0.5 mg	0% DV
Myo-Inositol	2.0 mg	~
CoQ10	~	~
Minerals		
Calcium	8.0 mg	1% DV
Copper	5.5 µg	1% DV
Iodine	~	~
Iron	0.0 mg	0% DV
Magnesium	0.9 mg	0% DV
Manganese	~	~
Phosphorus	0.7 mg	0% DV
Potassium	9.6 mg	0% DV
Selenium	0.0 µg	0% DV
Sodium	0.4 mg	0% DV
Zinc	0.0 mg	0% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	1.6 mg	0% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.0 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	4.3 µg	~
Polyphenols	11.4 mg	~
Phytosterols	~	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~











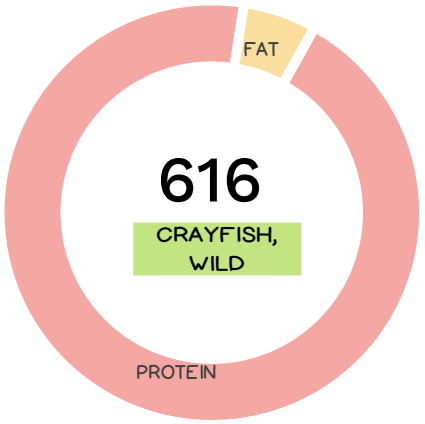




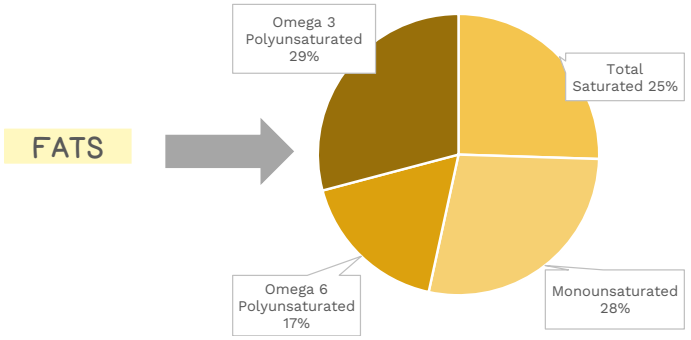
212 Crayfish, wild

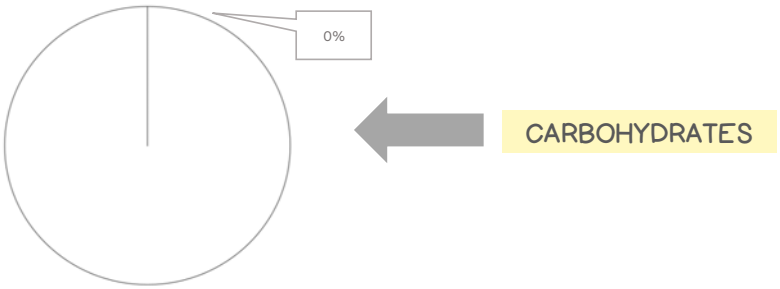
Serving Size:	115 grams	Protein:	18.4 grams	Net Carbs:	0.0 grams
Calories:	89	Fat:	1.1 grams	Fiber:	0.0 grams

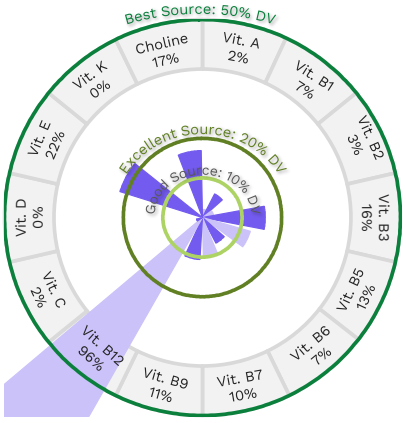
Vitamins & Vitaminlike Compounds		
Vitamin A	18.4 µg RAE	2% DV
Vitamin B1 (Thiamin)	80.5 µg	7% DV
Vitamin B2 (Riboflavin)	36.8 µg	3% DV
Vitamin B3 (Niacin)	2.5 mg	16% DV
Vitamin B5 (Pantothenic Acid)	0.6 mg	13% DV
Vitamin B6 (Pyridoxine)	124.2 µg	7% DV
Vitamin B7 (Biotin)	3.0 µg	10% DV
Vitamin B9 (Folate)	42.6 µg	11% DV
Vitamin B12 (Cobalamin)	2.3 µg	96% DV
Vitamin C	1.4 mg	2% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	3.3 mg	22% DV
Vitamin K	0.1 µg	0% DV
Choline	93.0 mg	17% DV
Myo-Inositol	4.8 mg	~
CoQ10	0.3 mg	~
Minerals		
Calcium	31.1 mg	2% DV
Copper	481.9 µg	54% DV
Iodine	97.8 µg	65% DV
Iron	1.0 mg	5% DV
Magnesium	31.1 mg	7% DV
Manganese	259.9 µg	11% DV
Phosphorus	294.4 mg	24% DV
Potassium	347.3 mg	7% DV
Selenium	36.3 µg	66% DV
Sodium	66.7 mg	3% DV
Zinc	1.5 mg	14% DV
Amino Acids & Peptides		
Taurine	178.5 mg	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.2 g	1% DV
ALA	36.8 mg	2% DV
EPA + DHA	163.3 mg	65% DV
CLA	0.7 mg	~
Linoleic Acid	0.1 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	0.0 µg	~
Polyphenols	0.0 mg	~
Phytosterols	0.0 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

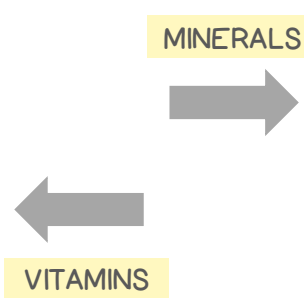


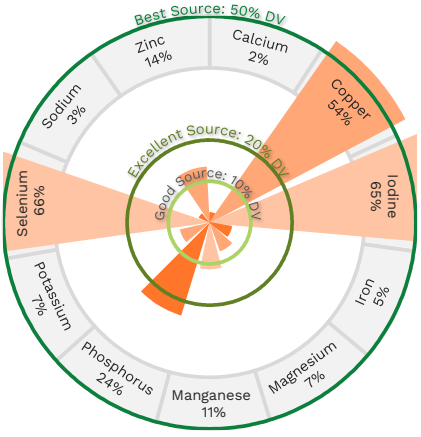








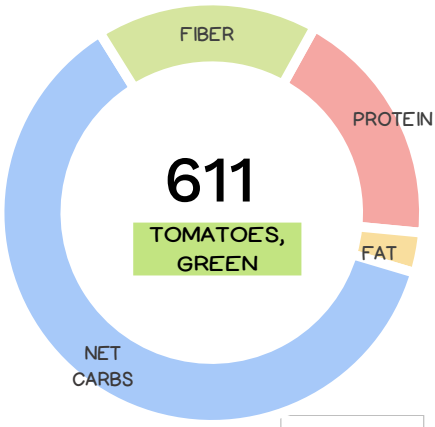




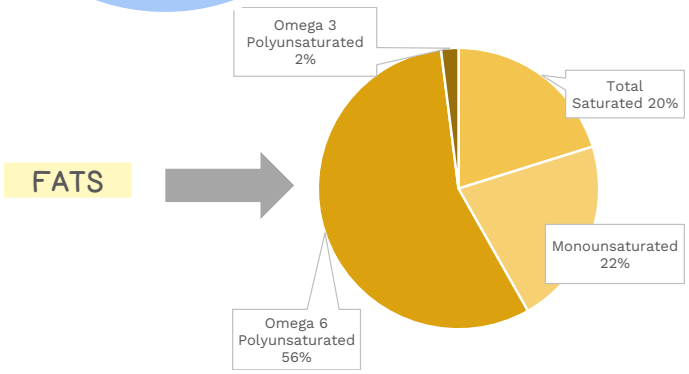
213 Tomatoes, green

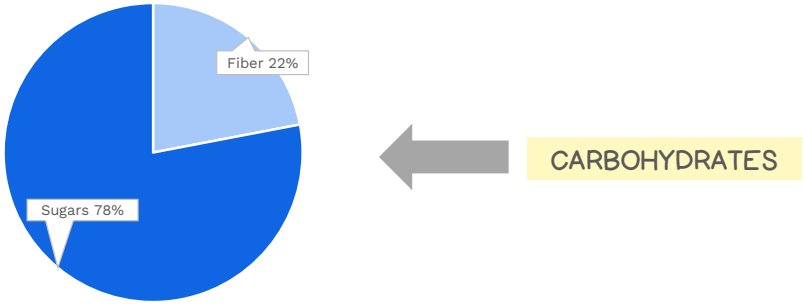
Serving Size:	180 grams	Protein:	2.2 grams	Net Carbs:	7.2 grams
Calories:	41	Fat:	0.4 grams	Fiber:	2.0 grams

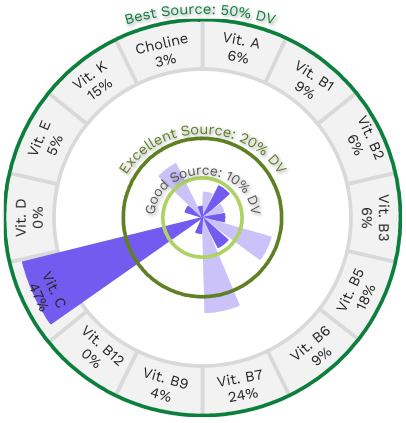
Vitamins & Vitaminlike Compounds		
Vitamin A	57.6 µg RAE	6% DV
Vitamin B1 (Thiamin)	108.0 µg	9% DV
Vitamin B2 (Riboflavin)	72.0 µg	6% DV
Vitamin B3 (Niacin)	0.9 mg	6% DV
Vitamin B5 (Pantothenic Acid)	0.9 mg	18% DV
Vitamin B6 (Pyridoxine)	145.8 µg	9% DV
Vitamin B7 (Biotin)	7.2 µg	24% DV
Vitamin B9 (Folate)	16.2 µg	4% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	42.1 mg	47% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.7 mg	5% DV
Vitamin K	18.2 µg	15% DV
Choline	15.5 mg	3% DV
Myo-Inositol	97.2 mg	~
CoQ10	0.2 mg	~
Minerals		
Calcium	23.4 mg	2% DV
Copper	162.0 µg	18% DV
Iodine	~	~
Iron	0.9 mg	5% DV
Magnesium	18.0 mg	4% DV
Manganese	180.0 µg	8% DV
Phosphorus	50.4 mg	4% DV
Potassium	367.2 mg	8% DV
Selenium	0.7 µg	1% DV
Sodium	23.4 mg	1% DV
Zinc	0.1 mg	1% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	0.0 mg	~
Functional Fats		
MUFA	0.1 g	0% DV
ALA	5.4 mg	0% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.1 g	1% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	763.2 µg	~
Polyphenols	179.6 mg	~
Phytosterols	13.3 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

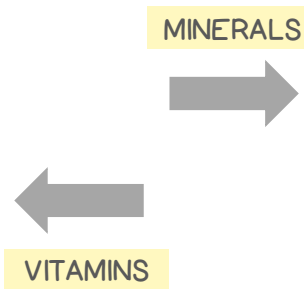


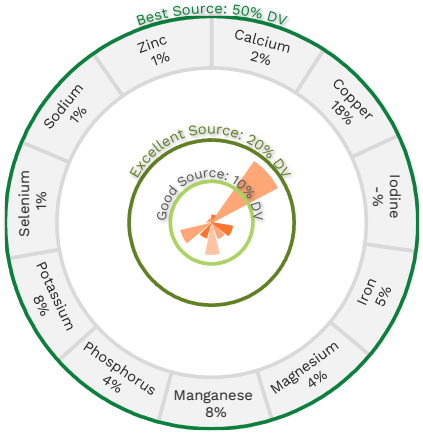








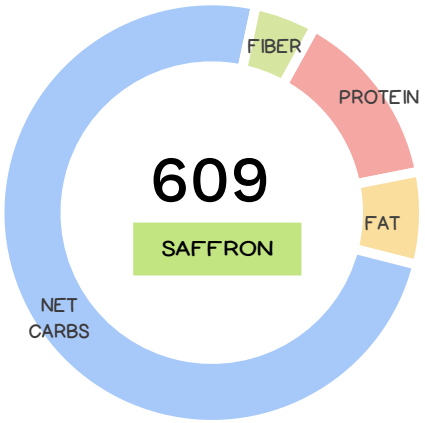




214 Saffron

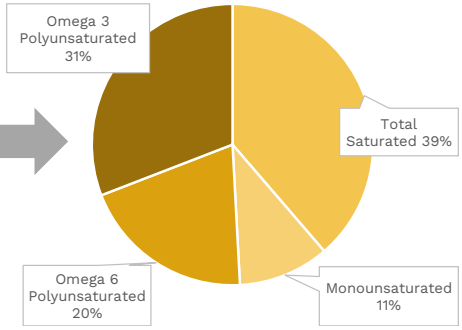
Serving Size:	2 grams	Protein:	0.2 grams	Net Carbs:	1.3 grams
Calories:	7	Fat:	0.1 grams	Fiber:	0.1 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	0.6 µg RAE	0% DV
Vitamin B1 (Thiamin)	2.4 µg	0% DV
Vitamin B2 (Riboflavin)	5.6 µg	0% DV
Vitamin B3 (Niacin)	0.0 mg	0% DV
Vitamin B5 (Pantothenic Acid)	~	~
Vitamin B6 (Pyridoxine)	21.2 µg	1% DV
Vitamin B7 (Biotin)	~	~
Vitamin B9 (Folate)	2.0 µg	0% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	1.7 mg	2% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	~	~
Vitamin K	~	~
Choline	~	~
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	2.3 mg	0% DV
Copper	6.9 µg	1% DV
Iodine	~	~
Iron	0.2 mg	1% DV
Magnesium	5.5 mg	1% DV
Manganese	596.6 µg	26% DV
Phosphorus	5.3 mg	0% DV
Potassium	36.2 mg	1% DV
Selenium	0.1 µg	0% DV
Sodium	3.1 mg	0% DV
Zinc	0.0 mg	0% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	26.1 mg	2% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.0 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	~	~
Polyphenols	11.9 mg	~
Phytosterols	~	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

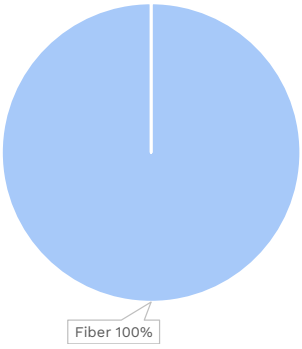




FATS



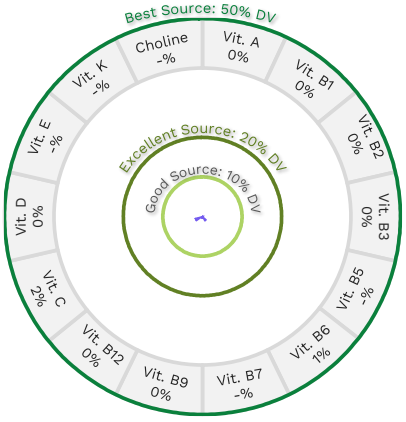
CARBOHYDRATES



MINERALS



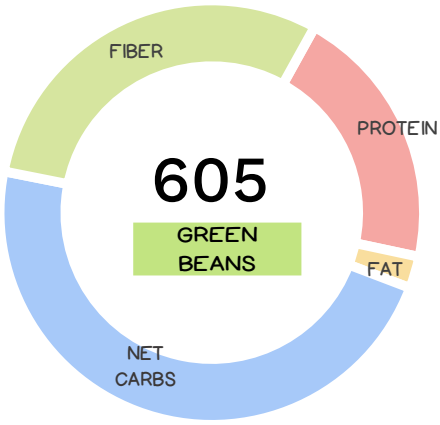
VITAMINS



215 Green Beans

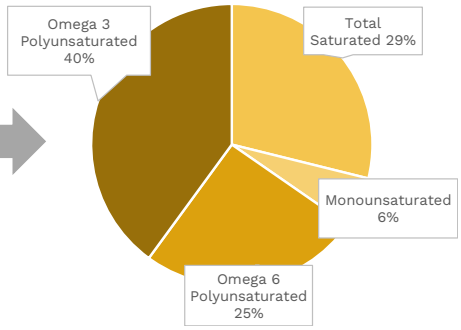
Serving Size:	100 grams	Protein:	1.8 grams	Net Carbs:	4.3 grams
Calories:	31	Fat:	0.2 grams	Fiber:	2.7 grams

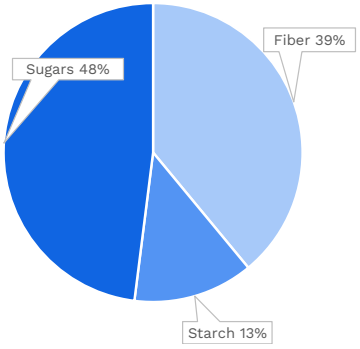
Vitamins & Vitaminlike Compounds		
Vitamin A	35.0 µg RAE	4% DV
Vitamin B1 (Thiamin)	82.0 µg	7% DV
Vitamin B2 (Riboflavin)	104.0 µg	8% DV
Vitamin B3 (Niacin)	0.7 mg	5% DV
Vitamin B5 (Pantothenic Acid)	0.2 mg	5% DV
Vitamin B6 (Pyridoxine)	141.0 µg	8% DV
Vitamin B7 (Biotin)	0.7 µg	2% DV
Vitamin B9 (Folate)	33.0 µg	8% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	12.2 mg	14% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.4 mg	3% DV
Vitamin K	43.0 µg	36% DV
Choline	15.3 mg	3% DV
Myo-Inositol	105.0 mg	~
CoQ10	~	~
Minerals		
Calcium	37.0 mg	3% DV
Copper	69.0 µg	8% DV
Iodine	~	~
Iron	1.0 mg	6% DV
Magnesium	25.0 mg	6% DV
Manganese	216.0 µg	9% DV
Phosphorus	38.0 mg	3% DV
Potassium	211.0 mg	4% DV
Selenium	0.6 µg	1% DV
Sodium	6.0 mg	0% DV
Zinc	0.2 mg	2% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	69.0 mg	4% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.0 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	1088.0 µg	~
Polyphenols	45.8 mg	~
Phytosterols	12.4 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~



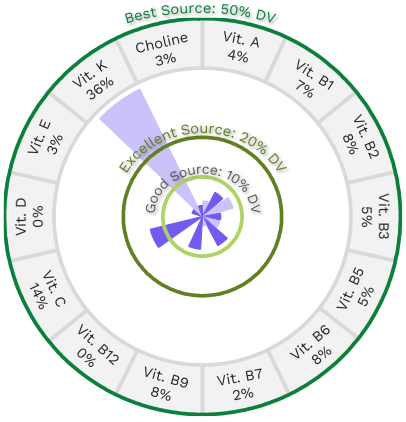


FATS



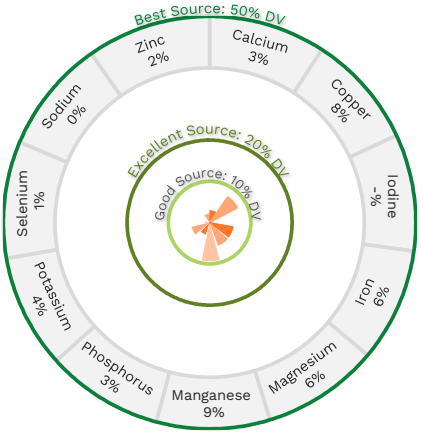


CARBOHYDRATES



MINERALS

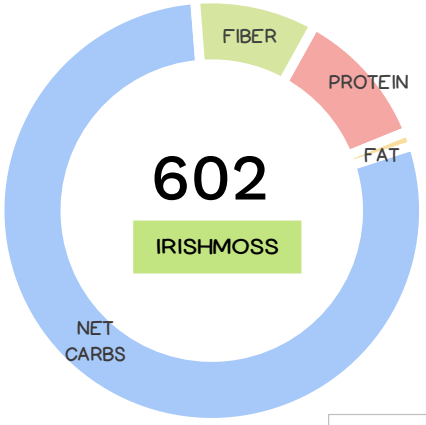
VITAMINS



216 Irishmoss

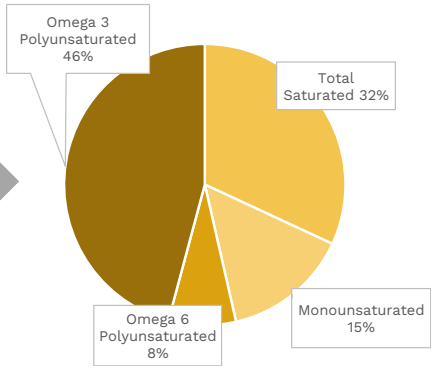
Serving Size:	80 grams	Protein:	1.2 grams	Net Carbs:	8.8 grams
Calories:	39	Fat:	0.1 grams	Fiber:	1.0 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	4.8 µg RAE	1% DV
Vitamin B1 (Thiamin)	12.0 µg	1% DV
Vitamin B2 (Riboflavin)	372.8 µg	29% DV
Vitamin B3 (Niacin)	0.5 mg	3% DV
Vitamin B5 (Pantothenic Acid)	0.1 mg	3% DV
Vitamin B6 (Pyridoxine)	55.2 µg	3% DV
Vitamin B7 (Biotin)	~	~
Vitamin B9 (Folate)	145.6 µg	36% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	2.4 mg	3% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.7 mg	5% DV
Vitamin K	4.0 µg	3% DV
Choline	10.3 mg	2% DV
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	57.6 mg	4% DV
Copper	119.2 µg	13% DV
Iodine	~	~
Iron	7.1 mg	40% DV
Magnesium	115.2 mg	27% DV
Manganese	296.0 µg	13% DV
Phosphorus	125.6 mg	10% DV
Potassium	50.4 mg	1% DV
Selenium	0.6 µg	1% DV
Sodium	53.6 mg	2% DV
Zinc	1.6 mg	14% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	0.8 mg	0% DV
EPA + DHA	36.8 mg	15% DV
CLA	~	~
Linoleic Acid	0.0 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	56.8 µg	~
Polyphenols	18.3 mg	~
Phytosterols	~	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

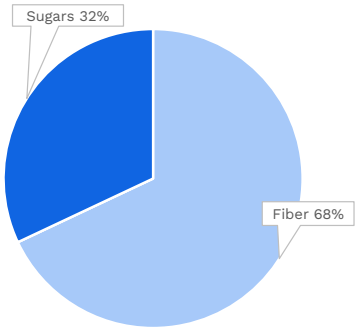


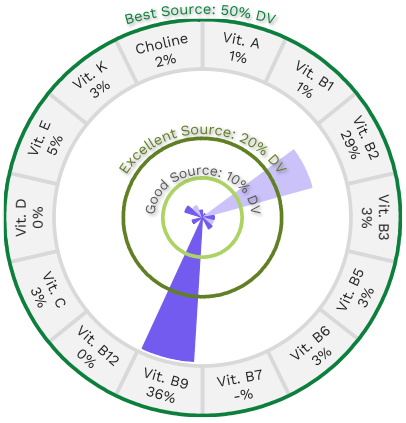


FATS



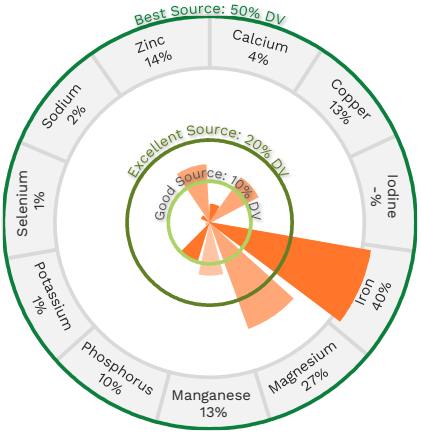
CARBOHYDRATES





MINERALS

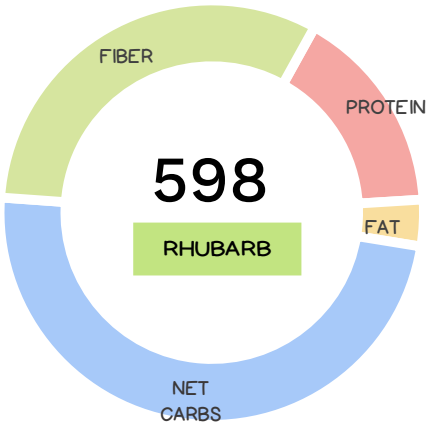
VITAMINS



217 Rhubarb

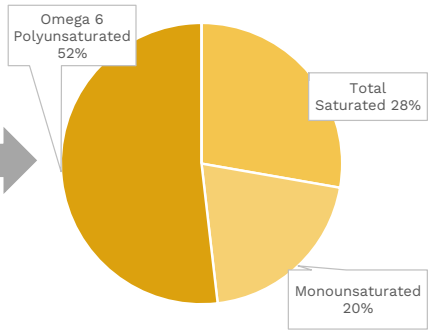
Serving Size:	122 grams	Protein:	1.1 grams	Net Carbs:	3.3 grams
Calories:	26	Fat:	0.2 grams	Fiber:	2.2 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	6.1 µg RAE	1% DV
Vitamin B1 (Thiamin)	24.4 µg	2% DV
Vitamin B2 (Riboflavin)	36.6 µg	3% DV
Vitamin B3 (Niacin)	0.4 mg	2% DV
Vitamin B5 (Pantothenic Acid)	0.1 mg	2% DV
Vitamin B6 (Pyridoxine)	29.3 µg	2% DV
Vitamin B7 (Biotin)	~	~
Vitamin B9 (Folate)	8.5 µg	2% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	9.8 mg	11% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.3 mg	2% DV
Vitamin K	35.7 µg	30% DV
Choline	7.4 mg	1% DV
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	104.9 mg	8% DV
Copper	25.6 µg	3% DV
Iodine	~	~
Iron	0.3 mg	1% DV
Magnesium	14.6 mg	3% DV
Manganese	239.1 µg	10% DV
Phosphorus	17.1 mg	1% DV
Potassium	351.4 mg	7% DV
Selenium	1.3 µg	2% DV
Sodium	4.9 mg	0% DV
Zinc	0.1 mg	1% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	0.0 mg	0% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.1 g	1% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	281.8 µg	~
Polyphenols	325.3 mg	~
Phytosterols	22.3 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

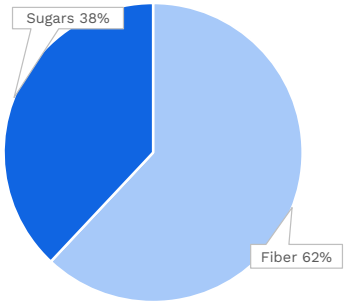




FATS

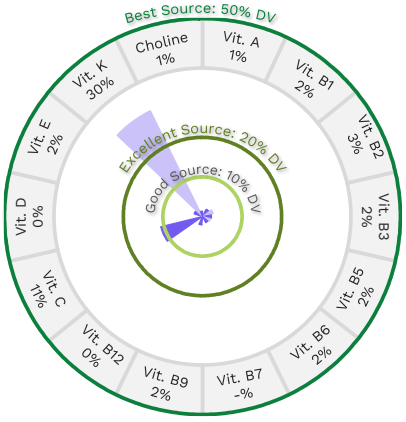


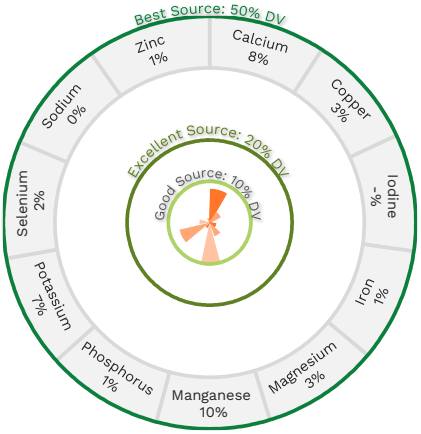
CARBOHYDRATES



MINERALS

VITAMINS

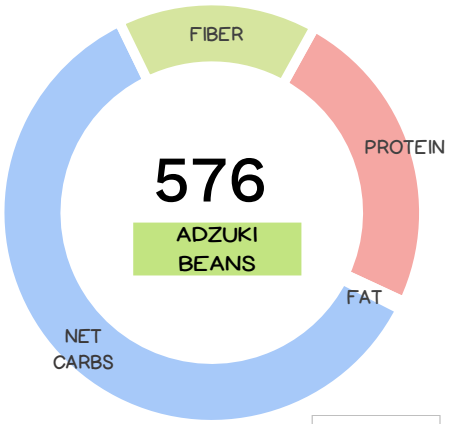




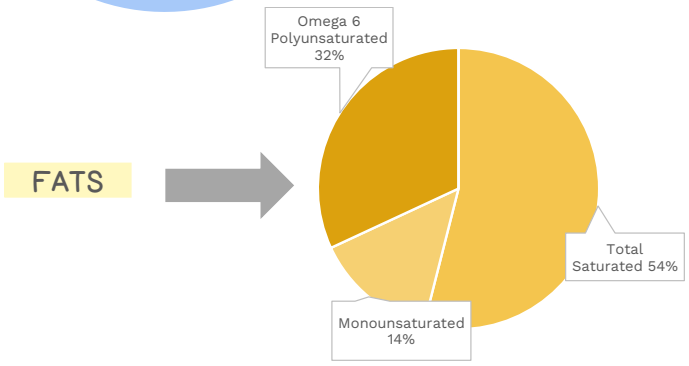
218 Adzuki beans

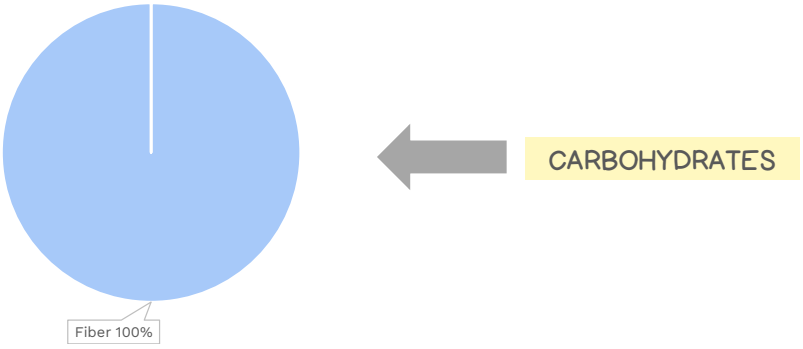
Serving Size:	33 grams	Protein:	6.5 grams	Net Carbs:	16.5 grams
Calories:	108	Fat:	0.2 grams	Fiber:	4.2 grams

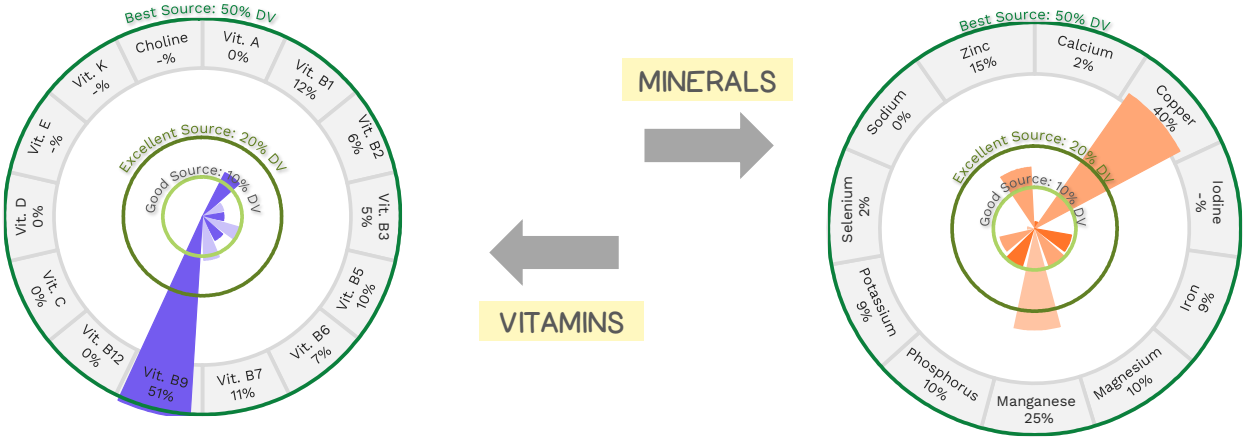
Vitamins & Vitaminlike Compounds		
Vitamin A	0.3 µg RAE	0% DV
Vitamin B1 (Thiamin)	149.4 µg	12% DV
Vitamin B2 (Riboflavin)	72.2 µg	6% DV
Vitamin B3 (Niacin)	0.9 mg	5% DV
Vitamin B5 (Pantothenic Acid)	0.5 mg	10% DV
Vitamin B6 (Pyridoxine)	115.2 µg	7% DV
Vitamin B7 (Biotin)	3.3 µg	11% DV
Vitamin B9 (Folate)	204.2 µg	51% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	0.0 mg	0% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	~	~
Vitamin K	~	~
Choline	~	~
Myo-Inositol	~	~
CoQ10	0.1 mg	~
Minerals		
Calcium	21.7 mg	2% DV
Copper	359.2 µg	40% DV
Iodine	~	~
Iron	1.6 mg	9% DV
Magnesium	41.7 mg	10% DV
Manganese	568.0 µg	25% DV
Phosphorus	125.1 mg	10% DV
Potassium	411.7 mg	9% DV
Selenium	1.0 µg	2% DV
Sodium	1.6 mg	0% DV
Zinc	1.7 mg	15% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	~	~
EPA + DHA	~	~
CLA	~	~
Linoleic Acid	0.0 g	0% DV
MCT's	~	~
Phytonutrients		
Carotenoids	3.9 µg	~
Polyphenols	2945.2 mg	~
Phytosterols	25.0 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~







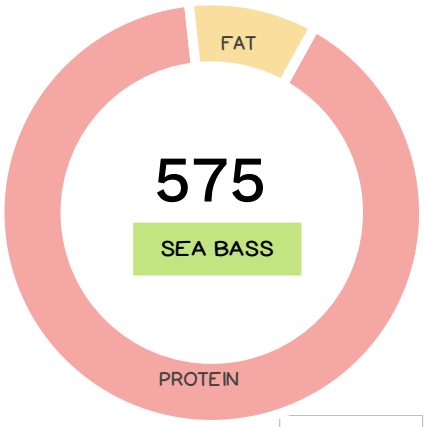




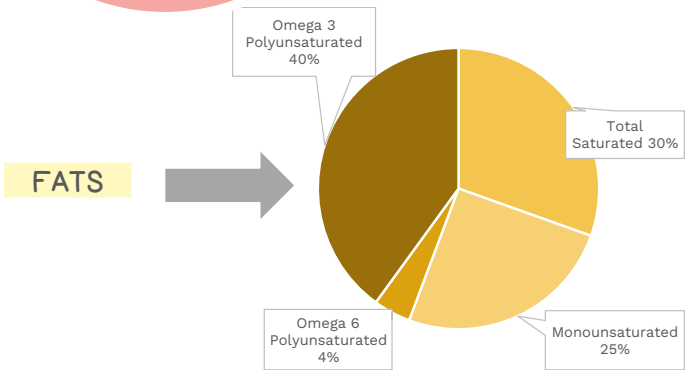
219 Sea bass

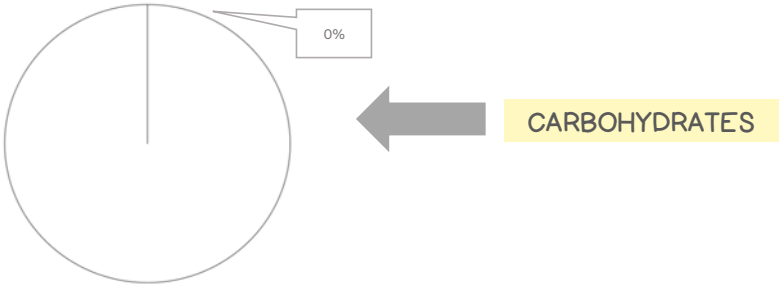
Serving Size:	115 grams	Protein:	21.2 grams	Net Carbs:	0.0 grams
Calories:	112	Fat:	2.3 grams	Fiber:	0.0 grams

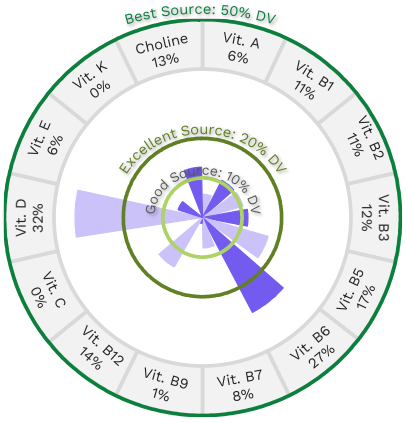
Vitamins & Vitaminlike Compounds		
Vitamin A	52.9 µg RAE	6% DV
Vitamin B1 (Thiamin)	126.5 µg	11% DV
Vitamin B2 (Riboflavin)	138.0 µg	11% DV
Vitamin B3 (Niacin)	1.8 mg	12% DV
Vitamin B5 (Pantothenic Acid)	0.9 mg	17% DV
Vitamin B6 (Pyridoxine)	460.0 µg	27% DV
Vitamin B7 (Biotin)	2.3 µg	8% DV
Vitamin B9 (Folate)	5.8 µg	1% DV
Vitamin B12 (Cobalamin)	0.3 µg	14% DV
Vitamin C	0.0 mg	0% DV
Vitamin D (D2 + D3)	6.4 µg	32% DV
Vitamin E	1.0 mg	6% DV
Vitamin K	0.1 µg	0% DV
Choline	69.9 mg	13% DV
Myo-Inositol	~	~
CoQ10	0.0 mg	~
Minerals		
Calcium	11.5 mg	1% DV
Copper	21.9 µg	2% DV
Iodine	20.6 µg	14% DV
Iron	0.3 mg	2% DV
Magnesium	47.2 mg	11% DV
Manganese	17.3 µg	1% DV
Phosphorus	223.1 mg	18% DV
Potassium	294.4 mg	6% DV
Selenium	42.0 µg	76% DV
Sodium	78.2 mg	3% DV
Zinc	0.5 mg	4% DV
Amino Acids & Peptides		
Taurine	173.7 mg	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.5 g	2% DV
ALA	0.0 mg	0% DV
EPA + DHA	684.3 mg	274% DV
CLA	~	~
Linoleic Acid	0.0 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	0.0 µg	~
Polyphenols	0.0 mg	~
Phytosterols	0.0 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

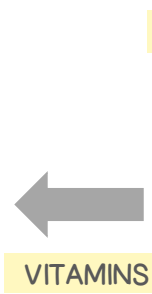


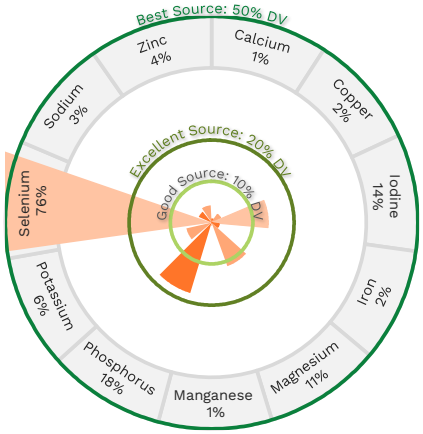








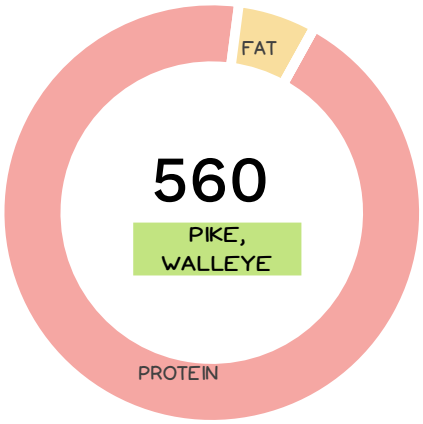




220 Pike, walleye

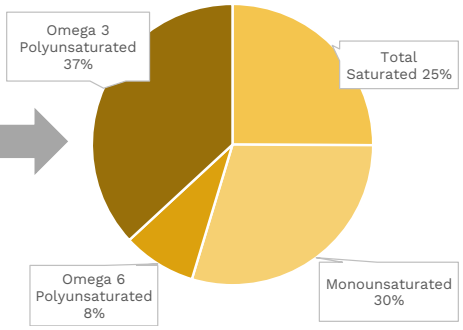
Serving Size:	115 grams	Protein:	22.0 grams	Net Carbs:	0.0 grams
Calories:	107	Fat:	1.4 grams	Fiber:	0.0 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	24.2 µg RAE	3% DV
Vitamin B1 (Thiamin)	310.5 µg	26% DV
Vitamin B2 (Riboflavin)	184.0 µg	14% DV
Vitamin B3 (Niacin)	2.6 mg	17% DV
Vitamin B5 (Pantothenic Acid)	0.9 mg	17% DV
Vitamin B6 (Pyridoxine)	138.0 µg	8% DV
Vitamin B7 (Biotin)	3.1 µg	10% DV
Vitamin B9 (Folate)	17.3 µg	4% DV
Vitamin B12 (Cobalamin)	2.3 µg	96% DV
Vitamin C	0.0 mg	0% DV
Vitamin D (D2 + D3)	2.4 µg	12% DV
Vitamin E	1.0 mg	7% DV
Vitamin K	0.9 µg	1% DV
Choline	~	~
Myo-Inositol	~	~
CoQ10	0.6 mg	~
Minerals		
Calcium	126.5 mg	10% DV
Copper	204.7 µg	23% DV
Iodine	40.3 µg	27% DV
Iron	1.5 mg	8% DV
Magnesium	34.5 mg	8% DV
Manganese	920.0 µg	40% DV
Phosphorus	241.5 mg	19% DV
Potassium	447.4 mg	10% DV
Selenium	14.5 µg	26% DV
Sodium	58.7 mg	3% DV
Zinc	0.7 mg	6% DV
Amino Acids & Peptides		
Taurine	173.7 mg	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.3 g	2% DV
ALA	16.1 mg	1% DV
EPA + DHA	357.7 mg	143% DV
CLA	~	~
Linoleic Acid	0.0 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	0.0 µg	~
Polyphenols	0.0 mg	~
Phytosterols	0.0 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

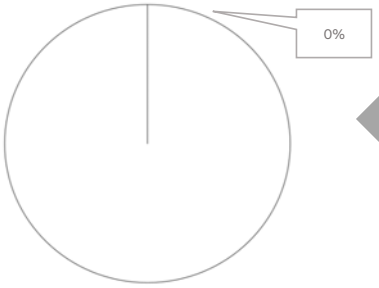




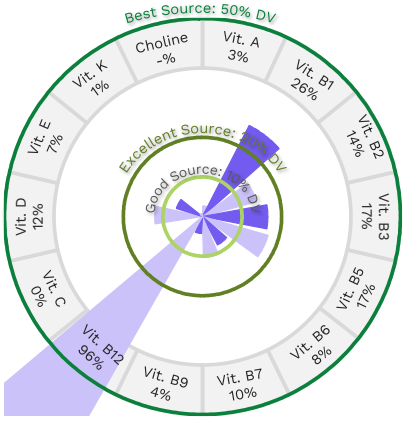
FATS



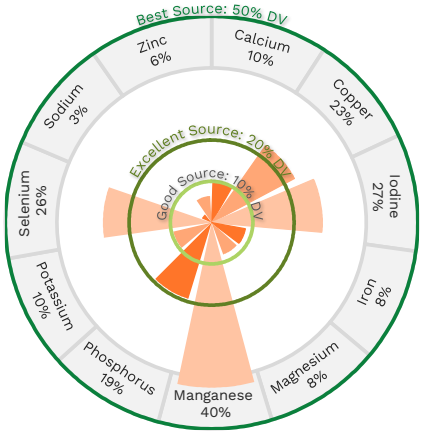
CARBOHYDRATES



MINERALS



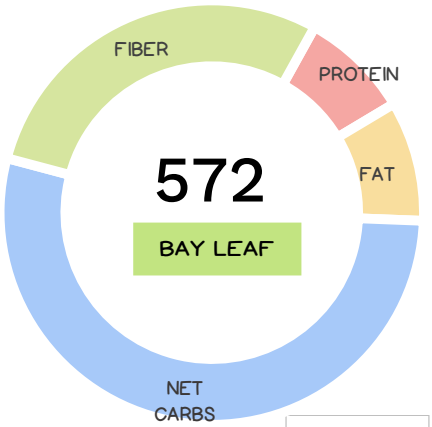
VITAMINS



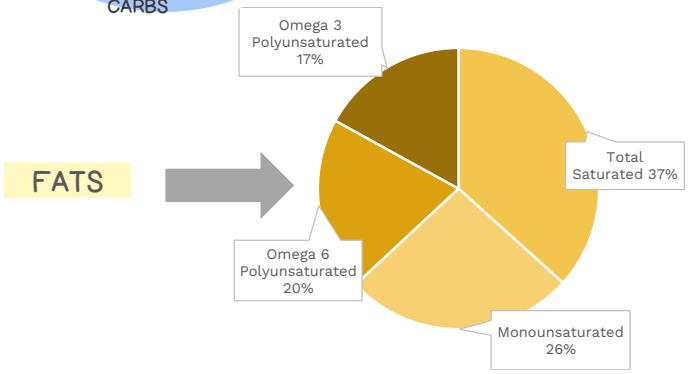
221 Bay leaf

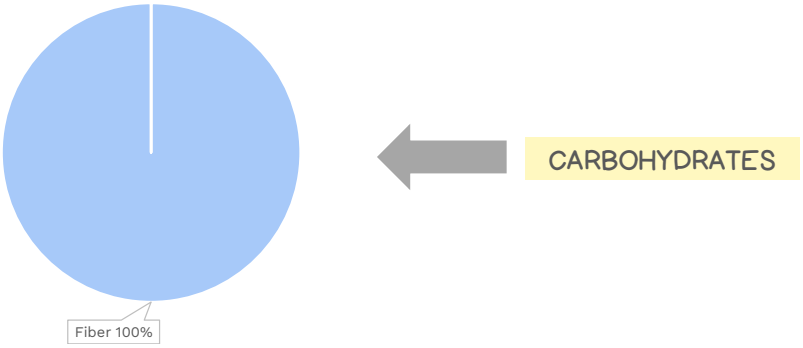
Serving Size:	2 grams	Protein:	0.1 grams	Net Carbs:	0.9 grams
Calories:	6	Fat:	0.2 grams	Fiber:	0.5 grams

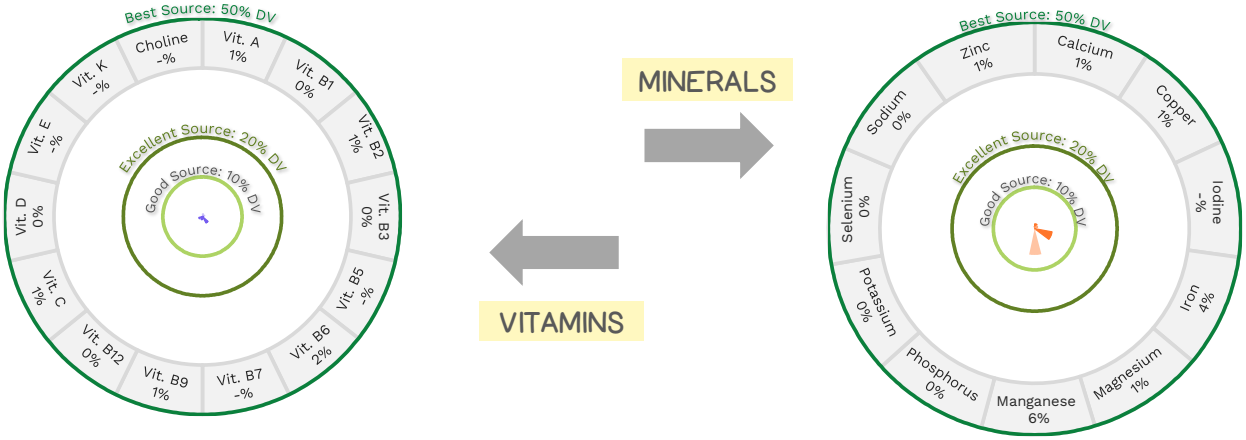
Vitamins & Vitaminlike Compounds		
Vitamin A	5.6 µg RAE	1% DV
Vitamin B1 (Thiamin)	0.2 µg	0% DV
Vitamin B2 (Riboflavin)	7.6 µg	1% DV
Vitamin B3 (Niacin)	0.0 mg	0% DV
Vitamin B5 (Pantothenic Acid)	~	~
Vitamin B6 (Pyridoxine)	31.3 µg	2% DV
Vitamin B7 (Biotin)	~	~
Vitamin B9 (Folate)	3.2 µg	1% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	0.8 mg	1% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	~	~
Vitamin K	~	~
Choline	~	~
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	15.0 mg	1% DV
Copper	7.5 µg	1% DV
Iodine	~	~
Iron	0.8 mg	4% DV
Magnesium	2.2 mg	1% DV
Manganese	147.0 µg	6% DV
Phosphorus	2.0 mg	0% DV
Potassium	9.5 mg	0% DV
Selenium	0.1 µg	0% DV
Sodium	0.4 mg	0% DV
Zinc	0.1 mg	1% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	18.9 mg	1% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.0 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	~	~
Polyphenols	75.1 mg	~
Phytosterols	~	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~







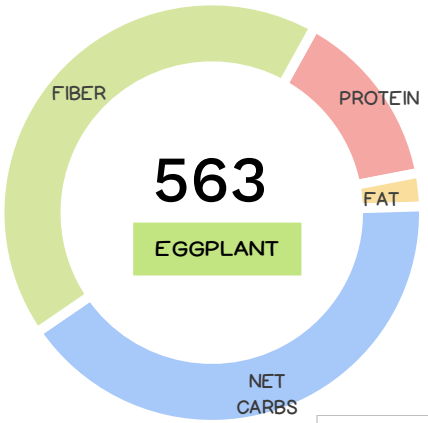




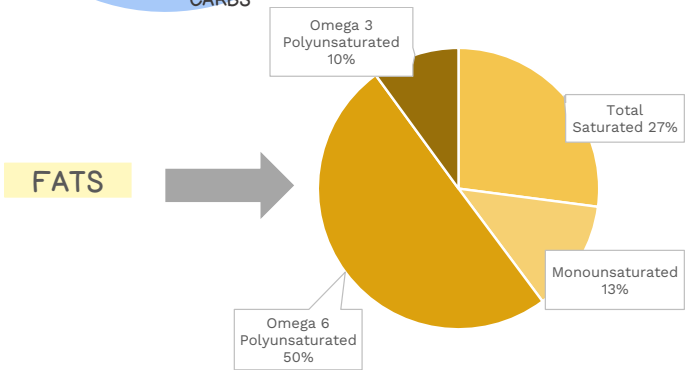
222 Eggplant

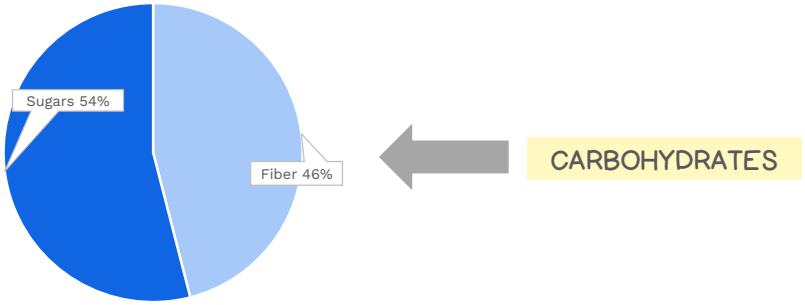
Serving Size:	82 grams	Protein:	0.8 grams	Net Carbs:	2.4 grams
Calories:	21	Fat:	0.1 grams	Fiber:	2.5 grams

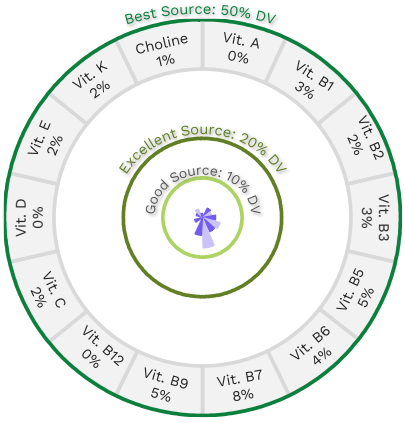
Vitamins & Vitaminlike Compounds		
Vitamin A	0.8 µg RAE	0% DV
Vitamin B1 (Thiamin)	32.0 µg	3% DV
Vitamin B2 (Riboflavin)	30.3 µg	2% DV
Vitamin B3 (Niacin)	0.5 mg	3% DV
Vitamin B5 (Pantothenic Acid)	0.2 mg	5% DV
Vitamin B6 (Pyridoxine)	68.9 µg	4% DV
Vitamin B7 (Biotin)	2.3 µg	8% DV
Vitamin B9 (Folate)	18.0 µg	5% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	1.8 mg	2% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.2 mg	2% DV
Vitamin K	2.9 µg	2% DV
Choline	5.7 mg	1% DV
Myo-Inositol	68.9 mg	~
CoQ10	0.2 mg	~
Minerals		
Calcium	7.4 mg	1% DV
Copper	66.4 µg	7% DV
Iodine	~	~
Iron	0.2 mg	1% DV
Magnesium	11.5 mg	3% DV
Manganese	190.2 µg	8% DV
Phosphorus	19.7 mg	2% DV
Potassium	187.8 mg	4% DV
Selenium	0.2 µg	0% DV
Sodium	1.6 mg	0% DV
Zinc	0.1 mg	1% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	10.7 mg	1% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.1 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	41.0 µg	~
Polyphenols	278.8 mg	~
Phytosterols	6.5 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

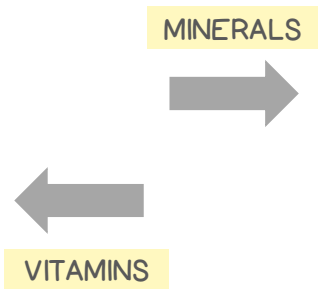


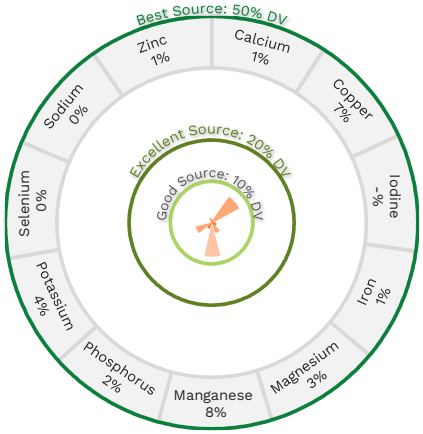








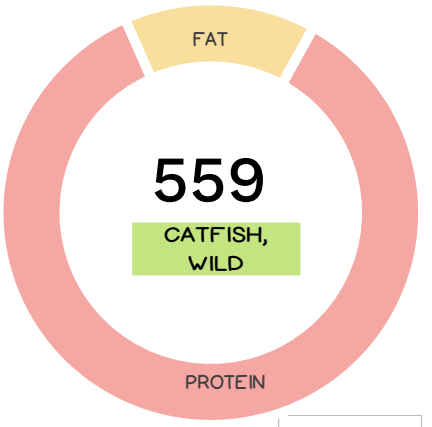




223 Catfish, wild

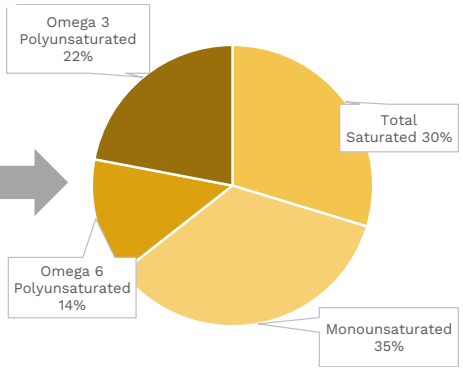
Serving Size:	115 grams	Protein:	18.8 grams	Net Carbs:	0.0 grams
Calories:	109	Fat:	3.2 grams	Fiber:	0.0 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	17.3 µg RAE	2% DV
Vitamin B1 (Thiamin)	241.5 µg	20% DV
Vitamin B2 (Riboflavin)	82.8 µg	6% DV
Vitamin B3 (Niacin)	2.2 mg	14% DV
Vitamin B5 (Pantothenic Acid)	0.9 mg	18% DV
Vitamin B6 (Pyridoxine)	133.4 µg	8% DV
Vitamin B7 (Biotin)	0.8 µg	3% DV
Vitamin B9 (Folate)	11.5 µg	3% DV
Vitamin B12 (Cobalamin)	2.6 µg	107% DV
Vitamin C	0.8 mg	1% DV
Vitamin D (D2 + D3)	14.4 µg	72% DV
Vitamin E	1.3 mg	8% DV
Vitamin K	2.4 µg	2% DV
Choline	74.8 mg	14% DV
Myo-Inositol	~	~
CoQ10	0.4 mg	~
Minerals		
Calcium	16.1 mg	1% DV
Copper	39.1 µg	4% DV
Iodine	3.2 µg	2% DV
Iron	0.3 mg	2% DV
Magnesium	26.5 mg	6% DV
Manganese	28.8 µg	1% DV
Phosphorus	240.4 mg	19% DV
Potassium	411.7 mg	9% DV
Selenium	14.5 µg	26% DV
Sodium	49.5 mg	2% DV
Zinc	0.6 mg	5% DV
Amino Acids & Peptides		
Taurine	173.7 mg	~
Ergothioneine	~	~
Functional Fats		
MUFA	1.0 g	5% DV
ALA	81.7 mg	5% DV
EPA + DHA	418.6 mg	167% DV
CLA	24.2 mg	~
Linoleic Acid	0.1 g	1% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	0.0 µg	~
Polyphenols	0.0 mg	~
Phytosterols	0.0 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

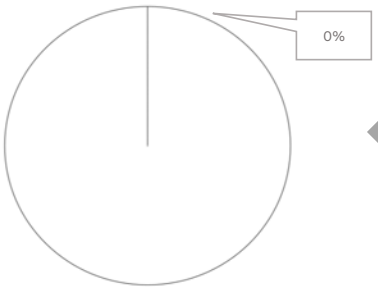




FATS

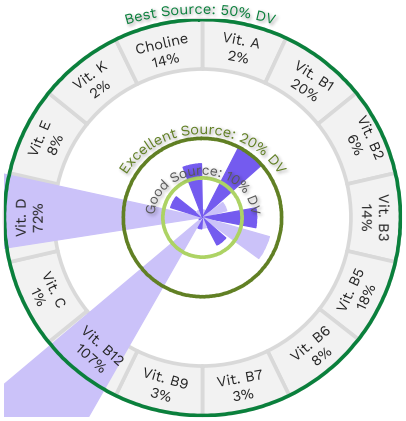


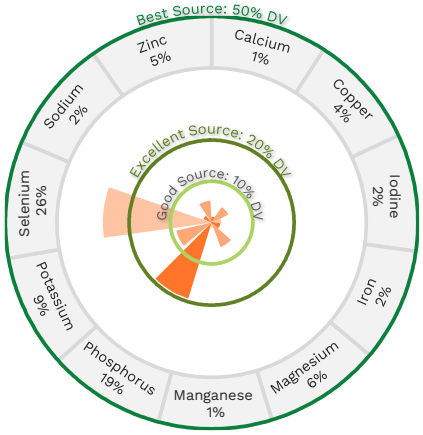
CARBOHYDRATES



MINERALS

VITAMINS

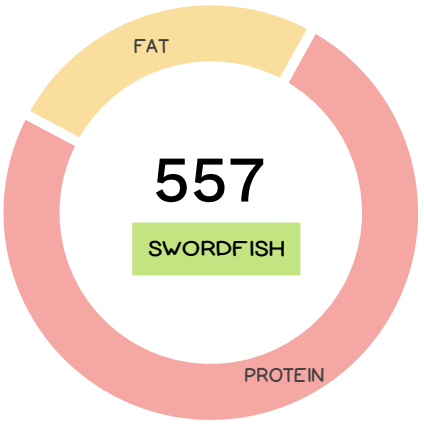




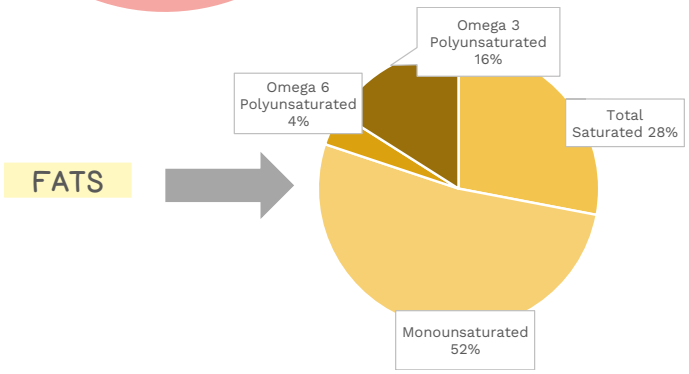
224 Swordfish

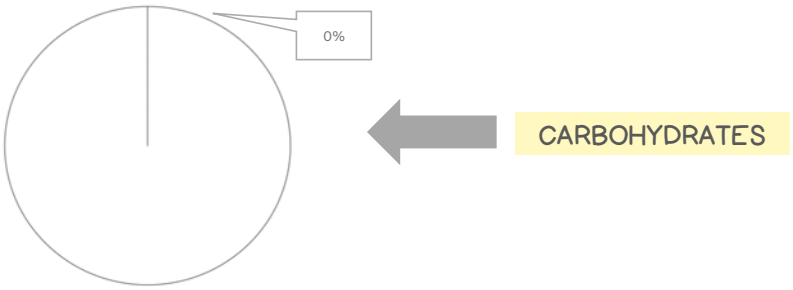
Serving Size:	115 grams	Protein:	22.6 grams	Net Carbs:	0.0 grams
Calories:	166	Fat:	7.6 grams	Fiber:	0.0 grams

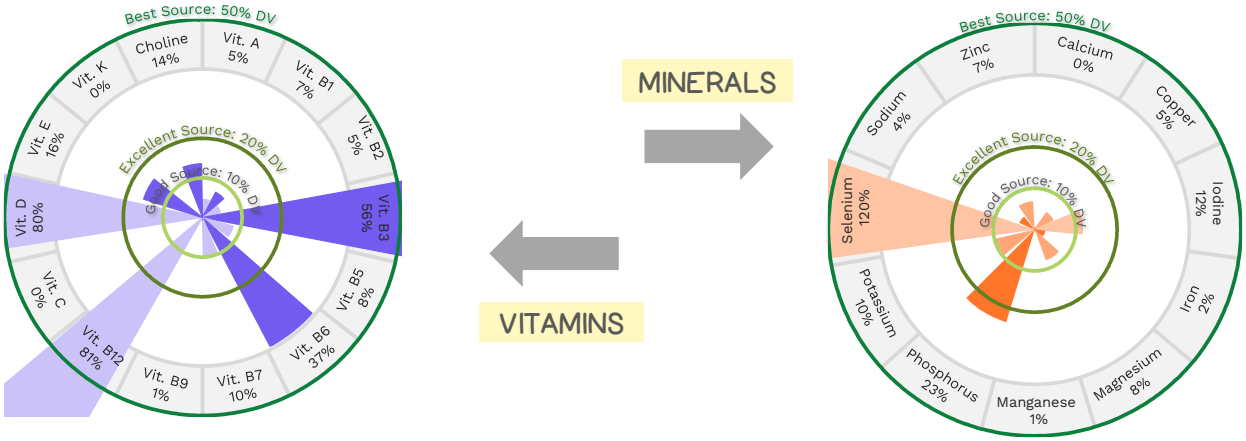
Vitamins & Vitaminlike Compounds		
Vitamin A	41.4 µg RAE	5% DV
Vitamin B1 (Thiamin)	86.3 µg	7% DV
Vitamin B2 (Riboflavin)	61.0 µg	5% DV
Vitamin B3 (Niacin)	8.9 mg	56% DV
Vitamin B5 (Pantothenic Acid)	0.4 mg	8% DV
Vitamin B6 (Pyridoxine)	624.5 µg	37% DV
Vitamin B7 (Biotin)	2.9 µg	10% DV
Vitamin B9 (Folate)	2.3 µg	1% DV
Vitamin B12 (Cobalamin)	2.0 µg	81% DV
Vitamin C	0.0 mg	0% DV
Vitamin D (D2 + D3)	16.0 µg	80% DV
Vitamin E	2.3 mg	16% DV
Vitamin K	0.1 µg	0% DV
Choline	74.8 mg	14% DV
Myo-Inositol	~	~
CoQ10	0.4 mg	~
Minerals		
Calcium	5.8 mg	0% DV
Copper	44.9 µg	5% DV
Iodine	17.4 µg	12% DV
Iron	0.4 mg	2% DV
Magnesium	33.4 mg	8% DV
Manganese	12.7 µg	1% DV
Phosphorus	293.3 mg	23% DV
Potassium	480.7 mg	10% DV
Selenium	66.0 µg	120% DV
Sodium	93.2 mg	4% DV
Zinc	0.8 mg	7% DV
Amino Acids & Peptides		
Taurine	58.7 mg	~
Ergothioneine	~	~
Functional Fats		
MUFA	3.5 g	17% DV
ALA	32.2 mg	2% DV
EPA + DHA	869.4 mg	348% DV
CLA	15.0 mg	~
Linoleic Acid	0.1 g	1% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	0.0 µg	~
Polyphenols	0.0 mg	~
Phytosterols	0.0 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~







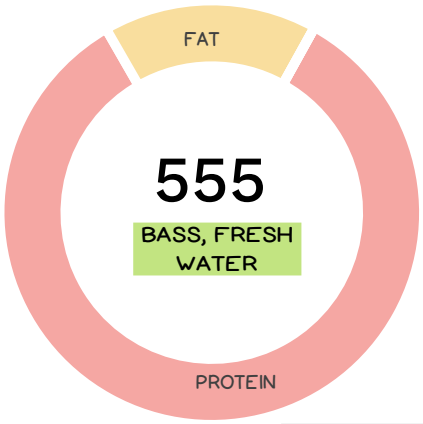




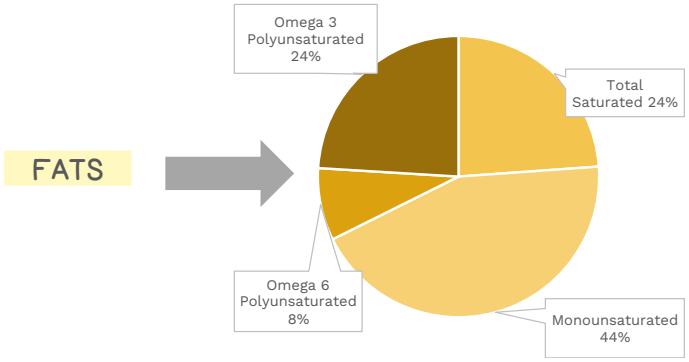
225 Bass, fresh water

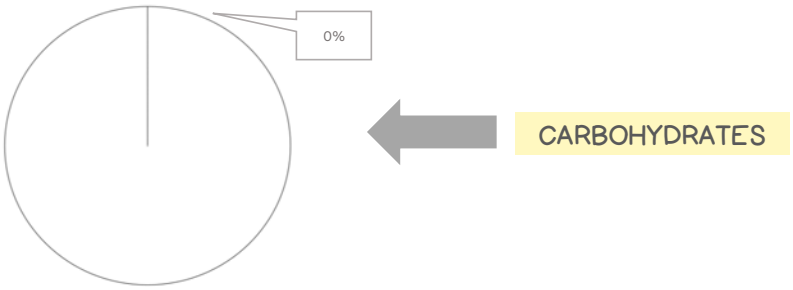
Serving Size:	115 grams	Protein:	21.7 grams	Net Carbs:	0.0 grams
Calories:	131	Fat:	4.2 grams	Fiber:	0.0 grams

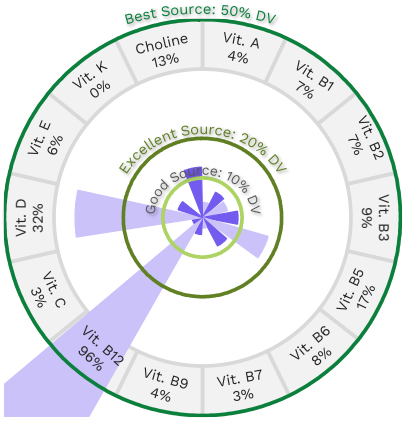
Vitamins & Vitaminlike Compounds		
Vitamin A	34.5 µg RAE	4% DV
Vitamin B1 (Thiamin)	86.3 µg	7% DV
Vitamin B2 (Riboflavin)	85.1 µg	7% DV
Vitamin B3 (Niacin)	1.4 mg	9% DV
Vitamin B5 (Pantothenic Acid)	0.9 mg	17% DV
Vitamin B6 (Pyridoxine)	138.0 µg	8% DV
Vitamin B7 (Biotin)	0.8 µg	3% DV
Vitamin B9 (Folate)	17.3 µg	4% DV
Vitamin B12 (Cobalamin)	2.3 µg	96% DV
Vitamin C	2.3 mg	3% DV
Vitamin D (D2 + D3)	6.4 µg	32% DV
Vitamin E	1.0 mg	6% DV
Vitamin K	0.1 µg	0% DV
Choline	69.9 mg	13% DV
Myo-Inositol	~	~
CoQ10	0.4 mg	~
Minerals		
Calcium	92.0 mg	7% DV
Copper	107.0 µg	12% DV
Iodine	20.6 µg	14% DV
Iron	1.7 mg	10% DV
Magnesium	34.5 mg	8% DV
Manganese	1022.4 µg	44% DV
Phosphorus	230.0 mg	18% DV
Potassium	409.4 mg	9% DV
Selenium	14.5 µg	26% DV
Sodium	80.5 mg	4% DV
Zinc	0.7 mg	7% DV
Amino Acids & Peptides		
Taurine	173.7 mg	~
Ergothioneine	~	~
Functional Fats		
MUFA	1.6 g	8% DV
ALA	127.7 mg	8% DV
EPA + DHA	684.3 mg	274% DV
CLA	~	~
Linoleic Acid	0.1 g	1% DV
MCT's	~	~
Phytonutrients		
Carotenoids	0.0 µg	~
Polyphenols	0.0 mg	~
Phytosterols	0.0 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

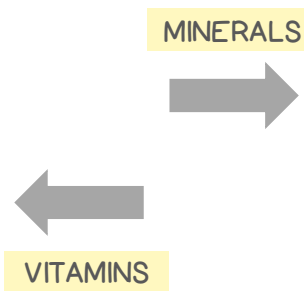


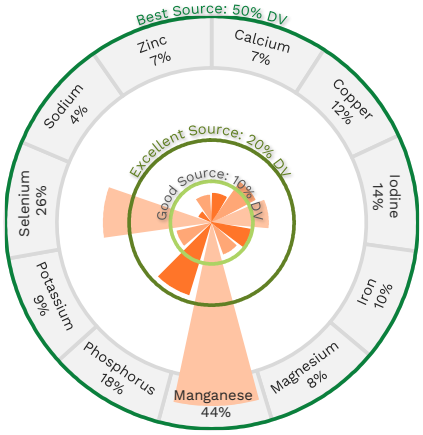








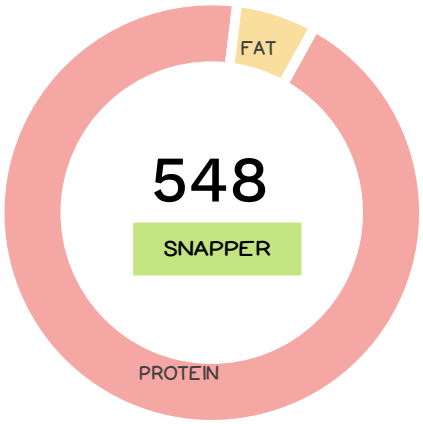




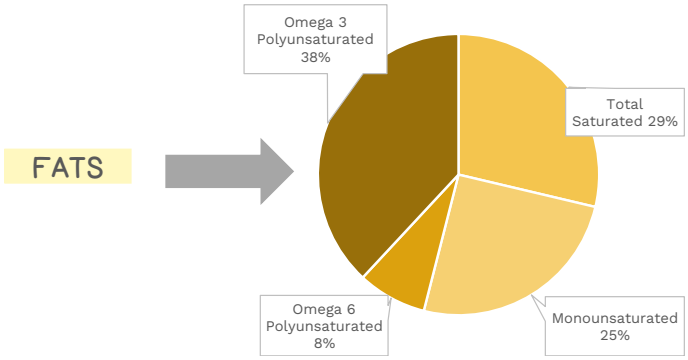
226 Snapper

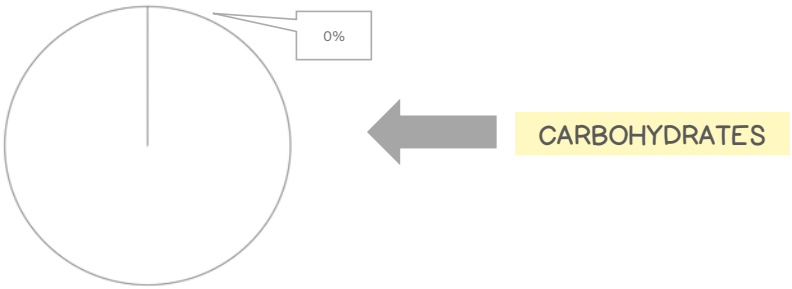
Serving Size:	115 grams	Protein:	23.6 grams	Net Carbs:	0.0 grams
Calories:	115	Fat:	1.5 grams	Fiber:	0.0 grams

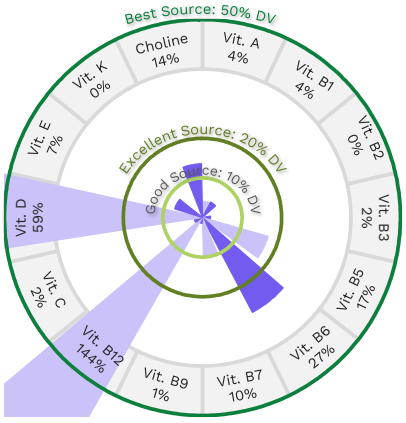
Vitamins & Vitaminlike Compounds		
Vitamin A	36.8 µg RAE	4% DV
Vitamin B1 (Thiamin)	52.9 µg	4% DV
Vitamin B2 (Riboflavin)	3.5 µg	0% DV
Vitamin B3 (Niacin)	0.3 mg	2% DV
Vitamin B5 (Pantothenic Acid)	0.9 mg	17% DV
Vitamin B6 (Pyridoxine)	460.0 µg	27% DV
Vitamin B7 (Biotin)	2.9 µg	10% DV
Vitamin B9 (Folate)	5.8 µg	1% DV
Vitamin B12 (Cobalamin)	3.5 µg	144% DV
Vitamin C	1.8 mg	2% DV
Vitamin D (D2 + D3)	11.7 µg	59% DV
Vitamin E	1.1 mg	7% DV
Vitamin K	0.1 µg	0% DV
Choline	74.8 mg	14% DV
Myo-Inositol	~	~
CoQ10	0.9 mg	~
Minerals		
Calcium	36.8 mg	3% DV
Copper	32.2 µg	4% DV
Iodine	21.9 µg	15% DV
Iron	0.2 mg	1% DV
Magnesium	36.8 mg	9% DV
Manganese	15.0 µg	1% DV
Phosphorus	227.7 mg	18% DV
Potassium	479.6 mg	10% DV
Selenium	43.9 µg	80% DV
Sodium	73.6 mg	3% DV
Zinc	0.4 mg	4% DV
Amino Acids & Peptides		
Taurine	69.0 mg	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.3 g	1% DV
ALA	4.6 mg	0% DV
EPA + DHA	357.7 mg	143% DV
CLA	0.5 mg	~
Linoleic Acid	0.0 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	0.0 µg	~
Polyphenols	0.0 mg	~
Phytosterols	0.0 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

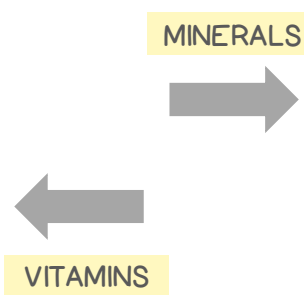


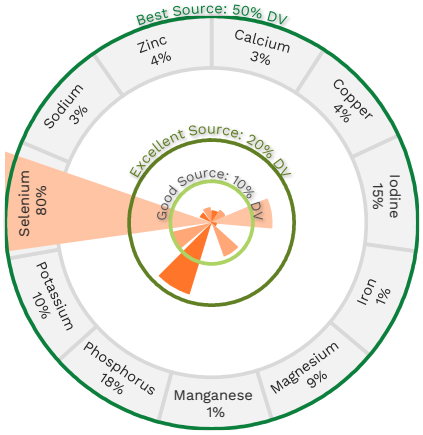








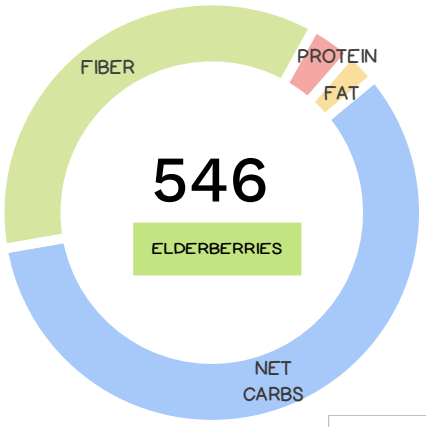




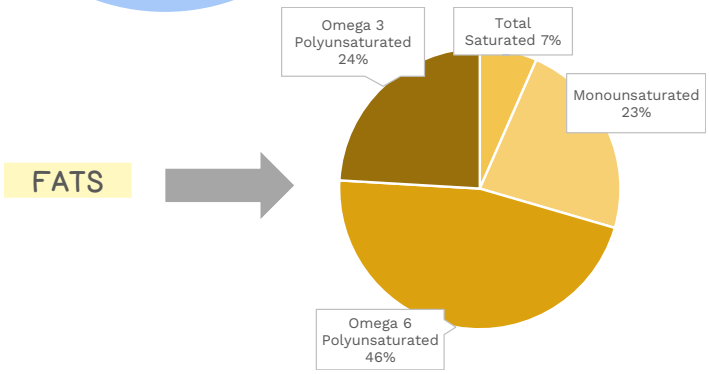
227 Elderberries

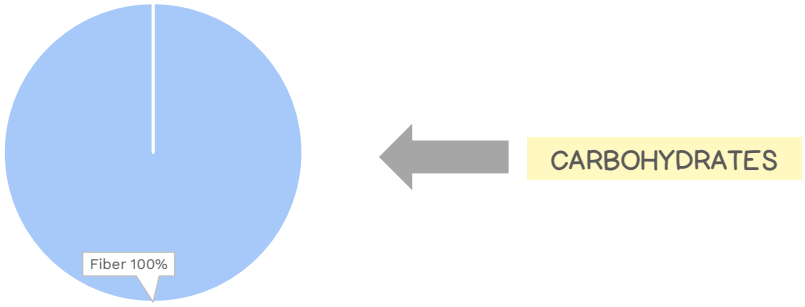
Serving Size:	145 grams	Protein:	1.0 grams	Net Carbs:	16.5 grams
Calories:	106	Fat:	0.7 grams	Fiber:	10.2 grams

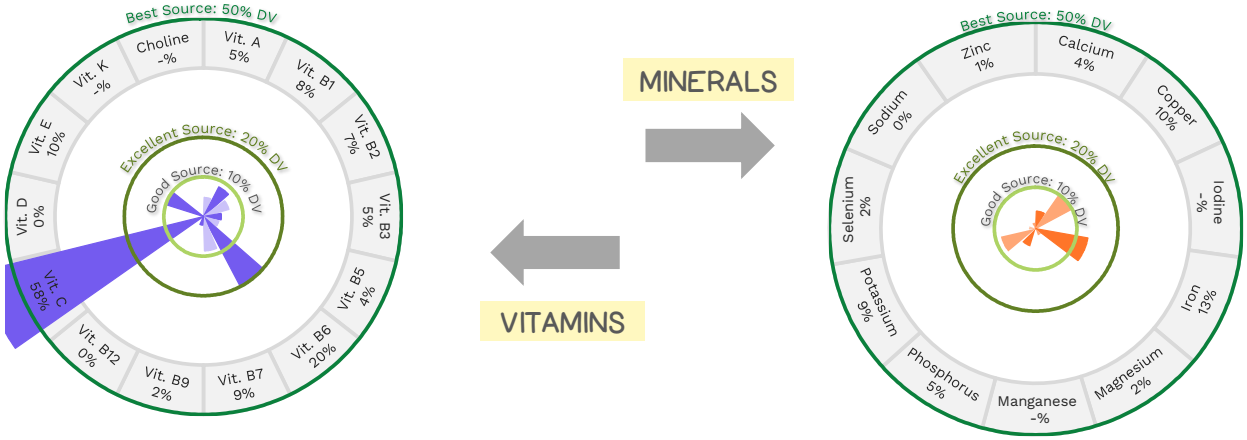
Vitamins & Vitaminlike Compounds		
Vitamin A	43.5 µg RAE	5% DV
Vitamin B1 (Thiamin)	101.5 µg	8% DV
Vitamin B2 (Riboflavin)	87.0 µg	7% DV
Vitamin B3 (Niacin)	0.7 mg	5% DV
Vitamin B5 (Pantothenic Acid)	0.2 mg	4% DV
Vitamin B6 (Pyridoxine)	333.5 µg	20% DV
Vitamin B7 (Biotin)	2.6 µg	9% DV
Vitamin B9 (Folate)	8.7 µg	2% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	52.2 mg	58% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	1.5 mg	10% DV
Vitamin K	~	~
Choline	~	~
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	55.1 mg	4% DV
Copper	88.5 µg	10% DV
Iodine	~	~
Iron	2.3 mg	13% DV
Magnesium	7.3 mg	2% DV
Manganese	~	~
Phosphorus	56.6 mg	5% DV
Potassium	406.0 mg	9% DV
Selenium	0.9 µg	2% DV
Sodium	8.7 mg	0% DV
Zinc	0.2 mg	1% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.1 g	1% DV
ALA	123.3 mg	8% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.2 g	1% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	471.3 µg	~
Polyphenols	2827.5 mg	~
Phytosterols	~	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~







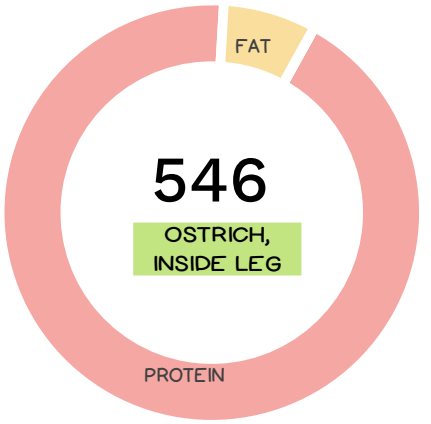




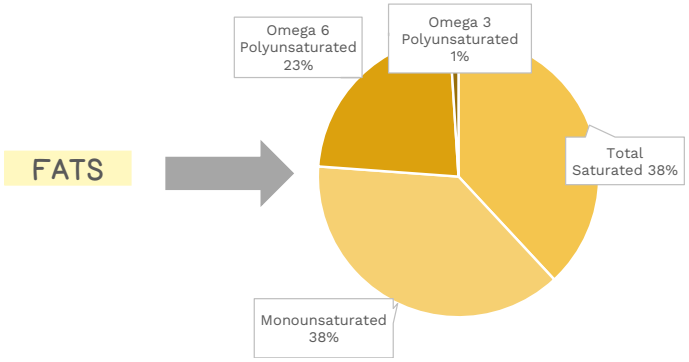
228 Ostrich, inside leg

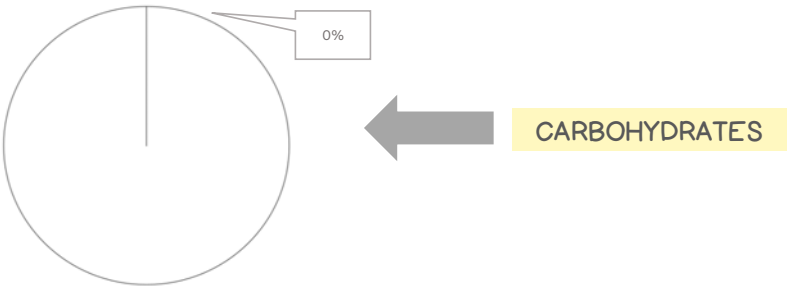
Serving Size:	100 grams	Protein:	22.4 grams	Net Carbs:	0.0 grams
Calories:	111	Fat:	1.7 grams	Fiber:	0.0 grams

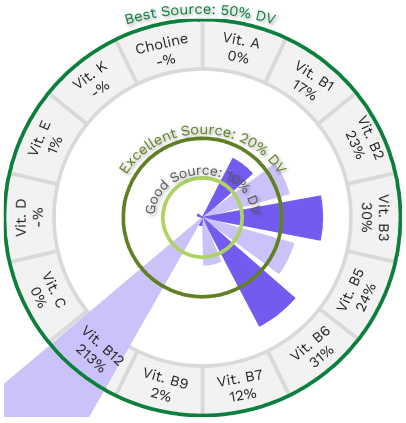
Vitamins & Vitaminlike Compounds		
Vitamin A	0.0 µg RAE	0% DV
Vitamin B1 (Thiamin)	201.0 µg	17% DV
Vitamin B2 (Riboflavin)	295.0 µg	23% DV
Vitamin B3 (Niacin)	4.8 mg	30% DV
Vitamin B5 (Pantothenic Acid)	1.2 mg	24% DV
Vitamin B6 (Pyridoxine)	526.0 µg	31% DV
Vitamin B7 (Biotin)	3.6 µg	12% DV
Vitamin B9 (Folate)	8.0 µg	2% DV
Vitamin B12 (Cobalamin)	5.1 µg	213% DV
Vitamin C	0.0 mg	0% DV
Vitamin D (D2 + D3)	~	~
Vitamin E	0.2 mg	1% DV
Vitamin K	~	~
Choline	~	~
Myo-Inositol	24.8 mg	~
CoQ10	2.5 mg	~
Minerals		
Calcium	5.0 mg	0% DV
Copper	141.0 µg	16% DV
Iodine	~	~
Iron	2.3 mg	13% DV
Magnesium	22.0 mg	5% DV
Manganese	18.0 µg	1% DV
Phosphorus	220.0 mg	18% DV
Potassium	320.0 mg	7% DV
Selenium	36.4 µg	66% DV
Sodium	72.0 mg	3% DV
Zinc	3.9 mg	35% DV
Amino Acids & Peptides		
Taurine	169.6 mg	~
Ergothioneine	0.1 mg	~
Functional Fats		
MUFA	0.6 g	3% DV
ALA	20.0 mg	1% DV
EPA + DHA	~	~
CLA	1.5 mg	~
Linoleic Acid	0.2 g	1% DV
MCT's	~	~
Phytonutrients		
Carotenoids	0.0 µg	~
Polyphenols	0.0 mg	~
Phytosterols	0.0 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

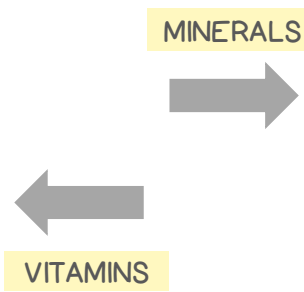


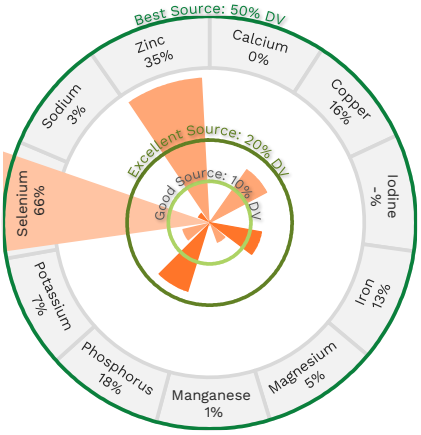








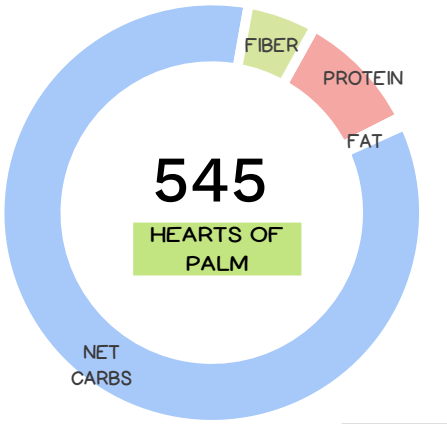




229 Hearts of palm

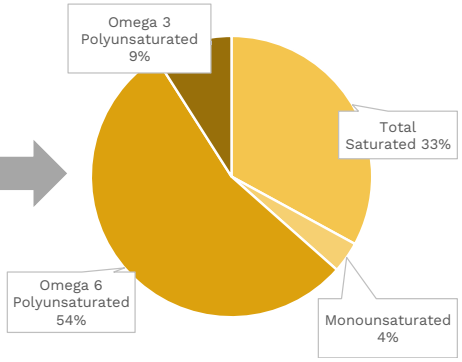
Serving Size:	146 grams	Protein:	3.9 grams	Net Carbs:	35.2 grams
Calories:	168	Fat:	0.3 grams	Fiber:	2.2 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	4.4 µg RAE	0% DV
Vitamin B1 (Thiamin)	73.0 µg	6% DV
Vitamin B2 (Riboflavin)	262.8 µg	20% DV
Vitamin B3 (Niacin)	1.3 mg	8% DV
Vitamin B5 (Pantothenic Acid)	0.8 mg	15% DV
Vitamin B6 (Pyridoxine)	1182.6 µg	70% DV
Vitamin B7 (Biotin)	~	~
Vitamin B9 (Folate)	35.0 µg	9% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	11.7 mg	13% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.7 mg	5% DV
Vitamin K	0.0 µg	0% DV
Choline	0.0 mg	0% DV
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	26.3 mg	2% DV
Copper	940.2 µg	104% DV
Iodine	~	~
Iron	2.5 mg	14% DV
Magnesium	14.6 mg	3% DV
Manganese	8359.0 µg	363% DV
Phosphorus	204.4 mg	16% DV
Potassium	2636.8 mg	56% DV
Selenium	1.0 µg	2% DV
Sodium	20.4 mg	1% DV
Zinc	5.4 mg	50% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	19.0 mg	1% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.1 g	1% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	59.9 µg	~
Polyphenols	1115.4 mg	~
Phytosterols	~	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

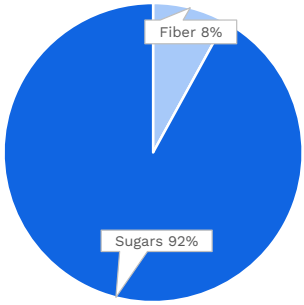




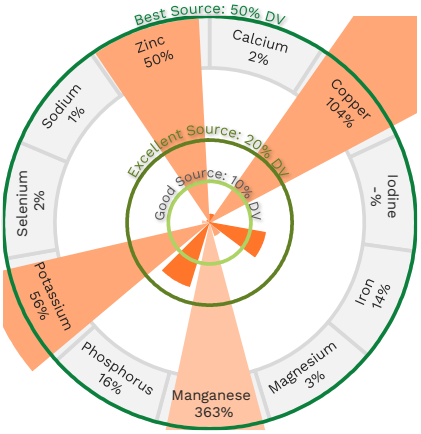
FATS



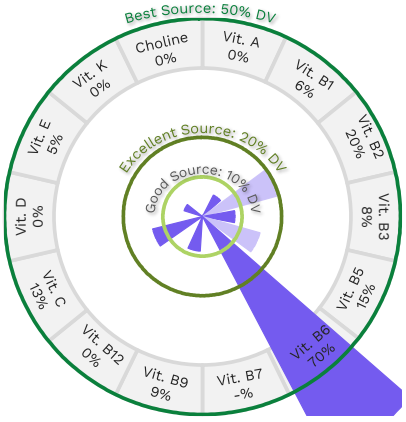
CARBOHYDRATES



MINERALS



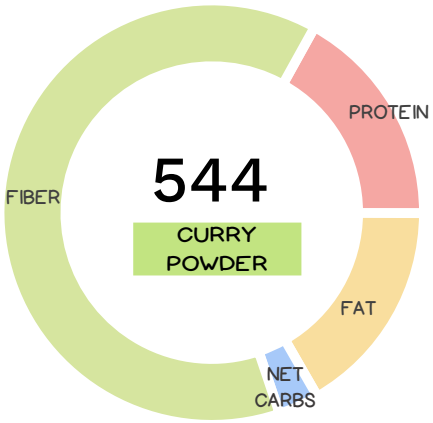
VITAMINS



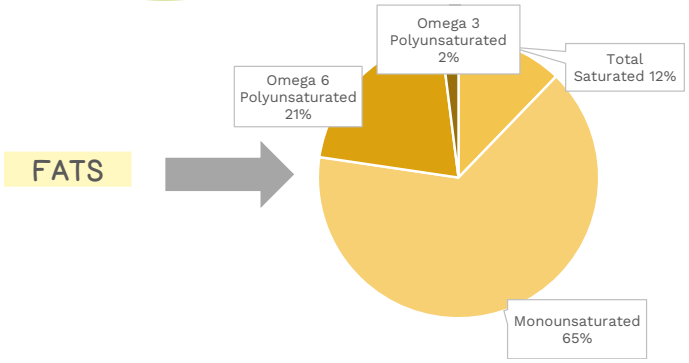
230 Curry powder

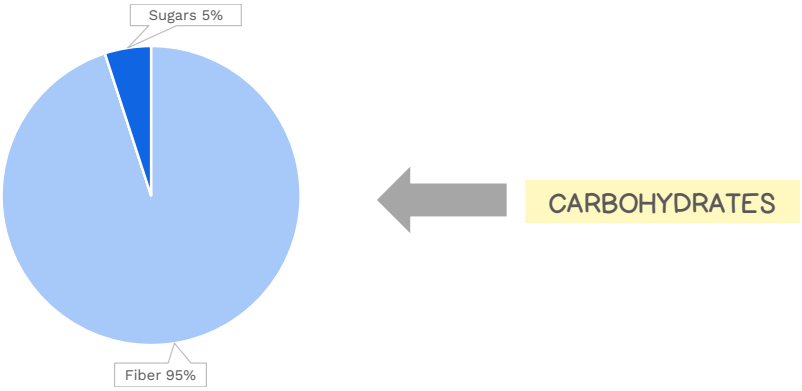
Serving Size:	6 grams	Protein:	0.9 grams	Net Carbs:	0.2 grams
Calories:	20	Fat:	0.9 grams	Fiber:	3.4 grams

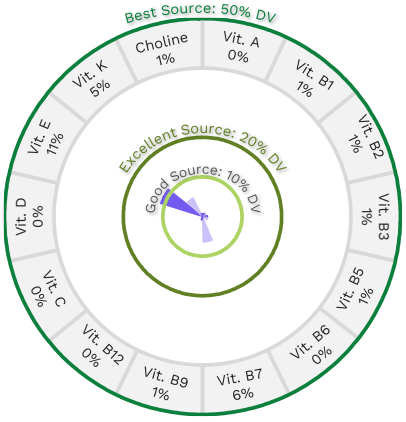
Vitamins & Vitaminlike Compounds		
Vitamin A	0.1 µg RAE	0% DV
Vitamin B1 (Thiamin)	11.1 µg	1% DV
Vitamin B2 (Riboflavin)	12.6 µg	1% DV
Vitamin B3 (Niacin)	0.2 mg	1% DV
Vitamin B5 (Pantothenic Acid)	0.1 mg	1% DV
Vitamin B6 (Pyridoxine)	6.6 µg	0% DV
Vitamin B7 (Biotin)	1.9 µg	6% DV
Vitamin B9 (Folate)	3.5 µg	1% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	0.0 mg	0% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	1.7 mg	11% DV
Vitamin K	6.3 µg	5% DV
Choline	4.0 mg	1% DV
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	33.1 mg	3% DV
Copper	75.6 µg	8% DV
Iodine	~	~
Iron	1.2 mg	7% DV
Magnesium	16.1 mg	4% DV
Manganese	522.9 µg	23% DV
Phosphorus	23.1 mg	2% DV
Potassium	73.7 mg	2% DV
Selenium	2.5 µg	5% DV
Sodium	3.3 mg	0% DV
Zinc	0.3 mg	3% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.6 g	3% DV
ALA	16.9 mg	1% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.2 g	1% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	0.7 µg	~
Polyphenols	67.7 mg	~
Phytosterols	~	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

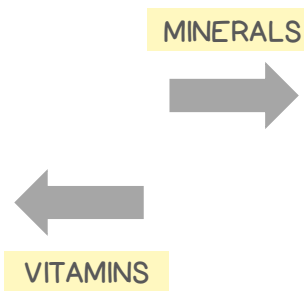


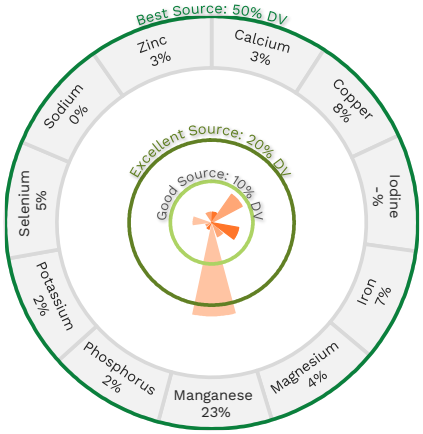








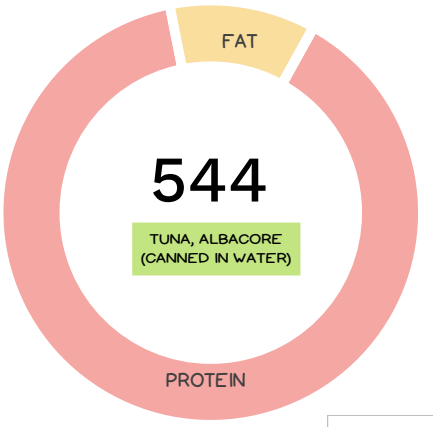




231 Tuna, albacore (canned in water)

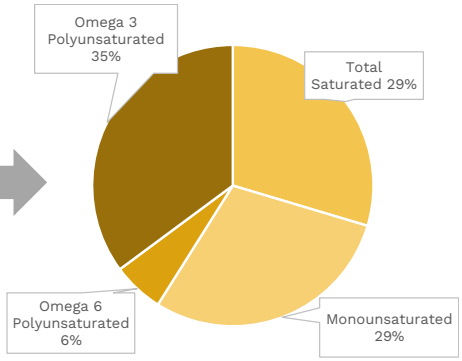
Serving Size:	115 grams	Protein:	27.2 grams	Net Carbs:	0.0 grams
Calories:	147	Fat:	3.4 grams	Fiber:	0.0 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	6.9 µg RAE	1% DV
Vitamin B1 (Thiamin)	9.2 µg	1% DV
Vitamin B2 (Riboflavin)	50.6 µg	4% DV
Vitamin B3 (Niacin)	6.7 mg	42% DV
Vitamin B5 (Pantothenic Acid)	0.1 mg	3% DV
Vitamin B6 (Pyridoxine)	249.6 µg	15% DV
Vitamin B7 (Biotin)	~	~
Vitamin B9 (Folate)	2.3 µg	1% DV
Vitamin B12 (Cobalamin)	1.3 µg	56% DV
Vitamin C	0.0 mg	0% DV
Vitamin D (D2 + D3)	2.3 µg	12% DV
Vitamin E	1.1 mg	8% DV
Vitamin K	2.9 µg	2% DV
Choline	33.7 mg	6% DV
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	16.1 mg	1% DV
Copper	44.9 µg	5% DV
Iodine	~	~
Iron	1.1 mg	6% DV
Magnesium	38.0 mg	9% DV
Manganese	21.9 µg	1% DV
Phosphorus	249.6 mg	20% DV
Potassium	272.6 mg	6% DV
Selenium	75.6 µg	137% DV
Sodium	433.6 mg	19% DV
Zinc	0.6 mg	5% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.9 g	5% DV
ALA	81.7 mg	5% DV
EPA + DHA	991.3 mg	397% DV
CLA	~	~
Linoleic Acid	0.1 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	0.0 µg	~
Polyphenols	0.0 mg	~
Phytosterols	0.0 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

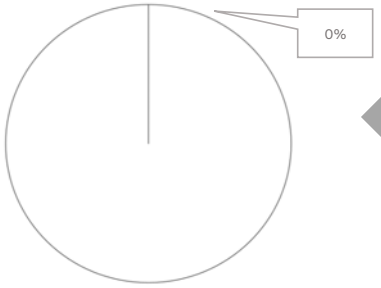




FATS

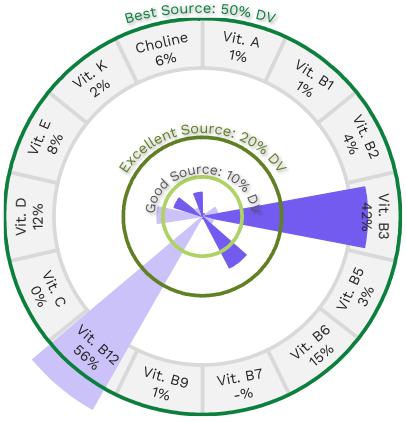


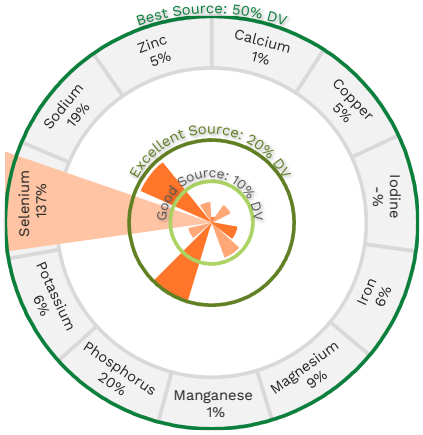
CARBOHYDRATES



MINERALS

VITAMINS

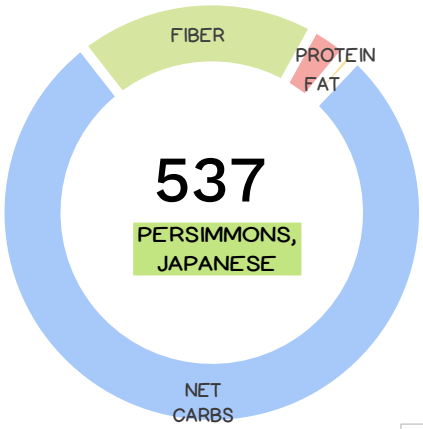




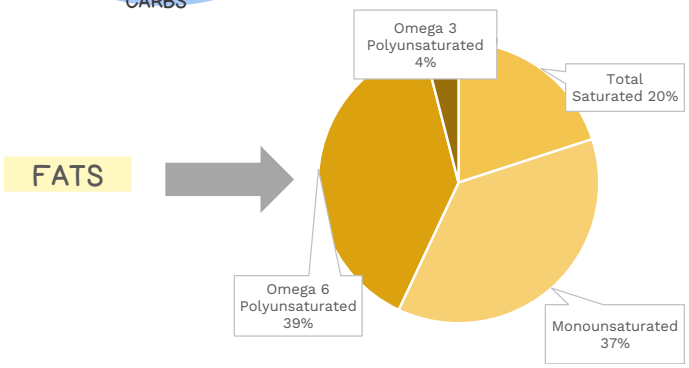
232 Persimmons, Japanese

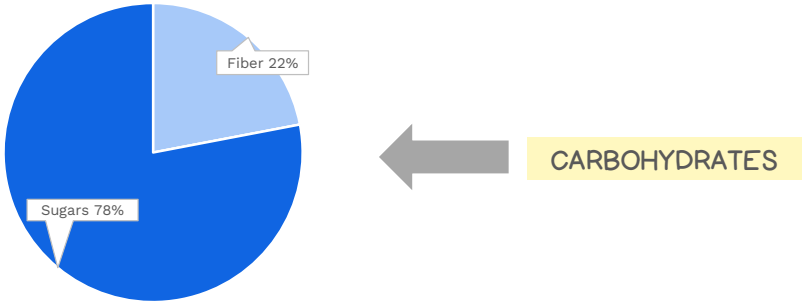
Serving Size:	168 grams	Protein:	1.0 grams	Net Carbs:	25.2 grams
Calories:	118	Fat:	0.3 grams	Fiber:	6.0 grams

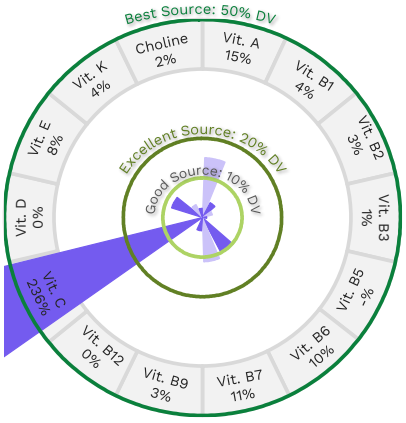
Vitamins & Vitaminlike Compounds		
Vitamin A	136.1 µg RAE	15% DV
Vitamin B1 (Thiamin)	50.4 µg	4% DV
Vitamin B2 (Riboflavin)	33.6 µg	3% DV
Vitamin B3 (Niacin)	0.2 mg	1% DV
Vitamin B5 (Pantothenic Acid)	~	~
Vitamin B6 (Pyridoxine)	168.0 µg	10% DV
Vitamin B7 (Biotin)	3.4 µg	11% DV
Vitamin B9 (Folate)	13.4 µg	3% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	212.5 mg	236% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	1.2 mg	8% DV
Vitamin K	4.4 µg	4% DV
Choline	12.8 mg	2% DV
Myo-Inositol	~	~
CoQ10	0.1 mg	~
Minerals		
Calcium	13.4 mg	1% DV
Copper	189.8 µg	21% DV
Iodine	~	~
Iron	0.3 mg	1% DV
Magnesium	15.1 mg	4% DV
Manganese	596.4 µg	26% DV
Phosphorus	28.6 mg	2% DV
Potassium	270.5 mg	6% DV
Selenium	1.0 µg	2% DV
Sodium	1.7 mg	0% DV
Zinc	0.2 mg	2% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	0.1 mg	~
Functional Fats		
MUFA	0.1 g	0% DV
ALA	6.7 mg	0% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.1 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	4524.2 µg	~
Polyphenols	1540.2 mg	~
Phytosterols	~	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

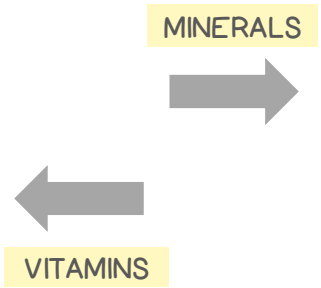


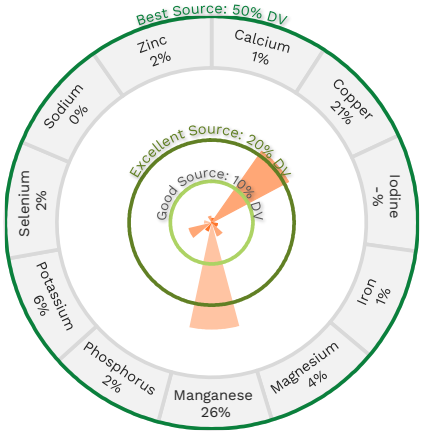








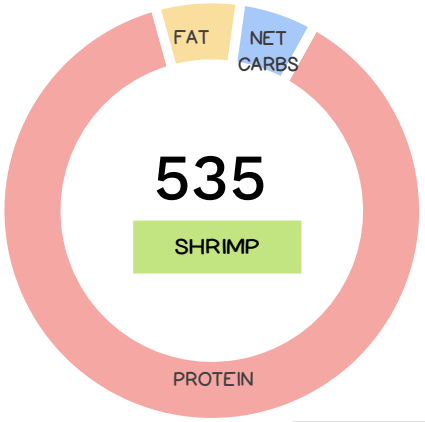




233 Shrimp

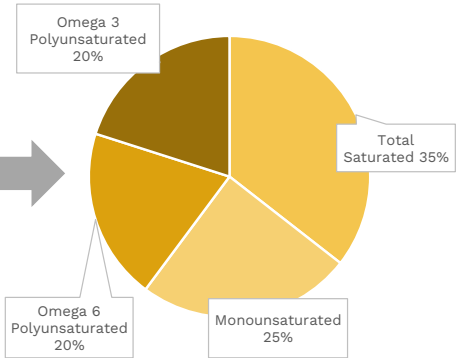
Serving Size:	115 grams	Protein:	15.7 grams	Net Carbs:	1.0 grams
Calories:	82	Fat:	1.2 grams	Fiber:	0.0 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	62.1 µg RAE	7% DV
Vitamin B1 (Thiamin)	23.0 µg	2% DV
Vitamin B2 (Riboflavin)	17.3 µg	1% DV
Vitamin B3 (Niacin)	2.0 mg	13% DV
Vitamin B5 (Pantothenic Acid)	0.4 mg	7% DV
Vitamin B6 (Pyridoxine)	185.2 µg	11% DV
Vitamin B7 (Biotin)	3.0 µg	10% DV
Vitamin B9 (Folate)	21.9 µg	5% DV
Vitamin B12 (Cobalamin)	1.3 µg	53% DV
Vitamin C	0.0 mg	0% DV
Vitamin D (D2 + D3)	0.1 µg	1% DV
Vitamin E	1.7 mg	11% DV
Vitamin K	0.3 µg	0% DV
Choline	93.0 mg	17% DV
Myo-Inositol	4.8 mg	~
CoQ10	0.3 mg	~
Minerals		
Calcium	62.1 mg	5% DV
Copper	209.3 µg	23% DV
Iodine	241.5 µg	161% DV
Iron	0.2 mg	1% DV
Magnesium	25.3 mg	6% DV
Manganese	33.4 µg	1% DV
Phosphorus	280.6 mg	22% DV
Potassium	130.0 mg	3% DV
Selenium	34.0 µg	62% DV
Sodium	650.9 mg	28% DV
Zinc	1.1 mg	10% DV
Amino Acids & Peptides		
Taurine	178.5 mg	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.2 g	1% DV
ALA	6.9 mg	0% DV
EPA + DHA	158.7 mg	63% DV
CLA	0.7 mg	~
Linoleic Acid	0.1 g	1% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	2070.0 µg	~
Polyphenols	0.0 mg	~
Phytosterols	0.0 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~





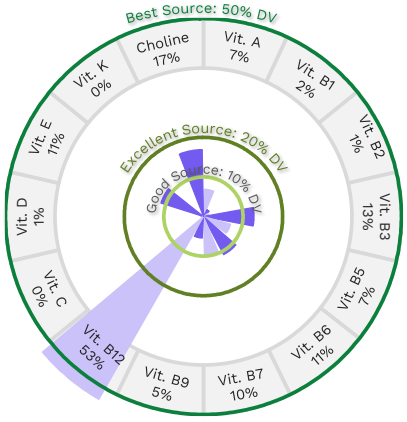
FATS



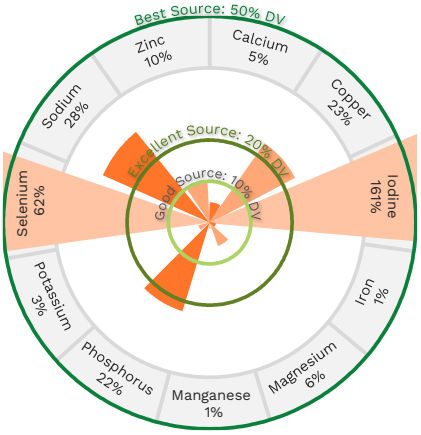
CARBOHYDRATES

No detailed component data currently available in the USDA Food Central Database.

VITAMINS



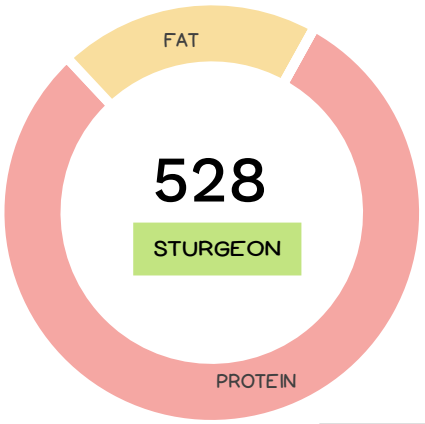
MINERALS



234 Sturgeon

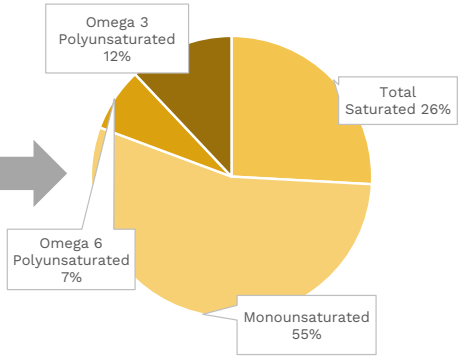
Serving Size:	115 grams	Protein:	18.6 grams	Net Carbs:	0.0 grams
Calories:	121	Fat:	4.6 grams	Fiber:	0.0 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	241.5 µg RAE	27% DV
Vitamin B1 (Thiamin)	80.5 µg	7% DV
Vitamin B2 (Riboflavin)	80.5 µg	6% DV
Vitamin B3 (Niacin)	9.5 mg	60% DV
Vitamin B5 (Pantothenic Acid)	0.9 mg	17% DV
Vitamin B6 (Pyridoxine)	230.0 µg	14% DV
Vitamin B7 (Biotin)	11.7 µg	39% DV
Vitamin B9 (Folate)	17.3 µg	4% DV
Vitamin B12 (Cobalamin)	2.5 µg	105% DV
Vitamin C	0.0 mg	0% DV
Vitamin D (D2 + D3)	11.8 µg	59% DV
Vitamin E	0.6 mg	4% DV
Vitamin K	0.1 µg	0% DV
Choline	64.4 mg	12% DV
Myo-Inositol	~	~
CoQ10	0.9 mg	~
Minerals		
Calcium	15.0 mg	1% DV
Copper	47.2 µg	5% DV
Iodine	10.0 µg	7% DV
Iron	0.8 mg	4% DV
Magnesium	40.3 mg	10% DV
Manganese	28.8 µg	1% DV
Phosphorus	242.7 mg	19% DV
Potassium	326.6 mg	7% DV
Selenium	14.5 µg	26% DV
Sodium	62.1 mg	3% DV
Zinc	0.5 mg	4% DV
Amino Acids & Peptides		
Taurine	69.0 mg	~
Ergothioneine	~	~
Functional Fats		
MUFA	2.2 g	11% DV
ALA	115.0 mg	7% DV
EPA + DHA	330.1 mg	132% DV
CLA	1.4 mg	~
Linoleic Acid	0.1 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	0.0 µg	~
Polyphenols	0.0 mg	~
Phytosterols	0.0 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

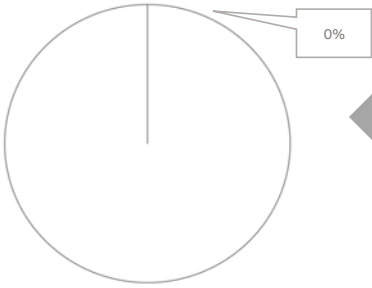




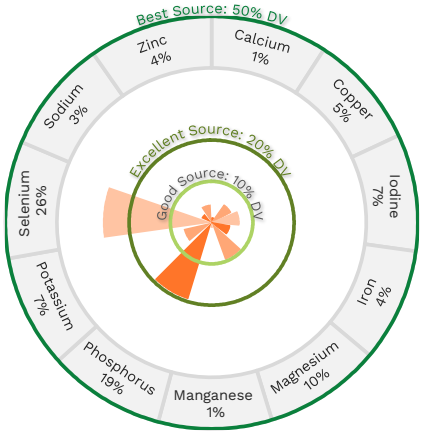
FATS



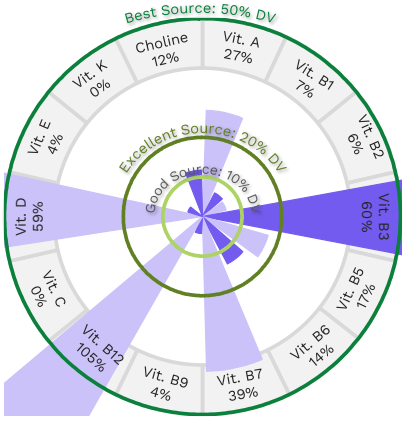
CARBOHYDRATES



MINERALS



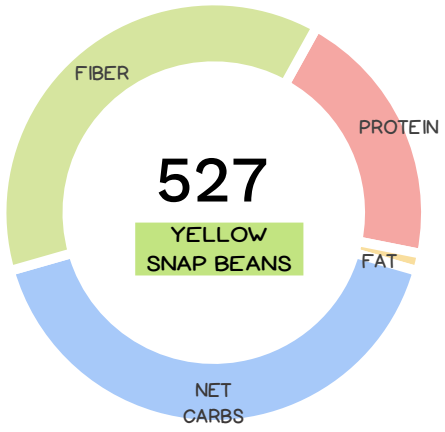
VITAMINS



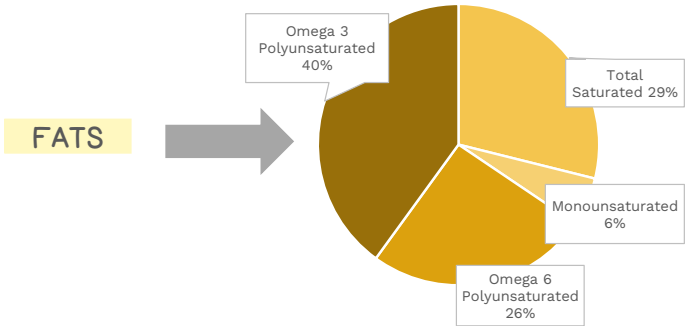
235 Yellow snap beans

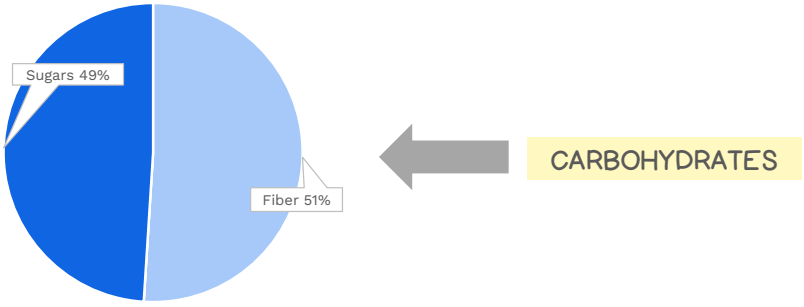
Serving Size:	100 grams	Protein:	1.8 grams	Net Carbs:	3.7 grams
Calories:	31	Fat:	0.1 grams	Fiber:	3.4 grams

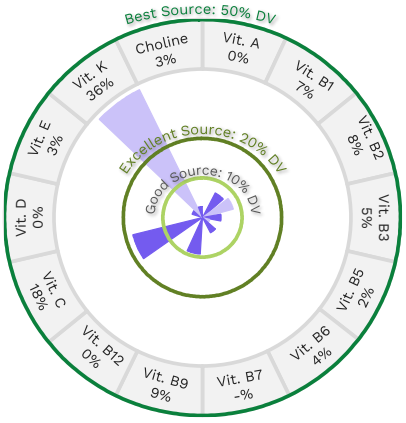
Vitamins & Vitaminlike Compounds		
Vitamin A	3.5 µg RAE	0% DV
Vitamin B1 (Thiamin)	84.0 µg	7% DV
Vitamin B2 (Riboflavin)	105.0 µg	8% DV
Vitamin B3 (Niacin)	0.8 mg	5% DV
Vitamin B5 (Pantothenic Acid)	0.1 mg	2% DV
Vitamin B6 (Pyridoxine)	74.0 µg	4% DV
Vitamin B7 (Biotin)	~	~
Vitamin B9 (Folate)	37.0 µg	9% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	16.3 mg	18% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.4 mg	3% DV
Vitamin K	43.2 µg	36% DV
Choline	15.3 mg	3% DV
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	37.0 mg	3% DV
Copper	69.0 µg	8% DV
Iodine	~	~
Iron	1.0 mg	6% DV
Magnesium	25.0 mg	6% DV
Manganese	214.0 µg	9% DV
Phosphorus	38.0 mg	3% DV
Potassium	209.0 mg	4% DV
Selenium	0.6 µg	1% DV
Sodium	6.0 mg	0% DV
Zinc	0.2 mg	2% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	36.0 mg	2% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.0 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	674.0 µg	~
Polyphenols	0.0 mg	~
Phytosterols	~	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

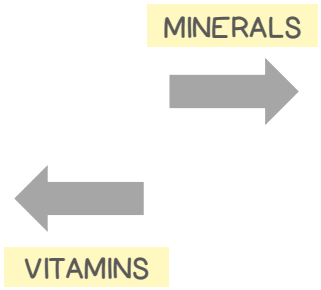


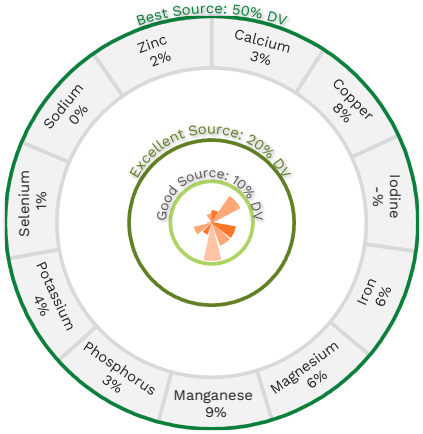








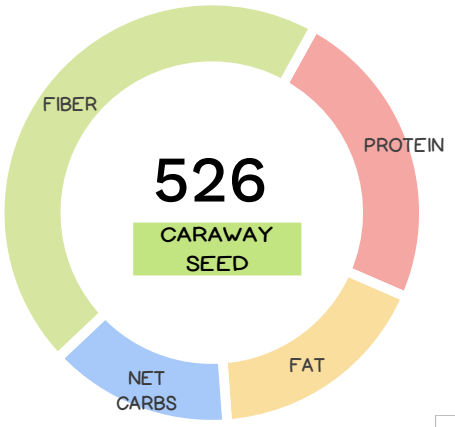




236 Caraway seed

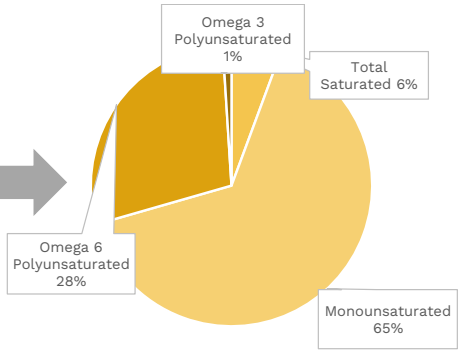
Serving Size:	7 grams	Protein:	1.3 grams	Net Carbs:	0.8 grams
Calories:	22	Fat:	1.0 grams	Fiber:	2.5 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	1.2 µg RAE	0% DV
Vitamin B1 (Thiamin)	25.7 µg	2% DV
Vitamin B2 (Riboflavin)	25.4 µg	2% DV
Vitamin B3 (Niacin)	0.2 mg	2% DV
Vitamin B5 (Pantothenic Acid)	~	~
Vitamin B6 (Pyridoxine)	24.1 µg	1% DV
Vitamin B7 (Biotin)	~	~
Vitamin B9 (Folate)	0.7 µg	0% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	1.4 mg	2% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.2 mg	1% DV
Vitamin K	0.0 µg	0% DV
Choline	1.7 mg	0% DV
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	46.2 mg	4% DV
Copper	61.0 µg	7% DV
Iodine	~	~
Iron	1.1 mg	6% DV
Magnesium	17.3 mg	4% DV
Manganese	87.1 µg	4% DV
Phosphorus	38.1 mg	3% DV
Potassium	90.5 mg	2% DV
Selenium	0.8 µg	1% DV
Sodium	1.1 mg	0% DV
Zinc	0.4 mg	3% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.5 g	2% DV
ALA	10.1 mg	1% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.2 g	1% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	47.2 µg	~
Polyphenols	452.3 mg	~
Phytosterols	~	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

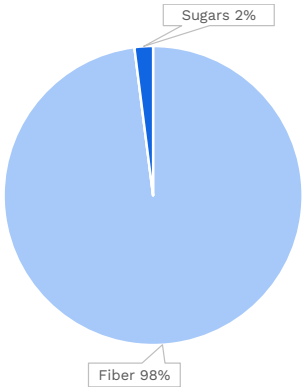




FATS

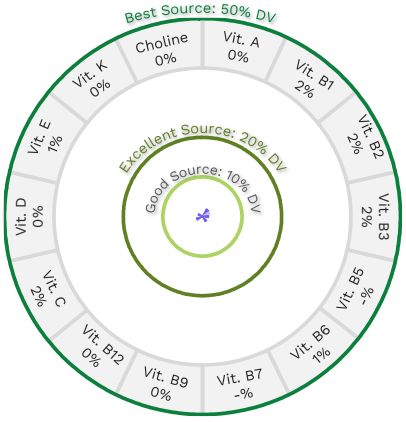


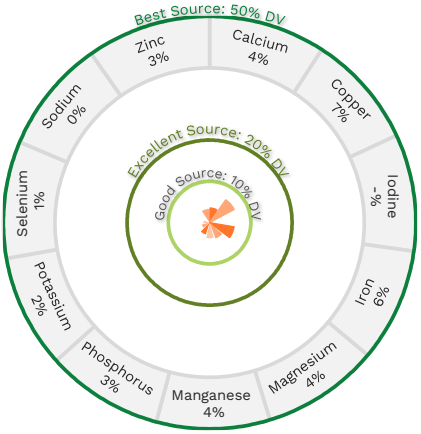
CARBOHYDRATES



MINERALS

VITAMINS

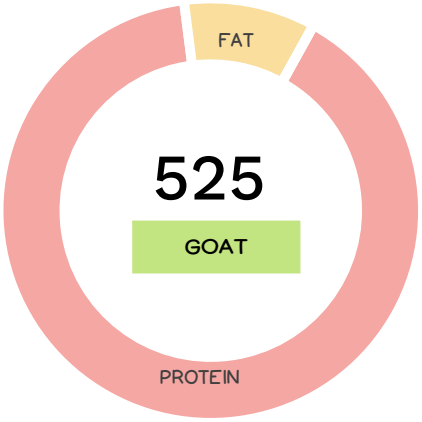




237 Goat

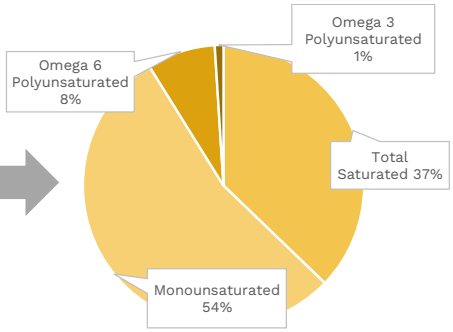
Serving Size:	100 grams	Protein:	20.6 grams	Net Carbs:	0.0 grams
Calories:	109	Fat:	2.3 grams	Fiber:	0.0 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	0.0 µg RAE	0% DV
Vitamin B1 (Thiamin)	110.0 µg	9% DV
Vitamin B2 (Riboflavin)	490.0 µg	38% DV
Vitamin B3 (Niacin)	3.8 mg	23% DV
Vitamin B5 (Pantothenic Acid)	~	~
Vitamin B6 (Pyridoxine)	0.0 µg	0% DV
Vitamin B7 (Biotin)	1.0 µg	3% DV
Vitamin B9 (Folate)	5.0 µg	1% DV
Vitamin B12 (Cobalamin)	1.1 µg	47% DV
Vitamin C	0.0 mg	0% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.3 mg	2% DV
Vitamin K	0.9 µg	1% DV
Choline	81.1 mg	15% DV
Myo-Inositol	30.0 mg	~
CoQ10	15.8 mg	~
Minerals		
Calcium	13.0 mg	1% DV
Copper	256.0 µg	28% DV
Iodine	~	~
Iron	2.8 mg	16% DV
Magnesium	0.0 mg	0% DV
Manganese	38.0 µg	2% DV
Phosphorus	180.0 mg	14% DV
Potassium	385.0 mg	8% DV
Selenium	8.8 µg	16% DV
Sodium	82.0 mg	4% DV
Zinc	4.0 mg	36% DV
Amino Acids & Peptides		
Taurine	100.0 mg	~
Ergothioneine	0.1 mg	~
Functional Fats		
MUFA	1.0 g	5% DV
ALA	20.0 mg	1% DV
EPA + DHA	0.0 mg	0% DV
CLA	17.3 mg	~
Linoleic Acid	0.1 g	1% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	0.0 µg	~
Polyphenols	0.0 mg	~
Phytosterols	0.0 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

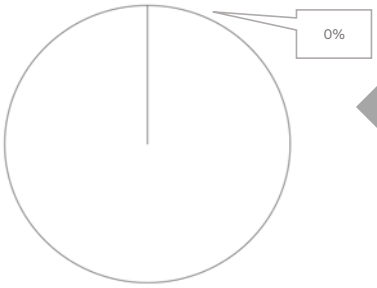




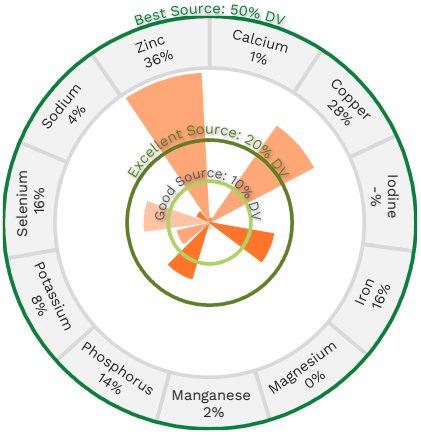
FATS



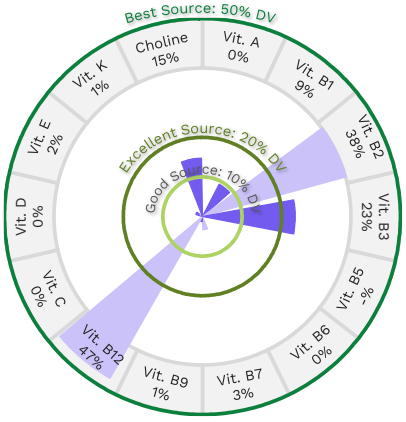
CARBOHYDRATES



MINERALS



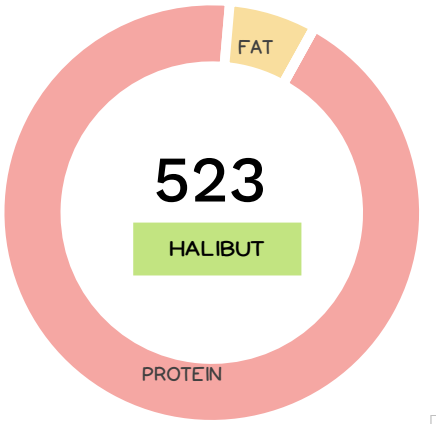
VITAMINS



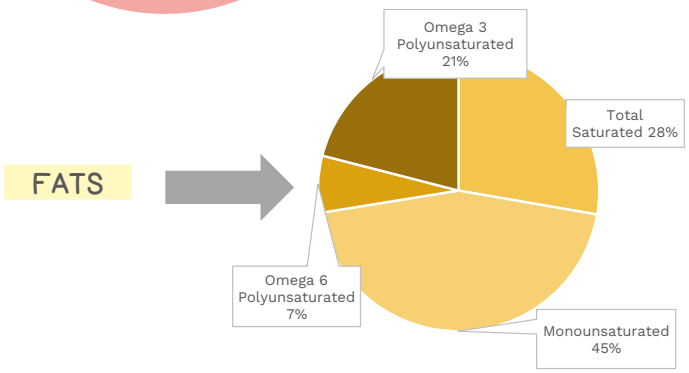
238 Halibut

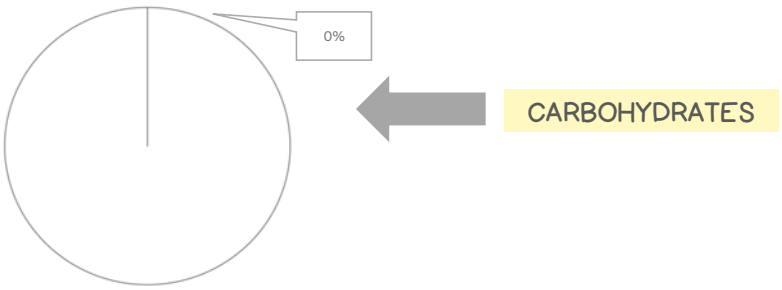
Serving Size:	115 grams	Protein:	21.3 grams	Net Carbs:	0.0 grams
Calories:	105	Fat:	1.5 grams	Fiber:	0.0 grams

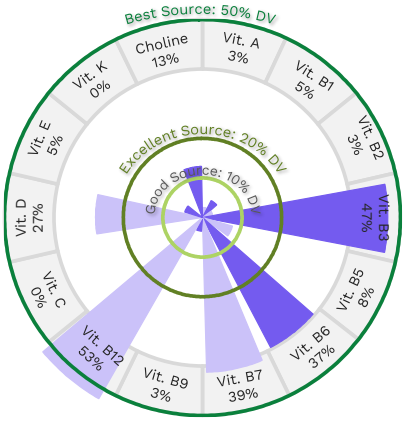
Vitamins & Vitaminlike Compounds		
Vitamin A	23.0 µg RAE	3% DV
Vitamin B1 (Thiamin)	57.5 µg	5% DV
Vitamin B2 (Riboflavin)	34.5 µg	3% DV
Vitamin B3 (Niacin)	7.5 mg	47% DV
Vitamin B5 (Pantothenic Acid)	0.4 mg	8% DV
Vitamin B6 (Pyridoxine)	630.2 µg	37% DV
Vitamin B7 (Biotin)	11.7 µg	39% DV
Vitamin B9 (Folate)	13.8 µg	3% DV
Vitamin B12 (Cobalamin)	1.3 µg	53% DV
Vitamin C	0.0 mg	0% DV
Vitamin D (D2 + D3)	5.4 µg	27% DV
Vitamin E	0.7 mg	5% DV
Vitamin K	0.0 µg	0% DV
Choline	71.1 mg	13% DV
Myo-Inositol	~	~
CoQ10	1.7 mg	~
Minerals		
Calcium	8.1 mg	1% DV
Copper	26.5 µg	3% DV
Iodine	23.4 µg	16% DV
Iron	0.2 mg	1% DV
Magnesium	26.5 mg	6% DV
Manganese	12.7 µg	1% DV
Phosphorus	271.4 mg	22% DV
Potassium	500.3 mg	11% DV
Selenium	52.4 µg	95% DV
Sodium	78.2 mg	3% DV
Zinc	0.4 mg	4% DV
Amino Acids & Peptides		
Taurine	36.8 mg	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.5 g	3% DV
ALA	12.7 mg	1% DV
EPA + DHA	223.1 mg	89% DV
CLA	2.3 mg	~
Linoleic Acid	0.0 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	0.0 µg	~
Polyphenols	0.0 mg	~
Phytosterols	0.0 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

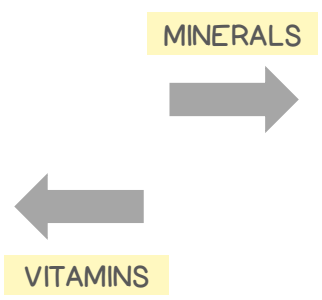


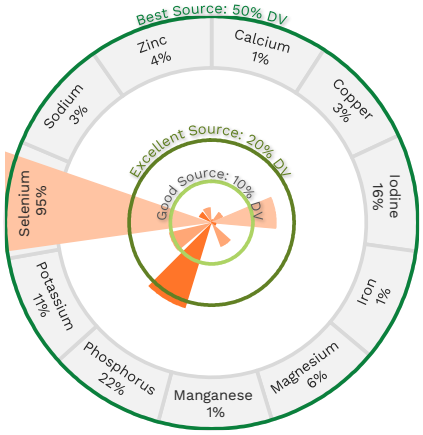








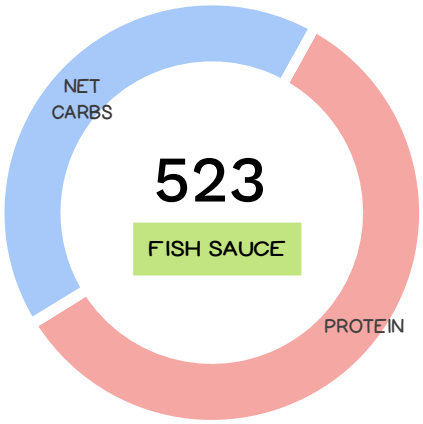




239 Fish Sauce

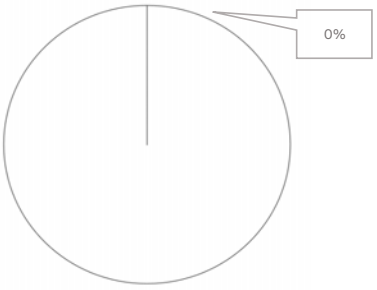
Serving Size:	18 grams	Protein:	0.9 grams	Net Carbs:	0.7 grams
Calories:	6	Fat:	0.0 grams	Fiber:	0.0 grams

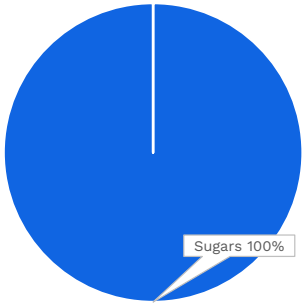
Vitamins & Vitaminlike Compounds		
Vitamin A	0.7 µg RAE	0% DV
Vitamin B1 (Thiamin)	2.2 µg	0% DV
Vitamin B2 (Riboflavin)	10.3 µg	1% DV
Vitamin B3 (Niacin)	0.4 mg	3% DV
Vitamin B5 (Pantothenic Acid)	0.0 mg	0% DV
Vitamin B6 (Pyridoxine)	71.3 µg	4% DV
Vitamin B7 (Biotin)	~	~
Vitamin B9 (Folate)	9.2 µg	2% DV
Vitamin B12 (Cobalamin)	0.1 µg	4% DV
Vitamin C	0.1 mg	0% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.0 mg	0% DV
Vitamin K	0.0 µg	0% DV
Choline	2.4 mg	0% DV
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	7.7 mg	1% DV
Copper	9.0 µg	1% DV
Iodine	~	~
Iron	0.1 mg	1% DV
Magnesium	31.5 mg	8% DV
Manganese	41.9 µg	2% DV
Phosphorus	1.3 mg	0% DV
Potassium	51.8 mg	1% DV
Selenium	1.6 µg	3% DV
Sodium	1413.2 mg	61% DV
Zinc	0.0 mg	0% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	0.0 mg	0% DV
EPA + DHA	0.5 mg	0% DV
CLA	~	~
Linoleic Acid	0.0 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	0.0 µg	~
Polyphenols	0.0 mg	~
Phytosterols	0.0 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~





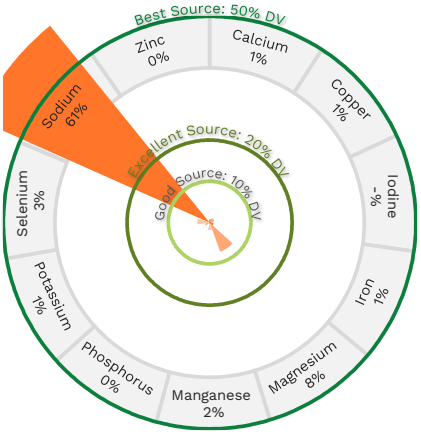
FATS



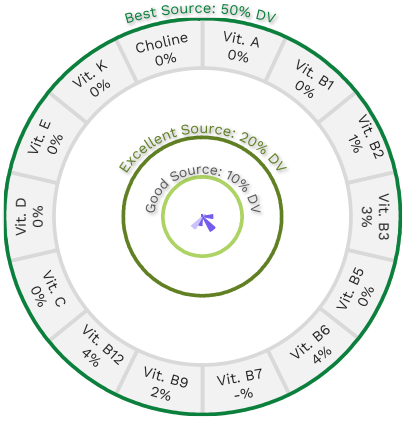


CARBOHYDRATES

MINERALS



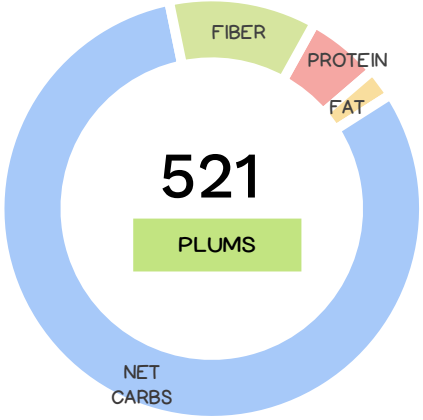
VITAMINS



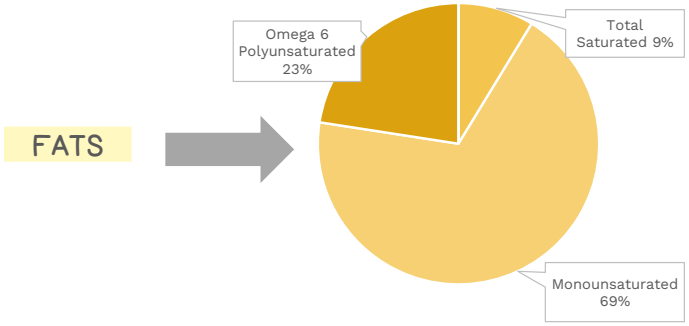
240 Plums

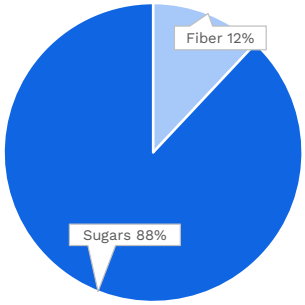
Serving Size:	165 grams	Protein:	1.2 grams	Net Carbs:	16.5 grams
Calories:	76	Fat:	0.5 grams	Fiber:	2.3 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	28.1 µg RAE	3% DV
Vitamin B1 (Thiamin)	46.2 µg	4% DV
Vitamin B2 (Riboflavin)	42.9 µg	3% DV
Vitamin B3 (Niacin)	0.7 mg	4% DV
Vitamin B5 (Pantothenic Acid)	0.2 mg	4% DV
Vitamin B6 (Pyridoxine)	47.9 µg	3% DV
Vitamin B7 (Biotin)	0.3 µg	1% DV
Vitamin B9 (Folate)	8.3 µg	2% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	15.7 mg	17% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.6 mg	4% DV
Vitamin K	10.6 µg	9% DV
Choline	3.1 mg	1% DV
Myo-Inositol	49.5 mg	~
CoQ10	~	~
Minerals		
Calcium	9.9 mg	1% DV
Copper	94.1 µg	10% DV
Iodine	~	~
Iron	0.3 mg	2% DV
Magnesium	11.6 mg	3% DV
Manganese	85.8 µg	4% DV
Phosphorus	26.4 mg	2% DV
Potassium	259.1 mg	6% DV
Selenium	0.0 µg	0% DV
Sodium	0.0 mg	0% DV
Zinc	0.2 mg	2% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.2 g	1% DV
ALA	0.0 mg	0% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.1 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	491.7 µg	~
Polyphenols	2310.0 mg	~
Phytosterols	21.5 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

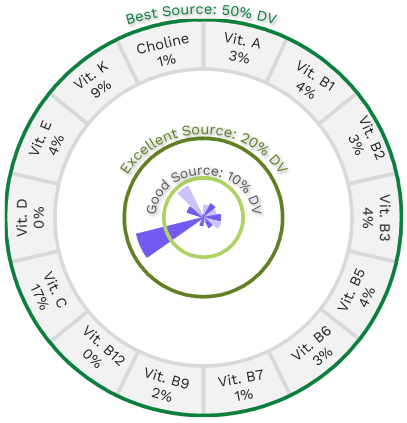






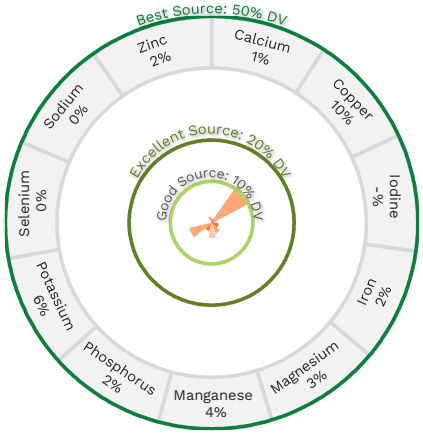


CARBOHYDRATES



MINERALS

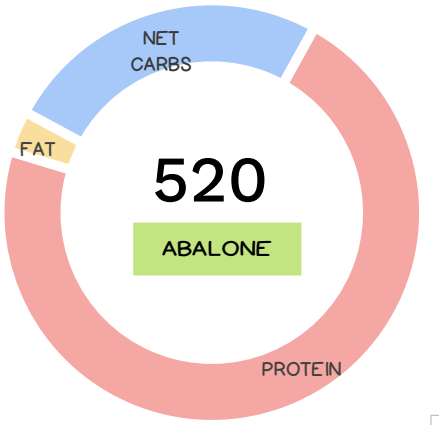
VITAMINS



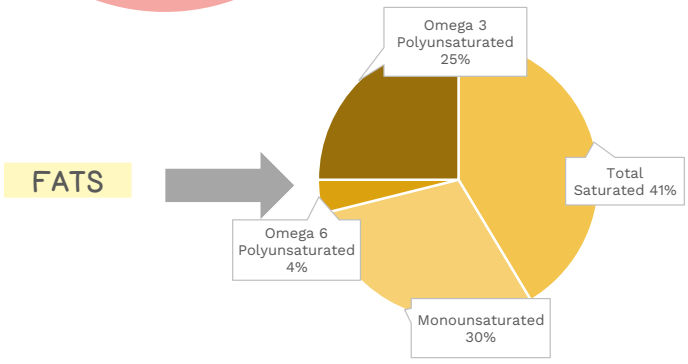
241 Abalone

Serving Size:	115 grams	Protein:	19.7 grams	Net Carbs:	6.9 grams
Calories:	121	Fat:	0.9 grams	Fiber:	0.0 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	2.3 µg RAE	0% DV
Vitamin B1 (Thiamin)	218.5 µg	18% DV
Vitamin B2 (Riboflavin)	115.0 µg	9% DV
Vitamin B3 (Niacin)	1.7 mg	11% DV
Vitamin B5 (Pantothenic Acid)	3.5 mg	69% DV
Vitamin B6 (Pyridoxine)	172.5 µg	10% DV
Vitamin B7 (Biotin)	1.3 µg	4% DV
Vitamin B9 (Folate)	5.8 µg	1% DV
Vitamin B12 (Cobalamin)	0.8 µg	35% DV
Vitamin C	2.3 mg	3% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	4.6 mg	31% DV
Vitamin K	26.5 µg	22% DV
Choline	74.8 mg	14% DV
Myo-Inositol	~	~
CoQ10	1.1 mg	~
Minerals		
Calcium	35.7 mg	3% DV
Copper	225.4 µg	25% DV
Iodine	~	~
Iron	3.7 mg	20% DV
Magnesium	55.2 mg	13% DV
Manganese	46.0 µg	2% DV
Phosphorus	218.5 mg	17% DV
Potassium	287.5 mg	6% DV
Selenium	51.5 µg	94% DV
Sodium	346.2 mg	15% DV
Zinc	0.9 mg	9% DV
Amino Acids & Peptides		
Taurine	598.8 mg	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.1 g	1% DV
ALA	0.0 mg	0% DV
EPA + DHA	56.4 mg	23% DV
CLA	0.3 mg	~
Linoleic Acid	0.0 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	0.0 µg	~
Polyphenols	0.0 mg	~
Phytosterols	0.0 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~



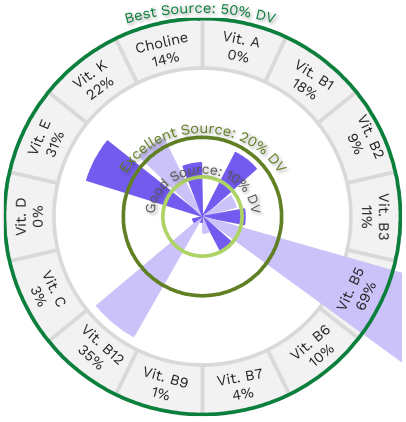






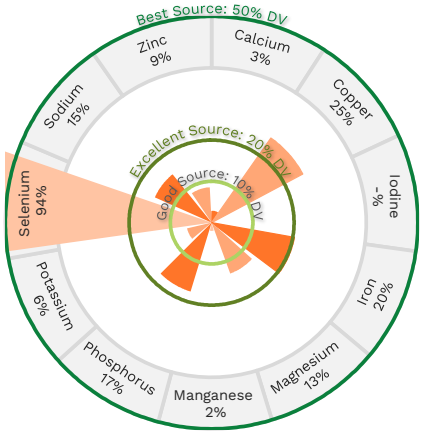
CARBOHYDRATES

No detailed component data currently available in the USDA Food Central Database.



MINERALS

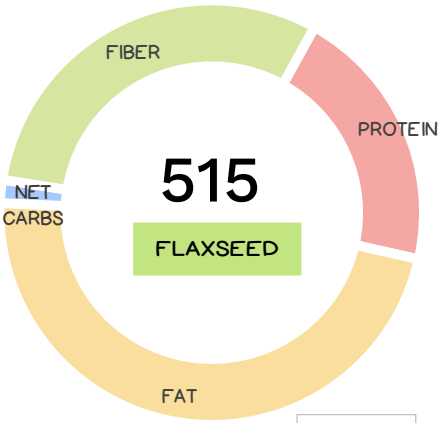
VITAMINS



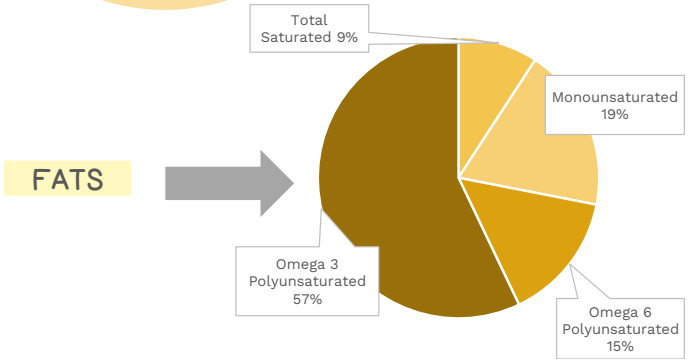
242 Flaxseed

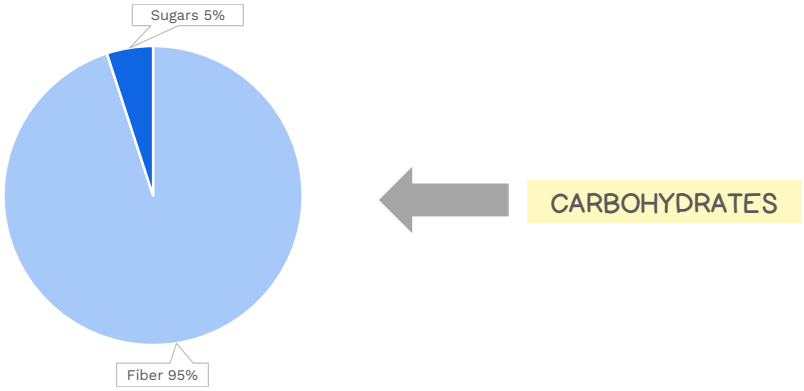
Serving Size:	28 grams	Protein:	5.1 grams	Net Carbs:	0.4 grams
Calories:	150	Fat:	11.8 grams	Fiber:	7.6 grams

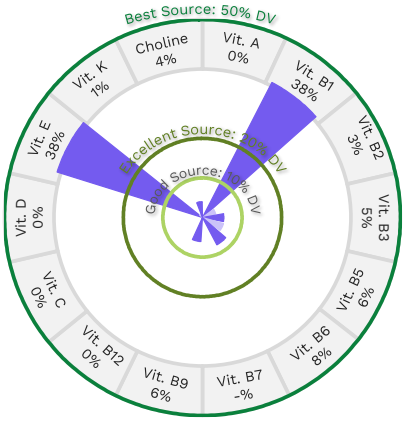
Vitamins & Vitaminlike Compounds		
Vitamin A	0.0 µg RAE	0% DV
Vitamin B1 (Thiamin)	460.3 µg	38% DV
Vitamin B2 (Riboflavin)	45.1 µg	3% DV
Vitamin B3 (Niacin)	0.9 mg	5% DV
Vitamin B5 (Pantothenic Acid)	0.3 mg	6% DV
Vitamin B6 (Pyridoxine)	132.4 µg	8% DV
Vitamin B7 (Biotin)	~	~
Vitamin B9 (Folate)	24.4 µg	6% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	0.2 mg	0% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	5.8 mg	38% DV
Vitamin K	1.2 µg	1% DV
Choline	22.0 mg	4% DV
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	71.4 mg	5% DV
Copper	341.6 µg	38% DV
Iodine	~	~
Iron	1.6 mg	9% DV
Magnesium	109.8 mg	26% DV
Manganese	695.0 µg	30% DV
Phosphorus	179.8 mg	14% DV
Potassium	227.6 mg	5% DV
Selenium	7.1 µg	13% DV
Sodium	8.4 mg	0% DV
Zinc	1.2 mg	11% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	2.1 g	11% DV
ALA	6387.6 mg	399% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	1.7 g	10% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	182.3 µg	~
Polyphenols	352.0 mg	~
Phytosterols	58.8 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

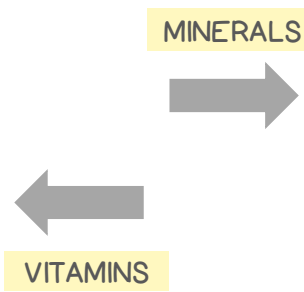


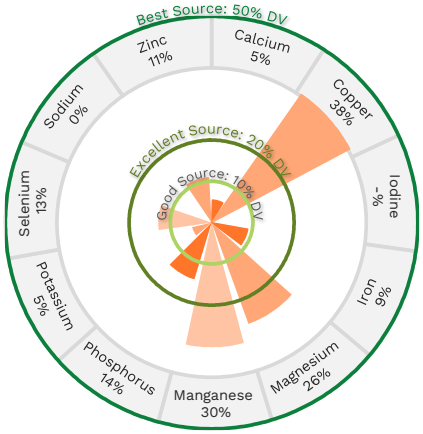








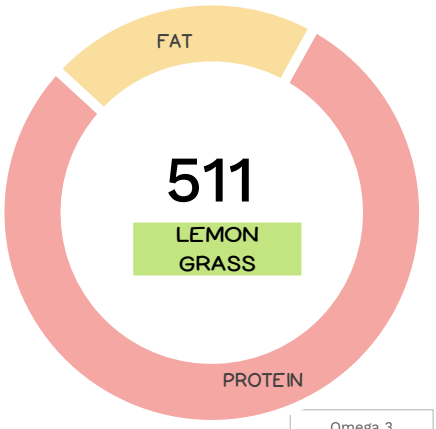




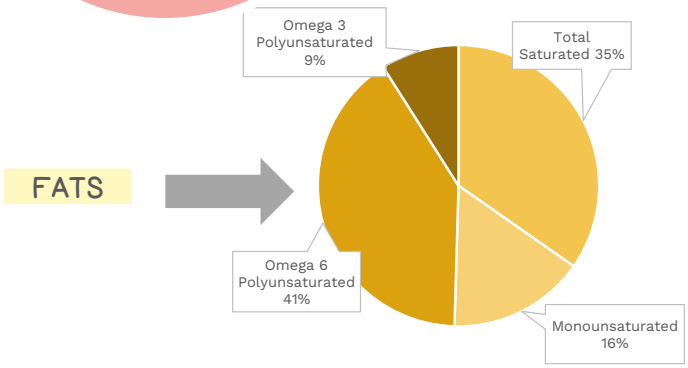
243 Lemon grass

Serving Size:	17 grams	Protein:	0.3 grams	Net Carbs:	~
Calories:	17	Fat:	0.1 grams	Fiber:	~

Vitamins & Vitaminlike Compounds		
Vitamin A	0.0 µg RAE	0% DV
Vitamin B1 (Thiamin)	10.9 µg	1% DV
Vitamin B2 (Riboflavin)	22.6 µg	2% DV
Vitamin B3 (Niacin)	0.2 mg	1% DV
Vitamin B5 (Pantothenic Acid)	0.0 mg	0% DV
Vitamin B6 (Pyridoxine)	13.4 µg	1% DV
Vitamin B7 (Biotin)	~	~
Vitamin B9 (Folate)	12.6 µg	3% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	0.4 mg	0% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	~	~
Vitamin K	~	~
Choline	~	~
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	10.9 mg	1% DV
Copper	44.6 µg	5% DV
Iodine	~	~
Iron	1.4 mg	8% DV
Magnesium	10.1 mg	2% DV
Manganese	875.0 µg	38% DV
Phosphorus	16.9 mg	1% DV
Potassium	121.1 mg	3% DV
Selenium	0.1 µg	0% DV
Sodium	1.0 mg	0% DV
Zinc	0.4 mg	3% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	5.2 mg	0% DV
EPA + DHA	~	~
CLA	~	~
Linoleic Acid	0.0 g	0% DV
MCT's	~	~
Phytonutrients		
Carotenoids	0.5 µg	~
Polyphenols	110.9 mg	~
Phytosterols	1.0 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~



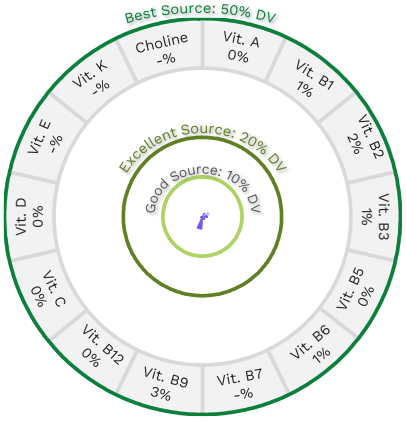






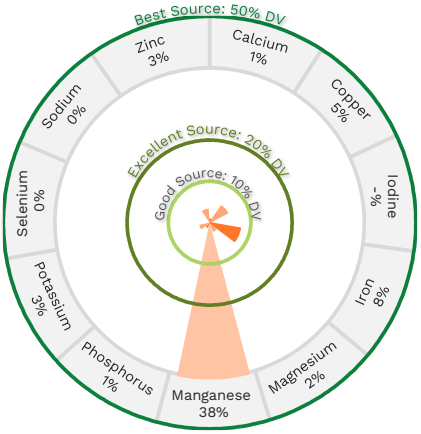
CARBOHYDRATES

No detailed component data currently available in the USDA Food Central Database.



VITAMINS

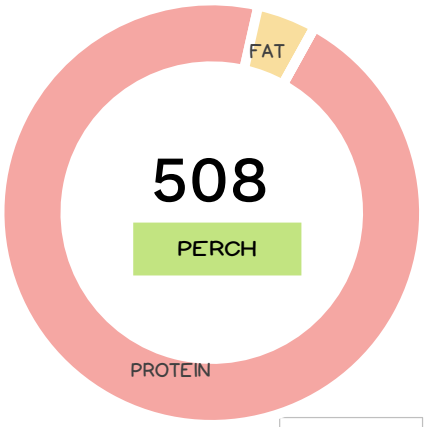
MINERALS



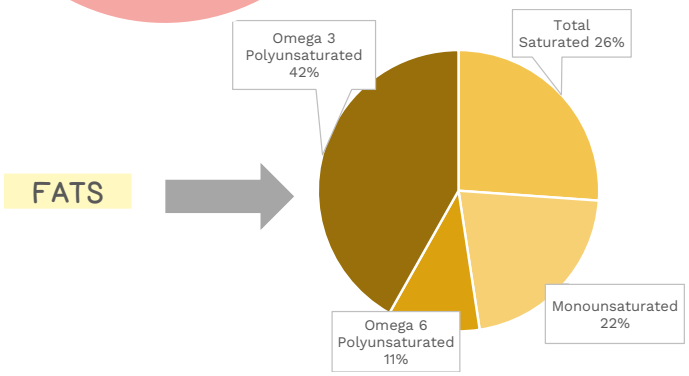
244 Perch

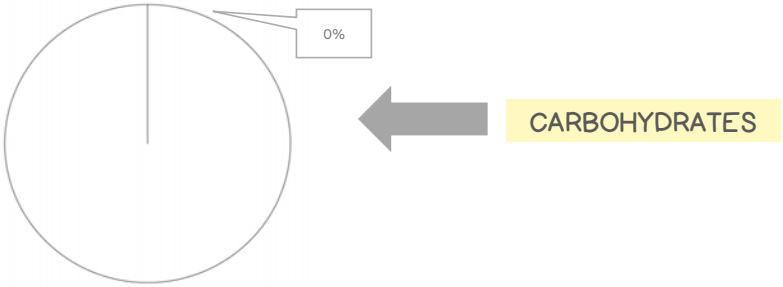
Serving Size:	115 grams	Protein:	22.3 grams	Net Carbs:	0.0 grams
Calories:	105	Fat:	1.1 grams	Fiber:	0.0 grams

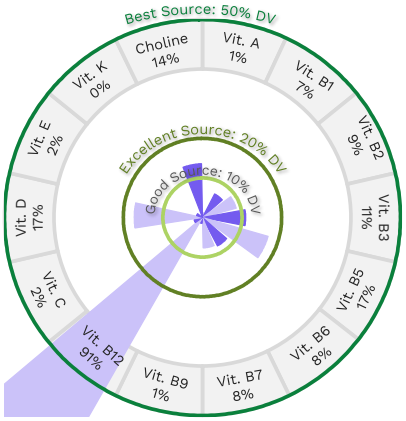
Vitamins & Vitaminlike Compounds		
Vitamin A	10.4 µg RAE	1% DV
Vitamin B1 (Thiamin)	80.5 µg	7% DV
Vitamin B2 (Riboflavin)	115.0 µg	9% DV
Vitamin B3 (Niacin)	1.7 mg	11% DV
Vitamin B5 (Pantothenic Acid)	0.9 mg	17% DV
Vitamin B6 (Pyridoxine)	138.0 µg	8% DV
Vitamin B7 (Biotin)	2.3 µg	8% DV
Vitamin B9 (Folate)	5.8 µg	1% DV
Vitamin B12 (Cobalamin)	2.2 µg	91% DV
Vitamin C	2.0 mg	2% DV
Vitamin D (D2 + D3)	3.5 µg	17% DV
Vitamin E	0.2 mg	2% DV
Vitamin K	0.1 µg	0% DV
Choline	74.8 mg	14% DV
Myo-Inositol	~	~
CoQ10	0.4 mg	~
Minerals		
Calcium	92.0 mg	7% DV
Copper	172.5 µg	19% DV
Iodine	39.7 µg	26% DV
Iron	1.0 mg	6% DV
Magnesium	34.5 mg	8% DV
Manganese	805.0 µg	35% DV
Phosphorus	230.0 mg	18% DV
Potassium	309.4 mg	7% DV
Selenium	14.5 µg	26% DV
Sodium	71.3 mg	3% DV
Zinc	1.3 mg	12% DV
Amino Acids & Peptides		
Taurine	173.7 mg	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.2 g	1% DV
ALA	13.8 mg	1% DV
EPA + DHA	291.0 mg	116% DV
CLA	2.3 mg	~
Linoleic Acid	0.0 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	0.0 µg	~
Polyphenols	0.0 mg	~
Phytosterols	0.0 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

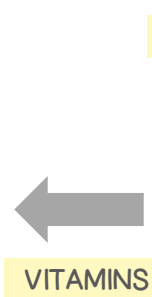


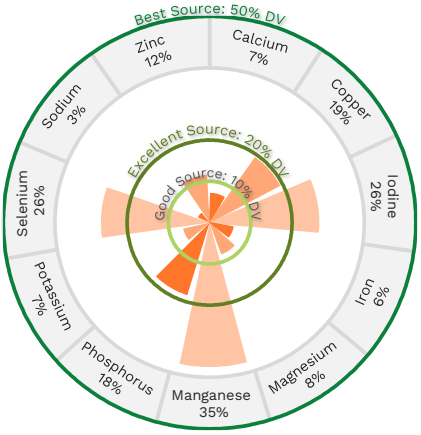








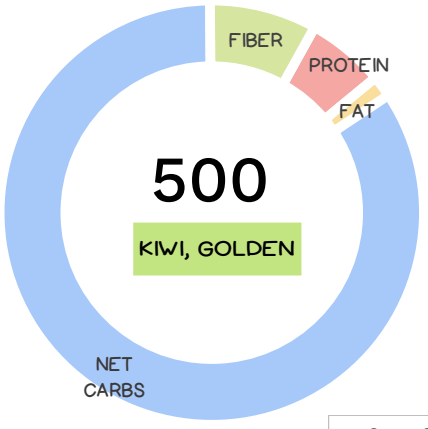




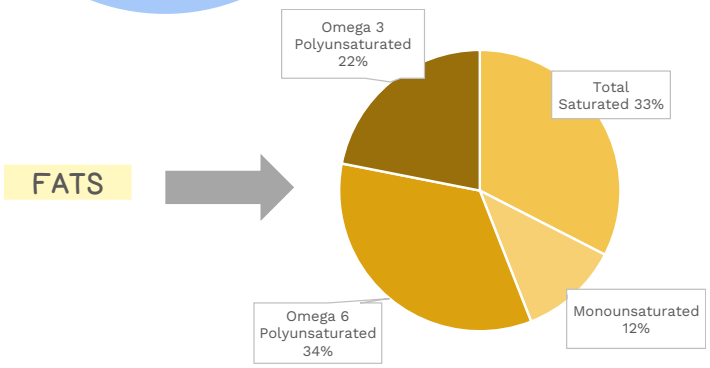
245 Kiwi, Golden

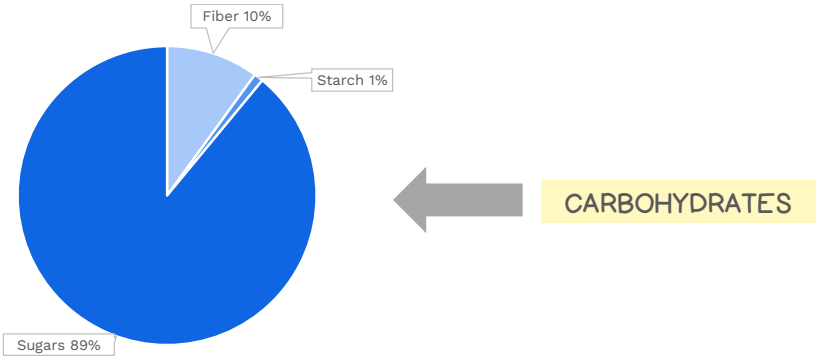
Serving Size:	180 grams	Protein:	1.8 grams	Net Carbs:	25.9 grams
Calories:	113	Fat:	0.5 grams	Fiber:	2.5 grams

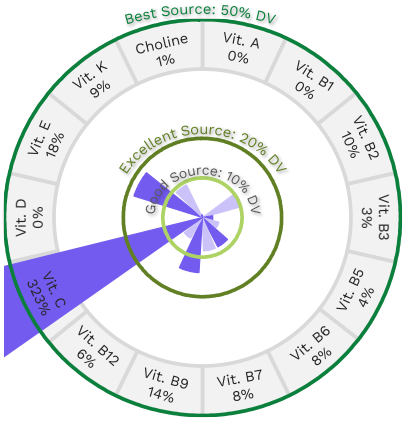
Vitamins & Vitaminlike Compounds		
Vitamin A	1.8 µg RAE	0% DV
Vitamin B1 (Thiamin)	0.0 µg	0% DV
Vitamin B2 (Riboflavin)	133.2 µg	10% DV
Vitamin B3 (Niacin)	0.4 mg	3% DV
Vitamin B5 (Pantothenic Acid)	0.2 mg	4% DV
Vitamin B6 (Pyridoxine)	142.2 µg	8% DV
Vitamin B7 (Biotin)	2.5 µg	8% DV
Vitamin B9 (Folate)	55.8 µg	14% DV
Vitamin B12 (Cobalamin)	0.1 µg	6% DV
Vitamin C	290.3 mg	323% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	2.7 mg	18% DV
Vitamin K	11.0 µg	9% DV
Choline	3.4 mg	1% DV
Myo-Inositol	244.8 mg	~
CoQ10	0.1 mg	~
Minerals		
Calcium	30.6 mg	2% DV
Copper	271.8 µg	30% DV
Iodine	~	~
Iron	0.4 mg	2% DV
Magnesium	21.6 mg	5% DV
Manganese	86.4 µg	4% DV
Phosphorus	45.0 mg	4% DV
Potassium	567.0 mg	12% DV
Selenium	0.7 µg	1% DV
Sodium	5.4 mg	0% DV
Zinc	0.1 mg	1% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	0.1 mg	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	77.4 mg	5% DV
EPA + DHA	0.0 mg	0% DV
CLA	1.8 mg	~
Linoleic Acid	0.1 g	1% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	68.4 µg	~
Polyphenols	500.4 mg	~
Phytosterols	32.8 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

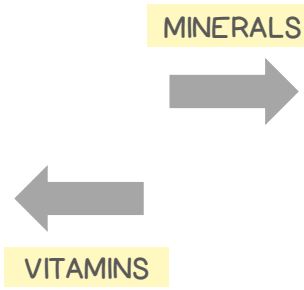


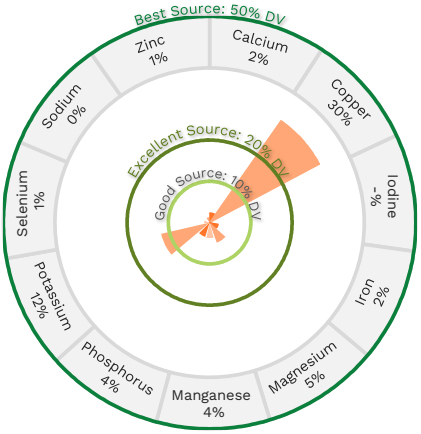








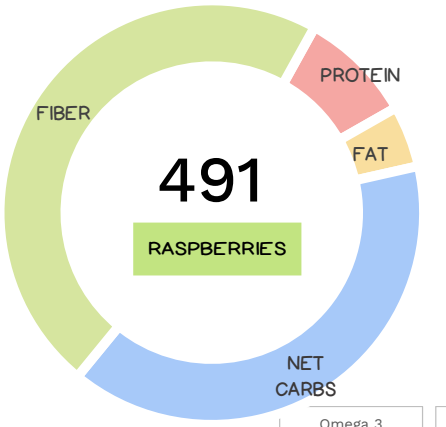




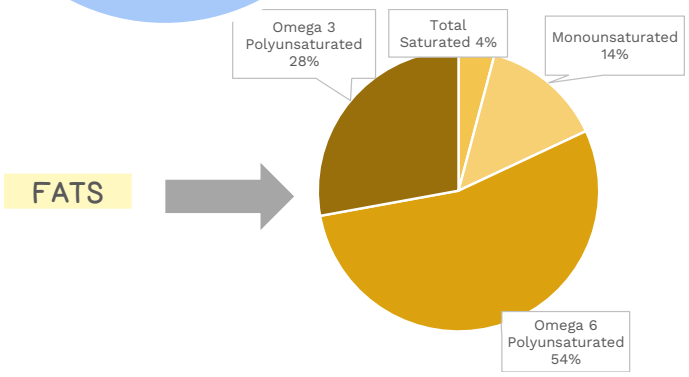
246 Raspberries

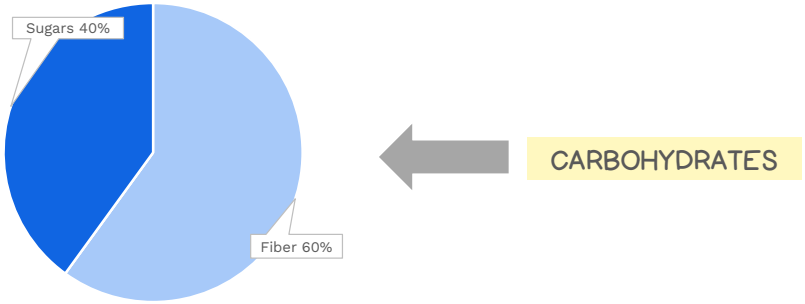
Serving Size:	123 grams	Protein:	1.5 grams	Net Carbs:	6.7 grams
Calories:	64	Fat:	0.8 grams	Fiber:	8.0 grams

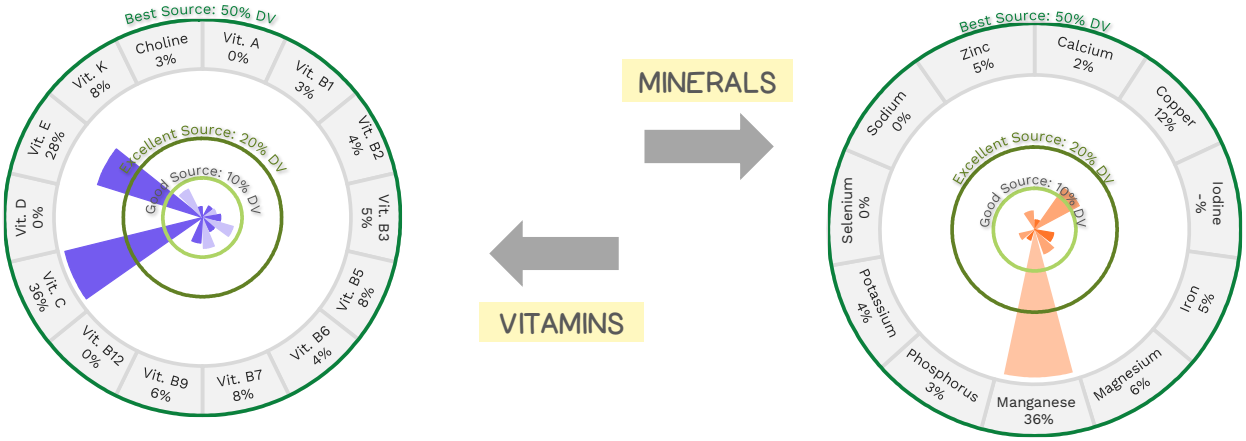
Vitamins & Vitaminlike Compounds		
Vitamin A	2.5 µg RAE	0% DV
Vitamin B1 (Thiamin)	39.4 µg	3% DV
Vitamin B2 (Riboflavin)	46.7 µg	4% DV
Vitamin B3 (Niacin)	0.7 mg	5% DV
Vitamin B5 (Pantothenic Acid)	0.4 mg	8% DV
Vitamin B6 (Pyridoxine)	67.7 µg	4% DV
Vitamin B7 (Biotin)	2.3 µg	8% DV
Vitamin B9 (Folate)	25.8 µg	6% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	32.2 mg	36% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	4.2 mg	28% DV
Vitamin K	9.6 µg	8% DV
Choline	15.1 mg	3% DV
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	30.8 mg	2% DV
Copper	110.7 µg	12% DV
Iodine	~	~
Iron	0.8 mg	5% DV
Magnesium	27.1 mg	6% DV
Manganese	824.1 µg	36% DV
Phosphorus	35.7 mg	3% DV
Potassium	185.7 mg	4% DV
Selenium	0.2 µg	0% DV
Sodium	1.2 mg	0% DV
Zinc	0.5 mg	5% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.1 g	0% DV
ALA	155.0 mg	10% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.3 g	2% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	201.7 µg	~
Polyphenols	635.9 mg	~
Phytosterols	33.7 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~







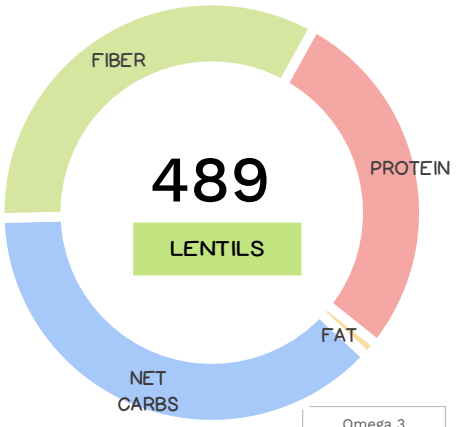




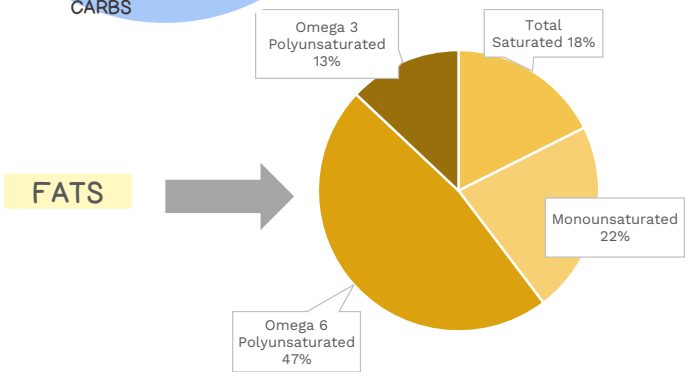
247 Lentils

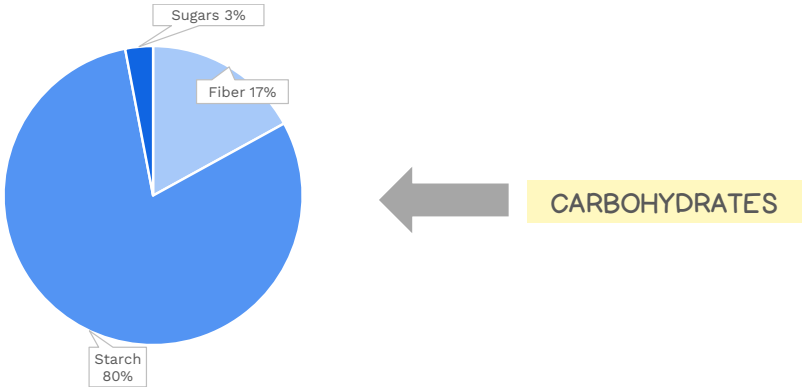
Serving Size:	39 grams	Protein:	9.6 grams	Net Carbs:	13.1 grams
Calories:	137	Fat:	0.4 grams	Fiber:	11.6 grams

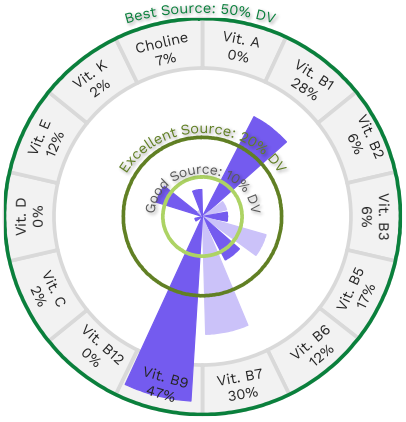
Vitamins & Vitaminlike Compounds		
Vitamin A	0.8 µg RAE	0% DV
Vitamin B1 (Thiamin)	340.5 µg	28% DV
Vitamin B2 (Riboflavin)	82.3 µg	6% DV
Vitamin B3 (Niacin)	1.0 mg	6% DV
Vitamin B5 (Pantothenic Acid)	0.8 mg	17% DV
Vitamin B6 (Pyridoxine)	210.6 µg	12% DV
Vitamin B7 (Biotin)	8.9 µg	30% DV
Vitamin B9 (Folate)	186.8 µg	47% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	1.8 mg	2% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	1.8 mg	12% DV
Vitamin K	2.0 µg	2% DV
Choline	37.6 mg	7% DV
Myo-Inositol	17.6 mg	~
CoQ10	~	~
Minerals		
Calcium	13.7 mg	1% DV
Copper	294.1 µg	33% DV
Iodine	~	~
Iron	2.5 mg	14% DV
Magnesium	18.3 mg	4% DV
Manganese	543.3 µg	24% DV
Phosphorus	109.6 mg	9% DV
Potassium	264.0 mg	6% DV
Selenium	0.0 µg	0% DV
Sodium	2.3 mg	0% DV
Zinc	1.3 mg	12% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.1 g	0% DV
ALA	43.7 mg	3% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.2 g	1% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	9.0 µg	~
Polyphenols	2636.4 mg	~
Phytosterols	61.6 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

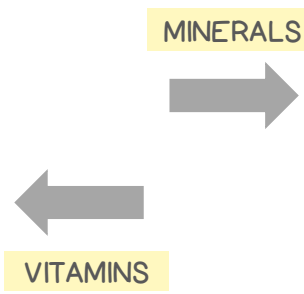


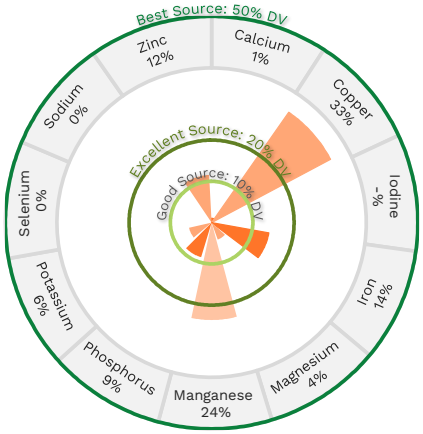








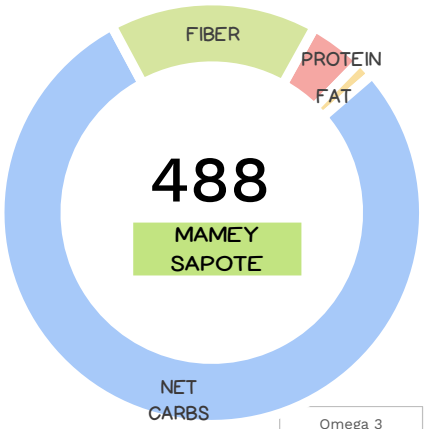




248 Mamey sapote

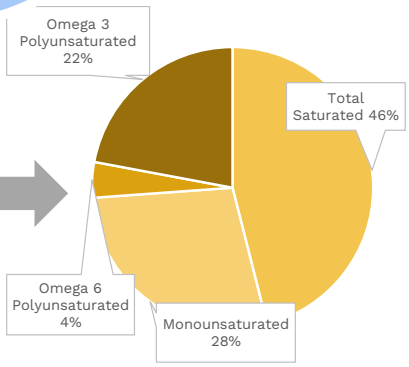
Serving Size:	175 grams	Protein:	2.5 grams	Net Carbs:	46.7 grams
Calories:	217	Fat:	0.8 grams	Fiber:	9.5 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	12.3 µg RAE	1% DV
Vitamin B1 (Thiamin)	22.8 µg	2% DV
Vitamin B2 (Riboflavin)	203.0 µg	16% DV
Vitamin B3 (Niacin)	2.5 mg	16% DV
Vitamin B5 (Pantothenic Acid)	0.7 mg	14% DV
Vitamin B6 (Pyridoxine)	1260.0 µg	74% DV
Vitamin B7 (Biotin)	~	~
Vitamin B9 (Folate)	12.3 µg	3% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	40.3 mg	45% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	4.3 mg	29% DV
Vitamin K	~	~
Choline	~	~
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	31.5 mg	2% DV
Copper	372.8 µg	41% DV
Iodine	~	~
Iron	1.4 mg	8% DV
Magnesium	19.3 mg	5% DV
Manganese	357.0 µg	16% DV
Phosphorus	45.5 mg	4% DV
Potassium	794.5 mg	17% DV
Selenium	~	~
Sodium	12.3 mg	1% DV
Zinc	0.3 mg	3% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.2 g	1% DV
ALA	143.5 mg	9% DV
EPA + DHA	0.0 mg	0% DV
CLA	0.0 mg	~
Linoleic Acid	0.0 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	63717.5 µg	~
Polyphenols	50.8 mg	~
Phytosterols	~	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

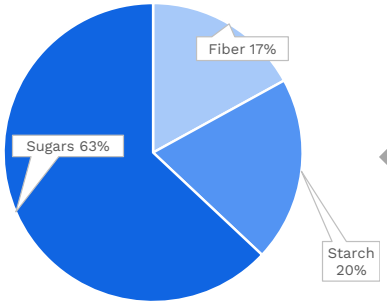




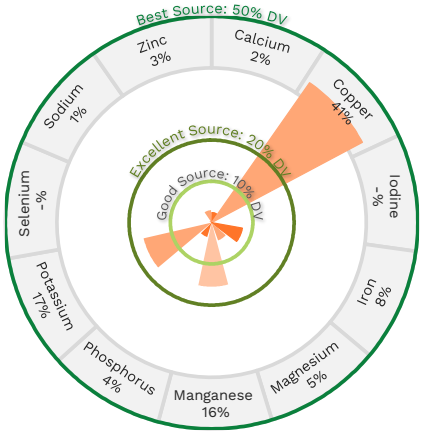
FATS



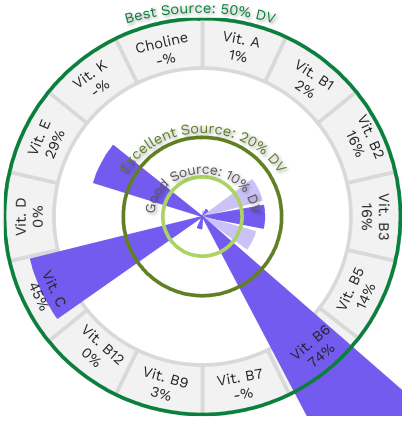
CARBOHYDRATES



MINERALS



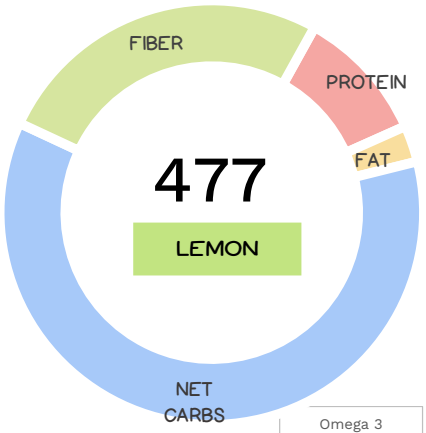
VITAMINS



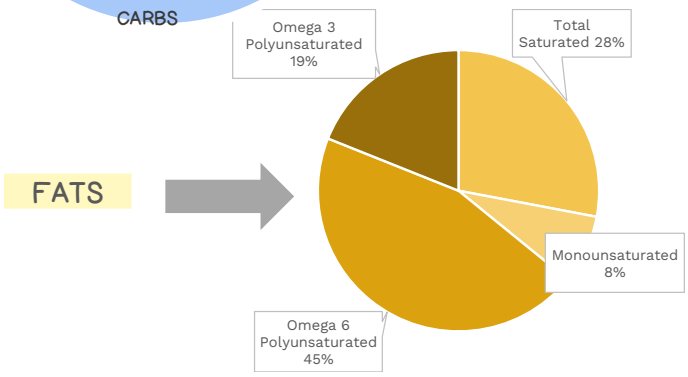
249 Lemon

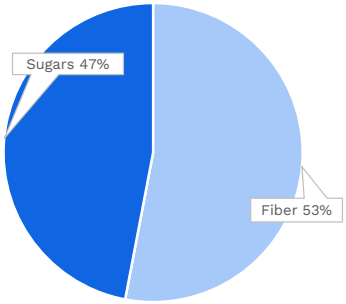
Serving Size:	212 grams	Protein:	2.3 grams	Net Carbs:	13.8 grams
Calories:	61	Fat:	0.6 grams	Fiber:	5.9 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	2.1 µg RAE	0% DV
Vitamin B1 (Thiamin)	84.8 µg	7% DV
Vitamin B2 (Riboflavin)	42.4 µg	3% DV
Vitamin B3 (Niacin)	0.2 mg	1% DV
Vitamin B5 (Pantothenic Acid)	0.4 mg	8% DV
Vitamin B6 (Pyridoxine)	169.6 µg	10% DV
Vitamin B7 (Biotin)	2.5 µg	8% DV
Vitamin B9 (Folate)	23.3 µg	6% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	112.4 mg	125% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.3 mg	2% DV
Vitamin K	0.0 µg	0% DV
Choline	10.8 mg	2% DV
Myo-Inositol	63.6 mg	~
CoQ10	~	~
Minerals		
Calcium	55.1 mg	4% DV
Copper	78.4 µg	9% DV
Iodine	~	~
Iron	1.3 mg	7% DV
Magnesium	17.0 mg	4% DV
Manganese	63.6 µg	3% DV
Phosphorus	33.9 mg	3% DV
Potassium	292.6 mg	6% DV
Selenium	0.8 µg	2% DV
Sodium	4.2 mg	0% DV
Zinc	0.1 mg	1% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	55.1 mg	3% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.1 g	1% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	74.2 µg	~
Polyphenols	347.7 mg	~
Phytosterols	38.2 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

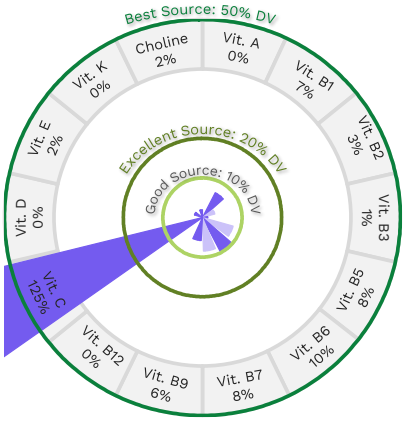






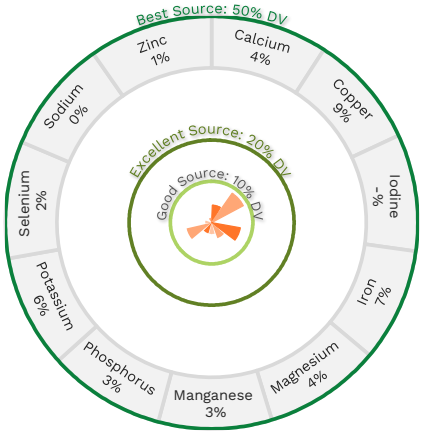


CARBOHYDRATES



VITAMINS

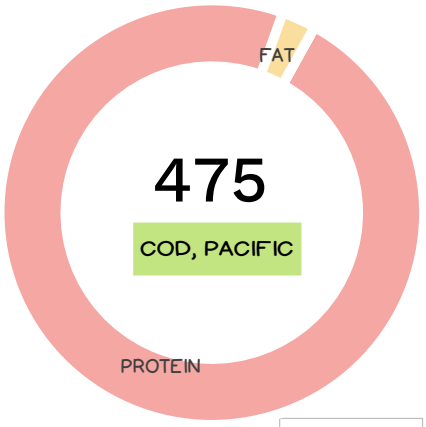
MINERALS



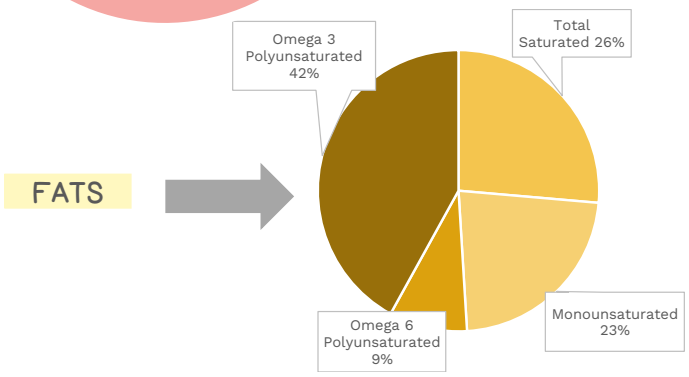
250 Cod, Pacific

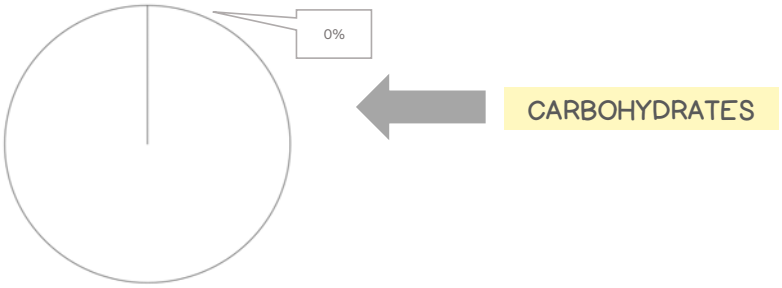
Serving Size:	115 grams	Protein:	17.6 grams	Net Carbs:	0.0 grams
Calories:	79	Fat:	0.5 grams	Fiber:	0.0 grams

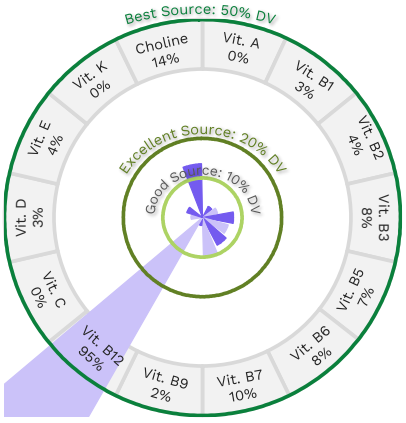
Vitamins & Vitaminlike Compounds		
Vitamin A	2.3 µg RAE	0% DV
Vitamin B1 (Thiamin)	38.0 µg	3% DV
Vitamin B2 (Riboflavin)	51.8 µg	4% DV
Vitamin B3 (Niacin)	1.3 mg	8% DV
Vitamin B5 (Pantothenic Acid)	0.3 mg	7% DV
Vitamin B6 (Pyridoxine)	134.6 µg	8% DV
Vitamin B7 (Biotin)	2.9 µg	10% DV
Vitamin B9 (Folate)	8.1 µg	2% DV
Vitamin B12 (Cobalamin)	2.3 µg	95% DV
Vitamin C	0.0 mg	0% DV
Vitamin D (D2 + D3)	0.6 µg	3% DV
Vitamin E	0.6 mg	4% DV
Vitamin K	0.0 µg	0% DV
Choline	74.8 mg	14% DV
Myo-Inositol	1.9 mg	~
CoQ10	0.4 mg	~
Minerals		
Calcium	9.2 mg	1% DV
Copper	21.9 µg	2% DV
Iodine	120.8 µg	81% DV
Iron	0.2 mg	1% DV
Magnesium	23.0 mg	5% DV
Manganese	13.8 µg	1% DV
Phosphorus	323.2 mg	26% DV
Potassium	270.3 mg	6% DV
Selenium	26.3 µg	48% DV
Sodium	348.5 mg	15% DV
Zinc	0.4 mg	3% DV
Amino Acids & Peptides		
Taurine	124.2 mg	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.1 g	0% DV
ALA	1.2 mg	0% DV
EPA + DHA	149.5 mg	60% DV
CLA	0.0 mg	~
Linoleic Acid	0.0 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	0.0 µg	~
Polyphenols	0.0 mg	~
Phytosterols	0.0 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

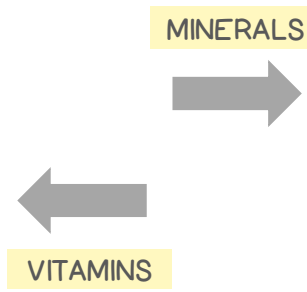


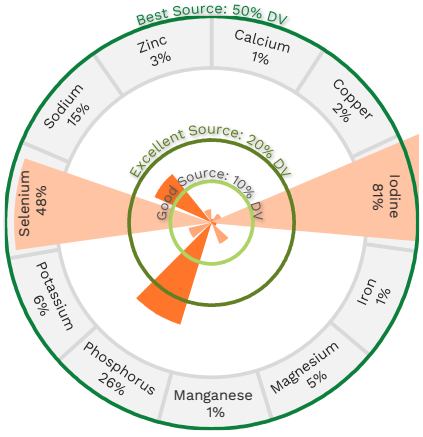








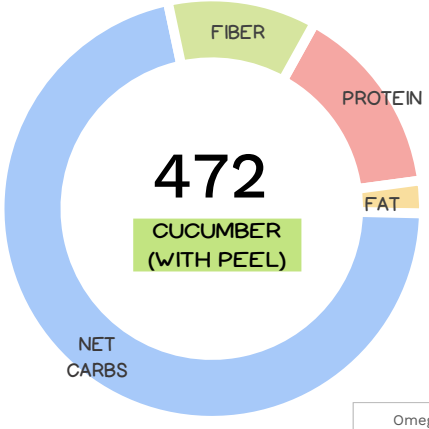




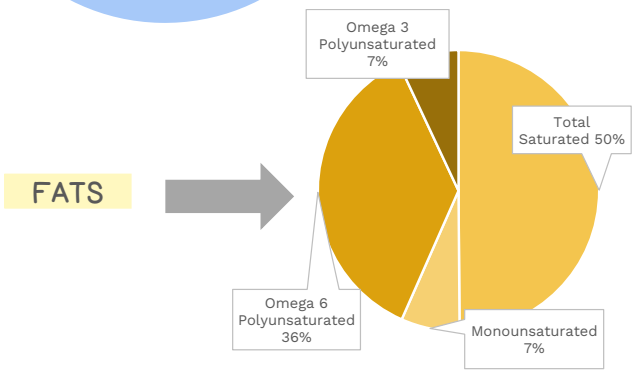
251 Cucumber (with peel)

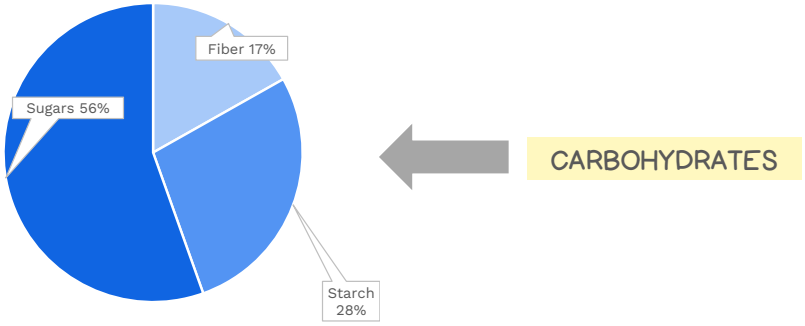
Serving Size:	104 grams	Protein:	0.7 grams	Net Carbs:	3.3 grams
Calories:	16	Fat:	0.1 grams	Fiber:	0.5 grams

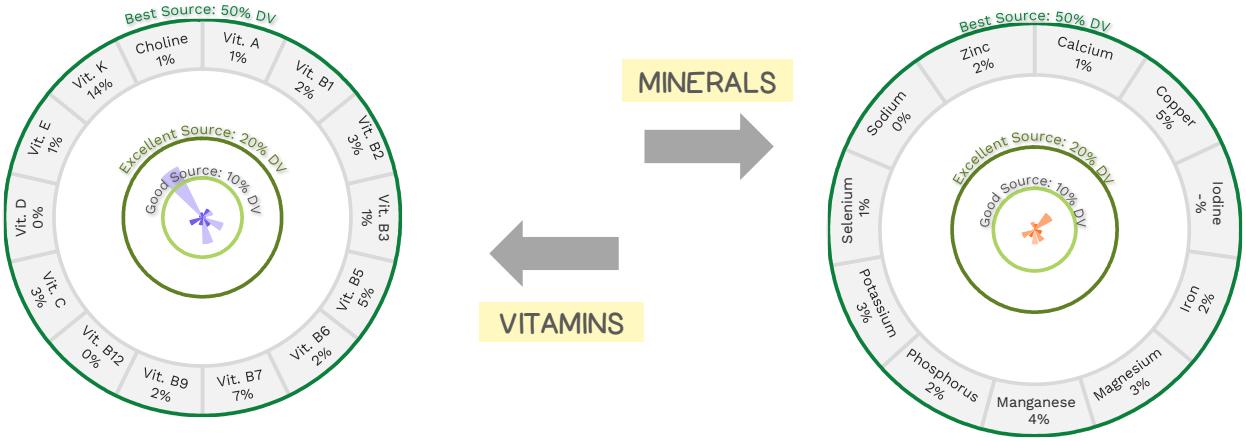
Vitamins & Vitaminlike Compounds		
Vitamin A	5.2 µg RAE	1% DV
Vitamin B1 (Thiamin)	28.1 µg	2% DV
Vitamin B2 (Riboflavin)	34.3 µg	3% DV
Vitamin B3 (Niacin)	0.1 mg	1% DV
Vitamin B5 (Pantothenic Acid)	0.3 mg	5% DV
Vitamin B6 (Pyridoxine)	41.6 µg	2% DV
Vitamin B7 (Biotin)	2.0 µg	7% DV
Vitamin B9 (Folate)	7.3 µg	2% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	2.9 mg	3% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.1 mg	1% DV
Vitamin K	17.1 µg	14% DV
Choline	6.2 mg	1% DV
Myo-Inositol	15.6 mg	~
CoQ10	0.0 mg	~
Minerals		
Calcium	16.6 mg	1% DV
Copper	42.6 µg	5% DV
Iodine	~	~
Iron	0.3 mg	2% DV
Magnesium	13.5 mg	3% DV
Manganese	82.2 µg	4% DV
Phosphorus	25.0 mg	2% DV
Potassium	152.9 mg	3% DV
Selenium	0.3 µg	1% DV
Sodium	2.1 mg	0% DV
Zinc	0.2 mg	2% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	5.2 mg	0% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.0 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	109.2 µg	~
Polyphenols	25.0 mg	~
Phytosterols	8.1 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~







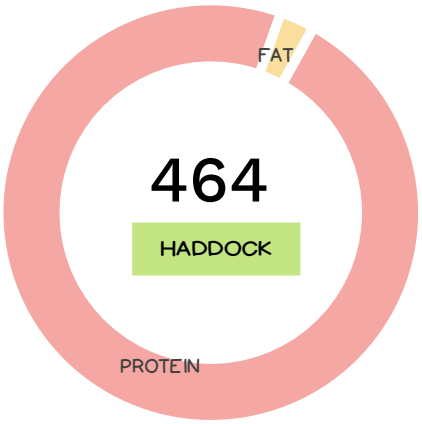




252 Haddock

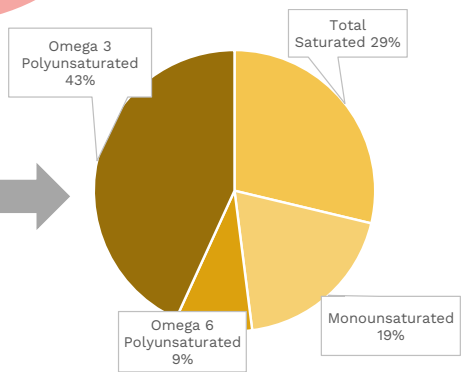
Serving Size:	115 grams	Protein:	18.8 grams	Net Carbs:	0.0 grams
Calories:	85	Fat:	0.5 grams	Fiber:	0.0 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	19.6 µg RAE	2% DV
Vitamin B1 (Thiamin)	23.0 µg	2% DV
Vitamin B2 (Riboflavin)	65.6 µg	5% DV
Vitamin B3 (Niacin)	3.9 mg	24% DV
Vitamin B5 (Pantothenic Acid)	0.5 mg	9% DV
Vitamin B6 (Pyridoxine)	323.2 µg	19% DV
Vitamin B7 (Biotin)	5.8 µg	19% DV
Vitamin B9 (Folate)	13.8 µg	3% DV
Vitamin B12 (Cobalamin)	2.1 µg	88% DV
Vitamin C	0.0 mg	0% DV
Vitamin D (D2 + D3)	0.6 µg	3% DV
Vitamin E	0.5 mg	3% DV
Vitamin K	0.1 µg	0% DV
Choline	74.8 mg	14% DV
Myo-Inositol	~	~
CoQ10	0.4 mg	~
Minerals		
Calcium	12.7 mg	1% DV
Copper	24.2 µg	3% DV
Iodine	491.5 µg	328% DV
Iron	0.2 mg	1% DV
Magnesium	24.2 mg	6% DV
Manganese	12.7 µg	1% DV
Phosphorus	261.1 mg	21% DV
Potassium	328.9 mg	7% DV
Selenium	29.8 µg	54% DV
Sodium	245.0 mg	11% DV
Zinc	0.4 mg	3% DV
Amino Acids & Peptides		
Taurine	32.2 mg	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.1 g	0% DV
ALA	2.3 mg	0% DV
EPA + DHA	150.7 mg	60% DV
CLA	0.0 mg	~
Linoleic Acid	0.0 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	0.0 µg	~
Polyphenols	0.0 mg	~
Phytosterols	0.0 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

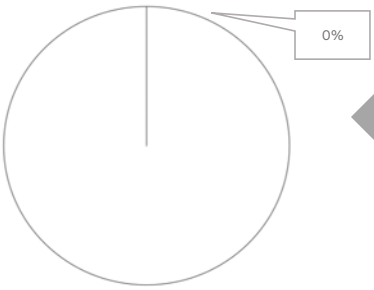




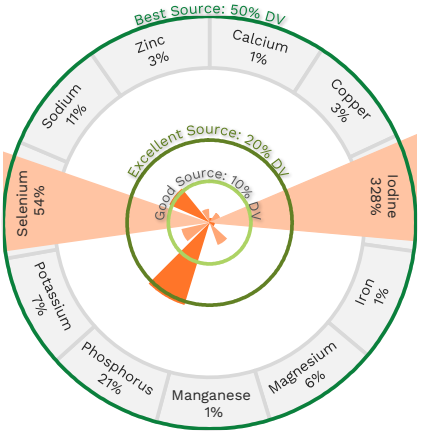
FATS



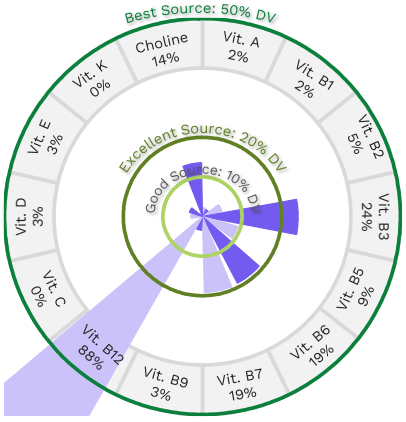
CARBOHYDRATES



MINERALS



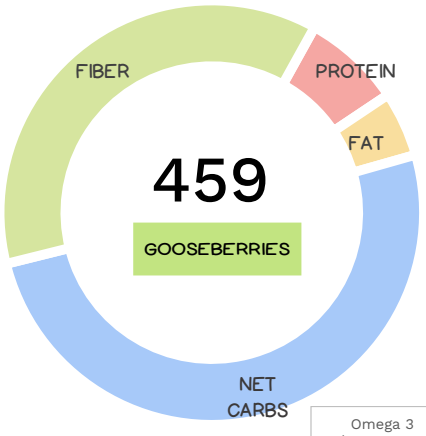
VITAMINS



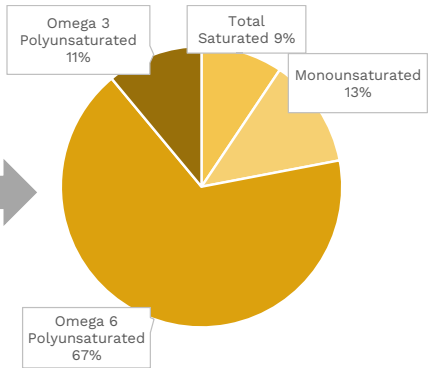
253 Gooseberries

Serving Size:	150 grams	Protein:	1.3 grams	Net Carbs:	8.8 grams
Calories:	66	Fat:	0.9 grams	Fiber:	6.5 grams

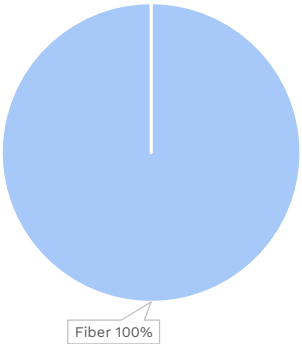
Vitamins & Vitaminlike Compounds		
Vitamin A	22.5 µg RAE	3% DV
Vitamin B1 (Thiamin)	60.0 µg	5% DV
Vitamin B2 (Riboflavin)	45.0 µg	3% DV
Vitamin B3 (Niacin)	0.5 mg	3% DV
Vitamin B5 (Pantothenic Acid)	0.4 mg	9% DV
Vitamin B6 (Pyridoxine)	120.0 µg	7% DV
Vitamin B7 (Biotin)	0.8 µg	3% DV
Vitamin B9 (Folate)	9.0 µg	2% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	41.6 mg	46% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.6 mg	4% DV
Vitamin K	22.5 µg	19% DV
Choline	~	~
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	37.5 mg	3% DV
Copper	105.0 µg	12% DV
Iodine	~	~
Iron	0.5 mg	3% DV
Magnesium	15.0 mg	4% DV
Manganese	216.0 µg	9% DV
Phosphorus	40.5 mg	3% DV
Potassium	297.0 mg	6% DV
Selenium	0.9 µg	2% DV
Sodium	1.5 mg	0% DV
Zinc	0.2 mg	2% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.1 g	0% DV
ALA	69.0 mg	4% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.4 g	2% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	395.3 µg	~
Polyphenols	945.0 mg	~
Phytosterols	26.7 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~



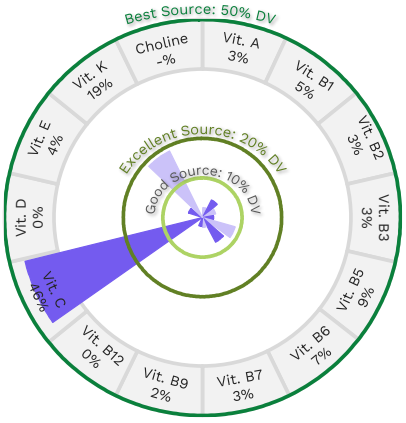




FATS

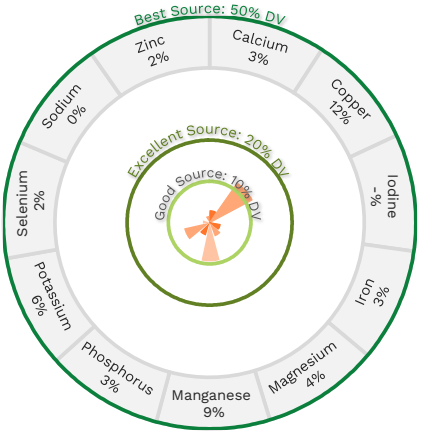


CARBOHYDRATES



MINERALS

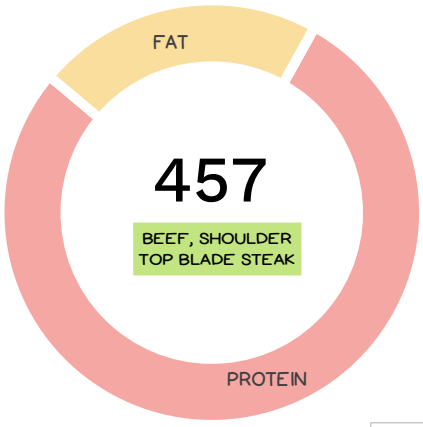
VITAMINS



254 Beef, shoulder top blade steak

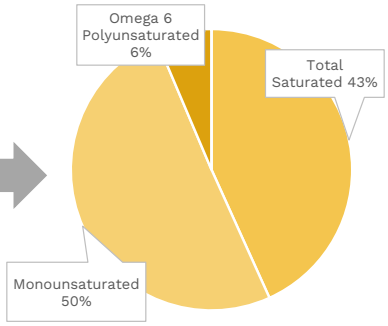
Serving Size:	100 grams	Protein:	20.4 grams	Net Carbs:	0.0 grams
Calories:	133	Fat:	5.7 grams	Fiber:	0.0 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	2.0 µg RAE	0% DV
Vitamin B1 (Thiamin)	110.0 µg	9% DV
Vitamin B2 (Riboflavin)	280.0 µg	22% DV
Vitamin B3 (Niacin)	4.2 mg	26% DV
Vitamin B5 (Pantothenic Acid)	1.0 mg	20% DV
Vitamin B6 (Pyridoxine)	392.0 µg	23% DV
Vitamin B7 (Biotin)	3.0 µg	10% DV
Vitamin B9 (Folate)	3.0 µg	1% DV
Vitamin B12 (Cobalamin)	4.4 µg	184% DV
Vitamin C	0.0 mg	0% DV
Vitamin D (D2 + D3)	0.1 µg	1% DV
Vitamin E	0.2 mg	1% DV
Vitamin K	1.5 µg	1% DV
Choline	78.7 mg	14% DV
Myo-Inositol	30.0 mg	~
CoQ10	4.0 mg	~
Minerals		
Calcium	12.0 mg	1% DV
Copper	99.0 µg	11% DV
Iodine	~	~
Iron	2.5 mg	14% DV
Magnesium	20.0 mg	5% DV
Manganese	11.0 µg	0% DV
Phosphorus	211.0 mg	17% DV
Potassium	346.0 mg	7% DV
Selenium	23.8 µg	43% DV
Sodium	87.0 mg	4% DV
Zinc	7.9 mg	72% DV
Amino Acids & Peptides		
Taurine	100.0 mg	~
Ergothioneine	0.1 mg	~
Functional Fats		
MUFA	2.9 g	14% DV
ALA	9.0 mg	1% DV
EPA + DHA	1.0 mg	0% DV
CLA	43.3 mg	~
Linoleic Acid	0.3 g	2% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	0.0 µg	~
Polyphenols	0.0 mg	~
Phytosterols	0.0 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

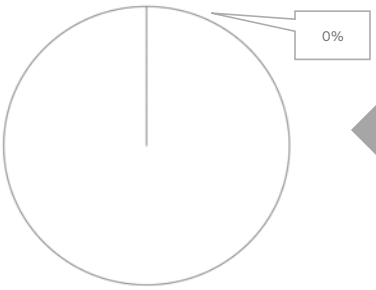




FATS

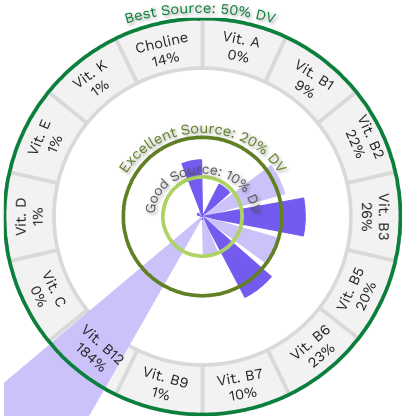


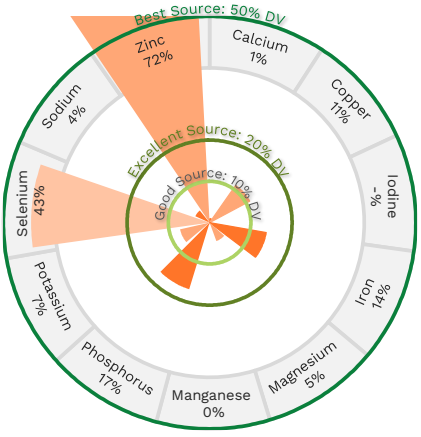
CARBOHYDRATES



MINERALS

VITAMINS

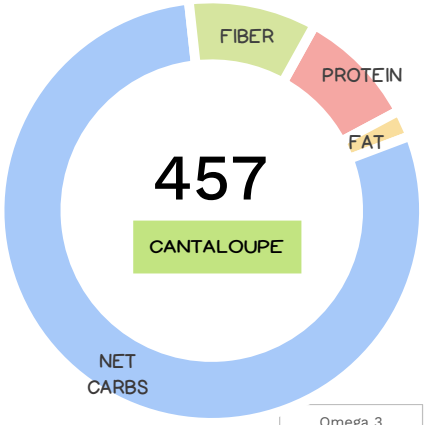




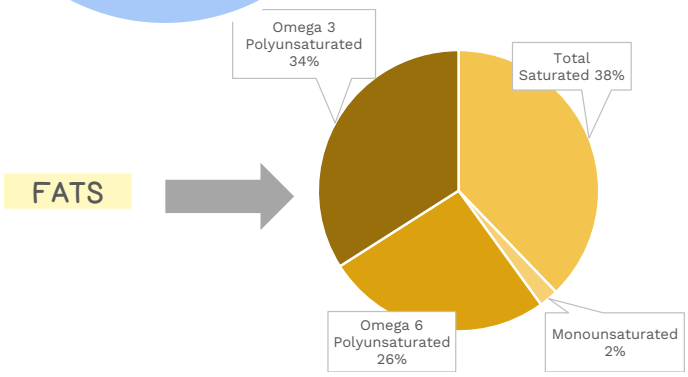
255 Cantaloupe

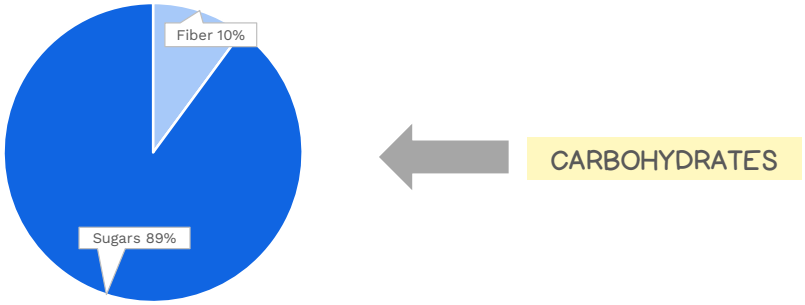
Serving Size:	160 grams	Protein:	1.3 grams	Net Carbs:	11.6 grams
Calories:	54	Fat:	0.3 grams	Fiber:	1.4 grams

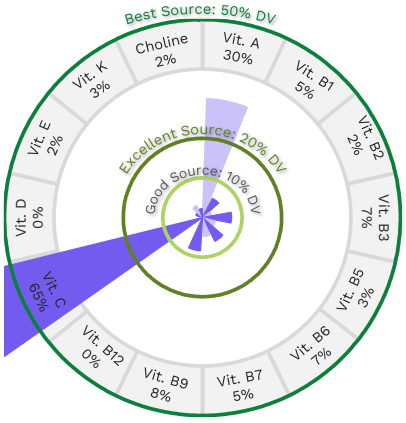
Vitamins & Vitaminlike Compounds		
Vitamin A	270.4 µg RAE	30% DV
Vitamin B1 (Thiamin)	65.6 µg	5% DV
Vitamin B2 (Riboflavin)	30.4 µg	2% DV
Vitamin B3 (Niacin)	1.2 mg	7% DV
Vitamin B5 (Pantothenic Acid)	0.2 mg	3% DV
Vitamin B6 (Pyridoxine)	115.2 µg	7% DV
Vitamin B7 (Biotin)	1.4 µg	5% DV
Vitamin B9 (Folate)	33.6 µg	8% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	58.7 mg	65% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.3 mg	2% DV
Vitamin K	4.0 µg	3% DV
Choline	12.2 mg	2% DV
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	14.4 mg	1% DV
Copper	65.6 µg	7% DV
Iodine	~	~
Iron	0.3 mg	2% DV
Magnesium	19.2 mg	5% DV
Manganese	65.6 µg	3% DV
Phosphorus	24.0 mg	2% DV
Potassium	427.2 mg	9% DV
Selenium	0.6 µg	1% DV
Sodium	25.6 mg	1% DV
Zinc	0.3 mg	3% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	73.6 mg	5% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.1 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	3300.8 µg	~
Polyphenols	198.4 mg	~
Phytosterols	9.9 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

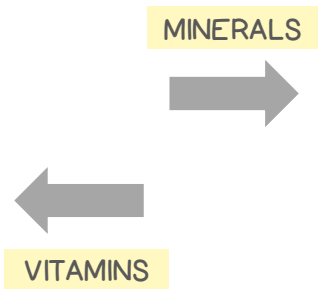


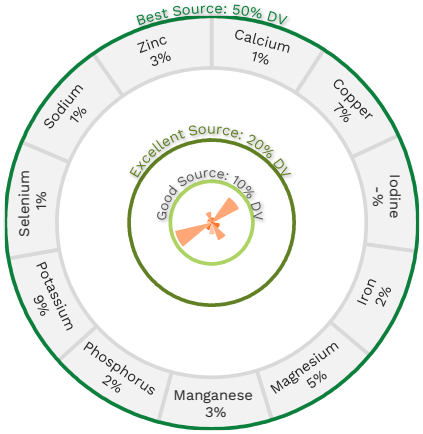








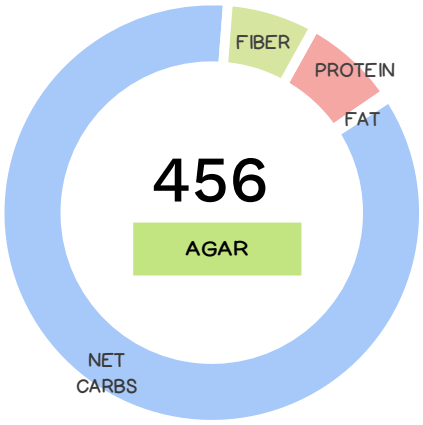




256 Agar

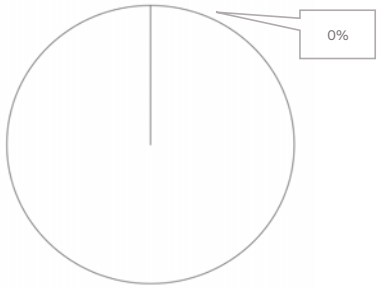
Serving Size:	80 grams	Protein:	0.4 grams	Net Carbs:	5.0 grams
Calories:	21	Fat:	0.0 grams	Fiber:	0.4 grams

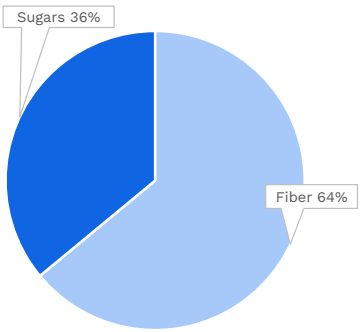
Vitamins & Vitaminlike Compounds		
Vitamin A	0.0 µg RAE	0% DV
Vitamin B1 (Thiamin)	4.0 µg	0% DV
Vitamin B2 (Riboflavin)	17.6 µg	1% DV
Vitamin B3 (Niacin)	0.0 mg	0% DV
Vitamin B5 (Pantothenic Acid)	0.2 mg	5% DV
Vitamin B6 (Pyridoxine)	25.6 µg	2% DV
Vitamin B7 (Biotin)	0.1 µg	0% DV
Vitamin B9 (Folate)	68.0 µg	17% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	0.0 mg	0% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.7 mg	5% DV
Vitamin K	1.8 µg	2% DV
Choline	4.8 mg	1% DV
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	43.2 mg	3% DV
Copper	48.8 µg	5% DV
Iodine	2504.3 µg	1670% DV
Iron	1.5 mg	8% DV
Magnesium	53.6 mg	13% DV
Manganese	298.4 µg	13% DV
Phosphorus	4.0 mg	0% DV
Potassium	180.8 mg	4% DV
Selenium	0.6 µg	1% DV
Sodium	7.2 mg	0% DV
Zinc	0.5 mg	4% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	0.0 mg	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	0.0 mg	0% DV
EPA + DHA	6.4 mg	3% DV
CLA	~	~
Linoleic Acid	0.0 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	0.0 µg	~
Polyphenols	35.6 mg	~
Phytosterols	~	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~



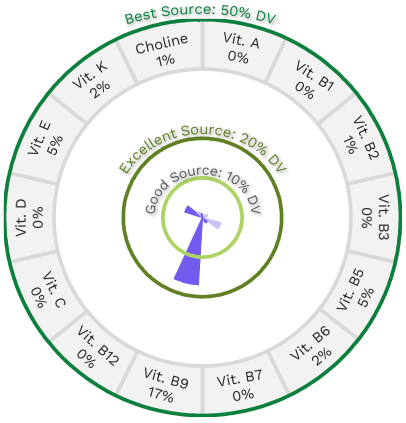


FATS



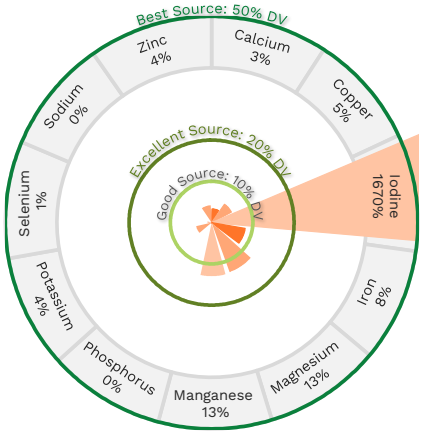


CARBOHYDRATES



MINERALS

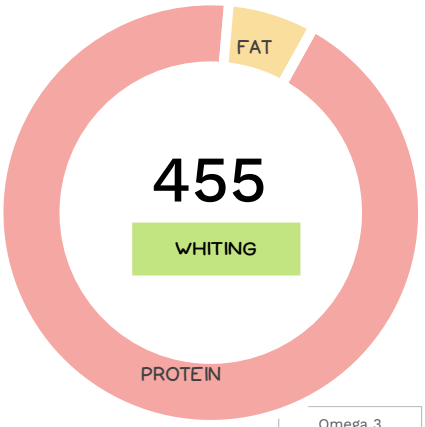
VITAMINS



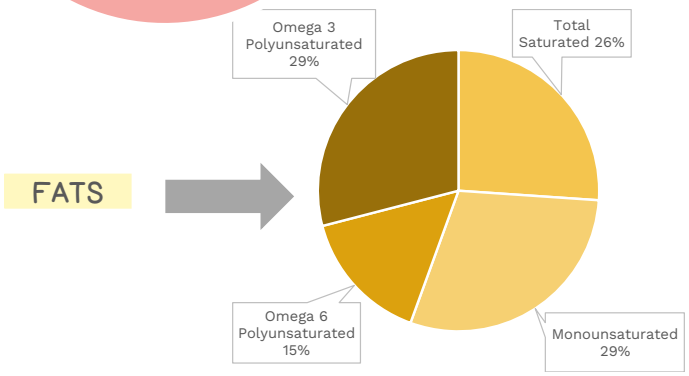
257 Whiting

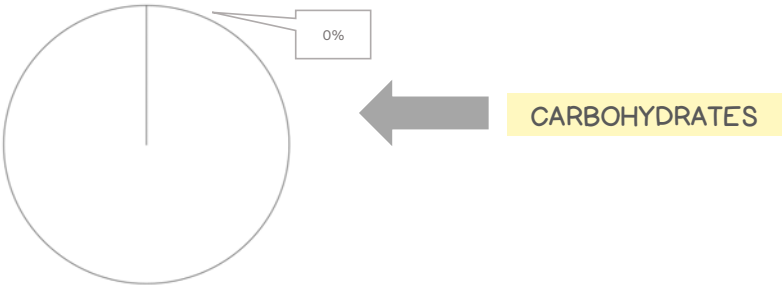
Serving Size:	115 grams	Protein:	21.1 grams	Net Carbs:	0.0 grams
Calories:	104	Fat:	1.5 grams	Fiber:	0.0 grams

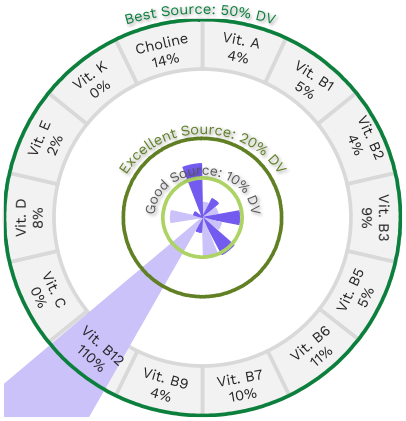
Vitamins & Vitaminlike Compounds		
Vitamin A	34.5 µg RAE	4% DV
Vitamin B1 (Thiamin)	64.4 µg	5% DV
Vitamin B2 (Riboflavin)	52.9 µg	4% DV
Vitamin B3 (Niacin)	1.5 mg	9% DV
Vitamin B5 (Pantothenic Acid)	0.2 mg	5% DV
Vitamin B6 (Pyridoxine)	179.4 µg	11% DV
Vitamin B7 (Biotin)	2.9 µg	10% DV
Vitamin B9 (Folate)	15.0 µg	4% DV
Vitamin B12 (Cobalamin)	2.6 µg	110% DV
Vitamin C	0.0 mg	0% DV
Vitamin D (D2 + D3)	1.6 µg	8% DV
Vitamin E	0.3 mg	2% DV
Vitamin K	0.1 µg	0% DV
Choline	74.8 mg	14% DV
Myo-Inositol	~	~
CoQ10	0.4 mg	~
Minerals		
Calcium	55.2 mg	4% DV
Copper	35.7 µg	4% DV
Iodine	71.9 µg	48% DV
Iron	0.4 mg	2% DV
Magnesium	24.2 mg	6% DV
Manganese	119.6 µg	5% DV
Phosphorus	255.3 mg	20% DV
Potassium	286.4 mg	6% DV
Selenium	36.9 µg	67% DV
Sodium	82.8 mg	4% DV
Zinc	1.0 mg	9% DV
Amino Acids & Peptides		
Taurine	46.0 mg	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.3 g	2% DV
ALA	39.1 mg	2% DV
EPA + DHA	257.6 mg	103% DV
CLA	~	~
Linoleic Acid	0.0 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	0.0 µg	~
Polyphenols	0.0 mg	~
Phytosterols	0.0 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

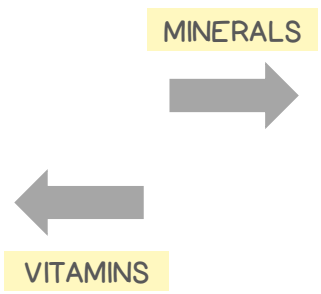


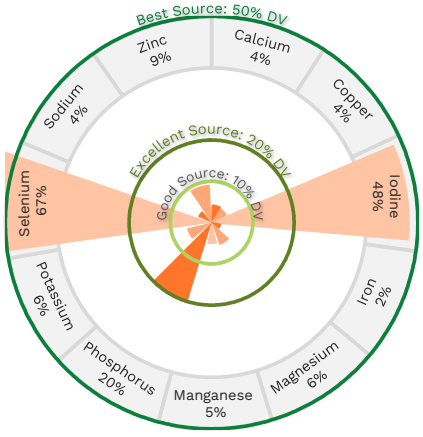








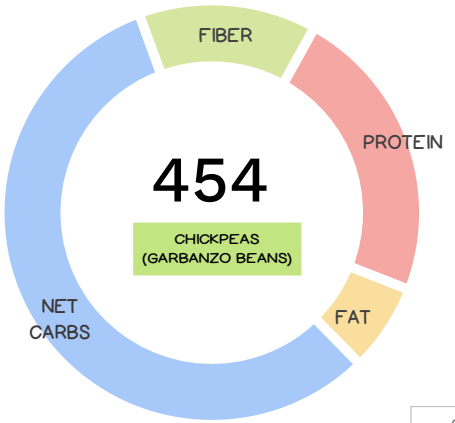




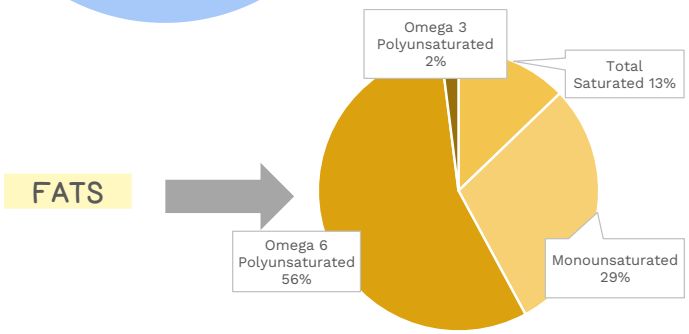
258 Chickpeas (Garbanzo Beans)

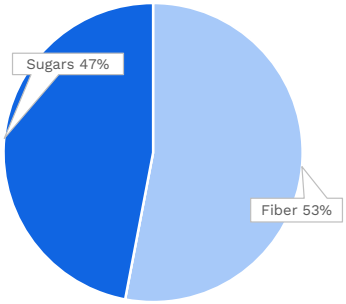
Serving Size:	40 grams	Protein:	8.2 grams	Net Carbs:	20.3 grams
Calories:	151	Fat:	2.4 grams	Fiber:	4.9 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	1.2 µg RAE	0% DV
Vitamin B1 (Thiamin)	190.8 µg	16% DV
Vitamin B2 (Riboflavin)	84.8 µg	7% DV
Vitamin B3 (Niacin)	0.6 mg	4% DV
Vitamin B5 (Pantothenic Acid)	0.6 mg	13% DV
Vitamin B6 (Pyridoxine)	214.0 µg	13% DV
Vitamin B7 (Biotin)	10.2 µg	34% DV
Vitamin B9 (Folate)	222.8 µg	56% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	1.6 mg	2% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.3 mg	2% DV
Vitamin K	3.6 µg	3% DV
Choline	39.7 mg	7% DV
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	22.8 mg	2% DV
Copper	262.4 µg	29% DV
Iodine	~	~
Iron	1.7 mg	10% DV
Magnesium	31.6 mg	8% DV
Manganese	8522.4 µg	371% DV
Phosphorus	100.8 mg	8% DV
Potassium	287.2 mg	6% DV
Selenium	0.0 µg	0% DV
Sodium	9.6 mg	0% DV
Zinc	1.1 mg	10% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.6 g	3% DV
ALA	40.8 mg	3% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	1.1 g	6% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	16.0 µg	~
Polyphenols	323.1 mg	~
Phytosterols	27.3 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~





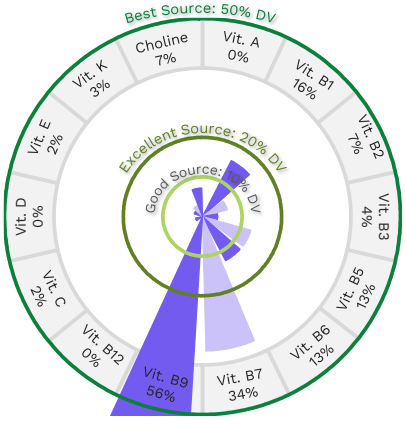


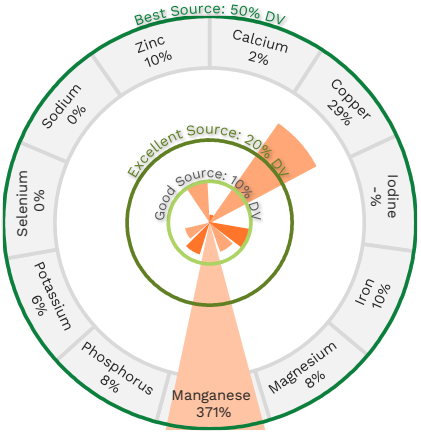


CARBOHYDRATES

MINERALS

VITAMINS

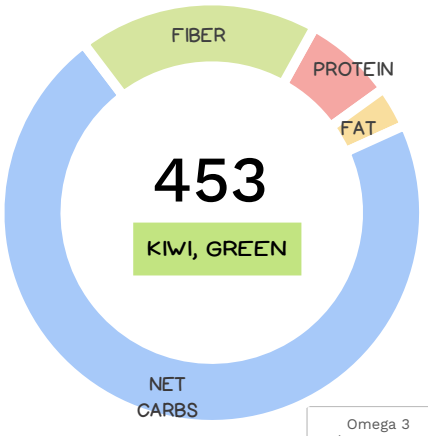




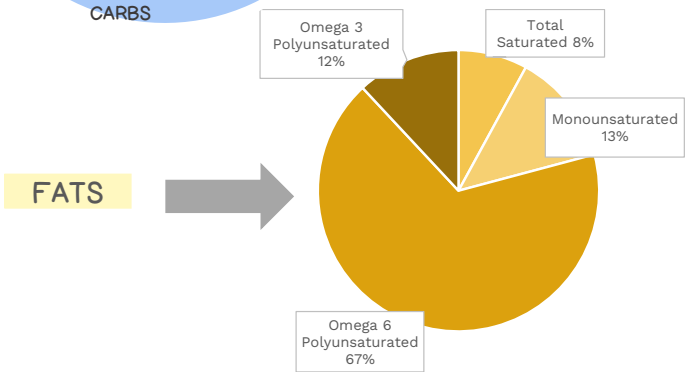
259 Kiwi, green

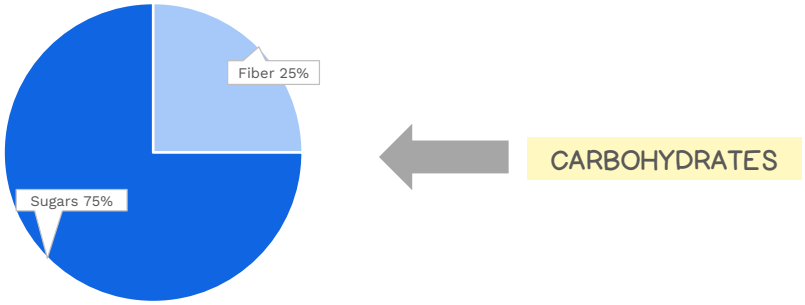
Serving Size:	180 grams	Protein:	2.1 grams	Net Carbs:	21.0 grams
Calories:	110	Fat:	0.9 grams	Fiber:	5.4 grams

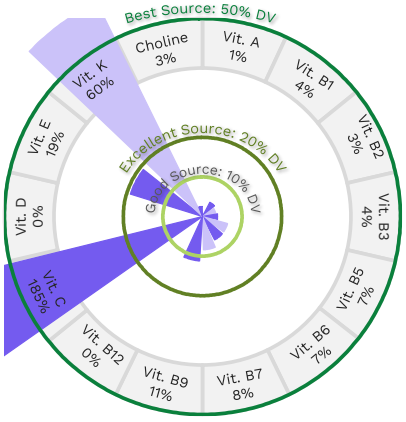
Vitamins & Vitaminlike Compounds		
Vitamin A	7.2 µg RAE	1% DV
Vitamin B1 (Thiamin)	48.6 µg	4% DV
Vitamin B2 (Riboflavin)	45.0 µg	3% DV
Vitamin B3 (Niacin)	0.6 mg	4% DV
Vitamin B5 (Pantothenic Acid)	0.3 mg	7% DV
Vitamin B6 (Pyridoxine)	113.4 µg	7% DV
Vitamin B7 (Biotin)	2.5 µg	8% DV
Vitamin B9 (Folate)	45.0 µg	11% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	166.9 mg	185% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	2.9 mg	19% DV
Vitamin K	72.5 µg	60% DV
Choline	14.0 mg	3% DV
Myo-Inositol	244.8 mg	~
CoQ10	0.1 mg	~
Minerals		
Calcium	61.2 mg	5% DV
Copper	234.0 µg	26% DV
Iodine	~	~
Iron	0.6 mg	3% DV
Magnesium	30.6 mg	7% DV
Manganese	176.4 µg	8% DV
Phosphorus	61.2 mg	5% DV
Potassium	561.6 mg	12% DV
Selenium	0.4 µg	1% DV
Sodium	5.4 mg	0% DV
Zinc	0.3 mg	2% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	0.1 mg	~
Functional Fats		
MUFA	0.1 g	0% DV
ALA	75.6 mg	5% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.4 g	3% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	313.2 µg	~
Polyphenols	500.4 mg	~
Phytosterols	32.8 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

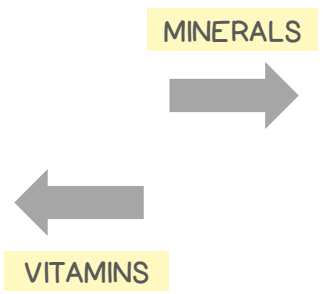


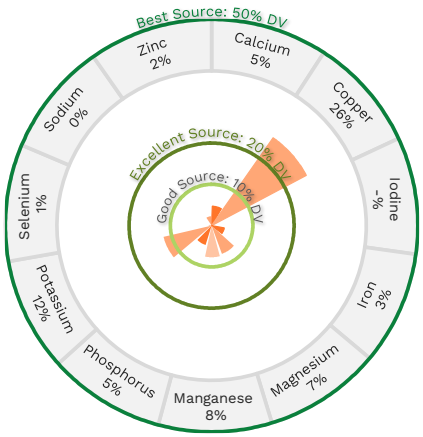








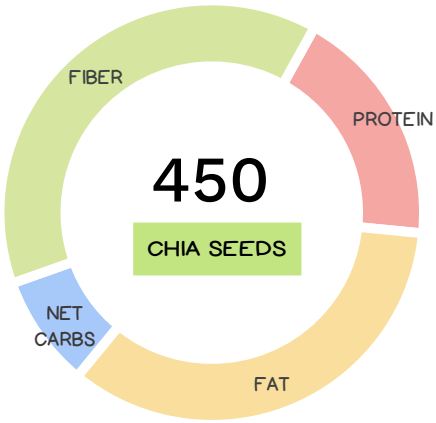




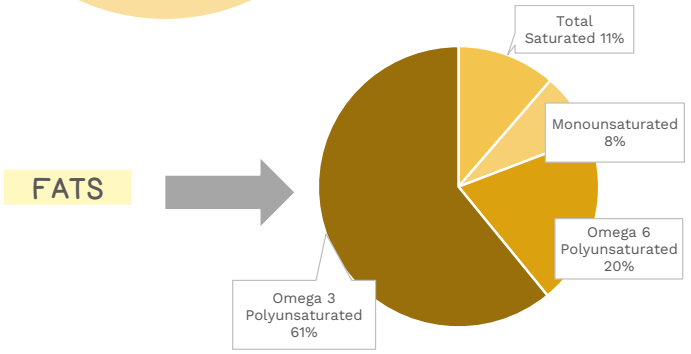
260 Chia seeds

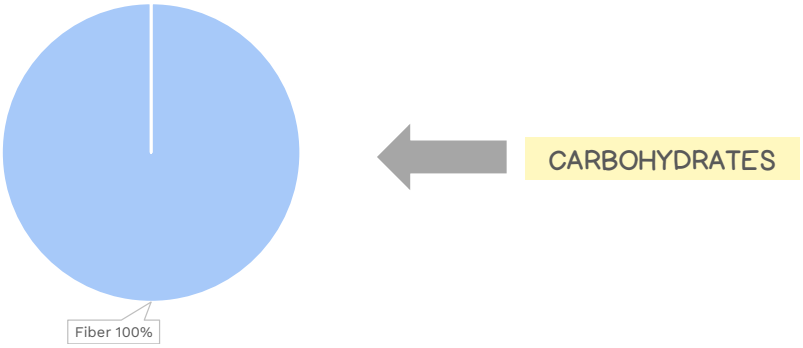
Serving Size:	28 grams	Protein:	4.6 grams	Net Carbs:	2.2 grams
Calories:	136	Fat:	8.6 grams	Fiber:	9.6 grams

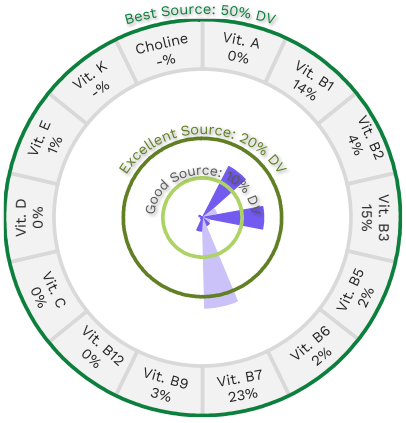
Vitamins & Vitaminlike Compounds		
Vitamin A	0.8 µg RAE	0% DV
Vitamin B1 (Thiamin)	173.6 µg	14% DV
Vitamin B2 (Riboflavin)	47.6 µg	4% DV
Vitamin B3 (Niacin)	2.5 mg	15% DV
Vitamin B5 (Pantothenic Acid)	0.1 mg	2% DV
Vitamin B6 (Pyridoxine)	38.4 µg	2% DV
Vitamin B7 (Biotin)	6.9 µg	23% DV
Vitamin B9 (Folate)	13.7 µg	3% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	0.4 mg	0% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.1 mg	1% DV
Vitamin K	~	~
Choline	~	~
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	176.7 mg	14% DV
Copper	258.7 µg	29% DV
Iodine	~	~
Iron	2.2 mg	12% DV
Magnesium	93.8 mg	22% DV
Manganese	762.4 µg	33% DV
Phosphorus	240.8 mg	19% DV
Potassium	114.0 mg	2% DV
Selenium	15.5 µg	28% DV
Sodium	4.5 mg	0% DV
Zinc	1.3 mg	12% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.6 g	3% DV
ALA	4992.4 mg	312% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	1.6 g	10% DV
MCT's	~	~
Phytonutrients		
Carotenoids	9.1 µg	~
Polyphenols	55.7 mg	~
Phytosterols	~	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

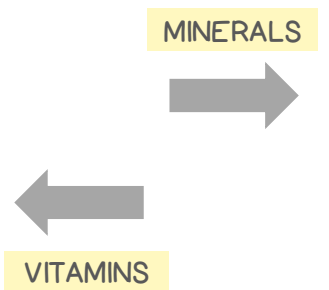


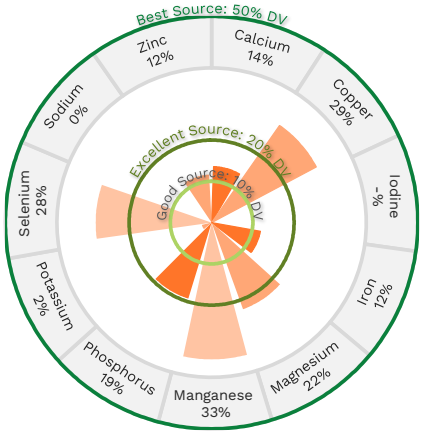








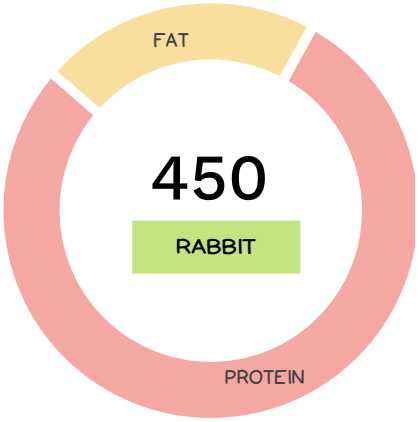




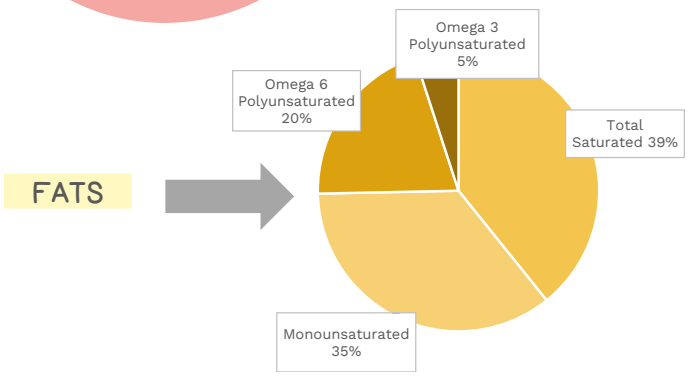
261 Rabbit

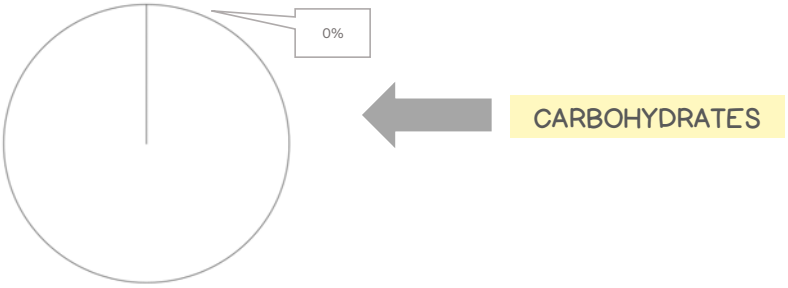
Serving Size:	100 grams	Protein:	20.1 grams	Net Carbs:	0.0 grams
Calories:	136	Fat:	5.6 grams	Fiber:	0.0 grams

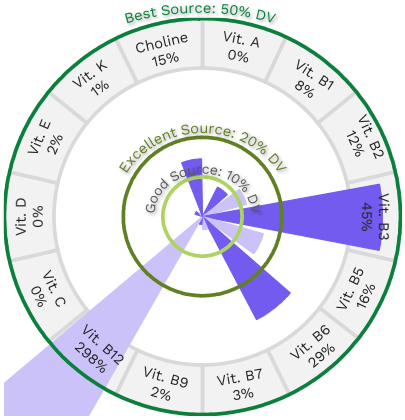
Vitamins & Vitaminlike Compounds		
Vitamin A	0.0 µg RAE	0% DV
Vitamin B1 (Thiamin)	100.0 µg	8% DV
Vitamin B2 (Riboflavin)	150.0 µg	12% DV
Vitamin B3 (Niacin)	7.3 mg	45% DV
Vitamin B5 (Pantothenic Acid)	0.8 mg	16% DV
Vitamin B6 (Pyridoxine)	500.0 µg	29% DV
Vitamin B7 (Biotin)	1.0 µg	3% DV
Vitamin B9 (Folate)	8.0 µg	2% DV
Vitamin B12 (Cobalamin)	7.2 µg	298% DV
Vitamin C	0.0 mg	0% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.3 mg	2% DV
Vitamin K	1.1 µg	1% DV
Choline	80.0 mg	15% DV
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	13.0 mg	1% DV
Copper	145.0 µg	16% DV
Iodine	~	~
Iron	1.6 mg	9% DV
Magnesium	19.0 mg	5% DV
Manganese	26.0 µg	1% DV
Phosphorus	213.0 mg	17% DV
Potassium	330.0 mg	7% DV
Selenium	23.7 µg	43% DV
Sodium	41.0 mg	2% DV
Zinc	1.6 mg	14% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	1.5 g	8% DV
ALA	220.0 mg	14% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.9 g	5% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	0.0 µg	~
Polyphenols	0.0 mg	~
Phytosterols	0.0 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

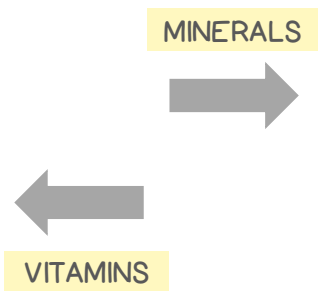


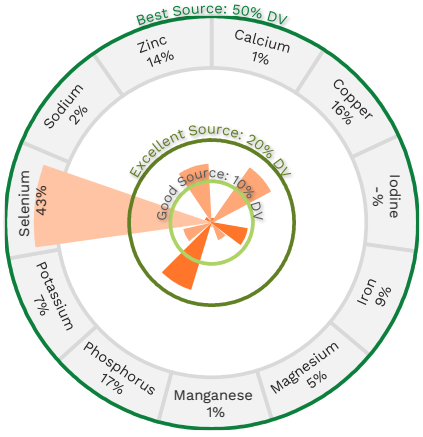








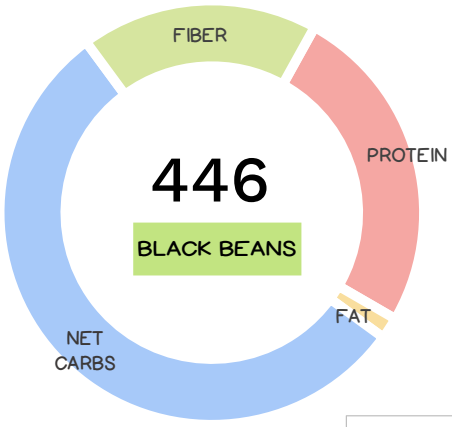




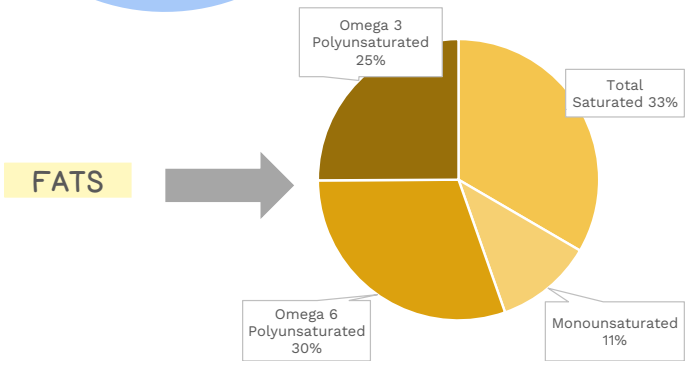
262 Black Beans

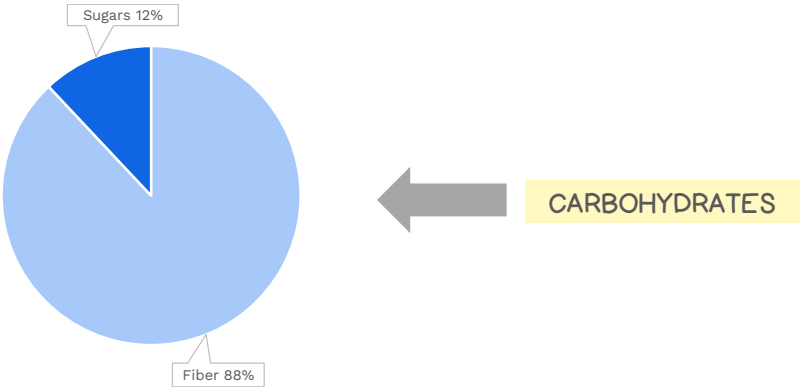
Serving Size:	39 grams	Protein:	8.4 grams	Net Carbs:	18.3 grams
Calories:	133	Fat:	0.6 grams	Fiber:	6.0 grams

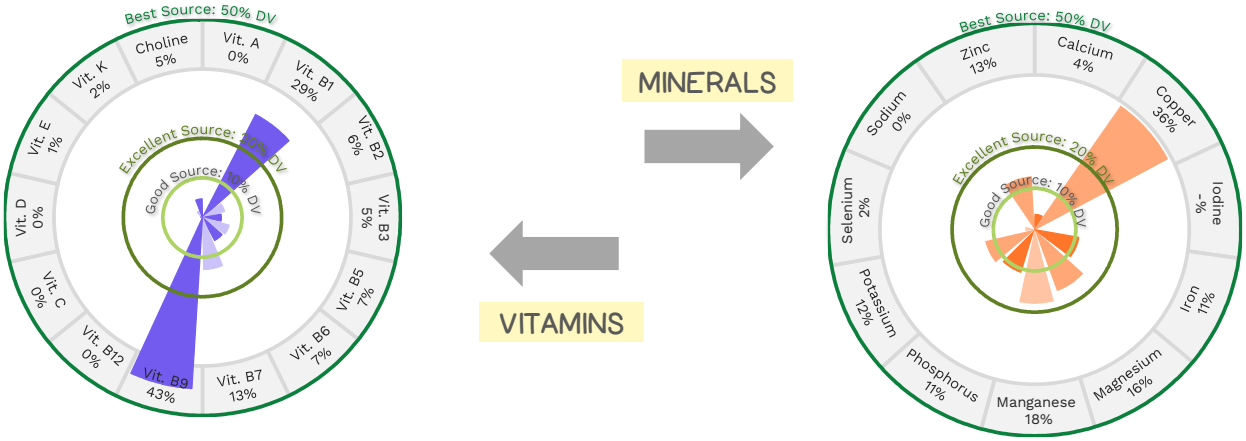
Vitamins & Vitaminlike Compounds		
Vitamin A	0.0 µg RAE	0% DV
Vitamin B1 (Thiamin)	351.0 µg	29% DV
Vitamin B2 (Riboflavin)	75.3 µg	6% DV
Vitamin B3 (Niacin)	0.8 mg	5% DV
Vitamin B5 (Pantothenic Acid)	0.4 mg	7% DV
Vitamin B6 (Pyridoxine)	111.5 µg	7% DV
Vitamin B7 (Biotin)	3.9 µg	13% DV
Vitamin B9 (Folate)	173.2 µg	43% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	0.0 mg	0% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.1 mg	1% DV
Vitamin K	2.2 µg	2% DV
Choline	25.9 mg	5% DV
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	48.0 mg	4% DV
Copper	328.0 µg	36% DV
Iodine	~	~
Iron	2.0 mg	11% DV
Magnesium	66.7 mg	16% DV
Manganese	413.4 µg	18% DV
Phosphorus	137.3 mg	11% DV
Potassium	578.4 mg	12% DV
Selenium	1.2 µg	2% DV
Sodium	2.0 mg	0% DV
Zinc	1.4 mg	13% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	0.5 mg	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	108.4 mg	7% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.1 g	1% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	0.0 µg	~
Polyphenols	2214.0 mg	~
Phytosterols	80.0 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~







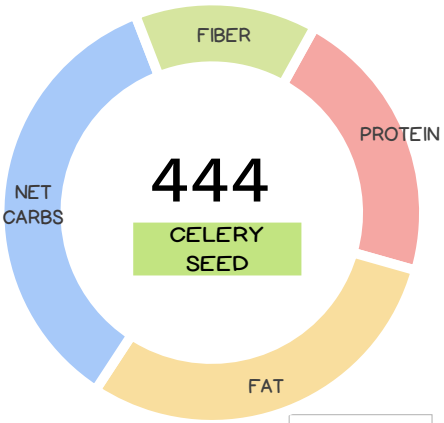




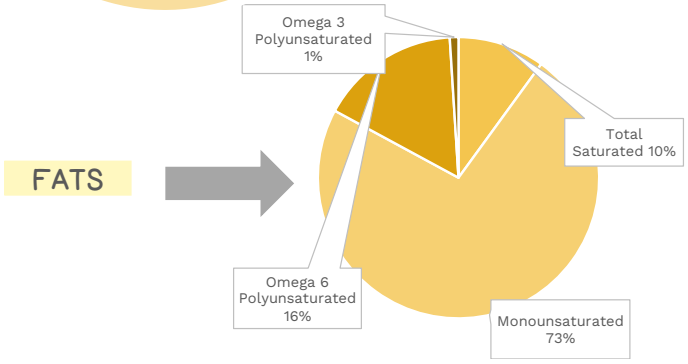
263 Celery seed

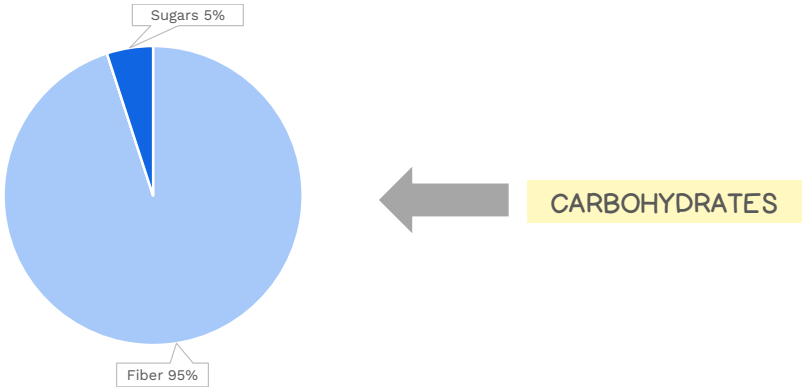
Serving Size:	7 grams	Protein:	1.2 grams	Net Carbs:	1.9 grams
Calories:	25	Fat:	1.6 grams	Fiber:	0.8 grams

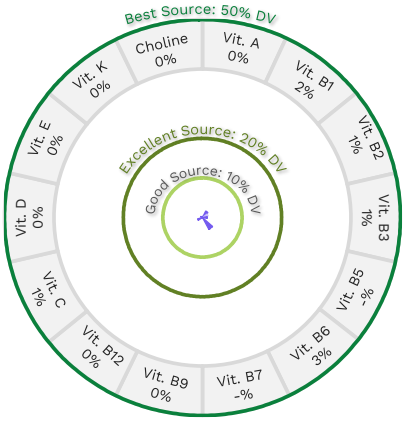
Vitamins & Vitaminlike Compounds		
Vitamin A	0.2 µg RAE	0% DV
Vitamin B1 (Thiamin)	22.1 µg	2% DV
Vitamin B2 (Riboflavin)	18.9 µg	1% DV
Vitamin B3 (Niacin)	0.2 mg	1% DV
Vitamin B5 (Pantothenic Acid)	~	~
Vitamin B6 (Pyridoxine)	57.9 µg	3% DV
Vitamin B7 (Biotin)	~	~
Vitamin B9 (Folate)	0.7 µg	0% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	1.1 mg	1% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.1 mg	0% DV
Vitamin K	0.0 µg	0% DV
Choline	1.6 mg	0% DV
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	114.9 mg	9% DV
Copper	89.1 µg	10% DV
Iodine	~	~
Iron	2.9 mg	16% DV
Magnesium	28.6 mg	7% DV
Manganese	491.9 µg	21% DV
Phosphorus	35.6 mg	3% DV
Potassium	91.0 mg	2% DV
Selenium	0.8 µg	1% DV
Sodium	10.4 mg	0% DV
Zinc	0.5 mg	4% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	1.0 g	5% DV
ALA	13.0 mg	1% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.2 g	1% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	2.0 µg	~
Polyphenols	136.1 mg	~
Phytosterols	~	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

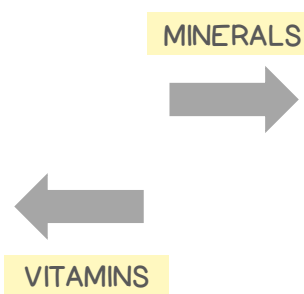


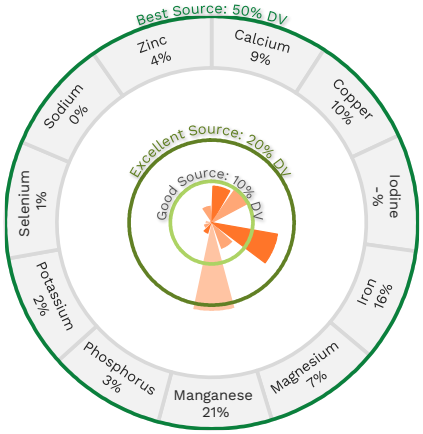








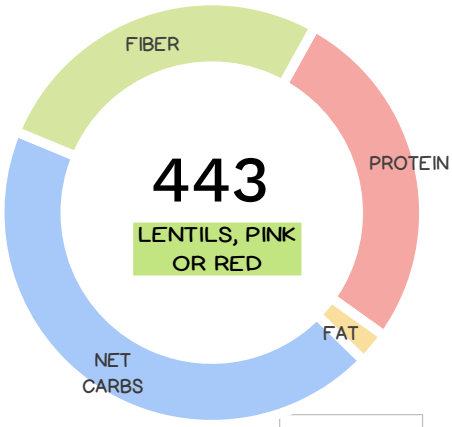




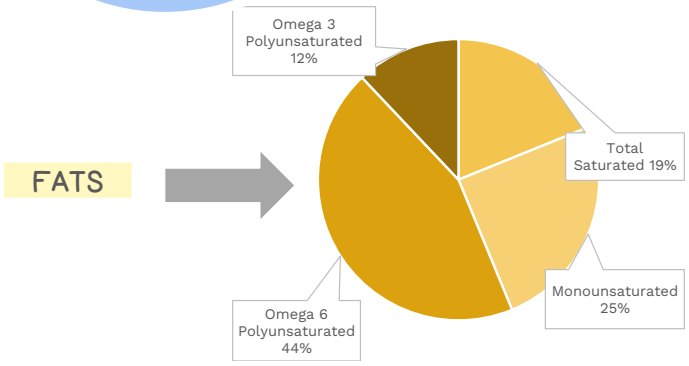
264 Lentils, pink or red

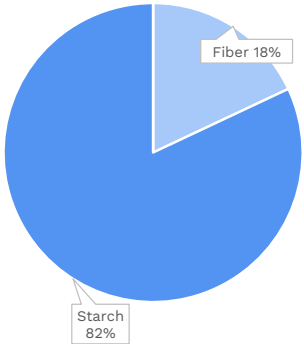
Serving Size:	38 grams	Protein:	9.2 grams	Net Carbs:	15.1 grams
Calories:	137	Fat:	0.8 grams	Fiber:	9.2 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	1.2 µg RAE	0% DV
Vitamin B1 (Thiamin)	195.8 µg	16% DV
Vitamin B2 (Riboflavin)	40.7 µg	3% DV
Vitamin B3 (Niacin)	0.6 mg	4% DV
Vitamin B5 (Pantothenic Acid)	0.1 mg	3% DV
Vitamin B6 (Pyridoxine)	154.8 µg	9% DV
Vitamin B7 (Biotin)	8.8 µg	29% DV
Vitamin B9 (Folate)	78.3 µg	20% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	0.7 mg	1% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	~	~
Vitamin K	~	~
Choline	~	~
Myo-Inositol	17.3 mg	~
CoQ10	~	~
Minerals		
Calcium	18.4 mg	1% DV
Copper	500.4 µg	56% DV
Iodine	~	~
Iron	2.8 mg	16% DV
Magnesium	22.7 mg	5% DV
Manganese	658.9 µg	29% DV
Phosphorus	112.9 mg	9% DV
Potassium	256.5 mg	5% DV
Selenium	0.0 µg	0% DV
Sodium	2.7 mg	0% DV
Zinc	1.4 mg	13% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.2 g	1% DV
ALA	96.0 mg	6% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.3 g	2% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	13.4 µg	~
Polyphenols	2595.8 mg	~
Phytosterols	60.7 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

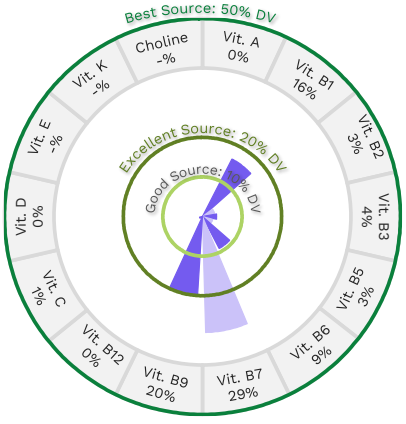


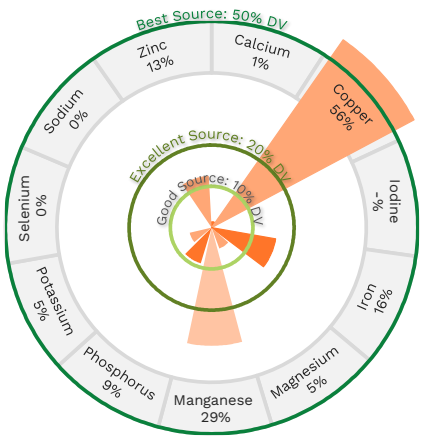










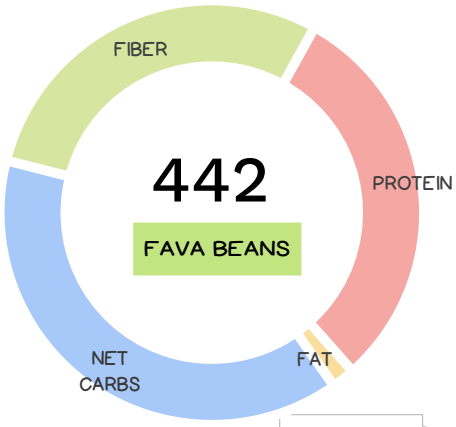




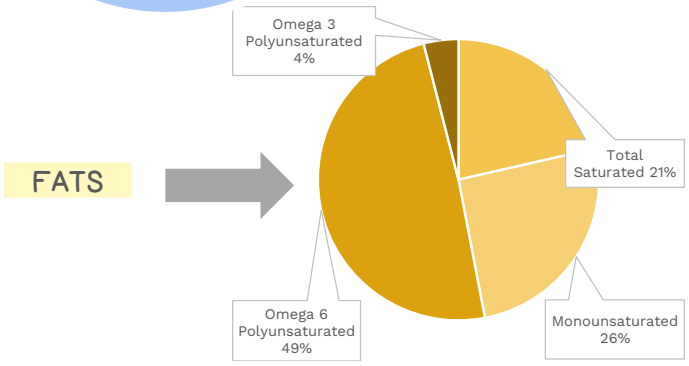
265 Fava Beans

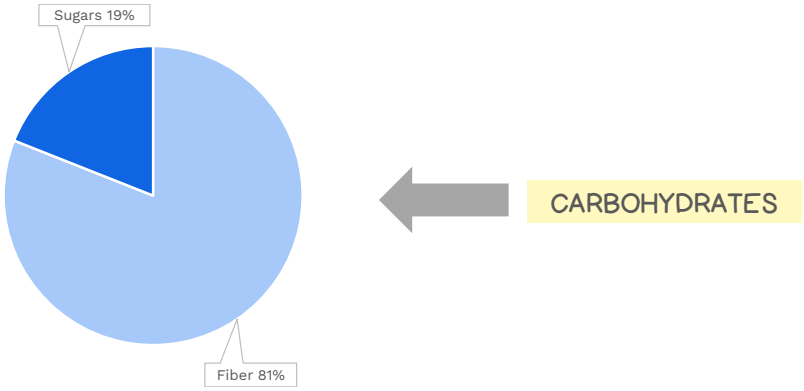
Serving Size:	30 grams	Protein:	7.8 grams	Net Carbs:	10.0 grams
Calories:	102	Fat:	0.5 grams	Fiber:	7.5 grams

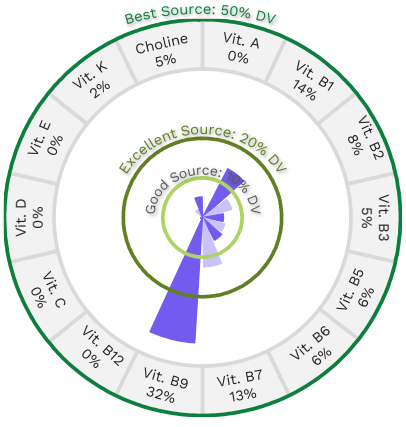
Vitamins & Vitaminlike Compounds		
Vitamin A	0.9 µg RAE	0% DV
Vitamin B1 (Thiamin)	166.5 µg	14% DV
Vitamin B2 (Riboflavin)	99.9 µg	8% DV
Vitamin B3 (Niacin)	0.8 mg	5% DV
Vitamin B5 (Pantothenic Acid)	0.3 mg	6% DV
Vitamin B6 (Pyridoxine)	109.8 µg	6% DV
Vitamin B7 (Biotin)	3.8 µg	13% DV
Vitamin B9 (Folate)	126.9 µg	32% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	0.4 mg	0% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.0 mg	0% DV
Vitamin K	2.7 µg	2% DV
Choline	28.7 mg	5% DV
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	30.9 mg	2% DV
Copper	247.2 µg	27% DV
Iodine	~	~
Iron	2.0 mg	11% DV
Magnesium	57.6 mg	14% DV
Manganese	487.8 µg	21% DV
Phosphorus	126.3 mg	10% DV
Potassium	318.6 mg	7% DV
Selenium	2.5 µg	4% DV
Sodium	3.9 mg	0% DV
Zinc	0.9 mg	9% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.1 g	0% DV
ALA	13.8 mg	1% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.2 g	1% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	9.6 µg	~
Polyphenols	1677.0 mg	~
Phytosterols	4.2 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

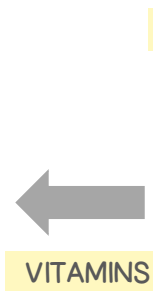


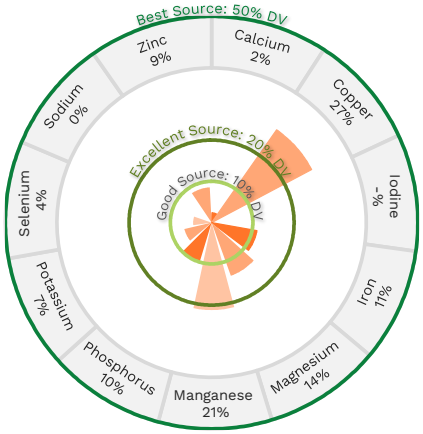








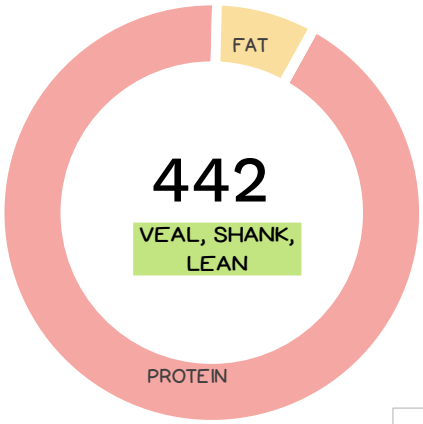




266 Veal, shank, lean

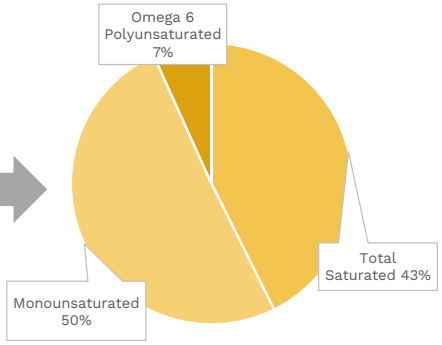
Serving Size:	100 grams	Protein:	19.8 grams	Net Carbs:	0.0 grams
Calories:	94	Fat:	1.6 grams	Fiber:	0.0 grams

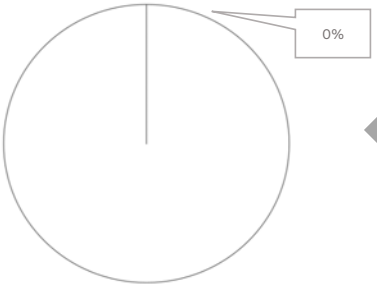
Vitamins & Vitaminlike Compounds		
Vitamin A	0.0 µg RAE	0% DV
Vitamin B1 (Thiamin)	84.0 µg	7% DV
Vitamin B2 (Riboflavin)	390.0 µg	30% DV
Vitamin B3 (Niacin)	5.4 mg	34% DV
Vitamin B5 (Pantothenic Acid)	0.7 mg	13% DV
Vitamin B6 (Pyridoxine)	403.0 µg	24% DV
Vitamin B7 (Biotin)	2.0 µg	7% DV
Vitamin B9 (Folate)	3.0 µg	1% DV
Vitamin B12 (Cobalamin)	1.9 µg	80% DV
Vitamin C	0.0 mg	0% DV
Vitamin D (D2 + D3)	0.7 µg	4% DV
Vitamin E	0.2 mg	1% DV
Vitamin K	0.9 µg	1% DV
Choline	99.9 mg	18% DV
Myo-Inositol	30.0 mg	~
CoQ10	3.0 mg	~
Minerals		
Calcium	11.0 mg	1% DV
Copper	103.0 µg	11% DV
Iodine	~	~
Iron	1.2 mg	7% DV
Magnesium	33.0 mg	8% DV
Manganese	10.0 µg	0% DV
Phosphorus	212.0 mg	17% DV
Potassium	163.0 mg	3% DV
Selenium	13.0 µg	24% DV
Sodium	109.0 mg	5% DV
Zinc	3.4 mg	31% DV
Amino Acids & Peptides		
Taurine	40.0 mg	~
Ergothioneine	0.1 mg	~
Functional Fats		
MUFA	0.8 g	4% DV
ALA	3.0 mg	0% DV
EPA + DHA	0.0 mg	0% DV
CLA	4.4 mg	~
Linoleic Acid	0.1 g	1% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	0.0 µg	~
Polyphenols	0.0 mg	~
Phytosterols	0.0 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~



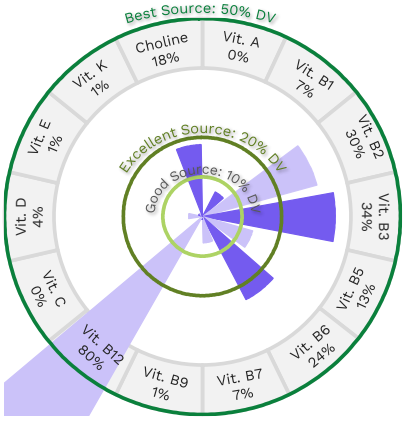


FATS



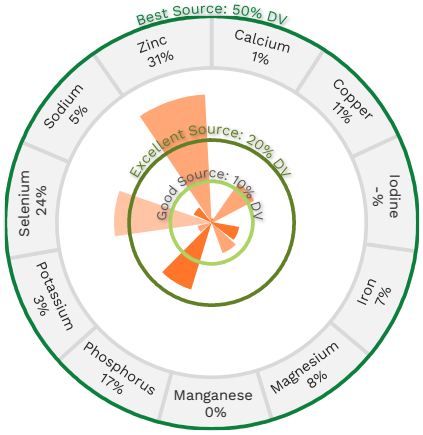


CARBOHYDRATES



MINERALS

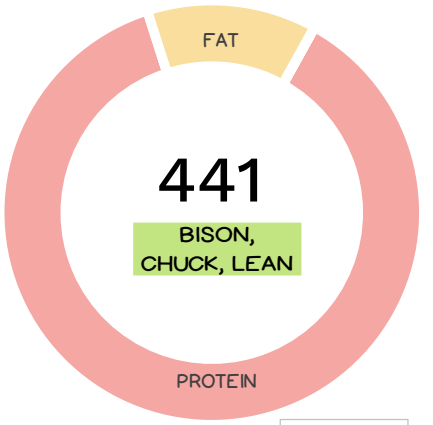
VITAMINS



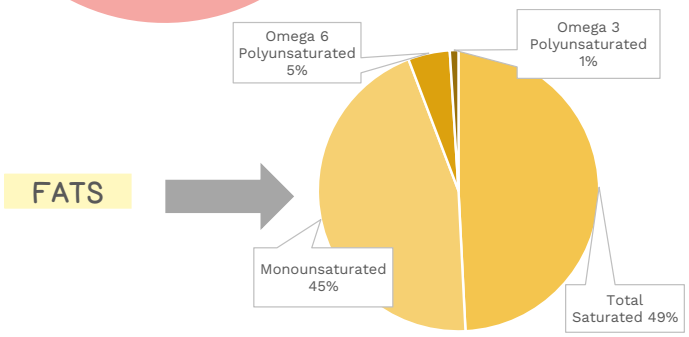
267 Bison, chuck, lean

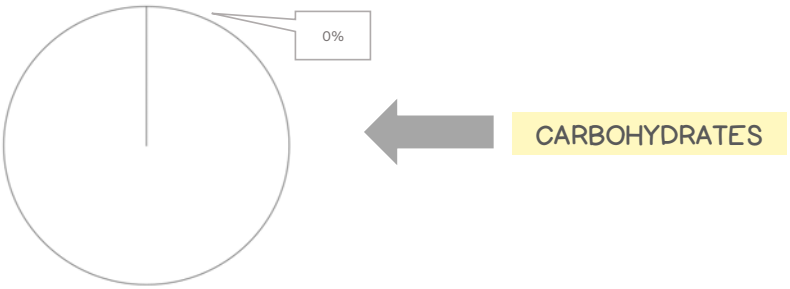
Serving Size:	100 grams	Protein:	21.1 grams	Net Carbs:	0.0 grams
Calories:	119	Fat:	3.2 grams	Fiber:	0.0 grams

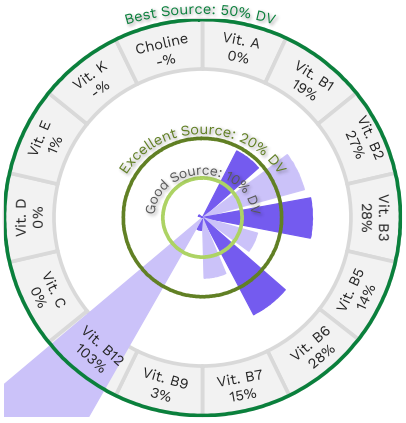
Vitamins & Vitaminlike Compounds		
Vitamin A	0.0 µg RAE	0% DV
Vitamin B1 (Thiamin)	227.0 µg	19% DV
Vitamin B2 (Riboflavin)	347.0 µg	27% DV
Vitamin B3 (Niacin)	4.4 mg	28% DV
Vitamin B5 (Pantothenic Acid)	0.7 mg	14% DV
Vitamin B6 (Pyridoxine)	472.0 µg	28% DV
Vitamin B7 (Biotin)	4.6 µg	15% DV
Vitamin B9 (Folate)	13.0 µg	3% DV
Vitamin B12 (Cobalamin)	2.5 µg	103% DV
Vitamin C	0.0 mg	0% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.2 mg	1% DV
Vitamin K	~	~
Choline	~	~
Myo-Inositol	30.0 mg	~
CoQ10	4.0 mg	~
Minerals		
Calcium	5.0 mg	0% DV
Copper	202.0 µg	22% DV
Iodine	~	~
Iron	2.9 mg	16% DV
Magnesium	24.0 mg	6% DV
Manganese	13.0 µg	1% DV
Phosphorus	213.0 mg	17% DV
Potassium	353.0 mg	8% DV
Selenium	28.7 µg	52% DV
Sodium	62.0 mg	3% DV
Zinc	5.3 mg	48% DV
Amino Acids & Peptides		
Taurine	100.0 mg	~
Ergothioneine	0.1 mg	~
Functional Fats		
MUFA	1.2 g	6% DV
ALA	17.0 mg	1% DV
EPA + DHA	0.0 mg	0% DV
CLA	23.6 mg	~
Linoleic Acid	0.1 g	1% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	0.0 µg	~
Polyphenols	0.0 mg	~
Phytosterols	0.0 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

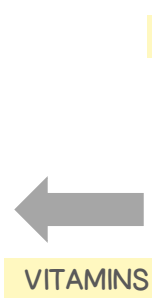




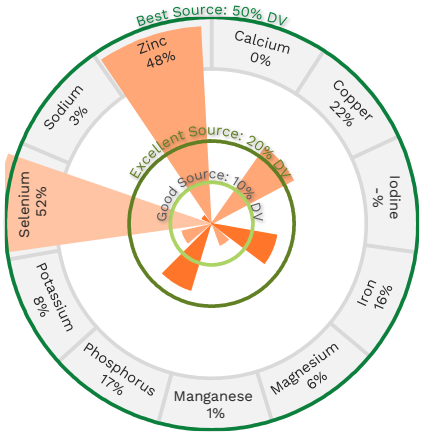








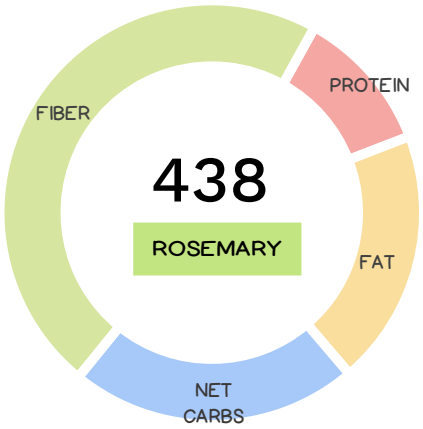




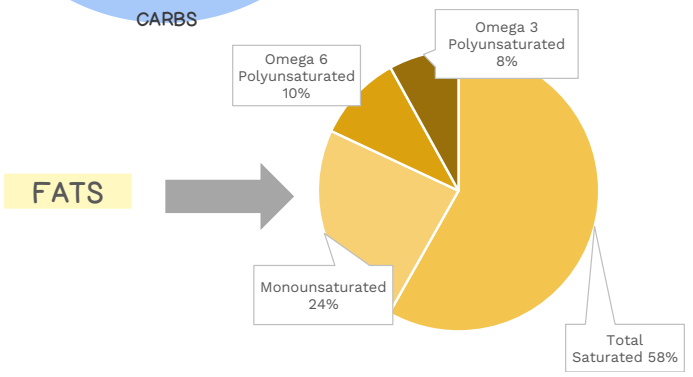
268 Rosemary

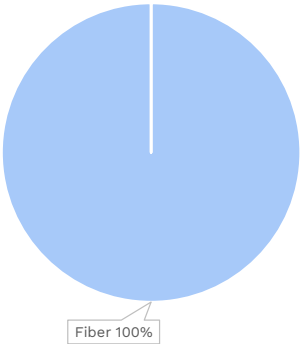
Serving Size:	7 grams	Protein:	0.2 grams	Net Carbs:	0.4 grams
Calories:	9	Fat:	0.4 grams	Fiber:	1.0 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	9.9 µg RAE	1% DV
Vitamin B1 (Thiamin)	2.4 µg	0% DV
Vitamin B2 (Riboflavin)	10.3 µg	1% DV
Vitamin B3 (Niacin)	0.1 mg	0% DV
Vitamin B5 (Pantothenic Acid)	0.1 mg	1% DV
Vitamin B6 (Pyridoxine)	22.8 µg	1% DV
Vitamin B7 (Biotin)	~	~
Vitamin B9 (Folate)	7.4 µg	2% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	1.5 mg	2% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	~	~
Vitamin K	~	~
Choline	~	~
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	21.6 mg	2% DV
Copper	20.5 µg	2% DV
Iodine	~	~
Iron	0.5 mg	3% DV
Magnesium	6.2 mg	1% DV
Manganese	65.3 µg	3% DV
Phosphorus	4.5 mg	0% DV
Potassium	45.4 mg	1% DV
Selenium	~	~
Sodium	1.8 mg	0% DV
Zinc	0.1 mg	1% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.1 g	0% DV
ALA	28.2 mg	2% DV
EPA + DHA	~	~
CLA	~	~
Linoleic Acid	0.0 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	~	~
Polyphenols	93.7 mg	~
Phytosterols	~	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~





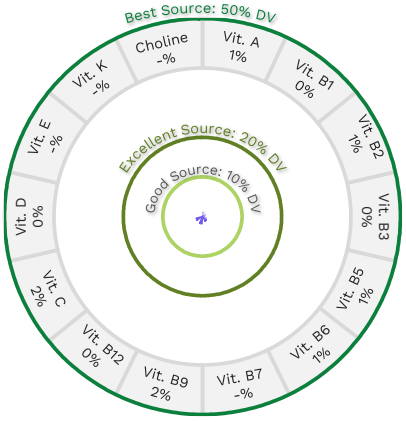


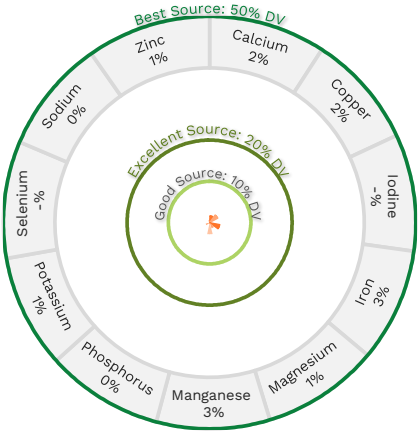


CARBOHYDRATES

MINERALS

VITAMINS

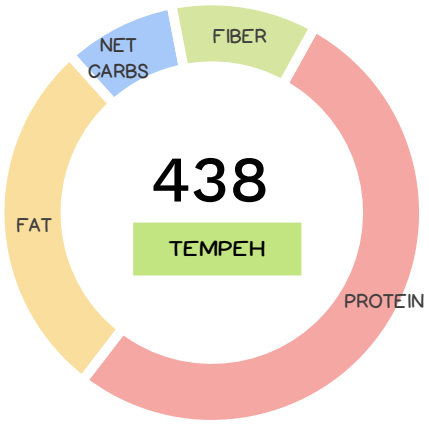




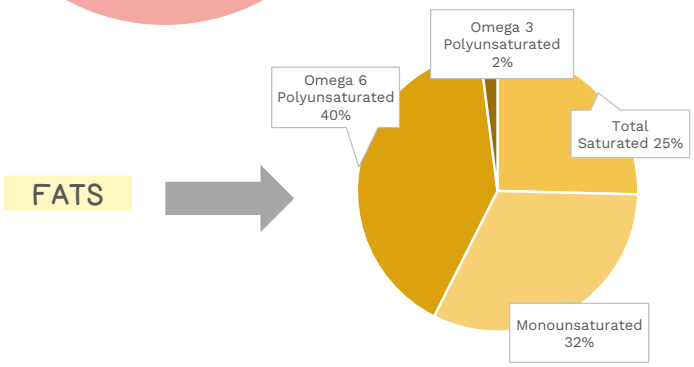
269 Tempeh

Serving Size:	42 grams	Protein:	8.4 grams	Net Carbs:	1.4 grams
Calories:	80	Fat:	4.5 grams	Fiber:	1.8 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	0.0 µg RAE	0% DV
Vitamin B1 (Thiamin)	32.4 µg	3% DV
Vitamin B2 (Riboflavin)	148.6 µg	11% DV
Vitamin B3 (Niacin)	1.1 mg	7% DV
Vitamin B5 (Pantothenic Acid)	0.1 mg	2% DV
Vitamin B6 (Pyridoxine)	89.2 µg	5% DV
Vitamin B7 (Biotin)	8.3 µg	28% DV
Vitamin B9 (Folate)	10.0 µg	2% DV
Vitamin B12 (Cobalamin)	0.0 µg	1% DV
Vitamin C	0.0 mg	0% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	~	~
Vitamin K	~	~
Choline	~	~
Myo-Inositol	~	~
CoQ10	0.3 mg	~
Minerals		
Calcium	46.1 mg	4% DV
Copper	232.4 µg	26% DV
Iodine	~	~
Iron	1.1 mg	6% DV
Magnesium	33.6 mg	8% DV
Manganese	539.5 µg	23% DV
Phosphorus	110.4 mg	9% DV
Potassium	171.0 mg	4% DV
Selenium	0.0 µg	0% DV
Sodium	3.7 mg	0% DV
Zinc	0.5 mg	4% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	3.4 mg	~
Functional Fats		
MUFA	1.3 g	7% DV
ALA	102.9 mg	6% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	1.7 g	10% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	~	~
Polyphenols	75.4 mg	~
Phytosterols	~	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~



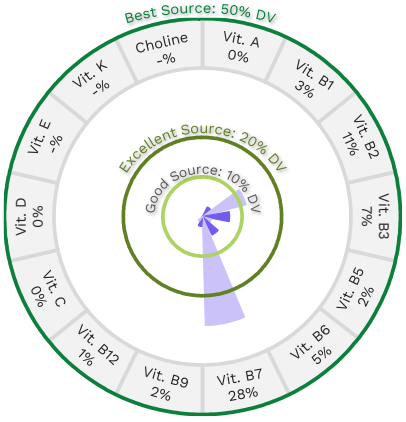






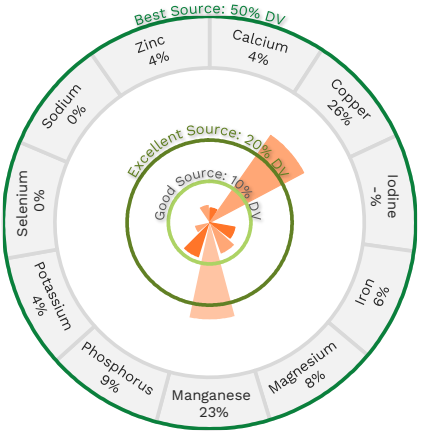
CARBOHYDRATES

No detailed component data currently available in the USDA Food Central Database.



VITAMINS

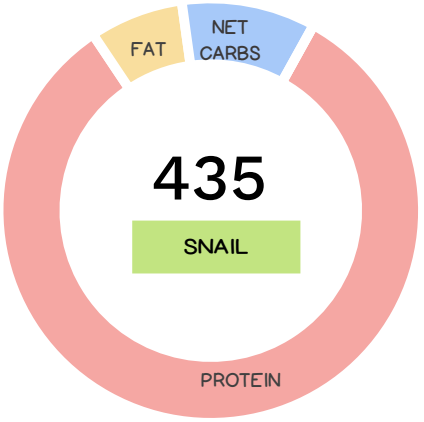
MINERALS



270 Snail

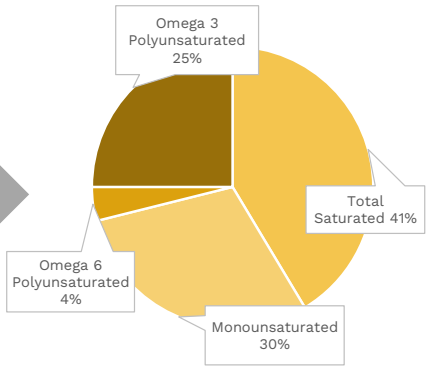
Serving Size:	115 grams	Protein:	18.5 grams	Net Carbs:	2.3 grams
Calories:	104	Fat:	1.6 grams	Fiber:	0.0 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	34.5 µg RAE	4% DV
Vitamin B1 (Thiamin)	11.5 µg	1% DV
Vitamin B2 (Riboflavin)	138.0 µg	11% DV
Vitamin B3 (Niacin)	1.6 mg	10% DV
Vitamin B5 (Pantothenic Acid)	~	~
Vitamin B6 (Pyridoxine)	149.5 µg	9% DV
Vitamin B7 (Biotin)	~	~
Vitamin B9 (Folate)	6.9 µg	2% DV
Vitamin B12 (Cobalamin)	0.6 µg	24% DV
Vitamin C	0.0 mg	0% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	5.8 mg	38% DV
Vitamin K	0.1 µg	0% DV
Choline	74.8 mg	14% DV
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	11.5 mg	1% DV
Copper	460.0 µg	51% DV
Iodine	~	~
Iron	4.0 mg	22% DV
Magnesium	287.5 mg	68% DV
Manganese	~	~
Phosphorus	312.8 mg	25% DV
Potassium	439.3 mg	9% DV
Selenium	31.5 µg	57% DV
Sodium	80.5 mg	4% DV
Zinc	1.2 mg	10% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.3 g	1% DV
ALA	0.0 mg	0% DV
EPA + DHA	136.9 mg	55% DV
CLA	0.5 mg	~
Linoleic Acid	0.0 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	0.0 µg	~
Polyphenols	0.0 mg	~
Phytosterols	0.0 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~





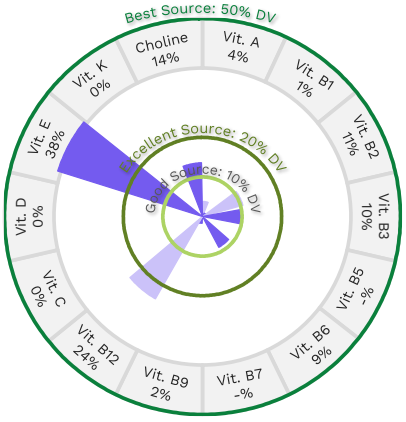
FATS



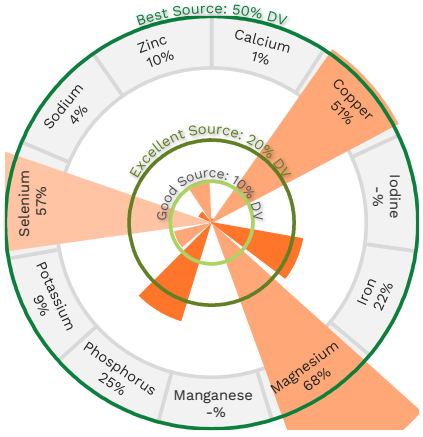
CARBOHYDRATES

No detailed component data currently available in the USDA Food Central Database.

VITAMINS



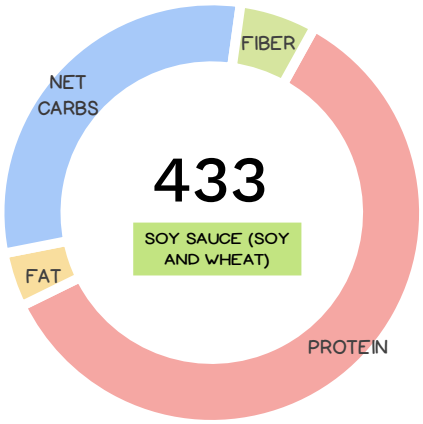
MINERALS



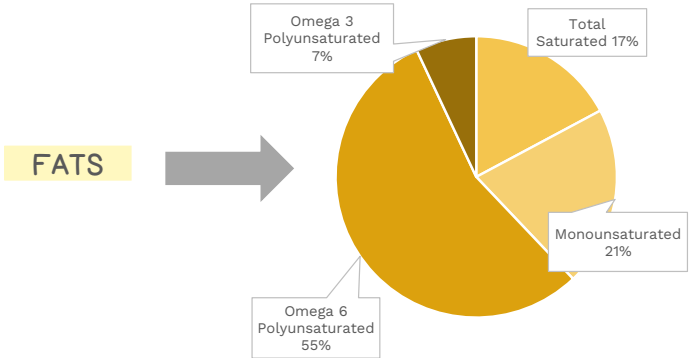
271 Soy Sauce (Soy and Wheat)

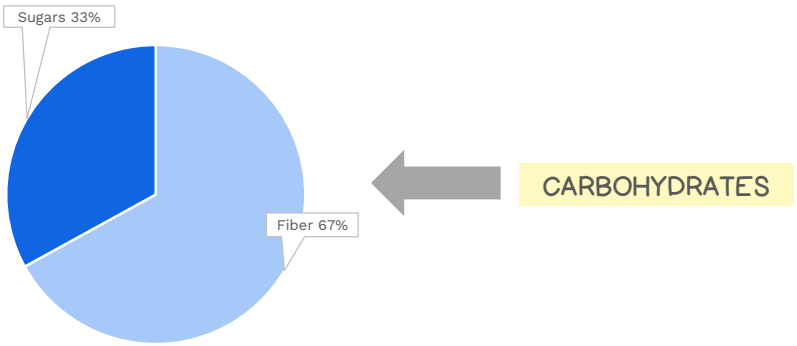
Serving Size:	16 grams	Protein:	1.3 grams	Net Carbs:	0.7 grams
Calories:	8	Fat:	0.1 grams	Fiber:	0.1 grams

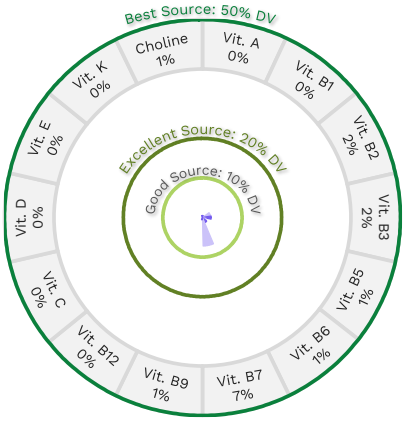
Vitamins & Vitaminlike Compounds		
Vitamin A	0.0 µg RAE	0% DV
Vitamin B1 (Thiamin)	5.3 µg	0% DV
Vitamin B2 (Riboflavin)	26.4 µg	2% DV
Vitamin B3 (Niacin)	0.4 mg	2% DV
Vitamin B5 (Pantothenic Acid)	0.0 mg	1% DV
Vitamin B6 (Pyridoxine)	23.7 µg	1% DV
Vitamin B7 (Biotin)	2.2 µg	7% DV
Vitamin B9 (Folate)	2.2 µg	1% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	0.0 mg	0% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.0 mg	0% DV
Vitamin K	0.0 µg	0% DV
Choline	2.9 mg	1% DV
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	5.3 mg	0% DV
Copper	6.9 µg	1% DV
Iodine	~	~
Iron	0.2 mg	1% DV
Magnesium	11.8 mg	3% DV
Manganese	162.9 µg	7% DV
Phosphorus	26.6 mg	2% DV
Potassium	69.6 mg	1% DV
Selenium	0.1 µg	0% DV
Sodium	878.9 mg	38% DV
Zinc	0.1 mg	1% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	4.6 mg	0% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.0 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	0.0 µg	~
Polyphenols	0.5 mg	~
Phytosterols	1.5 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

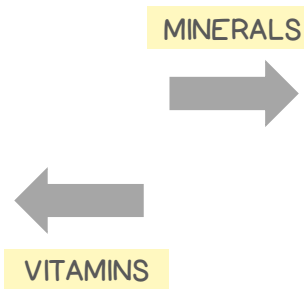


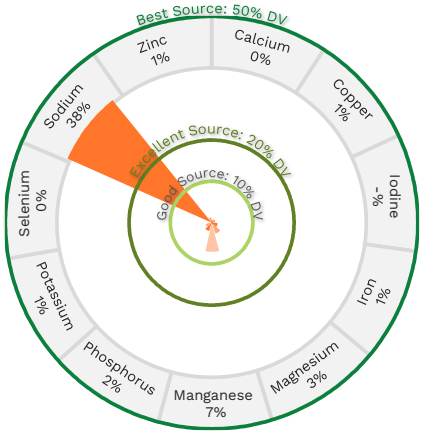








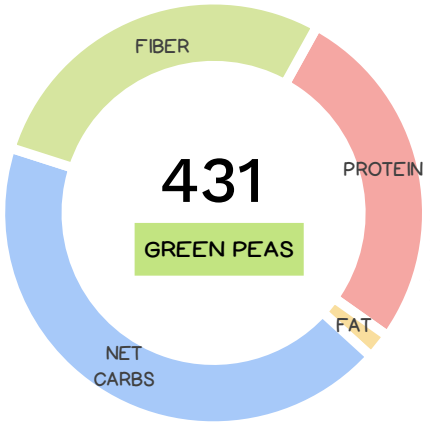




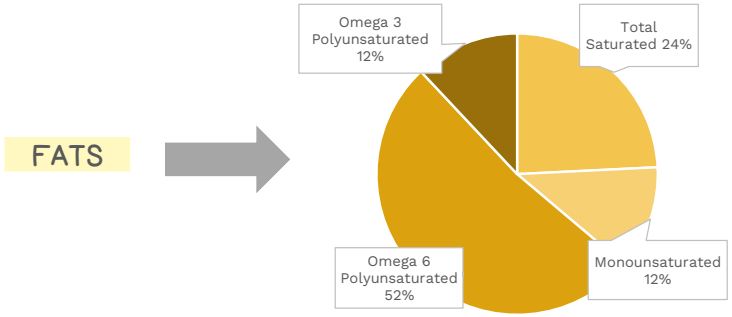
272 Green Peas

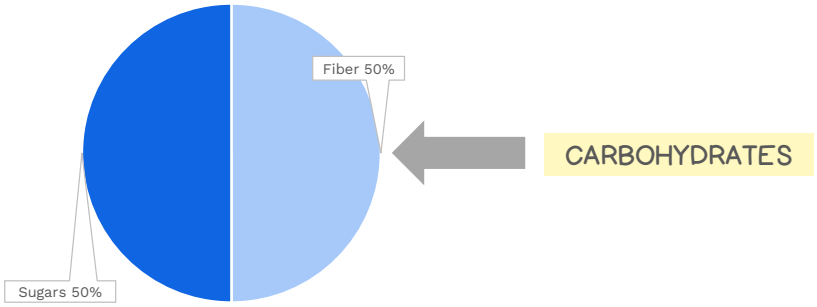
Serving Size:	73 grams	Protein:	3.9 grams	Net Carbs:	6.3 grams
Calories:	59	Fat:	0.3 grams	Fiber:	4.1 grams

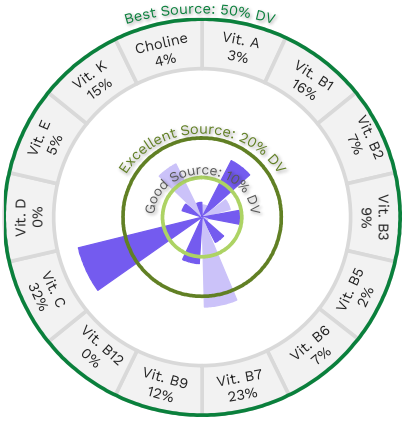
Vitamins & Vitaminlike Compounds		
Vitamin A	27.6 µg RAE	3% DV
Vitamin B1 (Thiamin)	192.9 µg	16% DV
Vitamin B2 (Riboflavin)	95.7 µg	7% DV
Vitamin B3 (Niacin)	1.5 mg	9% DV
Vitamin B5 (Pantothenic Acid)	0.1 mg	2% DV
Vitamin B6 (Pyridoxine)	122.5 µg	7% DV
Vitamin B7 (Biotin)	6.8 µg	23% DV
Vitamin B9 (Folate)	47.1 µg	12% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	29.0 mg	32% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.8 mg	5% DV
Vitamin K	18.0 µg	15% DV
Choline	20.6 mg	4% DV
Myo-Inositol	29.0 mg	~
CoQ10	0.2 mg	~
Minerals		
Calcium	18.1 mg	1% DV
Copper	127.6 µg	14% DV
Iodine	~	~
Iron	1.1 mg	6% DV
Magnesium	23.9 mg	6% DV
Manganese	297.3 µg	13% DV
Phosphorus	78.3 mg	6% DV
Potassium	176.9 mg	4% DV
Selenium	1.3 µg	2% DV
Sodium	3.6 mg	0% DV
Zinc	0.9 mg	8% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	25.4 mg	2% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.1 g	1% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	2136.6 µg	~
Polyphenols	18.1 mg	~
Phytosterols	38.9 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

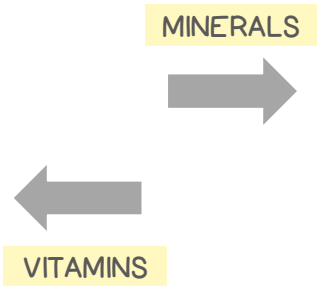


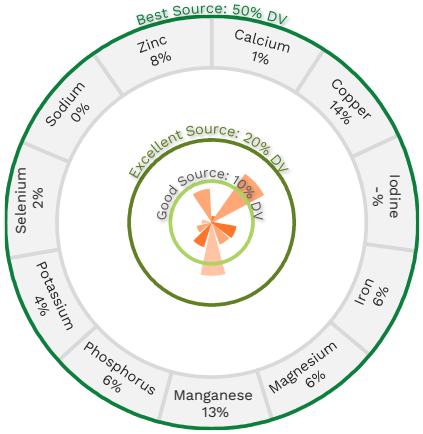








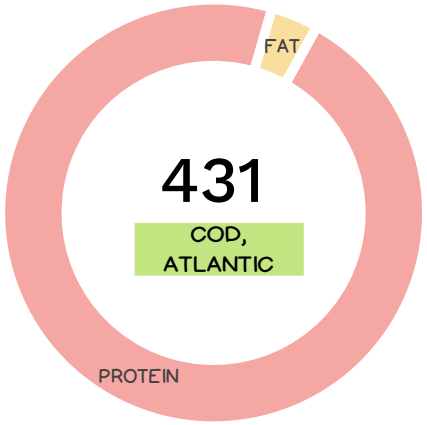




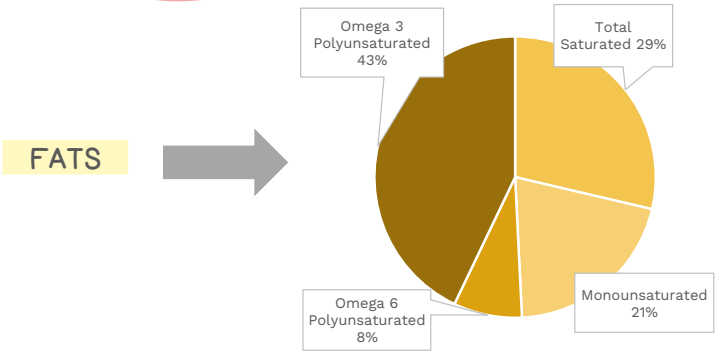
273 Cod, Atlantic

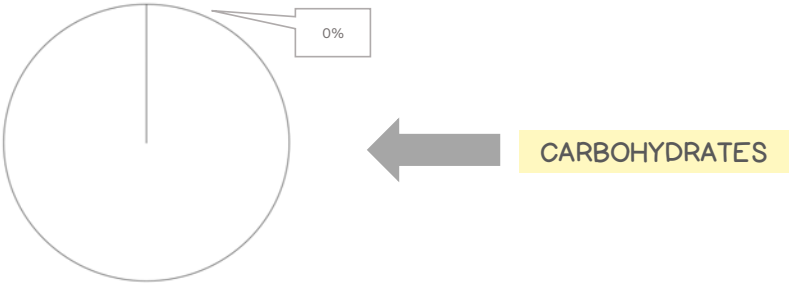
Serving Size:	115 grams	Protein:	20.5 grams	Net Carbs:	0.0 grams
Calories:	94	Fat:	0.8 grams	Fiber:	0.0 grams

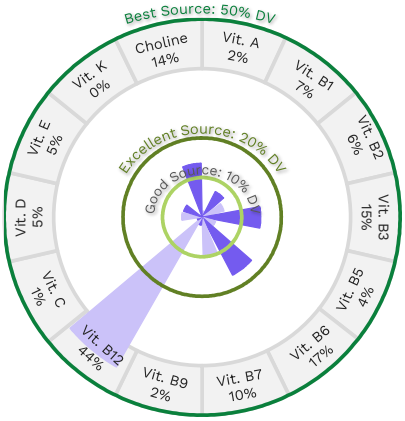
Vitamins & Vitaminlike Compounds		
Vitamin A	13.8 µg RAE	2% DV
Vitamin B1 (Thiamin)	87.4 µg	7% DV
Vitamin B2 (Riboflavin)	74.8 µg	6% DV
Vitamin B3 (Niacin)	2.4 mg	15% DV
Vitamin B5 (Pantothenic Acid)	0.2 mg	4% DV
Vitamin B6 (Pyridoxine)	281.8 µg	17% DV
Vitamin B7 (Biotin)	2.9 µg	10% DV
Vitamin B9 (Folate)	8.1 µg	2% DV
Vitamin B12 (Cobalamin)	1.0 µg	44% DV
Vitamin C	1.2 mg	1% DV
Vitamin D (D2 + D3)	1.0 µg	5% DV
Vitamin E	0.7 mg	5% DV
Vitamin K	0.1 µg	0% DV
Choline	75.0 mg	14% DV
Myo-Inositol	1.8 mg	~
CoQ10	0.4 mg	~
Minerals		
Calcium	18.4 mg	1% DV
Copper	32.2 µg	4% DV
Iodine	81.3 µg	54% DV
Iron	0.4 mg	2% DV
Magnesium	36.8 mg	9% DV
Manganese	17.3 µg	1% DV
Phosphorus	233.5 mg	19% DV
Potassium	475.0 mg	10% DV
Selenium	38.1 µg	69% DV
Sodium	62.1 mg	3% DV
Zinc	0.5 mg	5% DV
Amino Acids & Peptides		
Taurine	124.2 mg	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.1 g	1% DV
ALA	1.2 mg	0% DV
EPA + DHA	211.6 mg	85% DV
CLA	~	~
Linoleic Acid	0.0 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	0.0 µg	~
Polyphenols	0.0 mg	~
Phytosterols	0.0 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

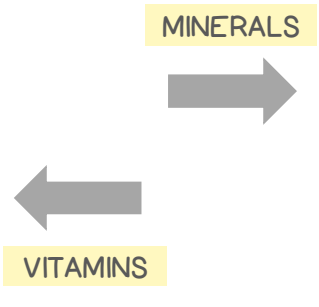


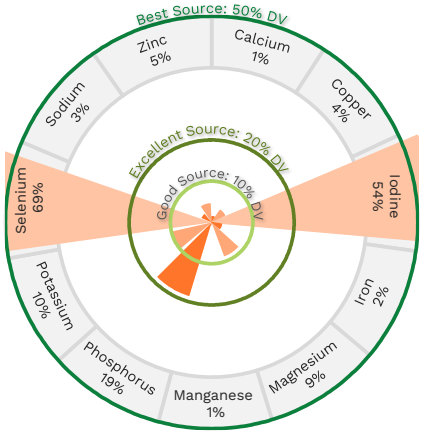








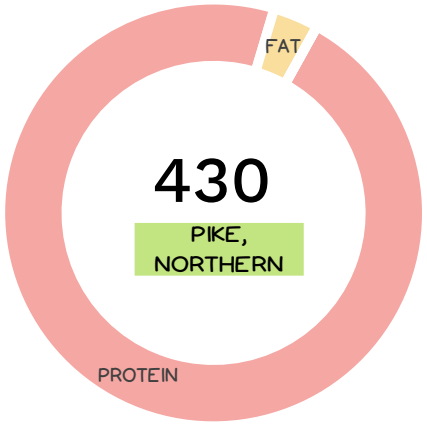




274 Pike, northern

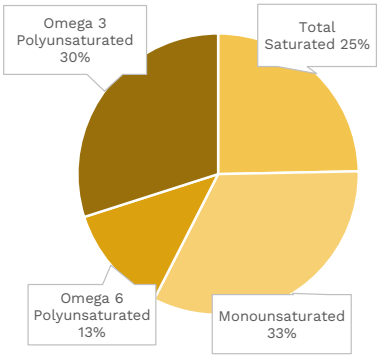
Serving Size:	115 grams	Protein:	22.1 grams	Net Carbs:	0.0 grams
Calories:	101	Fat:	0.8 grams	Fiber:	0.0 grams

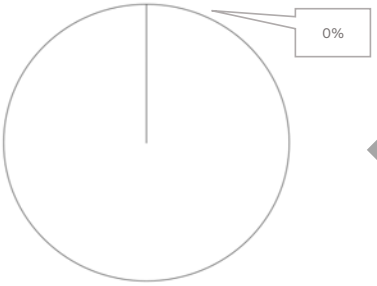
Vitamins & Vitaminlike Compounds		
Vitamin A	24.2 µg RAE	3% DV
Vitamin B1 (Thiamin)	66.7 µg	6% DV
Vitamin B2 (Riboflavin)	72.5 µg	6% DV
Vitamin B3 (Niacin)	2.6 mg	17% DV
Vitamin B5 (Pantothenic Acid)	0.9 mg	17% DV
Vitamin B6 (Pyridoxine)	134.6 µg	8% DV
Vitamin B7 (Biotin)	3.1 µg	10% DV
Vitamin B9 (Folate)	17.3 µg	4% DV
Vitamin B12 (Cobalamin)	2.3 µg	96% DV
Vitamin C	4.4 mg	5% DV
Vitamin D (D2 + D3)	2.9 µg	14% DV
Vitamin E	0.2 mg	2% DV
Vitamin K	0.1 µg	0% DV
Choline	74.8 mg	14% DV
Myo-Inositol	~	~
CoQ10	0.6 mg	~
Minerals		
Calcium	65.6 mg	5% DV
Copper	58.7 µg	7% DV
Iodine	~	~
Iron	0.6 mg	4% DV
Magnesium	35.7 mg	8% DV
Manganese	276.0 µg	12% DV
Phosphorus	253.0 mg	20% DV
Potassium	297.9 mg	6% DV
Selenium	14.5 µg	26% DV
Sodium	44.9 mg	2% DV
Zinc	0.8 mg	7% DV
Amino Acids & Peptides		
Taurine	173.7 mg	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.2 g	1% DV
ALA	24.2 mg	2% DV
EPA + DHA	123.1 mg	49% DV
CLA	~	~
Linoleic Acid	0.0 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	0.0 µg	~
Polyphenols	0.0 mg	~
Phytosterols	0.0 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~



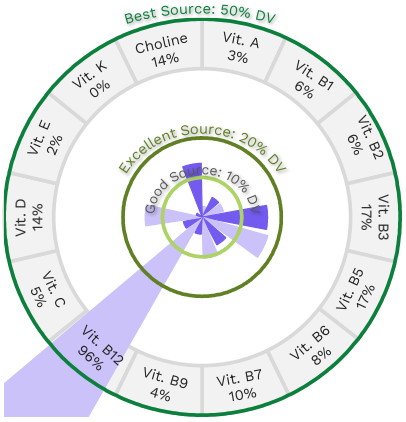


FATS



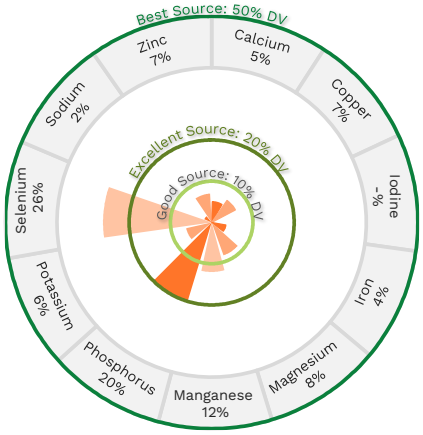


CARBOHYDRATES



MINERALS

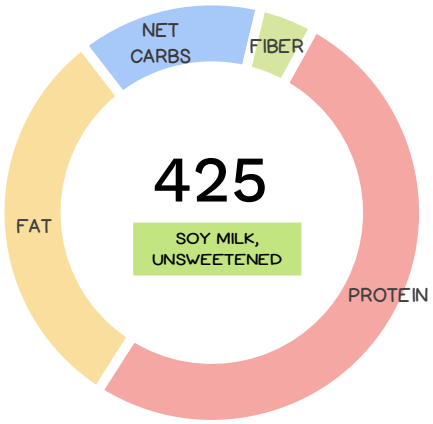
VITAMINS



275 Soy milk, unsweetened

Serving Size:	243 grams	Protein:	8.6 grams	Net Carbs:	2.4 grams
Calories:	92	Fat:	5.2 grams	Fiber:	0.7 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	140.9 µg RAE	16% DV
Vitamin B1 (Thiamin)	153.1 µg	13% DV
Vitamin B2 (Riboflavin)	204.1 µg	16% DV
Vitamin B3 (Niacin)	0.6 mg	4% DV
Vitamin B5 (Pantothenic Acid)	~	~
Vitamin B6 (Pyridoxine)	133.7 µg	8% DV
Vitamin B7 (Biotin)	9.5 µg	32% DV
Vitamin B9 (Folate)	48.6 µg	12% DV
Vitamin B12 (Cobalamin)	0.9 µg	39% DV
Vitamin C	~	~
Vitamin D (D2 + D3)	1.7 µg	8% DV
Vitamin E	6.0 mg	40% DV
Vitamin K	~	~
Choline	~	~
Myo-Inositol	~	~
CoQ10	0.6 mg	~
Minerals		
Calcium	245.4 mg	19% DV
Copper	262.4 µg	29% DV
Iodine	0.0 µg	0% DV
Iron	1.3 mg	7% DV
Magnesium	52.2 mg	12% DV
Manganese	505.4 µg	22% DV
Phosphorus	167.7 mg	13% DV
Potassium	383.9 mg	8% DV
Selenium	4.6 µg	8% DV
Sodium	~	~
Zinc	0.8 mg	7% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	1.0 g	5% DV
ALA	403.4 mg	25% DV
EPA + DHA	0.0 mg	0% DV
CLA	0.0 mg	~
Linoleic Acid	2.4 g	14% DV
MCT's	~	~
Phytonutrients		
Carotenoids	19.4 µg	~
Polyphenols	21.4 mg	~
Phytosterols	23.6 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~





FATS

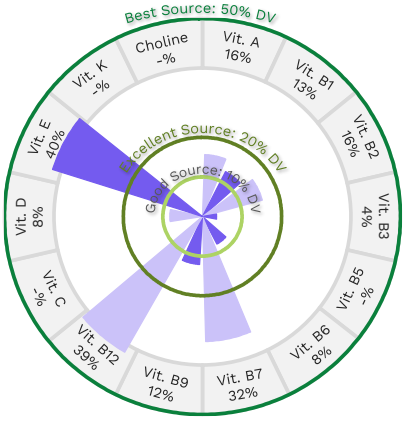


No detailed component data currently available in the USDA Food Central Database.



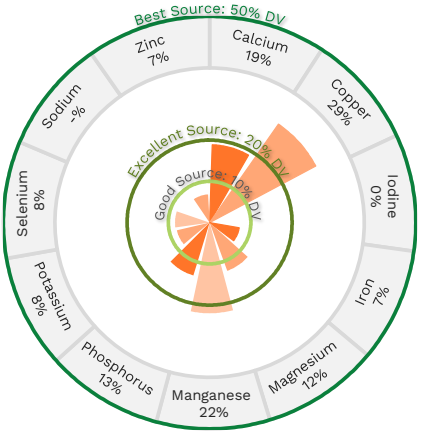
CARBOHYDRATES

No detailed component data currently available in the USDA Food Central Database.



MINERALS

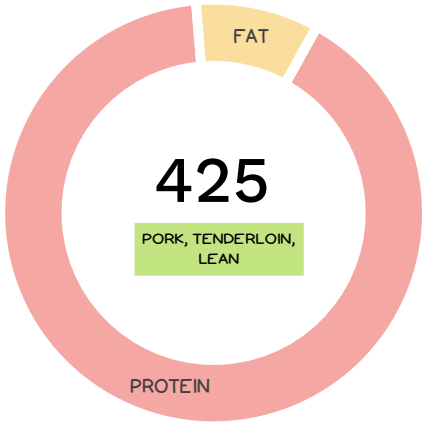
VITAMINS



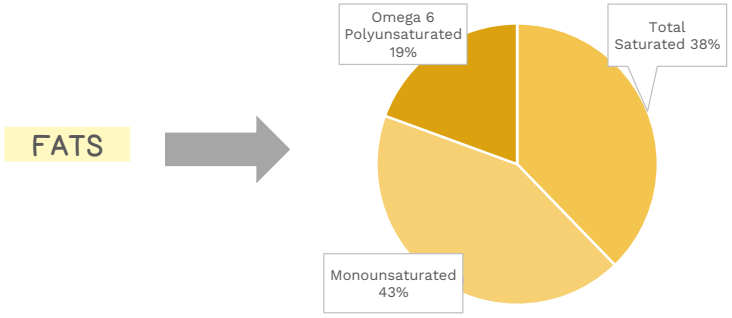
276 Pork, tenderloin, lean

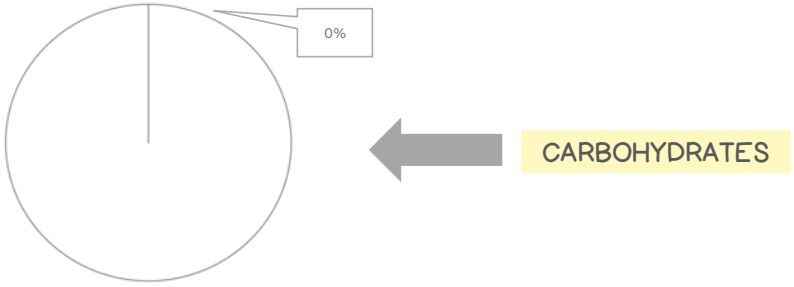
Serving Size:	100 grams	Protein:	21.0 grams	Net Carbs:	0.0 grams
Calories:	109	Fat:	2.2 grams	Fiber:	0.0 grams

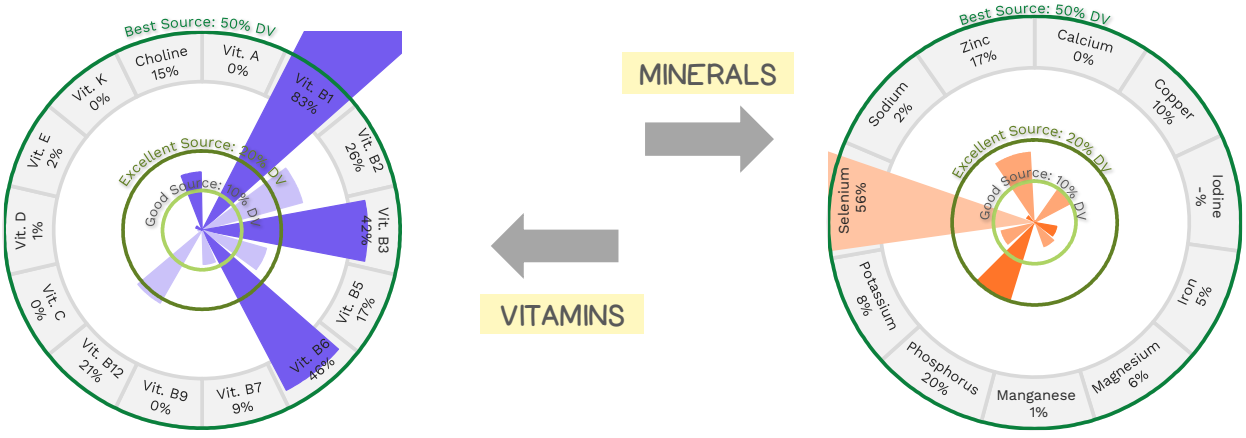
Vitamins & Vitaminlike Compounds		
Vitamin A	0.0 µg RAE	0% DV
Vitamin B1 (Thiamin)	998.0 µg	83% DV
Vitamin B2 (Riboflavin)	342.0 µg	26% DV
Vitamin B3 (Niacin)	6.7 mg	42% DV
Vitamin B5 (Pantothenic Acid)	0.8 mg	17% DV
Vitamin B6 (Pyridoxine)	777.0 µg	46% DV
Vitamin B7 (Biotin)	2.6 µg	9% DV
Vitamin B9 (Folate)	0.0 µg	0% DV
Vitamin B12 (Cobalamin)	0.5 µg	21% DV
Vitamin C	0.0 mg	0% DV
Vitamin D (D2 + D3)	0.2 µg	1% DV
Vitamin E	0.3 mg	2% DV
Vitamin K	0.0 µg	0% DV
Choline	80.8 mg	15% DV
Myo-Inositol	30.0 mg	~
CoQ10	1.4 mg	~
Minerals		
Calcium	5.0 mg	0% DV
Copper	90.0 µg	10% DV
Iodine	~	~
Iron	1.0 mg	5% DV
Magnesium	27.0 mg	6% DV
Manganese	15.0 µg	1% DV
Phosphorus	247.0 mg	20% DV
Potassium	399.0 mg	8% DV
Selenium	30.8 µg	56% DV
Sodium	53.0 mg	2% DV
Zinc	1.9 mg	17% DV
Amino Acids & Peptides		
Taurine	118.0 mg	~
Ergothioneine	0.2 mg	~
Functional Fats		
MUFA	0.8 g	4% DV
ALA	8.0 mg	1% DV
EPA + DHA	0.0 mg	0% DV
CLA	1.3 mg	~
Linoleic Acid	0.3 g	2% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	0.0 µg	~
Polyphenols	0.0 mg	~
Phytosterols	0.0 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~







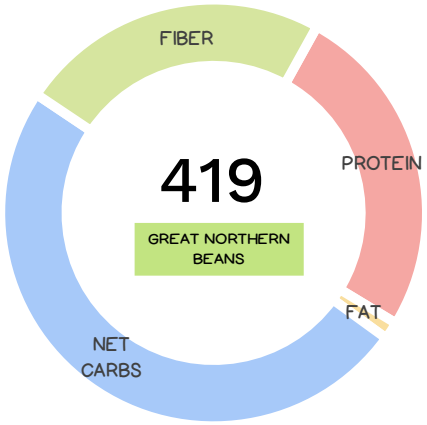




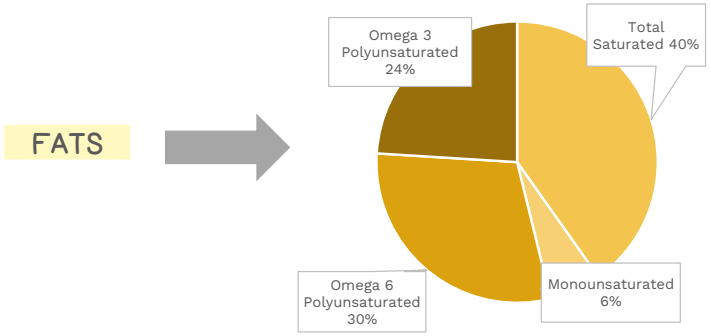
277 Great northern beans

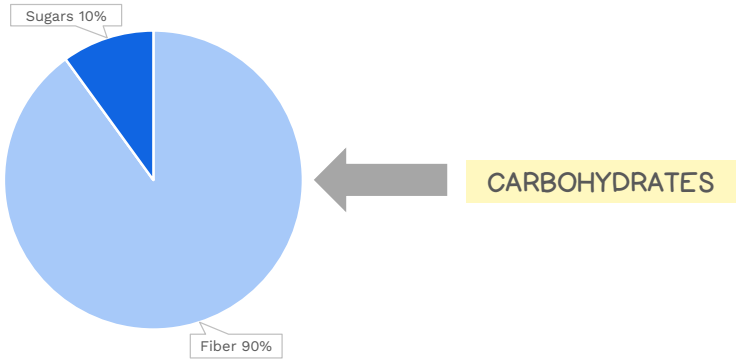
Serving Size:	31 grams	Protein:	6.7 grams	Net Carbs:	12.9 grams
Calories:	103	Fat:	0.3 grams	Fiber:	6.2 grams

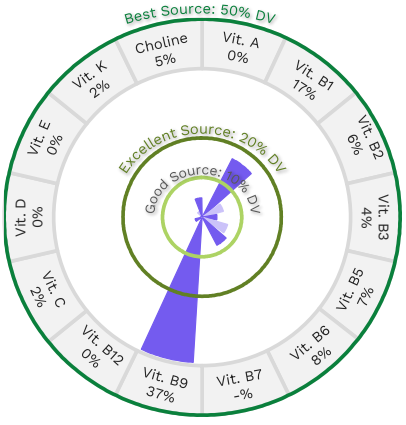
Vitamins & Vitaminlike Compounds		
Vitamin A	0.0 µg RAE	0% DV
Vitamin B1 (Thiamin)	199.2 µg	17% DV
Vitamin B2 (Riboflavin)	72.3 µg	6% DV
Vitamin B3 (Niacin)	0.6 mg	4% DV
Vitamin B5 (Pantothenic Acid)	0.3 mg	7% DV
Vitamin B6 (Pyridoxine)	136.3 µg	8% DV
Vitamin B7 (Biotin)	~	~
Vitamin B9 (Folate)	147.0 µg	37% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	1.6 mg	2% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.1 mg	0% DV
Vitamin K	1.8 µg	2% DV
Choline	26.8 mg	5% DV
Myo-Inositol	99.7 mg	~
CoQ10	~	~
Minerals		
Calcium	53.4 mg	4% DV
Copper	255.3 µg	28% DV
Iodine	~	~
Iron	1.7 mg	9% DV
Magnesium	57.6 mg	14% DV
Manganese	434.0 µg	19% DV
Phosphorus	136.3 mg	11% DV
Potassium	423.0 mg	9% DV
Selenium	3.9 µg	7% DV
Sodium	4.3 mg	0% DV
Zinc	0.7 mg	6% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	65.0 mg	4% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.1 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	0.0 µg	~
Polyphenols	1538.9 mg	~
Phytosterols	~	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

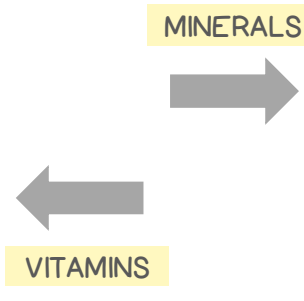


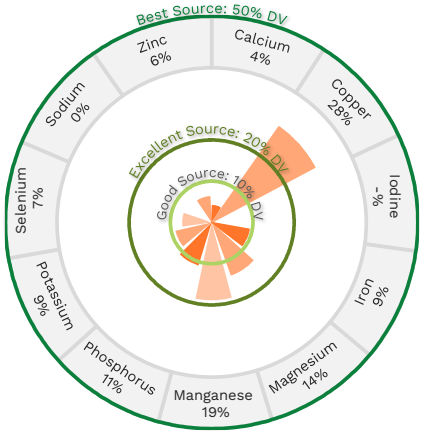








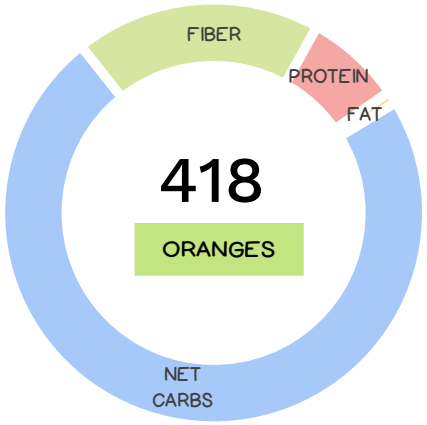




278 Oranges

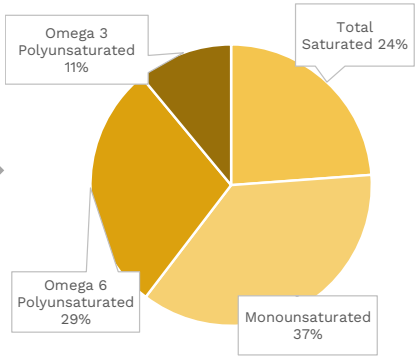
Serving Size:	131 grams	Protein:	1.2 grams	Net Carbs:	12.2 grams
Calories:	62	Fat:	0.2 grams	Fiber:	3.1 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	14.4 µg RAE	2% DV
Vitamin B1 (Thiamin)	114.0 µg	9% DV
Vitamin B2 (Riboflavin)	52.4 µg	4% DV
Vitamin B3 (Niacin)	0.4 mg	2% DV
Vitamin B5 (Pantothenic Acid)	0.3 mg	7% DV
Vitamin B6 (Pyridoxine)	78.6 µg	5% DV
Vitamin B7 (Biotin)	3.0 µg	10% DV
Vitamin B9 (Folate)	39.3 µg	10% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	69.7 mg	77% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.2 mg	2% DV
Vitamin K	0.0 µg	0% DV
Choline	11.0 mg	2% DV
Myo-Inositol	402.2 mg	~
CoQ10	0.3 mg	~
Minerals		
Calcium	52.4 mg	4% DV
Copper	59.0 µg	7% DV
Iodine	~	~
Iron	0.1 mg	1% DV
Magnesium	13.1 mg	3% DV
Manganese	32.8 µg	1% DV
Phosphorus	18.3 mg	1% DV
Potassium	237.1 mg	5% DV
Selenium	0.7 µg	1% DV
Sodium	0.0 mg	0% DV
Zinc	0.1 mg	1% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	9.2 mg	1% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.0 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	428.4 µg	~
Polyphenols	441.5 mg	~
Phytosterols	31.7 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

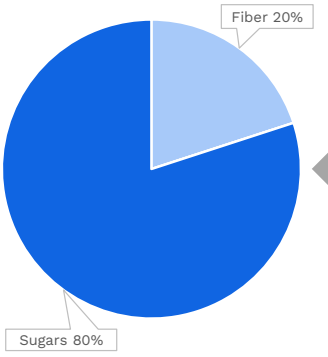




FATS



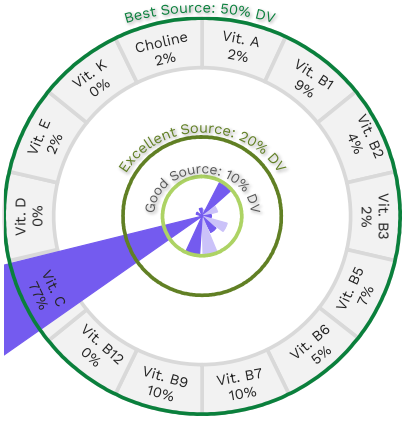
CARBOHYDRATES



MINERALS



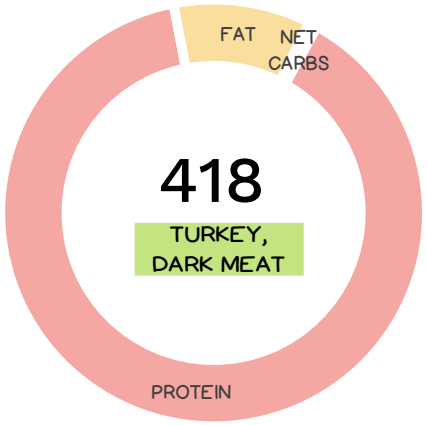
VITAMINS



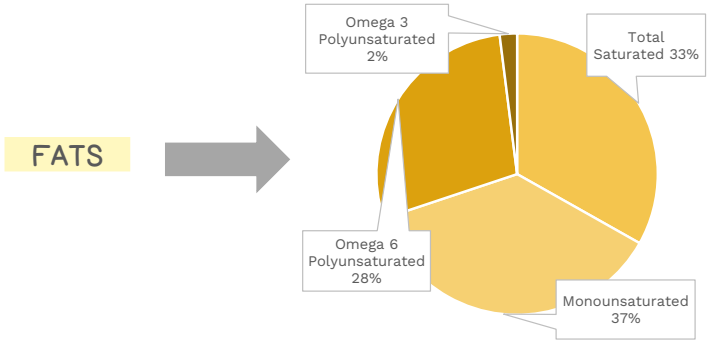
279 Turkey, dark meat

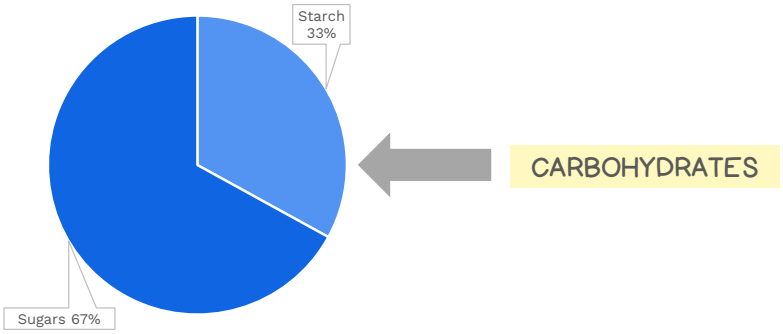
Serving Size:	100 grams	Protein:	21.3 grams	Net Carbs:	0.2 grams
Calories:	108	Fat:	2.5 grams	Fiber:	0.0 grams

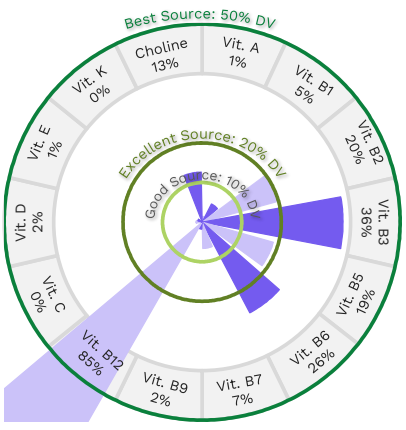
Vitamins & Vitaminlike Compounds		
Vitamin A	13.0 µg RAE	1% DV
Vitamin B1 (Thiamin)	62.0 µg	5% DV
Vitamin B2 (Riboflavin)	255.0 µg	20% DV
Vitamin B3 (Niacin)	5.7 mg	36% DV
Vitamin B5 (Pantothenic Acid)	0.9 mg	19% DV
Vitamin B6 (Pyridoxine)	440.0 µg	26% DV
Vitamin B7 (Biotin)	2.0 µg	7% DV
Vitamin B9 (Folate)	7.0 µg	2% DV
Vitamin B12 (Cobalamin)	2.1 µg	85% DV
Vitamin C	0.0 mg	0% DV
Vitamin D (D2 + D3)	0.3 µg	2% DV
Vitamin E	0.2 mg	1% DV
Vitamin K	0.0 µg	0% DV
Choline	69.6 mg	13% DV
Myo-Inositol	14.4 mg	~
CoQ10	2.5 mg	~
Minerals		
Calcium	11.0 mg	1% DV
Copper	92.0 µg	10% DV
Iodine	~	~
Iron	1.0 mg	6% DV
Magnesium	25.0 mg	6% DV
Manganese	14.0 µg	1% DV
Phosphorus	176.0 mg	14% DV
Potassium	226.0 mg	5% DV
Selenium	22.4 µg	41% DV
Sodium	124.0 mg	5% DV
Zinc	2.6 mg	24% DV
Amino Acids & Peptides		
Taurine	306.0 mg	~
Ergothioneine	0.1 mg	~
Functional Fats		
MUFA	0.8 g	4% DV
ALA	28.0 mg	2% DV
EPA + DHA	3.0 mg	1% DV
CLA	6.3 mg	~
Linoleic Acid	0.5 g	3% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	0.0 µg	~
Polyphenols	0.0 mg	~
Phytosterols	0.0 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

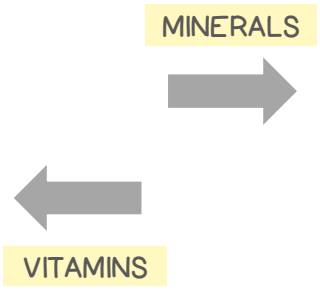


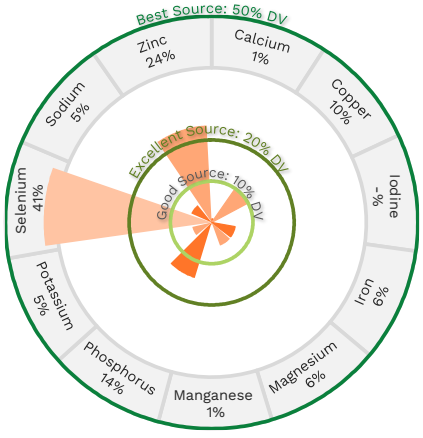








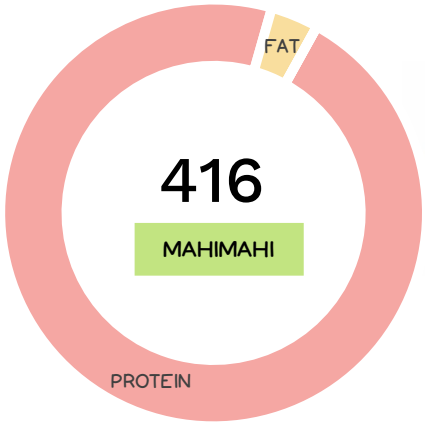




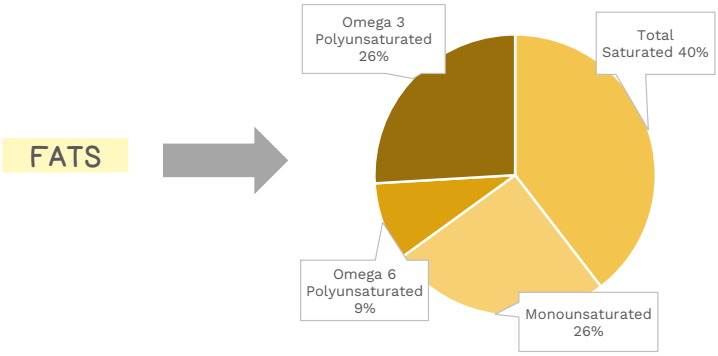
280 Mahimahi

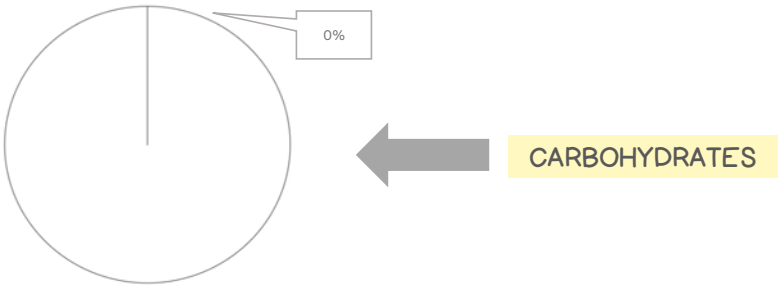
Serving Size:	115 grams	Protein:	21.3 grams	Net Carbs:	0.0 grams
Calories:	98	Fat:	0.8 grams	Fiber:	0.0 grams

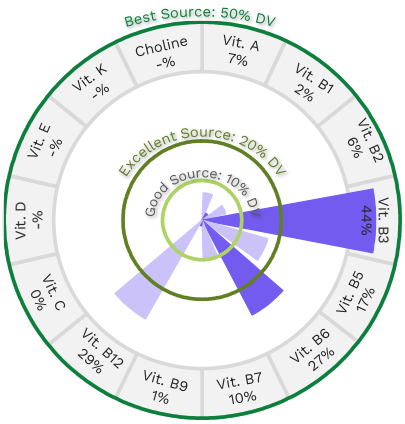
Vitamins & Vitaminlike Compounds		
Vitamin A	62.1 µg RAE	7% DV
Vitamin B1 (Thiamin)	23.0 µg	2% DV
Vitamin B2 (Riboflavin)	80.5 µg	6% DV
Vitamin B3 (Niacin)	7.0 mg	44% DV
Vitamin B5 (Pantothenic Acid)	0.9 mg	17% DV
Vitamin B6 (Pyridoxine)	460.0 µg	27% DV
Vitamin B7 (Biotin)	2.9 µg	10% DV
Vitamin B9 (Folate)	5.8 µg	1% DV
Vitamin B12 (Cobalamin)	0.7 µg	29% DV
Vitamin C	0.0 mg	0% DV
Vitamin D (D2 + D3)	~	~
Vitamin E	~	~
Vitamin K	~	~
Choline	~	~
Myo-Inositol	~	~
CoQ10	0.4 mg	~
Minerals		
Calcium	17.3 mg	1% DV
Copper	47.2 µg	5% DV
Iodine	0.0 µg	0% DV
Iron	1.3 mg	7% DV
Magnesium	34.5 mg	8% DV
Manganese	17.3 µg	1% DV
Phosphorus	164.5 mg	13% DV
Potassium	478.4 mg	10% DV
Selenium	42.0 µg	76% DV
Sodium	101.2 mg	4% DV
Zinc	0.5 mg	5% DV
Amino Acids & Peptides		
Taurine	173.7 mg	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.1 g	1% DV
ALA	5.8 mg	0% DV
EPA + DHA	124.2 mg	50% DV
CLA	~	~
Linoleic Acid	0.0 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	0.0 µg	~
Polyphenols	0.0 mg	~
Phytosterols	0.0 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

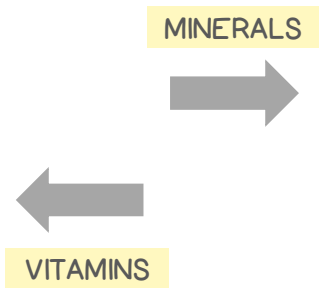










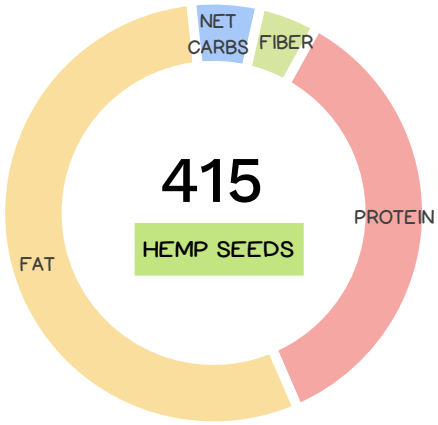




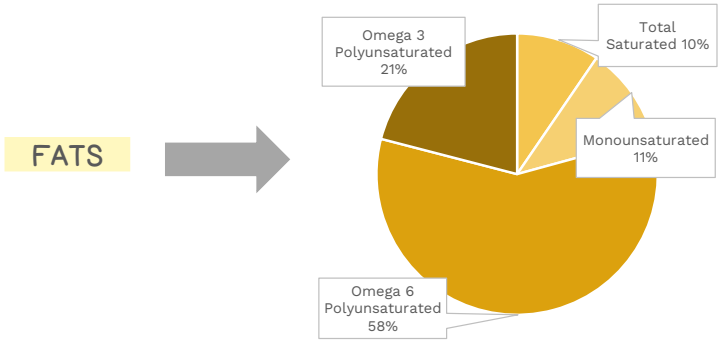
281 Hemp Seeds

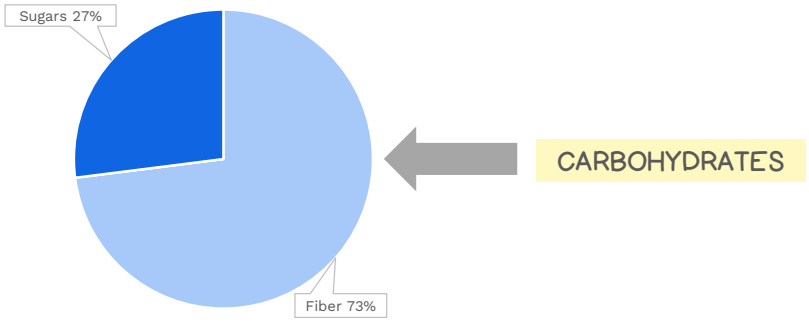
Serving Size:	28 grams	Protein:	8.9 grams	Net Carbs:	1.3 grams
Calories:	157	Fat:	13.8 grams	Fiber:	1.1 grams

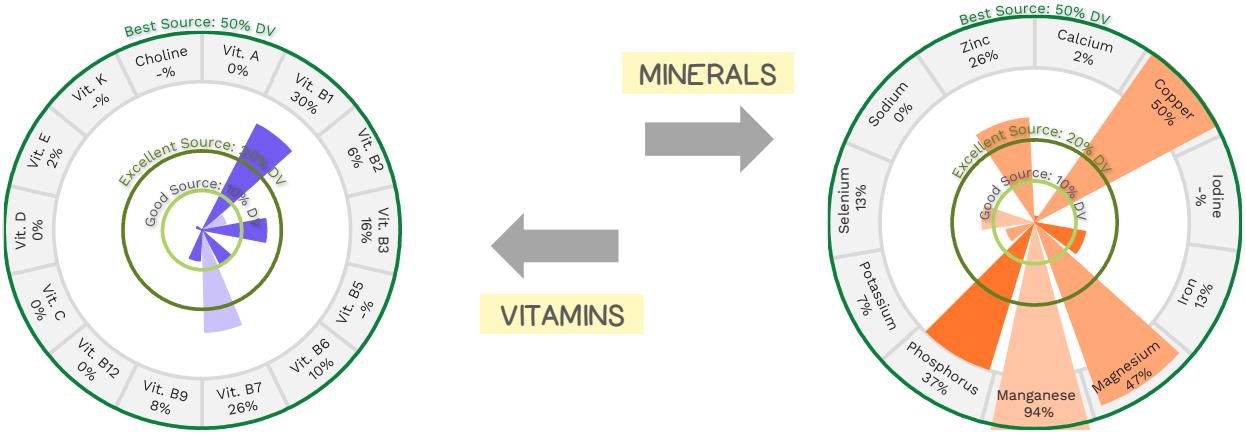
Vitamins & Vitaminlike Compounds		
Vitamin A	0.3 µg RAE	0% DV
Vitamin B1 (Thiamin)	361.5 µg	30% DV
Vitamin B2 (Riboflavin)	80.8 µg	6% DV
Vitamin B3 (Niacin)	2.6 mg	16% DV
Vitamin B5 (Pantothenic Acid)	~	~
Vitamin B6 (Pyridoxine)	170.1 µg	10% DV
Vitamin B7 (Biotin)	7.7 µg	26% DV
Vitamin B9 (Folate)	31.2 µg	8% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	0.1 mg	0% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.2 mg	2% DV
Vitamin K	~	~
Choline	~	~
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	19.8 mg	2% DV
Copper	453.6 µg	50% DV
Iodine	~	~
Iron	2.3 mg	13% DV
Magnesium	198.4 mg	47% DV
Manganese	2154.6 µg	94% DV
Phosphorus	467.8 mg	37% DV
Potassium	340.2 mg	7% DV
Selenium	7.1 µg	13% DV
Sodium	1.4 mg	0% DV
Zinc	2.8 mg	26% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	1.5 g	8% DV
ALA	2841.8 mg	178% DV
EPA + DHA	0.0 mg	0% DV
CLA	57.3 mg	~
Linoleic Acid	7.8 g	46% DV
MCT's	~	~
Phytonutrients		
Carotenoids	2.0 µg	~
Polyphenols	21.7 mg	~
Phytosterols	~	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~







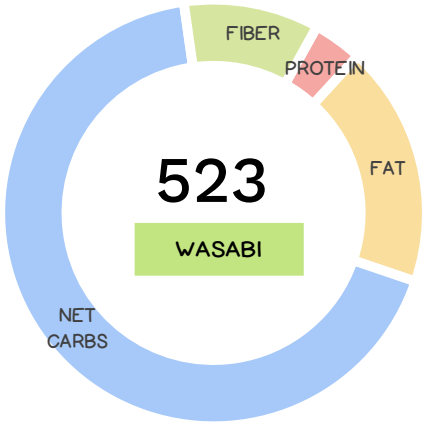




282 Wasabi

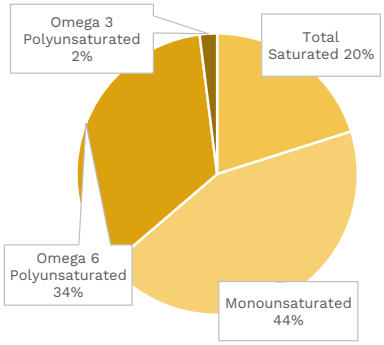
Serving Size:	20 grams	Protein:	0.4 grams	Net Carbs:	8.0 grams
Calories:	58	Fat:	2.2 grams	Fiber:	1.2 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	0.0 µg RAE	0% DV
Vitamin B1 (Thiamin)	10.0 µg	1% DV
Vitamin B2 (Riboflavin)	14.0 µg	1% DV
Vitamin B3 (Niacin)	0.0 mg	0% DV
Vitamin B5 (Pantothenic Acid)	0.0 mg	0% DV
Vitamin B6 (Pyridoxine)	10.0 µg	1% DV
Vitamin B7 (Biotin)	0.7 µg	2% DV
Vitamin B9 (Folate)	2.0 µg	1% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	0.0 mg	0% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	1.8 mg	12% DV
Vitamin K	0.7 µg	1% DV
Choline	0.5 mg	0% DV
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	8.2 mg	1% DV
Copper	11.0 µg	1% DV
Iodine	~	~
Iron	0.1 mg	1% DV
Magnesium	4.2 mg	1% DV
Manganese	27.4 µg	1% DV
Phosphorus	5.2 mg	0% DV
Potassium	36.4 mg	1% DV
Selenium	0.4 µg	1% DV
Sodium	678.0 mg	29% DV
Zinc	0.1 mg	1% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.9 g	4% DV
ALA	31.8 mg	2% DV
EPA + DHA	0.8 mg	0% DV
CLA	1.8 mg	~
Linoleic Acid	0.7 g	4% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	1.4 µg	~
Polyphenols	522.2 mg	~
Phytosterols	~	~
Glucosinolates	118.7 mg	~
Thiosulfinates	~	~
Betalains	~	~

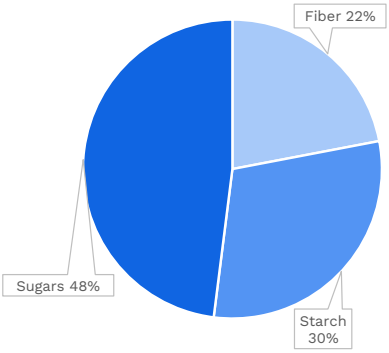




FATS



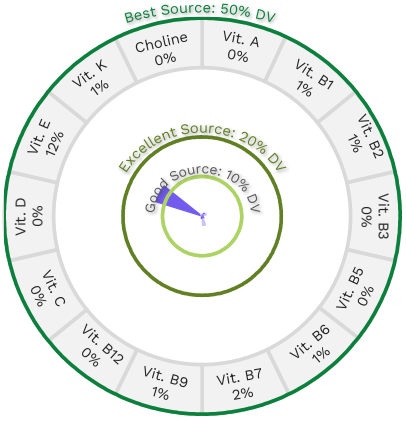
CARBOHYDRATES



MINERALS



VITAMINS



283 Guavas, strawberry

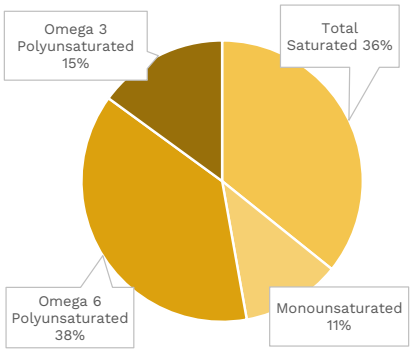
Serving Size:	244 grams	Protein:	1.4 grams	Net Carbs:	29.2 grams
Calories:	168	Fat:	1.5 grams	Fiber:	13.2 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	12.2 µg RAE	1% DV
Vitamin B1 (Thiamin)	73.2 µg	6% DV
Vitamin B2 (Riboflavin)	73.2 µg	6% DV
Vitamin B3 (Niacin)	1.5 mg	9% DV
Vitamin B5 (Pantothenic Acid)	1.1 mg	22% DV
Vitamin B6 (Pyridoxine)	268.4 µg	16% DV
Vitamin B7 (Biotin)	~	~
Vitamin B9 (Folate)	119.6 µg	30% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	90.3 mg	100% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	1.8 mg	12% DV
Vitamin K	6.3 µg	5% DV
Choline	18.5 mg	3% DV
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	51.2 mg	4% DV
Copper	561.2 µg	62% DV
Iodine	~	~
Iron	0.5 mg	3% DV
Magnesium	41.5 mg	10% DV
Manganese	366.0 µg	16% DV
Phosphorus	65.9 mg	5% DV
Potassium	712.5 mg	15% DV
Selenium	1.5 µg	3% DV
Sodium	90.3 mg	4% DV
Zinc	0.6 mg	5% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.1 g	1% DV
ALA	173.2 mg	11% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.4 g	3% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	13610.3 µg	~
Polyphenols	1127.3 mg	~
Phytosterols	~	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

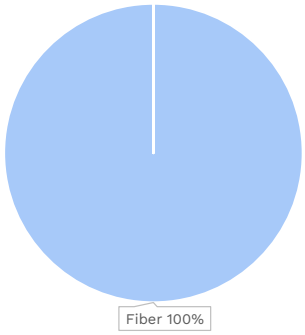




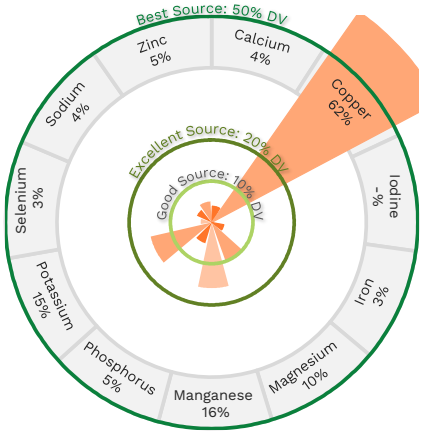
FATS



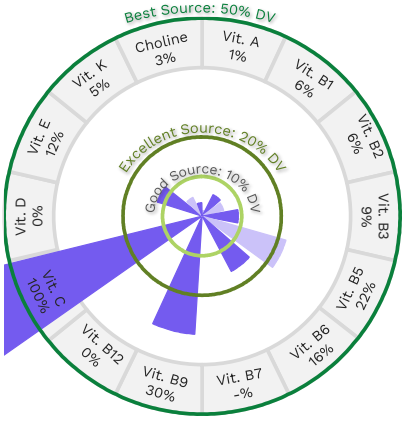
CARBOHYDRATES



MINERALS



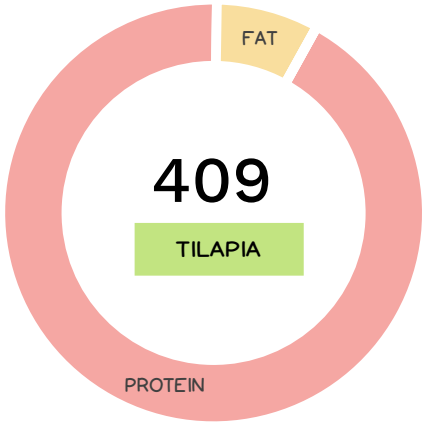
VITAMINS



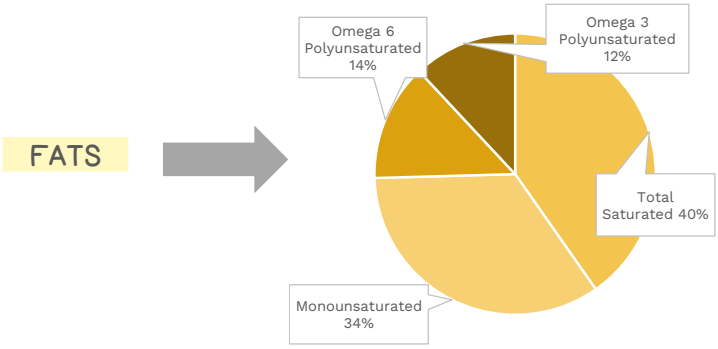
284 Tilapia

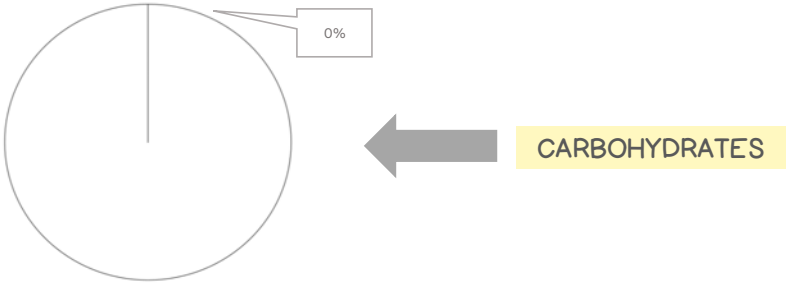
Serving Size:	115 grams	Protein:	23.1 grams	Net Carbs:	0.0 grams
Calories:	110	Fat:	2.0 grams	Fiber:	0.0 grams

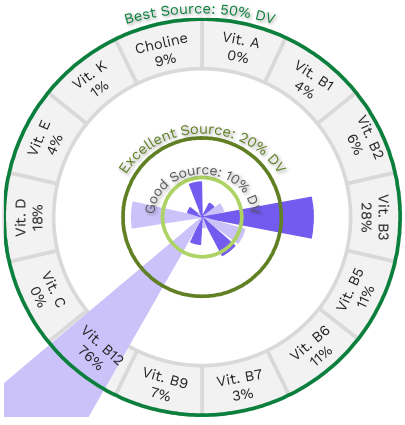
Vitamins & Vitaminlike Compounds		
Vitamin A	0.0 µg RAE	0% DV
Vitamin B1 (Thiamin)	47.2 µg	4% DV
Vitamin B2 (Riboflavin)	72.5 µg	6% DV
Vitamin B3 (Niacin)	4.5 mg	28% DV
Vitamin B5 (Pantothenic Acid)	0.6 mg	11% DV
Vitamin B6 (Pyridoxine)	186.3 µg	11% DV
Vitamin B7 (Biotin)	0.8 µg	3% DV
Vitamin B9 (Folate)	27.6 µg	7% DV
Vitamin B12 (Cobalamin)	1.8 µg	76% DV
Vitamin C	0.0 mg	0% DV
Vitamin D (D2 + D3)	3.6 µg	18% DV
Vitamin E	0.6 mg	4% DV
Vitamin K	1.6 µg	1% DV
Choline	48.9 mg	9% DV
Myo-Inositol	1.7 mg	~
CoQ10	0.4 mg	~
Minerals		
Calcium	11.5 mg	1% DV
Copper	86.3 µg	10% DV
Iodine	4.6 µg	3% DV
Iron	0.6 mg	4% DV
Magnesium	31.1 mg	7% DV
Manganese	42.6 µg	2% DV
Phosphorus	195.5 mg	16% DV
Potassium	347.3 mg	7% DV
Selenium	48.1 µg	87% DV
Sodium	59.8 mg	3% DV
Zinc	0.4 mg	3% DV
Amino Acids & Peptides		
Taurine	173.9 mg	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.6 g	3% DV
ALA	38.0 mg	2% DV
EPA + DHA	104.7 mg	42% DV
CLA	~	~
Linoleic Acid	0.2 g	1% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	0.0 µg	~
Polyphenols	0.0 mg	~
Phytosterols	0.0 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

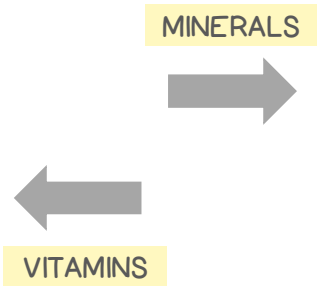


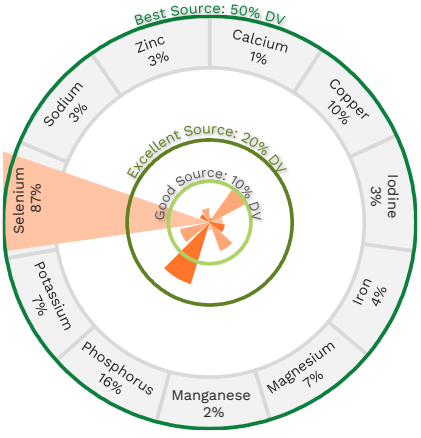








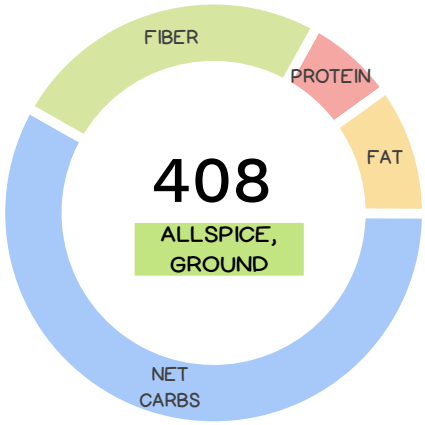




285 Allspice, ground

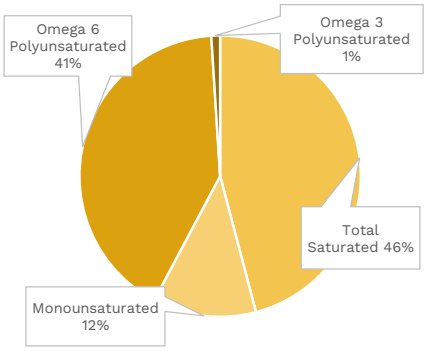
Serving Size:	6 grams	Protein:	0.4 grams	Net Carbs:	3.0 grams
Calories:	16	Fat:	0.5 grams	Fiber:	1.3 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	1.6 µg RAE	0% DV
Vitamin B1 (Thiamin)	6.1 µg	1% DV
Vitamin B2 (Riboflavin)	3.8 µg	0% DV
Vitamin B3 (Niacin)	0.2 mg	1% DV
Vitamin B5 (Pantothenic Acid)	~	~
Vitamin B6 (Pyridoxine)	12.6 µg	1% DV
Vitamin B7 (Biotin)	~	~
Vitamin B9 (Folate)	2.2 µg	1% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	2.4 mg	3% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	~	~
Vitamin K	~	~
Choline	~	~
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	39.7 mg	3% DV
Copper	33.2 µg	4% DV
Iodine	~	~
Iron	0.4 mg	2% DV
Magnesium	8.1 mg	2% DV
Manganese	176.6 µg	8% DV
Phosphorus	6.8 mg	1% DV
Potassium	62.6 mg	1% DV
Selenium	0.2 µg	0% DV
Sodium	4.6 mg	0% DV
Zinc	0.1 mg	1% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	4.2 mg	0% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.1 g	1% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	~	~
Polyphenols	242.9 mg	~
Phytosterols	~	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

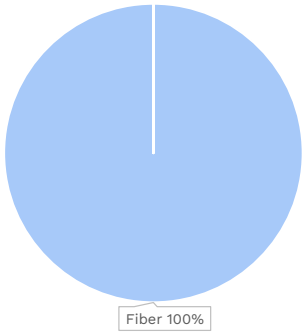




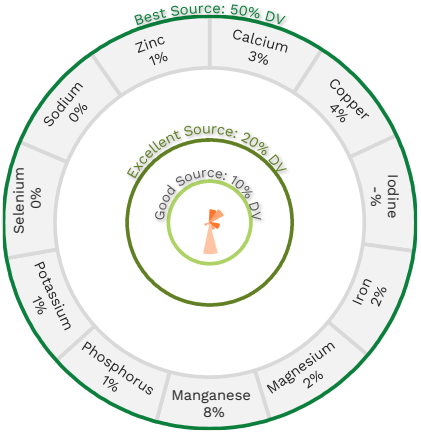
FATS



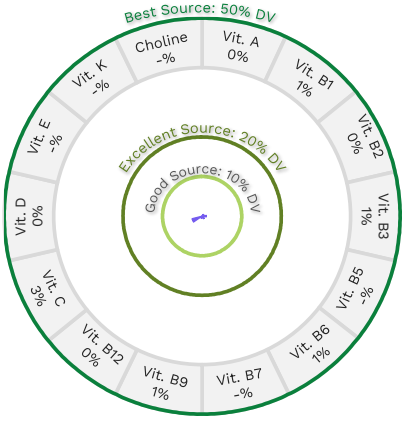
CARBOHYDRATES



MINERALS



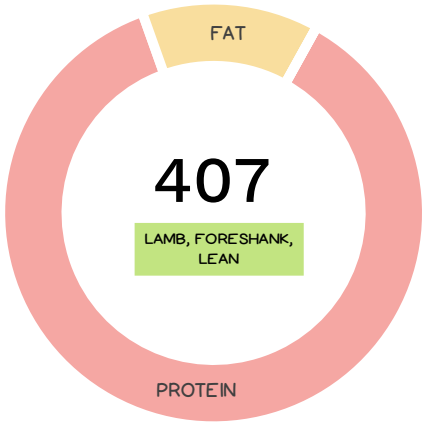
VITAMINS



286 Lamb, foreshank, lean

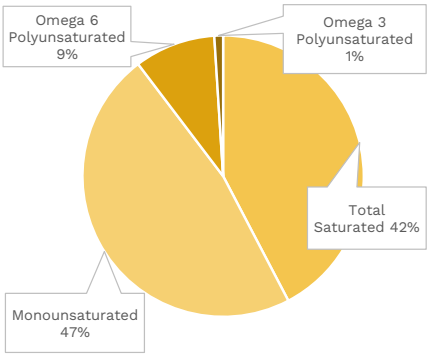
Serving Size:	100 grams	Protein:	21.1 grams	Net Carbs:	0.0 grams
Calories:	120	Fat:	3.3 grams	Fiber:	0.0 grams

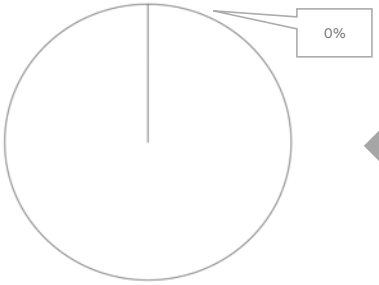
Vitamins & Vitaminlike Compounds		
Vitamin A	0.0 µg RAE	0% DV
Vitamin B1 (Thiamin)	100.0 µg	8% DV
Vitamin B2 (Riboflavin)	200.0 µg	15% DV
Vitamin B3 (Niacin)	5.3 mg	33% DV
Vitamin B5 (Pantothenic Acid)	0.7 mg	14% DV
Vitamin B6 (Pyridoxine)	170.0 µg	10% DV
Vitamin B7 (Biotin)	6.0 µg	20% DV
Vitamin B9 (Folate)	22.0 µg	6% DV
Vitamin B12 (Cobalamin)	2.5 µg	102% DV
Vitamin C	0.0 mg	0% DV
Vitamin D (D2 + D3)	~	~
Vitamin E	0.2 mg	2% DV
Vitamin K	~	~
Choline	~	~
Myo-Inositol	37.0 mg	~
CoQ10	3.0 mg	~
Minerals		
Calcium	9.0 mg	1% DV
Copper	109.0 µg	12% DV
Iodine	~	~
Iron	1.8 mg	10% DV
Magnesium	25.0 mg	6% DV
Manganese	24.0 µg	1% DV
Phosphorus	187.0 mg	15% DV
Potassium	237.0 mg	5% DV
Selenium	24.0 µg	44% DV
Sodium	79.0 mg	3% DV
Zinc	6.0 mg	54% DV
Amino Acids & Peptides		
Taurine	310.0 mg	~
Ergothioneine	0.1 mg	~
Functional Fats		
MUFA	1.3 g	7% DV
ALA	40.0 mg	3% DV
EPA + DHA	~	~
CLA	27.0 mg	~
Linoleic Acid	0.2 g	1% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	0.0 µg	~
Polyphenols	0.0 mg	~
Phytosterols	0.0 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~



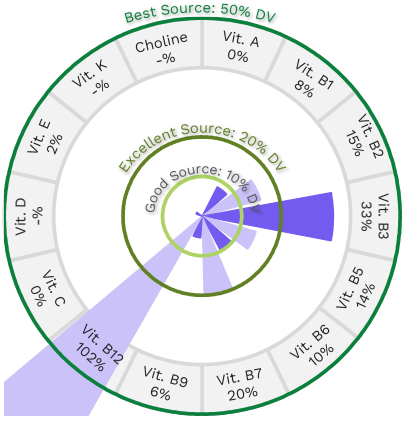


FATS



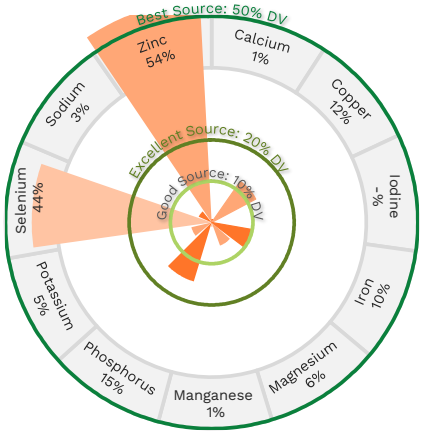


CARBOHYDRATES



MINERALS

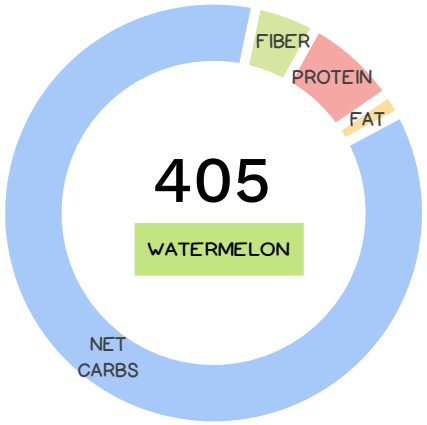
VITAMINS

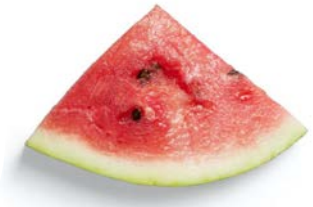


287 Watermelon

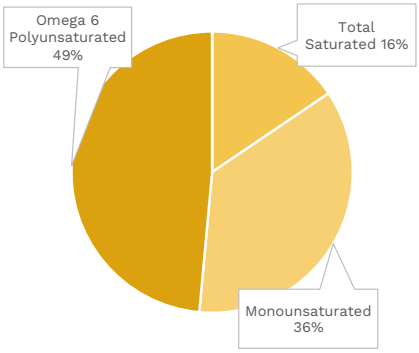
Serving Size:	152 grams	Protein:	0.9 grams	Net Carbs:	10.9 grams
Calories:	46	Fat:	0.2 grams	Fiber:	0.6 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	42.6 µg RAE	5% DV
Vitamin B1 (Thiamin)	50.2 µg	4% DV
Vitamin B2 (Riboflavin)	31.9 µg	2% DV
Vitamin B3 (Niacin)	0.3 mg	2% DV
Vitamin B5 (Pantothenic Acid)	0.3 mg	7% DV
Vitamin B6 (Pyridoxine)	68.4 µg	4% DV
Vitamin B7 (Biotin)	5.5 µg	18% DV
Vitamin B9 (Folate)	4.6 µg	1% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	12.3 mg	14% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.1 mg	1% DV
Vitamin K	0.2 µg	0% DV
Choline	6.2 mg	1% DV
Myo-Inositol	47.1 mg	~
CoQ10	~	~
Minerals		
Calcium	10.6 mg	1% DV
Copper	63.8 µg	7% DV
Iodine	~	~
Iron	0.4 mg	2% DV
Magnesium	15.2 mg	4% DV
Manganese	57.8 µg	3% DV
Phosphorus	16.7 mg	1% DV
Potassium	170.2 mg	4% DV
Selenium	0.6 µg	1% DV
Sodium	1.5 mg	0% DV
Zinc	0.2 mg	1% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.1 g	0% DV
ALA	0.0 mg	0% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.1 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	7479.9 µg	~
Polyphenols	89.7 mg	~
Phytosterols	2.0 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

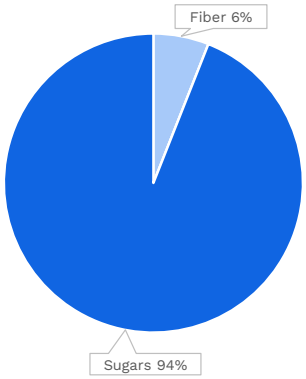




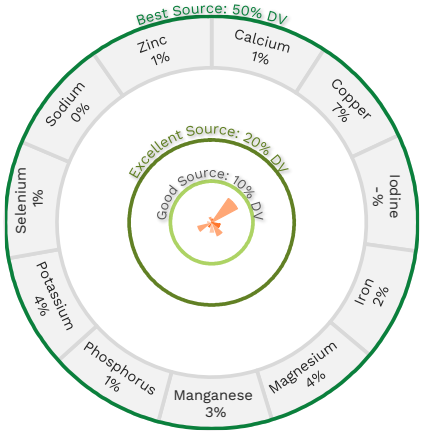
FATS



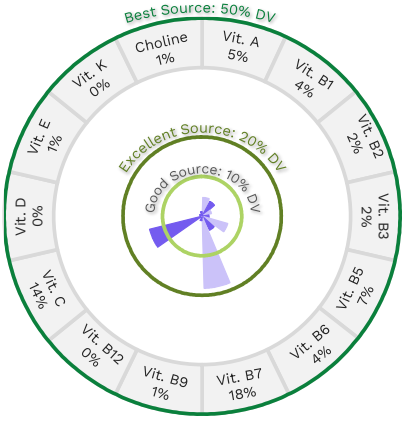
CARBOHYDRATES



MINERALS



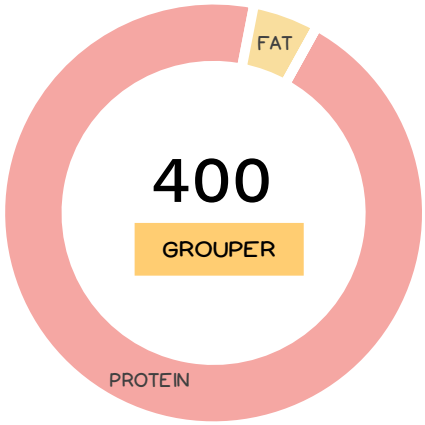
VITAMINS



288 Grouper

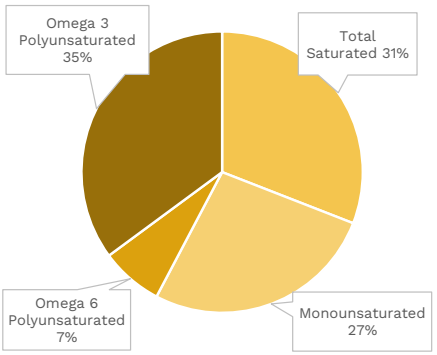
Serving Size:	115 grams	Protein:	22.3 grams	Net Carbs:	0.0 grams
Calories:	106	Fat:	1.2 grams	Fiber:	0.0 grams

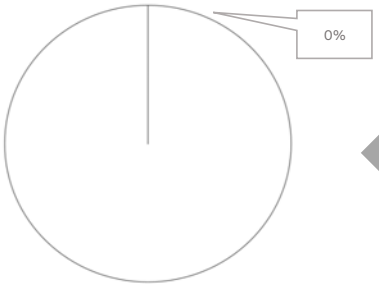
Vitamins & Vitaminlike Compounds		
Vitamin A	49.5 µg RAE	5% DV
Vitamin B1 (Thiamin)	80.5 µg	7% DV
Vitamin B2 (Riboflavin)	5.8 µg	0% DV
Vitamin B3 (Niacin)	0.4 mg	2% DV
Vitamin B5 (Pantothenic Acid)	0.9 mg	17% DV
Vitamin B6 (Pyridoxine)	345.0 µg	20% DV
Vitamin B7 (Biotin)	2.3 µg	8% DV
Vitamin B9 (Folate)	10.4 µg	3% DV
Vitamin B12 (Cobalamin)	0.7 µg	29% DV
Vitamin C	0.0 mg	0% DV
Vitamin D (D2 + D3)	~	~
Vitamin E	~	~
Vitamin K	~	~
Choline	~	~
Myo-Inositol	~	~
CoQ10	0.4 mg	~
Minerals		
Calcium	31.1 mg	2% DV
Copper	23.0 µg	3% DV
Iodine	0.0 µg	0% DV
Iron	1.0 mg	6% DV
Magnesium	35.7 mg	8% DV
Manganese	16.1 µg	1% DV
Phosphorus	186.3 mg	15% DV
Potassium	555.5 mg	12% DV
Selenium	42.0 µg	76% DV
Sodium	61.0 mg	3% DV
Zinc	0.6 mg	5% DV
Amino Acids & Peptides		
Taurine	173.7 mg	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.2 g	1% DV
ALA	11.5 mg	1% DV
EPA + DHA	284.1 mg	114% DV
CLA	~	~
Linoleic Acid	0.0 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	0.0 µg	~
Polyphenols	0.0 mg	~
Phytosterols	0.0 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~



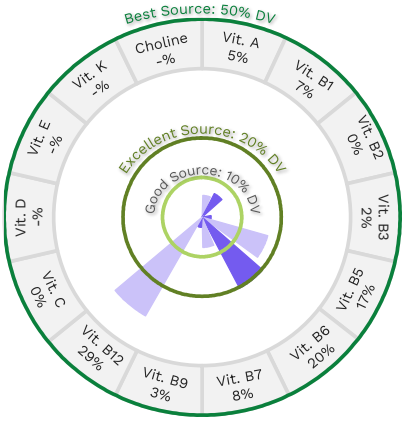


FATS



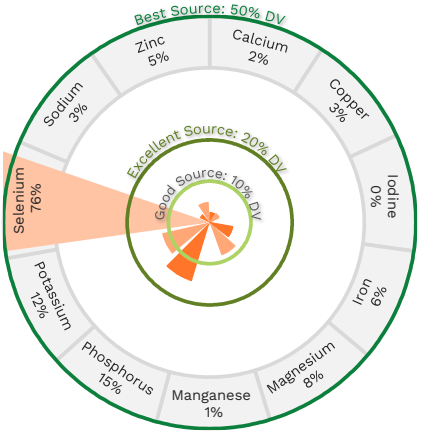


CARBOHYDRATES



VITAMINS

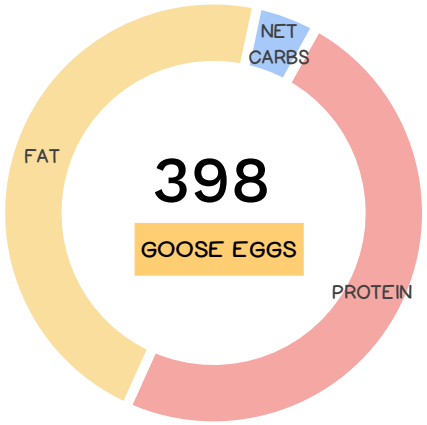
MINERALS



289 Goose eggs

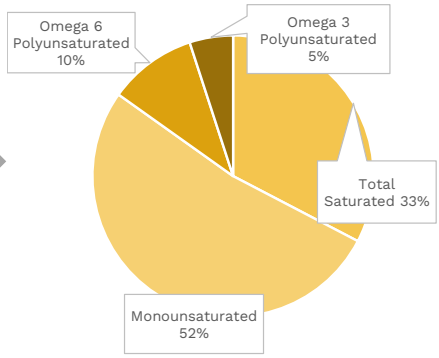
Serving Size:	100 grams	Protein:	13.9 grams	Net Carbs:	1.4 grams
Calories:	185	Fat:	13.3 grams	Fiber:	0.0 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	187.0 µg RAE	21% DV
Vitamin B1 (Thiamin)	147.0 µg	12% DV
Vitamin B2 (Riboflavin)	382.0 µg	29% DV
Vitamin B3 (Niacin)	0.2 mg	1% DV
Vitamin B5 (Pantothenic Acid)	1.8 mg	35% DV
Vitamin B6 (Pyridoxine)	236.0 µg	14% DV
Vitamin B7 (Biotin)	25.0 µg	83% DV
Vitamin B9 (Folate)	76.0 µg	19% DV
Vitamin B12 (Cobalamin)	5.1 µg	213% DV
Vitamin C	0.0 mg	0% DV
Vitamin D (D2 + D3)	1.7 µg	9% DV
Vitamin E	1.3 mg	9% DV
Vitamin K	0.4 µg	0% DV
Choline	263.4 mg	48% DV
Myo-Inositol	9.0 mg	~
CoQ10	0.4 mg	~
Minerals		
Calcium	60.0 mg	5% DV
Copper	62.0 µg	7% DV
Iodine	~	~
Iron	3.6 mg	20% DV
Magnesium	16.0 mg	4% DV
Manganese	38.0 µg	2% DV
Phosphorus	208.0 mg	17% DV
Potassium	210.0 mg	4% DV
Selenium	36.9 µg	67% DV
Sodium	138.0 mg	6% DV
Zinc	1.3 mg	12% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	0.1 mg	~
Functional Fats		
MUFA	5.7 g	29% DV
ALA	554.0 mg	35% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.7 g	4% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	467.0 µg	~
Polyphenols	0.0 mg	~
Phytosterols	0.0 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

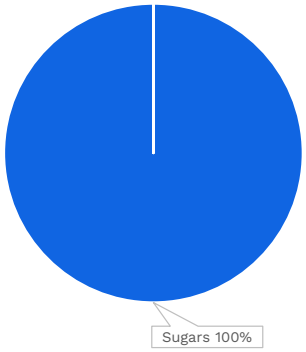




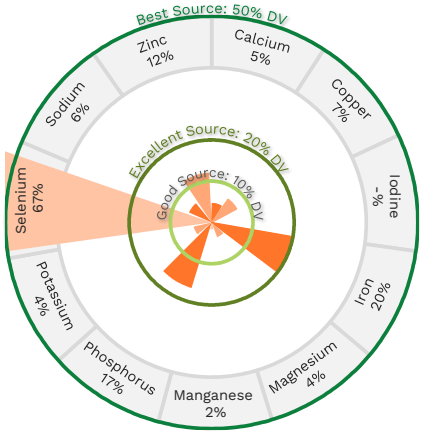
FATS



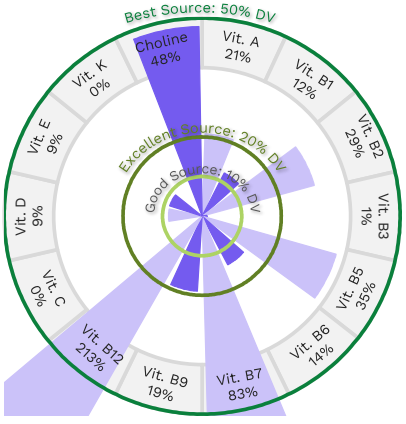
CARBOHYDRATES



MINERALS



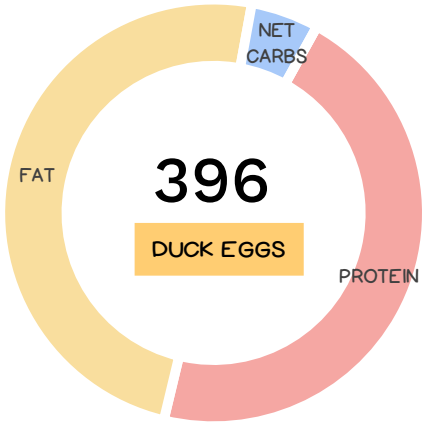
VITAMINS



290 Duck eggs

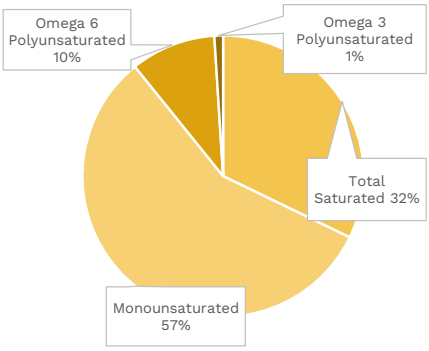
Serving Size:	100 grams	Protein:	12.8 grams	Net Carbs:	1.5 grams
Calories:	185	Fat:	13.8 grams	Fiber:	0.0 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	194.0 µg RAE	22% DV
Vitamin B1 (Thiamin)	156.0 µg	13% DV
Vitamin B2 (Riboflavin)	404.0 µg	31% DV
Vitamin B3 (Niacin)	0.2 mg	1% DV
Vitamin B5 (Pantothenic Acid)	1.9 mg	37% DV
Vitamin B6 (Pyridoxine)	250.0 µg	15% DV
Vitamin B7 (Biotin)	25.0 µg	83% DV
Vitamin B9 (Folate)	80.0 µg	20% DV
Vitamin B12 (Cobalamin)	5.4 µg	225% DV
Vitamin C	0.0 mg	0% DV
Vitamin D (D2 + D3)	1.7 µg	9% DV
Vitamin E	1.3 mg	9% DV
Vitamin K	0.4 µg	0% DV
Choline	263.4 mg	48% DV
Myo-Inositol	9.0 mg	~
CoQ10	0.4 mg	~
Minerals		
Calcium	64.0 mg	5% DV
Copper	62.0 µg	7% DV
Iodine	~	~
Iron	3.9 mg	21% DV
Magnesium	17.0 mg	4% DV
Manganese	38.0 µg	2% DV
Phosphorus	220.0 mg	18% DV
Potassium	222.0 mg	5% DV
Selenium	36.4 µg	66% DV
Sodium	146.0 mg	6% DV
Zinc	1.4 mg	13% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	0.1 mg	~
Functional Fats		
MUFA	6.5 g	33% DV
ALA	102.0 mg	6% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.6 g	3% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	485.0 µg	~
Polyphenols	0.0 mg	~
Phytosterols	0.0 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

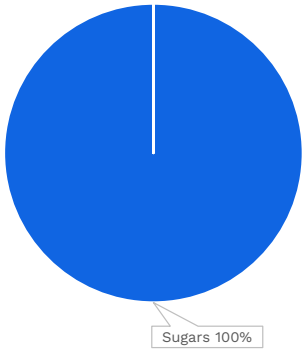




FATS

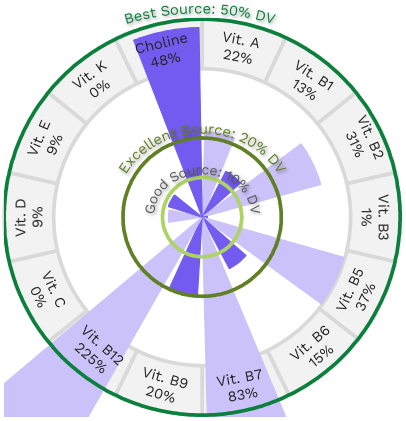


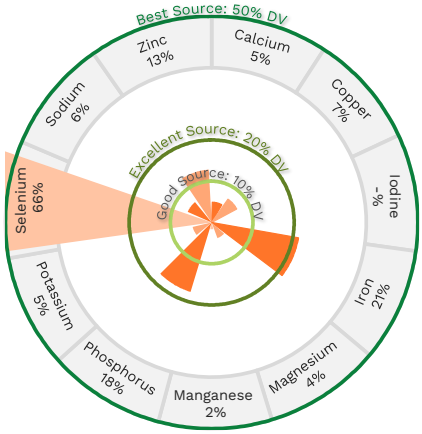
CARBOHYDRATES



MINERALS

VITAMINS

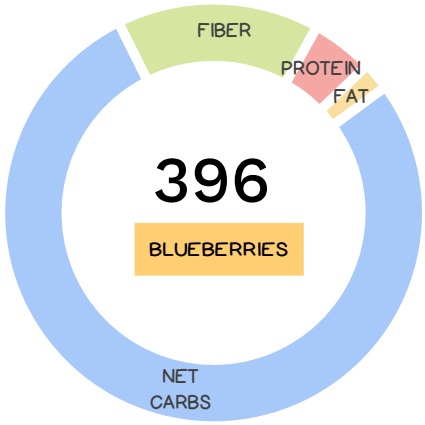




291 Blueberries

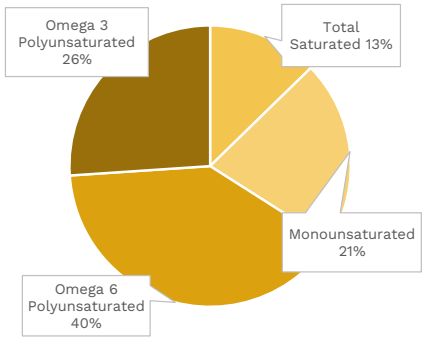
Serving Size:	148 grams	Protein:	1.1 grams	Net Carbs:	17.9 grams
Calories:	84	Fat:	0.5 grams	Fiber:	3.6 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	4.4 µg RAE	0% DV
Vitamin B1 (Thiamin)	54.8 µg	5% DV
Vitamin B2 (Riboflavin)	60.7 µg	5% DV
Vitamin B3 (Niacin)	0.6 mg	4% DV
Vitamin B5 (Pantothenic Acid)	0.2 mg	4% DV
Vitamin B6 (Pyridoxine)	77.0 µg	5% DV
Vitamin B7 (Biotin)	3.6 µg	12% DV
Vitamin B9 (Folate)	8.9 µg	2% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	14.4 mg	16% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	1.5 mg	10% DV
Vitamin K	28.6 µg	24% DV
Choline	8.9 mg	2% DV
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	8.9 mg	1% DV
Copper	84.4 µg	9% DV
Iodine	~	~
Iron	0.4 mg	2% DV
Magnesium	8.9 mg	2% DV
Manganese	497.3 µg	22% DV
Phosphorus	17.8 mg	1% DV
Potassium	114.0 mg	2% DV
Selenium	0.1 µg	0% DV
Sodium	1.5 mg	0% DV
Zinc	0.2 mg	2% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.1 g	0% DV
ALA	85.8 mg	5% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.1 g	1% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	165.8 µg	~
Polyphenols	1422.3 mg	~
Phytosterols	39.1 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

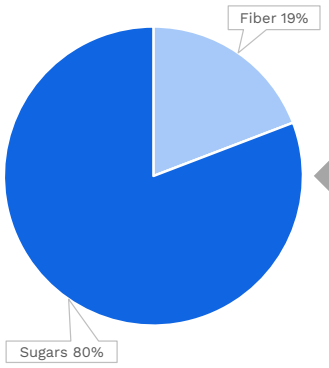




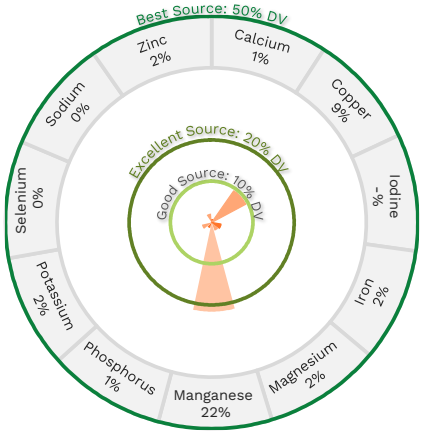
FATS



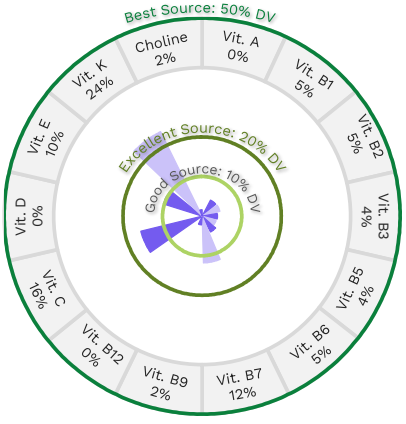
CARBOHYDRATES



MINERALS



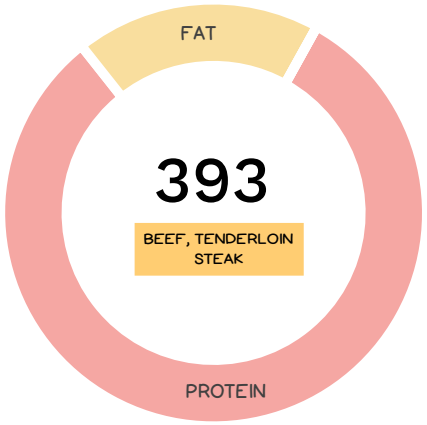
VITAMINS



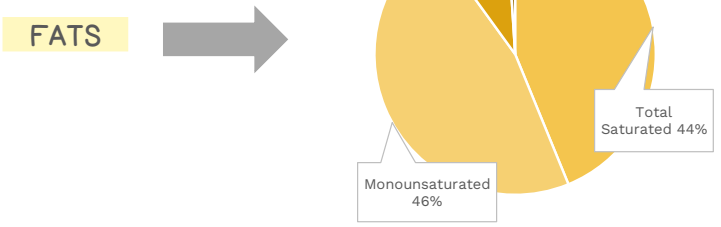
292 Beef, tenderloin steak

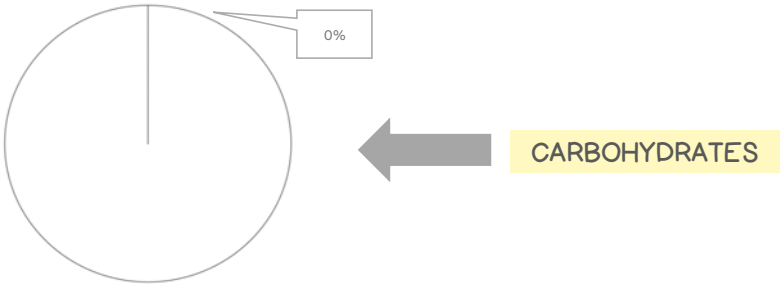
Serving Size:	100 grams	Protein:	22.2 grams	Net Carbs:	0.0 grams
Calories:	135	Fat:	5.1 grams	Fiber:	0.0 grams

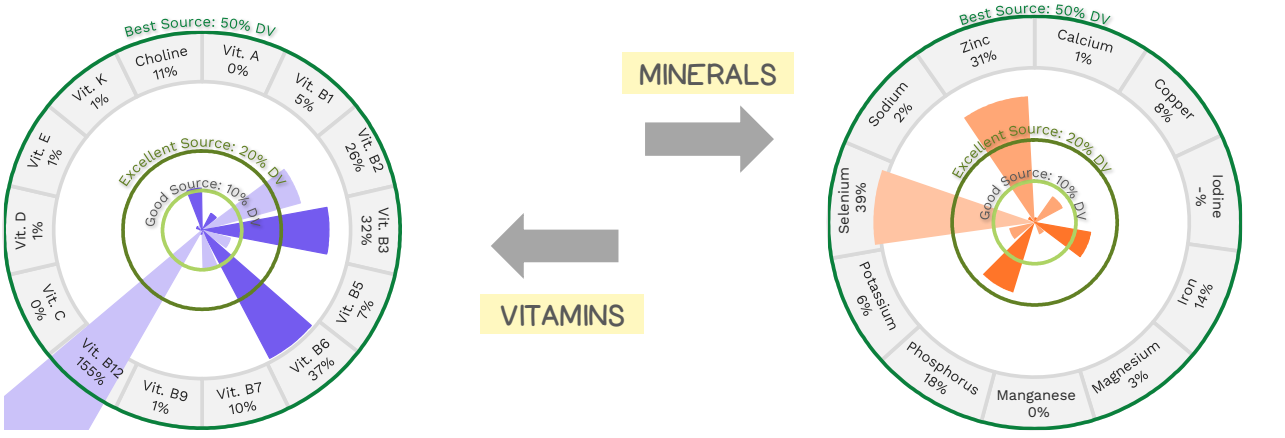
Vitamins & Vitaminlike Compounds		
Vitamin A	2.0 µg RAE	0% DV
Vitamin B1 (Thiamin)	57.0 µg	5% DV
Vitamin B2 (Riboflavin)	335.0 µg	26% DV
Vitamin B3 (Niacin)	5.1 mg	32% DV
Vitamin B5 (Pantothenic Acid)	0.4 mg	7% DV
Vitamin B6 (Pyridoxine)	622.0 µg	37% DV
Vitamin B7 (Biotin)	3.0 µg	10% DV
Vitamin B9 (Folate)	4.0 µg	1% DV
Vitamin B12 (Cobalamin)	3.7 µg	155% DV
Vitamin C	0.0 mg	0% DV
Vitamin D (D2 + D3)	0.1 µg	1% DV
Vitamin E	0.2 mg	1% DV
Vitamin K	1.5 µg	1% DV
Choline	58.3 mg	11% DV
Myo-Inositol	30.0 mg	~
CoQ10	4.0 mg	~
Minerals		
Calcium	14.0 mg	1% DV
Copper	68.0 µg	8% DV
Iodine	~	~
Iron	2.5 mg	14% DV
Magnesium	13.0 mg	3% DV
Manganese	8.0 µg	0% DV
Phosphorus	222.0 mg	18% DV
Potassium	298.0 mg	6% DV
Selenium	21.5 µg	39% DV
Sodium	42.0 mg	2% DV
Zinc	3.4 mg	31% DV
Amino Acids & Peptides		
Taurine	100.0 mg	~
Ergothioneine	0.1 mg	~
Functional Fats		
MUFA	1.8 g	9% DV
ALA	11.0 mg	1% DV
EPA + DHA	5.0 mg	2% DV
CLA	38.6 mg	~
Linoleic Acid	0.3 g	2% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	0.0 µg	~
Polyphenols	0.0 mg	~
Phytosterols	0.0 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~







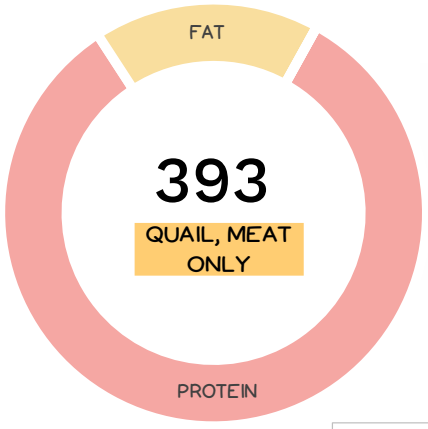




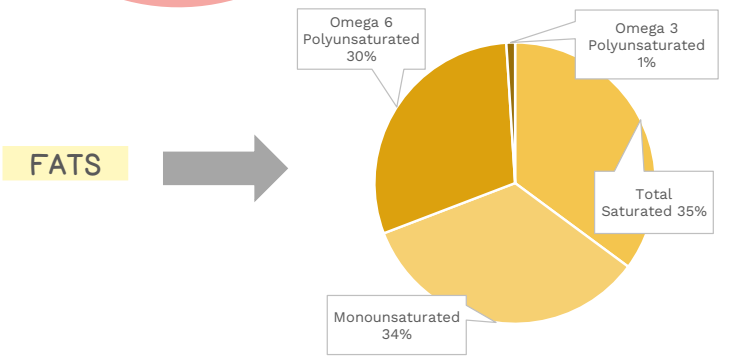
293 Quail, meat only

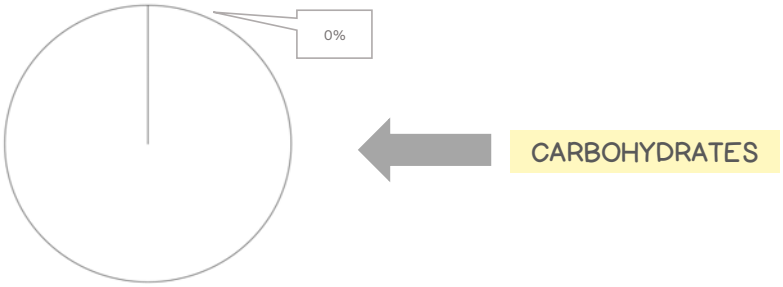
Serving Size:	100 grams	Protein:	21.8 grams	Net Carbs:	0.0 grams
Calories:	134	Fat:	4.5 grams	Fiber:	0.0 grams

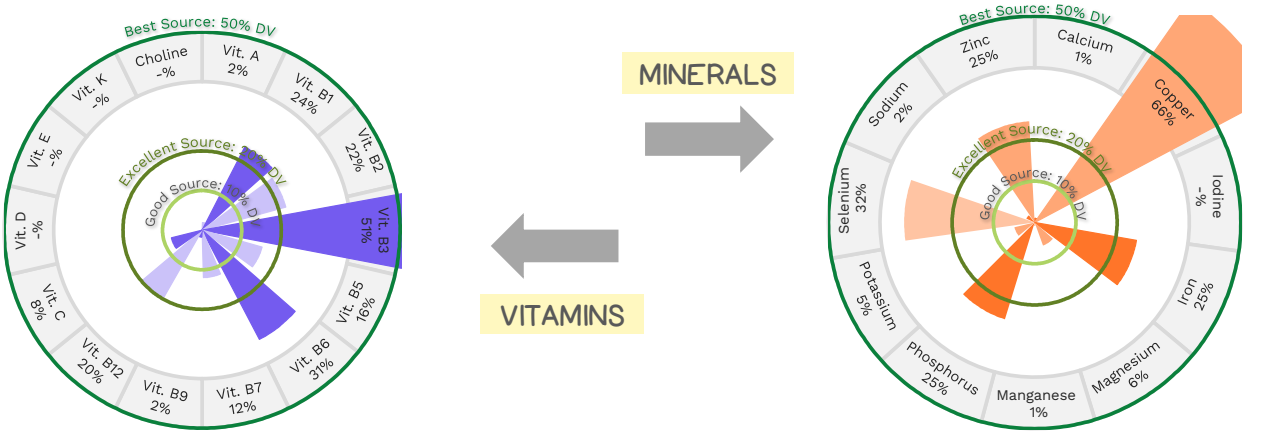
Vitamins & Vitaminlike Compounds		
Vitamin A	17.0 µg RAE	2% DV
Vitamin B1 (Thiamin)	283.0 µg	24% DV
Vitamin B2 (Riboflavin)	285.0 µg	22% DV
Vitamin B3 (Niacin)	8.2 mg	51% DV
Vitamin B5 (Pantothenic Acid)	0.8 mg	16% DV
Vitamin B6 (Pyridoxine)	530.0 µg	31% DV
Vitamin B7 (Biotin)	3.6 µg	12% DV
Vitamin B9 (Folate)	7.0 µg	2% DV
Vitamin B12 (Cobalamin)	0.5 µg	20% DV
Vitamin C	7.2 mg	8% DV
Vitamin D (D2 + D3)	~	~
Vitamin E	~	~
Vitamin K	~	~
Choline	~	~
Myo-Inositol	5.0 mg	~
CoQ10	2.1 mg	~
Minerals		
Calcium	13.0 mg	1% DV
Copper	594.0 µg	66% DV
Iodine	~	~
Iron	4.5 mg	25% DV
Magnesium	25.0 mg	6% DV
Manganese	19.0 µg	1% DV
Phosphorus	307.0 mg	25% DV
Potassium	237.0 mg	5% DV
Selenium	17.4 µg	32% DV
Sodium	51.0 mg	2% DV
Zinc	2.7 mg	25% DV
Amino Acids & Peptides		
Taurine	378.0 mg	~
Ergothioneine	0.1 mg	~
Functional Fats		
MUFA	1.3 g	6% DV
ALA	20.0 mg	1% DV
EPA + DHA	10.0 mg	4% DV
CLA	4.1 mg	~
Linoleic Acid	0.9 g	5% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	0.0 µg	~
Polyphenols	0.0 mg	~
Phytosterols	0.0 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~







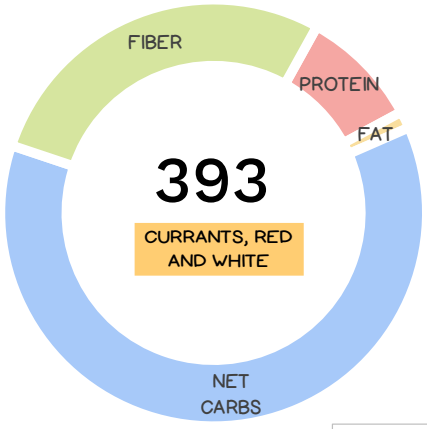




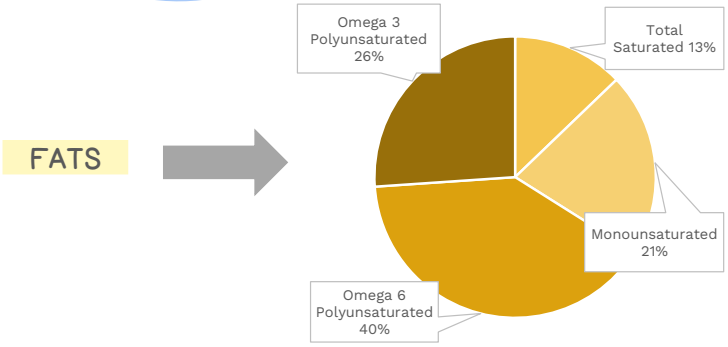
294 Currants, red and white

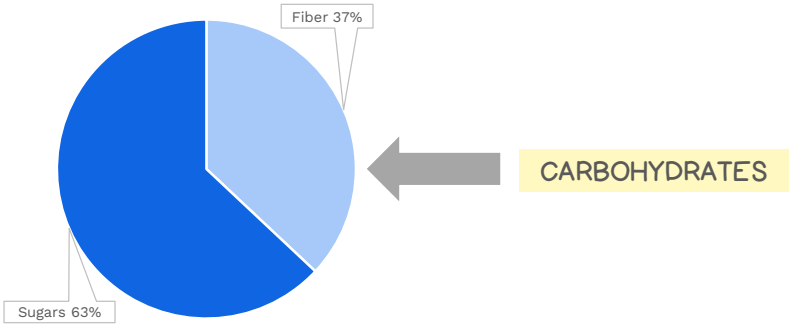
Serving Size:	112 grams	Protein:	1.6 grams	Net Carbs:	10.6 grams
Calories:	63	Fat:	0.2 grams	Fiber:	4.8 grams

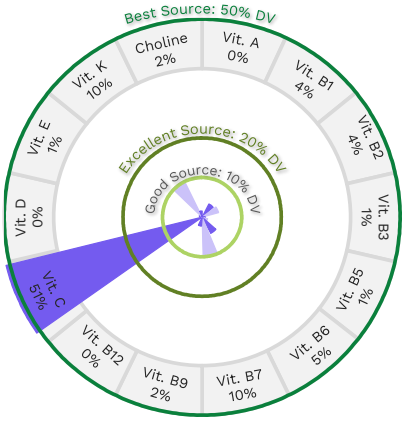
Vitamins & Vitaminlike Compounds		
Vitamin A	2.2 µg RAE	0% DV
Vitamin B1 (Thiamin)	44.8 µg	4% DV
Vitamin B2 (Riboflavin)	56.0 µg	4% DV
Vitamin B3 (Niacin)	0.1 mg	1% DV
Vitamin B5 (Pantothenic Acid)	0.1 mg	1% DV
Vitamin B6 (Pyridoxine)	78.4 µg	5% DV
Vitamin B7 (Biotin)	2.9 µg	10% DV
Vitamin B9 (Folate)	9.0 µg	2% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	45.9 mg	51% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.1 mg	1% DV
Vitamin K	12.3 µg	10% DV
Choline	8.5 mg	2% DV
Myo-Inositol	~	~
CoQ10	0.4 mg	~
Minerals		
Calcium	37.0 mg	3% DV
Copper	119.8 µg	13% DV
Iodine	~	~
Iron	1.1 mg	6% DV
Magnesium	14.6 mg	3% DV
Manganese	208.3 µg	9% DV
Phosphorus	49.3 mg	4% DV
Potassium	308.0 mg	7% DV
Selenium	0.7 µg	1% DV
Sodium	1.1 mg	0% DV
Zinc	0.3 mg	2% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	39.2 mg	2% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.1 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	80.6 µg	~
Polyphenols	604.8 mg	~
Phytosterols	6.7 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

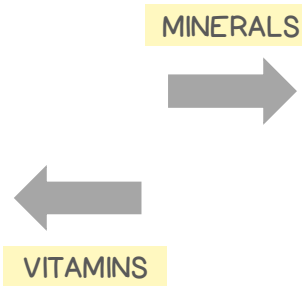


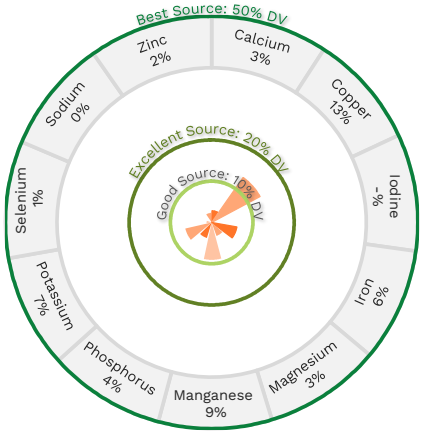








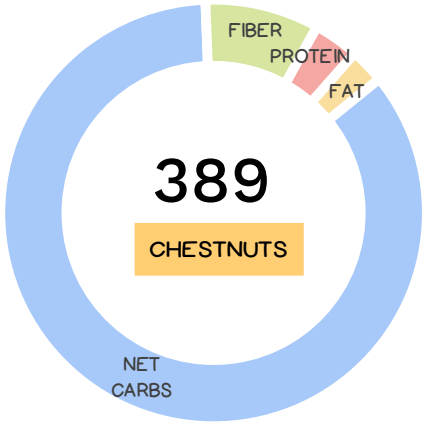




295 Chestnuts

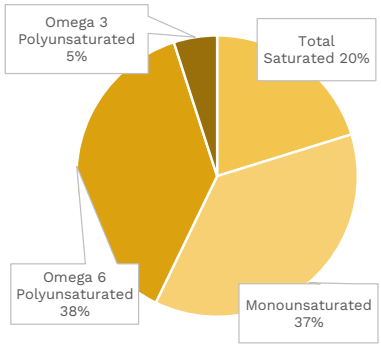
Serving Size:	28 grams	Protein:	0.5 grams	Net Carbs:	11.2 grams
Calories:	55	Fat:	0.4 grams	Fiber:	1.1 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	0.3 µg RAE	0% DV
Vitamin B1 (Thiamin)	40.3 µg	3% DV
Vitamin B2 (Riboflavin)	4.5 µg	0% DV
Vitamin B3 (Niacin)	0.3 mg	2% DV
Vitamin B5 (Pantothenic Acid)	0.1 mg	3% DV
Vitamin B6 (Pyridoxine)	98.6 µg	6% DV
Vitamin B7 (Biotin)	4.3 µg	14% DV
Vitamin B9 (Folate)	16.2 µg	4% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	11.3 mg	13% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.1 mg	1% DV
Vitamin K	~	~
Choline	~	~
Myo-Inositol	~	~
CoQ10	0.2 mg	~
Minerals		
Calcium	5.3 mg	0% DV
Copper	117.0 µg	13% DV
Iodine	~	~
Iron	0.3 mg	1% DV
Magnesium	8.4 mg	2% DV
Manganese	94.1 µg	4% DV
Phosphorus	10.6 mg	1% DV
Potassium	135.5 mg	3% DV
Selenium	0.0 µg	0% DV
Sodium	0.6 mg	0% DV
Zinc	0.1 mg	1% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.1 g	1% DV
ALA	14.8 mg	1% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.1 g	1% DV
MCT's	~	~
Phytonutrients		
Carotenoids	16.8 µg	~
Polyphenols	1028.4 mg	~
Phytosterols	32.9 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~





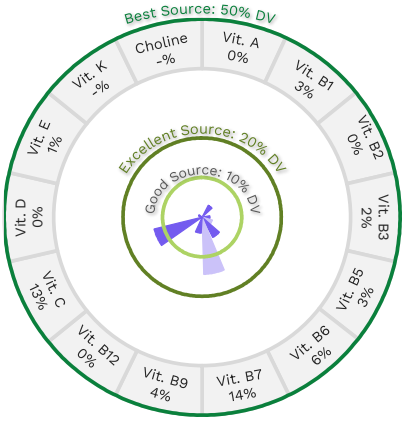
FATS





No detailed component data currently available in the USDA Food Central Database.

CARBOHYDRATES



VITAMINS

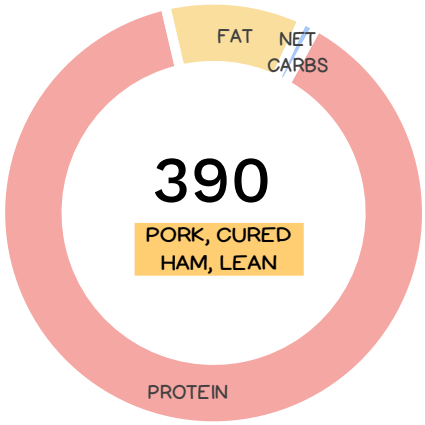
MINERALS



296 Pork, cured ham, lean

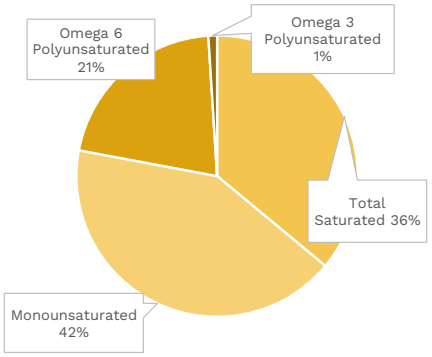
Serving Size:	100 grams	Protein:	24.5 grams	Net Carbs:	0.3 grams
Calories:	125	Fat:	2.9 grams	Fiber:	0.0 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	0.0 µg RAE	0% DV
Vitamin B1 (Thiamin)	519.0 µg	43% DV
Vitamin B2 (Riboflavin)	225.0 µg	17% DV
Vitamin B3 (Niacin)	7.0 mg	44% DV
Vitamin B5 (Pantothenic Acid)	0.6 mg	13% DV
Vitamin B6 (Pyridoxine)	514.0 µg	30% DV
Vitamin B7 (Biotin)	2.6 µg	9% DV
Vitamin B9 (Folate)	1.0 µg	0% DV
Vitamin B12 (Cobalamin)	0.6 µg	23% DV
Vitamin C	0.0 mg	0% DV
Vitamin D (D2 + D3)	~	~
Vitamin E	0.3 mg	2% DV
Vitamin K	0.0 µg	0% DV
Choline	91.9 mg	17% DV
Myo-Inositol	30.0 mg	~
CoQ10	1.4 mg	~
Minerals		
Calcium	7.0 mg	1% DV
Copper	868.0 µg	96% DV
Iodine	~	~
Iron	1.1 mg	6% DV
Magnesium	24.0 mg	6% DV
Manganese	22.0 µg	1% DV
Phosphorus	267.0 mg	21% DV
Potassium	385.0 mg	8% DV
Selenium	21.4 µg	39% DV
Sodium	737.0 mg	32% DV
Zinc	2.6 mg	24% DV
Amino Acids & Peptides		
Taurine	118.0 mg	~
Ergothioneine	0.1 mg	~
Functional Fats		
MUFA	1.0 g	5% DV
ALA	24.0 mg	2% DV
EPA + DHA	0.0 mg	0% DV
CLA	1.8 mg	~
Linoleic Acid	0.4 g	2% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	0.0 µg	~
Polyphenols	0.0 mg	~
Phytosterols	0.0 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~





FATS

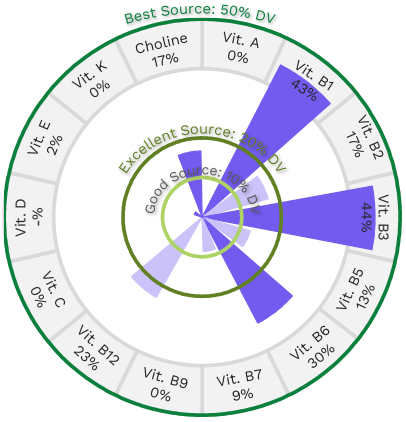


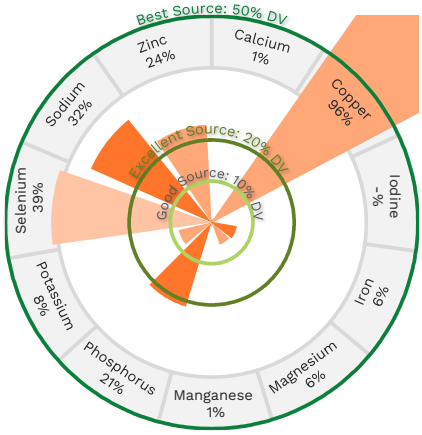
CARBOHYDRATES

No detailed component data currently available in the USDA Food Central Database.

MINERALS

VITAMINS

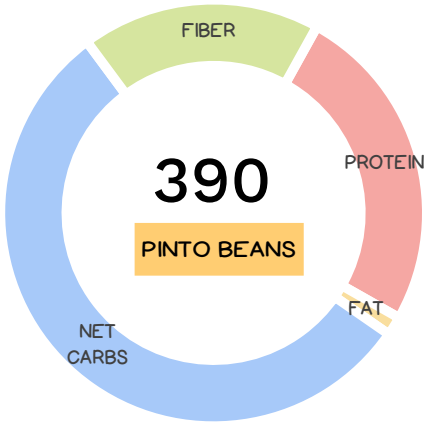




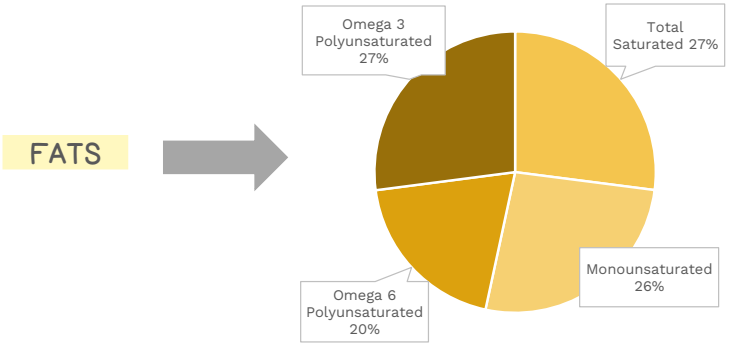
297 Pinto Beans

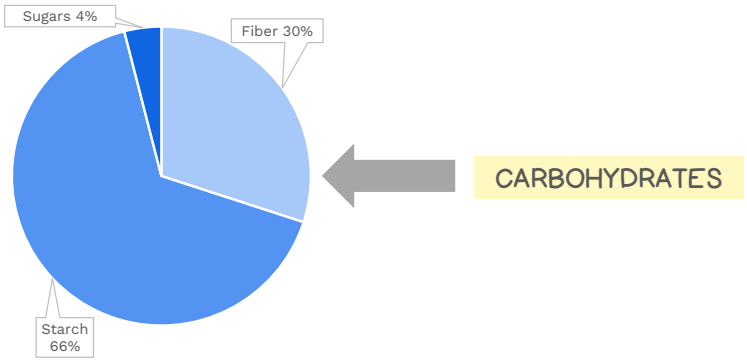
Serving Size:	39 grams	Protein:	8.4 grams	Net Carbs:	18.3 grams
Calories:	135	Fat:	0.5 grams	Fiber:	6.0 grams

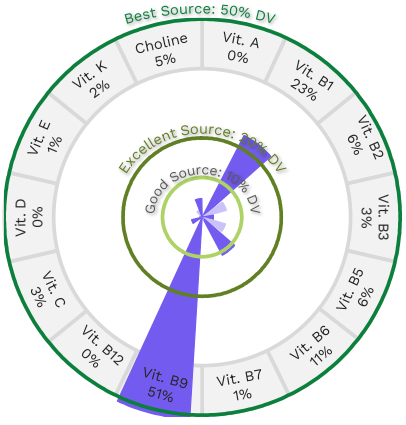
Vitamins & Vitaminlike Compounds		
Vitamin A	0.0 µg RAE	0% DV
Vitamin B1 (Thiamin)	278.1 µg	23% DV
Vitamin B2 (Riboflavin)	82.7 µg	6% DV
Vitamin B3 (Niacin)	0.5 mg	3% DV
Vitamin B5 (Pantothenic Acid)	0.3 mg	6% DV
Vitamin B6 (Pyridoxine)	184.9 µg	11% DV
Vitamin B7 (Biotin)	0.2 µg	1% DV
Vitamin B9 (Folate)	204.8 µg	51% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	2.5 mg	3% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.1 mg	1% DV
Vitamin K	2.2 µg	2% DV
Choline	25.8 mg	5% DV
Myo-Inositol	25.0 mg	~
CoQ10	~	~
Minerals		
Calcium	44.1 mg	3% DV
Copper	348.3 µg	39% DV
Iodine	~	~
Iron	2.0 mg	11% DV
Magnesium	68.6 mg	16% DV
Manganese	447.7 µg	19% DV
Phosphorus	160.3 mg	13% DV
Potassium	543.3 mg	12% DV
Selenium	10.9 µg	20% DV
Sodium	4.7 mg	0% DV
Zinc	0.9 mg	8% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.1 g	0% DV
ALA	92.4 mg	6% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.1 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	0.0 µg	~
Polyphenols	1829.4 mg	~
Phytosterols	3.4 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~





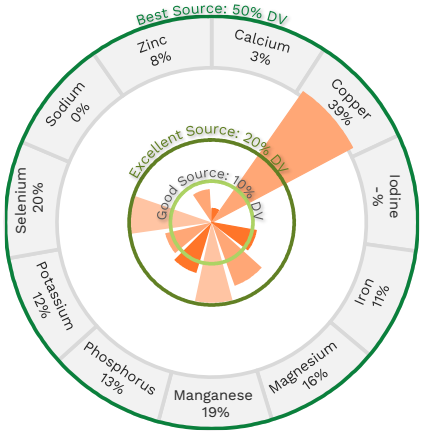








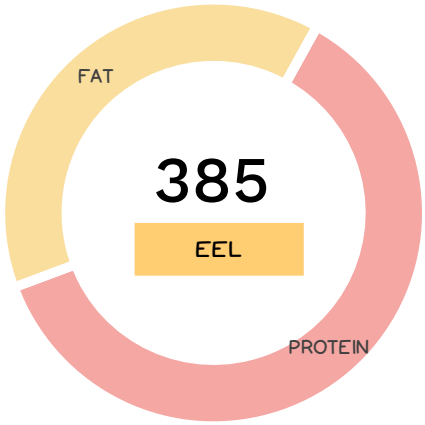




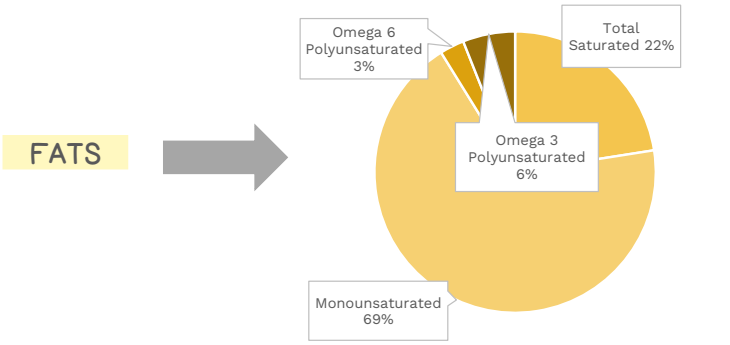
298 Eel

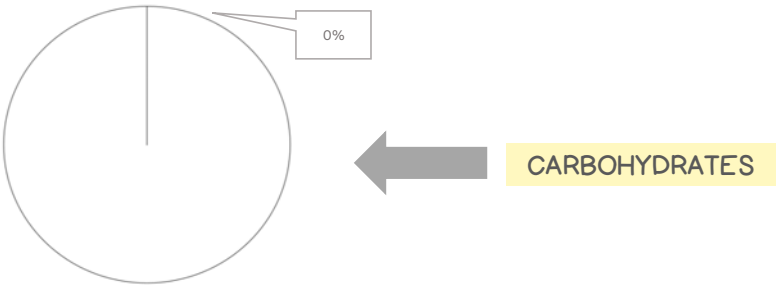
Serving Size:	115 grams	Protein:	21.2 grams	Net Carbs:	0.0 grams
Calories:	212	Fat:	13.4 grams	Fiber:	0.0 grams

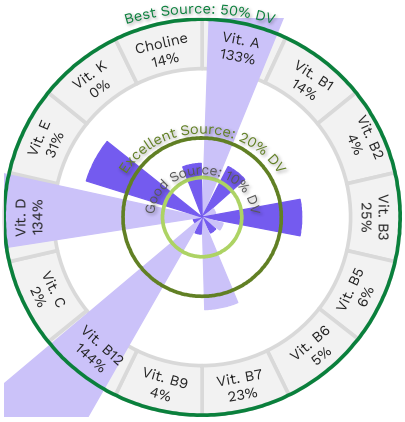
Vitamins & Vitaminlike Compounds		
Vitamin A	1199.5 µg RAE	133% DV
Vitamin B1 (Thiamin)	172.5 µg	14% DV
Vitamin B2 (Riboflavin)	46.0 µg	4% DV
Vitamin B3 (Niacin)	4.0 mg	25% DV
Vitamin B5 (Pantothenic Acid)	0.3 mg	6% DV
Vitamin B6 (Pyridoxine)	77.1 µg	5% DV
Vitamin B7 (Biotin)	7.0 µg	23% DV
Vitamin B9 (Folate)	17.3 µg	4% DV
Vitamin B12 (Cobalamin)	3.5 µg	144% DV
Vitamin C	2.1 mg	2% DV
Vitamin D (D2 + D3)	26.8 µg	134% DV
Vitamin E	4.6 mg	31% DV
Vitamin K	0.0 µg	0% DV
Choline	74.8 mg	14% DV
Myo-Inositol	~	~
CoQ10	1.3 mg	~
Minerals		
Calcium	23.0 mg	2% DV
Copper	26.5 µg	3% DV
Iodine	69.0 µg	46% DV
Iron	0.6 mg	3% DV
Magnesium	23.0 mg	5% DV
Manganese	40.3 µg	2% DV
Phosphorus	248.4 mg	20% DV
Potassium	312.8 mg	7% DV
Selenium	7.5 µg	14% DV
Sodium	58.7 mg	3% DV
Zinc	1.9 mg	17% DV
Amino Acids & Peptides		
Taurine	69.0 mg	~
Ergothioneine	~	~
Functional Fats		
MUFA	8.3 g	41% DV
ALA	496.8 mg	31% DV
EPA + DHA	169.1 mg	68% DV
CLA	4.0 mg	~
Linoleic Acid	0.2 g	1% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	0.0 µg	~
Polyphenols	0.0 mg	~
Phytosterols	0.0 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

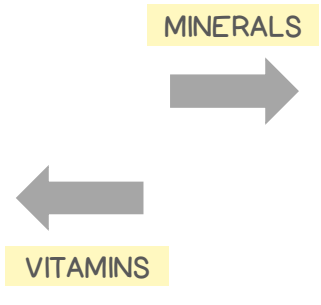


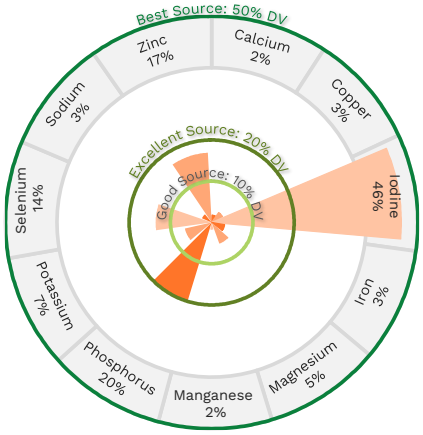








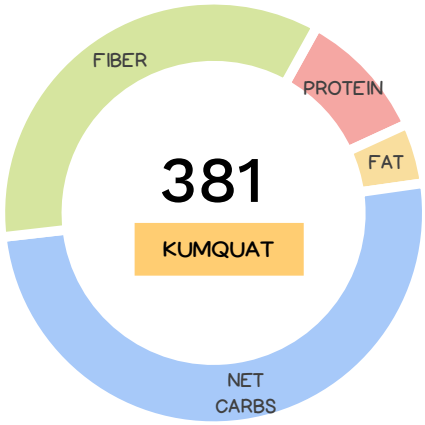




299 Kumquat

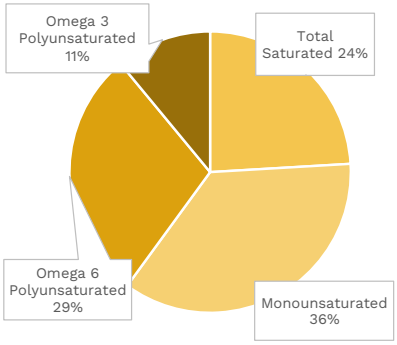
Serving Size:	225 grams	Protein:	4.2 grams	Net Carbs:	21.2 grams
Calories:	160	Fat:	1.9 grams	Fiber:	14.6 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	33.8 µg RAE	4% DV
Vitamin B1 (Thiamin)	83.3 µg	7% DV
Vitamin B2 (Riboflavin)	202.5 µg	16% DV
Vitamin B3 (Niacin)	1.0 mg	6% DV
Vitamin B5 (Pantothenic Acid)	0.5 mg	9% DV
Vitamin B6 (Pyridoxine)	81.0 µg	5% DV
Vitamin B7 (Biotin)	~	~
Vitamin B9 (Folate)	38.3 µg	10% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	98.8 mg	110% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.3 mg	2% DV
Vitamin K	0.0 µg	0% DV
Choline	18.9 mg	3% DV
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	139.5 mg	11% DV
Copper	213.8 µg	24% DV
Iodine	~	~
Iron	1.9 mg	11% DV
Magnesium	45.0 mg	11% DV
Manganese	303.8 µg	13% DV
Phosphorus	42.8 mg	3% DV
Potassium	418.5 mg	9% DV
Selenium	0.0 µg	0% DV
Sodium	22.5 mg	1% DV
Zinc	0.4 mg	3% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.3 g	2% DV
ALA	105.8 mg	7% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.3 g	2% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	18967.5 µg	~
Polyphenols	323.3 mg	~
Phytosterols	404.6 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

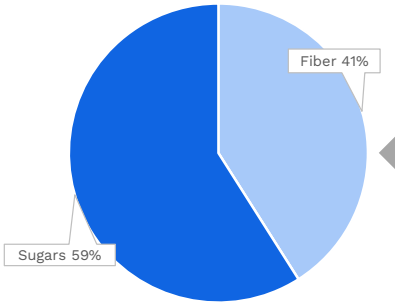




FATS

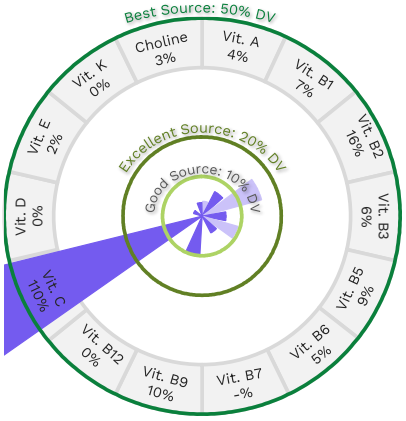


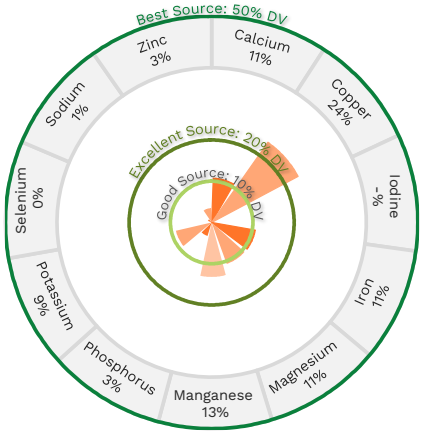
CARBOHYDRATES



MINERALS

VITAMINS

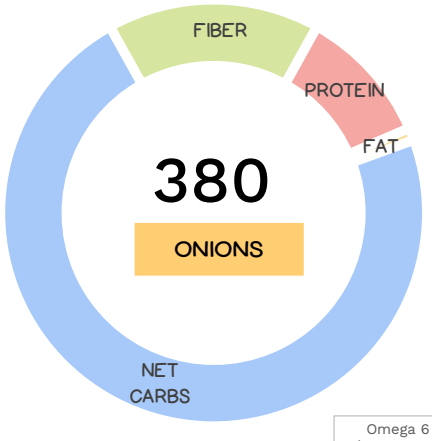




300 Onions

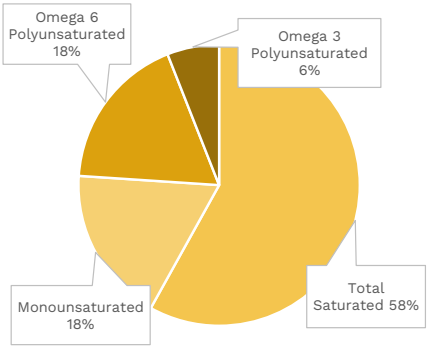
Serving Size:	115 grams	Protein:	1.3 grams	Net Carbs:	8.8 grams
Calories:	46	Fat:	0.1 grams	Fiber:	2.0 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	0.0 µg RAE	0% DV
Vitamin B1 (Thiamin)	52.9 µg	4% DV
Vitamin B2 (Riboflavin)	31.1 µg	2% DV
Vitamin B3 (Niacin)	0.1 mg	1% DV
Vitamin B5 (Pantothenic Acid)	0.1 mg	3% DV
Vitamin B6 (Pyridoxine)	138.0 µg	8% DV
Vitamin B7 (Biotin)	4.0 µg	13% DV
Vitamin B9 (Folate)	21.9 µg	5% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	8.5 mg	9% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.1 mg	0% DV
Vitamin K	0.5 µg	0% DV
Choline	7.0 mg	1% DV
Myo-Inositol	50.6 mg	~
CoQ10	0.1 mg	~
Minerals		
Calcium	26.5 mg	2% DV
Copper	44.9 µg	5% DV
Iodine	~	~
Iron	0.2 mg	1% DV
Magnesium	11.5 mg	3% DV
Manganese	148.4 µg	6% DV
Phosphorus	33.4 mg	3% DV
Potassium	167.9 mg	4% DV
Selenium	0.6 µg	1% DV
Sodium	4.6 mg	0% DV
Zinc	0.2 mg	2% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	0.0 mg	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	4.6 mg	0% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.0 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	5.8 µg	~
Polyphenols	208.0 mg	~
Phytosterols	10.7 mg	~
Glucosinolates	~	~
Thiosulfinates	7.5 mg	~
Betalains	~	~

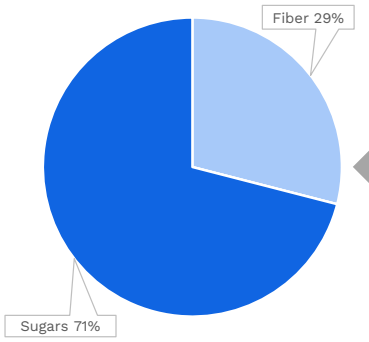


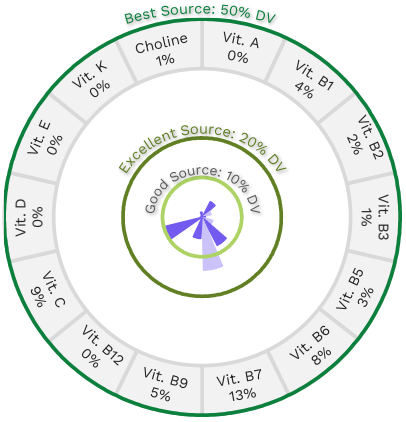


FATS



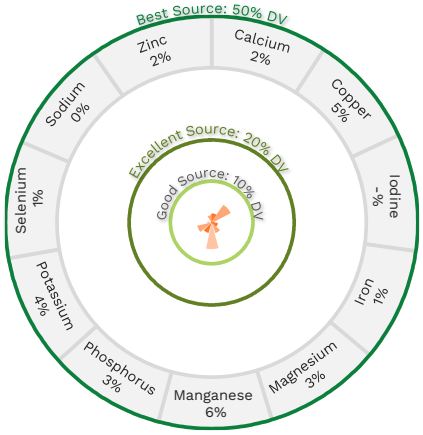
CARBOHYDRATES





MINERALS

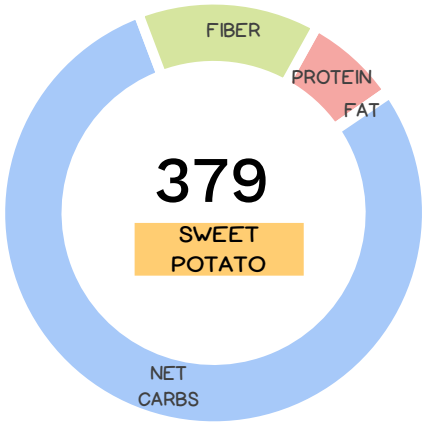
VITAMINS



301 Sweet potato

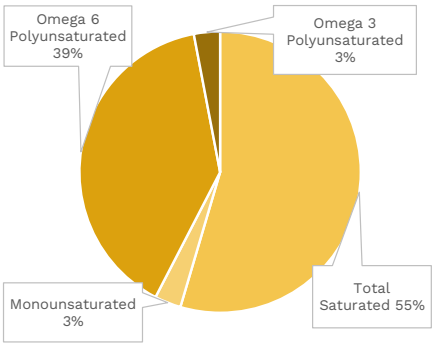
Serving Size:	133 grams	Protein:	2.1 grams	Net Carbs:	22.8 grams
Calories:	114	Fat:	0.1 grams	Fiber:	4.0 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	943.0 µg RAE	105% DV
Vitamin B1 (Thiamin)	103.7 µg	9% DV
Vitamin B2 (Riboflavin)	81.1 µg	6% DV
Vitamin B3 (Niacin)	0.7 mg	5% DV
Vitamin B5 (Pantothenic Acid)	1.1 mg	21% DV
Vitamin B6 (Pyridoxine)	278.0 µg	16% DV
Vitamin B7 (Biotin)	5.7 µg	19% DV
Vitamin B9 (Folate)	14.6 µg	4% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	3.2 mg	4% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.4 mg	2% DV
Vitamin K	2.4 µg	2% DV
Choline	16.4 mg	3% DV
Myo-Inositol	116.9 mg	~
CoQ10	0.5 mg	~
Minerals		
Calcium	39.9 mg	3% DV
Copper	200.8 µg	22% DV
Iodine	~	~
Iron	0.8 mg	5% DV
Magnesium	33.3 mg	8% DV
Manganese	343.1 µg	15% DV
Phosphorus	62.5 mg	5% DV
Potassium	448.2 mg	10% DV
Selenium	0.8 µg	1% DV
Sodium	73.2 mg	3% DV
Zinc	0.4 mg	4% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	1.3 mg	0% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.0 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	11326.3 µg	~
Polyphenols	98.4 mg	~
Phytosterols	16.0 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

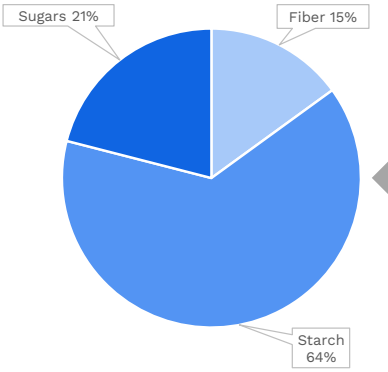




FATS

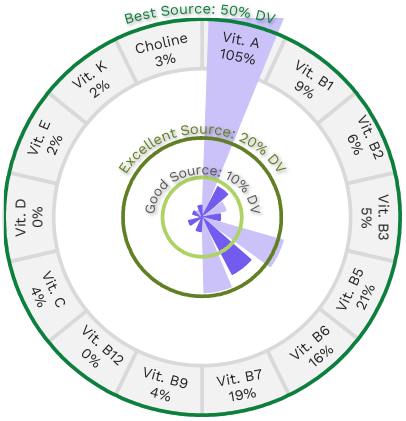


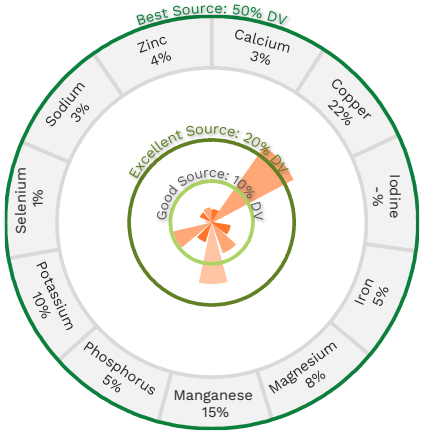
CARBOHYDRATES



MINERALS

VITAMINS

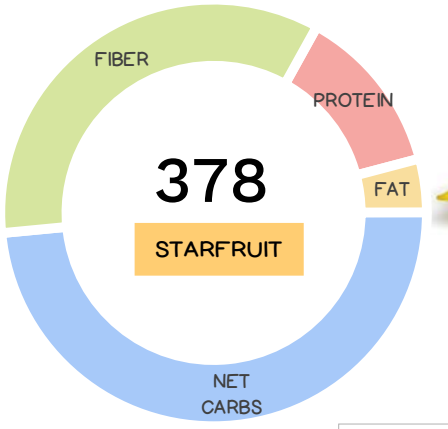




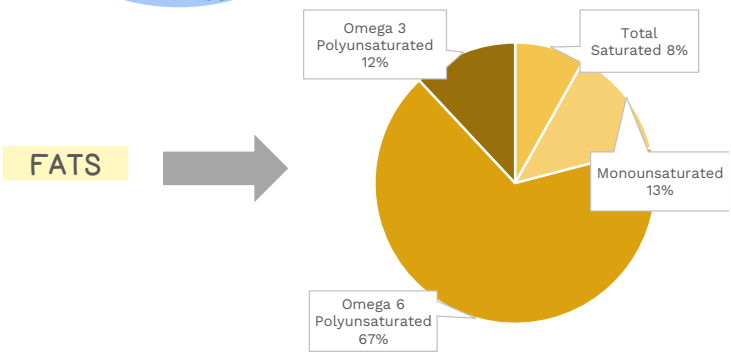
302 Starfruit

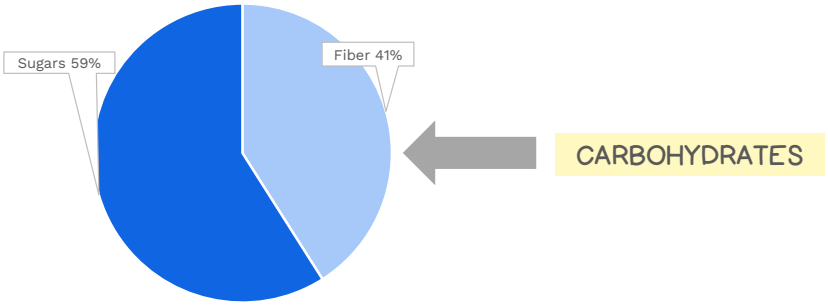
Serving Size:	108 grams	Protein:	1.1 grams	Net Carbs:	4.2 grams
Calories:	33	Fat:	0.4 grams	Fiber:	3.0 grams

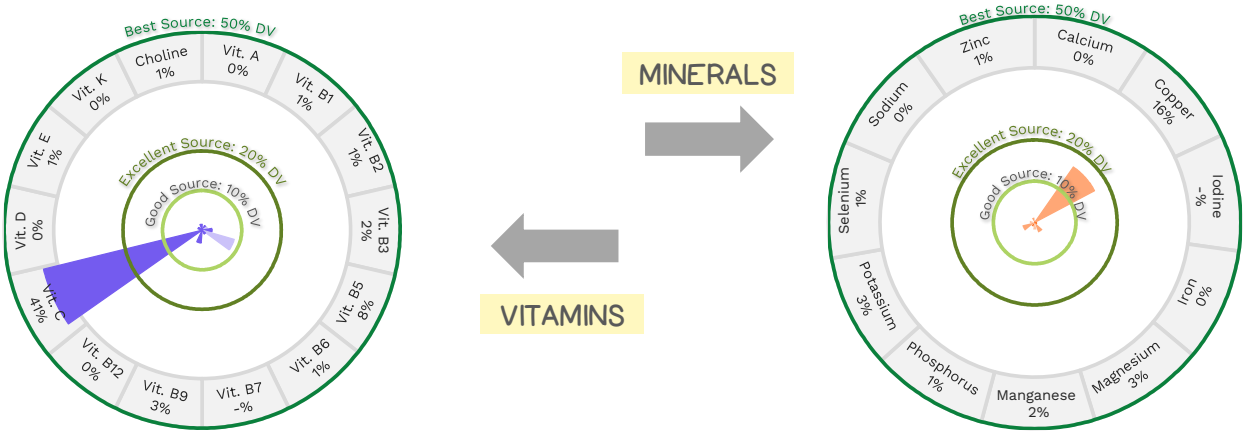
Vitamins & Vitaminlike Compounds		
Vitamin A	3.2 µg RAE	0% DV
Vitamin B1 (Thiamin)	15.1 µg	1% DV
Vitamin B2 (Riboflavin)	17.3 µg	1% DV
Vitamin B3 (Niacin)	0.4 mg	2% DV
Vitamin B5 (Pantothenic Acid)	0.4 mg	8% DV
Vitamin B6 (Pyridoxine)	18.4 µg	1% DV
Vitamin B7 (Biotin)	~	~
Vitamin B9 (Folate)	13.0 µg	3% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	37.2 mg	41% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.2 mg	1% DV
Vitamin K	0.0 µg	0% DV
Choline	8.2 mg	1% DV
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	3.2 mg	0% DV
Copper	148.0 µg	16% DV
Iodine	~	~
Iron	0.1 mg	0% DV
Magnesium	10.8 mg	3% DV
Manganese	40.0 µg	2% DV
Phosphorus	13.0 mg	1% DV
Potassium	143.6 mg	3% DV
Selenium	0.6 µg	1% DV
Sodium	2.2 mg	0% DV
Zinc	0.1 mg	1% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	29.2 mg	2% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.2 g	1% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	124.2 µg	~
Polyphenols	154.3 mg	~
Phytosterols	~	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~







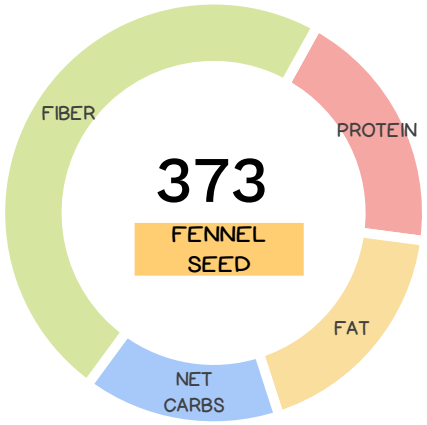




303 Fennel seed

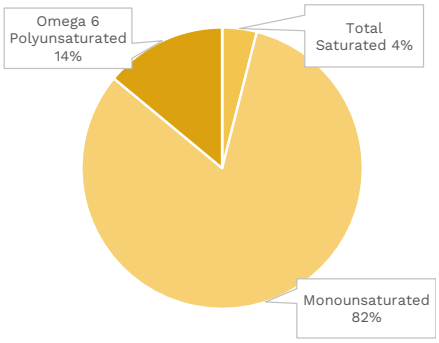
Serving Size:	6 grams	Protein:	0.9 grams	Net Carbs:	0.7 grams
Calories:	20	Fat:	0.9 grams	Fiber:	2.3 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	0.4 µg RAE	0% DV
Vitamin B1 (Thiamin)	23.7 µg	2% DV
Vitamin B2 (Riboflavin)	20.5 µg	2% DV
Vitamin B3 (Niacin)	0.4 mg	2% DV
Vitamin B5 (Pantothenic Acid)	~	~
Vitamin B6 (Pyridoxine)	27.3 µg	2% DV
Vitamin B7 (Biotin)	~	~
Vitamin B9 (Folate)	~	~
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	1.2 mg	1% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	~	~
Vitamin K	0.0 µg	0% DV
Choline	~	~
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	69.4 mg	5% DV
Copper	61.9 µg	7% DV
Iodine	~	~
Iron	1.1 mg	6% DV
Magnesium	22.3 mg	5% DV
Manganese	378.9 µg	16% DV
Phosphorus	28.2 mg	2% DV
Potassium	98.3 mg	2% DV
Selenium	~	~
Sodium	5.1 mg	0% DV
Zinc	0.2 mg	2% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.6 g	3% DV
ALA	~	~
EPA + DHA	~	~
CLA	~	~
Linoleic Acid	0.1 g	1% DV
MCT's	~	~
Phytonutrients		
Carotenoids	4.9 µg	~
Polyphenols	48.2 mg	~
Phytosterols	~	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

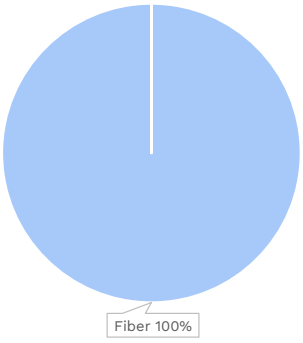




FATS

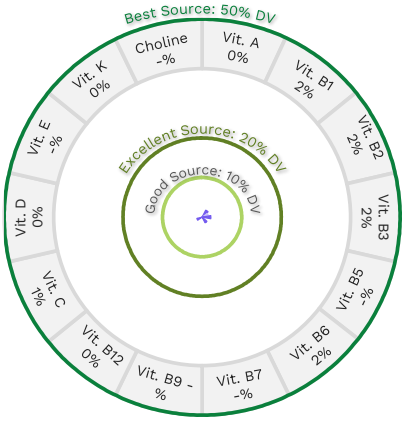


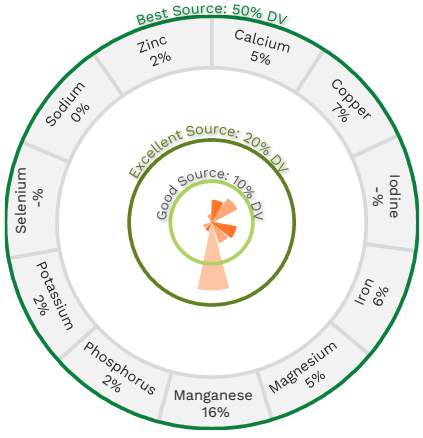
CARBOHYDRATES



MINERALS

VITAMINS

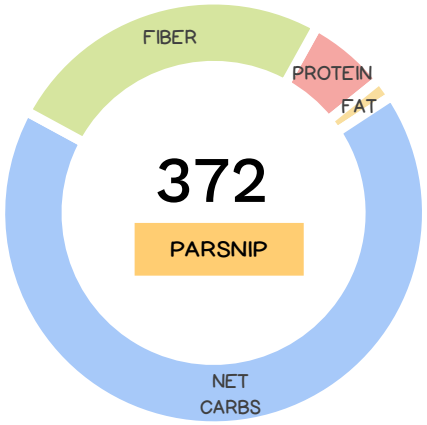




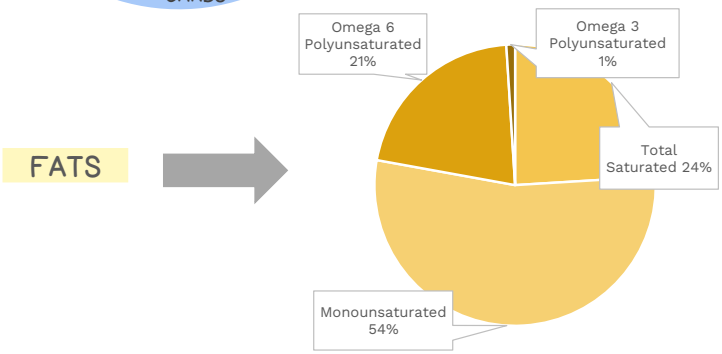
304 Parsnip

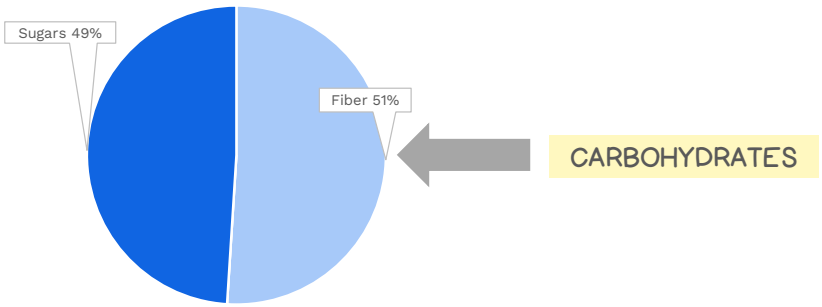
Serving Size:	133 grams	Protein:	1.6 grams	Net Carbs:	17.4 grams
Calories:	100	Fat:	0.4 grams	Fiber:	6.5 grams

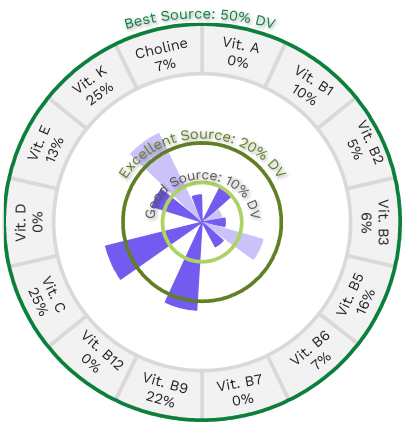
Vitamins & Vitaminlike Compounds		
Vitamin A	0.0 µg RAE	0% DV
Vitamin B1 (Thiamin)	119.7 µg	10% DV
Vitamin B2 (Riboflavin)	66.5 µg	5% DV
Vitamin B3 (Niacin)	0.9 mg	6% DV
Vitamin B5 (Pantothenic Acid)	0.8 mg	16% DV
Vitamin B6 (Pyridoxine)	119.7 µg	7% DV
Vitamin B7 (Biotin)	0.1 µg	0% DV
Vitamin B9 (Folate)	89.1 µg	22% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	22.6 mg	25% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	2.0 mg	13% DV
Vitamin K	29.9 µg	25% DV
Choline	37.9 mg	7% DV
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	47.9 mg	4% DV
Copper	159.6 µg	18% DV
Iodine	~	~
Iron	0.8 mg	4% DV
Magnesium	38.6 mg	9% DV
Manganese	744.8 µg	32% DV
Phosphorus	94.4 mg	8% DV
Potassium	498.8 mg	11% DV
Selenium	2.4 µg	4% DV
Sodium	13.3 mg	1% DV
Zinc	0.8 mg	7% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	0.1 mg	~
Functional Fats		
MUFA	0.1 g	1% DV
ALA	4.0 mg	0% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.1 g	0% DV
MCT's	~	~
Phytonutrients		
Carotenoids	0.0 µg	~
Polyphenols	830.6 mg	~
Phytosterols	35.9 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

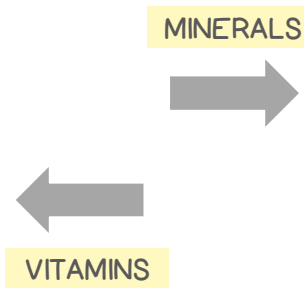


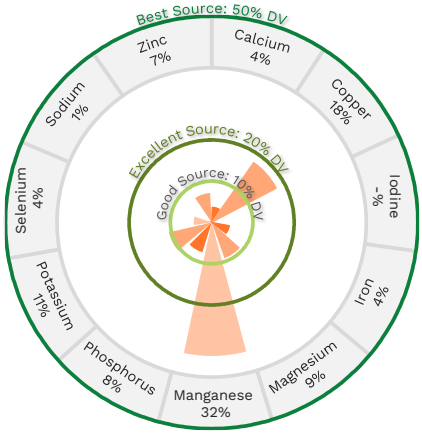








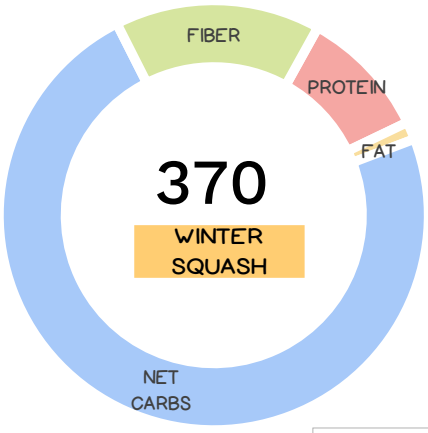




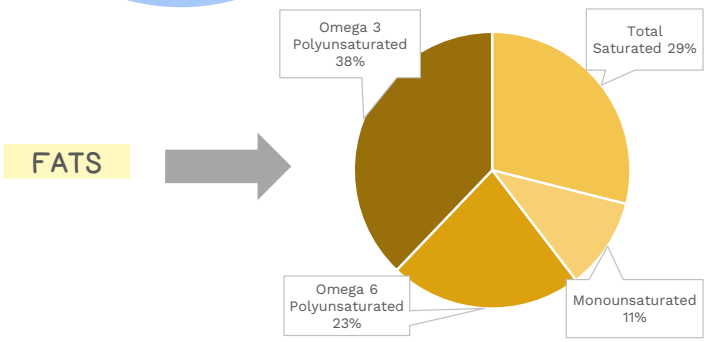
305 Winter Squash

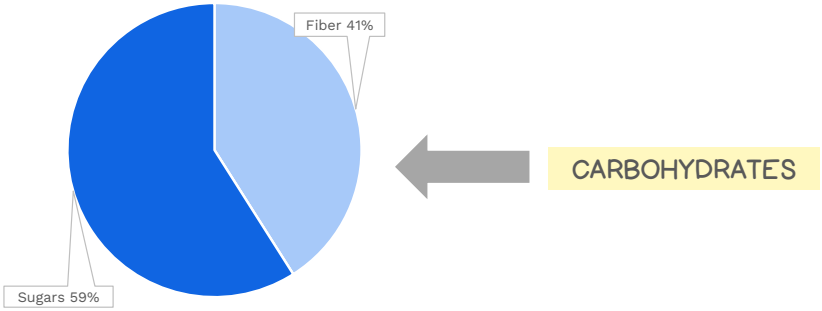
Serving Size:	116 grams	Protein:	1.1 grams	Net Carbs:	8.2 grams
Calories:	39	Fat:	0.2 grams	Fiber:	1.7 grams

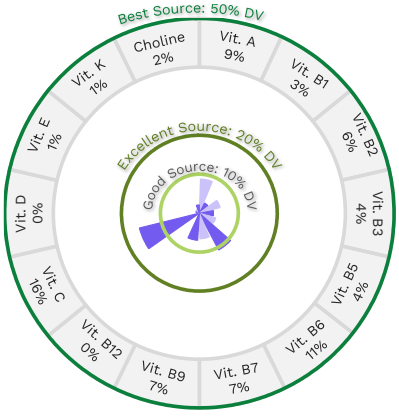
Vitamins & Vitaminlike Compounds		
Vitamin A	78.9 µg RAE	9% DV
Vitamin B1 (Thiamin)	34.8 µg	3% DV
Vitamin B2 (Riboflavin)	71.9 µg	6% DV
Vitamin B3 (Niacin)	0.6 mg	4% DV
Vitamin B5 (Pantothenic Acid)	0.2 mg	4% DV
Vitamin B6 (Pyridoxine)	181.0 µg	11% DV
Vitamin B7 (Biotin)	2.0 µg	7% DV
Vitamin B9 (Folate)	27.8 µg	7% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	14.3 mg	16% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.1 mg	1% DV
Vitamin K	1.3 µg	1% DV
Choline	11.6 mg	2% DV
Myo-Inositol	76.6 mg	~
CoQ10	~	~
Minerals		
Calcium	32.5 mg	2% DV
Copper	82.4 µg	9% DV
Iodine	~	~
Iron	0.7 mg	4% DV
Magnesium	16.2 mg	4% DV
Manganese	189.1 µg	8% DV
Phosphorus	26.7 mg	2% DV
Potassium	406.0 mg	9% DV
Selenium	0.5 µg	1% DV
Sodium	4.6 mg	0% DV
Zinc	0.2 mg	2% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	40.6 mg	3% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.0 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	995.3 µg	~
Polyphenols	58.8 mg	~
Phytosterols	9.0 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

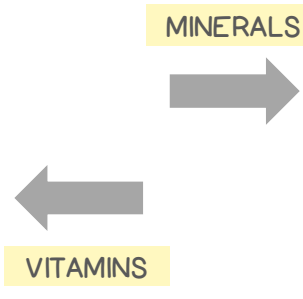


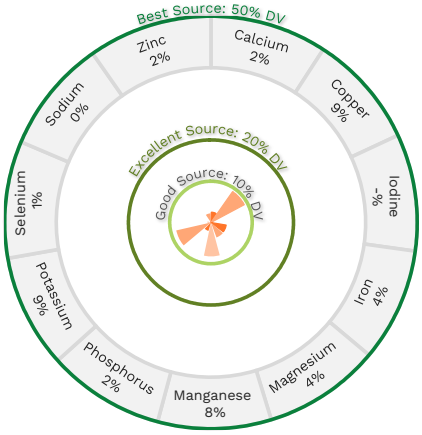








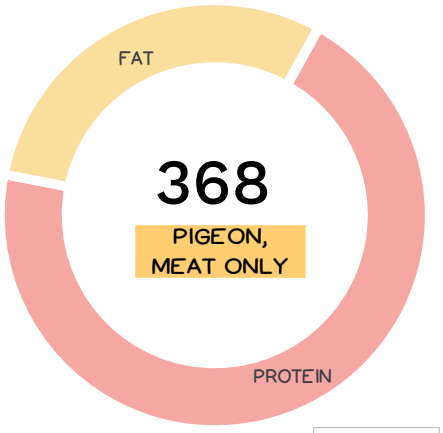




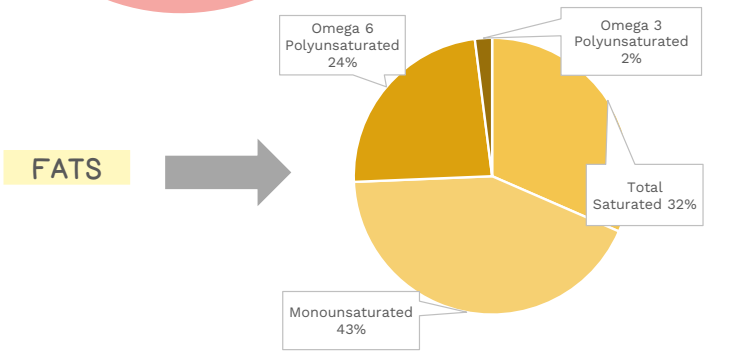
306 Pigeon, meat only

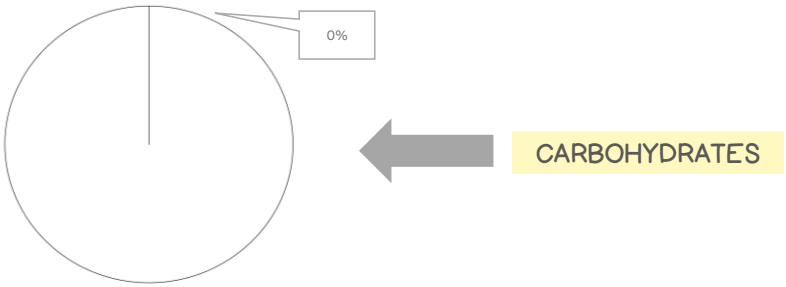
Serving Size:	100 grams	Protein:	17.5 grams	Net Carbs:	0.0 grams
Calories:	142	Fat:	7.5 grams	Fiber:	0.0 grams

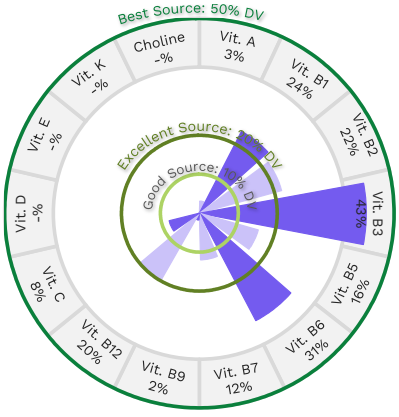
Vitamins & Vitaminlike Compounds		
Vitamin A	28.0 µg RAE	3% DV
Vitamin B1 (Thiamin)	283.0 µg	24% DV
Vitamin B2 (Riboflavin)	285.0 µg	22% DV
Vitamin B3 (Niacin)	6.9 mg	43% DV
Vitamin B5 (Pantothenic Acid)	0.8 mg	16% DV
Vitamin B6 (Pyridoxine)	530.0 µg	31% DV
Vitamin B7 (Biotin)	3.6 µg	12% DV
Vitamin B9 (Folate)	7.0 µg	2% DV
Vitamin B12 (Cobalamin)	0.5 µg	20% DV
Vitamin C	7.2 mg	8% DV
Vitamin D (D2 + D3)	~	~
Vitamin E	~	~
Vitamin K	~	~
Choline	~	~
Myo-Inositol	5.0 mg	~
CoQ10	2.1 mg	~
Minerals		
Calcium	13.0 mg	1% DV
Copper	594.0 µg	66% DV
Iodine	~	~
Iron	4.5 mg	25% DV
Magnesium	25.0 mg	6% DV
Manganese	19.0 µg	1% DV
Phosphorus	307.0 mg	25% DV
Potassium	237.0 mg	5% DV
Selenium	13.5 µg	25% DV
Sodium	51.0 mg	2% DV
Zinc	2.7 mg	25% DV
Amino Acids & Peptides		
Taurine	378.0 mg	~
Ergothioneine	0.1 mg	~
Functional Fats		
MUFA	2.7 g	13% DV
ALA	0.0 mg	0% DV
EPA + DHA	40.0 mg	16% DV
CLA	6.8 mg	~
Linoleic Acid	1.0 g	6% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	0.0 µg	~
Polyphenols	0.0 mg	~
Phytosterols	0.0 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

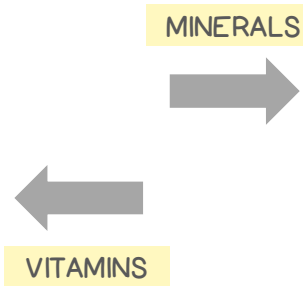


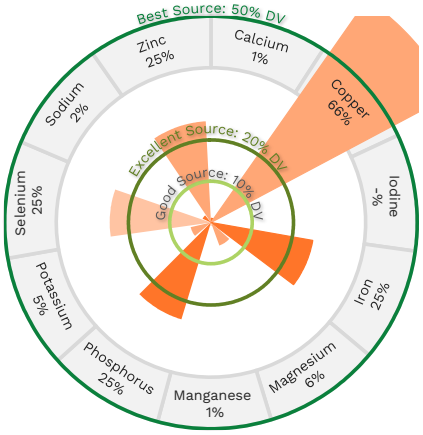








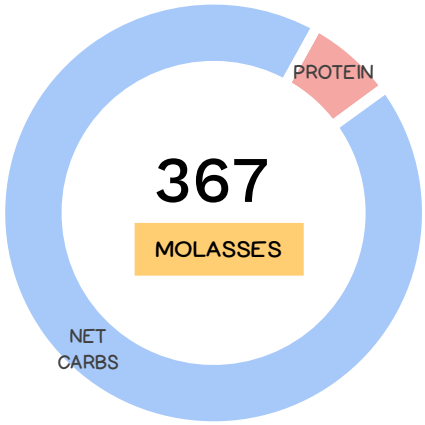




307 Molasses

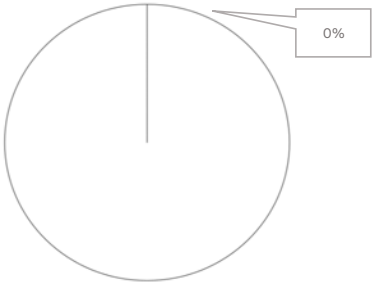
Serving Size:	20 grams	Protein:	1.1 grams	Net Carbs:	14.9 grams
Calories:	58	Fat:	0.0 grams	Fiber:	0.0 grams

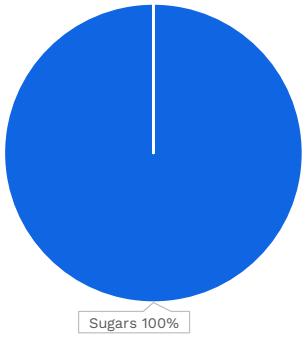
Vitamins & Vitaminlike Compounds		
Vitamin A	0.0 µg RAE	0% DV
Vitamin B1 (Thiamin)	18.0 µg	2% DV
Vitamin B2 (Riboflavin)	52.0 µg	4% DV
Vitamin B3 (Niacin)	0.7 mg	5% DV
Vitamin B5 (Pantothenic Acid)	0.8 mg	15% DV
Vitamin B6 (Pyridoxine)	134.0 µg	8% DV
Vitamin B7 (Biotin)	13.6 µg	45% DV
Vitamin B9 (Folate)	0.0 µg	0% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	0.0 mg	0% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.0 mg	0% DV
Vitamin K	0.0 µg	0% DV
Choline	15.6 mg	3% DV
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	143.8 mg	11% DV
Copper	97.4 µg	11% DV
Iodine	~	~
Iron	2.7 mg	15% DV
Magnesium	62.5 mg	15% DV
Manganese	1156.3 µg	50% DV
Phosphorus	10.9 mg	1% DV
Potassium	796.9 mg	17% DV
Selenium	3.6 µg	6% DV
Sodium	7.4 mg	0% DV
Zinc	0.3 mg	3% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	1.4 mg	0% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.0 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	0.0 µg	~
Polyphenols	0.0 mg	~
Phytosterols	~	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~





FATS

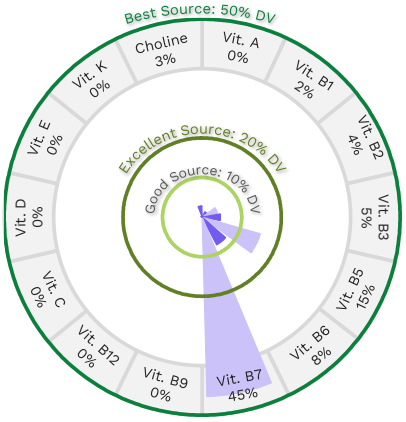


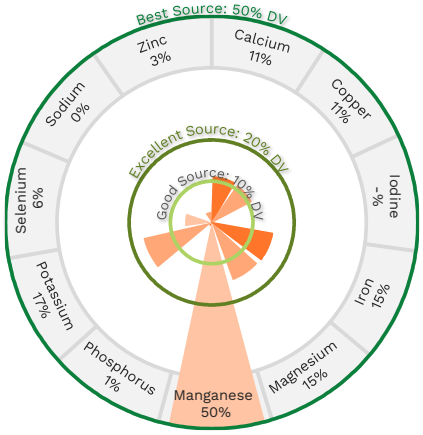


CARBOHYDRATES

MINERALS

VITAMINS

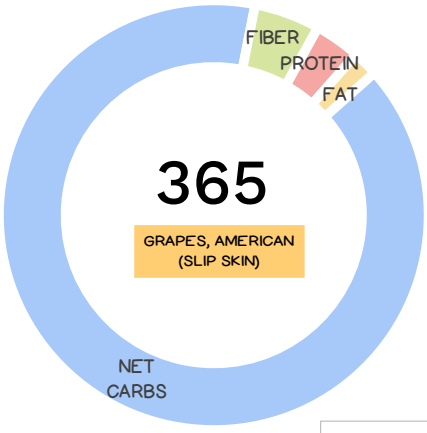




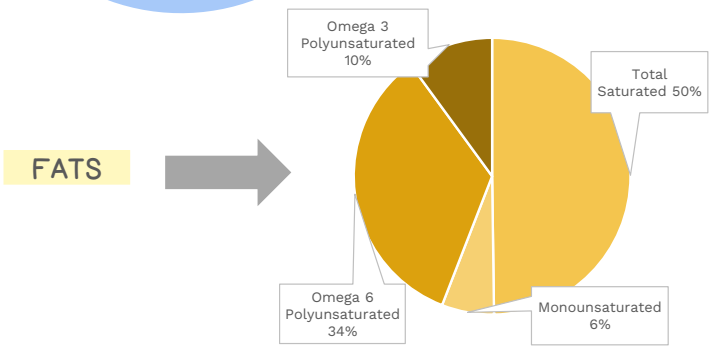
308 Grapes, American (slip skin)

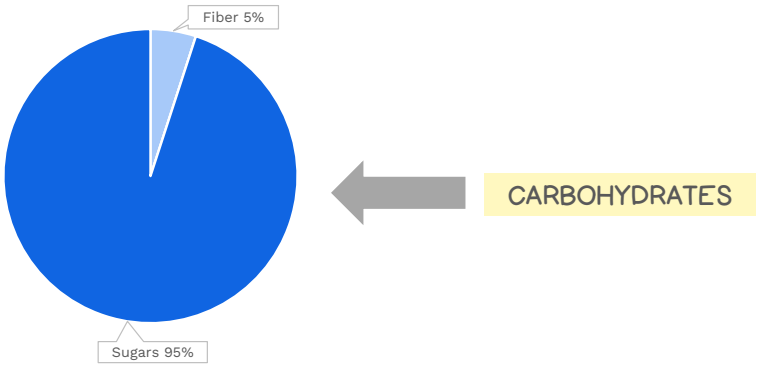
Serving Size:	92 grams	Protein:	0.6 grams	Net Carbs:	15.0 grams
Calories:	62	Fat:	0.3 grams	Fiber:	0.8 grams

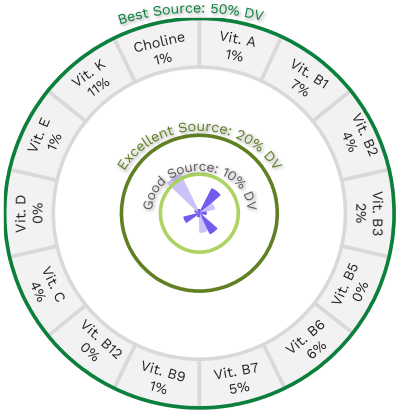
Vitamins & Vitaminlike Compounds		
Vitamin A	4.6 µg RAE	1% DV
Vitamin B1 (Thiamin)	84.6 µg	7% DV
Vitamin B2 (Riboflavin)	52.4 µg	4% DV
Vitamin B3 (Niacin)	0.3 mg	2% DV
Vitamin B5 (Pantothenic Acid)	0.0 mg	0% DV
Vitamin B6 (Pyridoxine)	101.2 µg	6% DV
Vitamin B7 (Biotin)	1.5 µg	5% DV
Vitamin B9 (Folate)	3.7 µg	1% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	3.7 mg	4% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.2 mg	1% DV
Vitamin K	13.4 µg	11% DV
Choline	5.2 mg	1% DV
Myo-Inositol	14.7 mg	~
CoQ10	4.7 mg	~
Minerals		
Calcium	12.9 mg	1% DV
Copper	36.8 µg	4% DV
Iodine	~	~
Iron	0.3 mg	1% DV
Magnesium	4.6 mg	1% DV
Manganese	660.6 µg	29% DV
Phosphorus	9.2 mg	1% DV
Potassium	175.7 mg	4% DV
Selenium	0.1 µg	0% DV
Sodium	1.8 mg	0% DV
Zinc	0.0 mg	0% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	22.1 mg	1% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.1 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	121.4 µg	~
Polyphenols	430.1 mg	~
Phytosterols	18.4 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

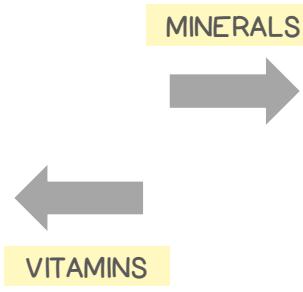


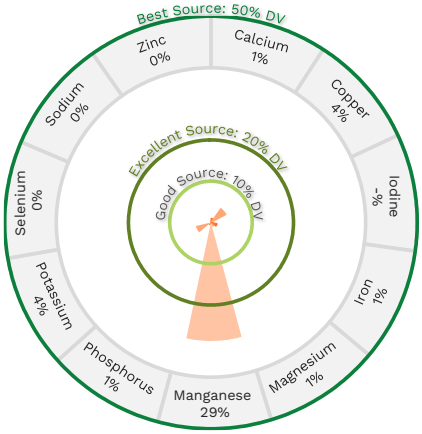








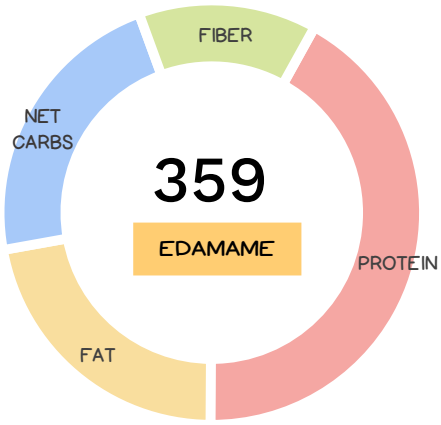




309 Edamame

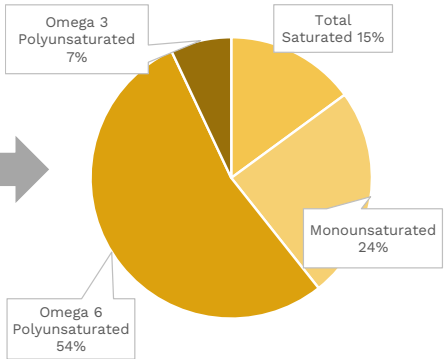
Serving Size:	128 grams	Protein:	16.6 grams	Net Carbs:	8.8 grams
Calories:	188	Fat:	8.7 grams	Fiber:	5.4 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	11.5 µg RAE	1% DV
Vitamin B1 (Thiamin)	556.8 µg	46% DV
Vitamin B2 (Riboflavin)	224.0 µg	17% DV
Vitamin B3 (Niacin)	2.1 mg	13% DV
Vitamin B5 (Pantothenic Acid)	0.2 mg	4% DV
Vitamin B6 (Pyridoxine)	83.2 µg	5% DV
Vitamin B7 (Biotin)	41.5 µg	138% DV
Vitamin B9 (Folate)	211.2 µg	53% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	37.1 mg	41% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	~	~
Vitamin K	~	~
Choline	~	~
Myo-Inositol	37.1 mg	~
CoQ10	2.4 mg	~
Minerals		
Calcium	252.2 mg	19% DV
Copper	163.8 µg	18% DV
Iodine	~	~
Iron	4.5 mg	25% DV
Magnesium	83.2 mg	20% DV
Manganese	700.2 µg	30% DV
Phosphorus	248.3 mg	20% DV
Potassium	793.6 mg	17% DV
Selenium	1.9 µg	3% DV
Sodium	19.2 mg	1% DV
Zinc	1.3 mg	12% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	1.6 g	8% DV
ALA	481.3 mg	30% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	3.6 g	21% DV
MCT's	~	~
Phytonutrients		
Carotenoids	~	~
Polyphenols	323.2 mg	~
Phytosterols	0.0 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

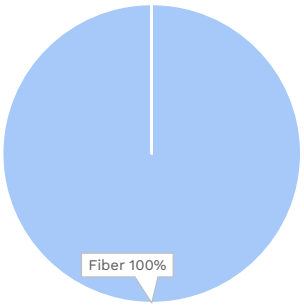




FATS

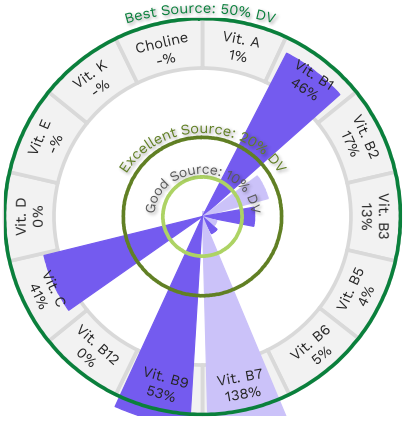


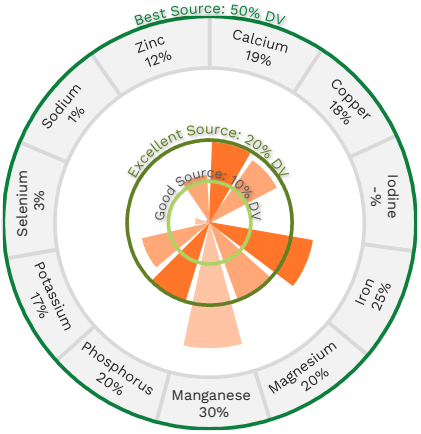
CARBOHYDRATES



MINERALS

VITAMINS

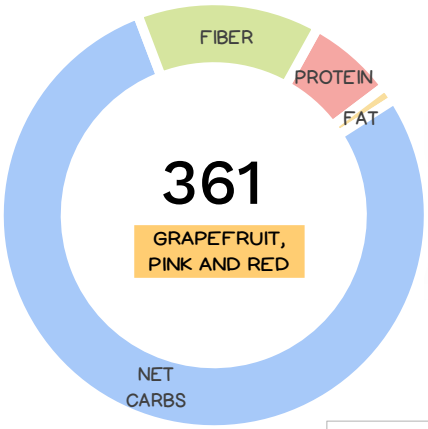




310 Grapefruit, pink and red

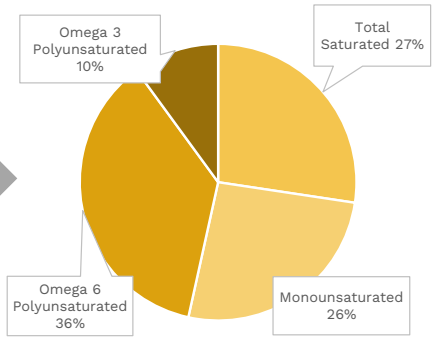
Serving Size:	230 grams	Protein:	1.8 grams	Net Carbs:	20.8 grams
Calories:	97	Fat:	0.3 grams	Fiber:	3.7 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	133.4 µg RAE	15% DV
Vitamin B1 (Thiamin)	98.9 µg	8% DV
Vitamin B2 (Riboflavin)	71.3 µg	5% DV
Vitamin B3 (Niacin)	0.5 mg	3% DV
Vitamin B5 (Pantothenic Acid)	0.6 mg	12% DV
Vitamin B6 (Pyridoxine)	121.9 µg	7% DV
Vitamin B7 (Biotin)	6.9 µg	23% DV
Vitamin B9 (Folate)	29.9 µg	7% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	71.8 mg	80% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.3 mg	2% DV
Vitamin K	0.0 µg	0% DV
Choline	17.7 mg	3% DV
Myo-Inositol	457.7 mg	~
CoQ10	0.3 mg	~
Minerals		
Calcium	50.6 mg	4% DV
Copper	73.6 µg	8% DV
Iodine	~	~
Iron	0.2 mg	1% DV
Magnesium	20.7 mg	5% DV
Manganese	50.6 µg	2% DV
Phosphorus	41.4 mg	3% DV
Potassium	310.5 mg	7% DV
Selenium	0.2 µg	0% DV
Sodium	0.0 mg	0% DV
Zinc	0.2 mg	1% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	18.4 mg	1% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.1 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	4873.7 µg	~
Polyphenols	354.2 mg	~
Phytosterols	41.4 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

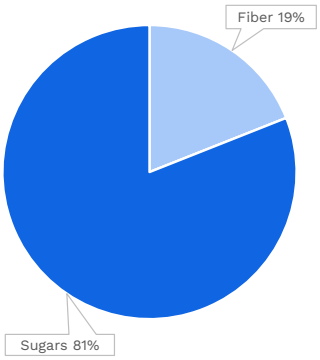




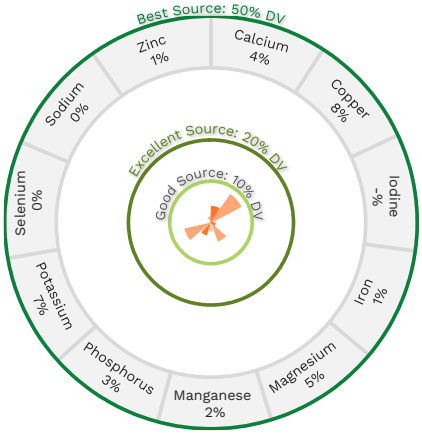
FATS



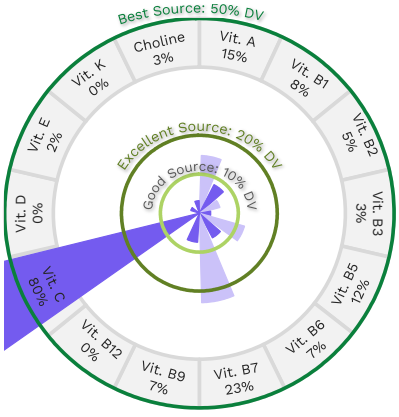
CARBOHYDRATES



MINERALS



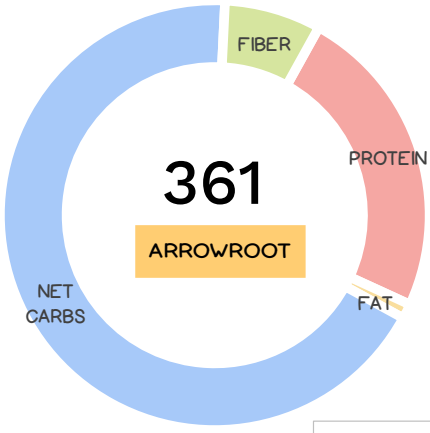
VITAMINS



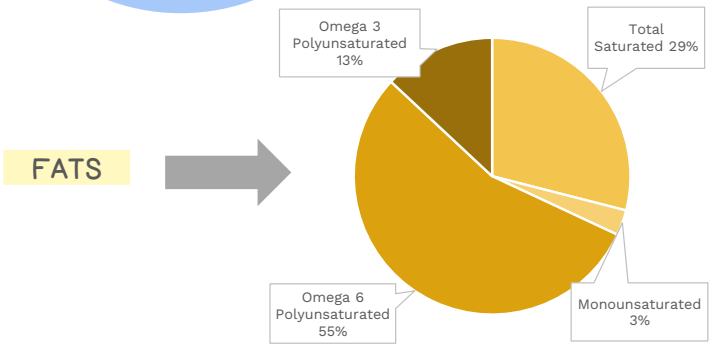
311 Arrowroot

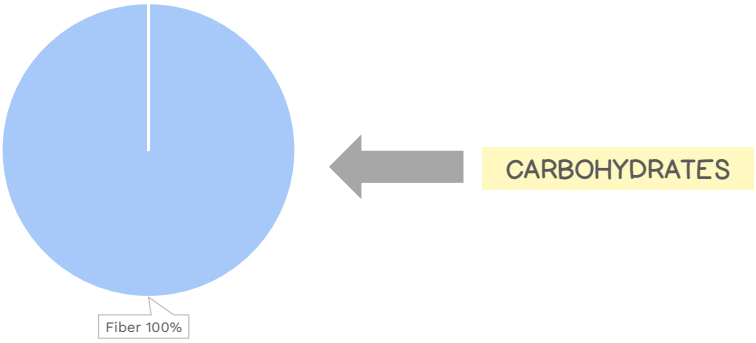
Serving Size:	120 grams	Protein:	5.1 grams	Net Carbs:	14.5 grams
Calories:	78	Fat:	0.2 grams	Fiber:	1.6 grams

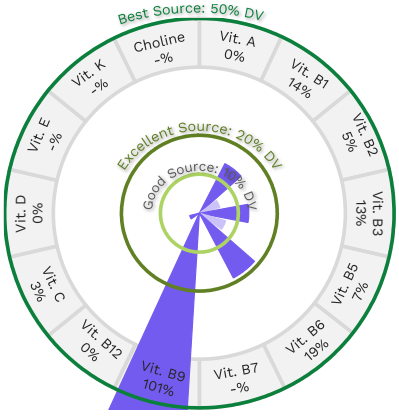
Vitamins & Vitaminlike Compounds		
Vitamin A	1.2 µg RAE	0% DV
Vitamin B1 (Thiamin)	171.6 µg	14% DV
Vitamin B2 (Riboflavin)	70.8 µg	5% DV
Vitamin B3 (Niacin)	2.0 mg	13% DV
Vitamin B5 (Pantothenic Acid)	0.4 mg	7% DV
Vitamin B6 (Pyridoxine)	319.2 µg	19% DV
Vitamin B7 (Biotin)	~	~
Vitamin B9 (Folate)	405.6 µg	101% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	2.3 mg	3% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	~	~
Vitamin K	~	~
Choline	~	~
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	7.2 mg	1% DV
Copper	145.2 µg	16% DV
Iodine	~	~
Iron	2.7 mg	15% DV
Magnesium	30.0 mg	7% DV
Manganese	208.8 µg	9% DV
Phosphorus	117.6 mg	9% DV
Potassium	544.8 mg	12% DV
Selenium	0.8 µg	2% DV
Sodium	31.2 mg	1% DV
Zinc	0.8 mg	7% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	21.6 mg	1% DV
EPA + DHA	~	~
CLA	~	~
Linoleic Acid	0.1 g	1% DV
MCT's	~	~
Phytonutrients		
Carotenoids	13.2 µg	~
Polyphenols	192.0 mg	~
Phytosterols	~	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

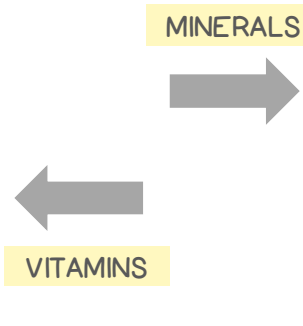


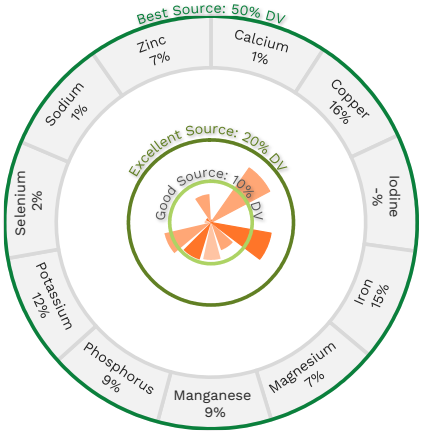








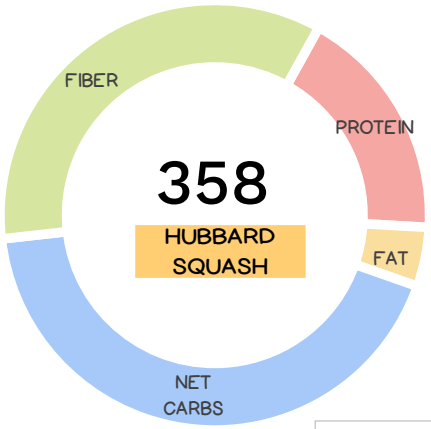




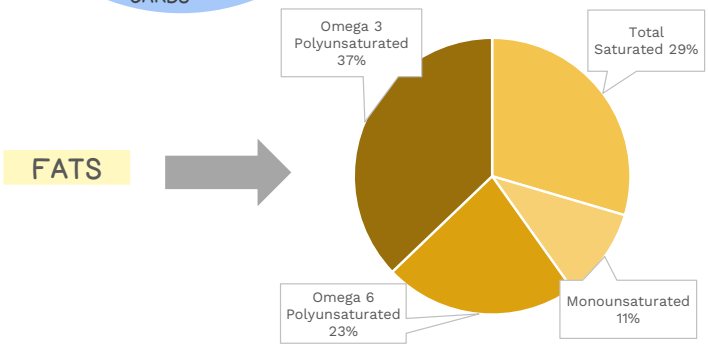
312 Hubbard squash

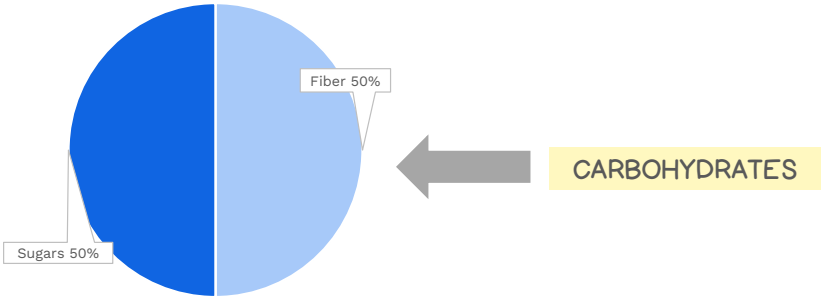
Serving Size:	116 grams	Protein:	2.3 grams	Net Carbs:	5.6 grams
Calories:	46	Fat:	0.6 grams	Fiber:	4.5 grams

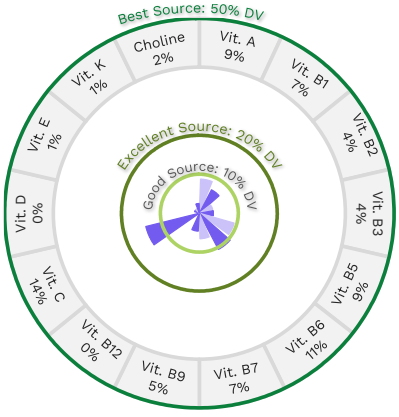
Vitamins & Vitaminlike Compounds		
Vitamin A	78.9 µg RAE	9% DV
Vitamin B1 (Thiamin)	81.2 µg	7% DV
Vitamin B2 (Riboflavin)	46.4 µg	4% DV
Vitamin B3 (Niacin)	0.6 mg	4% DV
Vitamin B5 (Pantothenic Acid)	0.5 mg	9% DV
Vitamin B6 (Pyridoxine)	178.6 µg	11% DV
Vitamin B7 (Biotin)	2.0 µg	7% DV
Vitamin B9 (Folate)	18.6 µg	5% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	12.8 mg	14% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.2 mg	1% DV
Vitamin K	1.5 µg	1% DV
Choline	13.7 mg	2% DV
Myo-Inositol	76.6 mg	~
CoQ10	~	~
Minerals		
Calcium	16.2 mg	1% DV
Copper	74.2 µg	8% DV
Iodine	~	~
Iron	0.5 mg	3% DV
Magnesium	22.0 mg	5% DV
Manganese	207.6 µg	9% DV
Phosphorus	24.4 mg	2% DV
Potassium	371.2 mg	8% DV
Selenium	0.6 µg	1% DV
Sodium	8.1 mg	0% DV
Zinc	0.2 mg	1% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	152.0 mg	9% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.1 g	1% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	951.2 µg	~
Polyphenols	58.8 mg	~
Phytosterols	9.0 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

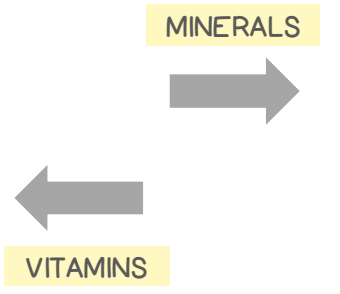


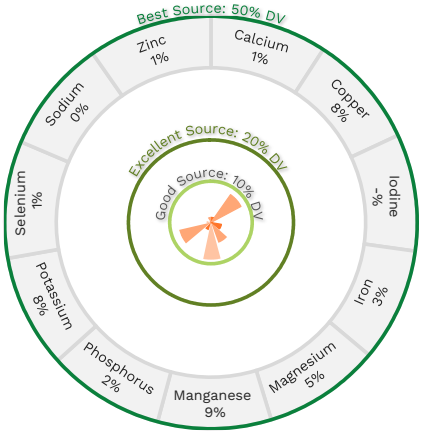








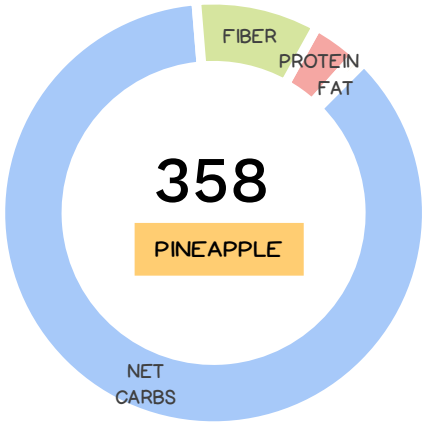




313 Pineapple

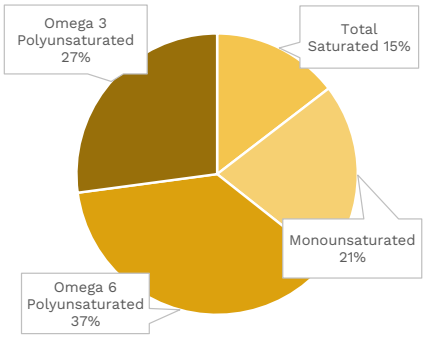
Serving Size:	165 grams	Protein:	0.9 grams	Net Carbs:	21.3 grams
Calories:	83	Fat:	0.2 grams	Fiber:	2.3 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	5.0 µg RAE	1% DV
Vitamin B1 (Thiamin)	130.4 µg	11% DV
Vitamin B2 (Riboflavin)	52.8 µg	4% DV
Vitamin B3 (Niacin)	0.8 mg	5% DV
Vitamin B5 (Pantothenic Acid)	0.4 mg	7% DV
Vitamin B6 (Pyridoxine)	184.8 µg	11% DV
Vitamin B7 (Biotin)	0.3 µg	1% DV
Vitamin B9 (Folate)	29.7 µg	7% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	78.9 mg	88% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.1 mg	0% DV
Vitamin K	1.2 µg	1% DV
Choline	9.1 mg	2% DV
Myo-Inositol	54.5 mg	~
CoQ10	~	~
Minerals		
Calcium	21.5 mg	2% DV
Copper	181.5 µg	20% DV
Iodine	~	~
Iron	0.5 mg	3% DV
Magnesium	19.8 mg	5% DV
Manganese	1529.6 µg	67% DV
Phosphorus	13.2 mg	1% DV
Potassium	179.9 mg	4% DV
Selenium	0.2 µg	0% DV
Sodium	1.7 mg	0% DV
Zinc	0.2 mg	2% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	28.1 mg	2% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.0 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	86.8 µg	~
Polyphenols	287.1 mg	~
Phytosterols	28.1 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

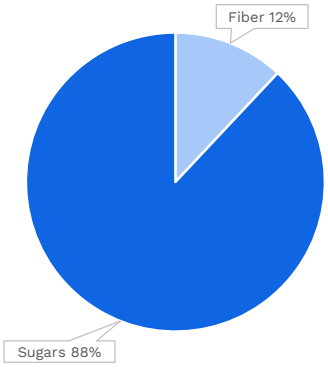




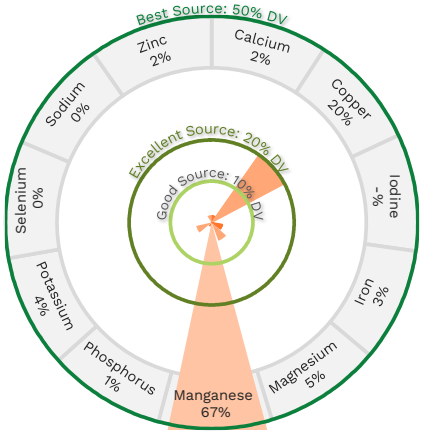
FATS



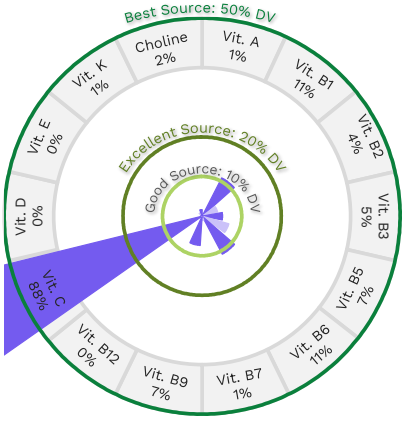
CARBOHYDRATES



MINERALS



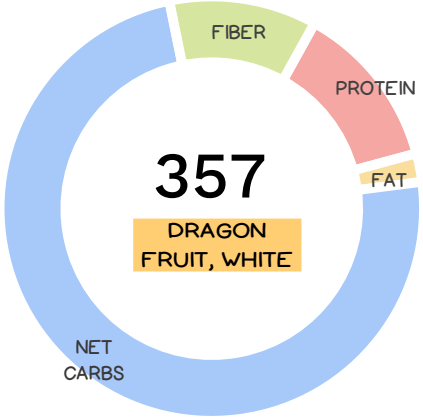
VITAMINS



314 Dragon fruit, white

Serving Size:	140 grams	Protein:	1.3 grams	Net Carbs:	7.6 grams
Calories:	42	Fat:	0.2 grams	Fiber:	1.2 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	0.0 µg RAE	0% DV
Vitamin B1 (Thiamin)	1.9 µg	0% DV
Vitamin B2 (Riboflavin)	2.7 µg	0% DV
Vitamin B3 (Niacin)	0.0 mg	0% DV
Vitamin B5 (Pantothenic Acid)	0.1 mg	1% DV
Vitamin B6 (Pyridoxine)	0.8 µg	0% DV
Vitamin B7 (Biotin)	0.7 µg	2% DV
Vitamin B9 (Folate)	~	~
Vitamin B12 (Cobalamin)	~	~
Vitamin C	7.9 mg	9% DV
Vitamin D (D2 + D3)	1.0 µg	5% DV
Vitamin E	0.1 mg	1% DV
Vitamin K	42.7 µg	36% DV
Choline	~	~
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	64.0 mg	5% DV
Copper	135.8 µg	15% DV
Iodine	~	~
Iron	1.2 mg	7% DV
Magnesium	64.3 mg	15% DV
Manganese	151.2 µg	7% DV
Phosphorus	41.9 mg	3% DV
Potassium	270.2 mg	6% DV
Selenium	~	~
Sodium	~	~
Zinc	0.5 mg	4% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.2 g	1% DV
ALA	6.4 mg	0% DV
EPA + DHA	1.3 mg	1% DV
CLA	~	~
Linoleic Acid	0.4 g	2% DV
MCT's	~	~
Phytonutrients		
Carotenoids	1204.0 µg	~
Polyphenols	82.6 mg	~
Phytosterols	~	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~





FATS

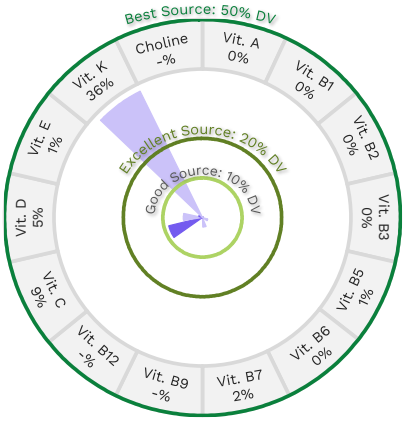
No detailed component data currently available in the USDA Food Central Database.

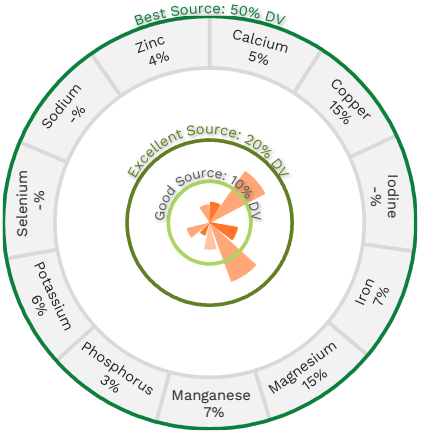
CARBOHYDRATES

No detailed component data currently available in the USDA Food Central Database.

MINERALS

VITAMINS

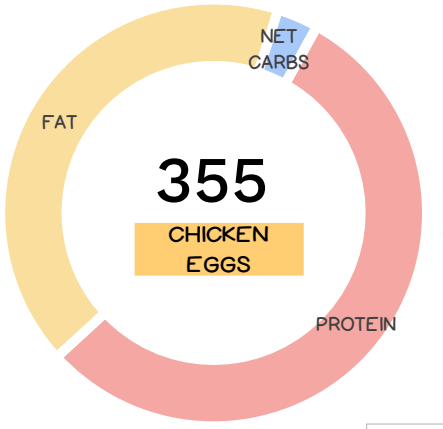




315 Chicken eggs

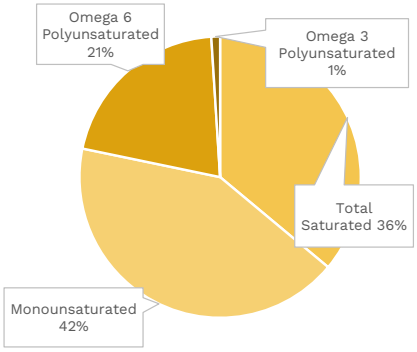
Serving Size:	100 grams	Protein:	12.6 grams	Net Carbs:	0.7 grams
Calories:	143	Fat:	9.5 grams	Fiber:	0.0 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	160.0 µg RAE	18% DV
Vitamin B1 (Thiamin)	40.0 µg	3% DV
Vitamin B2 (Riboflavin)	457.0 µg	35% DV
Vitamin B3 (Niacin)	0.1 mg	0% DV
Vitamin B5 (Pantothenic Acid)	1.5 mg	31% DV
Vitamin B6 (Pyridoxine)	170.0 µg	10% DV
Vitamin B7 (Biotin)	25.0 µg	83% DV
Vitamin B9 (Folate)	47.0 µg	12% DV
Vitamin B12 (Cobalamin)	0.9 µg	37% DV
Vitamin C	0.0 mg	0% DV
Vitamin D (D2 + D3)	2.0 µg	10% DV
Vitamin E	1.7 mg	11% DV
Vitamin K	0.4 µg	0% DV
Choline	293.8 mg	53% DV
Myo-Inositol	9.0 mg	~
CoQ10	0.4 mg	~
Minerals		
Calcium	56.0 mg	4% DV
Copper	72.0 µg	8% DV
Iodine	~	~
Iron	1.8 mg	10% DV
Magnesium	12.0 mg	3% DV
Manganese	28.0 µg	1% DV
Phosphorus	198.0 mg	16% DV
Potassium	138.0 mg	3% DV
Selenium	30.7 µg	56% DV
Sodium	142.0 mg	6% DV
Zinc	1.3 mg	12% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	0.1 mg	~
Functional Fats		
MUFA	3.7 g	18% DV
ALA	48.0 mg	3% DV
EPA + DHA	58.0 mg	23% DV
CLA	12.0 mg	~
Linoleic Acid	1.6 g	9% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	512.0 µg	~
Polyphenols	0.0 mg	~
Phytosterols	0.0 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

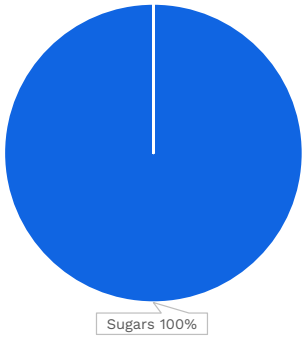


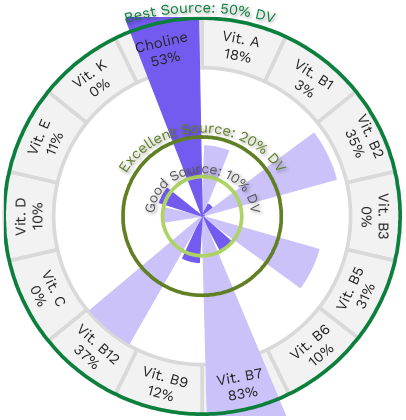


FATS



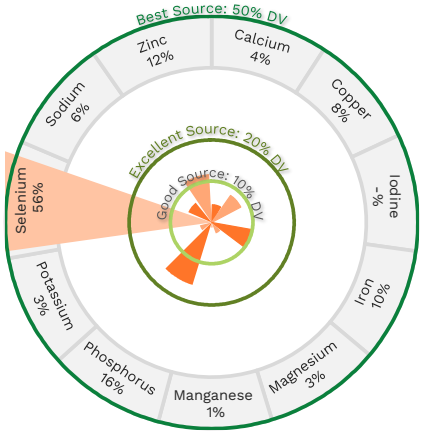
CARBOHYDRATES





MINERALS

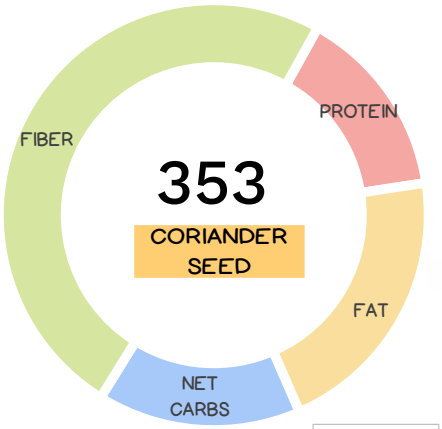
VITAMINS



316 Coriander seed

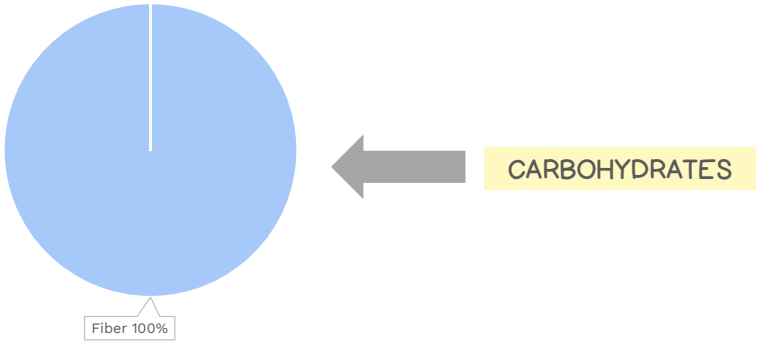
Serving Size:	5 grams	Protein:	0.6 grams	Net Carbs:	0.7 grams
Calories:	15	Fat:	0.9 grams	Fiber:	2.1 grams

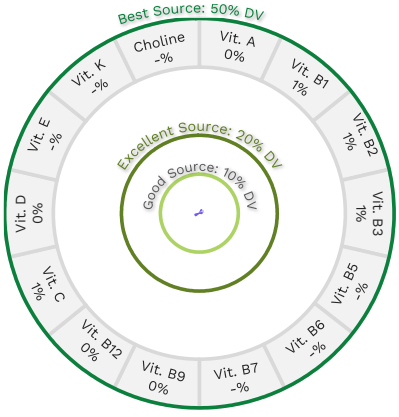
Vitamins & Vitaminlike Compounds		
Vitamin A	0.0 µg RAE	0% DV
Vitamin B1 (Thiamin)	12.0 µg	1% DV
Vitamin B2 (Riboflavin)	14.5 µg	1% DV
Vitamin B3 (Niacin)	0.1 mg	1% DV
Vitamin B5 (Pantothenic Acid)	~	~
Vitamin B6 (Pyridoxine)	~	~
Vitamin B7 (Biotin)	~	~
Vitamin B9 (Folate)	0.0 µg	0% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	1.1 mg	1% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	~	~
Vitamin K	~	~
Choline	~	~
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	35.5 mg	3% DV
Copper	48.8 µg	5% DV
Iodine	~	~
Iron	0.8 mg	5% DV
Magnesium	16.5 mg	4% DV
Manganese	95.0 µg	4% DV
Phosphorus	20.5 mg	2% DV
Potassium	63.4 mg	1% DV
Selenium	1.3 µg	2% DV
Sodium	1.8 mg	0% DV
Zinc	0.2 mg	2% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.7 g	3% DV
ALA	~	~
EPA + DHA	~	~
CLA	~	~
Linoleic Acid	0.1 g	1% DV
MCT's	~	~
Phytonutrients		
Carotenoids	~	~
Polyphenols	62.5 mg	~
Phytosterols	~	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

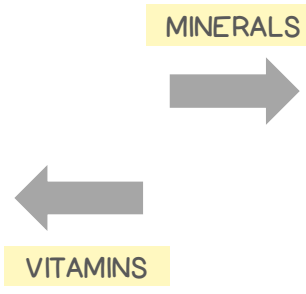


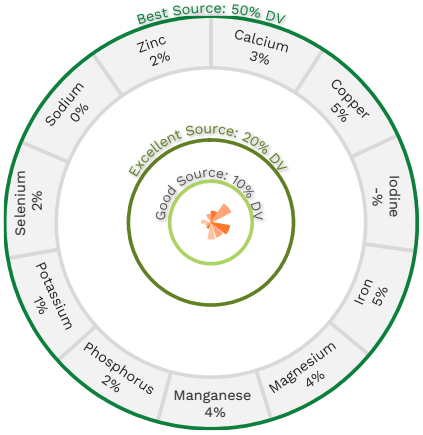








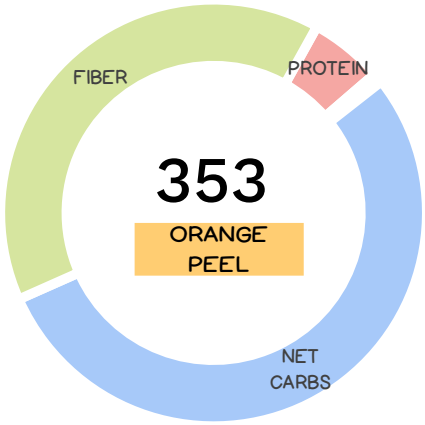




317 Orange peel

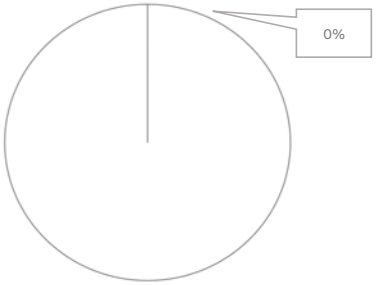
Serving Size:	6 grams	Protein:	0.1 grams	Net Carbs:	0.9 grams
Calories:	6	Fat:	0.0 grams	Fiber:	0.6 grams

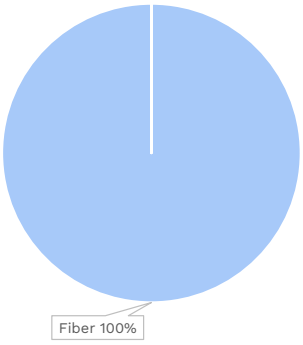
Vitamins & Vitaminlike Compounds		
Vitamin A	1.3 µg RAE	0% DV
Vitamin B1 (Thiamin)	7.2 µg	1% DV
Vitamin B2 (Riboflavin)	5.4 µg	0% DV
Vitamin B3 (Niacin)	0.1 mg	0% DV
Vitamin B5 (Pantothenic Acid)	0.0 mg	1% DV
Vitamin B6 (Pyridoxine)	10.6 µg	1% DV
Vitamin B7 (Biotin)	0.1 µg	0% DV
Vitamin B9 (Folate)	1.8 µg	0% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	8.2 mg	9% DV
Vitamin D (D2 + D3)	~	~
Vitamin E	0.0 mg	0% DV
Vitamin K	~	~
Choline	~	~
Myo-Inositol	18.4 mg	~
CoQ10	0.0 mg	~
Minerals		
Calcium	9.7 mg	1% DV
Copper	5.5 µg	1% DV
Iodine	~	~
Iron	0.0 mg	0% DV
Magnesium	1.3 mg	0% DV
Manganese	~	~
Phosphorus	1.3 mg	0% DV
Potassium	12.7 mg	0% DV
Selenium	0.1 µg	0% DV
Sodium	0.2 mg	0% DV
Zinc	0.0 mg	0% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	0.7 mg	0% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.0 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	~	~
Polyphenols	10.7 mg	~
Phytosterols	1.5 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~





FATS

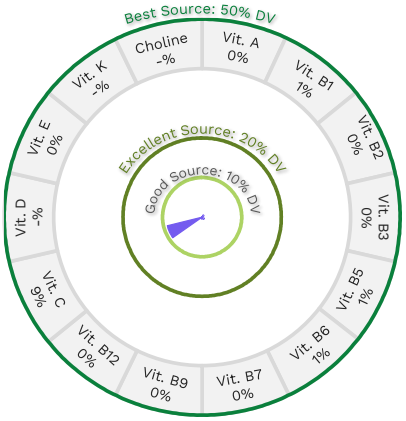




CARBOHYDRATES

MINERALS

VITAMINS

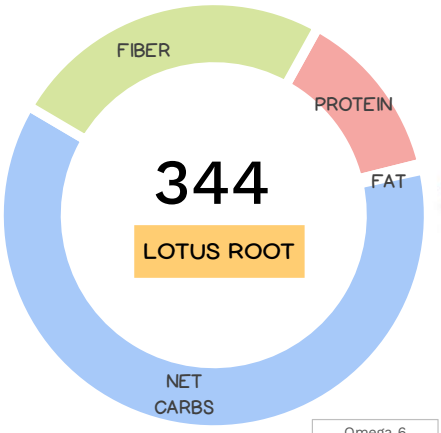




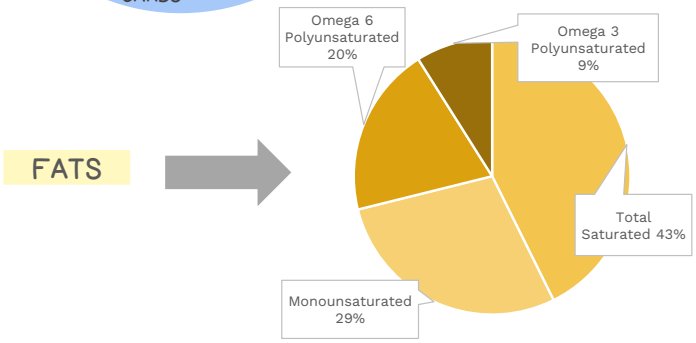
318 Lotus root

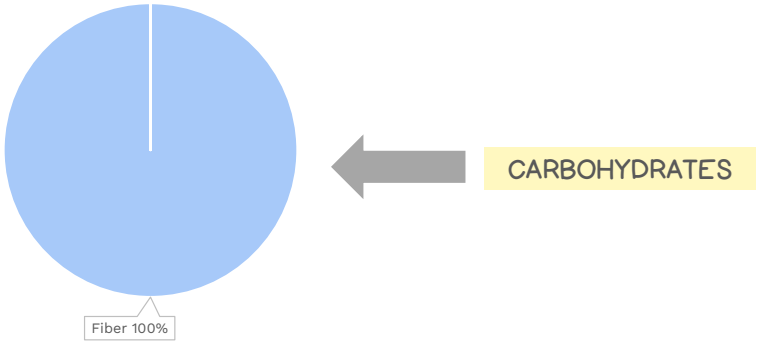
Serving Size:	120 grams	Protein:	3.1 grams	Net Carbs:	14.8 grams
Calories:	89	Fat:	0.1 grams	Fiber:	5.9 grams

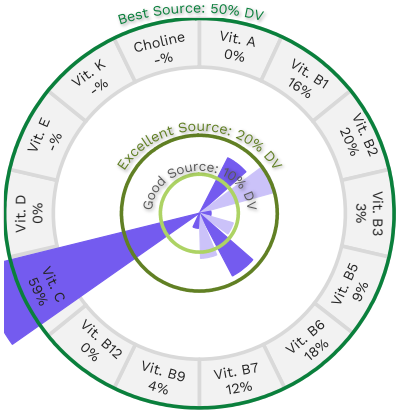
Vitamins & Vitaminlike Compounds		
Vitamin A	0.0 µg RAE	0% DV
Vitamin B1 (Thiamin)	192.0 µg	16% DV
Vitamin B2 (Riboflavin)	264.0 µg	20% DV
Vitamin B3 (Niacin)	0.5 mg	3% DV
Vitamin B5 (Pantothenic Acid)	0.5 mg	9% DV
Vitamin B6 (Pyridoxine)	309.6 µg	18% DV
Vitamin B7 (Biotin)	3.5 µg	12% DV
Vitamin B9 (Folate)	15.6 µg	4% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	52.8 mg	59% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	~	~
Vitamin K	~	~
Choline	~	~
Myo-Inositol	~	~
CoQ10	0.1 mg	~
Minerals		
Calcium	54.0 mg	4% DV
Copper	308.4 µg	34% DV
Iodine	~	~
Iron	1.4 mg	8% DV
Magnesium	27.6 mg	7% DV
Manganese	313.2 µg	14% DV
Phosphorus	120.0 mg	10% DV
Potassium	667.2 mg	14% DV
Selenium	0.8 µg	2% DV
Sodium	48.0 mg	2% DV
Zinc	0.5 mg	4% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	7.2 mg	0% DV
EPA + DHA	~	~
CLA	~	~
Linoleic Acid	0.0 g	0% DV
MCT's	~	~
Phytonutrients		
Carotenoids	0.0 µg	~
Polyphenols	302.4 mg	~
Phytosterols	12.2 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

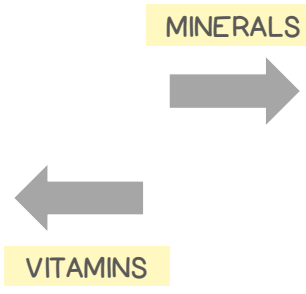


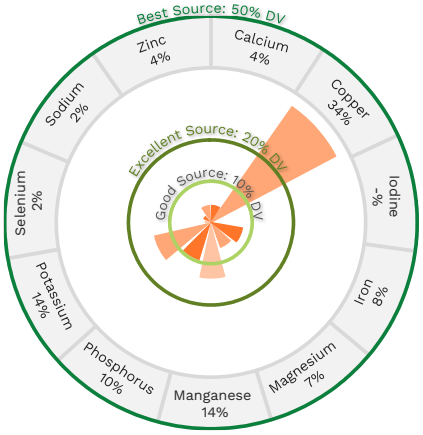








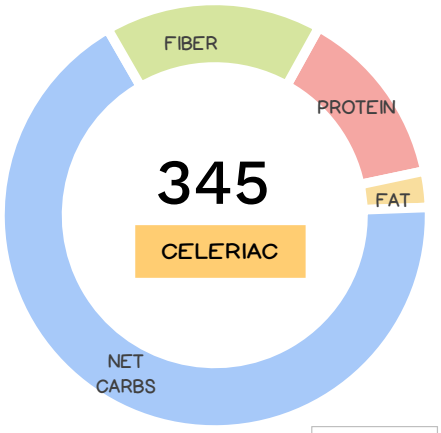




319 Celeriac

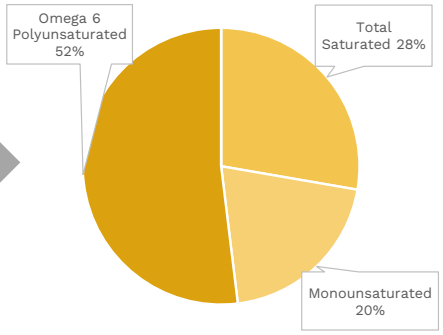
Serving Size:	156 grams	Protein:	2.3 grams	Net Carbs:	11.5 grams
Calories:	66	Fat:	0.5 grams	Fiber:	2.8 grams

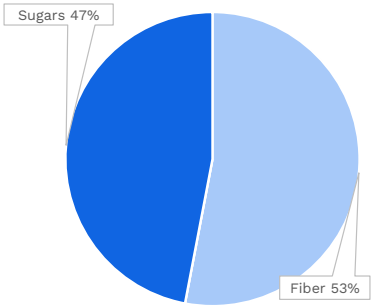
Vitamins & Vitaminlike Compounds		
Vitamin A	0.0 µg RAE	0% DV
Vitamin B1 (Thiamin)	78.0 µg	7% DV
Vitamin B2 (Riboflavin)	93.6 µg	7% DV
Vitamin B3 (Niacin)	1.1 mg	7% DV
Vitamin B5 (Pantothenic Acid)	0.5 mg	11% DV
Vitamin B6 (Pyridoxine)	257.4 µg	15% DV
Vitamin B7 (Biotin)	~	~
Vitamin B9 (Folate)	12.5 µg	3% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	12.5 mg	14% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.6 mg	4% DV
Vitamin K	64.0 µg	53% DV
Choline	14.0 mg	3% DV
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	67.1 mg	5% DV
Copper	109.2 µg	12% DV
Iodine	~	~
Iron	1.1 mg	6% DV
Magnesium	31.2 mg	7% DV
Manganese	246.5 µg	11% DV
Phosphorus	179.4 mg	14% DV
Potassium	468.0 mg	10% DV
Selenium	1.1 µg	2% DV
Sodium	156.0 mg	7% DV
Zinc	0.5 mg	5% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.1 g	0% DV
ALA	0.0 mg	0% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.2 g	1% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	1.6 µg	~
Polyphenols	92.0 mg	~
Phytosterols	31.2 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~



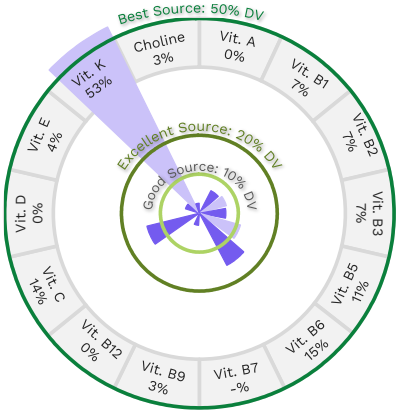


FATS



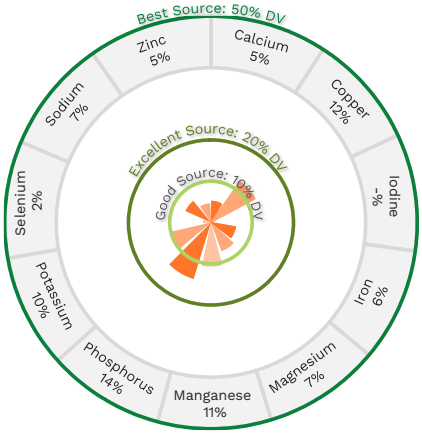


CARBOHYDRATES



MINERALS

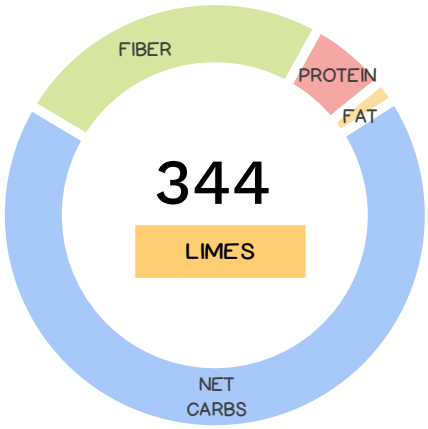
VITAMINS



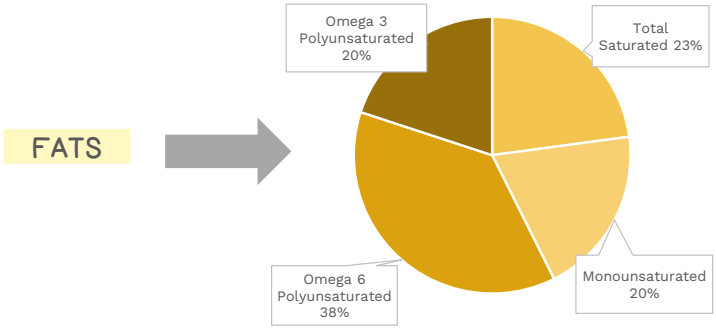
320 Limes

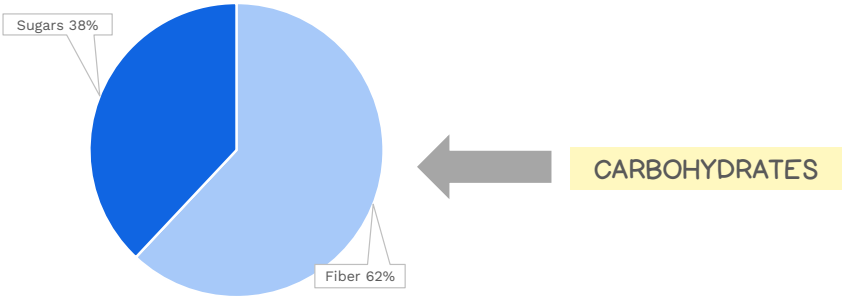
Serving Size:	212 grams	Protein:	1.5 grams	Net Carbs:	16.4 grams
Calories:	64	Fat:	0.4 grams	Fiber:	5.9 grams

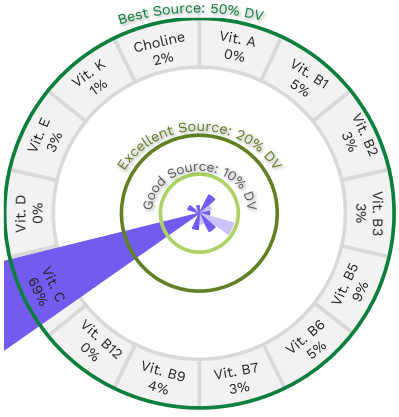
Vitamins & Vitaminlike Compounds		
Vitamin A	4.2 µg RAE	0% DV
Vitamin B1 (Thiamin)	63.6 µg	5% DV
Vitamin B2 (Riboflavin)	42.4 µg	3% DV
Vitamin B3 (Niacin)	0.4 mg	3% DV
Vitamin B5 (Pantothenic Acid)	0.5 mg	9% DV
Vitamin B6 (Pyridoxine)	91.2 µg	5% DV
Vitamin B7 (Biotin)	0.8 µg	3% DV
Vitamin B9 (Folate)	17.0 µg	4% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	61.7 mg	69% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.5 mg	3% DV
Vitamin K	1.3 µg	1% DV
Choline	10.8 mg	2% DV
Myo-Inositol	411.3 mg	~
CoQ10	~	~
Minerals		
Calcium	70.0 mg	5% DV
Copper	137.8 µg	15% DV
Iodine	~	~
Iron	1.3 mg	7% DV
Magnesium	12.7 mg	3% DV
Manganese	17.0 µg	1% DV
Phosphorus	38.2 mg	3% DV
Potassium	216.2 mg	5% DV
Selenium	0.8 µg	2% DV
Sodium	4.2 mg	0% DV
Zinc	0.2 mg	2% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	40.3 mg	3% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.1 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	63.6 µg	~
Polyphenols	99.2 mg	~
Phytosterols	~	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

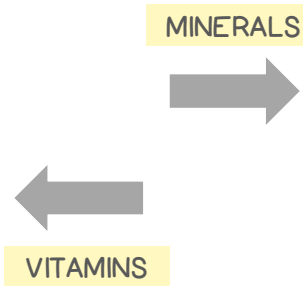


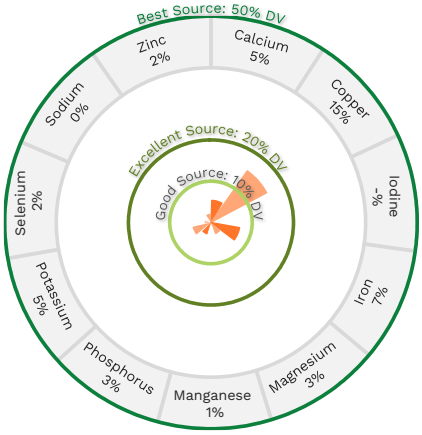








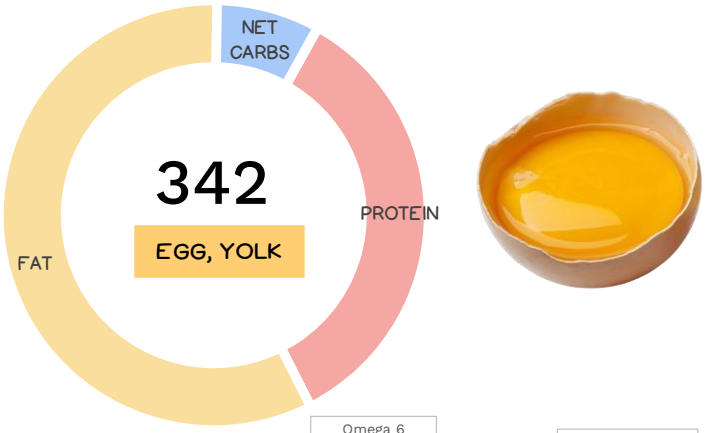


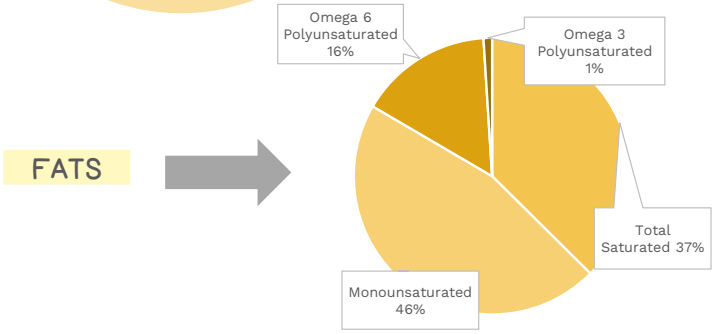


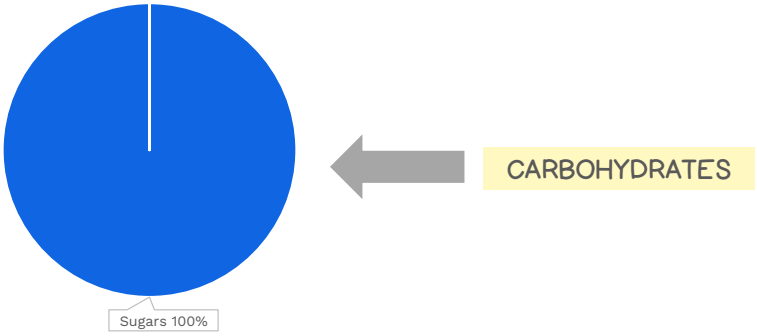
321 Egg, yolk

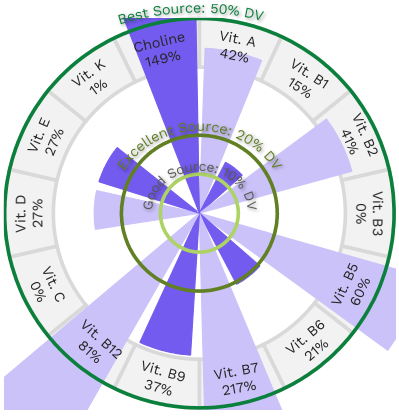
Serving Size:	100 grams	Protein:	15.9 grams	Net Carbs:	3.6 grams
Calories:	322	Fat:	26.5 grams	Fiber:	0.0 grams

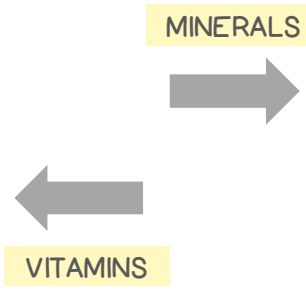
Vitamins & Vitaminlike Compounds		
Vitamin A	381.0 µg RAE	42% DV
Vitamin B1 (Thiamin)	176.0 µg	15% DV
Vitamin B2 (Riboflavin)	528.0 µg	41% DV
Vitamin B3 (Niacin)	0.0 mg	0% DV
Vitamin B5 (Pantothenic Acid)	3.0 mg	60% DV
Vitamin B6 (Pyridoxine)	350.0 µg	21% DV
Vitamin B7 (Biotin)	65.0 µg	217% DV
Vitamin B9 (Folate)	146.0 µg	37% DV
Vitamin B12 (Cobalamin)	2.0 µg	81% DV
Vitamin C	0.0 mg	0% DV
Vitamin D (D2 + D3)	5.4 µg	27% DV
Vitamin E	4.1 mg	27% DV
Vitamin K	0.8 µg	1% DV
Choline	820.2 mg	149% DV
Myo-Inositol	34.0 mg	~
CoQ10	0.5 mg	~
Minerals		
Calcium	129.0 mg	10% DV
Copper	77.0 µg	9% DV
Iodine	~	~
Iron	2.7 mg	15% DV
Magnesium	5.0 mg	1% DV
Manganese	55.0 µg	2% DV
Phosphorus	390.0 mg	31% DV
Potassium	109.0 mg	2% DV
Selenium	56.0 µg	102% DV
Sodium	48.0 mg	2% DV
Zinc	2.3 mg	21% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	0.1 mg	~
Functional Fats		
MUFA	11.7 g	59% DV
ALA	103.0 mg	6% DV
EPA + DHA	125.0 mg	50% DV
CLA	15.9 mg	~
Linoleic Acid	3.5 g	21% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	1253.0 µg	~
Polyphenols	0.0 mg	~
Phytosterols	0.0 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

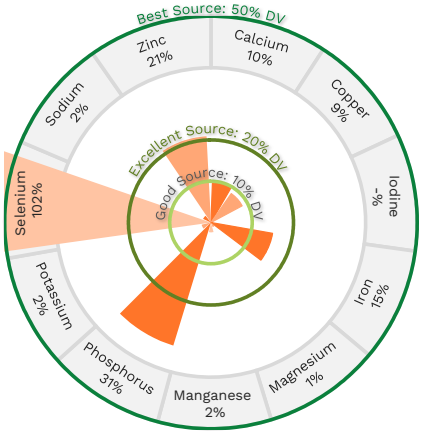








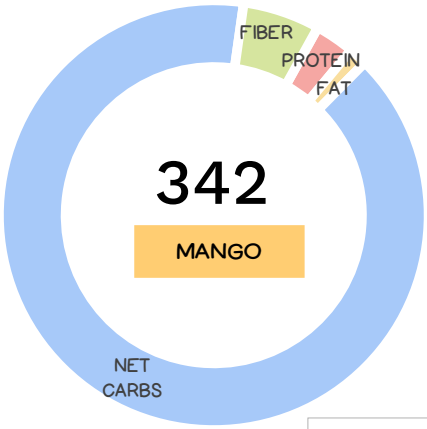




322 Mango

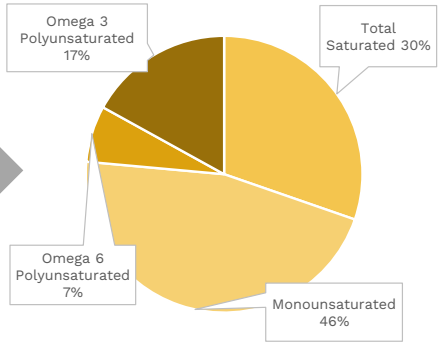
Serving Size:	165 grams	Protein:	1.4 grams	Net Carbs:	40.8 grams
Calories:	99	Fat:	0.6 grams	Fiber:	2.6 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	89.1 µg RAE	10% DV
Vitamin B1 (Thiamin)	46.2 µg	4% DV
Vitamin B2 (Riboflavin)	62.7 µg	5% DV
Vitamin B3 (Niacin)	1.1 mg	7% DV
Vitamin B5 (Pantothenic Acid)	0.3 mg	7% DV
Vitamin B6 (Pyridoxine)	196.4 µg	12% DV
Vitamin B7 (Biotin)	3.0 µg	10% DV
Vitamin B9 (Folate)	71.0 µg	18% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	60.1 mg	67% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	1.6 mg	11% DV
Vitamin K	6.9 µg	6% DV
Choline	12.5 mg	2% DV
Myo-Inositol	163.4 mg	~
CoQ10	~	~
Minerals		
Calcium	18.2 mg	1% DV
Copper	183.2 µg	20% DV
Iodine	~	~
Iron	0.3 mg	1% DV
Magnesium	16.5 mg	4% DV
Manganese	104.0 µg	5% DV
Phosphorus	23.1 mg	2% DV
Potassium	277.2 mg	6% DV
Selenium	1.0 µg	2% DV
Sodium	1.7 mg	0% DV
Zinc	0.1 mg	1% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.2 g	1% DV
ALA	84.2 mg	5% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.0 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	4631.2 µg	~
Polyphenols	438.9 mg	~
Phytosterols	40.3 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

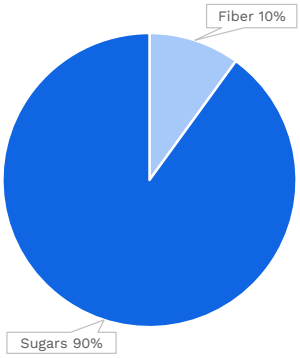




FATS

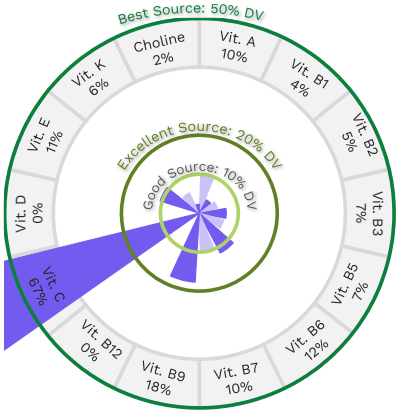


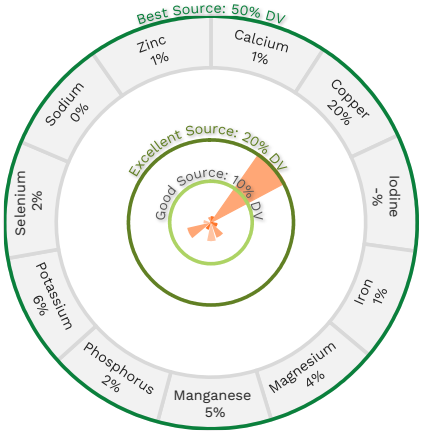
CARBOHYDRATES



MINERALS

VITAMINS

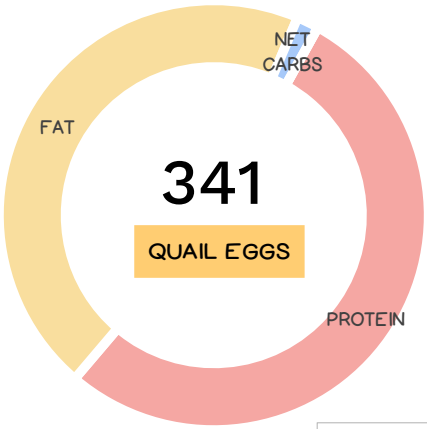




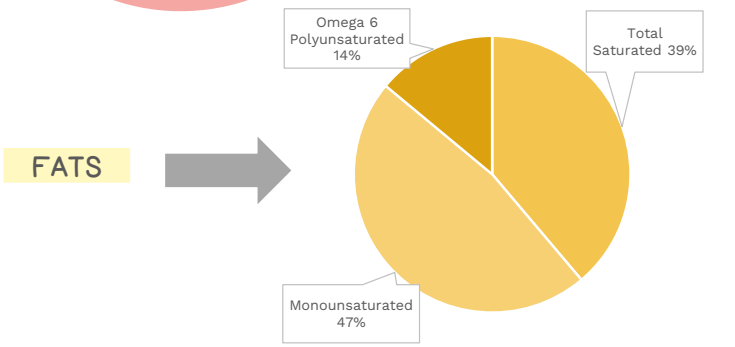
323 Quail eggs

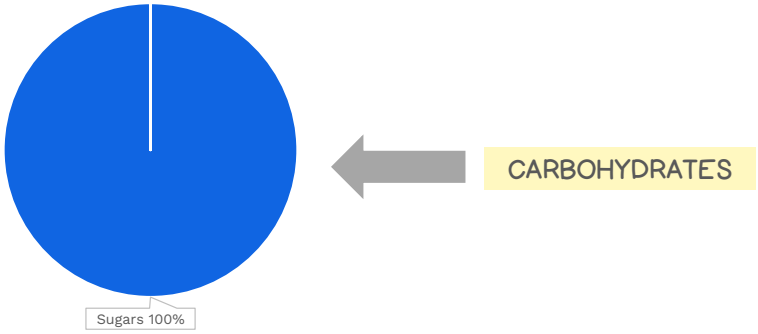
Serving Size:	100 grams	Protein:	13.1 grams	Net Carbs:	0.4 grams
Calories:	158	Fat:	11.1 grams	Fiber:	0.0 grams

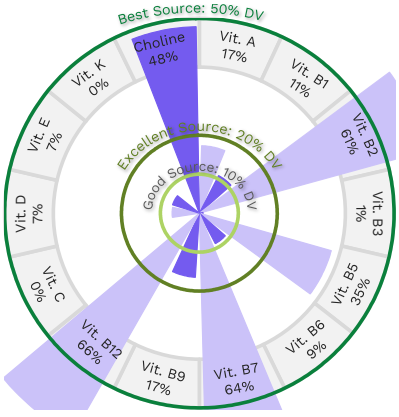
Vitamins & Vitaminlike Compounds		
Vitamin A	156.0 µg RAE	17% DV
Vitamin B1 (Thiamin)	130.0 µg	11% DV
Vitamin B2 (Riboflavin)	790.0 µg	61% DV
Vitamin B3 (Niacin)	0.2 mg	1% DV
Vitamin B5 (Pantothenic Acid)	1.8 mg	35% DV
Vitamin B6 (Pyridoxine)	150.0 µg	9% DV
Vitamin B7 (Biotin)	19.3 µg	64% DV
Vitamin B9 (Folate)	66.0 µg	17% DV
Vitamin B12 (Cobalamin)	1.6 µg	66% DV
Vitamin C	0.0 mg	0% DV
Vitamin D (D2 + D3)	1.4 µg	7% DV
Vitamin E	1.1 mg	7% DV
Vitamin K	0.3 µg	0% DV
Choline	263.4 mg	48% DV
Myo-Inositol	9.0 mg	~
CoQ10	0.4 mg	~
Minerals		
Calcium	64.0 mg	5% DV
Copper	62.0 µg	7% DV
Iodine	~	~
Iron	3.7 mg	20% DV
Magnesium	13.0 mg	3% DV
Manganese	38.0 µg	2% DV
Phosphorus	226.0 mg	18% DV
Potassium	132.0 mg	3% DV
Selenium	32.0 µg	58% DV
Sodium	141.0 mg	6% DV
Zinc	1.5 mg	13% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	0.1 mg	~
Functional Fats		
MUFA	4.3 g	22% DV
ALA	44.0 mg	3% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.9 g	6% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	390.0 µg	~
Polyphenols	0.0 mg	~
Phytosterols	0.0 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

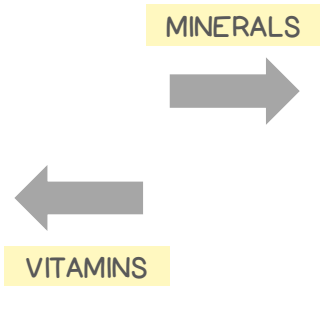


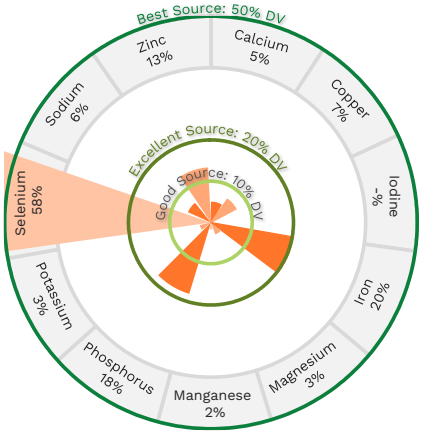








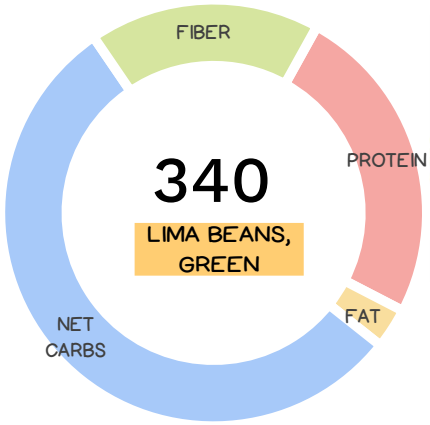




324 Lima beans, green

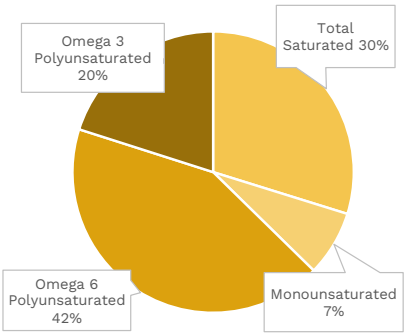
Serving Size:	78 grams	Protein:	5.3 grams	Net Carbs:	11.9 grams
Calories:	88	Fat:	0.7 grams	Fiber:	3.8 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	7.8 µg RAE	1% DV
Vitamin B1 (Thiamin)	169.3 µg	14% DV
Vitamin B2 (Riboflavin)	80.3 µg	6% DV
Vitamin B3 (Niacin)	1.1 mg	7% DV
Vitamin B5 (Pantothenic Acid)	0.2 mg	4% DV
Vitamin B6 (Pyridoxine)	159.1 µg	9% DV
Vitamin B7 (Biotin)	7.2 µg	24% DV
Vitamin B9 (Folate)	26.5 µg	7% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	18.3 mg	20% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.2 mg	2% DV
Vitamin K	4.4 µg	4% DV
Choline	31.2 mg	6% DV
Myo-Inositol	8.6 mg	~
CoQ10	~	~
Minerals		
Calcium	26.5 mg	2% DV
Copper	248.0 µg	28% DV
Iodine	~	~
Iron	2.4 mg	14% DV
Magnesium	45.2 mg	11% DV
Manganese	947.7 µg	41% DV
Phosphorus	106.1 mg	8% DV
Potassium	364.3 mg	8% DV
Selenium	1.4 µg	3% DV
Sodium	6.2 mg	0% DV
Zinc	0.6 mg	6% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	106.1 mg	7% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.2 g	1% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	98.3 µg	~
Polyphenols	343.5 mg	~
Phytosterols	~	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

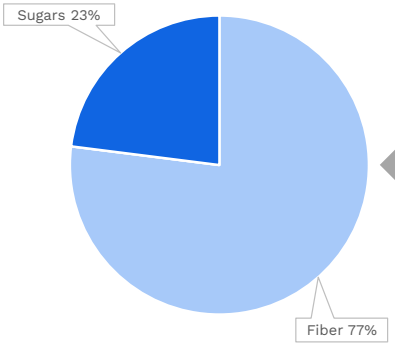




FATS

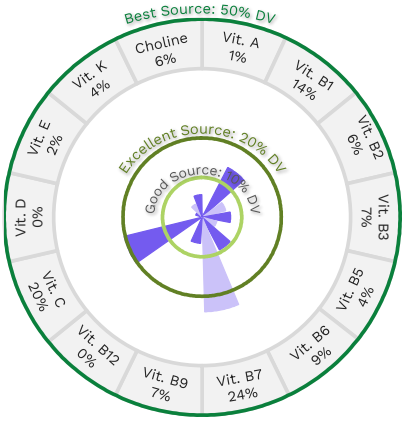


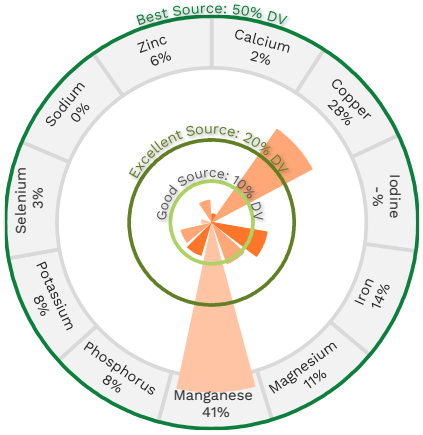
CARBOHYDRATES



MINERALS

VITAMINS

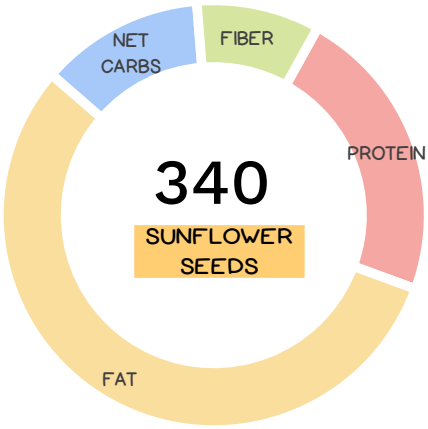




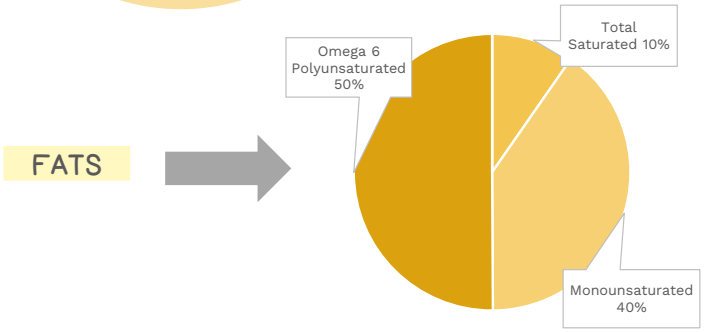
325 Sunflower seeds

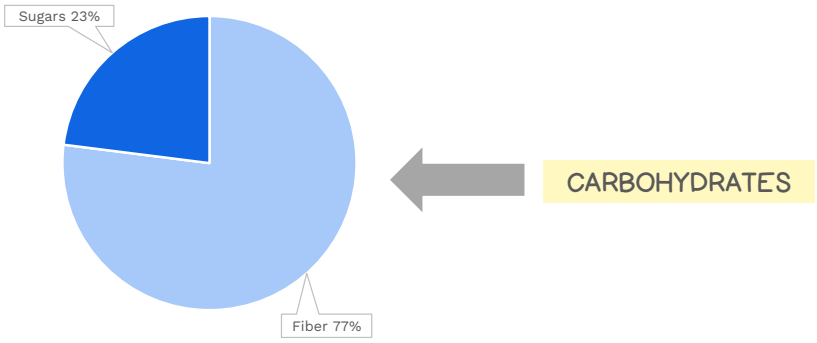
Serving Size:	28 grams	Protein:	5.8 grams	Net Carbs:	3.2 grams
Calories:	164	Fat:	14.4 grams	Fiber:	2.4 grams

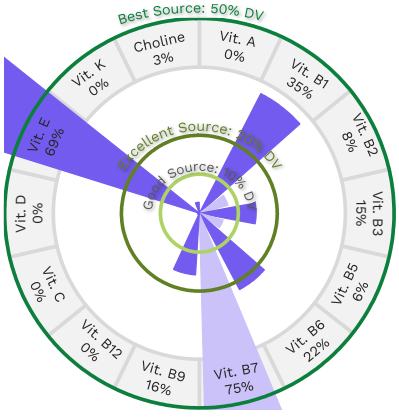
Vitamins & Vitaminlike Compounds		
Vitamin A	0.8 µg RAE	0% DV
Vitamin B1 (Thiamin)	414.4 µg	35% DV
Vitamin B2 (Riboflavin)	99.4 µg	8% DV
Vitamin B3 (Niacin)	2.3 mg	15% DV
Vitamin B5 (Pantothenic Acid)	0.3 mg	6% DV
Vitamin B6 (Pyridoxine)	376.6 µg	22% DV
Vitamin B7 (Biotin)	22.4 µg	75% DV
Vitamin B9 (Folate)	63.6 µg	16% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	0.4 mg	0% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	10.3 mg	69% DV
Vitamin K	0.0 µg	0% DV
Choline	15.4 mg	3% DV
Myo-Inositol	3.4 mg	~
CoQ10	~	~
Minerals		
Calcium	21.8 mg	2% DV
Copper	504.0 µg	56% DV
Iodine	~	~
Iron	1.5 mg	8% DV
Magnesium	91.0 mg	22% DV
Manganese	546.0 µg	24% DV
Phosphorus	184.8 mg	15% DV
Potassium	180.6 mg	4% DV
Selenium	14.8 µg	27% DV
Sodium	2.5 mg	0% DV
Zinc	1.4 mg	13% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	5.2 g	26% DV
ALA	16.8 mg	1% DV
EPA + DHA	3.9 mg	2% DV
CLA	~	~
Linoleic Acid	6.5 g	38% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	8.4 µg	~
Polyphenols	354.4 mg	~
Phytosterols	90.2 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~





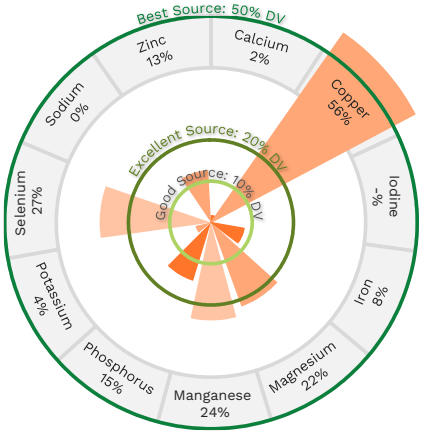








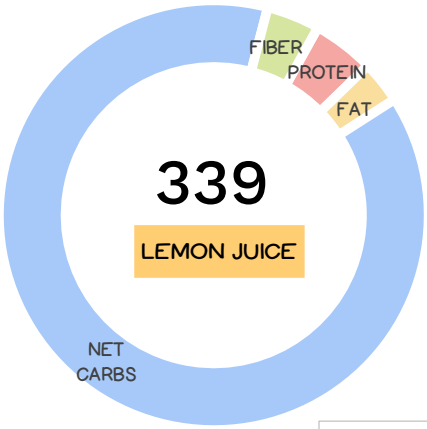




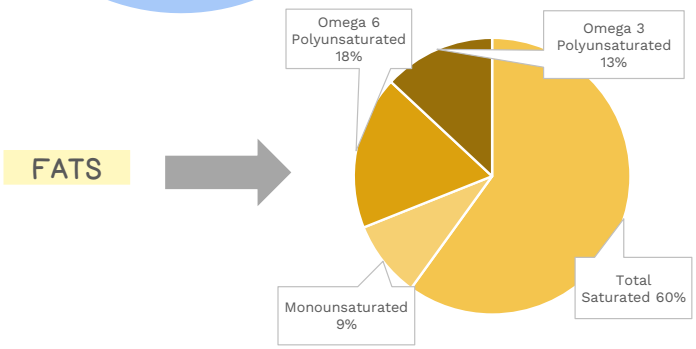
326 Lemon juice

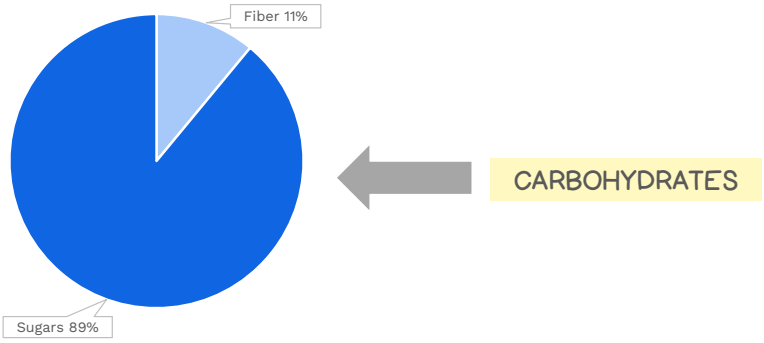
Serving Size:	244 grams	Protein:	0.9 grams	Net Carbs:	16.1 grams
Calories:	54	Fat:	0.6 grams	Fiber:	0.7 grams

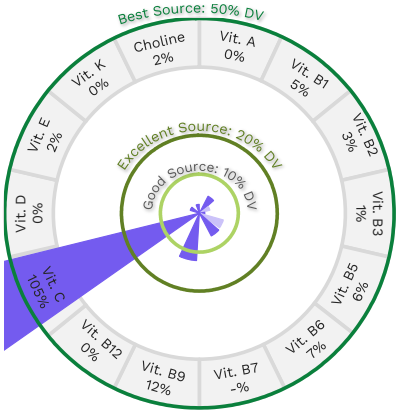
Vitamins & Vitaminlike Compounds		
Vitamin A	0.0 µg RAE	0% DV
Vitamin B1 (Thiamin)	58.6 µg	5% DV
Vitamin B2 (Riboflavin)	36.6 µg	3% DV
Vitamin B3 (Niacin)	0.2 mg	1% DV
Vitamin B5 (Pantothenic Acid)	0.3 mg	6% DV
Vitamin B6 (Pyridoxine)	112.2 µg	7% DV
Vitamin B7 (Biotin)	~	~
Vitamin B9 (Folate)	48.8 µg	12% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	94.4 mg	105% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.4 mg	2% DV
Vitamin K	0.0 µg	0% DV
Choline	12.4 mg	2% DV
Myo-Inositol	178.1 mg	~
CoQ10	~	~
Minerals		
Calcium	14.6 mg	1% DV
Copper	39.0 µg	4% DV
Iodine	~	~
Iron	0.2 mg	1% DV
Magnesium	14.6 mg	3% DV
Manganese	29.3 µg	1% DV
Phosphorus	19.5 mg	2% DV
Potassium	251.3 mg	5% DV
Selenium	0.2 µg	0% DV
Sodium	2.4 mg	0% DV
Zinc	0.1 mg	1% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	22.0 mg	1% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.0 g	0% DV
MCT's	0.1 g	~
Phytonutrients		
Carotenoids	48.8 µg	~
Polyphenols	0.0 mg	~
Phytosterols	~	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

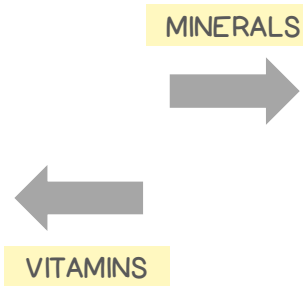


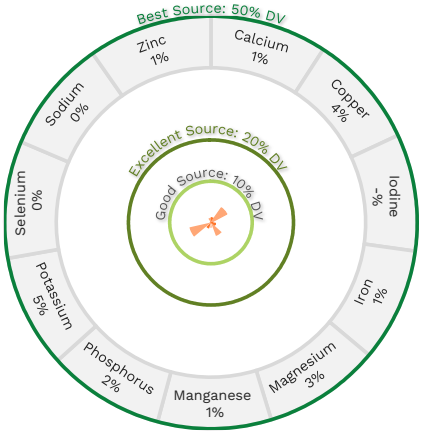








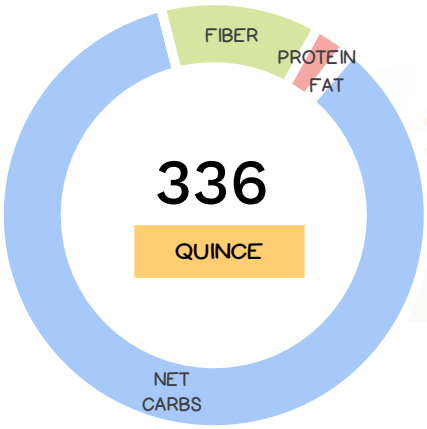




327 Quince

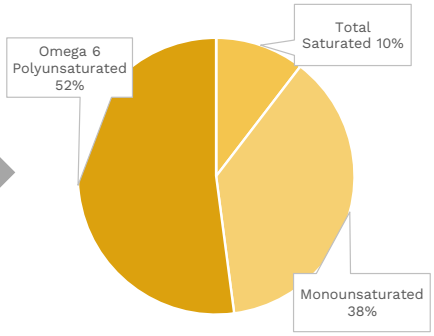
Serving Size:	302 grams	Protein:	1.2 grams	Net Carbs:	40.5 grams
Calories:	172	Fat:	0.3 grams	Fiber:	5.7 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	6.0 µg RAE	1% DV
Vitamin B1 (Thiamin)	60.4 µg	5% DV
Vitamin B2 (Riboflavin)	90.6 µg	7% DV
Vitamin B3 (Niacin)	0.6 mg	4% DV
Vitamin B5 (Pantothenic Acid)	0.2 mg	5% DV
Vitamin B6 (Pyridoxine)	120.8 µg	7% DV
Vitamin B7 (Biotin)	~	~
Vitamin B9 (Folate)	9.1 µg	2% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	45.3 mg	50% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	~	~
Vitamin K	~	~
Choline	~	~
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	33.2 mg	3% DV
Copper	392.6 µg	44% DV
Iodine	~	~
Iron	2.1 mg	12% DV
Magnesium	24.2 mg	6% DV
Manganese	~	~
Phosphorus	51.3 mg	4% DV
Potassium	594.9 mg	13% DV
Selenium	1.8 µg	3% DV
Sodium	12.1 mg	1% DV
Zinc	0.1 mg	1% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.1 g	1% DV
ALA	0.0 mg	0% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.1 g	1% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	72.5 µg	~
Polyphenols	3094.5 mg	~
Phytosterols	~	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

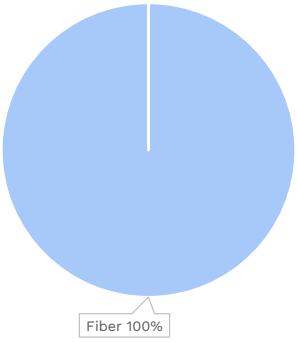




FATS

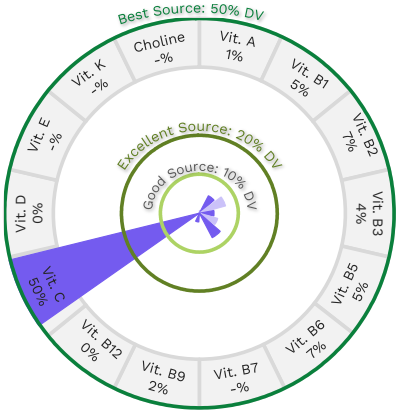


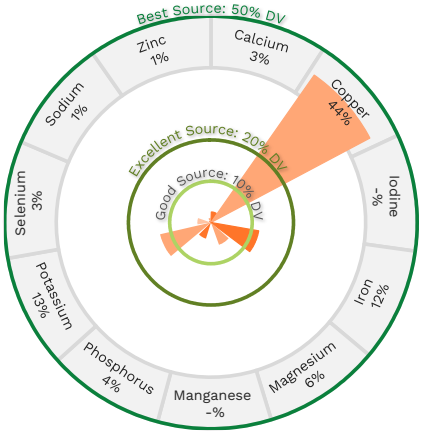
CARBOHYDRATES



MINERALS

VITAMINS

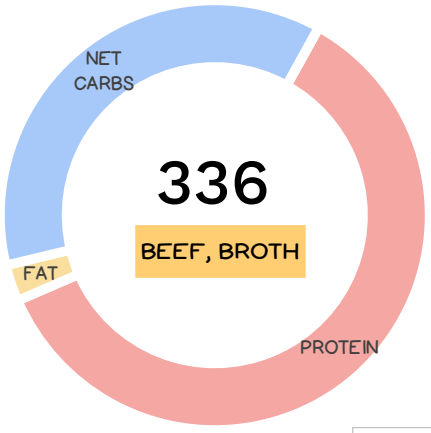




328 Beef, broth

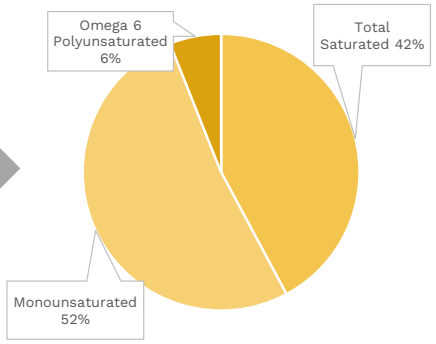
Serving Size:	240 grams	Protein:	4.7 grams	Net Carbs:	2.9 grams
Calories:	31	Fat:	0.2 grams	Fiber:	0.0 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	0.0 µg RAE	0% DV
Vitamin B1 (Thiamin)	79.2 µg	7% DV
Vitamin B2 (Riboflavin)	218.4 µg	17% DV
Vitamin B3 (Niacin)	2.1 mg	13% DV
Vitamin B5 (Pantothenic Acid)	~	~
Vitamin B6 (Pyridoxine)	132.0 µg	8% DV
Vitamin B7 (Biotin)	~	~
Vitamin B9 (Folate)	4.8 µg	1% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	0.0 mg	0% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.0 mg	0% DV
Vitamin K	0.2 µg	0% DV
Choline	11.5 mg	2% DV
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	19.2 mg	1% DV
Copper	120.0 µg	13% DV
Iodine	~	~
Iron	0.6 mg	4% DV
Magnesium	16.8 mg	4% DV
Manganese	~	~
Phosphorus	74.4 mg	6% DV
Potassium	444.0 mg	9% DV
Selenium	2.9 µg	5% DV
Sodium	475.2 mg	21% DV
Zinc	0.4 mg	4% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.1 g	1% DV
ALA	0.0 mg	0% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.0 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	2.4 µg	~
Polyphenols	0.0 mg	~
Phytosterols	0.0 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

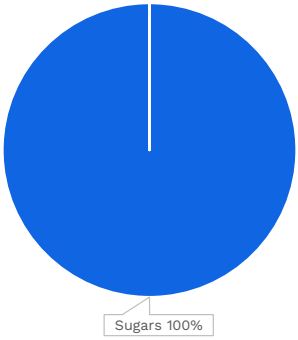




FATS

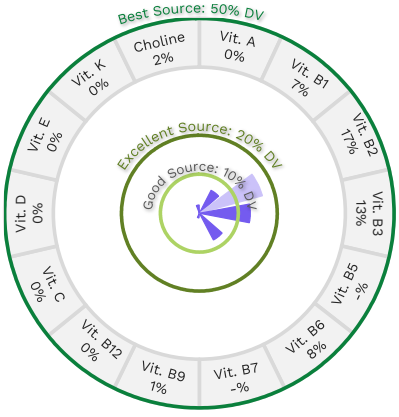


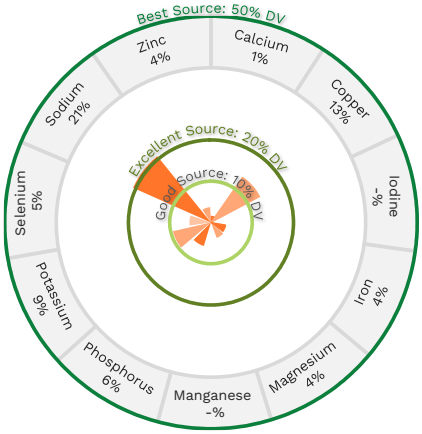
CARBOHYDRATES



MINERALS

VITAMINS

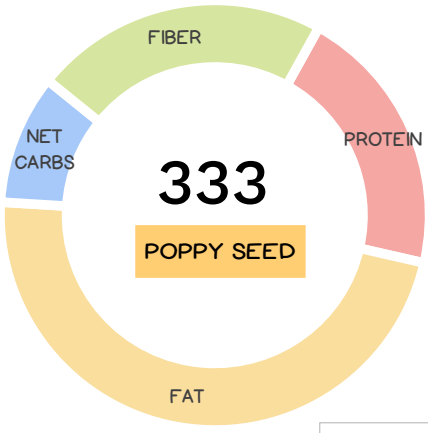




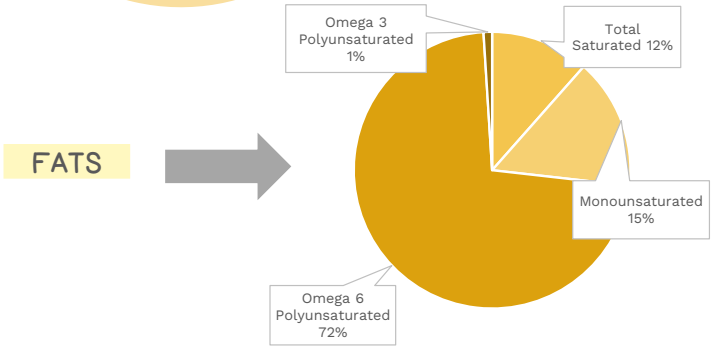
329 Poppy seed

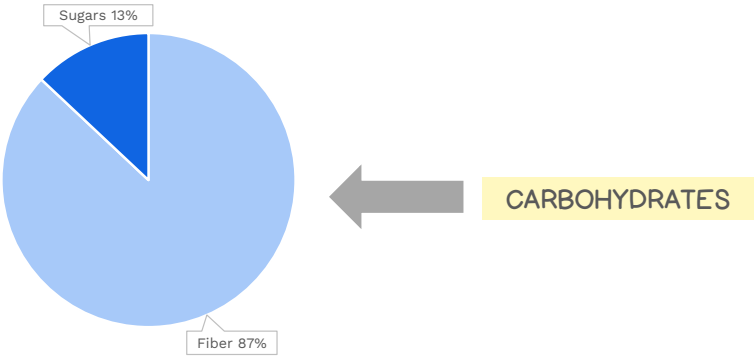
Serving Size:	9 grams	Protein:	1.6 grams	Net Carbs:	0.8 grams
Calories:	46	Fat:	3.7 grams	Fiber:	1.7 grams

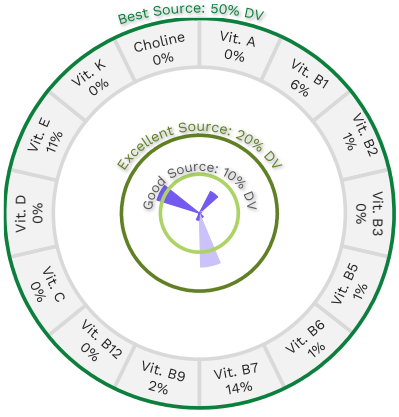
Vitamins & Vitaminlike Compounds		
Vitamin A	0.0 µg RAE	0% DV
Vitamin B1 (Thiamin)	75.2 µg	6% DV
Vitamin B2 (Riboflavin)	8.8 µg	1% DV
Vitamin B3 (Niacin)	0.1 mg	0% DV
Vitamin B5 (Pantothenic Acid)	0.0 mg	1% DV
Vitamin B6 (Pyridoxine)	21.7 µg	1% DV
Vitamin B7 (Biotin)	4.1 µg	14% DV
Vitamin B9 (Folate)	7.2 µg	2% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	0.1 mg	0% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	1.7 mg	11% DV
Vitamin K	0.0 µg	0% DV
Choline	0.8 mg	0% DV
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	126.5 mg	10% DV
Copper	143.2 µg	16% DV
Iodine	~	~
Iron	0.9 mg	5% DV
Magnesium	30.5 mg	7% DV
Manganese	590.2 µg	26% DV
Phosphorus	76.6 mg	6% DV
Potassium	63.3 mg	1% DV
Selenium	1.2 µg	2% DV
Sodium	2.3 mg	0% DV
Zinc	0.7 mg	6% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.5 g	3% DV
ALA	24.0 mg	2% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	2.5 g	15% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	0.0 µg	~
Polyphenols	69.0 mg	~
Phytosterols	16.3 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

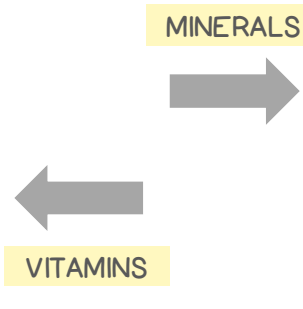


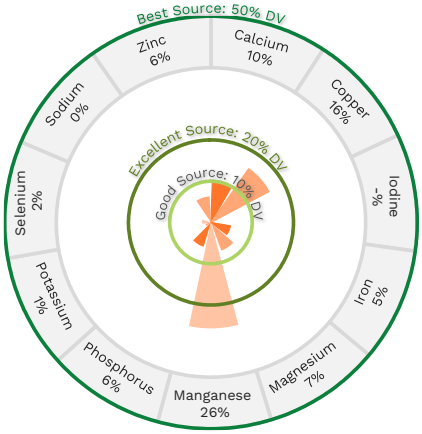








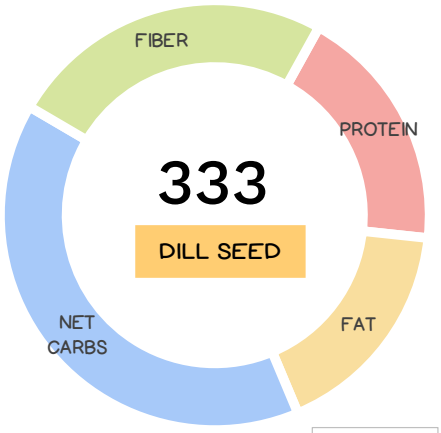




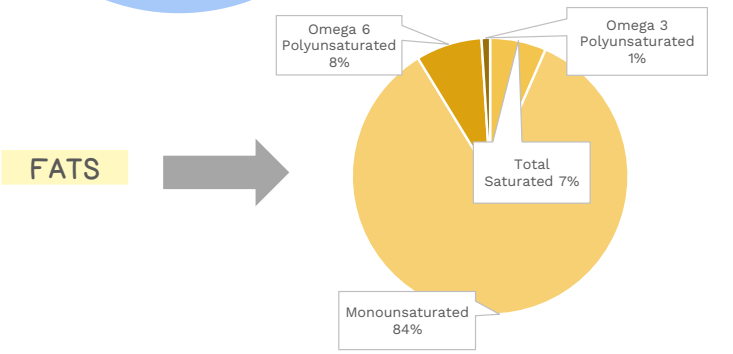
330 Dill seed

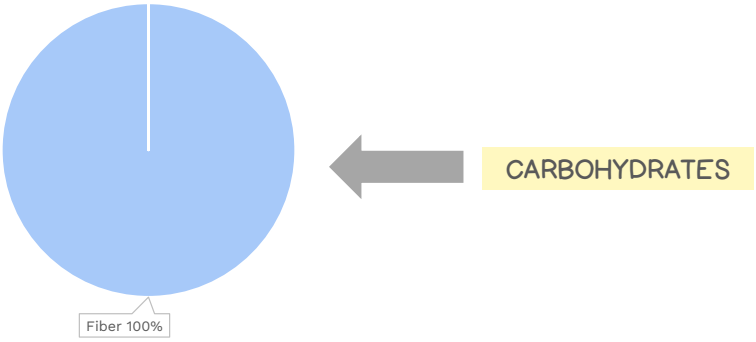
Serving Size:	7 grams	Protein:	1.1 grams	Net Carbs:	2.2 grams
Calories:	20	Fat:	1.0 grams	Fiber:	1.4 grams

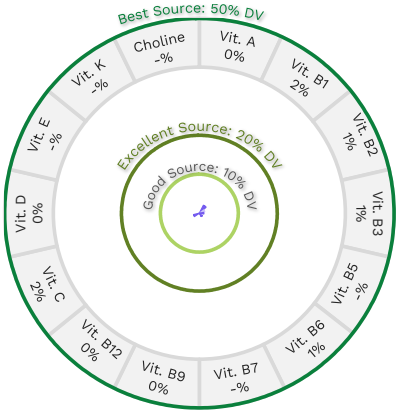
Vitamins & Vitaminlike Compounds		
Vitamin A	0.2 µg RAE	0% DV
Vitamin B1 (Thiamin)	27.6 µg	2% DV
Vitamin B2 (Riboflavin)	18.7 µg	1% DV
Vitamin B3 (Niacin)	0.2 mg	1% DV
Vitamin B5 (Pantothenic Acid)	~	~
Vitamin B6 (Pyridoxine)	16.5 µg	1% DV
Vitamin B7 (Biotin)	~	~
Vitamin B9 (Folate)	0.7 µg	0% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	1.4 mg	2% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	~	~
Vitamin K	~	~
Choline	~	~
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	100.1 mg	8% DV
Copper	51.5 µg	6% DV
Iodine	~	~
Iron	1.1 mg	6% DV
Magnesium	16.9 mg	4% DV
Manganese	121.0 µg	5% DV
Phosphorus	18.3 mg	1% DV
Potassium	78.3 mg	2% DV
Selenium	0.8 µg	1% DV
Sodium	1.3 mg	0% DV
Zinc	0.3 mg	3% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.6 g	3% DV
ALA	9.9 mg	1% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.1 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	~	~
Polyphenols	92.5 mg	~
Phytosterols	3.5 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

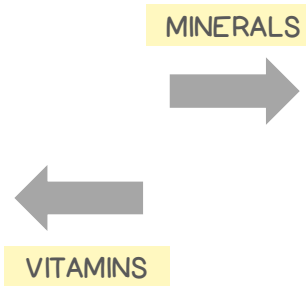


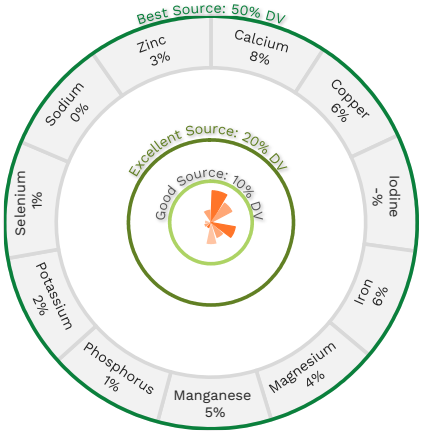








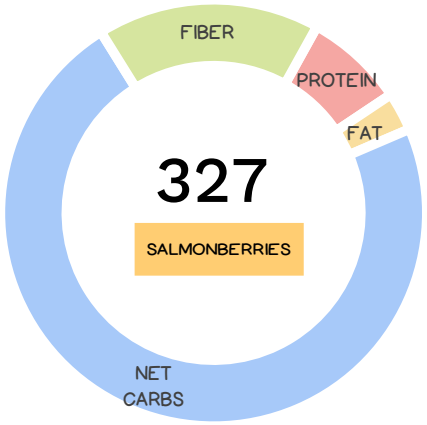




331 Salmonberries

Serving Size:	123 grams	Protein:	1.0 grams	Net Carbs:	10.0 grams
Calories:	58	Fat:	0.4 grams	Fiber:	2.3 grams

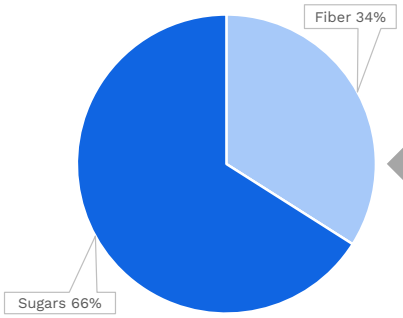
Vitamins & Vitaminlike Compounds		
Vitamin A	61.5 µg RAE	7% DV
Vitamin B1 (Thiamin)	50.4 µg	4% DV
Vitamin B2 (Riboflavin)	76.3 µg	6% DV
Vitamin B3 (Niacin)	0.6 mg	4% DV
Vitamin B5 (Pantothenic Acid)	0.2 mg	4% DV
Vitamin B6 (Pyridoxine)	95.9 µg	6% DV
Vitamin B7 (Biotin)	~	~
Vitamin B9 (Folate)	20.9 µg	5% DV
Vitamin B12 (Cobalamin)	~	~
Vitamin C	11.3 mg	13% DV
Vitamin D (D2 + D3)	~	~
Vitamin E	2.6 mg	17% DV
Vitamin K	18.2 µg	15% DV
Choline	~	~
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	16.0 mg	1% DV
Copper	36.9 µg	4% DV
Iodine	~	~
Iron	0.5 mg	3% DV
Magnesium	18.5 mg	4% DV
Manganese	1353.0 µg	59% DV
Phosphorus	33.2 mg	3% DV
Potassium	135.3 mg	3% DV
Selenium	~	~
Sodium	17.2 mg	1% DV
Zinc	0.3 mg	3% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	~	~
ALA	~	~
EPA + DHA	~	~
CLA	~	~
Linoleic Acid	~	~
MCT's	~	~
Phytonutrients		
Carotenoids	391.1 µg	~
Polyphenols	107.9 mg	~
Phytosterols	~	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~



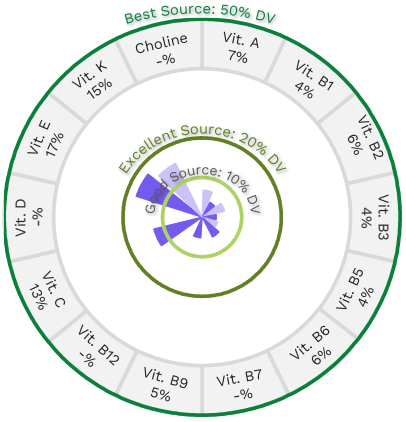


FATS

No detailed component data currently available in the USDA Food Central Database.

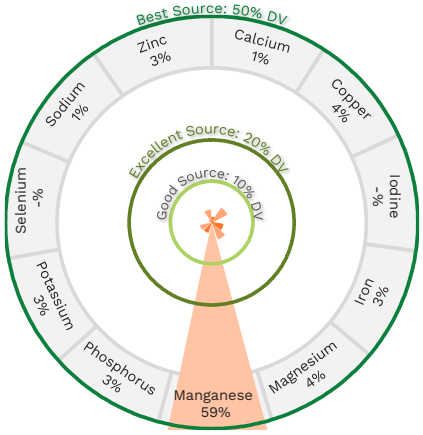


CARBOHYDRATES



MINERALS

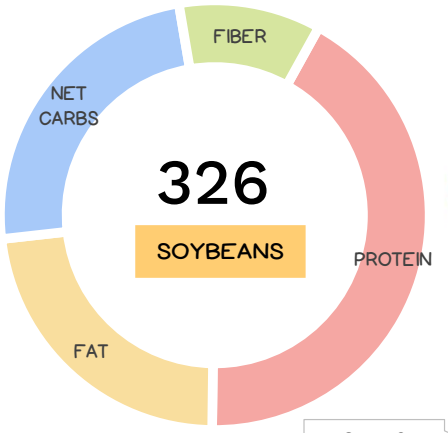
VITAMINS



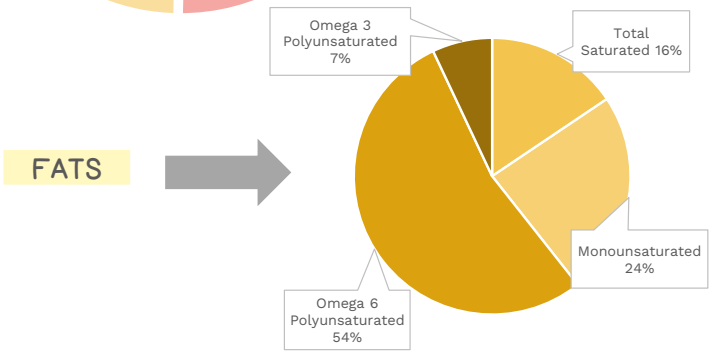
332 Soybeans

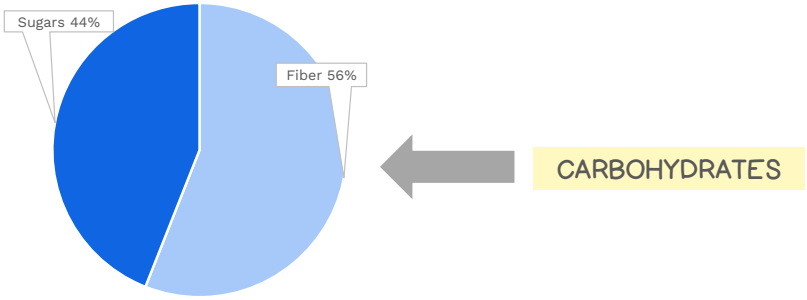
Serving Size:	93 grams	Protein:	33.9 grams	Net Carbs:	19.4 grams
Calories:	415	Fat:	18.5 grams	Fiber:	8.6 grams

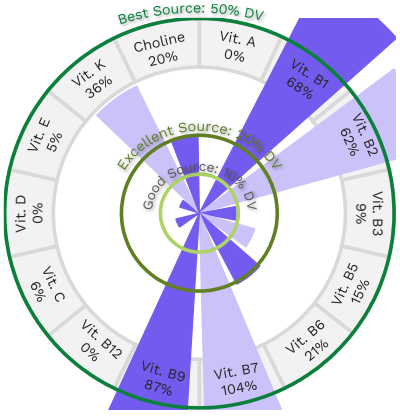
Vitamins & Vitaminlike Compounds		
Vitamin A	0.9 µg RAE	0% DV
Vitamin B1 (Thiamin)	812.8 µg	68% DV
Vitamin B2 (Riboflavin)	809.1 µg	62% DV
Vitamin B3 (Niacin)	1.5 mg	9% DV
Vitamin B5 (Pantothenic Acid)	0.7 mg	15% DV
Vitamin B6 (Pyridoxine)	350.6 µg	21% DV
Vitamin B7 (Biotin)	31.2 µg	104% DV
Vitamin B9 (Folate)	348.8 µg	87% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	5.6 mg	6% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.8 mg	5% DV
Vitamin K	43.7 µg	36% DV
Choline	107.8 mg	20% DV
Myo-Inositol	81.8 mg	~
CoQ10	1.8 mg	~
Minerals		
Calcium	257.6 mg	20% DV
Copper	1541.9 µg	171% DV
Iodine	~	~
Iron	14.6 mg	81% DV
Magnesium	260.4 mg	62% DV
Manganese	2340.8 µg	102% DV
Phosphorus	654.7 mg	52% DV
Potassium	1671.2 mg	36% DV
Selenium	16.6 µg	30% DV
Sodium	1.9 mg	0% DV
Zinc	4.5 mg	41% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	4.1 g	20% DV
ALA	1236.9 mg	77% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	9.2 g	54% DV
MCT's	~	~
Phytonutrients		
Carotenoids	12.1 µg	~
Polyphenols	267.8 mg	~
Phytosterols	115.1 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

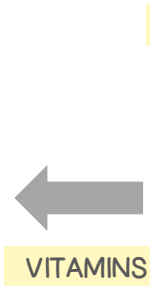




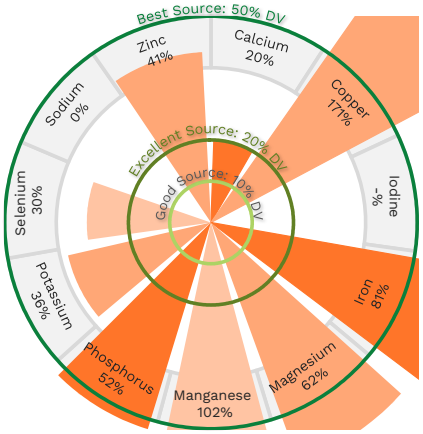








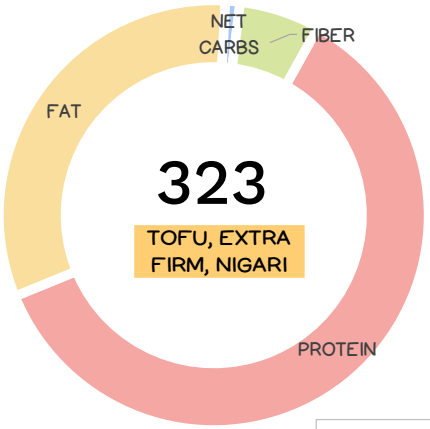




333 Tofu, extra firm, nigari

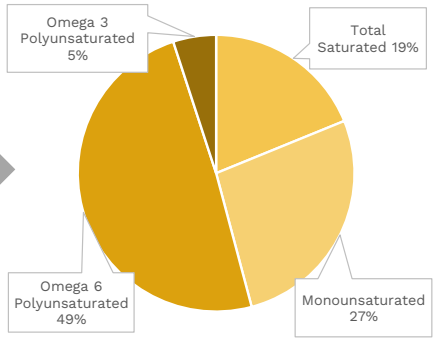
Serving Size:	81 grams	Protein:	8.1 grams	Net Carbs:	0.1 grams
Calories:	67	Fat:	4.3 grams	Fiber:	0.8 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	0.0 µg RAE	0% DV
Vitamin B1 (Thiamin)	38.9 µg	3% DV
Vitamin B2 (Riboflavin)	38.9 µg	3% DV
Vitamin B3 (Niacin)	0.2 mg	1% DV
Vitamin B5 (Pantothenic Acid)	0.7 mg	14% DV
Vitamin B6 (Pyridoxine)	67.2 µg	4% DV
Vitamin B7 (Biotin)	3.4 µg	11% DV
Vitamin B9 (Folate)	7.3 µg	2% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	0.0 mg	0% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.0 mg	0% DV
Vitamin K	2.3 µg	2% DV
Choline	26.7 mg	5% DV
Myo-Inositol	~	~
CoQ10	0.2 mg	~
Minerals		
Calcium	228.4 mg	18% DV
Copper	162.0 µg	18% DV
Iodine	~	~
Iron	1.7 mg	9% DV
Magnesium	28.4 mg	7% DV
Manganese	539.5 µg	23% DV
Phosphorus	89.9 mg	7% DV
Potassium	105.3 mg	2% DV
Selenium	10.5 µg	19% DV
Sodium	3.2 mg	0% DV
Zinc	0.9 mg	8% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	1.1 g	5% DV
ALA	211.4 mg	13% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	1.9 g	11% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	0.0 µg	~
Polyphenols	0.0 mg	~
Phytosterols	100.3 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

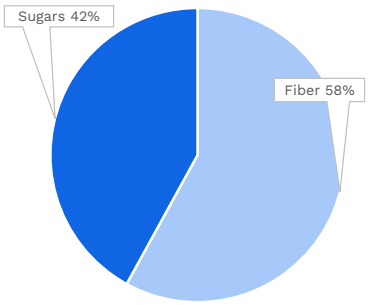




FATS

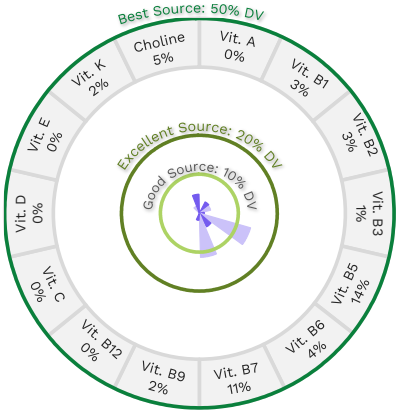


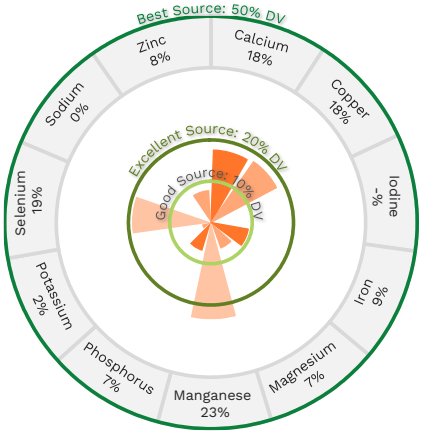
CARBOHYDRATES



MINERALS

VITAMINS

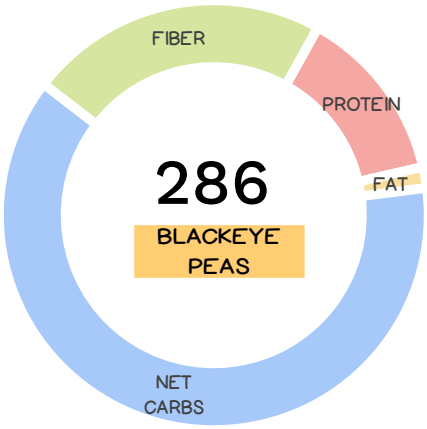




334 Blackeye Peas

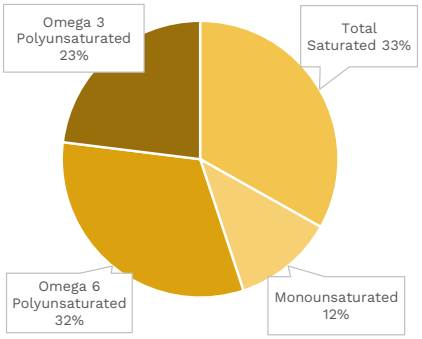
Serving Size:	73 grams	Protein:	2.1 grams	Net Carbs:	10.0 grams
Calories:	65	Fat:	0.3 grams	Fiber:	3.6 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	29.7 µg RAE	3% DV
Vitamin B1 (Thiamin)	79.8 µg	7% DV
Vitamin B2 (Riboflavin)	105.1 µg	8% DV
Vitamin B3 (Niacin)	1.1 mg	7% DV
Vitamin B5 (Pantothenic Acid)	0.1 mg	2% DV
Vitamin B6 (Pyridoxine)	48.6 µg	3% DV
Vitamin B7 (Biotin)	~	~
Vitamin B9 (Folate)	121.8 µg	30% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	1.8 mg	2% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	~	~
Vitamin K	~	~
Choline	~	~
Myo-Inositol	84.1 mg	~
CoQ10	~	~
Minerals		
Calcium	91.4 mg	7% DV
Copper	94.3 µg	10% DV
Iodine	~	~
Iron	0.8 mg	4% DV
Magnesium	37.0 mg	9% DV
Manganese	406.0 µg	18% DV
Phosphorus	38.4 mg	3% DV
Potassium	312.5 mg	7% DV
Selenium	1.7 µg	3% DV
Sodium	2.9 mg	0% DV
Zinc	0.7 mg	7% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	45.7 mg	3% DV
EPA + DHA	~	~
CLA	~	~
Linoleic Acid	0.1 g	0% DV
MCT's	~	~
Phytonutrients		
Carotenoids	~	~
Polyphenols	220.0 mg	~
Phytosterols	38.6 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

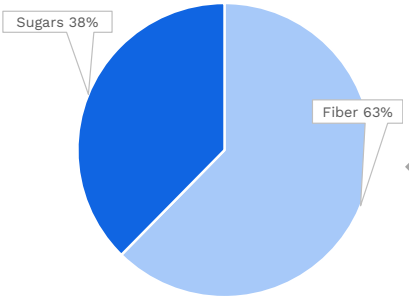




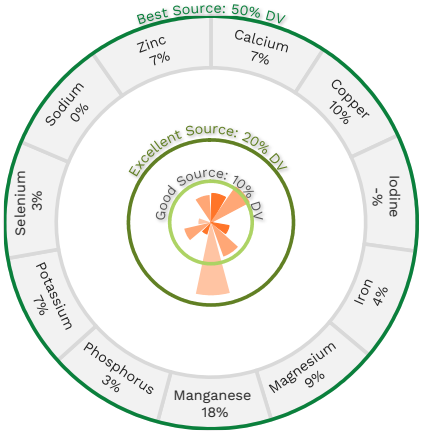
FATS



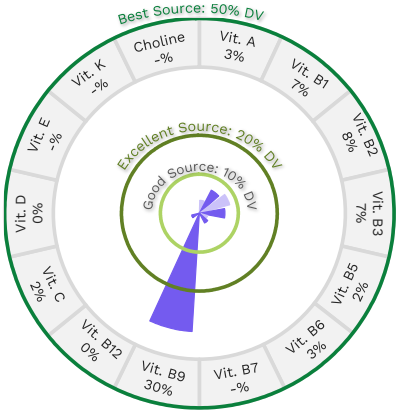
CARBOHYDRATES



MINERALS



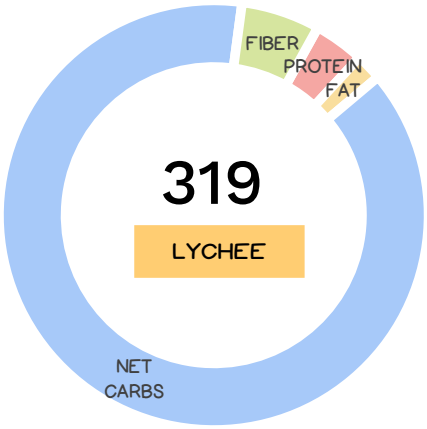
VITAMINS



335 Lychee

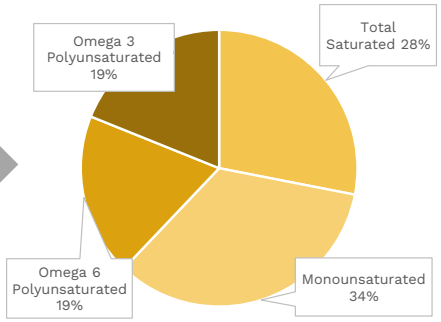
Serving Size:	190 grams	Protein:	1.6 grams	Net Carbs:	36.7 grams
Calories:	125	Fat:	0.8 grams	Fiber:	2.5 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	0.0 µg RAE	0% DV
Vitamin B1 (Thiamin)	20.9 µg	2% DV
Vitamin B2 (Riboflavin)	123.5 µg	10% DV
Vitamin B3 (Niacin)	1.1 mg	7% DV
Vitamin B5 (Pantothenic Acid)	~	~
Vitamin B6 (Pyridoxine)	190.0 µg	11% DV
Vitamin B7 (Biotin)	1.1 µg	4% DV
Vitamin B9 (Folate)	26.6 µg	7% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	135.9 mg	151% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.1 mg	1% DV
Vitamin K	0.8 µg	1% DV
Choline	13.5 mg	2% DV
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	9.5 mg	1% DV
Copper	437.0 µg	49% DV
Iodine	~	~
Iron	0.8 mg	5% DV
Magnesium	30.8 mg	7% DV
Manganese	627.0 µg	27% DV
Phosphorus	66.5 mg	5% DV
Potassium	345.8 mg	7% DV
Selenium	1.1 µg	2% DV
Sodium	1.9 mg	0% DV
Zinc	0.5 mg	5% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.2 g	1% DV
ALA	123.5 mg	8% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.1 g	1% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	1085.7 µg	~
Polyphenols	492.4 mg	~
Phytosterols	23.0 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

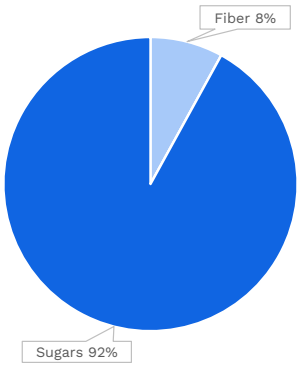




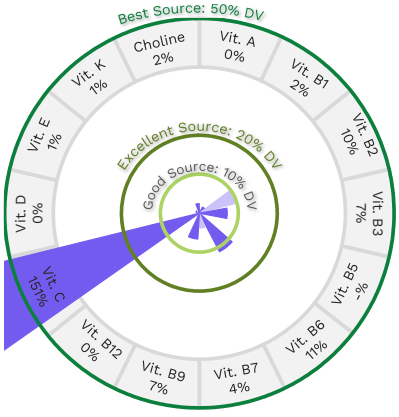
FATS



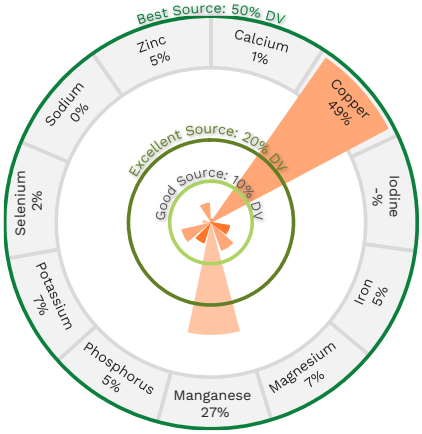
CARBOHYDRATES



VITAMINS



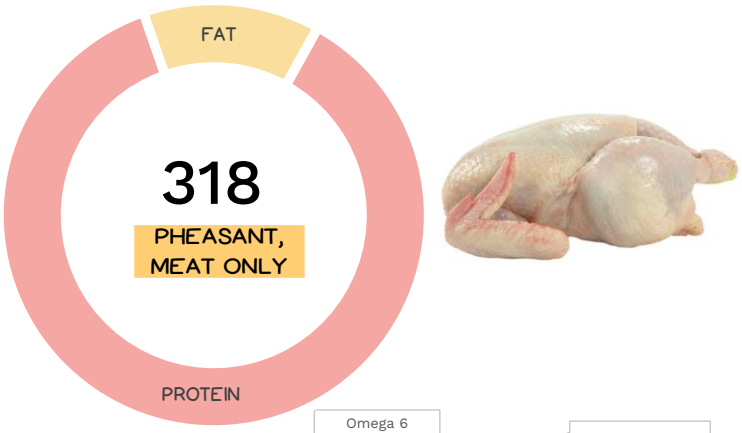
MINERALS

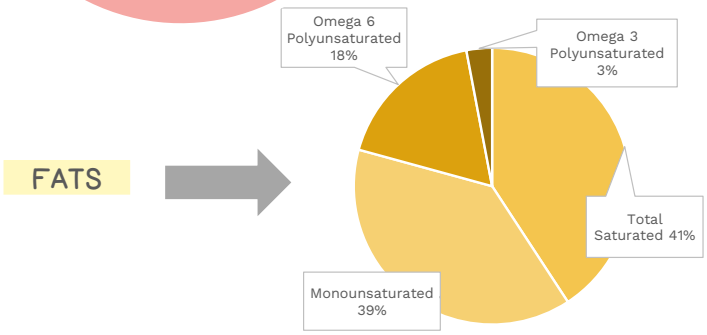


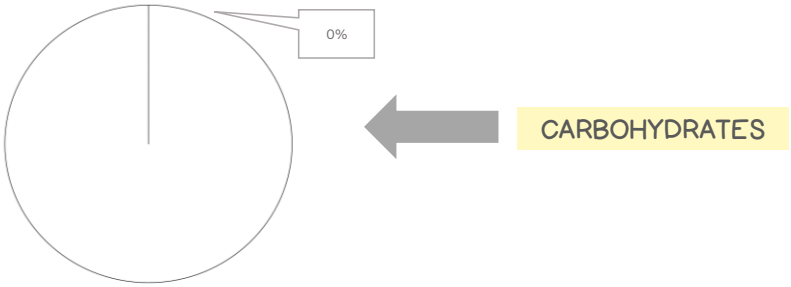
336 Pheasant, meat only

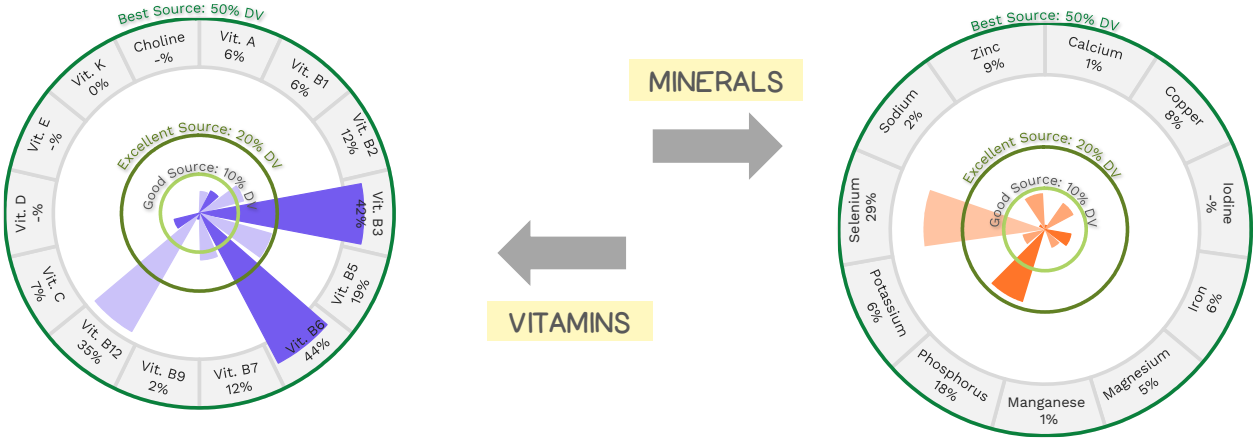
Serving Size:	100 grams	Protein:	23.6 grams	Net Carbs:	0.0 grams
Calories:	133	Fat:	3.6 grams	Fiber:	0.0 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	50.0 µg RAE	6% DV
Vitamin B1 (Thiamin)	77.0 µg	6% DV
Vitamin B2 (Riboflavin)	153.0 µg	12% DV
Vitamin B3 (Niacin)	6.8 mg	42% DV
Vitamin B5 (Pantothenic Acid)	1.0 mg	19% DV
Vitamin B6 (Pyridoxine)	740.0 µg	44% DV
Vitamin B7 (Biotin)	3.6 µg	12% DV
Vitamin B9 (Folate)	6.0 µg	2% DV
Vitamin B12 (Cobalamin)	0.8 µg	35% DV
Vitamin C	6.0 mg	7% DV
Vitamin D (D2 + D3)	~	~
Vitamin E	~	~
Vitamin K	0.0 µg	0% DV
Choline	~	~
Myo-Inositol	5.0 mg	~
CoQ10	2.1 mg	~
Minerals		
Calcium	13.0 mg	1% DV
Copper	69.0 µg	8% DV
Iodine	~	~
Iron	1.2 mg	6% DV
Magnesium	20.0 mg	5% DV
Manganese	16.0 µg	1% DV
Phosphorus	230.0 mg	18% DV
Potassium	262.0 mg	6% DV
Selenium	16.2 µg	29% DV
Sodium	37.0 mg	2% DV
Zinc	1.0 mg	9% DV
Amino Acids & Peptides		
Taurine	378.0 mg	~
Ergothioneine	0.1 mg	~
Functional Fats		
MUFA	1.2 g	6% DV
ALA	80.0 mg	5% DV
EPA + DHA	0.0 mg	0% DV
CLA	3.3 mg	~
Linoleic Acid	0.5 g	3% DV
MCT's	0.1 g	~
Phytonutrients		
Carotenoids	0.0 µg	~
Polyphenols	0.0 mg	~
Phytosterols	0.0 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~





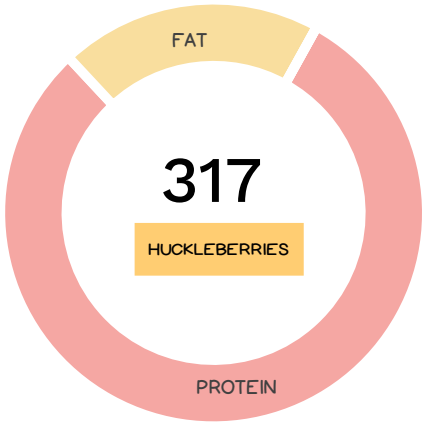




337 Huckleberries

Serving Size:	146 grams	Protein:	0.6 grams	Net Carbs:	~
Calories:	54	Fat:	0.1 grams	Fiber:	~

Vitamins & Vitaminlike Compounds		
Vitamin A	~	~
Vitamin B1 (Thiamin)	14.6 µg	1% DV
Vitamin B2 (Riboflavin)	43.8 µg	3% DV
Vitamin B3 (Niacin)	0.4 mg	3% DV
Vitamin B5 (Pantothenic Acid)	~	~
Vitamin B6 (Pyridoxine)	~	~
Vitamin B7 (Biotin)	~	~
Vitamin B9 (Folate)	~	~
Vitamin B12 (Cobalamin)	~	~
Vitamin C	4.1 mg	5% DV
Vitamin D (D2 + D3)	~	~
Vitamin E	~	~
Vitamin K	~	~
Choline	~	~
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	21.9 mg	2% DV
Copper	~	~
Iodine	~	~
Iron	0.4 mg	2% DV
Magnesium	~	~
Manganese	~	~
Phosphorus	~	~
Potassium	~	~
Selenium	~	~
Sodium	14.6 mg	1% DV
Zinc	~	~
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	~	~
ALA	~	~
EPA + DHA	~	~
CLA	~	~
Linoleic Acid	~	~
MCT's	~	~
Phytonutrients		
Carotenoids	~	~
Polyphenols	1234.6 mg	~
Phytosterols	~	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~





FATS



No detailed component data currently available in the USDA Food Central Database.

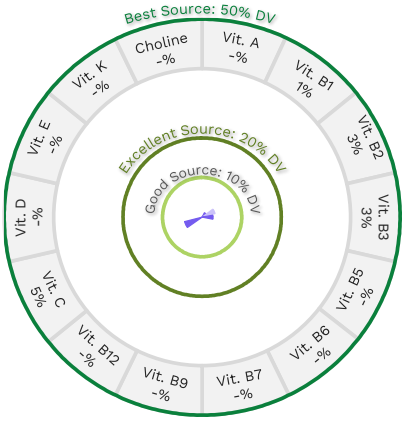


No detailed component data currently available in the USDA Food Central Database.

CARBOHYDRATES

MINERALS

VITAMINS

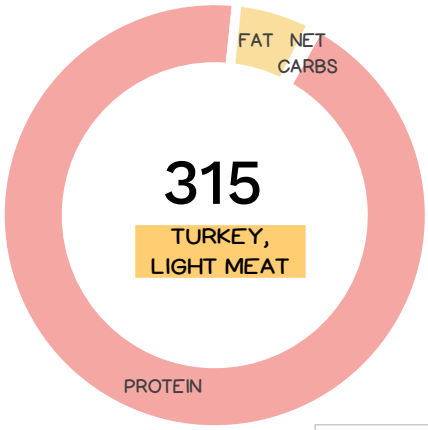


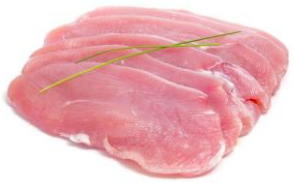


338 Turkey, light meat

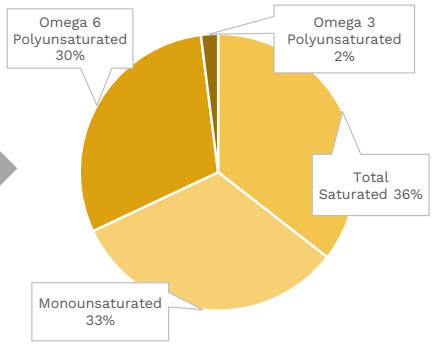
Serving Size:	100 grams	Protein:	23.7 grams	Net Carbs:	0.1 grams
Calories:	114	Fat:	1.5 grams	Fiber:	0.0 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	6.0 µg RAE	1% DV
Vitamin B1 (Thiamin)	42.0 µg	4% DV
Vitamin B2 (Riboflavin)	145.0 µg	11% DV
Vitamin B3 (Niacin)	9.9 mg	62% DV
Vitamin B5 (Pantothenic Acid)	0.8 mg	16% DV
Vitamin B6 (Pyridoxine)	813.0 µg	48% DV
Vitamin B7 (Biotin)	2.0 µg	7% DV
Vitamin B9 (Folate)	7.0 µg	2% DV
Vitamin B12 (Cobalamin)	0.6 µg	26% DV
Vitamin C	0.0 mg	0% DV
Vitamin D (D2 + D3)	0.1 µg	1% DV
Vitamin E	0.1 mg	0% DV
Vitamin K	0.0 µg	0% DV
Choline	53.0 mg	10% DV
Myo-Inositol	8.0 mg	~
CoQ10	1.7 mg	~
Minerals		
Calcium	11.0 mg	1% DV
Copper	70.0 µg	8% DV
Iodine	~	~
Iron	0.7 mg	4% DV
Magnesium	28.0 mg	7% DV
Manganese	11.0 µg	0% DV
Phosphorus	201.0 mg	16% DV
Potassium	242.0 mg	5% DV
Selenium	22.7 µg	41% DV
Sodium	113.0 mg	5% DV
Zinc	1.3 mg	12% DV
Amino Acids & Peptides		
Taurine	29.5 mg	~
Ergothioneine	0.1 mg	~
Functional Fats		
MUFA	0.3 g	1% DV
ALA	9.0 mg	1% DV
EPA + DHA	2.0 mg	1% DV
CLA	3.7 mg	~
Linoleic Acid	0.2 g	1% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	0.0 µg	~
Polyphenols	0.0 mg	~
Phytosterols	0.0 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

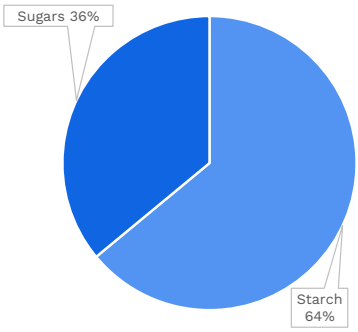




FATS

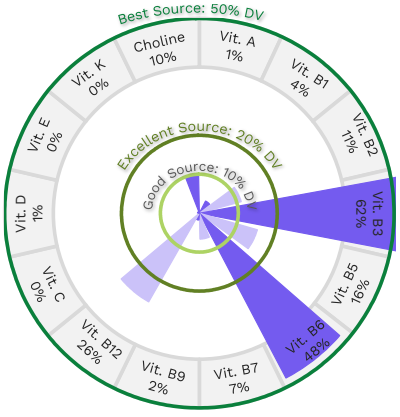


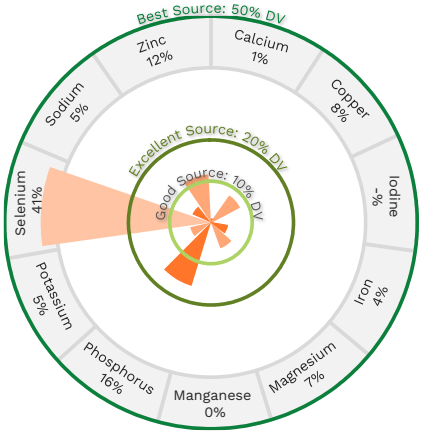
CARBOHYDRATES



MINERALS

VITAMINS

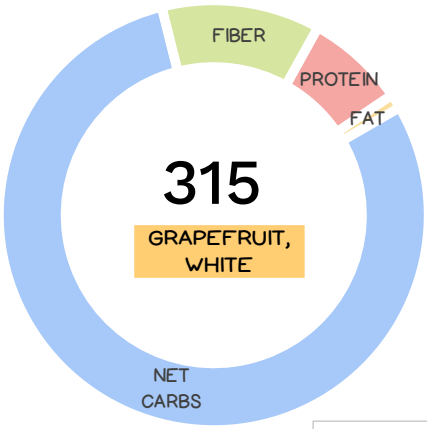




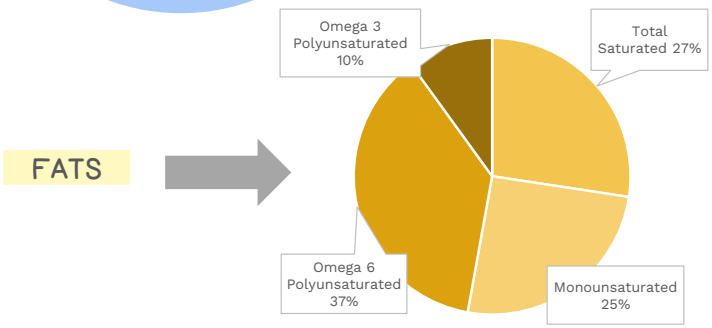
339 Grapefruit, white

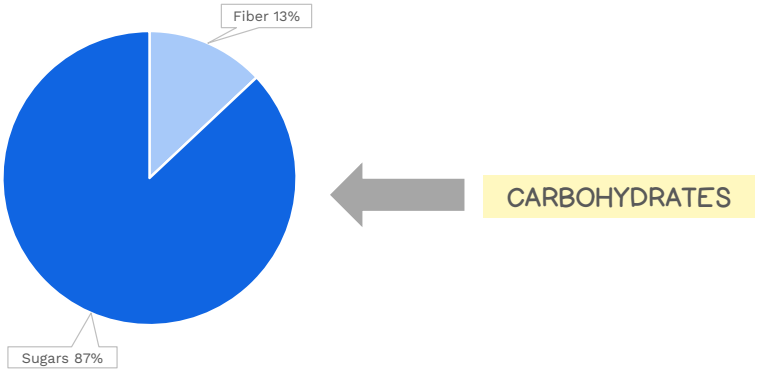
Serving Size:	230 grams	Protein:	1.6 grams	Net Carbs:	16.8 grams
Calories:	76	Fat:	0.2 grams	Fiber:	2.5 grams

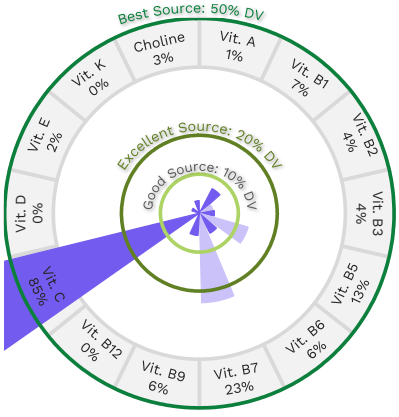
Vitamins & Vitaminlike Compounds		
Vitamin A	4.6 µg RAE	1% DV
Vitamin B1 (Thiamin)	85.1 µg	7% DV
Vitamin B2 (Riboflavin)	46.0 µg	4% DV
Vitamin B3 (Niacin)	0.6 mg	4% DV
Vitamin B5 (Pantothenic Acid)	0.7 mg	13% DV
Vitamin B6 (Pyridoxine)	98.9 µg	6% DV
Vitamin B7 (Biotin)	6.9 µg	23% DV
Vitamin B9 (Folate)	23.0 µg	6% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	76.6 mg	85% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.3 mg	2% DV
Vitamin K	0.0 µg	0% DV
Choline	17.7 mg	3% DV
Myo-Inositol	457.7 mg	~
CoQ10	0.3 mg	~
Minerals		
Calcium	27.6 mg	2% DV
Copper	115.0 µg	13% DV
Iodine	~	~
Iron	0.1 mg	1% DV
Magnesium	20.7 mg	5% DV
Manganese	29.9 µg	1% DV
Phosphorus	18.4 mg	1% DV
Potassium	340.4 mg	7% DV
Selenium	3.2 µg	6% DV
Sodium	0.0 mg	0% DV
Zinc	0.2 mg	1% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	11.5 mg	1% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.0 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	80.5 µg	~
Polyphenols	0.0 mg	~
Phytosterols	41.4 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

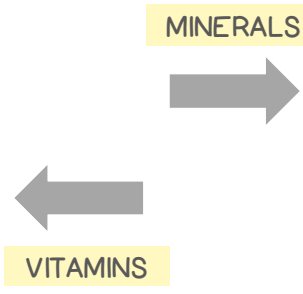


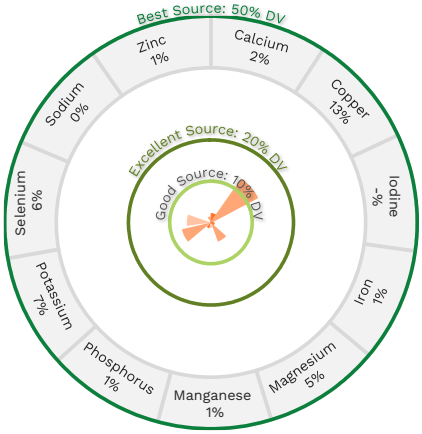








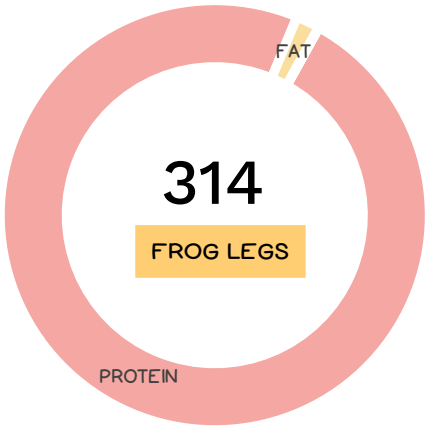




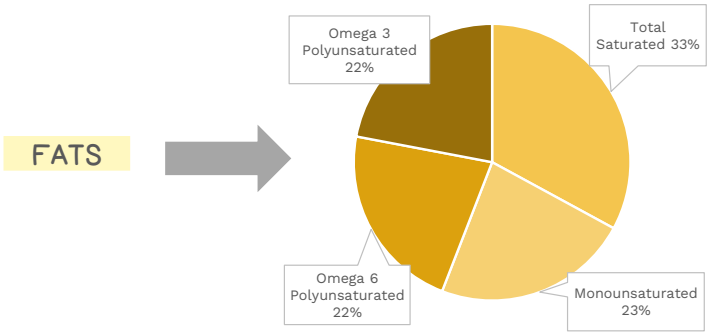
340 Frog legs

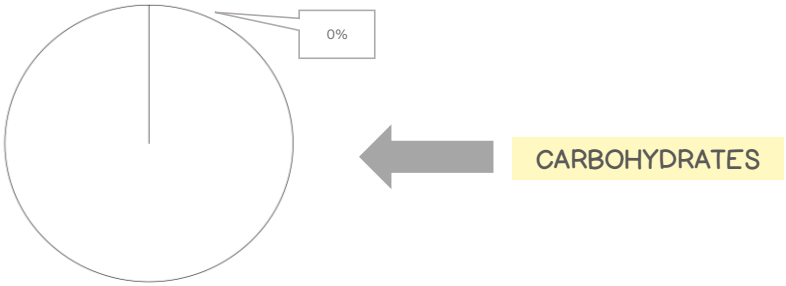
Serving Size:	100 grams	Protein:	16.4 grams	Net Carbs:	0.0 grams
Calories:	73	Fat:	0.3 grams	Fiber:	0.0 grams

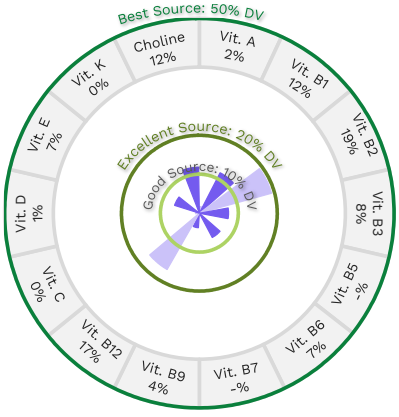
Vitamins & Vitaminlike Compounds		
Vitamin A	15.0 µg RAE	2% DV
Vitamin B1 (Thiamin)	140.0 µg	12% DV
Vitamin B2 (Riboflavin)	250.0 µg	19% DV
Vitamin B3 (Niacin)	1.2 mg	8% DV
Vitamin B5 (Pantothenic Acid)	~	~
Vitamin B6 (Pyridoxine)	120.0 µg	7% DV
Vitamin B7 (Biotin)	~	~
Vitamin B9 (Folate)	15.0 µg	4% DV
Vitamin B12 (Cobalamin)	0.4 µg	17% DV
Vitamin C	0.0 mg	0% DV
Vitamin D (D2 + D3)	0.2 µg	1% DV
Vitamin E	1.0 mg	7% DV
Vitamin K	0.1 µg	0% DV
Choline	65.0 mg	12% DV
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	18.0 mg	1% DV
Copper	250.0 µg	28% DV
Iodine	~	~
Iron	1.5 mg	8% DV
Magnesium	20.0 mg	5% DV
Manganese	~	~
Phosphorus	147.0 mg	12% DV
Potassium	285.0 mg	6% DV
Selenium	14.1 µg	26% DV
Sodium	58.0 mg	3% DV
Zinc	1.0 mg	9% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.1 g	0% DV
ALA	10.0 mg	1% DV
EPA + DHA	34.0 mg	14% DV
CLA	~	~
Linoleic Acid	0.0 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	0.0 µg	~
Polyphenols	0.0 mg	~
Phytosterols	0.0 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

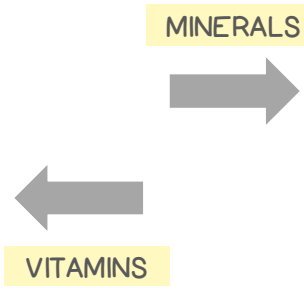










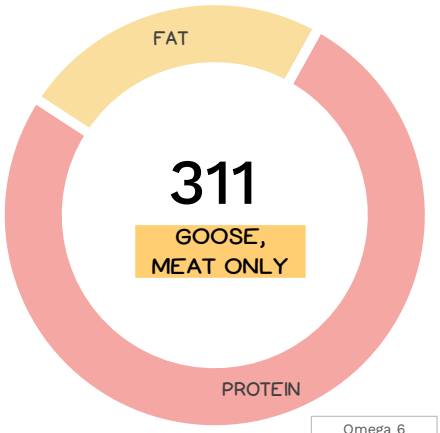




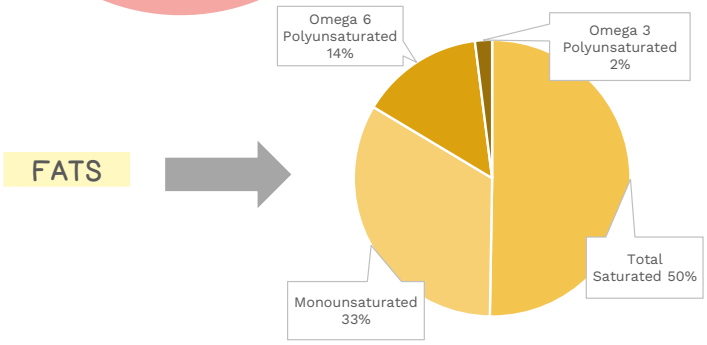
341 Goose, meat only

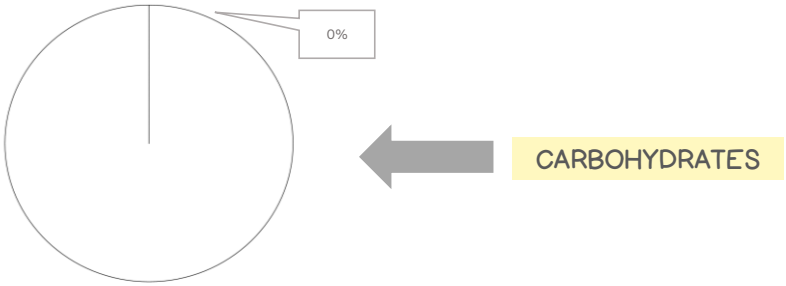
Serving Size:	100 grams	Protein:	22.8 grams	Net Carbs:	0.0 grams
Calories:	161	Fat:	7.1 grams	Fiber:	0.0 grams

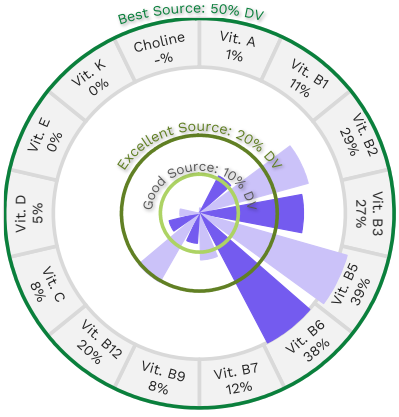
Vitamins & Vitaminlike Compounds		
Vitamin A	12.0 µg RAE	1% DV
Vitamin B1 (Thiamin)	129.0 µg	11% DV
Vitamin B2 (Riboflavin)	377.0 µg	29% DV
Vitamin B3 (Niacin)	4.3 mg	27% DV
Vitamin B5 (Pantothenic Acid)	2.0 mg	39% DV
Vitamin B6 (Pyridoxine)	640.0 µg	38% DV
Vitamin B7 (Biotin)	3.6 µg	12% DV
Vitamin B9 (Folate)	31.0 µg	8% DV
Vitamin B12 (Cobalamin)	0.5 µg	20% DV
Vitamin C	7.2 mg	8% DV
Vitamin D (D2 + D3)	1.0 µg	5% DV
Vitamin E	0.0 mg	0% DV
Vitamin K	0.0 µg	0% DV
Choline	~	~
Myo-Inositol	5.0 mg	~
CoQ10	2.1 mg	~
Minerals		
Calcium	13.0 mg	1% DV
Copper	306.0 µg	34% DV
Iodine	~	~
Iron	2.6 mg	14% DV
Magnesium	24.0 mg	6% DV
Manganese	24.0 µg	1% DV
Phosphorus	312.0 mg	25% DV
Potassium	420.0 mg	9% DV
Selenium	16.8 µg	31% DV
Sodium	87.0 mg	4% DV
Zinc	2.3 mg	21% DV
Amino Acids & Peptides		
Taurine	378.0 mg	~
Ergothioneine	0.1 mg	~
Functional Fats		
MUFA	1.9 g	9% DV
ALA	100.0 mg	6% DV
EPA + DHA	0.0 mg	0% DV
CLA	6.4 mg	~
Linoleic Acid	0.8 g	5% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	0.0 µg	~
Polyphenols	0.0 mg	~
Phytosterols	0.0 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

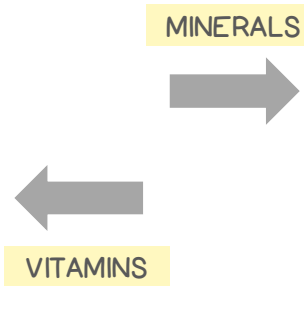


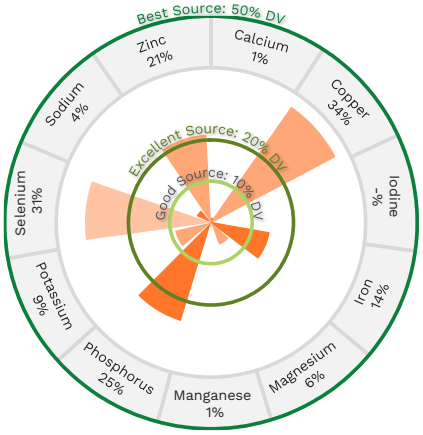








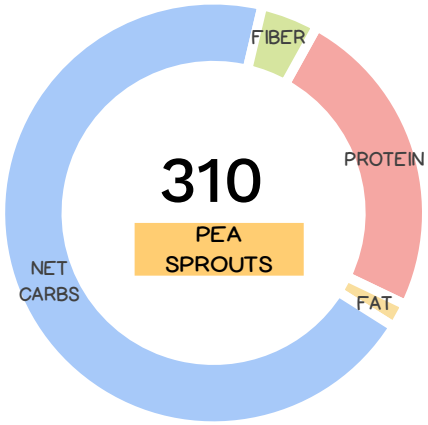




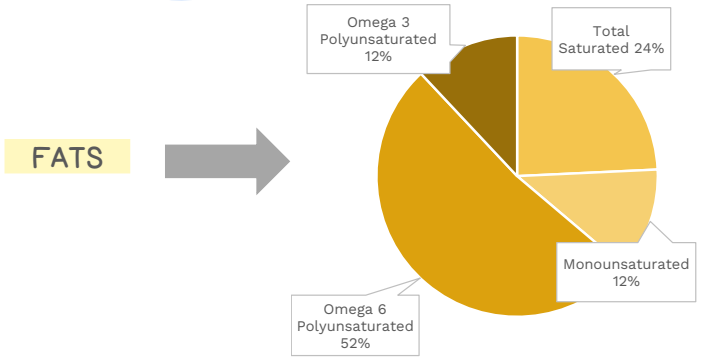
342 Pea Sprouts

Serving Size:	120 grams	Protein:	10.6 grams	Net Carbs:	30.6 grams
Calories:	149	Fat:	0.8 grams	Fiber:	1.9 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	313.0 µg RAE	35% DV
Vitamin B1 (Thiamin)	270.0 µg	23% DV
Vitamin B2 (Riboflavin)	186.0 µg	14% DV
Vitamin B3 (Niacin)	3.7 mg	23% DV
Vitamin B5 (Pantothenic Acid)	1.2 mg	25% DV
Vitamin B6 (Pyridoxine)	318.0 µg	19% DV
Vitamin B7 (Biotin)	~	~
Vitamin B9 (Folate)	172.8 µg	43% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	12.5 mg	14% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	1.0 mg	6% DV
Vitamin K	~	~
Choline	~	~
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	43.2 mg	3% DV
Copper	326.4 µg	36% DV
Iodine	~	~
Iron	2.7 mg	15% DV
Magnesium	67.2 mg	16% DV
Manganese	525.6 µg	23% DV
Phosphorus	198.0 mg	16% DV
Potassium	457.2 mg	10% DV
Selenium	0.7 µg	1% DV
Sodium	24.0 mg	1% DV
Zinc	1.3 mg	11% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.1 g	0% DV
ALA	73.2 mg	5% DV
EPA + DHA	~	~
CLA	~	~
Linoleic Acid	0.3 g	2% DV
MCT's	~	~
Phytonutrients		
Carotenoids	3770.4 µg	~
Polyphenols	412.3 mg	~
Phytosterols	~	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

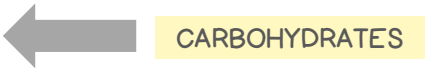


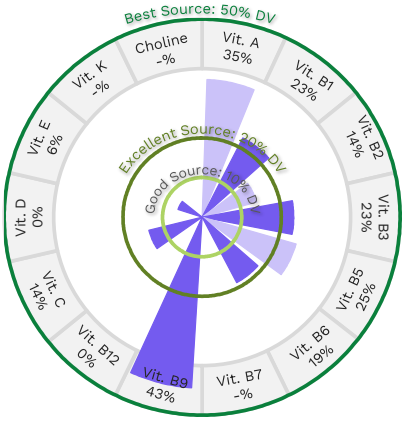






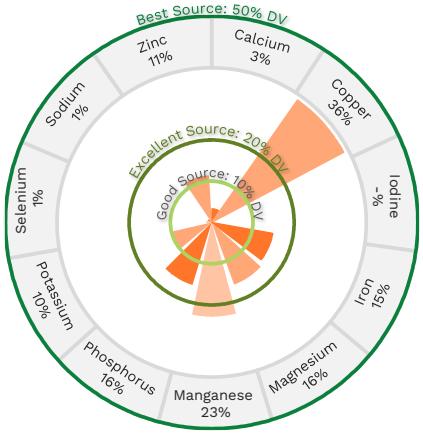
No detailed component data currently available in the USDA Food Central Database.







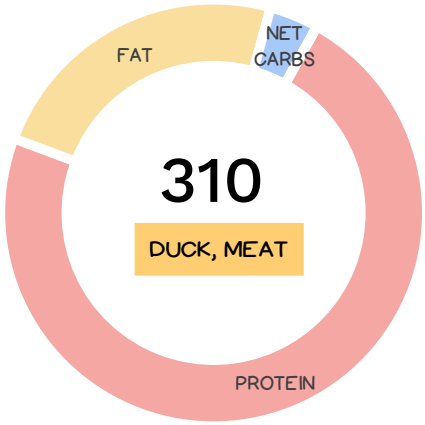




343 Duck, meat

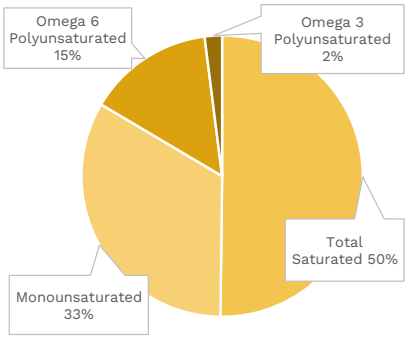
Serving Size:	100 grams	Protein:	18.3 grams	Net Carbs:	0.9 grams
Calories:	135	Fat:	6.0 grams	Fiber:	0.0 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	24.0 µg RAE	3% DV
Vitamin B1 (Thiamin)	360.0 µg	30% DV
Vitamin B2 (Riboflavin)	450.0 µg	35% DV
Vitamin B3 (Niacin)	5.3 mg	33% DV
Vitamin B5 (Pantothenic Acid)	1.6 mg	32% DV
Vitamin B6 (Pyridoxine)	340.0 µg	20% DV
Vitamin B7 (Biotin)	3.6 µg	12% DV
Vitamin B9 (Folate)	25.0 µg	6% DV
Vitamin B12 (Cobalamin)	0.4 µg	17% DV
Vitamin C	5.8 mg	6% DV
Vitamin D (D2 + D3)	0.1 µg	1% DV
Vitamin E	0.7 mg	5% DV
Vitamin K	2.8 µg	2% DV
Choline	53.6 mg	10% DV
Myo-Inositol	26.2 mg	~
CoQ10	2.5 mg	~
Minerals		
Calcium	11.0 mg	1% DV
Copper	253.0 µg	28% DV
Iodine	~	~
Iron	2.4 mg	13% DV
Magnesium	19.0 mg	5% DV
Manganese	19.0 µg	1% DV
Phosphorus	203.0 mg	16% DV
Potassium	271.0 mg	6% DV
Selenium	13.9 µg	25% DV
Sodium	74.0 mg	3% DV
Zinc	1.9 mg	17% DV
Amino Acids & Peptides		
Taurine	169.6 mg	~
Ergothioneine	0.1 mg	~
Functional Fats		
MUFA	1.5 g	8% DV
ALA	80.0 mg	5% DV
EPA + DHA	0.0 mg	0% DV
CLA	5.4 mg	~
Linoleic Acid	0.7 g	4% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	0.0 µg	~
Polyphenols	0.0 mg	~
Phytosterols	0.0 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~





FATS

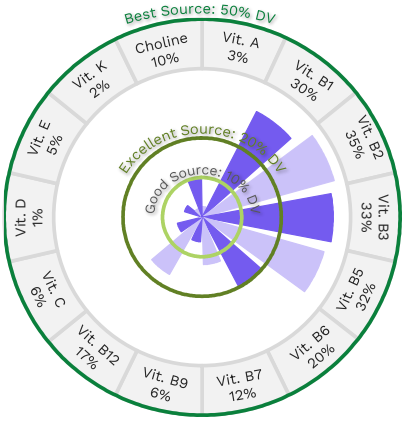


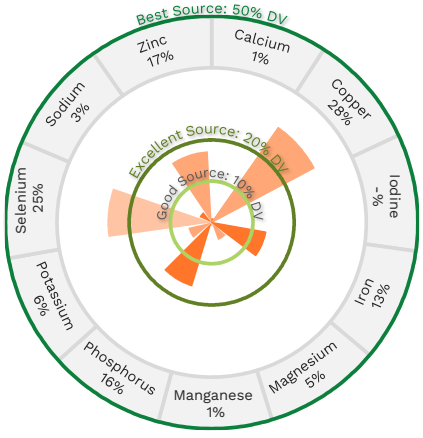
CARBOHYDRATES

No detailed component data currently available in the USDA Food Central Database.

MINERALS

VITAMINS

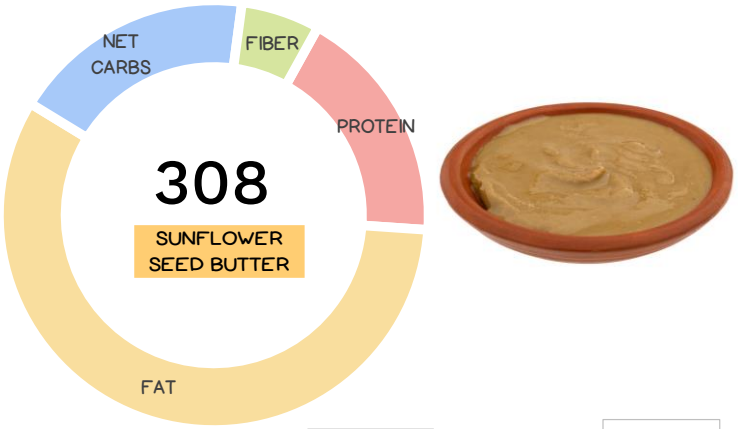


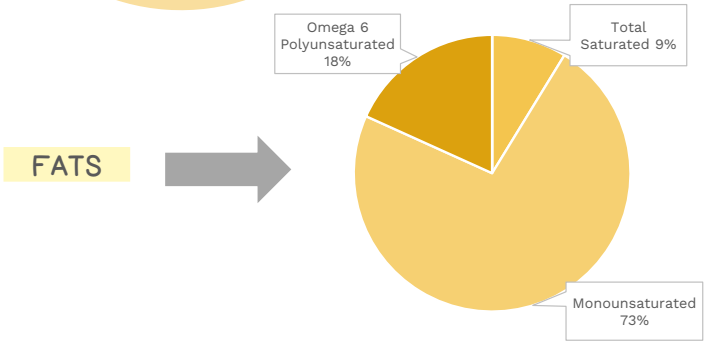


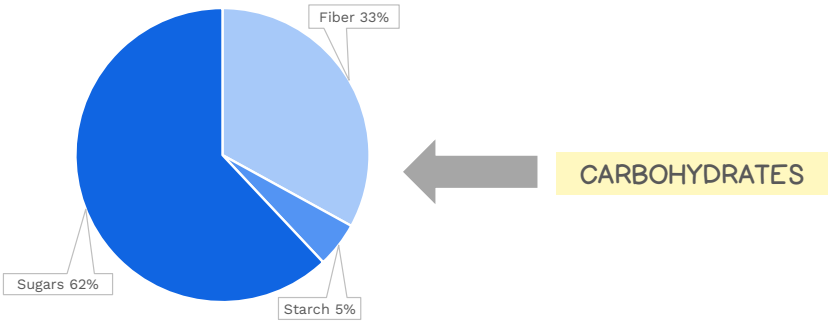
344 Sunflower seed butter

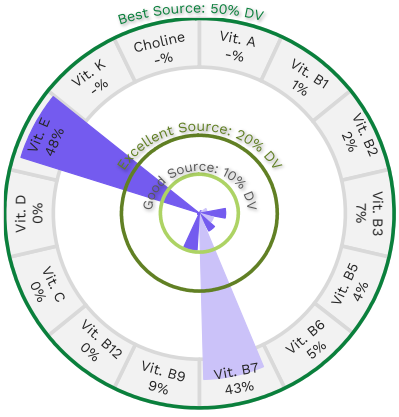
Serving Size:	16 grams	Protein:	2.8 grams	Net Carbs:	2.8 grams
Calories:	99	Fat:	8.8 grams	Fiber:	0.9 grams

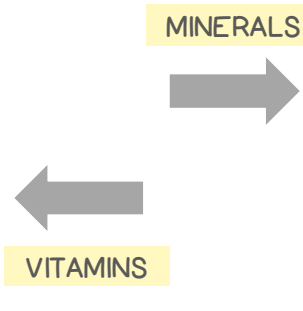
Vitamins & Vitaminlike Compounds		
Vitamin A	~	~
Vitamin B1 (Thiamin)	8.5 µg	1% DV
Vitamin B2 (Riboflavin)	26.1 µg	2% DV
Vitamin B3 (Niacin)	1.1 mg	7% DV
Vitamin B5 (Pantothenic Acid)	0.2 mg	4% DV
Vitamin B6 (Pyridoxine)	88.0 µg	5% DV
Vitamin B7 (Biotin)	12.8 µg	43% DV
Vitamin B9 (Folate)	37.9 µg	9% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	0.4 mg	0% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	7.2 mg	48% DV
Vitamin K	~	~
Choline	~	~
Myo-Inositol	1.9 mg	~
CoQ10	~	~
Minerals		
Calcium	10.2 mg	1% DV
Copper	255.5 µg	28% DV
Iodine	~	~
Iron	0.7 mg	4% DV
Magnesium	49.8 mg	12% DV
Manganese	331.7 µg	14% DV
Phosphorus	106.6 mg	9% DV
Potassium	92.2 mg	2% DV
Selenium	16.7 µg	30% DV
Sodium	0.5 mg	0% DV
Zinc	0.8 mg	7% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	6.2 g	31% DV
ALA	8.0 mg	1% DV
EPA + DHA	0.0 mg	0% DV
CLA	0.5 mg	~
Linoleic Acid	1.6 g	9% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	~	~
Polyphenols	202.5 mg	~
Phytosterols	33.4 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

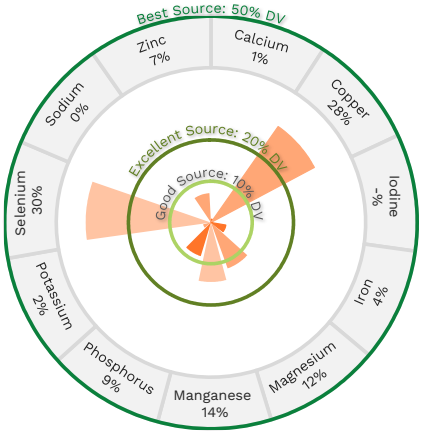








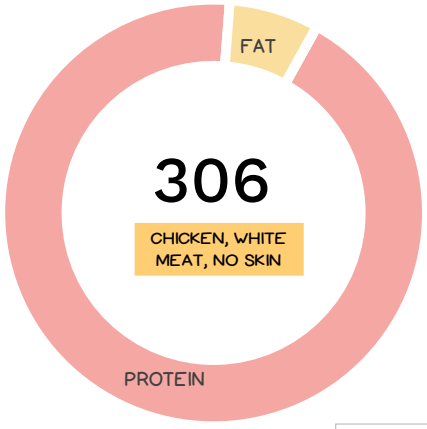




345 Chicken, white meat, no skin

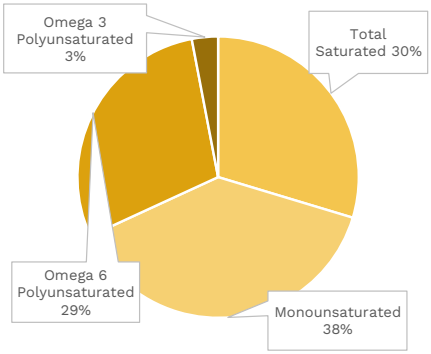
Serving Size:	100 grams	Protein:	22.2 grams	Net Carbs:	0.0 grams
Calories:	109	Fat:	1.6 grams	Fiber:	0.0 grams

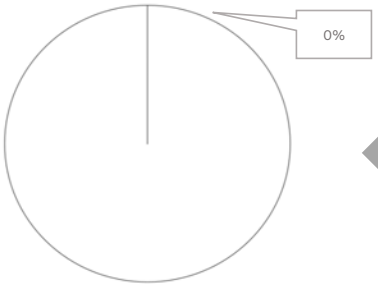
Vitamins & Vitaminlike Compounds		
Vitamin A	8.0 µg RAE	1% DV
Vitamin B1 (Thiamin)	66.0 µg	6% DV
Vitamin B2 (Riboflavin)	89.0 µg	7% DV
Vitamin B3 (Niacin)	10.2 mg	64% DV
Vitamin B5 (Pantothenic Acid)	0.9 mg	17% DV
Vitamin B6 (Pyridoxine)	550.0 µg	32% DV
Vitamin B7 (Biotin)	3.6 µg	12% DV
Vitamin B9 (Folate)	4.0 µg	1% DV
Vitamin B12 (Cobalamin)	0.4 µg	16% DV
Vitamin C	0.0 mg	0% DV
Vitamin D (D2 + D3)	0.1 µg	0% DV
Vitamin E	0.2 mg	1% DV
Vitamin K	2.4 µg	2% DV
Choline	54.7 mg	10% DV
Myo-Inositol	30.0 mg	~
CoQ10	1.7 mg	~
Minerals		
Calcium	11.0 mg	1% DV
Copper	38.0 µg	4% DV
Iodine	~	~
Iron	0.9 mg	5% DV
Magnesium	25.0 mg	6% DV
Manganese	17.0 µg	1% DV
Phosphorus	223.0 mg	18% DV
Potassium	252.0 mg	5% DV
Selenium	17.8 µg	32% DV
Sodium	51.0 mg	2% DV
Zinc	0.7 mg	6% DV
Amino Acids & Peptides		
Taurine	18.0 mg	~
Ergothioneine	0.1 mg	~
Functional Fats		
MUFA	0.5 g	2% DV
ALA	10.0 mg	1% DV
EPA + DHA	20.0 mg	8% DV
CLA	1.5 mg	~
Linoleic Acid	0.2 g	1% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	0.0 µg	~
Polyphenols	0.0 mg	~
Phytosterols	0.0 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~



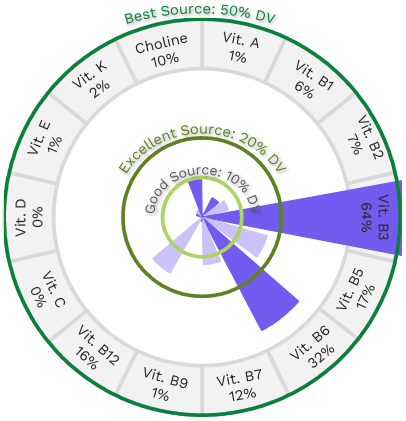


FATS





CARBOHYDRATES



MINERALS

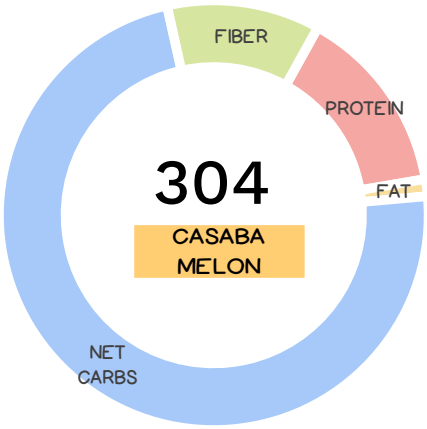
VITAMINS



346 Casaba melon

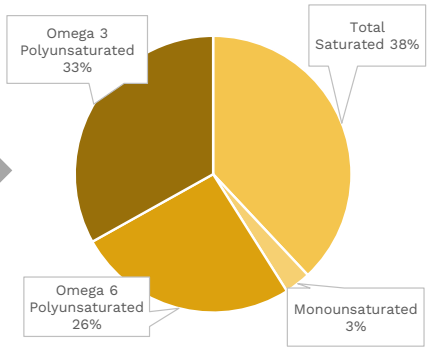
Serving Size:	170 grams	Protein:	1.9 grams	Net Carbs:	9.7 grams
Calories:	48	Fat:	0.2 grams	Fiber:	1.5 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	0.0 µg RAE	0% DV
Vitamin B1 (Thiamin)	25.5 µg	2% DV
Vitamin B2 (Riboflavin)	52.7 µg	4% DV
Vitamin B3 (Niacin)	0.4 mg	2% DV
Vitamin B5 (Pantothenic Acid)	0.1 mg	3% DV
Vitamin B6 (Pyridoxine)	277.1 µg	16% DV
Vitamin B7 (Biotin)	1.5 µg	5% DV
Vitamin B9 (Folate)	13.6 µg	3% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	37.1 mg	41% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.1 mg	1% DV
Vitamin K	4.3 µg	4% DV
Choline	12.9 mg	2% DV
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	18.7 mg	1% DV
Copper	102.0 µg	11% DV
Iodine	~	~
Iron	0.6 mg	3% DV
Magnesium	18.7 mg	4% DV
Manganese	59.5 µg	3% DV
Phosphorus	8.5 mg	1% DV
Potassium	309.4 mg	7% DV
Selenium	0.7 µg	1% DV
Sodium	15.3 mg	1% DV
Zinc	0.1 mg	1% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	37.4 mg	2% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.0 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	44.2 µg	~
Polyphenols	122.4 mg	~
Phytosterols	10.5 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

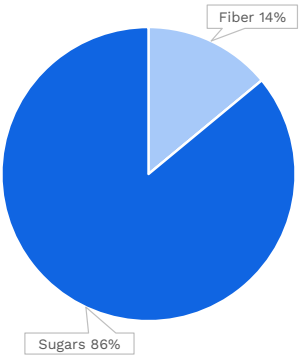




FATS



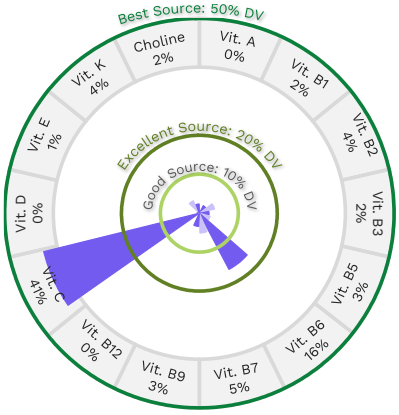
CARBOHYDRATES



MINERALS



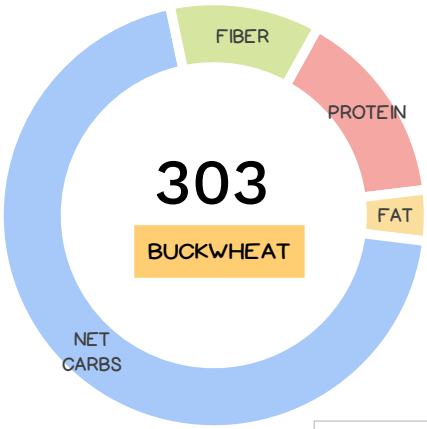
VITAMINS



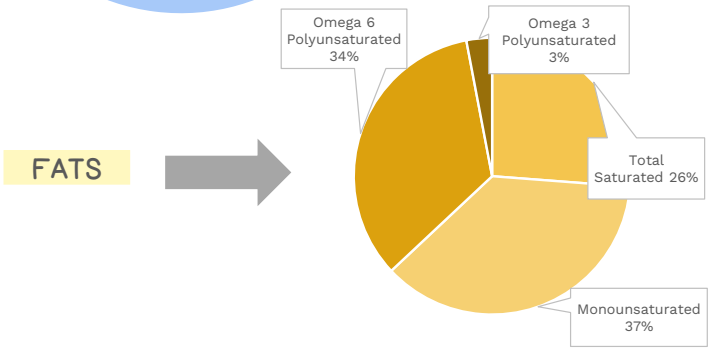
347 Buckwheat

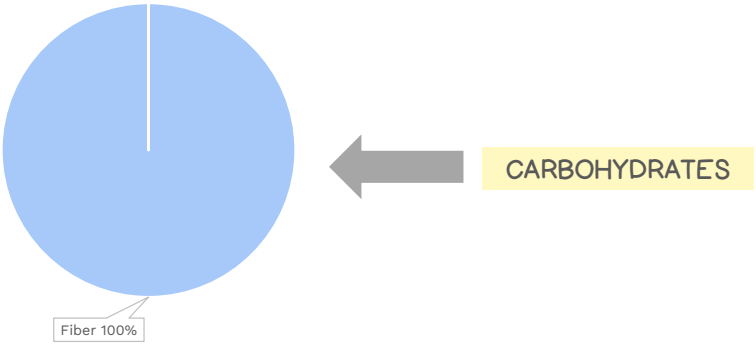
Serving Size:	43 grams	Protein:	5.7 grams	Net Carbs:	26.4 grams
Calories:	147	Fat:	1.5 grams	Fiber:	4.3 grams

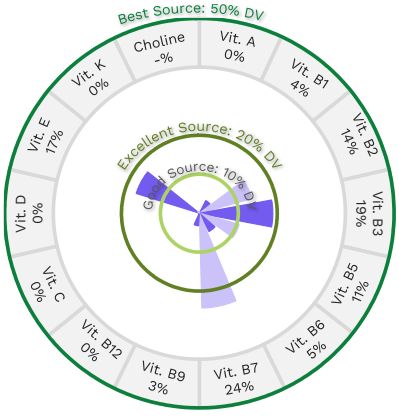
Vitamins & Vitaminlike Compounds		
Vitamin A	0.0 µg RAE	0% DV
Vitamin B1 (Thiamin)	43.4 µg	4% DV
Vitamin B2 (Riboflavin)	182.8 µg	14% DV
Vitamin B3 (Niacin)	3.0 mg	19% DV
Vitamin B5 (Pantothenic Acid)	0.5 mg	11% DV
Vitamin B6 (Pyridoxine)	90.3 µg	5% DV
Vitamin B7 (Biotin)	7.3 µg	24% DV
Vitamin B9 (Folate)	12.9 µg	3% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	0.0 mg	0% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	2.5 mg	17% DV
Vitamin K	0.5 µg	0% DV
Choline	~	~
Myo-Inositol	~	~
CoQ10	0.0 mg	~
Minerals		
Calcium	7.7 mg	1% DV
Copper	473.0 µg	53% DV
Iodine	~	~
Iron	0.9 mg	5% DV
Magnesium	99.3 mg	24% DV
Manganese	559.0 µg	24% DV
Phosphorus	149.2 mg	12% DV
Potassium	197.8 mg	4% DV
Selenium	3.6 µg	6% DV
Sodium	0.4 mg	0% DV
Zinc	1.0 mg	9% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.4 g	2% DV
ALA	33.5 mg	2% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.4 g	2% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	0.0 µg	~
Polyphenols	1419.0 mg	~
Phytosterols	1.2 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~





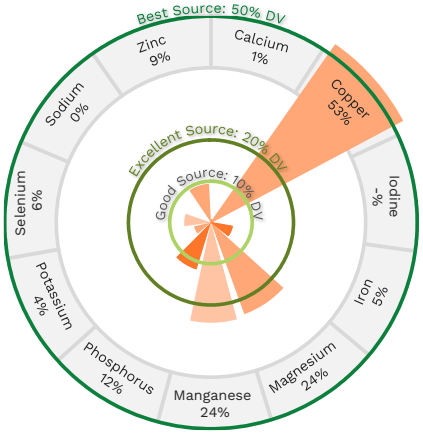








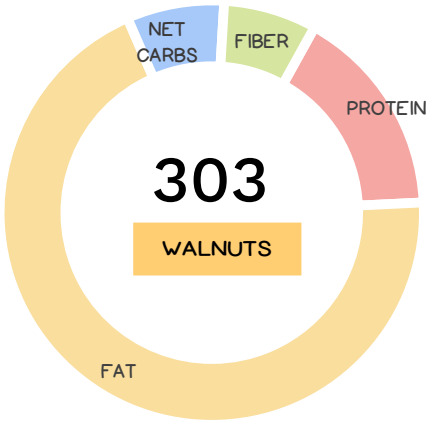




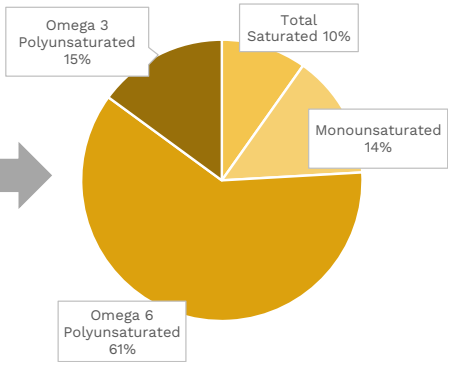
348 Walnuts

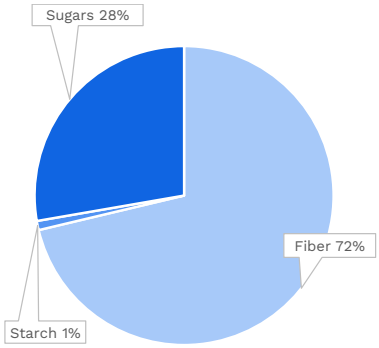
Serving Size:	28 grams	Protein:	4.3 grams	Net Carbs:	2.0 grams
Calories:	183	Fat:	18.3 grams	Fiber:	1.9 grams

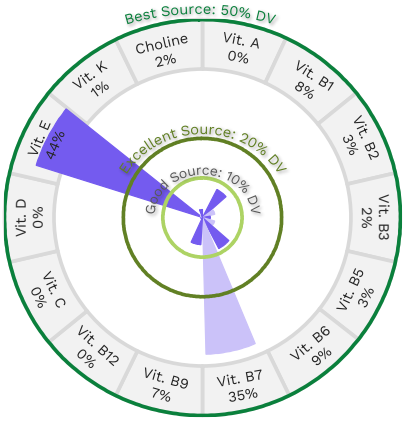
Vitamins & Vitaminlike Compounds		
Vitamin A	0.3 µg RAE	0% DV
Vitamin B1 (Thiamin)	95.5 µg	8% DV
Vitamin B2 (Riboflavin)	42.0 µg	3% DV
Vitamin B3 (Niacin)	0.3 mg	2% DV
Vitamin B5 (Pantothenic Acid)	0.2 mg	3% DV
Vitamin B6 (Pyridoxine)	150.4 µg	9% DV
Vitamin B7 (Biotin)	10.4 µg	35% DV
Vitamin B9 (Folate)	27.4 µg	7% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	0.4 mg	0% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	6.6 mg	44% DV
Vitamin K	0.8 µg	1% DV
Choline	11.0 mg	2% DV
Myo-Inositol	55.4 mg	~
CoQ10	0.1 mg	~
Minerals		
Calcium	27.4 mg	2% DV
Copper	444.1 µg	49% DV
Iodine	~	~
Iron	0.8 mg	5% DV
Magnesium	44.2 mg	11% DV
Manganese	955.9 µg	42% DV
Phosphorus	96.9 mg	8% DV
Potassium	123.5 mg	3% DV
Selenium	1.4 µg	2% DV
Sodium	0.6 mg	0% DV
Zinc	0.9 mg	8% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	2.5 g	13% DV
ALA	2542.4 mg	159% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	10.7 g	63% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	5.9 µg	~
Polyphenols	455.0 mg	~
Phytosterols	35.8 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~



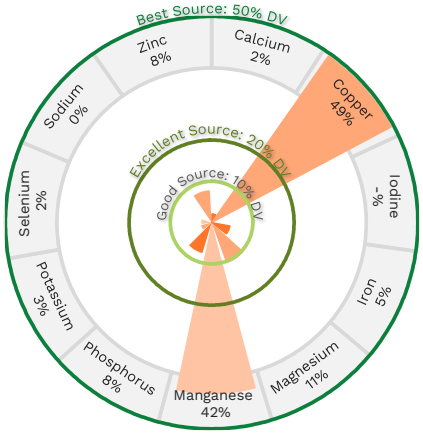








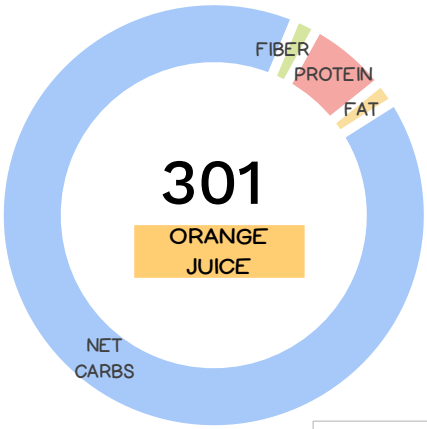




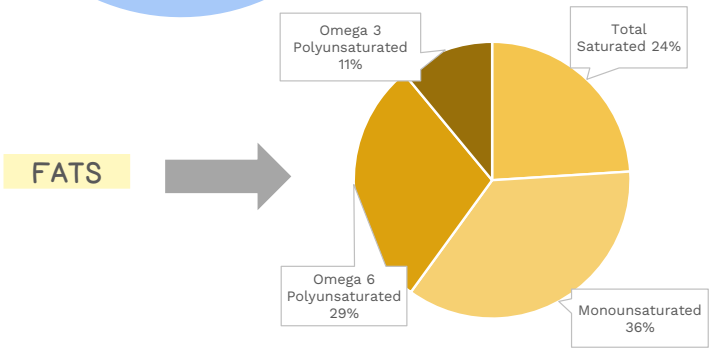
349 Orange juice

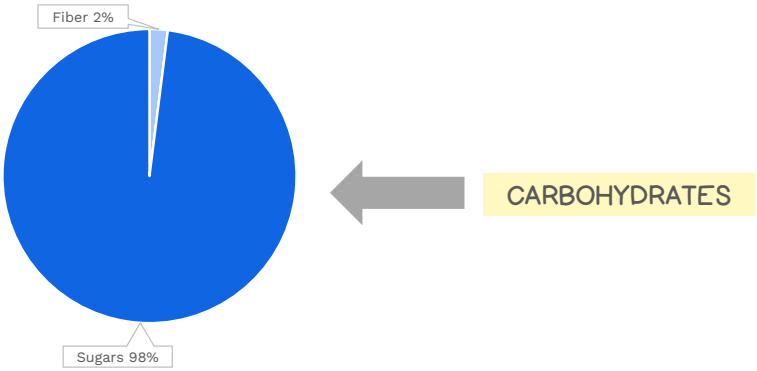
Serving Size:	248 grams	Protein:	1.7 grams	Net Carbs:	25.3 grams
Calories:	112	Fat:	0.5 grams	Fiber:	0.5 grams

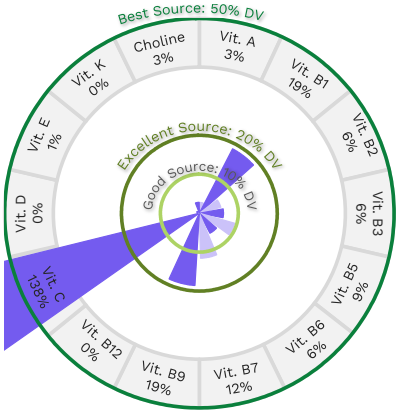
Vitamins & Vitaminlike Compounds		
Vitamin A	24.8 µg RAE	3% DV
Vitamin B1 (Thiamin)	223.2 µg	19% DV
Vitamin B2 (Riboflavin)	74.4 µg	6% DV
Vitamin B3 (Niacin)	1.0 mg	6% DV
Vitamin B5 (Pantothenic Acid)	0.5 mg	9% DV
Vitamin B6 (Pyridoxine)	99.2 µg	6% DV
Vitamin B7 (Biotin)	3.5 µg	12% DV
Vitamin B9 (Folate)	74.4 µg	19% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	124.0 mg	138% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.1 mg	1% DV
Vitamin K	0.2 µg	0% DV
Choline	15.4 mg	3% DV
Myo-Inositol	505.9 mg	~
CoQ10	0.1 mg	~
Minerals		
Calcium	27.3 mg	2% DV
Copper	109.1 µg	12% DV
Iodine	~	~
Iron	0.5 mg	3% DV
Magnesium	27.3 mg	6% DV
Manganese	34.7 µg	2% DV
Phosphorus	42.2 mg	3% DV
Potassium	496.0 mg	11% DV
Selenium	0.2 µg	0% DV
Sodium	2.5 mg	0% DV
Zinc	0.1 mg	1% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.1 g	0% DV
ALA	27.3 mg	2% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.1 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	801.0 µg	~
Polyphenols	187.2 mg	~
Phytosterols	22.3 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

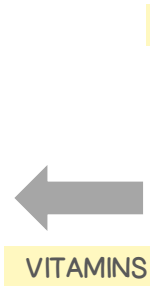




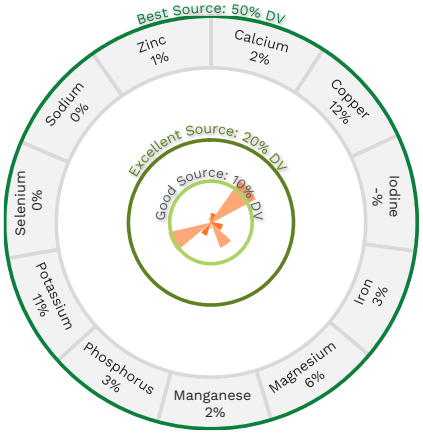








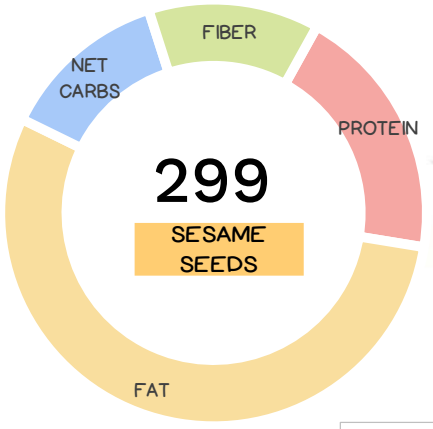




350 Sesame seeds

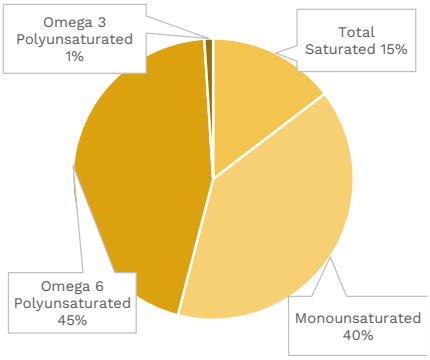
Serving Size:	28 grams	Protein:	5.0 grams	Net Carbs:	3.3 grams
Calories:	160	Fat:	13.9 grams	Fiber:	3.3 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	0.0 µg RAE	0% DV
Vitamin B1 (Thiamin)	221.5 µg	18% DV
Vitamin B2 (Riboflavin)	69.2 µg	5% DV
Vitamin B3 (Niacin)	1.3 mg	8% DV
Vitamin B5 (Pantothenic Acid)	0.0 mg	0% DV
Vitamin B6 (Pyridoxine)	221.2 µg	13% DV
Vitamin B7 (Biotin)	3.3 µg	11% DV
Vitamin B9 (Folate)	27.2 µg	7% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	0.0 mg	0% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.1 mg	0% DV
Vitamin K	0.0 µg	0% DV
Choline	7.2 mg	1% DV
Myo-Inositol	~	~
CoQ10	0.6 mg	~
Minerals		
Calcium	273.0 mg	21% DV
Copper	1143.0 µg	127% DV
Iodine	~	~
Iron	4.1 mg	23% DV
Magnesium	98.3 mg	23% DV
Manganese	688.8 µg	30% DV
Phosphorus	176.1 mg	14% DV
Potassium	131.0 mg	3% DV
Selenium	9.6 µg	18% DV
Sodium	3.1 mg	0% DV
Zinc	2.2 mg	20% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	5.3 g	26% DV
ALA	105.3 mg	7% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	6.0 g	35% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	1.4 µg	~
Polyphenols	217.4 mg	~
Phytosterols	113.1 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

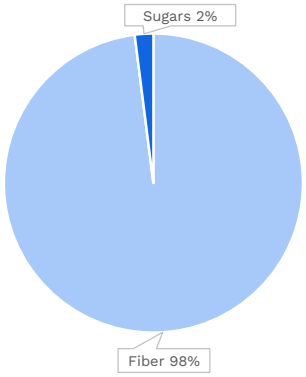




FATS

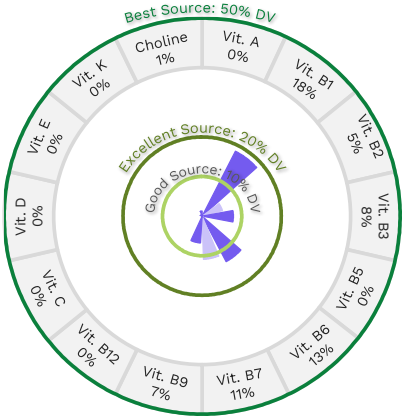


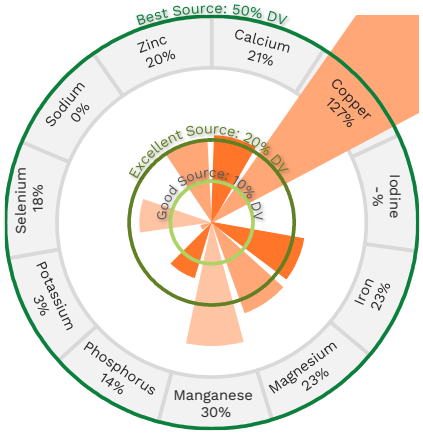
CARBOHYDRATES



MINERALS

VITAMINS

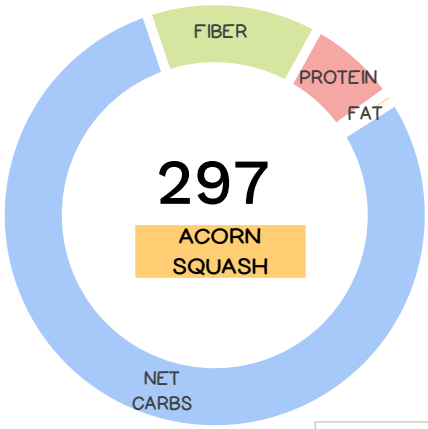




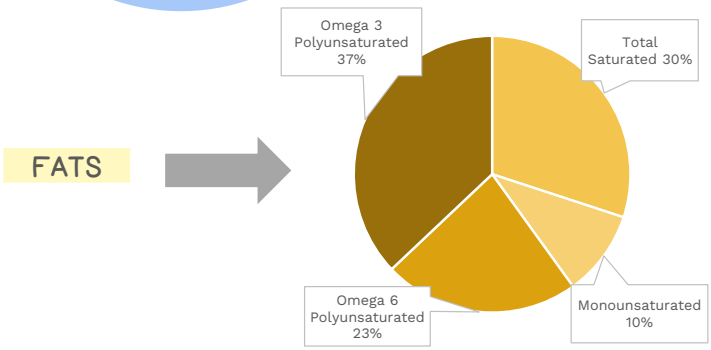
351 Acorn squash

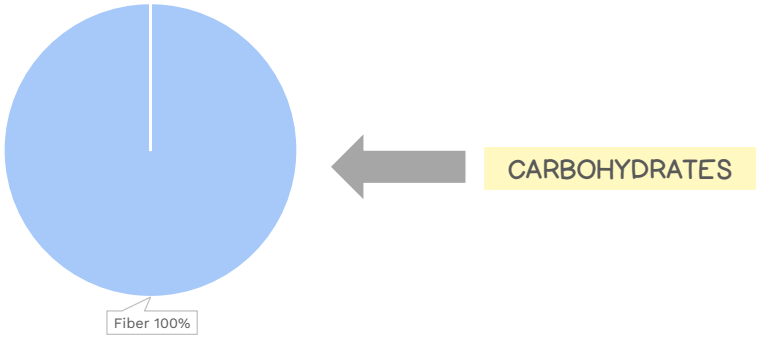
Serving Size:	140 grams	Protein:	1.1 grams	Net Carbs:	12.5 grams
Calories:	56	Fat:	0.1 grams	Fiber:	2.1 grams

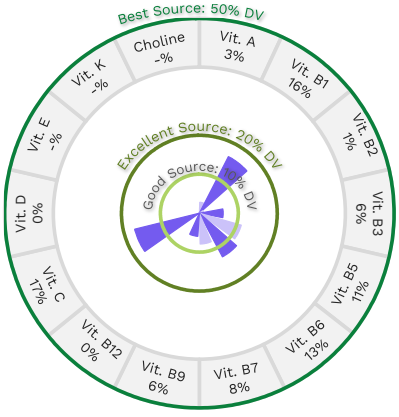
Vitamins & Vitaminlike Compounds		
Vitamin A	25.2 µg RAE	3% DV
Vitamin B1 (Thiamin)	196.0 µg	16% DV
Vitamin B2 (Riboflavin)	14.0 µg	1% DV
Vitamin B3 (Niacin)	1.0 mg	6% DV
Vitamin B5 (Pantothenic Acid)	0.6 mg	11% DV
Vitamin B6 (Pyridoxine)	215.6 µg	13% DV
Vitamin B7 (Biotin)	2.4 µg	8% DV
Vitamin B9 (Folate)	23.8 µg	6% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	15.4 mg	17% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	~	~
Vitamin K	~	~
Choline	~	~
Myo-Inositol	30.8 mg	~
CoQ10	~	~
Minerals		
Calcium	46.2 mg	4% DV
Copper	91.0 µg	10% DV
Iodine	~	~
Iron	1.0 mg	5% DV
Magnesium	44.8 mg	11% DV
Manganese	233.8 µg	10% DV
Phosphorus	50.4 mg	4% DV
Potassium	485.8 mg	10% DV
Selenium	0.7 µg	1% DV
Sodium	4.2 mg	0% DV
Zinc	0.2 mg	2% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	36.4 mg	2% DV
EPA + DHA	~	~
CLA	~	~
Linoleic Acid	0.0 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	361.2 µg	~
Polyphenols	71.0 mg	~
Phytosterols	10.9 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

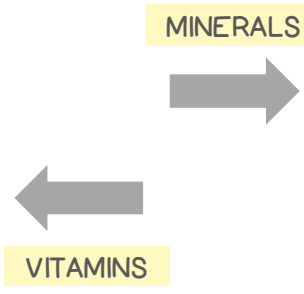


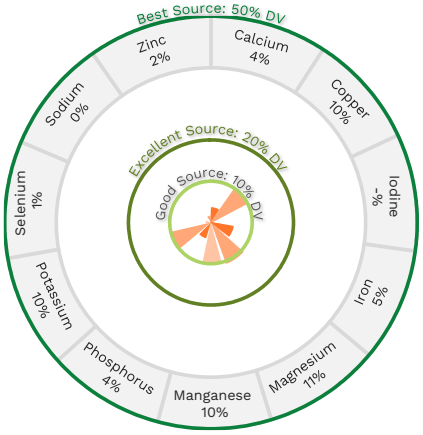








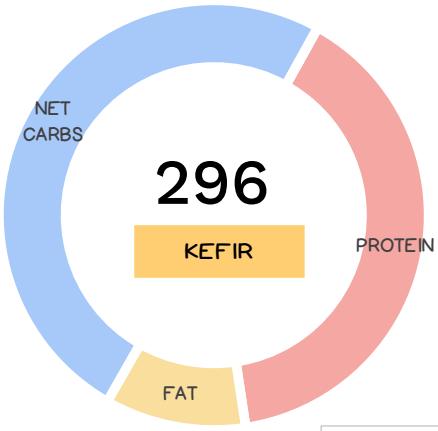




352 Kefir

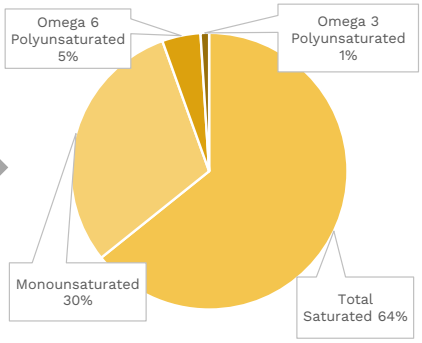
Serving Size:	243 grams	Protein:	9.2 grams	Net Carbs:	11.6 grams
Calories:	104	Fat:	2.5 grams	Fiber:	0.0 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	415.5 µg RAE	46% DV
Vitamin B1 (Thiamin)	72.9 µg	6% DV
Vitamin B2 (Riboflavin)	328.1 µg	25% DV
Vitamin B3 (Niacin)	0.4 mg	2% DV
Vitamin B5 (Pantothenic Acid)	0.9 mg	19% DV
Vitamin B6 (Pyridoxine)	140.9 µg	8% DV
Vitamin B7 (Biotin)	8.5 µg	28% DV
Vitamin B9 (Folate)	31.6 µg	8% DV
Vitamin B12 (Cobalamin)	0.7 µg	29% DV
Vitamin C	0.5 mg	1% DV
Vitamin D (D2 + D3)	2.4 µg	12% DV
Vitamin E	0.0 mg	0% DV
Vitamin K	0.2 µg	0% DV
Choline	36.9 mg	7% DV
Myo-Inositol	~	~
CoQ10	0.2 mg	~
Minerals		
Calcium	315.9 mg	24% DV
Copper	21.9 µg	2% DV
Iodine	~	~
Iron	0.1 mg	1% DV
Magnesium	29.2 mg	7% DV
Manganese	12.2 µg	1% DV
Phosphorus	255.2 mg	20% DV
Potassium	398.5 mg	8% DV
Selenium	8.7 µg	16% DV
Sodium	97.2 mg	4% DV
Zinc	1.1 mg	10% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.8 g	4% DV
ALA	14.6 mg	1% DV
EPA + DHA	0.0 mg	0% DV
CLA	14.6 mg	~
Linoleic Acid	0.1 g	1% DV
MCT's	0.2 g	~
Phytonutrients		
Carotenoids	0.0 µg	~
Polyphenols	0.0 mg	~
Phytosterols	0.0 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

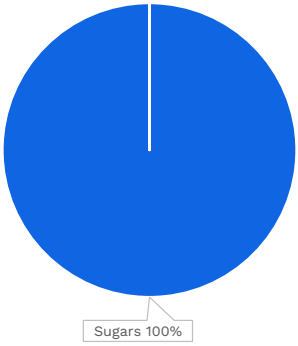




FATS

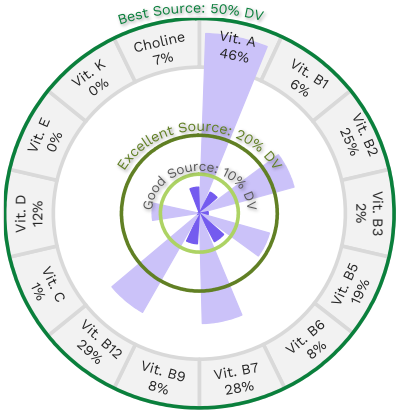


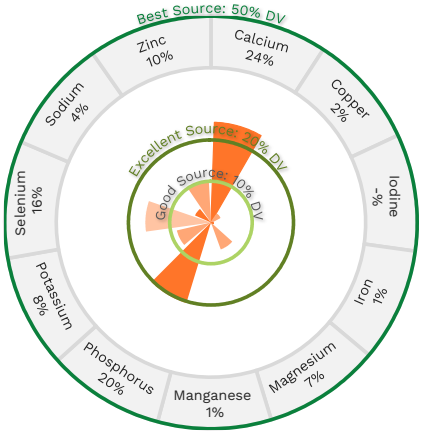
CARBOHYDRATES



MINERALS

VITAMINS

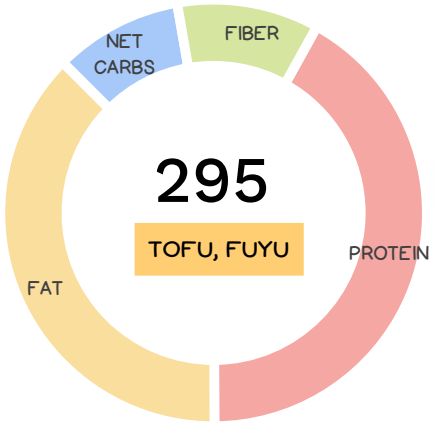




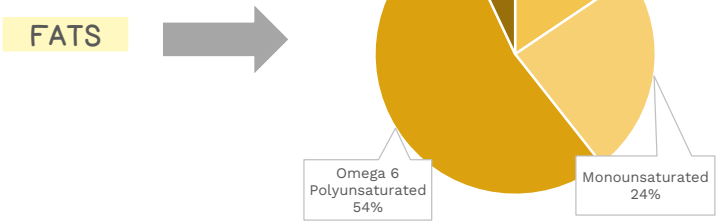
353 Tofu, Fuyu

Serving Size:	81 grams	Protein:	7.2 grams	Net Carbs:	1.7 grams
Calories:	94	Fat:	6.5 grams	Fiber:	1.9 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	0.0 µg RAE	0% DV
Vitamin B1 (Thiamin)	127.2 µg	11% DV
Vitamin B2 (Riboflavin)	81.8 µg	6% DV
Vitamin B3 (Niacin)	0.3 mg	2% DV
Vitamin B5 (Pantothenic Acid)	0.1 mg	2% DV
Vitamin B6 (Pyridoxine)	73.7 µg	4% DV
Vitamin B7 (Biotin)	3.4 µg	11% DV
Vitamin B9 (Folate)	23.5 µg	6% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	0.2 mg	0% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	~	~
Vitamin K	1.9 µg	2% DV
Choline	~	~
Myo-Inositol	~	~
CoQ10	0.2 mg	~
Minerals		
Calcium	37.3 mg	3% DV
Copper	304.6 µg	34% DV
Iodine	~	~
Iron	1.6 mg	9% DV
Magnesium	42.1 mg	10% DV
Manganese	950.9 µg	41% DV
Phosphorus	59.1 mg	5% DV
Potassium	60.8 mg	1% DV
Selenium	14.0 µg	25% DV
Sodium	2327.1 mg	101% DV
Zinc	1.3 mg	11% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	1.4 g	7% DV
ALA	432.5 mg	27% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	3.2 g	19% DV
MCT's	~	~
Phytonutrients		
Carotenoids	80.7 µg	~
Polyphenols	52.4 mg	~
Phytosterols	100.3 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~



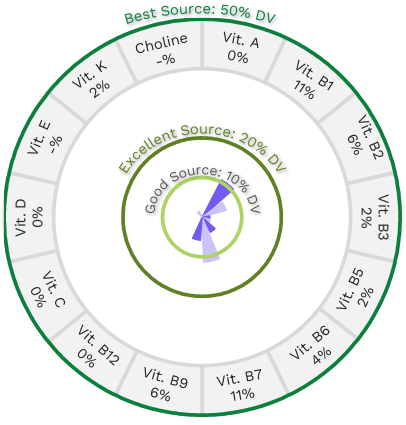




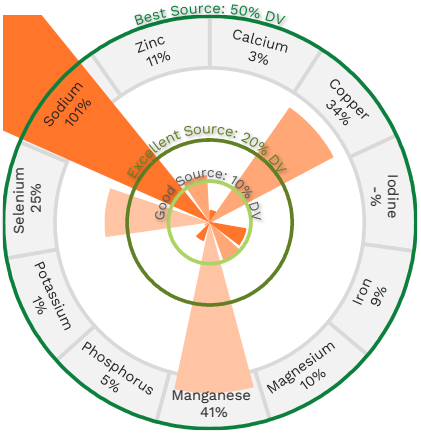


CARBOHYDRATES

No detailed component data currently available in the USDA Food Central Database.



MINERALS

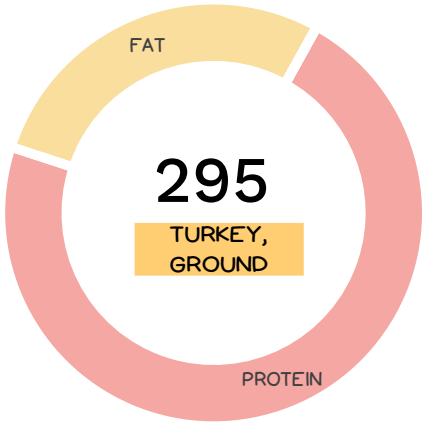


VITAMINS

354 Turkey, Ground

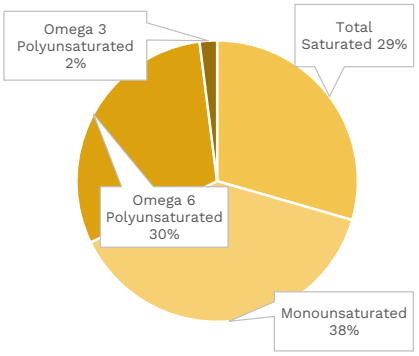
Serving Size:	100 grams	Protein:	19.7 grams	Net Carbs:	0.0 grams
Calories:	148	Fat:	7.7 grams	Fiber:	0.0 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	20.0 µg RAE	2% DV
Vitamin B1 (Thiamin)	66.0 µg	6% DV
Vitamin B2 (Riboflavin)	156.0 µg	12% DV
Vitamin B3 (Niacin)	6.7 mg	42% DV
Vitamin B5 (Pantothenic Acid)	1.0 mg	20% DV
Vitamin B6 (Pyridoxine)	564.0 µg	33% DV
Vitamin B7 (Biotin)	2.0 µg	7% DV
Vitamin B9 (Folate)	7.0 µg	2% DV
Vitamin B12 (Cobalamin)	1.0 µg	42% DV
Vitamin C	0.0 mg	0% DV
Vitamin D (D2 + D3)	0.4 µg	2% DV
Vitamin E	0.3 mg	2% DV
Vitamin K	0.0 µg	0% DV
Choline	50.8 mg	9% DV
Myo-Inositol	16.8 mg	~
CoQ10	2.1 mg	~
Minerals		
Calcium	19.0 mg	1% DV
Copper	96.0 µg	11% DV
Iodine	~	~
Iron	1.1 mg	6% DV
Magnesium	23.0 mg	5% DV
Manganese	8.0 µg	0% DV
Phosphorus	200.0 mg	16% DV
Potassium	237.0 mg	5% DV
Selenium	21.9 µg	40% DV
Sodium	58.0 mg	3% DV
Zinc	2.4 mg	21% DV
Amino Acids & Peptides		
Taurine	306.0 mg	~
Ergothioneine	0.1 mg	~
Functional Fats		
MUFA	2.6 g	13% DV
ALA	108.0 mg	7% DV
EPA + DHA	14.0 mg	6% DV
CLA	19.2 mg	~
Linoleic Acid	1.9 g	11% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	0.0 µg	~
Polyphenols	0.0 mg	~
Phytosterols	0.0 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

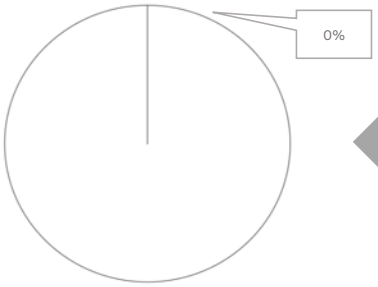




FATS

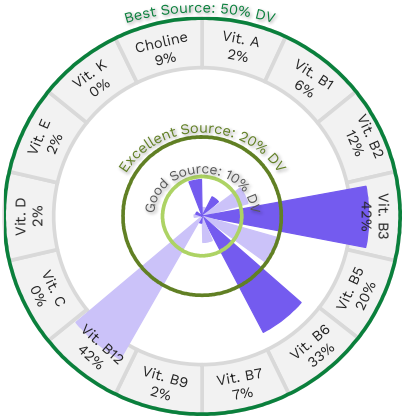


CARBOHYDRATES



MINERALS

VITAMINS

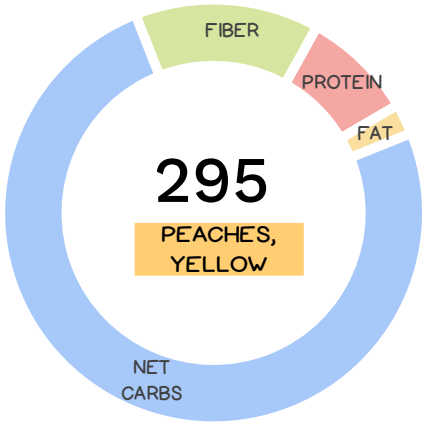




355 Peaches, yellow

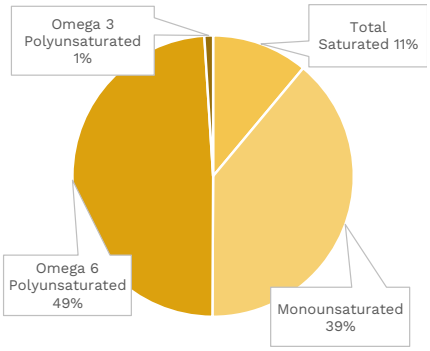
Serving Size:	154 grams	Protein:	1.4 grams	Net Carbs:	12.4 grams
Calories:	60	Fat:	0.4 grams	Fiber:	2.3 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	24.6 µg RAE	3% DV
Vitamin B1 (Thiamin)	37.0 µg	3% DV
Vitamin B2 (Riboflavin)	47.7 µg	4% DV
Vitamin B3 (Niacin)	1.2 mg	8% DV
Vitamin B5 (Pantothenic Acid)	0.2 mg	5% DV
Vitamin B6 (Pyridoxine)	38.5 µg	2% DV
Vitamin B7 (Biotin)	3.1 µg	10% DV
Vitamin B9 (Folate)	6.2 µg	2% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	10.2 mg	11% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	1.2 mg	8% DV
Vitamin K	4.0 µg	3% DV
Choline	9.4 mg	2% DV
Myo-Inositol	89.3 mg	~
CoQ10	~	~
Minerals		
Calcium	9.2 mg	1% DV
Copper	104.7 µg	12% DV
Iodine	~	~
Iron	0.4 mg	2% DV
Magnesium	13.9 mg	3% DV
Manganese	93.9 µg	4% DV
Phosphorus	30.8 mg	2% DV
Potassium	292.6 mg	6% DV
Selenium	0.2 µg	0% DV
Sodium	0.0 mg	0% DV
Zinc	0.3 mg	2% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.1 g	1% DV
ALA	3.1 mg	0% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.1 g	1% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	492.8 µg	~
Polyphenols	462.6 mg	~
Phytosterols	23.1 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

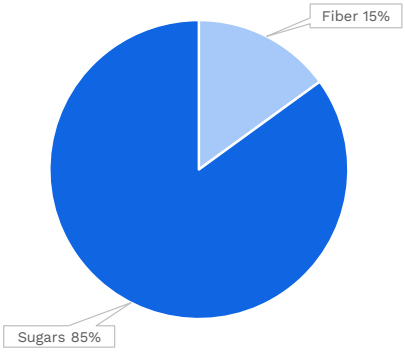




FATS



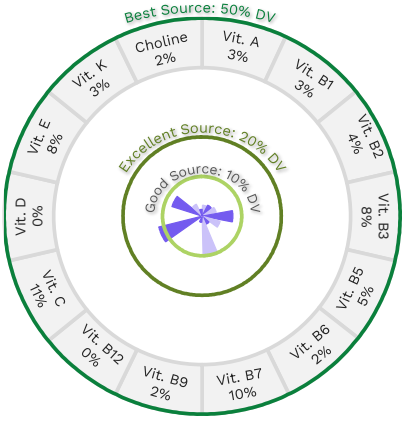
CARBOHYDRATES



MINERALS



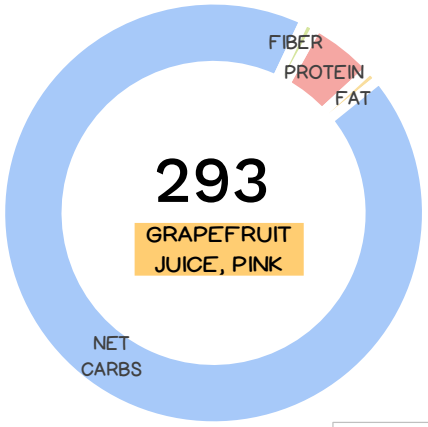
VITAMINS



356 Grapefruit juice, pink

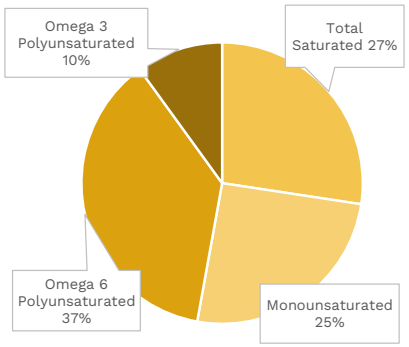
Serving Size:	247 grams	Protein:	1.2 grams	Net Carbs:	22.5 grams
Calories:	96	Fat:	0.2 grams	Fiber:	0.2 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	54.3 µg RAE	6% DV
Vitamin B1 (Thiamin)	98.8 µg	8% DV
Vitamin B2 (Riboflavin)	49.4 µg	4% DV
Vitamin B3 (Niacin)	0.5 mg	3% DV
Vitamin B5 (Pantothenic Acid)	0.5 mg	9% DV
Vitamin B6 (Pyridoxine)	108.7 µg	6% DV
Vitamin B7 (Biotin)	2.0 µg	7% DV
Vitamin B9 (Folate)	24.7 µg	6% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	93.9 mg	104% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.5 mg	4% DV
Vitamin K	0.0 µg	0% DV
Choline	19.0 mg	3% DV
Myo-Inositol	938.6 mg	~
CoQ10	~	~
Minerals		
Calcium	22.2 mg	2% DV
Copper	81.5 µg	9% DV
Iodine	~	~
Iron	0.5 mg	3% DV
Magnesium	29.6 mg	7% DV
Manganese	49.4 µg	2% DV
Phosphorus	37.1 mg	3% DV
Potassium	400.1 mg	9% DV
Selenium	0.2 µg	0% DV
Sodium	2.5 mg	0% DV
Zinc	0.1 mg	1% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	12.4 mg	1% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.0 g	0% DV
MCT's	~	~
Phytonutrients		
Carotenoids	42.0 µg	~
Polyphenols	132.6 mg	~
Phytosterols	14.6 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~





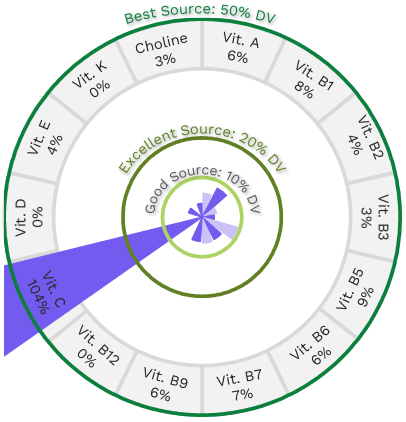
FATS





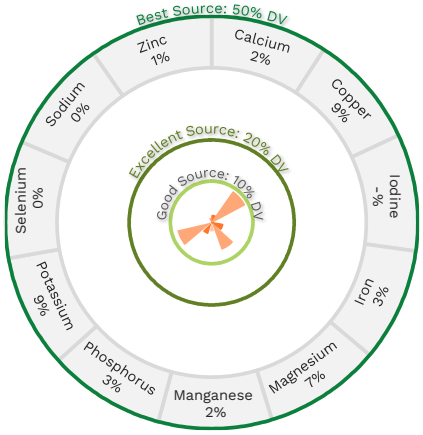
No detailed component data currently available in the USDA Food Central Database.

CARBOHYDRATES



VITAMINS

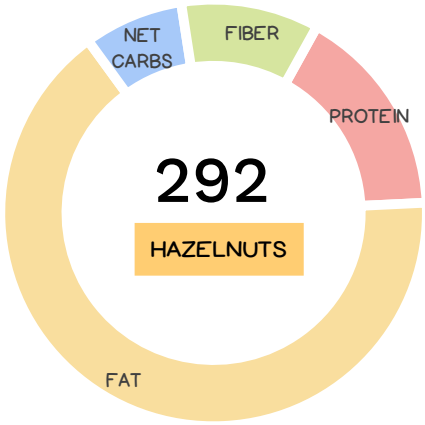
MINERALS



357 Hazelnuts

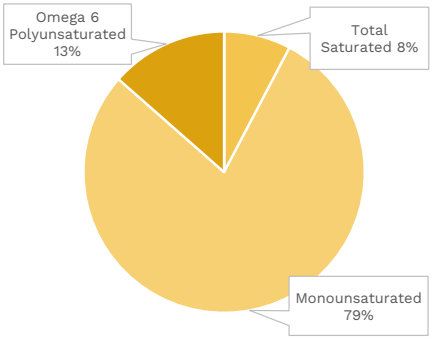
Serving Size:	28 grams	Protein:	4.2 grams	Net Carbs:	2.0 grams
Calories:	176	Fat:	17.0 grams	Fiber:	2.7 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	0.3 µg RAE	0% DV
Vitamin B1 (Thiamin)	180.0 µg	15% DV
Vitamin B2 (Riboflavin)	31.6 µg	2% DV
Vitamin B3 (Niacin)	0.5 mg	3% DV
Vitamin B5 (Pantothenic Acid)	0.3 mg	5% DV
Vitamin B6 (Pyridoxine)	157.6 µg	9% DV
Vitamin B7 (Biotin)	24.6 µg	82% DV
Vitamin B9 (Folate)	31.6 µg	8% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	1.8 mg	2% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	4.3 mg	29% DV
Vitamin K	4.0 µg	3% DV
Choline	12.8 mg	2% DV
Myo-Inositol	~	~
CoQ10	0.5 mg	~
Minerals		
Calcium	31.9 mg	2% DV
Copper	483.0 µg	54% DV
Iodine	~	~
Iron	1.3 mg	7% DV
Magnesium	45.6 mg	11% DV
Manganese	1729.0 µg	75% DV
Phosphorus	81.2 mg	6% DV
Potassium	190.4 mg	4% DV
Selenium	0.7 µg	1% DV
Sodium	0.0 mg	0% DV
Zinc	0.7 mg	6% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	12.8 g	64% DV
ALA	24.4 mg	2% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	2.2 g	13% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	29.7 µg	~
Polyphenols	617.2 mg	~
Phytosterols	38.6 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

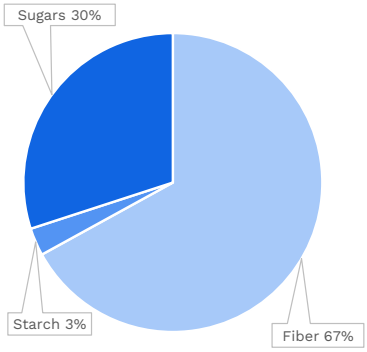




FATS

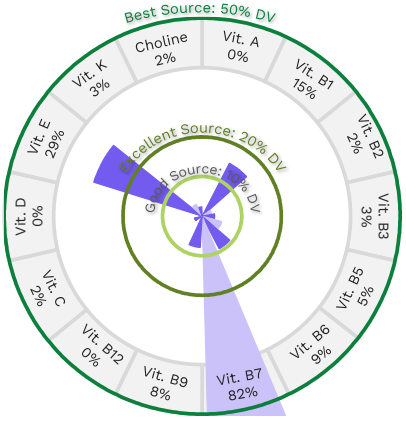


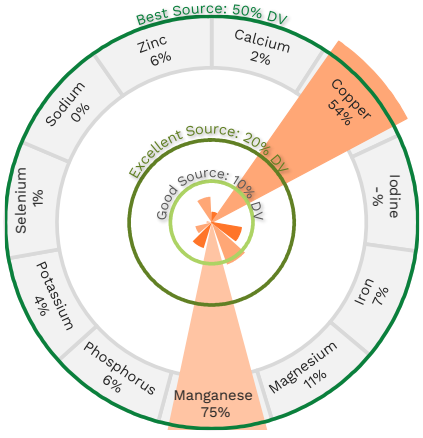
CARBOHYDRATES



MINERALS

VITAMINS

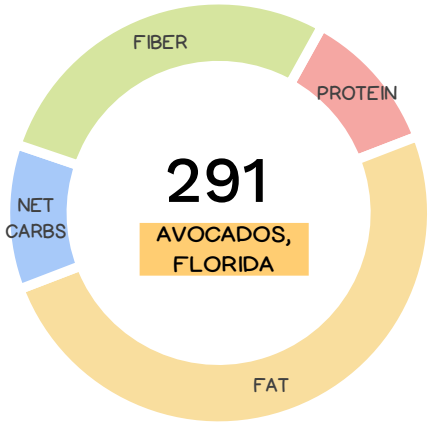




358 Avocados, Florida

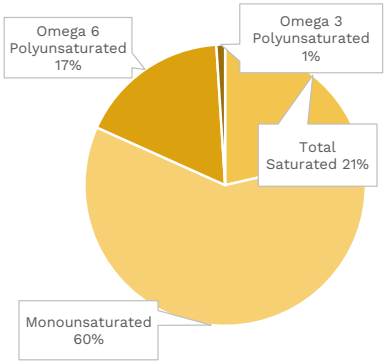
Serving Size:	58 grams	Protein:	1.3 grams	Net Carbs:	1.3 grams
Calories:	69	Fat:	5.8 grams	Fiber:	3.2 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	4.0 µg RAE	0% DV
Vitamin B1 (Thiamin)	12.1 µg	1% DV
Vitamin B2 (Riboflavin)	30.5 µg	2% DV
Vitamin B3 (Niacin)	0.4 mg	2% DV
Vitamin B5 (Pantothenic Acid)	0.5 mg	11% DV
Vitamin B6 (Pyridoxine)	44.9 µg	3% DV
Vitamin B7 (Biotin)	5.8 µg	19% DV
Vitamin B9 (Folate)	20.1 µg	5% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	10.0 mg	11% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	1.8 mg	12% DV
Vitamin K	12.1 µg	10% DV
Choline	8.2 mg	1% DV
Myo-Inositol	26.5 mg	~
CoQ10	0.5 mg	~
Minerals		
Calcium	5.8 mg	0% DV
Copper	178.8 µg	20% DV
Iodine	~	~
Iron	0.1 mg	1% DV
Magnesium	13.8 mg	3% DV
Manganese	54.6 µg	2% DV
Phosphorus	23.0 mg	2% DV
Potassium	201.8 mg	4% DV
Selenium	0.2 µg	0% DV
Sodium	1.2 mg	0% DV
Zinc	0.2 mg	2% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	3.2 g	16% DV
ALA	55.2 mg	3% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.9 g	5% DV
MCT's	~	~
Phytonutrients		
Carotenoids	66.7 µg	~
Polyphenols	281.8 mg	~
Phytosterols	47.7 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

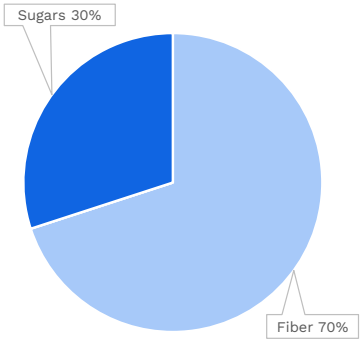




FATS

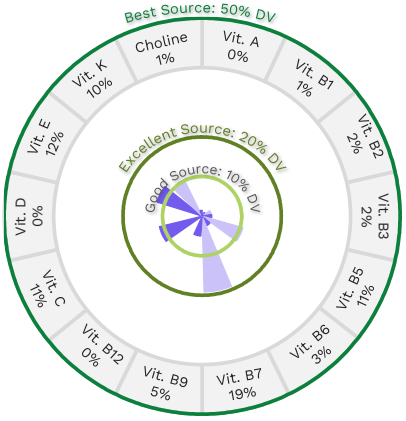


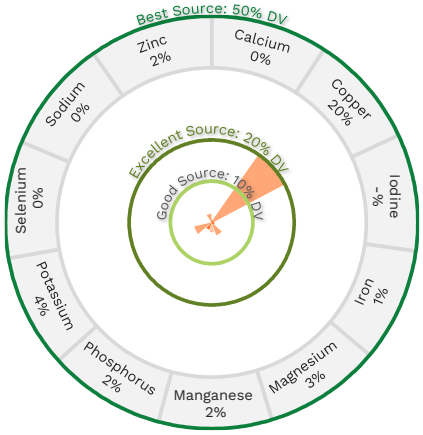
CARBOHYDRATES



MINERALS

VITAMINS

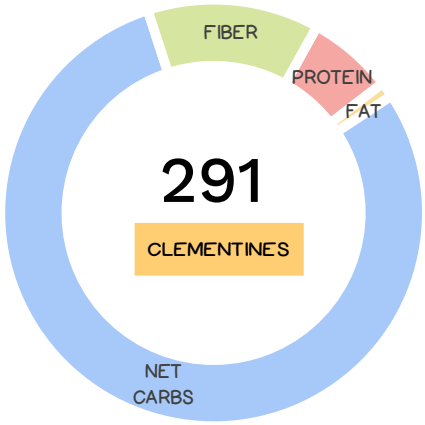




359 Clementines

Serving Size:	199 grams	Protein:	1.7 grams	Net Carbs:	20.5 grams
Calories:	94	Fat:	0.3 grams	Fiber:	3.4 grams

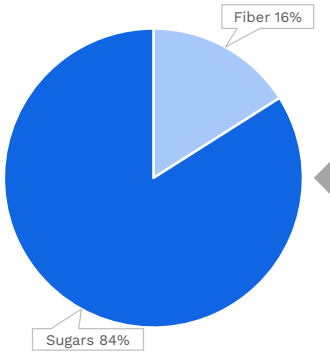
Vitamins & Vitaminlike Compounds		
Vitamin A	67.7 µg RAE	8% DV
Vitamin B1 (Thiamin)	171.1 µg	14% DV
Vitamin B2 (Riboflavin)	59.7 µg	5% DV
Vitamin B3 (Niacin)	1.3 mg	8% DV
Vitamin B5 (Pantothenic Acid)	0.3 mg	6% DV
Vitamin B6 (Pyridoxine)	149.3 µg	9% DV
Vitamin B7 (Biotin)	1.0 µg	3% DV
Vitamin B9 (Folate)	47.8 µg	12% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	97.1 mg	108% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.4 mg	3% DV
Vitamin K	0.0 µg	0% DV
Choline	27.9 mg	5% DV
Myo-Inositol	~	~
CoQ10	0.2 mg	~
Minerals		
Calcium	59.7 mg	5% DV
Copper	85.6 µg	10% DV
Iodine	~	~
Iron	0.3 mg	2% DV
Magnesium	19.9 mg	5% DV
Manganese	45.8 µg	2% DV
Phosphorus	41.8 mg	3% DV
Potassium	352.2 mg	7% DV
Selenium	0.2 µg	0% DV
Sodium	2.0 mg	0% DV
Zinc	0.1 mg	1% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.1 g	1% DV
ALA	35.8 mg	2% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.1 g	1% DV
MCT's	~	~
Phytonutrients		
Carotenoids	1594.0 µg	~
Polyphenols	111.4 mg	~
Phytosterols	50.7 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~



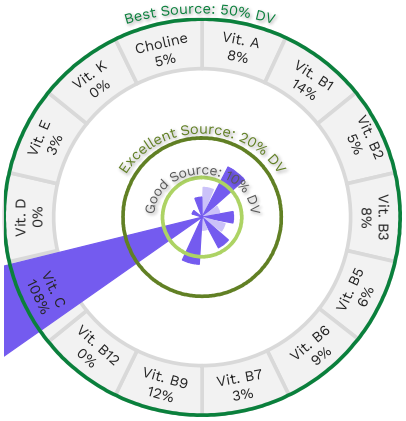


FATS

No detailed component data currently available in the USDA Food Central Database.

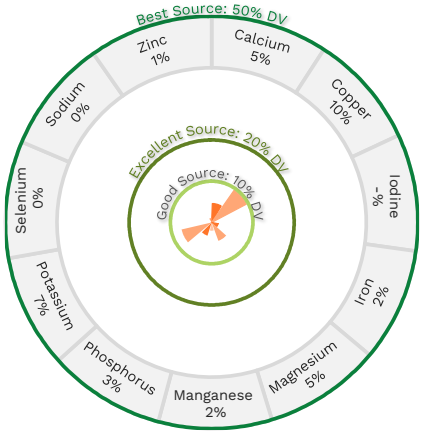


CARBOHYDRATES



VITAMINS

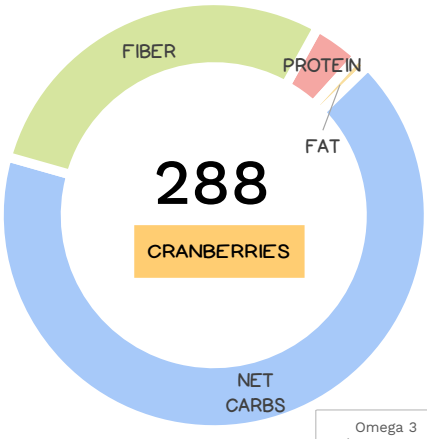
MINERALS



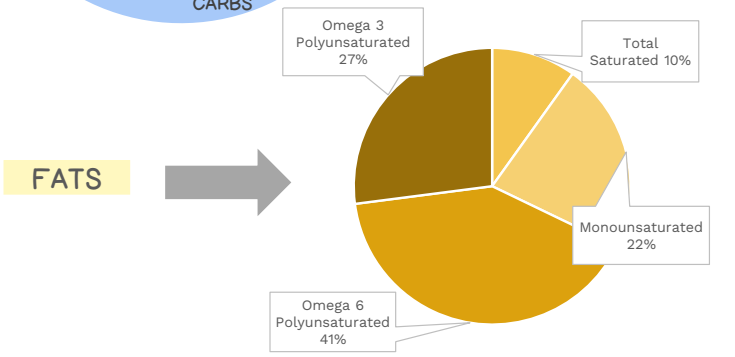
360 Cranberries

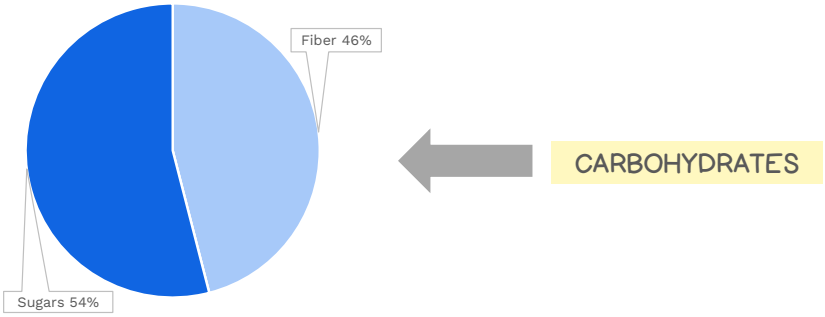
Serving Size:	100 grams	Protein:	0.5 grams	Net Carbs:	8.4 grams
Calories:	46	Fat:	0.1 grams	Fiber:	3.6 grams

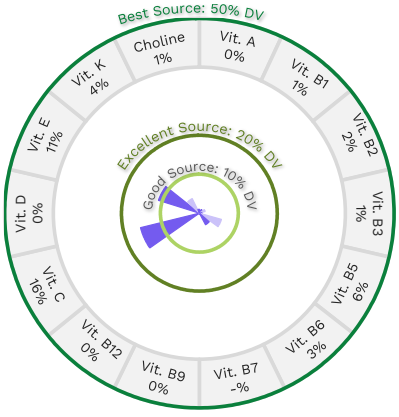
Vitamins & Vitaminlike Compounds		
Vitamin A	3.0 µg RAE	0% DV
Vitamin B1 (Thiamin)	12.0 µg	1% DV
Vitamin B2 (Riboflavin)	20.0 µg	2% DV
Vitamin B3 (Niacin)	0.1 mg	1% DV
Vitamin B5 (Pantothenic Acid)	0.3 mg	6% DV
Vitamin B6 (Pyridoxine)	57.0 µg	3% DV
Vitamin B7 (Biotin)	~	~
Vitamin B9 (Folate)	1.0 µg	0% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	14.0 mg	16% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	1.7 mg	11% DV
Vitamin K	5.0 µg	4% DV
Choline	5.5 mg	1% DV
Myo-Inositol	15.0 mg	~
CoQ10	~	~
Minerals		
Calcium	8.0 mg	1% DV
Copper	56.0 µg	6% DV
Iodine	~	~
Iron	0.2 mg	1% DV
Magnesium	6.0 mg	1% DV
Manganese	267.0 µg	12% DV
Phosphorus	11.0 mg	1% DV
Potassium	80.0 mg	2% DV
Selenium	0.1 µg	0% DV
Sodium	2.0 mg	0% DV
Zinc	0.1 mg	1% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	22.0 mg	1% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.0 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	129.0 µg	~
Polyphenols	350.5 mg	~
Phytosterols	17.8 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

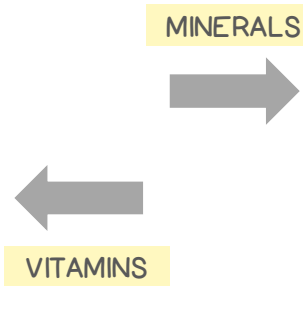


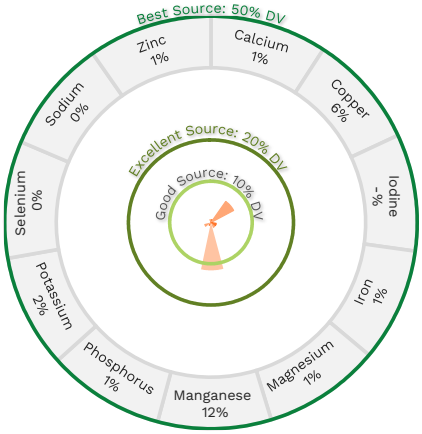








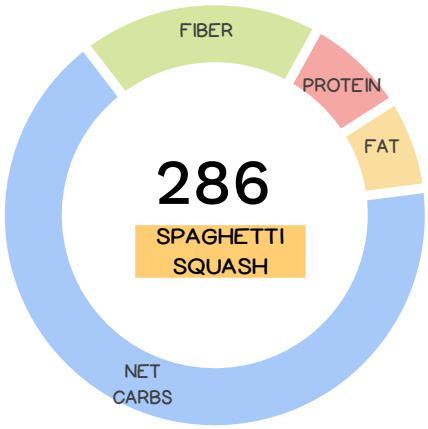




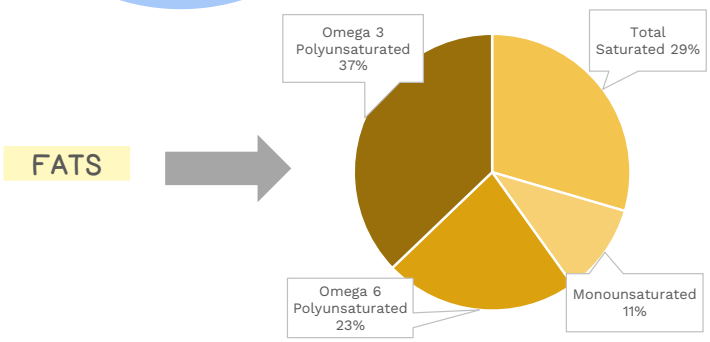
361 Spaghetti squash

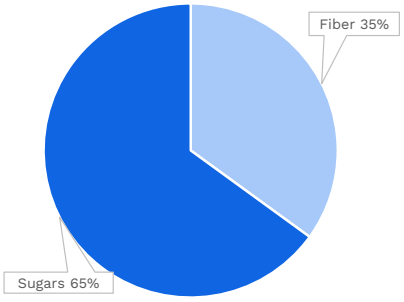
Serving Size:	101 grams	Protein:	0.6 grams	Net Carbs:	5.5 grams
Calories:	31	Fat:	0.6 grams	Fiber:	1.5 grams

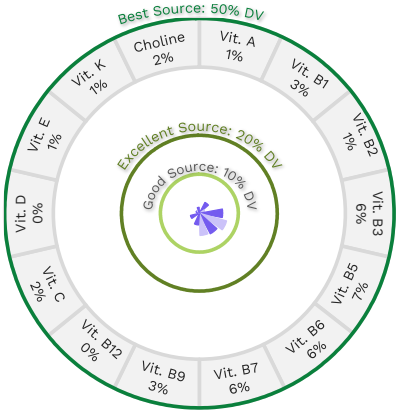
Vitamins & Vitaminlike Compounds		
Vitamin A	6.1 µg RAE	1% DV
Vitamin B1 (Thiamin)	37.4 µg	3% DV
Vitamin B2 (Riboflavin)	18.2 µg	1% DV
Vitamin B3 (Niacin)	1.0 mg	6% DV
Vitamin B5 (Pantothenic Acid)	0.4 mg	7% DV
Vitamin B6 (Pyridoxine)	102.0 µg	6% DV
Vitamin B7 (Biotin)	1.7 µg	6% DV
Vitamin B9 (Folate)	12.1 µg	3% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	2.1 mg	2% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.1 mg	1% DV
Vitamin K	0.9 µg	1% DV
Choline	8.3 mg	2% DV
Myo-Inositol	66.7 mg	~
CoQ10	~	~
Minerals		
Calcium	23.2 mg	2% DV
Copper	37.4 µg	4% DV
Iodine	~	~
Iron	0.3 mg	2% DV
Magnesium	12.1 mg	3% DV
Manganese	126.3 µg	5% DV
Phosphorus	12.1 mg	1% DV
Potassium	109.1 mg	2% DV
Selenium	0.3 µg	1% DV
Sodium	17.2 mg	1% DV
Zinc	0.2 mg	2% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	150.5 mg	9% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.1 g	1% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	80.8 µg	~
Polyphenols	51.2 mg	~
Phytosterols	7.9 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

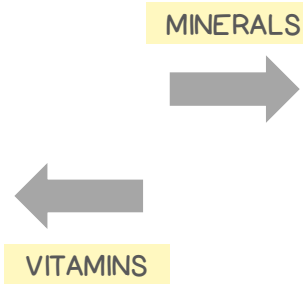


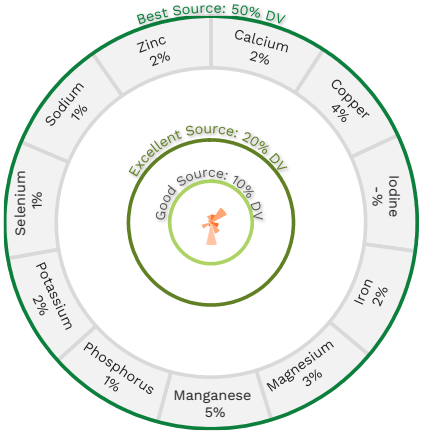








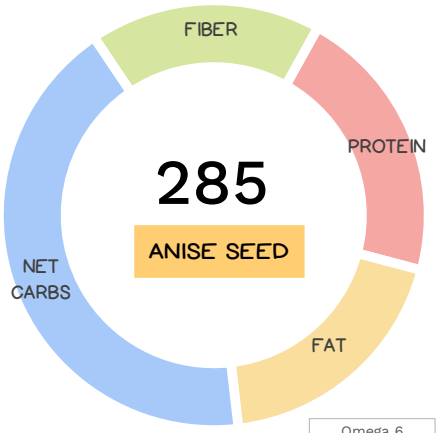




362 Anise seed

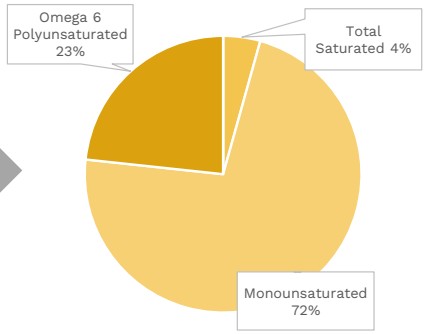
Serving Size:	7 grams	Protein:	1.2 grams	Net Carbs:	2.4 grams
Calories:	23	Fat:	1.1 grams	Fiber:	1.0 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	1.1 µg RAE	0% DV
Vitamin B1 (Thiamin)	22.8 µg	2% DV
Vitamin B2 (Riboflavin)	19.4 µg	1% DV
Vitamin B3 (Niacin)	0.2 mg	1% DV
Vitamin B5 (Pantothenic Acid)	0.1 mg	1% DV
Vitamin B6 (Pyridoxine)	43.6 µg	3% DV
Vitamin B7 (Biotin)	~	~
Vitamin B9 (Folate)	0.7 µg	0% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	1.4 mg	2% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	~	~
Vitamin K	~	~
Choline	~	~
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	43.3 mg	3% DV
Copper	61.0 µg	7% DV
Iodine	~	~
Iron	2.5 mg	14% DV
Magnesium	11.4 mg	3% DV
Manganese	154.1 µg	7% DV
Phosphorus	29.5 mg	2% DV
Potassium	96.5 mg	2% DV
Selenium	0.3 µg	1% DV
Sodium	1.1 mg	0% DV
Zinc	0.4 mg	3% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.7 g	3% DV
ALA	0.0 mg	0% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.2 g	1% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	~	~
Polyphenols	18.9 mg	~
Phytosterols	~	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

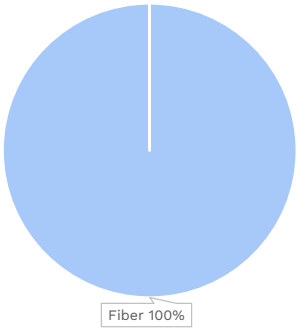


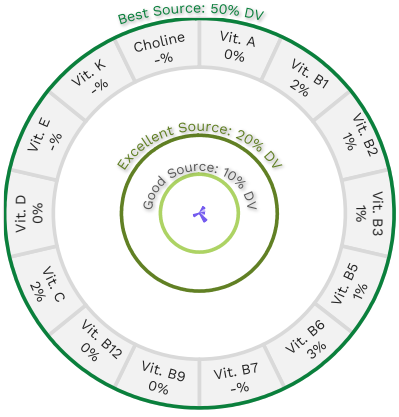


FATS



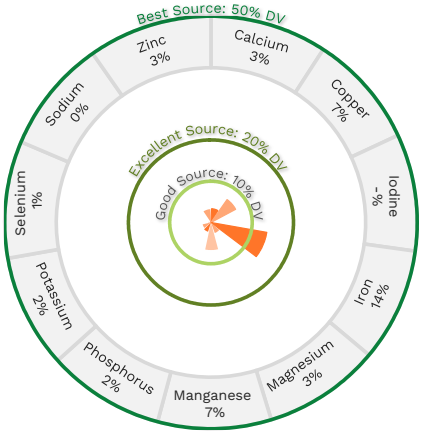
CARBOHYDRATES





MINERALS

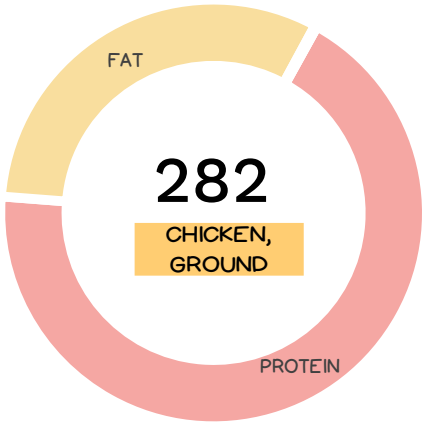
VITAMINS



363 Chicken, ground

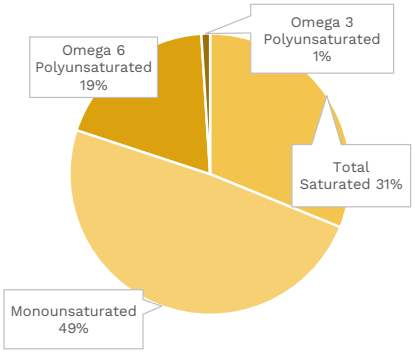
Serving Size:	100 grams	Protein:	17.4 grams	Net Carbs:	0.0 grams
Calories:	143	Fat:	8.1 grams	Fiber:	0.0 grams

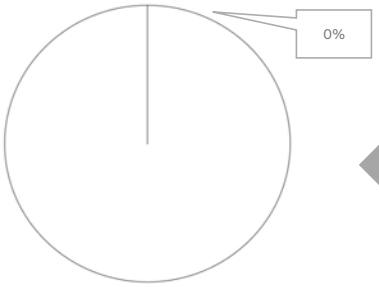
Vitamins & Vitaminlike Compounds		
Vitamin A	0.0 µg RAE	0% DV
Vitamin B1 (Thiamin)	109.0 µg	9% DV
Vitamin B2 (Riboflavin)	241.0 µg	19% DV
Vitamin B3 (Niacin)	5.6 mg	35% DV
Vitamin B5 (Pantothenic Acid)	1.1 mg	22% DV
Vitamin B6 (Pyridoxine)	512.0 µg	30% DV
Vitamin B7 (Biotin)	0.9 µg	3% DV
Vitamin B9 (Folate)	1.0 µg	0% DV
Vitamin B12 (Cobalamin)	0.6 µg	23% DV
Vitamin C	0.0 mg	0% DV
Vitamin D (D2 + D3)	~	~
Vitamin E	0.5 mg	3% DV
Vitamin K	0.8 µg	1% DV
Choline	58.8 mg	11% DV
Myo-Inositol	6.1 mg	~
CoQ10	2.1 mg	~
Minerals		
Calcium	6.0 mg	0% DV
Copper	65.0 µg	7% DV
Iodine	~	~
Iron	0.8 mg	5% DV
Magnesium	21.0 mg	5% DV
Manganese	16.0 µg	1% DV
Phosphorus	178.0 mg	14% DV
Potassium	522.0 mg	11% DV
Selenium	10.2 µg	19% DV
Sodium	60.0 mg	3% DV
Zinc	1.5 mg	13% DV
Amino Acids & Peptides		
Taurine	378.0 mg	~
Ergothioneine	0.1 mg	~
Functional Fats		
MUFA	3.6 g	18% DV
ALA	71.0 mg	4% DV
EPA + DHA	31.0 mg	12% DV
CLA	7.3 mg	~
Linoleic Acid	1.3 g	8% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	0.0 µg	~
Polyphenols	0.0 mg	~
Phytosterols	0.0 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~



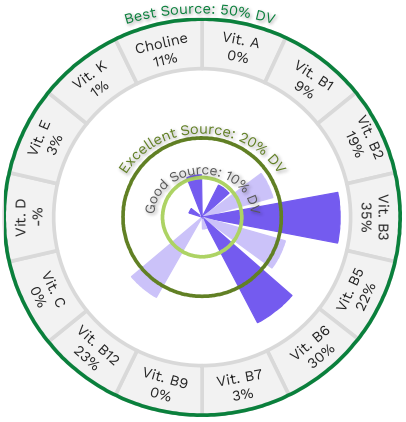


FATS



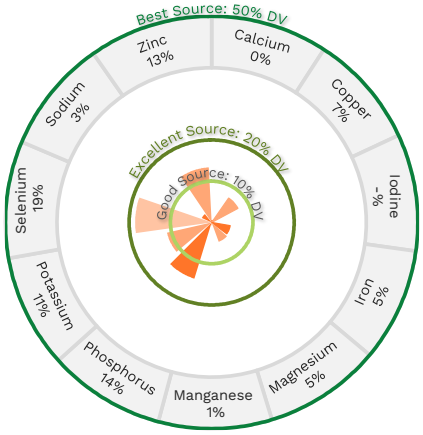


CARBOHYDRATES



VITAMINS

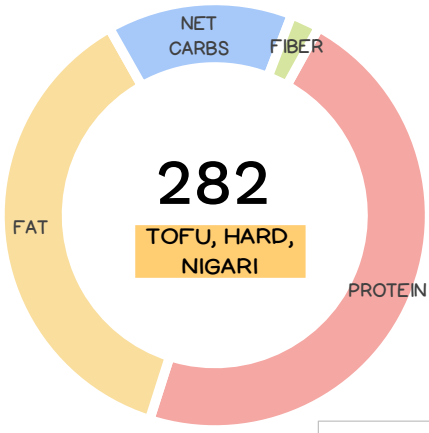
MINERALS



364 Tofu, hard, nigari

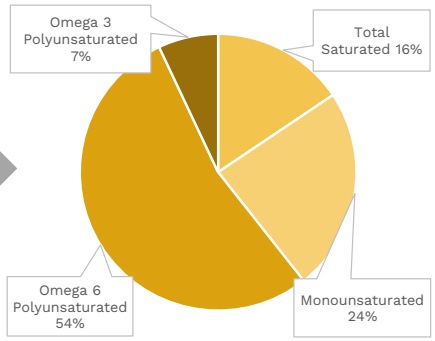
Serving Size:	81 grams	Protein:	10.3 grams	Net Carbs:	3.1 grams
Calories:	117	Fat:	8.1 grams	Fiber:	0.5 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	6.7 µg RAE	1% DV
Vitamin B1 (Thiamin)	34.0 µg	3% DV
Vitamin B2 (Riboflavin)	62.4 µg	5% DV
Vitamin B3 (Niacin)	0.5 mg	3% DV
Vitamin B5 (Pantothenic Acid)	0.0 mg	1% DV
Vitamin B6 (Pyridoxine)	31.6 µg	2% DV
Vitamin B7 (Biotin)	3.4 µg	11% DV
Vitamin B9 (Folate)	17.8 µg	4% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	0.2 mg	0% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	~	~
Vitamin K	1.9 µg	2% DV
Choline	~	~
Myo-Inositol	~	~
CoQ10	0.2 mg	~
Minerals		
Calcium	279.5 mg	21% DV
Copper	265.7 µg	30% DV
Iodine	~	~
Iron	2.2 mg	12% DV
Magnesium	42.9 mg	10% DV
Manganese	852.1 µg	37% DV
Phosphorus	187.1 mg	15% DV
Potassium	118.3 mg	3% DV
Selenium	13.6 µg	25% DV
Sodium	1.6 mg	0% DV
Zinc	1.3 mg	12% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	1.8 g	9% DV
ALA	540.3 mg	34% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	4.0 g	24% DV
MCT's	~	~
Phytonutrients		
Carotenoids	80.7 µg	~
Polyphenols	263.1 mg	~
Phytosterols	100.3 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

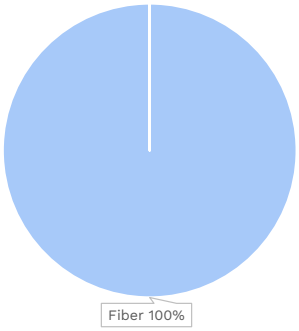




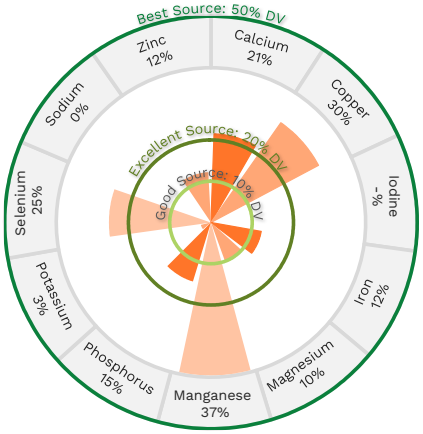
FATS



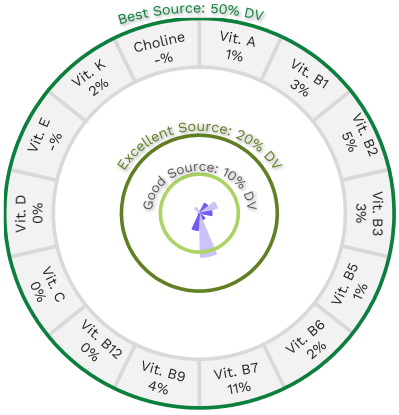
CARBOHYDRATES



MINERALS



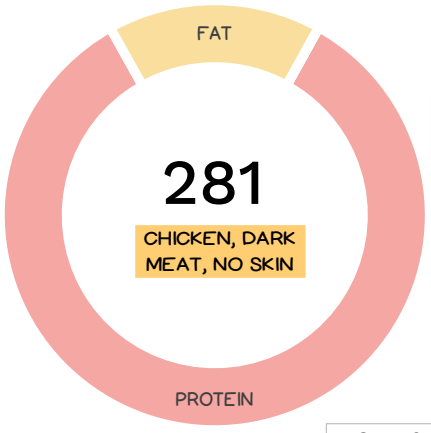
VITAMINS



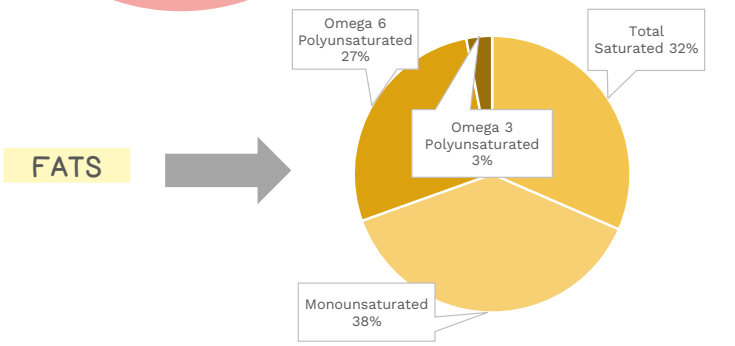
365 Chicken, dark meat, no skin

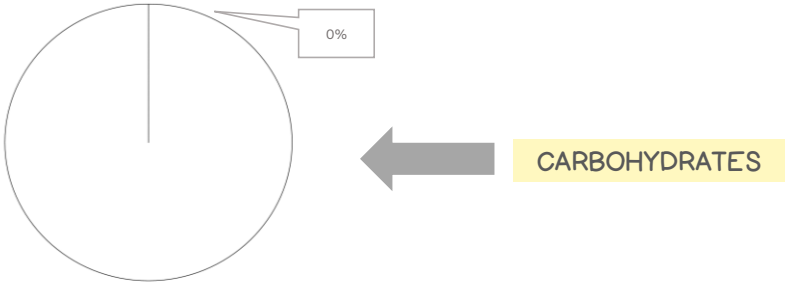
Serving Size:	100 grams	Protein:	18.7 grams	Net Carbs:	0.0 grams
Calories:	113	Fat:	3.6 grams	Fiber:	0.0 grams

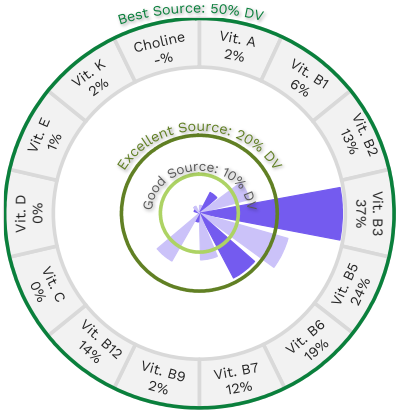
Vitamins & Vitaminlike Compounds		
Vitamin A	18.0 µg RAE	2% DV
Vitamin B1 (Thiamin)	72.0 µg	6% DV
Vitamin B2 (Riboflavin)	173.0 µg	13% DV
Vitamin B3 (Niacin)	5.9 mg	37% DV
Vitamin B5 (Pantothenic Acid)	1.2 mg	24% DV
Vitamin B6 (Pyridoxine)	320.0 µg	19% DV
Vitamin B7 (Biotin)	3.6 µg	12% DV
Vitamin B9 (Folate)	9.0 µg	2% DV
Vitamin B12 (Cobalamin)	0.3 µg	14% DV
Vitamin C	0.0 mg	0% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.2 mg	1% DV
Vitamin K	2.4 µg	2% DV
Choline	~	~
Myo-Inositol	24.8 mg	~
CoQ10	2.5 mg	~
Minerals		
Calcium	9.0 mg	1% DV
Copper	59.0 µg	7% DV
Iodine	~	~
Iron	1.2 mg	6% DV
Magnesium	21.0 mg	5% DV
Manganese	20.0 µg	1% DV
Phosphorus	178.0 mg	14% DV
Potassium	227.0 mg	5% DV
Selenium	13.5 µg	25% DV
Sodium	95.0 mg	4% DV
Zinc	1.7 mg	15% DV
Amino Acids & Peptides		
Taurine	169.6 mg	~
Ergothioneine	0.1 mg	~
Functional Fats		
MUFA	1.1 g	6% DV
ALA	30.0 mg	2% DV
EPA + DHA	40.0 mg	16% DV
CLA	3.2 mg	~
Linoleic Acid	0.7 g	4% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	0.0 µg	~
Polyphenols	0.0 mg	~
Phytosterols	0.0 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

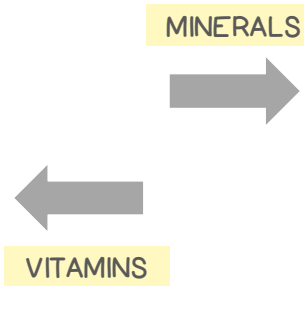


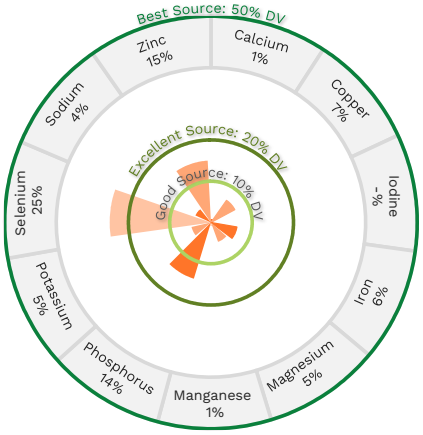








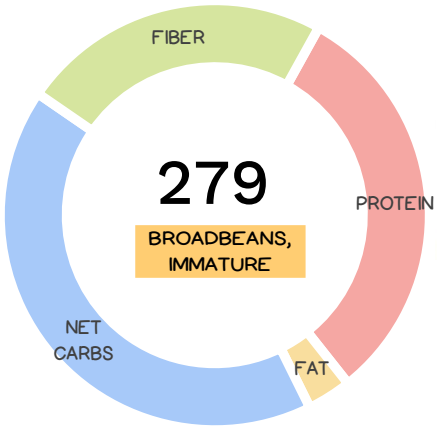




366 Broadbeans, immature

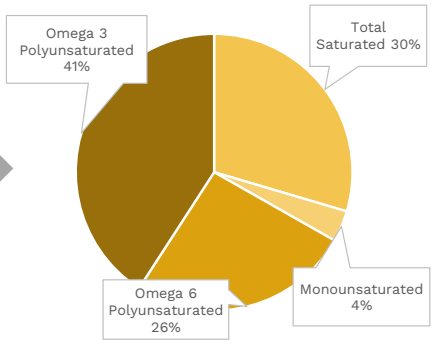
Serving Size:	22 grams	Protein:	1.2 grams	Net Carbs:	1.6 grams
Calories:	16	Fat:	0.1 grams	Fiber:	0.9 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	3.9 µg RAE	0% DV
Vitamin B1 (Thiamin)	37.1 µg	3% DV
Vitamin B2 (Riboflavin)	24.0 µg	2% DV
Vitamin B3 (Niacin)	0.3 mg	2% DV
Vitamin B5 (Pantothenic Acid)	0.0 mg	0% DV
Vitamin B6 (Pyridoxine)	8.3 µg	0% DV
Vitamin B7 (Biotin)	~	~
Vitamin B9 (Folate)	20.9 µg	5% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	7.2 mg	8% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	~	~
Vitamin K	~	~
Choline	~	~
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	4.8 mg	0% DV
Copper	16.1 µg	2% DV
Iodine	~	~
Iron	0.4 mg	2% DV
Magnesium	8.3 mg	2% DV
Manganese	69.8 µg	3% DV
Phosphorus	20.7 mg	2% DV
Potassium	54.5 mg	1% DV
Selenium	0.3 µg	0% DV
Sodium	10.9 mg	0% DV
Zinc	0.1 mg	1% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	41.2 mg	3% DV
EPA + DHA	~	~
CLA	~	~
Linoleic Acid	0.0 g	0% DV
MCT's	~	~
Phytonutrients		
Carotenoids	~	~
Polyphenols	0.0 mg	~
Phytosterols	~	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

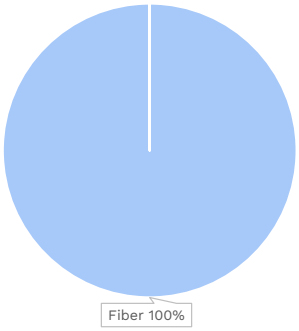




FATS



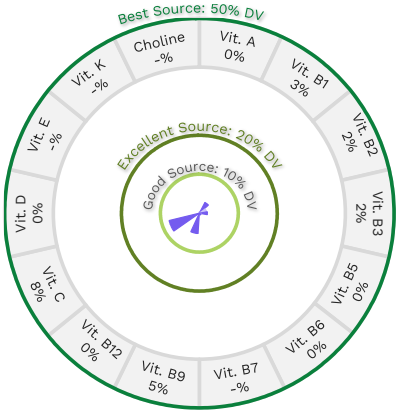
CARBOHYDRATES



MINERALS



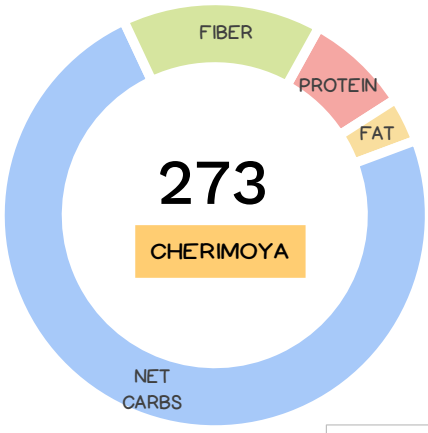
VITAMINS



367 Cherimoya

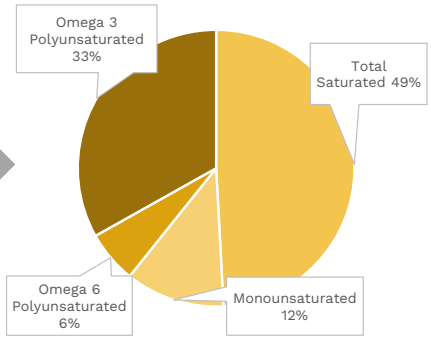
Serving Size:	160 grams	Protein:	2.5 grams	Net Carbs:	23.5 grams
Calories:	120	Fat:	1.1 grams	Fiber:	4.8 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	0.0 µg RAE	0% DV
Vitamin B1 (Thiamin)	161.6 µg	13% DV
Vitamin B2 (Riboflavin)	209.6 µg	16% DV
Vitamin B3 (Niacin)	1.0 mg	6% DV
Vitamin B5 (Pantothenic Acid)	0.6 mg	11% DV
Vitamin B6 (Pyridoxine)	411.2 µg	24% DV
Vitamin B7 (Biotin)	~	~
Vitamin B9 (Folate)	36.8 µg	9% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	20.2 mg	22% DV
Vitamin D (D2 + D3)	~	~
Vitamin E	0.6 mg	4% DV
Vitamin K	~	~
Choline	~	~
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	16.0 mg	1% DV
Copper	110.4 µg	12% DV
Iodine	~	~
Iron	0.4 mg	2% DV
Magnesium	27.2 mg	6% DV
Manganese	148.8 µg	6% DV
Phosphorus	41.6 mg	3% DV
Potassium	459.2 mg	10% DV
Selenium	~	~
Sodium	11.2 mg	0% DV
Zinc	0.3 mg	2% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.1 g	0% DV
ALA	254.4 mg	16% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.0 g	0% DV
MCT's	0.1 g	~
Phytonutrients		
Carotenoids	14.4 µg	~
Polyphenols	1092.8 mg	~
Phytosterols	~	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

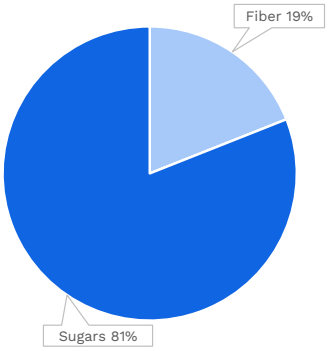




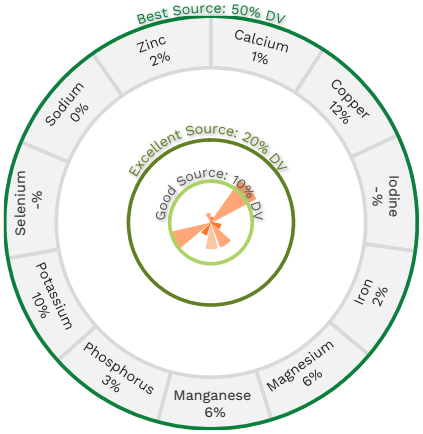
FATS



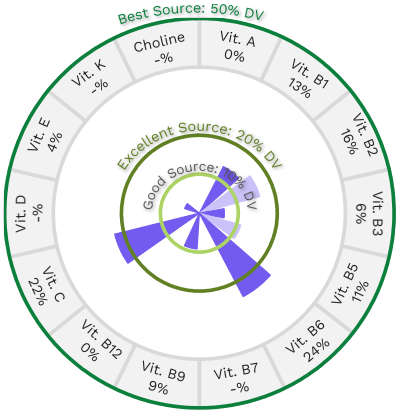
CARBOHYDRATES



MINERALS



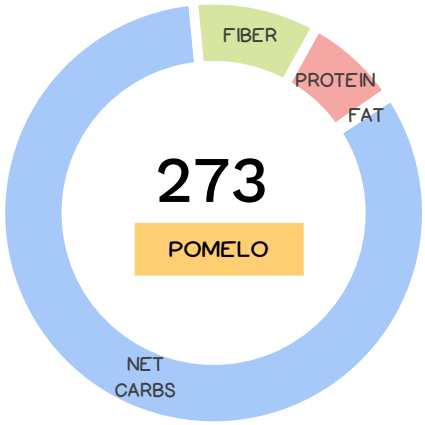
VITAMINS



368 Pomelo

Serving Size:	190 grams	Protein:	1.4 grams	Net Carbs:	16.4 grams
Calories:	72	Fat:	0.1 grams	Fiber:	1.9 grams

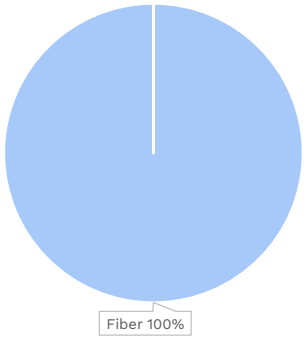
Vitamins & Vitaminlike Compounds		
Vitamin A	0.0 µg RAE	0% DV
Vitamin B1 (Thiamin)	64.6 µg	5% DV
Vitamin B2 (Riboflavin)	51.3 µg	4% DV
Vitamin B3 (Niacin)	0.4 mg	3% DV
Vitamin B5 (Pantothenic Acid)	~	~
Vitamin B6 (Pyridoxine)	68.4 µg	4% DV
Vitamin B7 (Biotin)	~	~
Vitamin B9 (Folate)	~	~
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	115.9 mg	129% DV
Vitamin D (D2 + D3)	~	~
Vitamin E	~	~
Vitamin K	~	~
Choline	~	~
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	7.6 mg	1% DV
Copper	91.2 µg	10% DV
Iodine	~	~
Iron	0.2 mg	1% DV
Magnesium	11.4 mg	3% DV
Manganese	32.3 µg	1% DV
Phosphorus	32.3 mg	3% DV
Potassium	410.4 mg	9% DV
Selenium	~	~
Sodium	1.9 mg	0% DV
Zinc	0.2 mg	1% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	~	~
ALA	~	~
EPA + DHA	~	~
CLA	~	~
Linoleic Acid	~	~
MCT's	~	~
Phytonutrients		
Carotenoids	19.0 µg	~
Polyphenols	109.1 mg	~
Phytosterols	~	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~





FATS

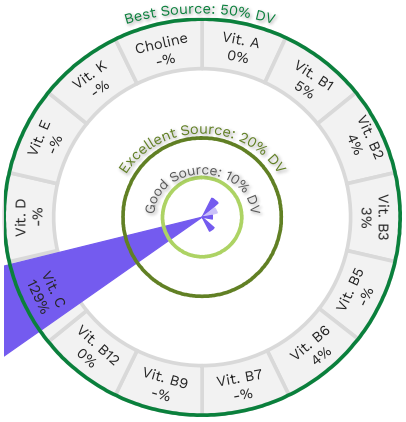
No detailed component data currently available in the USDA Food Central Database.



CARBOHYDRATES

MINERALS

VITAMINS

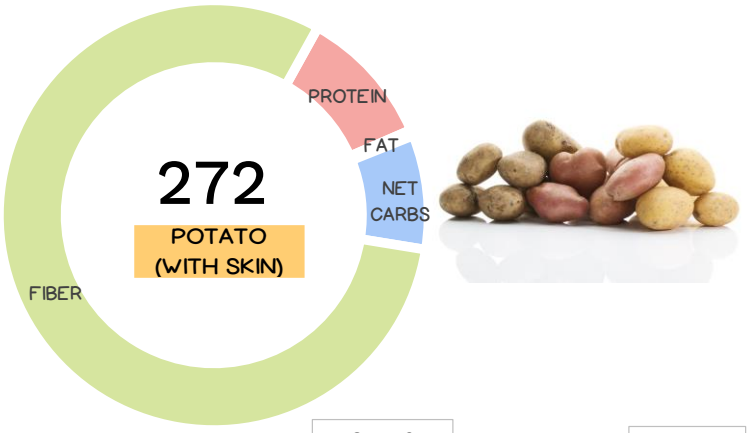


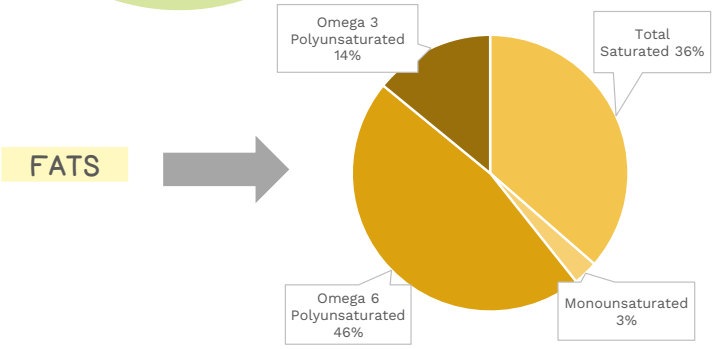


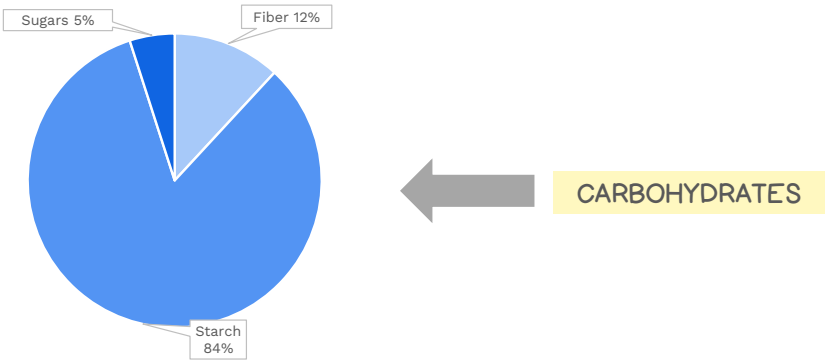
369 Potato (with skin)

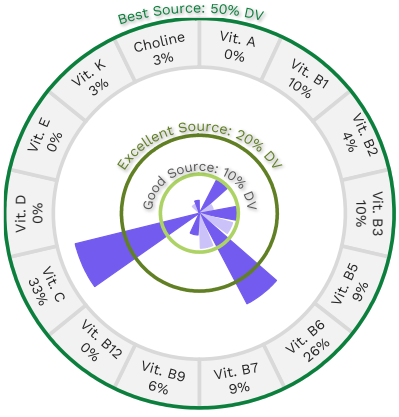
Serving Size:	150 grams	Protein:	3.1 grams	Net Carbs:	2.5 grams
Calories:	116	Fat:	0.1 grams	Fiber:	23.7 grams

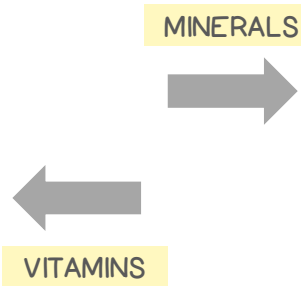
Vitamins & Vitaminlike Compounds		
Vitamin A	0.0 µg RAE	0% DV
Vitamin B1 (Thiamin)	121.5 µg	10% DV
Vitamin B2 (Riboflavin)	48.0 µg	4% DV
Vitamin B3 (Niacin)	1.6 mg	10% DV
Vitamin B5 (Pantothenic Acid)	0.4 mg	9% DV
Vitamin B6 (Pyridoxine)	447.0 µg	26% DV
Vitamin B7 (Biotin)	2.7 µg	9% DV
Vitamin B9 (Folate)	22.5 µg	6% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	29.6 mg	33% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.0 mg	0% DV
Vitamin K	3.0 µg	3% DV
Choline	18.2 mg	3% DV
Myo-Inositol	120.5 mg	~
CoQ10	0.2 mg	~
Minerals		
Calcium	18.0 mg	1% DV
Copper	165.0 µg	18% DV
Iodine	~	~
Iron	1.2 mg	7% DV
Magnesium	34.5 mg	8% DV
Manganese	229.5 µg	10% DV
Phosphorus	85.5 mg	7% DV
Potassium	637.5 mg	14% DV
Selenium	0.6 µg	1% DV
Sodium	9.0 mg	0% DV
Zinc	0.5 mg	4% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	15.0 mg	1% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.0 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	15.0 µg	~
Polyphenols	244.5 mg	~
Phytosterols	7.8 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

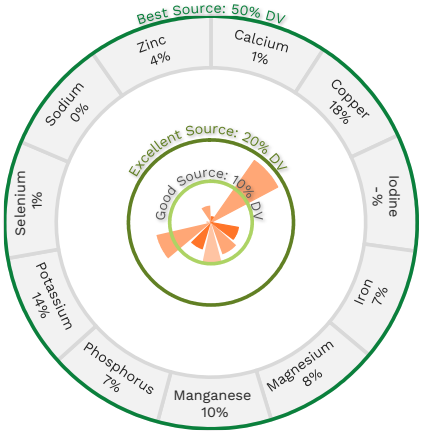








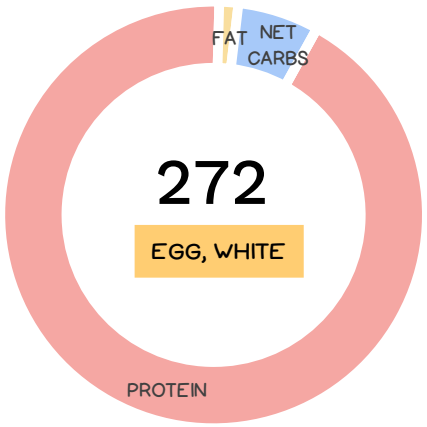




370 Egg, white

Serving Size:	100 grams	Protein:	10.9 grams	Net Carbs:	0.7 grams
Calories:	52	Fat:	0.2 grams	Fiber:	0.0 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	0.0 µg RAE	0% DV
Vitamin B1 (Thiamin)	4.0 µg	0% DV
Vitamin B2 (Riboflavin)	439.0 µg	34% DV
Vitamin B3 (Niacin)	0.1 mg	1% DV
Vitamin B5 (Pantothenic Acid)	0.2 mg	4% DV
Vitamin B6 (Pyridoxine)	5.0 µg	0% DV
Vitamin B7 (Biotin)	7.8 µg	26% DV
Vitamin B9 (Folate)	4.0 µg	1% DV
Vitamin B12 (Cobalamin)	0.1 µg	4% DV
Vitamin C	0.0 mg	0% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.0 mg	0% DV
Vitamin K	0.0 µg	0% DV
Choline	1.1 mg	0% DV
Myo-Inositol	5.0 mg	~
CoQ10	~	~
Minerals		
Calcium	7.0 mg	1% DV
Copper	23.0 µg	3% DV
Iodine	~	~
Iron	0.1 mg	0% DV
Magnesium	11.0 mg	3% DV
Manganese	11.0 µg	0% DV
Phosphorus	15.0 mg	1% DV
Potassium	163.0 mg	3% DV
Selenium	20.0 µg	36% DV
Sodium	166.0 mg	7% DV
Zinc	0.0 mg	0% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	0.0 mg	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	0.0 mg	0% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.0 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	0.0 µg	~
Polyphenols	0.0 mg	~
Phytosterols	0.0 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

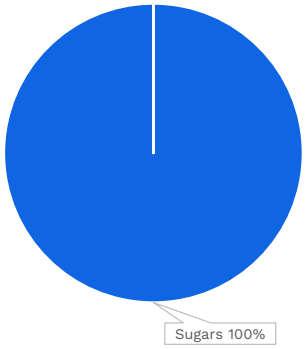




FATS



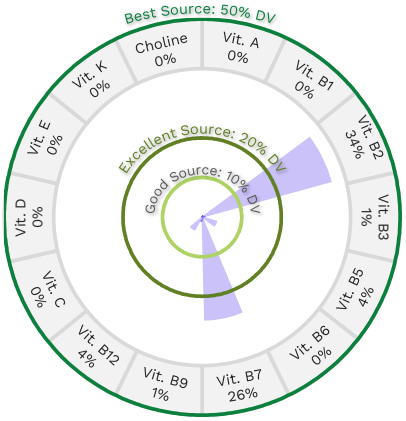
No detailed component data currently available in the USDA Food Central Database.

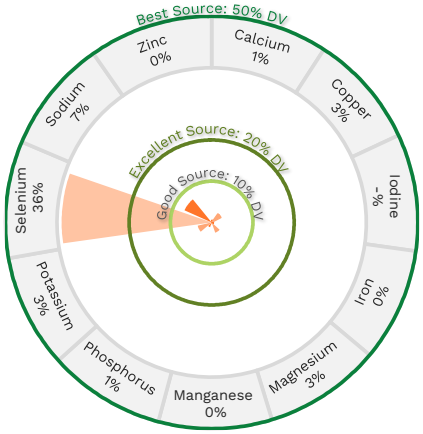


CARBOHYDRATES

MINERALS

VITAMINS

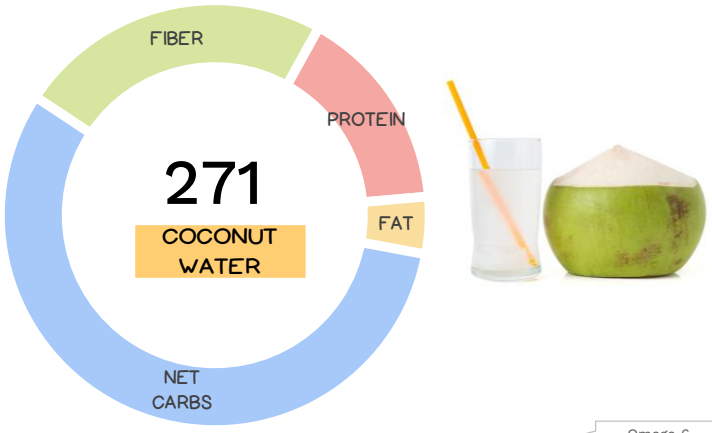


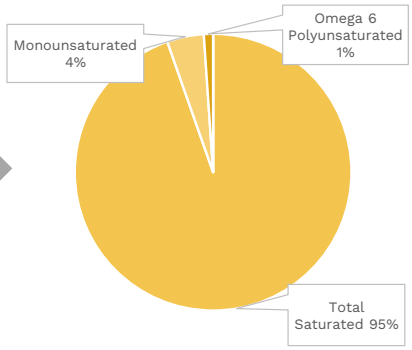


371 Coconut water

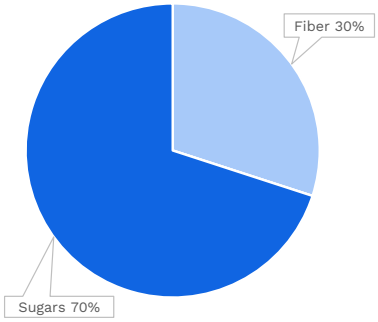
Serving Size:	240 grams	Protein:	1.7 grams	Net Carbs:	6.3 grams
Calories:	46	Fat:	0.5 grams	Fiber:	2.6 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	0.0 µg RAE	0% DV
Vitamin B1 (Thiamin)	72.0 µg	6% DV
Vitamin B2 (Riboflavin)	136.8 µg	11% DV
Vitamin B3 (Niacin)	0.2 mg	1% DV
Vitamin B5 (Pantothenic Acid)	0.1 mg	2% DV
Vitamin B6 (Pyridoxine)	76.8 µg	5% DV
Vitamin B7 (Biotin)	~	~
Vitamin B9 (Folate)	7.2 µg	2% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	5.8 mg	6% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.0 mg	0% DV
Vitamin K	0.0 µg	0% DV
Choline	2.6 mg	0% DV
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	57.6 mg	4% DV
Copper	96.0 µg	11% DV
Iodine	~	~
Iron	0.7 mg	4% DV
Magnesium	60.0 mg	14% DV
Manganese	340.8 µg	15% DV
Phosphorus	48.0 mg	4% DV
Potassium	600.0 mg	13% DV
Selenium	2.4 µg	4% DV
Sodium	252.0 mg	11% DV
Zinc	0.2 mg	2% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	0.0 mg	0% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.0 g	0% DV
MCT's	0.3 g	~
Phytonutrients		
Carotenoids	0.0 µg	~
Polyphenols	15.3 mg	~
Phytosterols	~	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

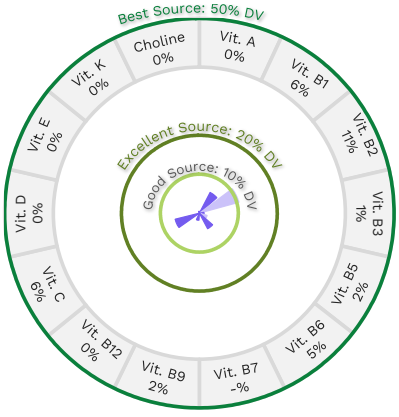




FATS

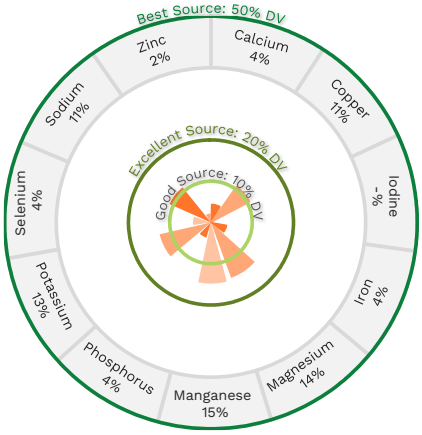


CARBOHYDRATES



MINERALS

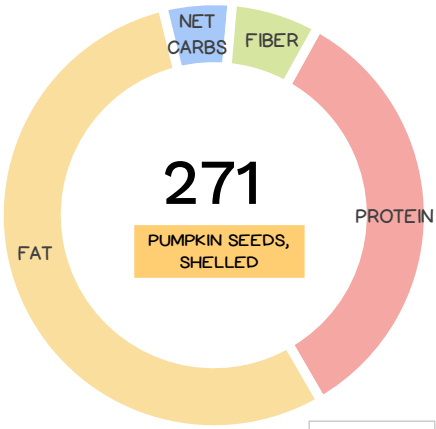
VITAMINS



372 Pumpkin seeds, shelled

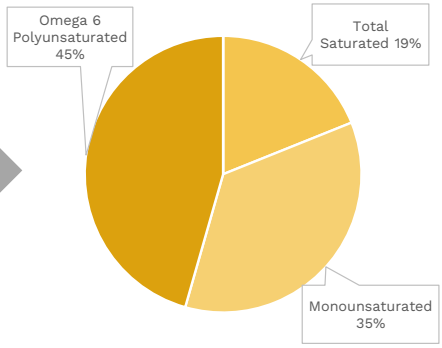
Serving Size:	28 grams	Protein:	8.5 grams	Net Carbs:	1.3 grams
Calories:	157	Fat:	13.7 grams	Fiber:	1.7 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	0.3 µg RAE	0% DV
Vitamin B1 (Thiamin)	76.4 µg	6% DV
Vitamin B2 (Riboflavin)	42.8 µg	3% DV
Vitamin B3 (Niacin)	1.4 mg	9% DV
Vitamin B5 (Pantothenic Acid)	0.2 mg	4% DV
Vitamin B6 (Pyridoxine)	40.0 µg	2% DV
Vitamin B7 (Biotin)	3.6 µg	12% DV
Vitamin B9 (Folate)	16.2 µg	4% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	0.5 mg	1% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	10.6 mg	71% DV
Vitamin K	2.0 µg	2% DV
Choline	17.6 mg	3% DV
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	12.9 mg	1% DV
Copper	376.0 µg	42% DV
Iodine	~	~
Iron	2.5 mg	14% DV
Magnesium	165.8 mg	39% DV
Manganese	1272.0 µg	55% DV
Phosphorus	345.2 mg	28% DV
Potassium	226.5 mg	5% DV
Selenium	2.6 µg	5% DV
Sodium	2.0 mg	0% DV
Zinc	2.2 mg	20% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	0.0 mg	~
Functional Fats		
MUFA	4.5 g	23% DV
ALA	33.6 mg	2% DV
EPA + DHA	0.0 mg	0% DV
CLA	1.1 mg	~
Linoleic Acid	5.8 g	34% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	23.8 µg	~
Polyphenols	63.4 mg	~
Phytosterols	77.8 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

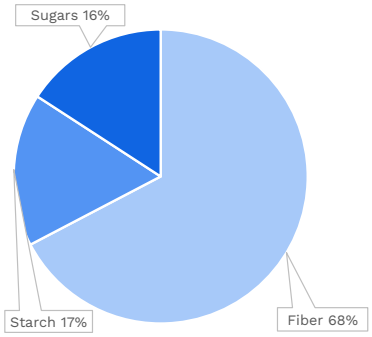


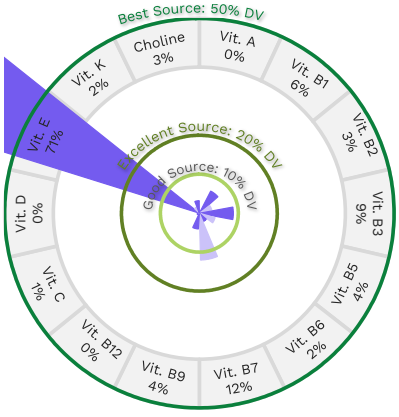


FATS



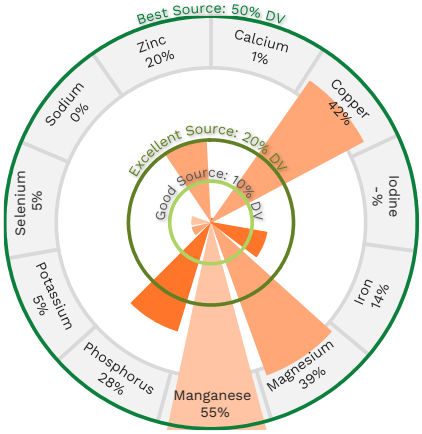
CARBOHYDRATES





MINERALS

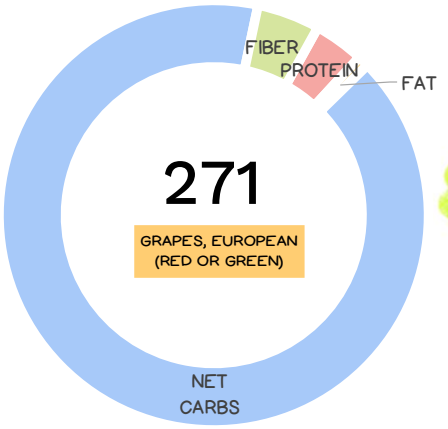
VITAMINS



373 Grapes, European (red or green)

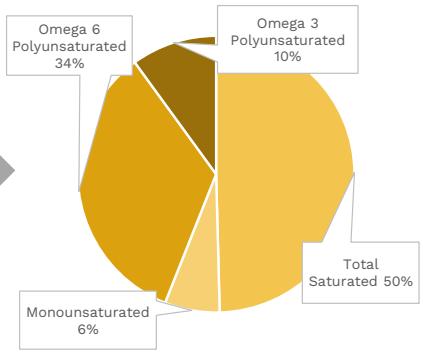
Serving Size:	151 grams	Protein:	1.1 grams	Net Carbs:	26.0 grams
Calories:	104	Fat:	0.2 grams	Fiber:	1.4 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	4.5 µg RAE	1% DV
Vitamin B1 (Thiamin)	104.2 µg	9% DV
Vitamin B2 (Riboflavin)	105.7 µg	8% DV
Vitamin B3 (Niacin)	0.3 mg	2% DV
Vitamin B5 (Pantothenic Acid)	0.1 mg	2% DV
Vitamin B6 (Pyridoxine)	129.9 µg	8% DV
Vitamin B7 (Biotin)	2.4 µg	8% DV
Vitamin B9 (Folate)	3.0 µg	1% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	4.8 mg	5% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.4 mg	3% DV
Vitamin K	22.0 µg	18% DV
Choline	8.5 mg	2% DV
Myo-Inositol	24.2 mg	~
CoQ10	7.7 mg	~
Minerals		
Calcium	15.1 mg	1% DV
Copper	191.8 µg	21% DV
Iodine	~	~
Iron	0.5 mg	3% DV
Magnesium	10.6 mg	3% DV
Manganese	107.2 µg	5% DV
Phosphorus	30.2 mg	2% DV
Potassium	288.4 mg	6% DV
Selenium	0.2 µg	0% DV
Sodium	3.0 mg	0% DV
Zinc	0.1 mg	1% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	16.6 mg	1% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.1 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	169.1 µg	~
Polyphenols	267.1 mg	~
Phytosterols	30.2 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

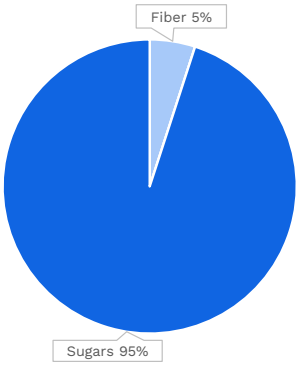




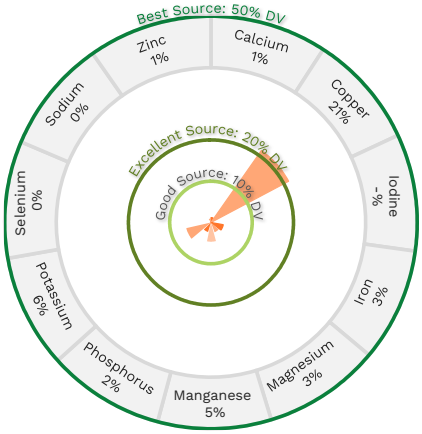
FATS



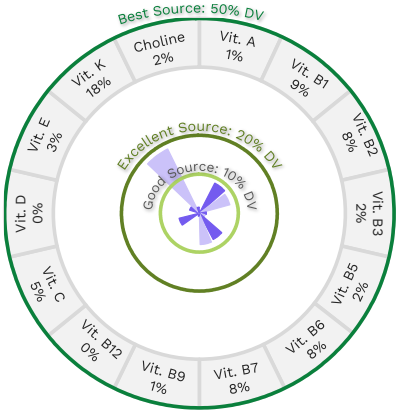
CARBOHYDRATES



MINERALS



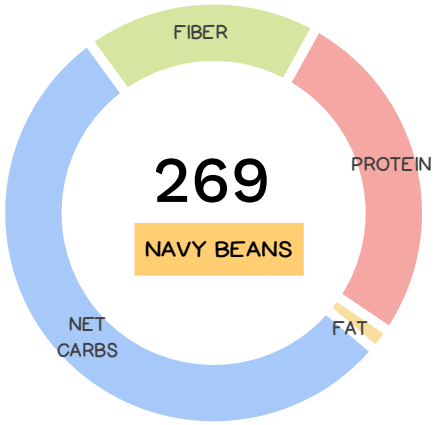
VITAMINS



374 Navy beans

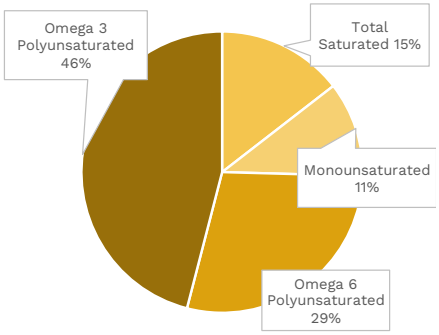
Serving Size:	42 grams	Protein:	9.3 grams	Net Carbs:	18.9 grams
Calories:	140	Fat:	0.6 grams	Fiber:	6.4 grams

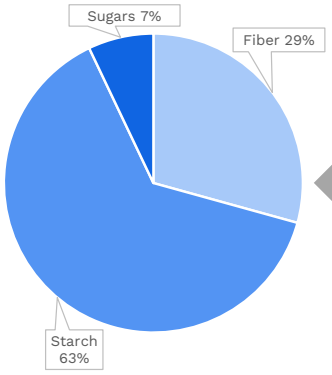
Vitamins & Vitaminlike Compounds		
Vitamin A	0.0 µg RAE	0% DV
Vitamin B1 (Thiamin)	322.4 µg	27% DV
Vitamin B2 (Riboflavin)	68.2 µg	5% DV
Vitamin B3 (Niacin)	0.9 mg	6% DV
Vitamin B5 (Pantothenic Acid)	0.3 mg	6% DV
Vitamin B6 (Pyridoxine)	178.0 µg	10% DV
Vitamin B7 (Biotin)	~	~
Vitamin B9 (Folate)	151.4 µg	38% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	0.0 mg	0% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.9 mg	6% DV
Vitamin K	1.0 µg	1% DV
Choline	36.4 mg	7% DV
Myo-Inositol	80.6 mg	~
CoQ10	~	~
Minerals		
Calcium	61.2 mg	5% DV
Copper	346.9 µg	39% DV
Iodine	~	~
Iron	2.3 mg	13% DV
Magnesium	72.8 mg	17% DV
Manganese	589.9 µg	26% DV
Phosphorus	169.3 mg	14% DV
Potassium	493.0 mg	10% DV
Selenium	4.6 µg	8% DV
Sodium	2.1 mg	0% DV
Zinc	1.5 mg	14% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.1 g	0% DV
ALA	223.8 mg	14% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.1 g	1% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	0.0 µg	~
Polyphenols	518.8 mg	~
Phytosterols	~	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~





FATS

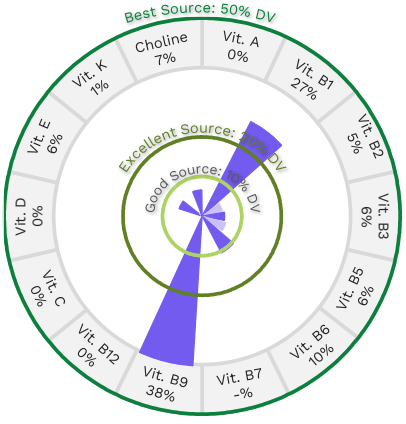


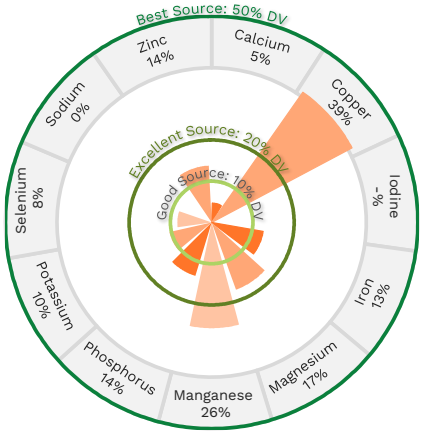


CARBOHYDRATES

MINERALS

VITAMINS

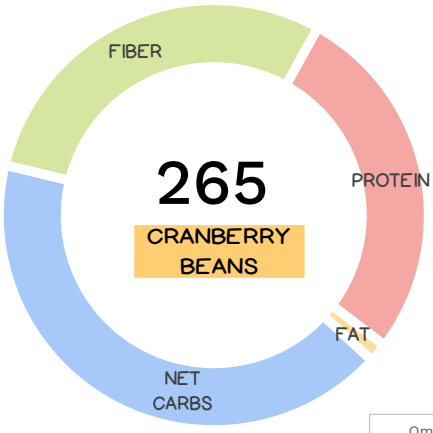




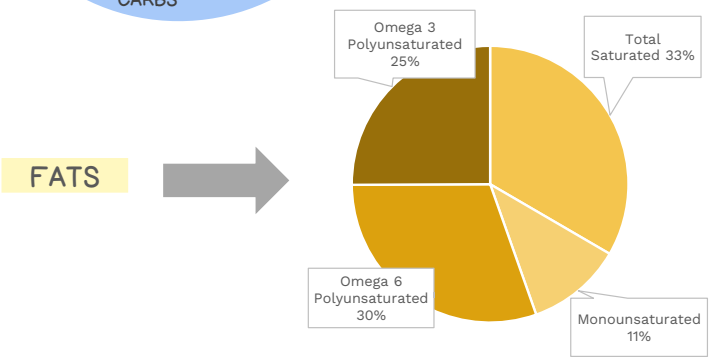
375 Cranberry beans

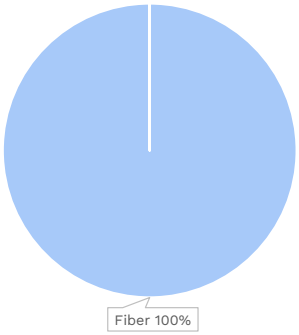
Serving Size:	33 grams	Protein:	7.5 grams	Net Carbs:	11.5 grams
Calories:	109	Fat:	0.4 grams	Fiber:	8.0 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	0.0 µg RAE	0% DV
Vitamin B1 (Thiamin)	242.8 µg	20% DV
Vitamin B2 (Riboflavin)	69.2 µg	5% DV
Vitamin B3 (Niacin)	0.5 mg	3% DV
Vitamin B5 (Pantothenic Acid)	0.2 mg	5% DV
Vitamin B6 (Pyridoxine)	100.4 µg	6% DV
Vitamin B7 (Biotin)	~	~
Vitamin B9 (Folate)	196.3 µg	49% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	0.0 mg	0% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	~	~
Vitamin K	~	~
Choline	~	~
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	41.3 mg	3% DV
Copper	258.1 µg	29% DV
Iodine	~	~
Iron	1.6 mg	9% DV
Magnesium	50.7 mg	12% DV
Manganese	299.0 µg	13% DV
Phosphorus	120.9 mg	10% DV
Potassium	432.9 mg	9% DV
Selenium	4.1 µg	8% DV
Sodium	2.0 mg	0% DV
Zinc	1.2 mg	11% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	78.0 mg	5% DV
EPA + DHA	~	~
CLA	~	~
Linoleic Acid	0.1 g	1% DV
MCT's	~	~
Phytonutrients		
Carotenoids	~	~
Polyphenols	381.2 mg	~
Phytosterols	~	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~





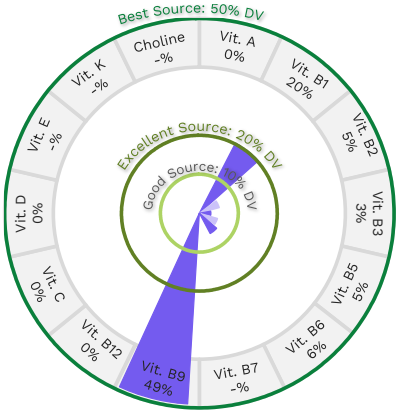


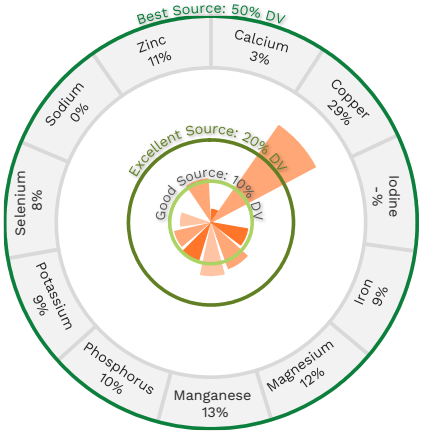


CARBOHYDRATES

MINERALS

VITAMINS

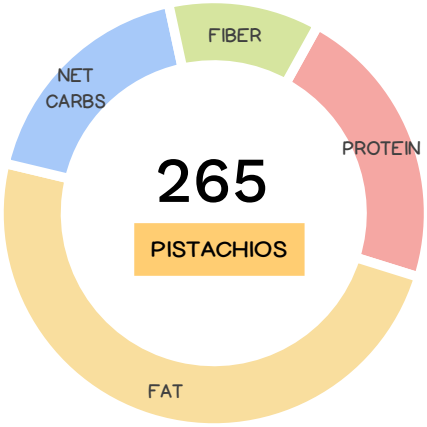




376 Pistachios

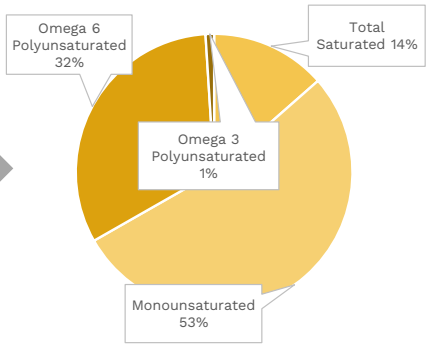
Serving Size:	28 grams	Protein:	5.6 grams	Net Carbs:	4.6 grams
Calories:	157	Fat:	12.7 grams	Fiber:	3.0 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	7.3 µg RAE	1% DV
Vitamin B1 (Thiamin)	243.6 µg	20% DV
Vitamin B2 (Riboflavin)	44.8 µg	3% DV
Vitamin B3 (Niacin)	0.4 mg	2% DV
Vitamin B5 (Pantothenic Acid)	0.1 mg	3% DV
Vitamin B6 (Pyridoxine)	476.0 µg	28% DV
Vitamin B7 (Biotin)	9.0 µg	30% DV
Vitamin B9 (Folate)	14.3 µg	4% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	1.6 mg	2% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	7.2 mg	48% DV
Vitamin K	7.3 µg	6% DV
Choline	20.0 mg	4% DV
Myo-Inositol	~	~
CoQ10	0.6 mg	~
Minerals		
Calcium	29.4 mg	2% DV
Copper	364.0 µg	40% DV
Iodine	~	~
Iron	1.1 mg	6% DV
Magnesium	33.9 mg	8% DV
Manganese	336.0 µg	15% DV
Phosphorus	137.2 mg	11% DV
Potassium	287.0 mg	6% DV
Selenium	2.0 µg	4% DV
Sodium	0.3 mg	0% DV
Zinc	0.6 mg	6% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	0.1 mg	~
Functional Fats		
MUFA	6.5 g	33% DV
ALA	80.9 mg	5% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	3.9 g	23% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	901.0 µg	~
Polyphenols	464.0 mg	~
Phytosterols	83.2 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

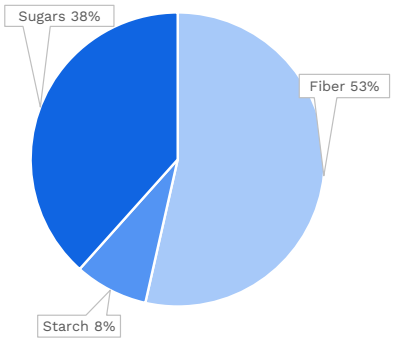




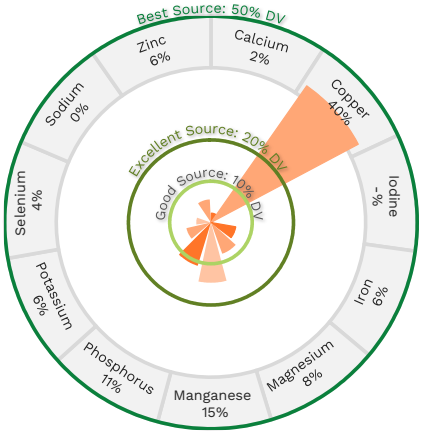
FATS



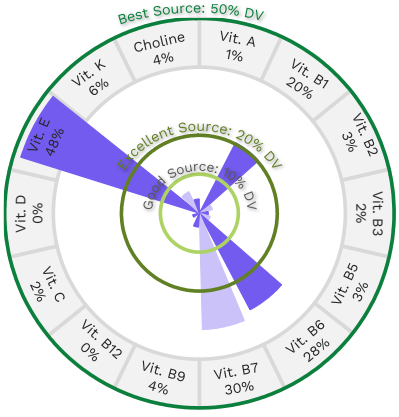
CARBOHYDRATES



MINERALS



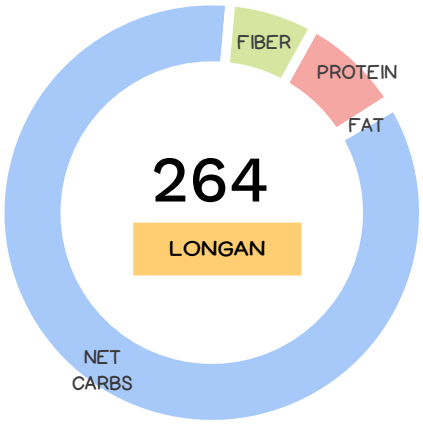
VITAMINS



377 Longan

Serving Size:	190 grams	Protein:	2.5 grams	Net Carbs:	26.7 grams
Calories:	114	Fat:	0.2 grams	Fiber:	2.1 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	~	~
Vitamin B1 (Thiamin)	58.9 µg	5% DV
Vitamin B2 (Riboflavin)	266.0 µg	20% DV
Vitamin B3 (Niacin)	0.6 mg	4% DV
Vitamin B5 (Pantothenic Acid)	~	~
Vitamin B6 (Pyridoxine)	~	~
Vitamin B7 (Biotin)	~	~
Vitamin B9 (Folate)	~	~
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	159.6 mg	177% DV
Vitamin D (D2 + D3)	~	~
Vitamin E	~	~
Vitamin K	~	~
Choline	~	~
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	1.9 mg	0% DV
Copper	321.1 µg	36% DV
Iodine	~	~
Iron	0.2 mg	1% DV
Magnesium	19.0 mg	5% DV
Manganese	98.8 µg	4% DV
Phosphorus	39.9 mg	3% DV
Potassium	505.4 mg	11% DV
Selenium	~	~
Sodium	0.0 mg	0% DV
Zinc	0.1 mg	1% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	~	~
ALA	~	~
EPA + DHA	~	~
CLA	~	~
Linoleic Acid	~	~
MCT's	~	~
Phytonutrients		
Carotenoids	~	~
Polyphenols	152.6 mg	~
Phytosterols	29.3 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

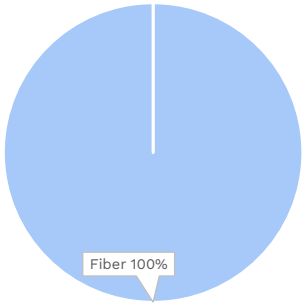




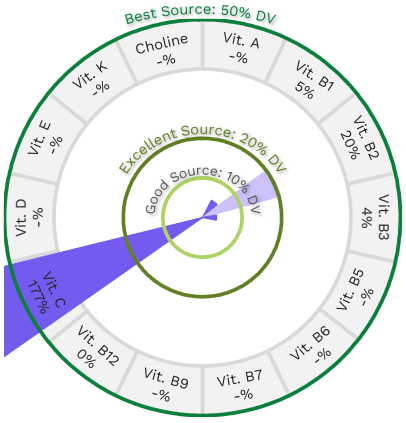
FATS



No detailed component data currently available in the USDA Food Central Database.

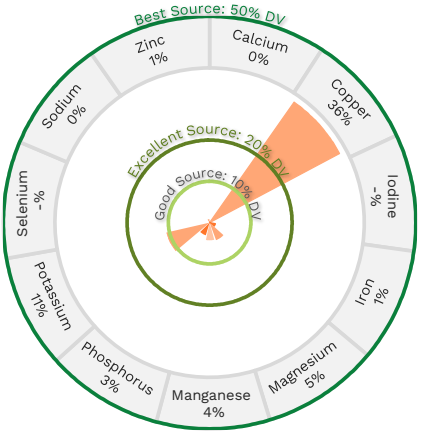


CARBOHYDRATES



MINERALS

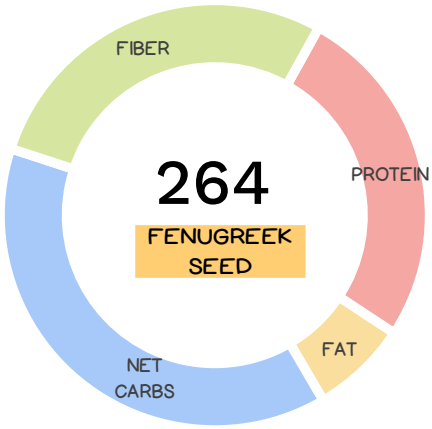
VITAMINS



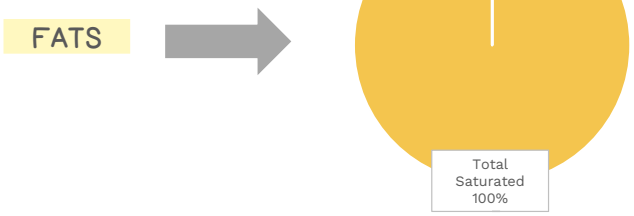
378 Fenugreek seed

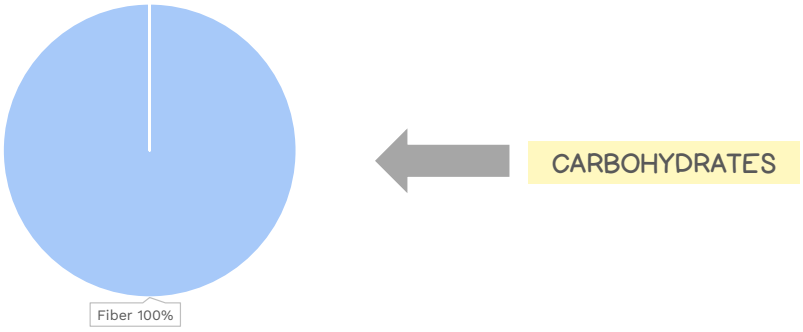
Serving Size:	11 grams	Protein:	2.6 grams	Net Carbs:	3.7 grams
Calories:	36	Fat:	0.7 grams	Fiber:	2.7 grams

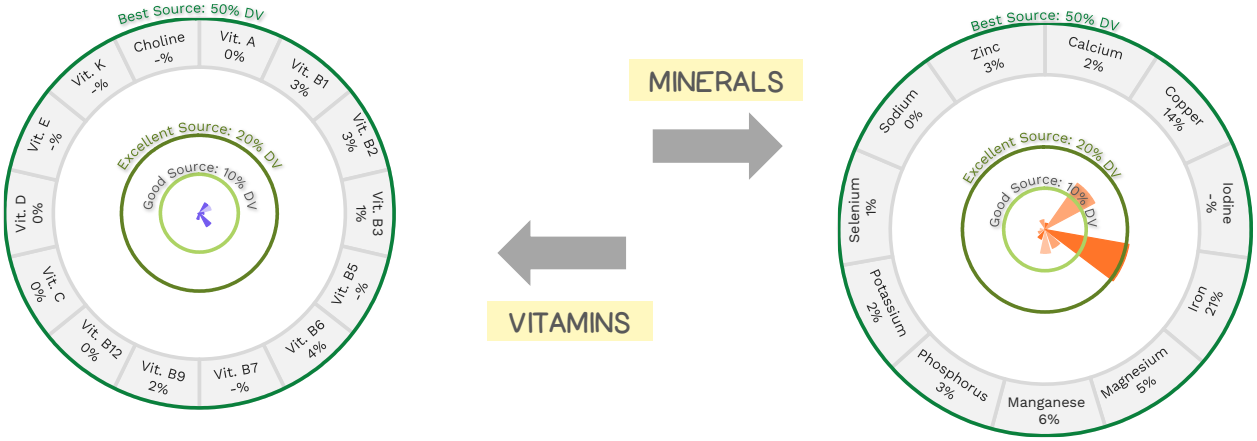
Vitamins & Vitaminlike Compounds		
Vitamin A	0.3 µg RAE	0% DV
Vitamin B1 (Thiamin)	35.7 µg	3% DV
Vitamin B2 (Riboflavin)	40.6 µg	3% DV
Vitamin B3 (Niacin)	0.2 mg	1% DV
Vitamin B5 (Pantothenic Acid)	~	~
Vitamin B6 (Pyridoxine)	66.6 µg	4% DV
Vitamin B7 (Biotin)	~	~
Vitamin B9 (Folate)	6.3 µg	2% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	0.3 mg	0% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	~	~
Vitamin K	~	~
Choline	~	~
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	19.5 mg	2% DV
Copper	123.2 µg	14% DV
Iodine	~	~
Iron	3.7 mg	21% DV
Magnesium	21.2 mg	5% DV
Manganese	136.3 µg	6% DV
Phosphorus	32.9 mg	3% DV
Potassium	85.5 mg	2% DV
Selenium	0.7 µg	1% DV
Sodium	7.4 mg	0% DV
Zinc	0.3 mg	3% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	~	~
ALA	~	~
EPA + DHA	~	~
CLA	~	~
Linoleic Acid	~	~
MCT's	~	~
Phytonutrients		
Carotenoids	~	~
Polyphenols	92.1 mg	~
Phytosterols	~	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~







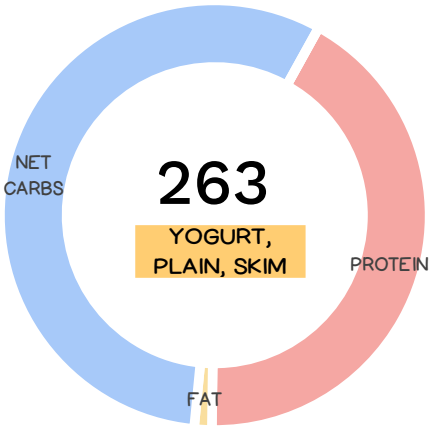




379 Yogurt, plain, skim

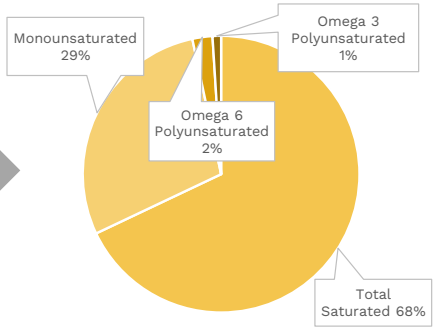
Serving Size:	245 grams	Protein:	14.0 grams	Net Carbs:	18.8 grams
Calories:	137	Fat:	0.4 grams	Fiber:	0.0 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	4.9 µg RAE	1% DV
Vitamin B1 (Thiamin)	117.6 µg	10% DV
Vitamin B2 (Riboflavin)	573.3 µg	44% DV
Vitamin B3 (Niacin)	0.3 mg	2% DV
Vitamin B5 (Pantothenic Acid)	1.6 mg	31% DV
Vitamin B6 (Pyridoxine)	129.9 µg	8% DV
Vitamin B7 (Biotin)	5.6 µg	19% DV
Vitamin B9 (Folate)	29.4 µg	7% DV
Vitamin B12 (Cobalamin)	1.5 µg	62% DV
Vitamin C	2.2 mg	2% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.0 mg	0% DV
Vitamin K	0.5 µg	0% DV
Choline	37.2 mg	7% DV
Myo-Inositol	14.7 mg	~
CoQ10	0.1 mg	~
Minerals		
Calcium	487.6 mg	38% DV
Copper	36.8 µg	4% DV
Iodine	~	~
Iron	0.2 mg	1% DV
Magnesium	46.6 mg	11% DV
Manganese	12.3 µg	1% DV
Phosphorus	384.7 mg	31% DV
Potassium	624.8 mg	13% DV
Selenium	8.8 µg	16% DV
Sodium	188.7 mg	8% DV
Zinc	2.4 mg	22% DV
Amino Acids & Peptides		
Taurine	8.1 mg	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.1 g	1% DV
ALA	2.5 mg	0% DV
EPA + DHA	0.0 mg	0% DV
CLA	4.0 mg	~
Linoleic Acid	0.0 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	0.0 µg	~
Polyphenols	0.0 mg	~
Phytosterols	0.0 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

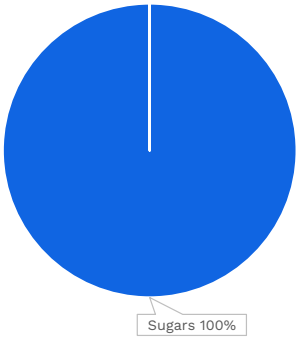




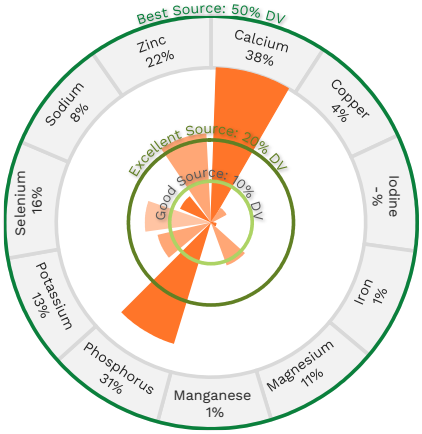
FATS



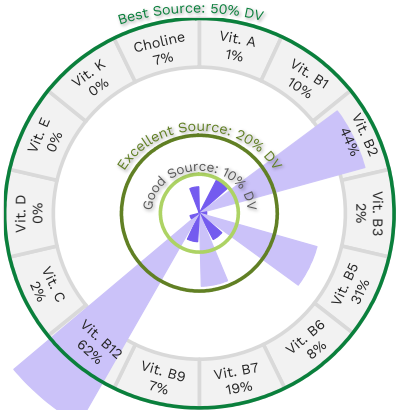
CARBOHYDRATES



MINERALS



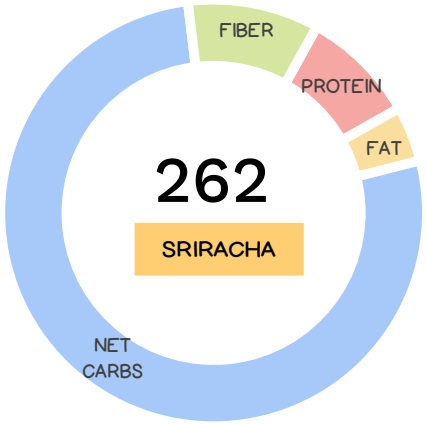
VITAMINS



380 Sriracha

Serving Size:	20 grams	Protein:	0.4 grams	Net Carbs:	3.3 grams
Calories:	18	Fat:	0.2 grams	Fiber:	0.4 grams

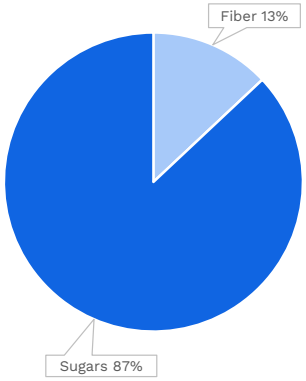
Vitamins & Vitaminlike Compounds		
Vitamin A	25.2 µg RAE	3% DV
Vitamin B1 (Thiamin)	15.0 µg	1% DV
Vitamin B2 (Riboflavin)	43.3 µg	3% DV
Vitamin B3 (Niacin)	0.2 mg	2% DV
Vitamin B5 (Pantothenic Acid)	0.1 mg	1% DV
Vitamin B6 (Pyridoxine)	88.7 µg	5% DV
Vitamin B7 (Biotin)	~	~
Vitamin B9 (Folate)	4.3 µg	1% DV
Vitamin B12 (Cobalamin)	~	~
Vitamin C	5.2 mg	6% DV
Vitamin D (D2 + D3)	~	~
Vitamin E	1.0 mg	7% DV
Vitamin K	2.1 µg	2% DV
Choline	~	~
Myo-Inositol	4.9 mg	~
CoQ10	~	~
Minerals		
Calcium	3.5 mg	0% DV
Copper	11.7 µg	1% DV
Iodine	~	~
Iron	0.3 mg	2% DV
Magnesium	3.1 mg	1% DV
Manganese	28.5 µg	1% DV
Phosphorus	9.0 mg	1% DV
Potassium	62.6 mg	1% DV
Selenium	0.1 µg	0% DV
Sodium	414.2 mg	18% DV
Zinc	0.0 mg	0% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	~	~
ALA	~	~
EPA + DHA	~	~
CLA	~	~
Linoleic Acid	~	~
MCT's	~	~
Phytonutrients		
Carotenoids	531.4 µg	~
Polyphenols	0.0 mg	~
Phytosterols	~	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~



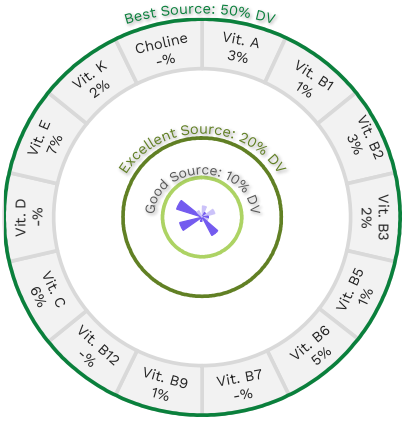


FATS

No detailed component data currently available in the USDA Food Central Database.

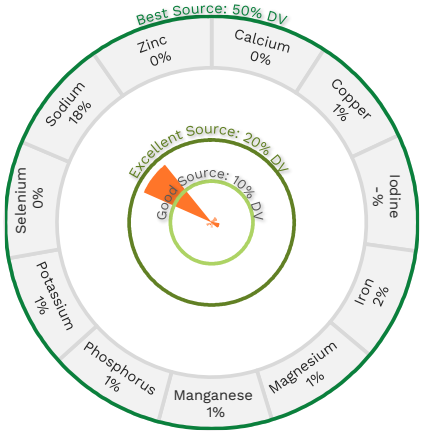


CARBOHYDRATES



MINERALS

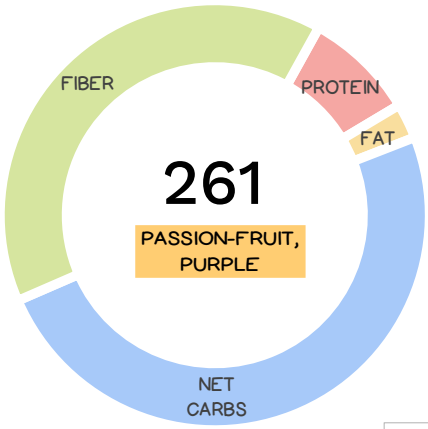
VITAMINS



381 Passion-fruit, purple

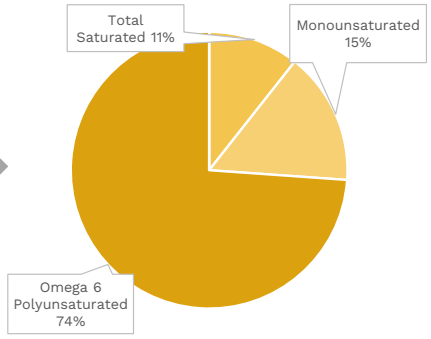
Serving Size:	236 grams	Protein:	5.2 grams	Net Carbs:	30.6 grams
Calories:	229	Fat:	1.7 grams	Fiber:	24.5 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	151.0 µg RAE	17% DV
Vitamin B1 (Thiamin)	0.0 µg	0% DV
Vitamin B2 (Riboflavin)	306.8 µg	24% DV
Vitamin B3 (Niacin)	3.5 mg	22% DV
Vitamin B5 (Pantothenic Acid)	~	~
Vitamin B6 (Pyridoxine)	236.0 µg	14% DV
Vitamin B7 (Biotin)	~	~
Vitamin B9 (Folate)	33.0 µg	8% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	104.8 mg	116% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.0 mg	0% DV
Vitamin K	1.7 µg	1% DV
Choline	17.9 mg	3% DV
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	28.3 mg	2% DV
Copper	203.0 µg	23% DV
Iodine	~	~
Iron	3.8 mg	21% DV
Magnesium	68.4 mg	16% DV
Manganese	~	~
Phosphorus	160.5 mg	13% DV
Potassium	821.3 mg	17% DV
Selenium	1.4 µg	3% DV
Sodium	66.1 mg	3% DV
Zinc	0.2 mg	2% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	0.1 mg	~
Functional Fats		
MUFA	0.2 g	1% DV
ALA	2.4 mg	0% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	1.0 g	6% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	9036.9 µg	~
Polyphenols	676.4 mg	~
Phytosterols	~	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

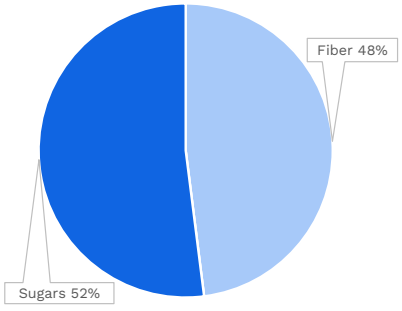




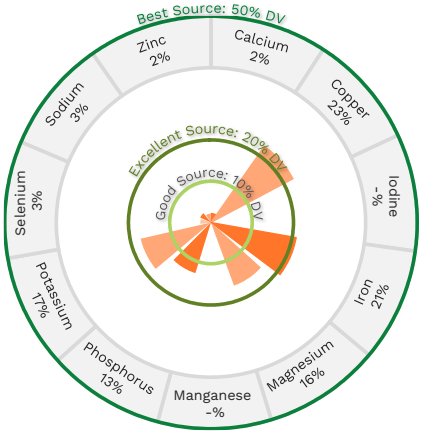
FATS



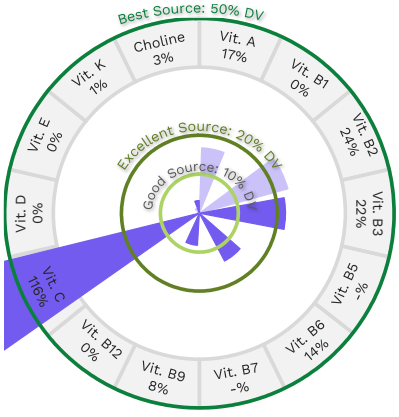
CARBOHYDRATES



MINERALS



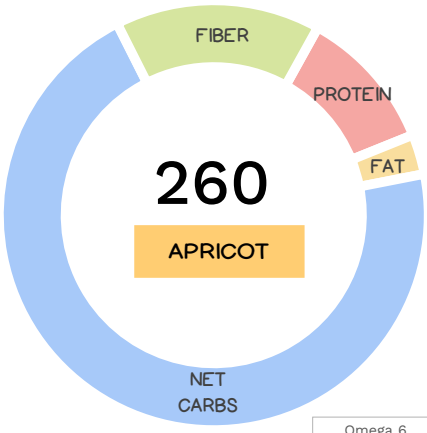
VITAMINS



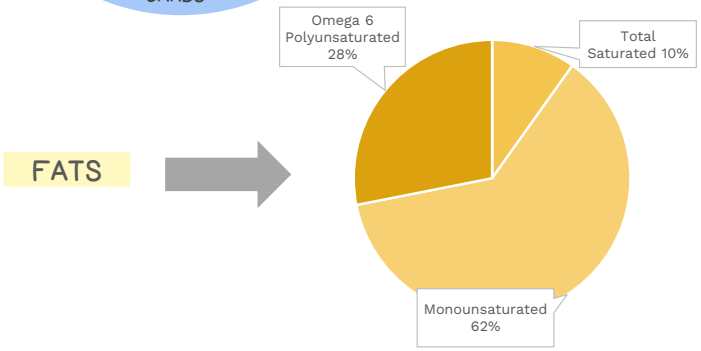
382 Apricot

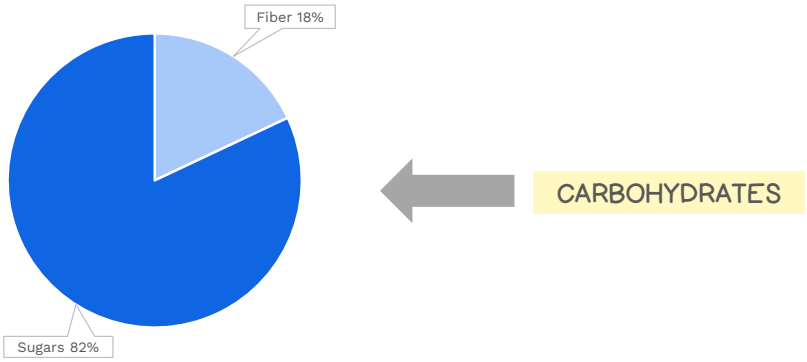
Serving Size:	155 grams	Protein:	2.2 grams	Net Carbs:	14.1 grams
Calories:	74	Fat:	0.6 grams	Fiber:	3.1 grams

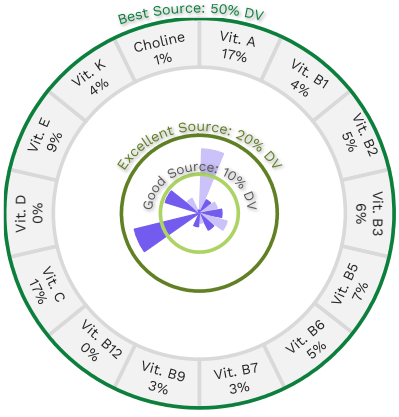
Vitamins & Vitaminlike Compounds		
Vitamin A	148.8 µg RAE	17% DV
Vitamin B1 (Thiamin)	46.5 µg	4% DV
Vitamin B2 (Riboflavin)	62.0 µg	5% DV
Vitamin B3 (Niacin)	0.9 mg	6% DV
Vitamin B5 (Pantothenic Acid)	0.4 mg	7% DV
Vitamin B6 (Pyridoxine)	83.7 µg	5% DV
Vitamin B7 (Biotin)	0.8 µg	3% DV
Vitamin B9 (Folate)	14.0 µg	3% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	15.5 mg	17% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	1.4 mg	9% DV
Vitamin K	5.1 µg	4% DV
Choline	4.3 mg	1% DV
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	20.2 mg	2% DV
Copper	120.9 µg	13% DV
Iodine	~	~
Iron	0.6 mg	3% DV
Magnesium	15.5 mg	4% DV
Manganese	119.4 µg	5% DV
Phosphorus	35.7 mg	3% DV
Potassium	401.5 mg	9% DV
Selenium	0.2 µg	0% DV
Sodium	1.6 mg	0% DV
Zinc	0.3 mg	3% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.3 g	1% DV
ALA	0.0 mg	0% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.1 g	1% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	2024.3 µg	~
Polyphenols	230.1 mg	~
Phytosterols	24.6 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

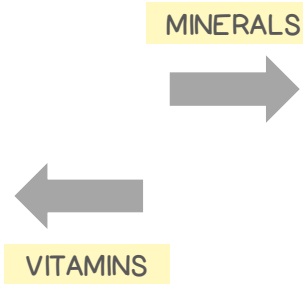


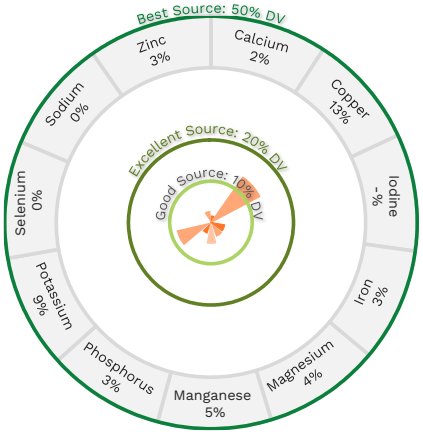








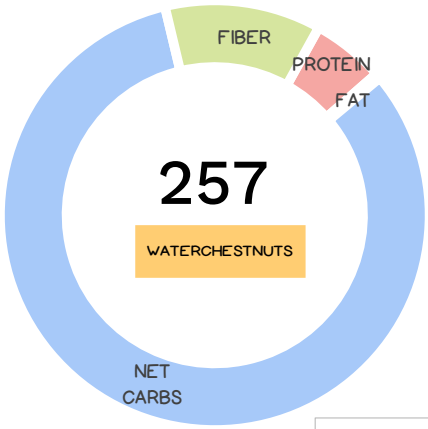




383 Waterchestnuts

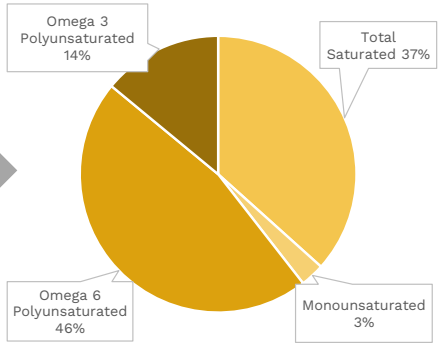
Serving Size:	124 grams	Protein:	1.7 grams	Net Carbs:	26.0 grams
Calories:	120	Fat:	0.1 grams	Fiber:	3.7 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	0.0 µg RAE	0% DV
Vitamin B1 (Thiamin)	173.6 µg	14% DV
Vitamin B2 (Riboflavin)	248.0 µg	19% DV
Vitamin B3 (Niacin)	1.2 mg	8% DV
Vitamin B5 (Pantothenic Acid)	0.6 mg	12% DV
Vitamin B6 (Pyridoxine)	406.7 µg	24% DV
Vitamin B7 (Biotin)	14.0 µg	47% DV
Vitamin B9 (Folate)	19.8 µg	5% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	5.0 mg	6% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	1.5 mg	10% DV
Vitamin K	0.4 µg	0% DV
Choline	44.9 mg	8% DV
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	13.6 mg	1% DV
Copper	404.2 µg	45% DV
Iodine	~	~
Iron	0.1 mg	0% DV
Magnesium	27.3 mg	6% DV
Manganese	410.4 µg	18% DV
Phosphorus	78.1 mg	6% DV
Potassium	724.2 mg	15% DV
Selenium	0.9 µg	2% DV
Sodium	17.4 mg	1% DV
Zinc	0.6 mg	6% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	12.4 mg	1% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.0 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	0.0 µg	~
Polyphenols	313.7 mg	~
Phytosterols	~	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

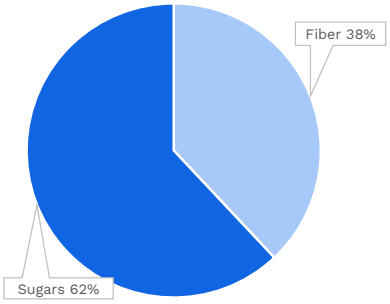


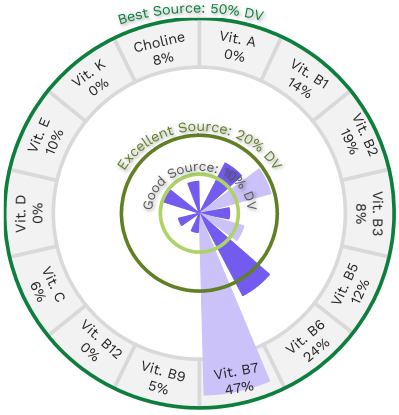


FATS



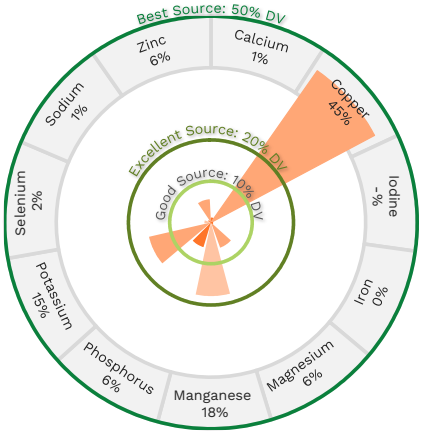
CARBOHYDRATES





MINERALS

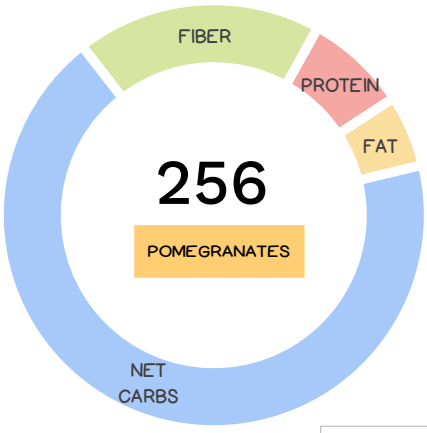
VITAMINS



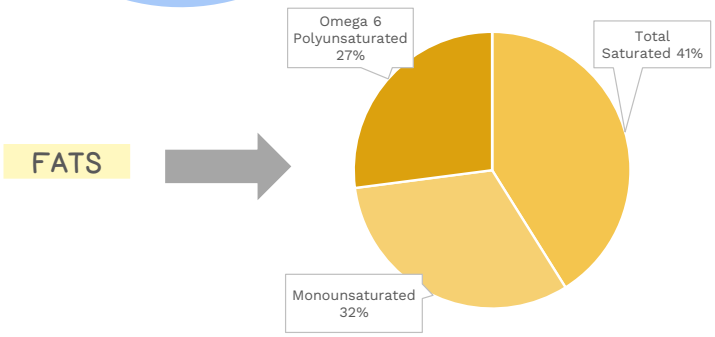
384 Pomegranates

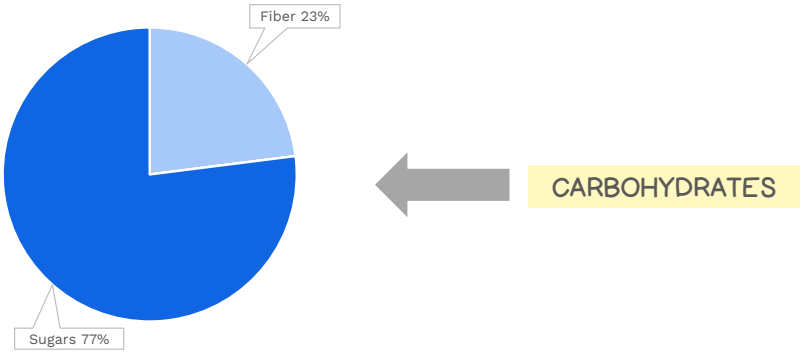
Serving Size:	174 grams	Protein:	2.9 grams	Net Carbs:	25.6 grams
Calories:	144	Fat:	2.0 grams	Fiber:	7.0 grams

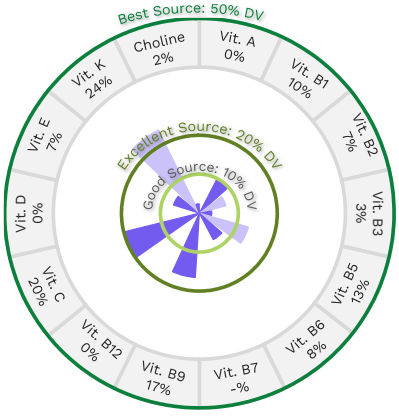
Vitamins & Vitaminlike Compounds		
Vitamin A	0.0 µg RAE	0% DV
Vitamin B1 (Thiamin)	116.6 µg	10% DV
Vitamin B2 (Riboflavin)	92.2 µg	7% DV
Vitamin B3 (Niacin)	0.5 mg	3% DV
Vitamin B5 (Pantothenic Acid)	0.7 mg	13% DV
Vitamin B6 (Pyridoxine)	130.5 µg	8% DV
Vitamin B7 (Biotin)	~	~
Vitamin B9 (Folate)	66.1 µg	17% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	17.7 mg	20% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	1.0 mg	7% DV
Vitamin K	28.5 µg	24% DV
Choline	13.2 mg	2% DV
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	17.4 mg	1% DV
Copper	274.9 µg	31% DV
Iodine	~	~
Iron	0.5 mg	3% DV
Magnesium	20.9 mg	5% DV
Manganese	207.1 µg	9% DV
Phosphorus	62.6 mg	5% DV
Potassium	410.6 mg	9% DV
Selenium	0.9 µg	2% DV
Sodium	5.2 mg	0% DV
Zinc	0.6 mg	6% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	0.0 mg	~
Functional Fats		
MUFA	0.2 g	1% DV
ALA	0.0 mg	0% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.1 g	1% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	0.0 µg	~
Polyphenols	1240.8 mg	~
Phytosterols	8.7 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

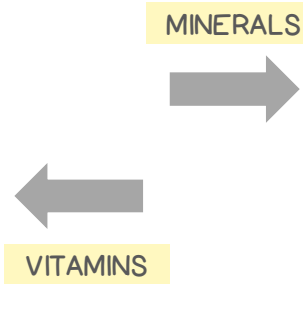


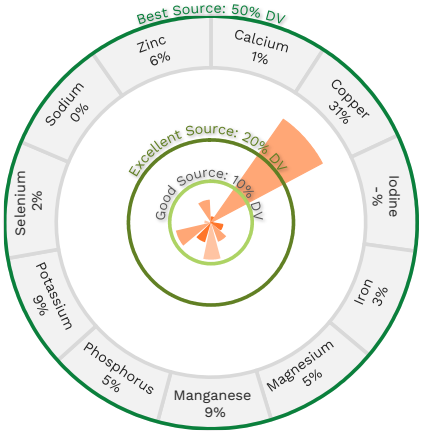








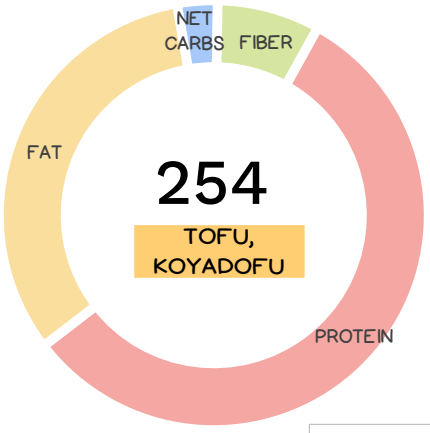




385 Tofu, Koyadofu

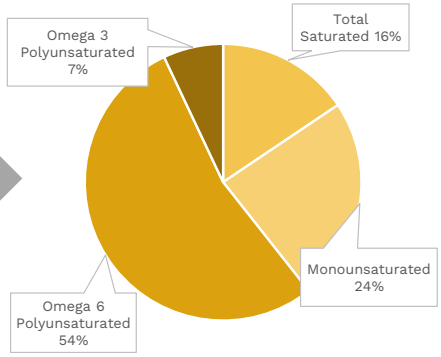
Serving Size:	17 grams	Protein:	8.9 grams	Net Carbs:	0.5 grams
Calories:	81	Fat:	5.2 grams	Fiber:	1.2 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	4.4 µg RAE	0% DV
Vitamin B1 (Thiamin)	84.0 µg	7% DV
Vitamin B2 (Riboflavin)	53.9 µg	4% DV
Vitamin B3 (Niacin)	0.2 mg	1% DV
Vitamin B5 (Pantothenic Acid)	0.1 mg	1% DV
Vitamin B6 (Pyridoxine)	48.6 µg	3% DV
Vitamin B7 (Biotin)	3.0 µg	10% DV
Vitamin B9 (Folate)	15.6 µg	4% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	0.1 mg	0% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	~	~
Vitamin K	~	~
Choline	~	~
Myo-Inositol	~	~
CoQ10	0.0 mg	~
Minerals		
Calcium	61.9 mg	5% DV
Copper	200.4 µg	22% DV
Iodine	~	~
Iron	1.7 mg	9% DV
Magnesium	10.0 mg	2% DV
Manganese	627.1 µg	27% DV
Phosphorus	82.1 mg	7% DV
Potassium	3.4 mg	0% DV
Selenium	9.2 µg	17% DV
Sodium	1.0 mg	0% DV
Zinc	0.8 mg	8% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	1.1 g	6% DV
ALA	344.1 mg	22% DV
EPA + DHA	~	~
CLA	~	~
Linoleic Acid	2.6 g	15% DV
MCT's	~	~
Phytonutrients		
Carotenoids	~	~
Polyphenols	55.2 mg	~
Phytosterols	69.2 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

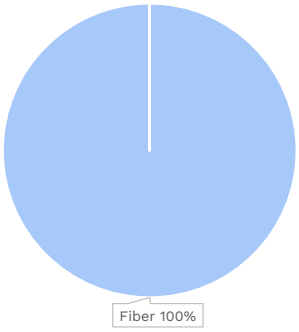




FATS

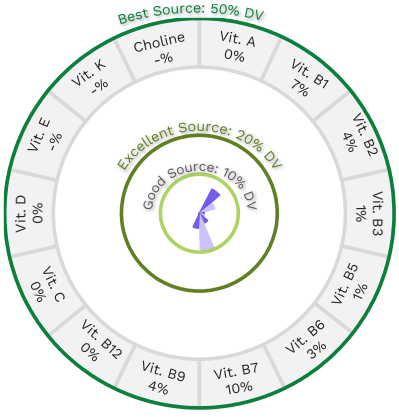


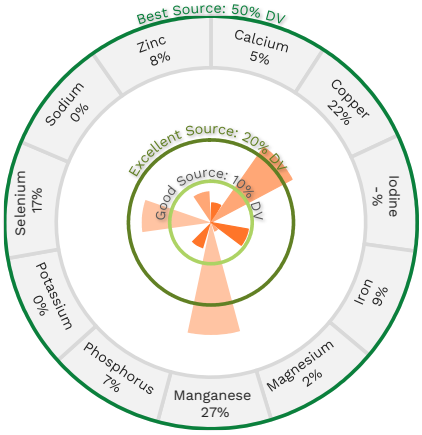
CARBOHYDRATES



MINERALS

VITAMINS

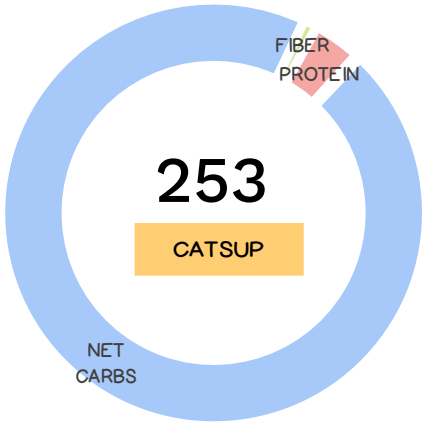




386 Catsup

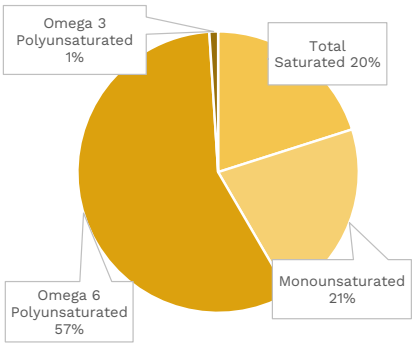
Serving Size:	17 grams	Protein:	0.2 grams	Net Carbs:	4.6 grams
Calories:	17	Fat:	0.0 grams	Fiber:	0.1 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	4.4 µg RAE	0% DV
Vitamin B1 (Thiamin)	1.9 µg	0% DV
Vitamin B2 (Riboflavin)	28.2 µg	2% DV
Vitamin B3 (Niacin)	0.2 mg	2% DV
Vitamin B5 (Pantothenic Acid)	0.0 mg	0% DV
Vitamin B6 (Pyridoxine)	26.9 µg	2% DV
Vitamin B7 (Biotin)	1.0 µg	3% DV
Vitamin B9 (Folate)	1.5 µg	0% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	0.7 mg	1% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.3 mg	2% DV
Vitamin K	0.5 µg	0% DV
Choline	2.1 mg	0% DV
Myo-Inositol	6.5 mg	~
CoQ10	~	~
Minerals		
Calcium	2.6 mg	0% DV
Copper	14.5 µg	2% DV
Iodine	~	~
Iron	0.1 mg	0% DV
Magnesium	2.2 mg	1% DV
Manganese	14.3 µg	1% DV
Phosphorus	4.4 mg	0% DV
Potassium	47.8 mg	1% DV
Selenium	0.1 µg	0% DV
Sodium	154.2 mg	7% DV
Zinc	0.0 mg	0% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	0.2 mg	0% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.0 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	2131.6 µg	~
Polyphenols	2.1 mg	~
Phytosterols	1.6 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

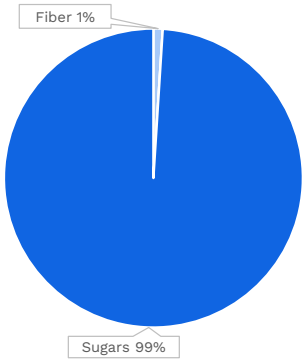




FATS



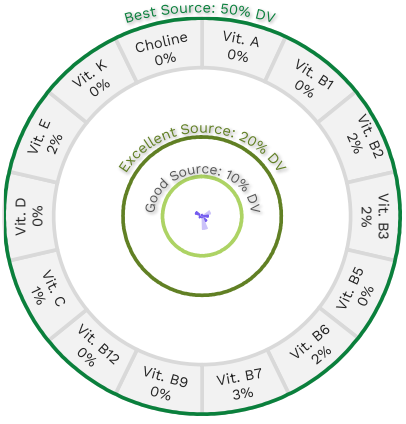
CARBOHYDRATES



MINERALS



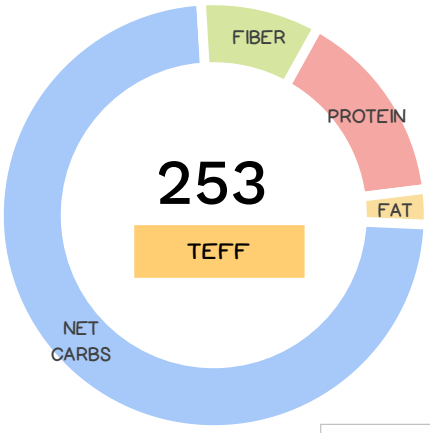
VITAMINS



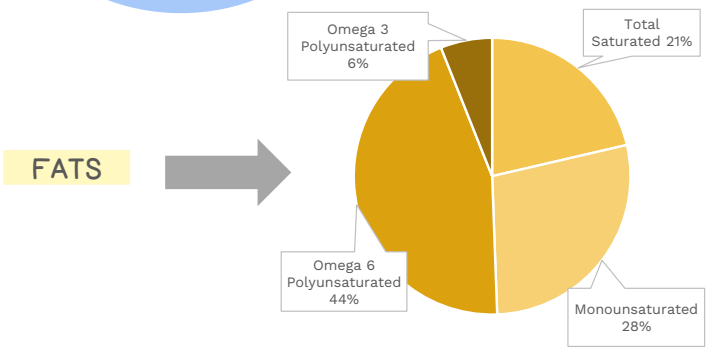
387 Teff

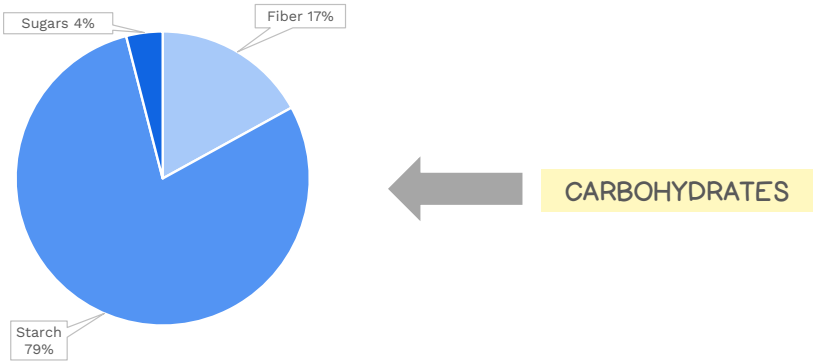
Serving Size:	48 grams	Protein:	6.4 grams	Net Carbs:	31.4 grams
Calories:	177	Fat:	1.1 grams	Fiber:	3.9 grams

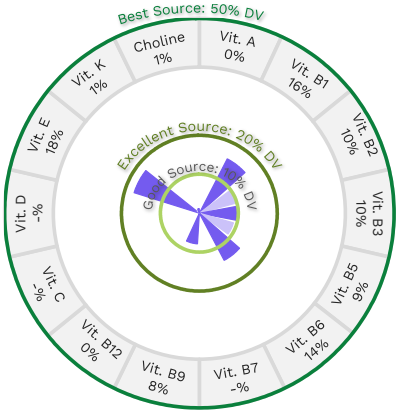
Vitamins & Vitaminlike Compounds		
Vitamin A	0.0 µg RAE	0% DV
Vitamin B1 (Thiamin)	188.2 µg	16% DV
Vitamin B2 (Riboflavin)	130.3 µg	10% DV
Vitamin B3 (Niacin)	1.6 mg	10% DV
Vitamin B5 (Pantothenic Acid)	0.5 mg	9% DV
Vitamin B6 (Pyridoxine)	232.6 µg	14% DV
Vitamin B7 (Biotin)	~	~
Vitamin B9 (Folate)	31.6 µg	8% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	~	~
Vitamin D (D2 + D3)	~	~
Vitamin E	2.6 mg	18% DV
Vitamin K	0.9 µg	1% DV
Choline	6.3 mg	1% DV
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	86.9 mg	7% DV
Copper	390.8 µg	43% DV
Iodine	~	~
Iron	3.7 mg	20% DV
Magnesium	88.8 mg	21% DV
Manganese	4458.3 µg	194% DV
Phosphorus	207.0 mg	17% DV
Potassium	206.0 mg	4% DV
Selenium	2.1 µg	4% DV
Sodium	5.8 mg	0% DV
Zinc	1.8 mg	16% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.3 g	1% DV
ALA	65.1 mg	4% DV
EPA + DHA	~	~
CLA	~	~
Linoleic Acid	0.5 g	3% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	34.3 µg	~
Polyphenols	0.0 mg	~
Phytosterols	~	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

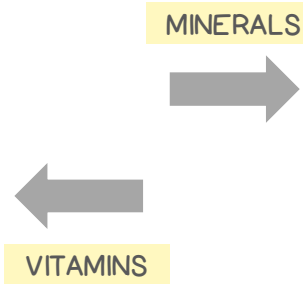


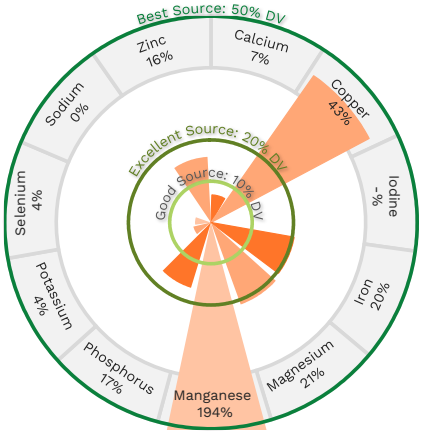








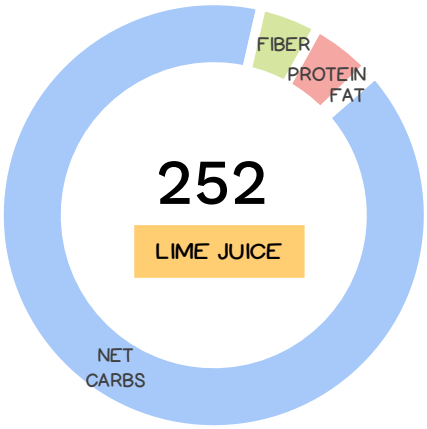




388 Lime juice

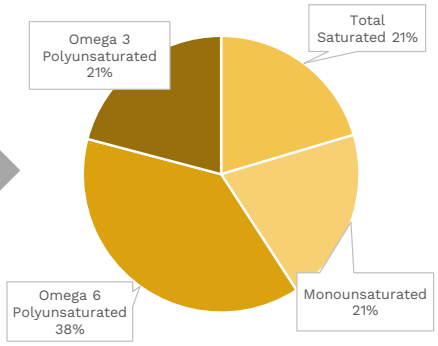
Serving Size:	242 grams	Protein:	1.0 grams	Net Carbs:	19.4 grams
Calories:	61	Fat:	0.2 grams	Fiber:	1.0 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	4.8 µg RAE	1% DV
Vitamin B1 (Thiamin)	60.5 µg	5% DV
Vitamin B2 (Riboflavin)	36.3 µg	3% DV
Vitamin B3 (Niacin)	0.3 mg	2% DV
Vitamin B5 (Pantothenic Acid)	0.3 mg	6% DV
Vitamin B6 (Pyridoxine)	92.0 µg	5% DV
Vitamin B7 (Biotin)	~	~
Vitamin B9 (Folate)	24.2 µg	6% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	72.6 mg	81% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.7 mg	4% DV
Vitamin K	1.5 µg	1% DV
Choline	12.3 mg	2% DV
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	33.9 mg	3% DV
Copper	65.3 µg	7% DV
Iodine	~	~
Iron	0.2 mg	1% DV
Magnesium	19.4 mg	5% DV
Manganese	43.6 µg	2% DV
Phosphorus	33.9 mg	3% DV
Potassium	283.1 mg	6% DV
Selenium	0.2 µg	0% DV
Sodium	4.8 mg	0% DV
Zinc	0.2 mg	2% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	19.4 mg	1% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.0 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	72.6 µg	~
Polyphenols	0.0 mg	~
Phytosterols	~	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

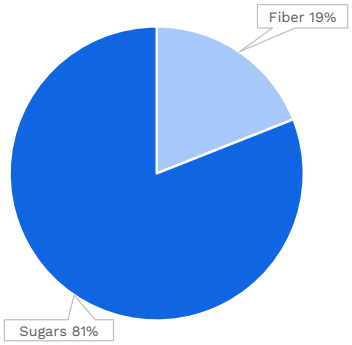




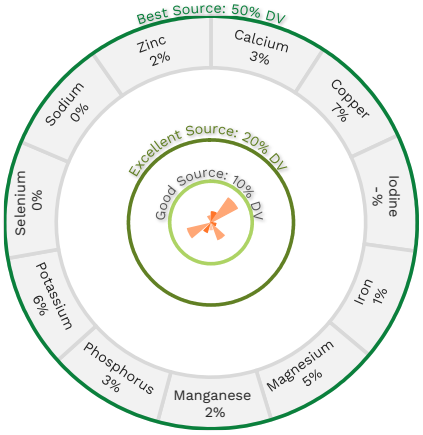
FATS



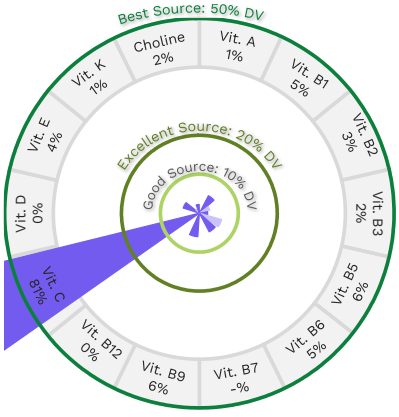
CARBOHYDRATES



MINERALS



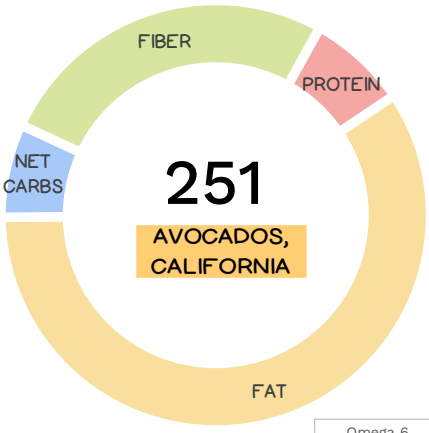
VITAMINS



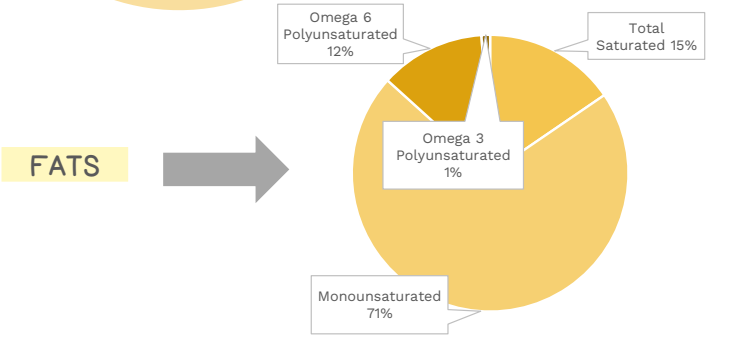
389 Avocados, California

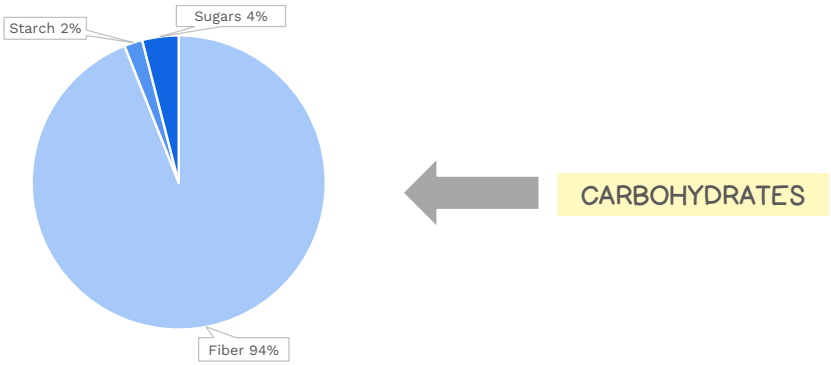
Serving Size:	68 grams	Protein:	1.3 grams	Net Carbs:	1.3 grams
Calories:	114	Fat:	10.5 grams	Fiber:	4.6 grams

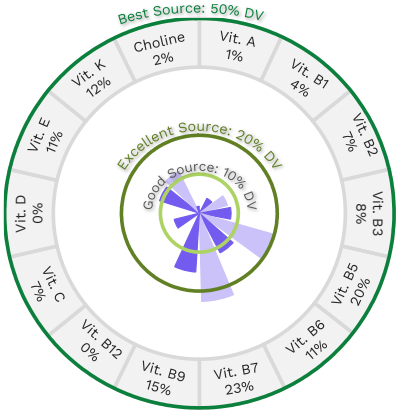
Vitamins & Vitaminlike Compounds		
Vitamin A	4.8 µg RAE	1% DV
Vitamin B1 (Thiamin)	51.0 µg	4% DV
Vitamin B2 (Riboflavin)	97.2 µg	7% DV
Vitamin B3 (Niacin)	1.3 mg	8% DV
Vitamin B5 (Pantothenic Acid)	1.0 mg	20% DV
Vitamin B6 (Pyridoxine)	195.2 µg	11% DV
Vitamin B7 (Biotin)	6.8 µg	23% DV
Vitamin B9 (Folate)	60.5 µg	15% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	6.0 mg	7% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	1.6 mg	11% DV
Vitamin K	14.3 µg	12% DV
Choline	9.7 mg	2% DV
Myo-Inositol	31.3 mg	~
CoQ10	0.6 mg	~
Minerals		
Calcium	8.8 mg	1% DV
Copper	115.6 µg	13% DV
Iodine	~	~
Iron	0.4 mg	2% DV
Magnesium	19.7 mg	5% DV
Manganese	101.3 µg	4% DV
Phosphorus	36.7 mg	3% DV
Potassium	344.8 mg	7% DV
Selenium	0.3 µg	0% DV
Sodium	5.4 mg	0% DV
Zinc	0.5 mg	4% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	6.7 g	33% DV
ALA	85.0 mg	5% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	1.1 g	7% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	261.8 µg	~
Polyphenols	333.2 mg	~
Phytosterols	56.4 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

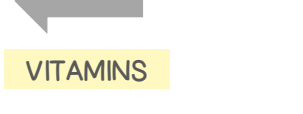




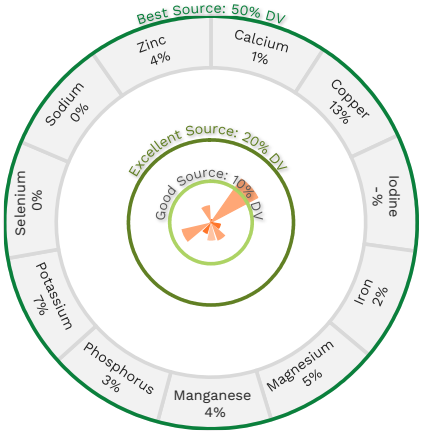








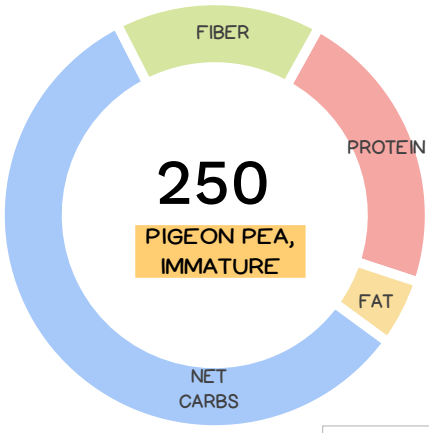




390 Pigeon pea, immature

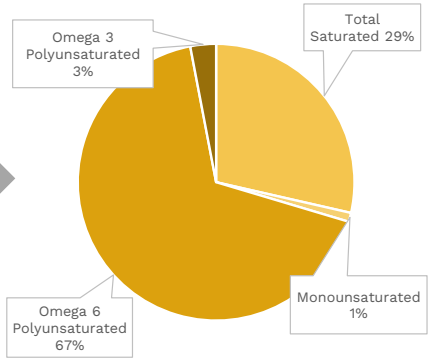
Serving Size:	73 grams	Protein:	5.3 grams	Net Carbs:	13.7 grams
Calories:	99	Fat:	1.2 grams	Fiber:	3.7 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	2.2 µg RAE	0% DV
Vitamin B1 (Thiamin)	292.0 µg	24% DV
Vitamin B2 (Riboflavin)	124.1 µg	10% DV
Vitamin B3 (Niacin)	1.6 mg	10% DV
Vitamin B5 (Pantothenic Acid)	0.5 mg	10% DV
Vitamin B6 (Pyridoxine)	49.6 µg	3% DV
Vitamin B7 (Biotin)	~	~
Vitamin B9 (Folate)	126.3 µg	32% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	28.5 mg	32% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.3 mg	2% DV
Vitamin K	17.5 µg	15% DV
Choline	33.4 mg	6% DV
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	30.7 mg	2% DV
Copper	97.8 µg	11% DV
Iodine	~	~
Iron	1.2 mg	6% DV
Magnesium	49.6 mg	12% DV
Manganese	419.0 µg	18% DV
Phosphorus	92.7 mg	7% DV
Potassium	403.0 mg	9% DV
Selenium	1.1 µg	2% DV
Sodium	3.7 mg	0% DV
Zinc	0.8 mg	7% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	27.7 mg	2% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.6 g	4% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	167.9 µg	~
Polyphenols	0.0 mg	~
Phytosterols	~	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

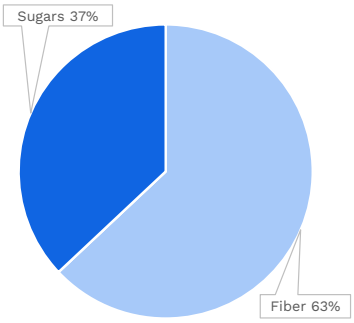


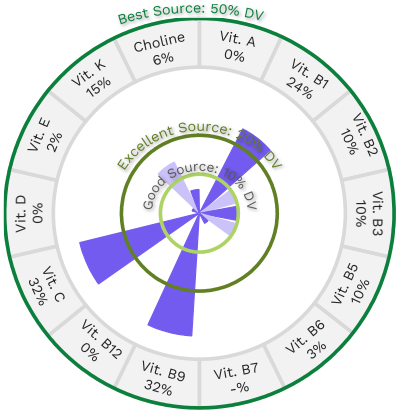


FATS



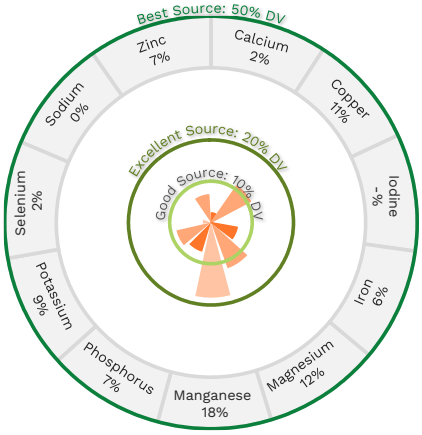
CARBOHYDRATES





MINERALS

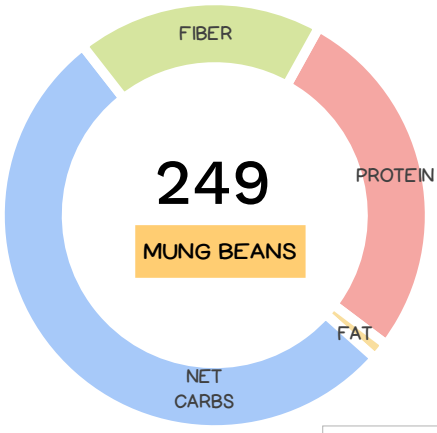
VITAMINS



391 Mung beans

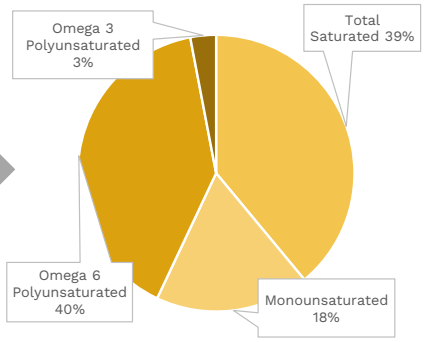
Serving Size:	42 grams	Protein:	10.0 grams	Net Carbs:	19.5 grams
Calories:	146	Fat:	0.5 grams	Fiber:	6.8 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	2.5 µg RAE	0% DV
Vitamin B1 (Thiamin)	260.8 µg	22% DV
Vitamin B2 (Riboflavin)	97.9 µg	8% DV
Vitamin B3 (Niacin)	0.9 mg	6% DV
Vitamin B5 (Pantothenic Acid)	0.8 mg	16% DV
Vitamin B6 (Pyridoxine)	160.4 µg	9% DV
Vitamin B7 (Biotin)	4.7 µg	16% DV
Vitamin B9 (Folate)	262.5 µg	66% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	2.0 mg	2% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.2 mg	1% DV
Vitamin K	3.8 µg	3% DV
Choline	41.1 mg	7% DV
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	55.4 mg	4% DV
Copper	395.2 µg	44% DV
Iodine	~	~
Iron	2.8 mg	16% DV
Magnesium	79.4 mg	19% DV
Manganese	434.7 µg	19% DV
Phosphorus	154.1 mg	12% DV
Potassium	523.3 mg	11% DV
Selenium	3.4 µg	6% DV
Sodium	6.3 mg	0% DV
Zinc	1.1 mg	10% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.1 g	0% DV
ALA	11.3 mg	1% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.1 g	1% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	28.6 µg	~
Polyphenols	142.8 mg	~
Phytosterols	~	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

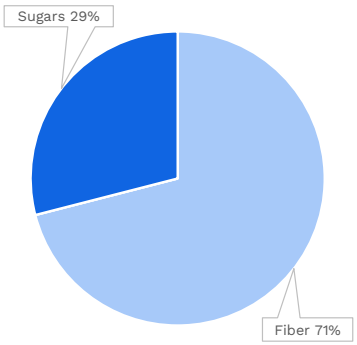




FATS

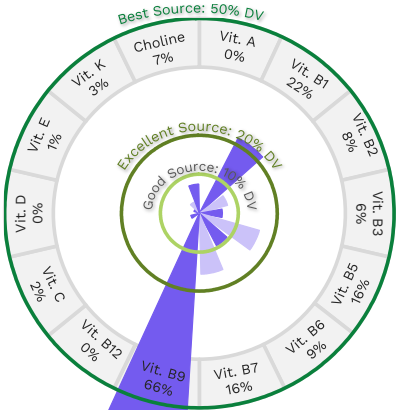


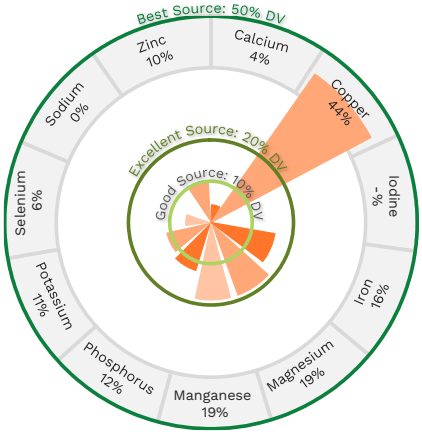
CARBOHYDRATES



MINERALS

VITAMINS

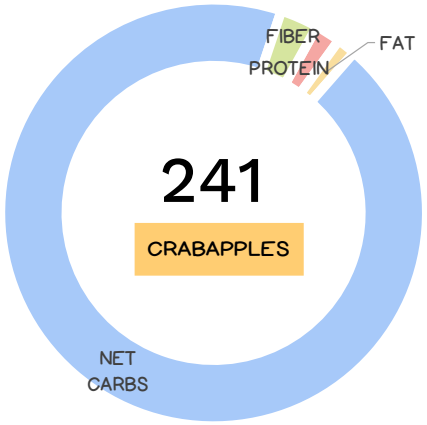




392 Crabapples

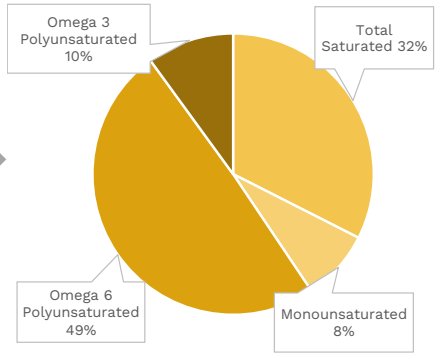
Serving Size:	110 grams	Protein:	0.4 grams	Net Carbs:	21.3 grams
Calories:	84	Fat:	0.3 grams	Fiber:	0.7 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	2.2 µg RAE	0% DV
Vitamin B1 (Thiamin)	33.0 µg	3% DV
Vitamin B2 (Riboflavin)	22.0 µg	2% DV
Vitamin B3 (Niacin)	0.1 mg	1% DV
Vitamin B5 (Pantothenic Acid)	~	~
Vitamin B6 (Pyridoxine)	~	~
Vitamin B7 (Biotin)	5.0 µg	17% DV
Vitamin B9 (Folate)	~	~
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	8.8 mg	10% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	~	~
Vitamin K	~	~
Choline	~	~
Myo-Inositol	26.4 mg	~
CoQ10	0.1 mg	~
Minerals		
Calcium	19.8 mg	2% DV
Copper	73.7 µg	8% DV
Iodine	~	~
Iron	0.4 mg	2% DV
Magnesium	7.7 mg	2% DV
Manganese	126.5 µg	6% DV
Phosphorus	16.5 mg	1% DV
Potassium	213.4 mg	5% DV
Selenium	~	~
Sodium	1.1 mg	0% DV
Zinc	~	~
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	16.5 mg	1% DV
EPA + DHA	~	~
CLA	~	~
Linoleic Acid	0.1 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	26.4 µg	~
Polyphenols	1082.3 mg	~
Phytosterols	23.1 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~





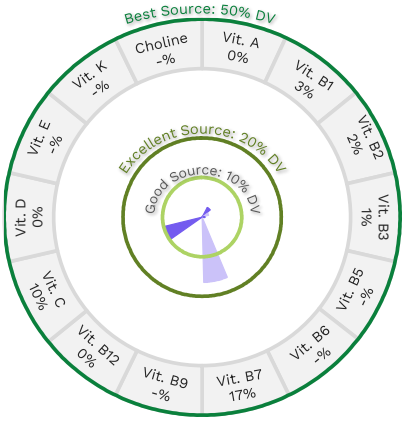
FATS



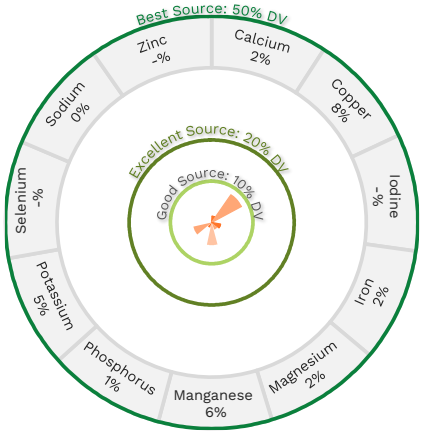
CARBOHYDRATES

No detailed component data currently available in the USDA Food Central Database.

VITAMINS



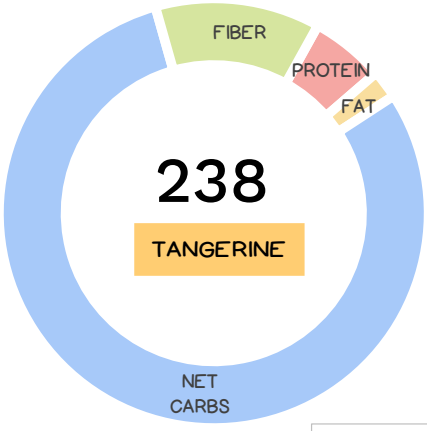
MINERALS



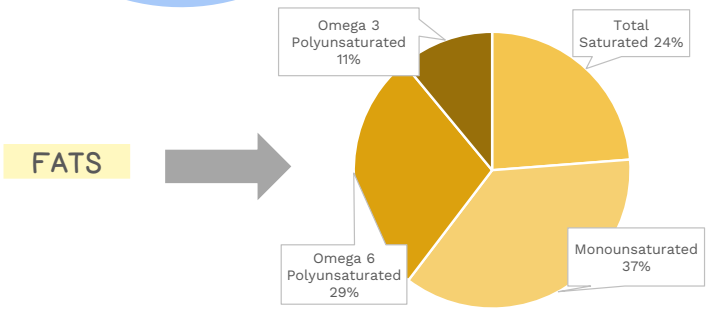
393 Tangerine

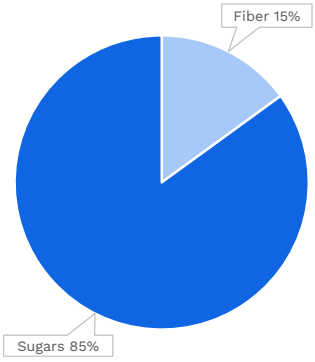
Serving Size:	195 grams	Protein:	1.6 grams	Net Carbs:	22.5 grams
Calories:	103	Fat:	0.6 grams	Fiber:	3.5 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	66.3 µg RAE	7% DV
Vitamin B1 (Thiamin)	113.1 µg	9% DV
Vitamin B2 (Riboflavin)	70.2 µg	5% DV
Vitamin B3 (Niacin)	0.7 mg	5% DV
Vitamin B5 (Pantothenic Acid)	0.4 mg	8% DV
Vitamin B6 (Pyridoxine)	152.1 µg	9% DV
Vitamin B7 (Biotin)	1.6 µg	5% DV
Vitamin B9 (Folate)	31.2 µg	8% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	52.1 mg	58% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.5 mg	3% DV
Vitamin K	0.0 µg	0% DV
Choline	19.9 mg	4% DV
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	72.2 mg	6% DV
Copper	81.9 µg	9% DV
Iodine	~	~
Iron	0.3 mg	2% DV
Magnesium	23.4 mg	6% DV
Manganese	76.1 µg	3% DV
Phosphorus	39.0 mg	3% DV
Potassium	323.7 mg	7% DV
Selenium	0.2 µg	0% DV
Sodium	3.9 mg	0% DV
Zinc	0.1 mg	1% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.1 g	1% DV
ALA	35.1 mg	2% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.1 g	1% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	1562.0 µg	~
Polyphenols	374.4 mg	~
Phytosterols	49.7 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~





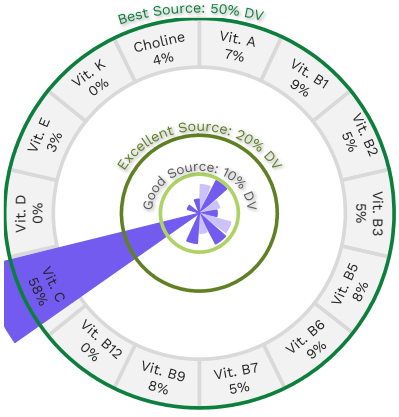


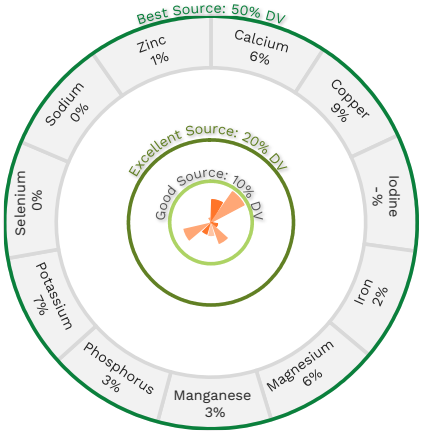


CARBOHYDRATES

MINERALS

VITAMINS

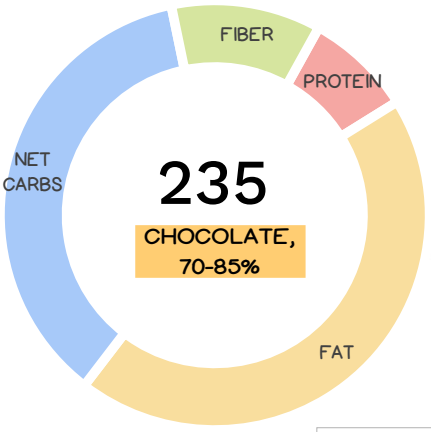




394 Chocolate, 70-85%

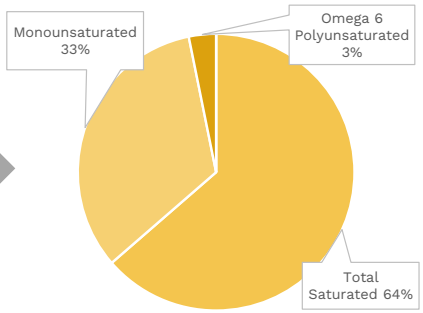
Serving Size:	28 grams	Protein:	2.2 grams	Net Carbs:	9.8 grams
Calories:	167	Fat:	11.9 grams	Fiber:	3.1 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	0.6 µg RAE	0% DV
Vitamin B1 (Thiamin)	9.5 µg	1% DV
Vitamin B2 (Riboflavin)	21.8 µg	2% DV
Vitamin B3 (Niacin)	0.3 mg	2% DV
Vitamin B5 (Pantothenic Acid)	0.1 mg	2% DV
Vitamin B6 (Pyridoxine)	10.6 µg	1% DV
Vitamin B7 (Biotin)	9.0 µg	30% DV
Vitamin B9 (Folate)	5.3 µg	1% DV
Vitamin B12 (Cobalamin)	0.1 µg	3% DV
Vitamin C	0.0 mg	0% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	2.9 mg	19% DV
Vitamin K	2.0 µg	2% DV
Choline	~	~
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	20.4 mg	2% DV
Copper	494.5 µg	55% DV
Iodine	~	~
Iron	3.3 mg	19% DV
Magnesium	63.8 mg	15% DV
Manganese	545.4 µg	24% DV
Phosphorus	86.2 mg	7% DV
Potassium	200.2 mg	4% DV
Selenium	1.9 µg	3% DV
Sodium	5.6 mg	0% DV
Zinc	0.9 mg	8% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	3.6 g	18% DV
ALA	9.5 mg	1% DV
EPA + DHA	0.0 mg	0% DV
CLA	1.1 mg	~
Linoleic Acid	0.3 g	2% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	15.1 µg	~
Polyphenols	1242.4 mg	~
Phytosterols	36.1 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

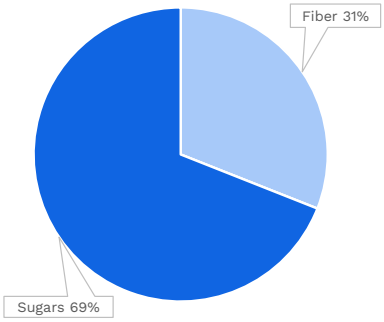


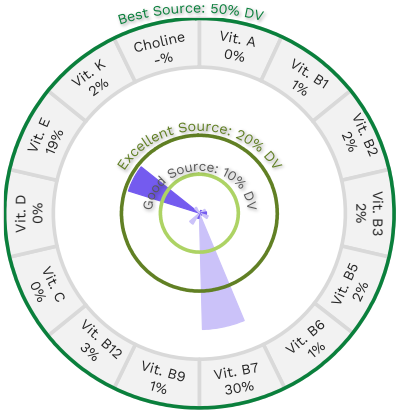


FATS



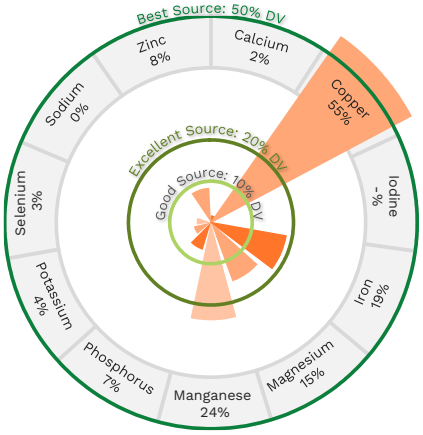
CARBOHYDRATES





MINERALS

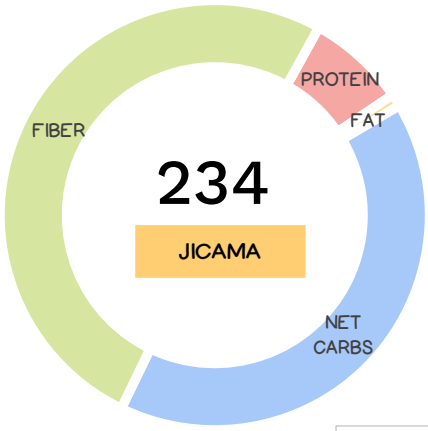
VITAMINS



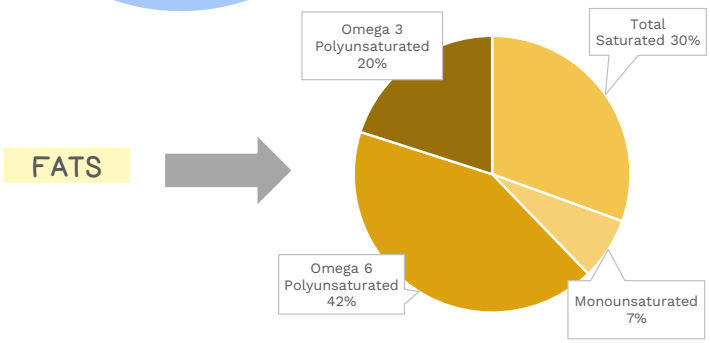
395 Jicama

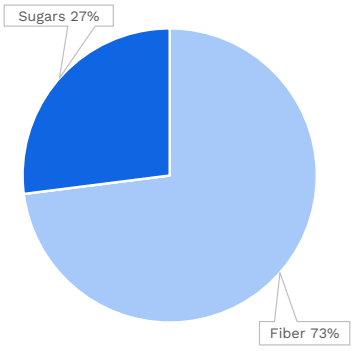
Serving Size:	130 grams	Protein:	0.9 grams	Net Carbs:	5.1 grams
Calories:	49	Fat:	0.1 grams	Fiber:	6.4 grams

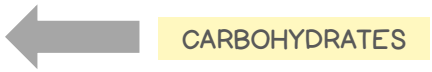
Vitamins & Vitaminlike Compounds		
Vitamin A	1.3 µg RAE	0% DV
Vitamin B1 (Thiamin)	26.0 µg	2% DV
Vitamin B2 (Riboflavin)	37.7 µg	3% DV
Vitamin B3 (Niacin)	0.3 mg	2% DV
Vitamin B5 (Pantothenic Acid)	0.2 mg	4% DV
Vitamin B6 (Pyridoxine)	54.6 µg	3% DV
Vitamin B7 (Biotin)	~	~
Vitamin B9 (Folate)	15.6 µg	4% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	26.3 mg	29% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.6 mg	4% DV
Vitamin K	0.4 µg	0% DV
Choline	17.7 mg	3% DV
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	15.6 mg	1% DV
Copper	62.4 µg	7% DV
Iodine	~	~
Iron	0.8 mg	4% DV
Magnesium	15.6 mg	4% DV
Manganese	78.0 µg	3% DV
Phosphorus	23.4 mg	2% DV
Potassium	195.0 mg	4% DV
Selenium	0.9 µg	2% DV
Sodium	5.2 mg	0% DV
Zinc	0.2 mg	2% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	18.2 mg	1% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.0 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	16.9 µg	~
Polyphenols	48.5 mg	~
Phytosterols	~	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

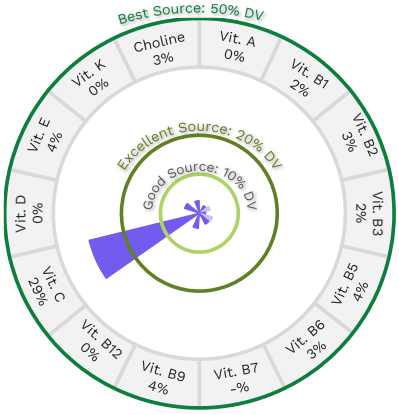






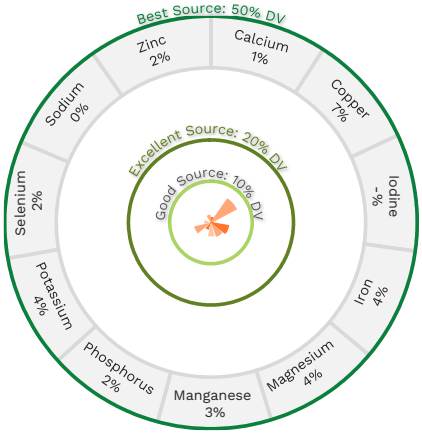








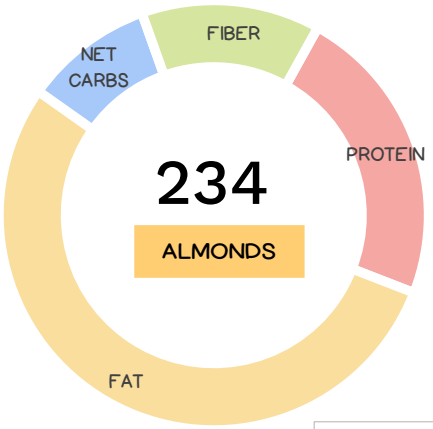




396 Almonds

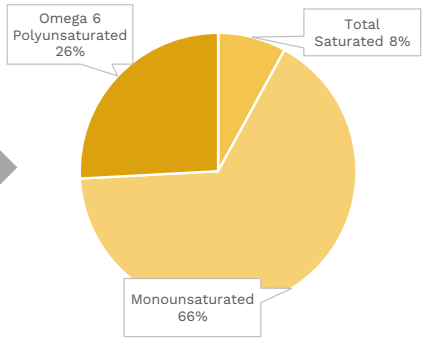
Serving Size:	28 grams	Protein:	5.9 grams	Net Carbs:	2.5 grams
Calories:	162	Fat:	14.0 grams	Fiber:	3.5 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	0.0 µg RAE	0% DV
Vitamin B1 (Thiamin)	57.4 µg	5% DV
Vitamin B2 (Riboflavin)	318.6 µg	25% DV
Vitamin B3 (Niacin)	1.0 mg	6% DV
Vitamin B5 (Pantothenic Acid)	0.1 mg	3% DV
Vitamin B6 (Pyridoxine)	38.4 µg	2% DV
Vitamin B7 (Biotin)	13.5 µg	45% DV
Vitamin B9 (Folate)	12.3 µg	3% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	0.0 mg	0% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	7.4 mg	50% DV
Vitamin K	0.0 µg	0% DV
Choline	14.6 mg	3% DV
Myo-Inositol	77.8 mg	~
CoQ10	0.4 mg	~
Minerals		
Calcium	75.3 mg	6% DV
Copper	288.7 µg	32% DV
Iodine	~	~
Iron	1.0 mg	6% DV
Magnesium	75.6 mg	18% DV
Manganese	610.1 µg	27% DV
Phosphorus	134.7 mg	11% DV
Potassium	205.2 mg	4% DV
Selenium	1.1 µg	2% DV
Sodium	0.3 mg	0% DV
Zinc	0.9 mg	8% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	0.1 mg	~
Functional Fats		
MUFA	8.8 g	44% DV
ALA	0.8 mg	0% DV
EPA + DHA	0.0 mg	0% DV
CLA	0.6 mg	~
Linoleic Acid	3.5 g	20% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	0.6 µg	~
Polyphenols	200.7 mg	~
Phytosterols	58.2 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

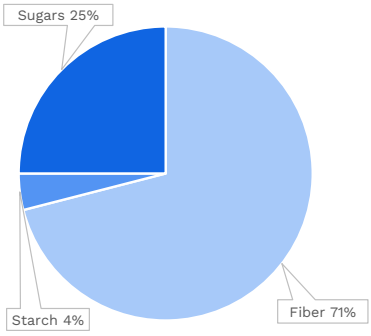




FATS

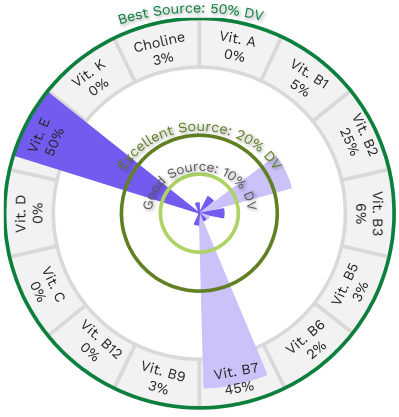


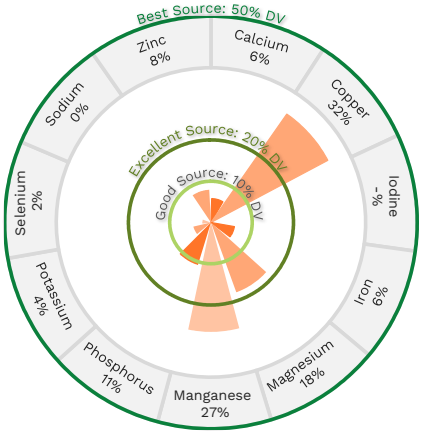
CARBOHYDRATES



MINERALS

VITAMINS

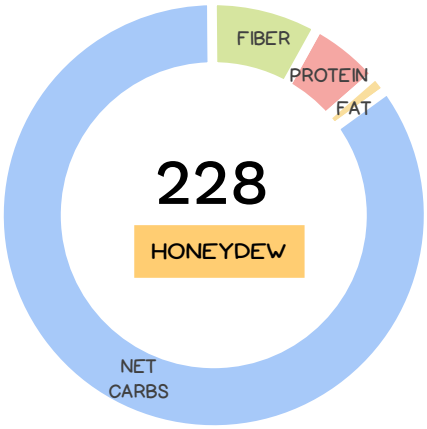




397 Honeydew

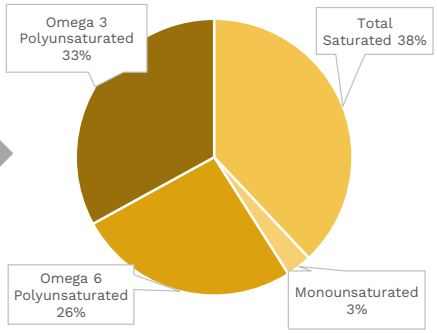
Serving Size:	177 grams	Protein:	1.0 grams	Net Carbs:	14.7 grams
Calories:	64	Fat:	0.2 grams	Fiber:	1.4 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	5.3 µg RAE	1% DV
Vitamin B1 (Thiamin)	67.3 µg	6% DV
Vitamin B2 (Riboflavin)	21.2 µg	2% DV
Vitamin B3 (Niacin)	0.7 mg	5% DV
Vitamin B5 (Pantothenic Acid)	0.3 mg	5% DV
Vitamin B6 (Pyridoxine)	155.8 µg	9% DV
Vitamin B7 (Biotin)	1.6 µg	5% DV
Vitamin B9 (Folate)	33.6 µg	8% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	31.9 mg	35% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.1 mg	1% DV
Vitamin K	5.1 µg	4% DV
Choline	13.5 mg	2% DV
Myo-Inositol	81.4 mg	~
CoQ10	~	~
Minerals		
Calcium	10.6 mg	1% DV
Copper	42.5 µg	5% DV
Iodine	~	~
Iron	0.3 mg	2% DV
Magnesium	17.7 mg	4% DV
Manganese	47.8 µg	2% DV
Phosphorus	19.5 mg	2% DV
Potassium	403.6 mg	9% DV
Selenium	1.2 µg	2% DV
Sodium	31.9 mg	1% DV
Zinc	0.2 mg	1% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	58.4 mg	4% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.0 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	100.9 µg	~
Polyphenols	127.4 mg	~
Phytosterols	10.9 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

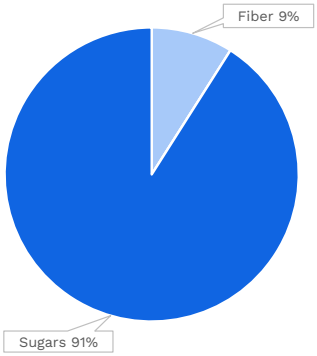




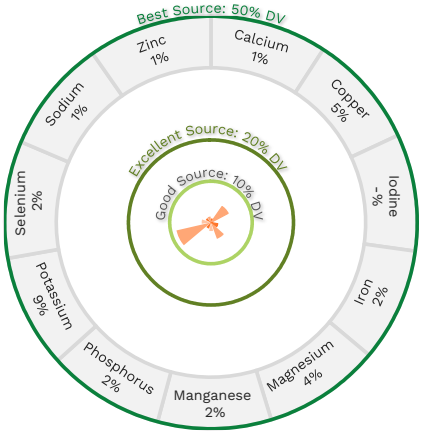
FATS



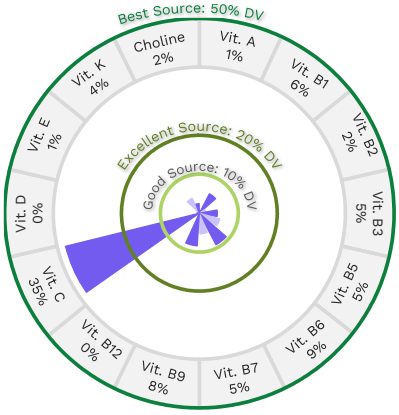
CARBOHYDRATES



MINERALS



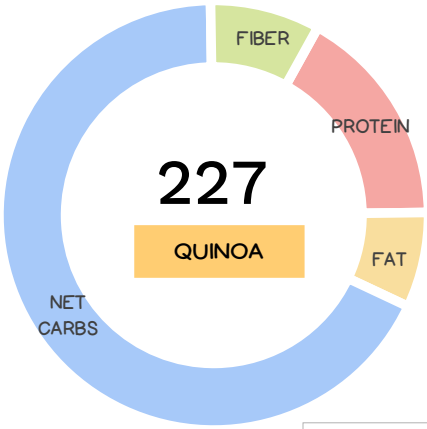
VITAMINS



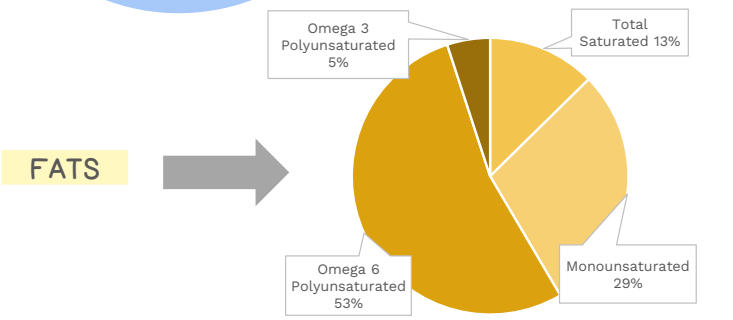
398 Quinoa

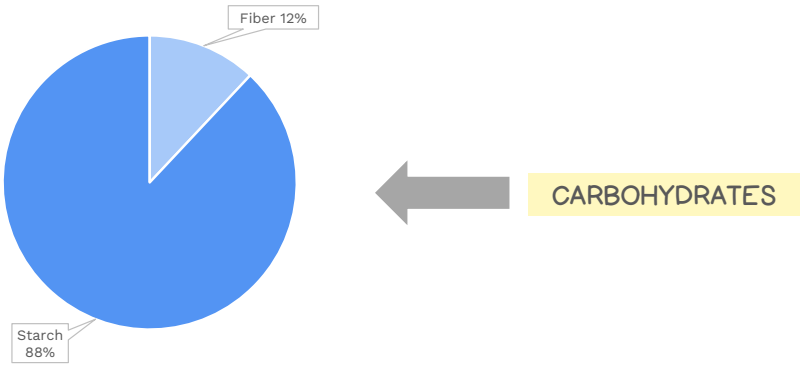
Serving Size:	43 grams	Protein:	6.1 grams	Net Carbs:	24.6 grams
Calories:	158	Fat:	2.6 grams	Fiber:	3.0 grams

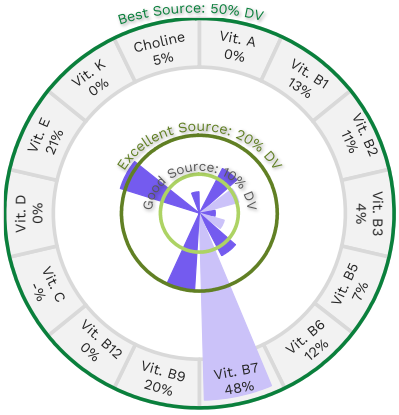
Vitamins & Vitaminlike Compounds		
Vitamin A	0.4 µg RAE	0% DV
Vitamin B1 (Thiamin)	154.8 µg	13% DV
Vitamin B2 (Riboflavin)	136.7 µg	11% DV
Vitamin B3 (Niacin)	0.7 mg	4% DV
Vitamin B5 (Pantothenic Acid)	0.3 mg	7% DV
Vitamin B6 (Pyridoxine)	209.4 µg	12% DV
Vitamin B7 (Biotin)	14.4 µg	48% DV
Vitamin B9 (Folate)	79.1 µg	20% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	~	~
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	3.2 mg	21% DV
Vitamin K	0.0 µg	0% DV
Choline	30.2 mg	5% DV
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	20.2 mg	2% DV
Copper	253.7 µg	28% DV
Iodine	~	~
Iron	2.0 mg	11% DV
Magnesium	84.7 mg	20% DV
Manganese	874.2 µg	38% DV
Phosphorus	196.5 mg	16% DV
Potassium	242.1 mg	5% DV
Selenium	3.7 µg	7% DV
Sodium	2.2 mg	0% DV
Zinc	1.3 mg	12% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.7 g	3% DV
ALA	111.8 mg	7% DV
EPA + DHA	20.2 mg	8% DV
CLA	~	~
Linoleic Acid	1.3 g	8% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	74.0 µg	~
Polyphenols	139.8 mg	~
Phytosterols	25.9 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

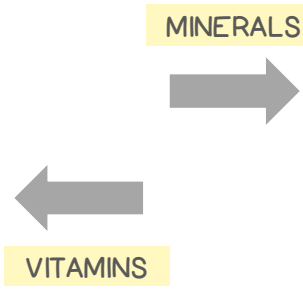


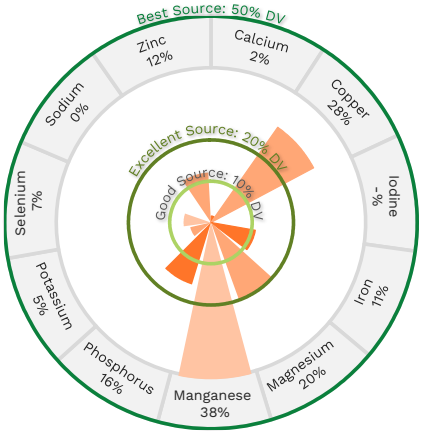








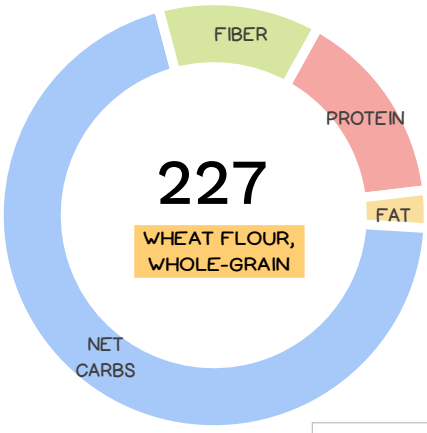




399 Wheat flour, whole-grain

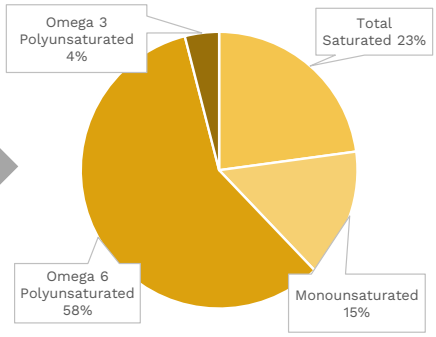
Serving Size:	28 grams	Protein:	3.7 grams	Net Carbs:	17.2 grams
Calories:	95	Fat:	0.7 grams	Fiber:	3.0 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	0.0 µg RAE	0% DV
Vitamin B1 (Thiamin)	140.6 µg	12% DV
Vitamin B2 (Riboflavin)	46.2 µg	4% DV
Vitamin B3 (Niacin)	1.4 mg	9% DV
Vitamin B5 (Pantothenic Acid)	0.2 mg	3% DV
Vitamin B6 (Pyridoxine)	114.0 µg	7% DV
Vitamin B7 (Biotin)	2.5 µg	8% DV
Vitamin B9 (Folate)	12.3 µg	3% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	0.0 mg	0% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.9 mg	6% DV
Vitamin K	0.5 µg	0% DV
Choline	8.7 mg	2% DV
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	9.5 mg	1% DV
Copper	114.8 µg	13% DV
Iodine	~	~
Iron	1.0 mg	6% DV
Magnesium	38.4 mg	9% DV
Manganese	1138.8 µg	50% DV
Phosphorus	100.0 mg	8% DV
Potassium	101.6 mg	2% DV
Selenium	17.3 µg	31% DV
Sodium	0.6 mg	0% DV
Zinc	0.7 mg	7% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	0.0 mg	~
Functional Fats		
MUFA	0.1 g	0% DV
ALA	20.4 mg	1% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.3 g	2% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	63.0 µg	~
Polyphenols	96.2 mg	~
Phytosterols	14.9 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

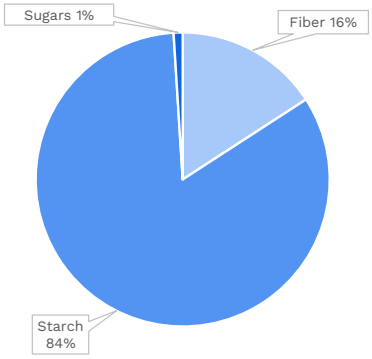




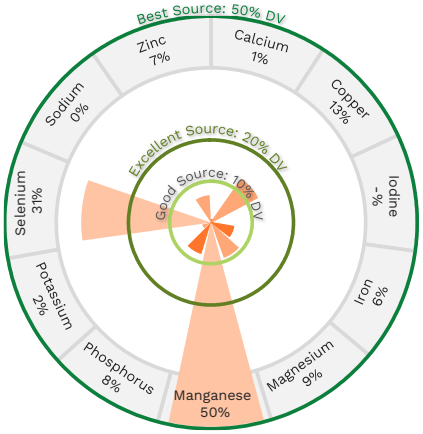
FATS



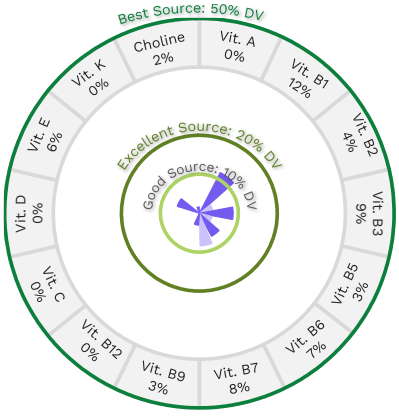
CARBOHYDRATES



MINERALS



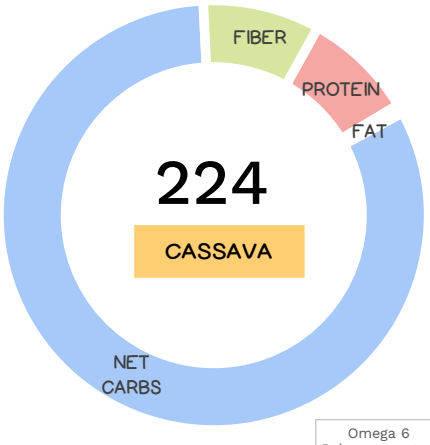
VITAMINS



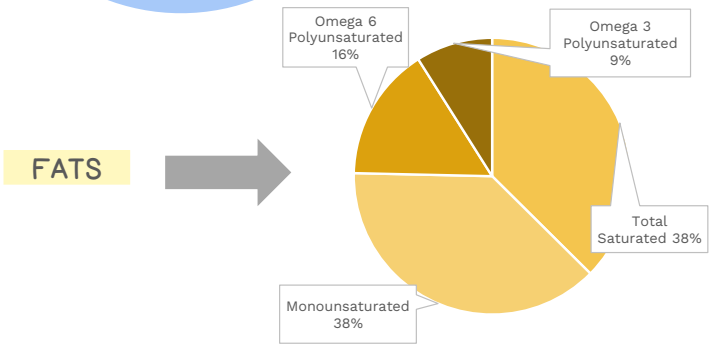
400 Cassava

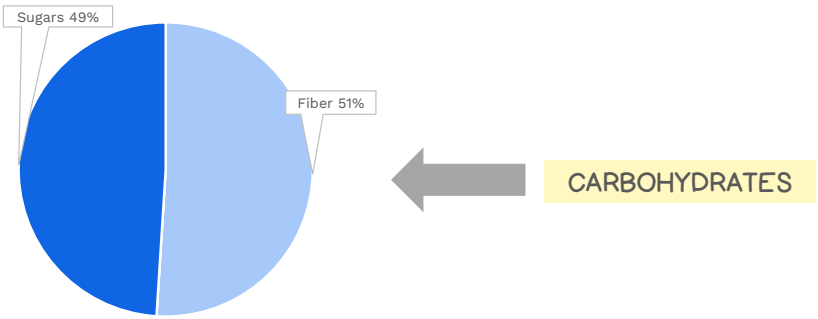
Serving Size:	206 grams	Protein:	7.2 grams	Net Carbs:	70.8 grams
Calories:	330	Fat:	0.6 grams	Fiber:	7.6 grams

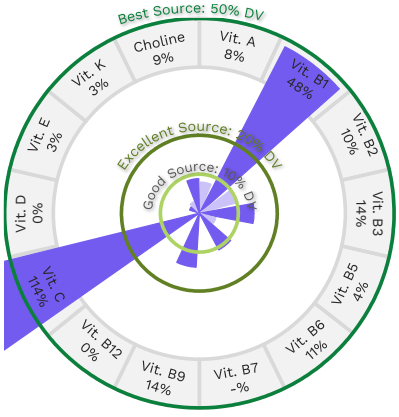
Vitamins & Vitaminlike Compounds		
Vitamin A	72.1 µg RAE	8% DV
Vitamin B1 (Thiamin)	576.8 µg	48% DV
Vitamin B2 (Riboflavin)	123.6 µg	10% DV
Vitamin B3 (Niacin)	2.2 mg	14% DV
Vitamin B5 (Pantothenic Acid)	0.2 mg	4% DV
Vitamin B6 (Pyridoxine)	181.3 µg	11% DV
Vitamin B7 (Biotin)	~	~
Vitamin B9 (Folate)	55.6 µg	14% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	103.0 mg	114% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.4 mg	3% DV
Vitamin K	3.9 µg	3% DV
Choline	48.8 mg	9% DV
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	362.6 mg	28% DV
Copper	288.4 µg	32% DV
Iodine	~	~
Iron	2.1 mg	11% DV
Magnesium	61.8 mg	15% DV
Manganese	791.0 µg	34% DV
Phosphorus	313.1 mg	25% DV
Potassium	811.6 mg	17% DV
Selenium	1.4 µg	3% DV
Sodium	28.8 mg	1% DV
Zinc	1.0 mg	9% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.2 g	1% DV
ALA	35.0 mg	2% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.1 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	16.5 µg	~
Polyphenols	2241.3 mg	~
Phytosterols	~	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

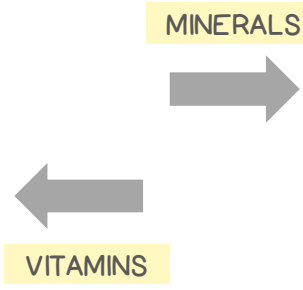


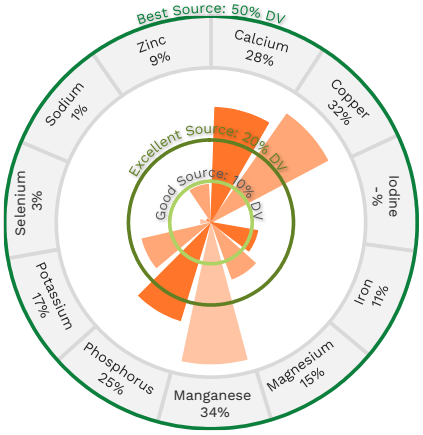








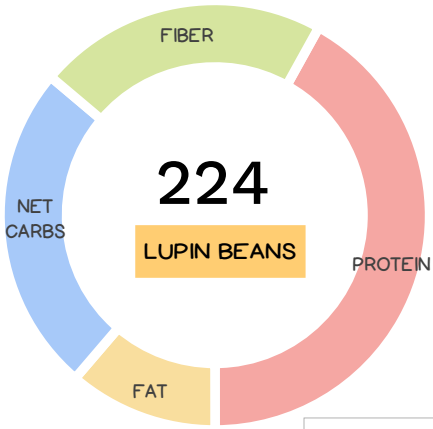




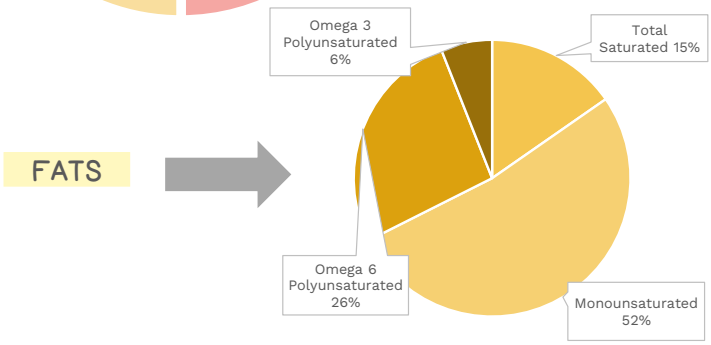
401 Lupin beans

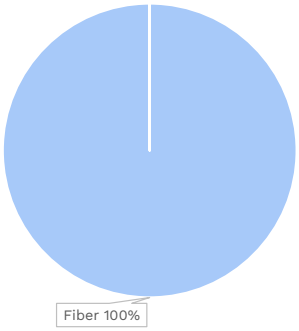
Serving Size:	36 grams	Protein:	13.0 grams	Net Carbs:	7.7 grams
Calories:	134	Fat:	3.5 grams	Fiber:	6.8 grams

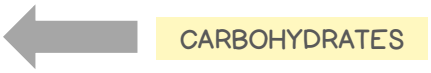
Vitamins & Vitaminlike Compounds		
Vitamin A	0.0 µg RAE	0% DV
Vitamin B1 (Thiamin)	230.4 µg	19% DV
Vitamin B2 (Riboflavin)	79.2 µg	6% DV
Vitamin B3 (Niacin)	0.8 mg	5% DV
Vitamin B5 (Pantothenic Acid)	0.3 mg	5% DV
Vitamin B6 (Pyridoxine)	128.5 µg	8% DV
Vitamin B7 (Biotin)	~	~
Vitamin B9 (Folate)	127.8 µg	32% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	1.7 mg	2% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	~	~
Vitamin K	~	~
Choline	~	~
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	63.4 mg	5% DV
Copper	367.9 µg	41% DV
Iodine	~	~
Iron	1.6 mg	9% DV
Magnesium	71.3 mg	17% DV
Manganese	857.5 µg	37% DV
Phosphorus	158.4 mg	13% DV
Potassium	364.7 mg	8% DV
Selenium	3.0 µg	5% DV
Sodium	5.4 mg	0% DV
Zinc	1.7 mg	16% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	1.4 g	7% DV
ALA	160.6 mg	10% DV
EPA + DHA	~	~
CLA	~	~
Linoleic Acid	0.7 g	4% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	0.0 µg	~
Polyphenols	0.0 mg	~
Phytosterols	~	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

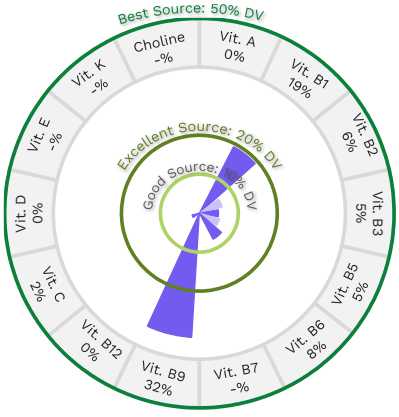


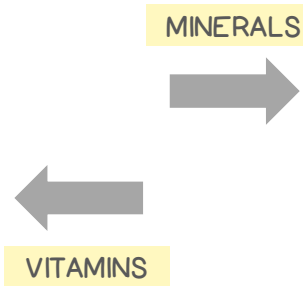


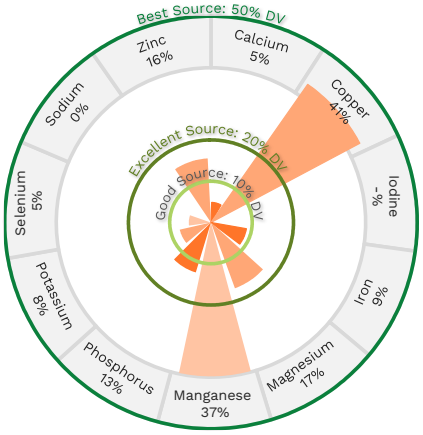








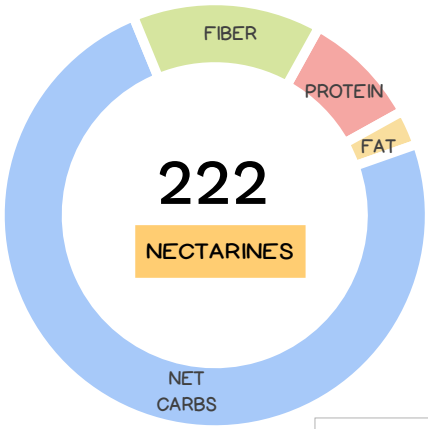




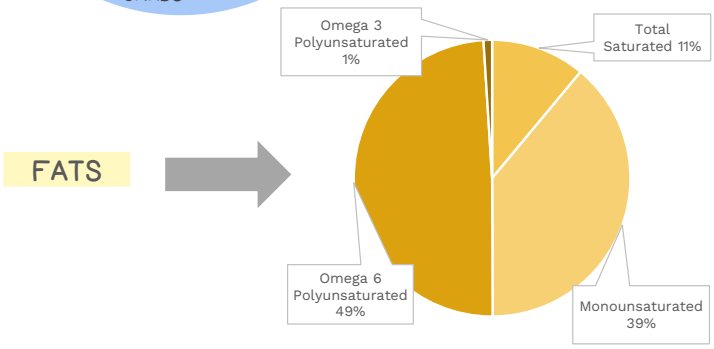
402 Nectarines

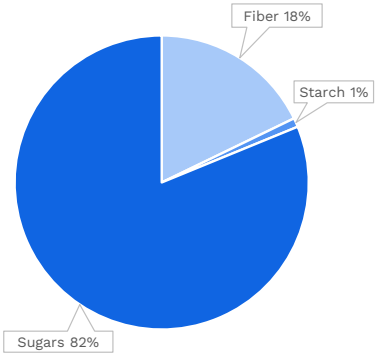
Serving Size:	143 grams	Protein:	1.5 grams	Net Carbs:	12.7 grams
Calories:	63	Fat:	0.5 grams	Fiber:	2.4 grams

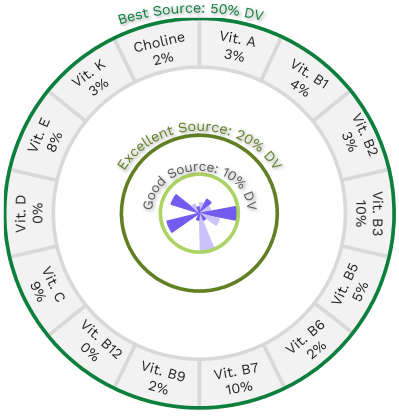
Vitamins & Vitaminlike Compounds		
Vitamin A	24.3 µg RAE	3% DV
Vitamin B1 (Thiamin)	48.6 µg	4% DV
Vitamin B2 (Riboflavin)	38.6 µg	3% DV
Vitamin B3 (Niacin)	1.6 mg	10% DV
Vitamin B5 (Pantothenic Acid)	0.3 mg	5% DV
Vitamin B6 (Pyridoxine)	35.8 µg	2% DV
Vitamin B7 (Biotin)	2.9 µg	10% DV
Vitamin B9 (Folate)	7.2 µg	2% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	7.7 mg	9% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	1.1 mg	8% DV
Vitamin K	3.1 µg	3% DV
Choline	8.9 mg	2% DV
Myo-Inositol	168.7 mg	~
CoQ10	~	~
Minerals		
Calcium	8.6 mg	1% DV
Copper	123.0 µg	14% DV
Iodine	~	~
Iron	0.4 mg	2% DV
Magnesium	12.9 mg	3% DV
Manganese	77.2 µg	3% DV
Phosphorus	37.2 mg	3% DV
Potassium	287.4 mg	6% DV
Selenium	0.0 µg	0% DV
Sodium	0.0 mg	0% DV
Zinc	0.2 mg	2% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.1 g	1% DV
ALA	2.9 mg	0% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.2 g	1% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	540.5 µg	~
Polyphenols	114.5 mg	~
Phytosterols	21.5 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

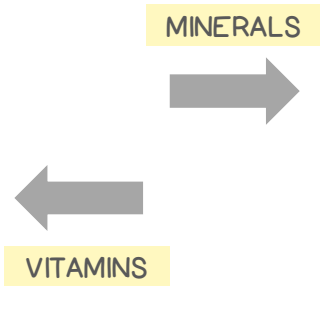


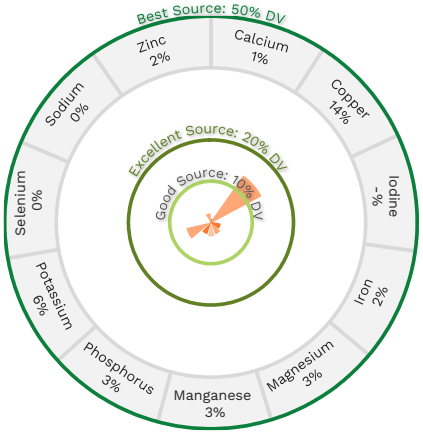








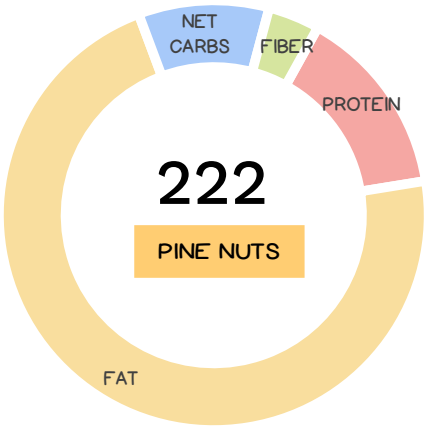




403 Pine nuts

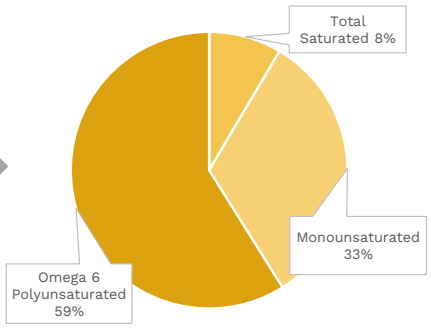
Serving Size:	28 grams	Protein:	3.8 grams	Net Carbs:	2.6 grams
Calories:	188	Fat:	19.1 grams	Fiber:	1.0 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	0.3 µg RAE	0% DV
Vitamin B1 (Thiamin)	101.9 µg	8% DV
Vitamin B2 (Riboflavin)	63.6 µg	5% DV
Vitamin B3 (Niacin)	1.2 mg	8% DV
Vitamin B5 (Pantothenic Acid)	0.1 mg	2% DV
Vitamin B6 (Pyridoxine)	26.3 µg	2% DV
Vitamin B7 (Biotin)	4.8 µg	16% DV
Vitamin B9 (Folate)	9.5 µg	2% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	0.2 mg	0% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	5.9 mg	40% DV
Vitamin K	15.1 µg	13% DV
Choline	15.6 mg	3% DV
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	4.5 mg	0% DV
Copper	370.7 µg	41% DV
Iodine	~	~
Iron	1.5 mg	9% DV
Magnesium	70.3 mg	17% DV
Manganese	2464.6 µg	107% DV
Phosphorus	161.0 mg	13% DV
Potassium	167.2 mg	4% DV
Selenium	0.2 µg	0% DV
Sodium	0.6 mg	0% DV
Zinc	1.8 mg	16% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	5.3 g	26% DV
ALA	45.9 mg	3% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	9.3 g	55% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	7.3 µg	~
Polyphenols	96.9 mg	~
Phytosterols	66.4 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

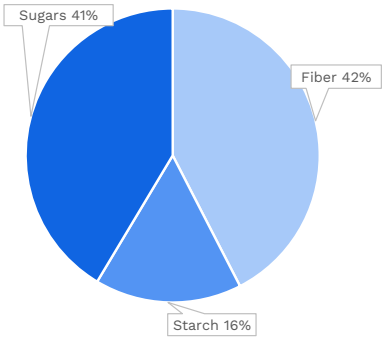




FATS

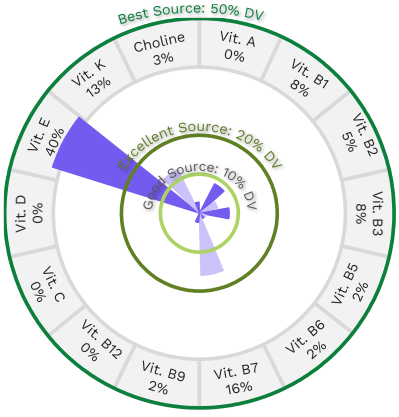


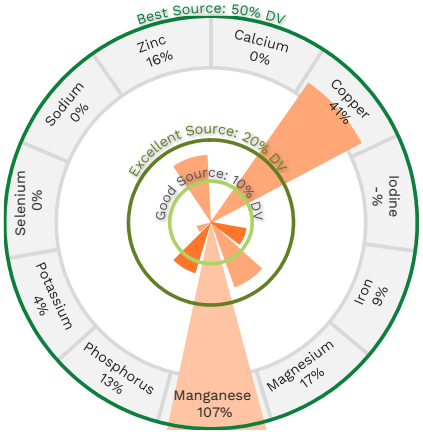
CARBOHYDRATES



MINERALS

VITAMINS

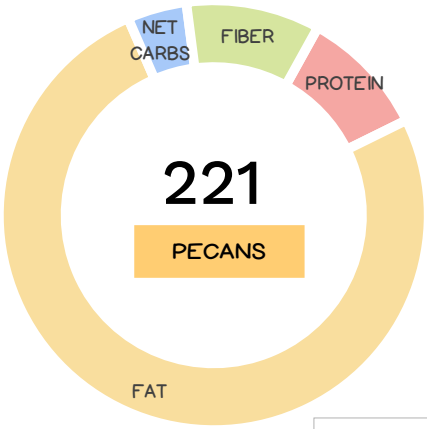




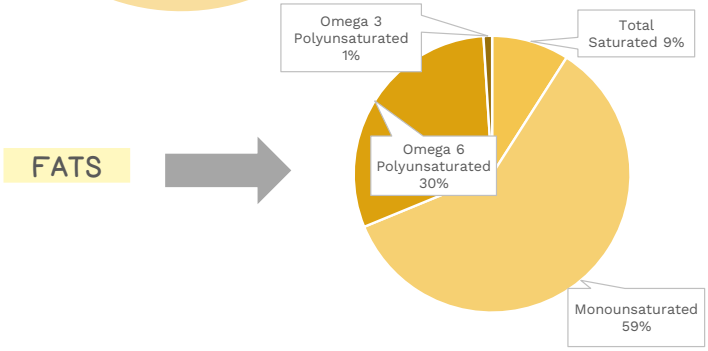
404 Pecans

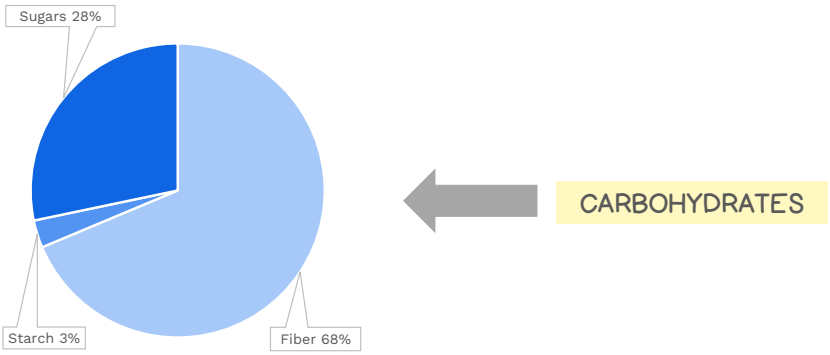
Serving Size:	28 grams	Protein:	2.6 grams	Net Carbs:	1.2 grams
Calories:	193	Fat:	20.2 grams	Fiber:	2.7 grams

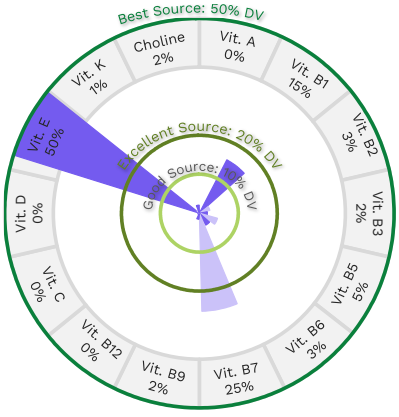
Vitamins & Vitaminlike Compounds		
Vitamin A	0.8 µg RAE	0% DV
Vitamin B1 (Thiamin)	184.8 µg	15% DV
Vitamin B2 (Riboflavin)	36.4 µg	3% DV
Vitamin B3 (Niacin)	0.3 mg	2% DV
Vitamin B5 (Pantothenic Acid)	0.2 mg	5% DV
Vitamin B6 (Pyridoxine)	58.8 µg	3% DV
Vitamin B7 (Biotin)	7.6 µg	25% DV
Vitamin B9 (Folate)	6.2 µg	2% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	0.3 mg	0% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	7.5 mg	50% DV
Vitamin K	1.0 µg	1% DV
Choline	11.3 mg	2% DV
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	19.6 mg	2% DV
Copper	336.0 µg	37% DV
Iodine	~	~
Iron	0.7 mg	4% DV
Magnesium	33.9 mg	8% DV
Manganese	1260.0 µg	55% DV
Phosphorus	77.6 mg	6% DV
Potassium	114.8 mg	2% DV
Selenium	1.1 µg	2% DV
Sodium	0.0 mg	0% DV
Zinc	1.3 mg	12% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	11.4 g	57% DV
ALA	276.1 mg	17% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	5.8 g	34% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	15.4 µg	~
Polyphenols	524.1 mg	~
Phytosterols	44.5 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

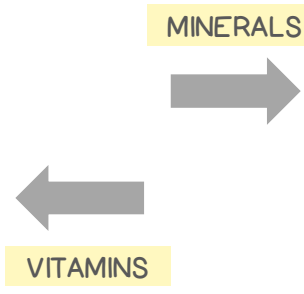


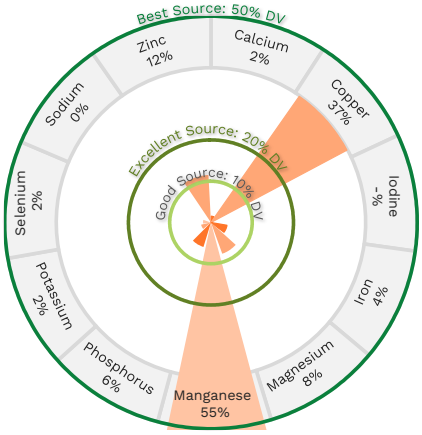








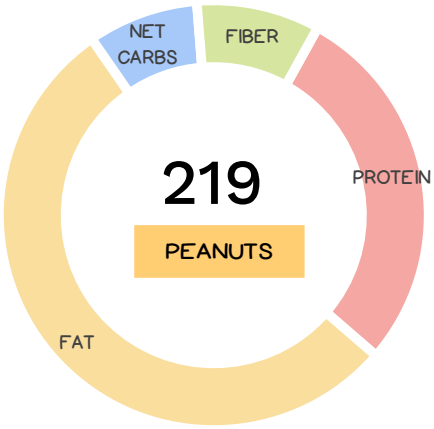




405 Peanuts

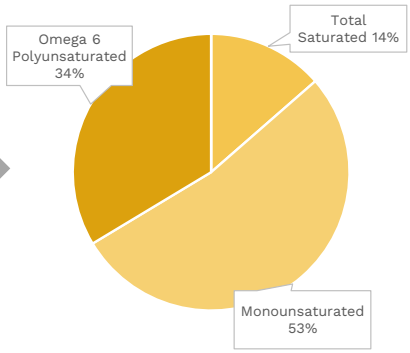
Serving Size:	28 grams	Protein:	7.2 grams	Net Carbs:	2.1 grams
Calories:	159	Fat:	13.8 grams	Fiber:	2.4 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	0.0 µg RAE	0% DV
Vitamin B1 (Thiamin)	179.2 µg	15% DV
Vitamin B2 (Riboflavin)	37.8 µg	3% DV
Vitamin B3 (Niacin)	3.4 mg	21% DV
Vitamin B5 (Pantothenic Acid)	0.5 mg	10% DV
Vitamin B6 (Pyridoxine)	97.4 µg	6% DV
Vitamin B7 (Biotin)	12.2 µg	41% DV
Vitamin B9 (Folate)	67.2 µg	17% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	0.0 mg	0% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	2.3 mg	16% DV
Vitamin K	0.0 µg	0% DV
Choline	14.7 mg	3% DV
Myo-Inositol	37.2 mg	~
CoQ10	0.7 mg	~
Minerals		
Calcium	25.8 mg	2% DV
Copper	320.3 µg	36% DV
Iodine	~	~
Iron	1.3 mg	7% DV
Magnesium	47.0 mg	11% DV
Manganese	541.5 µg	24% DV
Phosphorus	105.3 mg	8% DV
Potassium	197.4 mg	4% DV
Selenium	2.0 µg	4% DV
Sodium	5.0 mg	0% DV
Zinc	0.9 mg	8% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	6.8 g	34% DV
ALA	0.8 mg	0% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	4.4 g	26% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	0.0 µg	~
Polyphenols	129.5 mg	~
Phytosterols	32.9 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

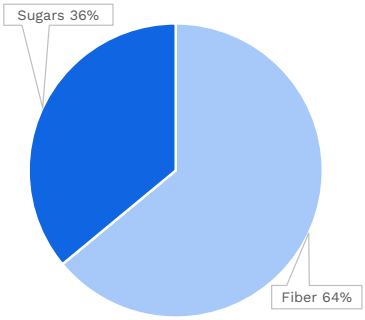




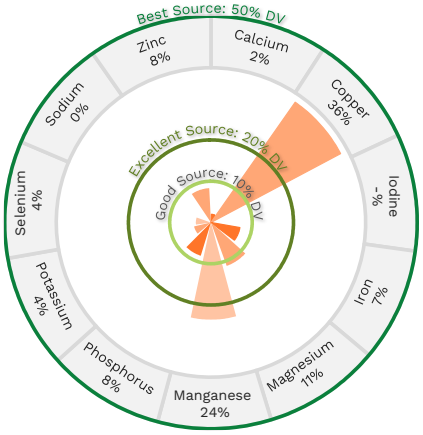
FATS



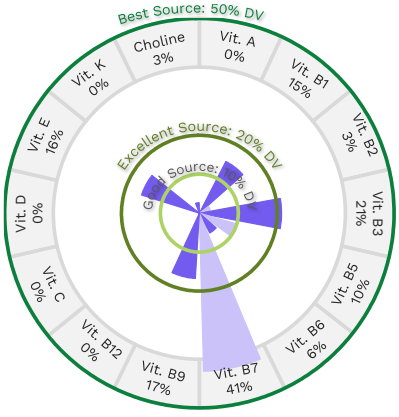
CARBOHYDRATES



MINERALS



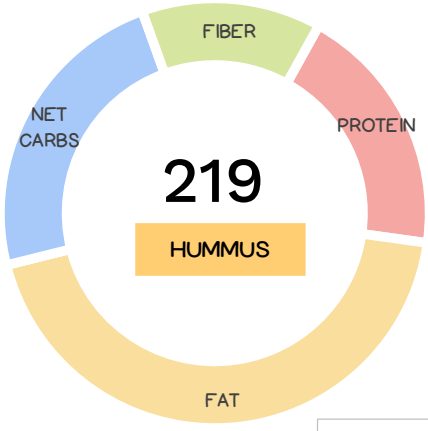
VITAMINS



406 Hummus

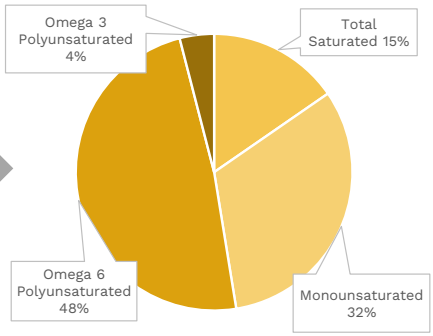
Serving Size:	15 grams	Protein:	1.2 grams	Net Carbs:	1.4 grams
Calories:	36	Fat:	2.7 grams	Fiber:	0.8 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	0.2 µg RAE	0% DV
Vitamin B1 (Thiamin)	24.0 µg	2% DV
Vitamin B2 (Riboflavin)	19.1 µg	1% DV
Vitamin B3 (Niacin)	0.2 mg	1% DV
Vitamin B5 (Pantothenic Acid)	0.1 mg	1% DV
Vitamin B6 (Pyridoxine)	21.9 µg	1% DV
Vitamin B7 (Biotin)	~	~
Vitamin B9 (Folate)	7.2 µg	2% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	0.0 mg	0% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	2.2 mg	15% DV
Vitamin K	3.4 µg	3% DV
Choline	5.6 mg	1% DV
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	7.1 mg	1% DV
Copper	56.6 µg	6% DV
Iodine	~	~
Iron	0.4 mg	2% DV
Magnesium	11.3 mg	3% DV
Manganese	173.3 µg	8% DV
Phosphorus	27.2 mg	2% DV
Potassium	46.8 mg	1% DV
Selenium	0.7 µg	1% DV
Sodium	63.9 mg	3% DV
Zinc	0.2 mg	2% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.8 g	4% DV
ALA	108.8 mg	7% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	1.2 g	7% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	41.0 µg	~
Polyphenols	0.0 mg	~
Phytosterols	14.1 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

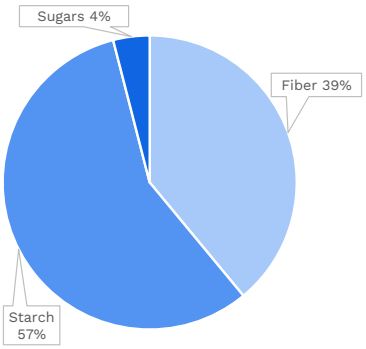




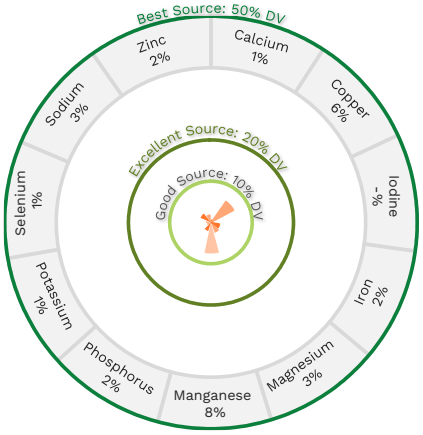
FATS



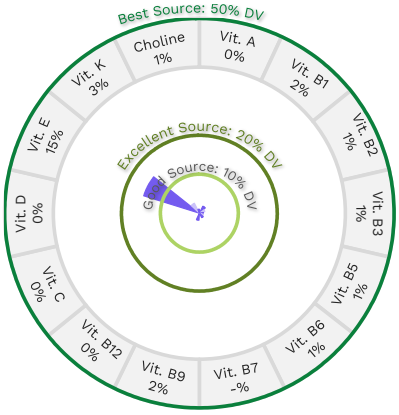
CARBOHYDRATES



MINERALS



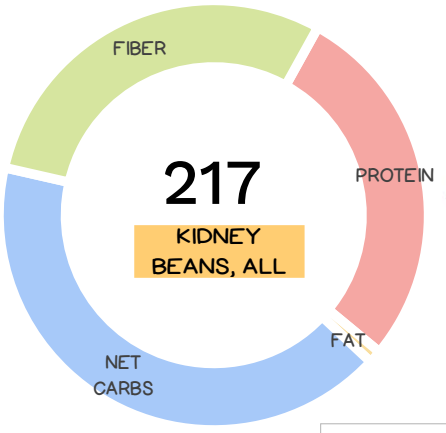
VITAMINS



407 Kidney beans, all

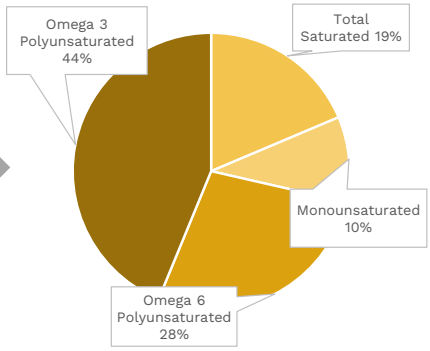
Serving Size:	37 grams	Protein:	8.7 grams	Net Carbs:	12.9 grams
Calories:	123	Fat:	0.3 grams	Fiber:	9.2 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	0.0 µg RAE	0% DV
Vitamin B1 (Thiamin)	194.7 µg	16% DV
Vitamin B2 (Riboflavin)	80.6 µg	6% DV
Vitamin B3 (Niacin)	0.8 mg	5% DV
Vitamin B5 (Pantothenic Acid)	0.3 mg	6% DV
Vitamin B6 (Pyridoxine)	146.1 µg	9% DV
Vitamin B7 (Biotin)	~	~
Vitamin B9 (Folate)	145.0 µg	36% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	1.7 mg	2% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.1 mg	1% DV
Vitamin K	7.0 µg	6% DV
Choline	~	~
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	52.6 mg	4% DV
Copper	352.5 µg	39% DV
Iodine	~	~
Iron	3.0 mg	17% DV
Magnesium	51.5 mg	12% DV
Manganese	375.7 µg	16% DV
Phosphorus	149.8 mg	12% DV
Potassium	517.4 mg	11% DV
Selenium	1.2 µg	2% DV
Sodium	8.8 mg	0% DV
Zinc	1.0 mg	9% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	102.7 mg	6% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.1 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	0.0 µg	~
Polyphenols	0.0 mg	~
Phytosterols	~	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

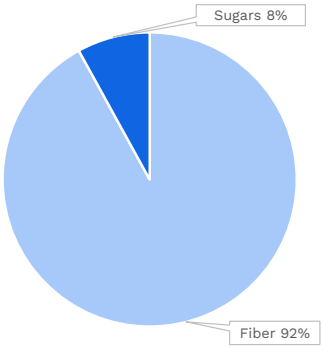




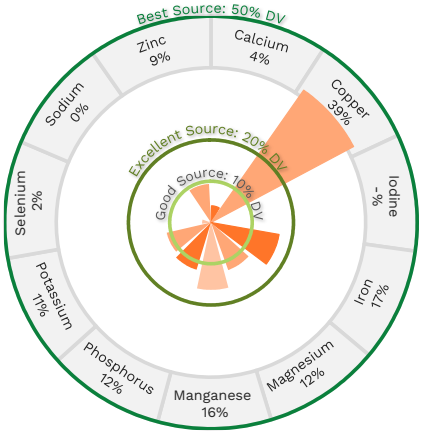
FATS



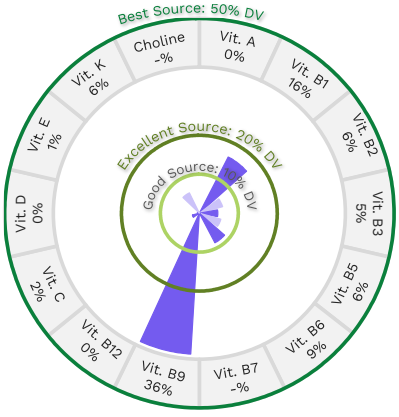
CARBOHYDRATES



MINERALS



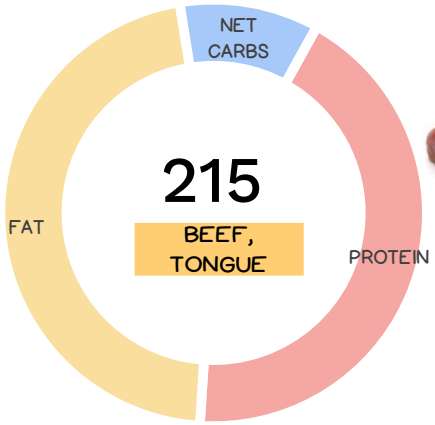
VITAMINS



408 Beef, tongue

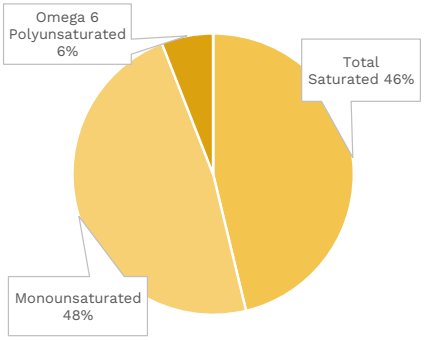
Serving Size:	100 grams	Protein:	14.9 grams	Net Carbs:	3.7 grams
Calories:	224	Fat:	16.1 grams	Fiber:	0.0 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	0.0 µg RAE	0% DV
Vitamin B1 (Thiamin)	125.0 µg	10% DV
Vitamin B2 (Riboflavin)	340.0 µg	26% DV
Vitamin B3 (Niacin)	4.2 mg	27% DV
Vitamin B5 (Pantothenic Acid)	0.7 mg	13% DV
Vitamin B6 (Pyridoxine)	310.0 µg	18% DV
Vitamin B7 (Biotin)	3.3 µg	11% DV
Vitamin B9 (Folate)	7.0 µg	2% DV
Vitamin B12 (Cobalamin)	3.8 µg	158% DV
Vitamin C	3.1 mg	3% DV
Vitamin D (D2 + D3)	0.2 µg	1% DV
Vitamin E	0.2 mg	1% DV
Vitamin K	0.9 µg	1% DV
Choline	122.3 mg	22% DV
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	6.0 mg	0% DV
Copper	170.0 µg	19% DV
Iodine	~	~
Iron	3.0 mg	16% DV
Magnesium	16.0 mg	4% DV
Manganese	26.0 µg	1% DV
Phosphorus	133.0 mg	11% DV
Potassium	315.0 mg	7% DV
Selenium	9.4 µg	17% DV
Sodium	69.0 mg	3% DV
Zinc	2.9 mg	26% DV
Amino Acids & Peptides		
Taurine	42.0 mg	~
Ergothioneine	0.1 mg	~
Functional Fats		
MUFA	7.2 g	36% DV
ALA	0.0 mg	0% DV
EPA + DHA	0.0 mg	0% DV
CLA	121.7 mg	~
Linoleic Acid	0.6 g	3% DV
MCT's	0.1 g	~
Phytonutrients		
Carotenoids	68.0 µg	~
Polyphenols	0.0 mg	~
Phytosterols	0.5 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~





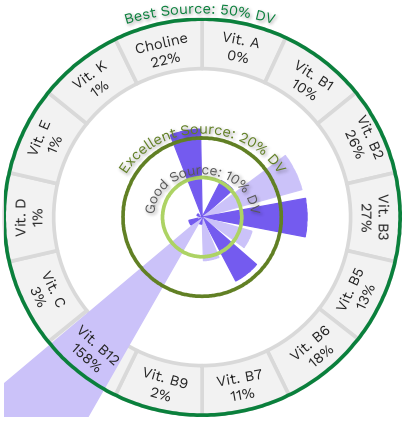
FATS





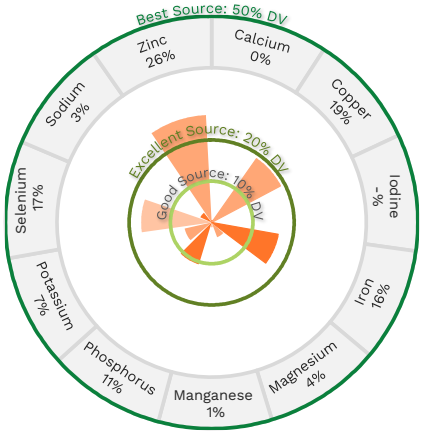
CARBOHYDRATES

No detailed component data currently available in the USDA Food Central Database.



VITAMINS

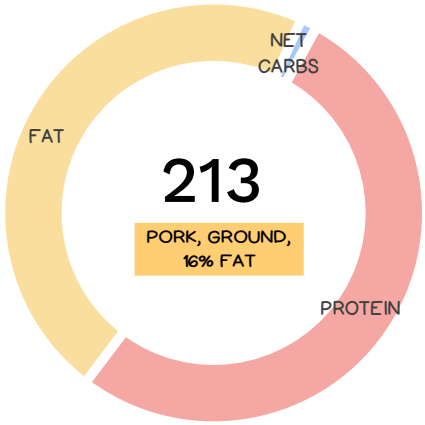
MINERALS



409 Pork, ground, 16% fat

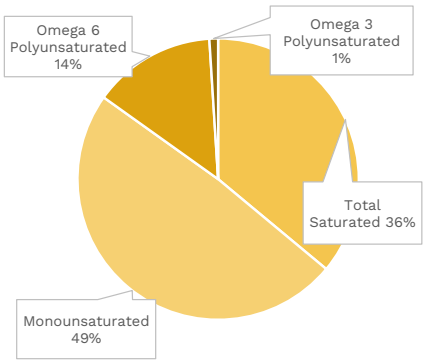
Serving Size:	100 grams	Protein:	18.0 grams	Net Carbs:	0.4 grams
Calories:	218	Fat:	16.0 grams	Fiber:	0.0 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	0.0 µg RAE	0% DV
Vitamin B1 (Thiamin)	332.0 µg	28% DV
Vitamin B2 (Riboflavin)	338.0 µg	26% DV
Vitamin B3 (Niacin)	6.4 mg	40% DV
Vitamin B5 (Pantothenic Acid)	0.6 mg	13% DV
Vitamin B6 (Pyridoxine)	551.0 µg	32% DV
Vitamin B7 (Biotin)	2.6 µg	9% DV
Vitamin B9 (Folate)	2.0 µg	1% DV
Vitamin B12 (Cobalamin)	0.7 µg	30% DV
Vitamin C	0.0 mg	0% DV
Vitamin D (D2 + D3)	0.4 µg	2% DV
Vitamin E	0.5 mg	3% DV
Vitamin K	0.0 µg	0% DV
Choline	61.5 mg	11% DV
Myo-Inositol	30.0 mg	~
CoQ10	4.5 mg	~
Minerals		
Calcium	15.0 mg	1% DV
Copper	32.0 µg	4% DV
Iodine	~	~
Iron	0.9 mg	5% DV
Magnesium	16.0 mg	4% DV
Manganese	10.0 µg	0% DV
Phosphorus	161.0 mg	13% DV
Potassium	244.0 mg	5% DV
Selenium	30.2 µg	55% DV
Sodium	68.0 mg	3% DV
Zinc	1.9 mg	17% DV
Amino Acids & Peptides		
Taurine	118.0 mg	~
Ergothioneine	0.2 mg	~
Functional Fats		
MUFA	6.7 g	33% DV
ALA	89.0 mg	6% DV
EPA + DHA	12.0 mg	5% DV
CLA	9.6 mg	~
Linoleic Acid	1.8 g	11% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	0.0 µg	~
Polyphenols	0.0 mg	~
Phytosterols	0.0 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~





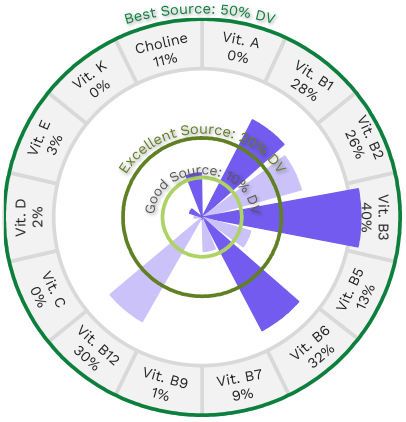
FATS





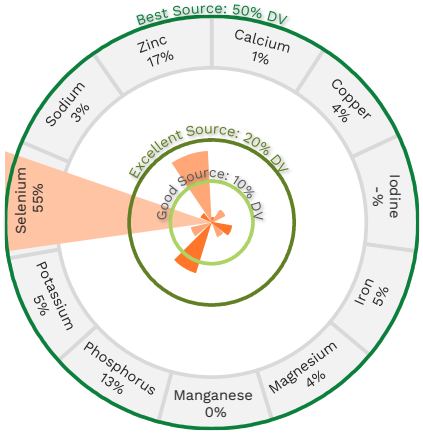
CARBOHYDRATES

No detailed component data currently available in the USDA Food Central Database.



VITAMINS

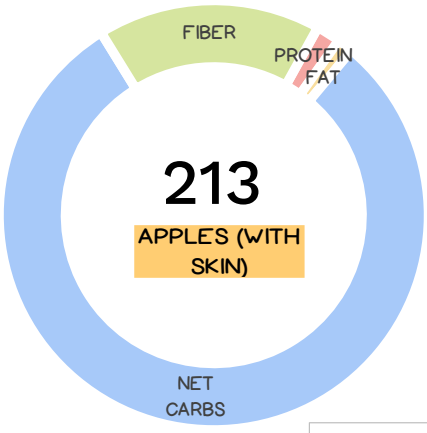
MINERALS



410 Apples (with skin)

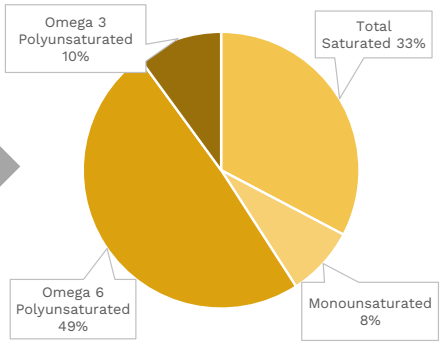
Serving Size:	125 grams	Protein:	0.3 grams	Net Carbs:	14.3 grams
Calories:	65	Fat:	0.2 grams	Fiber:	3.0 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	3.8 µg RAE	0% DV
Vitamin B1 (Thiamin)	21.3 µg	2% DV
Vitamin B2 (Riboflavin)	32.5 µg	3% DV
Vitamin B3 (Niacin)	0.1 mg	1% DV
Vitamin B5 (Pantothenic Acid)	0.1 mg	2% DV
Vitamin B6 (Pyridoxine)	51.3 µg	3% DV
Vitamin B7 (Biotin)	5.6 µg	19% DV
Vitamin B9 (Folate)	3.8 µg	1% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	5.8 mg	6% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.2 mg	2% DV
Vitamin K	2.8 µg	2% DV
Choline	4.3 mg	1% DV
Myo-Inositol	18.8 mg	~
CoQ10	0.2 mg	~
Minerals		
Calcium	7.5 mg	1% DV
Copper	33.8 µg	4% DV
Iodine	~	~
Iron	0.2 mg	1% DV
Magnesium	6.3 mg	1% DV
Manganese	43.8 µg	2% DV
Phosphorus	13.8 mg	1% DV
Potassium	133.8 mg	3% DV
Selenium	0.0 µg	0% DV
Sodium	1.3 mg	0% DV
Zinc	0.1 mg	0% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	11.3 mg	1% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.1 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	83.8 µg	~
Polyphenols	537.5 mg	~
Phytosterols	22.9 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

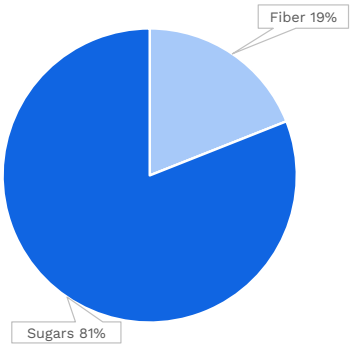




FATS



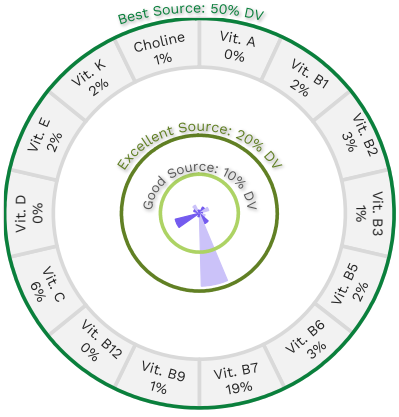
CARBOHYDRATES



MINERALS



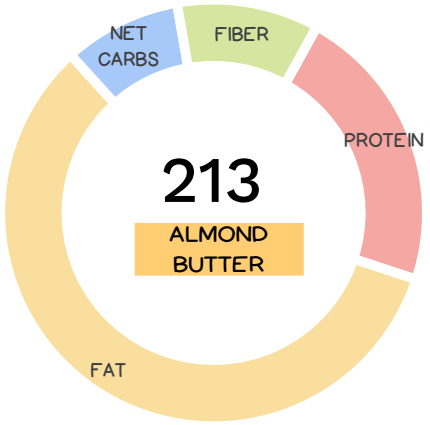
VITAMINS



411 Almond butter

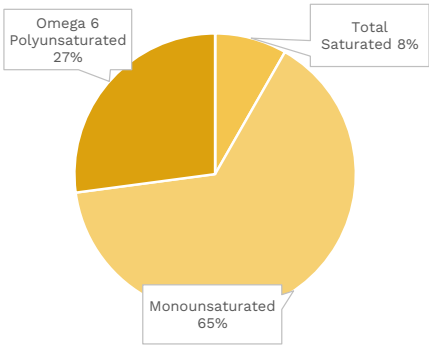
Serving Size:	16 grams	Protein:	3.4 grams	Net Carbs:	1.4 grams
Calories:	98	Fat:	8.9 grams	Fiber:	1.6 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	0.0 µg RAE	0% DV
Vitamin B1 (Thiamin)	6.6 µg	1% DV
Vitamin B2 (Riboflavin)	150.2 µg	12% DV
Vitamin B3 (Niacin)	0.5 mg	3% DV
Vitamin B5 (Pantothenic Acid)	0.1 mg	1% DV
Vitamin B6 (Pyridoxine)	16.5 µg	1% DV
Vitamin B7 (Biotin)	7.7 µg	26% DV
Vitamin B9 (Folate)	8.5 µg	2% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	0.0 mg	0% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	4.1 mg	27% DV
Vitamin K	0.0 µg	0% DV
Choline	8.3 mg	2% DV
Myo-Inositol	44.5 mg	~
CoQ10	0.2 mg	~
Minerals		
Calcium	55.5 mg	4% DV
Copper	149.4 µg	17% DV
Iodine	~	~
Iron	0.6 mg	3% DV
Magnesium	44.6 mg	11% DV
Manganese	341.0 µg	15% DV
Phosphorus	81.3 mg	7% DV
Potassium	119.7 mg	3% DV
Selenium	0.4 µg	1% DV
Sodium	1.1 mg	0% DV
Zinc	0.5 mg	5% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	5.2 g	26% DV
ALA	1.1 mg	0% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	2.2 g	13% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	0.3 µg	~
Polyphenols	114.7 mg	~
Phytosterols	22.4 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

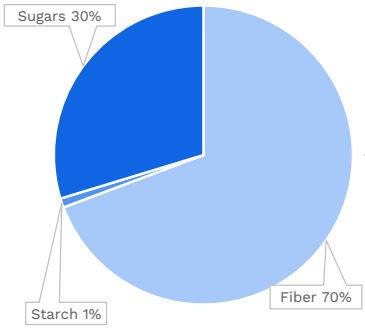




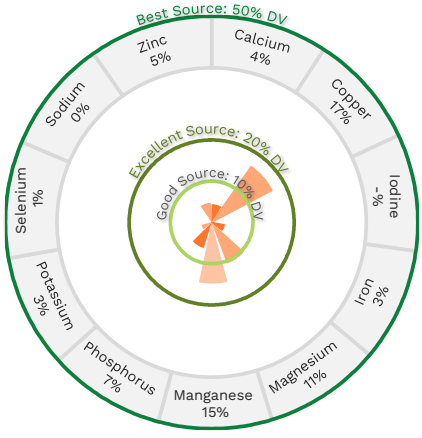
FATS



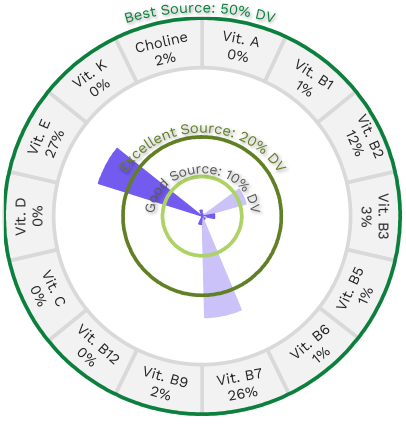
CARBOHYDRATES



MINERALS



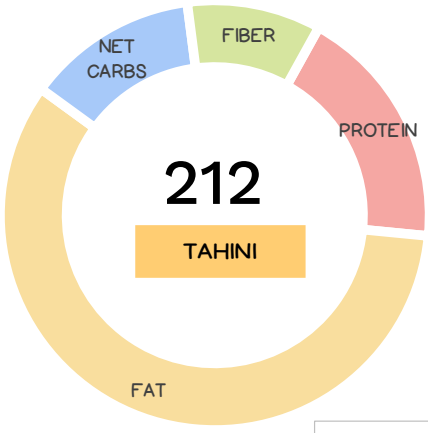
VITAMINS



412 Tahini

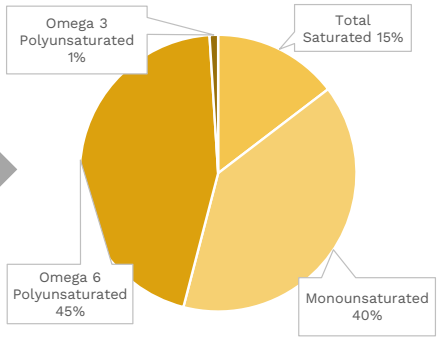
Serving Size:	15 grams	Protein:	2.6 grams	Net Carbs:	1.8 grams
Calories:	89	Fat:	8.1 grams	Fiber:	1.4 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	0.5 µg RAE	0% DV
Vitamin B1 (Thiamin)	183.0 µg	15% DV
Vitamin B2 (Riboflavin)	71.0 µg	5% DV
Vitamin B3 (Niacin)	0.8 mg	5% DV
Vitamin B5 (Pantothenic Acid)	0.1 mg	2% DV
Vitamin B6 (Pyridoxine)	22.4 µg	1% DV
Vitamin B7 (Biotin)	1.8 µg	6% DV
Vitamin B9 (Folate)	14.7 µg	4% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	0.0 mg	0% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.0 mg	0% DV
Vitamin K	0.0 µg	0% DV
Choline	3.9 mg	1% DV
Myo-Inositol	~	~
CoQ10	0.3 mg	~
Minerals		
Calcium	63.9 mg	5% DV
Copper	241.5 µg	27% DV
Iodine	~	~
Iron	1.3 mg	7% DV
Magnesium	14.3 mg	3% DV
Manganese	218.4 µg	9% DV
Phosphorus	109.8 mg	9% DV
Potassium	62.1 mg	1% DV
Selenium	5.2 µg	9% DV
Sodium	17.3 mg	1% DV
Zinc	0.7 mg	6% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	3.0 g	15% DV
ALA	61.1 mg	4% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	3.5 g	20% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	6.0 µg	~
Polyphenols	116.5 mg	~
Phytosterols	26.4 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

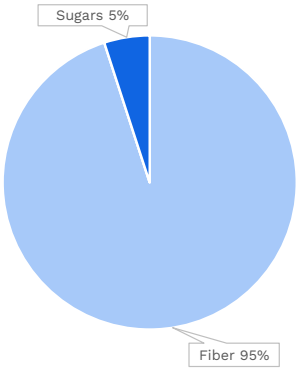




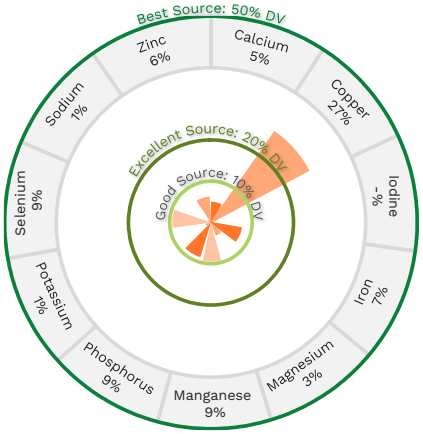
FATS



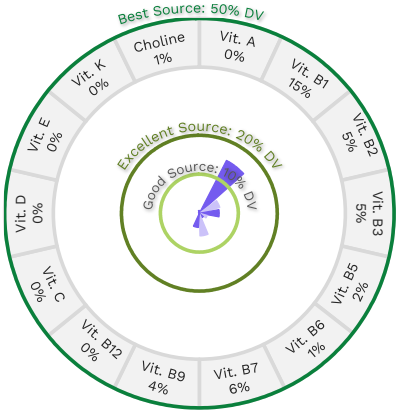
CARBOHYDRATES



MINERALS



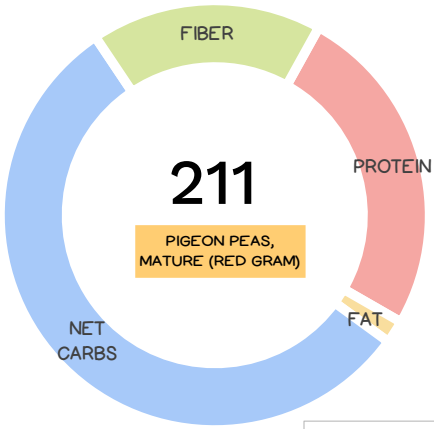
VITAMINS



413 Pigeon peas, mature (red gram)

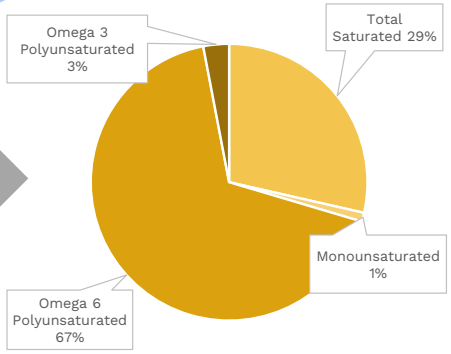
Serving Size:	103 grams	Protein:	22.2 grams	Net Carbs:	49.0 grams
Calories:	352	Fat:	1.5 grams	Fiber:	15.4 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	1.0 µg RAE	0% DV
Vitamin B1 (Thiamin)	659.1 µg	55% DV
Vitamin B2 (Riboflavin)	191.7 µg	15% DV
Vitamin B3 (Niacin)	3.0 mg	19% DV
Vitamin B5 (Pantothenic Acid)	1.3 mg	26% DV
Vitamin B6 (Pyridoxine)	290.1 µg	17% DV
Vitamin B7 (Biotin)	~	~
Vitamin B9 (Folate)	467.4 µg	117% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	0.0 mg	0% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	~	~
Vitamin K	~	~
Choline	~	~
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	133.3 mg	10% DV
Copper	1083.4 µg	120% DV
Iodine	~	~
Iron	5.4 mg	30% DV
Magnesium	187.6 mg	45% DV
Manganese	1835.8 µg	80% DV
Phosphorus	376.2 mg	30% DV
Potassium	1426.8 mg	30% DV
Selenium	8.4 µg	15% DV
Sodium	17.4 mg	1% DV
Zinc	2.8 mg	26% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	35.9 mg	2% DV
EPA + DHA	~	~
CLA	~	~
Linoleic Acid	0.8 g	5% DV
MCT's	~	~
Phytonutrients		
Carotenoids	~	~
Polyphenols	0.0 mg	~
Phytosterols	~	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

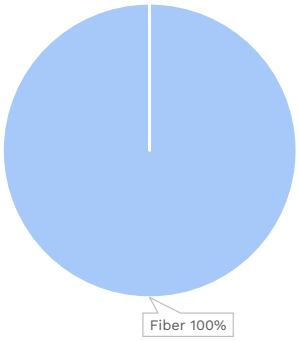


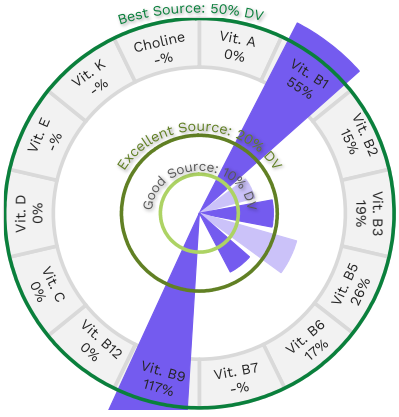


FATS



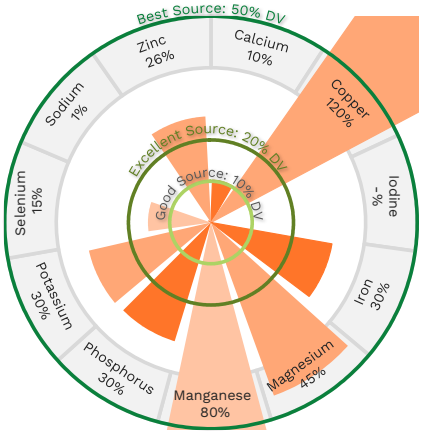
CARBOHYDRATES





MINERALS

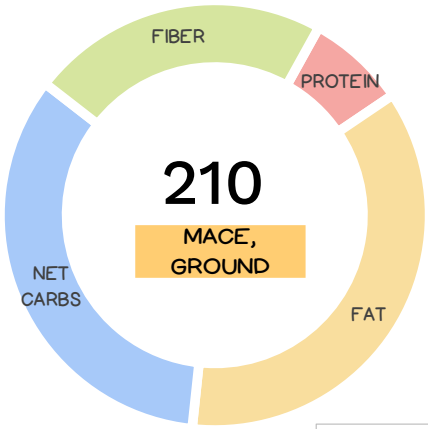
VITAMINS



414 Mace, ground

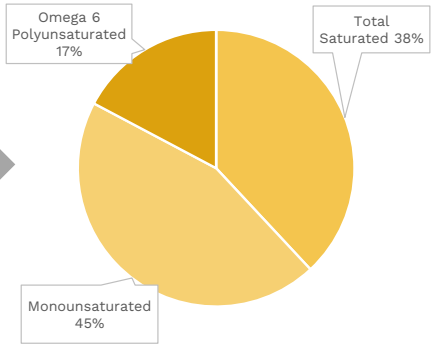
Serving Size:	5 grams	Protein:	0.4 grams	Net Carbs:	1.6 grams
Calories:	25	Fat:	1.7 grams	Fiber:	1.1 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	2.1 µg RAE	0% DV
Vitamin B1 (Thiamin)	16.5 µg	1% DV
Vitamin B2 (Riboflavin)	23.7 µg	2% DV
Vitamin B3 (Niacin)	0.1 mg	0% DV
Vitamin B5 (Pantothenic Acid)	~	~
Vitamin B6 (Pyridoxine)	8.5 µg	0% DV
Vitamin B7 (Biotin)	~	~
Vitamin B9 (Folate)	4.0 µg	1% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	1.1 mg	1% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	~	~
Vitamin K	~	~
Choline	~	~
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	13.4 mg	1% DV
Copper	130.8 µg	15% DV
Iodine	~	~
Iron	0.7 mg	4% DV
Magnesium	8.6 mg	2% DV
Manganese	79.5 µg	3% DV
Phosphorus	5.8 mg	0% DV
Potassium	24.5 mg	1% DV
Selenium	0.1 µg	0% DV
Sodium	4.2 mg	0% DV
Zinc	0.1 mg	1% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.6 g	3% DV
ALA	4.2 mg	0% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.2 g	1% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	~	~
Polyphenols	76.1 mg	~
Phytosterols	~	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

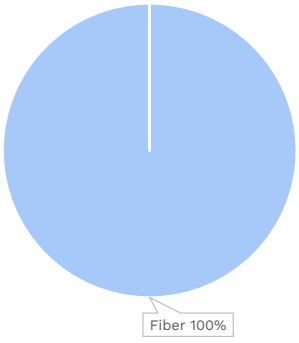


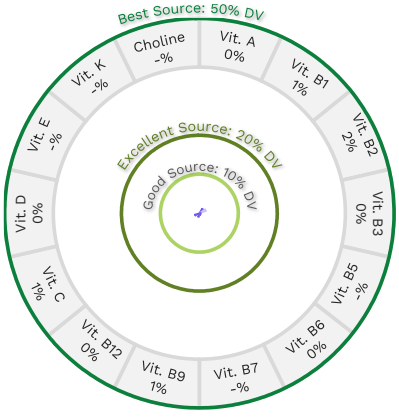


FATS



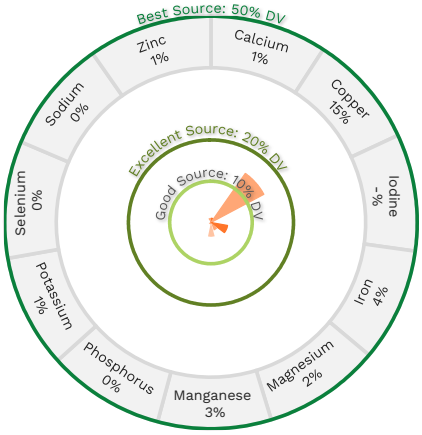
CARBOHYDRATES





VITAMINS

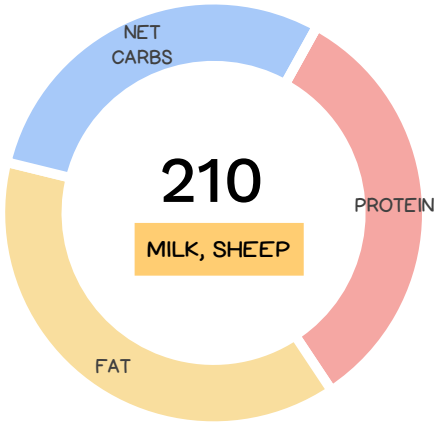
MINERALS



415 Milk, sheep

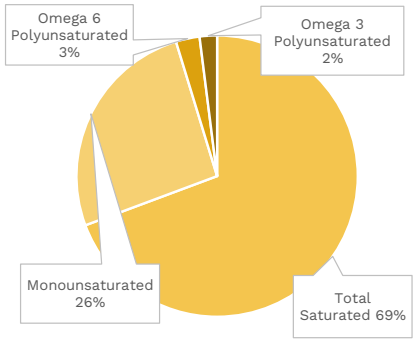
Serving Size:	245 grams	Protein:	14.7 grams	Net Carbs:	13.1 grams
Calories:	265	Fat:	17.2 grams	Fiber:	0.0 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	107.8 µg RAE	12% DV
Vitamin B1 (Thiamin)	159.3 µg	13% DV
Vitamin B2 (Riboflavin)	869.8 µg	67% DV
Vitamin B3 (Niacin)	1.0 mg	6% DV
Vitamin B5 (Pantothenic Acid)	1.0 mg	20% DV
Vitamin B6 (Pyridoxine)	147.0 µg	9% DV
Vitamin B7 (Biotin)	22.1 µg	74% DV
Vitamin B9 (Folate)	17.2 µg	4% DV
Vitamin B12 (Cobalamin)	1.7 µg	72% DV
Vitamin C	10.3 mg	11% DV
Vitamin D (D2 + D3)	~	~
Vitamin E	~	~
Vitamin K	~	~
Choline	~	~
Myo-Inositol	~	~
CoQ10	0.1 mg	~
Minerals		
Calcium	472.9 mg	36% DV
Copper	112.7 µg	13% DV
Iodine	~	~
Iron	0.2 mg	1% DV
Magnesium	44.1 mg	11% DV
Manganese	44.1 µg	2% DV
Phosphorus	387.1 mg	31% DV
Potassium	335.7 mg	7% DV
Selenium	4.2 µg	8% DV
Sodium	107.8 mg	5% DV
Zinc	1.3 mg	12% DV
Amino Acids & Peptides		
Taurine	5.9 mg	~
Ergothioneine	~	~
Functional Fats		
MUFA	4.2 g	21% DV
ALA	311.2 mg	19% DV
EPA + DHA	~	~
CLA	509.4 mg	~
Linoleic Acid	0.4 g	3% DV
MCT's	2.3 g	~
Phytonutrients		
Carotenoids	0.0 µg	~
Polyphenols	0.0 mg	~
Phytosterols	0.0 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~





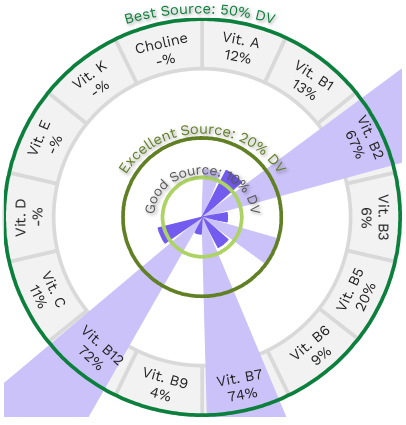
FATS





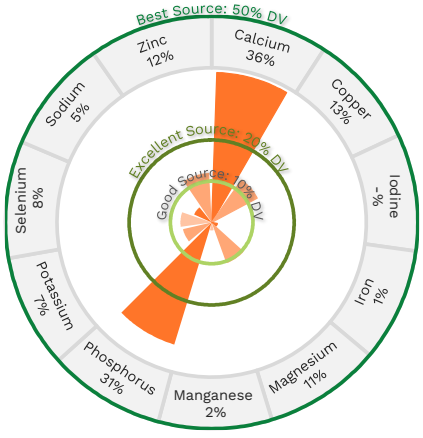
CARBOHYDRATES

No detailed component data currently available in the USDA Food Central Database.



MINERALS

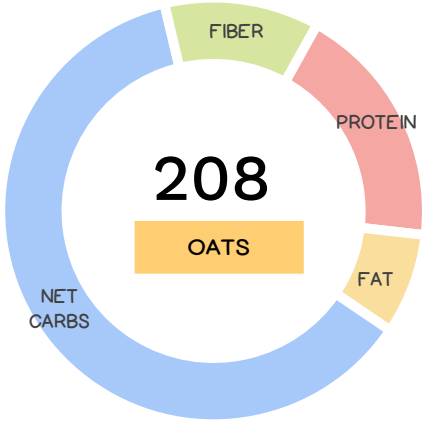
VITAMINS



416 Oats

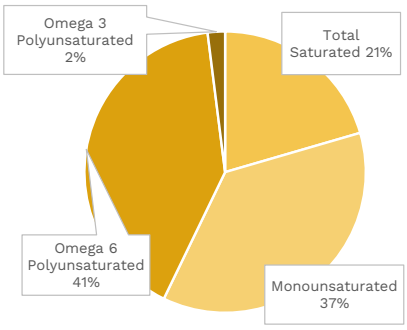
Serving Size:	39 grams	Protein:	6.6 grams	Net Carbs:	21.7 grams
Calories:	152	Fat:	2.7 grams	Fiber:	4.1 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	0.0 µg RAE	0% DV
Vitamin B1 (Thiamin)	297.6 µg	25% DV
Vitamin B2 (Riboflavin)	54.2 µg	4% DV
Vitamin B3 (Niacin)	0.4 mg	2% DV
Vitamin B5 (Pantothenic Acid)	0.5 mg	11% DV
Vitamin B6 (Pyridoxine)	46.4 µg	3% DV
Vitamin B7 (Biotin)	9.4 µg	31% DV
Vitamin B9 (Folate)	21.8 µg	5% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	0.0 mg	0% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.3 mg	2% DV
Vitamin K	0.8 µg	1% DV
Choline	~	~
Myo-Inositol	8.2 mg	~
CoQ10	0.0 mg	~
Minerals		
Calcium	21.1 mg	2% DV
Copper	244.1 µg	27% DV
Iodine	~	~
Iron	1.8 mg	10% DV
Magnesium	69.0 mg	16% DV
Manganese	1917.2 µg	83% DV
Phosphorus	204.0 mg	16% DV
Potassium	167.3 mg	4% DV
Selenium	4.7 µg	9% DV
Sodium	0.8 mg	0% DV
Zinc	1.5 mg	14% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	0.1 mg	~
Functional Fats		
MUFA	0.8 g	4% DV
ALA	43.3 mg	3% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.9 g	6% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	69.0 µg	~
Polyphenols	36.3 mg	~
Phytosterols	17.7 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

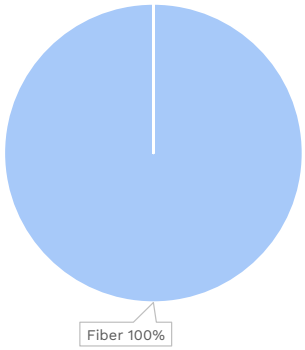




FATS

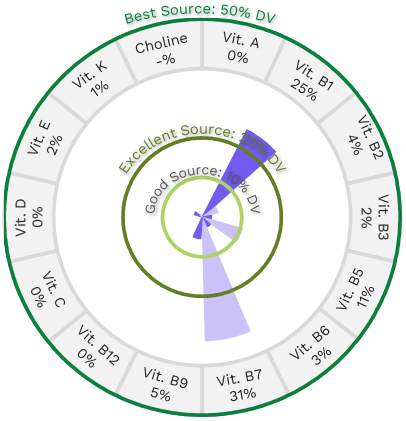


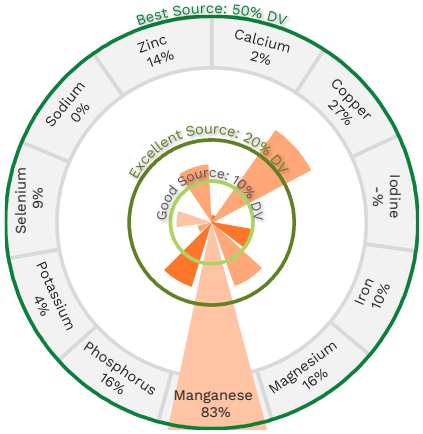
CARBOHYDRATES



MINERALS

VITAMINS

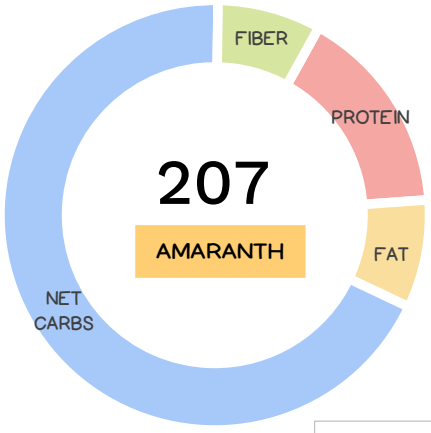




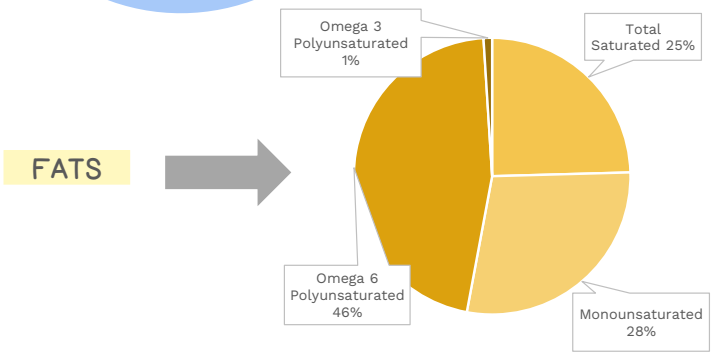
417 Amaranth

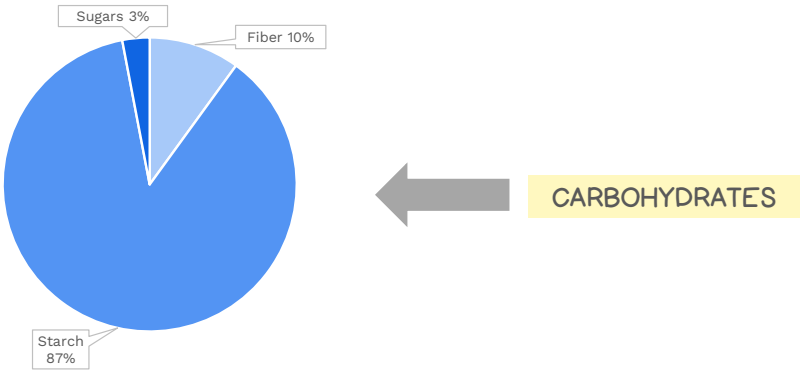
Serving Size:	38 grams	Protein:	5.2 grams	Net Carbs:	22.2 grams
Calories:	141	Fat:	2.7 grams	Fiber:	2.5 grams

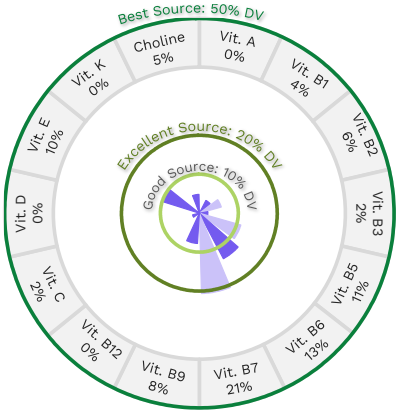
Vitamins & Vitaminlike Compounds		
Vitamin A	0.0 µg RAE	0% DV
Vitamin B1 (Thiamin)	44.1 µg	4% DV
Vitamin B2 (Riboflavin)	76.0 µg	6% DV
Vitamin B3 (Niacin)	0.4 mg	2% DV
Vitamin B5 (Pantothenic Acid)	0.6 mg	11% DV
Vitamin B6 (Pyridoxine)	224.6 µg	13% DV
Vitamin B7 (Biotin)	6.2 µg	21% DV
Vitamin B9 (Folate)	31.2 µg	8% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	1.6 mg	2% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	1.4 mg	10% DV
Vitamin K	0.0 µg	0% DV
Choline	26.5 mg	5% DV
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	60.4 mg	5% DV
Copper	199.5 µg	22% DV
Iodine	~	~
Iron	2.9 mg	16% DV
Magnesium	94.2 mg	22% DV
Manganese	1266.5 µg	55% DV
Phosphorus	211.7 mg	17% DV
Potassium	193.0 mg	4% DV
Selenium	7.1 µg	13% DV
Sodium	1.5 mg	0% DV
Zinc	1.1 mg	10% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.6 g	3% DV
ALA	16.0 mg	1% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	1.0 g	6% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	11.0 µg	~
Polyphenols	101.1 mg	~
Phytosterols	38.2 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	0.3 mg	~

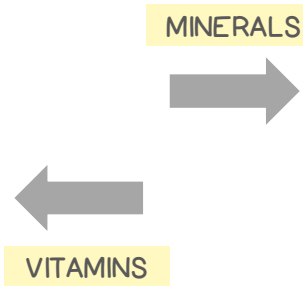


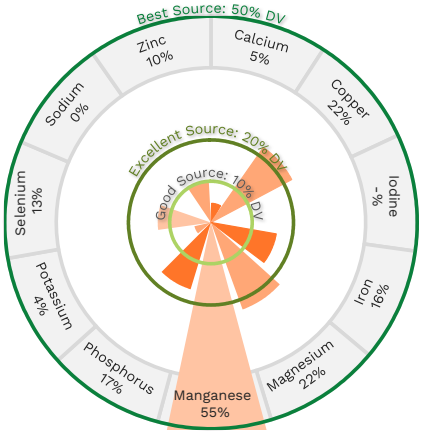








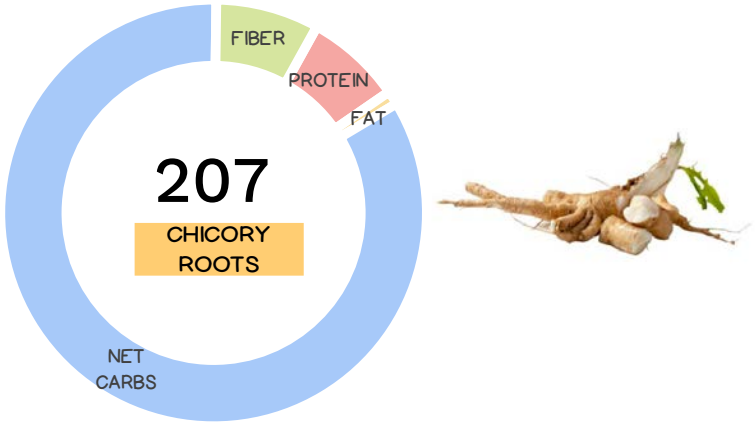


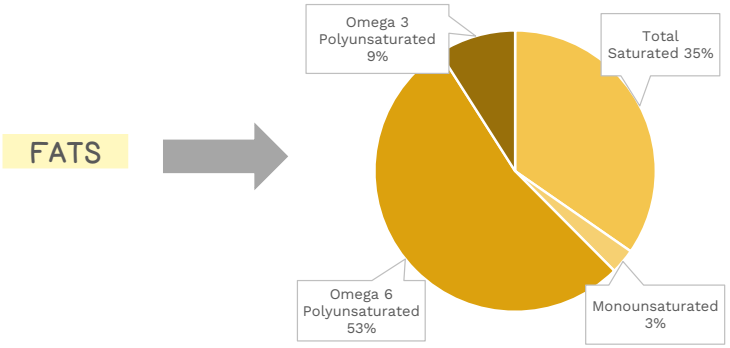


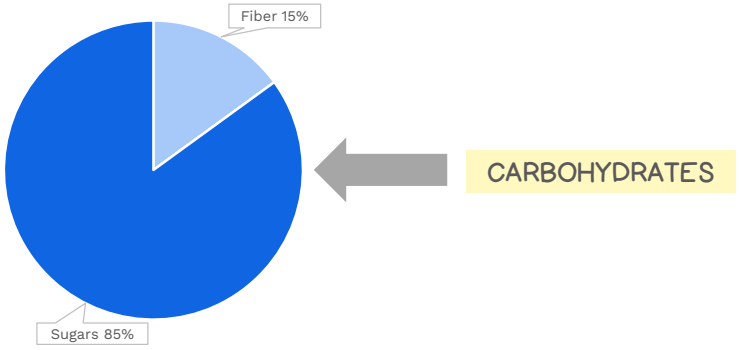
418 Chicory roots

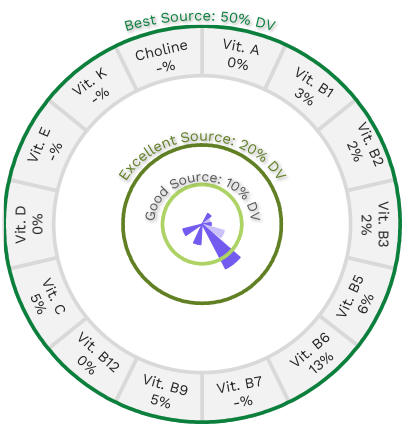
Serving Size:	90 grams	Protein:	1.3 grams	Net Carbs:	14.4 grams
Calories:	65	Fat:	0.2 grams	Fiber:	1.4 grams

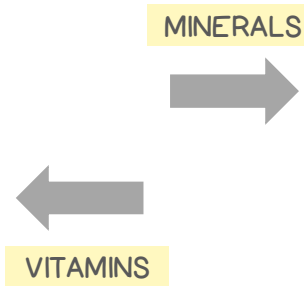
Vitamins & Vitaminlike Compounds		
Vitamin A	0.0 µg RAE	0% DV
Vitamin B1 (Thiamin)	36.0 µg	3% DV
Vitamin B2 (Riboflavin)	27.0 µg	2% DV
Vitamin B3 (Niacin)	0.4 mg	2% DV
Vitamin B5 (Pantothenic Acid)	0.3 mg	6% DV
Vitamin B6 (Pyridoxine)	216.9 µg	13% DV
Vitamin B7 (Biotin)	~	~
Vitamin B9 (Folate)	20.7 µg	5% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	4.5 mg	5% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	~	~
Vitamin K	~	~
Choline	~	~
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	36.9 mg	3% DV
Copper	69.3 µg	8% DV
Iodine	~	~
Iron	0.7 mg	4% DV
Magnesium	19.8 mg	5% DV
Manganese	209.7 µg	9% DV
Phosphorus	54.9 mg	4% DV
Potassium	261.0 mg	6% DV
Selenium	0.6 µg	1% DV
Sodium	45.0 mg	2% DV
Zinc	0.3 mg	3% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	11.7 mg	1% DV
EPA + DHA	~	~
CLA	~	~
Linoleic Acid	0.1 g	0% DV
MCT's	~	~
Phytonutrients		
Carotenoids	~	~
Polyphenols	378.0 mg	~
Phytosterols	~	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

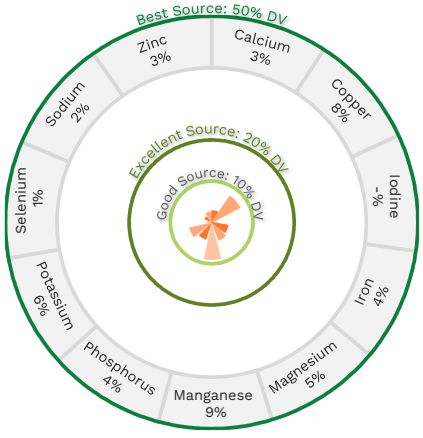








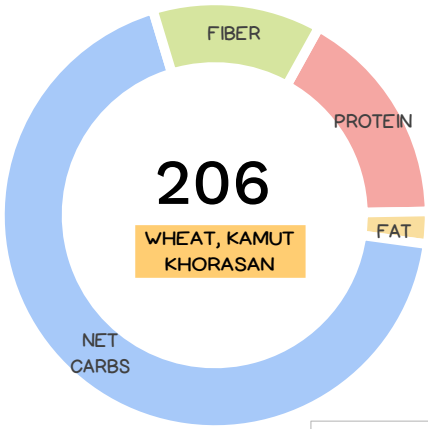




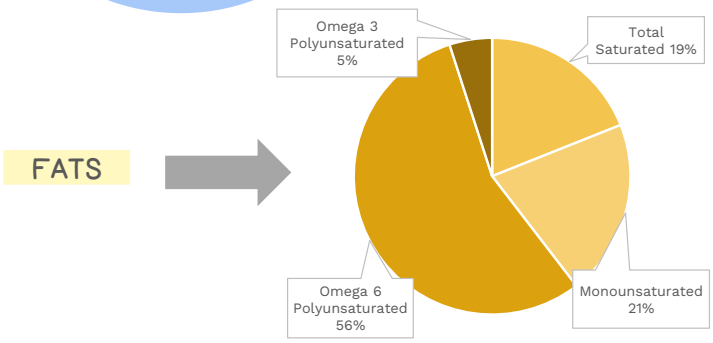
419 Wheat, kamut khorasan

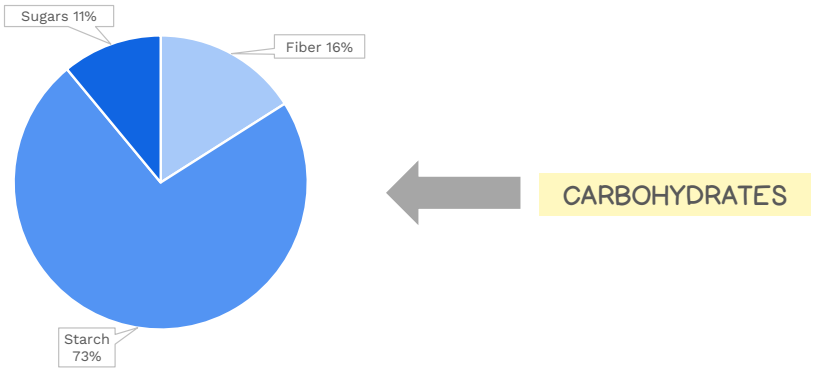
Serving Size:	47 grams	Protein:	6.8 grams	Net Carbs:	27.7 grams
Calories:	157	Fat:	1.0 grams	Fiber:	5.2 grams

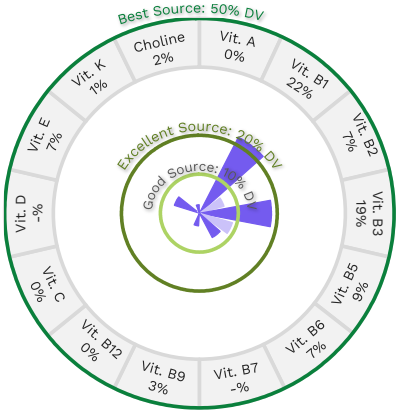
Vitamins & Vitaminlike Compounds		
Vitamin A	0.5 µg RAE	0% DV
Vitamin B1 (Thiamin)	263.2 µg	22% DV
Vitamin B2 (Riboflavin)	85.6 µg	7% DV
Vitamin B3 (Niacin)	3.0 mg	19% DV
Vitamin B5 (Pantothenic Acid)	0.4 mg	9% DV
Vitamin B6 (Pyridoxine)	120.4 µg	7% DV
Vitamin B7 (Biotin)	~	~
Vitamin B9 (Folate)	13.1 µg	3% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	0.0 mg	0% DV
Vitamin D (D2 + D3)	~	~
Vitamin E	1.0 mg	7% DV
Vitamin K	0.8 µg	1% DV
Choline	12.0 mg	2% DV
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	10.2 mg	1% DV
Copper	235.3 µg	26% DV
Iodine	~	~
Iron	1.8 mg	10% DV
Magnesium	60.5 mg	14% DV
Manganese	1271.8 µg	55% DV
Phosphorus	169.3 mg	14% DV
Potassium	187.4 mg	4% DV
Selenium	37.9 µg	69% DV
Sodium	2.3 mg	0% DV
Zinc	1.7 mg	16% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.1 g	0% DV
ALA	22.3 mg	1% DV
EPA + DHA	~	~
CLA	~	~
Linoleic Acid	0.3 g	2% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	143.7 µg	~
Polyphenols	0.0 mg	~
Phytosterols	~	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~





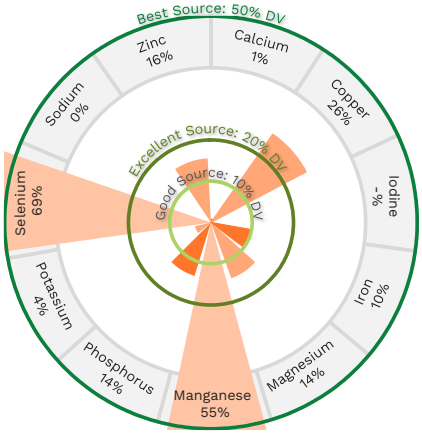








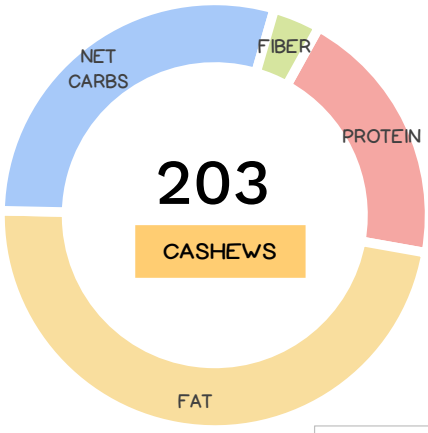




420 Cashews

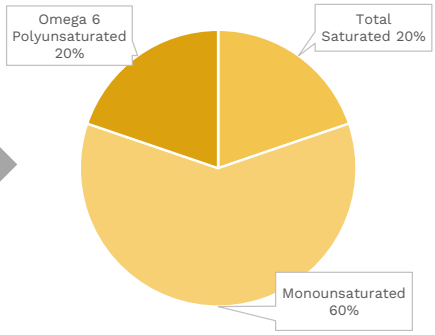
Serving Size:	28 grams	Protein:	5.1 grams	Net Carbs:	7.5 grams
Calories:	155	Fat:	12.3 grams	Fiber:	0.9 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	0.0 µg RAE	0% DV
Vitamin B1 (Thiamin)	118.4 µg	10% DV
Vitamin B2 (Riboflavin)	16.2 µg	1% DV
Vitamin B3 (Niacin)	0.3 mg	2% DV
Vitamin B5 (Pantothenic Acid)	0.2 mg	5% DV
Vitamin B6 (Pyridoxine)	116.8 µg	7% DV
Vitamin B7 (Biotin)	5.3 µg	18% DV
Vitamin B9 (Folate)	7.0 µg	2% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	0.1 mg	0% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	1.9 mg	13% DV
Vitamin K	9.5 µg	8% DV
Choline	17.1 mg	3% DV
Myo-Inositol	22.7 mg	~
CoQ10	~	~
Minerals		
Calcium	10.4 mg	1% DV
Copper	614.6 µg	68% DV
Iodine	~	~
Iron	1.9 mg	10% DV
Magnesium	81.8 mg	19% DV
Manganese	463.4 µg	20% DV
Phosphorus	166.0 mg	13% DV
Potassium	184.8 mg	4% DV
Selenium	5.6 µg	10% DV
Sodium	3.4 mg	0% DV
Zinc	1.6 mg	15% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	6.7 g	33% DV
ALA	17.4 mg	1% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	2.2 g	13% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	6.2 µg	~
Polyphenols	150.9 mg	~
Phytosterols	42.3 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

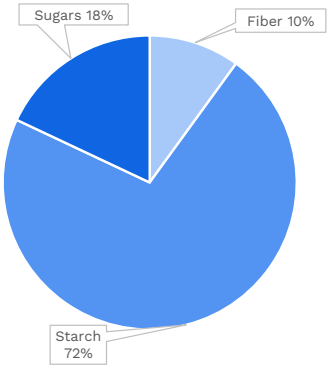




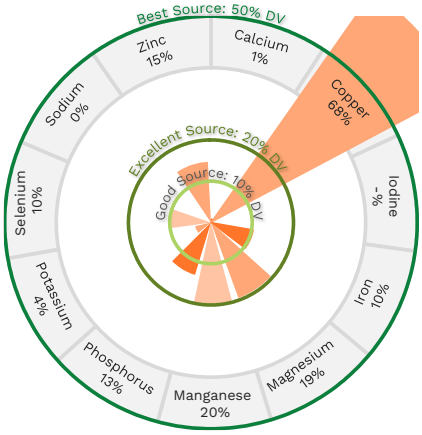
FATS



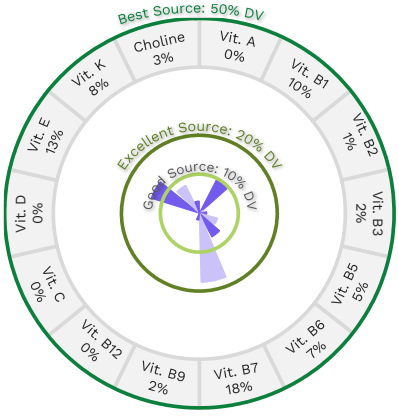
CARBOHYDRATES



MINERALS



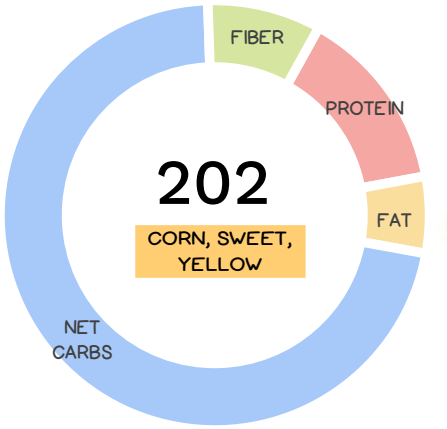
VITAMINS



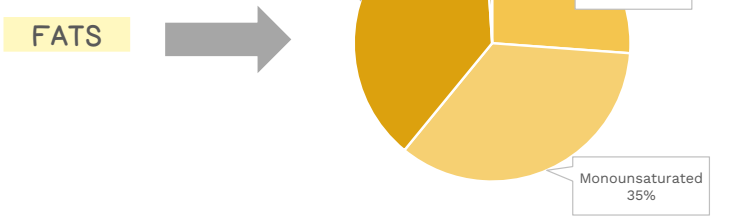
421 Corn, sweet, yellow

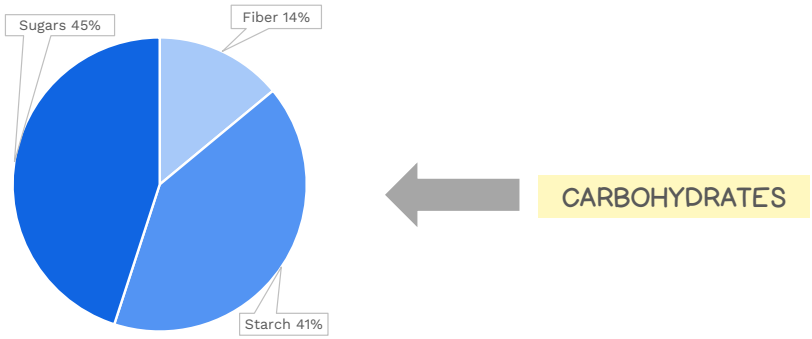
Serving Size:	145 grams	Protein:	4.7 grams	Net Carbs:	24.2 grams
Calories:	125	Fat:	2.0 grams	Fiber:	2.9 grams

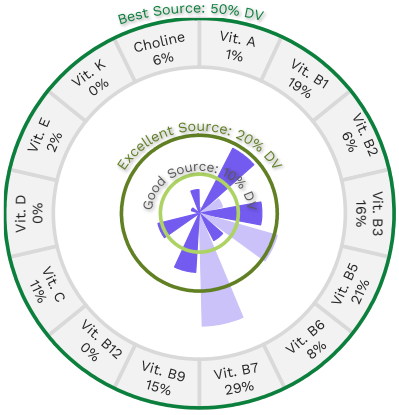
Vitamins & Vitaminlike Compounds		
Vitamin A	13.1 µg RAE	1% DV
Vitamin B1 (Thiamin)	224.8 µg	19% DV
Vitamin B2 (Riboflavin)	79.8 µg	6% DV
Vitamin B3 (Niacin)	2.6 mg	16% DV
Vitamin B5 (Pantothenic Acid)	1.0 mg	21% DV
Vitamin B6 (Pyridoxine)	134.9 µg	8% DV
Vitamin B7 (Biotin)	8.7 µg	29% DV
Vitamin B9 (Folate)	60.9 µg	15% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	9.9 mg	11% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.3 mg	2% DV
Vitamin K	0.4 µg	0% DV
Choline	33.4 mg	6% DV
Myo-Inositol	16.0 mg	~
CoQ10	~	~
Minerals		
Calcium	2.9 mg	0% DV
Copper	78.3 µg	9% DV
Iodine	~	~
Iron	0.8 mg	4% DV
Magnesium	53.7 mg	13% DV
Manganese	236.4 µg	10% DV
Phosphorus	129.1 mg	10% DV
Potassium	391.5 mg	8% DV
Selenium	0.9 µg	2% DV
Sodium	21.8 mg	1% DV
Zinc	0.7 mg	6% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.6 g	3% DV
ALA	20.3 mg	1% DV
EPA + DHA	0.0 mg	0% DV
CLA	0.0 mg	~
Linoleic Acid	0.7 g	4% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	1191.9 µg	~
Polyphenols	73.0 mg	~
Phytosterols	41.3 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

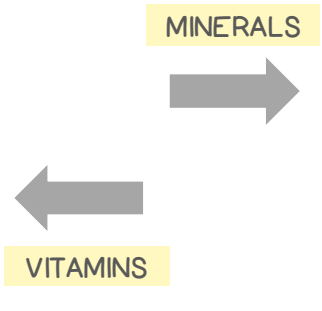


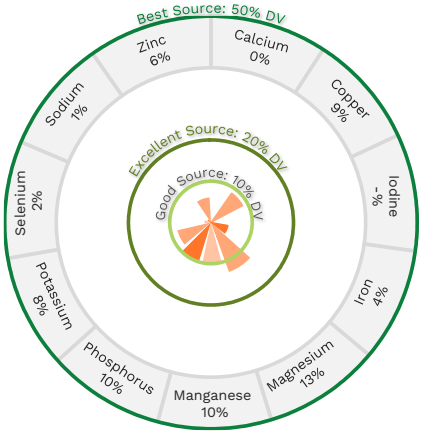








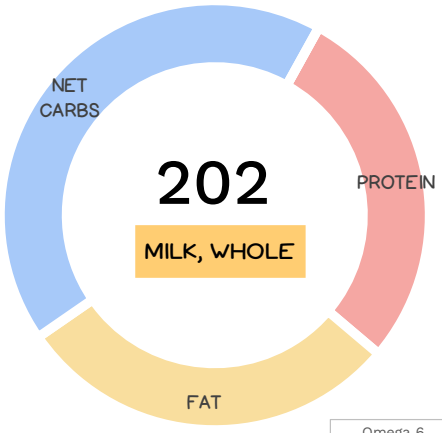




422 Milk, whole

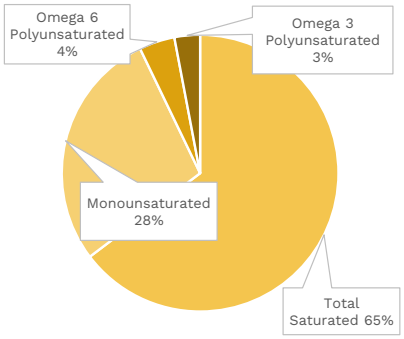
Serving Size:	244 grams	Protein:	7.7 grams	Net Carbs:	11.7 grams
Calories:	149	Fat:	8.0 grams	Fiber:	0.0 grams

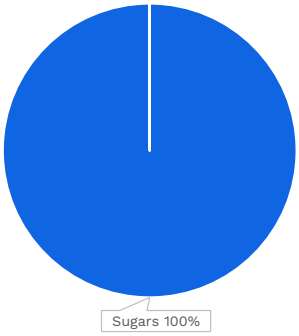
Vitamins & Vitaminlike Compounds		
Vitamin A	112.2 µg RAE	12% DV
Vitamin B1 (Thiamin)	112.2 µg	9% DV
Vitamin B2 (Riboflavin)	412.4 µg	32% DV
Vitamin B3 (Niacin)	0.2 mg	1% DV
Vitamin B5 (Pantothenic Acid)	0.9 mg	18% DV
Vitamin B6 (Pyridoxine)	87.8 µg	5% DV
Vitamin B7 (Biotin)	9.3 µg	31% DV
Vitamin B9 (Folate)	12.2 µg	3% DV
Vitamin B12 (Cobalamin)	1.1 µg	46% DV
Vitamin C	0.0 mg	0% DV
Vitamin D (D2 + D3)	0.2 µg	1% DV
Vitamin E	0.2 mg	1% DV
Vitamin K	0.7 µg	1% DV
Choline	34.9 mg	6% DV
Myo-Inositol	9.8 mg	~
CoQ10	0.1 mg	~
Minerals		
Calcium	275.7 mg	21% DV
Copper	61.0 µg	7% DV
Iodine	~	~
Iron	0.1 mg	0% DV
Magnesium	24.4 mg	6% DV
Manganese	9.8 µg	0% DV
Phosphorus	205.0 mg	16% DV
Potassium	322.1 mg	7% DV
Selenium	9.0 µg	16% DV
Sodium	104.9 mg	5% DV
Zinc	0.9 mg	8% DV
Amino Acids & Peptides		
Taurine	5.9 mg	~
Ergothioneine	0.0 mg	~
Functional Fats		
MUFA	2.0 g	10% DV
ALA	183.0 mg	11% DV
EPA + DHA	0.0 mg	0% DV
CLA	80.6 mg	~
Linoleic Acid	0.3 g	2% DV
MCT's	0.7 g	~
Phytonutrients		
Carotenoids	17.1 µg	~
Polyphenols	0.0 mg	~
Phytosterols	0.0 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~



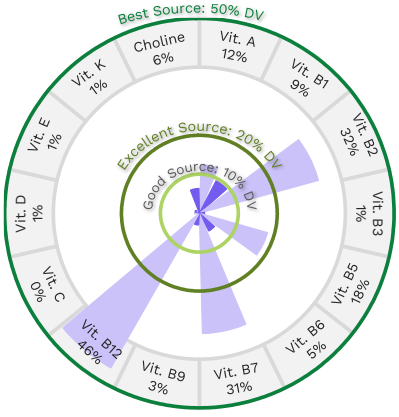


FATS



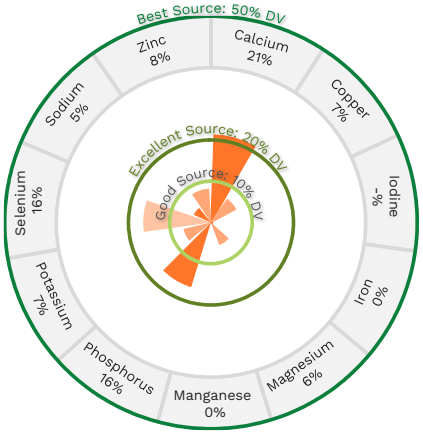


CARBOHYDRATES



MINERALS

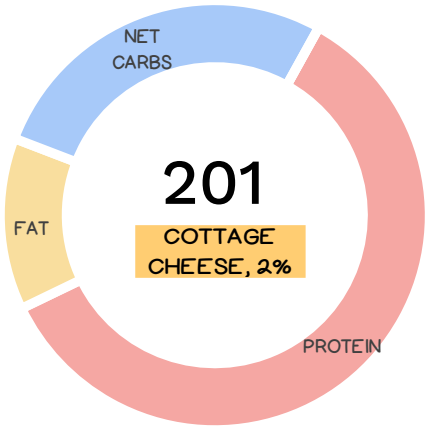
VITAMINS



423 Cottage Cheese, 2%

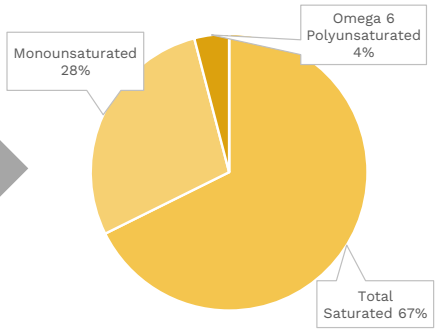
Serving Size:	113 grams	Protein:	11.8 grams	Net Carbs:	5.4 grams
Calories:	92	Fat:	2.6 grams	Fiber:	0.0 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	76.8 µg RAE	9% DV
Vitamin B1 (Thiamin)	22.6 µg	2% DV
Vitamin B2 (Riboflavin)	283.6 µg	22% DV
Vitamin B3 (Niacin)	0.1 mg	1% DV
Vitamin B5 (Pantothenic Acid)	0.6 mg	12% DV
Vitamin B6 (Pyridoxine)	64.4 µg	4% DV
Vitamin B7 (Biotin)	3.3 µg	11% DV
Vitamin B9 (Folate)	9.0 µg	2% DV
Vitamin B12 (Cobalamin)	0.5 µg	22% DV
Vitamin C	0.0 mg	0% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.1 mg	1% DV
Vitamin K	0.0 µg	0% DV
Choline	18.4 mg	3% DV
Myo-Inositol	1.1 mg	~
CoQ10	0.2 mg	~
Minerals		
Calcium	125.4 mg	10% DV
Copper	37.3 µg	4% DV
Iodine	~	~
Iron	0.1 mg	1% DV
Magnesium	10.2 mg	2% DV
Manganese	17.0 µg	1% DV
Phosphorus	169.5 mg	14% DV
Potassium	141.3 mg	3% DV
Selenium	13.4 µg	24% DV
Sodium	348.0 mg	15% DV
Zinc	0.6 mg	5% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.6 g	3% DV
ALA	7.9 mg	0% DV
EPA + DHA	1.1 mg	0% DV
CLA	15.1 mg	~
Linoleic Acid	0.1 g	0% DV
MCT's	0.2 g	~
Phytonutrients		
Carotenoids	6.8 µg	~
Polyphenols	0.0 mg	~
Phytosterols	0.0 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

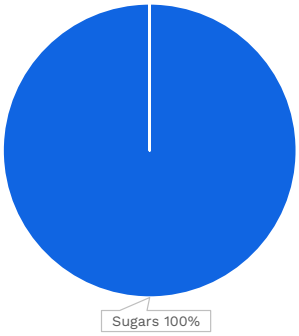




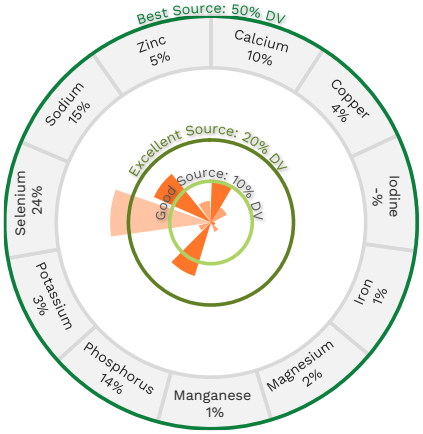
FATS



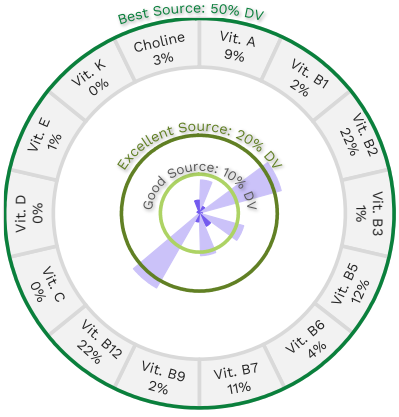
CARBOHYDRATES



MINERALS



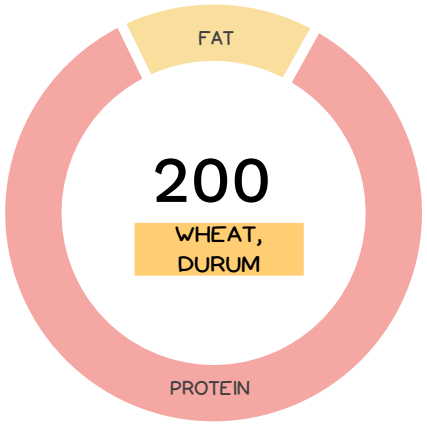
VITAMINS



424 Wheat, durum

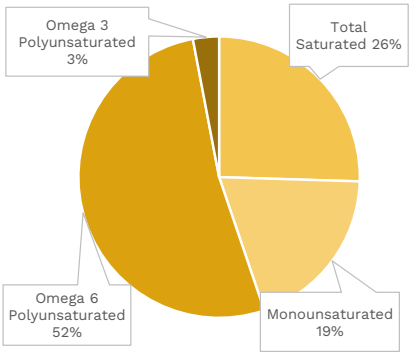
Serving Size:	48 grams	Protein:	6.6 grams	Net Carbs:	~
Calories:	163	Fat:	1.2 grams	Fiber:	~

Vitamins & Vitaminlike Compounds		
Vitamin A	0.0 µg RAE	0% DV
Vitamin B1 (Thiamin)	201.1 µg	17% DV
Vitamin B2 (Riboflavin)	58.1 µg	4% DV
Vitamin B3 (Niacin)	3.2 mg	20% DV
Vitamin B5 (Pantothenic Acid)	0.4 mg	9% DV
Vitamin B6 (Pyridoxine)	201.1 µg	12% DV
Vitamin B7 (Biotin)	~	~
Vitamin B9 (Folate)	20.6 µg	5% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	0.0 mg	0% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	~	~
Vitamin K	~	~
Choline	~	~
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	16.3 mg	1% DV
Copper	265.4 µg	29% DV
Iodine	~	~
Iron	1.7 mg	9% DV
Magnesium	69.1 mg	16% DV
Manganese	1445.8 µg	63% DV
Phosphorus	243.8 mg	20% DV
Potassium	206.9 mg	4% DV
Selenium	42.9 µg	78% DV
Sodium	1.0 mg	0% DV
Zinc	2.0 mg	18% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.2 g	1% DV
ALA	23.0 mg	1% DV
EPA + DHA	~	~
CLA	~	~
Linoleic Acid	0.4 g	3% DV
MCT's	~	~
Phytonutrients		
Carotenoids	~	~
Polyphenols	0.0 mg	~
Phytosterols	~	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~





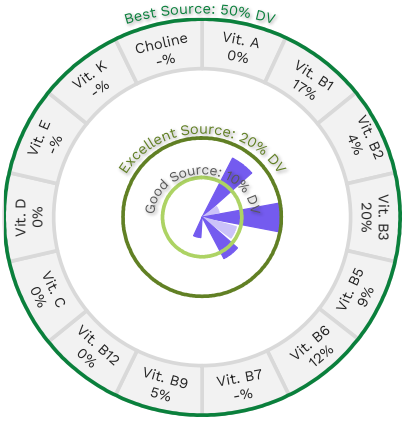
FATS





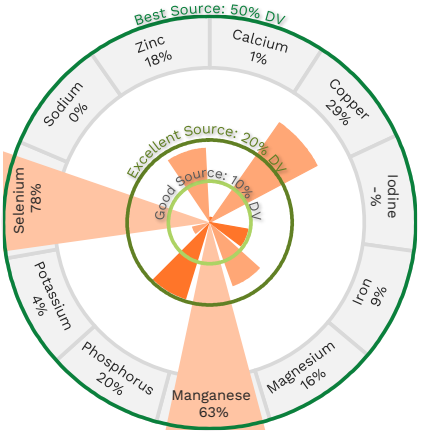
CARBOHYDRATES

No detailed component data currently available in the USDA Food Central Database.



VITAMINS

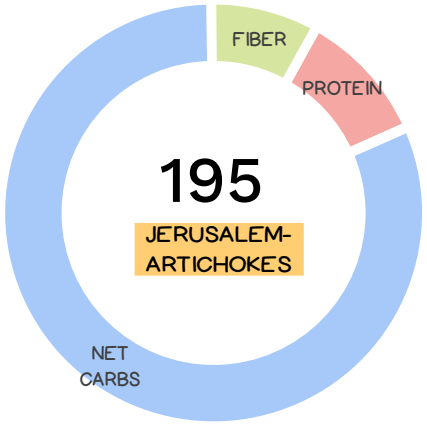
MINERALS



425 Jerusalem-artichokes

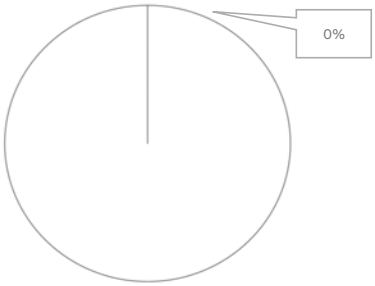
Serving Size:	150 grams	Protein:	3.0 grams	Net Carbs:	23.8 grams
Calories:	110	Fat:	0.0 grams	Fiber:	2.4 grams

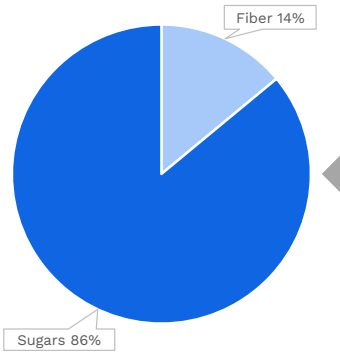
Vitamins & Vitaminlike Compounds		
Vitamin A	1.5 µg RAE	0% DV
Vitamin B1 (Thiamin)	300.0 µg	25% DV
Vitamin B2 (Riboflavin)	90.0 µg	7% DV
Vitamin B3 (Niacin)	2.0 mg	12% DV
Vitamin B5 (Pantothenic Acid)	0.6 mg	12% DV
Vitamin B6 (Pyridoxine)	115.5 µg	7% DV
Vitamin B7 (Biotin)	5.6 µg	19% DV
Vitamin B9 (Folate)	19.5 µg	5% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	6.0 mg	7% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.3 mg	2% DV
Vitamin K	0.2 µg	0% DV
Choline	45.0 mg	8% DV
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	21.0 mg	2% DV
Copper	210.0 µg	23% DV
Iodine	~	~
Iron	5.1 mg	28% DV
Magnesium	25.5 mg	6% DV
Manganese	90.0 µg	4% DV
Phosphorus	117.0 mg	9% DV
Potassium	643.5 mg	14% DV
Selenium	1.1 µg	2% DV
Sodium	6.0 mg	0% DV
Zinc	0.2 mg	2% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	0.0 mg	0% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.0 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	18.0 µg	~
Polyphenols	46.2 mg	~
Phytosterols	~	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~





FATS

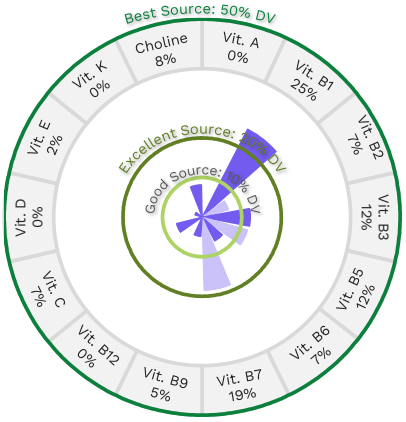


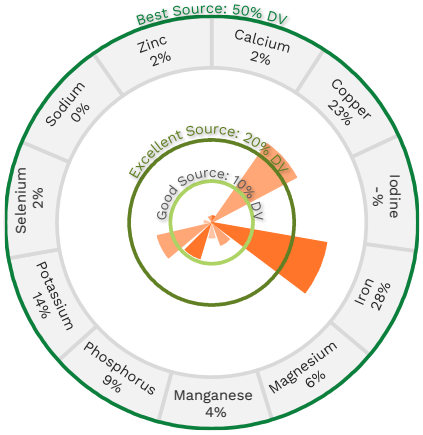


CARBOHYDRATES

MINERALS

VITAMINS

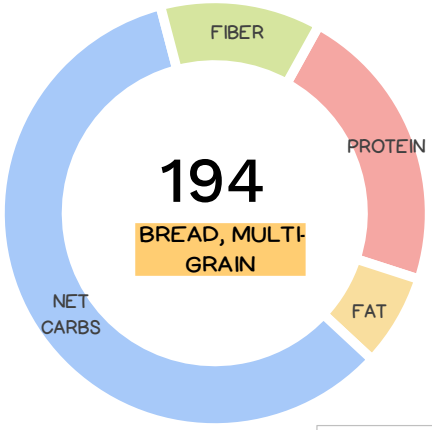




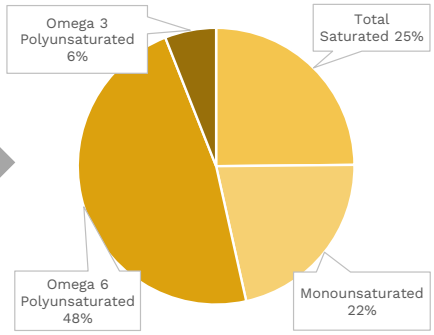
426 Bread, multi-grain

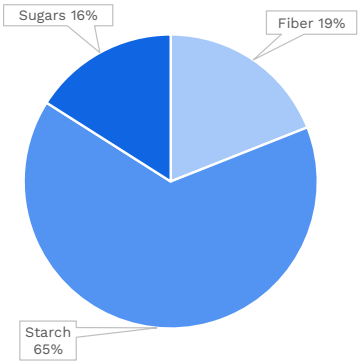
Serving Size:	26 grams	Protein:	3.5 grams	Net Carbs:	9.3 grams
Calories:	69	Fat:	1.1 grams	Fiber:	1.9 grams

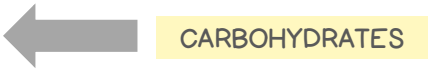
Vitamins & Vitaminlike Compounds		
Vitamin A	0.0 µg RAE	0% DV
Vitamin B1 (Thiamin)	72.5 µg	6% DV
Vitamin B2 (Riboflavin)	34.1 µg	3% DV
Vitamin B3 (Niacin)	1.1 mg	7% DV
Vitamin B5 (Pantothenic Acid)	0.1 mg	2% DV
Vitamin B6 (Pyridoxine)	68.4 µg	4% DV
Vitamin B7 (Biotin)	0.5 µg	2% DV
Vitamin B9 (Folate)	19.5 µg	5% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	0.0 mg	0% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.7 mg	4% DV
Vitamin K	0.4 µg	0% DV
Choline	5.7 mg	1% DV
Myo-Inositol	12.2 mg	~
CoQ10	~	~
Minerals		
Calcium	26.8 mg	2% DV
Copper	73.3 µg	8% DV
Iodine	~	~
Iron	0.7 mg	4% DV
Magnesium	20.3 mg	5% DV
Manganese	526.5 µg	23% DV
Phosphorus	59.3 mg	5% DV
Potassium	59.8 mg	1% DV
Selenium	8.6 µg	16% DV
Sodium	99.1 mg	4% DV
Zinc	0.4 mg	4% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	0.0 mg	~
Functional Fats		
MUFA	0.2 g	1% DV
ALA	53.3 mg	3% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.4 g	3% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	24.7 µg	~
Polyphenols	81.9 mg	~
Phytosterols	14.5 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

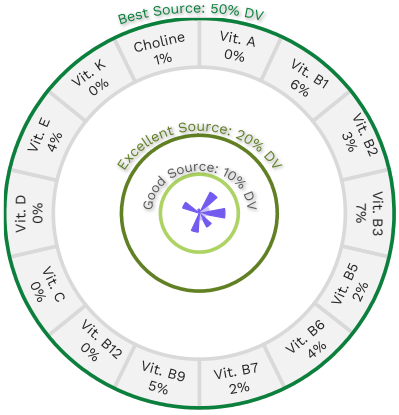






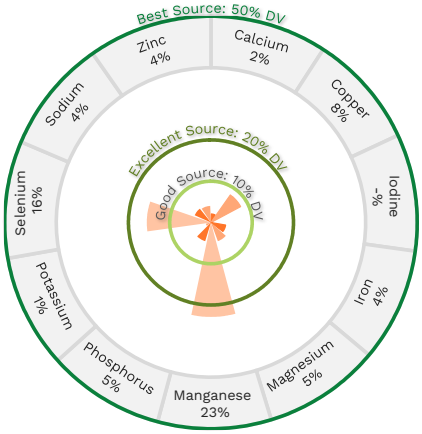








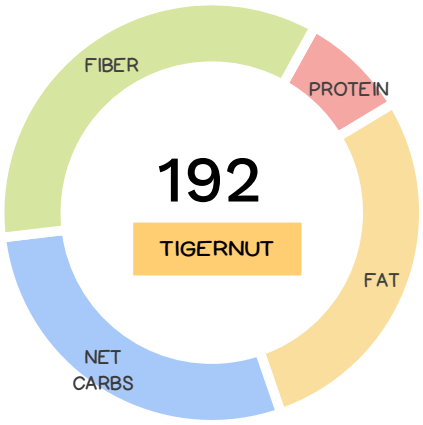




427 Tigernut

Serving Size:	28 grams	Protein:	2.4 grams	Net Carbs:	8.1 grams
Calories:	150	Fat:	8.1 grams	Fiber:	10.0 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	243.6 µg RAE	27% DV
Vitamin B1 (Thiamin)	666.4 µg	56% DV
Vitamin B2 (Riboflavin)	0.0 µg	0% DV
Vitamin B3 (Niacin)	0.0 mg	0% DV
Vitamin B5 (Pantothenic Acid)	0.0 mg	0% DV
Vitamin B6 (Pyridoxine)	0.0 µg	0% DV
Vitamin B7 (Biotin)	~	~
Vitamin B9 (Folate)	0.0 µg	0% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	8.6 mg	10% DV
Vitamin D (D2 + D3)	6.4 µg	32% DV
Vitamin E	0.1 mg	1% DV
Vitamin K	~	~
Choline	0.0 mg	0% DV
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	5.3 mg	0% DV
Copper	134.4 µg	15% DV
Iodine	~	~
Iron	2.3 mg	13% DV
Magnesium	30.0 mg	7% DV
Manganese	403.2 µg	18% DV
Phosphorus	79.4 mg	6% DV
Potassium	155.9 mg	3% DV
Selenium	7.5 µg	14% DV
Sodium	~	~
Zinc	0.5 mg	5% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	5.4 g	27% DV
ALA	11.3 mg	1% DV
EPA + DHA	~	~
CLA	~	~
Linoleic Acid	1.0 g	6% DV
MCT's	~	~
Phytonutrients		
Carotenoids	1.7 µg	~
Polyphenols	66.1 mg	~
Phytosterols	~	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~





FATS

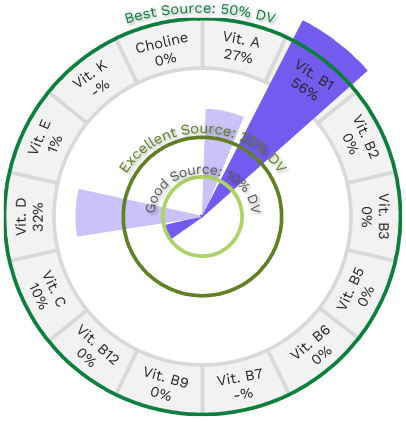


No detailed component data currently available in the USDA Food Central Database.



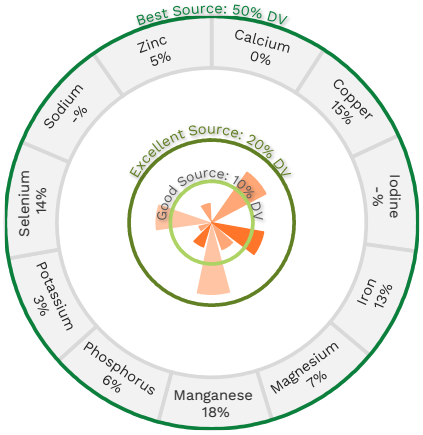
CARBOHYDRATES

No detailed component data currently available in the USDA Food Central Database.



MINERALS

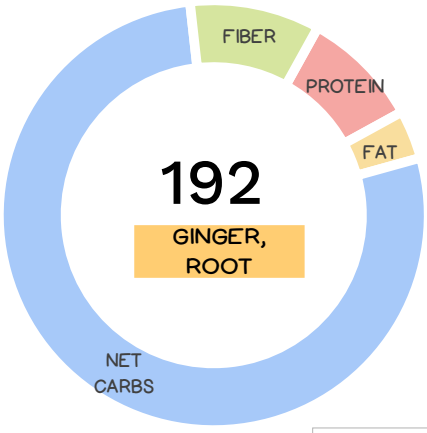
VITAMINS



428 Ginger, root

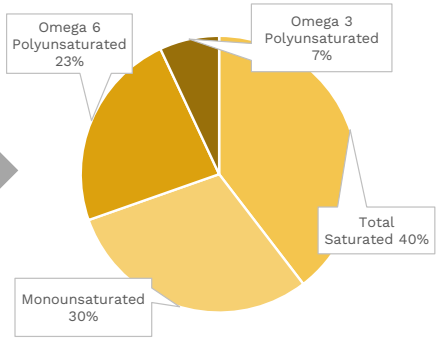
Serving Size:	24 grams	Protein:	0.4 grams	Net Carbs:	3.8 grams
Calories:	19	Fat:	0.2 grams	Fiber:	0.5 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	0.0 µg RAE	0% DV
Vitamin B1 (Thiamin)	6.0 µg	1% DV
Vitamin B2 (Riboflavin)	8.2 µg	1% DV
Vitamin B3 (Niacin)	0.2 mg	1% DV
Vitamin B5 (Pantothenic Acid)	0.0 mg	1% DV
Vitamin B6 (Pyridoxine)	38.4 µg	2% DV
Vitamin B7 (Biotin)	0.4 µg	1% DV
Vitamin B9 (Folate)	2.6 µg	1% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	1.2 mg	1% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.1 mg	0% DV
Vitamin K	0.0 µg	0% DV
Choline	6.9 mg	1% DV
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	3.8 mg	0% DV
Copper	54.2 µg	6% DV
Iodine	~	~
Iron	0.1 mg	1% DV
Magnesium	10.3 mg	2% DV
Manganese	55.0 µg	2% DV
Phosphorus	8.2 mg	1% DV
Potassium	99.6 mg	2% DV
Selenium	0.2 µg	0% DV
Sodium	3.1 mg	0% DV
Zinc	0.1 mg	1% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	0.0 mg	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	8.2 mg	1% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.0 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	0.0 µg	~
Polyphenols	53.1 mg	~
Phytosterols	3.6 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

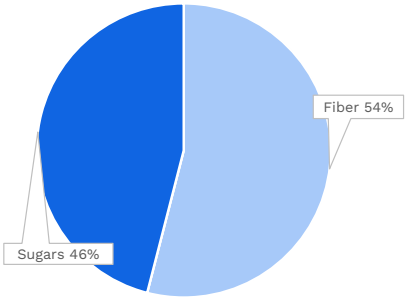




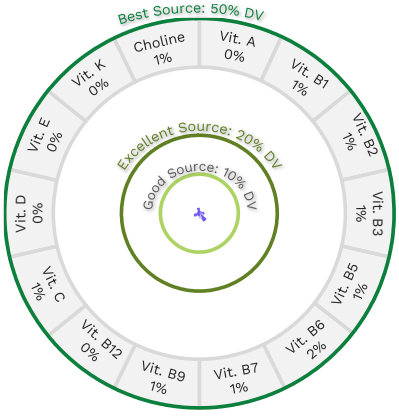
FATS



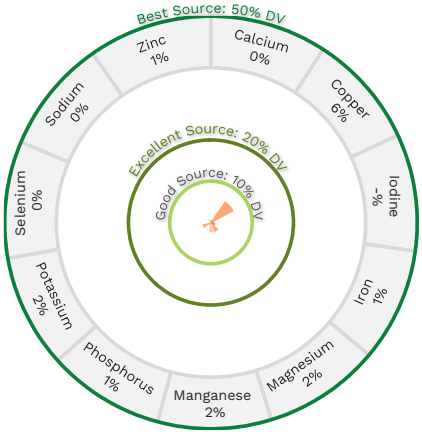
CARBOHYDRATES



VITAMINS



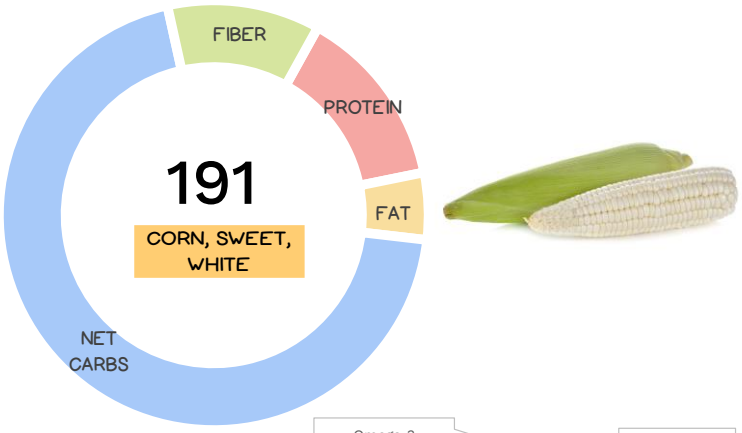
MINERALS

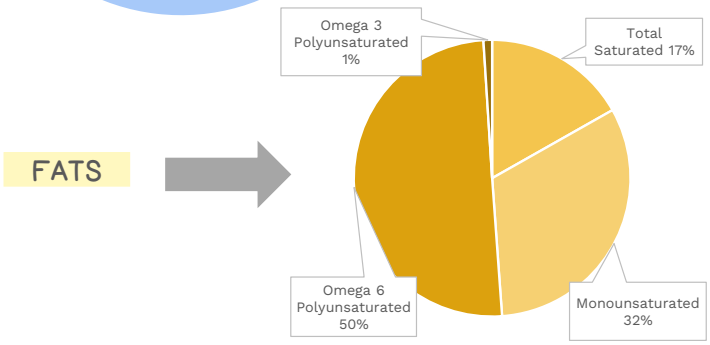


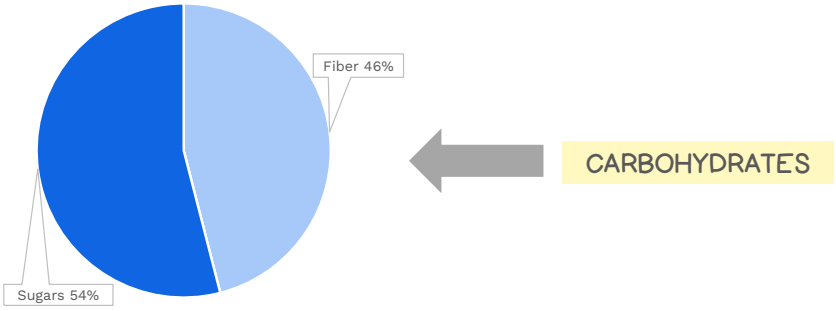
429 Corn, sweet, white

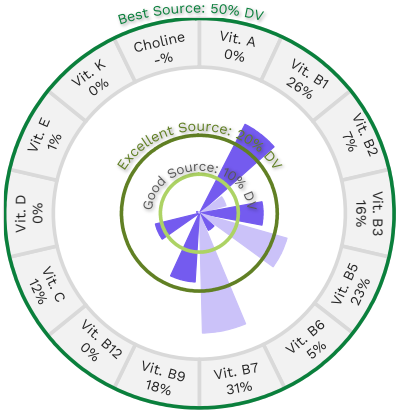
Serving Size:	154 grams	Protein:	5.0 grams	Net Carbs:	25.1 grams
Calories:	132	Fat:	1.8 grams	Fiber:	4.2 grams

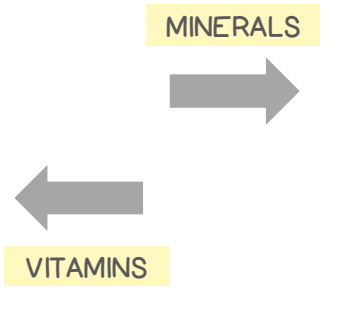
Vitamins & Vitaminlike Compounds		
Vitamin A	0.0 µg RAE	0% DV
Vitamin B1 (Thiamin)	308.0 µg	26% DV
Vitamin B2 (Riboflavin)	92.4 µg	7% DV
Vitamin B3 (Niacin)	2.6 mg	16% DV
Vitamin B5 (Pantothenic Acid)	1.2 mg	23% DV
Vitamin B6 (Pyridoxine)	84.7 µg	5% DV
Vitamin B7 (Biotin)	9.2 µg	31% DV
Vitamin B9 (Folate)	70.8 µg	18% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	10.5 mg	12% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.1 mg	1% DV
Vitamin K	0.5 µg	0% DV
Choline	~	~
Myo-Inositol	16.9 mg	~
CoQ10	~	~
Minerals		
Calcium	3.1 mg	0% DV
Copper	83.2 µg	9% DV
Iodine	~	~
Iron	0.8 mg	4% DV
Magnesium	57.0 mg	14% DV
Manganese	247.9 µg	11% DV
Phosphorus	137.1 mg	11% DV
Potassium	415.8 mg	9% DV
Selenium	0.9 µg	2% DV
Sodium	23.1 mg	1% DV
Zinc	0.7 mg	6% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.5 g	3% DV
ALA	24.6 mg	2% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.8 g	5% DV
MCT's	~	~
Phytonutrients		
Carotenoids	53.9 µg	~
Polyphenols	77.6 mg	~
Phytosterols	43.9 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

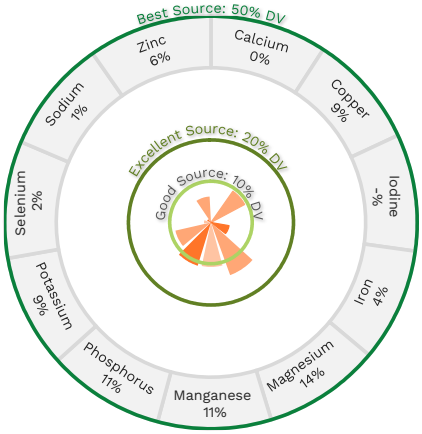








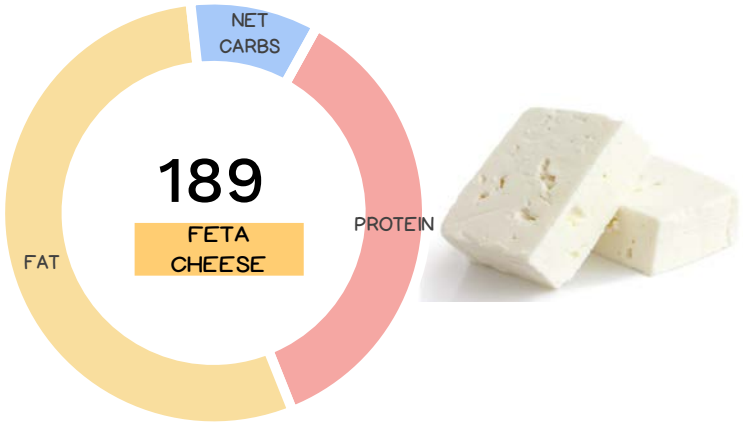


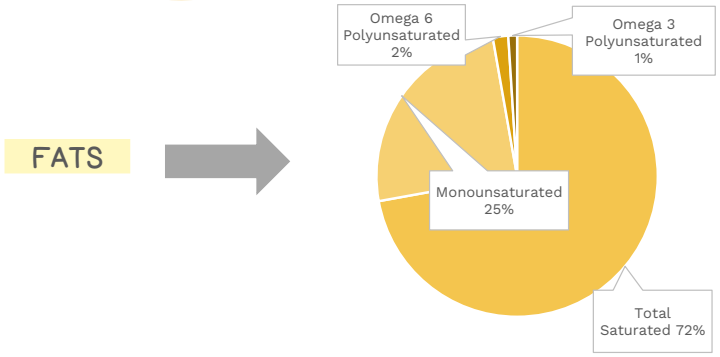


430 Feta Cheese

Serving Size:	42 grams	Protein:	6.0 grams	Net Carbs:	1.6 grams
Calories:	111	Fat:	9.0 grams	Fiber:	0.0 grams

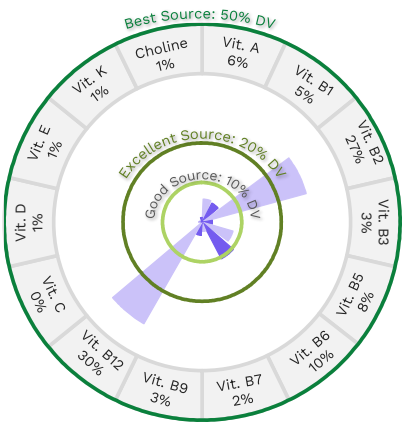
Vitamins & Vitaminlike Compounds		
Vitamin A	52.5 µg RAE	6% DV
Vitamin B1 (Thiamin)	64.7 µg	5% DV
Vitamin B2 (Riboflavin)	354.5 µg	27% DV
Vitamin B3 (Niacin)	0.4 mg	3% DV
Vitamin B5 (Pantothenic Acid)	0.4 mg	8% DV
Vitamin B6 (Pyridoxine)	178.1 µg	10% DV
Vitamin B7 (Biotin)	0.7 µg	2% DV
Vitamin B9 (Folate)	13.4 µg	3% DV
Vitamin B12 (Cobalamin)	0.7 µg	30% DV
Vitamin C	0.0 mg	0% DV
Vitamin D (D2 + D3)	0.2 µg	1% DV
Vitamin E	0.1 mg	1% DV
Vitamin K	0.8 µg	1% DV
Choline	6.5 mg	1% DV
Myo-Inositol	2.3 mg	~
CoQ10	0.1 mg	~
Minerals		
Calcium	207.1 mg	16% DV
Copper	13.4 µg	1% DV
Iodine	~	~
Iron	0.3 mg	2% DV
Magnesium	8.0 mg	2% DV
Manganese	11.8 µg	1% DV
Phosphorus	141.5 mg	11% DV
Potassium	26.0 mg	1% DV
Selenium	6.3 µg	11% DV
Sodium	478.4 mg	21% DV
Zinc	1.2 mg	11% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	1.9 g	10% DV
ALA	111.3 mg	7% DV
EPA + DHA	0.0 mg	0% DV
CLA	48.2 mg	~
Linoleic Acid	0.1 g	1% DV
MCT's	1.6 g	~
Phytonutrients		
Carotenoids	1.3 µg	~
Polyphenols	0.0 mg	~
Phytosterols	0.0 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

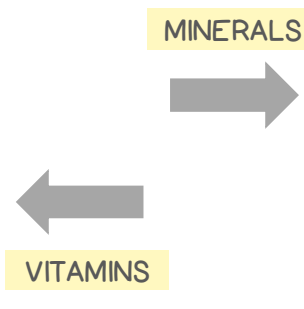


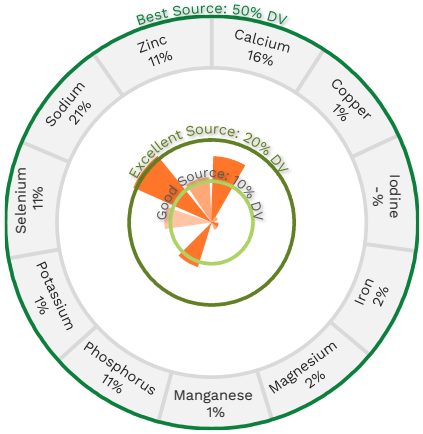




No detailed component data currently available in the USDA Food Central Database.



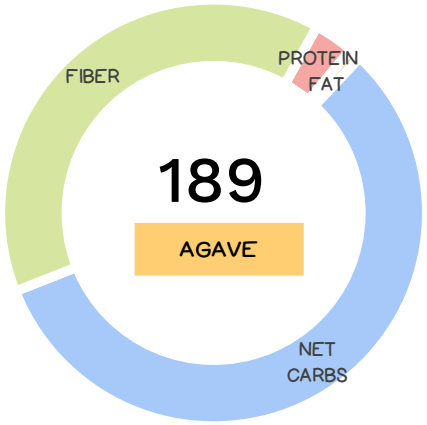




431 Agave

Serving Size:	86 grams	Protein:	0.4 grams	Net Carbs:	8.3 grams
Calories:	58	Fat:	0.1 grams	Fiber:	5.7 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	1.7 µg RAE	0% DV
Vitamin B1 (Thiamin)	24.9 µg	2% DV
Vitamin B2 (Riboflavin)	33.5 µg	3% DV
Vitamin B3 (Niacin)	0.1 mg	1% DV
Vitamin B5 (Pantothenic Acid)	0.0 mg	1% DV
Vitamin B6 (Pyridoxine)	47.3 µg	3% DV
Vitamin B7 (Biotin)	~	~
Vitamin B9 (Folate)	6.0 µg	2% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	3.4 mg	4% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.2 mg	1% DV
Vitamin K	4.6 µg	4% DV
Choline	3.8 mg	1% DV
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	358.6 mg	28% DV
Copper	118.7 µg	13% DV
Iodine	~	~
Iron	1.5 mg	9% DV
Magnesium	47.3 mg	11% DV
Manganese	80.8 µg	4% DV
Phosphorus	6.0 mg	0% DV
Potassium	109.2 mg	2% DV
Selenium	0.3 µg	1% DV
Sodium	12.0 mg	1% DV
Zinc	0.1 mg	1% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	~	~
ALA	~	~
EPA + DHA	~	~
CLA	~	~
Linoleic Acid	~	~
MCT's	~	~
Phytonutrients		
Carotenoids	18.9 µg	~
Polyphenols	0.0 mg	~
Phytosterols	~	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

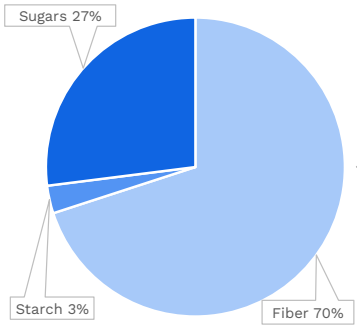




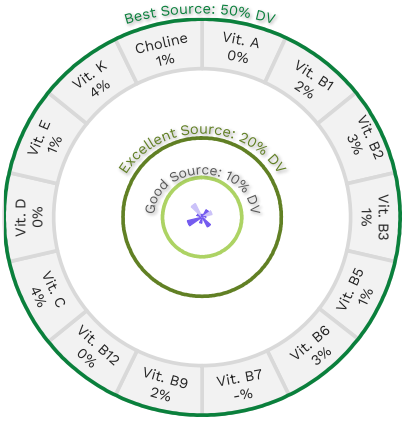
FATS



No detailed component data currently available in the USDA Food Central Database.

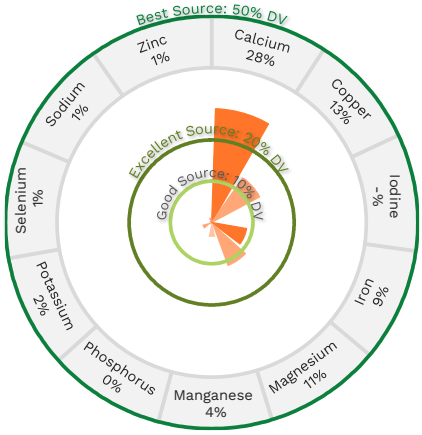


CARBOHYDRATES



MINERALS

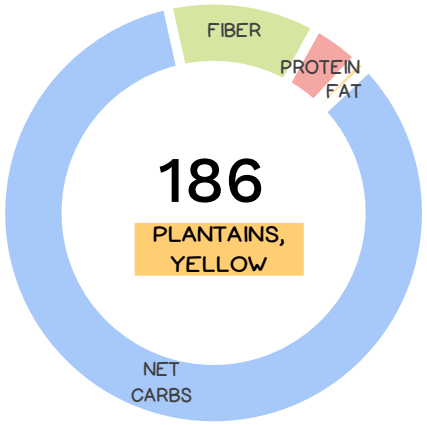
VITAMINS



432 Plantains, yellow

Serving Size:	148 grams	Protein:	1.9 grams	Net Carbs:	41.5 grams
Calories:	181	Fat:	0.5 grams	Fiber:	5.7 grams

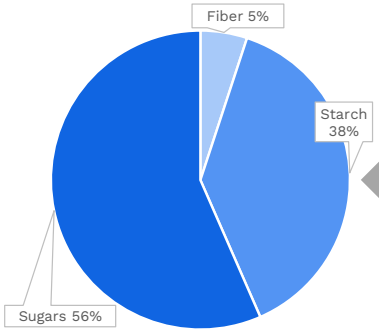
Vitamins & Vitaminlike Compounds		
Vitamin A	82.9 µg RAE	9% DV
Vitamin B1 (Thiamin)	91.8 µg	8% DV
Vitamin B2 (Riboflavin)	112.5 µg	9% DV
Vitamin B3 (Niacin)	1.0 mg	6% DV
Vitamin B5 (Pantothenic Acid)	0.4 mg	9% DV
Vitamin B6 (Pyridoxine)	358.2 µg	21% DV
Vitamin B7 (Biotin)	8.1 µg	27% DV
Vitamin B9 (Folate)	32.6 µg	8% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	27.2 mg	30% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.0 mg	0% DV
Vitamin K	42.6 µg	36% DV
Choline	20.0 mg	4% DV
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	4.4 mg	0% DV
Copper	109.5 µg	12% DV
Iodine	~	~
Iron	0.8 mg	5% DV
Magnesium	53.3 mg	13% DV
Manganese	213.1 µg	9% DV
Phosphorus	47.4 mg	4% DV
Potassium	720.8 mg	15% DV
Selenium	2.2 µg	4% DV
Sodium	5.9 mg	0% DV
Zinc	0.3 mg	3% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	0.0 mg	0% DV
EPA + DHA	0.0 mg	0% DV
CLA	0.0 mg	~
Linoleic Acid	0.0 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	1369.0 µg	~
Polyphenols	513.0 mg	~
Phytosterols	20.6 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~



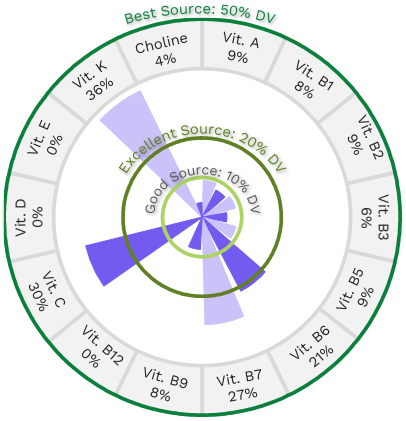


FATS

No detailed component data currently available in the USDA Food Central Database.

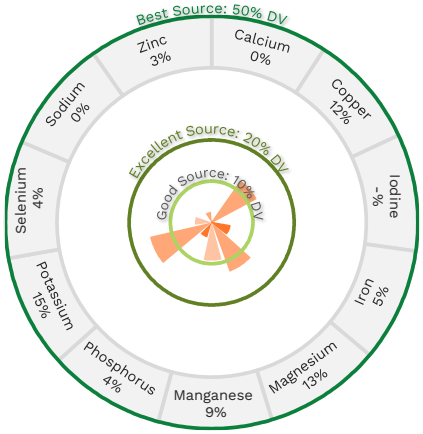


CARBOHYDRATES



MINERALS

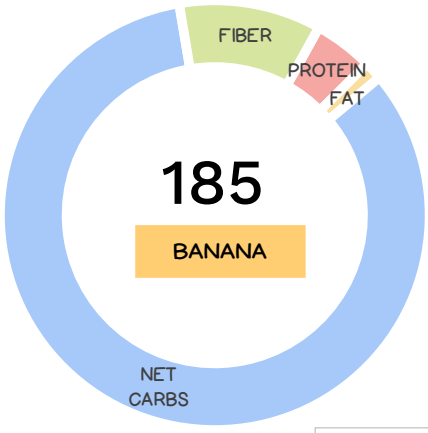
VITAMINS



433 Banana

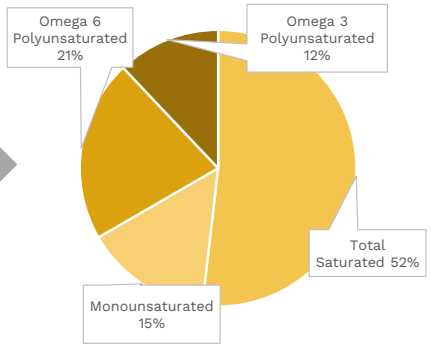
Serving Size:	150 grams	Protein:	1.6 grams	Net Carbs:	30.4 grams
Calories:	134	Fat:	0.5 grams	Fiber:	3.9 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	4.5 µg RAE	1% DV
Vitamin B1 (Thiamin)	46.5 µg	4% DV
Vitamin B2 (Riboflavin)	109.5 µg	8% DV
Vitamin B3 (Niacin)	1.0 mg	6% DV
Vitamin B5 (Pantothenic Acid)	0.5 mg	10% DV
Vitamin B6 (Pyridoxine)	550.5 µg	32% DV
Vitamin B7 (Biotin)	8.3 µg	28% DV
Vitamin B9 (Folate)	30.0 µg	8% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	13.1 mg	15% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.3 mg	2% DV
Vitamin K	0.8 µg	1% DV
Choline	14.7 mg	3% DV
Myo-Inositol	~	~
CoQ10	0.1 mg	~
Minerals		
Calcium	7.5 mg	1% DV
Copper	117.0 µg	13% DV
Iodine	~	~
Iron	0.4 mg	2% DV
Magnesium	40.5 mg	10% DV
Manganese	405.0 µg	18% DV
Phosphorus	33.0 mg	3% DV
Potassium	537.0 mg	11% DV
Selenium	1.5 µg	3% DV
Sodium	1.5 mg	0% DV
Zinc	0.2 mg	2% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	40.5 mg	3% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.1 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	109.5 µg	~
Polyphenols	346.5 mg	~
Phytosterols	20.9 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

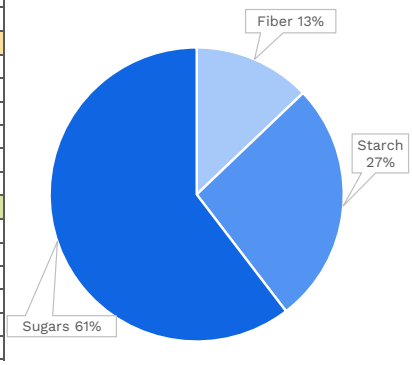




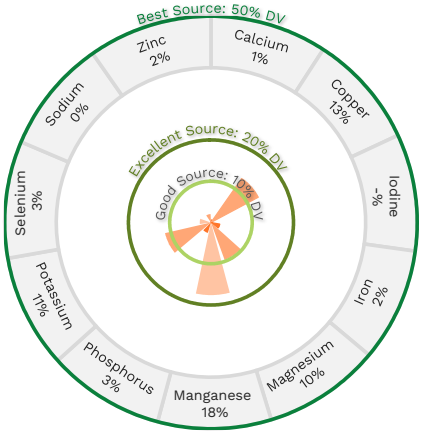
FATS



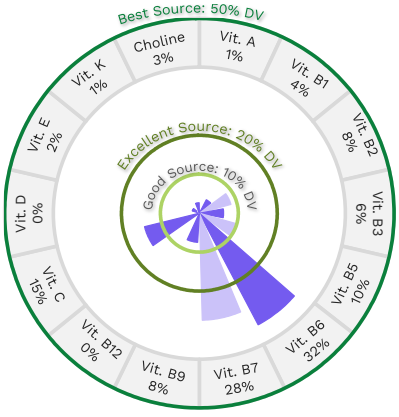
CARBOHYDRATES



MINERALS



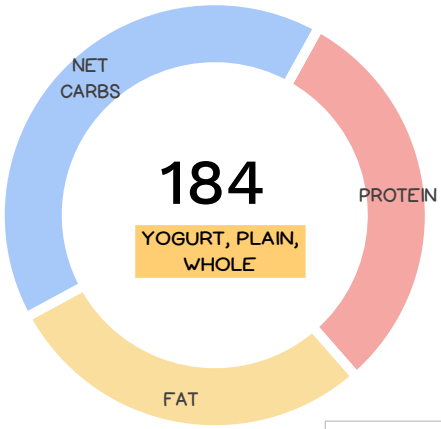
VITAMINS



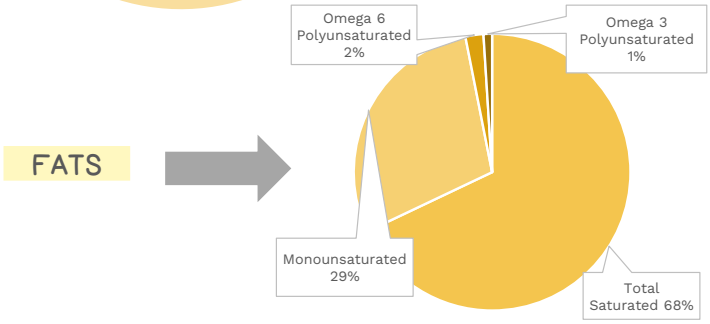
434 Yogurt, plain, whole

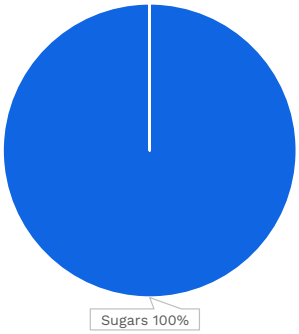
Serving Size:	245 grams	Protein:	8.5 grams	Net Carbs:	11.4 grams
Calories:	149	Fat:	8.0 grams	Fiber:	0.0 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	66.2 µg RAE	7% DV
Vitamin B1 (Thiamin)	71.1 µg	6% DV
Vitamin B2 (Riboflavin)	347.9 µg	27% DV
Vitamin B3 (Niacin)	0.2 mg	1% DV
Vitamin B5 (Pantothenic Acid)	1.0 mg	19% DV
Vitamin B6 (Pyridoxine)	78.4 µg	5% DV
Vitamin B7 (Biotin)	8.6 µg	29% DV
Vitamin B9 (Folate)	17.2 µg	4% DV
Vitamin B12 (Cobalamin)	0.9 µg	38% DV
Vitamin C	1.2 mg	1% DV
Vitamin D (D2 + D3)	0.2 µg	1% DV
Vitamin E	0.1 mg	1% DV
Vitamin K	0.5 µg	0% DV
Choline	37.2 mg	7% DV
Myo-Inositol	14.7 mg	~
CoQ10	0.1 mg	~
Minerals		
Calcium	296.5 mg	23% DV
Copper	22.1 µg	2% DV
Iodine	~	~
Iron	0.1 mg	1% DV
Magnesium	29.4 mg	7% DV
Manganese	9.8 µg	0% DV
Phosphorus	232.8 mg	19% DV
Potassium	379.8 mg	8% DV
Selenium	5.4 µg	10% DV
Sodium	112.7 mg	5% DV
Zinc	1.4 mg	13% DV
Amino Acids & Peptides		
Taurine	8.1 mg	~
Ergothioneine	~	~
Functional Fats		
MUFA	2.2 g	11% DV
ALA	66.2 mg	4% DV
EPA + DHA	0.0 mg	0% DV
CLA	71.7 mg	~
Linoleic Acid	0.2 g	1% DV
MCT's	0.8 g	~
Phytonutrients		
Carotenoids	12.3 µg	~
Polyphenols	0.0 mg	~
Phytosterols	0.0 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

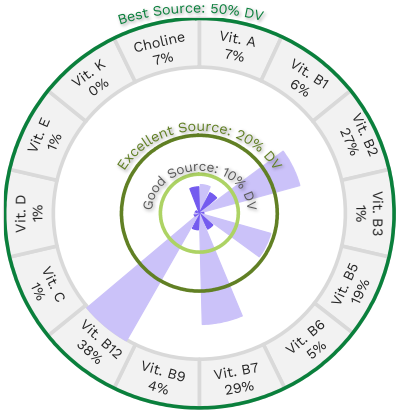






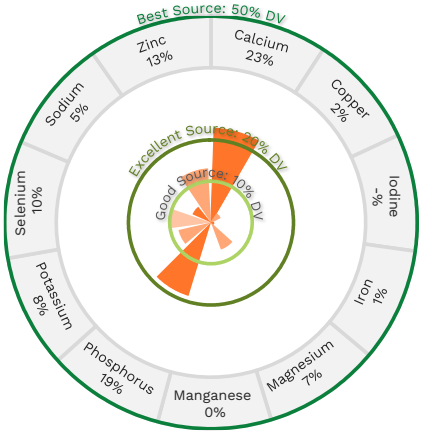


CARBOHYDRATES



MINERALS

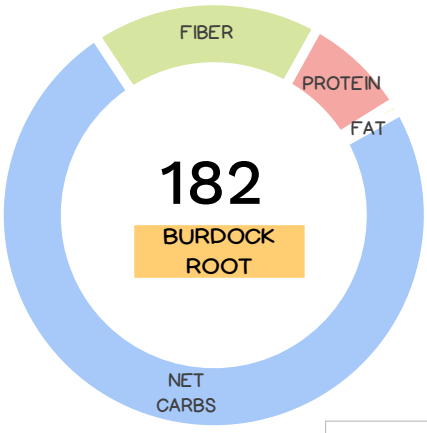
VITAMINS



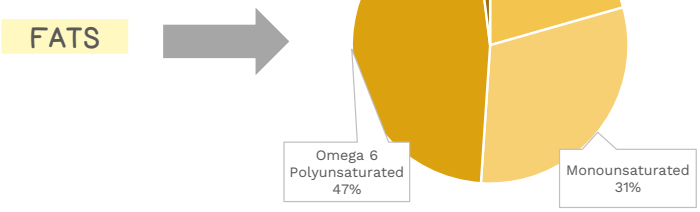
435 Burdock root

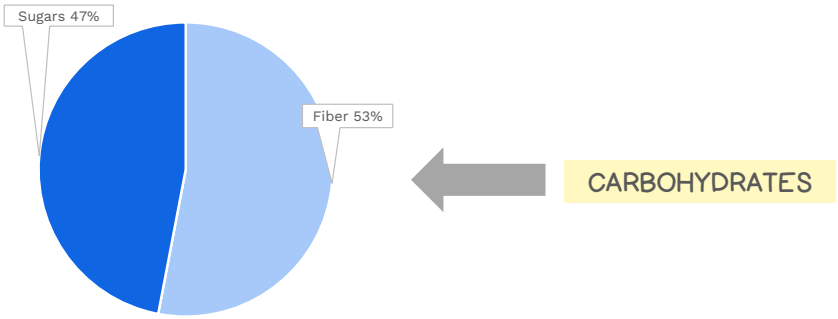
Serving Size:	118 grams	Protein:	1.8 grams	Net Carbs:	16.6 grams
Calories:	85	Fat:	0.2 grams	Fiber:	3.9 grams

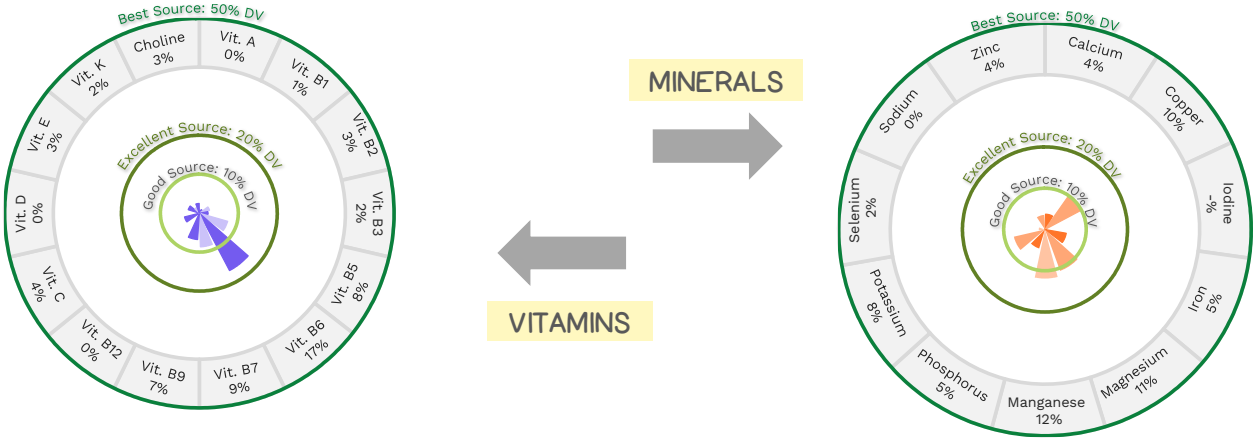
Vitamins & Vitaminlike Compounds		
Vitamin A	0.0 µg RAE	0% DV
Vitamin B1 (Thiamin)	11.8 µg	1% DV
Vitamin B2 (Riboflavin)	35.4 µg	3% DV
Vitamin B3 (Niacin)	0.4 mg	2% DV
Vitamin B5 (Pantothenic Acid)	0.4 mg	8% DV
Vitamin B6 (Pyridoxine)	283.2 µg	17% DV
Vitamin B7 (Biotin)	2.6 µg	9% DV
Vitamin B9 (Folate)	27.1 µg	7% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	3.5 mg	4% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.4 mg	3% DV
Vitamin K	1.9 µg	2% DV
Choline	13.8 mg	3% DV
Myo-Inositol	~	~
CoQ10	0.0 mg	~
Minerals		
Calcium	48.4 mg	4% DV
Copper	90.9 µg	10% DV
Iodine	~	~
Iron	0.9 mg	5% DV
Magnesium	44.8 mg	11% DV
Manganese	273.8 µg	12% DV
Phosphorus	60.2 mg	5% DV
Potassium	363.4 mg	8% DV
Selenium	0.8 µg	2% DV
Sodium	5.9 mg	0% DV
Zinc	0.4 mg	4% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	2.4 mg	0% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.1 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	0.0 µg	~
Polyphenols	166.6 mg	~
Phytosterols	~	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~







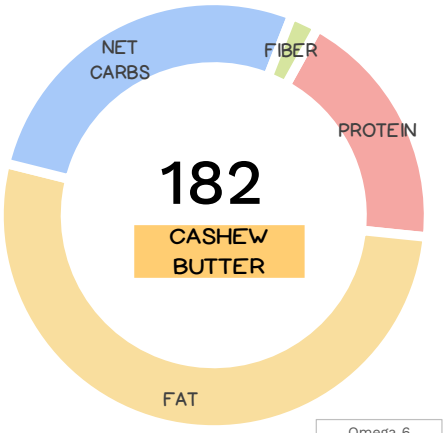




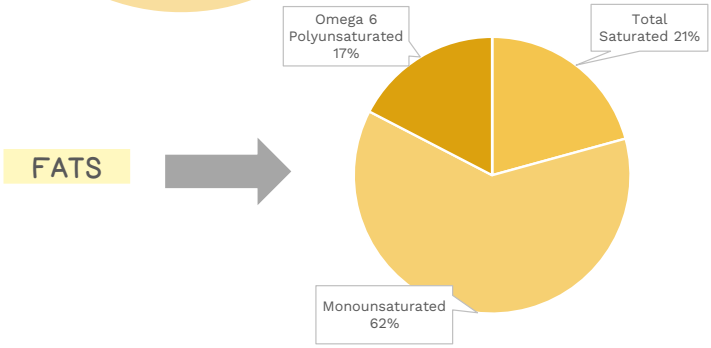
436 Cashew butter

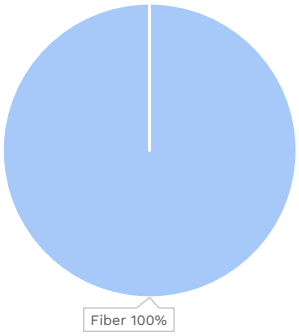
Serving Size:	16 grams	Protein:	2.8 grams	Net Carbs:	4.1 grams
Calories:	94	Fat:	7.9 grams	Fiber:	0.3 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	0.0 µg RAE	0% DV
Vitamin B1 (Thiamin)	49.9 µg	4% DV
Vitamin B2 (Riboflavin)	29.9 µg	2% DV
Vitamin B3 (Niacin)	0.3 mg	2% DV
Vitamin B5 (Pantothenic Acid)	0.2 mg	4% DV
Vitamin B6 (Pyridoxine)	40.3 µg	2% DV
Vitamin B7 (Biotin)	3.0 µg	10% DV
Vitamin B9 (Folate)	10.9 µg	3% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	0.0 mg	0% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.8 mg	5% DV
Vitamin K	4.8 µg	4% DV
Choline	7.7 mg	1% DV
Myo-Inositol	13.0 mg	~
CoQ10	~	~
Minerals		
Calcium	6.9 mg	1% DV
Copper	350.4 µg	39% DV
Iodine	~	~
Iron	0.8 mg	4% DV
Magnesium	41.3 mg	10% DV
Manganese	130.4 µg	6% DV
Phosphorus	73.1 mg	6% DV
Potassium	87.4 mg	2% DV
Selenium	1.8 µg	3% DV
Sodium	2.4 mg	0% DV
Zinc	0.8 mg	8% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	4.7 g	23% DV
ALA	27.4 mg	2% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	1.3 g	8% DV
MCT's	0.2 g	~
Phytonutrients		
Carotenoids	2.9 µg	~
Polyphenols	86.2 mg	~
Phytosterols	24.2 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~





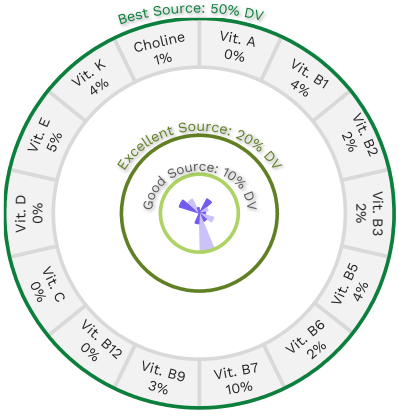


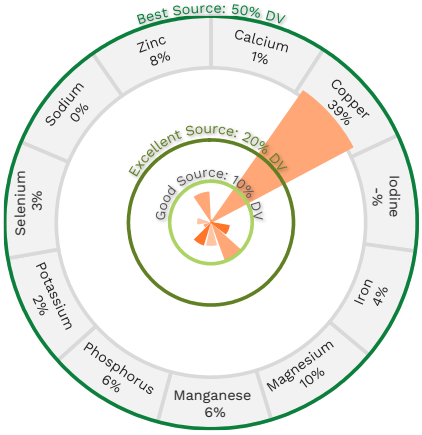


CARBOHYDRATES

MINERALS

VITAMINS

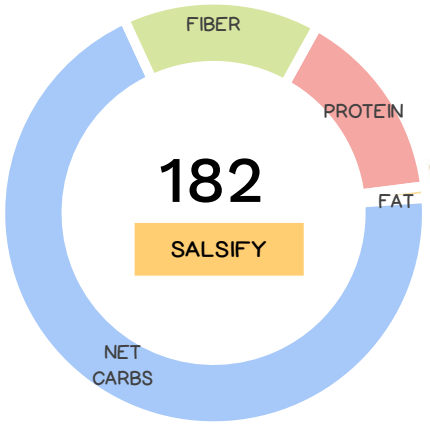




437 Salsify

Serving Size:	133 grams	Protein:	4.4 grams	Net Carbs:	20.3 grams
Calories:	109	Fat:	0.3 grams	Fiber:	4.4 grams

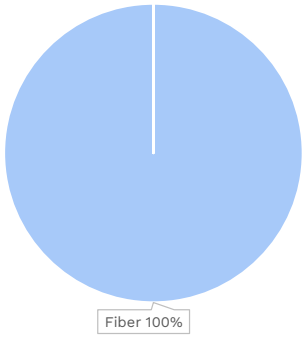
Vitamins & Vitaminlike Compounds		
Vitamin A	0.0 µg RAE	0% DV
Vitamin B1 (Thiamin)	106.4 µg	9% DV
Vitamin B2 (Riboflavin)	292.6 µg	23% DV
Vitamin B3 (Niacin)	0.7 mg	4% DV
Vitamin B5 (Pantothenic Acid)	0.5 mg	10% DV
Vitamin B6 (Pyridoxine)	368.4 µg	22% DV
Vitamin B7 (Biotin)	~	~
Vitamin B9 (Folate)	34.6 µg	9% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	10.6 mg	12% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.3 mg	2% DV
Vitamin K	0.5 µg	0% DV
Choline	41.5 mg	8% DV
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	79.8 mg	6% DV
Copper	118.4 µg	13% DV
Iodine	~	~
Iron	0.9 mg	5% DV
Magnesium	30.6 mg	7% DV
Manganese	356.4 µg	15% DV
Phosphorus	99.8 mg	8% DV
Potassium	505.4 mg	11% DV
Selenium	1.1 µg	2% DV
Sodium	26.6 mg	1% DV
Zinc	0.5 mg	5% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	17.6 mg	1% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.1 g	1% DV
MCT's	~	~
Phytonutrients		
Carotenoids	0.0 µg	~
Polyphenols	18.3 mg	~
Phytosterols	~	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~



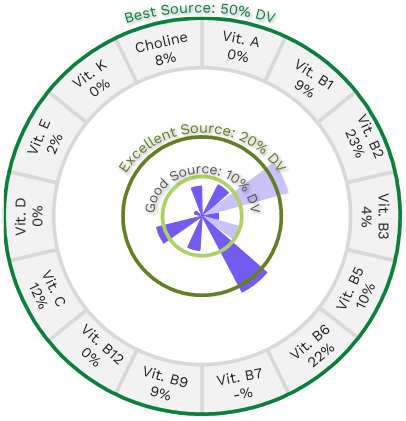


FATS

No detailed component data currently available in the USDA Food Central Database.

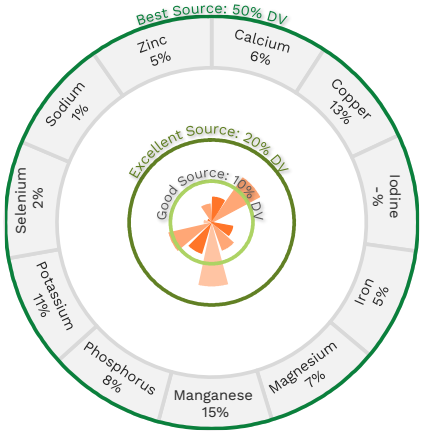


CARBOHYDRATES



MINERALS

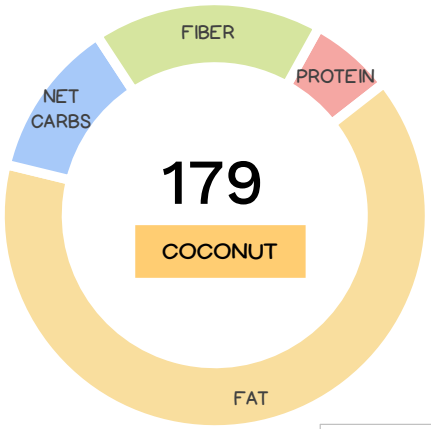
VITAMINS



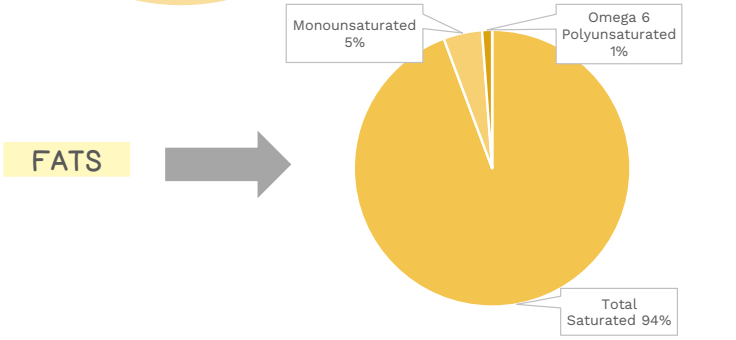
438 Coconut

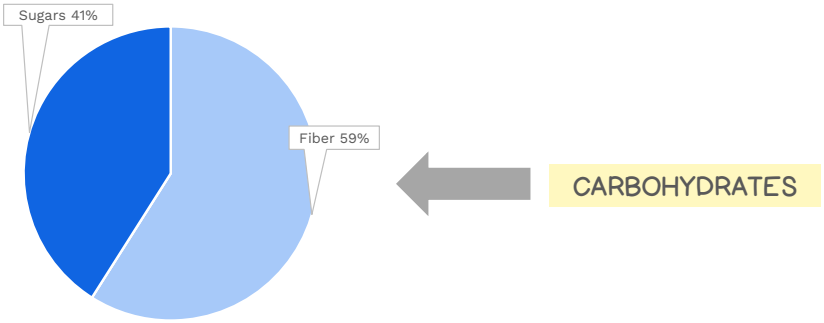
Serving Size:	28 grams	Protein:	0.9 grams	Net Carbs:	1.7 grams
Calories:	99	Fat:	9.4 grams	Fiber:	2.5 grams

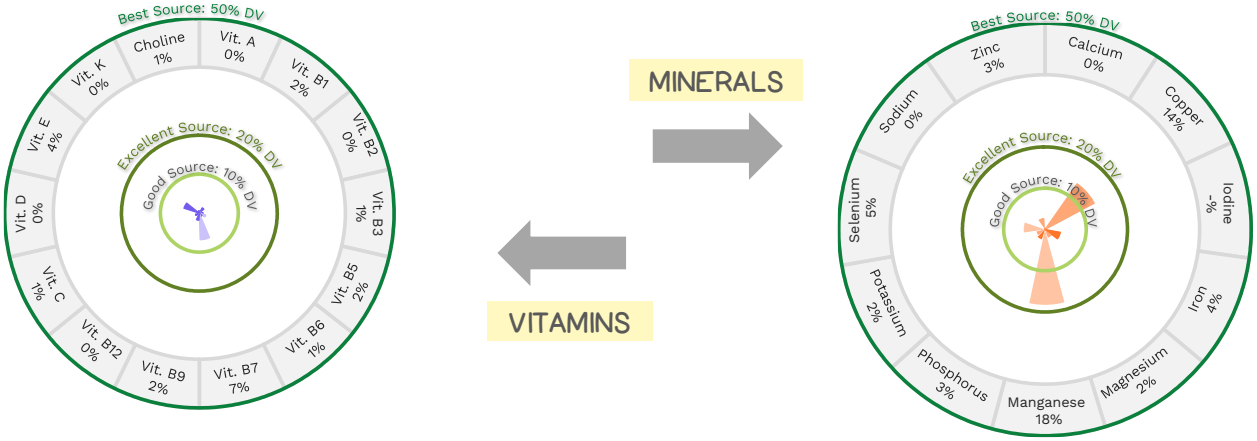
Vitamins & Vitaminlike Compounds		
Vitamin A	0.0 µg RAE	0% DV
Vitamin B1 (Thiamin)	18.5 µg	2% DV
Vitamin B2 (Riboflavin)	5.6 µg	0% DV
Vitamin B3 (Niacin)	0.2 mg	1% DV
Vitamin B5 (Pantothenic Acid)	0.1 mg	2% DV
Vitamin B6 (Pyridoxine)	15.1 µg	1% DV
Vitamin B7 (Biotin)	2.0 µg	7% DV
Vitamin B9 (Folate)	7.3 µg	2% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	0.9 mg	1% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.6 mg	4% DV
Vitamin K	0.1 µg	0% DV
Choline	3.4 mg	1% DV
Myo-Inositol	9.2 mg	~
CoQ10	~	~
Minerals		
Calcium	3.9 mg	0% DV
Copper	121.8 µg	14% DV
Iodine	~	~
Iron	0.7 mg	4% DV
Magnesium	9.0 mg	2% DV
Manganese	420.0 µg	18% DV
Phosphorus	31.6 mg	3% DV
Potassium	99.7 mg	2% DV
Selenium	2.8 µg	5% DV
Sodium	5.6 mg	0% DV
Zinc	0.3 mg	3% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.4 g	2% DV
ALA	0.0 mg	0% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.1 g	1% DV
MCT's	5.4 g	~
Phytonutrients		
Carotenoids	0.0 µg	~
Polyphenols	22.3 mg	~
Phytosterols	11.7 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~







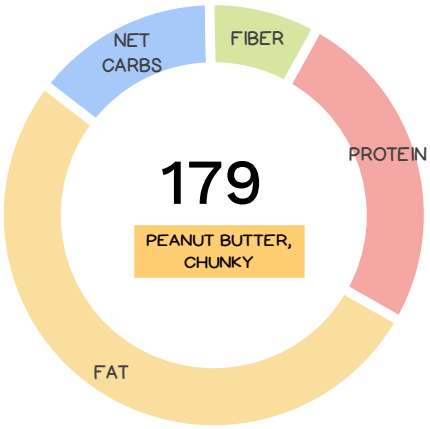




439 Peanut butter, chunky

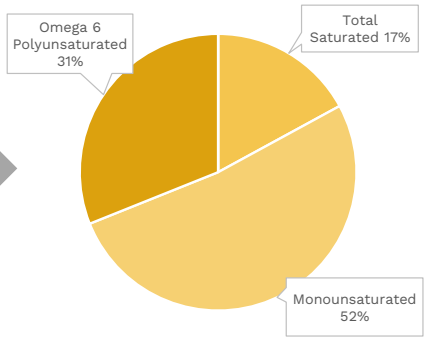
Serving Size:	16 grams	Protein:	3.8 grams	Net Carbs:	2.2 grams
Calories:	94	Fat:	8.0 grams	Fiber:	1.3 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	0.0 µg RAE	0% DV
Vitamin B1 (Thiamin)	17.0 µg	1% DV
Vitamin B2 (Riboflavin)	17.8 µg	1% DV
Vitamin B3 (Niacin)	2.2 mg	14% DV
Vitamin B5 (Pantothenic Acid)	0.2 mg	4% DV
Vitamin B6 (Pyridoxine)	66.9 µg	4% DV
Vitamin B7 (Biotin)	6.2 µg	21% DV
Vitamin B9 (Folate)	14.7 µg	4% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	0.0 mg	0% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	2.4 mg	16% DV
Vitamin K	0.2 µg	0% DV
Choline	9.8 mg	2% DV
Myo-Inositol	20.5 mg	~
CoQ10	0.4 mg	~
Minerals		
Calcium	7.2 mg	1% DV
Copper	92.5 µg	10% DV
Iodine	~	~
Iron	0.3 mg	2% DV
Magnesium	25.6 mg	6% DV
Manganese	288.0 µg	13% DV
Phosphorus	51.0 mg	4% DV
Potassium	119.2 mg	3% DV
Selenium	1.3 µg	2% DV
Sodium	2.7 mg	0% DV
Zinc	0.4 mg	4% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	3.7 g	18% DV
ALA	12.5 mg	1% DV
EPA + DHA	0.0 mg	0% DV
CLA	1.8 mg	~
Linoleic Acid	2.2 g	13% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	0.0 µg	~
Polyphenols	29.3 mg	~
Phytosterols	28.6 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

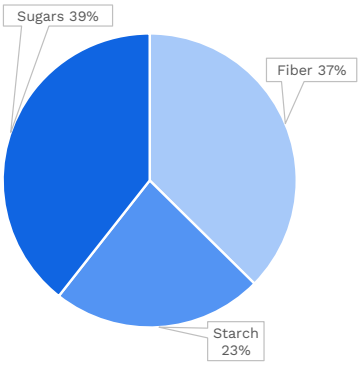




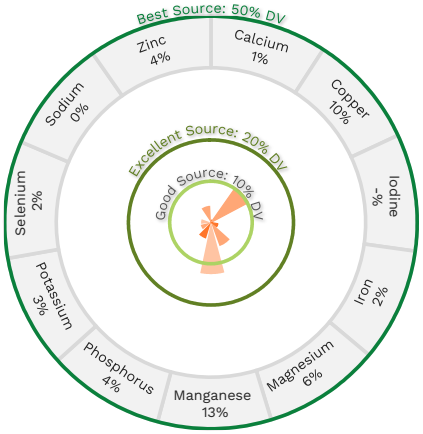
FATS



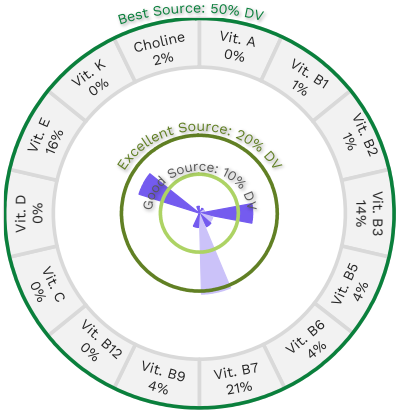
CARBOHYDRATES



MINERALS



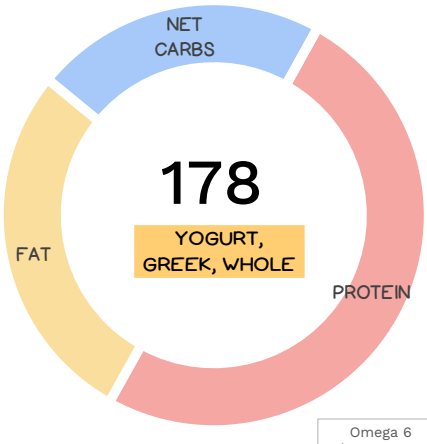
VITAMINS



440 Yogurt, Greek, whole

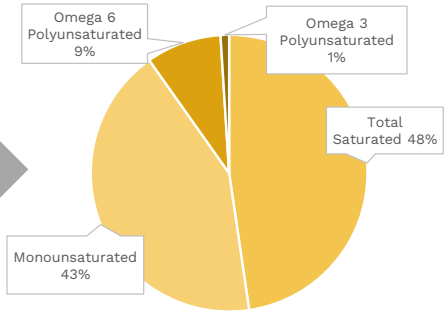
Serving Size:	245 grams	Protein:	22.1 grams	Net Carbs:	9.8 grams
Calories:	238	Fat:	12.3 grams	Fiber:	0.0 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	4.9 µg RAE	1% DV
Vitamin B1 (Thiamin)	56.4 µg	5% DV
Vitamin B2 (Riboflavin)	681.1 µg	52% DV
Vitamin B3 (Niacin)	0.5 mg	3% DV
Vitamin B5 (Pantothenic Acid)	0.8 mg	16% DV
Vitamin B6 (Pyridoxine)	154.4 µg	9% DV
Vitamin B7 (Biotin)	8.6 µg	29% DV
Vitamin B9 (Folate)	12.3 µg	3% DV
Vitamin B12 (Cobalamin)	1.8 µg	77% DV
Vitamin C	0.0 mg	0% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.0 mg	0% DV
Vitamin K	0.0 µg	0% DV
Choline	37.0 mg	7% DV
Myo-Inositol	14.7 mg	~
CoQ10	0.1 mg	~
Minerals		
Calcium	245.0 mg	19% DV
Copper	41.7 µg	5% DV
Iodine	~	~
Iron	0.0 mg	0% DV
Magnesium	27.0 mg	6% DV
Manganese	22.1 µg	1% DV
Phosphorus	330.8 mg	26% DV
Potassium	345.5 mg	7% DV
Selenium	23.8 µg	43% DV
Sodium	85.8 mg	4% DV
Zinc	1.3 mg	12% DV
Amino Acids & Peptides		
Taurine	8.1 mg	~
Ergothioneine	~	~
Functional Fats		
MUFA	5.2 g	26% DV
ALA	56.4 mg	4% DV
EPA + DHA	9.8 mg	4% DV
CLA	110.4 mg	~
Linoleic Acid	0.5 g	3% DV
MCT's	1.3 g	~
Phytonutrients		
Carotenoids	17.2 µg	~
Polyphenols	0.0 mg	~
Phytosterols	0.0 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

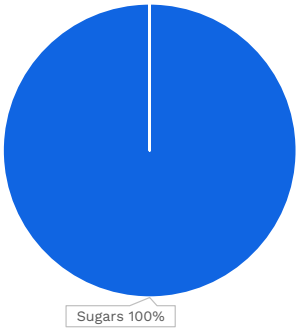




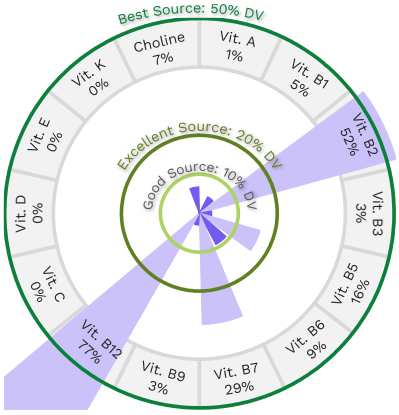
FATS



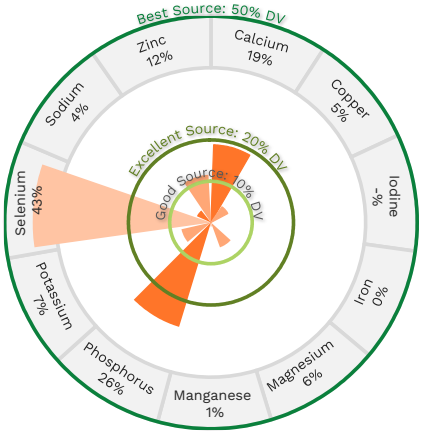
CARBOHYDRATES



VITAMINS



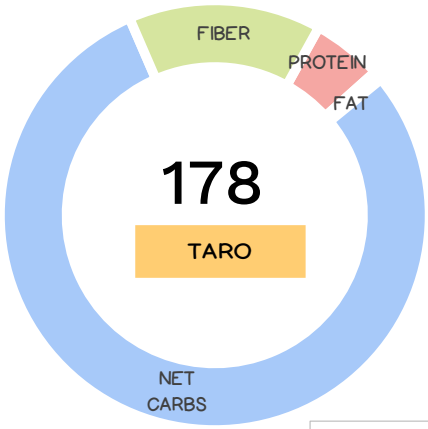
MINERALS



441 Taro

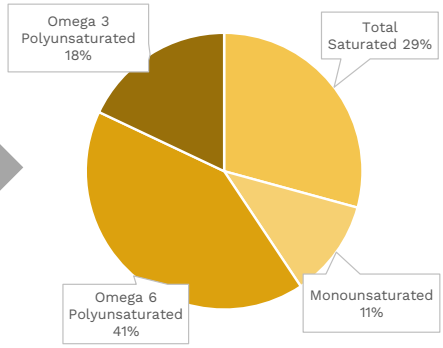
Serving Size:	104 grams	Protein:	1.6 grams	Net Carbs:	23.3 grams
Calories:	116	Fat:	0.2 grams	Fiber:	4.3 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	4.2 µg RAE	0% DV
Vitamin B1 (Thiamin)	98.8 µg	8% DV
Vitamin B2 (Riboflavin)	26.0 µg	2% DV
Vitamin B3 (Niacin)	0.6 mg	4% DV
Vitamin B5 (Pantothenic Acid)	0.3 mg	6% DV
Vitamin B6 (Pyridoxine)	294.3 µg	17% DV
Vitamin B7 (Biotin)	3.2 µg	11% DV
Vitamin B9 (Folate)	22.9 µg	6% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	4.7 mg	5% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	2.5 mg	17% DV
Vitamin K	1.0 µg	1% DV
Choline	18.0 mg	3% DV
Myo-Inositol	~	~
CoQ10	0.2 mg	~
Minerals		
Calcium	44.7 mg	3% DV
Copper	178.9 µg	20% DV
Iodine	~	~
Iron	0.6 mg	3% DV
Magnesium	34.3 mg	8% DV
Manganese	398.3 µg	17% DV
Phosphorus	87.4 mg	7% DV
Potassium	614.6 mg	13% DV
Selenium	0.7 µg	1% DV
Sodium	11.4 mg	0% DV
Zinc	0.2 mg	2% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	26.0 mg	2% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.1 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	57.2 µg	~
Polyphenols	213.2 mg	~
Phytosterols	~	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

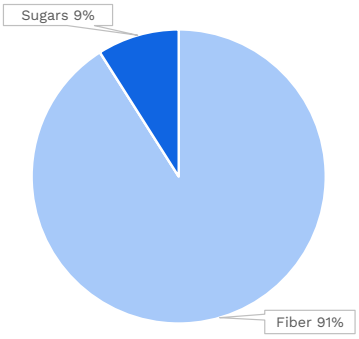




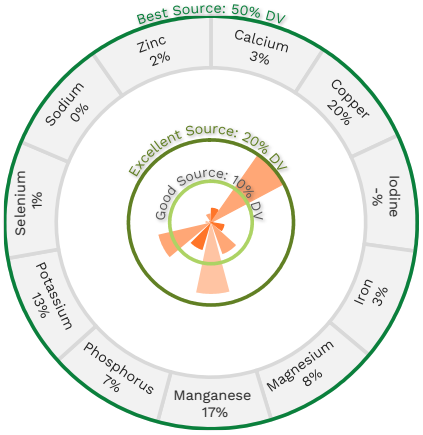
FATS



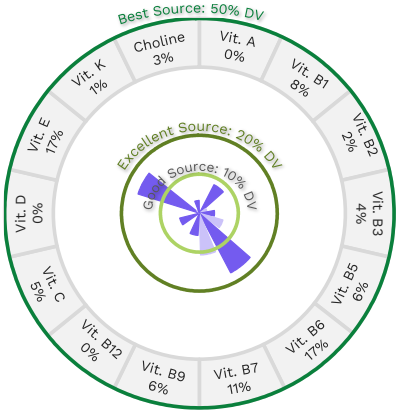
CARBOHYDRATES



MINERALS



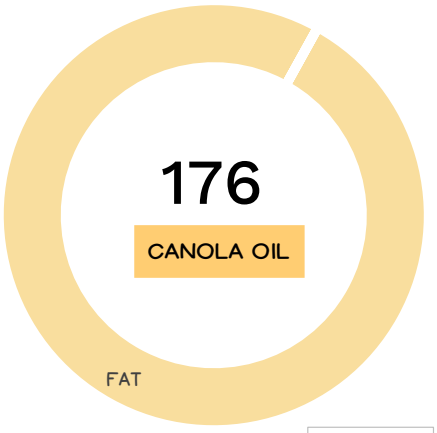
VITAMINS



442 Canola Oil

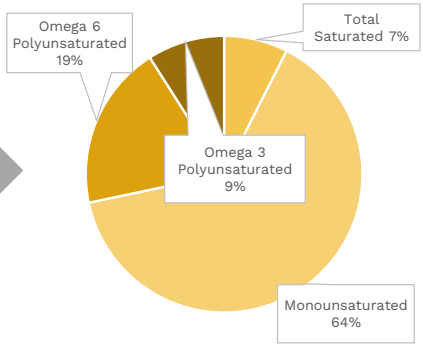
Serving Size:	14 grams	Protein:	0.0 grams	Net Carbs:	0.0 grams
Calories:	124	Fat:	14.0 grams	Fiber:	0.0 grams

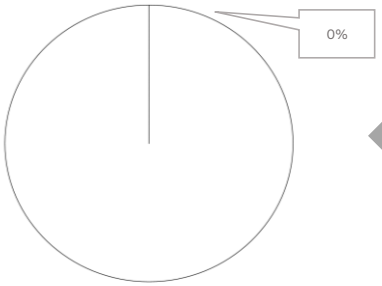
Vitamins & Vitaminlike Compounds		
Vitamin A	0.0 µg RAE	0% DV
Vitamin B1 (Thiamin)	0.0 µg	0% DV
Vitamin B2 (Riboflavin)	0.0 µg	0% DV
Vitamin B3 (Niacin)	0.0 mg	0% DV
Vitamin B5 (Pantothenic Acid)	0.0 mg	0% DV
Vitamin B6 (Pyridoxine)	0.0 µg	0% DV
Vitamin B7 (Biotin)	~	~
Vitamin B9 (Folate)	0.0 µg	0% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	0.0 mg	0% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	6.4 mg	43% DV
Vitamin K	10.0 µg	8% DV
Choline	0.0 mg	0% DV
Myo-Inositol	~	~
CoQ10	0.9 mg	~
Minerals		
Calcium	0.0 mg	0% DV
Copper	0.0 µg	0% DV
Iodine	~	~
Iron	0.0 mg	0% DV
Magnesium	0.0 mg	0% DV
Manganese	0.0 µg	0% DV
Phosphorus	0.0 mg	0% DV
Potassium	0.0 mg	0% DV
Selenium	0.0 µg	0% DV
Sodium	0.0 mg	0% DV
Zinc	0.0 mg	0% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	8.9 g	44% DV
ALA	1279.2 mg	80% DV
EPA + DHA	0.0 mg	0% DV
CLA	7.0 mg	~
Linoleic Acid	2.7 g	16% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	0.0 µg	~
Polyphenols	14.9 mg	~
Phytosterols	125.1 mg	~
Glucosinolates	0.0 mg	~
Thiosulfinates	~	~
Betalains	~	~



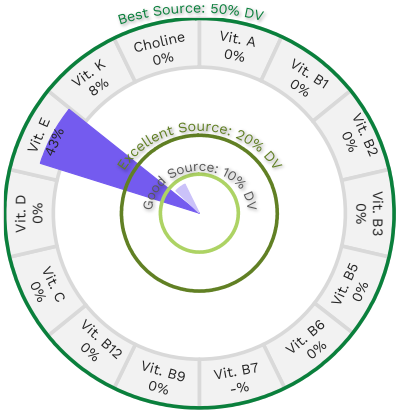


FATS



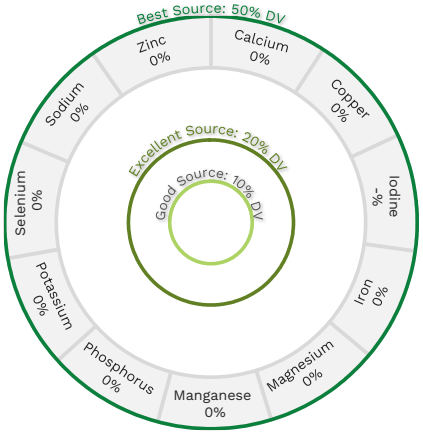


CARBOHYDRATES



MINERALS

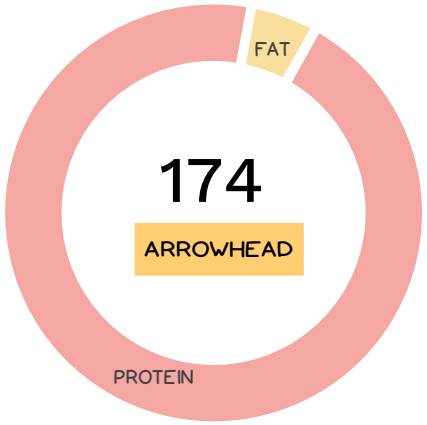
VITAMINS



443 Arrowhead

Serving Size:	124 grams	Protein:	6.6 grams	Net Carbs:	~
Calories:	123	Fat:	0.4 grams	Fiber:	~

Vitamins & Vitaminlike Compounds		
Vitamin A	0.0 µg RAE	0% DV
Vitamin B1 (Thiamin)	210.8 µg	18% DV
Vitamin B2 (Riboflavin)	90.5 µg	7% DV
Vitamin B3 (Niacin)	2.0 mg	13% DV
Vitamin B5 (Pantothenic Acid)	0.7 mg	15% DV
Vitamin B6 (Pyridoxine)	322.4 µg	19% DV
Vitamin B7 (Biotin)	~	~
Vitamin B9 (Folate)	17.4 µg	4% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	1.4 mg	2% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	~	~
Vitamin K	~	~
Choline	~	~
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	12.4 mg	1% DV
Copper	212.0 µg	24% DV
Iodine	~	~
Iron	3.2 mg	18% DV
Magnesium	63.2 mg	15% DV
Manganese	446.4 µg	19% DV
Phosphorus	215.8 mg	17% DV
Potassium	1143.3 mg	24% DV
Selenium	0.9 µg	2% DV
Sodium	27.3 mg	1% DV
Zinc	0.3 mg	3% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	~	~
ALA	~	~
EPA + DHA	~	~
CLA	~	~
Linoleic Acid	~	~
MCT's	~	~
Phytonutrients		
Carotenoids	~	~
Polyphenols	0.0 mg	~
Phytosterols	~	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~





FATS



No detailed component data currently available in the USDA Food Central Database.

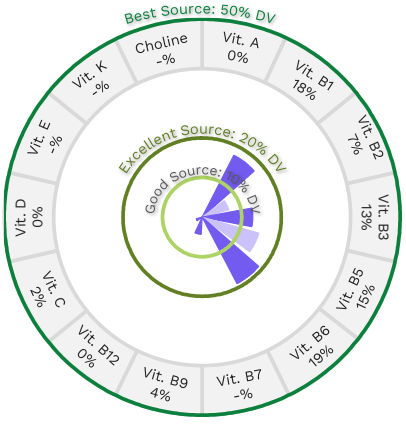


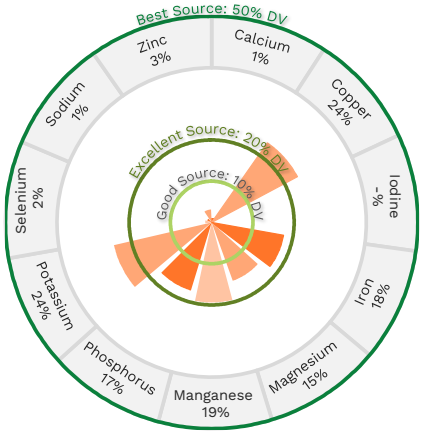
No detailed component data currently available in the USDA Food Central Database.

CARBOHYDRATES

MINERALS

VITAMINS

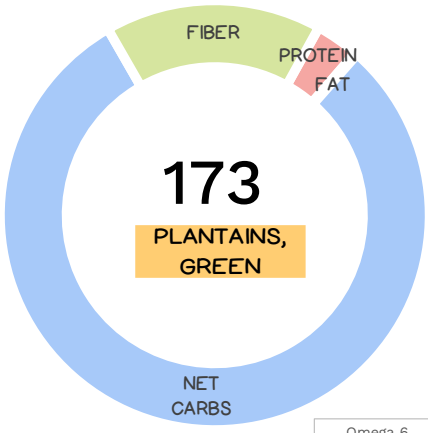




444 Plantains, green

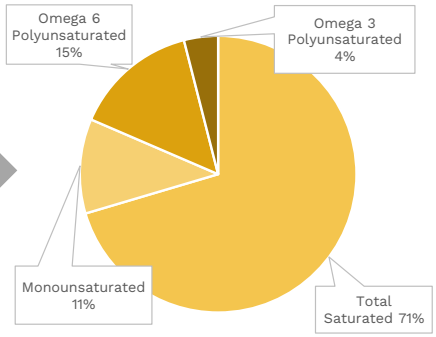
Serving Size:	148 grams	Protein:	1.9 grams	Net Carbs:	45.1 grams
Calories:	225	Fat:	0.1 grams	Fiber:	9.2 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	82.9 µg RAE	9% DV
Vitamin B1 (Thiamin)	148.0 µg	12% DV
Vitamin B2 (Riboflavin)	148.0 µg	11% DV
Vitamin B3 (Niacin)	0.8 mg	5% DV
Vitamin B5 (Pantothenic Acid)	0.8 mg	16% DV
Vitamin B6 (Pyridoxine)	103.6 µg	6% DV
Vitamin B7 (Biotin)	8.1 µg	27% DV
Vitamin B9 (Folate)	41.4 µg	10% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	29.9 mg	33% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.0 mg	0% DV
Vitamin K	42.6 µg	36% DV
Choline	20.0 mg	4% DV
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	3.0 mg	0% DV
Copper	171.7 µg	19% DV
Iodine	~	~
Iron	1.1 mg	6% DV
Magnesium	60.7 mg	14% DV
Manganese	161.3 µg	7% DV
Phosphorus	45.9 mg	4% DV
Potassium	637.9 mg	14% DV
Selenium	2.2 µg	4% DV
Sodium	3.0 mg	0% DV
Zinc	0.3 mg	2% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	8.9 mg	1% DV
EPA + DHA	0.0 mg	0% DV
CLA	0.0 mg	~
Linoleic Acid	0.0 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	1369.0 µg	~
Polyphenols	761.7 mg	~
Phytosterols	20.6 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

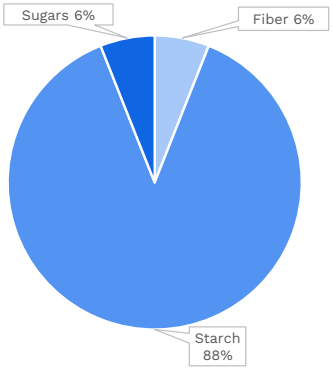




FATS

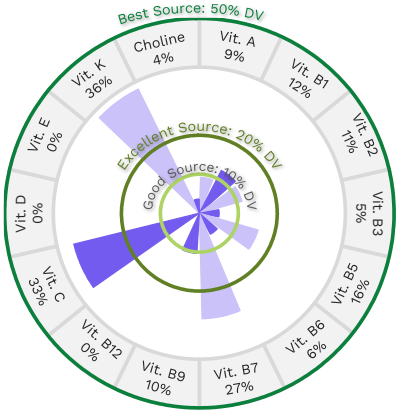


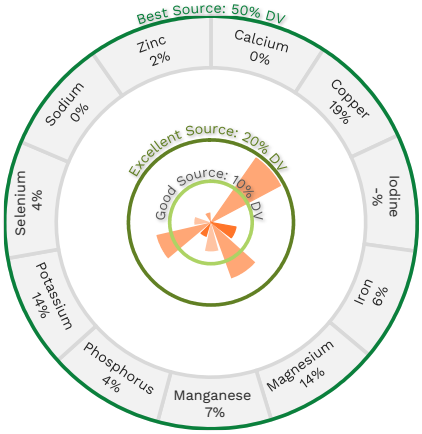
CARBOHYDRATES



MINERALS

VITAMINS

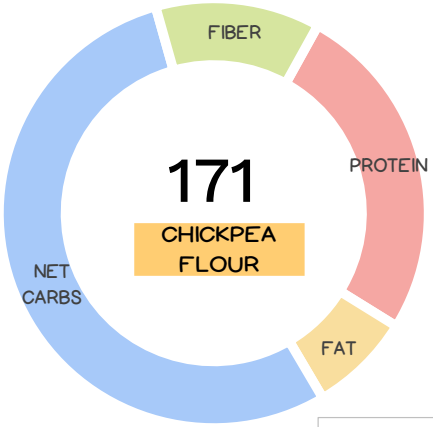




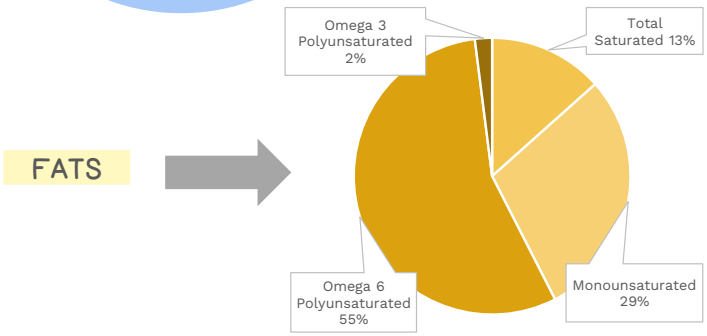
445 Chickpea flour

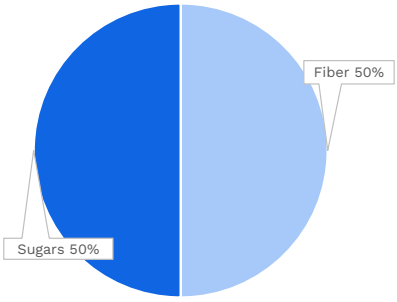
Serving Size:	23 grams	Protein:	5.1 grams	Net Carbs:	10.8 grams
Calories:	89	Fat:	1.5 grams	Fiber:	2.5 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	0.5 µg RAE	0% DV
Vitamin B1 (Thiamin)	111.8 µg	9% DV
Vitamin B2 (Riboflavin)	24.4 µg	2% DV
Vitamin B3 (Niacin)	0.4 mg	3% DV
Vitamin B5 (Pantothenic Acid)	0.1 mg	3% DV
Vitamin B6 (Pyridoxine)	113.2 µg	7% DV
Vitamin B7 (Biotin)	~	~
Vitamin B9 (Folate)	100.5 µg	25% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	0.0 mg	0% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.2 mg	1% DV
Vitamin K	2.1 µg	2% DV
Choline	~	~
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	10.4 mg	1% DV
Copper	209.8 µg	23% DV
Iodine	~	~
Iron	1.1 mg	6% DV
Magnesium	38.2 mg	9% DV
Manganese	368.0 µg	16% DV
Phosphorus	73.1 mg	6% DV
Potassium	194.6 mg	4% DV
Selenium	1.9 µg	3% DV
Sodium	14.7 mg	1% DV
Zinc	0.6 mg	6% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.3 g	2% DV
ALA	25.8 mg	2% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.7 g	4% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	5.8 µg	~
Polyphenols	0.0 mg	~
Phytosterols	~	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

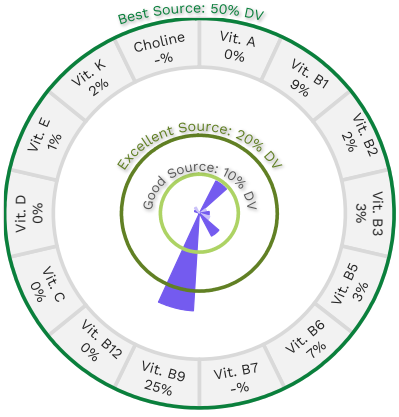






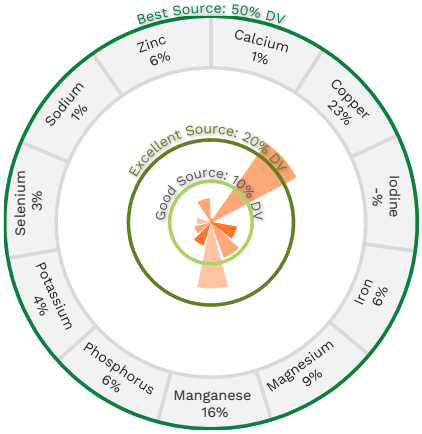


CARBOHYDRATES



VITAMINS

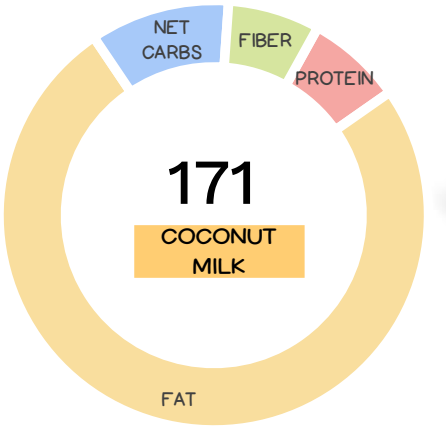
MINERALS



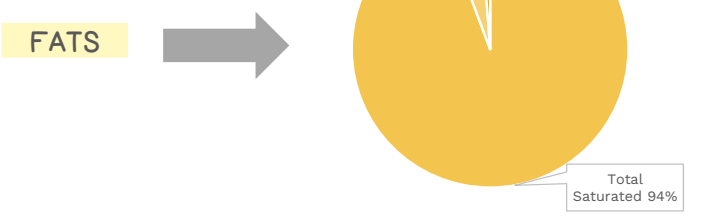
446 Coconut milk

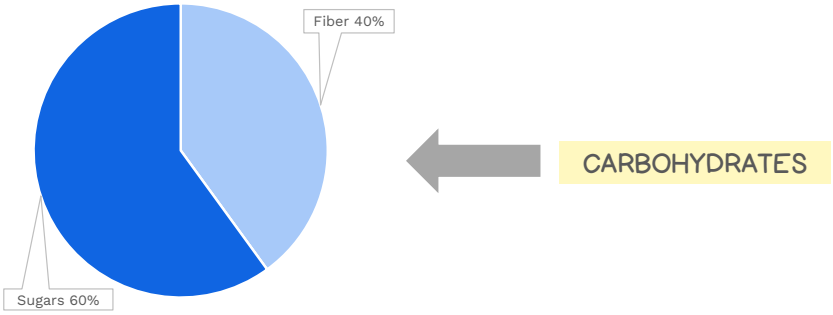
Serving Size:	240 grams	Protein:	5.5 grams	Net Carbs:	8.0 grams
Calories:	552	Fat:	57.2 grams	Fiber:	5.3 grams

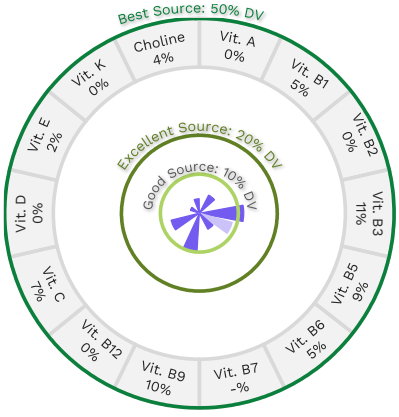
Vitamins & Vitaminlike Compounds		
Vitamin A	0.0 µg RAE	0% DV
Vitamin B1 (Thiamin)	62.4 µg	5% DV
Vitamin B2 (Riboflavin)	0.0 µg	0% DV
Vitamin B3 (Niacin)	1.8 mg	11% DV
Vitamin B5 (Pantothenic Acid)	0.4 mg	9% DV
Vitamin B6 (Pyridoxine)	79.2 µg	5% DV
Vitamin B7 (Biotin)	~	~
Vitamin B9 (Folate)	38.4 µg	10% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	6.7 mg	7% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.4 mg	2% DV
Vitamin K	0.2 µg	0% DV
Choline	20.4 mg	4% DV
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	38.4 mg	3% DV
Copper	638.4 µg	71% DV
Iodine	~	~
Iron	3.9 mg	22% DV
Magnesium	88.8 mg	21% DV
Manganese	2198.4 µg	96% DV
Phosphorus	240.0 mg	19% DV
Potassium	631.2 mg	13% DV
Selenium	14.9 µg	27% DV
Sodium	36.0 mg	2% DV
Zinc	1.6 mg	15% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	2.4 g	12% DV
ALA	0.0 mg	0% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.6 g	4% DV
MCT's	32.9 g	~
Phytonutrients		
Carotenoids	0.0 µg	~
Polyphenols	4.9 mg	~
Phytosterols	98.9 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

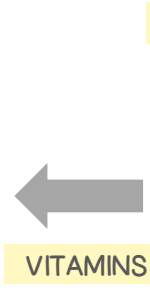




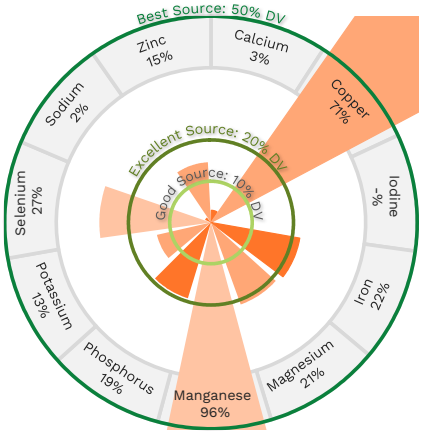








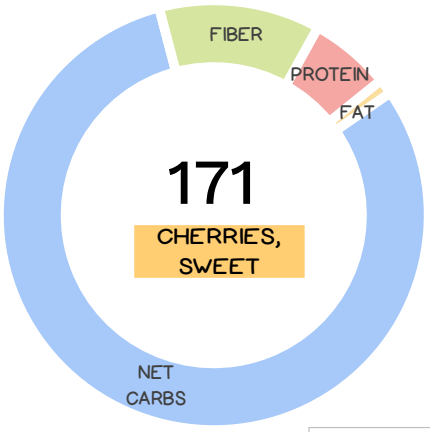




447 Cherries, sweet

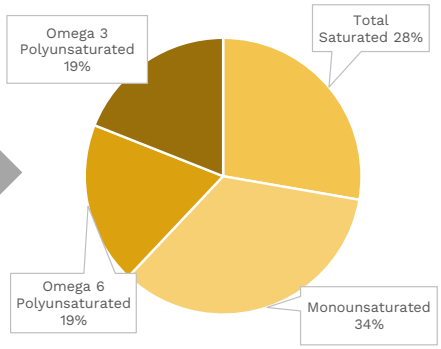
Serving Size:	138 grams	Protein:	1.5 grams	Net Carbs:	19.2 grams
Calories:	87	Fat:	0.3 grams	Fiber:	2.9 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	4.1 µg RAE	0% DV
Vitamin B1 (Thiamin)	37.3 µg	3% DV
Vitamin B2 (Riboflavin)	45.5 µg	4% DV
Vitamin B3 (Niacin)	0.2 mg	1% DV
Vitamin B5 (Pantothenic Acid)	0.3 mg	5% DV
Vitamin B6 (Pyridoxine)	67.6 µg	4% DV
Vitamin B7 (Biotin)	1.0 µg	3% DV
Vitamin B9 (Folate)	5.5 µg	1% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	9.7 mg	11% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.2 mg	1% DV
Vitamin K	2.9 µg	2% DV
Choline	8.4 mg	2% DV
Myo-Inositol	19.3 mg	~
CoQ10	~	~
Minerals		
Calcium	17.9 mg	1% DV
Copper	82.8 µg	9% DV
Iodine	~	~
Iron	0.5 mg	3% DV
Magnesium	15.2 mg	4% DV
Manganese	96.6 µg	4% DV
Phosphorus	29.0 mg	2% DV
Potassium	306.4 mg	7% DV
Selenium	0.0 µg	0% DV
Sodium	0.0 mg	0% DV
Zinc	0.1 mg	1% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.1 g	0% DV
ALA	35.9 mg	2% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.0 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	169.7 µg	~
Polyphenols	467.8 mg	~
Phytosterols	16.8 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

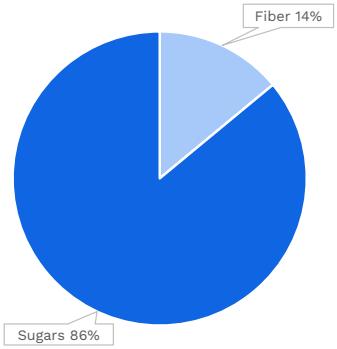




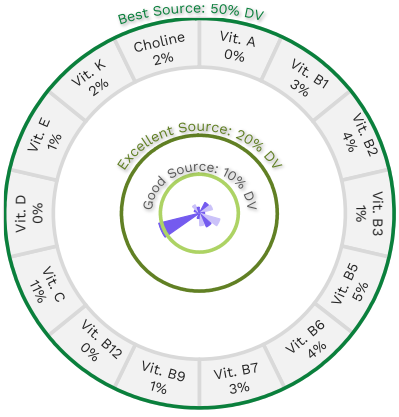
FATS



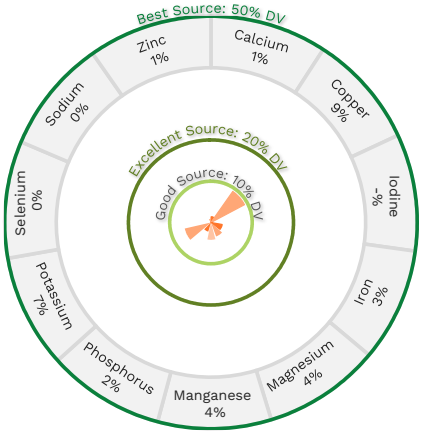
CARBOHYDRATES



VITAMINS



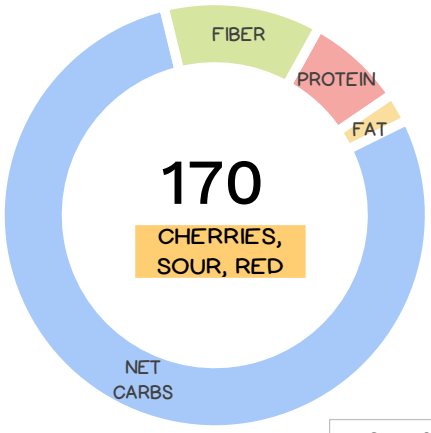
MINERALS



448 Cherries, sour, red

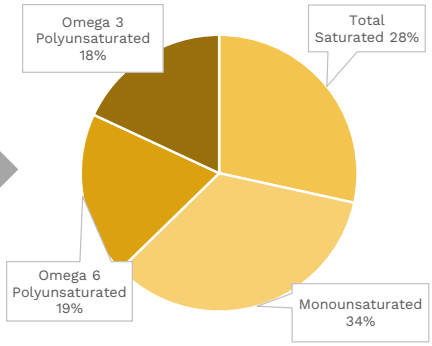
Serving Size:	155 grams	Protein:	1.6 grams	Net Carbs:	16.4 grams
Calories:	78	Fat:	0.5 grams	Fiber:	2.5 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	99.2 µg RAE	11% DV
Vitamin B1 (Thiamin)	46.5 µg	4% DV
Vitamin B2 (Riboflavin)	62.0 µg	5% DV
Vitamin B3 (Niacin)	0.6 mg	4% DV
Vitamin B5 (Pantothenic Acid)	0.2 mg	4% DV
Vitamin B6 (Pyridoxine)	68.2 µg	4% DV
Vitamin B7 (Biotin)	~	~
Vitamin B9 (Folate)	12.4 µg	3% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	15.5 mg	17% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.1 mg	1% DV
Vitamin K	3.3 µg	3% DV
Choline	9.5 mg	2% DV
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	24.8 mg	2% DV
Copper	161.2 µg	18% DV
Iodine	~	~
Iron	0.5 mg	3% DV
Magnesium	14.0 mg	3% DV
Manganese	173.6 µg	8% DV
Phosphorus	23.3 mg	2% DV
Potassium	268.2 mg	6% DV
Selenium	0.0 µg	0% DV
Sodium	4.7 mg	0% DV
Zinc	0.2 mg	1% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.1 g	1% DV
ALA	68.2 mg	4% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.1 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	1325.3 µg	~
Polyphenols	0.0 mg	~
Phytosterols	~	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

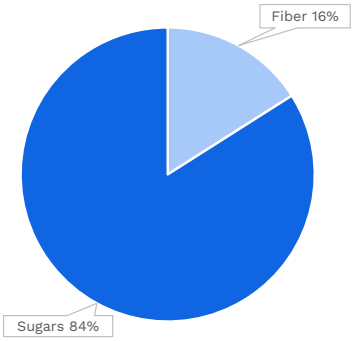




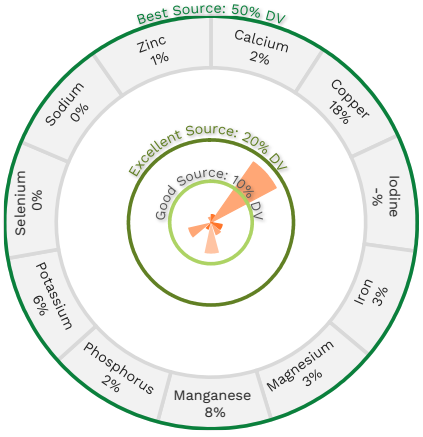
FATS



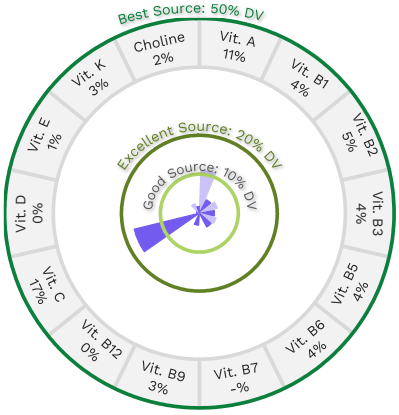
CARBOHYDRATES



MINERALS



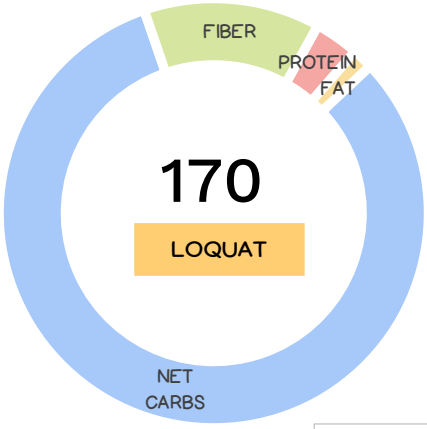
VITAMINS



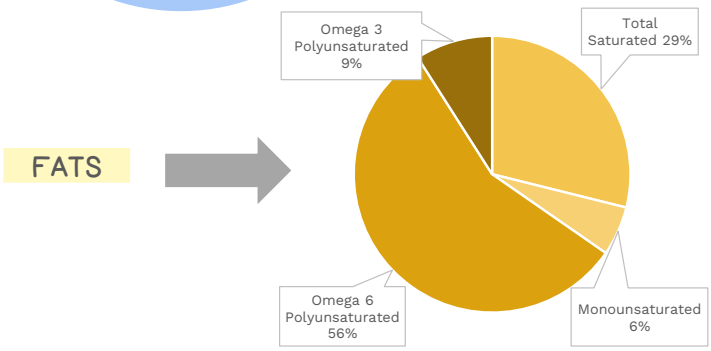
449 Loquat

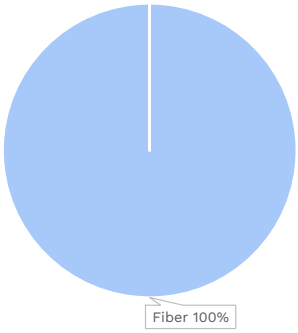
Serving Size:	149 grams	Protein:	0.6 grams	Net Carbs:	15.6 grams
Calories:	70	Fat:	0.3 grams	Fiber:	2.5 grams

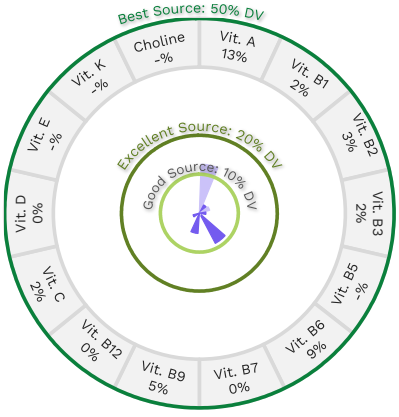
Vitamins & Vitaminlike Compounds		
Vitamin A	113.2 µg RAE	13% DV
Vitamin B1 (Thiamin)	28.3 µg	2% DV
Vitamin B2 (Riboflavin)	35.8 µg	3% DV
Vitamin B3 (Niacin)	0.3 mg	2% DV
Vitamin B5 (Pantothenic Acid)	~	~
Vitamin B6 (Pyridoxine)	149.0 µg	9% DV
Vitamin B7 (Biotin)	0.1 µg	0% DV
Vitamin B9 (Folate)	20.9 µg	5% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	1.5 mg	2% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	~	~
Vitamin K	~	~
Choline	~	~
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	23.8 mg	2% DV
Copper	59.6 µg	7% DV
Iodine	~	~
Iron	0.4 mg	2% DV
Magnesium	19.4 mg	5% DV
Manganese	220.5 µg	10% DV
Phosphorus	40.2 mg	3% DV
Potassium	396.3 mg	8% DV
Selenium	0.9 µg	2% DV
Sodium	1.5 mg	0% DV
Zinc	0.1 mg	1% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	19.4 mg	1% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.1 g	1% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	~	~
Polyphenols	259.0 mg	~
Phytosterols	~	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~









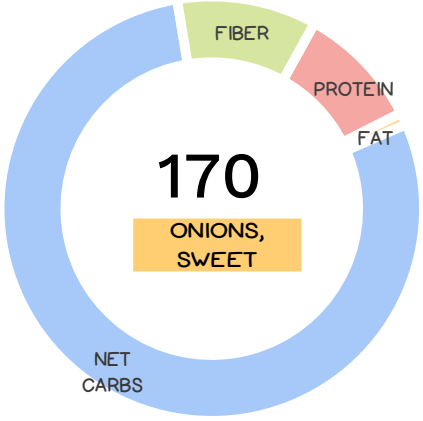




450 Onions, sweet

Serving Size:	115 grams	Protein:	0.9 grams	Net Carbs:	7.6 grams
Calories:	37	Fat:	0.1 grams	Fiber:	1.0 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	0.0 µg RAE	0% DV
Vitamin B1 (Thiamin)	47.2 µg	4% DV
Vitamin B2 (Riboflavin)	23.0 µg	2% DV
Vitamin B3 (Niacin)	0.2 mg	1% DV
Vitamin B5 (Pantothenic Acid)	0.1 mg	2% DV
Vitamin B6 (Pyridoxine)	149.5 µg	9% DV
Vitamin B7 (Biotin)	~	~
Vitamin B9 (Folate)	26.5 µg	7% DV
Vitamin B12 (Cobalamin)	~	~
Vitamin C	5.5 mg	6% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.0 mg	0% DV
Vitamin K	0.3 µg	0% DV
Choline	6.3 mg	1% DV
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	23.0 mg	2% DV
Copper	64.4 µg	7% DV
Iodine	~	~
Iron	0.3 mg	2% DV
Magnesium	10.4 mg	2% DV
Manganese	87.4 µg	4% DV
Phosphorus	31.1 mg	2% DV
Potassium	136.9 mg	3% DV
Selenium	0.6 µg	1% DV
Sodium	9.2 mg	0% DV
Zinc	0.1 mg	1% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	~	~
ALA	~	~
EPA + DHA	~	~
CLA	~	~
Linoleic Acid	~	~
MCT's	~	~
Phytonutrients		
Carotenoids	8.1 µg	~
Polyphenols	0.0 mg	~
Phytosterols	~	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

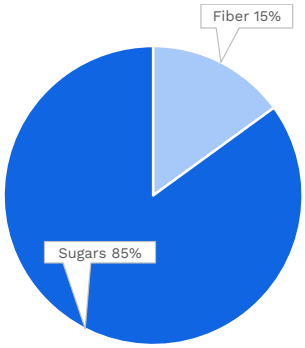




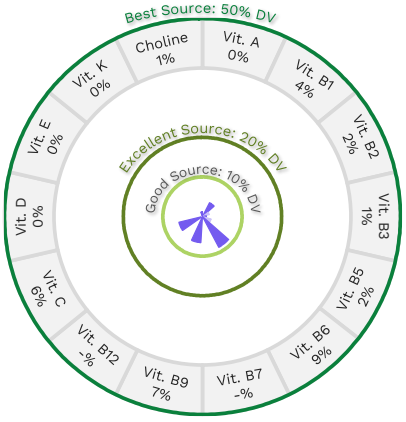
FATS



No detailed component data currently available in the USDA Food Central Database.



CARBOHYDRATES



MINERALS

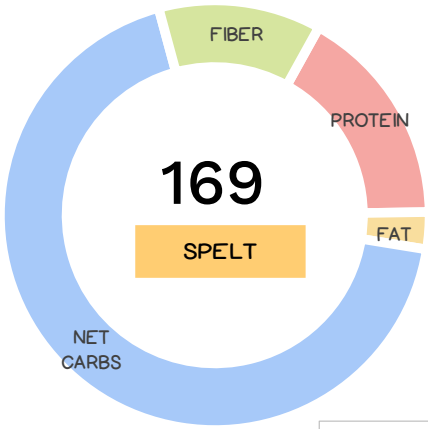
VITAMINS



451 Spelt

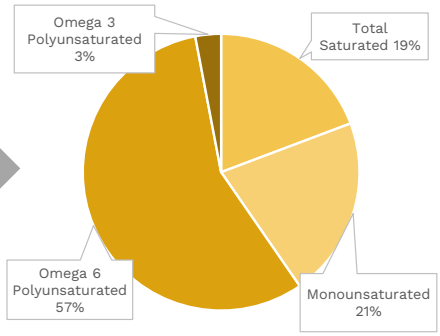
Serving Size:	44 grams	Protein:	6.3 grams	Net Carbs:	25.9 grams
Calories:	147	Fat:	1.1 grams	Fiber:	4.7 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	0.0 µg RAE	0% DV
Vitamin B1 (Thiamin)	158.3 µg	13% DV
Vitamin B2 (Riboflavin)	49.2 µg	4% DV
Vitamin B3 (Niacin)	3.0 mg	19% DV
Vitamin B5 (Pantothenic Acid)	0.5 mg	9% DV
Vitamin B6 (Pyridoxine)	100.1 µg	6% DV
Vitamin B7 (Biotin)	~	~
Vitamin B9 (Folate)	19.6 µg	5% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	0.0 mg	0% DV
Vitamin D (D2 + D3)	~	~
Vitamin E	1.3 mg	9% DV
Vitamin K	1.6 µg	1% DV
Choline	~	~
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	11.7 mg	1% DV
Copper	222.3 µg	25% DV
Iodine	~	~
Iron	1.9 mg	11% DV
Magnesium	59.2 mg	14% DV
Manganese	1297.6 µg	56% DV
Phosphorus	174.4 mg	14% DV
Potassium	168.8 mg	4% DV
Selenium	5.1 µg	9% DV
Sodium	3.5 mg	0% DV
Zinc	1.4 mg	13% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.2 g	1% DV
ALA	28.3 mg	2% DV
EPA + DHA	~	~
CLA	~	~
Linoleic Acid	0.5 g	3% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	75.7 µg	~
Polyphenols	0.0 mg	~
Phytosterols	~	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

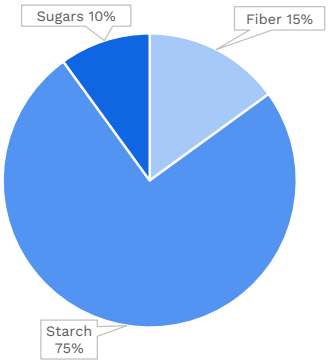




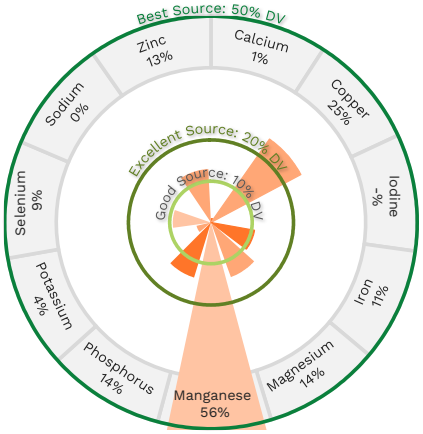
FATS



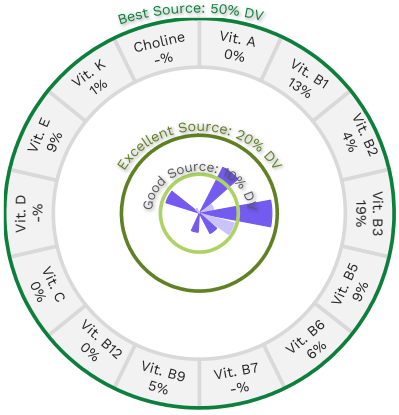
CARBOHYDRATES



MINERALS



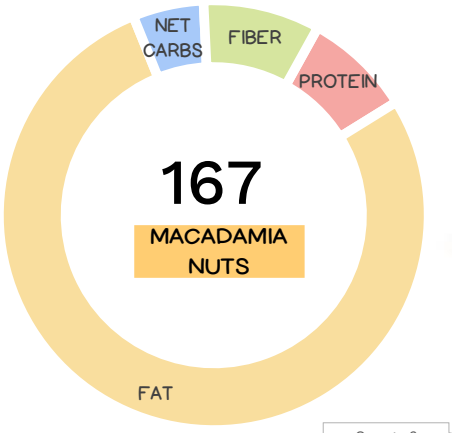
VITAMINS



452 Macadamia nuts

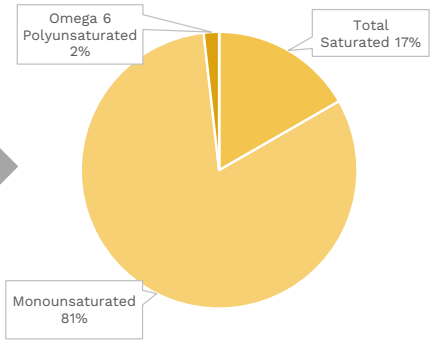
Serving Size:	28 grams	Protein:	2.2 grams	Net Carbs:	1.5 grams
Calories:	201	Fat:	21.2 grams	Fiber:	2.4 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	0.0 µg RAE	0% DV
Vitamin B1 (Thiamin)	334.6 µg	28% DV
Vitamin B2 (Riboflavin)	45.4 µg	3% DV
Vitamin B3 (Niacin)	0.7 mg	4% DV
Vitamin B5 (Pantothenic Acid)	0.2 mg	4% DV
Vitamin B6 (Pyridoxine)	77.0 µg	5% DV
Vitamin B7 (Biotin)	9.5 µg	32% DV
Vitamin B9 (Folate)	3.1 µg	1% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	0.3 mg	0% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.2 mg	1% DV
Vitamin K	0.0 µg	0% DV
Choline	12.5 mg	2% DV
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	23.8 mg	2% DV
Copper	211.7 µg	24% DV
Iodine	~	~
Iron	1.0 mg	6% DV
Magnesium	36.4 mg	9% DV
Manganese	1156.7 µg	50% DV
Phosphorus	52.6 mg	4% DV
Potassium	103.0 mg	2% DV
Selenium	1.0 µg	2% DV
Sodium	1.4 mg	0% DV
Zinc	0.4 mg	3% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	0.0 mg	~
Functional Fats		
MUFA	16.5 g	82% DV
ALA	57.7 mg	4% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.4 g	2% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	0.0 µg	~
Polyphenols	375.5 mg	~
Phytosterols	55.4 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

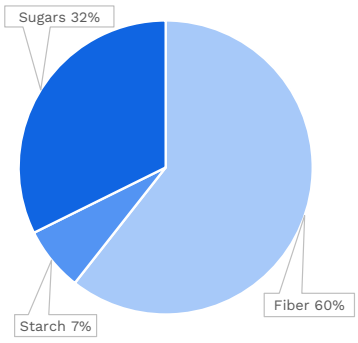




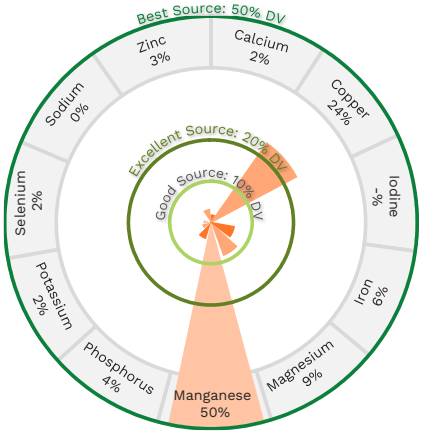
FATS



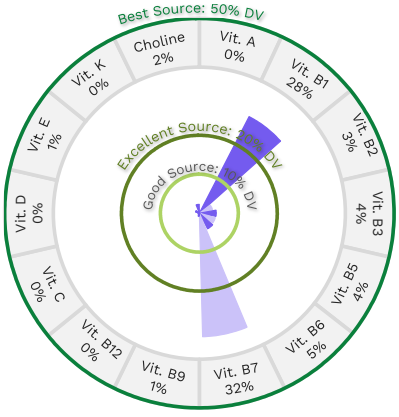
CARBOHYDRATES



MINERALS



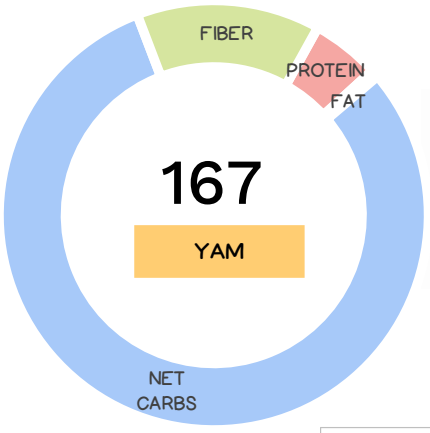
VITAMINS

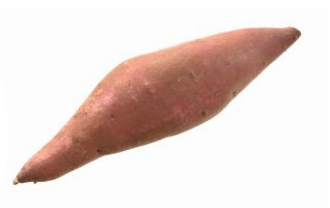


453 Yam

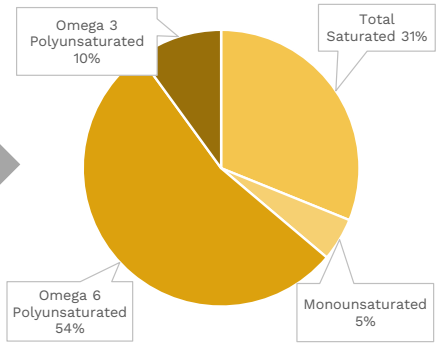
Serving Size:	150 grams	Protein:	2.3 grams	Net Carbs:	35.7 grams
Calories:	177	Fat:	0.3 grams	Fiber:	6.2 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	10.5 µg RAE	1% DV
Vitamin B1 (Thiamin)	168.0 µg	14% DV
Vitamin B2 (Riboflavin)	48.0 µg	4% DV
Vitamin B3 (Niacin)	0.8 mg	5% DV
Vitamin B5 (Pantothenic Acid)	0.5 mg	9% DV
Vitamin B6 (Pyridoxine)	439.5 µg	26% DV
Vitamin B7 (Biotin)	6.0 µg	20% DV
Vitamin B9 (Folate)	34.5 µg	9% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	25.7 mg	29% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.5 mg	4% DV
Vitamin K	3.5 µg	3% DV
Choline	24.8 mg	5% DV
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	25.5 mg	2% DV
Copper	267.0 µg	30% DV
Iodine	~	~
Iron	0.8 mg	5% DV
Magnesium	31.5 mg	8% DV
Manganese	595.5 µg	26% DV
Phosphorus	82.5 mg	7% DV
Potassium	1224.0 mg	26% DV
Selenium	1.1 µg	2% DV
Sodium	13.5 mg	1% DV
Zinc	0.4 mg	3% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	18.0 mg	1% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.1 g	1% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	124.5 µg	~
Polyphenols	249.0 mg	~
Phytosterols	~	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

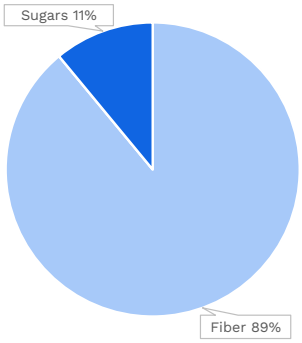




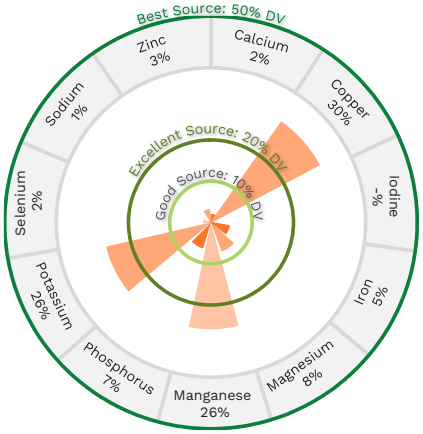
FATS



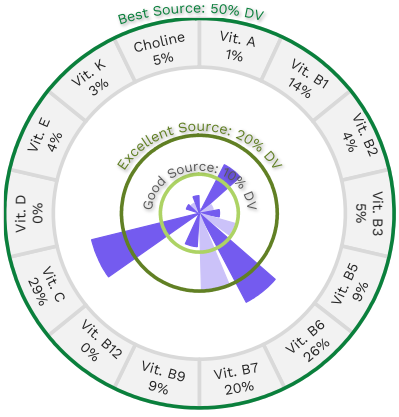
CARBOHYDRATES



MINERALS



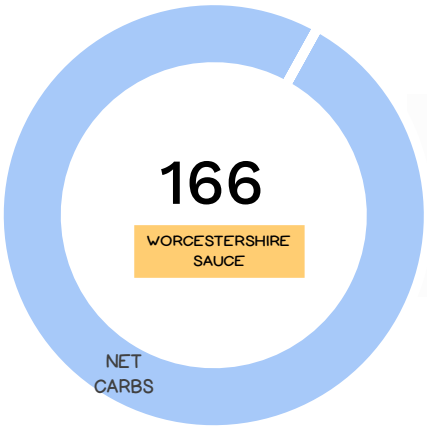
VITAMINS



454 Worcestershire sauce

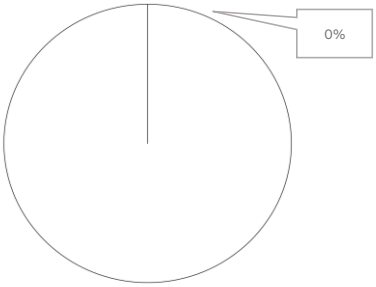
Serving Size:	17 grams	Protein:	0.0 grams	Net Carbs:	3.3 grams
Calories:	13	Fat:	0.0 grams	Fiber:	0.0 grams

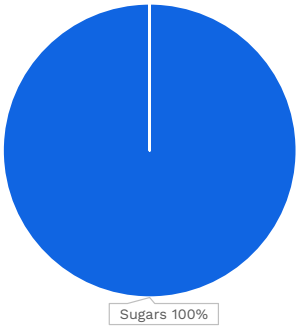
Vitamins & Vitaminlike Compounds		
Vitamin A	0.9 µg RAE	0% DV
Vitamin B1 (Thiamin)	11.9 µg	1% DV
Vitamin B2 (Riboflavin)	22.1 µg	2% DV
Vitamin B3 (Niacin)	0.1 mg	1% DV
Vitamin B5 (Pantothenic Acid)	~	~
Vitamin B6 (Pyridoxine)	0.0 µg	0% DV
Vitamin B7 (Biotin)	~	~
Vitamin B9 (Folate)	1.4 µg	0% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	2.2 mg	2% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.0 mg	0% DV
Vitamin K	0.2 µg	0% DV
Choline	0.5 mg	0% DV
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	18.2 mg	1% DV
Copper	34.0 µg	4% DV
Iodine	~	~
Iron	0.9 mg	5% DV
Magnesium	2.2 mg	1% DV
Manganese	~	~
Phosphorus	10.2 mg	1% DV
Potassium	136.0 mg	3% DV
Selenium	0.1 µg	0% DV
Sodium	221.0 mg	10% DV
Zinc	0.0 mg	0% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	0.0 mg	0% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.0 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	16.2 µg	~
Polyphenols	0.0 mg	~
Phytosterols	~	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~



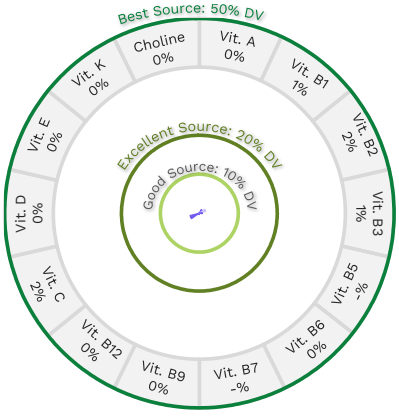


FATS





CARBOHYDRATES



MINERALS

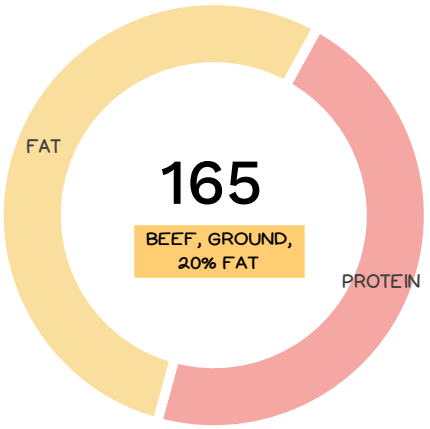
VITAMINS



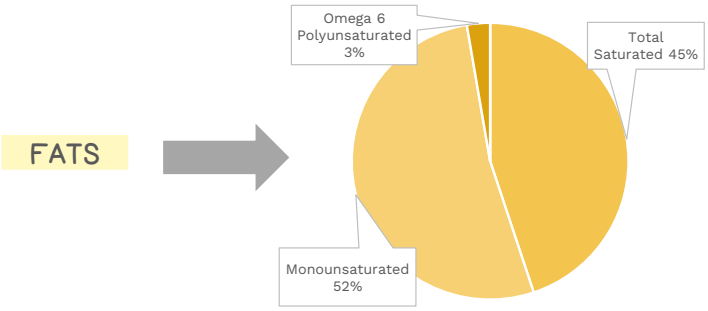
455 Beef, ground, 20% fat

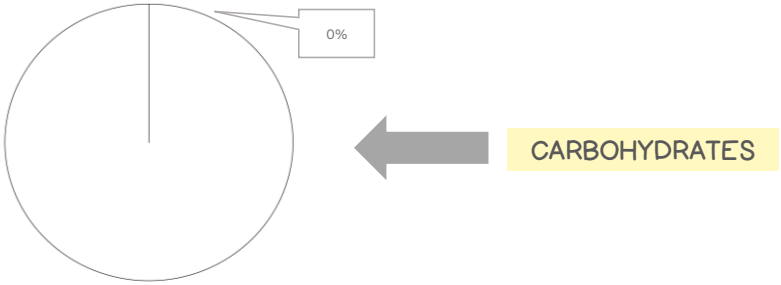
Serving Size:	100 grams	Protein:	17.2 grams	Net Carbs:	0.0 grams
Calories:	254	Fat:	20.0 grams	Fiber:	0.0 grams

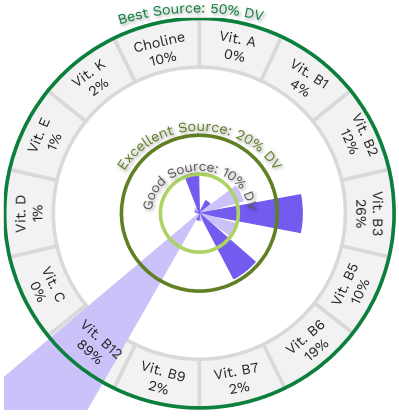
Vitamins & Vitaminlike Compounds		
Vitamin A	4.0 µg RAE	0% DV
Vitamin B1 (Thiamin)	43.0 µg	4% DV
Vitamin B2 (Riboflavin)	151.0 µg	12% DV
Vitamin B3 (Niacin)	4.2 mg	26% DV
Vitamin B5 (Pantothenic Acid)	0.5 mg	10% DV
Vitamin B6 (Pyridoxine)	323.0 µg	19% DV
Vitamin B7 (Biotin)	0.6 µg	2% DV
Vitamin B9 (Folate)	7.0 µg	2% DV
Vitamin B12 (Cobalamin)	2.1 µg	89% DV
Vitamin C	0.0 mg	0% DV
Vitamin D (D2 + D3)	0.1 µg	1% DV
Vitamin E	0.2 mg	1% DV
Vitamin K	1.8 µg	2% DV
Choline	56.4 mg	10% DV
Myo-Inositol	30.0 mg	~
CoQ10	3.0 mg	~
Minerals		
Calcium	18.0 mg	1% DV
Copper	61.0 µg	7% DV
Iodine	0.0 µg	0% DV
Iron	1.9 mg	11% DV
Magnesium	17.0 mg	4% DV
Manganese	10.0 µg	0% DV
Phosphorus	158.0 mg	13% DV
Potassium	270.0 mg	6% DV
Selenium	15.0 µg	27% DV
Sodium	66.0 mg	3% DV
Zinc	4.2 mg	38% DV
Amino Acids & Peptides		
Taurine	100.0 mg	~
Ergothioneine	0.1 mg	~
Functional Fats		
MUFA	8.8 g	44% DV
ALA	65.0 mg	4% DV
EPA + DHA	0.0 mg	0% DV
CLA	151.3 mg	~
Linoleic Acid	0.4 g	2% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	0.0 µg	~
Polyphenols	0.0 mg	~
Phytosterols	0.0 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

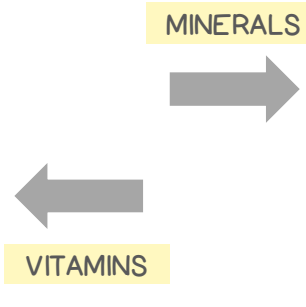


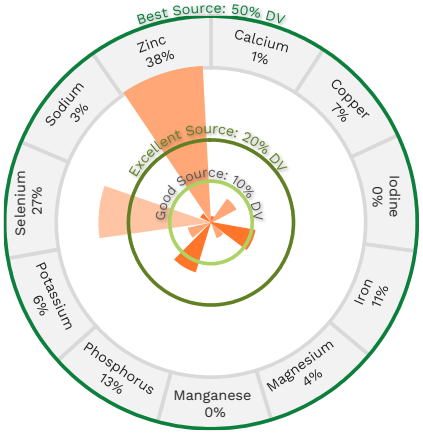








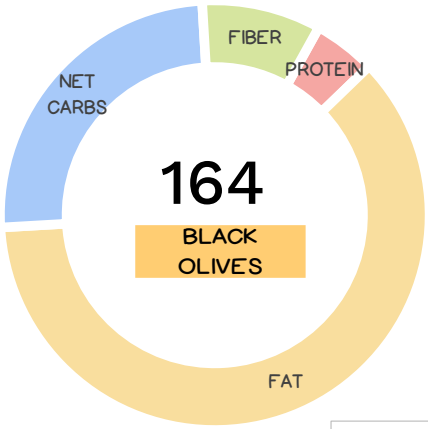




456 Black Olives

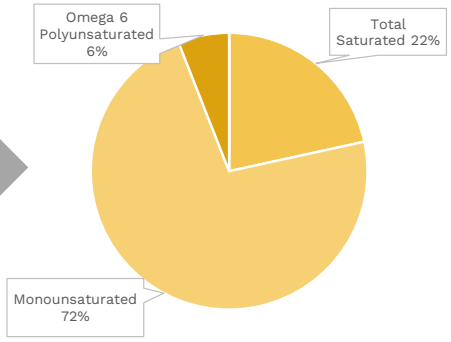
Serving Size:	34 grams	Protein:	0.3 grams	Net Carbs:	1.5 grams
Calories:	39	Fat:	3.7 grams	Fiber:	0.5 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	5.8 µg RAE	1% DV
Vitamin B1 (Thiamin)	1.0 µg	0% DV
Vitamin B2 (Riboflavin)	0.0 µg	0% DV
Vitamin B3 (Niacin)	0.0 mg	0% DV
Vitamin B5 (Pantothenic Acid)	0.0 mg	0% DV
Vitamin B6 (Pyridoxine)	3.1 µg	0% DV
Vitamin B7 (Biotin)	0.0 µg	0% DV
Vitamin B9 (Folate)	0.0 µg	0% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	0.3 mg	0% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.6 mg	4% DV
Vitamin K	0.5 µg	0% DV
Choline	3.5 mg	1% DV
Myo-Inositol	3.4 mg	~
CoQ10	~	~
Minerals		
Calcium	29.9 mg	2% DV
Copper	85.3 µg	9% DV
Iodine	~	~
Iron	2.1 mg	12% DV
Magnesium	1.4 mg	0% DV
Manganese	6.8 µg	0% DV
Phosphorus	1.0 mg	0% DV
Potassium	2.7 mg	0% DV
Selenium	0.3 µg	1% DV
Sodium	249.9 mg	11% DV
Zinc	0.1 mg	1% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	2.6 g	13% DV
ALA	0.0 mg	0% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.2 g	1% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	240.7 µg	~
Polyphenols	98.5 mg	~
Phytosterols	11.6 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

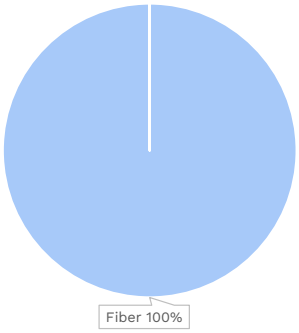




FATS

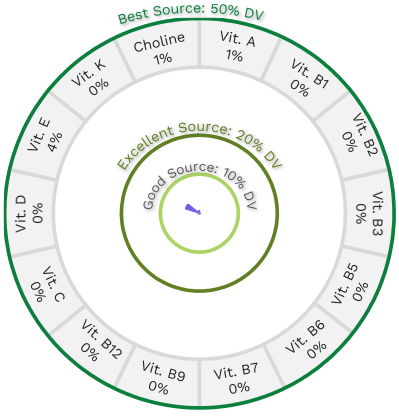


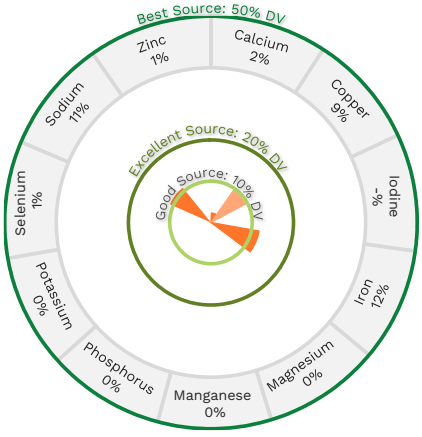
CARBOHYDRATES



MINERALS

VITAMINS

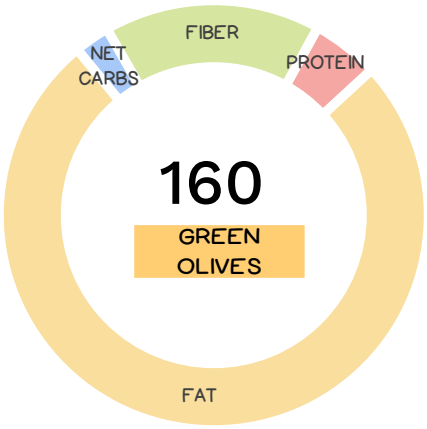




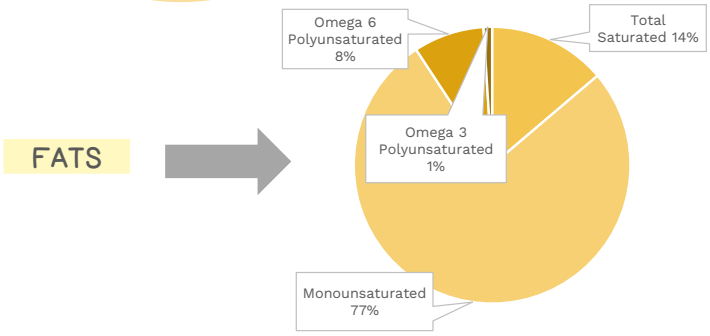
457 Green Olives

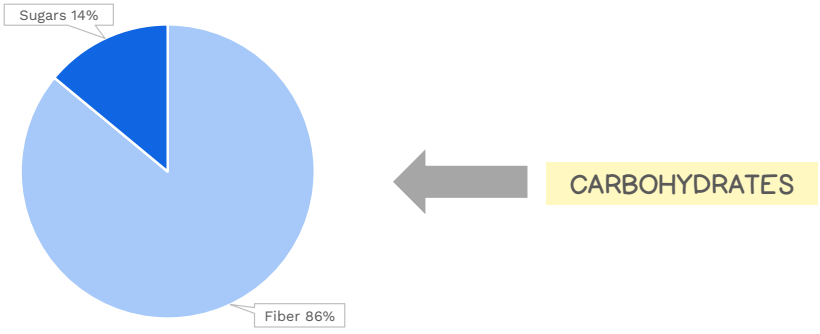
Serving Size:	34 grams	Protein:	0.4 grams	Net Carbs:	0.2 grams
Calories:	49	Fat:	5.2 grams	Fiber:	1.1 grams

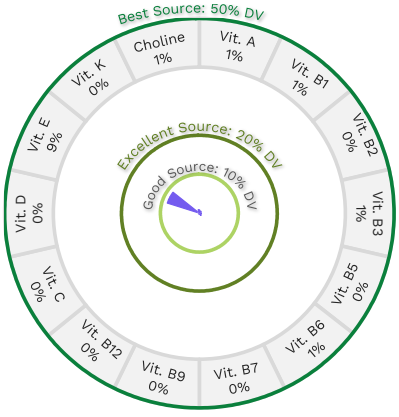
Vitamins & Vitaminlike Compounds		
Vitamin A	6.8 µg RAE	1% DV
Vitamin B1 (Thiamin)	7.1 µg	1% DV
Vitamin B2 (Riboflavin)	2.4 µg	0% DV
Vitamin B3 (Niacin)	0.1 mg	1% DV
Vitamin B5 (Pantothenic Acid)	0.0 mg	0% DV
Vitamin B6 (Pyridoxine)	10.5 µg	1% DV
Vitamin B7 (Biotin)	0.0 µg	0% DV
Vitamin B9 (Folate)	1.0 µg	0% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	0.0 mg	0% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	1.3 mg	9% DV
Vitamin K	0.5 µg	0% DV
Choline	4.8 mg	1% DV
Myo-Inositol	3.4 mg	~
CoQ10	~	~
Minerals		
Calcium	17.7 mg	1% DV
Copper	40.8 µg	5% DV
Iodine	~	~
Iron	0.2 mg	1% DV
Magnesium	3.7 mg	1% DV
Manganese	6.8 µg	0% DV
Phosphorus	1.4 mg	0% DV
Potassium	14.3 mg	0% DV
Selenium	0.3 µg	1% DV
Sodium	529.0 mg	23% DV
Zinc	0.0 mg	0% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	3.8 g	19% DV
ALA	31.3 mg	2% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.4 g	2% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	255.0 µg	~
Polyphenols	197.2 mg	~
Phytosterols	11.6 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~





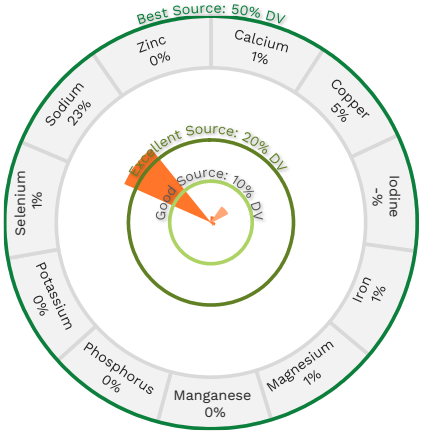








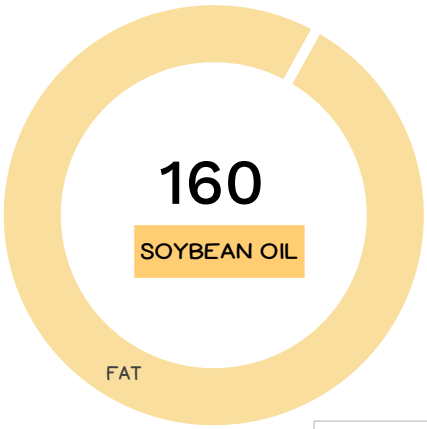




458 Soybean Oil

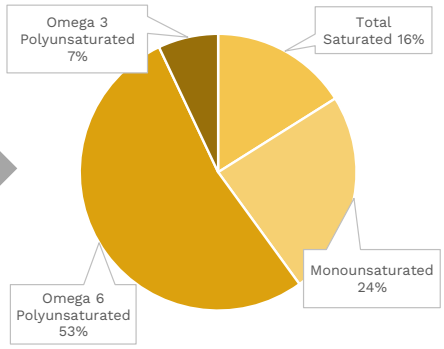
Serving Size:	14 grams	Protein:	0.0 grams	Net Carbs:	0.0 grams
Calories:	120	Fat:	13.6 grams	Fiber:	0.0 grams

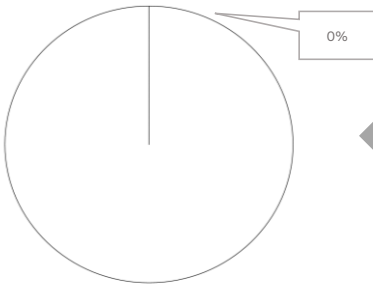
Vitamins & Vitaminlike Compounds		
Vitamin A	0.0 µg RAE	0% DV
Vitamin B1 (Thiamin)	0.0 µg	0% DV
Vitamin B2 (Riboflavin)	0.0 µg	0% DV
Vitamin B3 (Niacin)	0.0 mg	0% DV
Vitamin B5 (Pantothenic Acid)	0.0 mg	0% DV
Vitamin B6 (Pyridoxine)	0.0 µg	0% DV
Vitamin B7 (Biotin)	0.0 µg	0% DV
Vitamin B9 (Folate)	0.0 µg	0% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	0.0 mg	0% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	1.1 mg	7% DV
Vitamin K	25.0 µg	21% DV
Choline	0.0 mg	0% DV
Myo-Inositol	~	~
CoQ10	2.7 mg	~
Minerals		
Calcium	0.0 mg	0% DV
Copper	0.0 µg	0% DV
Iodine	~	~
Iron	0.0 mg	0% DV
Magnesium	0.0 mg	0% DV
Manganese	~	~
Phosphorus	0.0 mg	0% DV
Potassium	0.0 mg	0% DV
Selenium	0.0 µg	0% DV
Sodium	0.0 mg	0% DV
Zinc	0.0 mg	0% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	3.1 g	15% DV
ALA	956.6 mg	60% DV
EPA + DHA	0.0 mg	0% DV
CLA	4.1 mg	~
Linoleic Acid	6.8 g	40% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	0.0 µg	~
Polyphenols	0.0 mg	~
Phytosterols	48.4 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~



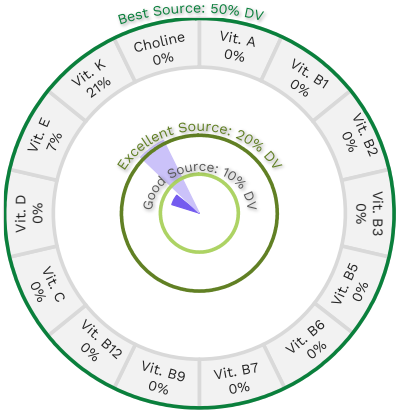


FATS





CARBOHYDRATES



MINERALS

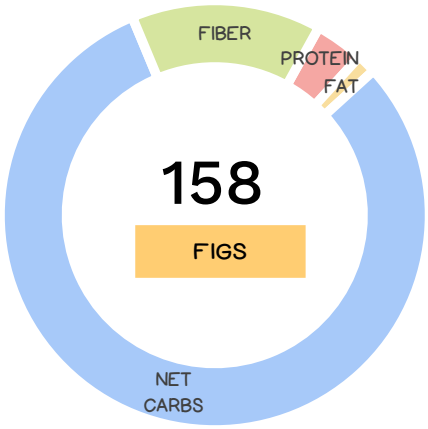
VITAMINS



459 Figs

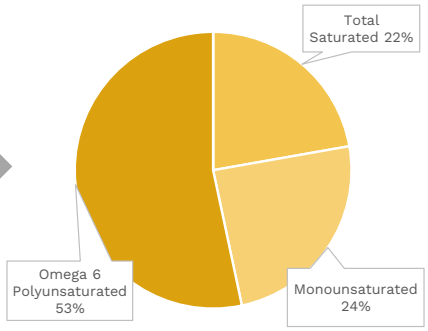
Serving Size:	150 grams	Protein:	1.1 grams	Net Carbs:	24.4 grams
Calories:	111	Fat:	0.5 grams	Fiber:	4.4 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	10.5 µg RAE	1% DV
Vitamin B1 (Thiamin)	90.0 µg	8% DV
Vitamin B2 (Riboflavin)	75.0 µg	6% DV
Vitamin B3 (Niacin)	0.6 mg	4% DV
Vitamin B5 (Pantothenic Acid)	0.5 mg	9% DV
Vitamin B6 (Pyridoxine)	169.5 µg	10% DV
Vitamin B7 (Biotin)	0.9 µg	3% DV
Vitamin B9 (Folate)	9.0 µg	2% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	3.0 mg	3% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.2 mg	1% DV
Vitamin K	7.1 µg	6% DV
Choline	7.1 mg	1% DV
Myo-Inositol	40.6 mg	~
CoQ10	~	~
Minerals		
Calcium	52.5 mg	4% DV
Copper	105.0 µg	12% DV
Iodine	~	~
Iron	0.6 mg	3% DV
Magnesium	25.5 mg	6% DV
Manganese	192.0 µg	8% DV
Phosphorus	21.0 mg	2% DV
Potassium	348.0 mg	7% DV
Selenium	0.3 µg	1% DV
Sodium	1.5 mg	0% DV
Zinc	0.2 mg	2% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.1 g	0% DV
ALA	0.0 mg	0% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.2 g	1% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	141.0 µg	~
Polyphenols	421.7 mg	~
Phytosterols	~	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

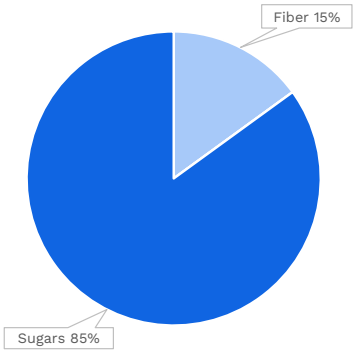




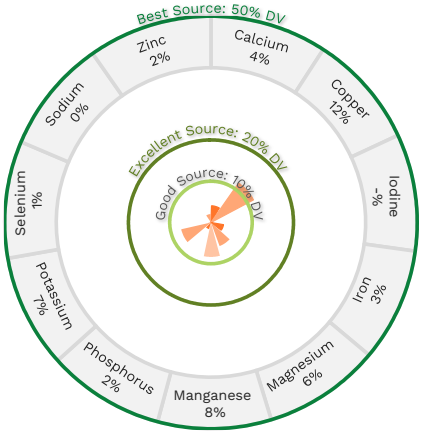
FATS



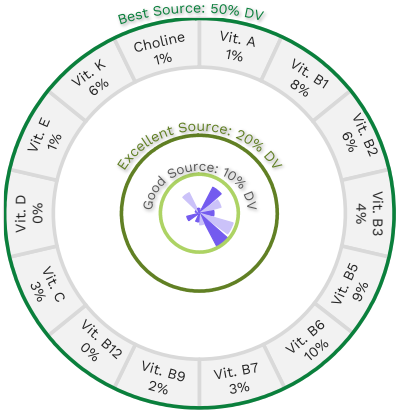
CARBOHYDRATES



MINERALS



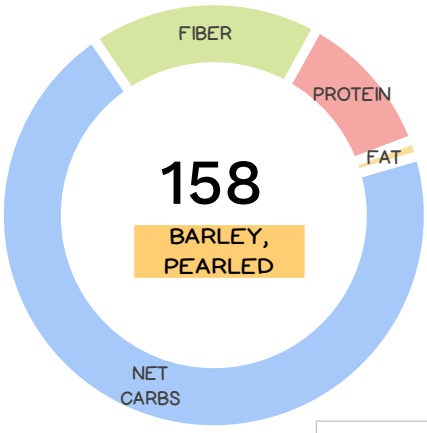
VITAMINS



460 Barley, pearled

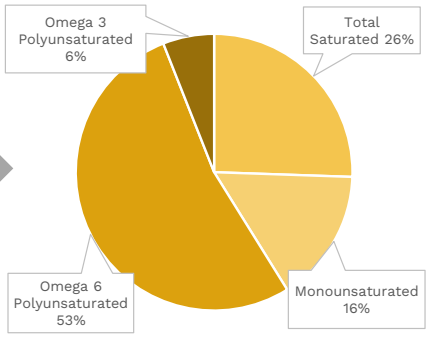
Serving Size:	50 grams	Protein:	5.0 grams	Net Carbs:	31.1 grams
Calories:	176	Fat:	0.6 grams	Fiber:	7.8 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	0.5 µg RAE	0% DV
Vitamin B1 (Thiamin)	95.5 µg	8% DV
Vitamin B2 (Riboflavin)	57.0 µg	4% DV
Vitamin B3 (Niacin)	2.3 mg	14% DV
Vitamin B5 (Pantothenic Acid)	0.1 mg	3% DV
Vitamin B6 (Pyridoxine)	130.0 µg	8% DV
Vitamin B7 (Biotin)	15.5 µg	52% DV
Vitamin B9 (Folate)	11.5 µg	3% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	0.0 mg	0% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.0 mg	0% DV
Vitamin K	1.1 µg	1% DV
Choline	18.9 mg	3% DV
Myo-Inositol	4.3 mg	~
CoQ10	~	~
Minerals		
Calcium	14.5 mg	1% DV
Copper	210.0 µg	23% DV
Iodine	~	~
Iron	1.3 mg	7% DV
Magnesium	39.5 mg	9% DV
Manganese	661.0 µg	29% DV
Phosphorus	110.5 mg	9% DV
Potassium	140.0 mg	3% DV
Selenium	18.9 µg	34% DV
Sodium	4.5 mg	0% DV
Zinc	1.1 mg	10% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.1 g	0% DV
ALA	27.5 mg	2% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.3 g	1% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	86.5 µg	~
Polyphenols	92.7 mg	~
Phytosterols	31.1 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

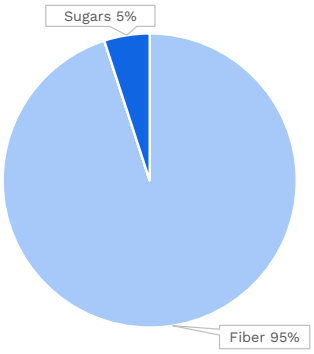




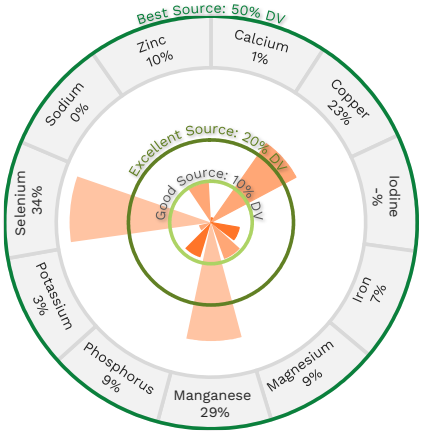
FATS



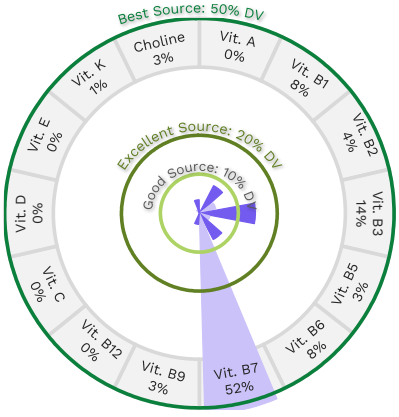
CARBOHYDRATES



MINERALS



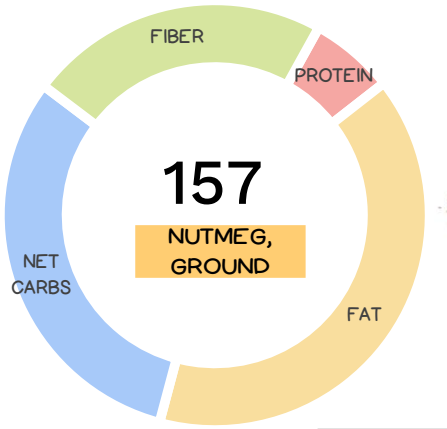
VITAMINS



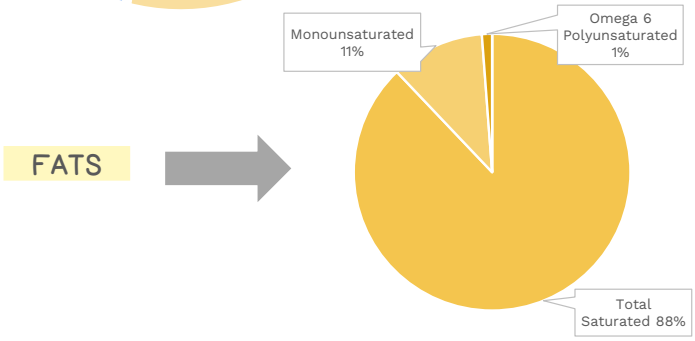
461 Nutmeg, ground

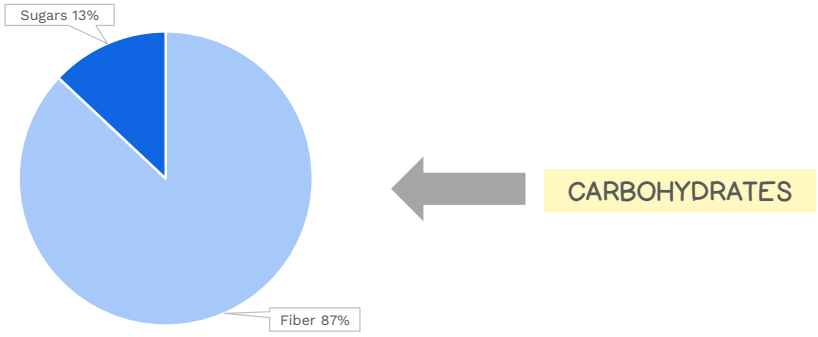
Serving Size:	7 grams	Protein:	0.4 grams	Net Carbs:	2.0 grams
Calories:	37	Fat:	2.5 grams	Fiber:	1.5 grams

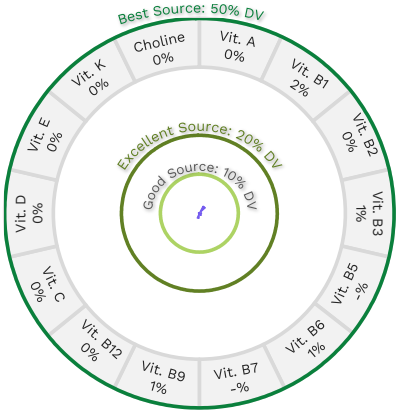
Vitamins & Vitaminlike Compounds		
Vitamin A	0.4 µg RAE	0% DV
Vitamin B1 (Thiamin)	24.2 µg	2% DV
Vitamin B2 (Riboflavin)	4.0 µg	0% DV
Vitamin B3 (Niacin)	0.1 mg	1% DV
Vitamin B5 (Pantothenic Acid)	~	~
Vitamin B6 (Pyridoxine)	11.2 µg	1% DV
Vitamin B7 (Biotin)	~	~
Vitamin B9 (Folate)	5.3 µg	1% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	0.2 mg	0% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.0 mg	0% DV
Vitamin K	0.0 µg	0% DV
Choline	0.6 mg	0% DV
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	12.9 mg	1% DV
Copper	71.9 µg	8% DV
Iodine	~	~
Iron	0.2 mg	1% DV
Magnesium	12.8 mg	3% DV
Manganese	203.0 µg	9% DV
Phosphorus	14.9 mg	1% DV
Potassium	24.5 mg	1% DV
Selenium	0.1 µg	0% DV
Sodium	1.1 mg	0% DV
Zinc	0.2 mg	1% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.2 g	1% DV
ALA	0.0 mg	0% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.0 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	6.6 µg	~
Polyphenols	154.0 mg	~
Phytosterols	~	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

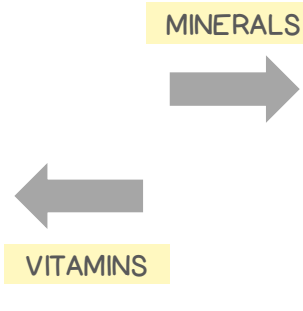


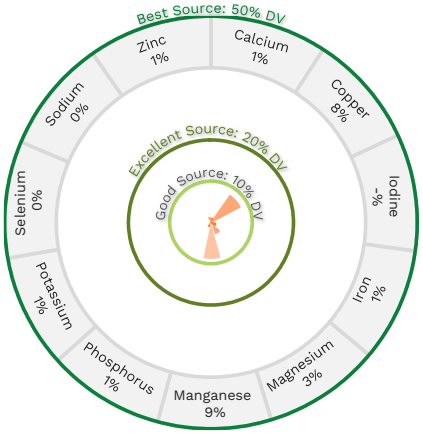








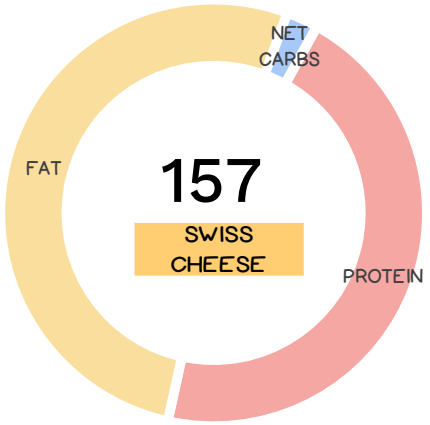




462 Swiss Cheese

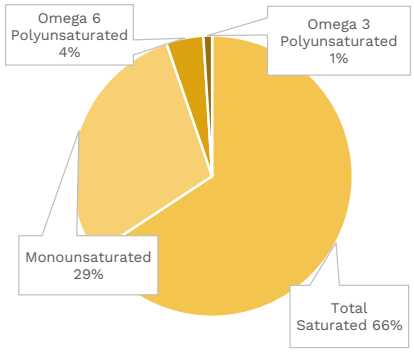
Serving Size:	42 grams	Protein:	11.3 grams	Net Carbs:	0.6 grams
Calories:	165	Fat:	13.0 grams	Fiber:	0.0 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	121.0 µg RAE	13% DV
Vitamin B1 (Thiamin)	4.6 µg	0% DV
Vitamin B2 (Riboflavin)	126.8 µg	10% DV
Vitamin B3 (Niacin)	0.0 mg	0% DV
Vitamin B5 (Pantothenic Acid)	0.1 mg	3% DV
Vitamin B6 (Pyridoxine)	29.8 µg	2% DV
Vitamin B7 (Biotin)	1.3 µg	4% DV
Vitamin B9 (Folate)	4.2 µg	1% DV
Vitamin B12 (Cobalamin)	1.3 µg	54% DV
Vitamin C	0.0 mg	0% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.3 mg	2% DV
Vitamin K	0.6 µg	0% DV
Choline	5.8 mg	1% DV
Myo-Inositol	2.1 mg	~
CoQ10	0.1 mg	~
Minerals		
Calcium	373.8 mg	29% DV
Copper	19.7 µg	2% DV
Iodine	~	~
Iron	0.1 mg	0% DV
Magnesium	13.9 mg	3% DV
Manganese	10.9 µg	0% DV
Phosphorus	241.1 mg	19% DV
Potassium	30.2 mg	1% DV
Selenium	12.6 µg	23% DV
Sodium	78.5 mg	3% DV
Zinc	1.8 mg	17% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	3.4 g	17% DV
ALA	54.2 mg	3% DV
EPA + DHA	3.8 mg	2% DV
CLA	184.8 mg	~
Linoleic Acid	0.5 g	3% DV
MCT's	1.1 g	~
Phytonutrients		
Carotenoids	30.7 µg	~
Polyphenols	0.0 mg	~
Phytosterols	0.0 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~





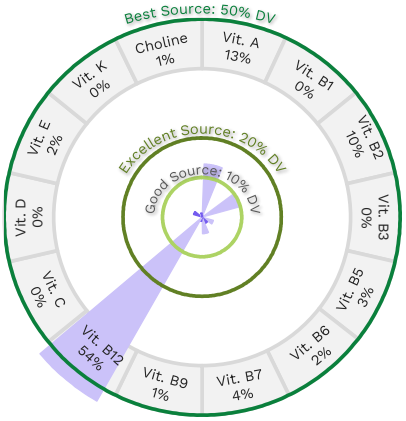
FATS





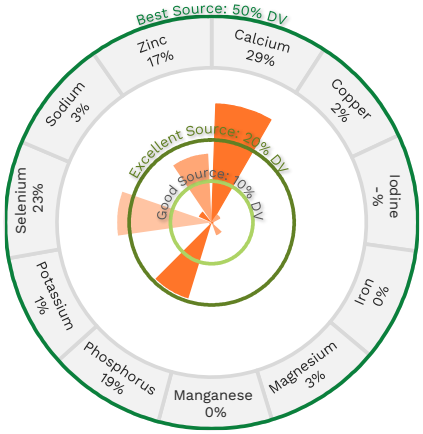
CARBOHYDRATES

No detailed component data currently available in the USDA Food Central Database.



MINERALS

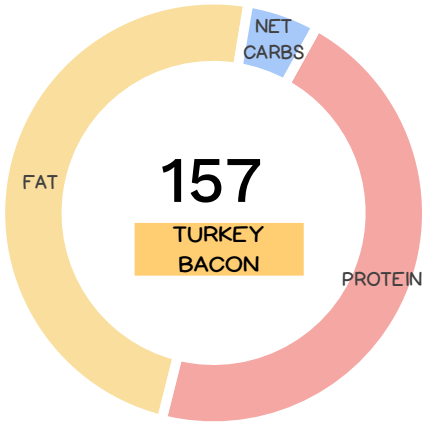
VITAMINS



463 Turkey bacon

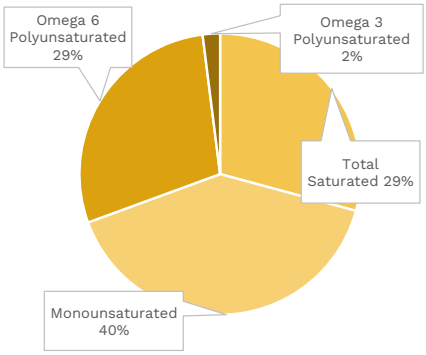
Serving Size:	100 grams	Protein:	15.9 grams	Net Carbs:	1.9 grams
Calories:	226	Fat:	16.9 grams	Fiber:	0.0 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	10.0 µg RAE	1% DV
Vitamin B1 (Thiamin)	30.0 µg	3% DV
Vitamin B2 (Riboflavin)	237.0 µg	18% DV
Vitamin B3 (Niacin)	4.0 mg	25% DV
Vitamin B5 (Pantothenic Acid)	0.7 mg	14% DV
Vitamin B6 (Pyridoxine)	244.0 µg	14% DV
Vitamin B7 (Biotin)	~	~
Vitamin B9 (Folate)	10.0 µg	3% DV
Vitamin B12 (Cobalamin)	1.2 µg	50% DV
Vitamin C	0.0 mg	0% DV
Vitamin D (D2 + D3)	0.7 µg	4% DV
Vitamin E	0.1 mg	1% DV
Vitamin K	0.0 µg	0% DV
Choline	54.0 mg	10% DV
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	80.0 mg	6% DV
Copper	68.0 µg	8% DV
Iodine	~	~
Iron	1.4 mg	8% DV
Magnesium	16.0 mg	4% DV
Manganese	19.0 µg	1% DV
Phosphorus	222.0 mg	18% DV
Potassium	349.0 mg	7% DV
Selenium	15.8 µg	29% DV
Sodium	1069.0 mg	46% DV
Zinc	2.5 mg	23% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	6.2 g	31% DV
ALA	251.0 mg	16% DV
EPA + DHA	13.0 mg	5% DV
CLA	~	~
Linoleic Acid	4.3 g	25% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	0.0 µg	~
Polyphenols	0.0 mg	~
Phytosterols	0.0 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~





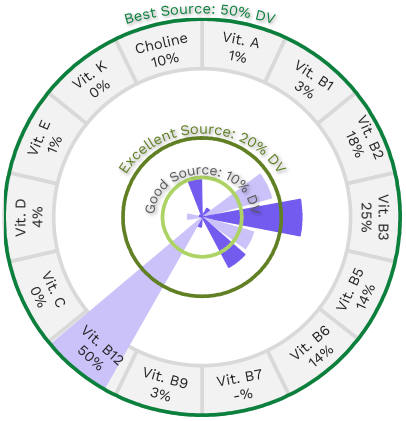
FATS





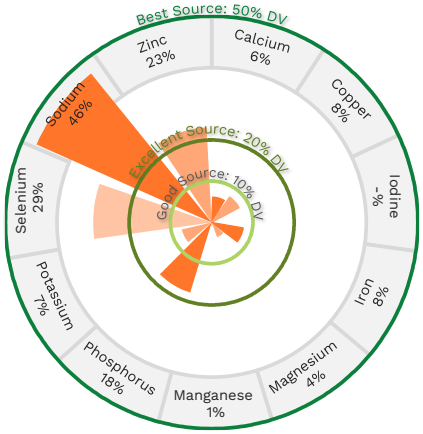
CARBOHYDRATES

No detailed component data currently available in the USDA Food Central Database.



VITAMINS

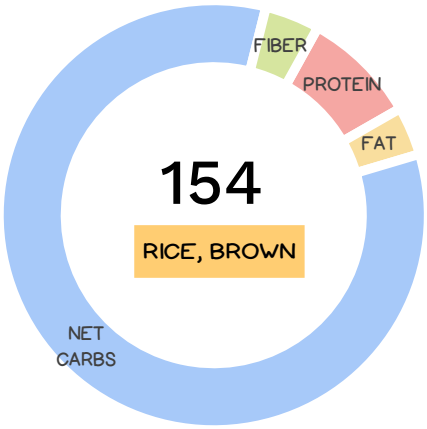
MINERALS



464 Rice, brown

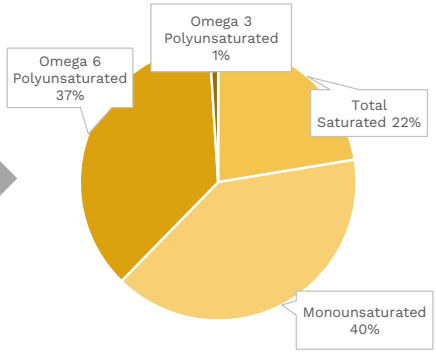
Serving Size:	31 grams	Protein:	2.3 grams	Net Carbs:	22.5 grams
Calories:	114	Fat:	1.0 grams	Fiber:	1.1 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	0.0 µg RAE	0% DV
Vitamin B1 (Thiamin)	167.7 µg	14% DV
Vitamin B2 (Riboflavin)	29.5 µg	2% DV
Vitamin B3 (Niacin)	2.0 mg	13% DV
Vitamin B5 (Pantothenic Acid)	0.3 mg	7% DV
Vitamin B6 (Pyridoxine)	147.9 µg	9% DV
Vitamin B7 (Biotin)	3.7 µg	12% DV
Vitamin B9 (Folate)	7.1 µg	2% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	0.0 mg	0% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.9 mg	6% DV
Vitamin K	0.2 µg	0% DV
Choline	6.7 mg	1% DV
Myo-Inositol	27.7 mg	~
CoQ10	~	~
Minerals		
Calcium	2.8 mg	0% DV
Copper	93.6 µg	10% DV
Iodine	~	~
Iron	0.4 mg	2% DV
Magnesium	36.0 mg	9% DV
Manganese	884.4 µg	38% DV
Phosphorus	96.4 mg	8% DV
Potassium	77.5 mg	2% DV
Selenium	5.3 µg	10% DV
Sodium	1.6 mg	0% DV
Zinc	0.7 mg	6% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	0.0 mg	~
Functional Fats		
MUFA	0.3 g	2% DV
ALA	9.9 mg	1% DV
EPA + DHA	0.0 mg	0% DV
CLA	0.0 mg	~
Linoleic Acid	0.3 g	2% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	0.0 µg	~
Polyphenols	72.2 mg	~
Phytosterols	16.4 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

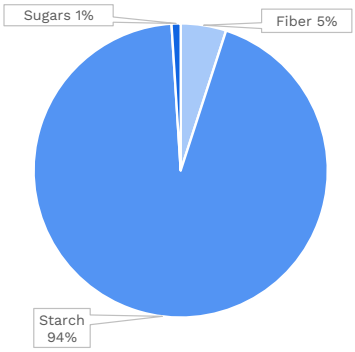




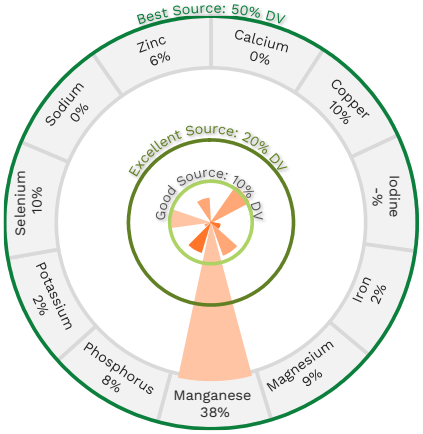
FATS



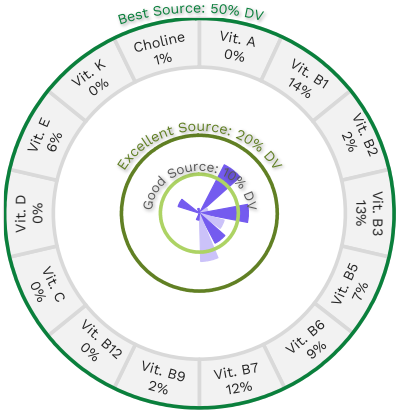
CARBOHYDRATES



MINERALS



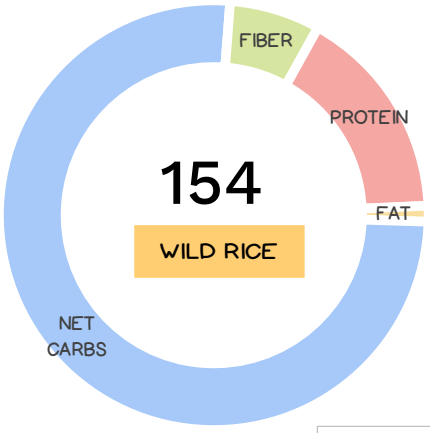
VITAMINS



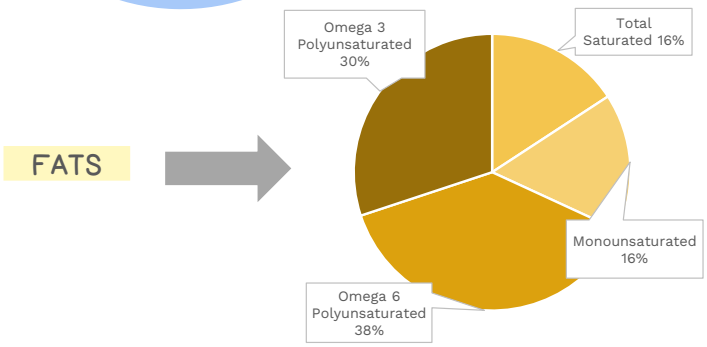
465 Wild rice

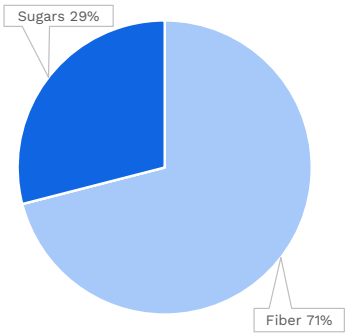
Serving Size:	40 grams	Protein:	5.9 grams	Net Carbs:	27.5 grams
Calories:	143	Fat:	0.4 grams	Fiber:	2.5 grams

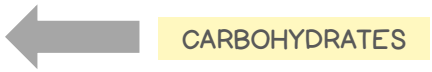
Vitamins & Vitaminlike Compounds		
Vitamin A	0.4 µg RAE	0% DV
Vitamin B1 (Thiamin)	46.0 µg	4% DV
Vitamin B2 (Riboflavin)	104.8 µg	8% DV
Vitamin B3 (Niacin)	2.7 mg	17% DV
Vitamin B5 (Pantothenic Acid)	0.4 mg	9% DV
Vitamin B6 (Pyridoxine)	156.4 µg	9% DV
Vitamin B7 (Biotin)	~	~
Vitamin B9 (Folate)	38.0 µg	10% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	0.0 mg	0% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.3 mg	2% DV
Vitamin K	0.8 µg	1% DV
Choline	14.0 mg	3% DV
Myo-Inositol	38.2 mg	~
CoQ10	~	~
Minerals		
Calcium	8.4 mg	1% DV
Copper	209.6 µg	23% DV
Iodine	~	~
Iron	0.8 mg	4% DV
Magnesium	70.8 mg	17% DV
Manganese	531.6 µg	23% DV
Phosphorus	173.2 mg	14% DV
Potassium	170.8 mg	4% DV
Selenium	1.1 µg	2% DV
Sodium	2.8 mg	0% DV
Zinc	2.4 mg	22% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.1 g	0% DV
ALA	120.0 mg	8% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.2 g	1% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	92.4 µg	~
Polyphenols	124.9 mg	~
Phytosterols	~	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

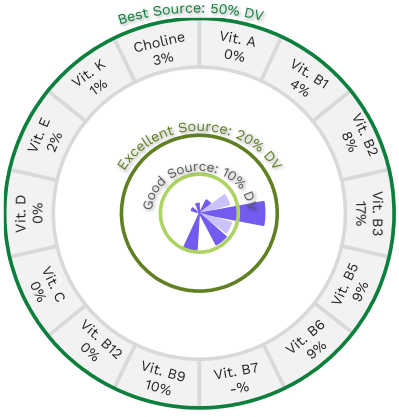






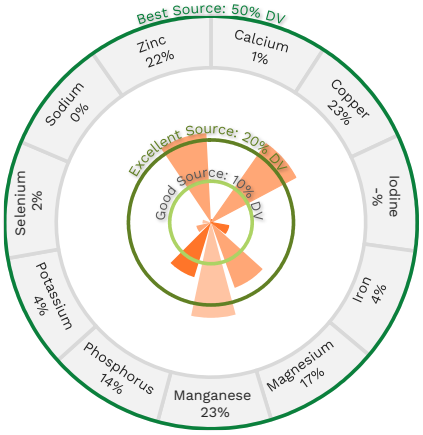








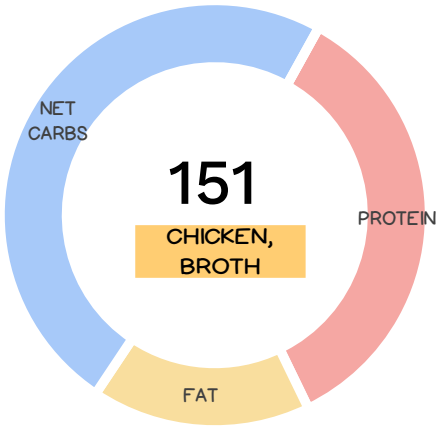




466 Chicken, Broth

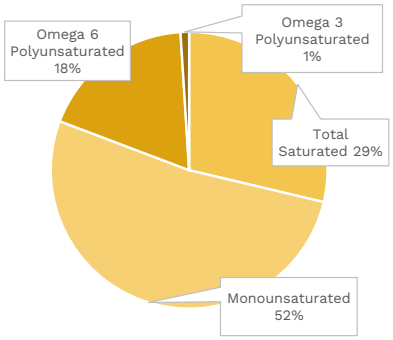
Serving Size:	240 grams	Protein:	6.0 grams	Net Carbs:	8.5 grams
Calories:	86	Fat:	2.9 grams	Fiber:	0.0 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	2.4 µg RAE	0% DV
Vitamin B1 (Thiamin)	84.0 µg	7% DV
Vitamin B2 (Riboflavin)	204.0 µg	16% DV
Vitamin B3 (Niacin)	3.8 mg	24% DV
Vitamin B5 (Pantothenic Acid)	~	~
Vitamin B6 (Pyridoxine)	146.4 µg	9% DV
Vitamin B7 (Biotin)	~	~
Vitamin B9 (Folate)	12.0 µg	3% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	0.5 mg	1% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.1 mg	0% DV
Vitamin K	0.5 µg	0% DV
Choline	22.1 mg	4% DV
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	7.2 mg	1% DV
Copper	129.6 µg	14% DV
Iodine	~	~
Iron	0.5 mg	3% DV
Magnesium	9.6 mg	2% DV
Manganese	~	~
Phosphorus	64.8 mg	5% DV
Potassium	252.0 mg	5% DV
Selenium	5.3 µg	10% DV
Sodium	343.2 mg	15% DV
Zinc	0.3 mg	3% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	1.4 g	7% DV
ALA	21.6 mg	1% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.5 g	3% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	2.4 µg	~
Polyphenols	0.0 mg	~
Phytosterols	0.0 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

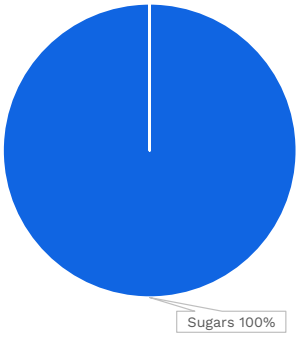




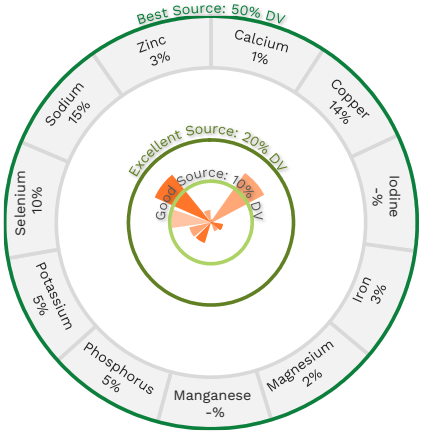
FATS



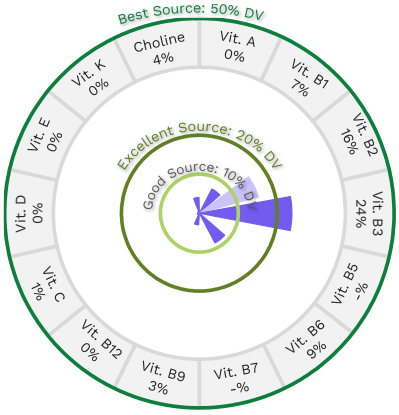
CARBOHYDRATES



MINERALS



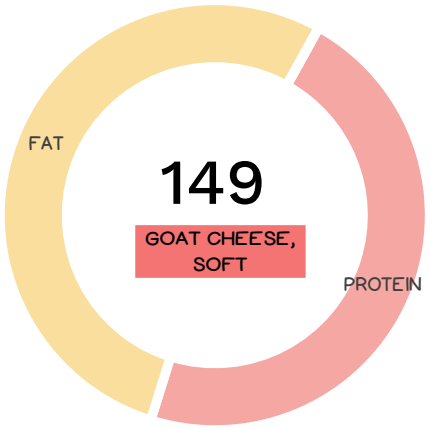
VITAMINS



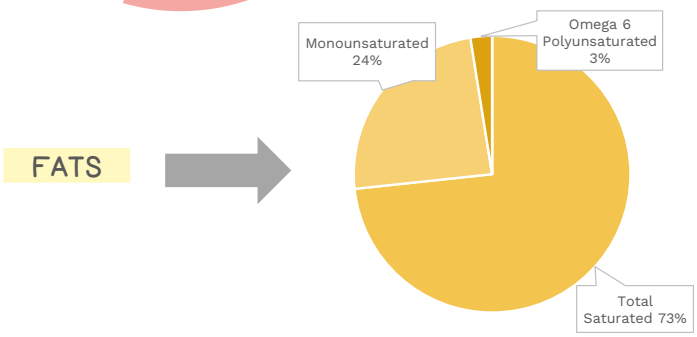
467 Goat cheese, soft

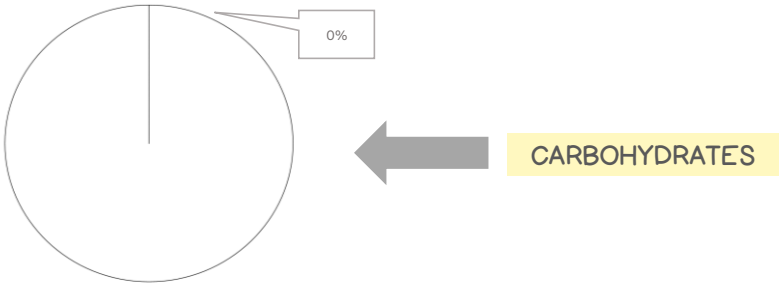
Serving Size:	42 grams	Protein:	7.8 grams	Net Carbs:	0.0 grams
Calories:	111	Fat:	8.9 grams	Fiber:	0.0 grams

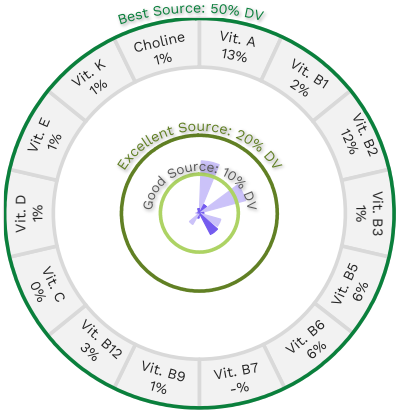
Vitamins & Vitaminlike Compounds		
Vitamin A	121.0 µg RAE	13% DV
Vitamin B1 (Thiamin)	29.4 µg	2% DV
Vitamin B2 (Riboflavin)	159.6 µg	12% DV
Vitamin B3 (Niacin)	0.2 mg	1% DV
Vitamin B5 (Pantothenic Acid)	0.3 mg	6% DV
Vitamin B6 (Pyridoxine)	105.0 µg	6% DV
Vitamin B7 (Biotin)	~	~
Vitamin B9 (Folate)	5.0 µg	1% DV
Vitamin B12 (Cobalamin)	0.1 µg	3% DV
Vitamin C	0.0 mg	0% DV
Vitamin D (D2 + D3)	0.2 µg	1% DV
Vitamin E	0.1 mg	1% DV
Vitamin K	0.8 µg	1% DV
Choline	6.5 mg	1% DV
Myo-Inositol	~	~
CoQ10	0.1 mg	~
Minerals		
Calcium	58.8 mg	5% DV
Copper	307.4 µg	34% DV
Iodine	~	~
Iron	0.8 mg	4% DV
Magnesium	6.7 mg	2% DV
Manganese	42.0 µg	2% DV
Phosphorus	107.5 mg	9% DV
Potassium	10.9 mg	0% DV
Selenium	1.2 µg	2% DV
Sodium	192.8 mg	8% DV
Zinc	0.4 mg	4% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	2.0 g	10% DV
ALA	0.0 mg	0% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.2 g	1% DV
MCT's	1.7 g	~
Phytonutrients		
Carotenoids	22.7 µg	~
Polyphenols	0.0 mg	~
Phytosterols	~	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

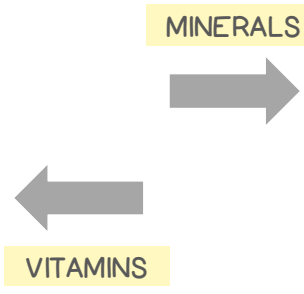


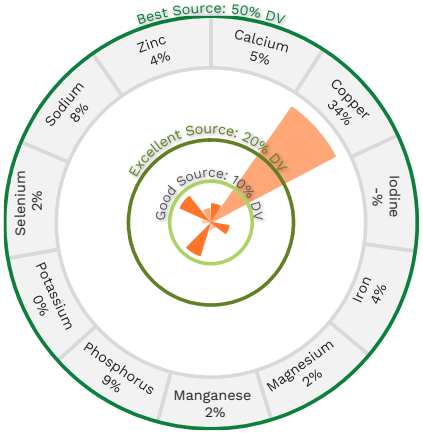








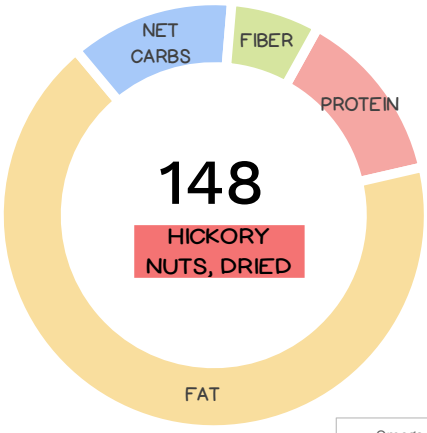




468 Hickory nuts, dried

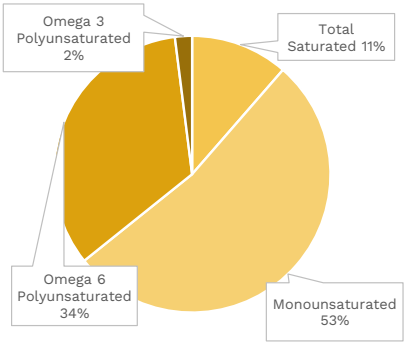
Serving Size:	28 grams	Protein:	3.6 grams	Net Carbs:	3.3 grams
Calories:	184	Fat:	18.0 grams	Fiber:	1.8 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	2.0 µg RAE	0% DV
Vitamin B1 (Thiamin)	242.8 µg	20% DV
Vitamin B2 (Riboflavin)	36.7 µg	3% DV
Vitamin B3 (Niacin)	0.3 mg	2% DV
Vitamin B5 (Pantothenic Acid)	0.5 mg	10% DV
Vitamin B6 (Pyridoxine)	53.8 µg	3% DV
Vitamin B7 (Biotin)	~	~
Vitamin B9 (Folate)	11.2 µg	3% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	0.6 mg	1% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	~	~
Vitamin K	~	~
Choline	~	~
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	17.1 mg	1% DV
Copper	206.6 µg	23% DV
Iodine	~	~
Iron	0.6 mg	3% DV
Magnesium	48.4 mg	12% DV
Manganese	1290.8 µg	56% DV
Phosphorus	94.1 mg	8% DV
Potassium	122.1 mg	3% DV
Selenium	2.3 µg	4% DV
Sodium	0.3 mg	0% DV
Zinc	1.2 mg	11% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	9.1 g	46% DV
ALA	293.2 mg	18% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	5.8 g	34% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	~	~
Polyphenols	0.0 mg	~
Phytosterols	~	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

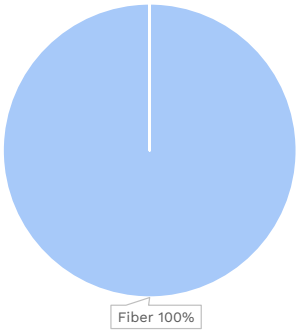




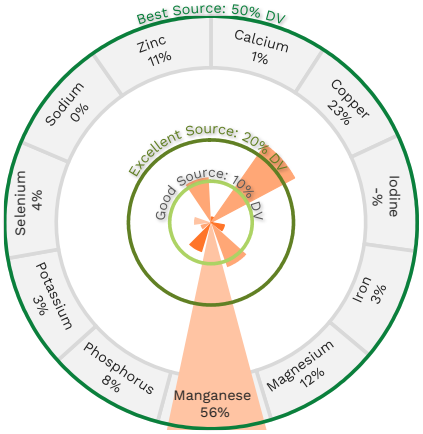
FATS



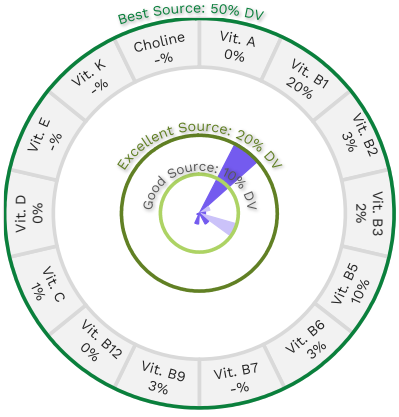
CARBOHYDRATES



MINERALS



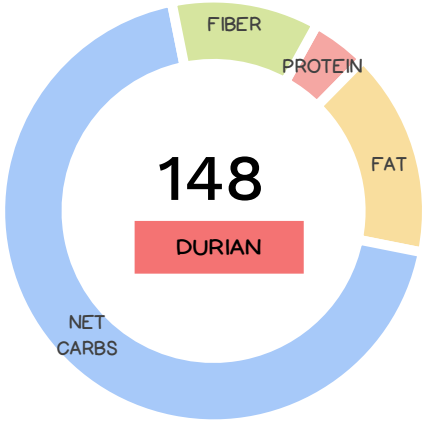
VITAMINS



469 Durian

Serving Size:	243 grams	Protein:	3.6 grams	Net Carbs:	56.6 grams
Calories:	357	Fat:	13.0 grams	Fiber:	9.2 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	4.9 µg RAE	1% DV
Vitamin B1 (Thiamin)	908.8 µg	76% DV
Vitamin B2 (Riboflavin)	486.0 µg	37% DV
Vitamin B3 (Niacin)	2.6 mg	16% DV
Vitamin B5 (Pantothenic Acid)	0.6 mg	11% DV
Vitamin B6 (Pyridoxine)	767.9 µg	45% DV
Vitamin B7 (Biotin)	14.3 µg	48% DV
Vitamin B9 (Folate)	87.5 µg	22% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	47.9 mg	53% DV
Vitamin D (D2 + D3)	~	~
Vitamin E	~	~
Vitamin K	~	~
Choline	~	~
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	14.6 mg	1% DV
Copper	503.0 µg	56% DV
Iodine	~	~
Iron	1.0 mg	6% DV
Magnesium	72.9 mg	17% DV
Manganese	789.8 µg	34% DV
Phosphorus	94.8 mg	8% DV
Potassium	1059.5 mg	23% DV
Selenium	~	~
Sodium	4.9 mg	0% DV
Zinc	0.7 mg	6% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	0.1 mg	~
Functional Fats		
MUFA	~	~
ALA	~	~
EPA + DHA	~	~
CLA	~	~
Linoleic Acid	~	~
MCT's	~	~
Phytonutrients		
Carotenoids	70.5 µg	~
Polyphenols	192.3 mg	~
Phytosterols	~	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

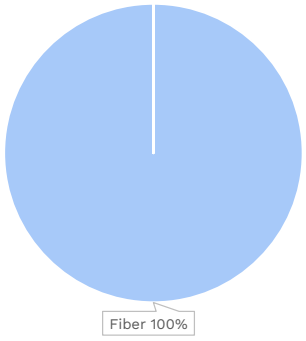




FATS



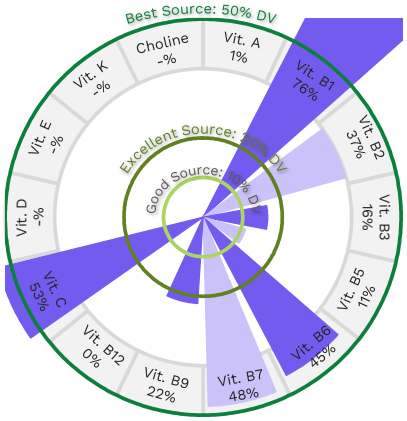
No detailed component data currently available in the USDA Food Central Database.

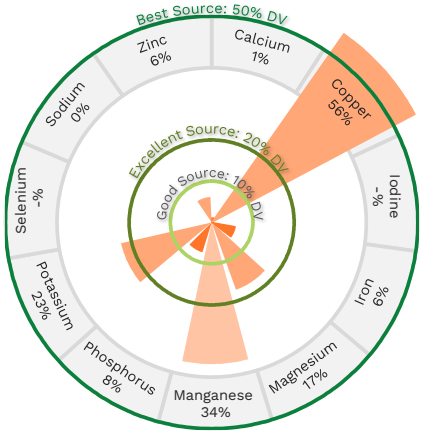


CARBOHYDRATES

MINERALS

VITAMINS

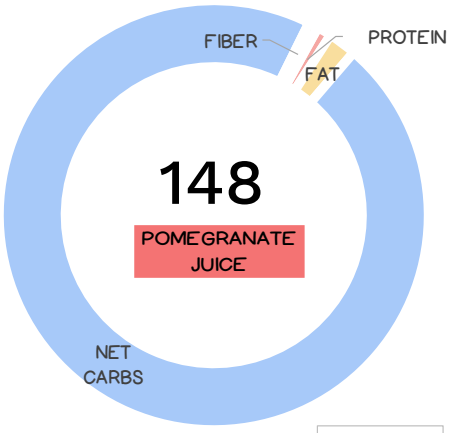




470 Pomegranate juice

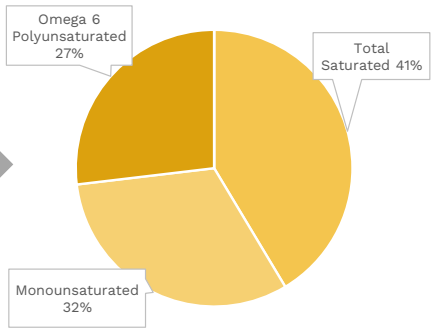
Serving Size:	249 grams	Protein:	0.4 grams	Net Carbs:	32.4 grams
Calories:	134	Fat:	0.7 grams	Fiber:	0.2 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	0.0 µg RAE	0% DV
Vitamin B1 (Thiamin)	37.4 µg	3% DV
Vitamin B2 (Riboflavin)	37.4 µg	3% DV
Vitamin B3 (Niacin)	0.6 mg	4% DV
Vitamin B5 (Pantothenic Acid)	0.7 mg	14% DV
Vitamin B6 (Pyridoxine)	99.6 µg	6% DV
Vitamin B7 (Biotin)	~	~
Vitamin B9 (Folate)	59.8 µg	15% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	0.2 mg	0% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.9 mg	6% DV
Vitamin K	25.9 µg	22% DV
Choline	12.0 mg	2% DV
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	27.4 mg	2% DV
Copper	52.3 µg	6% DV
Iodine	~	~
Iron	0.2 mg	1% DV
Magnesium	17.4 mg	4% DV
Manganese	236.6 µg	10% DV
Phosphorus	27.4 mg	2% DV
Potassium	532.9 mg	11% DV
Selenium	0.7 µg	1% DV
Sodium	22.4 mg	1% DV
Zinc	0.2 mg	2% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.1 g	1% DV
ALA	0.0 mg	0% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.1 g	1% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	0.0 µg	~
Polyphenols	638.9 mg	~
Phytosterols	~	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

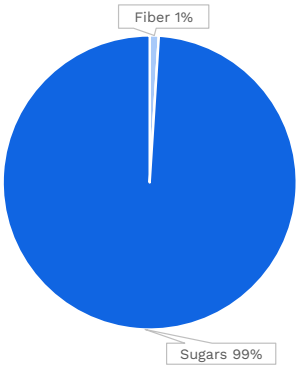




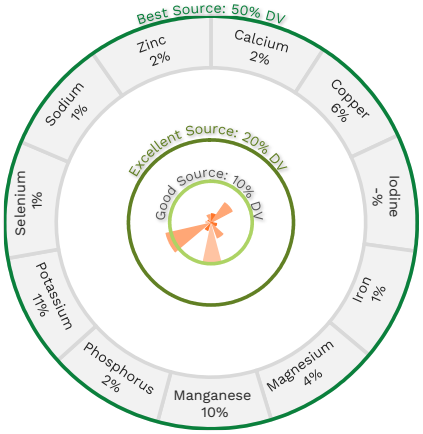
FATS



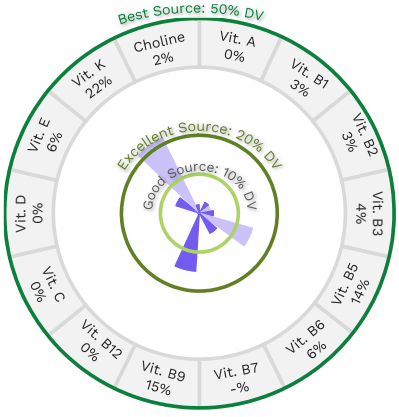
CARBOHYDRATES



MINERALS



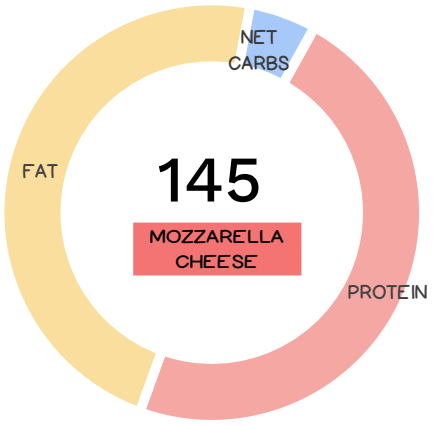
VITAMINS



471 Mozzarella Cheese

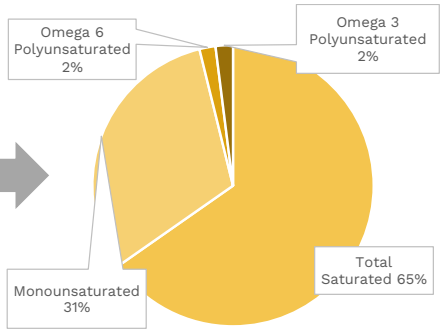
Serving Size:	42 grams	Protein:	9.3 grams	Net Carbs:	1.0 grams
Calories:	126	Fat:	9.3 grams	Fiber:	0.0 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	75.2 µg RAE	8% DV
Vitamin B1 (Thiamin)	12.6 µg	1% DV
Vitamin B2 (Riboflavin)	118.9 µg	9% DV
Vitamin B3 (Niacin)	0.0 mg	0% DV
Vitamin B5 (Pantothenic Acid)	0.1 mg	1% DV
Vitamin B6 (Pyridoxine)	15.5 µg	1% DV
Vitamin B7 (Biotin)	0.8 µg	3% DV
Vitamin B9 (Folate)	2.9 µg	1% DV
Vitamin B12 (Cobalamin)	1.0 µg	40% DV
Vitamin C	0.0 mg	0% DV
Vitamin D (D2 + D3)	0.2 µg	1% DV
Vitamin E	0.1 mg	1% DV
Vitamin K	1.0 µg	1% DV
Choline	6.5 mg	1% DV
Myo-Inositol	2.1 mg	~
CoQ10	0.1 mg	~
Minerals		
Calcium	212.1 mg	16% DV
Copper	4.6 µg	1% DV
Iodine	~	~
Iron	0.2 mg	1% DV
Magnesium	8.4 mg	2% DV
Manganese	12.6 µg	1% DV
Phosphorus	148.7 mg	12% DV
Potassium	31.9 mg	1% DV
Selenium	7.1 µg	13% DV
Sodium	204.1 mg	9% DV
Zinc	1.2 mg	11% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	2.8 g	14% DV
ALA	156.2 mg	10% DV
EPA + DHA	0.0 mg	0% DV
CLA	46.1 mg	~
Linoleic Acid	0.2 g	1% DV
MCT's	0.8 g	~
Phytonutrients		
Carotenoids	23.9 µg	~
Polyphenols	0.0 mg	~
Phytosterols	0.0 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~





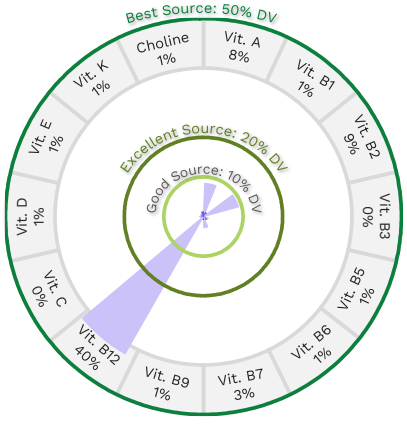
FATS



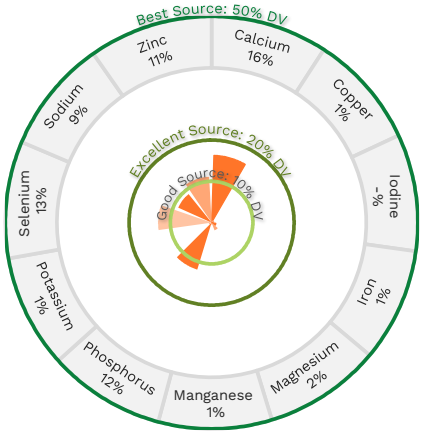
CARBOHYDRATES

No detailed component data currently available in the USDA Food Central Database.

VITAMINS



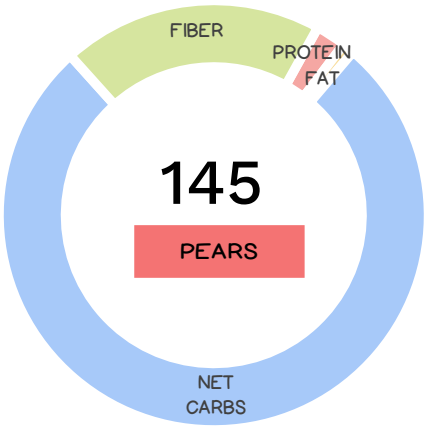
MINERALS



472 Pears

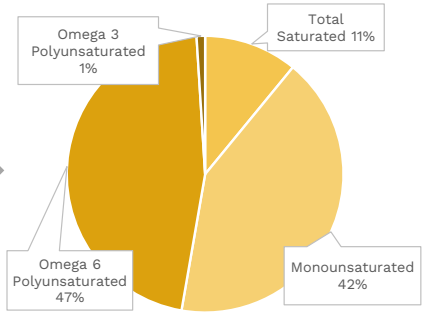
Serving Size:	140 grams	Protein:	0.5 grams	Net Carbs:	17.0 grams
Calories:	80	Fat:	0.2 grams	Fiber:	4.3 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	1.4 µg RAE	0% DV
Vitamin B1 (Thiamin)	16.8 µg	1% DV
Vitamin B2 (Riboflavin)	36.4 µg	3% DV
Vitamin B3 (Niacin)	0.2 mg	1% DV
Vitamin B5 (Pantothenic Acid)	0.1 mg	1% DV
Vitamin B6 (Pyridoxine)	40.6 µg	2% DV
Vitamin B7 (Biotin)	0.4 µg	1% DV
Vitamin B9 (Folate)	9.8 µg	2% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	6.0 mg	7% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.2 mg	2% DV
Vitamin K	6.2 µg	5% DV
Choline	7.1 mg	1% DV
Myo-Inositol	102.2 mg	~
CoQ10	~	~
Minerals		
Calcium	12.6 mg	1% DV
Copper	114.8 µg	13% DV
Iodine	~	~
Iron	0.3 mg	1% DV
Magnesium	9.8 mg	2% DV
Manganese	67.2 µg	3% DV
Phosphorus	16.8 mg	1% DV
Potassium	162.4 mg	3% DV
Selenium	0.1 µg	0% DV
Sodium	1.4 mg	0% DV
Zinc	0.1 mg	1% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.1 g	1% DV
ALA	1.4 mg	0% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.1 g	1% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	85.4 µg	~
Polyphenols	266.1 mg	~
Phytosterols	23.0 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

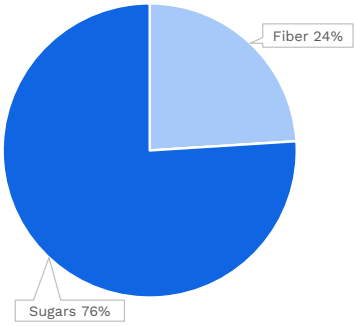




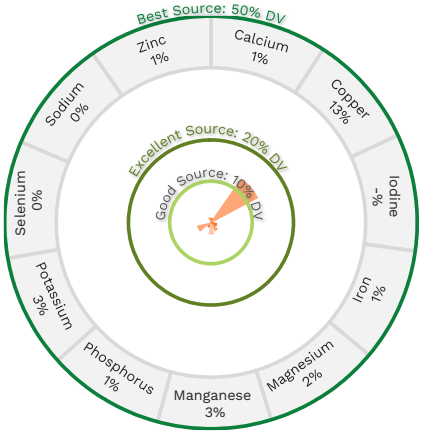
FATS



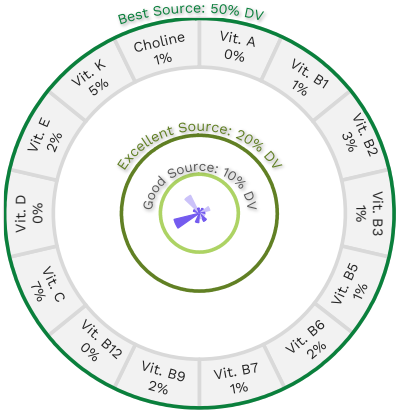
CARBOHYDRATES



MINERALS



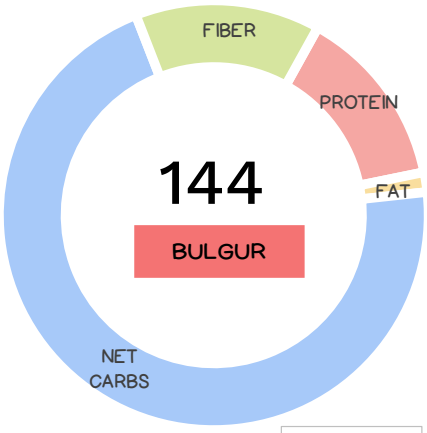
VITAMINS



473 Bulgur

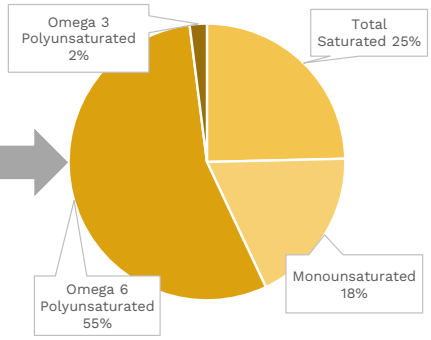
Serving Size:	35 grams	Protein:	4.3 grams	Net Carbs:	22.2 grams
Calories:	120	Fat:	0.5 grams	Fiber:	4.4 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	0.0 µg RAE	0% DV
Vitamin B1 (Thiamin)	81.2 µg	7% DV
Vitamin B2 (Riboflavin)	40.3 µg	3% DV
Vitamin B3 (Niacin)	1.8 mg	11% DV
Vitamin B5 (Pantothenic Acid)	0.4 mg	7% DV
Vitamin B6 (Pyridoxine)	119.7 µg	7% DV
Vitamin B7 (Biotin)	~	~
Vitamin B9 (Folate)	9.5 µg	2% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	0.0 mg	0% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.0 mg	0% DV
Vitamin K	0.7 µg	1% DV
Choline	9.8 mg	2% DV
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	12.3 mg	1% DV
Copper	117.3 µg	13% DV
Iodine	~	~
Iron	0.9 mg	5% DV
Magnesium	57.4 mg	14% DV
Manganese	1066.8 µg	46% DV
Phosphorus	105.0 mg	8% DV
Potassium	143.5 mg	3% DV
Selenium	0.8 µg	1% DV
Sodium	6.0 mg	0% DV
Zinc	0.7 mg	6% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.1 g	0% DV
ALA	8.1 mg	1% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.2 g	1% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	78.8 µg	~
Polyphenols	19.0 mg	~
Phytosterols	~	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

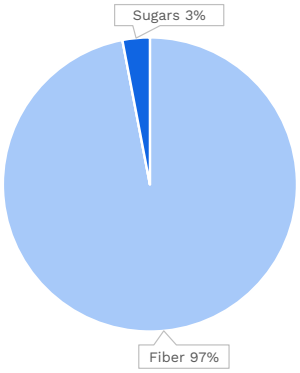




FATS

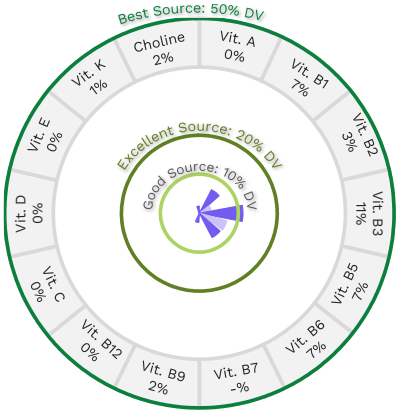


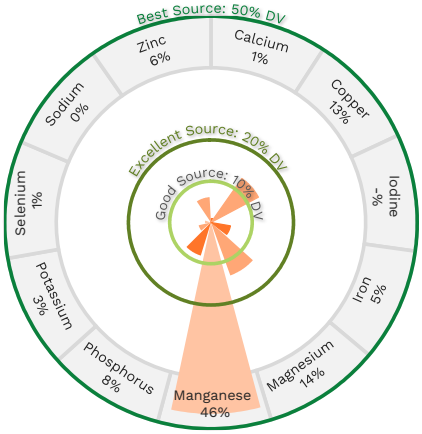
CARBOHYDRATES



MINERALS

VITAMINS

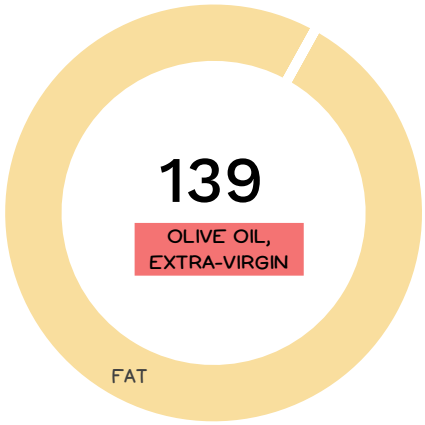




474 Olive oil, extra-virgin

Serving Size:	14 grams	Protein:	0.0 grams	Net Carbs:	0.0 grams
Calories:	124	Fat:	14.0 grams	Fiber:	0.0 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	0.3 µg RAE	0% DV
Vitamin B1 (Thiamin)	0.0 µg	0% DV
Vitamin B2 (Riboflavin)	0.0 µg	0% DV
Vitamin B3 (Niacin)	0.0 mg	0% DV
Vitamin B5 (Pantothenic Acid)	0.0 mg	0% DV
Vitamin B6 (Pyridoxine)	0.0 µg	0% DV
Vitamin B7 (Biotin)	0.0 µg	0% DV
Vitamin B9 (Folate)	0.0 µg	0% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	0.0 mg	0% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	6.2 mg	41% DV
Vitamin K	8.4 µg	7% DV
Choline	0.0 mg	0% DV
Myo-Inositol	~	~
CoQ10	2.2 mg	~
Minerals		
Calcium	0.1 mg	0% DV
Copper	0.0 µg	0% DV
Iodine	~	~
Iron	0.1 mg	0% DV
Magnesium	0.0 mg	0% DV
Manganese	0.0 µg	0% DV
Phosphorus	0.0 mg	0% DV
Potassium	0.1 mg	0% DV
Selenium	0.0 µg	0% DV
Sodium	~	~
Zinc	0.0 mg	0% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	11.3 g	57% DV
ALA	106.5 mg	7% DV
EPA + DHA	0.0 mg	0% DV
CLA	2.8 mg	~
Linoleic Acid	2.1 g	12% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	441.1 µg	~
Polyphenols	19.7 mg	~
Phytosterols	40.3 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

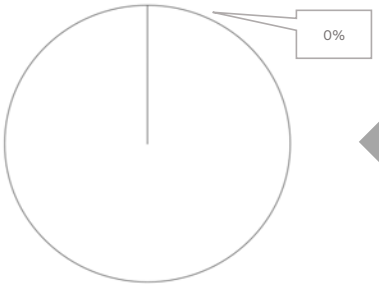




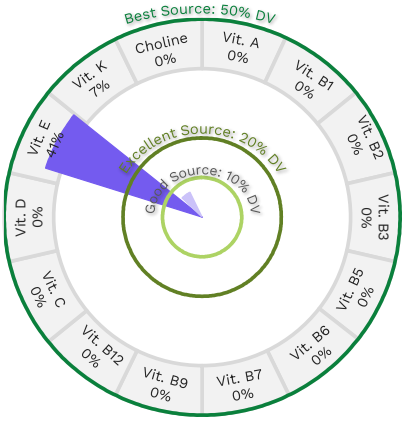
FATS



No detailed component data currently available in the USDA Food Central Database.

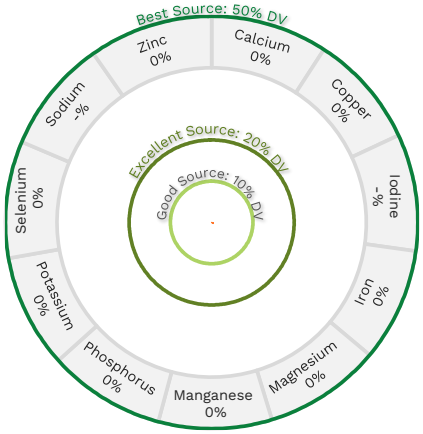


CARBOHYDRATES



MINERALS

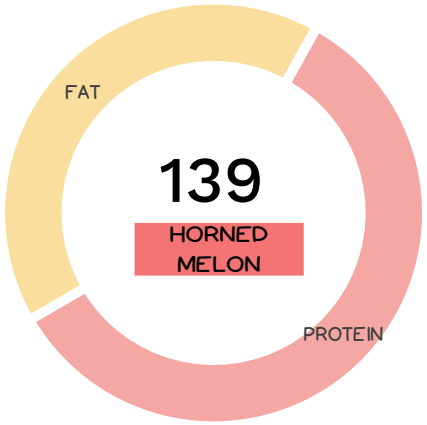
VITAMINS



475 Horned melon

Serving Size:	233 grams	Protein:	4.1 grams	Net Carbs:	~
Calories:	103	Fat:	2.9 grams	Fiber:	~

Vitamins & Vitaminlike Compounds		
Vitamin A	16.3 µg RAE	2% DV
Vitamin B1 (Thiamin)	58.3 µg	5% DV
Vitamin B2 (Riboflavin)	35.0 µg	3% DV
Vitamin B3 (Niacin)	1.3 mg	8% DV
Vitamin B5 (Pantothenic Acid)	0.4 mg	9% DV
Vitamin B6 (Pyridoxine)	146.8 µg	9% DV
Vitamin B7 (Biotin)	2.1 µg	7% DV
Vitamin B9 (Folate)	7.0 µg	2% DV
Vitamin B12 (Cobalamin)	~	~
Vitamin C	12.3 mg	14% DV
Vitamin D (D2 + D3)	~	~
Vitamin E	~	~
Vitamin K	~	~
Choline	~	~
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	30.3 mg	2% DV
Copper	46.6 µg	5% DV
Iodine	~	~
Iron	2.6 mg	15% DV
Magnesium	93.2 mg	22% DV
Manganese	90.9 µg	4% DV
Phosphorus	86.2 mg	7% DV
Potassium	286.6 mg	6% DV
Selenium	~	~
Sodium	4.7 mg	0% DV
Zinc	1.1 mg	10% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	~	~
ALA	~	~
EPA + DHA	~	~
CLA	~	~
Linoleic Acid	~	~
MCT's	~	~
Phytonutrients		
Carotenoids	205.0 µg	~
Polyphenols	26.2 mg	~
Phytosterols	~	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~





FATS



No detailed component data currently available in the USDA Food Central Database.

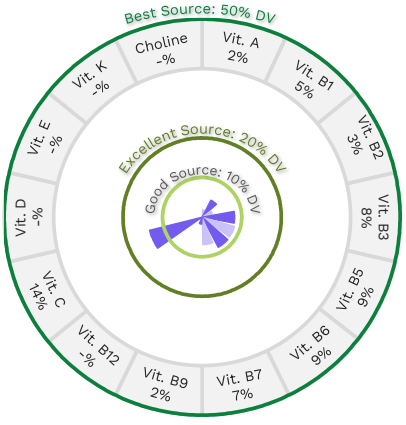


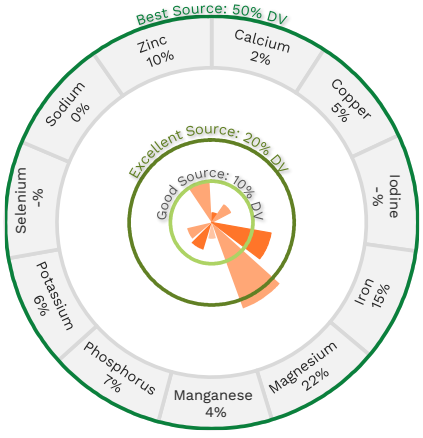
No detailed component data currently available in the USDA Food Central Database.

CARBOHYDRATES

MINERALS

VITAMINS

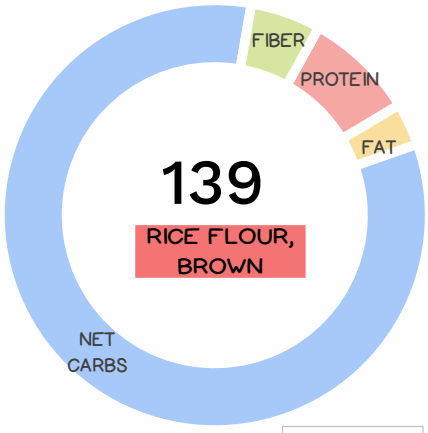




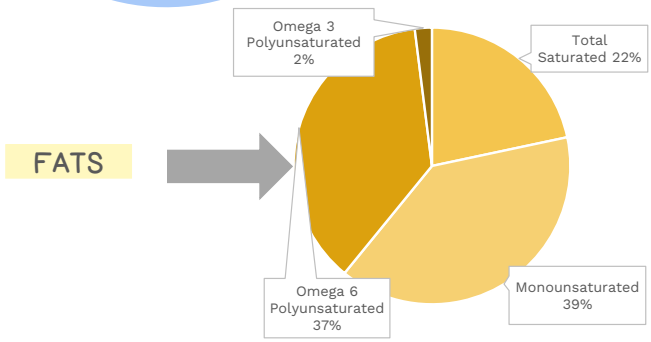
476 Rice flour, brown

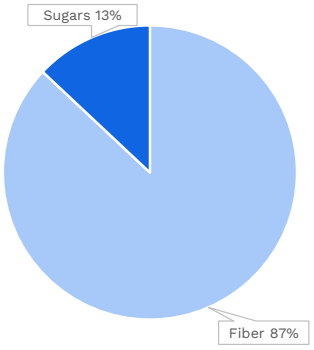
Serving Size:	40 grams	Protein:	2.9 grams	Net Carbs:	28.4 grams
Calories:	143	Fat:	1.1 grams	Fiber:	1.8 grams

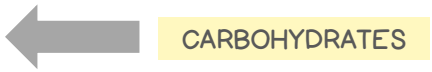
Vitamins & Vitaminlike Compounds		
Vitamin A	~	~
Vitamin B1 (Thiamin)	175.0 µg	15% DV
Vitamin B2 (Riboflavin)	31.6 µg	2% DV
Vitamin B3 (Niacin)	2.5 mg	16% DV
Vitamin B5 (Pantothenic Acid)	0.6 mg	13% DV
Vitamin B6 (Pyridoxine)	290.7 µg	17% DV
Vitamin B7 (Biotin)	~	~
Vitamin B9 (Folate)	6.3 µg	2% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	0.0 mg	0% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.2 mg	2% DV
Vitamin K	~	~
Choline	~	~
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	4.3 mg	0% DV
Copper	90.9 µg	10% DV
Iodine	~	~
Iron	0.8 mg	4% DV
Magnesium	44.2 mg	11% DV
Manganese	1585.1 µg	69% DV
Phosphorus	133.1 mg	11% DV
Potassium	114.2 mg	2% DV
Selenium	~	~
Sodium	3.2 mg	0% DV
Zinc	1.0 mg	9% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.4 g	2% DV
ALA	16.6 mg	1% DV
EPA + DHA	~	~
CLA	~	~
Linoleic Acid	0.4 g	2% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	~	~
Polyphenols	0.0 mg	~
Phytosterols	~	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

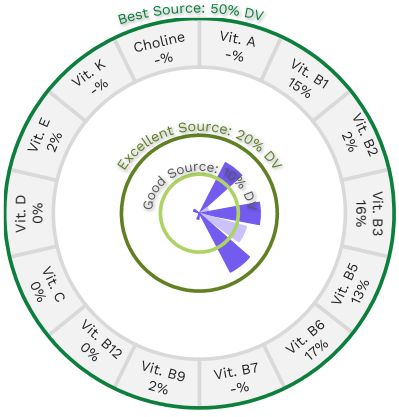




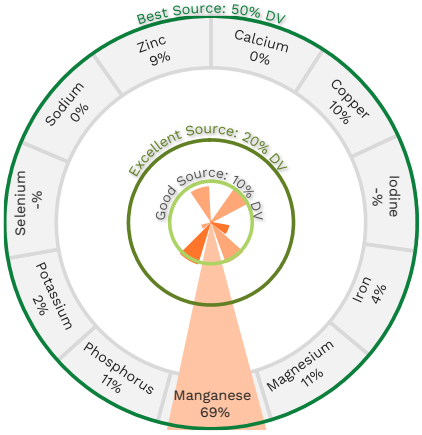










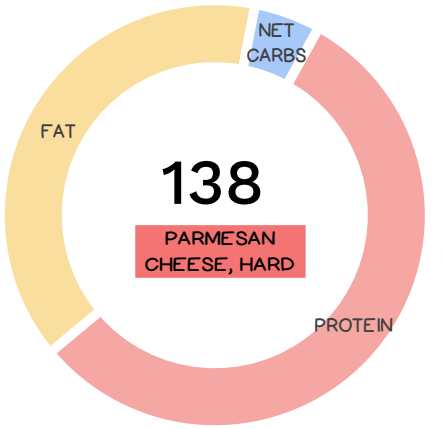




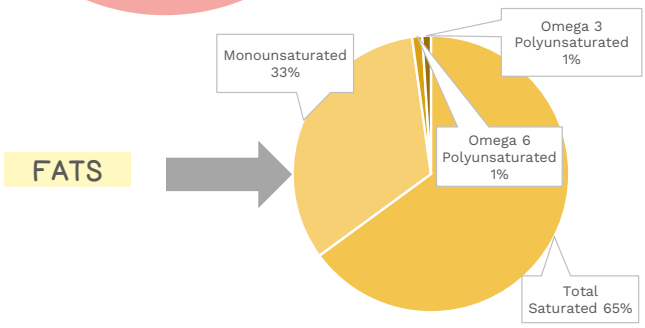
477 Parmesan cheese, hard

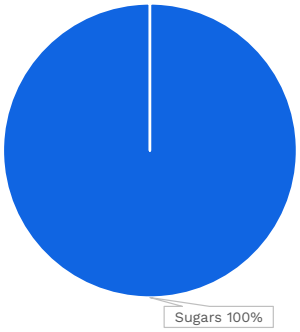
Serving Size:	42 grams	Protein:	15.0 grams	Net Carbs:	1.4 grams
Calories:	165	Fat:	10.5 grams	Fiber:	0.0 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	86.9 µg RAE	10% DV
Vitamin B1 (Thiamin)	16.4 µg	1% DV
Vitamin B2 (Riboflavin)	139.4 µg	11% DV
Vitamin B3 (Niacin)	0.1 mg	1% DV
Vitamin B5 (Pantothenic Acid)	0.2 mg	4% DV
Vitamin B6 (Pyridoxine)	38.2 µg	2% DV
Vitamin B7 (Biotin)	1.3 µg	4% DV
Vitamin B9 (Folate)	2.9 µg	1% DV
Vitamin B12 (Cobalamin)	0.5 µg	21% DV
Vitamin C	0.0 mg	0% DV
Vitamin D (D2 + D3)	0.2 µg	1% DV
Vitamin E	0.1 mg	1% DV
Vitamin K	0.7 µg	1% DV
Choline	6.5 mg	1% DV
Myo-Inositol	2.5 mg	~
CoQ10	0.1 mg	~
Minerals		
Calcium	497.3 mg	38% DV
Copper	13.4 µg	1% DV
Iodine	~	~
Iron	0.3 mg	2% DV
Magnesium	18.5 mg	4% DV
Manganese	8.4 µg	0% DV
Phosphorus	291.5 mg	23% DV
Potassium	38.6 mg	1% DV
Selenium	9.5 µg	17% DV
Sodium	493.5 mg	21% DV
Zinc	1.2 mg	11% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	3.2 g	16% DV
ALA	124.7 mg	8% DV
EPA + DHA	0.0 mg	0% DV
CLA	70.4 mg	~
Linoleic Acid	0.1 g	1% DV
MCT's	1.0 g	~
Phytonutrients		
Carotenoids	27.7 µg	~
Polyphenols	0.0 mg	~
Phytosterols	0.0 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~





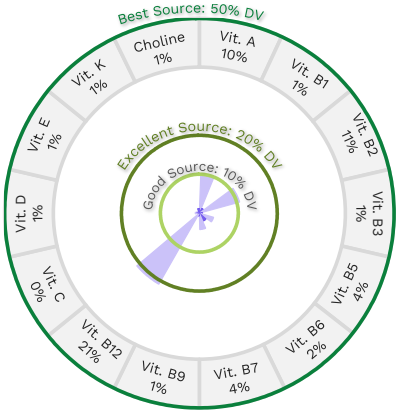


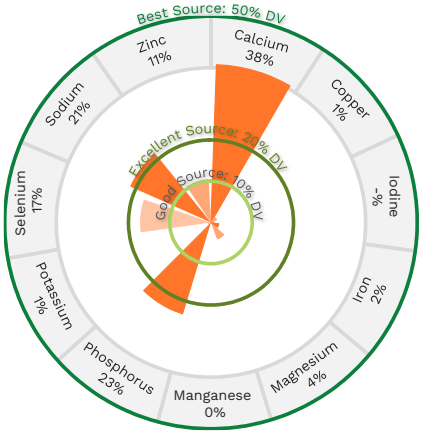


CARBOHYDRATES

MINERALS

VITAMINS

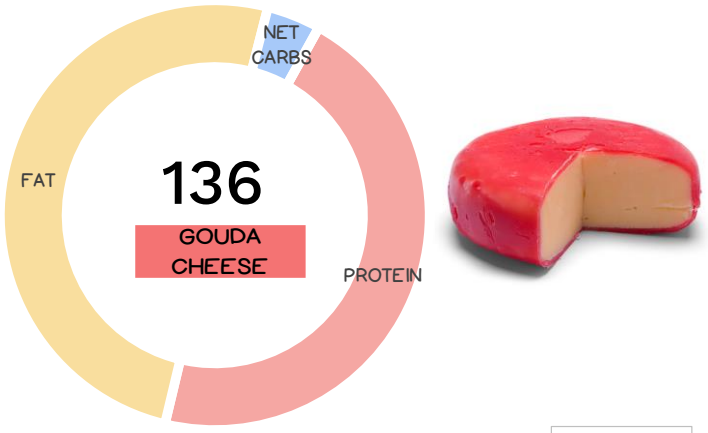


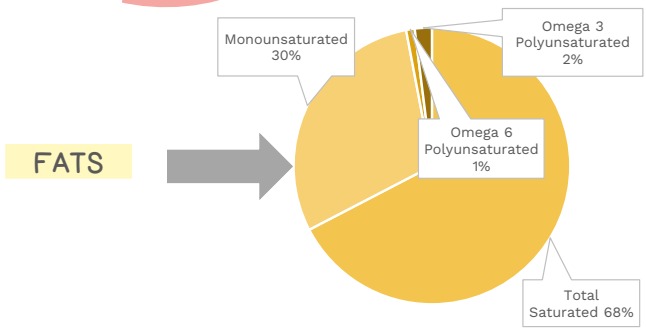


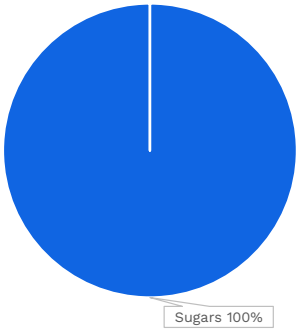
478 Gouda Cheese

Serving Size:	42 grams	Protein:	10.5 grams	Net Carbs:	0.9 grams
Calories:	150	Fat:	11.5 grams	Fiber:	0.0 grams

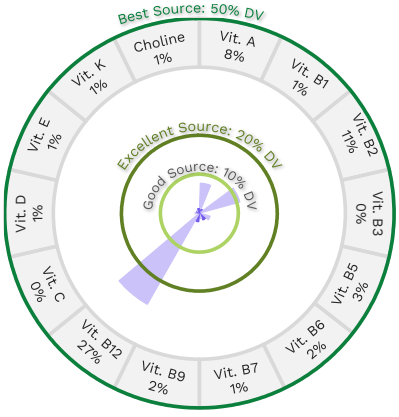
Vitamins & Vitaminlike Compounds		
Vitamin A	69.3 µg RAE	8% DV
Vitamin B1 (Thiamin)	12.6 µg	1% DV
Vitamin B2 (Riboflavin)	140.3 µg	11% DV
Vitamin B3 (Niacin)	0.0 mg	0% DV
Vitamin B5 (Pantothenic Acid)	0.1 mg	3% DV
Vitamin B6 (Pyridoxine)	33.6 µg	2% DV
Vitamin B7 (Biotin)	0.4 µg	1% DV
Vitamin B9 (Folate)	8.8 µg	2% DV
Vitamin B12 (Cobalamin)	0.6 µg	27% DV
Vitamin C	0.0 mg	0% DV
Vitamin D (D2 + D3)	0.2 µg	1% DV
Vitamin E	0.1 mg	1% DV
Vitamin K	1.0 µg	1% DV
Choline	6.5 mg	1% DV
Myo-Inositol	2.1 mg	~
CoQ10	0.1 mg	~
Minerals		
Calcium	294.0 mg	23% DV
Copper	15.1 µg	2% DV
Iodine	~	~
Iron	0.1 mg	1% DV
Magnesium	12.2 mg	3% DV
Manganese	4.6 µg	0% DV
Phosphorus	229.3 mg	18% DV
Potassium	50.8 mg	1% DV
Selenium	6.1 µg	11% DV
Sodium	344.0 mg	15% DV
Zinc	1.6 mg	15% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	3.3 g	16% DV
ALA	165.5 mg	10% DV
EPA + DHA	0.0 mg	0% DV
CLA	163.7 mg	~
Linoleic Acid	0.1 g	1% DV
MCT's	1.3 g	~
Phytonutrients		
Carotenoids	4.2 µg	~
Polyphenols	0.0 mg	~
Phytosterols	0.0 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~





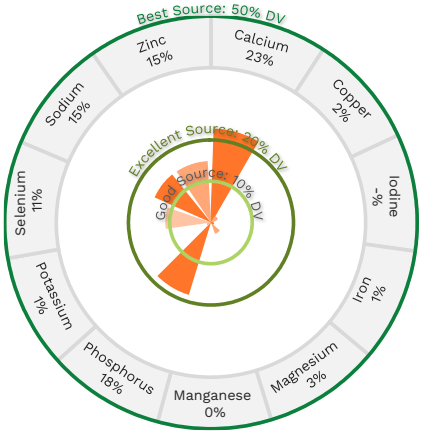


CARBOHYDRATES



VITAMINS

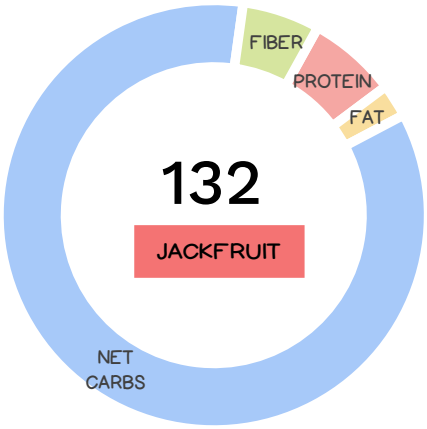
MINERALS



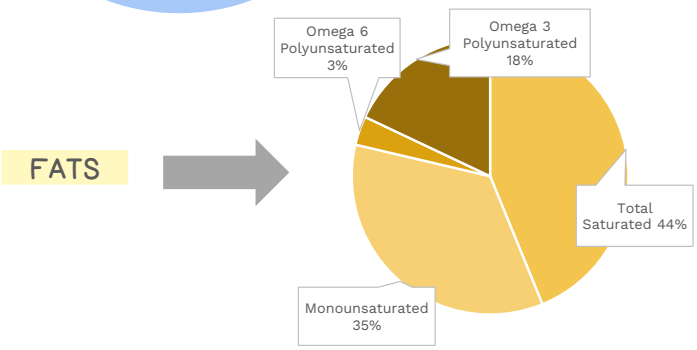
479 Jackfruit

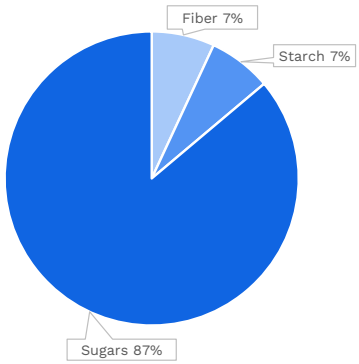
Serving Size:	165 grams	Protein:	2.8 grams	Net Carbs:	35.9 grams
Calories:	157	Fat:	1.1 grams	Fiber:	2.5 grams

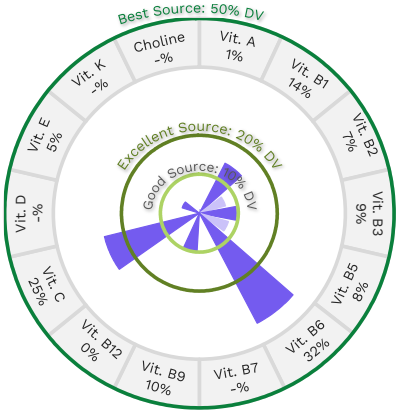
Vitamins & Vitaminlike Compounds		
Vitamin A	8.3 µg RAE	1% DV
Vitamin B1 (Thiamin)	173.3 µg	14% DV
Vitamin B2 (Riboflavin)	90.8 µg	7% DV
Vitamin B3 (Niacin)	1.5 mg	9% DV
Vitamin B5 (Pantothenic Acid)	0.4 mg	8% DV
Vitamin B6 (Pyridoxine)	542.9 µg	32% DV
Vitamin B7 (Biotin)	~	~
Vitamin B9 (Folate)	39.6 µg	10% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	22.6 mg	25% DV
Vitamin D (D2 + D3)	~	~
Vitamin E	0.7 mg	5% DV
Vitamin K	~	~
Choline	~	~
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	39.6 mg	3% DV
Copper	125.4 µg	14% DV
Iodine	~	~
Iron	0.4 mg	2% DV
Magnesium	47.9 mg	11% DV
Manganese	71.0 µg	3% DV
Phosphorus	34.7 mg	3% DV
Potassium	739.2 mg	16% DV
Selenium	~	~
Sodium	3.3 mg	0% DV
Zinc	0.2 mg	2% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.3 g	1% DV
ALA	130.4 mg	8% DV
EPA + DHA	0.0 mg	0% DV
CLA	0.0 mg	~
Linoleic Acid	0.0 g	0% DV
MCT's	0.1 g	~
Phytonutrients		
Carotenoids	377.9 µg	~
Polyphenols	100.6 mg	~
Phytosterols	~	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

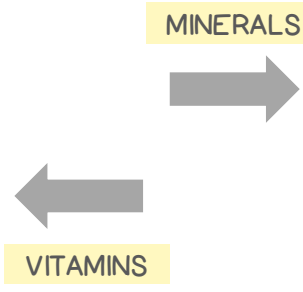


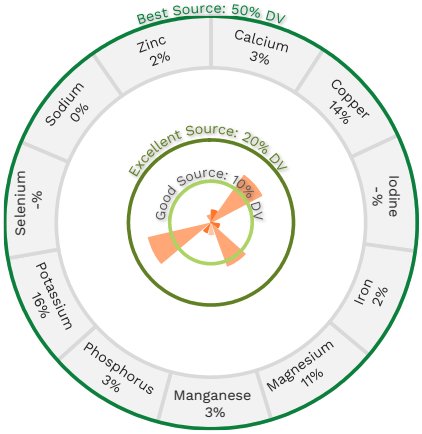








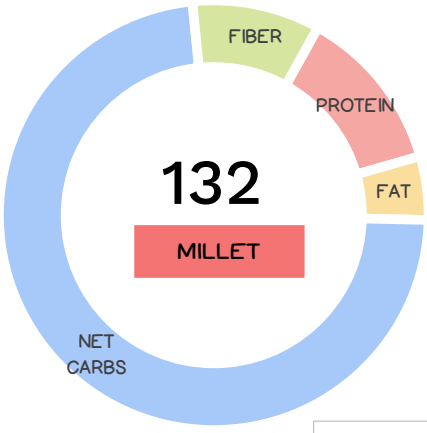




480 Millet

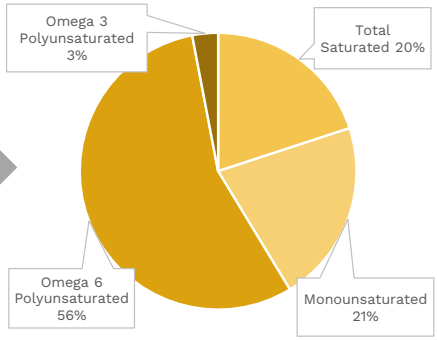
Serving Size:	50 grams	Protein:	5.5 grams	Net Carbs:	32.2 grams
Calories:	189	Fat:	2.1 grams	Fiber:	4.3 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	0.0 µg RAE	0% DV
Vitamin B1 (Thiamin)	210.5 µg	18% DV
Vitamin B2 (Riboflavin)	145.0 µg	11% DV
Vitamin B3 (Niacin)	2.4 mg	15% DV
Vitamin B5 (Pantothenic Acid)	0.4 mg	8% DV
Vitamin B6 (Pyridoxine)	192.0 µg	11% DV
Vitamin B7 (Biotin)	~	~
Vitamin B9 (Folate)	42.5 µg	11% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	0.0 mg	0% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.0 mg	0% DV
Vitamin K	0.5 µg	0% DV
Choline	17.8 mg	3% DV
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	4.0 mg	0% DV
Copper	375.0 µg	42% DV
Iodine	~	~
Iron	1.5 mg	8% DV
Magnesium	57.0 mg	14% DV
Manganese	816.0 µg	35% DV
Phosphorus	142.5 mg	11% DV
Potassium	97.5 mg	2% DV
Selenium	1.4 µg	2% DV
Sodium	2.5 mg	0% DV
Zinc	0.8 mg	8% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.4 g	2% DV
ALA	59.0 mg	4% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	1.0 g	6% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	114.4 µg	~
Polyphenols	57.0 mg	~
Phytosterols	33.9 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

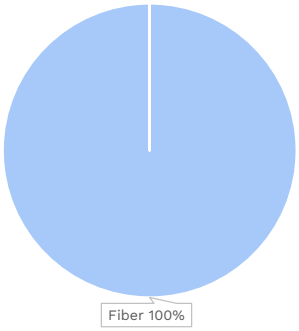




FATS

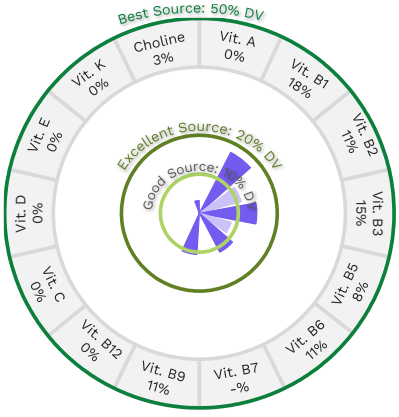


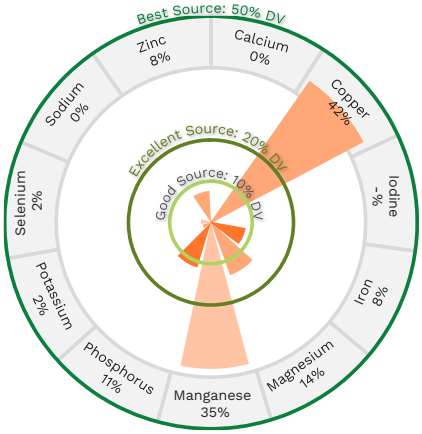
CARBOHYDRATES



MINERALS

VITAMINS

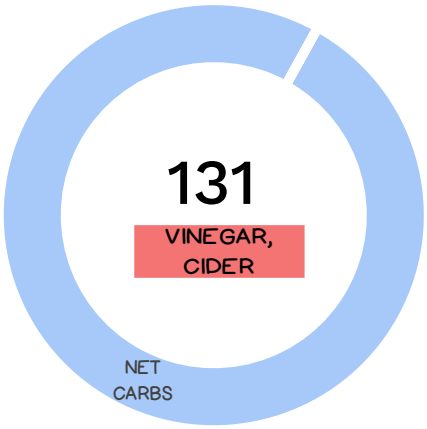




481 Vinegar, cider

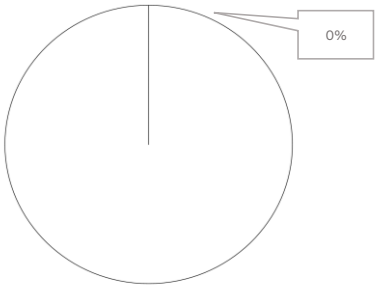
Serving Size:	15 grams	Protein:	0.0 grams	Net Carbs:	0.1 grams
Calories:	3	Fat:	0.0 grams	Fiber:	0.0 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	0.0 µg RAE	0% DV
Vitamin B1 (Thiamin)	0.0 µg	0% DV
Vitamin B2 (Riboflavin)	0.0 µg	0% DV
Vitamin B3 (Niacin)	0.0 mg	0% DV
Vitamin B5 (Pantothenic Acid)	0.0 mg	0% DV
Vitamin B6 (Pyridoxine)	0.0 µg	0% DV
Vitamin B7 (Biotin)	0.0 µg	0% DV
Vitamin B9 (Folate)	0.0 µg	0% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	0.0 mg	0% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.0 mg	0% DV
Vitamin K	0.0 µg	0% DV
Choline	0.0 mg	0% DV
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	1.1 mg	0% DV
Copper	1.2 µg	0% DV
Iodine	~	~
Iron	0.0 mg	0% DV
Magnesium	0.8 mg	0% DV
Manganese	37.4 µg	2% DV
Phosphorus	1.2 mg	0% DV
Potassium	11.0 mg	0% DV
Selenium	0.0 µg	0% DV
Sodium	0.8 mg	0% DV
Zinc	0.0 mg	0% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	0.0 mg	0% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.0 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	0.0 µg	~
Polyphenols	11.0 mg	~
Phytosterols	0.0 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

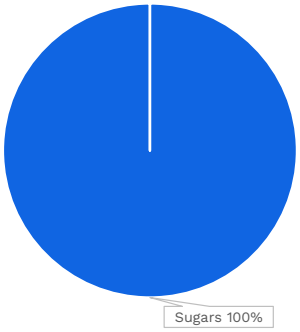




FATS



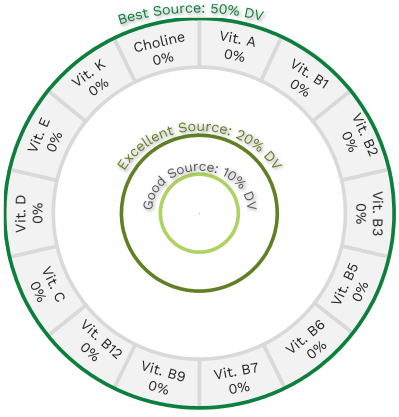
CARBOHYDRATES



MINERALS



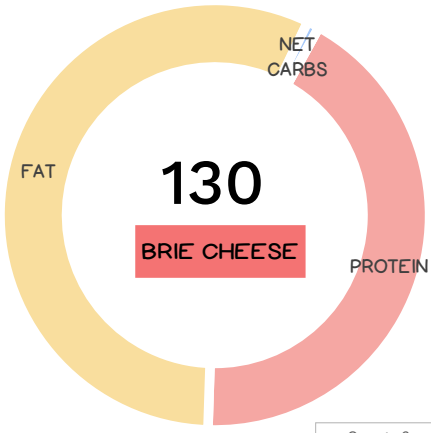
VITAMINS



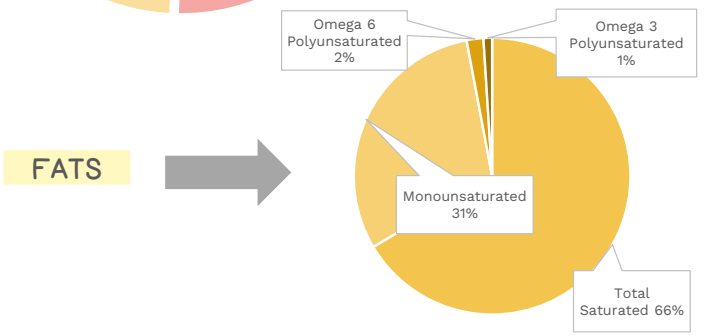
482 Brie Cheese

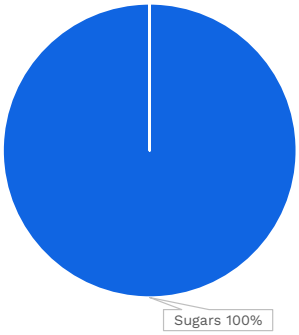
Serving Size:	42 grams	Protein:	8.7 grams	Net Carbs:	0.2 grams
Calories:	140	Fat:	11.6 grams	Fiber:	0.0 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	73.1 µg RAE	8% DV
Vitamin B1 (Thiamin)	29.4 µg	2% DV
Vitamin B2 (Riboflavin)	218.4 µg	17% DV
Vitamin B3 (Niacin)	0.2 mg	1% DV
Vitamin B5 (Pantothenic Acid)	0.3 mg	6% DV
Vitamin B6 (Pyridoxine)	98.7 µg	6% DV
Vitamin B7 (Biotin)	2.5 µg	8% DV
Vitamin B9 (Folate)	27.3 µg	7% DV
Vitamin B12 (Cobalamin)	0.7 µg	29% DV
Vitamin C	0.0 mg	0% DV
Vitamin D (D2 + D3)	0.2 µg	1% DV
Vitamin E	0.1 mg	1% DV
Vitamin K	1.0 µg	1% DV
Choline	6.5 mg	1% DV
Myo-Inositol	2.3 mg	~
CoQ10	0.1 mg	~
Minerals		
Calcium	77.3 mg	6% DV
Copper	8.0 µg	1% DV
Iodine	~	~
Iron	0.2 mg	1% DV
Magnesium	8.4 mg	2% DV
Manganese	14.3 µg	1% DV
Phosphorus	79.0 mg	6% DV
Potassium	63.8 mg	1% DV
Selenium	6.1 µg	11% DV
Sodium	264.2 mg	11% DV
Zinc	1.0 mg	9% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	3.4 g	17% DV
ALA	131.5 mg	8% DV
EPA + DHA	0.0 mg	0% DV
CLA	42.3 mg	~
Linoleic Acid	0.2 g	1% DV
MCT's	0.8 g	~
Phytonutrients		
Carotenoids	3.8 µg	~
Polyphenols	0.0 mg	~
Phytosterols	0.0 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

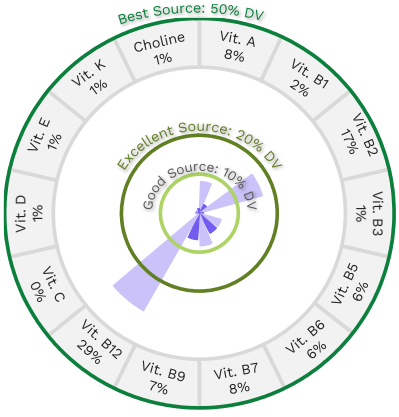






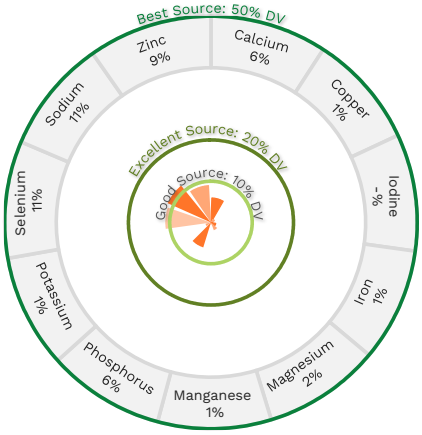


CARBOHYDRATES



MINERALS

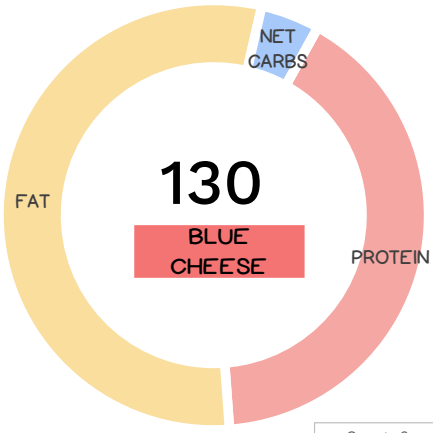
VITAMINS



483 Blue Cheese

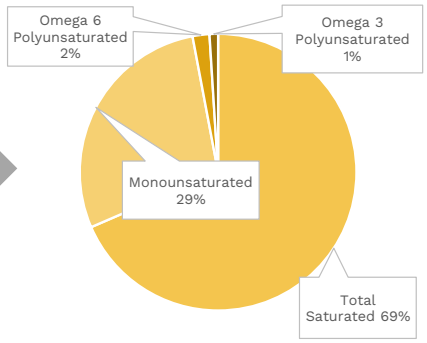
Serving Size:	42 grams	Protein:	9.0 grams	Net Carbs:	1.0 grams
Calories:	148	Fat:	12.1 grams	Fiber:	0.0 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	83.2 µg RAE	9% DV
Vitamin B1 (Thiamin)	12.2 µg	1% DV
Vitamin B2 (Riboflavin)	160.4 µg	12% DV
Vitamin B3 (Niacin)	0.4 mg	3% DV
Vitamin B5 (Pantothenic Acid)	0.7 mg	15% DV
Vitamin B6 (Pyridoxine)	69.7 µg	4% DV
Vitamin B7 (Biotin)	1.3 µg	4% DV
Vitamin B9 (Folate)	15.1 µg	4% DV
Vitamin B12 (Cobalamin)	0.5 µg	21% DV
Vitamin C	0.0 mg	0% DV
Vitamin D (D2 + D3)	0.2 µg	1% DV
Vitamin E	0.1 mg	1% DV
Vitamin K	1.0 µg	1% DV
Choline	6.5 mg	1% DV
Myo-Inositol	2.3 mg	~
CoQ10	0.1 mg	~
Minerals		
Calcium	221.8 mg	17% DV
Copper	16.8 µg	2% DV
Iodine	~	~
Iron	0.1 mg	1% DV
Magnesium	9.7 mg	2% DV
Manganese	3.8 µg	0% DV
Phosphorus	162.5 mg	13% DV
Potassium	107.5 mg	2% DV
Selenium	6.1 µg	11% DV
Sodium	481.3 mg	21% DV
Zinc	1.1 mg	10% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	3.3 g	16% DV
ALA	110.9 mg	7% DV
EPA + DHA	0.0 mg	0% DV
CLA	96.1 mg	~
Linoleic Acid	0.2 g	1% DV
MCT's	0.7 g	~
Phytonutrients		
Carotenoids	31.1 µg	~
Polyphenols	0.0 mg	~
Phytosterols	0.0 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

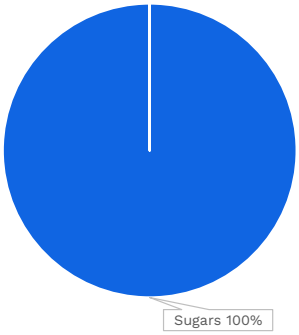




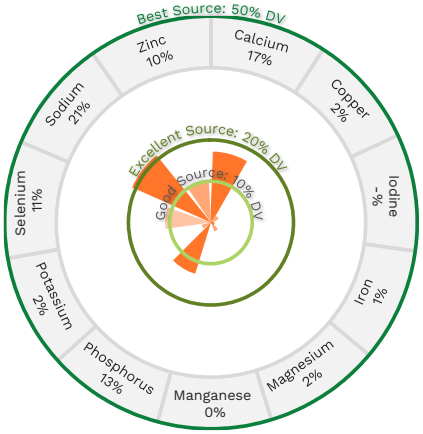
FATS



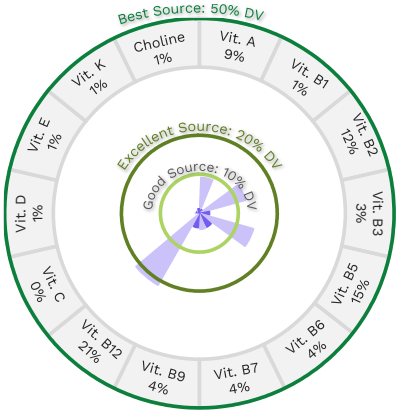
CARBOHYDRATES



MINERALS



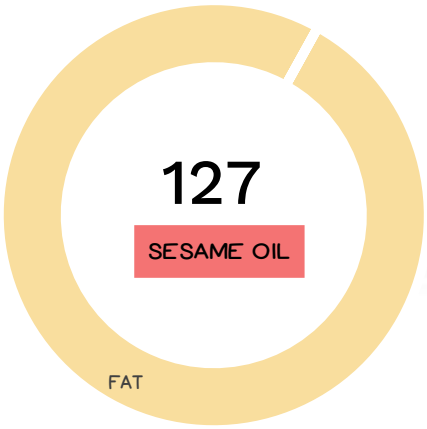
VITAMINS



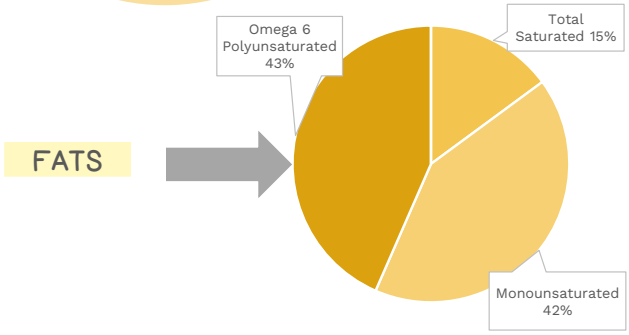
484 Sesame Oil

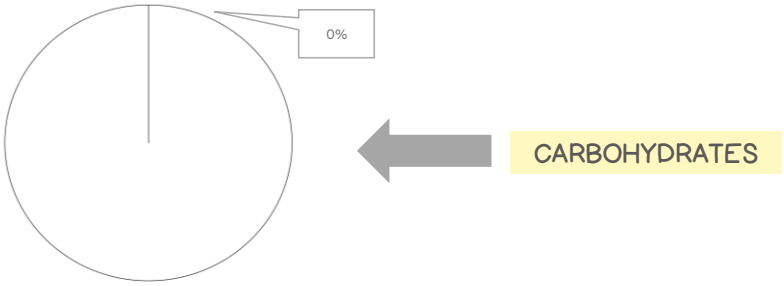
Serving Size:	14 grams	Protein:	0.0 grams	Net Carbs:	0.0 grams
Calories:	120	Fat:	13.6 grams	Fiber:	0.0 grams

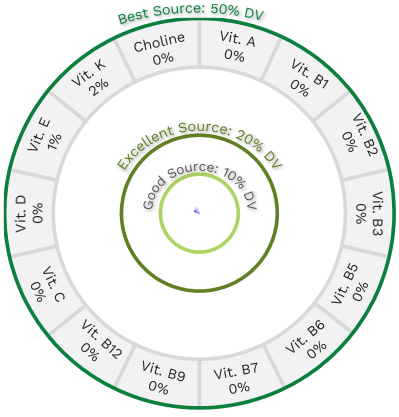
Vitamins & Vitaminlike Compounds		
Vitamin A	0.0 µg RAE	0% DV
Vitamin B1 (Thiamin)	0.0 µg	0% DV
Vitamin B2 (Riboflavin)	0.0 µg	0% DV
Vitamin B3 (Niacin)	0.0 mg	0% DV
Vitamin B5 (Pantothenic Acid)	0.0 mg	0% DV
Vitamin B6 (Pyridoxine)	0.0 µg	0% DV
Vitamin B7 (Biotin)	0.0 µg	0% DV
Vitamin B9 (Folate)	0.0 µg	0% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	0.0 mg	0% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.2 mg	1% DV
Vitamin K	1.8 µg	2% DV
Choline	0.0 mg	0% DV
Myo-Inositol	~	~
CoQ10	0.4 mg	~
Minerals		
Calcium	0.0 mg	0% DV
Copper	0.0 µg	0% DV
Iodine	~	~
Iron	0.0 mg	0% DV
Magnesium	0.0 mg	0% DV
Manganese	~	~
Phosphorus	0.0 mg	0% DV
Potassium	0.0 mg	0% DV
Selenium	0.0 µg	0% DV
Sodium	0.0 mg	0% DV
Zinc	0.0 mg	0% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	5.4 g	27% DV
ALA	40.8 mg	3% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	5.6 g	33% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	0.0 µg	~
Polyphenols	587.9 mg	~
Phytosterols	86.7 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

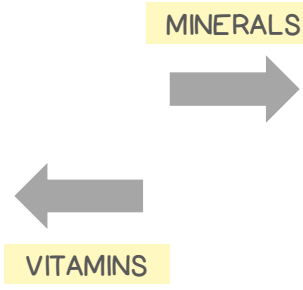










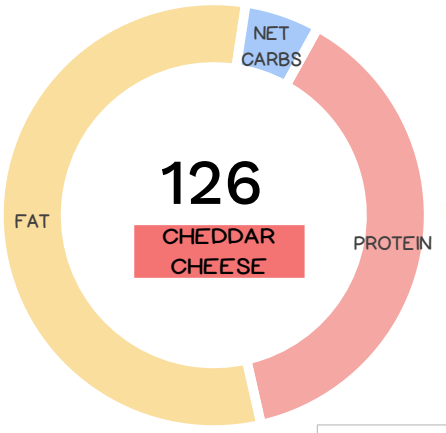




485 Cheddar Cheese

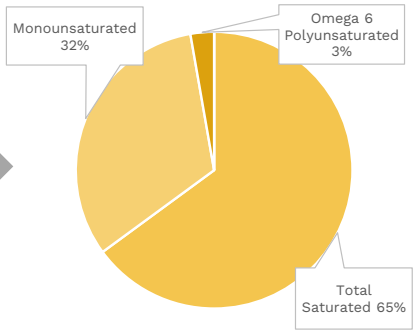
Serving Size:	42 grams	Protein:	9.6 grams	Net Carbs:	1.4 grams
Calories:	169	Fat:	14.0 grams	Fiber:	0.0 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	141.5 µg RAE	16% DV
Vitamin B1 (Thiamin)	12.2 µg	1% DV
Vitamin B2 (Riboflavin)	179.8 µg	14% DV
Vitamin B3 (Niacin)	0.0 mg	0% DV
Vitamin B5 (Pantothenic Acid)	0.2 mg	3% DV
Vitamin B6 (Pyridoxine)	27.7 µg	2% DV
Vitamin B7 (Biotin)	1.5 µg	5% DV
Vitamin B9 (Folate)	11.3 µg	3% DV
Vitamin B12 (Cobalamin)	0.5 µg	19% DV
Vitamin C	0.0 mg	0% DV
Vitamin D (D2 + D3)	0.3 µg	1% DV
Vitamin E	0.3 mg	2% DV
Vitamin K	1.0 µg	1% DV
Choline	6.9 mg	1% DV
Myo-Inositol	3.8 mg	~
CoQ10	0.1 mg	~
Minerals		
Calcium	298.2 mg	23% DV
Copper	12.6 µg	1% DV
Iodine	~	~
Iron	0.1 mg	0% DV
Magnesium	11.3 mg	3% DV
Manganese	11.3 µg	0% DV
Phosphorus	191.1 mg	15% DV
Potassium	31.9 mg	1% DV
Selenium	12.0 µg	22% DV
Sodium	274.3 mg	12% DV
Zinc	1.5 mg	14% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	3.9 g	20% DV
ALA	47.9 mg	3% DV
EPA + DHA	4.6 mg	2% DV
CLA	93.7 mg	~
Linoleic Acid	0.5 g	3% DV
MCT's	1.1 g	~
Phytonutrients		
Carotenoids	35.7 µg	~
Polyphenols	0.0 mg	~
Phytosterols	0.0 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

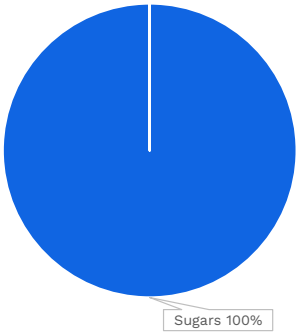




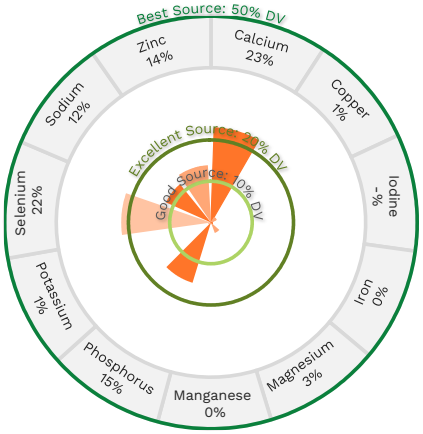
FATS



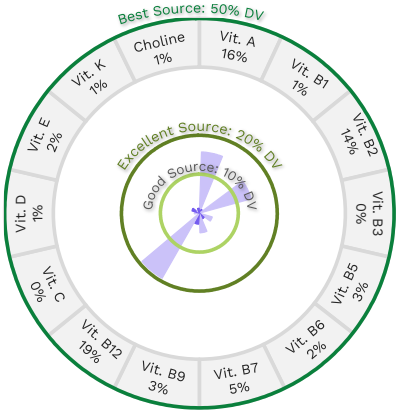
CARBOHYDRATES



MINERALS



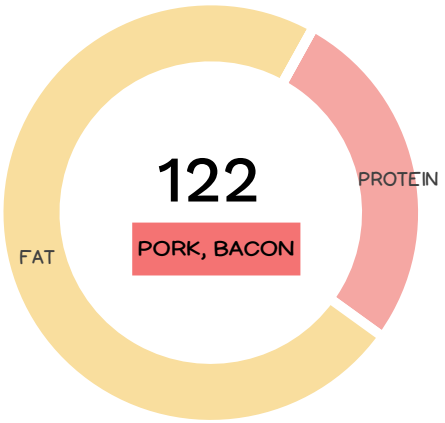
VITAMINS



486 Pork, bacon

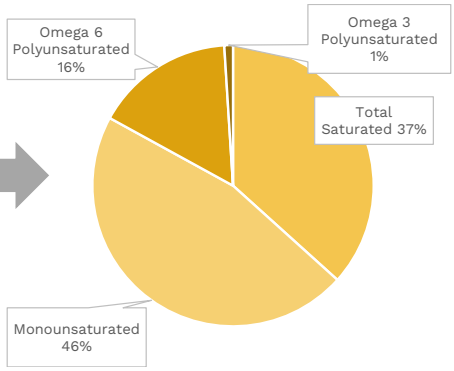
Serving Size:	100 grams	Protein:	13.7 grams	Net Carbs:	0.0 grams
Calories:	393	Fat:	37.1 grams	Fiber:	0.0 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	11.0 µg RAE	1% DV
Vitamin B1 (Thiamin)	276.0 µg	23% DV
Vitamin B2 (Riboflavin)	81.0 µg	6% DV
Vitamin B3 (Niacin)	4.0 mg	25% DV
Vitamin B5 (Pantothenic Acid)	0.6 mg	11% DV
Vitamin B6 (Pyridoxine)	266.0 µg	16% DV
Vitamin B7 (Biotin)	14.0 µg	47% DV
Vitamin B9 (Folate)	0.0 µg	0% DV
Vitamin B12 (Cobalamin)	0.5 µg	21% DV
Vitamin C	0.0 mg	0% DV
Vitamin D (D2 + D3)	0.4 µg	2% DV
Vitamin E	2.2 mg	15% DV
Vitamin K	0.0 µg	0% DV
Choline	47.8 mg	9% DV
Myo-Inositol	23.0 mg	~
CoQ10	4.5 mg	~
Minerals		
Calcium	6.0 mg	0% DV
Copper	46.0 µg	5% DV
Iodine	~	~
Iron	0.4 mg	2% DV
Magnesium	13.0 mg	3% DV
Manganese	12.0 µg	1% DV
Phosphorus	166.0 mg	13% DV
Potassium	201.0 mg	4% DV
Selenium	20.1 µg	37% DV
Sodium	751.0 mg	33% DV
Zinc	1.1 mg	10% DV
Amino Acids & Peptides		
Taurine	118.0 mg	~
Ergothioneine	0.2 mg	~
Functional Fats		
MUFA	15.9 g	80% DV
ALA	221.0 mg	14% DV
EPA + DHA	9.0 mg	4% DV
CLA	96.5 mg	~
Linoleic Acid	5.1 g	30% DV
MCT's	0.1 g	~
Phytonutrients		
Carotenoids	0.0 µg	~
Polyphenols	0.0 mg	~
Phytosterols	0.0 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

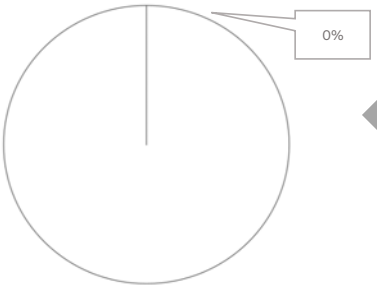




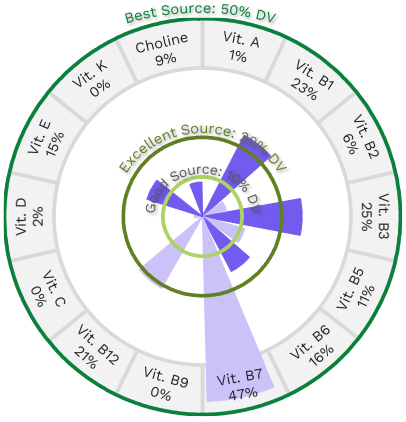
FATS



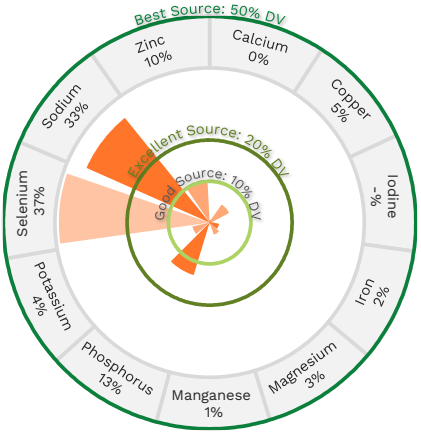
CARBOHYDRATES



VITAMINS



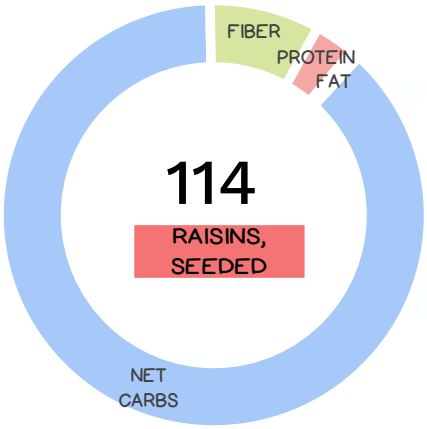
MINERALS



487 Raisins, seeded

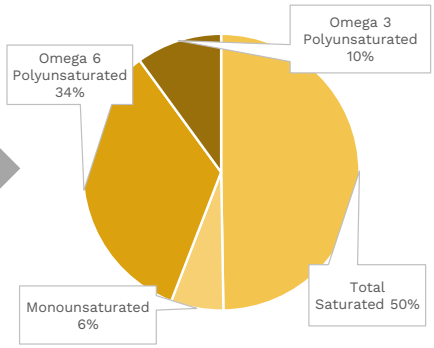
Serving Size:	145 grams	Protein:	3.7 grams	Net Carbs:	103.9 grams
Calories:	429	Fat:	0.8 grams	Fiber:	9.9 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	0.0 µg RAE	0% DV
Vitamin B1 (Thiamin)	162.4 µg	14% DV
Vitamin B2 (Riboflavin)	263.9 µg	20% DV
Vitamin B3 (Niacin)	1.6 mg	10% DV
Vitamin B5 (Pantothenic Acid)	0.1 mg	1% DV
Vitamin B6 (Pyridoxine)	272.6 µg	16% DV
Vitamin B7 (Biotin)	6.5 µg	22% DV
Vitamin B9 (Folate)	4.4 µg	1% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	7.8 mg	9% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.2 mg	1% DV
Vitamin K	5.1 µg	4% DV
Choline	16.1 mg	3% DV
Myo-Inositol	29.0 mg	~
CoQ10	~	~
Minerals		
Calcium	40.6 mg	3% DV
Copper	437.9 µg	49% DV
Iodine	~	~
Iron	3.8 mg	21% DV
Magnesium	43.5 mg	10% DV
Manganese	387.2 µg	17% DV
Phosphorus	108.8 mg	9% DV
Potassium	1196.3 mg	25% DV
Selenium	0.9 µg	2% DV
Sodium	40.6 mg	2% DV
Zinc	0.3 mg	2% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	53.7 mg	3% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.2 g	1% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	0.0 µg	~
Polyphenols	1544.3 mg	~
Phytosterols	107.4 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

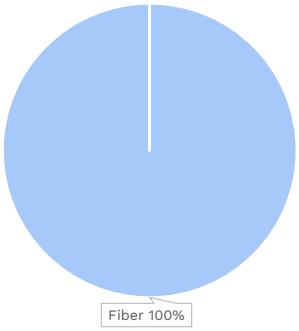


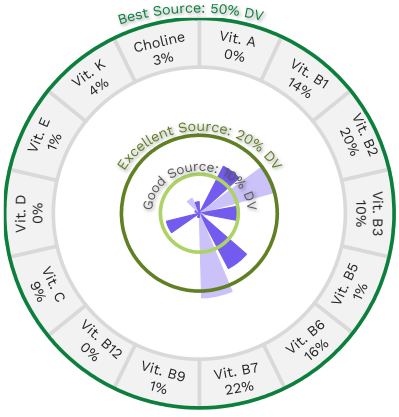


FATS



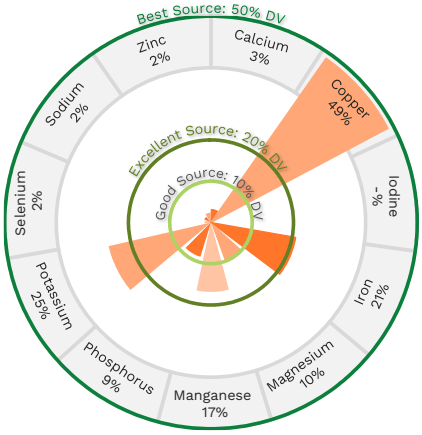
CARBOHYDRATES





MINERALS

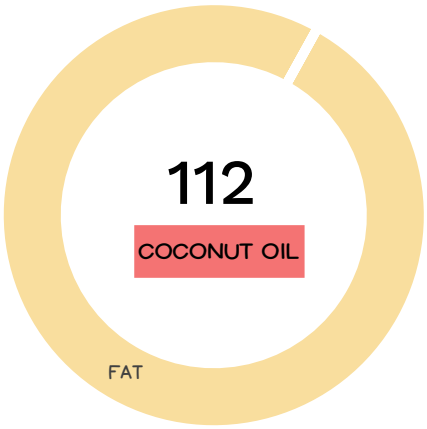
VITAMINS



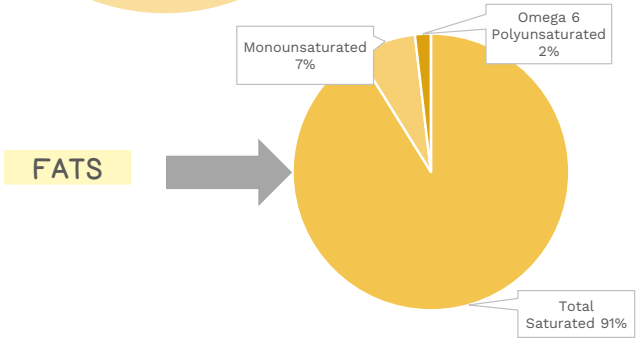
488 Coconut Oil

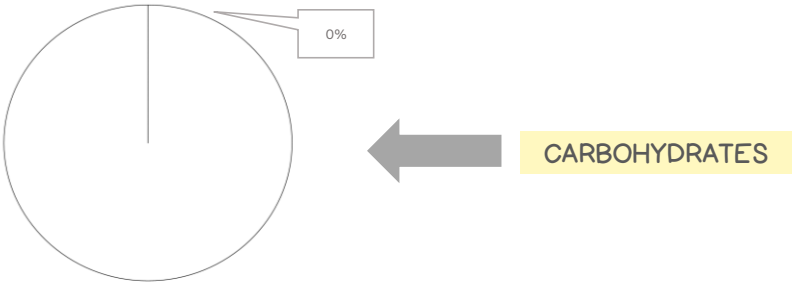
Serving Size:	14 grams	Protein:	0.0 grams	Net Carbs:	0.0 grams
Calories:	121	Fat:	13.5 grams	Fiber:	0.0 grams

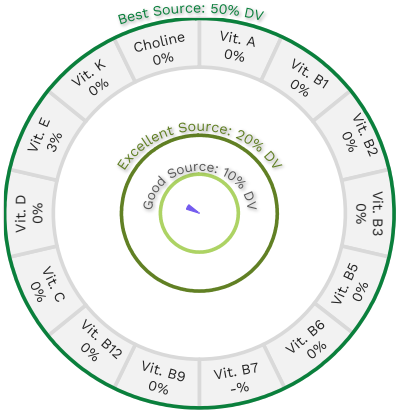
Vitamins & Vitaminlike Compounds		
Vitamin A	0.0 µg RAE	0% DV
Vitamin B1 (Thiamin)	0.0 µg	0% DV
Vitamin B2 (Riboflavin)	0.0 µg	0% DV
Vitamin B3 (Niacin)	0.0 mg	0% DV
Vitamin B5 (Pantothenic Acid)	0.0 mg	0% DV
Vitamin B6 (Pyridoxine)	0.0 µg	0% DV
Vitamin B7 (Biotin)	~	~
Vitamin B9 (Folate)	0.0 µg	0% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	0.0 mg	0% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.5 mg	3% DV
Vitamin K	0.1 µg	0% DV
Choline	0.0 mg	0% DV
Myo-Inositol	~	~
CoQ10	0.0 mg	~
Minerals		
Calcium	0.1 mg	0% DV
Copper	0.0 µg	0% DV
Iodine	~	~
Iron	0.0 mg	0% DV
Magnesium	0.0 mg	0% DV
Manganese	0.0 µg	0% DV
Phosphorus	0.0 mg	0% DV
Potassium	0.0 mg	0% DV
Selenium	0.0 µg	0% DV
Sodium	0.0 mg	0% DV
Zinc	0.0 mg	0% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.9 g	4% DV
ALA	2.6 mg	0% DV
EPA + DHA	0.0 mg	0% DV
CLA	1.3 mg	~
Linoleic Acid	0.2 g	1% DV
MCT's	7.4 g	~
Phytonutrients		
Carotenoids	0.0 µg	~
Polyphenols	8.4 mg	~
Phytosterols	17.0 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~











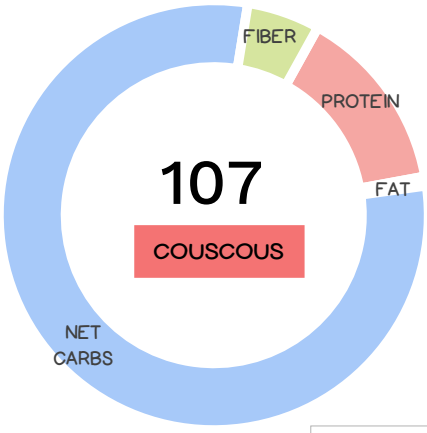




489 Couscous

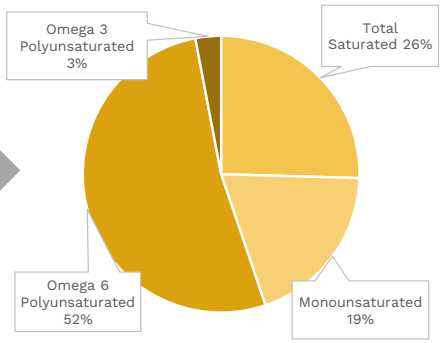
Serving Size:	43 grams	Protein:	5.5 grams	Net Carbs:	31.3 grams
Calories:	163	Fat:	0.3 grams	Fiber:	2.2 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	0.0 µg RAE	0% DV
Vitamin B1 (Thiamin)	70.5 µg	6% DV
Vitamin B2 (Riboflavin)	33.7 µg	3% DV
Vitamin B3 (Niacin)	1.5 mg	9% DV
Vitamin B5 (Pantothenic Acid)	0.5 mg	11% DV
Vitamin B6 (Pyridoxine)	47.6 µg	3% DV
Vitamin B7 (Biotin)	~	~
Vitamin B9 (Folate)	8.7 µg	2% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	0.0 mg	0% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.2 mg	1% DV
Vitamin K	0.1 µg	0% DV
Choline	4.8 mg	1% DV
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	10.4 mg	1% DV
Copper	106.8 µg	12% DV
Iodine	~	~
Iron	0.5 mg	3% DV
Magnesium	19.0 mg	5% DV
Manganese	337.4 µg	15% DV
Phosphorus	73.5 mg	6% DV
Potassium	71.8 mg	2% DV
Selenium	39.9 µg	73% DV
Sodium	4.3 mg	0% DV
Zinc	0.4 mg	3% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	5.2 mg	0% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.1 g	1% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	36.3 µg	~
Polyphenols	0.0 mg	~
Phytosterols	~	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

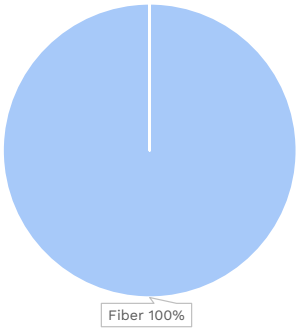




FATS

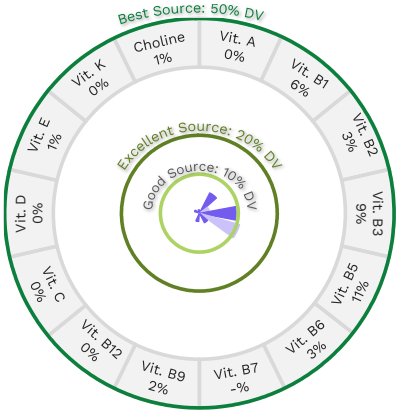


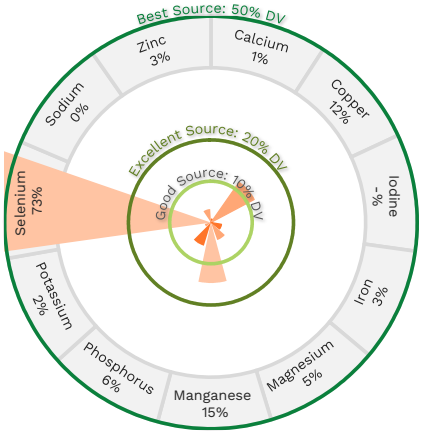
CARBOHYDRATES



MINERALS

VITAMINS

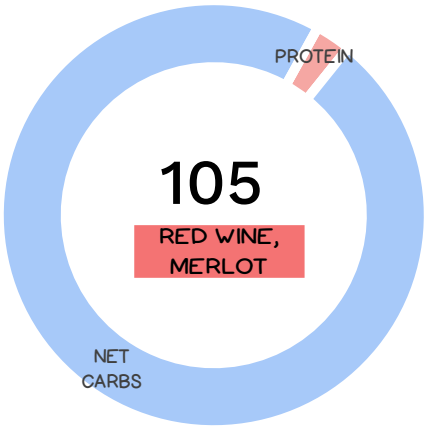




490 Red Wine, Merlot

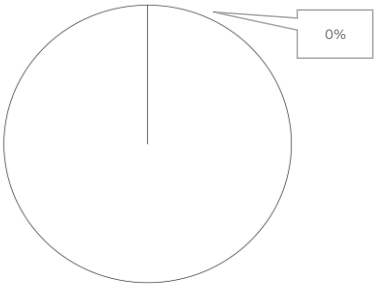
Serving Size:	147 grams	Protein:	0.1 grams	Net Carbs:	3.7 grams
Calories:	122	Fat:	0.0 grams	Fiber:	0.0 grams

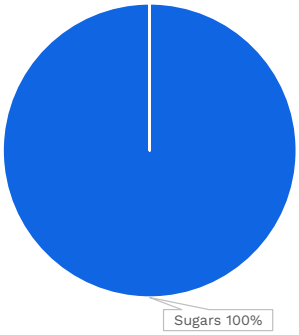
Vitamins & Vitaminlike Compounds		
Vitamin A	~	~
Vitamin B1 (Thiamin)	7.4 µg	1% DV
Vitamin B2 (Riboflavin)	45.6 µg	4% DV
Vitamin B3 (Niacin)	0.3 mg	2% DV
Vitamin B5 (Pantothenic Acid)	0.0 mg	1% DV
Vitamin B6 (Pyridoxine)	83.8 µg	5% DV
Vitamin B7 (Biotin)	2.8 µg	9% DV
Vitamin B9 (Folate)	1.5 µg	0% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	0.0 mg	0% DV
Vitamin D (D2 + D3)	~	~
Vitamin E	~	~
Vitamin K	~	~
Choline	~	~
Myo-Inositol	~	~
CoQ10	0.0 mg	~
Minerals		
Calcium	11.8 mg	1% DV
Copper	16.2 µg	2% DV
Iodine	~	~
Iron	0.7 mg	4% DV
Magnesium	17.6 mg	4% DV
Manganese	194.0 µg	8% DV
Phosphorus	33.8 mg	3% DV
Potassium	186.7 mg	4% DV
Selenium	0.3 µg	1% DV
Sodium	5.9 mg	0% DV
Zinc	0.2 mg	2% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	~	~
ALA	~	~
EPA + DHA	~	~
CLA	~	~
Linoleic Acid	~	~
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	~	~
Polyphenols	614.0 mg	~
Phytosterols	9.7 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~





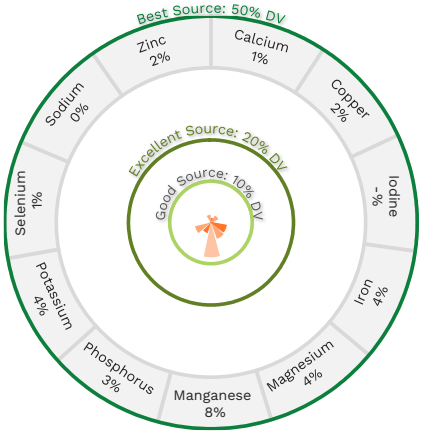
FATS



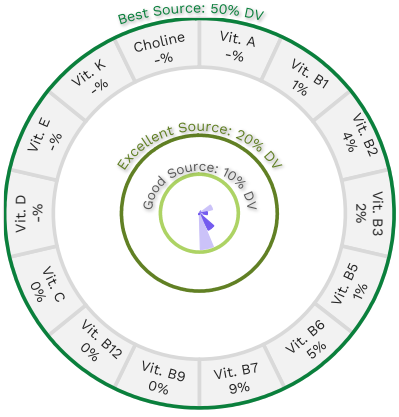


CARBOHYDRATES

MINERALS



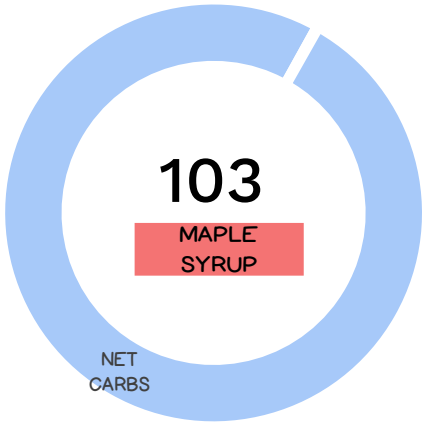
VITAMINS



491 Maple Syrup

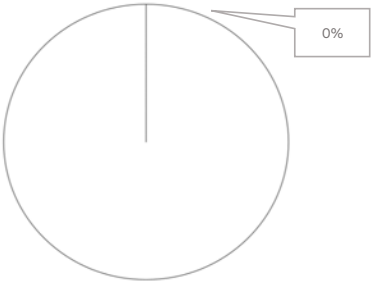
Serving Size:	20 grams	Protein:	0.0 grams	Net Carbs:	13.4 grams
Calories:	52	Fat:	0.0 grams	Fiber:	0.0 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	0.0 µg RAE	0% DV
Vitamin B1 (Thiamin)	13.2 µg	1% DV
Vitamin B2 (Riboflavin)	254.0 µg	20% DV
Vitamin B3 (Niacin)	0.0 mg	0% DV
Vitamin B5 (Pantothenic Acid)	0.0 mg	0% DV
Vitamin B6 (Pyridoxine)	0.4 µg	0% DV
Vitamin B7 (Biotin)	0.1 µg	0% DV
Vitamin B9 (Folate)	0.0 µg	0% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	0.0 mg	0% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.0 mg	0% DV
Vitamin K	0.0 µg	0% DV
Choline	0.3 mg	0% DV
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	20.4 mg	2% DV
Copper	3.6 µg	0% DV
Iodine	~	~
Iron	0.0 mg	0% DV
Magnesium	4.2 mg	1% DV
Manganese	581.6 µg	25% DV
Phosphorus	0.4 mg	0% DV
Potassium	42.4 mg	1% DV
Selenium	0.1 µg	0% DV
Sodium	2.4 mg	0% DV
Zinc	0.3 mg	3% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	0.0 mg	0% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.0 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	0.0 µg	~
Polyphenols	0.0 mg	~
Phytosterols	~	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

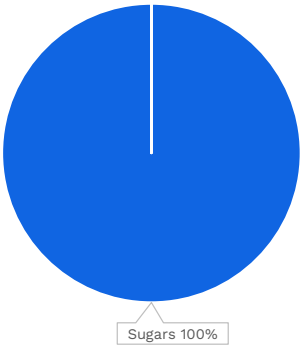




FATS

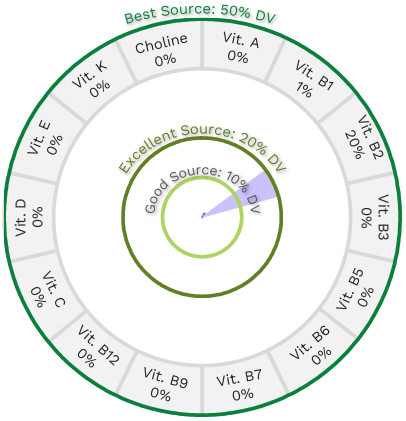


CARBOHYDRATES



MINERALS

VITAMINS

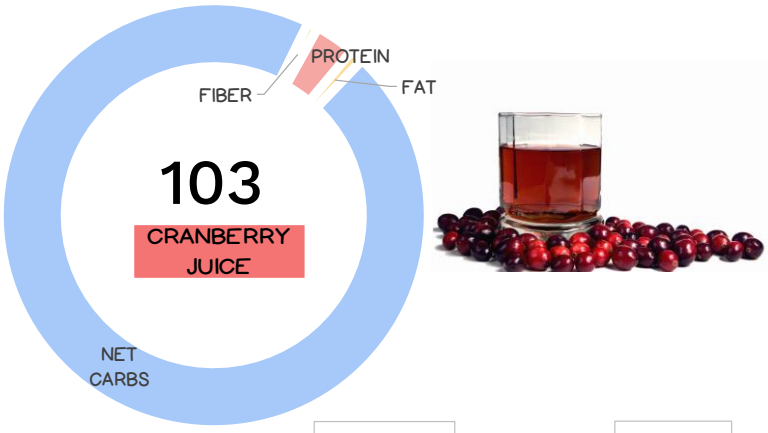


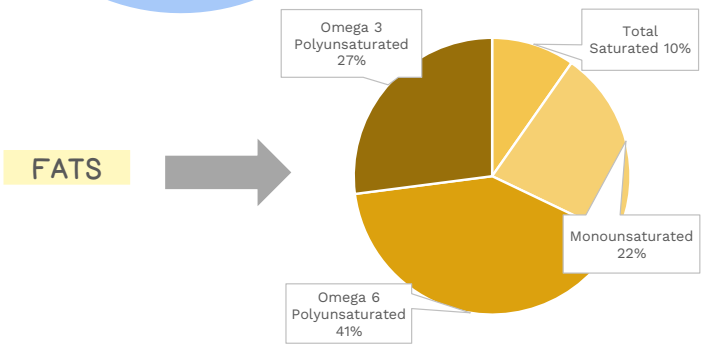


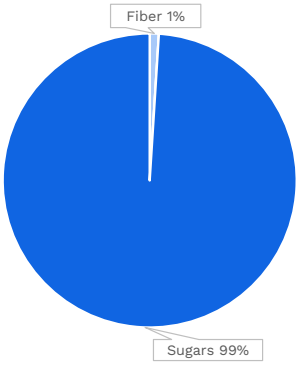
492 Cranberry juice

Serving Size:	253 grams	Protein:	1.0 grams	Net Carbs:	30.6 grams
Calories:	116	Fat:	0.3 grams	Fiber:	0.3 grams

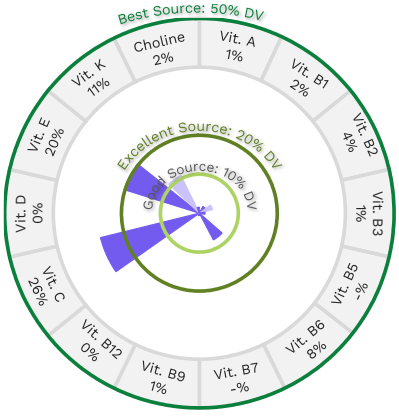
Vitamins & Vitaminlike Compounds		
Vitamin A	5.1 µg RAE	1% DV
Vitamin B1 (Thiamin)	22.8 µg	2% DV
Vitamin B2 (Riboflavin)	45.5 µg	4% DV
Vitamin B3 (Niacin)	0.2 mg	1% DV
Vitamin B5 (Pantothenic Acid)	~	~
Vitamin B6 (Pyridoxine)	131.6 µg	8% DV
Vitamin B7 (Biotin)	~	~
Vitamin B9 (Folate)	2.5 µg	1% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	23.5 mg	26% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	3.0 mg	20% DV
Vitamin K	12.9 µg	11% DV
Choline	8.3 mg	2% DV
Myo-Inositol	7.6 mg	~
CoQ10	~	~
Minerals		
Calcium	20.2 mg	2% DV
Copper	139.2 µg	15% DV
Iodine	~	~
Iron	0.6 mg	4% DV
Magnesium	15.2 mg	4% DV
Manganese	~	~
Phosphorus	32.9 mg	3% DV
Potassium	194.8 mg	4% DV
Selenium	0.3 µg	0% DV
Sodium	5.1 mg	0% DV
Zinc	0.3 mg	2% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.1 g	0% DV
ALA	70.8 mg	4% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.1 g	1% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	240.4 µg	~
Polyphenols	0.0 mg	~
Phytosterols	~	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~







CARBOHYDRATES



VITAMINS

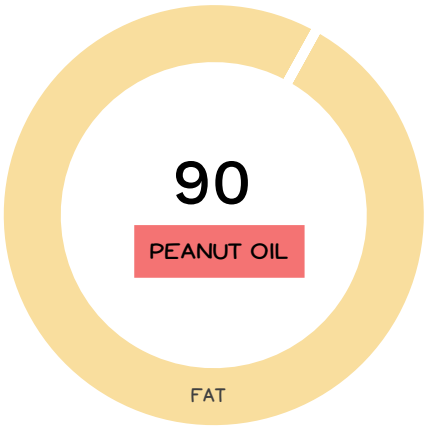
MINERALS



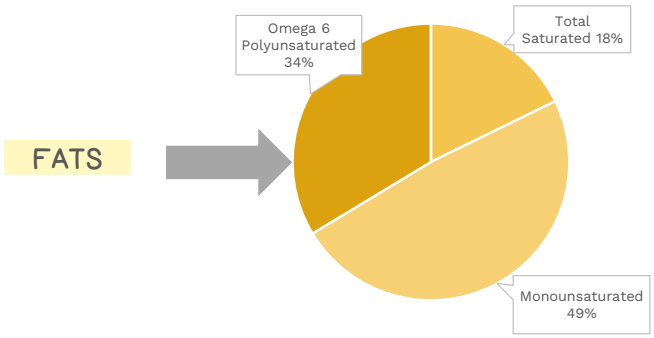
493 Peanut Oil

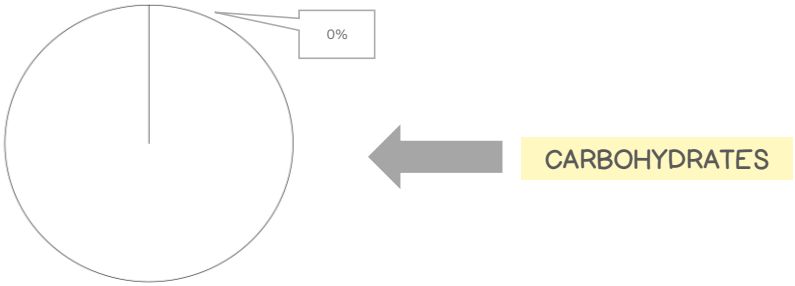
Serving Size:	14 grams	Protein:	0.0 grams	Net Carbs:	0.0 grams
Calories:	119	Fat:	13.5 grams	Fiber:	0.0 grams

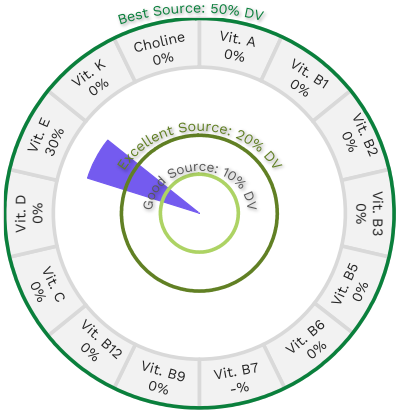
Vitamins & Vitaminlike Compounds		
Vitamin A	0.0 µg RAE	0% DV
Vitamin B1 (Thiamin)	0.0 µg	0% DV
Vitamin B2 (Riboflavin)	0.0 µg	0% DV
Vitamin B3 (Niacin)	0.0 mg	0% DV
Vitamin B5 (Pantothenic Acid)	0.0 mg	0% DV
Vitamin B6 (Pyridoxine)	0.0 µg	0% DV
Vitamin B7 (Biotin)	~	~
Vitamin B9 (Folate)	0.0 µg	0% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	0.0 mg	0% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	4.5 mg	30% DV
Vitamin K	0.1 µg	0% DV
Choline	0.0 mg	0% DV
Myo-Inositol	~	~
CoQ10	1.0 mg	~
Minerals		
Calcium	0.0 mg	0% DV
Copper	0.0 µg	0% DV
Iodine	~	~
Iron	0.0 mg	0% DV
Magnesium	0.0 mg	0% DV
Manganese	~	~
Phosphorus	0.0 mg	0% DV
Potassium	0.0 mg	0% DV
Selenium	0.0 µg	0% DV
Sodium	0.0 mg	0% DV
Zinc	0.0 mg	0% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	6.2 g	31% DV
ALA	0.0 mg	0% DV
EPA + DHA	0.0 mg	0% DV
CLA	2.7 mg	~
Linoleic Acid	4.3 g	25% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	0.0 µg	~
Polyphenols	1.1 mg	~
Phytosterols	43.2 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

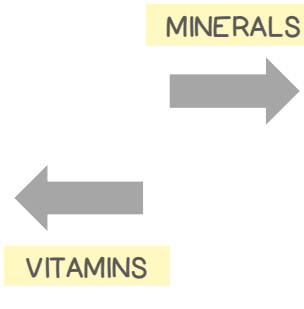










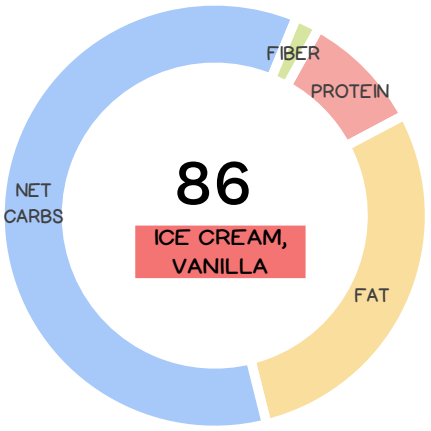




494 Ice cream, vanilla

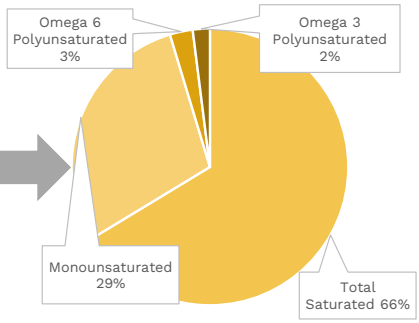
Serving Size:	66 grams	Protein:	2.3 grams	Net Carbs:	15.1 grams
Calories:	137	Fat:	7.3 grams	Fiber:	0.5 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	77.9 µg RAE	9% DV
Vitamin B1 (Thiamin)	27.1 µg	2% DV
Vitamin B2 (Riboflavin)	158.4 µg	12% DV
Vitamin B3 (Niacin)	0.1 mg	0% DV
Vitamin B5 (Pantothenic Acid)	0.4 mg	8% DV
Vitamin B6 (Pyridoxine)	31.7 µg	2% DV
Vitamin B7 (Biotin)	2.0 µg	7% DV
Vitamin B9 (Folate)	3.3 µg	1% DV
Vitamin B12 (Cobalamin)	0.3 µg	11% DV
Vitamin C	0.4 mg	0% DV
Vitamin D (D2 + D3)	0.1 µg	1% DV
Vitamin E	0.2 mg	1% DV
Vitamin K	0.2 µg	0% DV
Choline	17.2 mg	3% DV
Myo-Inositol	5.9 mg	~
CoQ10	~	~
Minerals		
Calcium	84.5 mg	6% DV
Copper	15.2 µg	2% DV
Iodine	~	~
Iron	0.1 mg	0% DV
Magnesium	9.2 mg	2% DV
Manganese	5.3 µg	0% DV
Phosphorus	69.3 mg	6% DV
Potassium	131.3 mg	3% DV
Selenium	1.2 µg	2% DV
Sodium	52.8 mg	2% DV
Zinc	0.5 mg	4% DV
Amino Acids & Peptides		
Taurine	1.3 mg	~
Ergothioneine	~	~
Functional Fats		
MUFA	2.0 g	10% DV
ALA	115.5 mg	7% DV
EPA + DHA	2.0 mg	1% DV
CLA	35.9 mg	~
Linoleic Acid	0.2 g	1% DV
MCT's	0.6 g	~
Phytonutrients		
Carotenoids	30.4 µg	~
Polyphenols	0.0 mg	~
Phytosterols	0.2 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

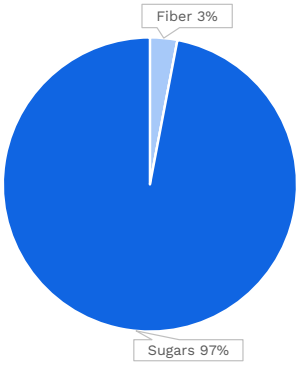




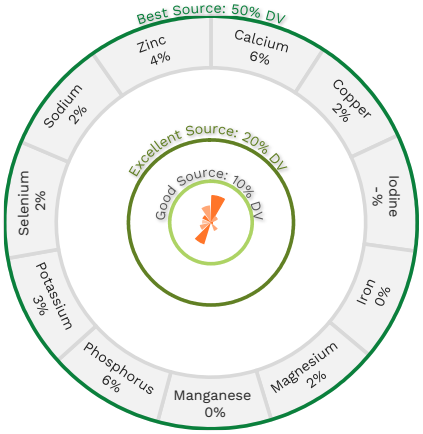
FATS



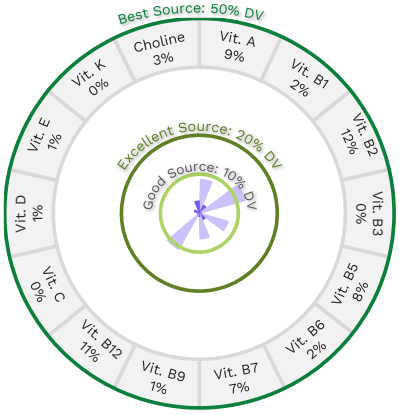
CARBOHYDRATES



MINERALS



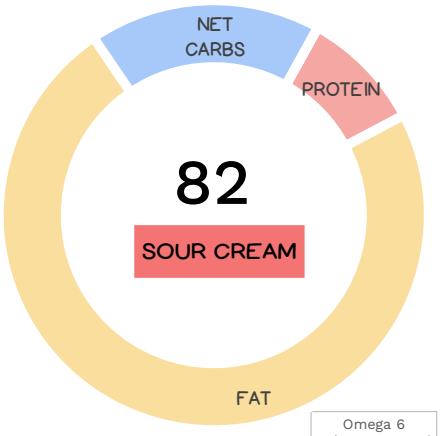
VITAMINS



495 Sour Cream

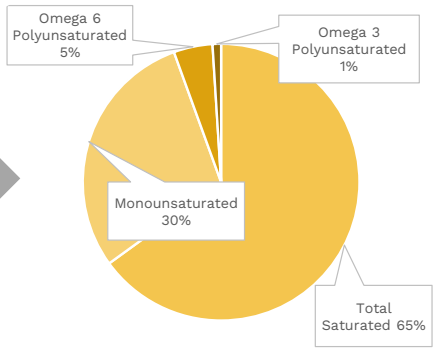
Serving Size:	58 grams	Protein:	1.4 grams	Net Carbs:	2.7 grams
Calories:	115	Fat:	11.2 grams	Fiber:	0.0 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	71.9 µg RAE	8% DV
Vitamin B1 (Thiamin)	11.6 µg	1% DV
Vitamin B2 (Riboflavin)	97.4 µg	7% DV
Vitamin B3 (Niacin)	0.1 mg	0% DV
Vitamin B5 (Pantothenic Acid)	0.3 mg	5% DV
Vitamin B6 (Pyridoxine)	23.8 µg	1% DV
Vitamin B7 (Biotin)	1.7 µg	6% DV
Vitamin B9 (Folate)	3.5 µg	1% DV
Vitamin B12 (Cobalamin)	0.1 µg	5% DV
Vitamin C	0.5 mg	1% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.4 mg	3% DV
Vitamin K	0.9 µg	1% DV
Choline	11.1 mg	2% DV
Myo-Inositol	44.1 mg	~
CoQ10	~	~
Minerals		
Calcium	58.6 mg	5% DV
Copper	10.4 µg	1% DV
Iodine	~	~
Iron	0.0 mg	0% DV
Magnesium	5.8 mg	1% DV
Manganese	8.7 µg	0% DV
Phosphorus	44.1 mg	4% DV
Potassium	72.5 mg	2% DV
Selenium	2.1 µg	4% DV
Sodium	18.0 mg	1% DV
Zinc	0.2 mg	2% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	2.7 g	13% DV
ALA	42.9 mg	3% DV
EPA + DHA	4.1 mg	2% DV
CLA	84.1 mg	~
Linoleic Acid	0.4 g	2% DV
MCT's	0.7 g	~
Phytonutrients		
Carotenoids	17.4 µg	~
Polyphenols	0.0 mg	~
Phytosterols	0.1 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

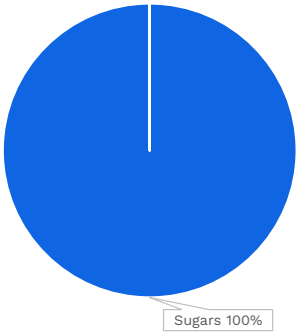


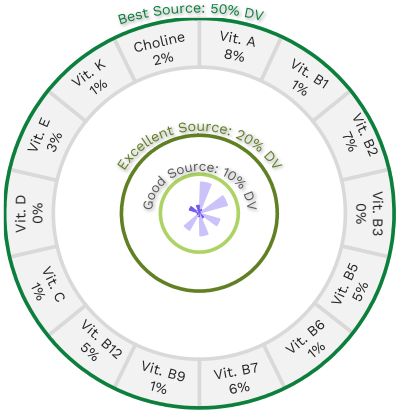


FATS



CARBOHYDRATES





MINERALS

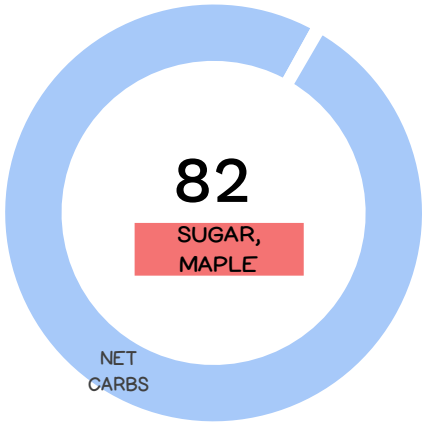
VITAMINS



496 Sugar, maple

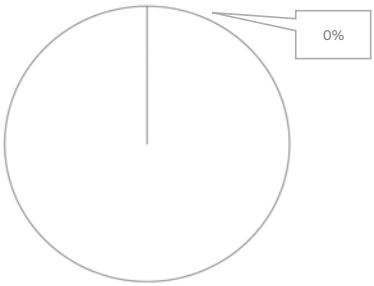
Serving Size:	9 grams	Protein:	0.0 grams	Net Carbs:	8.2 grams
Calories:	32	Fat:	0.0 grams	Fiber:	0.0 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	0.0 µg RAE	0% DV
Vitamin B1 (Thiamin)	0.8 µg	0% DV
Vitamin B2 (Riboflavin)	1.2 µg	0% DV
Vitamin B3 (Niacin)	0.0 mg	0% DV
Vitamin B5 (Pantothenic Acid)	0.0 mg	0% DV
Vitamin B6 (Pyridoxine)	0.3 µg	0% DV
Vitamin B7 (Biotin)	~	~
Vitamin B9 (Folate)	0.0 µg	0% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	0.0 mg	0% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.0 mg	0% DV
Vitamin K	0.0 µg	0% DV
Choline	0.2 mg	0% DV
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	8.1 mg	1% DV
Copper	8.9 µg	1% DV
Iodine	~	~
Iron	0.1 mg	1% DV
Magnesium	1.7 mg	0% DV
Manganese	398.0 µg	17% DV
Phosphorus	0.3 mg	0% DV
Potassium	24.7 mg	1% DV
Selenium	0.1 µg	0% DV
Sodium	1.0 mg	0% DV
Zinc	0.5 mg	5% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	0.0 mg	0% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.0 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	0.0 µg	~
Polyphenols	0.0 mg	~
Phytosterols	~	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

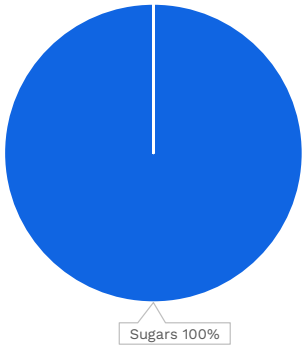




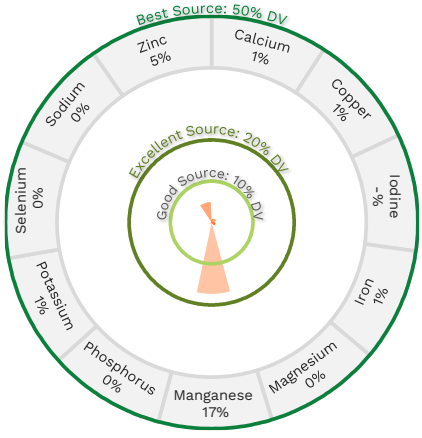
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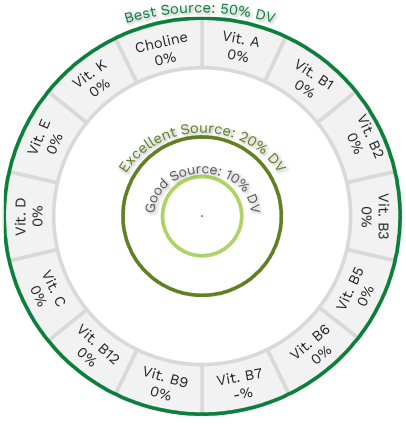
CARBOHYDRATES



MINERALS



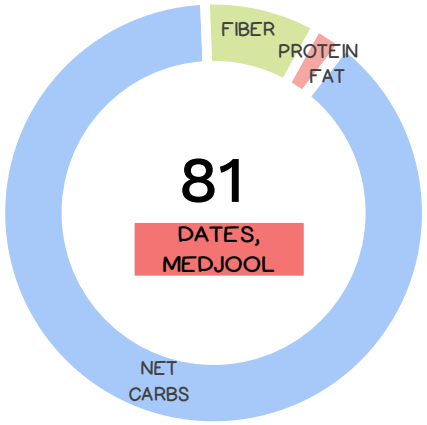
VITAMINS



497 Dates, medjool

Serving Size:	74 grams	Protein:	1.3 grams	Net Carbs:	50.2 grams
Calories:	204	Fat:	0.1 grams	Fiber:	4.9 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	5.1 µg RAE	1% DV
Vitamin B1 (Thiamin)	36.8 µg	3% DV
Vitamin B2 (Riboflavin)	44.1 µg	3% DV
Vitamin B3 (Niacin)	1.2 mg	7% DV
Vitamin B5 (Pantothenic Acid)	0.6 mg	12% DV
Vitamin B6 (Pyridoxine)	183.0 µg	11% DV
Vitamin B7 (Biotin)	0.0 µg	0% DV
Vitamin B9 (Folate)	11.0 µg	3% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	0.0 mg	0% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.1 mg	1% DV
Vitamin K	2.0 µg	2% DV
Choline	7.3 mg	1% DV
Myo-Inositol	111.7 mg	~
CoQ10	~	~
Minerals		
Calcium	47.0 mg	4% DV
Copper	266.1 µg	30% DV
Iodine	~	~
Iron	0.7 mg	4% DV
Magnesium	39.7 mg	9% DV
Manganese	217.6 µg	9% DV
Phosphorus	45.6 mg	4% DV
Potassium	511.6 mg	11% DV
Selenium	2.2 µg	4% DV
Sodium	0.7 mg	0% DV
Zinc	0.3 mg	3% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	2.2 mg	0% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.0 g	0% DV
MCT's	~	~
Phytonutrients		
Carotenoids	82.3 µg	~
Polyphenols	118.9 mg	~
Phytosterols	~	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

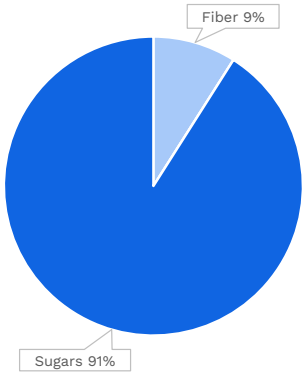




FATS



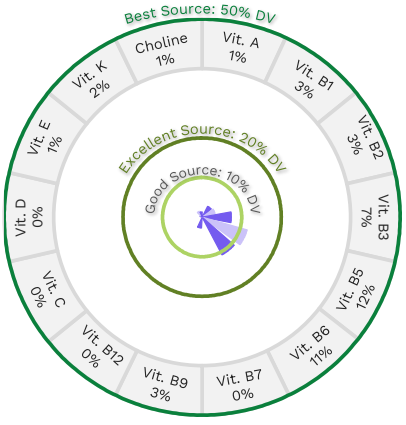
No detailed component data currently available in the USDA Food Central Database.

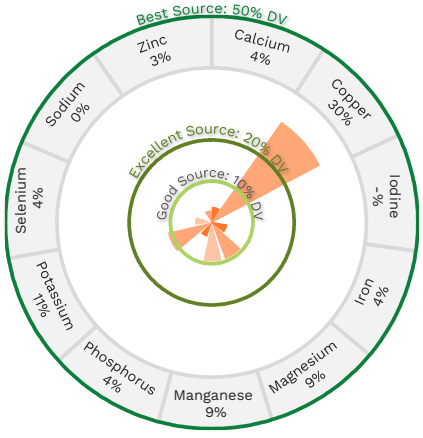


CARBOHYDRATES

MINERALS

VITAMINS

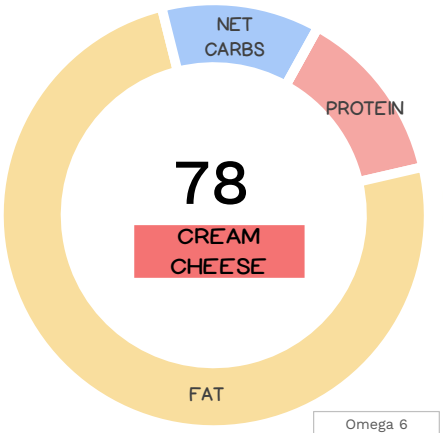




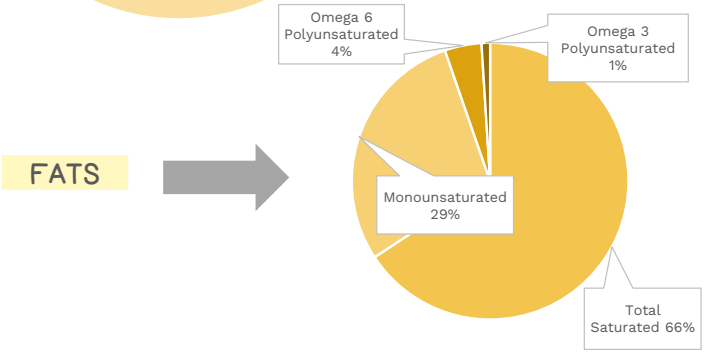
498 Cream Cheese

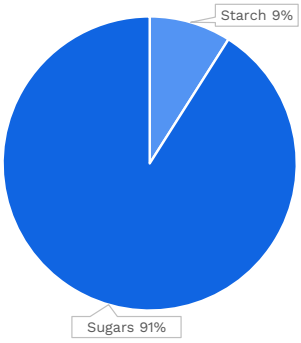
Serving Size:	42 grams	Protein:	2.6 grams	Net Carbs:	2.3 grams
Calories:	147	Fat:	14.5 grams	Fiber:	0.0 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	129.4 µg RAE	14% DV
Vitamin B1 (Thiamin)	9.7 µg	1% DV
Vitamin B2 (Riboflavin)	96.6 µg	7% DV
Vitamin B3 (Niacin)	0.0 mg	0% DV
Vitamin B5 (Pantothenic Acid)	0.2 mg	4% DV
Vitamin B6 (Pyridoxine)	23.5 µg	1% DV
Vitamin B7 (Biotin)	1.4 µg	5% DV
Vitamin B9 (Folate)	3.8 µg	1% DV
Vitamin B12 (Cobalamin)	0.1 µg	4% DV
Vitamin C	0.0 mg	0% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.6 mg	4% DV
Vitamin K	0.9 µg	1% DV
Choline	11.3 mg	2% DV
Myo-Inositol	2.9 mg	~
CoQ10	0.1 mg	~
Minerals		
Calcium	40.7 mg	3% DV
Copper	7.6 µg	1% DV
Iodine	~	~
Iron	0.0 mg	0% DV
Magnesium	3.8 mg	1% DV
Manganese	4.6 µg	0% DV
Phosphorus	44.9 mg	4% DV
Potassium	55.4 mg	1% DV
Selenium	3.6 µg	7% DV
Sodium	131.9 mg	6% DV
Zinc	0.2 mg	2% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	3.7 g	19% DV
ALA	55.0 mg	3% DV
EPA + DHA	4.2 mg	2% DV
CLA	75.6 mg	~
Linoleic Acid	0.5 g	3% DV
MCT's	1.2 g	~
Phytonutrients		
Carotenoids	29.0 µg	~
Polyphenols	0.0 mg	~
Phytosterols	0.0 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

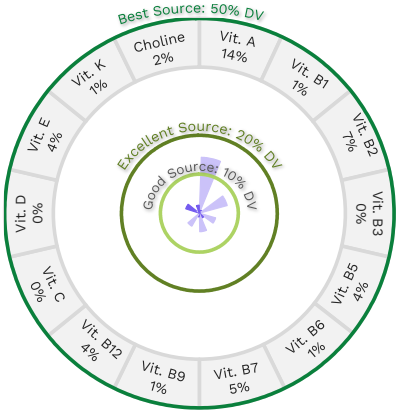






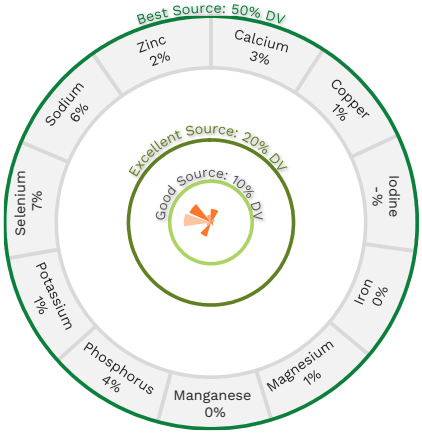


CARBOHYDRATES



VITAMINS

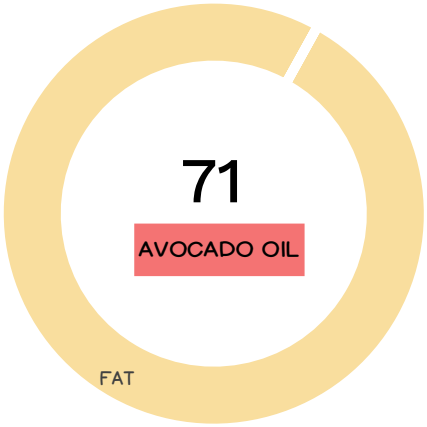
MINERALS



499 Avocado Oil

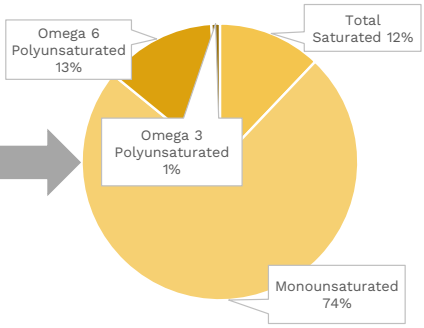
Serving Size:	14 grams	Protein:	0.0 grams	Net Carbs:	0.0 grams
Calories:	124	Fat:	14.0 grams	Fiber:	0.0 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	0.0 µg RAE	0% DV
Vitamin B1 (Thiamin)	0.0 µg	0% DV
Vitamin B2 (Riboflavin)	0.0 µg	0% DV
Vitamin B3 (Niacin)	0.0 mg	0% DV
Vitamin B5 (Pantothenic Acid)	0.0 mg	0% DV
Vitamin B6 (Pyridoxine)	0.0 µg	0% DV
Vitamin B7 (Biotin)	~	~
Vitamin B9 (Folate)	0.0 µg	0% DV
Vitamin B12 (Cobalamin)	0.0 µg	0% DV
Vitamin C	0.0 mg	0% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	2.8 mg	19% DV
Vitamin K	~	~
Choline	~	~
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	0.0 mg	0% DV
Copper	0.0 µg	0% DV
Iodine	~	~
Iron	0.0 mg	0% DV
Magnesium	0.0 mg	0% DV
Manganese	0.0 µg	0% DV
Phosphorus	0.0 mg	0% DV
Potassium	0.0 mg	0% DV
Selenium	0.0 µg	0% DV
Sodium	0.0 mg	0% DV
Zinc	0.0 mg	0% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	~	~
Functional Fats		
MUFA	9.9 g	49% DV
ALA	134.0 mg	8% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	1.8 g	10% DV
MCT's	~	~
Phytonutrients		
Carotenoids	0.0 µg	~
Polyphenols	6.4 mg	~
Phytosterols	0.0 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~

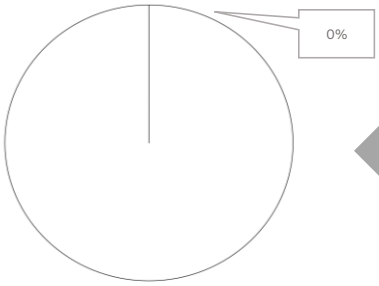




FATS

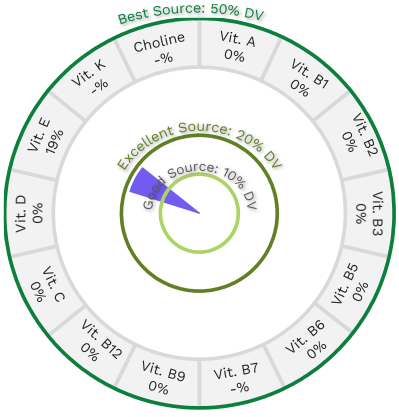


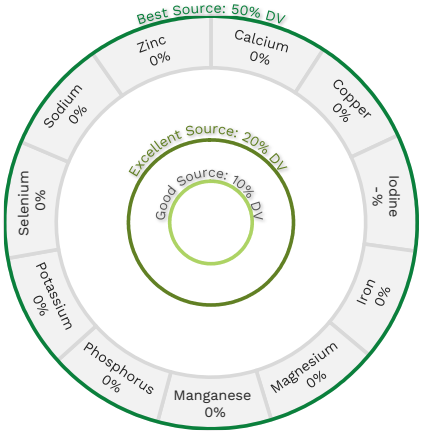
CARBOHYDRATES



MINERALS

VITAMINS

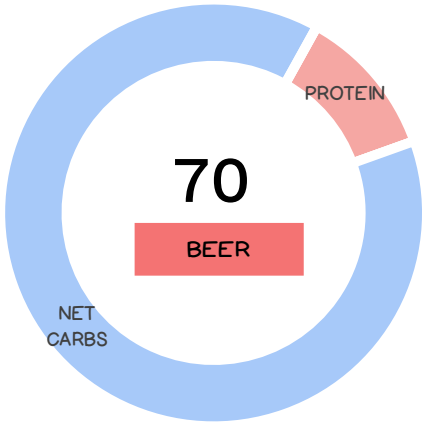




500 Beer

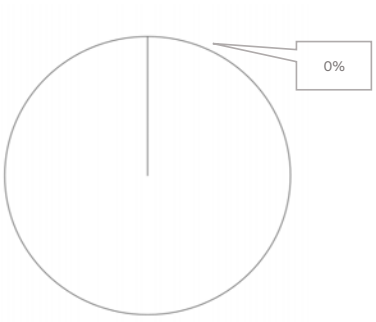
Serving Size:	356 grams	Protein:	1.6 grams	Net Carbs:	12.7 grams
Calories:	153	Fat:	0.0 grams	Fiber:	0.0 grams

Vitamins & Vitaminlike Compounds		
Vitamin A	0.0 µg RAE	0% DV
Vitamin B1 (Thiamin)	17.8 µg	1% DV
Vitamin B2 (Riboflavin)	89.1 µg	7% DV
Vitamin B3 (Niacin)	1.8 mg	11% DV
Vitamin B5 (Pantothenic Acid)	0.1 mg	3% DV
Vitamin B6 (Pyridoxine)	163.9 µg	10% DV
Vitamin B7 (Biotin)	4.3 µg	14% DV
Vitamin B9 (Folate)	21.4 µg	5% DV
Vitamin B12 (Cobalamin)	0.1 µg	3% DV
Vitamin C	0.0 mg	0% DV
Vitamin D (D2 + D3)	0.0 µg	0% DV
Vitamin E	0.0 mg	0% DV
Vitamin K	0.0 µg	0% DV
Choline	36.0 mg	7% DV
Myo-Inositol	~	~
CoQ10	~	~
Minerals		
Calcium	14.3 mg	1% DV
Copper	17.8 µg	2% DV
Iodine	~	~
Iron	0.1 mg	0% DV
Magnesium	21.4 mg	5% DV
Manganese	28.5 µg	1% DV
Phosphorus	49.9 mg	4% DV
Potassium	96.2 mg	2% DV
Selenium	2.1 µg	4% DV
Sodium	14.3 mg	1% DV
Zinc	0.0 mg	0% DV
Amino Acids & Peptides		
Taurine	~	~
Ergothioneine	0.0 mg	~
Functional Fats		
MUFA	0.0 g	0% DV
ALA	0.0 mg	0% DV
EPA + DHA	0.0 mg	0% DV
CLA	~	~
Linoleic Acid	0.0 g	0% DV
MCT's	0.0 g	~
Phytonutrients		
Carotenoids	0.0 µg	~
Polyphenols	174.3 mg	~
Phytosterols	10.7 mg	~
Glucosinolates	~	~
Thiosulfinates	~	~
Betalains	~	~





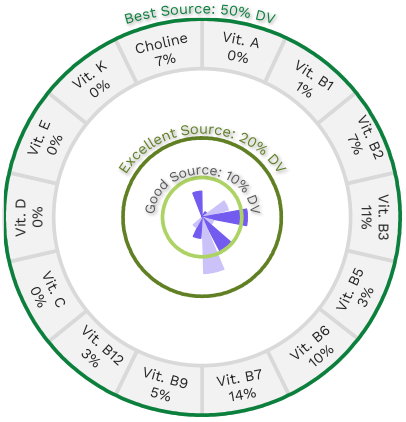
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CARBOHYDRATES

No detailed component data currently available in the USDA Food Central Database.



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About The Creators of this Book

Dr. Sarah Ballantyne, PhD

FOUNDER OF NUTRIVORE



Award-winning public speaker, New York Times bestselling author and world-renowned health expert, Dr. Sarah Ballantyne, PhD believes the key to improving public health is scientific literacy. She creates educational resources to help people improve their day-today diet and lifestyle choices, empowered and informed by the most current evidenced-based scientific research.

Jacqueline Leeflang, PEng

CONTENT CREATOR AND RESEARCHER



Jacqueline has a degree in Chemical Engineering (Bachelor of Applied Science) from the University of British Columbia in Canada, along with a master's degree in renewable energy technology from the United Kingdom. She has also achieved her Professional Engineering designation in her home province of Alberta, Canada. Jacqueline does a wide variety of tasks for Nutrivore including, article writing, data visualization, research, and content creation. She spends most of her days chasing and loving her two young boys, while spending as much time outside as possible.

Lisa Hunter, MSc

CONTENT CREATOR AND RESEARCHER



Lisa has a Bachelor of Science degree in Chemistry and Biochemistry, a Master of Science degree in Biochemistry, and worked in the pharmaceutical industry developing bio-products for 7 years, prior to taking time off to raise her two children. On Nutrivore.com she is a researcher, writer, and content creator and is responsible for developing and maintaining the expanded Nutrivore Score database of over 7,500 foods (plus many of the nerdy puns sprinkled throughout the website!).

Nicole Anouar, BA

GRAPHIC DESIGNER



Nicole Anouar has a B.A in graphic design from the University of San Francisco and specializes in branding and educational design for healers and health professionals in the online space. With 8+ years of education and practice in graphic design, content marketing and ancestral lifestyle tradition, Nicole expresses her passion for truth and her love for alternative living into the work she does every day.

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CHIEF OPERATIONS OFFICER



Charissa Joy has over 15 years of experience working in the wellness space. Charissa has many roles on the team. She is Dr. Sarah's right hand and touches every part of Dr. Sarah's businesses. She manages all communications for Nutrivore, both external and internal. She is the project and team manager. She handles all internal and external marketing, as well as all brand/affiliate partnerships.

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CONTENT CREATOR AND RESEARCHER



Denise is a health researcher and author of the best-selling book, "Death By Food Pyramid"—an award-winning exposé of the forces that shaped our dietary guidelines and beliefs, and that's been featured in documentaries, UPenn medical writing curricula, the Nutritional Therapy Association certification program, and numerous other health education courses around the world.

Kiersten Peterson, BA, NTP

CONTENT CREATOR AND PHOTOGRAPHER



Kiersten is a Content Creator for Nutrivore with a focus on recipe creation, practical resources and food photography, with a little writing on the side. After experiencing full body healing with the help of Dr. Sarah's and others' work, she now enjoys finding and creating beauty both in her work for Nutrivore and in her home as she raises two daughters alongside her military husband.