

Cabbage, chinese (pak-choi), raw

Refuse: 12% (Base and damaged leaves)

Scientific Name: *Brassica rapa (Chinensis Group)*

Common Name: *pak choi, bok choy*

NDB No: 11116 (Nutrient values and weights are for edible portion)

Nutrient	Units	Value per 100 grams	Number of Data Points	Std. Error
Proximates				
Water	g	95.32	2	0.000
Energy	kcal	13	0	0.000
Energy	kJ	55	0	0.000
Protein	g	1.50	1	0.000
Total lipid (fat)	g	0.20	1	0.000
Ash	g	0.80	0	0.000
Carbohydrate, by difference	g	2.18	0	0.000
Fiber, total dietary	g	1.0	0	0.000
Sugars, total	g	1.18	0	0.000
Minerals				
Calcium, Ca	mg	105	1	0.000
Iron, Fe	mg	0.80	1	0.000
Magnesium, Mg	mg	19	2	0.000
Phosphorus, P	mg	37	1	0.000
Potassium, K	mg	252	2	0.000
Sodium, Na	mg	65	2	0.000
Zinc, Zn	mg	0.19	0	0.000
Copper, Cu	mg	0.021	0	0.000
Manganese, Mn	mg	0.159	0	0.000
Selenium, Se	µg	0.5	0	0.000
Vitamins				
Vitamin C, total ascorbic acid	mg	45.0	1	0.000
Thiamin	mg	0.040	1	0.000
Riboflavin	mg	0.070	1	0.000
Niacin	mg	0.500	1	0.000
Pantothenic acid	mg	0.088	0	0.000
Vitamin B-6	mg	0.194	0	0.000
Folate, total	µg	66	0	0.000
Folic acid	µg	0	0	0.000
Folate, food	µg	66	0	0.000
Folate, DFE	µg_DFE	66	0	0.000
Choline, total	mg	6.4	0	0.000
Betaine	mg	0.3	0	0.000
Vitamin B-12	µg	0.00	0	0.000
Vitamin B-12, added	µg	0.00	0	0.000
Vitamin A, RAE	µg_RAE	223	0	0.000
Retinol	µg	0	0	0.000
Carotene, beta	µg	2681	0	0.000
Carotene, alpha	µg	1	0	0.000
Cryptoxanthin, beta	µg	0	0	0.000
Vitamin A, IU	IU	4468	0	0.000
Lycopene	µg	0	0	0.000
Lutein + zeaxanthin	µg	40	0	0.000
Vitamin E (alpha-tocopherol)	mg	0.09	0	0.000
Vitamin E, added	mg	0.00	0	0.000
Vitamin D (D2 + D3)	µg	0.0	0	0.000
Vitamin D	IU	0	0	0.000

Vitamin K (phylloquinone)	µg	45.5	0	0.000
Lipids				
Fatty acids, total saturated	g	0.027	0	0.000
4:0	g	0.000	0	0.000
6:0	g	0.000	0	0.000
8:0	g	0.000	0	0.000
10:0	g	0.000	0	0.000
12:0	g	0.001	0	0.000
14:0	g	0.001	0	0.000
16:0	g	0.024	0	0.000
18:0	g	0.001	0	0.000
Fatty acids, total monounsaturated	g	0.015	0	0.000
16:1 undifferentiated	g	0.000	0	0.000
18:1 undifferentiated	g	0.015	0	0.000
20:1	g	0.000	0	0.000
22:1 undifferentiated	g	0.000	0	0.000
Fatty acids, total polyunsaturated	g	0.096	0	0.000
18:2 undifferentiated	g	0.042	0	0.000
18:3 undifferentiated	g	0.055	0	0.000
18:4	g	0.000	0	0.000
20:4 undifferentiated	g	0.000	0	0.000
20:5 n-3 (EPA)	g	0.000	0	0.000
22:5 n-3 (DPA)	g	0.000	0	0.000
22:6 n-3 (DHA)	g	0.000	0	0.000
Cholesterol	mg	0	0	0.000
Amino acids				
Tryptophan	g	0.015	17	0.000
Threonine	g	0.049	17	0.000
Isoleucine	g	0.085	17	0.000
Leucine	g	0.088	17	0.000
Lysine	g	0.089	17	0.000
Methionine	g	0.009	17	0.000
Cystine	g	0.017	1	0.000
Phenylalanine	g	0.044	17	0.000
Tyrosine	g	0.029	1	0.000
Valine	g	0.066	17	0.000
Arginine	g	0.084	17	0.000
Histidine	g	0.026	17	0.000
Alanine	g	0.086	1	0.000
Aspartic acid	g	0.108	1	0.000
Glutamic acid	g	0.360	1	0.000
Glycine	g	0.043	1	0.000
Proline	g	0.031	1	0.000
Serine	g	0.048	1	0.000
Other				
Alcohol, ethyl	g	0.0	0	0.000
Caffeine	mg	0	0	0.000
Theobromine	mg	0	0	0.000

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

Cabbage, chinese (pe-tsai), raw

Refuse: 7% (Outer leaves and root base)

Scientific Name: *Brassica rapa (Pekinensis Group)*

NDB No: 11119 (Nutrient values and weights are for edible portion)

Nutrient	Units	Value per 100 grams	Number of Data Points	Std. Error
Proximates				
Water	g	94.39	20	0.438
Energy	kcal	16	0	0.000
Energy	kJ	67	0	0.000
Protein	g	1.20	1	0.000
Total lipid (fat)	g	0.20	1	0.000
Ash	g	0.98	2	0.000
Carbohydrate, by difference	g	3.23	0	0.000
Fiber, total dietary	g	1.2	0	0.000
Sugars, total	g	1.41	0	0.000
Minerals				
Calcium, Ca	mg	77	3	9.098
Iron, Fe	mg	0.31	3	0.096
Magnesium, Mg	mg	13	4	1.084
Phosphorus, P	mg	29	3	4.601
Potassium, K	mg	238	9	22.214
Sodium, Na	mg	9	15	2.109
Zinc, Zn	mg	0.23	12	0.021
Copper, Cu	mg	0.036	11	0.005
Manganese, Mn	mg	0.190	11	0.077
Selenium, Se	µg	0.6	0	0.000
Vitamins				
Vitamin C, total ascorbic acid	mg	27.0	1	0.000
Thiamin	mg	0.040	1	0.000
Riboflavin	mg	0.050	1	0.000
Niacin	mg	0.400	1	0.000
Pantothenic acid	mg	0.105	0	0.000
Vitamin B-6	mg	0.232	1	0.000
Folate, total	µg	79	3	6.032
Folic acid	µg	0	0	0.000
Folate, food	µg	79	3	6.032
Folate, DFE	µg_DFE	79	0	0.000
Choline, total	mg	7.6	0	0.000
Betaine	mg	0.3	0	0.000
Vitamin B-12	µg	0.00	0	0.000
Vitamin B-12, added	µg	0.00	0	0.000
Vitamin A, RAE	µg_RAE	16	0	0.000
Retinol	µg	0	0	0.000
Carotene, beta	µg	190	0	0.000
Carotene, alpha	µg	1	0	0.000
Cryptoxanthin, beta	µg	0	0	0.000
Vitamin A, IU	IU	318	0	0.000
Lycopene	µg	0	0	0.000
Lutein + zeaxanthin	µg	48	0	0.000
Vitamin E (alpha-tocopherol)	mg	0.12	0	0.000
Vitamin E, added	mg	0.00	0	0.000
Vitamin D (D2 + D3)	µg	0.0	0	0.000
Vitamin D	IU	0	0	0.000
Vitamin K (phylloquinone)	µg	42.9	0	0.000

Lipids				
Fatty acids, total saturated	g	0.043	0	0.000
4:0	g	0.000	0	0.000
6:0	g	0.000	0	0.000
8:0	g	0.000	0	0.000
10:0	g	0.000	0	0.000
12:0	g	0.000	0	0.000
14:0	g	0.000	0	0.000
16:0	g	0.038	3	0.000
18:0	g	0.005	3	0.000
Fatty acids, total monounsaturated	g	0.023	0	0.000
16:1 undifferentiated	g	0.002	2	0.000
18:1 undifferentiated	g	0.021	3	0.000
20:1	g	0.000	0	0.000
22:1 undifferentiated	g	0.000	0	0.000
Fatty acids, total polyunsaturated	g	0.072	0	0.000
18:2 undifferentiated	g	0.015	3	0.000
18:3 undifferentiated	g	0.057	3	0.000
18:4	g	0.000	0	0.000
20:4 undifferentiated	g	0.000	0	0.000
20:5 n-3 (EPA)	g	0.000	0	0.000
22:5 n-3 (DPA)	g	0.000	0	0.000
22:6 n-3 (DHA)	g	0.000	0	0.000
Cholesterol	mg	0	0	0.000
Amino acids				
Tryptophan	g	0.012	17	0.000
Threonine	g	0.039	17	0.000
Isoleucine	g	0.068	17	0.000
Leucine	g	0.070	17	0.000
Lysine	g	0.071	17	0.000
Methionine	g	0.007	17	0.000
Cystine	g	0.013	1	0.000
Phenylalanine	g	0.035	17	0.000
Tyrosine	g	0.023	1	0.000
Valine	g	0.053	17	0.000
Arginine	g	0.067	17	0.000
Histidine	g	0.021	17	0.000
Alanine	g	0.069	1	0.000
Aspartic acid	g	0.086	1	0.000
Glutamic acid	g	0.288	1	0.000
Glycine	g	0.035	1	0.000
Proline	g	0.025	1	0.000
Serine	g	0.038	1	0.000
Other				
Alcohol, ethyl	g	0.0	0	0.000
Caffeine	mg	0	0	0.000
Theobromine	mg	0	0	0.000

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

Endive, raw

Refuse: 14% (Outer leaves and core)

Scientific Name: *Cichorium endivia*

NDB No: 11213 (Nutrient values and weights are for edible portion)

Nutrient	Units	Value per 100 grams	Number of Data Points	Std. Error
Proximates				
Water	g	93.79	24	0.254
Energy	kcal	17	0	0.000
Energy	kJ	71	0	0.000
Protein	g	1.25	2	0.000
Total lipid (fat)	g	0.20	2	0.000
Ash	g	1.41	2	0.000
Carbohydrate, by difference	g	3.35	0	0.000
Fiber, total dietary	g	3.1	0	0.000
Sugars, total	g	0.25	0	0.000
Minerals				
Calcium, Ca	mg	52	4	5.780
Iron, Fe	mg	0.83	4	0.239
Magnesium, Mg	mg	15	4	5.530
Phosphorus, P	mg	28	3	3.844
Potassium, K	mg	314	18	22.487
Sodium, Na	mg	22	18	4.106
Zinc, Zn	mg	0.79	2	0.000
Copper, Cu	mg	0.099	1	0.000
Manganese, Mn	mg	0.420	1	0.000
Selenium, Se	µg	0.2	0	0.000
Vitamins				
Vitamin C, total ascorbic acid	mg	6.5	2	0.000
Thiamin	mg	0.080	2	0.000
Riboflavin	mg	0.075	2	0.000
Niacin	mg	0.400	2	0.000
Pantothenic acid	mg	0.900	0	0.000
Vitamin B-6	mg	0.020	0	0.000
Folate, total	µg	142	6	13.409
Folic acid	µg	0	0	0.000
Folate, food	µg	142	6	13.409
Folate, DFE	µg_DFE	142	0	0.000
Choline, total	mg	16.8	0	0.000
Vitamin B-12	µg	0.00	0	0.000
Vitamin B-12, added	µg	0.00	0	0.000
Vitamin A, RAE	µg_RAE	108	0	0.000
Retinol	µg	0	0	0.000
Carotene, beta	µg	1300	0	0.000
Carotene, alpha	µg	0	0	0.000
Cryptoxanthin, beta	µg	0	0	0.000
Vitamin A, IU	IU	2167	0	0.000
Lycopene	µg	0	0	0.000
Lutein + zeaxanthin	µg	0	0	0.000
Vitamin E (alpha-tocopherol)	mg	0.44	0	0.000
Vitamin E, added	mg	0.00	0	0.000
Vitamin D (D2 + D3)	µg	0.0	0	0.000
Vitamin D	IU	0	0	0.000
Vitamin K (phylloquinone)	µg	231.0	0	0.000
Lipids				

Fatty acids, total saturated	g	0.048	0	0.000
4:0	g	0.000	0	0.000
6:0	g	0.000	0	0.000
8:0	g	0.000	0	0.000
10:0	g	0.000	0	0.000
12:0	g	0.000	0	0.000
14:0	g	0.003	0	0.000
16:0	g	0.041	0	0.000
18:0	g	0.002	0	0.000
Fatty acids, total monounsaturated	g	0.004	0	0.000
16:1 undifferentiated	g	0.000	0	0.000
18:1 undifferentiated	g	0.004	0	0.000
20:1	g	0.000	0	0.000
22:1 undifferentiated	g	0.000	0	0.000
Fatty acids, total polyunsaturated	g	0.087	0	0.000
18:2 undifferentiated	g	0.075	0	0.000
18:3 undifferentiated	g	0.013	0	0.000
18:4	g	0.000	0	0.000
20:4 undifferentiated	g	0.000	0	0.000
20:5 n-3 (EPA)	g	0.000	0	0.000
22:5 n-3 (DPA)	g	0.000	0	0.000
22:6 n-3 (DHA)	g	0.000	0	0.000
Cholesterol	mg	0	0	0.000
Amino acids				
Tryptophan	g	0.005	5	0.000
Threonine	g	0.050	7	0.000
Isoleucine	g	0.072	7	0.000
Leucine	g	0.098	7	0.000
Lysine	g	0.063	7	0.000
Methionine	g	0.014	7	0.000
Cystine	g	0.010	3	0.000
Phenylalanine	g	0.053	7	0.000
Tyrosine	g	0.040	3	0.000
Valine	g	0.063	7	0.000
Arginine	g	0.062	7	0.000
Histidine	g	0.023	7	0.000
Alanine	g	0.062	3	0.000
Aspartic acid	g	0.130	3	0.000
Glutamic acid	g	0.166	3	0.000
Glycine	g	0.058	3	0.000
Proline	g	0.059	3	0.000
Serine	g	0.049	3	0.000
Other				
Alcohol, ethyl	g	0.0	0	0.000
Caffeine	mg	0	0	0.000
Theobromine	mg	0	0	0.000

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

Lettuce, cos or romaine, raw

Refuse: 6% (Core)

Scientific Name: *Lactuca sativa* var. *logifolia*

NDB No: 11251 (Nutrient values and weights are for edible portion)

Nutrient	Units	Value per 100 grams	Number of Data Points	Std. Error
Proximates				
Water	g	94.61	12	0.094
Energy	kcal	17	0	0.000
Energy	kJ	72	0	0.000
Protein	g	1.23	12	0.043
Total lipid (fat)	g	0.30	10	0.017
Ash	g	0.58	12	0.015
Carbohydrate, by difference	g	3.29	0	0.000
Fiber, total dietary	g	2.1	11	0.179
Sugars, total	g	1.19	4	0.137
Sucrose	g	0.00	4	0.000
Glucose (dextrose)	g	0.39	4	0.084
Fructose	g	0.80	4	0.058
Lactose	g	0.00	4	0.000
Maltose	g	0.00	4	0.000
Galactose	g	0.00	4	0.000
Starch	g	0.00	4	0.000
Minerals				
Calcium, Ca	mg	33	11	0.733
Iron, Fe	mg	0.97	11	0.079
Magnesium, Mg	mg	14	11	0.301
Phosphorus, P	mg	30	11	0.644
Potassium, K	mg	247	11	8.320
Sodium, Na	mg	8	4	0.657
Zinc, Zn	mg	0.23	11	0.013
Copper, Cu	mg	0.048	9	0.004
Manganese, Mn	mg	0.155	11	0.017
Selenium, Se	µg	0.4	7	0.063
Vitamins				
Vitamin C, total ascorbic acid	mg	4.0	12	0.401
Thiamin	mg	0.072	11	0.002
Riboflavin	mg	0.067	12	0.003
Niacin	mg	0.313	12	0.006
Pantothenic acid	mg	0.142	12	0.008
Vitamin B-6	mg	0.074	12	0.003
Folate, total	µg	136	7	32.743
Folic acid	µg	0	0	0.000
Folate, food	µg	136	7	32.743
Folate, DFE	µg_DFE	136	0	0.000
Choline, total	mg	9.9	3	0.381
Betaine	mg	0.1	3	0.000
Vitamin B-12	µg	0.00	0	0.000
Vitamin B-12, added	µg	0.00	0	0.000
Vitamin A, RAE	µg_RAE	436	0	0.000
Retinol	µg	0	0	0.000
Carotene, beta	µg	5226	6	510.272
Carotene, alpha	µg	0	6	0.000
Cryptoxanthin, beta	µg	0	6	0.000
Vitamin A, IU	IU	8710	0	0.000

Lycopene	µg	0	6	0.000
Lutein + zeaxanthin	µg	2312	6	331.464
Vitamin E (alpha-tocopherol)	mg	0.13	5	0.027
Vitamin E, added	mg	0.00	0	0.000
Tocopherol, beta	mg	0.00	5	0.003
Tocopherol, gamma	mg	0.36	5	0.052
Tocopherol, delta	mg	0.01	5	0.000
Vitamin D (D2 + D3)	µg	0.0	0	0.000
Vitamin D	IU	0	0	0.000
Vitamin K (phyloquinone)	µg	102.5	8	7.222
Dihydrophyloquinone	µg	0.0	8	0.000
Lipids				
Fatty acids, total saturated	g	0.039	0	0.000
4:0	g	0.000	0	0.000
6:0	g	0.000	0	0.000
8:0	g	0.000	0	0.000
10:0	g	0.000	0	0.000
12:0	g	0.000	0	0.000
14:0	g	0.000	0	0.000
16:0	g	0.035	0	0.000
18:0	g	0.005	0	0.000
Fatty acids, total monounsaturated	g	0.012	0	0.000
16:1 undifferentiated	g	0.003	0	0.000
18:1 undifferentiated	g	0.009	0	0.000
20:1	g	0.000	0	0.000
22:1 undifferentiated	g	0.000	0	0.000
Fatty acids, total polyunsaturated	g	0.160	0	0.000
18:2 undifferentiated	g	0.047	0	0.000
18:3 undifferentiated	g	0.113	0	0.000
18:4	g	0.000	0	0.000
20:4 undifferentiated	g	0.000	0	0.000
20:5 n-3 (EPA)	g	0.000	0	0.000
22:5 n-3 (DPA)	g	0.000	0	0.000
22:6 n-3 (DHA)	g	0.000	0	0.000
Cholesterol	mg	0	0	0.000
Amino acids				
Tryptophan	g	0.010	0	0.000
Threonine	g	0.043	0	0.000
Isoleucine	g	0.045	0	0.000
Leucine	g	0.076	0	0.000
Lysine	g	0.064	0	0.000
Methionine	g	0.015	0	0.000
Cystine	g	0.006	0	0.000
Phenylalanine	g	0.065	0	0.000
Tyrosine	g	0.025	0	0.000
Valine	g	0.055	0	0.000
Arginine	g	0.054	0	0.000
Histidine	g	0.021	0	0.000
Alanine	g	0.056	0	0.000
Aspartic acid	g	0.139	0	0.000
Glutamic acid	g	0.178	0	0.000
Glycine	g	0.049	0	0.000
Proline	g	0.045	0	0.000
Serine	g	0.050	0	0.000

Lettuce, green leaf, raw

Refuse: 36% (Outer leaves, core and trimmings)

Scientific Name: *Lactuca sativa* var. *crispa*

NDB No: 11253 (Nutrient values and weights are for edible portion)

Nutrient	Units	Value per 100 grams	Number of Data Points	Std. Error
Proximates				
Water	g	94.98	14	0.140
Energy	kcal	15	0	0.000
Energy	kJ	62	0	0.000
Protein	g	1.36	8	0.059
Total lipid (fat)	g	0.15	8	0.015
Ash	g	0.62	8	0.044
Carbohydrate, by difference	g	2.87	0	0.000
Fiber, total dietary	g	1.3	4	0.019
Sugars, total	g	0.78	4	0.040
Sucrose	g	0.00	4	0.000
Glucose (dextrose)	g	0.36	4	0.024
Fructose	g	0.43	4	0.029
Lactose	g	0.00	4	0.000
Maltose	g	0.00	4	0.000
Galactose	g	0.00	4	0.000
Starch	g	0.00	4	0.000
Minerals				
Calcium, Ca	mg	36	8	2.118
Iron, Fe	mg	0.86	8	0.118
Magnesium, Mg	mg	13	8	1.313
Phosphorus, P	mg	29	8	2.492
Potassium, K	mg	194	8	10.367
Sodium, Na	mg	28	8	4.917
Zinc, Zn	mg	0.18	8	0.012
Copper, Cu	mg	0.029	8	0.004
Manganese, Mn	mg	0.250	8	0.024
Selenium, Se	µg	0.6	8	0.145
Vitamins				
Vitamin C, total ascorbic acid	mg	9.2	8	0.521
Thiamin	mg	0.070	8	0.003
Riboflavin	mg	0.080	8	0.003
Niacin	mg	0.375	8	0.031
Pantothenic acid	mg	0.134	8	0.005
Vitamin B-6	mg	0.090	8	0.016
Folate, total	µg	38	8	2.194
Folic acid	µg	0	0	0.000
Folate, food	µg	38	8	2.194
Folate, DFE	µg_DFE	38	0	0.000
Choline, total	mg	13.6	0	0.000
Betaine	mg	0.2	0	0.000
Vitamin B-12	µg	0.00	0	0.000
Vitamin B-12, added	µg	0.00	0	0.000
Vitamin A, RAE	µg_RAE	370	0	0.000
Retinol	µg	0	0	0.000
Carotene, beta	µg	4443	6	418.138
Carotene, alpha	µg	0	6	0.000
Cryptoxanthin, beta	µg	0	6	0.000
Vitamin A, IU	IU	7405	0	0.000

Lycopene	µg	0	6	0.000
Lutein + zeaxanthin	µg	1730	2	0.000
Vitamin E (alpha-tocopherol)	mg	0.22	8	0.018
Vitamin E, added	mg	0.00	0	0.000
Tocopherol, beta	mg	0.00	8	0.000
Tocopherol, gamma	mg	0.41	8	0.027
Tocopherol, delta	mg	0.02	8	0.003
Vitamin D (D2 + D3)	µg	0.0	0	0.000
Vitamin D	IU	0	0	0.000
Vitamin K (phylloquinone)	µg	126.3	8	4.765
Dihydrophyloquinone	µg	0.0	8	0.000
Lipids				
Fatty acids, total saturated	g	0.020	0	0.000
4:0	g	0.000	0	0.000
6:0	g	0.000	0	0.000
8:0	g	0.000	0	0.000
10:0	g	0.000	0	0.000
12:0	g	0.000	0	0.000
14:0	g	0.000	0	0.000
16:0	g	0.018	0	0.000
18:0	g	0.002	0	0.000
Fatty acids, total monounsaturated	g	0.006	0	0.000
16:1 undifferentiated	g	0.002	0	0.000
18:1 undifferentiated	g	0.005	0	0.000
20:1	g	0.000	0	0.000
22:1 undifferentiated	g	0.000	0	0.000
Fatty acids, total polyunsaturated	g	0.082	0	0.000
18:2 undifferentiated	g	0.024	0	0.000
18:3 undifferentiated	g	0.058	0	0.000
18:4	g	0.000	0	0.000
20:4 undifferentiated	g	0.000	0	0.000
20:5 n-3 (EPA)	g	0.000	0	0.000
22:5 n-3 (DPA)	g	0.000	0	0.000
Cholesterol	mg	0	0	0.000
Phytosterols	mg	38	0	0.000
Amino acids				
Tryptophan	g	0.009	0	0.000
Threonine	g	0.059	0	0.000
Isoleucine	g	0.084	0	0.000
Leucine	g	0.079	0	0.000
Lysine	g	0.084	0	0.000
Methionine	g	0.016	0	0.000
Cystine	g	0.016	0	0.000
Phenylalanine	g	0.055	0	0.000
Tyrosine	g	0.032	0	0.000
Valine	g	0.070	0	0.000
Arginine	g	0.071	0	0.000
Histidine	g	0.022	0	0.000
Alanine	g	0.056	0	0.000
Aspartic acid	g	0.142	0	0.000
Glutamic acid	g	0.182	0	0.000
Glycine	g	0.057	0	0.000
Proline	g	0.048	0	0.000
Serine	g	0.039	0	0.000