

Basic Report 11957, Fennel, bulb, raw

Report Date:February 22, 2016 15:59 EST

Nutrient values and weights are for edible portion.

| Nutrient | Unit | 1 Value Per100 g | 1 cup, sliced 87g | 1 bulb 234g |
|--------------------------------|------|------------------------|----------------------|----------------|
| Proximates | | | | |
| Water | g | 90.21 | 78.48 | 211.09 |
| Energy | kcal | 31 | 27 | 73 |
| Protein | g | 1.24 | 1.08 | 2.90 |
| Total lipid (fat) | g | 0.20 | 0.17 | 0.47 |
| Carbohydrate, by difference | g | 7.30 | 6.35 | 17.08 |
| Fiber, total dietary | g | 3.1 | 2.7 | 7.3 |
| Sugars, total | g | 3.93 | 3.42 | 9.20 |
| Minerals | | | | |
| Calcium, Ca | mg | 49 | 43 | 115 |
| Iron, Fe | mg | 0.73 | 0.64 | 1.71 |
| Magnesium, Mg | mg | 17 | 15 | 40 |
| Phosphorus, P | mg | 50 | 44 | 117 |
| Potassium, K | mg | 414 | 360 | 969 |
| Sodium, Na | mg | 52 | 45 | 122 |
| Zinc, Zn | mg | 0.20 | 0.17 | 0.47 |
| Vitamins | | | | |
| Vitamin C, total ascorbic acid | mg | 12.0 | 10.4 | 28.1 |
| Thiamin | mg | 0.010 | 0.009 | 0.023 |
| Riboflavin | mg | 0.032 | 0.028 | 0.075 |
| Niacin | mg | 0.640 | 0.557 | 1.498 |
| Vitamin B-6 | mg | 0.047 | 0.041 | 0.110 |
| Folate, DFE | µg | 27 | 23 | 63 |
| Vitamin B-12 | µg | 0.00 | 0.00 | 0.00 |
| Vitamin A, RAE | µg | 48 | 42 | 112 |
| Vitamin A, IU | IU | 963 | 838 | 2253 |
| Vitamin E (alpha-tocopherol) | mg | 0.58 | 0.50 | 1.36 |

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| Vitamin D (D2 + D3) | µg | 0.0 | 0.0 | 0.0 |
| Vitamin D | IU | 0 | 0 | 0 |
| Vitamin K (phylloquinone) | µg | 62.8 | 54.6 | 147.0 |
| Lipids | | | | |
| Fatty acids, total saturated | g | 0.090 | 0.078 | 0.211 |
| Fatty acids, total monounsaturated | g | 0.068 | 0.059 | 0.159 |
| Fatty acids, total polyunsaturated | g | 0.169 | 0.147 | 0.395 |
| Fatty acids, total trans | g | 0.000 | 0.000 | 0.000 |
| Cholesterol | mg | 0 | 0 | 0 |
| Amino Acids | | | | |
| Other | | | | |
| Caffeine | mg | 0 | 0 | 0 |