








~~ Vegetables Chart ~~




Use these charts to find the nutrient contents of your favorite fruits, nuts, proteins and vegetables.



Note that I have listed only those foods which contain the listed vitamins in significant quantities. The are listed in descending order by nutrient quantity. For more detailed information, please visit the [United States Department of Agriculture \(USDA\) Food & Nutrition Center](http://www.nutrition.gov).




Vegetable	Amount	Minerals Contained	Vitamins Contained
<p>Alfalfa, sprouted</p> 	<p>One cup of raw, sprouted alfalfa seeds, contains 1.32 grams of protein, 8 calories and 0.6 grams of dietary fiber.</p>	<p>Potassium - 26 mg Phosphorus - 23 mg Magnesium - 9 mg Calcium - 11 mg Iron - 0.32 mg Sodium - 2 mg Zinc - 0.3 mg Copper - 0.052 mg Manganese - 0.062 mg Selenium - 0.2 mcg Also contains small amounts of other minerals.</p>	<p>Vitamin C - 2.7 mg Vitamin B1 (thiamine) - 0.025 mg Vitamin B2 (riboflavin) - 0.042 mg Niacin - 0.159 mg Pantothenic Acid - 0.186 mg Vitamin B6 - 0.011 mg Folate - 12 mcg Vitamin A - 51 IU Vitamin K - 10.1 mcg Vitamin E - 0.01 mg Contains some other vitamins in small amounts.</p>
<p>Amaranth leaves</p> 	<p>One cup of amaranth leaves, cooked, boiled, drained with no added salt has 2.79 grams protein and 28 calories.</p>	<p>Potassium - 846 mg Phosphorus - 95 mg Magnesium - 73 mg Calcium - 276 mg Iron - 2.98 mg Zinc - 1.16 mg Manganese - 1.137 mg Sodium - 28 mg Copper - 0.209 mg Selenium - 1.2 mcg Also contains small amounts of other minerals.</p>	<p>Vitamin C - 54.3 mg Vitamin B1 (thiamine) - 0.026 mg Vitamin B2 (riboflavin) - 0.177 mg Niacin - 0.738 mg Pantothenic Acid - 0.082 mg Vitamin B6 - 0.234 mg Folate - 75 mcg Vitamin A - 3656 IU Contains some other vitamins in small amounts.</p>

<p>Artichoke</p> 	<p>One medium artichoke cooked with no added salt has 3.47 grams protein, 64 calories and 10.3 grams of fiber.</p>	<p>Potassium - 343 mg Phosphorus - 88 mg Magnesium - 50 mg Calcium - 25 mg Iron - 0.73 mg Zinc - 0.48 mg Copper - 0.152 mg Manganese - 0.27 mg Selenium - 0.2 mcg Sodium - 72 mg Also contains small amounts of other minerals.</p>	<p>Vitamin C - 8.9 mg Niacin - 1.332 mg Vitamin B1 (thiamine) - 0.06 mg Vitamin B2 (riboflavin) - 0.107 mg Vitamin B6 - 0.097 mg Pantothenic Acid - 0.288 mg Folate - 107 mcg Vitamin A - 16 IU Vitamin K - 17.8 mcg Vitamin E - 0.23 mg Contains some other vitamins in small amounts.</p>
<p>Asparagus</p> 	<p>Half cup (about 6 spears) cooked with no added salt contains 2.16 grams of protein, 20 calories and 1.8 grams of fiber.</p>	<p>Potassium - 202 mg Phosphorus - 49 mg Calcium - 21 mg Iron - 0.82 mg Sodium - 13 mg Magnesium - 13 mg Zinc - 0.54 mg Copper - 0.149 mg Manganese - 0.139 mg Selenium - 5.5 mcg Also contains small amounts of other minerals.</p>	<p>Vitamin A - 905 IU Vitamin C - 6.9 mg Niacin - 0.976 mg Vitamin B1 (thiamine) - 0.146 mg Vitamin B2 (riboflavin) - 0.125 mg Pantothenic Acid - 0.203 mg Vitamin B6 - 0.071 mg Folate - 134 mcg Vitamin K - 45.5 mcg Vitamin E - 1.35 mg Contains some other vitamins in small amounts.</p>
<p>Avocado</p>	<p>Strictly speaking, an Avocado is a fruit - see the fruit chart</p>		
<p>Bamboo shoots</p> 	<p>One cup of bamboo shoots, cooked, boiled, drained with no added salt has 1.84 grams protein, 14</p>	<p>Potassium - 640 mg Phosphorus - 24 mg Magnesium - 4 mg Calcium - 14 mg Iron - 0.29 mg Sodium - 5 mg Zinc - 0.56 mg</p>	<p>Niacin - 0.36 mg Vitamin B1 (thiamine) - 0.024 mg Vitamin B2 (riboflavin) - 0.06 mg Pantothenic Acid - 0.079 mg</p>




	calories and 1.2 grams dietary fiber.	Copper - 0.098 mg Manganese - 0.136 mg Selenium - 0.5 mcg Also contains small amounts of other minerals.	Vitamin B6 - 0.118 mg Folate - 2 mcg Contains some other vitamins in small amounts.
Beetroot 	One half cup of beets, cooked, boiled, drained, without salt contains 1.43 grams protein, 37 calories and 1.7 grams dietary fiber.	Potassium - 259 mg Phosphorus - 32 mg Magnesium - 20 mg Calcium - 14 mg Iron - 0.67 mg Sodium - 65 mg Zinc - 0.3 mg Copper - 0.063 mg Manganese - 0.277 mg Selenium - 0.6 mcg Also contains small amounts of other minerals.	Vitamin A - 30 iu Vitamin C - 3.1 mg Niacin - 0.281 mg Folate - 68 mcg Vitamin B1 (thiamine) - 0.023 mg Vitamin B2 (riboflavin) - 0.034 mg Pantothenic Acid - 0.123 mg Vitamin B6 - 0.057 mg Vitamin K - 0.2 mcg Vitamin E - 0.03 mg Contains some other vitamins in small amounts.
Bok Choy 	One cup of Bok Choy (Pak Choi), cooked, boiled, drained with no added salt has 2.65 grams protein, 20 calories and 1.7 grams dietary fiber.	Potassium - 631 mg Phosphorus - 49 mg Magnesium - 19 mg Calcium - 158 mg Iron - 1.77 mg Zinc - 0.29 mg Copper - 0.032 mg Manganese - 0.245 mg Selenium - 0.7 mcg Sodium - 58 mg Also contains small amounts of other minerals.	Vitamin C - 44.2 mg Niacin - 0.728 mg Vitamin B1 (thiamine) - 0.054 mg Vitamin B2 (riboflavin) - 0.107 mg Pantothenic Acid - 0.134 mg Vitamin B6 - 0.282 mg Folate - 70 mcg Vitamin A - 7223 IU Vitamin E - 0.15 mg Vitamin K - 57.8 mcg Contains some other vitamins in small amounts.
Broccoli	Half cup of broccoli, cooked	Potassium - 229 mg Phosphorus - 52 mg	Vitamin A - 1207 IU Vitamin C - 50.6 mg




	<p>with no added salt contains 1.86 grams protein, 27 calories and 2.6 grams dietary fiber.</p>	<p>Calcium - 31 mg Sodium - 32 mg Magnesium - 16 mg Iron - 0.52 mg Zinc - 0.35 mg Copper - 0.048 mg Manganese - 0.151 mg Selenium - 1.2 mcg Also contains small amounts of other minerals.</p>	<p>Niacin - 0.431 mg Vitamin B1 (thiamine) - 0.049 mg Vitamin B2 (riboflavin) - 0.096 mg Vitamin B6 - 0.156 mg Pantothenic Acid - 0.48 mg Folate - 84 mcg Vitamin K - 110 mcg Vitamin E - 1.13 mg Contains some other vitamins in small amounts.</p>
<p>Brussels Sprouts</p> 	<p>One cup of Brussels Sprouts, cooked, boiled, drained with no added salt has 3.98 grams protein, 56 calories and 4.1 grams dietary fiber.</p>	<p>Potassium - 495 mg Phosphorus - 87 mg Magnesium - 31 mg Calcium - 56 mg Iron - 1.87 mg Zinc - 0.51 mg Copper - 0.129 mg Manganese - 0.354 mg Selenium - 2.3 mcg Sodium - 33 mg Also contains small amounts of other minerals.</p>	<p>Vitamin C - 96.7 mg Niacin - 0.947 mg Vitamin B1 (thiamine) - 0.167 mg Vitamin B2 (riboflavin) - 0.125 mg Pantothenic Acid - 0.393 mg Vitamin B6 - 0.278 mg Folate - 94 mcg Vitamin A - 1209 IU Vitamin E - 0.67 mg Vitamin K - 218.9 mcg Contains some other vitamins in small amounts.</p>
<p>Butternut squash</p> 	<p>One cup of Butternut squash, cooked, baked, drained with no added salt has 1.84 grams protein and 82 calories.</p>	<p>Potassium - 582 mg Phosphorus - 55 mg Magnesium - 59 mg Calcium - 84 mg Iron - 1.23 mg Zinc - 0.27 mg Copper - 0.133 mg Manganese - 0.353 mg Selenium - 1 mcg</p>	<p>Vitamin C - 31 mg Niacin - 1.986 mg Vitamin B1 (thiamine) - 0.148 mg Vitamin B2 (riboflavin) - 0.035 mg Pantothenic Acid - 0.736 mg</p>



		<p>Sodium - 8 mg Also contains small amounts of other minerals.</p>	<p>Vitamin B6 - 0.254 mg Folate - 39 mcg Vitamin A - 22868 IU Vitamin K - 2 mcg Vitamin E - 2.64 mg Contains some other vitamins in small amounts.</p>
<p>Cabbage</p> 	<p>One half cup of cabbage, cooked, boiled, drained with no added salt has 0.95 grams protein, 17 calories and 1.4 grams of dietary fiber.</p>	<p>Potassium - 147 mg Phosphorus - 25 mg Magnesium - 11 mg Calcium - 36 mg Iron - 0.13 mg Sodium - 6 mg Zinc - 0.15 mg Copper - 0.013 mg Manganese - 0.154 mg Selenium - 0.5 mcg Also contains small amounts of other minerals.</p>	<p>Vitamin C - 28.1 mg Niacin - 0.186 mg Vitamin B1 (thiamine) - 0.046 mg Vitamin B2 (riboflavin) - 0.029 mg Vitamin B6 - 0.084 mg Folate - 22 mcg Pantothenic Acid - 0.13 mg Vitamin A - 60 IU Vitamin K - 81.5 mcg Vitamin E - 0.11 mg Contains some other vitamins in small amounts.</p>
<p>Carrots</p> 	<p>Half cup cooked with no added salt contains 0.59 grams protein, 27 calories and 2.3 grams fiber.</p>	<p>Potassium - 183 mg Calcium - 23 mg Phosphorus - 23 mg Magnesium - 8 mg Iron - 0.27 mg Sodium - 5 mg Zinc - 0.3 mg Copper - 0.052 mg Manganese - 0.062 mg Selenium - 0.2 mcg Also contains small amounts of other minerals.</p>	<p>Vitamin A - 13286 IU Vitamin C - 2.8 mg Vitamin B1 (thiamine) - 0.051 mg Vitamin B2 (riboflavin) - 0.034 mg Niacin - 0.503 mg Folate - 11 mcg Pantothenic Acid - 0.181 mg Vitamin B6 - 0.119 mg Vitamin K - 10.7 mcg Vitamin E - 0.8 mg Contains some other vitamins in small</p>



			amounts.
<p>Cauliflower</p> 	<p>Half cup cooked with no added salt contains 1.14 grams protein, 14 calories and 1.4 grams fiber.</p>	<p>Potassium - 88 mg Phosphorus - 20 mg Calcium - 10 mg Iron - 0.2 mg Magnesium - 6 mg Sodium - 9 mg Zinc - 0.11 mg Copper - 0.011 mg Manganese - 0.082 mg Selenium - 0.4 mcg Also contains small amounts of other minerals.</p>	<p>Vitamin C - 27.5 mg Niacin - 0.254 mg Vitamin B1 (thiamine) - 0.026 mg Vitamin B2 (riboflavin) - 0.032 mg Folate - 27 mcg Vitamin B6 - 0.107 mg Pantothenic Acid - 0.315 mg Vitamin A - 7 IU Vitamin K - 8.6 mcg Vitamin E - 0.04 mg Contains some other vitamins in small amounts.</p>
<p>Celeriac</p> 	<p>One cup of Celeriac, cooked, boiled, drained with no added salt has 1.49 grams protein, 42 calories and 1.9 grams of dietary fiber.</p>	<p>Potassium - 268 mg Phosphorus - 102 mg Magnesium - 19 mg Calcium - 40 mg Iron - 0.67 mg Sodium - 95 mg Zinc - 0.31 mg Copper - 0.067 mg Manganese - 0.149 mg Selenium - 0.6 mcg Also contains small amounts of other minerals.</p>	<p>Vitamin C - 5.6 mg Niacin - 0.662 mg Vitamin B1 (thiamine) - 0.042 mg Vitamin B2 (riboflavin) - 0.057 mg Vitamin B6 - 0.157 mg Folate - 5 mcg Pantothenic Acid - 0.315 mg Contains some other vitamins in small amounts.</p>
<p>Celery</p> 	<p>One cup of celery, cooked, boiled, drained with no added salt has 1.25 grams protein, 27 calories and 2.4 grams of dietary fiber.</p>	<p>Potassium - 426 mg Phosphorus - 38 mg Magnesium - 18 mg Calcium - 63 mg Iron - 0.63 mg Sodium - 136 mg Zinc - 0.21 mg Copper - 0.054 mg Manganese - 0.159 mg Selenium - 1.5 mcg</p>	<p>Vitamin C - 9.2 mg Niacin - 0.479 mg Vitamin B1 (thiamine) - 0.064 mg Vitamin B2 (riboflavin) - 0.07 mg Vitamin B6 - 0.129 mg Folate - 33 mcg Pantothenic Acid -</p>

		Also contains small amounts of other minerals.	0.292 mg Vitamin A - 782 IU Vitamin K - 56.7 mcg Vitamin E - 0.53 IU Contains some other vitamins in small amounts.
Chinese broccoli 	One cup of Chinese broccoli, cooked, boiled, drained with no added salt has 1 gram protein, 19 calories and 2.2 grams of dietary fiber.	Potassium - 230 mg Phosphorus - 36 mg Magnesium - 16 mg Calcium - 88 mg Iron - 0.49 mg Sodium - 6 mg Zinc - 0.34 mg Copper - 0.054 mg Manganese - 0.232 mg Selenium - 1.1 mcg Also contains small amounts of other minerals.	Vitamin C - 24.8 mg Niacin - 0.385 mg Vitamin B1 (thiamine) - 0.084 mg Vitamin B2 (riboflavin) - 0.128 mg Vitamin B6 - 0.062 mg Folate - 87 mcg Pantothenic Acid - 0.14 mg Vitamin A - 1441 IU Vitamin K - 74.6 mcg Vitamin E - 0.42 mg Contains some other vitamins in small amounts.
Chinese cabbage 	One cup of Chinese cabbage (pe-tsai), cooked, boiled, drained with no added salt has 1.78 grams protein, 17 calories and 2 grams of dietary fiber.	Potassium - 268 mg Phosphorus - 46 mg Magnesium - 12 mg Calcium - 38 mg Iron - 0.36 mg Sodium - 11 mg Zinc - 0.21 mg Copper - 0.035 mg Manganese - 0.182 mg Selenium - 0.5 mcg Also contains small amounts of other minerals.	Vitamin C - 18.8 mg Niacin - 0.595 mg Vitamin B1 (thiamine) - 0.052 mg Vitamin B2 (riboflavin) - 0.052 mg Vitamin B6 - 0.0211 mg Folate - 63 mcg Pantothenic Acid - 0.095 mg Vitamin A - 1151 IU Contains some other vitamins in small amounts.
Corn	One large ear of yellow corn, cooked with no	Potassium - 257 mg Phosphorus - 91 mg Magnesium - 31 mg	Vitamin C - 6.5 mg Niacin - 1.986 mg Vitamin B1 (thiamine)




	<p>salt contains 4.02 grams protein, 113 calories and 2.8 grams fiber.</p>	<p>Calcium - 4 mg Selenium - 0.2 mg Iron - 0.53 mg Zinc - 0.73 mg Copper - 0.058 mg Manganese - 0.197 mg Also contains small amounts of other minerals.</p>	<p>- 0.11 mg Vitamin B2 (riboflavin) - 0.067 mg Vitamin B6 - 0.164 mg Folate - 27 mcg Pantothenic Acid - 0.935 mg Vitamin A - 310 IU Vitamin K - 0.5 mcg Vitamin E - 0.11 mg Contains some other vitamins in small amounts.</p>
<p>Cucumber</p> 	<p>Half a cup of sliced cucumber with skins contains .34 grams protein, 8 calories and .3 grams fiber.</p>	<p>Potassium - 76 mg Phosphorus - 12 mg Magnesium - 7 mg Sodium - 1 mg Calcium - 8 mg Iron - 0.15 mg Zinc - 0.1 mg Copper - 0.021 mg Manganese - 0.041 mg Selenium - 0.2 mcg Also contains small amounts of other minerals.</p>	<p>Vitamin C - 1.5 mg Niacin - 0.051 mg Vitamin B1 (thiamine) - 0.014 mg Vitamin B2 (riboflavin) - 0.017 mg Vitamin B6 - 0.021 mg Folate - 4 mcg Pantothenic Acid - 0.135 mg Vitamin A - 55 IU Vitamin K - 8.5 mcg Vitamin E - 0.02 mg Contains some other vitamins in small amounts.</p>
<p>Daikon Radish</p> 	<p>One cup of Daikon Radish(oriental), cooked, boiled, drained with no added salt has 0.98 grams protein, 25 calories and 2.4 grams of dietary fiber.</p>	<p>Potassium - 419 mg Phosphorus - 35 mg Magnesium - 13 mg Calcium - 25 mg Iron - 0.22 mg < Sodium - 19 mg Zinc - 0.19 mg Copper - 0.148 mg Manganese - 0.049 mg Selenium - 1 mcg Also contains small</p>	<p>Vitamin C - 22.2 mg Niacin - 0.221 mg Vitamin B2 (riboflavin) - 0.034 mg Vitamin B6 - 0.056 mg Folate - 25 mcg Pantothenic Acid - 0.168 mg Vitamin K - 0.4 mcg</p>

		amounts of other minerals.	Contains some other vitamins in small amounts.
<p>Eggplant</p> 	<p>One cup of eggplant, cooked, boiled, drained with no added salt has 0.82 grams protein, 35 calories and 2.5 grams of dietary fiber.</p>	<p>Potassium - 122 mg Phosphorus - 15 mg Magnesium - 11 mg Calcium - 6 mg Iron - 0.25 mg Sodium - 1 mg Zinc - 0.12 mg Copper - 0.058 mg Manganese - 0.112 mg Selenium - 0.1 mcg Also contains small amounts of other minerals.</p>	<p>Vitamin C - 1.3 mg Niacin - 0.594 mg Vitamin B1 (thiamine) - 0.075 mg Vitamin B2 (riboflavin) - 0.02 mg Vitamin B6 - 0.085 mg Folate - 14 mcg Pantothenic Acid - 0.074 mg Vitamin A - 37 IU Vitamin K - 2.9 mcg Vitamin E - 0.41 mg Contains some other vitamins in small amounts.</p>
<p>Fennel</p> 	<p>One cup of raw fennel bulb has 1.08 grams protein, 27 calories and 2.7 grams of dietary fiber.</p>	<p>Potassium - 360 mg Phosphorus - 44 mg Magnesium - 15 mg Calcium - 43 mg Iron - 0.64 mg Sodium - 45 mg Zinc - 0.17 mg Copper - 0.057 mg Manganese - 0.166 mg Selenium - 0.6 mcg Also contains small amounts of other minerals.</p>	<p>Vitamin C - 10.4 mg Niacin - 0.557 mg Vitamin B1 (thiamine) - 0.009 mg Vitamin B2 (riboflavin) - 0.028 mg Vitamin B6 - 0.041 mg Folate - 23 mcg Pantothenic Acid - 0.202 mg Vitamin A - 117 IU Contains some other vitamins in small amounts.</p>
<p>French beans</p> 	<p>One cup of French beans, mature seeds, cooked, boiled with no added salt has 12.48 grams protein, 228 calories and</p>	<p>Potassium - 655 mg Phosphorus - 181 mg Magnesium - 99 mg Calcium - 112 mg Iron - 1.91 mg Sodium - 11 mg Zinc - 1.13 mg Copper - 0.204 mg</p>	<p>Vitamin C - 2.1 mg Niacin - 0.966 mg Vitamin B1 (thiamine) - 0.23 mg Vitamin B2 (riboflavin) - 0.11 mg Vitamin B6 - 0.186 mg</p>



	16.6 grams of dietary fiber.	Manganese - 0.676 mg Selenium - 2.1 mcg Also contains small amounts of other minerals.	Folate - 133 mcg Pantothenic Acid - 0.393 mg Vitamin A - 5 IU Contains some other vitamins in small amounts.
Green Pepper 	One small raw pepper contains 0.64 grams protein, 15 calories and 1.3 grams fiber.	Potassium - 130 mg Phosphorus - 15 mg Magnesium - 7 mg Calcium - 7 mg Iron - 0.25 mg Sodium - 2 mg Zinc - 0.1 mg Copper - 0.049 mg Manganese - 0.09 mg Also contains small amounts of other minerals.	Vitamin C - 59.5 mg Niacin - 0.355 mg Vitamin B1 (thiamine) - 0.042 mg Vitamin B2 (riboflavin) - 0.021 mg Vitamin B6 - 0.166 mg Folate - 7 mcg Pantothenic Acid - 0.073 mg Vitamin A - 274 IU Vitamin K - 5.5 mcg Vitamin E - 0.27 mg Contains some other vitamins in small amounts.
Jicama 	One hundred grams of jicama, cooked, boiled with no added salt has 0.72 grams protein and 38 calories.	Potassium - 135 mg Phosphorus - 16 mg Magnesium - 11 mg Calcium - 11 mg Iron - 0.57 mg Sodium - 4 mg Zinc - 0.15 mg Copper - 0.046 mg Manganese - 0.057 mg Selenium - 0.7 mcg Also contains small amounts of other minerals.	Vitamin C - 14.1 mg Niacin - 0.19 mg Vitamin B1 (thiamine) - 0.017 mg Vitamin B2 (riboflavin) - 0.028 mg Vitamin B6 - 0.04 mg Folate - 8 mcg Pantothenic Acid - 0.121 mg Vitamin A - 19 IU Contains some other vitamins in small amounts.
Kale	One cup of cooked kale with no added salt contains	Potassium - 296 mg Phosphorus - 36 mg Magnesium - 23 mg Calcium - 94 mg	Vitamin A - 17,707 IU Vitamin C - 53.3 mg Niacin - 0.65 mg Vitamin B1 (thiamine)

	<p>2.47 grams protein, 36 calories and 2.6 grams fiber.</p>	<p>Iron - 1.17 mg Sodium - 30 mg Zinc - 0.31 mg Copper - 0.203 mg Manganese - 0.541 mg Selenium - 1.2 mcg Also contains small amounts of other minerals.</p>	<p>- 0.069 mg Vitamin B2 (riboflavin) - 0.091 mg Vitamin B6 - 0.179 mg Folate - 17 mcg Pantothenic Acid - 0.064 mg Vitamin K - 1062 mcg Vitamin E - 1.1 mg Contains some other vitamins in small amounts.</p>
<p>Leek</p> 	<p>One leek, cooked, boiled with no added salt has 1 gram protein, 38 calories and 1.2 grams of dietary fiber.</p>	<p>Potassium - 108 mg Phosphorus - 21 mg Magnesium - 17 mg Calcium - 37 mg Iron - 1.36 mg Sodium - 12 mg Zinc - 0.07 mg Copper - 0.077 mg Manganese - 0.306 mg Selenium - 0.6 mcg Also contains small amounts of other minerals.</p>	<p>Vitamin C - 5.2 mg Niacin - 0.248 mg Vitamin B1 (thiamine) - 0.032 mg Vitamin B2 (riboflavin) - 0.025 mg Vitamin B6 - 0.14 mg Folate - 30 mcg Pantothenic Acid - 0.089 mg Vitamin A - 1007 IU Vitamin K - 31.5 mcg Vitamin E - 0.62 mg Contains some other vitamins in small amounts.</p>
<p>Lima Beans</p> 	<p>One cup of cooked large lima beans with no added salt contains 14.66 grams protein, 216 calories and 13.2 grams fiber.</p>	<p>Potassium - 955 mg Phosphorus - 209 mg Magnesium - 81 mg Calcium - 32 mg Selenium - 8.5 mg Iron - 4.49 mg Sodium - 4 mg Zinc - 1.79 mg Manganese - 0.97 mg Copper - 0.442 mg Also contains small amounts of other minerals.</p>	<p>Pantothenic Acid - 0.793 mg Niacin - 0.791 mg Vitamin B1 (thiamine) - 0.303 mg Vitamin B2 (riboflavin) - 0.103 mg Vitamin B6 - 0.303 mg Folate - 156 mcg Vitamin K - 3.8 mcg Vitamin E - 0.34 mg</p>

			Contains some other vitamins in small amounts.
<p>Mushroom</p> 	Half a cup of raw mushrooms contains 1.08 grams of protein, 8 calories and 0.3 grams of fiber.	<p>Potassium - 111 mg Phosphorus - 30 mg Magnesium - 3 mg Calcium - 1 mg Iron - 0.17 mg Sodium - 2 mg Zinc - 0.18 mg Copper - 0.111 mg Manganese - 0.016 mg Selenium - 3.3 mcg Also contains small amounts of other minerals.</p>	<p>Vitamin D - 2 IU Niacin - 1.262 mg Vitamin B1 (thiamine) - 0.028 mg Vitamin B2 (riboflavin) - 0.141 mg Vitamin B6 - 0.036 mg Vitamin C - 0.7 mg Pantothenic Acid - 0.524 mg Folate - 6 mcg Contains some other vitamins in small amounts.</p>
<p>Okra</p> 	One cup of okra, cooked, boiled, drained, with no added salt has 3 grams protein, 35 calories and 4 grams of dietary fiber.	<p>Potassium - 216 mg Phosphorus - 51 mg Magnesium - 58 mg Calcium - 123 mg Iron - 0.45 mg Sodium - 10 mg Zinc - 0.69 mg Copper - 0.136 mg Manganese - 0.47 mg Selenium - 0.6 mcg Also contains small amounts of other minerals.</p>	<p>Vitamin C - 26.1 mg Niacin - 1.394 mg Vitamin B1 (thiamine) - 0.211 mg Vitamin B2 (riboflavin) - 0.088 mg Vitamin B6 - 0.299 mg Folate - 74 mcg Pantothenic Acid - 0.341 mg Vitamin A - 453 IU Vitamin K - 64 mcg Vitamin E - 0.43 mg Contains some other vitamins in small amounts.</p>
<p>Onions</p>	One small onion cooked without salt contains 0.82 grams protein, 26 calories and 0.8 grams of fiber.	<p>Potassium - 100 mg Phosphorus - 21 mg Calcium - 13 mg Iron - 0.14 mg Magnesium - 7 mg Sodium - 2 mg Zinc - 0.13 mg</p>	<p>Vitamin C - 3.1 mg Niacin - 0.099 mg Vitamin B1 (thiamine) - 0.025 mg Vitamin B2 (riboflavin) - 0.014 mg</p>

		<p>Copper - 0.04 mg Manganese - 0.092 mg Selenium - 0.4 mcg Also contains small amounts other minerals.</p>	<p>Vitamin B6 - 0.077 mg Pantothenic Acid - 0.068 mg Folate - 9 mcg Vitamin A - 1 IU Vitamin K - 0.3 mcg Vitamin E - 0.01 mg Contains some other vitamins in small amounts.</p>
<p>Parsnip</p> 	<p>One cup of parsnip, cooked, boiled, drained, with no added salt has 2.06 grams protein, 111 calories and 5.6 grams of dietary fiber.</p>	<p>Potassium - 573 mg Phosphorus - 108 mg Magnesium - 45 mg Calcium - 58 mg Iron - 0.9 mg Sodium - 16 mg Zinc - 0.41 mg Copper - 0.215 mg Manganese - 0.459 mg Selenium - 2.7 mcg Also contains small amounts of other minerals.</p>	<p>Vitamin C - 20.3 mg Niacin - 1.129 mg Vitamin B1 (thiamine) - 0.129 mg Vitamin B2 (riboflavin) - 0.08 mg Vitamin B6 - 0.145 mg Folate - 90 mcg Pantothenic Acid - 0.917 mg Vitamin K - 1.6 mcg Vitamin E - 1.56 mg Contains some other vitamins in small amounts.</p>
<p>Peas</p> 	<p>One cup of boiled peas with no salt added contains 8.58 grams of protein, 134 calories and 8.8 grams of fiber.</p>	<p>Potassium - 434 mg Phosphorus - 187 mg Magnesium - 62 mg Calcium - 43 mg Sodium - 5 mg Selenium - 3.0 mg Iron - 2.46 mg Zinc - 1.9 mg Manganese - 0.84 mg Copper - 0.277 mg Also contains small amounts of other minerals.</p>	<p>Vitamin A - 1282 IU Vitamin C - 22.7 mg Niacin - 3.234 mg Folate - 101 mcg Vitamin B1 (thiamine) - 0.414 mg Vitamin B2 (riboflavin) - 0.238 mg Vitamin B6 - 0.346 mg Pantothenic Acid - 0.245 mg Vitamin K - 41.4 mcg Vitamin E - 0.22 mg Contains some other vitamins in small</p>



			amounts.
<p>Potatoes</p> 	<p>One medium baked potato without salt contains 4.33 grams of protein, 161 calories and 3.8 grams of fiber.</p>	<p>Potassium - 926 mg Phosphorus - 121 mg Magnesium - 48 mg Calcium - 26 mg Iron - 1.87 mg Sodium - 17 mg Zinc - 0.62 mg Copper - 0.204 mg Manganese - 0.379 mg Selenium - 0.7 mcg Also contains small amounts of other minerals.</p>	<p>Vitamin C - 16.6 mg Niacin - 2.439 mg Vitamin B1 (thiamine) - 0.111 mg Vitamin B2 (riboflavin) - 0.083 mg Pantothenic Acid - 0.65 mg Vitamin B6 - 0.538 mg Folate - 48 mcg Vitamin A - 17 IU Vitamin K - 3.5 mcg Vitamin E - 0.07 mg Contains some other vitamins in small amounts.</p>
<p>Pumpkin</p> 	<p>One cup of pumpkin, cooked, boiled, drained, with no added salt has 1.76 grams protein, 49 calories and 2.7 grams of dietary fiber.</p>	<p>Potassium - 564 mg Phosphorus - 74 mg Magnesium - 22 mg Calcium - 37 mg Iron - 1.4 mg Sodium - 2 mg Zinc - 0.56 mg Copper - 0.223 mg Manganese - 0.218 mg Selenium - 0.5 mcg Also contains small amounts of other minerals.</p>	<p>Vitamin C - 11.5 mg Niacin - 1.012 mg Vitamin B1 (thiamine) - 0.076 mg Vitamin B2 (riboflavin) - 0.191 mg Vitamin B6 - 0.108 mg Folate - 22 mcg Pantothenic Acid - 0.492 mg Vitamin A - 12230 IU Vitamin K - 2 mcg Vitamin E - 1.96 mg Contains some other vitamins in small amounts.</p>
<p>Radish</p> 	<p>One half cup of radishes, raw, has 0.39 grams protein, 9 calories and 0.9 grams of dietary fiber.</p>	<p>Potassium - 135 mg Phosphorus - 12 mg Magnesium - 6 mg Calcium - 14 mg Iron - 0.2 mg Sodium - 23 mg Zinc - 0.16 mg</p>	<p>Vitamin C - 8.6 mg Niacin - 0.147 mg Vitamin B1 (thiamine) - 0.007 mg Vitamin B2 (riboflavin) - 0.023 mg</p>

		<p>Copper - 0.029 mg Manganese - 0.04 mg Selenium - 0.3 mcg Also contains small amounts of other minerals.</p>	<p>Vitamin B6 - 0.041 mg Folate - 14 mcg Pantothenic Acid - 0.096 mg Vitamin A - 4 IU Vitamin K - 0.8 mcg Contains some other vitamins in small amounts.</p>
<p>Rapini</p> 	<p>One cup of rapini, raw, has 1.27 grams protein, 9 calories and 1.1 grams of dietary fiber.</p>	<p>Potassium - 78 mg Phosphorus - 29 mg Magnesium - 9 mg Calcium - 43 mg Iron - 0.86 mg Sodium - 13 mg Zinc - 0.31 mg Copper - 0.017 mg Manganese - 0.158 mg Selenium - 0.4 mcg Also contains small amounts of other minerals.</p>	<p>Vitamin C - 8.1 mg Niacin - 0.488 mg Vitamin B1 (thiamine) - 0.065 mg Vitamin B2 (riboflavin) - 0.052 mg Vitamin B6 - 0.068 mg Folate - 33 mcg Pantothenic Acid - 0.129 mg Vitamin A - 1049 IU Vitamin K - 89.6 mcg Vitamin E - 0.65 mg Contains some other vitamins in small amounts.</p>
<p>Spinach</p> 	<p>One cup of raw spinach contains 0.86 grams of protein, 7 calories and 0.7 grams of fiber.</p>	<p>Potassium - 167 mg Phosphorus - 15 mg Magnesium - 24 mg Calcium - 30 mg Iron - 0.81 mg Sodium - 24 mg Zinc - 0.16 mg Copper - 0.039 mg Manganese - 0.269 mg Selenium - 0.3 mcg Also contains small amounts of other minerals.</p>	<p>Vitamin C - 8.4 mg Niacin - 0.217 mg Vitamin B1 (thiamine) - 0.023 mg Vitamin B2 (riboflavin) - 0.057 mg Vitamin B6 - 0.059 mg Pantothenic Acid - 0.02 mg Folate - 58 mcg Vitamin A - 2813 mg Vitamin K - 144.9 mcg Vitamin E - 0.61 mg</p>

			Contains some other vitamins in small amounts.
<p>Spirulina (seaweed)</p> 	<p>One cup of dried spirulina has 64.37 grams protein, 325 calories and 4 grams of dietary fiber.</p>	<p>Potassium - 1527 mg Phosphorus - 132 mg Magnesium - 218 mg Calcium - 134 mg Iron - 31.92 mg Zinc - 2.24 mg Manganese - 2.128 mg Sodium - 1174 mg Selenium - 8.1 mg Copper - 6.832 mg Also contains small amounts of other minerals.</p>	<p>Vitamin C - 11.3 mg Niacin - 14.358 mg Vitamin B1 (thiamine) - 2.666 mg Vitamin B2 (riboflavin) - 4.11 mg Vitamin B6 - 0.408 mg Pantothenic Acid - 3.898 mg Folate - 105 mcg Vitamin A - 638 mg Vitamin K - 28.6 mcg Vitamin E - 5.6 mg Contains some other vitamins in small amounts.</p>
<p>Spaghetti squash</p> 	<p>One cup of spaghetti squash, cooked, boiled, drained, with no added salt contains 1.02 grams protein, 42 calories and 2.2 grams of dietary fiber.</p>	<p>Potassium - 181 mg Phosphorus - 22 mg Magnesium - 17 mg Calcium - 33 mg Iron - 0.53 mg Sodium - 28 mg Zinc - 0.31 mg Copper - 0.054 mg Manganese - 0.169 mg Selenium - 0.5 mcg Also contains small amounts of other minerals.</p>	<p>Vitamin C - 5.4 mg Niacin - 1.256 mg Vitamin B1 (thiamine) - 0.059 mg Vitamin B2 (riboflavin) - 0.034 mg Vitamin B6 - 0.153 mg Pantothenic Acid - 0.55 mg Folate - 12 mcg Vitamin A - 170 mg Vitamin K - 1.2 mcg Vitamin E - 0.19 mg Contains some other vitamins in small amounts.</p>
<p>Squash, Summer</p> 	<p>One cup of sliced summer squash, boiled with no added salt contains 1.87 grams of</p>	<p>Potassium - 319 mg Phosphorus - 52 mg Magnesium - 29 mg Calcium - 40 mg Sodium - 2 mg Iron - 0.67 mg</p>	<p>Vitamin C - 20.9 mg Niacin - .913 mg Vitamin B1 (thiamine) - 0.077 mg Vitamin B2 (riboflavin) - 0.045</p>

	<p>protein, 41 calories and 2 grams of fiber.</p>	<p>Manganese - 0.283 mg Selenium - 0.4 mg Zinc - 0.4 mg Copper - 0.117 mg Also contains small amounts of other minerals.</p>	<p>mg Vitamin B6 - 0.14 mg Pantothenic Acid - 0.581 mg Folate - 41 mcg Vitamin A - 2011 mg Vitamin K - 7.9 mcg Vitamin E - 0.22 mg Contains some other vitamins in small amounts.</p>
<p>Squash, Winter</p> 	<p>One cup of cubed winter squash, baked with no added salt contains 1.82 grams of protein, 76 calories and 5.7 grams of fiber.</p>	<p>Potassium - 494 mg Phosphorus - 39 mg Magnesium - 27 mg Calcium - 45 mg Sodium - 2 mg Iron - 0.9 mg Zinc - 0.45 mg Copper - 0.168 mg Manganese - 0.383 mg Selenium - 0.8 mcg Also contains small amounts of other minerals.</p>	<p>Vitamin C - 19.7 mg Niacin - 1.015 mg Vitamin B1 (thiamine) - 0.033 mg Vitamin B2 (riboflavin) - 0.137 mg Vitamin B6 - 0.33 mg Folate - 41 mcg Pantothenic Acid - 0.48 mg Vitamin A - 10707 mg Vitamin K - 9 mcg Vitamin E - 0.25 mg Contains some other vitamins in small amounts.</p>
<p>Sweet Potatoes</p> 	<p>One medium sweet potato baked in its skin contains 2.29 grams of protein, 103 calories and 3.8 grams of fiber.</p>	<p>Potassium - 542 mg Phosphorus - 62 mg Magnesium - 31 mg Calcium - 43 mg Sodium - 41 mg Iron - 0.79 mg Selenium - 0.2 mg Manganese - 0.567 mg Zinc - 0.36 mg Copper - 0.184 mg Also contains small amounts of other minerals.</p>	<p>Vitamin C - 22.3 mg Niacin - 1.695 mg Vitamin B1 (thiamine) - 0.122 mg Vitamin B2 (riboflavin) - 0.121 mg Vitamin B6 - 0.326 mg Pantothenic Acid - 1.008 mg Folate - 7 mcg Vitamin A - 21,909 mg Vitamin K - 2.6 mcg Vitamin E - 0.81 mg</p>



			Contains some other vitamins in small amounts.
<p>Swiss chard</p> 	<p>One cup of Swiss chard, cooked, boiled, drained, has 3.29 grams protein, 35 calories and 3.7 grams of dietary fiber.</p>	<p>Potassium - 961 mg Phosphorus - 58 mg Magnesium - 150 mg Calcium - 102 mg Iron - 3.95 mg Sodium - 313 mg Zinc - 0.58 mg Copper - 0.285 mg Manganese - 0.585 mg Selenium - 1.6 mcg Also contains small amounts of other minerals.</p>	<p>Vitamin C - 31.5 mg Niacin - 0.63 mg Vitamin B1 (thiamine) - 0.06 mg Vitamin B2 (riboflavin) - 0.15 mg Vitamin B6 - 0.149 mg Pantothenic Acid - 0.285 mg Folate - 16 mcg Vitamin A - 10717 IU Vitamin K - 572.8 mcg Vitamin E - 3.31 mg Contains some other vitamins in small amounts.</p>
<p>Taro</p> 	<p>One cup of taro, raw, has 1.56 grams protein, 116 calories and 4.3 grams of dietary fiber.</p>	<p>Potassium - 615 mg Phosphorus - 87 mg Magnesium - 34 mg Calcium - 45 mg Iron - 0.57 mg Sodium - 11 mg Zinc - 0.24 mg Copper - 0.179 mg Manganese - 0.398 mg Selenium - 0.7 mcg Also contains small amounts of other minerals.</p>	<p>Vitamin C - 4.7 mg Niacin - 0.624 mg Vitamin B1 (thiamine) - 0.099 mg Vitamin B2 (riboflavin) - 0.026 mg Vitamin B6 - 0.294 mg Folate - 23 mcg Pantothenic Acid - 0.315 mg Vitamin A - 79 IU Vitamin K - 1 mcg Vitamin E - 2.48 mg Contains some other vitamins in small amounts.</p>
Tomatoes - See fruit chart .			
<p>Turnip</p>	<p>One cup of turnips, boiled with no added</p>	<p>Potassium - 276 mg Phosphorus - 41 mg Magnesium - 14 mg</p>	<p>Vitamin C - 18.1 mg Niacin - 0.466 mg Vitamin B1 (thiamine)</p>

	<p>salt, has 1.11 grams protein, 34 calories and 3.1 grams of dietary fiber.</p>	<p>Calcium - 51 mg Iron - 0.28 mg Sodium - 25 mg Zinc - 0.19 mg Copper - 0.003 mg Manganese - 0.111 mg Selenium - 0.3 mcg Also contains small amounts other minerals.</p>	<p>- 0.042 mg Vitamin B2 (riboflavin) - 0.036 mg Vitamin B6 - 0.105 mg Pantothenic Acid - 0.222 mg Folate - 14 mcg Vitamin K - 0.2 mcg Vitamin E - 0.03 mg Contains some other vitamins in small amounts.</p>
<p>Yellow squash</p> 	<p>One cup of yellow (crookneck) squash, raw, has 1.28 grams protein, 24 calories and 1.3 grams of dietary fiber.</p>	<p>Potassium - 282 mg Phosphorus - 41 mg Magnesium - 25 mg Calcium - 27 mg Iron - 0.56 mg Sodium - 3 mg Zinc - 0.37 mg Copper - 0.117 mg Manganese - 0.218 mg Selenium - 0.3 mcg Also contains small amounts of other minerals.</p>	<p>Vitamin C - 24.5 mg Niacin - 0.569 mg Vitamin B1 (thiamine) - 0.065 mg Vitamin B2 (riboflavin) - 0.052 mg Vitamin B6 - 0.132 mg Folate - 24 mcg Pantothenic Acid - 0.203 mg Vitamin A - 190 IU Vitamin K - 4.1 mcg Vitamin E - 0.17 mg Contains some other vitamins in small amounts.</p>
<p>Zucchini - See Summer Squash.</p>			




~~ Fruit Chart ~~




Use these charts to find the nutrient contents of your favorite fruits, nuts, proteins and vegetables.



Note that only those nutrients which appear in significant quantities are listed. For more detailed information, please visit the [United States Department of Agriculture \(USDA\) Food & Nutrition Center](http://www.usda.gov).



Fruits	Amount	Minerals Contained	Vitamins Contained
<p>Apple</p> 	<p>One medium apple with skin contains 0.47 grams of protein, 95 calories, and 4.4 grams of dietary fiber.</p>	<p>Potassium - 195 mg Calcium - 11 mg Phosphorus - 20 mg Magnesium - 9 mg Manganese - 0.064 mg Iron - 0.22 mg Sodium - 2 mg Copper - 0.049 mg Zinc - 0.07 mg Also contains a trace amount of other minerals.</p>	<p>Vitamin A - 98 IU Vitamin B1 (thiamine) - 0.031 mg Vitamin B2 (riboflavin) - 0.047 mg Niacin - 0.166 mg Folate - 5 mcg Pantothenic Acid - 0.111 mg Vitamin B6 - 0.075 mg Vitamin C - 8.4 mg Vitamin E - 0.33 mg Vitamin K - 4 mcg Contains some other vitamins in small amounts.</p>
<p>Avocado</p> 	<p>One medium avocado contains 4.02 grams of protein, 322 calories and 13.5 grams of fiber.</p>	<p>Potassium - 975 mg Phosphorus - 105 mg Magnesium - 58 mg Calcium - 24 mg Sodium - 14 mg Iron - 1.11 mg Selenium 0.8 mcg Manganese - 0.285 mg Copper - 0.382 mg Zinc - 1.29 mg Also contains small amounts of other minerals.</p>	<p>Vitamin A - 293 IU Vitamin C - 20.1 mg Vitamin B1 (thiamine) - 0.135 mg Vitamin B2 (riboflavin) - 0.261 mg Niacin - 3.493 mg Folate - 163 mcg Pantothenic Acid - 2.792 mg Vitamin B6 - .517 mg Vitamin E - 4.16 mg Vitamin K - 42.2 mcg Contains some other vitamins in small amounts.</p>
<p>Banana</p>	<p>One medium banana contains</p>	<p>Potassium - 422 mg Phosphorus - 26 mg</p>	<p>Vitamin A - 76 IU Vitamin B1 (thiamine) -</p>




	<p>1.29 grams of protein, 105 calories and 3.1 grams of dietary fiber.</p>	<p>Magnesium - 32 mg Calcium - 6 mg Sodium - 1 mg Iron - 0.31 mg Selenium 1.2 mcg Manganese - 0.319 mg Copper - 0.092 mg Zinc - 0.18 mg Also contains small amounts of other minerals.</p>	<p>0.037 mg Vitamin B2 (riboflavin) - 0.086 mg Niacin - 0.785 mg Folate - 24 mcg Pantothenic Acid - 0.394 mg Vitamin B6 - 0.433 mg Vitamin C - 10.3 mg Vitamin E - 0.12 mg Vitamin K - 0.6 mcg Contains some other vitamins in small amounts.</p>
<p>Blackberries</p> 	<p>One cup of blackberries contains 2 grams of protein, 62 calories and 7.6 grams of dietary fiber.</p>	<p>Potassium - 233 mg Phosphorus - 32 mg Magnesium - 29 mg Calcium - 42 mg Sodium - 1 mg Iron - 0.89 mg Selenium 0.6 mcg Manganese - 0.93 mg Copper - 0.238 mg Zinc - 0.76 mg Also contains small amounts of other minerals.</p>	<p>Vitamin A - 308 IU Vitamin B1 (thiamine) - 0.029 mg Vitamin B2 (riboflavin) - 0.037 mg Niacin - 0.93 mg Folate - 36 mcg Pantothenic Acid - 0.397 mg Vitamin B6 - 0.043 mg Vitamin C - 30.2 mg Vitamin E - 1.68 mg Vitamin K - 28.5 mcg Contains some other vitamins in small amounts.</p>
<p>Blackcurrants</p> 	<p>One cup of blackcurrants contains 1.57 grams of protein and 71 calories.</p>	<p>Potassium - 361 mg Phosphorus - 66 mg Magnesium - 27 mg Calcium - 62 mg Sodium - 2 mg Iron - 1.72 mg Manganese - 0.287 mg Copper - 0.096 mg Zinc - 0.3 mg Also contains small amounts of other minerals.</p>	<p>Vitamin A - 258 IU Vitamin B1 (thiamine) - 0.056 mg Vitamin B2 (riboflavin) - 0.056 mg Niacin - 0.336 mg Pantothenic Acid - 0.446 mg Vitamin B6 - 0.074 mg Vitamin C - 202.7 mg Vitamin E - 1.12 mg Contains some other vitamins in small amounts.</p>




<p>Blueberries</p> 	<p>One cup of blueberries contains 1.1 grams of protein, 84 calories and 3.6 grams of dietary fiber.</p>	<p>Potassium - 114 mg Phosphorus - 18 mg Magnesium - 9 mg Calcium - 9 mg Sodium - 1 mg Iron - 0.41 mg Selenium 0.1 mcg Manganese - 0.497 mg Zinc - 0.24 mg Also contains small amounts of other minerals.</p>	<p>Vitamin A - 217 IU Vitamin B1 (thiamine) - 0.055 mg Vitamin B2 (riboflavin) - 0.061 mg Niacin - 0.08 mg Folate - 9 mcg Pantothenic Acid - 0.184 mg Vitamin B6 - 0.077 mg Vitamin C - 14.4 mg Vitamin E - 2.29 mg Vitamin K - 28.6 mcg Contains some other vitamins in small amounts.</p>
<p>Boysenberries</p> 	<p>One cup of frozen boysenberries contains 1.45 grams of protein, 66 calories and 7 grams of dietary fiber.</p>	<p>Potassium - 183 mg Phosphorus - 36 mg Magnesium - 21 mg Calcium - 36 mg Sodium - 1 mg Iron - 1.12 mg Selenium 0.3 mcg Manganese - 0.722 mg Copper - 0.106 mg Zinc - 0.29 mg Also contains small amounts of other minerals.</p>	<p>Vitamin A - 88 IU Vitamin B1 (thiamine) - 0.07 mg Vitamin B2 (riboflavin) - 0.049 mg Niacin - 1.012 mg Folate - 83 mcg Pantothenic Acid - 0.33 mg Vitamin B6 - 0.074 mg Vitamin C - 4.1 mg Vitamin E - 1.15 mg Vitamin K - 10.3 mcg Contains some other vitamins in small amounts.</p>
<p>Breadfruit</p> 	<p>One cup of fresh breadfruit contains 2.35 grams of protein, 227 calories and 10.8 grams of dietary fiber.</p>	<p>Potassium - 1078 mg Phosphorus - 66 mg Magnesium - 55 mg Calcium - 37 mg Sodium - 4 mg Iron - 1.19 mg Selenium 1.3 mcg Manganese - 0.132 mg Copper - 0.185 mg Zinc - 0.26 mg Also contains small amounts of other minerals.</p>	<p>Vitamin B1 (thiamine) - 0.242 mg Vitamin B2 (riboflavin) - 0.066 mg Niacin - 1.98 mg Folate - 31 mcg Pantothenic Acid - 1.05 mg Vitamin B6 - 0.22 mg Vitamin C - 63.8 mg Vitamin E - 0.22 mg Vitamin K - 1.1 mcg</p>




			Contains some other vitamins in small amounts.
<p>Cantaloupe</p> 	One medium wedge (slice) of cantaloupe contains 0.58 grams of protein, 23 calories and 0.6 grams of dietary fiber.	<p>Potassium - 184 mg Phosphorus - 10 mg Magnesium - 8 mg Calcium - 6 mg Sodium - 11 mg Iron - 0.14 mg Selenium 0.3 mcg Manganese - 0.028 mg Copper - 0.028 mg Zinc - 0.12 mg</p> <p>Also contains small amounts of other minerals.</p>	<p>Vitamin A - 2334 IU Vitamin B1 (thiamine) - 0.028 mg Vitamin B2 (riboflavin) - 0.013 mg Niacin - 0.506 mg Folate - 14 mcg Pantothenic Acid - 0.072 mg Vitamin B6 - 0.05 mg Vitamin C - 25.3 mg Vitamin E - 0.03 mg Vitamin K - 1.7 mcg</p> <p>Contains some other vitamins in small amounts.</p>
<p>Cherimoya</p> 	One cup of diced, fresh cherimoya contains 2.51 grams of protein, 120 calories and 4.8 grams of dietary fiber.	<p>Potassium - 459 mg Phosphorus - 42 mg Magnesium - 27 mg Calcium - 16 mg Sodium - 11 mg Iron - 0.43 mg Manganese - 0.149 mg Copper - 0.11 mg Zinc - 0.26 mg</p> <p>Also contains small amounts of other minerals.</p>	<p>Vitamin B1 (thiamine) - 0.162 mg Vitamin B2 (riboflavin) - 0.21 mg Niacin - 1.03 mg Folate - 37 mcg Pantothenic Acid - 0.552 mg Vitamin B6 - 0.411 mg Vitamin C - 20.2 mg Vitamin A - 8 IU Vitamin E - 0.43 mg</p> <p>Contains some other vitamins in small amounts.</p>
<p>Cherries</p> 	One cup of fresh cherries, with pits, contains 1.46 grams of protein, 87 calories and 2.9 grams of dietary fiber.	<p>Potassium - 306 mg Phosphorus - 29 mg Magnesium - 15 mg Calcium - 18 mg Iron - 0.5 mg Zinc - 0.1 mg Manganese - 0.097 mg Copper - 0.083 mg</p> <p>Also contains small amounts of</p>	<p>Vitamin A - 88 IU Vitamin B1 (thiamine) - 0.037 mg Vitamin B2 (riboflavin) - 0.046 mg Niacin - 0.213 mg Folate - 6 mcg Pantothenic Acid - 0.275 mg</p>




		other minerals.	Vitamin B6 - 0.068 mg Vitamin C - 9.7 mg Vitamin E - 0.1 mg Vitamin K - 2.9 mcg Contains some other vitamins in small amounts.
Chinese pear 	One Chinese (Asian) pear, about 3 inches in diameter, contains 1.38 grams of protein, 116 calories and 9.9 grams of dietary fiber.	Potassium - 333 mg Phosphorus - 30 mg Magnesium - 22 mg Calcium - 11 mg Selenium 0.3 mcg Manganese - 0.165 mg Copper - 0.138 mg Zinc - 0.06 mg Also contains small amounts of other minerals.	Vitamin B1 (thiamine) - 0.025 mg Vitamin B2 (riboflavin) - 0.028 mg Niacin - 0.602 mg Folate - 22 mcg Pantothenic Acid - 0.193 mg Vitamin B6 - 0.06 mg Vitamin C - 10.4 mg Vitamin E - 0.33 mg Vitamin K - 12.4 mcg Contains some other vitamins in small amounts.
Cranberries 	One cup of cranberries contains 0.39 grams of protein, 46 calories and 4.6 grams of dietary fiber.	Potassium - 85 mg Phosphorus - 13 mg Magnesium - 6 mg Calcium - 8 mg Sodium - 2 mg Iron - 0.25 mg Selenium 0.1 mcg Manganese - 0.36 mg Copper - 0.061 mg Zinc - 0.1 mg Also contains small amounts of other minerals.	Vitamin A - 60 IU Vitamin B1 (thiamine) - 0.012 mg Vitamin B2 (riboflavin) - 0.02 mg Niacin - 0.101 mg Folate - 1 mcg Pantothenic Acid - 0.295 mg Vitamin B6 - 0.057 mg Vitamin C - 13.3 mg Vitamin E - 1.2 mg Vitamin K - 5.1 mcg Contains some other vitamins in small amounts.
Dates 	One cup of pitted, chopped dates contains 3.6 grams of protein, 415	Potassium - 964 mg Phosphorus - 91 mg Magnesium - 63 mg Calcium - 57 mg Sodium - 3 mg	Vitamin A - 15 IU Vitamin B1 (thiamine) - 0.076 mg Vitamin B2 (riboflavin) - 0.097 mg




	calories and 11.8 grams of dietary fiber.	Iron - 1.5 mg Selenium 4.4 mcg Manganese - 0.385 mg Copper - 0.303 mg Zinc - 0.43 mg Also contains small amounts of other minerals.	Niacin - 1.873 mg Folate - 28 mcg Pantothenic Acid - 0.866 mg Vitamin B6 - 0.243 mg Vitamin C - 0.6 mg Vitamin E - 0.07 mg Vitamin K - 4 mcg Contains some other vitamins in small amounts.
Figs 	One large, fresh fig contains 0.48 grams of protein, 47 calories and 1.9 grams of dietary fiber.	Potassium - 148 mg Phosphorus - 9 mg Magnesium - 11 mg Calcium - 22 mg Sodium - 1 mg Iron - 0.24 mg Selenium 0.1 mcg Manganese - 0.082 mg Copper - 0.045 mg Zinc - 0.1 mg Also contains small amounts of other minerals.	Vitamin A - 91 IU Vitamin B1 (thiamine) - 0.038 mg Vitamin B2 (riboflavin) - 0.032 mg Niacin - 0.256 mg Folate - 4 mcg Pantothenic Acid - 0.192 mg Vitamin B6 - 0.072 mg Vitamin C - 1.3 mg Vitamin E - 0.07 mg Vitamin K - 3 mcg Contains some other vitamins in small amounts.
Gooseberries 	One cup of gooseberries contains 1.32 grams of protein, 66 calories and over 6.5 grams of dietary fiber.	Potassium - 297 mg Phosphorus - 40 mg Magnesium - 15 mg Calcium - 38 mg Sodium - 2 mg Iron - 0.47 mg Selenium 0.9 mcg Manganese - 0.216 mg Copper - 0.105 mg Zinc - 0.18 mg Also contains small amounts of other minerals.	Vitamin A - 435 IU Vitamin B1 (thiamine) - 0.06 mg Vitamin B2 (riboflavin) - 0.045 mg Niacin - 0.45 mg Folate - 9 mcg Pantothenic Acid - 0.429 mg Vitamin B6 - 0.12 mg Vitamin C - 41.5 mg Vitamin E - 0.56 mg Contains some other vitamins in small amounts.




<p>Grapefruit</p> 	<p>One cup of grapefruit sections contains 1.45 grams of protein, 74 calories and 2.5 grams of dietary fiber.</p>	<p>Potassium - 320 mg Phosphorus - 18 mg Magnesium - 18 mg Calcium - 28 mg Iron - 0.21 mg Selenium 0.7 mcg Manganese - 0.028 mg Copper - 0.108 mg Zinc - 0.16 mg Also contains small amounts of other minerals.</p>	<p>Vitamin A - 2132 IU Vitamin B1 (thiamine) - 0.083 mg Vitamin B2 (riboflavin) - 0.046 mg Niacin - 0.575 mg Folate - 23 mcg Pantothenic Acid - 0.651 mg Vitamin B6 - 0.097 mg Vitamin C - 79.1 mg Vitamin E - 0.3 mg Contains some other vitamins in small amounts.</p>
<p>Grapes</p> 	<p>One cup of grapes contains 1.09 gram of protein, 104 calories and 1.4 grams of dietary fiber.</p>	<p>Potassium - 288 mg Phosphorus - 30 mg Magnesium - 11 mg Calcium - 15 mg Sodium - 3 mg Iron - 0.54 mg Selenium 0.2 mcg Manganese - 0.107 mg Copper - 0.192 mg Zinc - 0.11 mg Also contains small amounts of other minerals.</p>	<p>Vitamin A - 100 IU Vitamin B1 (thiamine) - 0.104 mg Vitamin B2 (riboflavin) - 0.106 mg Niacin - 0.284 mg Folate - 3 mcg Pantothenic Acid - 0.076 mg Vitamin B6 - 0.13 mg Vitamin C - 16.3 mg Vitamin E - 0.29 mg Vitamin K - 22 mcg Contains some other vitamins in small amounts.</p>
<p>Guava</p> 	<p>One cup of fresh guava contains 4.21 grams of protein, 112 calories and 8.9 grams of dietary fiber.</p>	<p>Potassium - 688 mg Phosphorus - 66 mg Magnesium - 36 mg Calcium - 30 mg Sodium - 3 mg Iron - 0.43 mg Selenium 1 mcg Manganese - 0.247 mg Copper - 0.38 mg Zinc - 0.38 mg Also contains small amounts of other minerals.</p>	<p>Vitamin A - 1030 IU Vitamin B1 (thiamine) - 0.111 mg Vitamin B2 (riboflavin) - 0.066 mg Niacin - 1.789 mg Folate - 81 mcg Pantothenic Acid - 0.744 mg Vitamin B6 - 0.181 mg Vitamin C - 376.7 mg Vitamin E - 1.2 mg Vitamin K - 4.3 mcg</p>




			Contains some other vitamins in small amounts.
<p>Kiwi</p> 	<p>One medium kiwi (69 grams) contains 0.79 grams protein, 42 calories and 2.1 grams of dietary fiber.</p>	<p>Potassium - 215 mg Phosphorus - 23 mg Magnesium - 12 mg Calcium - 23 mg Sodium - 2 mg Iron - 0.21 mg Selenium 0.1 mcg Manganese - 0.068 mg Copper - 0.09 mg Zinc - 0.1 mg Also contains small amounts of other minerals.</p>	<p>Vitamin A - 60 IU Vitamin B1 (thiamine) - 0.019 mg Vitamin B2 (riboflavin) - 0.017 mg Niacin - 0.235 mg Folate - 17 mcg Pantothenic Acid - 0.126 mg Vitamin B6 - 0.043 mg Vitamin C - 64 mg Vitamin E - 1.01 mg Vitamin K - 27.8 mcg Contains some other vitamins in small amounts.</p>
<p>Lemon</p> 	<p>One lemon without peel contains 0.92 grams protein, 24 calories and 2.4 grams of dietary fiber.</p>	<p>Potassium - 116 mg Phosphorus - 13 mg Magnesium - 7 mg Calcium - 22 mg Sodium - 2 mg Iron - 0.5 mg Selenium 0.3 mcg Manganese - 0.025 mg Copper - 0.031 mg Zinc - 0.05 mg Also contains small amounts of other minerals.</p>	<p>Vitamin A - 18 IU Vitamin B1 (thiamine) - 0.034 mg Vitamin B2 (riboflavin) - 0.017 mg Niacin - 0.084 mg Folate - 9 mcg Pantothenic Acid - 0.16 mg Vitamin B6 - 0.067 mg Vitamin C - 44.5 mg Vitamin E - 0.13 mg Contains some other vitamins in small amounts.</p>
<p>Lime</p> 	<p>One lime contains 0.47 grams of protein, 20 calories and 1.9 grams of dietary fiber.</p>	<p>Potassium - 68 mg Phosphorus - 12 mg Magnesium - 4 mg Calcium - 22 mg Sodium - 1 mg Iron - 0.4 mg Selenium 0.3 mcg Manganese - 0.005 mg Copper - 0.044 mg</p>	<p>Vitamin A - 34 IU Vitamin B1 (thiamine) - 0.02 mg Vitamin B2 (riboflavin) - 0.013 mg Niacin - 0.134 mg Folate - 5 mcg Pantothenic Acid - 0.145 mg</p>



		<p>Zinc - 0.07 mg Also contains small amounts of other minerals.</p>	<p>Vitamin B6 - 0.029 mg Vitamin C - 19.5 mg Vitamin E - 0.15 mg Vitamin K - 0.4 mcg Contains some other vitamins in small amounts.</p>
<p>Loganberries</p> 	<p>One cup of frozen loganberries contains 2.23 grams of protein, 81 calories and 7.8 grams of dietary fiber.</p>	<p>Potassium - 213 mg Phosphorus - 38 mg Magnesium - 31 mg Calcium - 38 mg Sodium - 1 mg Iron - 0.94 mg Selenium 0.3 mcg Manganese - 1.833 mg Copper - 0.172 mg Zinc - 0.5 mg Also contains small amounts of other minerals.</p>	<p>Vitamin A - 51 IU Vitamin B1 (thiamine) - 0.074 mg Vitamin B2 (riboflavin) - 0.05 mg Niacin - 1.235 mg Folate - 38 mcg Pantothenic Acid - 0.359 mg Vitamin B6 - 0.096 mg Vitamin C - 22.5 mg Vitamin E - 1.28 mg Vitamin K - 11.5 mcg Contains some other vitamins in small amounts.</p>
<p>Lychee</p> 	<p>One cup of fresh lychees contains 1.58 grams of protein, 125 calories and 2.5 grams of dietary fiber.</p>	<p>Potassium - 325 mg Phosphorus - 59 mg Magnesium - 19 mg Calcium - 10 mg Sodium - 2 mg Iron - 0.59 mg Selenium 1.1 mcg Manganese - 0.104 mg Copper - 0.281 mg Zinc - 0.13 mg Also contains small amounts of other minerals.</p>	<p>Vitamin B1 (thiamine) - 0.021 mg Vitamin B2 (riboflavin) - 0.123 mg Niacin - 1.146 mg Folate - 27 mcg Vitamin B6 - 0.19 mg Vitamin C - 135.8 mg Vitamin E - 0.13 mg Vitamin K - 0.08 mcg Contains some other vitamins in small amounts.</p>
<p>Mango</p> 	<p>One mango without peel contains 1.06 grams of protein, 135 calories and 3.7 grams of dietary</p>	<p>Potassium - 323 mg Phosphorus - 23 mg Magnesium - 19 mg Calcium - 21 mg Sodium - 4 mg Iron - 0.27 mg Selenium 1.2 mcg</p>	<p>Vitamin A - 1584 IU Vitamin B1 (thiamine) - 0.12 mg Vitamin B2 (riboflavin) - 0.118 mg Niacin - 1.209 mg Folate - 29 mcg</p>




	fiber.	Manganese - 0.056 mg Copper - 0.228 mg Zinc - 0.08 mg Also contains small amounts of other minerals.	Pantothenic Acid - 0.331 mg Vitamin B6 - 0.227 mg Vitamin C - 57.3 mg Vitamin E - 2.32 mg Vitamin K - 8.7 mcg Contains some other vitamins in small amounts.
Mulberries 	One cup of fresh mulberries contains 2.02 grams of protein and 2.4 grams of dietary fiber.	Potassium - 272 mg Phosphorus - 53 mg Magnesium - 25 mg Calcium - 55 mg Sodium - 14 mg Iron - 2.59 mg Selenium 0.8 mcg Copper - 0.084 mg Zinc - 0.17 mg Also contains small amounts of other minerals.	Vitamin A - 35 IU Vitamin B1 (thiamine) - 0.041 mg Vitamin B2 (riboflavin) - 0.141 mg Niacin - 0.868 mg Folate - 8 mcg Vitamin B6 - 0.07 mg Vitamin C - 51 mg Vitamin E - 1.22 mg Vitamin K - 10.9 mcg Contains some other vitamins in small amounts.
Nectarine 	One cup of sliced fresh nectarine contains 1.52 grams of protein, 63 calories and 2.4 grams of dietary fiber.	Potassium - 287 mg Phosphorus - 37 mg Magnesium - 13 mg Calcium - 9 mg Iron - 0.4 mg Manganese - 0.077 mg Copper - 0.123 mg Zinc - 0.24 mg Also contains small amounts of other minerals.	Vitamin A - 475 IU Vitamin B1 (thiamine) - 0.049 mg Vitamin B2 (riboflavin) - 0.039 mg Niacin - 1.609 mg Folate - 7 mcg Pantothenic Acid - 0.265 mg Vitamin B6 - 0.036 mg Vitamin C - 7.7 mg Vitamin E - 1.1 mg Vitamin K - 3.1 mcg Contains some other vitamins in small amounts.
Olives 	One tablespoon of ripe olives contains 0.07 grams of	Potassium - 1 mg Calcium - 7 mg Sodium - 73 mg Iron - 0.28 mg	Vitamin A - 34 IU Niacin - 0.003 mg Pantothenic Acid - 0.001 mg


	protein, 10 calories and 0.3 grams of dietary fiber.	Selenium 0.1 mcg Manganese - 0.002 mg Copper - 0.021 mg Zinc - 0.02 mg Also contains small amounts of other minerals.	Vitamin B6 - 0.001 mg Vitamin C - 0.1 mg Vitamin E - 0.14 mg Vitamin K - 0.1 mcg Contains some other vitamins in small amounts.
Orange 	One medium orange contains 1.23 grams of protein, 62 calories and 3.1 grams of dietary fiber.	Potassium - 237 mg Phosphorus - 18 mg Magnesium - 13 mg Calcium - 52 mg Iron - 0.13 mg Selenium 0.7 mcg Manganese - 0.033 mg Copper - 0.059 mg Zinc - 0.09 mg Also contains small amounts of other minerals.	Vitamin A - 295 IU Vitamin B1 (thiamine) - 0.114 mg Vitamin B2 (riboflavin) - 0.052 mg Niacin - 0.369 mg Folate - 39 mcg Pantothenic Acid - 0.328 mg Vitamin B6 - 0.079 mg Vitamin C - 69.7 mg Vitamin E - 0.24 mg Contains some other vitamins in small amounts.
Papaya 	One cup of cubed fresh papaya contains 0.85 grams of protein, 55 calories and 2.5 grams of dietary fiber.	Potassium - 360 mg Phosphorus - 7 mg Magnesium - 14 mg Calcium - 34 mg Sodium - 4 mg Iron - 0.14 mg Selenium 0.8 mcg Zinc - 0.1 mg Manganese - 0.015 mg Copper - 0.022 mg Also contains small amounts of other minerals.	Vitamin A - 1532 IU Vitamin B1 (thiamine) - 0.038 mg Vitamin B2 (riboflavin) - 0.045 mg Niacin - 0.473 mg Folate - 53 mcg Pantothenic Acid - 0.305 mg Vitamin B6 - 0.027 mg Vitamin C - 86.5 mg Vitamin E - 1.02 mg Vitamin K - 3.6 mcg Contains some other vitamins in small amounts.
Passionfruit 	One cup of fresh passion fruit contains 5.19 grams of protein, 229	Potassium - 821 mg Phosphorus - 160 mg Magnesium - 68 mg Calcium - 28 mg Sodium - 66 mg	Vitamin A - 3002 IU Vitamin B2 (riboflavin) - 0.307 mg Niacin - 3.54 mg Folate - 33 mcg

	calories and 24.5 grams of dietary fiber.	Iron - 3.78 mg Selenium 1.4 mcg Copper - 0.203 mg Zinc - 0.24 mg Also contains small amounts of other minerals.	Vitamin B6 - 0.236 mg Vitamin C - 70.8 mg Vitamin E - 0.05 mg Vitamin K - 1.7 mcg Contains some other vitamins in small amounts.
Peach 	One medium peach (with skin) contains 1.36 grams of protein, 58 calories and 2.2 grams dietary fiber.	Potassium - 285 mg Phosphorus - 30 mg Magnesium - 14 mg Calcium - 9 mg Iron - 0.38 mg Selenium 0.1 mcg Manganese - 0.091 mg Copper - 0.102 mg Zinc - 0.26 mg Also contains small amounts of other minerals.	Vitamin A - 489 IU Vitamin B1 (thiamine) - 0.036 mg Vitamin B2 (riboflavin) - 0.047 mg Niacin - 1.209 mg Folate - 6 mcg Pantothenic Acid - 0.229 mg Vitamin B6 - 0.037 mg Vitamin C - 9.9 mg Vitamin E - 1.09 mg Vitamin K - 3.9 mcg Contains some other vitamins in small amounts.
Pear 	One medium pear contains 0.68 grams of protein, 103 calories and 5.5 grams dietary fiber.	Potassium - 212 mg Phosphorus - 20 mg Magnesium - 12 mg Calcium -16 mg Sodium - 2 mg Iron - 0.3 mg Selenium 0.2 mcg Manganese - 0.087 mg Copper - 0.146 mg Zinc - 0.18 mg Also contains small amounts of other minerals.	Vitamin A - 41 IU Vitamin B1 (thiamine) - 0.021 mg Vitamin B2 (riboflavin) - 0.045 mg Niacin - 0.279 mg Folate - 12 mcg Pantothenic Acid - 0.085 mg Vitamin B6 - 0.05 mg Vitamin C - 7.5 mg Vitamin E - 0.21 mg Vitamin K - 8 mcg Contains some other vitamins in small amounts.
Persimmon 	One fresh persimmon contains 0.2 grams of protein	Potassium - 78 mg Phosphorus - 6 mg Calcium - 7 mg Iron - 0.62 mg	Vitamin C - 16.5 mg Contains some other vitamins in small amounts.

	and 32 calories.	Also contains small amounts of other minerals.	
<p>Pineapple</p> 	One cup of fresh pineapple chunks contains 0.89 grams of protein, 82 calories and 2.3 grams of dietary fiber.	<p>Potassium - 180 mg Phosphorus - 13 mg Magnesium - 20 mg Calcium - 21 mg Sodium - 2 mg Iron - 0.48 mg Selenium 0.2 mcg Manganese - 1.53 mg Copper - 0.181 mg Zinc - 0.2 mg</p> <p>Also contains small amounts of other minerals.</p>	<p>Vitamin A - 96 IU Vitamin B1 (thiamine) - 0.13 mg Vitamin B2 (riboflavin) - 0.053 mg Niacin - 0.825 mg Folate - 30 mcg Pantothenic Acid - 0.351 mg Vitamin B6 - 0.185 mg Vitamin C - 78.9 mg Vitamin E - 0.03 mg Vitamin K - 1.2 mcg</p> <p>Contains some other vitamins in small amounts.</p>
<p>Plum</p> 	One cup of sliced, fresh plums contains 1.15 grams of protein, 76 calories and 2.3 grams dietary fiber.	<p>Potassium - 259 mg Phosphorus - 26 mg Magnesium - 12 mg Calcium - 10 mg Iron - 0.28 mg Manganese - 0.086 mg Copper - 0.094 mg Zinc - 0.17 mg</p> <p>Also contains small amounts of other minerals.</p>	<p>Vitamin A - 569 IU Vitamin B1 (thiamine) - 0.046 mg Vitamin B2 (riboflavin) - 0.043 mg Niacin - 0.688 mg Folate - 8 mcg Pantothenic Acid - 0.223 mg Vitamin B6 - 0.048 mg Vitamin C - 15.7 mg Vitamin E - 0.43 mg Vitamin K - 10.6 mcg</p> <p>Contains some other vitamins in small amounts.</p>
<p>Pomegranate</p> 	One fresh pomegranate contains 4.71 grams of protein, 234 calories and 11.3 grams dietary fiber.	<p>Potassium - 666 mg Phosphorus - 102 mg Magnesium - 34 mg Calcium - 28 mg Sodium - 8 mg Iron - 0.85 mg Selenium 1.4 mcg Manganese - 0.336 mg Copper - 0.446 mg</p>	<p>Vitamin B1 (thiamine) - 0.189 mg Vitamin B2 (riboflavin) - 0.149 mg Niacin - 0.826 mg Folate - 107 mcg Pantothenic Acid - 1.063 mg Vitamin B6 - 0.211 mg</p>

		<p>Zinc - 0.99 mg Also contains small amounts of other minerals.</p>	<p>Vitamin C - 28.8 mg Vitamin E - 1.69 mg Vitamin K - 46.2 mcg Contains some other vitamins in small amounts.</p>
<p>Prickly Pear</p> 	<p>One cup of raw prickly pears contains 1.09 grams of protein, 61 calories and 5.4 grams dietary fiber.</p>	<p>Potassium - 328 mg Phosphorus - 36 mg Magnesium - 127 mg Calcium - 83 mg Sodium - 7 mg Iron - 0.45 mg Selenium 0.9 mcg Copper - 0.119 mg Zinc - 0.18 mg Also contains small amounts of other minerals.</p>	<p>Vitamin A - 64 IU Vitamin B1 (thiamine) - 0.021 mg Vitamin B2 (riboflavin) - 0.089 mg Niacin - 0.685 mg Vitamin B6 - 0.089 mg Folate - 9 mcg Vitamin C - 20.9 mg Contains some other vitamins in small amounts.</p>
<p>Raisins</p>	<p>One small box of raisins (1.5 ozs) contains 1.32 grams of protein, 129 calories and 1.6 grams dietary fiber.</p>	<p>Potassium - 322 mg Phosphorus - 43 mg Magnesium - 14 mg Calcium - 22 mg Sodium - 5 mg Iron - 0.81 mg Selenium 0.3 mcg Manganese - 0.129 mg Copper - 0.137 mg Zinc - 0.09 mg Also contains small amounts of other minerals.</p>	<p>Vitamin B1 (thiamine) - 0.046 mg Vitamin B2 (riboflavin) - 0.054 mg Niacin - 0.329 mg Folate - 2 mcg Pantothenic Acid - 0.041 mg Vitamin B6 - 0.075 mg Vitamin C - 1 mg Vitamin E - 0.05 mg Vitamin K - 1.5 mcg Contains some other vitamins in small amounts.</p>
<p>Raspberries</p> 	<p>One cup of fresh raspberries contains 1.48 grams of protein, 64 calories and 8 grams dietary fiber.</p>	<p>Potassium - 186 mg Phosphorus - 36 mg Magnesium - 27 mg Calcium - 31 mg Sodium - 1 mg Iron - 0.85 mg Selenium 0.2 mcg Manganese - 0.824 mg Copper - 0.111 mg Zinc - 0.52 mg</p>	<p>Vitamin A - 41 IU Vitamin B1 (thiamine) - 0.039 mg Vitamin B2 (riboflavin) - 0.047 mg Niacin - 0.736 mg Folate - 26 mcg Pantothenic Acid - 0.405 mg Vitamin B6 - 0.068 mg</p>

		Also contains small amounts of other minerals.	Vitamin C - 32.2 mg Vitamin E - 1.07 mg Vitamin K - 9.6 mcg Contains some other vitamins in small amounts.
Starfruit aka Carambola 	One cup of fresh starfruit contains 1.37 grams of protein, 41 calories and 3.7 grams dietary fiber.	Potassium - 176 mg Phosphorus - 16 mg Magnesium - 13 mg Calcium - 4 mg Sodium - 3 mg Iron - 0.11 mg Selenium 0.8 mcg Manganese - 0.049 mg Copper - 0.181 mg Zinc - 0.16 mg Also contains small amounts of other minerals.	Vitamin A - 81 IU Vitamin B1 (thiamine) - 0.018 mg Vitamin B2 (riboflavin) - 0.021 mg Niacin - 0.484 mg Folate - 16 mcg Pantothenic Acid - 0.516 mg Vitamin B6 - 0.022 mg Vitamin C - 45.4 mg Vitamin E - 0.2 mg Contains some other vitamins in small amounts.
Strawberry 	One cup of whole strawberries contains 0.96 grams of protein, 46 calories and 2.9 grams of dietary fiber.	Potassium - 220 mg Phosphorus - 35 mg Magnesium - 19 mg Calcium - 23 mg Sodium - 1 mg Iron - 0.59 mg Selenium 0.6 mcg Manganese - 0.556 mg Copper - 0.069 mg Zinc - 0.2 mg Also contains small amounts of other minerals.	Vitamin A - 17 IU Vitamin B1 (thiamine) - 0.035 mg Vitamin B2 (riboflavin) - 0.032 mg Niacin - 0.556 mg Folate - 35 mcg Pantothenic Acid - 0.18 mg Vitamin B6 - 0.068 mg Vitamin C - 84.7 mg Vitamin E - 0.42 mg Vitamin K - 3.2 mcg Contains some other vitamins in small amounts.
Tomato 	One medium tomato contains 1.08 grams of protein, 22 calories and 1.5 grams of fiber.	Potassium - 292 mg Phosphorus - 30 mg Magnesium - 14 mg Calcium - 12 mg Sodium - 6 mg Iron - 0.33 mg	Vitamin A - 1025 IU Vitamin B1 (thiamine) - 0.046 mg Vitamin B2 (riboflavin) - 0.023 mg Niacin - 0.731 mg

		<p>Manganese - 0.14 mg Copper - 0.073 mg Zinc - 0.21 mg Also contains small amounts of other minerals.</p>	<p>Folate - 18 mcg Pantothenic Acid - 0.109 mg Vitamin B6 - 0.098 mg Vitamin C - 15.6 mg Vitamin E - 0.66 mg Vitamin K - 9.7 mcg Contains some other vitamins in small amounts.</p>
<p>Watermelon</p> 	<p>1 medium wedge (slice) of watermelon (about 2 cups edible portion) contains 1.74 grams of protein, 86 calories and 1.1 grams of dietary fiber.</p>	<p>Potassium - 320 mg Phosphorus - 31 mg Magnesium - 29 mg Calcium - 20 mg Sodium - 3 mg Iron - 0.69 mg Selenium 1.1 mcg Manganese - 0.109 mg Copper - 0.12 mg Zinc - 0.29 mg Also contains small amounts of other minerals.</p>	<p>Vitamin A - 1627 IU Vitamin B1 (thiamine) - 0.094 mg Vitamin B2 (riboflavin) - 0.06 mg Niacin - 0.509 mg Folate - 9 mcg Pantothenic Acid - 0.632 mg Vitamin B6 - 0.129 mg Vitamin C - 23.2 mg Vitamin E - 0.14 mg Vitamin K - 0.3 mcg Contains some other vitamins in small amounts.</p>