



Food ID: D016

Food name and Description: Beet

Scientific name: *Beta vulgaris*

Alternate/Common name(s): Remolacha

Edible portion: 82%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	88.9
Energy, calculated (kcal)	41
Protein (g)	1.7
Total Fat (g)	0.2
Carbohydrate, total (g)	8
Ash, total (g)	1.2

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	2.5
Sugars, total (g)	-

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	39
Phosphorus, P (mg)	43
Iron, Fe (mg)	0.8
Sodium, Na (mg)	36

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	24
Retinol Activity Equivalent, RAE (µg)	2
Thiamin, Vitamin B1 (mg)	0.02
Riboflavin, Vitamin B2 (mg)	0.04
Niacin (mg)	0.2
Ascorbic Acid, Vitamin C (mg)	2

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.03
Fatty acids, monounsaturated, total (g)	0.04
Fatty acids, polyunsaturated, total(g)	0.07
Cholesterol (mg)	0