



**Food ID:** D186

**Food name and Description:** Rhubarb, young petioles

**Scientific name:** *Rheum rhabarbarum*

**Alternate/Common name(s):** Garden rhubarb

**Edible portion:** 73%

### **Proximates** (Food Composition per 100g Edible Portion)

Water (g)	93
Energy, calculated (kcal)	27
Protein (g)	0.6
Total Fat (g)	0.5
Carbohydrate, total (g)	5.1
Ash, total (g)	0.8

### **Other Carbohydrate** (Food Composition per 100g Edible Portion)

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

### **Minerals** (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	70
Phosphorus, P (mg)	13
Iron, Fe (mg)	0.8
Sodium, Na (mg)	-

### **Vitamins** (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	40
Retinol Activity Equivalent, RAE (µg)	3
Thiamin, Vitamin B1 (mg)	0.03
Riboflavin, Vitamin B2 (mg)	0.03
Niacin (mg)	0.2
Ascorbic Acid, Vitamin C (mg)	14

### **Lipids** (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	-
Fatty acids, monounsaturated, total (g)	-
Fatty acids, polyunsaturated, total(g)	-
Cholesterol (mg)	-