

% of Daily Requirements from 100 Calories of

All-Bran with fiber

Amount for 100 calories is 1.8 ounces or 52 grams

Carbohydrate 15%

Fiber	87%
Sugars, total	0%

Fats 3%

Saturated	2%
Trans fats	0%
Cholesterol	0%
Monounsaturated	2%
Polyunsaturated	5%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 6%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

Vitamins

Vitamin A	21%
Thiamin (B-1)	39%
Riboflavin (B-2)	32%
Niacin (B-3)	47%
Pantothenic acid	8%
Vitamin B-6	174%
Folate	89%
Vitamin B-12	208%
Vitamin C	14%
Vitamin D	27%
Vitamin E	7%
Vitamin K	0%

Minerals

Calcium	15%
Copper	16%
Iron	52%
Magnesium	35%
Manganese	164%
Phosphorus	23%
Potassium	14%
Selenium	7%
Sodium	11%
Zinc	21%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	21%
Alcohol	0%
Caffeine	0%
Water	3%

Food Evaluation

Vitamin Score **610**
 Mineral Score **372**
 Protein Score **24**
 Fiber Score **738**

Total Nutrients Score 683
Net Food Score 673

Unhealthy Score 10

Caloric Content

Carbohydrates **80%**
 Proteins **12%**
 Fats **8%**

SCORES are based on 1000 as the maximum

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 08253

Food Group Code 0800

% of Daily Requirements from 100 Calories of

Fiber One

Amount for 100 calories is 1.8 ounces or 50 grams

Carbohydrate 15%

Fiber	79%
Sugars, total	0%

Fats 3%

Saturated	1%
Trans fats	0%
Cholesterol	0%
Monounsaturated	1%
Polyunsaturated	3%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 3%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

Vitamins

Vitamin A	0%
Thiamin (B-1)	31%
Riboflavin (B-2)	25%
Niacin (B-3)	38%
Pantothenic acid	4%
Vitamin B-6	35%
Folate	69%
Vitamin B-12	42%
Vitamin C	11%
Vitamin D	0%
Vitamin E	3%
Vitamin K	0%

Minerals

Calcium	12%
Copper	8%
Iron	42%
Magnesium	13%
Manganese	43%
Phosphorus	13%
Potassium	8%
Selenium	6%
Sodium	8%
Zinc	42%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%
Alcohol	0%
Caffeine	0%
Water	3%

Food Evaluation

Vitamin Score **325**
 Mineral Score **243**
 Protein Score **14**
 Fiber Score **670**

Total Nutrients Score 417

Net Food Score 410

Unhealthy Score 7

Caloric Content

Carbohydrates **85%**
 Proteins **7%**
 Fats **8%**

SCORES are based on 1000 as the maximum

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 08244

Food Group Code 0800

% of Daily Requirements from 100 Calories of

Lemons, with peel

Amount for 100 calories is 17.6 ounces or 500 grams

Carbohydrate 19%

Fiber	78%
Sugars, total	

Fats 3%

Saturated	1%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	2%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 6%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

Vitamins

Vitamin A	3%
Thiamin (B-1)	13%
Riboflavin (B-2)	7%
Niacin (B-3)	5%
Pantothenic acid	12%
Vitamin B-6	23%
Folate	
Vitamin B-12	0%
Vitamin C	428%
Vitamin D	
Vitamin E	
Vitamin K	

Minerals

Calcium	22%
Copper	65%
Iron	19%
Magnesium	12%
Manganese	
Phosphorus	4%
Potassium	18%
Selenium	
Sodium	1%
Zinc	3%

Other Nutrients

Beta-carotene	
Lycopene	
Phytosterols	13%
Retinol	0%
Alcohol	
Caffeine	
Water	87%

Food Evaluation

Vitamin Score **203**
 Mineral Score **188**
 Protein Score **25**
 Fiber Score **666**

Total Nutrients Score 308
Net Food Score 307

Unhealthy Score 1

Caloric Content

Carbohydrates **85%**
 Proteins **10%**
 Fats **5%**

SCORES are based on 1000 as the maximum

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 09151

Food Group Code 0900

% of Daily Requirements from 100 Calories of

Amount for 100 calories is 7.5 ounces or 213 grams

Lemon peel

Carbohydrate 12%

Fiber	75%
Sugars, total	16%

Fats 1%

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 3%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

Vitamins

Vitamin A	2%
Thiamin (B-1)	6%
Riboflavin (B-2)	6%
Niacin (B-3)	4%
Pantothenic acid	7%
Vitamin B-6	15%
Folate	7%
Vitamin B-12	0%
Vitamin C	305%
Vitamin D	
Vitamin E	4%
Vitamin K	0%

Minerals

Calcium	20%
Copper	10%
Iron	9%
Magnesium	6%
Manganese	
Phosphorus	1%
Potassium	9%
Selenium	2%
Sodium	1%
Zinc	4%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	17%
Retinol	0%
Alcohol	0%
Caffeine	0%
Water	82%

Food Evaluation

Vitamin Score **189**
 Mineral Score **81**
 Protein Score **13**
 Fiber Score **639**

Total Nutrients Score 230
Net Food Score 216

Unhealthy Score 14

Caloric Content

Carbohydrates **88%**
 Proteins **8%**
 Fats **4%**

SCORES are based on 1000 as the maximum

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 09156

Food Group Code 0900

% of Daily Requirements from 100 Calories of

Cinnamon

Amount for 100 calories is 1.4 ounces or 38 grams

Carbohydrate 11%

Fiber	69%
Sugars, total	2%

Fats 2%

Saturated	1%
Trans fats	
Cholesterol	0%
Monounsaturated	1%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 1%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

Vitamins

Vitamin A	2%
Thiamin (B-1)	1%
Riboflavin (B-2)	2%
Niacin (B-3)	2%
Pantothenic acid	
Vitamin B-6	5%
Folate	3%
Vitamin B-12	0%
Vitamin C	12%
Vitamin D	
Vitamin E	2%
Vitamin K	4%

Minerals

Calcium	34%
Copper	4%
Iron	81%
Magnesium	4%
Manganese	278%
Phosphorus	1%
Potassium	5%
Selenium	1%
Sodium	0%
Zinc	5%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	2%
Retinol	0%
Alcohol	0%
Caffeine	0%
Water	10%

Food Evaluation

Vitamin Score **43**
 Mineral Score **308**
 Protein Score **6**
 Fiber Score **590**

Total Nutrients Score 269
Net Food Score 267

Unhealthy Score 3

Caloric Content

Carbohydrates **87%**
 Proteins **3%**
 Fats **10%**

SCORES are based on 1000 as the maximum

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

% of Daily Requirements from 100 Calories of

Toasted Wheat Bran

Amount for 100 calories is 1.8 ounces or 50 grams

Carbohydrate 11%

Fiber	69%
Sugars, total	2%

Fats 5%

Saturated	2%
Trans fats	
Cholesterol	0%
Monounsaturated	2%
Polyunsaturated	6%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 9%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

Vitamins

Vitamin A	0%
Thiamin (B-1)	28%
Riboflavin (B-2)	8%
Niacin (B-3)	47%
Pantothenic acid	15%
Vitamin B-6	14%
Folate	38%
Vitamin B-12	2%
Vitamin C	0%
Vitamin D	0%
Vitamin E	
Vitamin K	

Minerals

Calcium	2%
Copper	27%
Iron	39%
Magnesium	61%
Manganese	378%
Phosphorus	33%
Potassium	16%
Selenium	
Sodium	0%
Zinc	37%

Other Nutrients

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%
Alcohol	
Caffeine	
Water	12%

Food Evaluation

Vitamin Score **189**
 Mineral Score **413**
 Protein Score **36**
 Fiber Score **585**

Total Nutrients Score 431
Net Food Score 428

Unhealthy Score 3

Caloric Content

Carbohydrates **67%**
 Proteins **20%**
 Fats **13%**

SCORES are based on 1000 as the maximum

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 08363

Food Group Code 0800

% of Daily Requirements from 100 Calories of

Wheat bran, crude

Amount for 100 calories is 1.6 ounces or 46 grams

Carbohydrate 11%

Fiber	66%
Sugars, total	0%

Fats 4%

Saturated	2%
Trans fats	
Cholesterol	0%
Monounsaturated	1%
Polyunsaturated	5%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 7%

Histidine*	6%
Isoleucine*	5%
Leucine*	4%
Lysine*	3%
Methionine*	2%
Cystine	4%
Phenylalanine*	3%
Tyrosine	2%
Threonine*	5%
Tryptophan*	11%
Valine*	6%

Vitamins

Vitamin A	0%
Thiamin (B-1)	12%
Riboflavin (B-2)	10%
Niacin (B-3)	29%
Pantothenic acid	10%
Vitamin B-6	25%
Folate	9%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	5%
Vitamin K	0%

Minerals

Calcium	2%
Copper	23%
Iron	27%
Magnesium	57%
Manganese	231%
Phosphorus	23%
Potassium	14%
Selenium	51%
Sodium	0%
Zinc	22%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%
Alcohol	0%
Caffeine	0%
Water	10%

Food Evaluation

Vitamin Score 125
 Mineral Score 420
 Protein Score 250
 Fiber Score 562

Total Nutrients Score 433

Net Food Score 431

Unhealthy Score 2

Caloric Content

Carbohydrates 70%
 Proteins 13%
 Fats 17%

SCORES are based on 1000 as the maximum

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 20077

Food Group Code 2000

% of Daily Requirements from 100 Calories of

Amount for 100 calories is 20.7 ounces or 588 grams

Endive

Carbohydrate 7%

Fiber	61%
Sugars, total	3%

Fats 2%

Saturated	2%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	2%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 7%

Histidine*	4%
Isoleucine*	10%
Leucine*	6%
Lysine*	4%
Methionine*	2%
Cystine	1%
Phenylalanine*	4%
Tyrosine	3%
Threonine*	6%
Tryptophan*	2%
Valine*	7%

Vitamins

Vitamin A	255%
Thiamin (B-1)	24%
Riboflavin (B-2)	16%
Niacin (B-3)	11%
Pantothenic acid	53%
Vitamin B-6	5%
Folate	209%
Vitamin B-12	0%
Vitamin C	42%
Vitamin D	
Vitamin E	17%
Vitamin K	453%

Minerals

Calcium	22%
Copper	29%
Iron	27%
Magnesium	18%
Manganese	107%
Phosphorus	8%
Potassium	46%
Selenium	2%
Sodium	6%
Zinc	31%

Other Nutrients

Beta-carotene	153%
Lycopene	0%
Phytosterols	
Retinol	0%
Alcohol	0%
Caffeine	0%
Water	94%

Food Evaluation

Vitamin Score **587**
 Mineral Score **371**
 Protein Score **236**
 Fiber Score **517**

Total Nutrients Score 686
Net Food Score 679

Unhealthy Score 8

Caloric Content

Carbohydrates **72%**
 Proteins **18%**
 Fats **10%**

SCORES are based on 1000 as the maximum

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 11213

Food Group Code 1100

% of Daily Requirements from 100 Calories of

Chicory greens

Amount for 100 calories is 15.3 ounces or 435 grams

Carbohydrate 7%

Fiber	58%
Sugars, total	6%

Fats 2%

Saturated	2%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	3%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 7%

Histidine*	4%
Isoleucine*	10%
Leucine*	3%
Lysine*	3%
Methionine*	1%
Cystine	
Phenylalanine*	2%
Tyrosine	
Threonine*	4%
Tryptophan*	11%
Valine*	6%

Vitamins

Vitamin A	497%
Thiamin (B-1)	13%
Riboflavin (B-2)	16%
Niacin (B-3)	10%
Pantothenic acid	50%
Vitamin B-6	19%
Folate	120%
Vitamin B-12	0%
Vitamin C	116%
Vitamin D	
Vitamin E	66%
Vitamin K	431%

Minerals

Calcium	31%
Copper	64%
Iron	22%
Magnesium	26%
Manganese	81%
Phosphorus	10%
Potassium	46%
Selenium	2%
Sodium	9%
Zinc	12%

Other Nutrients

Beta-carotene	298%
Lycopene	0%
Phytosterols	
Retinol	0%
Alcohol	0%
Caffeine	0%
Water	92%

Food Evaluation

Vitamin Score **719**
 Mineral Score **385**
 Protein Score **219**
 Fiber Score **493**

Total Nutrients Score 773
Net Food Score 761

Unhealthy Score 12

Caloric Content

Carbohydrates **72%**
 Proteins **18%**
 Fats **11%**

SCORES are based on 1000 as the maximum

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 11152

Food Group Code 1100

% of Daily Requirements from 100 Calories of

All-Bran Buds

Amount for 100 calories is 1.4 ounces or 40 grams

Carbohydrate 12%

Fiber	57%
Sugars, total	20%

Fats 2%

Saturated	1%
Trans fats	0%
Cholesterol	0%
Monounsaturated	1%
Polyunsaturated	2%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 3%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

Vitamins

Vitamin A	14%
Thiamin (B-1)	24%
Riboflavin (B-2)	20%
Niacin (B-3)	31%
Pantothenic acid	6%
Vitamin B-6	112%
Folate	226%
Vitamin B-12	133%
Vitamin C	9%
Vitamin D	13%
Vitamin E	4%
Vitamin K	0%

Minerals

Calcium	2%
Copper	10%
Iron	33%
Magnesium	16%
Manganese	143%
Phosphorus	10%
Potassium	10%
Selenium	17%
Sodium	12%
Zinc	13%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	14%
Alcohol	0%
Caffeine	0%
Water	3%

Food Evaluation

Vitamin Score **528**
 Mineral Score **277**
 Protein Score **12**
 Fiber Score **488**

Total Nutrients Score 548
Net Food Score 522

Unhealthy Score 26

Caloric Content

Carbohydrates **87%**
 Proteins **8%**
 Fats **5%**

SCORES are based on 1000 as the maximum

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 08005

Food Group Code 0800

% of Daily Requirements from 100 Calories of

Amount for 100 calories is 16.0 ounces or 455 grams

Beet greens

Carbohydrate 7%

Fiber	56%
Sugars, total	4%

Fats 1%

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	1%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 10%

Histidine*	5%
Isoleucine*	5%
Leucine*	5%
Lysine*	3%
Methionine*	2%
Cystine	2%
Phenylalanine*	3%
Tyrosine	3%
Threonine*	6%
Tryptophan*	13%
Valine*	5%

Vitamins

Vitamin A	575%
Thiamin (B-1)	23%
Riboflavin (B-2)	36%
Niacin (B-3)	8%
Pantothenic acid	11%
Vitamin B-6	20%
Folate	17%
Vitamin B-12	0%
Vitamin C	152%
Vitamin D	
Vitamin E	45%
Vitamin K	606%

Minerals

Calcium	38%
Copper	43%
Iron	65%
Magnesium	64%
Manganese	77%
Phosphorus	9%
Potassium	87%
Selenium	6%
Sodium	45%
Zinc	12%

Other Nutrients

Beta-carotene	345%
Lycopene	0%
Phytosterols	21%
Retinol	0%
Alcohol	0%
Caffeine	0%
Water	91%

Food Evaluation

Vitamin Score **578**
 Mineral Score **525**
 Protein Score **259**
 Fiber Score **477**

Total Nutrients Score **775**
Net Food Score **736**

Unhealthy Score **39**

Caloric Content

Carbohydrates **71%**
 Proteins **24%**
 Fats **5%**

SCORES are based on 1000 as the maximum

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 11086

Food Group Code 1100

% of Daily Requirements from 100 Calories of

Amount for 100 calories is 1.3 ounces or 37 grams

Savory

Carbohydrate 9%

Fiber	56%
Sugars, total	

Fats 4%

Saturated	6%
Trans fats	
Cholesterol	0%
Monounsaturated	
Polyunsaturated	
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 2%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

Vitamins

Vitamin A	38%
Thiamin (B-1)	7%
Riboflavin (B-2)	
Niacin (B-3)	7%
Pantothenic acid	
Vitamin B-6	28%
Folate	
Vitamin B-12	0%
Vitamin C	20%
Vitamin D	
Vitamin E	
Vitamin K	

Minerals

Calcium	56%
Copper	16%
Iron	77%
Magnesium	28%
Manganese	98%
Phosphorus	3%
Potassium	10%
Selenium	2%
Sodium	0%
Zinc	11%

Other Nutrients

Beta-carotene	
Lycopene	
Phytosterols	3%
Retinol	0%
Alcohol	
Caffeine	
Water	9%

Food Evaluation

Vitamin Score 125
 Mineral Score 392
 Protein Score 10
 Fiber Score 476

Total Nutrients Score **361**
 Net Food Score **356**

Unhealthy Score 5

Caloric Content

Carbohydrates 76%
 Proteins 6%
 Fats 18%

SCORES are based on 1000 as the maximum

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 02039

Food Group Code 0200

% of Daily Requirements from 100 Calories of

Amount for 100 calories is 1.4 ounces or 40 grams

Dried basil

Carbohydrate 9%

Fiber	54%
Sugars, total	1%

Fats 3%

Saturated	1%
Trans fats	
Cholesterol	0%
Monounsaturated	1%
Polyunsaturated	4%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 6%

Histidine*	4%
Isoleucine*	5%
Leucine*	4%
Lysine*	3%
Methionine*	2%
Cystine	1%
Phenylalanine*	4%
Tyrosine	2%
Threonine*	5%
Tryptophan*	7%
Valine*	5%

Vitamins

Vitamin A	75%
Thiamin (B-1)	3%
Riboflavin (B-2)	4%
Niacin (B-3)	13%
Pantothenic acid	
Vitamin B-6	39%
Folate	27%
Vitamin B-12	0%
Vitamin C	27%
Vitamin D	
Vitamin E	20%
Vitamin K	228%

Minerals

Calcium	60%
Copper	27%
Iron	93%
Magnesium	34%
Manganese	55%
Phosphorus	10%
Potassium	34%
Selenium	2%
Sodium	1%
Zinc	15%

Other Nutrients

Beta-carotene	44%
Lycopene	1%
Phytosterols	9%
Retinol	0%
Alcohol	0%
Caffeine	0%
Water	6%

Food Evaluation

Vitamin Score **386**
 Mineral Score **432**
 Protein Score **200**
 Fiber Score **457**

Total Nutrients Score 585
Net Food Score 583

Unhealthy Score 2

Caloric Content

Carbohydrates **73%**
 Proteins **14%**
 Fats **13%**

SCORES are based on 1000 as the maximum

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

% of Daily Requirements from 100 Calories of

Spearmint, fresh

Amount for 100 calories is 8.0 ounces or 227 grams

Carbohydrate 7%

Fiber	52%
Sugars, total	

Fats 3%

Saturated	2%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	4%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 7%

Histidine*	5%
Isoleucine*	7%
Leucine*	6%
Lysine*	4%
Methionine*	2%
Cystine	2%
Phenylalanine*	5%
Tyrosine	3%
Threonine*	7%
Tryptophan*	9%
Valine*	7%

Vitamins

Vitamin A	184%
Thiamin (B-1)	9%
Riboflavin (B-2)	14%
Niacin (B-3)	10%
Pantothenic acid	6%
Vitamin B-6	15%
Folate	60%
Vitamin B-12	0%
Vitamin C	34%
Vitamin D	
Vitamin E	
Vitamin K	

Minerals

Calcium	32%
Copper	27%
Iron	150%
Magnesium	29%
Manganese	110%
Phosphorus	7%
Potassium	26%
Selenium	
Sodium	3%
Zinc	17%

Other Nutrients

Beta-carotene	
Lycopene	
Phytosterols	5%
Retinol	0%
Alcohol	
Caffeine	
Water	86%

Food Evaluation

Vitamin Score **310**
 Mineral Score **442**
 Protein Score **261**
 Fiber Score **438**

Total Nutrients Score 553
Net Food Score 548

Unhealthy Score 4

Caloric Content

Carbohydrates **68%**
 Proteins **18%**
 Fats **14%**

SCORES are based on 1000 as the maximum

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

% of Daily Requirements from 100 Calories of

Sauerkraut, canned

Amount for 100 calories is 18.6 ounces or 526 grams

Carbohydrate 8%

Fiber	51%
Sugars, total	17%

Fats 1%

Saturated	1%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	2%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 5%

Histidine*	3%
Isoleucine*	3%
Leucine*	2%
Lysine*	2%
Methionine*	1%
Cystine	1%
Phenylalanine*	1%
Tyrosine	1%
Threonine*	3%
Tryptophan*	3%
Valine*	3%

Vitamins

Vitamin A	2%
Thiamin (B-1)	6%
Riboflavin (B-2)	4%
Niacin (B-3)	3%
Pantothenic acid	5%
Vitamin B-6	29%
Folate	32%
Vitamin B-12	0%
Vitamin C	86%
Vitamin D	
Vitamin E	5%
Vitamin K	23%

Minerals

Calcium	11%
Copper	25%
Iron	43%
Magnesium	14%
Manganese	35%
Phosphorus	5%
Potassium	22%
Selenium	5%
Sodium	151%
Zinc	7%

Other Nutrients

Beta-carotene	1%
Lycopene	0%
Phytosterols	
Retinol	0%
Alcohol	0%
Caffeine	0%
Water	93%

Food Evaluation

Vitamin Score **243**
 Mineral Score **218**
 Protein Score **112**
 Fiber Score **433**

Total Nutrients Score 347
Net Food Score 253
Unhealthy Score 93

Caloric Content

Carbohydrates **82%**
 Proteins **12%**
 Fats **6%**

SCORES are based on 1000 as the maximum

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 11439

Food Group Code 1100

% of Daily Requirements from 100 Calories of

Marjoram, dried

Amount for 100 calories is 1.3 ounces or 37 grams

Carbohydrate 8%

Fiber	50%
Sugars, total	3%

Fats 5%

Saturated	1%
Trans fats	
Cholesterol	0%
Monounsaturated	2%
Polyunsaturated	7%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 5%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

Vitamins

Vitamin A	60%
Thiamin (B-1)	5%
Riboflavin (B-2)	4%
Niacin (B-3)	7%
Pantothenic acid	
Vitamin B-6	18%
Folate	25%
Vitamin B-12	0%
Vitamin C	21%
Vitamin D	
Vitamin E	4%
Vitamin K	76%

Minerals

Calcium	52%
Copper	21%
Iron	170%
Magnesium	26%
Manganese	87%
Phosphorus	6%
Potassium	14%
Selenium	2%
Sodium	1%
Zinc	9%

Other Nutrients

Beta-carotene	35%
Lycopene	0%
Phytosterols	5%
Retinol	0%
Alcohol	0%
Caffeine	0%
Water	8%

Food Evaluation

Vitamin Score **278**
 Mineral Score **415**
 Protein Score **19**
 Fiber Score **422**

Total Nutrients Score 470
Net Food Score 466

Unhealthy Score 4

Caloric Content

Carbohydrates **67%**
 Proteins **11%**
 Fats **22%**

SCORES are based on 1000 as the maximum

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

% of Daily Requirements from 100 Calories of

Basil

Amount for 100 calories is 13.1 ounces or 370 grams

Carbohydrate 6%

Fiber	48%
Sugars, total	2%

Fats 4%

Saturated	1%
Trans fats	
Cholesterol	0%
Monounsaturated	1%
Polyunsaturated	7%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 9%

Histidine*	6%
Isoleucine*	9%
Leucine*	7%
Lysine*	5%
Methionine*	3%
Cystine	2%
Phenylalanine*	6%
Tyrosine	3%
Threonine*	8%
Tryptophan*	12%
Valine*	8%

Vitamins

Vitamin A	391%
Thiamin (B-1)	5%
Riboflavin (B-2)	10%
Niacin (B-3)	16%
Pantothenic acid	9%
Vitamin B-6	20%
Folate	59%
Vitamin B-12	0%
Vitamin C	74%
Vitamin D	
Vitamin E	
Vitamin K	512%

Minerals

Calcium	41%
Copper	54%
Iron	65%
Magnesium	60%
Manganese	233%
Phosphorus	13%
Potassium	43%
Selenium	2%
Sodium	1%
Zinc	21%

Other Nutrients

Beta-carotene	233%
Lycopene	0%
Phytosterols	
Retinol	0%
Alcohol	0%
Caffeine	
Water	91%

Food Evaluation

Vitamin Score **492**
 Mineral Score **521**
 Protein Score **330**
 Fiber Score **409**

Total Nutrients Score 727
Net Food Score 724

Unhealthy Score 3

Caloric Content

Carbohydrates **58%**
 Proteins **23%**
 Fats **19%**

SCORES are based on 1000 as the maximum

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 02044

Food Group Code 0200

% of Daily Requirements from 100 Calories of

Eggplant

Amount for 100 calories is 14.7 ounces or 417 grams

Carbohydrate 9%

Fiber	47%
Sugars, total	18%

Fats 1%

Saturated	1%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 4%

Histidine*	3%
Isoleucine*	4%
Leucine*	3%
Lysine*	2%
Methionine*	1%
Cystine	1%
Phenylalanine*	2%
Tyrosine	1%
Threonine*	3%
Tryptophan*	3%
Valine*	4%

Vitamins

Vitamin A	2%
Thiamin (B-1)	8%
Riboflavin (B-2)	6%
Niacin (B-3)	12%
Pantothenic acid	12%
Vitamin B-6	15%
Folate	23%
Vitamin B-12	0%
Vitamin C	10%
Vitamin D	
Vitamin E	8%
Vitamin K	5%

Minerals

Calcium	3%
Copper	17%
Iron	6%
Magnesium	12%
Manganese	45%
Phosphorus	5%
Potassium	24%
Selenium	2%
Sodium	0%
Zinc	4%

Other Nutrients

Beta-carotene	1%
Lycopene	0%
Phytosterols	6%
Retinol	0%
Alcohol	0%
Caffeine	0%
Water	92%

Food Evaluation

Vitamin Score **126**
 Mineral Score **154**
 Protein Score **133**
 Fiber Score **402**

Total Nutrients Score 236
Net Food Score 221

Unhealthy Score 15

Caloric Content

Carbohydrates **83%**
 Proteins **10%**
 Fats **7%**

SCORES are based on 1000 as the maximum

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 11209

Food Group Code 1100

% of Daily Requirements from 100 Calories of

Coriander seed

Amount for 100 calories is 1.2 ounces or 34 grams

Carbohydrate 7%

Fiber	47%
Sugars, total	

Fats 11%

Saturated	2%
Trans fats	
Cholesterol	0%
Monounsaturated	21%
Polyunsaturated	3%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 4%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

Vitamins

Vitamin A	0%
Thiamin (B-1)	4%
Riboflavin (B-2)	3%
Niacin (B-3)	3%
Pantothenic acid	
Vitamin B-6	
Folate	0%
Vitamin B-12	0%
Vitamin C	8%
Vitamin D	
Vitamin E	
Vitamin K	

Minerals

Calcium	17%
Copper	16%
Iron	30%
Magnesium	22%
Manganese	28%
Phosphorus	7%
Potassium	11%
Selenium	13%
Sodium	1%
Zinc	11%

Other Nutrients

Beta-carotene	
Lycopene	
Phytosterols	3%
Retinol	0%
Alcohol	
Caffeine	
Water	9%

Food Evaluation

Vitamin Score **23**
 Mineral Score **202**
 Protein Score **17**
 Fiber Score **399**

Total Nutrients Score 193

Net Food Score 191

Unhealthy Score 2

Caloric Content

Carbohydrates **36%**
 Proteins **14%**
 Fats **50%**

SCORES are based on 1000 as the maximum

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

% of Daily Requirements from 100 Calories of

Oegano, dried

Amount for 100 calories is 1.2 ounces or 33 grams

Carbohydrate 8%

Fiber	47%
Sugars, total	2%

Fats 6%

Saturated	5%
Trans fats	
Cholesterol	0%
Monounsaturated	1%
Polyunsaturated	8%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 4%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

Vitamins

Vitamin A	45%
Thiamin (B-1)	6%
Riboflavin (B-2)	4%
Niacin (B-3)	9%
Pantothenic acid	
Vitamin B-6	16%
Folate	22%
Vitamin B-12	0%
Vitamin C	18%
Vitamin D	
Vitamin E	41%
Vitamin K	68%

Minerals

Calcium	37%
Copper	15%
Iron	80%
Magnesium	18%
Manganese	66%
Phosphorus	3%
Potassium	14%
Selenium	3%
Sodium	0%
Zinc	10%

Other Nutrients

Beta-carotene	27%
Lycopene	0%
Phytosterols	15%
Retinol	0%
Alcohol	0%
Caffeine	0%
Water	7%

Food Evaluation

Vitamin Score **288**
 Mineral Score **322**
 Protein Score **15**
 Fiber Score **396**

Total Nutrients Score 416

Net Food Score 410

Unhealthy Score 6

Caloric Content

Carbohydrates **63%**
 Proteins **9%**
 Fats **28%**

SCORES are based on 1000 as the maximum

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 02027

Food Group Code 0200

% of Daily Requirements from 100 Calories of

Capers, canned

Amount for 100 calories is 15.3 ounces or 435 grams

Carbohydrate 8%

Fiber	46%
Sugars, total	3%

Fats 7%

Saturated	5%
Trans fats	
Cholesterol	0%
Monounsaturated	1%
Polyunsaturated	6%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 10%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

Vitamins

Vitamin A	12%
Thiamin (B-1)	4%
Riboflavin (B-2)	22%
Niacin (B-3)	13%
Pantothenic acid	1%
Vitamin B-6	4%
Folate	25%
Vitamin B-12	0%
Vitamin C	21%
Vitamin D	
Vitamin E	26%
Vitamin K	36%

Minerals

Calcium	12%
Copper	81%
Iron	40%
Magnesium	29%
Manganese	15%
Phosphorus	2%
Potassium	4%
Selenium	7%
Sodium	560%
Zinc	9%

Other Nutrients

Beta-carotene	7%
Lycopene	0%
Phytosterols	46%
Retinol	0%
Alcohol	0%
Caffeine	0%
Water	84%

Food Evaluation

Vitamin Score **204**
 Mineral Score **263**
 Protein Score **43**
 Fiber Score **394**

Total Nutrients Score 333
Net Food Score 248

Unhealthy Score 86

Caloric Content

Carbohydrates **50%**
 Proteins **19%**
 Fats **31%**

SCORES are based on 1000 as the maximum

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 02054

Food Group Code 0200

% of Daily Requirements from 100 Calories of

Thyme, fresh

Amount for 100 calories is 3.5 ounces or 99 grams

Carbohydrate 9%

Fiber	46%
Sugars, total	

Fats 3%

Saturated	2%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	2%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 6%

Histidine*	
Isoleucine*	6%
Leucine*	3%
Lysine*	1%
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	3%
Tryptophan*	9%
Valine*	5%

Vitamins

Vitamin A	94%
Thiamin (B-1)	2%
Riboflavin (B-2)	17%
Niacin (B-3)	8%
Pantothenic acid	4%
Vitamin B-6	14%
Folate	11%
Vitamin B-12	0%
Vitamin C	176%
Vitamin D	
Vitamin E	
Vitamin K	

Minerals

Calcium	29%
Copper	27%
Iron	96%
Magnesium	32%
Manganese	74%
Phosphorus	5%
Potassium	15%
Selenium	
Sodium	0%
Zinc	12%

Other Nutrients

Beta-carotene	56%
Lycopene	
Phytosterols	
Retinol	0%
Alcohol	
Caffeine	
Water	65%

Food Evaluation

Vitamin Score **315**
 Mineral Score **380**
 Protein Score **141**
 Fiber Score **393**

Total Nutrients Score 491

Net Food Score 489

Unhealthy Score 2

Caloric Content

Carbohydrates **73%**
 Proteins **13%**
 Fats **14%**

SCORES are based on 1000 as the maximum

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 02049

Food Group Code 0200

% of Daily Requirements from 100 Calories of

Thyme, dried

Amount for 100 calories is 1.3 ounces or 36 grams

Carbohydrate 8%

Fiber	45%
Sugars, total	1%

Fats 5%

Saturated	5%
Trans fats	
Cholesterol	0%
Monounsaturated	1%
Polyunsaturated	2%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 3%

Histidine*	
Isoleucine*	4%
Leucine*	2%
Lysine*	1%
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	2%
Tryptophan*	6%
Valine*	3%

Vitamins

Vitamin A	28%
Thiamin (B-1)	9%
Riboflavin (B-2)	5%
Niacin (B-3)	8%
Pantothenic acid	
Vitamin B-6	8%
Folate	25%
Vitamin B-12	0%
Vitamin C	20%
Vitamin D	
Vitamin E	18%
Vitamin K	207%

Minerals

Calcium	49%
Copper	16%
Iron	249%
Magnesium	16%
Manganese	124%
Phosphorus	4%
Potassium	7%
Selenium	2%
Sodium	1%
Zinc	15%

Other Nutrients

Beta-carotene	16%
Lycopene	0%
Phytosterols	13%
Retinol	0%
Alcohol	0%
Caffeine	0%
Water	8%

Food Evaluation

Vitamin Score **278**
 Mineral Score **405**
 Protein Score **85**
 Fiber Score **380**

Total Nutrients Score 471
Net Food Score 465

Unhealthy Score 6

Caloric Content

Carbohydrates **69%**
 Proteins **8%**
 Fats **23%**

SCORES are based on 1000 as the maximum

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 02042

Food Group Code 0200

% of Daily Requirements from 100 Calories of

Kohlrabi

Amount for 100 calories is 13.1 ounces or 370 grams

Carbohydrate 8%

Fiber	44%
Sugars, total	18%

Fats 1%

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 6%

Histidine*	2%
Isoleucine*	7%
Leucine*	3%
Lysine*	2%
Methionine*	1%
Cystine	1%
Phenylalanine*	2%
Tyrosine	
Threonine*	4%
Tryptophan*	3%
Valine*	3%

Vitamins

Vitamin A	3%
Thiamin (B-1)	9%
Riboflavin (B-2)	3%
Niacin (B-3)	7%
Pantothenic acid	6%
Vitamin B-6	23%
Folate	15%
Vitamin B-12	0%
Vitamin C	255%
Vitamin D	
Vitamin E	12%
Vitamin K	0%

Minerals

Calcium	6%
Copper	24%
Iron	8%
Magnesium	14%
Manganese	22%
Phosphorus	9%
Potassium	32%
Selenium	4%
Sodium	3%
Zinc	1%

Other Nutrients

Beta-carotene	2%
Lycopene	0%
Phytosterols	
Retinol	0%
Alcohol	0%
Caffeine	0%
Water	91%

Food Evaluation

Vitamin Score **223**
 Mineral Score **158**
 Protein Score **140**
 Fiber Score **378**

Total Nutrients Score 297
Net Food Score 281

Unhealthy Score 17

Caloric Content

Carbohydrates **82%**
 Proteins **15%**
 Fats **3%**

SCORES are based on 1000 as the maximum

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 11241

Food Group Code 1100

% of Daily Requirements from 100 Calories of

Paprika

Amount for 100 calories is 1.2 ounces or 35 grams

Carbohydrate 7%

Fiber	43%
Sugars, total	7%

Fats 8%

Saturated	4%
Trans fats	
Cholesterol	0%
Monounsaturated	2%
Polyunsaturated	13%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 5%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

Vitamins

Vitamin A	365%
Thiamin (B-1)	11%
Riboflavin (B-2)	22%
Niacin (B-3)	24%
Pantothenic acid	6%
Vitamin B-6	58%
Folate	9%
Vitamin B-12	0%
Vitamin C	27%
Vitamin D	
Vitamin E	69%
Vitamin K	9%

Minerals

Calcium	4%
Copper	11%
Iron	45%
Magnesium	13%
Manganese	13%
Phosphorus	6%
Potassium	20%
Selenium	2%
Sodium	1%
Zinc	9%

Other Nutrients

Beta-carotene	192%
Lycopene	0%
Phytosterols	13%
Retinol	0%
Alcohol	0%
Caffeine	0%
Water	10%

Food Evaluation

Vitamin Score **421**
 Mineral Score **162**
 Protein Score **21**
 Fiber Score **367**

Total Nutrients Score 402
Net Food Score 394

Unhealthy Score 9

Caloric Content

Carbohydrates **45%**
 Proteins **17%**
 Fats **38%**

SCORES are based on 1000 as the maximum

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

% of Daily Requirements from 100 Calories of

Rosemary, dried

Amount for 100 calories is 1.1 ounces or 30 grams

Carbohydrate 7%

Fiber	43%
Sugars, total	

Fats 8%

Saturated	12%
Trans fats	
Cholesterol	0%
Monounsaturated	4%
Polyunsaturated	3%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 1%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

Vitamins

Vitamin A	19%
Thiamin (B-1)	8%
Riboflavin (B-2)	5%
Niacin (B-3)	1%
Pantothenic acid	
Vitamin B-6	22%
Folate	23%
Vitamin B-12	0%
Vitamin C	21%
Vitamin D	
Vitamin E	
Vitamin K	

Minerals

Calcium	28%
Copper	8%
Iron	49%
Magnesium	13%
Manganese	25%
Phosphorus	1%
Potassium	7%
Selenium	2%
Sodium	1%
Zinc	7%

Other Nutrients

Beta-carotene	
Lycopene	
Phytosterols	4%
Retinol	0%
Alcohol	0%
Caffeine	
Water	9%

Food Evaluation

Vitamin Score **123**
 Mineral Score **183**
 Protein Score **6**
 Fiber Score **365**

Total Nutrients Score 226
Net Food Score 216

Unhealthy Score 10

Caloric Content

Carbohydrates **58%**
 Proteins **4%**
 Fats **38%**

SCORES are based on 1000 as the maximum

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 02036

Food Group Code 0200

% of Daily Requirements from 100 Calories of

Sage

Amount for 100 calories is 1.1 ounces or 32 grams

Carbohydrate 7%

Fiber	43%
Sugars, total	1%

Fats 7%

Saturated	12%
Trans fats	
Cholesterol	0%
Monounsaturated	3%
Polyunsaturated	3%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 3%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

Vitamins

Vitamin A	37%
Thiamin (B-1)	12%
Riboflavin (B-2)	4%
Niacin (B-3)	8%
Pantothenic acid	
Vitamin B-6	36%
Folate	22%
Vitamin B-12	0%
Vitamin C	11%
Vitamin D	
Vitamin E	16%
Vitamin K	181%

Minerals

Calcium	37%
Copper	12%
Iron	50%
Magnesium	27%
Manganese	43%
Phosphorus	1%
Potassium	8%
Selenium	2%
Sodium	0%
Zinc	10%

Other Nutrients

Beta-carotene	22%
Lycopene	0%
Phytosterols	17%
Retinol	0%
Alcohol	0%
Caffeine	0%
Water	8%

Food Evaluation

Vitamin Score **309**
 Mineral Score **250**
 Protein Score **14**
 Fiber Score **363**

Total Nutrients Score 384
Net Food Score 374

Unhealthy Score 10

Caloric Content

Carbohydrates **58%**
 Proteins **8%**
 Fats **34%**

SCORES are based on 1000 as the maximum

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 02038

Food Group Code 0200

% of Daily Requirements from 100 Calories of

Mustard greens

Amount for 100 calories is 13.6 ounces or 385 grams

Carbohydrate 7%

Fiber	42%
Sugars, total	11%

Fats 1%

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	2%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 10%

Histidine*	6%
Isoleucine*	9%
Leucine*	3%
Lysine*	5%
Methionine*	2%
Cystine	4%
Phenylalanine*	3%
Tyrosine	7%
Threonine*	6%
Tryptophan*	9%
Valine*	7%

Vitamins

Vitamin A	808%
Thiamin (B-1)	15%
Riboflavin (B-2)	15%
Niacin (B-3)	14%
Pantothenic acid	8%
Vitamin B-6	29%
Folate	180%
Vitamin B-12	0%
Vitamin C	299%
Vitamin D	
Vitamin E	52%
Vitamin K	638%

Minerals

Calcium	28%
Copper	28%
Iron	31%
Magnesium	25%
Manganese	80%
Phosphorus	8%
Potassium	34%
Selenium	5%
Sodium	4%
Zinc	5%

Other Nutrients

Beta-carotene	485%
Lycopene	0%
Phytosterols	
Retinol	0%
Alcohol	0%
Caffeine	0%
Water	91%

Food Evaluation

Vitamin Score **669**
 Mineral Score **321**
 Protein Score **299**
 Fiber Score **360**

Total Nutrients Score 707
Net Food Score 694

Unhealthy Score 12

Caloric Content

Carbohydrates **68%**
 Proteins **26%**
 Fats **6%**

SCORES are based on 1000 as the maximum

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 11270

Food Group Code 1100

% of Daily Requirements from 100 Calories of

Raspberries

Amount for 100 calories is 6.8 ounces or 192 grams

Carbohydrate 8%

Fiber	42%
Sugars, total	15%

Fats 2%

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	1%
Polyunsaturated	3%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 2%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

Vitamins

Vitamin A	1%
Thiamin (B-1)	3%
Riboflavin (B-2)	3%
Niacin (B-3)	5%
Pantothenic acid	6%
Vitamin B-6	4%
Folate	10%
Vitamin B-12	0%
Vitamin C	56%
Vitamin D	
Vitamin E	11%
Vitamin K	5%

Minerals

Calcium	3%
Copper	9%
Iron	7%
Magnesium	8%
Manganese	56%
Phosphorus	3%
Potassium	7%
Selenium	1%
Sodium	0%
Zinc	5%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%
Alcohol	0%
Caffeine	0%
Water	86%

Food Evaluation

Vitamin Score **132**
 Mineral Score **131**
 Protein Score **10**
 Fiber Score **354**

Total Nutrients Score 197

Net Food Score 185

Unhealthy Score 12

Caloric Content

Carbohydrates **82%**
 Proteins **8%**
 Fats **10%**

SCORES are based on 1000 as the maximum

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 09302

Food Group Code 0900

% of Daily Requirements from 100 Calories of

Romaine lettuce

Amount for 100 calories is 20.7 ounces or 588 grams

Carbohydrate 7%

Fiber	41%
Sugars, total	13%

Fats 3%

Saturated	1%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	4%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 7%

Histidine*	4%
Isoleucine*	6%
Leucine*	5%
Lysine*	4%
Methionine*	2%
Cystine	1%
Phenylalanine*	5%
Tyrosine	2%
Threonine*	5%
Tryptophan*	5%
Valine*	6%

Vitamins

Vitamin A	683%
Thiamin (B-1)	21%
Riboflavin (B-2)	14%
Niacin (B-3)	8%
Pantothenic acid	8%
Vitamin B-6	18%
Folate	200%
Vitamin B-12	0%
Vitamin C	157%
Vitamin D	
Vitamin E	5%
Vitamin K	201%

Minerals

Calcium	14%
Copper	14%
Iron	32%
Magnesium	16%
Manganese	40%
Phosphorus	9%
Potassium	36%
Selenium	3%
Sodium	2%
Zinc	9%

Other Nutrients

Beta-carotene	410%
Lycopene	0%
Phytosterols	
Retinol	0%
Alcohol	0%
Caffeine	0%
Water	95%

Food Evaluation

Vitamin Score **596**
 Mineral Score **227**
 Protein Score **214**
 Fiber Score **350**

Total Nutrients Score 586
Net Food Score 574

Unhealthy Score 13

Caloric Content

Carbohydrates **68%**
 Proteins **17%**
 Fats **15%**

SCORES are based on 1000 as the maximum

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 11251

Food Group Code 1100