

Radishes, raw

Refuse: 10% (Stem ends, rootlets and trimmings)

Scientific Name: *Raphanus sativus*

NDB No: 11429 (Nutrient values and weights are for edible portion)

Nutrient	Units	Value per 100 grams	1.00 X 1 cup slices ----- 116g
Proximates			
Water	g	95.27	110.51
Energy	kcal	16	19
Energy	kJ	66	77
Protein	g	0.68	0.79
Total lipid (fat)	g	0.10	0.12
Ash	g	0.55	0.64
Carbohydrate, by difference	g	3.40	3.94
Fiber, total dietary	g	1.6	1.9
Sugars, total	g	1.86	2.16
Sucrose	g	0.10	0.12
Glucose (dextrose)	g	1.05	1.22
Fructose	g	0.71	0.82
Lactose	g	0.00	0.00
Maltose	g	0.00	0.00
Galactose	g	0.00	0.00
Starch	g	0.00	0.00
Minerals			
Calcium, Ca	mg	25	29
Iron, Fe	mg	0.34	0.39
Magnesium, Mg	mg	10	12
Phosphorus, P	mg	20	23
Potassium, K	mg	233	270
Sodium, Na	mg	39	45
Zinc, Zn	mg	0.28	0.32
Copper, Cu	mg	0.050	0.058
Manganese, Mn	mg	0.069	0.080
Fluoride, F	mcg	6.0	7.0
Selenium, Se	mcg	0.6	0.7
Vitamins			
Vitamin C, total ascorbic acid	mg	14.8	17.2
Thiamin	mg	0.012	0.014
Riboflavin	mg	0.039	0.045
Niacin	mg	0.254	0.295

Pantothenic acid	mg	0.165	0.191
Vitamin B-6	mg	0.071	0.082
Folate, total	mcg	25	29
Folic acid	mcg	0	0
Folate, food	mcg	25	29
Folate, DFE	mcg_DFE	25	29
Choline, total	mg	6.5	7.5
Betaine	mg	0.1	0.1
Vitamin B-12	mcg	0.00	0.00
Vitamin B-12, added	mcg	0.00	0.00
Vitamin A, RAE	mcg_RAE	0	0
Retinol	mcg	0	0
Carotene, beta	mcg	4	5
Carotene, alpha	mcg	0	0
Cryptoxanthin, beta	mcg	0	0
Vitamin A, IU	IU	7	8
Lycopene	mcg	0	0
Lutein + zeaxanthin	mcg	10	12
Vitamin E (alpha-tocopherol)	mg	0.00	0.00
Vitamin E, added	mg	0.00	0.00
Tocopherol, beta	mg	0.00	0.00
Tocopherol, gamma	mg	0.00	0.00
Tocopherol, delta	mg	0.00	0.00
Vitamin K (phylloquinone)	mcg	1.3	1.5
Lipids			
Fatty acids, total saturated	g	0.032	0.037
4:0	g	0.000	0.000
6:0	g	0.000	0.000
8:0	g	0.000	0.000
10:0	g	0.000	0.000
12:0	g	0.000	0.000
14:0	g	0.000	0.000
16:0	g	0.027	0.031
18:0	g	0.004	0.005
Fatty acids, total monounsaturated	g	0.017	0.020
16:1 undifferentiated	g	0.000	0.000
18:1 undifferentiated	g	0.017	0.020
20:1	g	0.000	0.000
22:1 undifferentiated	g	0.000	0.000
Fatty acids, total polyunsaturated	g	0.048	0.056

18:2 undifferentiated	g	0.017	0.020
18:3 undifferentiated	g	0.031	0.036
18:4	g	0.000	0.000
20:4 undifferentiated	g	0.000	0.000
20:5 n-3	g	0.000	0.000
22:5 n-3	g	0.000	0.000
22:6 n-3	g	0.000	0.000
Cholesterol	mg	0	0
Phytosterols	mg	7	8
Amino acids			
Tryptophan	g	0.009	0.010
Threonine	g	0.023	0.027
Isoleucine	g	0.020	0.023
Leucine	g	0.031	0.036
Lysine	g	0.033	0.038
Methionine	g	0.010	0.012
Cystine	g	0.010	0.012
Phenylalanine	g	0.036	0.042
Tyrosine	g	0.009	0.010
Valine	g	0.035	0.041
Arginine	g	0.038	0.044
Histidine	g	0.013	0.015
Alanine	g	0.026	0.030
Aspartic acid	g	0.064	0.074
Glutamic acid	g	0.157	0.182
Glycine	g	0.026	0.030
Proline	g	0.022	0.026
Serine	g	0.027	0.031
Other			
Alcohol, ethyl	g	0.0	0.0
Caffeine	mg	0	0
Theobromine	mg	0	0

USDA National Nutrient Database for Standard Reference, Release 21 (2008)