Food Composition Database

Column groups: Carbohydrates (Glycemic Index – Starch); Fats (Fat, total – Cholesterol); Fatty acids (saturated – trans); Vitamins (A – E); (Trace) Minerals (Calcium – Zinc)

Name	Unit	Energy	Protein	Water	Glycemic Index (GI)	Carbohydrates, total	Sugars	Sugar - Glucose	Sugar - Fructose	Dietary fibres	Starch	Fat, total	Cholesterol	- saturated	- monounsaturated	- polyunsaturated	- trans	A	B1 (thiamine)	B2 (riboflavin)	B3 (niacin)	B5 (pantothenic acid)	B6 (pyridoxine)	B9 (folic acid / folate)	B12 (cobalamin)	C (ascorbic acid)	D (calciferol)	E (tocopherol)	Calcium (Ca)	Chloride (Cl)	Iodide (I)	Iron (Fe)	Magnesium (Mg)	Phosphorus (P)	Potassium, Kalium(K)	Sodium/Natrium(Na)	Zinc (Zn)
		kcal	g	g		g	g	g	g	g	g	g	mg	g	g	g	g	equi	mg	mg	mg	mg	mg	µg	µg	mg	µg	alpha	mg	mg	µg	mg	mg	mg	mg	mg	mg
	Recommended daily amount	Note	~60	~2500	Note	~280	-					~70	<300	-				900	1 - 1.3	1.2 -	13-17	6	1.2 -	300-	3	100	20	12 - 15	1000	2300	200	10-15	300-	700	2000	550-	7-10
Almond	per 100g	576	21.2	11.7		4.0	3.9	0.4	0.3	13.0	4.0	49.9	1	3.8	31.6	13.3		0	0.3	0.4	2.1	0.5	0.2	48	0	0.0	0	12.0	270	40	2	4.8	240	510	760	1	6.0
Almond, dry roasted, salted	per 100g	620	22.1	2.5		10.3	4.9	0.0	0.0	10.9	0.7	52.1	0	4.0	32.4	13.0		0	0.1	0.9	3.9	0.2	0.1	33	0	0.0	0	27.0	270	1190	2	4.5	290	490	750	340	3.5
Apple, fresh	per 100g	55	0.3	85.0	38	11.7	11.6	2.0	5.7	2.1	0.1	0.3	0	0.1	0.0	0.1		2	0.0	0.0	0.1	0.1	0.1	13	0	5.0	0	0.5	5	2	1	0.2	4	9	120	4	0.1
Apple, peeled, dried	per 100g	295	1.5	20.0	29	63.2	60.0	10.9	30.7	9.2	0.1	2.0	0	0.5	0.1	1.0		0	0.1	0.1	0.3	0.0	0.2	20	0	12.2	0	1.8	15	10	10	2.0	31	56	520	15	0.6
Applesauce, sweetened, canned	per 100g	90	0.3	76.5		20.5	20.4	1.4	3.9	1.9	0.1	0.3	0	0.1	0.0	0.1			0.0	0.0	0.1	0.1	0.0	6	0	2.2	0	0.3	4	2	1	0.2	4	8	97	4	0.1
Apricot, dried	per 100g	275	5.0	17.6		47.9	43.3	9.7	4.9	17.7	0.0	0.5	0	0.0	0.3	0.1		458	0.0	0.2	3.2	0.7	0.3	13	0	8.0	0	4.5	82	5	3	5.2	50	110	1370	11	0.4
Apricot, raw	per 100g	48	0.8	86.7		10.0	10.0	1.7	0.9	2.1	0.0	0.1	0	0.0	0.0	0.0		167	0.0	0.1	0.6	0.3	0.1	7	0	7.0	0	0.7	16	1	1	0.4	10	20	320	2	0.1
Apricot, sweetened, canned	per 100g	84	0.7	78.0		19.0	19.0	5.9	5.8	1.9	0.0	0.1	0	0.0	0.0	0.0		75	0.0	0.0	0.5	0.2	0.1	3	0	3.2	0	0.5	14	1	0	0.4	9	18	260	2	0.1
Asparagus, raw	per 100g	27	2.2	92.0		3.3	3.2	0.6	1.2	1.7	0.1	0.2	0	0.0	0.0	0.0		49	0.2	0.1	1.1	0.2	0.1	130	0	14.0	0	1.7	22	53	7	0.9	18	56	270	3	0.4
Asparagus, steamed (without addition of salt)	per 100g	27	2.2	92.0		3.3	3.2	0.6	1.2	1.7	0.1	0.2	0	0.0	0.0	0.0		49	0.1	0.1	0.9	0.2	0.1	78	0	10.5	0	1.7	21	50	7	0.7	16	53	230	3	0.4
Avocado, fresh	per 100g	144	1.8	76.4	0	0.8	0.8	1.4	0.0	3.0	0.0	14.2	0	2.9	8.9	1.8		8	0.1	0.2	2.0	0.8	0.3	54	0	11.0	0	1.9	16	6	1	1.0	33	44	520	7	0.6
Bacon for cooking	per 100g	322	17.8	50.5		0.6	0.6	0.0	0.0	0.0	0.0	27.6	49	10.6	12.9	2.2		4	0.4	0.1	4.2	0.6	0.2	3	0	24.3	1	0.3	10	1690	1	0.4	16	150	270	1130	2.0
Bacon, raw	per 100g	400	22.1	39.0		0.6	0.6	-	-	0.0	0.0	34.3	62	13.1	15.5	2.3		4	0.6	0.1	6.9	1.1	0.3	0	1	8.3	2	0.0	0	2370	0	0.0	22	210	400	1520	2.3
Baguette	per 100g	254	9.0	36.1		51.1	0.5	0.0	53.0	2.9	50.1	0.9	0	0.1	0.1	0.5		0	0.1	0.1	2.0	0.2	0.1	9	0	0.0	0	0.3	16	1020	1	1.1	19	80	100	660	0.9
Banana, dried	per 100g	273	3.0	28.0		60.2	43.7	11.6	11.1	5.5	16.5	1.0	0	0.4	0.1	0.2		8	0.1	0.2	2.0	0.5	0.8	33	0	4.0	0	0.6	20	300	8	1.3	90	75	1150	8	0.6
Banana, raw	per 100g	95	1.1	74.0	52	21.0	17.2	3.7	3.6	2.0	3.8	0.3	0	0.1	0.0	0.1		9	0.0	0.1	0.6	0.3	0.5	23	0	12.0	0	0.3	8	110	2	0.4	30	22	380	1	0.2
Barley, flakes	per 100g	330	7.9	13.0		66.1	2.4	132.0	132.0	10.3	63.7	1.5	0	0.3	0.1	0.7		0	0.2	0.1	3.1	0.5	0.3	19	0	0.0	0	0.6	16	20	1	2.0	66	190	160	3	1.3
Barley, wholemeal flakes	per 100g	330	7.9	13.0		66.1	2.0	132.0	132.0	10.3	63.7	1.5	0	0.3	0.1	0.7		0	0.2	0.1	3.1	0.5	0.3	19	0	0.0	0	0.6	16	20	1	2.0	66	190	160	3	1.3
Basil, raw	per 100g	46	3.1	86.4		5.1	5.0	2.0	2.0	3.1	0.1	0.8	0	0.1	0.0	0.4		405	0.1	0.3	1.1	0.2	0.2	50	0	26.0	0	1.0	250	35	1	5.5	11	37	300	9	0.7
Bean, common (all types), mature seed, cooked (without addition of fat and salt)	per 100g	114	7.8	66.4		15.2	4.5	-	-	8.5	13.3	0.6	0	0.3	0.3	0.3		0	0.1	0.0	0.8	0.1	0.1	77	0	0.6	0	0.1	46	1	0	2.0	52	150	420	1	1.1
Bean, common (all types), mature seed, dried	per 100g	305	20.9	10.4		40.7	12.0	0.0	0.0	22.6	35.6	1.5	0	0.3	0.1	0.7		0	0.3	0.1	3.4	0.4	0.3	410	0	2.7	0	0.2	130		1	6.4	160	440	1510	1	3.2
Bean, green, dried	per 100g	252	20.2	6.0		25.7	9.5	-	-	25.3	10.3	2.0	0	0.4	0.1	1.1		114	0.5	0.7	4.1	2.2	1.3	190	0	67.6	0	1.0	540	140	25	7.2	220	400	2510	21	2.5
Bean, green, raw	per 100g	31	2.1	90.3		3.6	2.2	-	-	3.1	1.4	0.2	0	0.1	0.0	0.1		32	0.1	0.1	0.7	0.9	0.1	70	0	16.0	0	0.2	56	13	3	1.0	28	38	240	4	0.3
Beef (average excluding offal, chop), raw	per 100g	134	21.4	72.0	0	0.0	0.0	0.0	0.0	0.0	0.0	5.4	53	2.4	2.3	0.3		6	0.1	0.2	3.0	0.7	0.3	6	3	0.0	0	0.4	5	69	2	1.8	20	180	330	45	4.5
Beef, boiling meat, with fat, raw	per 100g	227	19.5	61.7	0	0.0	0.0	0.0	0.0	0.0		16.6	53	7.0	7.6	1.0		6	0.0	0.1	7.0	0.7	0.5	6	1	0.0	1	0.3	4	54	3	1.2	18	160	300	60	3.5
Beef, breast, raw	per 100g	188	18.9	67.7	0	0.0	0.0	0.0	0.0	0.0	0.0	12.5	60	5.4	5.9	0.5		6	0.1	0.2	4.7	0.5	0.2	3	5	0.0	0	0.4	4	53	0	2.2	18	190	270	48	4.8
Beef, chopped, raw	per 100g	102	22.2	74.0	0	0.0	0.0	0.0	0.0	0.0		1.5	56	0.6	0.6	0.3		6	0.0	0.1		0.7	0.5	6	1	0.0	1	0.3	4	50	3	1.4	20	190	360	44	3.5
Beef, entrecôte, steak, raw	per 100g	138	22.3	71.3	0	0.0	0.0	0.0	0.0	0.0	0.0	5.4	63	2.1	2.2	0.3		6	0.1	0.2	4.9	0.3	0.2	3	5	0.0	0	0.5	3	110	0	2.0	23	160	360	55	4.1
Beef, eye of round, raw	per 100g	106	22.4	73.8	0	0.0	0.0	0.0	0.0	0.0		1.8	52	0.8	0.8	0.3		6	0.0	0.1		0.7	0.6	6	1	0.0	1	0.9	5	54	3	1.0	20	190	380	39	2.8
Beef, filet, raw	per 100g	106	21.9	75.1	0	0.0	0.0	0.0	0.0	0.0	0.0	2.0	35	0.9	0.8	0.1		6	0.1	0.1	4.6	1.0	0.2	10	2	0.0	0	0.2	3	55	0	2.3	22	160	340	42	4.4
Beef, liver, raw	per 100g	138	20.5	69.1		5.3	0.0	0.0	0.0	0.0	0.0	3.9	354	1.4	0.6	0.8		4180	0.3	2.9	15.0	7.3	0.8	220	65	23.0	2	0.8	7	90	13	7.0	17	360	290	120	4.8
Beef, minced, raw	per 100g	154	21.6	69.7	0	0.0	0.0	0.0	0.0	0.0		7.5	56	3.2	3.4	0.5		6	0.0	0.1		0.3	0.5	10	2	0.0	1	0.3	5	50	3	2.0	17	160	310	61	4.4
Beef, prime rib, raw	per 100g	218	19.3	61.0	0	0.0	0.0	0.0	0.0	0.0		15.7	54	6.8	6.4	0.7		6	0.0	0.1	7.0	0.7	0.5	6	1	0.0	1	0.3	4	54	3	1.3	17	160	310	38	3.3
Beef, ragout (goulash), raw	per 100g	149	19.3	71.7	0	0.0	0.0	0.0	0.0	0.0	0.0	8.0	60	4.0	3.3	0.3		6	0.1	0.2	5.2	0.6	0.2	3	5	0.0	0	0.5	7	54	0	2.1	18	160	300	45	5.7
Beef, ragout, raw	per 100g	96	21.2	74.2	0	0.0	0.0	0.0	0.0	0.0		1.3	54	0.6	0.6	0.3		6	0.0	0.1		0.7	0.4	6	1	0.0	1	0.3	4	50	3	1.2	18	180	340	49	3.7
Beef, rib, raw	per 100g	154	21.7	67.5		0.5	0.0	0.0	0.0	0.0	0.0	7.3	51	2.6	3.4	0.8		5	0.7	0.2	2.2	0.4	0.5	2	1	0.0	0	0.2	32	3240	3	1.5	54	98	240	2470	1.1
Beef, round, schnitzel, raw	per 100g	111	22.6	74.0	0	0.0	0.0	0.0	0.0	0.0	0.0	2.3	55	1.1	0.9	0.1		6	0.1	0.2	4.5	0.6	0.0	10	2	0.0	0	0.0	4	170	3	2.2	23	200	360	50	3.9
Beef, shoulder (roast), raw	per 100g	117	21.6	73.8	0	0.0	0.0	0.0	0.0	0.0	0.0	3.4	61	1.2	1.4	0.3		6	0.1	0.2	5.1	0.6	0.2	3	5	0.0	0	0.3	4	55	0	1.8	19	210	300	50	5.8
Beef, tongue, raw	per 100g	196	16.0	66.4		3.7	0.0	0.0	0.0	0.0	0.0	13.0	108	4.7	6.0	1.0		14	0.1	0.3	4.6	2.0	0.1	7	5	3.0	0	0.3	10	13	2	3.0	18	160	260	80	2.9
Beer, five grain	per 100ml	40	0.6	92.5		2.0	2.0	0.0	0.1	0.2	0.0	0.0	0	0.0	0.0	0.0		0	0.0	0.0	0.8	0.1	0.1	5	0	0.0	0	0.0	4	11	0	0.0	11	16	43	1	0.0
Beer, mixed with lemon (average)	per 100ml	38	0.2	91.1		7.1	6.4	1.7	1.7	0.0	0.0	0.0	0	0.0	0.0	0.0		0	0.0	0.0	0.0	0.0	0.0	0	0	0.0	0	0.0	3	7	1	0.1	7	1	5	3	0.0
Beetroot, raw	per 100g	46	1.5	86.2		8.4	8.4	0.3	0.3	2.5	0.0	0.1	0	0.0	0.0	0.1		1	0.0	0.0	0.2	0.1	0.1	83	0	10.0	0	0.1	17	82	0	0.9	21	45	410	58	0.4
Bell pepper, green, raw	per 100g	20	0.8	92.9		2.6	2.5	1.5	1.2	2.0	0.1	0.3	0	0.0	0.0	0.2		18	0.0	0.0	0.1	0.1	0.3	34	0	127.0	0	0.9	6	19	2	0.3	6	15	160	6	0.2
Bell pepper, red, raw	per 100g	32	0.9	91.3		5.2	5.1	2.3	3.7	2.0	0.1	0.4	0	0.1	0.0	0.1		189	0.0	0.0	0.9	0.1	0.3	22	0	165.0	0	0.7	9	18	1	0.4	12	20	170	3	0.3
Berries (average), cooked (without addition of sugar)	per 100g	44	0.8	88.1		7.6	7.6	-	-	3.0	0.0	0.5	0	0.0	0.1	0.3		1	0.0	0.0	0.5	0.3	0.1	41	0	39.9	0	0.4	20	15	1	0.5	13	24	150	2	0.1
Berries (average), raw	per 100g	42	0.8	88.7		7.2	7.2	-	-	2.8	0.0	0.5	0	0.0	0.1	0.3		1	0.0	0.0	0.5	0.3	0.1	55	0	54.2	0	0.4	20	14	1	0.5	12	23	160	2	0.1
Blackberry, fresh	per 100g	44	1.0	85.0		6.2	6.2	1.3	1.3	6.0	0.0	0.4	0	0.0	0.2	0.2		12	0.0	0.1	0.5	0.2	0.1	34	0	20.0	0	4.0	30	20	0	1.0	22	30	200	3	0.1
Blueberry, raw	per 100g	58	0.6	83.0	53	11.3	11.3	2.9	4.1	3.0	0.0	0.5	0	0.0	0.0	0.0		3	0.0	0.0	0.4	0.1	0.1	6	0	20.0	0	1.9	9	5	1	0.5	4	11	68	2	0.1
Bratwurst, fried sausage, grilled (without addition of fat and salt)	per 100g	270	21.1	52.1	0	0.2	0.2	0.1	0.1	0.0	0.0	20.4	75	7.5	9.5	2.2		0	0.6	0.2	4.3	0.6	0.4	3	2	0.0	0	0.5	4	2840	2	1.1	25	230	330	1720	1.9
Bread for toasting, white, made with butter	per 100g	316	8.9	32.8		45.7	2.7	0.0	0.0	2.2	42.3	10.4	42	5.9	2.4	0.9		102	0.1	0.1	1.8	0.3	0.1	21	0	0.2	0	0.4	52	850	5	1.1	19	100	150	540	0.9
Bread roll (semi white)	per 100g	216	8.6	45.9		41.6	0.4	0.3	0.2	2.9	26.0	1.0	0	0.2	0.2	0.5		0	0.1	0.1	1.4	0.2	0.1	21	0	0.0	0	0.2	16	1170	1	1.1	20	94	100	770	0.9
Bread roll, white	per 100g	254	8.7	36.2		51.8	0.7	0.3	0.2	2.5	50.2	0.8	0	0.2	0.1	0.4		0	0.1	0.1	2.0	0.2	0.1	16	0	0.0	0	0.2	15	1070	1	1.2	18	73	100	690	0.8
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Veal, shoulder, roast, raw	per 100g	124	20.2	73.7	0	0.0	0.0	0.0	0.0	0.0	0.0	4.8	81	1.4	1.4	0.5		5	0.1	0.3	6.2	1.4	0.4	12	2	0.0	0	0.3	22	68	0	1.4	23	200	300	91	4.0
Vegetables (average), raw	per 100g	27	1.3	92.0		3.7	3.5	-	-	2.0	0.2	0.3	0	0.0	0.0	0.1		157	0.1	0.1	0.6	0.3	0.1	45	0	30.4	0	0.8	27	41	3	0.5	13	30	230	15	0.2
Vinegar	per 100ml	22	0.1	93.4		0.7	0.3	0.3	0.3	0.0	0.0	0.0	0	0.0	0.0	0.0		0	0.0	0.0	0.0	0.0	0.0	0	0	0.0	0	0.0	7			0.2	8	12	36	8	0.2
Water, drinking	per 100ml	0	0.0	100.0		0.0	0.0	0.0	0.0	0.0	0.0	0.0	0	0.0	0.0	0.0		0	0.0	0.0	0.0	0.0	0.0	0	0	0.0	0	0.0	7	1	0	0.0	1	0	0	1	0.0
Wheat bran, raw	per 100g	233	14.9	11.5		17.7	3.8	0.2	0.1	45.1	13.8	4.6	0	0.7	0.5	2.1		0	0.8	0.5	18.0	2.3	0.5	200	0	0.0	0	2.7	67	150	3	16.0	490	1140	1350	2	9.4
Wheat germ	per 100g	355	25.0	11.5		33.3	13.0	0.5	0.3	15.9	20.3	10.0	0	1.5	1.2	5.3		5	2.3	0.6	5.7	1.5	1.6	350	0	0.0	0	21.0	55	80	0	7.6	250	970	870	9	17.0
Wheat germ oil	per 100ml	809	0.0	0.0	0	0.0	0.0	0.0	0.0	0.0	0.0	89.9	0	16.7	15.0	54.4		0	0.0	0.0	0.0	0.0	0.0	0	0	0.0	0	120.0	0	1	0	0.0	0	0	0	0	0.0
Wheat wolemeal flakes	per 100g	329	11.7	13.0		61.0	0.7	0.1	0.1	10.3	59.9	2.0	0	0.3	0.2	0.9		2	0.5	0.1	5.1	1.2	0.4	49	0	0.0	0	1.4	38	55	3	3.3	130	340	380	8	2.7
Wheat, soft, whole grain	per 100g	325	10.9	12.8		59.6	1.1	-	-	13.3	58.5	1.8	0	0.3	0.2	0.9		2	0.5	0.1	5.1	1.2	0.3	87	0	0.0	0	4.1	33	55	7	3.2	97	340	380	8	2.6
White cabbage, raw	per 100g	30	1.4	90.4		4.2	4.1	1.9	1.9	3.0	0.1	0.2	0	0.0	0.0	0.1		4	0.0	0.0	0.3	0.3	0.2	31	0	48.0	0	1.7	56	37	3	0.3	12	33	260	5	0.2
Whitefish, raw	per 100g	101	19.2	76.6	0	0.0	0.0	0.0	0.0	0.0	0.0	2.7	54	0.6	0.6	0.6		13	0.1	0.1	4.0		0.5	10	1	0.0	22	1.3	34		2	0.4	26	230	400	20	0.6
Wild boar, raw	per 100g	109	19.5	75.9	0	0.0	0.0	0.0	0.0	0.0	0.0	3.4	65	1.5	1.4	0.2		8	0.1	0.2	5.1	0.7	0.4	5	5	0.0	0	0.2	10	60	6	1.8	22	170	360	94	2.2
Wine, cider, 6.2 vol%	per 100ml	64	0.0	86.9		7.3	7.3	2.7	2.7	0.0	0.0	0.0	0	0.0	0.0	0.0		0	0.0	0.0	0.0	0.0	0.0	1	0	0.0	0	0.0	5	5	10	0.3	4	9	97	2	0.2
Wine, red, 12 vol%	per 100ml	69	0.2	89.6	0	0.3	0.3	0.9	1.6	0.0	0.0	0.0	0	0.0	0.0	0.0		0	0.0	0.0	0.1	0.1	0.0	0	0	0.0	0	0.0	8	10	10	0.9	15	14	120	5	0.1
Wine, white, 11 vol%	per 100ml	70	0.1	89.0		2.0	2.0	0.9	1.6	0.0	0.0	0.0	0	0.0	0.0	0.0		0	0.0	0.0	0.1	0.0	0.0	0	0	0.0	0	0.0	9	4	10	0.3	10	14	80	5	0.2
Winter squash, raw	per 100g	23	0.6	93.3		4.5	3.9	1.3	1.6	1.0	0.6	0.1	0	0.0	0.0	0.0		216	0.0	0.1	0.5	0.4	0.1	25	0	5.0	0	0.1	18	25	0	0.4	7	20	270	1	0.8
Yeast (baking), pressed	per 100g	93	16.7	72.0		1.1	0.0	0.1	0.1	6.9	1.0	1.2	0	0.2	0.4	0.6		0	0.8	1.4	9.8	2.3	0.6	640	0	0.0	0	0.1	16	100	1	2.9	42	360	570	22	2.4
Yeast dough (with butter), sweet, raw	per 100g	311	8.6	33.9		43.2	6.4	0.1	0.1	1.9	36.4	11.1	67	6.1	2.7	1.0		113	0.1	0.2	1.8	0.5	0.2	32	1	0.2	0	0.5	37	580	5	1.1	17	110	130	380	0.9
Yeast, dried	per 100g	354	47.9	6.0		26.5	3.2	1.3	1.3	9.5	23.3	4.2	0	0.6	1.3	2.1		0	12.0	3.8	45.0	7.2	4.4	3200	20	0.0	0	0.1	50	400	4	18.0	230	1900	1410	77	8.0
Yoghurt with added sugar (average)	per 100g	105	3.8	76.4		14.7	13.8	0.1	0.0	0.4	0.1	3.4	8	1.7	0.8	0.2		28	0.0	0.1	0.1	0.3	0.1	11	0	2.0	0	0.3	120	100	6	0.1	14	100	170	44	0.5
Yogurt flavored, low fat, with sweetener	per 100g	48	4.7	86.6		7.0	7.0	0.1	0.1	0.0	0.0	0.1	0	0.1	0.0	0.0		0	0.0	0.2	0.1	0.5	0.1	2	0	0.0	0	0.0	100	93	6	0.1	11	120	210	45	0.4
Yogurt natural	per 100g	66	4.0	85.6		4.5	4.5	0.0	0.0	0.0	0.0	3.6	11	2.2	0.8	0.2		38	0.0	0.2	0.1	0.4	0.0	5	1	2.0	0	0.1	140	120	16	0.0	12	110	170	49	0.4
Yogurt with fruit, low fat, with sweetener	per 100g	50	4.7	86.6		7.0	7.0	0.2	0.3	0.9	0.1	0.1	0	0.1	0.0	0.0		21	0.0	0.2	0.1	0.5	0.1	2	0	4.0	0	0.0	110	93	6	0.1	11	120	210	45	0.4
Yogurt, low fat	per 100g	40	4.3	88.2		5.5	5.5	0.1	0.1	0.0	0.0	0.1	0	0.1	0.0	0.0		1	0.1	0.2	0.1	0.5	0.1	13	1	0.0	0	0.0	160	130	10	0.1	15	130	210	60	0.5
Yogurt, strawberry	per 100g	101	3.5	76.8		15.2	14.3	0.4	0.4	0.9	0.1	2.7	8	1.6	0.6	0.1		27	0.0	0.1	0.2	0.4	0.0	14	0	12.3	0	0.1	110	99	6	0.1	11	97	150	42	0.4
Zucchini, raw	per 100g	19	1.8	94.0		2.0	1.9	0.6	0.7	1.0	0.1	0.2	0	0.0	0.0	0.1		14	0.1	0.0	0.6	0.2	0.1	50	0	20.0	0	0.0	19	24	2	0.8	23	31	230	3	0.2

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