

Valoarea nutritiva a unor verdeturi, legume si fructe

Sursa: USDA Nutrient Database for Standard Reference, Release 15.

Verdeturi, legume (100 grame)	Apa (%)	Energie (kcal)	Proteine (grame)	Vitamina C (mg)	Ca (mg)	P (mg)	Mg (mg)	Proportia Ca:P
andive, cu frunza lata (Endive, Escarol) <i>Cichorium endivia</i>	93.79	17	1.25	6.5	52	28	15	1.9:1
anghinare (Artichoke) <i>Cynara scolymus</i>	84.94	47	3.27	11.7	44	90	60	0.5:1
ardei gras galben (Sweet Yellow Peppers) <i>Capsicum annuum</i>	92.02	27	1.00	183.5	11	24	12	0.5:1
ardei gras rosu (Sweet Red Peppers) <i>Capsicum annuum</i>	92.19	27	0.89	190.0	9	19	10	0.5:1
ardei gras verde (Green Pepper) <i>Capsicum annuum</i>	92.19	27	0.89	89.3	9	19	10	0.5:1
bama (Okra) <i>Abelmoschus esculentus</i>	89.58	33	2.00	21.1	81	63	57	1.3:1
broccoli (Broccoli) <i>Brassica oleracea (Botrytis Group)</i>	90.69	28	2.98	93.2	48	66	25	0.7:1
busuioc, frunza (Basil) <i>Ocimum basilicum</i>	90.96	27	2.54	18.0	154	69	81	2.2:1
batat/cartof dulce (Sweet Potato) <i>Ipomoea batatas</i>	72.84	105	1.65	22.7	22	28	10	0.8:1
batat, frunza (Sweet Potato Leaves) <i>Ipomoea batatas</i>	87.96	35	4.00	11.0	37	94	61	0.4:1
castravete cu coaja (Cucumber with peel) <i>Cucumis sativus</i>	96.01	13	0.69	5.3	14	20	11	0.7:1
castravete decojit (Cucumber without peel) <i>Cucumis sativus</i>	96.49	12	0.57	2.8	14	21	12	0.7:1
cicoare Witloof (Witloof) <i>Cichorium intybus</i>	94.52	17	0.90	2.8	19	26	10	0.7:1

cicoare, frunza (Chicory Greens) <i>Cichorium intybus</i>	92.00	23	1.70	24.0	100	47	30	2.1:1
conopida (Cauliflower) <i>Brassica oleracea (Botrytis group)</i>	91.91	25	1.98	46.4	22	44	15	0.5:1
conopida, frunza (Cauliflower, green) <i>Brassica oleracea (Botrytis Group)</i>	89.79	31	2.95	88.1	33	62	20	0.5:1
coriandru, frunza/patrunjel chinezesc (Cilantro) <i>Coriandrum sativum</i>	92.21	23	2.13	27.0	67	48	26	1.4:1
creson de gradina (Cress, Garden) <i>Lepidium sativum</i>	89.40	32	2.60	69.0	81	76	38	1.1:1
dovleac de copt (Pumpkin) <i>Cucurbita spp</i>	91.60	26	1.00	9.0	21	44	12	0.5:1
dovleac, soiuri de iarna (Squash, winter) <i>Cucurbita spp.</i>	88.72	37	1.45	12.3	31	32	21	1:1
dovleac, soiuri de vara (Squash, summer) <i>Cucurbita spp.</i>	93.68	20	1.18	14.8	20	35	23	0.6:1
frunza de patrunjel (Parsley) <i>Petroselinum crispum</i>	87.71	36	2.97	133.0	138	58	50	2.4:1
gulie (Kohlrabi) <i>Brassica oleracea (Gongylodes Group)</i>	91.00	27	1.70	62.0	24	46	19	0.5:1
iarba grasa de gradina (Purslane) <i>Portulaca oleracea</i>	93.92	16	1.30	21.0	65	44	68	1.5:1
loboda salbatica/spanac alb (Lambs quarters) <i>Chenopodium album</i>	84.30	43	4.20	80.0	309	72	34	4.3:1
laptuca (Butterhead lettuce) <i>Lactuca sativa</i>	95.58	13	1.29	8.0	32	23	13	1.4:1
limba mielului/boranta rosie (Borage) <i>Borago officinalis</i>	93.00	21	1.80	35.0	93	53	52	1.8:1
lucerna frageda (Alfalfa Sprouts) <i>Medicago sativa</i>	91.14	29	3.99	8.2	32	70	27	0.5:1

macris (Dock) <i>Rumex spp.</i>	93.00	22	2.00	48.0	44	63	103	0.7:1
marar (Dill Weed) <i>Anethum graveolens</i>	85.95	43	3.46	85.0	208	66	55	3.2:1
mazare verde (Peas, green) <i>Pisum sativum</i>	78.86	81	5.42	40.0	25	108	33	0.2:1
mazare verde in pastaie (Peas podded) <i>Pisum sativum</i>	88.89	42	2.80	60.0	43	53	24	0.8:1
morcov (Carrot) <i>Daucus carota</i>	87.79	43	1.03	9.3	27	44	15	0.6:1
mustar, frunza (Mustard Greens) <i>Brassica juncea</i>	90.80	26	2.70	70.0	103	43	32	2.4:1
nap (Turnip) <i>Brassica rapa (Rapifera group)</i>	91.87	27	0.90	21.0	30	27	11	1.1:1
nap, frunza (Turnip Greens) <i>Brassica rapa (Rapifera group)</i>	91.07	27	1.50	60.0	190	42	31	4.5:1
nasturel/macris de balta (Watercress) <i>Nasturtium officinale</i>	95.11	11	2.30	43.0	120	60	21	2:1
papadie (Dandelion Greens) <i>Taraxacum officinale</i>	85.60	45	2.70	35.5	187	66	36	2.8:1
pastarnac (Parsnips) <i>Pastinaca sativa</i>	79.53	75	1.20	17.0	36	71	29	0.5:1
patlagina (Plantain) <i>Plantago spp.</i>	65.28	122	1.30	18.4	3	34	37	0.1:1
porumb fraged, alb (Corn, White) <i>Zea mays</i>	75.96	86	3.22	6.8	2	89	37	0.02:1
ridiche (Radish) <i>Raphanus sativus</i>	94.84	20	0.60	22.8	21	18	9	1.2:1
rosie * (Tomato, year round average) <i>Lycopersicum esculentum *</i>	93.76	21	0.85	19.1	5	24	11	0.2:1

salata arugula, rucola (Arugula lettuce, rocket) <i>Eruca sativa</i>	91.71	25	2.58	15.0	160	52	47	3.1:1
salata fara capatana (LooseLeaf lettuce) <i>Lactuca sativa</i>	94.00	18	1.30	18.0	68	25	11	2.7:1
salata verde (Romaine lettuce) <i>Lactuca sativa</i>	94.91	14	1.62	24.0	36	45	6	0.8:1
sfecla (Beet) <i>Beta vulgaris</i>	87.58	43	1.61	4.9	16	40	23	0.4:1
sfecla, frunza (Beet Greens) <i>Beta vulgaris</i>	92.15	19	1.82	30.0	119	40	72	3:1
sfecla mangold (Chard, Swiss) <i>Beta vulgaris (Cicla Group)</i>	92.66	19	1.80	30.0	51	46	81	1.1:1
spanac (Spinach) <i>Spinacia oleracea</i>	91.58	22	2.86	28.1	99	49	79	2:1
sparanghel (Asparagus) <i>Asparagus officinalis</i>	92.40	23	2.28	13.2	21	56	18	0.4:1
telina, frunza (Celery) <i>Apium graveolens</i>	94.64	16	0.75	7.0	40	25	11	1.6:1
topinambur (Jerusalem Artichokes) <i>Helianthus tuberosus</i>	78.01	76	2.00	4.0	14	78	17	0.2:1
varza capatana/alba (Cabbage, common) <i>Brassica oleracea (Capitata Group)</i>	92.52	24	1.21	51.0	47	23	15	2:1
varza chinezeasca Pakchoi (Pak-choi cabbage) <i>Brassica rapa (Chinensis Group)</i>	95.32	13	1.50	45.0	105	37	19	2.8:1
varza chinezeasca Petsai (Pe-Tsai cabbage) <i>Brassica rapa (Pekinensis Group)</i>	94.39	16	1.20	27.0	77	29	13	2.7:1
varza creata (Savoy cabbage) <i>Brassica oleracea (Capitata Group)</i>	91.00	27	2.00	31.0	35	42	28	0.8:1
varza de Bruxelles (Brussels Sprouts) <i>Brassica oleracea (Gemmifera Group)</i>	86.00	43	3.38	85.0	42	69	23	0.6:1

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varza rosie (Red cabbage) <i>Brassica oleracea (Capitata Group)</i>	91.55	27	1.39	57.0	51	42	15	1.2:1
varza Tatsoi (Spinach mustard) <i>Brassica rapa (Perviridis Group)</i>	92.20	22	2.20	130.0	210	28	11	7.5:1
varza verde (Collards) <i>Brassica oleracea (Acephala Group)</i>	90.55	30	2.45	35.3	145	10	9	14.5:1
varza verde creata (Kale) <i>Brassica oleracea (Acephala Group)</i>	84.46	50	3.30	120.0	135	56	34	2.4:1
vineta (Eggplant) <i>Solanum malongena</i>	92.41	24	1.01	2.2	9	25	14	0.4:1
* rosie: iunie-octombrie: 26 mg Vitamina C; noiembrie-mai: 10 mg Vitamina C;								
Fructe (100 grame)	Apa (%)	Energie (kcal)	Proteine (grame)	Vitamina C (mg)	Ca (mg)	P (mg)	Mg (mg)	Proportia Ca:P
afina neagra (Blueberries) <i>Vaccinium spp.</i>	84.61	56	0.67	13.0	6	10	5	0.6:1
afina rosie (Cranberries) <i>Vaccinium macrocarpon</i>	86.54	49	0.39	13.5	7	9	5	0.8:1
ananas (Pineapple) <i>Ananus comosus</i>	86.50	49	0.39	15.4	7	7	14	1:1
banana (Banana) <i>Musa X paradisiaca</i>	74.26	92	1.03	9.1	6	20	29	0.3:1
caisa (Apricots) <i>Prunus armeniaca</i>	86.35	48	1.40	10.0	14	19	8	0.7:1
capsuna (Strawberries) <i>Fragaria X ananassa</i>	91.57	30	0.61	56.7	14	19	10	0.7:1
cireasa (Cherries, Sweet) <i>Prunus avium</i>	80.76	72	1.20	7.0	15	19	11	0.8:1

fructe kaki (Persimmon, Japanese) <i>Diospyros kaki</i>	80.32	70	0.58	7.5	8	17	9	0.5:1
grapefruit galben (Grapefruit, White) <i>Citrus paradisi</i>	90.48	33	0.69	33.3	12	8	9	1.5:1
grapefruit rosu (Grapefruit, Pink/Red) <i>Citrus paradisi</i>	91.38	30	0.55	38.1	11	9	8	1.2:1
guava (Guava) <i>Psidium guajava</i>	86.10	51	0.82	183.5	20	25	10	0.8:1
gutuie (Quince) <i>Cydonia oblonga</i>	83.80	57	0.40	15.0	11	17	8	0.6:1
kiwi (Kiwi) <i>Actinidia chinensis</i>	83.05	61	0.99	98.0	26	40	30	0.65:1
lamaie fara coaja (Lemon without peel) <i>Citrus limon</i>	88.98	29	1.10	53.0	26	16	8	1.6:1
lamaie verde (Lime) <i>Citrus aurantifolia</i>	88.26	30	0.70	29.1	33	18	6	1.8:1
lubenita (Watermelon) <i>Citrullus lanatus</i>	91.51	32	0.62	9.6	8	9	11	0.9:1
mandarina (Tangerine) <i>Citrus reticulata</i>	87.60	44	0.63	30.8	14	10	12	1.4:1
mango (Mango) <i>Mangifera indica</i>	81.71	65	0.51	27.7	10	11	9	0.9:1
mar cu coaja (Apple with skin) <i>Malus sylvestris</i>	83.93	59	0.19	5.7	7	7	5	1:1
mar decojit (Apple without skin) <i>Malus sylvestris</i>	84.46	57	0.15	4.0	4	7	3	0.6:1
mura (Blackberries) <i>Rubus spp.</i>	85.64	52	0.72	21.0	32	21	20	1.5:1
nectarin (Nectarine) <i>Prunus persica var. nectarina</i>	86.28	49	0.94	5.4	5	16	8	0.3:1

papaya (Papaya) <i>Carica papaya</i>	88.83	39	0.61	61.8	24	5	10	4.8:1
para (Pear) <i>Pyrus communis</i>	83.81	59	0.39	4.0	11	11	6	1:1
pepene cantalup (Cantaloupe) <i>Cucumis melo</i>	89.78	35	0.88	42.2	11	17	11	0.6:1
pepene casaba (Casaba Melon) <i>Cucumis melo</i>	92.00	26	0.90	16.0	5	7	8	0.7:1
pepene galben (Honeydew Melon) <i>Cucumis melo</i>	89.66	35	0.46	24.8	6	10	7	0.6:1
piersica (Peaches) <i>Prunus persica</i>	87.66	43	0.70	6.6	5	12	7	0.4:1
portocala (Orange) <i>Citrus sinensis</i>	86.75	47	0.94	53.2	40	14	10	2.9:1
pruna (Plum) <i>Prunus spp.</i>	85.20	55	0.79	9.5	4	10	7	0.4:1
strugure (Grapes) <i>Vitis vinifera</i>	80.56	71	0.66	10.8	11	13	6	0.8:1
zmeura (Raspberries) <i>Rubus spp.</i>	86.57	49	0.91	25.0	22	12	18	1.8:1

Observatie: In tabel sunt prezentate valori medii. In functie de soi/varietate, momentul recoltarii./gradul de coacere, conditiile climatice, anotimp, conditiile geologice (starea solului) valorile pot fi diferite.