Arugula, raw

HumanOS public profile · resource · Record food-fdc-169387

Reference food

USDA FoodData Central SR Legacy reference composition per 100 g of edible portion. [1]

Upstream connections

Calcium · Composition · Documented. USDA reports 160 mg of calcium per 100 g of arugula, raw. This value applies to the reference food. [1]

Iron · Composition · Documented. USDA reports 1.46 mg of iron per 100 g of arugula, raw. This value applies to the reference food. [1]

Magnesium · Composition · Documented. USDA reports 47 mg of magnesium per 100 g of arugula, raw. This value applies to the reference food. [1]

Potassium · Composition · Documented. USDA reports 369 mg of potassium per 100 g of arugula, raw. This value applies to the reference food. [1]

Sources

1. USDA Agricultural Research Service · FoodData Central 169387 · fdc.nal.usda.gov