

## Okra, raw

Portion: 100g

Name	Amount	Unit
Water	89.58	g
Energy	33	kcal
Energy	138	kJ
Protein	1.93	g
Total lipid (fat)	0.19	g
Ash	0.86	g
Carbohydrate, by difference	7.45	g
Fiber, total dietary	3.2	g
Sugars, total including NLEA	1.48	g
Sucrose	0.6	g
Glucose (dextrose)	0.32	g
Fructose	0.57	g
Starch	0.34	g
Calcium, Ca	82	mg
Iron, Fe	0.62	mg
Magnesium, Mg	57	mg
Phosphorus, P	61	mg
Potassium, K	299	mg
Sodium, Na	7	mg
Zinc, Zn	0.58	mg
Copper, Cu	0.109	mg
Manganese, Mn	0.788	mg
Selenium, Se	0.7	µg
Vitamin C, total ascorbic acid	23	mg
Thiamin	0.2	mg
Riboflavin	0.06	mg
Niacin	1	mg
Pantothenic acid	0.245	mg
Vitamin B-6	0.215	mg
Folate, total	60	µg
Folate, food	60	µg
Folate, DFE	60	µg
Choline, total	12.3	mg
Vitamin A, RAE	36	µg
Carotene, beta	416	µg
Carotene, alpha	27	µg
Vitamin A, IU	716	IU
Lutein + zeaxanthin	280	µg

© 2013 - 2020 Growables, Inc.

A not-for-profit, tax exempt organization under section 501(c)(3) of the Internal Revenue Code.

[www.growables.org](http://www.growables.org)

<b>Name</b>	<b>Amount</b>	<b>Unit</b>
Vitamin E (alpha-tocopherol)	0.27	mg
Tocopherol, gamma	0.16	mg
Vitamin K (phylloquinone)	31.3	µg
Fatty acids, total saturated	0.026	g
16:0	0.022	g
18:0	0.003	g
Fatty acids, total monounsaturated	0.017	g
18:1	0.016	g
Fatty acids, total polyunsaturated	0.027	g
18:2	0.026	g
18:3	0.001	g
Tryptophan	0.017	g
Threonine	0.065	g
Isoleucine	0.069	g
Leucine	0.105	g
Lysine	0.081	g
Methionine	0.021	g
Cystine	0.019	g
Phenylalanine	0.065	g
Tyrosine	0.087	g
Valine	0.091	g
Arginine	0.084	g
Histidine	0.031	g
Alanine	0.073	g
Aspartic acid	0.145	g
Glutamic acid	0.271	g
Glycine	0.044	g
Proline	0.045	g
Serine	0.044	g

"Okra, raw." *FoodData Central*, 1 Apr. 2019, *USDA Agricultural Research Service*, [fdc.nal.usda.gov](http://fdc.nal.usda.gov). Accessed 25 July 2020.