National Nutrient Database for Standard Reference
Release 1 April, 2018

Basic Report 11165, Coriander (cilantro) leaves, raw

Report Date: April 02, 2019 12:31 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	0.25 cup 4g	9.0 sprigs 20g
Proximates				
Water	g	92.21	3.69	18.44
Energy	kcal	23	1	5
Protein	g	2.13	0.09	0.43
Total lipid (fat)	g	0.52	0.02	0.10
Carbohydrate, by difference	g	3.67	0.15	0.73
Fiber, total dietary	g	2.8	0.1	0.6
Sugars, total	g	0.87	0.03	0.17
Minerals				
Calcium, Ca	mg	67	3	13
Iron, Fe	mg	1.77	0.07	0.35
Magnesium, Mg	mg	26	1	5
Phosphorus, P	mg	48	2	10
Potassium, K	mg	521	21	104
Sodium, Na	mg	46	2	9
Zinc, Zn	mg	0.50	0.02	0.10
Vitamins				
Vitamin C, total ascorbic acid	mg	27.0	1.1	5.4
Thiamin	mg	0.067	0.003	0.013
Riboflavin	mg	0.162	0.006	0.032
Niacin	mg	1.114	0.045	0.223
Vitamin B-6	mg	0.149	0.006	0.030
Folate, DFE	µg	62	2	12
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	337	13	67
Vitamin A, IU	IU	6748	270	1350
Vitamin E (alpha-tocopherol)	mg	2.50	0.10	0.50

Nutrient	Unit	1 Value Per100 g	0.25 cup 4g	9.0 sprigs 20g
Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	0	0	0
Vitamin K (phylloquinone)	µg	310.0	12.4	62.0
Lipids				
Fatty acids, total saturated	g	0.014	0.001	0.003
Fatty acids, total monounsaturated	g	0.275	0.011	0.055
Fatty acids, total polyunsaturated	g	0.040	0.002	0.008
Fatty acids, total trans	g	0.000	0.000	0.000
Cholesterol	mg	0	0	0
Amino Acids				
Other				
Caffeine	mg	0	0	0