

Nutrition

Nutrition ID	3,488
Crop ID	Nettle
Part	Whole (without root)
Variable	3009 Vitamin A RAE (mcg/100g)
Weight Basis	Unspecified
Value Mean	101.00
Value Max	NULL
Value Min	NULL
Data Flag	Source presented value
Analysis Method	NULL
Pre-treatment	NULL
Sample Number	NULL
Material Source	NULL
Recommended Data	true
Notes	This value is based on the edible portion of blanched nettle.
Metadata Id	893