

Nutrition

Nutrition ID	3,493
Crop ID	Nettle
Part	Whole (without root)
Variable	3018 Vitamin B9 Folate (mcg/100g)
Weight Basis	Unspecified
Value Mean	14.00
Value Max	<i>NULL</i>
Value Min	<i>NULL</i>
Data Flag	Source presented value
Analysis Method	<i>NULL</i>
Pre-treatment	<i>NULL</i>
Sample Number	<i>NULL</i>
Material Source	<i>NULL</i>
Recommended Data	true
Notes	This value is based on the edible portion of blanched nettle.
Metadata Id	894