

**Tabulka 8a Listová zelenina**

| Složka/Plodina                             | Celer řapíkatý | Čekanka salátová | Mangold listý | Pekínské zelí | Polníček | Reven | Špenát |
|--|----------------|------------------|---------------|---------------|----------|-------|--------|
| <b>Energie, kJ.kg<sup>-1</sup></b>         | 1370           | 921              | 590           | 510           | 680      | 840   | 1376   |
| <b>Základní složky, g.kg<sup>-1</sup></b>  |                |                  |               |               |          |       |        |
| Voda                                       | 930            | 930              | 922           | 954           | 934      | 950   | 915    |
| Sušina                                     | 70             | 70               | 78            | 46            | 66       | 50    | 85     |
| Bílkoviny                                  | 13             | 15               | 21            | 11            | 18       | 13    | 34     |
| Lipidy                                     | 20             | 1.0              | 2.8           | 3.0           | 3.6      | 1.0   | 6.0    |
| Sacharidy                                  | 37             | 40               | 28.3          | 10            | 14       | 36    | 41     |
| Popeloviny                                 | 17.00          | 10.00            | 16.80         | 6.50          | 8.00     | 8.50  | 18.00  |
| Vláknina                                   | 24             | 14               | 20            | 16            | 15       | 14    | 21     |
| <b>Minerální látky, mg.kg<sup>-1</sup></b> |                |                  |               |               |          |       |        |
| Ca - vápník                                | 800            | 800              | 1030          | 400           | 350      | 510   | 860    |
| Fe - železo                                | 21.0           | 20.0             | 27.0          | 6.0           | 20.0     | 19.1  | 33.0   |
| Na - sodík                                 | 860            | 100              | 900           | 67            | 40       | 147   | 650    |
| Mg - hořeč                                 | 250            | 130              | 810           | 110           | 130      | 211   | 460    |
| P - fosfor                                 | 480            | 400              | 390           | 550           | 490      | 277   | 450    |
| Cl - chlor                                 | 1370           | 710              | n             | 180           | n        | 256   | 560    |
| K - draslík                                | 3600           | 4000             | 3800          | 2020          | 4210     | 2500  | 4500   |
| Zn - zinek                                 | 0.7            | 2.0              | n             | 2.0           | n        | 3.9   | 3.4    |
| J - jod                                    | n              | n                | n             | n             | n        | 0.008 | 0.112  |
| Mn - mangan                                | 1.0            | 3.0              | n             | 2.8           | n        | 1.3   | 6.0    |
| Se - selen                                 | 0.030          | n                | n             | n             | n        | st    | 0.010  |
| S - síra                                   | 220            | 320              | n             | n             | n        | 80    | 200    |
| Cu - měď                                   | 0.10           | 0.50             | n             | 0.20          | n        | 1.50  | 1.20   |
| <b>Vitaminy mg.kg<sup>-1</sup></b>         |                |                  |               |               |          |       |        |
| A - jako karotén                           | 1.00           | 1.30             | 35.30         | 0.78          | 39.00    | 0.26  | 27.98  |
| B1 - thiamin                               | 0.50           | 0.40             | 1.00          | 0.30          | 0.65     | 0.17  | 1.47   |
| B2 - riboflavin                            | 0.40           | 0.70             | 1.60          | 0.40          | 0.80     | 0.30  | 2.53   |
| B6 - pyridoxin                             | 0.30           | 0.10             | n             | 1.10          | n        | 0.35  | 2.60   |
| PP - niacin                                | 4.00           | 2.40             | 6.50          | 4.00          | 3.80     | 1.00  | 6.20   |
| B9 - folacin (k. listová)                  | 0.76           | 0.14             | 1.65          | 0.77          | n        | 0.25  | 1.90   |
| B12 - kobalamin                            | 0.0            | 0.0              | 0.0           | 0.0           | 0.0      | 0.0   | 0.0    |
| - kys.pantotenová                          | 4.00           | n                | 1.70          | 1.10          | n        | 0.70  | 2.70   |
| B15 kys.pangamová                          | n              | n                | n             | n             | n        | A     | n      |
| - inositol                                 | n              | n                | n             | n             | n        | A     | n      |
| - cholin                                   | n              | n                | n             | n             | n        | A     | n      |
| C - kys. askorbová                         | 700            | 100              | 390           | 360           | 350      | 108   | 512    |
| D - kalciferol                             | 0.0            | 0.0              | 0.0           | 0.0           | 0.0      | 0.0   | 0.0    |
| E - tokoferol                              | 27.00          | n                | n             | st            | 2.00     | 2.00  | 26.00  |
| H - biotin                                 | 0.001          | n                | n             | 44.00         | n        | A     | 0.001  |
| K - fylochinon                             | n              | n                | n             | n             | n        | A     | n      |
| (P - a bioflavonoidy)                      | n              | n                | 127.00        | n             | n        | A     | n      |
| (S-methylmethionin)                        | n              | n                | n             | n             | n        | A     | 41.40  |
| <b>Koef. jedlého podílu</b>                | 0.91           | 0.80             | 0.88          | 0.52          | n        | 0.87  | 0.81   |

**Tabulka 8b Listová zelenina**

| Složka/Plodina                             | Salát hlávkový | Salát římský | Salát ledový | Štěrbač | Řeřicha zahradní | Potřebice |
|--|----------------|--------------|--------------|---------|------------------|-----------|
| <b>Energie, kJ.kg<sup>-1</sup></b>         | 750            | 650          | 530          | 1549    | 560              | 940       |
| <b>Základní složky, g.kg<sup>-1</sup></b>  |                |              |              |         |                  |           |
| Voda                                       | 947            | 947          | 956          | 890     | 953              | 925       |
| Sušina                                     | 53             | 53           | 44           | 110     | 47               | 75        |
| Bílkoviny                                  | 15             | 10           | 7            | 12      | 16               | 30        |
| Lipidy                                     | 3.0            | 6.0          | 3.0          | 2.0     | 6.0              | 10.0      |
| Sacharidy                                  | 27             | 17           | 19           | 40      | 4                | 4         |
| Popeloviny                                 | 8.60           | 12           | 10.30        | 10.30   | n                | n         |
| Vláknina                                   | 9              | 6            | 6            | 20      | 33               | 30        |
| <b>Minerální látky, mg.kg<sup>-1</sup></b> |                |              |              |         |                  |           |
| Ca - vápník                                | 570            | 210          | 190          | 790     | 500              | 1700      |
| Fe - železo                                | 11.0           | 6.0          | 4.0          | 14.0    | 10.0             | 22.0      |
| Na - sodík                                 | 135            | 10           | 20           | 530     | 190              | 450       |
| Mg - hořeč                                 | 158            | 60           | 50           | 130     | 220              | 150       |
| P - fosfor                                 | 205            | 290          | 180          | 400     | 330              | 520       |
| Cl - chlor                                 | 499            | 480          | 420          | 700     | 390              | 1700      |
| K - draslík                                | 2180           | 2200         | 1600         | 3870    | 1100             | 2300      |
| Zn - zinek                                 | 3.9            | 2.0          | 1.0          | 2.6     | 3.0              | 7.0       |
| J - jod                                    | 0.026          | 0.020        | 0.020        | 0.049   | n                | n         |
| Mn - mangan                                | 3.0            | 3.0          | 3.0          | 2.2     | n                | 6.0       |
| Se - selen                                 | 0.010          | 0.010        | 0.010        | 0.010   | n                | n         |
| S - síra                                   | 156            | 160          | 160          | 320     | 1700             | 1000      |
| Cu - měď                                   | 0.10           | st           | 0.10         | 0.10    | 0.10             | 0.10      |
| <b>Vitaminy mg.kg<sup>-1</sup></b>         |                |              |              |         |                  |           |
| A - jako karotén                           | 5.53           | 2.90         | 0.50         | 11.40   | 12.80            | n         |
| B1 - thiamin                               | 0.72           | 1.20         | 1.10         | 0.52    | 0.40             | 1.60      |
| B2 - riboflavin                            | 0.88           | 0.20         | 0.10         | 1.20    | 0.40             | 0.60      |
| B6 - pyridoxin                             | 0.89           | 0.30         | 0.30         | 0.20    | 1.50             | 2.30      |
| PP - niacin                                | 3.70           | 6.00         | 3.00         | 4.00    | 10.00            | 3.00      |
| B9 - folacin (k. listová)                  | 0.55           | 0.55         | 0.53         | 1.40    | 0.60             | n         |
| B12 - kobalamin                            | 0.0            | 0.0          | 0.0          | 0.0     | 0.0              | 0.0       |
| - kys.pantotenová                          | 1.80           | 1.80         | 1.80         | 9.00    | n                | 1.00      |
| B15 kys.pangamová                          | n              | n            | n            | n       | n                | n         |
| - inositol                                 | n              | n            | n            | n       | n                | n         |
| - cholin                                   | n              | n            | n            | n       | n                | n         |
| C - kys. askorbová                         | 81             | 50           | 30           | 120     | 330              | 620       |
| D - kalciferol                             | 0.0            | 0.0          | 0.0          | 0.0     | 0.0              | 0.0       |
| E - tokoferol                              | 5.70           | 5.70         | 5.70         | 0.007   | 7.00             | 14.60     |
| H - biotin                                 | 0.007          | 0.007        | n            | 0.007   | n                | 0.004     |
| K - fylochinon                             | n              | n            | n            | 380.00  | n                | n         |
| (P - a bioflavonoidy)                      | 496.00         | n            | n            | 225.00  | 108.00           | n         |
| (S-methylmethionin)                        | n              | n            | n            | n       | n                | n         |
| <b>Koef. jedlého podílu</b>                | 0.74           | 0.66         | 0.83         | 0.63    | 1.00             | 0.62      |