

nettle chart



Numbers indicate milligrams per 100 grams [about 1 cup].

	RDA	NETTLE	SPINACH	KALE	DANDELION ROOT	DANDELION LEAVES	BURDOCK ROOT	CHICKWEED
Calcium	800	2900	102	206	614	252-4223	212-733	1210
Magnesium	300	860	96.8	37.4	157	+	537	529
Iron	18	41.8	2.96	1.8	96	3-29	51-147	253
Potassium	1875-5225	1750	518	244	1200	397-2757	766-1680	1840
Vitamin A	4,000 IU	15,700 IU	8,920 IU	9,130 IU	14,000 IU	21,060-58,335 IU	7,500 IU	7,229-32,500 IU
Vitamin C	60	83	56	102	38	33-652	+	375
Thiamine	1	.54	.116	.11	n/a	.23-1.7	1.1	.02
Riboflavin	1.2	.43	.22	.2	.21	.29-1.8	n/a	.14
Niacin	13	5.2	.6	1.8	3.3	.8	n/a	.51
Chromium	.05-.2	3.9	n/a	n/a	.9	n/a	2	+
Cobalt	n/a	13.2	n/a	n/a	8	n/a	12	12.1
Phosphorus	800	447	n/a	n/a	362	59-536	247-437	448
Zinc	15	4.7	618	.78	1.3	n/a	2.2	5.2
Copper	2-3	+	n/a	n/a	n/a	n/a	n/a	+
Manganese	2.5-5	869	96.8	37.4	157	+	537	529
Selenium	.05-.2	0.0027	n/a	n/a	n/a	n/a	1.4	15.3
Sodium	1100-3300	4.9	98	47	113	79	127-152	n/a
Protein	3.6%	16.5%	5%	10.2%	19-32%	10.6-12%	15-24%	18-26%