NDB No. 09427
Abiyuch, raw
Crateva religiosa
garlic pear
Refuse:

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	79.90		1	A	1		91.09		
Energy....kcal	69		0	NC	4		79		
Energy....kJ	290		0	NC	4		330		
Protein (N x 6.25)....g	1.50		1	A	1		1.71		
Total lipid (fat)....g	0.10		1	A	1		0.11		
Ash....g	0.90		1	A	1		1.03		
Carbohydrate, by difference....g	17.60		0	NC	4		20.06		
Fiber, total dietary....g	5.3		1	A	1		6.0		
Sugars, total....g	8.55		1	A	1		9.75		
Sucrose....g	0.05		1	A	1		0.06		
Glucose (dextrose)....g	4.50		1	A	1		5.13		
Fructose....g	3.80		1	A	1		4.33		
Lactose....g	0.00		1	A	1		0.00		
Maltose....g	0.20		1	A	1		0.23		
Galactose....g	0.00		1	A	1		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	8		1	A	1		9		
Iron, Fe....mg	1.61		1	A	1		1.84		
Magnesium, Mg....mg	24		1	A	1		28		
Phosphorus, P....mg	47		1	A	1		54		
Potassium, K....mg	304		1	A	1		347		
Sodium, Na....mg	20		1	A	1		22		
Zinc, Zn....mg	0.31		1	A	1		0.36		
Copper, Cu....mg	0.057		1	A	1		0.065		
Manganese, Mn....mg	0.182		1	A	1		0.207		
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	54.1		1	A	1		61.7		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg	5		1	A	1		6		
Vitamin A, IU....IU	100		1	A	1		114		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.014		1	A	1		0.016		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g									

NDB No. 09427
Abiyuch, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Cholesterol.....mg									
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 114g: .5 cup

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09002
Acerola juice, raw

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	94.30		0		1		228.21	28.48	
Energy....kcal	23		0	NC	4		56	7	
Energy....kJ	96				4		233	29	
Protein (N x 6.25)....g	0.40		0		1		0.97	0.12	
Total lipid (fat)....g	0.30		0		1		0.73	0.09	
Ash....g	0.20		0		1		0.48	0.06	
Carbohydrate, by difference....g	4.80		0	NC	4		11.62	1.45	
Fiber, total dietary....g	0.3		0		4		0.7	0.1	
Sugars, total....g	4.50		0	T	4		10.89	1.36	
Starch....g									
Minerals:									
Calcium, Ca....mg	10		0		1		24	3	
Iron, Fe....mg	0.50		0		1		1.21	0.15	
Magnesium, Mg....mg	12		0		1		29	4	
Phosphorus, P....mg	9		0		1		22	3	
Potassium, K....mg	97		0		1		235	29	
Sodium, Na....mg	3		0		1		7	1	
Zinc, Zn....mg	0.10		0		4		0.24	0.03	
Copper, Cu....mg	0.086		0		4		0.208	0.026	
Manganese, Mn....mg									
Selenium, Se....µg	0.1		0	CAZN	4		0.2	0.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	1600.0		0		1		3872.0	483.2	
Thiamin....mg	0.020		0		1		0.048	0.006	
Riboflavin....mg	0.060		0		1		0.145	0.018	
Niacin....mg	0.400		0		1		0.968	0.121	
Pantothenic acid....mg	0.205		0		1		0.496	0.062	
Vitamin B-6....mg	0.004		0		1		0.010	0.001	
Folate, total....µg	14		0		4		34	4	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	14		0		4		34	4	
Folate, DFE....µg	14		0	NC	4		34	4	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	25		0		1		62	8	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg	305		0	BNA	4		739	92	
Carotene, alpha....µg	0		0	BNA	4		0	0	
Cryptoxanthin, beta....µg	0		0	BNA	4		0	0	
Vitamin A, IU....IU	509		0		1		1232	154	
Lycopene....µg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin....µg	17		0	BFSN	4		40	5	
Vitamin E (alpha-tocopherol)....mg	0.18		0	BFSN	4		0.43	0.05	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	1.4		0	BFSN	4		3.3	0.4	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 09002
Acerola juice, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.068		0		4		0.165	0.021	
4:0....g	0.000		0		4		0.000	0.000	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	
10:0....g	0.000		0		4		0.000	0.000	
12:0....g	0.000		0		4		0.000	0.000	
13:0....g									
14:0....g	0.002		0		4		0.005	0.001	
15:0....g									
16:0....g	0.048		0		4		0.116	0.014	
17:0....g									
18:0....g	0.016		0		4		0.039	0.005	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.082		0		4		0.198	0.025	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		4		0.002	0.000	
17:1....g									
18:1 undifferentiated....g	0.081		0		4		0.196	0.024	
20:1....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.090		0		4		0.218	0.027	
18:2 undifferentiated....g	0.046		0		4		0.111	0.014	
18:3 undifferentiated....g	0.044		0		4		0.106	0.013	
18:4....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 242g: 1 cup

Measure 2 = 30.2g: 1 fl oz

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.92

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09001

Acerola, (west indian cherry), raw

Malpighia emarginata

Refuse: 20% 18% seed, 2% stem end

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	91.41		1		1		89.58	4.39	
Energy....kcal	32		0	NC	4		31	2	
Energy....kJ	134				4		131	6	
Protein (N x 6.25)....g	0.40		0		1		0.39	0.02	
Total lipid (fat)....g	0.30		0		1		0.29	0.01	
Ash....g	0.20		0		1		0.20	0.01	
Carbohydrate, by difference....g	7.69		0	NC	4		7.54	0.37	
Fiber, total dietary....g	1.1		0		4		1.1	0.1	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	12		0		1		12	1	
Iron, Fe....mg	0.20		0		1		0.20	0.01	
Magnesium, Mg....mg	18		1		1		18	1	
Phosphorus, P....mg	11		0		1		11	1	
Potassium, K....mg	146		2		1		143	7	
Sodium, Na....mg	7	3.470	3		1		7	0	
Zinc, Zn....mg	0.10		0		4		0.10	0.00	
Copper, Cu....mg	0.086		0		4		0.084	0.004	
Manganese, Mn....mg									
Selenium, Se....µg	0.6		0	CAZN	4		0.6	0.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	1677.6	44.711	80		1		1644.0	80.5	
Thiamin....mg	0.020		0		1		0.020	0.001	
Riboflavin....mg	0.060		0		1		0.059	0.003	
Niacin....mg	0.400		0		1		0.392	0.019	
Pantothenic acid....mg	0.309		0		1		0.303	0.015	
Vitamin B-6....mg	0.009		0		1		0.009	0.000	
Folate, total....µg	14		0		4		14	1	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	14		0		4		14	1	
Folate, DFE....µg	14		0	NC	4		14	1	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	38	10.831	3		1		38	2	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	767	216.610	3		1		752	37	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.068		0		4		0.067	0.003	
4:0....g	0.000		0		4		0.000	0.000	

NDB No. 09001
Acerola, (west indian cherry), raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0		4		0.000	0.000	
8:0 ... g	0.000		0		4		0.000	0.000	
10:0 ... g	0.000		0		4		0.000	0.000	
12:0 ... g	0.000		0		4		0.000	0.000	
13:0 ... g									
14:0 ... g	0.002		0		4		0.002	0.000	
15:0 ... g									
16:0 ... g	0.048		0		4		0.047	0.002	
17:0 ... g									
18:0 ... g	0.016		0		4		0.016	0.001	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.082		0		4		0.080	0.004	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.001		0		4		0.001	0.000	
17:1 ... g									
18:1 undifferentiated ... g	0.081		0		4		0.079	0.004	
20:1 ... g	0.000		0		4		0.000	0.000	
22:1 undifferentiated ... g	0.000		0		4		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.090		0		4		0.088	0.004	
18:2 undifferentiated ... g	0.046		0		4		0.045	0.002	
18:3 undifferentiated ... g	0.044		0		4		0.043	0.002	
18:4 ... g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA) ... g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA) ... g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA) ... g	0.000		0		4		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	Z	7		0	0	
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg									
Theobromine ... mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 98g: 1 cup

Measure 2 = 4.8g: 1 fruit without refuse

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09400

Apple juice, canned or bottled, unsweetened, with added ascorbic acid

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	88.24	0.091	45	A	1		218.84	27.35	
Energy....kcal	46		0	NC	4		113	14	
Energy....kJ	191		0	NC	4		475	59	
Protein (N x 6.25)....g	0.10	0.008	3	A	1		0.25	0.03	
Total lipid (fat)....g	0.13	0.013	4	A	1		0.33	0.04	
Ash....g	0.23	0.027	4	A	1		0.56	0.07	
Carbohydrate, by difference....g	11.30		0	NC	4		28.02	3.50	
Fiber, total dietary....g	0.2	0.106	3	A	1		0.5	0.1	
Sugars, total....g	9.62	0.128	4	A	1		23.87	2.98	
Sucrose....g	1.26	0.023	4	A	1		3.13	0.39	
Glucose (dextrose)....g	2.63	0.035	4	A	1		6.52	0.82	
Fructose....g	5.73	0.089	4	A	1		14.22	1.78	
Lactose....g	0.00	0.000	4	A	1		0.00	0.00	
Maltose....g	0.00	0.000	4	A	1		0.00	0.00	
Galactose....g	0.00	0.000	4	A	1		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	8	0.464	57	A	1		19	2	
Iron, Fe....mg	0.12	0.006	56	A	1		0.29	0.04	
Magnesium, Mg....mg	5	0.074	58	A	1		12	1	
Phosphorus, P....mg	7	0.162	59	A	1		18	2	
Potassium, K....mg	101	1.077	58	A	1		250	31	
Sodium, Na....mg	4	0.205	58	A	1		9	1	
Zinc, Zn....mg	0.02	0.002	59	A	1		0.06	0.01	
Copper, Cu....mg	0.012	0.000	14	A	1		0.031	0.004	
Manganese, Mn....mg	0.074	0.006	59	A	1		0.184	0.023	
Selenium, Se....µg	0.1	0.045	4	A	1		0.2	0.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	38.5	4.911	3	A	1		95.5	11.9	
Thiamin....mg	0.021	0.001	9		1		0.052	0.007	
Riboflavin....mg	0.017	0.011	5		1		0.042	0.005	
Niacin....mg	0.073	0.003	4	A	1		0.182	0.023	
Pantothenic acid....mg	0.049		1	A	1		0.123	0.015	
Vitamin B-6....mg	0.018		1	A	1		0.044	0.006	
Folate, total....µg	0	0.046	3		1		0	0	
Folic acid....µg	0		1	A	1		0	0	
Folate, food....µg	0	0.046	3		1		0	0	
Folate, DFE....µg	0		0	NC	4		0	0	
Choline, total....mg	1.8		0	AS	1		4.6	0.6	
Betaine....mg	0.1		1	A	1		0.3	0.0	
Vitamin B-12....µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	0		0	NC	4		0	0	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg	0		0	BFZN	4		1	0	
Carotene, alpha....µg	0		0	BFZN	4		0	0	
Cryptoxanthin, beta....µg	0		0	BFZN	4		1	0	
Vitamin A, IU....IU	1		1		1		2	0	
Lycopene....µg	0		0	BFZN	4		0	0	
Lutein + zeaxanthin....µg	16		0	BFZN	4		40	5	
Vitamin E (alpha-tocopherol)....mg	0.01		0		1		0.02	0.00	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									

NDB No. 09400

Apple juice, canned or bottled, unsweetened, with added ascorbic acid

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	0.0		2	A	1		0.0	0.0	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.022		0		1		0.056	0.007	
4:0....g	0.000		0	BFZN	4		0.000	0.000	
6:0....g	0.000		0	BFZN	4		0.000	0.000	
8:0....g	0.000		0	BFZN	4		0.000	0.000	
10:0....g	0.000		0	BFZN	4		0.000	0.000	
12:0....g	0.000		0	BFZN	4		0.000	0.000	
13:0....g									
14:0....g	0.001		0		1		0.003	0.000	
15:0....g									
16:0....g	0.018		0		1		0.044	0.005	
17:0....g									
18:0....g	0.002		0		1		0.006	0.001	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.006		0		1		0.015	0.002	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	BFZN	4		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.005		0		1		0.012	0.001	
20:1....g	0.000		0	BFZN	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	BFZN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.039		0		1		0.097	0.012	
18:2 undifferentiated....g	0.033		0		1		0.082	0.010	
18:3 undifferentiated....g	0.007		0		1		0.018	0.002	
18:4....g	0.000		0	BFZN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	BFZN	4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0	BFZN	4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0	BFZN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFZN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 248g: 1 cup

Measure 2 = 31.0g: 1 fl oz

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.92

NDB No. 09400

Apple juice, canned or bottled, unsweetened, with added ascorbic acid

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09016

Apple juice, canned or bottled, unsweetened, without added ascorbic acid (1)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	88.24	0.091	45	A	1		218.84	27.35	231.19
Energy....kcal	46		0	NC	4		113	14	120
Energy....kJ	191		0	NC	4		475	59	501
Protein (N x 6.25)....g	0.10	0.008	3	A	1		0.25	0.03	0.27
Total lipid (fat)....g	0.13	0.013	4	A	1		0.33	0.04	0.35
Ash....g	0.23	0.027	4	A	1		0.56	0.07	0.60
Carbohydrate, by difference....g	11.30		0	NC	4		28.02	3.50	29.60
Fiber, total dietary....g	0.2	0.106	3	A	1		0.5	0.1	0.6
Sugars, total....g	9.62	0.128	4	A	1		23.87	2.98	25.22
Sucrose....g	1.26	0.023	4	A	1		3.13	0.39	3.30
Glucose (dextrose)....g	2.63	0.035	4	A	1		6.52	0.82	6.89
Fructose....g	5.73	0.089	4	A	1		14.22	1.78	15.03
Lactose....g	0.00	0.000	4	A	1		0.00	0.00	0.00
Maltose....g	0.00	0.000	4	A	1		0.00	0.00	0.00
Galactose....g	0.00	0.000	4	A	1		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	8	0.464	57	A	1		19	2	20
Iron, Fe....mg	0.12	0.006	56	A	1		0.29	0.04	0.30
Magnesium, Mg....mg	5	0.074	58	A	1		12	1	13
Phosphorus, P....mg	7	0.162	59	A	1		18	2	19
Potassium, K....mg	101	1.077	58	A	1		250	31	264
Sodium, Na....mg	4	0.205	58	A	1		9	1	9
Zinc, Zn....mg	0.02	0.002	59	A	1		0.06	0.01	0.06
Copper, Cu....mg	0.012	0.000	14	A	1		0.031	0.004	0.033
Manganese, Mn....mg	0.074	0.006	59	A	1		0.184	0.023	0.194
Selenium, Se....µg	0.1	0.045	4	A	1		0.2	0.0	0.3
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.9	0.179	8		1		2.2	0.3	2.4
Thiamin....mg	0.021	0.001	9		1		0.052	0.007	0.055
Riboflavin....mg	0.017	0.011	5		1		0.042	0.005	0.045
Niacin....mg	0.073	0.003	4	A	1		0.182	0.023	0.192
Pantothenic acid....mg	0.049		1	A	1		0.123	0.015	0.129
Vitamin B-6....mg	0.018		1	A	1		0.044	0.006	0.047
Folate, total....µg	0	0.046	3		1		0	0	0
Folic acid....µg	0		1	A	1		0	0	0
Folate, food....µg	0	0.046	3		1		0	0	0
Folate, DFE....µg	0		0	NC	4		0	0	0
Choline, total....mg	1.8		0	AS	1		4.6	0.6	4.8
Betaine....mg	0.1		1	A	1		0.3	0.0	0.3
Vitamin B-12....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....µg	0		0	NC	4		0	0	0
Retinol....µg	0		0	Z	7		0	0	0
Carotene, beta....µg	0		0	BNA	4		1	0	1
Carotene, alpha....µg	0		0	BNA	4		0	0	0
Cryptoxanthin, beta....µg	0		0	BNA	4		1	0	1
Vitamin A, IU....IU	1		1		1		2	0	3
Lycopene....µg	0		0	BFSN	4		0	0	0
Lutein + zeaxanthin....µg	16		0	BFSN	4		40	5	42
Vitamin E (alpha-tocopherol)....mg	0.01		0		1		0.02	0.00	0.03
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)....µg									

NDB No. 09016

Apple juice, canned or bottled, unsweetened, without added ascorbic acid (1)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	0.0		2	A	1		0.0	0.0	0.0
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.022		0		1		0.056	0.007	0.059
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.000		0		1		0.000	0.000	0.000
10:0....g	0.000		0		1		0.000	0.000	0.000
12:0....g	0.000		0		1		0.000	0.000	0.000
13:0....g									
14:0....g	0.001		0		1		0.003	0.000	0.003
15:0....g									
16:0....g	0.018		0		1		0.044	0.005	0.046
17:0....g									
18:0....g	0.002		0		1		0.006	0.001	0.006
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.006		0		1		0.015	0.002	0.015
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
17:1....g									
18:1 undifferentiated....g	0.005		0		1		0.012	0.001	0.012
20:1....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.039		0		1		0.097	0.012	0.102
18:2 undifferentiated....g	0.033		0		1		0.082	0.010	0.087
18:3 undifferentiated....g	0.007		0		1		0.018	0.002	0.019
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	0
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 248g: 1 cup

Measure 2 = 31.0g: 1 fl oz

Measure 3 = 262g: 1 drink box (8.45 fl oz)

Footnotes:

1 Includes juice box

NDB No. 09016

Apple juice, canned or bottled, unsweetened, without added ascorbic acid (1)

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.92

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09018

Apple juice, frozen concentrate, unsweetened, diluted with 3 volume water without added ascorbic acid

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	87.90		0		1		210.08	26.28	
Energy....kcal	47		0	NC	4		112	14	
Energy....kJ	197		0		4		470	59	
Protein (N x 6.25)....g	0.14	0.016	4		1		0.33	0.04	
Total lipid (fat)....g	0.10	0.007	3		1		0.24	0.03	
Ash....g	0.32	0.016	4		1		0.76	0.10	
Carbohydrate, by difference....g	11.54		0	NC	4		27.58	3.45	
Fiber, total dietary....g	0.1		0		4		0.2	0.0	
Sugars, total....g	10.93		0	BFSN	4		26.12	3.27	
Starch....g									
Minerals:									
Calcium, Ca....mg	6	0.762	4		1		14	2	
Iron, Fe....mg	0.26	0.054	4		1		0.62	0.08	
Magnesium, Mg....mg	5	0.433	4		1		12	1	
Phosphorus, P....mg	7	0.676	4		1		17	2	
Potassium, K....mg	126	7.348	4		1		301	38	
Sodium, Na....mg	7	2.684	4		1		17	2	
Zinc, Zn....mg	0.04	0.006	4		1		0.10	0.01	
Copper, Cu....mg	0.014	0.003	4		1		0.033	0.004	
Manganese, Mn....mg	0.063	0.013	4		1		0.151	0.019	
Selenium, Se....µg	0.1		0	BFSN	4		0.2	0.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.6		2		1		1.4	0.2	
Thiamin....mg	0.003	0.001	3		1		0.007	0.001	
Riboflavin....mg	0.015	0.001	3		1		0.036	0.004	
Niacin....mg	0.038	0.002	3		1		0.091	0.011	
Pantothenic acid....mg	0.063	0.017	3		1		0.151	0.019	
Vitamin B-6....mg	0.033	0.002	3		1		0.079	0.010	
Folate, total....µg	0	0.074	4		1		1	0	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	0	0.074	4		1		1	0	
Folate, DFE....µg	0		0	NC	4		1	0	
Choline, total....mg	1.8		0	AS	1		4.4	0.5	
Betaine....mg	0.1		1	A	1		0.3	0.0	
Vitamin B-12....µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	0		0	NC	4		0	0	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg	0		0	BFSN	4		0	0	
Carotene, alpha....µg	0		0	BFSN	4		0	0	
Cryptoxanthin, beta....µg	0		0	BFSN	4		0	0	
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin....µg	16		0	BFSN	4		39	5	
Vitamin E (alpha-tocopherol)....mg	0.01		0	BFSN	4		0.02	0.00	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	0.0		0	BFSN	4		0.0	0.0	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 09018

Apple juice, frozen concentrate, unsweetened, diluted with 3 volume water without added ascorbic acid

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.018		0		1		0.043	0.005	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	
15:0....g									
16:0....g	0.016		0		1		0.038	0.005	
17:0....g									
18:0....g	0.002		0		1		0.005	0.001	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.002		0		1		0.005	0.001	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.002		0		1		0.005	0.001	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.031		0		1		0.074	0.009	
18:2 undifferentiated....g	0.027		0		1		0.065	0.008	
18:3 undifferentiated....g	0.004		0		1		0.010	0.001	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 239g: 1 cup

Measure 2 = 29.9g: 1 fl oz

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.92

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09411

Apple juice, frozen concentrate, unsweetened, diluted with 3 volume water, with added ascorbic acid

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	87.90		0		1		210.08	26.28	
Energy....kcal	47		0	NC	4		112	14	
Energy....kJ	197				4		470	59	
Protein (N x 6.25)....g	0.14	0.016	4		1		0.33	0.04	
Total lipid (fat)....g	0.10	0.007	3		1		0.24	0.03	
Ash....g	0.32	0.016	4		1		0.76	0.10	
Carbohydrate, by difference....g	11.54		0	NC	4		27.58	3.45	
Fiber, total dietary....g	0.1		0		4		0.2	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	6	0.762	4		1		14	2	
Iron, Fe....mg	0.26	0.054	4		1		0.62	0.08	
Magnesium, Mg....mg	5	0.433	4		1		12	1	
Phosphorus, P....mg	7	0.676	4		1		17	2	
Potassium, K....mg	126	7.348	4		1		301	38	
Sodium, Na....mg	7	2.684	4		1		17	2	
Zinc, Zn....mg	0.04	0.006	4		1		0.10	0.01	
Copper, Cu....mg	0.014	0.003	4		1		0.033	0.004	
Manganese, Mn....mg	0.063	0.013	4		1		0.151	0.019	
Selenium, Se....µg	0.1		0	BFSN	4		0.2	0.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	25.0		1		1		59.8	7.5	
Thiamin....mg	0.003	0.001	3		1		0.007	0.001	
Riboflavin....mg	0.015	0.001	3		1		0.036	0.004	
Niacin....mg	0.038	0.002	3		1		0.091	0.011	
Pantothenic acid....mg	0.063	0.017	3		1		0.151	0.019	
Vitamin B-6....mg	0.033	0.002	3		1		0.079	0.010	
Folate, total....µg	0	0.074	4		1		1	0	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	0	0.074	4		1		1	0	
Folate, DFE....µg	0		0	NC	4		1	0	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	0		0		4		0	0	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.018		0		1		0.043	0.005	
4:0....g									

NDB No. 09411

Apple juice, frozen concentrate, unsweetened, diluted with 3 volume water, with added ascorbic acid

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g									
15:0....g									
16:0....g	0.016		0		1		0.038	0.005	
17:0....g									
18:0....g	0.002		0		1		0.005	0.001	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.002		0		1		0.005	0.001	
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.002		0		1		0.005	0.001	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.031		0		1		0.074	0.009	
18:2 undifferentiated....g	0.027		0		1		0.065	0.008	
18:3 undifferentiated....g	0.004		0		1		0.010	0.001	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 239g: 1 cup

Measure 2 = 29.9g: 1 fl oz

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.92

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09410

Apple juice, frozen concentrate, unsweetened, undiluted, with added ascorbic acid

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	57.00		0		1		120.27		
Energy....kcal	166		0	NC	4		350		
Energy....kJ	695		0		4		1465		
Protein (N x 6.25)....g	0.51	0.058	4		1		1.08		
Total lipid (fat)....g	0.37	0.024	3		1		0.78		
Ash....g	1.12	0.055	4		1		2.36		
Carbohydrate, by difference....g	41.00		0	NC	4		86.51		
Fiber, total dietary....g									
Sugars, total....g	38.83		0	BFZN	4		81.94		
Starch....g									
Minerals:									
Calcium, Ca....mg	20	2.709	4		1		42		
Iron, Fe....mg	0.91	0.192	4		1		1.92		
Magnesium, Mg....mg	17	1.538	4		1		36		
Phosphorus, P....mg	25	2.401	4		1		53		
Potassium, K....mg	448	26.115	4		1		945		
Sodium, Na....mg	25	9.540	4		1		53		
Zinc, Zn....mg	0.13	0.020	4		1		0.27		
Copper, Cu....mg	0.050	0.009	4		1		0.106		
Manganese, Mn....mg	0.225	0.047	4		1		0.475		
Selenium, Se....µg	0.4		0	BFSN	4		0.8		
Vitamins:									
Vitamin C, total ascorbic acid....mg	88.9		1		1		187.6		
Thiamin....mg	0.011	0.003	3		1		0.023		
Riboflavin....mg	0.054	0.003	3		1		0.114		
Niacin....mg	0.135	0.008	3		1		0.285		
Pantothenic acid....mg	0.223	0.061	3		1		0.471		
Vitamin B-6....mg	0.116	0.009	3		1		0.245		
Folate, total....µg	1	0.264	4		1		2		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	1	0.264	4		1		2		
Folate, DFE....µg	1		0	NC	4		2		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....µg	0		0	AS	1		0		
Retinol....µg	0		0	Z	7		0		
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		3		1		0		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.060		0		1		0.127		

NDB No. 09410

Apple juice, frozen concentrate, unsweetened, undiluted, with added ascorbic acid

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g	0.001		0		1		0.002		
13:0....g									
14:0....g	0.002		0		1		0.004		
15:0....g									
16:0....g	0.050		0		1		0.106		
17:0....g									
18:0....g	0.008		0		1		0.017		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.015		0		1		0.032		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1		0.002		
17:1....g									
18:1 undifferentiated....g	0.014		0		1		0.030		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.108		0		1		0.228		
18:2 undifferentiated....g	0.089		0		1		0.188		
18:3 undifferentiated....g	0.019		0		1		0.040		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 211g: 1 can (6 fl oz)

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.92

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09017

Apple juice, frozen concentrate, unsweetened, undiluted, without added ascorbic acid

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	57.00		0		1		120.27		
Energy....kcal	166		0	NC	4		350		
Energy....kJ	695		0		4		1465		
Protein (N x 6.25)....g	0.51	0.058	4		1		1.08		
Total lipid (fat)....g	0.37	0.024	3		1		0.78		
Ash....g	1.12	0.055	4		1		2.36		
Carbohydrate, by difference....g	41.00		0	NC	4		86.51		
Fiber, total dietary....g	0.4		0		4		0.8		
Sugars, total....g	38.83		0	BFSN	4		81.94		
Starch....g									
Minerals:									
Calcium, Ca....mg	20	2.709	4		1		42		
Iron, Fe....mg	0.91	0.192	4		1		1.92		
Magnesium, Mg....mg	17	1.538	4		1		36		
Phosphorus, P....mg	25	2.401	4		1		53		
Potassium, K....mg	448	26.115	4		1		945		
Sodium, Na....mg	25	9.540	4		1		53		
Zinc, Zn....mg	0.13	0.020	4		1		0.27		
Copper, Cu....mg	0.050	0.009	4		1		0.106		
Manganese, Mn....mg	0.225	0.047	4		1		0.475		
Selenium, Se....µg	0.4		0	BFSN	4		0.8		
Vitamins:									
Vitamin C, total ascorbic acid....mg	2.1		2		1		4.4		
Thiamin....mg	0.011	0.003	3		1		0.023		
Riboflavin....mg	0.054	0.003	3		1		0.114		
Niacin....mg	0.135	0.008	3		1		0.285		
Pantothenic acid....mg	0.223	0.061	3		1		0.471		
Vitamin B-6....mg	0.116	0.009	3		1		0.245		
Folate, total....µg	1	0.264	4		1		2		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	1	0.264	4		1		2		
Folate, DFE....µg	1		0	NC	4		2		
Choline, total....mg	6.5		0	BFSN	4		13.8		
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....µg	0		0	NC	4		0		
Retinol....µg	0		0	Z	7		0		
Carotene, beta....µg	0		0	Z	7		0		
Carotene, alpha....µg	0		0	BFSN	4		0		
Cryptoxanthin, beta....µg	0		0	Z	7		0		
Vitamin A, IU....IU	0		3		1		0		
Lycopene....µg	0		0	BFSN	4		0		
Lutein + zeaxanthin....µg	57		0	BFSN	4		121		
Vitamin E (alpha-tocopherol)....mg	0.04		0	BFSN	4		0.08		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....µg	0.0		0	BFSN	4		0.0		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 09017

Apple juice, frozen concentrate, unsweetened, undiluted, without added ascorbic acid

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.060		0		1		0.127		
4:0....g	0.000		0		1		0.000		
6:0....g	0.000		0		1		0.000		
8:0....g	0.000		0		1		0.000		
10:0....g	0.000		0		1		0.000		
12:0....g	0.001		0		1		0.002		
13:0....g									
14:0....g	0.002		0		1		0.004		
15:0....g									
16:0....g	0.050		0		1		0.106		
17:0....g									
18:0....g	0.008		0		1		0.017		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.015		0		1		0.032		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1		0.002		
17:1....g									
18:1 undifferentiated....g	0.014		0		1		0.030		
20:1....g	0.000		0		1		0.000		
22:1 undifferentiated....g	0.000		0		1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.108		0		1		0.228		
18:2 undifferentiated....g	0.089		0		1		0.188		
18:3 undifferentiated....g	0.019		0		1		0.040		
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000		
20:5 n-3 (EPA)....g	0.000		0		1		0.000		
22:5 n-3 (DPA)....g	0.000		0		1		0.000		
22:6 n-3 (DHA)....g	0.000		0		1		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 211g: 1 can (6 fl oz)

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.92

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09008

Apples, canned, sweetened, sliced, drained, heated

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	82.28	0.694	6		1		167.85		
Energy	kcal	67		0	NC	4		137		
Energy	kJ	280		0		4		572		
Protein (N x 6.25)	g	0.18	0.008	6		1		0.37		
Total lipid (fat)	g	0.43	0.030	6		1		0.88		
Ash	g	0.27	0.007	6		1		0.55		
Carbohydrate, by difference	g	16.84		0	NC	4		34.35		
Fiber, total dietary	g	2.0		0		4		4.1		
Sugars, total	g	14.84		0	O	4		30.27		
Starch	g									
Minerals:										
Calcium, Ca	mg	4	0.321	6		1		8		
Iron, Fe	mg	0.24	0.013	6		1		0.49		
Magnesium, Mg	mg	3	0.128	6		1		6		
Phosphorus, P	mg	6	0.099	6		1		12		
Potassium, K	mg	70	2.011	6		1		143		
Sodium, Na	mg	3	0.380	6		1		6		
Zinc, Zn	mg	0.05	0.007	6		1		0.10		
Copper, Cu	mg	0.051	0.003	6		1		0.104		
Manganese, Mn	mg	0.165	0.021	6		1		0.337		
Selenium, Se	µg	0.3		0	BFZN	4		0.6		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.2	0.074	6		1		0.4		
Thiamin	mg	0.009	0.000	6		1		0.018		
Riboflavin	mg	0.010	0.000	6		1		0.020		
Niacin	mg	0.081	0.028	6		1		0.165		
Pantothenic acid	mg	0.032	0.001	6		1		0.065		
Vitamin B-6	mg	0.044	0.004	6		1		0.090		
Folate, total	µg	0	0.013	6		1		0		
Folic acid	µg	0		0	Z	7		0		
Folate, food	µg	0	0.013	6		1		0		
Folate, DFE	µg	0		0	NC	4		0		
Choline, total	mg	3.2		0	BFZN	4		6.4		
Betaine	mg									
Vitamin B-12	µg	0.00		0	Z	7		0.00		
Vitamin B-12, added	µg	0.00		0	Z	7		0.00		
Vitamin A, RAE	µg	3	0.334	6		1		6		
Retinol	µg	0		0	Z	7		0		
Carotene, beta	µg	24		0	BNA	4		50		
Carotene, alpha	µg	0		0	BNA	4		0		
Cryptoxanthin, beta	µg	18		0	BNA	4		37		
Vitamin A, IU	IU	56	6.678	6		1		114		
Lycopene	µg	0		0	BFZN	4		0		
Lutein + zeaxanthin	µg	18		0	BFZN	4		36		
Vitamin E (alpha-tocopherol)	mg	0.21		0	BFZN	4		0.43		
Vitamin E, added	mg	0.00		0	Z	7		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU	0		0	Z	7		0		
Vitamin K (phylloquinone)	µg	0.6		0	BFZN	4		1.1		
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 09008

Apples, canned, sweetened, sliced, drained, heated

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.070		0		1		0.143		
4:0....g	0.000		0		1		0.000		
6:0....g	0.000		0		1		0.000		
8:0....g	0.000		0		1		0.000		
10:0....g	0.000		0		1		0.000		
12:0....g	0.001		0		1		0.002		
13:0....g									
14:0....g	0.002		0		1		0.004		
15:0....g									
16:0....g	0.058		0		1		0.118		
17:0....g									
18:0....g	0.009		0		1		0.018		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.017		0		1		0.035		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1		0.002		
17:1....g									
18:1 undifferentiated....g	0.016		0		1		0.033		
20:1....g	0.000		0		1		0.000		
22:1 undifferentiated....g	0.000		0		1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.126		0		1		0.257		
18:2 undifferentiated....g	0.104		0		1		0.212		
18:3 undifferentiated....g	0.022		0		1		0.045		
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000		
20:5 n-3 (EPA)....g	0.000		0		1		0.000		
22:5 n-3 (DPA)....g	0.000		0		1		0.000		
22:6 n-3 (DHA)....g	0.000		0		1		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.002		0		1		0.004		
Threonine....g	0.007		0		1		0.014		
Isoleucine....g	0.007		0		1		0.014		
Leucine....g	0.011		0		1		0.022		
Lysine....g	0.011		0		1		0.022		
Methionine....g	0.002		0		1		0.004		
Cystine....g	0.002		0		1		0.004		
Phenylalanine....g	0.005		0		1		0.010		
Tyrosine....g	0.003		0		1		0.006		
Valine....g	0.008		0		1		0.016		
Arginine....g	0.006		0		1		0.012		
Histidine....g	0.003		0		1		0.006		
Alanine....g	0.007		0		1		0.014		
Aspartic acid....g	0.032		0		1		0.065		
Glutamic acid....g	0.019		0		1		0.039		
Glycine....g	0.007		0		1		0.014		
Proline....g	0.006		0		1		0.012		
Serine....g	0.007		0		1		0.014		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 09008

Apples, canned, sweetened, sliced, drained, heated

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 204g: 1 cup slices

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.7

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09007

Apples, canned, sweetened, sliced, drained, unheated

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	82.36	0.527	6		1		168.01		
Energy....kcal	67		0	NC	4		137		
Energy....kJ	280		0		4		572		
Protein (N x 6.25)....g	0.18	0.000	6		1		0.37		
Total lipid (fat)....g	0.49	0.035	6		1		1.00		
Ash....g	0.27	0.005	6		1		0.55		
Carbohydrate, by difference....g	16.70		0	NC	4		34.07		
Fiber, total dietary....g	1.7		0		4		3.5		
Sugars, total....g	15.00		0	O	4		30.60		
Starch....g									
Minerals:									
Calcium, Ca....mg	4	0.233	6		1		8		
Iron, Fe....mg	0.23	0.008	6		1		0.47		
Magnesium, Mg....mg	2	0.132	6		1		4		
Phosphorus, P....mg	5	0.349	6		1		10		
Potassium, K....mg	68	2.752	6		1		139		
Sodium, Na....mg	3	0.557	6		1		6		
Zinc, Zn....mg	0.03	0.002	6		1		0.06		
Copper, Cu....mg	0.053	0.005	6		1		0.108		
Manganese, Mn....mg	0.153	0.016	6		1		0.312		
Selenium, Se....µg	0.3		0	BFZN	4		0.6		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.4	0.000	6		1		0.8		
Thiamin....mg	0.009	0.000	6		1		0.018		
Riboflavin....mg	0.010	0.000	6		1		0.020		
Niacin....mg	0.073	0.021	6		1		0.149		
Pantothenic acid....mg	0.031	0.000	6		1		0.063		
Vitamin B-6....mg	0.044	0.002	6		1		0.090		
Folate, total....µg	0	0.052	6		1		1		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	0	0.052	6		1		1		
Folate, DFE....µg	0		0	NC	4		1		
Choline, total....mg	3.2		0	BFZN	4		6.4		
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....µg	3	0.341	6		1		5		
Retinol....µg	0		0	Z	7		0		
Carotene, beta....µg	22		0	BNA	4		45		
Carotene, alpha....µg	0		0	BNA	4		0		
Cryptoxanthin, beta....µg	17		0	BNA	4		34		
Vitamin A, IU....IU	51	6.826	6		1		104		
Lycopene....µg	0		0	BFZN	4		0		
Lutein + zeaxanthin....µg	18		0	BFZN	4		36		
Vitamin E (alpha-tocopherol)....mg	0.21		0	BFZN	4		0.43		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....µg	0.6		0	BFZN	4		1.1		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 09007

Apples, canned, sweetened, sliced, drained, unheated

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.080		0		1		0.163		
4:0....g	0.000		0		1		0.000		
6:0....g	0.000		0		1		0.000		
8:0....g	0.000		0		1		0.000		
10:0....g	0.000		0		1		0.000		
12:0....g	0.001		0		1		0.002		
13:0....g									
14:0....g	0.002		0		1		0.004		
15:0....g									
16:0....g	0.066		0		1		0.135		
17:0....g									
18:0....g	0.010		0		1		0.020		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.020		0		1		0.041		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1		0.002		
17:1....g									
18:1 undifferentiated....g	0.019		0		1		0.039		
20:1....g	0.000		0		1		0.000		
22:1 undifferentiated....g	0.000		0		1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.144		0		1		0.294		
18:2 undifferentiated....g	0.119		0		1		0.243		
18:3 undifferentiated....g	0.025		0		1		0.051		
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000		
20:5 n-3 (EPA)....g	0.000		0		1		0.000		
22:5 n-3 (DPA)....g	0.000		0		1		0.000		
22:6 n-3 (DHA)....g	0.000		0		1		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.002		0		1		0.004		
Threonine....g	0.006		0		1		0.012		
Isoleucine....g	0.007		0		1		0.014		
Leucine....g	0.011		0		1		0.022		
Lysine....g	0.011		0		1		0.022		
Methionine....g	0.002		0		1		0.004		
Cystine....g	0.002		0		1		0.004		
Phenylalanine....g	0.005		0		1		0.010		
Tyrosine....g	0.003		0		1		0.006		
Valine....g	0.008		0		1		0.016		
Arginine....g	0.006		0		1		0.012		
Histidine....g	0.003		0		1		0.006		
Alanine....g	0.006		0		1		0.012		
Aspartic acid....g	0.031		0		1		0.063		
Glutamic acid....g	0.018		0		1		0.037		
Glycine....g	0.007		0		1		0.014		
Proline....g	0.006		0		1		0.012		
Serine....g	0.007		0		1		0.014		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 09007

Apples, canned, sweetened, sliced, drained, unheated

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 204g: 1 cup slices

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate**3.7

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09010
Apples, dehydrated (low moisture), sulfured, stewed

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	79.36		2		1		153.16		
Energy....kcal	74		0	NC	4		143		
Energy....kJ	310				4		598		
Protein (N x 6.25)....g	0.28		0		1		0.54		
Total lipid (fat)....g	0.12		0		1		0.23		
Ash....g	0.33		0		1		0.64		
Carbohydrate, by difference....g	19.91		0	NC	4		38.43		
Fiber, total dietary....g	2.6		0		4		5.0		
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	4		0		1		8		
Iron, Fe....mg	0.43		0		1		0.83		
Magnesium, Mg....mg	5		0		1		10		
Phosphorus, P....mg	12		0		1		23		
Potassium, K....mg	136		0		1		262		
Sodium, Na....mg	26		0		1		50		
Zinc, Zn....mg	0.06		0		1		0.12		
Copper, Cu....mg	0.058		0		1		0.112		
Manganese, Mn....mg	0.027		0		1		0.052		
Selenium, Se....µg	0.4		0	BFSN	4		0.8		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.6		2		1		1.2		
Thiamin....mg	0.008		2		1		0.015		
Riboflavin....mg	0.029		2		1		0.056		
Niacin....mg	0.140		2		1		0.270		
Pantothenic acid....mg	0.080		2		1		0.154		
Vitamin B-6....mg	0.054		2		1		0.104		
Folate, total....µg	0	0.046	3		1		0		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	0	0.046	3		1		0		
Folate, DFE....µg	0		0	NC	4		0		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....µg	1		2		1		2		
Retinol....µg	0		0	Z	7		0		
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	19		2		1		37		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.020		0		1		0.039		
4:0....g									

NDB No. 09010
Apples, dehydrated (low moisture), sulfured, stewed

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.001		0		1		0.002		
15:0....g									
16:0....g	0.017		0		1		0.033		
17:0....g									
18:0....g	0.003		0		1		0.006		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.005		0		1		0.010		
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.005		0		1		0.010		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.036		0		1		0.069		
18:2 undifferentiated....g	0.030		0		1		0.058		
18:3 undifferentiated....g	0.006		0		1		0.012		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.003		0		1		0.006		
Threonine....g	0.010		0		1		0.019		
Isoleucine....g	0.011		0		1		0.021		
Leucine....g	0.017		0		1		0.033		
Lysine....g	0.018		0		1		0.035		
Methionine....g	0.003		0		1		0.006		
Cystine....g	0.004		0		1		0.008		
Phenylalanine....g	0.008		0		1		0.015		
Tyrosine....g	0.005		0		1		0.010		
Valine....g	0.013		0		1		0.025		
Arginine....g	0.009		0		1		0.017		
Histidine....g	0.004		0		1		0.008		
Alanine....g	0.010		0		1		0.019		
Aspartic acid....g	0.049		0		1		0.095		
Glutamic acid....g	0.029		0		1		0.056		
Glycine....g	0.011		0		1		0.021		
Proline....g	0.010		0		1		0.019		
Serine....g	0.011		0		1		0.021		
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 193g: 1 cup

NDB No. 09010
Apples, dehydrated (low moisture), sulfured, stewed

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09009
Apples, dehydrated (low moisture), sulfured, uncooked

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	3.00		0		1		1.80		
Energy....kcal	346		0	NC	4		208		
Energy....kJ	1448		0		4		869		
Protein (N x 6.25)....g	1.32		0		1		0.79		
Total lipid (fat)....g	0.58		0		1		0.35		
Ash....g	1.57		0		1		0.94		
Carbohydrate, by difference....g	93.53		0	NC	4		56.12		
Fiber, total dietary....g	12.4		0		4		7.4		
Sugars, total....g	81.13		0	O	4		48.68		
Starch....g									
Minerals:									
Calcium, Ca....mg	19		0		1		11		
Iron, Fe....mg	2.00		0		1		1.20		
Magnesium, Mg....mg	22		0		1		13		
Phosphorus, P....mg	55		0		1		33		
Potassium, K....mg	640		0		1		384		
Sodium, Na....mg	124		0		1		74		
Zinc, Zn....mg	0.29		0		1		0.17		
Copper, Cu....mg	0.271		0		1		0.163		
Manganese, Mn....mg	0.128		0		1		0.077		
Selenium, Se....µg	1.8		0	BFSN	4		1.1		
Vitamins:									
Vitamin C, total ascorbic acid....mg	2.2		2		1		1.3		
Thiamin....mg	0.046		2		1		0.028		
Riboflavin....mg	0.130		2		1		0.078		
Niacin....mg	0.680		2		1		0.408		
Pantothenic acid....mg	0.432		2		1		0.259		
Vitamin B-6....mg	0.280		2		1		0.168		
Folate, total....µg	1		2		1		1		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	1		2		1		1		
Folate, DFE....µg	1		0	NC	4		1		
Choline, total....mg	23.1		0	BFSN	4		13.9		
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....µg	4		2		1		2		
Retinol....µg	0		0	Z	7		0		
Carotene, beta....µg	35		0	BNA	4		21		
Carotene, alpha....µg	0		0	BNA	4		0		
Cryptoxanthin, beta....µg	27		0	BNA	4		16		
Vitamin A, IU....IU	81		2		1		49		
Lycopene....µg	0		0	BFSN	4		0		
Lutein + zeaxanthin....µg	25		0	BFSN	4		15		
Vitamin E (alpha-tocopherol)....mg	0.75		0	BFSN	4		0.45		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....µg	4.3		0	BFSN	4		2.6		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 09009

Apples, dehydrated (low moisture), sulfured, uncooked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.095		0		1		0.057		
4:0....g	0.000		0		1		0.000		
6:0....g	0.000		0		1		0.000		
8:0....g	0.000		0		1		0.000		
10:0....g	0.000		0		1		0.000		
12:0....g	0.002		0		1		0.001		
13:0....g									
14:0....g	0.003		0		1		0.002		
15:0....g									
16:0....g	0.079		0		1		0.047		
17:0....g									
18:0....g	0.012		0		1		0.007		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.024		0		1		0.014		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1		0.001		
17:1....g									
18:1 undifferentiated....g	0.022		0		1		0.013		
20:1....g	0.000		0		1		0.000		
22:1 undifferentiated....g	0.000		0		1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.171		0		1		0.103		
18:2 undifferentiated....g	0.141		0		1		0.085		
18:3 undifferentiated....g	0.030		0		1		0.018		
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000		
20:5 n-3 (EPA)....g	0.000		0		1		0.000		
22:5 n-3 (DPA)....g	0.000		0		1		0.000		
22:6 n-3 (DHA)....g	0.000		0		1		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.012		0		1		0.007		
Threonine....g	0.047		0		1		0.028		
Isoleucine....g	0.052		0		1		0.031		
Leucine....g	0.081		0		1		0.049		
Lysine....g	0.082		0		1		0.049		
Methionine....g	0.013		0		1		0.008		
Cystine....g	0.018		0		1		0.011		
Phenylalanine....g	0.037		0		1		0.022		
Tyrosine....g	0.025		0		1		0.015		
Valine....g	0.061		0		1		0.037		
Arginine....g	0.042		0		1		0.025		
Histidine....g	0.021		0		1		0.013		
Alanine....g	0.047		0		1		0.028		
Aspartic acid....g	0.230		0		1		0.138		
Glutamic acid....g	0.137		0		1		0.082		
Glycine....g	0.052		0		1		0.031		
Proline....g	0.045		0		1		0.027		
Serine....g	0.054		0		1		0.032		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 09009

Apples, dehydrated (low moisture), sulfured, uncooked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 60g: 1 cup

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09013

Apples, dried, sulfured, stewed, with added sugar

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	78.76		0		1		220.53		
Energy....kcal	83		0	NC	4		232		
Energy....kJ	347				4		972		
Protein (N x 6.25)....g	0.20		0		1		0.56		
Total lipid (fat)....g	0.07		0		1		0.20		
Ash....g	0.24		0		1		0.67		
Carbohydrate, by difference....g	20.73		0	NC	4		58.04		
Fiber, total dietary....g	1.9		0		4		5.3		
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	3		0		1		8		
Iron, Fe....mg	0.31		0		1		0.87		
Magnesium, Mg....mg	3		0		1		8		
Phosphorus, P....mg	8		0		1		22		
Potassium, K....mg	98		0		1		274		
Sodium, Na....mg	19		0		1		53		
Zinc, Zn....mg	0.04		0		1		0.11		
Copper, Cu....mg	0.042		0		1		0.118		
Manganese, Mn....mg	0.020		0		1		0.056		
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.9		0		1		2.5		
Thiamin....mg	0.006		0		1		0.017		
Riboflavin....mg	0.018		0		1		0.050		
Niacin....mg	0.121		0		1		0.339		
Pantothenic acid....mg	0.054		0		1		0.151		
Vitamin B-6....mg	0.047		0		1		0.132		
Folate, total....µg	0		0		4		0		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	0		0		4		0		
Folate, DFE....µg	0		0	NC	4		0		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....µg	1		0		1		2		
Retinol....µg	0		0	Z	7		0		
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	16		0		1		45		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.011		0		1		0.031		
4:0....g									

NDB No. 09013
Apples, dried, sulfured, stewed, with added sugar

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g									
15:0....g									
16:0....g	0.009		0		1		0.025		
17:0....g									
18:0....g	0.001		0		1		0.003		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.003		0		1		0.008		
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.003		0		1		0.008		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.020		0		1		0.056		
18:2 undifferentiated....g	0.017		0		1		0.048		
18:3 undifferentiated....g	0.004		0		1		0.011		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.002		0		1		0.006		
Threonine....g	0.007		0		1		0.020		
Isoleucine....g	0.008		0		1		0.022		
Leucine....g	0.012		0		1		0.034		
Lysine....g	0.013		0		1		0.036		
Methionine....g	0.002		0		1		0.006		
Cystine....g	0.003		0		1		0.008		
Phenylalanine....g	0.006		0		1		0.017		
Tyrosine....g	0.004		0		1		0.011		
Valine....g	0.009		0		1		0.025		
Arginine....g	0.006		0		1		0.017		
Histidine....g	0.003		0		1		0.008		
Alanine....g	0.007		0		1		0.020		
Aspartic acid....g	0.035		0		1		0.098		
Glutamic acid....g	0.021		0		1		0.059		
Glycine....g	0.008		0		1		0.022		
Proline....g	0.007		0		1		0.020		
Serine....g	0.008		0		1		0.022		
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 280g: 1 cup

NDB No. 09013

Apples, dried, sulfured, stewed, with added sugar

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09012
Apples, dried, sulfured, stewed, without added sugar

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	84.13		1		1		214.53		
Energy ... kcal	57		0	NC	4		145		
Energy ... kJ	238		0		4		608		
Protein (N x 6.25) ... g	0.22		0		1		0.56		
Total lipid (fat) ... g	0.07		0		1		0.18		
Ash ... g	0.26		0		1		0.66		
Carbohydrate, by difference ... g	15.32		0	NC	4		39.07		
Fiber, total dietary ... g	2.0		0		4		5.1		
Sugars, total ... g	13.32		0	O	4		33.97		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	3		0		1		8		
Iron, Fe ... mg	0.33		0		1		0.84		
Magnesium, Mg ... mg	4		0		1		10		
Phosphorus, P ... mg	9		0		1		23		
Potassium, K ... mg	105		0		1		268		
Sodium, Na ... mg	20		0		1		51		
Zinc, Zn ... mg	0.05		0		1		0.13		
Copper, Cu ... mg	0.044		0		1		0.112		
Manganese, Mn ... mg	0.021		0		1		0.054		
Selenium, Se ... µg	0.3		0	BFSN	4		0.8		
Vitamins:									
Vitamin C, total ascorbic acid ... mg	1.0	0.203	3		1		2.6		
Thiamin ... mg	0.006	0.002	3		1		0.015		
Riboflavin ... mg	0.019	0.001	3		1		0.048		
Niacin ... mg	0.129	0.032	3		1		0.329		
Pantothenic acid ... mg	0.057	0.001	3		1		0.145		
Vitamin B-6 ... mg	0.050	0.007	3		1		0.128		
Folate, total ... µg	0		1		1		0		
Folic acid ... µg	0		0	Z	7		0		
Folate, food ... µg	0		1		1		0		
Folate, DFE ... µg	0		0	NC	4		0		
Choline, total ... mg	3.8		0	BFSN	4		9.6		
Betaine ... mg									
Vitamin B-12 ... µg	0.00		0	Z	7		0.00		
Vitamin B-12, added ... µg	0.00		0	Z	7		0.00		
Vitamin A, RAE ... µg	1	0.309	3		1		2		
Retinol ... µg	0		0	Z	7		0		
Carotene, beta ... µg	7		0	BNA	4		19		
Carotene, alpha ... µg	0		0	BNA	4		0		
Cryptoxanthin, beta ... µg	6		0	BNA	4		14		
Vitamin A, IU ... IU	17	6.172	3		1		43		
Lycopene ... µg	0		0	BFSN	4		0		
Lutein + zeaxanthin ... µg	4		0	BFSN	4		11		
Vitamin E (alpha-tocopherol) ... mg	0.12		0	BFSN	4		0.31		
Vitamin E, added ... mg	0.00		0	Z	7		0.00		
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol) ... µg									
Vitamin D3 (cholecalciferol) ... µg									
Vitamin D ... IU	0		0	Z	7		0		
Vitamin K (phylloquinone) ... µg	0.7		0	BFSN	4		1.8		
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									

NDB No. 09012

Apples, dried, sulfured, stewed, without added sugar

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.012		0		1		0.031		
4:0....g	0.000		0		1		0.000		
6:0....g	0.000		0		1		0.000		
8:0....g	0.000		0		1		0.000		
10:0....g	0.000		0		1		0.000		
12:0....g	0.000		0		1		0.000		
13:0....g									
14:0....g	0.000		0		1		0.000		
15:0....g									
16:0....g	0.010		0		1		0.026		
17:0....g									
18:0....g	0.002		0		1		0.005		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.003		0		1		0.008		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000		
17:1....g									
18:1 undifferentiated....g	0.003		0		1		0.008		
20:1....g	0.000		0		1		0.000		
22:1 undifferentiated....g	0.000		0		1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.022		0		1		0.056		
18:2 undifferentiated....g	0.018		0		1		0.046		
18:3 undifferentiated....g	0.004		0		1		0.010		
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000		
20:5 n-3 (EPA)....g	0.000		0		1		0.000		
22:5 n-3 (DPA)....g	0.000		0		1		0.000		
22:6 n-3 (DHA)....g	0.000		0		1		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.002		0		1		0.005		
Threonine....g	0.008		0		1		0.020		
Isoleucine....g	0.008		0		1		0.020		
Leucine....g	0.013		0		1		0.033		
Lysine....g	0.013		0		1		0.033		
Methionine....g	0.002		0		1		0.005		
Cystine....g	0.003		0		1		0.008		
Phenylalanine....g	0.006		0		1		0.015		
Tyrosine....g	0.004		0		1		0.010		
Valine....g	0.010		0		1		0.026		
Arginine....g	0.007		0		1		0.018		
Histidine....g	0.003		0		1		0.008		
Alanine....g	0.008		0		1		0.020		
Aspartic acid....g	0.037		0		1		0.094		
Glutamic acid....g	0.022		0		1		0.056		
Glycine....g	0.008		0		1		0.020		
Proline....g	0.007		0		1		0.018		
Serine....g	0.009		0		1		0.023		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 09012

Apples, dried, sulfured, stewed, without added sugar

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 255g: 1 cup

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09011
Apples, dried, sulfured, uncooked

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	31.76	0.902	22		1		27.31	2.03	
Energy....kcal	243		0	NC	4		209	16	
Energy....kJ	1017		0		4		874	65	
Protein (N x 6.25)....g	0.93	0.024	38		1		0.80	0.06	
Total lipid (fat)....g	0.32	0.065	8		1		0.28	0.02	
Ash....g	1.10	0.031	38		1		0.95	0.07	
Carbohydrate, by difference....g	65.89		0	NC	4		56.67	4.22	
Fiber, total dietary....g	8.7		0		4		7.5	0.6	
Sugars, total....g	57.19		0	O	4		49.18	3.66	
Starch....g									
Minerals:									
Calcium, Ca....mg	14	0.648	37		1		12	1	
Iron, Fe....mg	1.40	0.096	37		1		1.20	0.09	
Magnesium, Mg....mg	16	0.766	37		1		14	1	
Phosphorus, P....mg	38	2.328	37		1		33	2	
Potassium, K....mg	450	17.873	29		1		387	29	
Sodium, Na....mg	87	12.949	29		1		75	6	
Zinc, Zn....mg	0.20	0.017	21		1		0.17	0.01	
Copper, Cu....mg	0.191	0.009	37		1		0.164	0.012	
Manganese, Mn....mg	0.090	0.012	19		1		0.077	0.006	
Selenium, Se....µg	1.3		0	BFSN	4		1.1	0.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	3.9	0.471	11		1		3.4	0.2	
Thiamin....mg	0.000	0.000	17		1		0.000	0.000	
Riboflavin....mg	0.159	0.006	18		1		0.137	0.010	
Niacin....mg	0.927	0.096	18		1		0.797	0.059	
Pantothenic acid....mg	0.245		0		4		0.211	0.016	
Vitamin B-6....mg	0.125		1		1		0.108	0.008	
Folate, total....µg	0		0		4		0	0	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	0		0		4		0	0	
Folate, DFE....µg	0		0	NC	4		0	0	
Choline, total....mg	17.6		0	BFSN	4		15.1	1.1	
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	0		0	AS	1		0	0	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0	0.000	16		1		0	0	
Lycopene....µg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin....µg	18		0	BFSN	4		15	1	
Vitamin E (alpha-tocopherol)....mg	0.53		1	A	1		0.46	0.03	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.02		1	A	1		0.02	0.00	
Tocopherol, gamma....mg	0.07		1	A	1		0.06	0.00	
Tocopherol, delta....mg	0.00		1	A	1		0.00	0.00	
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	3.0		0	BFSN	4		2.6	0.2	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 09011
Apples, dried, sulfured, uncooked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.052		0		1		0.045	0.003	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.001		0		1		0.001	0.000	
13:0....g									
14:0....g	0.001		0		1		0.001	0.000	
15:0....g									
16:0....g	0.043		0		1		0.037	0.003	
17:0....g									
18:0....g	0.007		0		1		0.006	0.000	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.013		0		1		0.011	0.001	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1		0.001	0.000	
17:1....g									
18:1 undifferentiated....g	0.012		0		1		0.010	0.001	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.093		0		1		0.080	0.006	
18:2 undifferentiated....g	0.077		0		1		0.066	0.005	
18:3 undifferentiated....g	0.016		0		1		0.014	0.001	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.009		0		1		0.008	0.001	
Threonine....g	0.033		0		1		0.028	0.002	
Isoleucine....g	0.037		0		1		0.032	0.002	
Leucine....g	0.057		0		1		0.049	0.004	
Lysine....g	0.058		0		1		0.050	0.004	
Methionine....g	0.009		0		1		0.008	0.001	
Cystine....g	0.012		0		1		0.010	0.001	
Phenylalanine....g	0.026		0		1		0.022	0.002	
Tyrosine....g	0.017		0		1		0.015	0.001	
Valine....g	0.043		0		1		0.037	0.003	
Arginine....g	0.029		0		1		0.025	0.002	
Histidine....g	0.015		0		1		0.013	0.001	
Alanine....g	0.033		0		1		0.028	0.002	
Aspartic acid....g	0.162		0		1		0.139	0.010	
Glutamic acid....g	0.097		0		1		0.083	0.006	
Glycine....g	0.037		0		1		0.032	0.002	
Proline....g	0.032		0		1		0.028	0.002	
Serine....g	0.038		0		1		0.033	0.002	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 09011
Apples, dried, sulfured, uncooked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 86g: 1 cup

Measure 2 = 6.4g: 1 ring

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09015
Apples, frozen, unsweetened, heated

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	87.16	0.152	6		1		179.55		
Energy....kcal	47		0	NC	4		97		
Energy....kJ	197		0		4		405		
Protein (N x 6.25)....g	0.29	0.022	6		1		0.60		
Total lipid (fat)....g	0.33	0.032	6		1		0.68		
Ash....g	0.23	0.006	6		1		0.47		
Carbohydrate, by difference....g	12.00		0	NC	4		24.72		
Fiber, total dietary....g	1.3		0	BFZN	4		2.6		
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	5	0.416	6		1		10		
Iron, Fe....mg	0.19	0.034	6		1		0.39		
Magnesium, Mg....mg	3	0.155	6		1		6		
Phosphorus, P....mg	8	0.285	6		1		16		
Potassium, K....mg	76	2.374	6		1		157		
Sodium, Na....mg	3	0.399	6		1		6		
Zinc, Zn....mg	0.05	0.011	6		1		0.10		
Copper, Cu....mg	0.065	0.005	6		1		0.134		
Manganese, Mn....mg	0.146	0.016	6		1		0.301		
Selenium, Se....µg	0.2		0	BFSN	4		0.4		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.4	0.060	6		1		0.8		
Thiamin....mg	0.014	0.000	6		1		0.029		
Riboflavin....mg	0.011	0.001	6		1		0.023		
Niacin....mg	0.043	0.014	6		1		0.089		
Pantothenic acid....mg	0.057	0.006	6		1		0.117		
Vitamin B-6....mg	0.032	0.001	6		1		0.066		
Folate, total....µg	1	0.037	6		1		1		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	1	0.037	6		1		1		
Folate, DFE....µg	1		0	NC	4		1		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....µg									
Retinol....µg	0		0	Z	7		0		
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	20	3.757	6		1		41		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.053		0		1		0.109		
4:0....g									

NDB No. 09015
Apples, frozen, unsweetened, heated

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g									
8:0 ... g									
10:0 ... g									
12:0 ... g	0.001		0		1		0.002		
13:0 ... g									
14:0 ... g	0.001		0		1		0.002		
15:0 ... g									
16:0 ... g	0.044		0		1		0.091		
17:0 ... g									
18:0 ... g	0.007		0		1		0.014		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.013		0		1		0.027		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.001		0		1		0.002		
17:1 ... g									
18:1 undifferentiated ... g	0.012		0		1		0.025		
20:1 ... g									
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.095		0		1		0.196		
18:2 undifferentiated ... g	0.079		0		1		0.163		
18:3 undifferentiated ... g	0.017		0		1		0.035		
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g									
20:5 n-3 (EPA) ... g									
22:5 n-3 (DPA) ... g									
22:6 n-3 (DHA) ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	Z	7		0		
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.003		0		1		0.006		
Threonine ... g	0.010		0		1		0.021		
Isoleucine ... g	0.011		0		1		0.023		
Leucine ... g	0.018		0		1		0.037		
Lysine ... g	0.018		0		1		0.037		
Methionine ... g	0.003		0		1		0.006		
Cystine ... g	0.004		0		1		0.008		
Phenylalanine ... g	0.008		0		1		0.016		
Tyrosine ... g	0.005		0		1		0.010		
Valine ... g	0.013		0		1		0.027		
Arginine ... g	0.009		0		1		0.019		
Histidine ... g	0.005		0		1		0.010		
Alanine ... g	0.010		0		1		0.021		
Aspartic acid ... g	0.050		0		1		0.103		
Glutamic acid ... g	0.030		0		1		0.062		
Glycine ... g	0.011		0		1		0.023		
Proline ... g	0.010		0		1		0.021		
Serine ... g	0.012		0		1		0.025		
Hydroxyproline ... g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 206g: 1 cup slices

NDB No. 09015
Apples, frozen, unsweetened, heated

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09014
Apples, frozen, unsweetened, unheated

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	86.85	0.154	6		1		150.25		
Energy....kcal	48		0	NC	4		83		
Energy....kJ	201		0		4		347		
Protein (N x 6.25)....g	0.28	0.013	6		1		0.48		
Total lipid (fat)....g	0.32	0.052	6		1		0.55		
Ash....g	0.24	0.012	6		1		0.42		
Carbohydrate, by difference....g	12.31		0	NC	4		21.30		
Fiber, total dietary....g	1.3		0	BFZN	4		2.2		
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	4	0.487	6		1		7		
Iron, Fe....mg	0.18	0.033	6		1		0.31		
Magnesium, Mg....mg	3	0.326	6		1		5		
Phosphorus, P....mg	8	0.242	6		1		14		
Potassium, K....mg	77	2.092	6		1		133		
Sodium, Na....mg	3	0.302	6		1		5		
Zinc, Zn....mg	0.05	0.015	6		1		0.09		
Copper, Cu....mg	0.058	0.004	6		1		0.100		
Manganese, Mn....mg	0.169	0.031	6		1		0.292		
Selenium, Se....µg	0.2		0	BFSN	4		0.3		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.1	0.030	6		1		0.2		
Thiamin....mg	0.013	0.000	6		1		0.022		
Riboflavin....mg	0.011	0.001	6		1		0.019		
Niacin....mg	0.042	0.011	6		1		0.073		
Pantothenic acid....mg	0.054	0.004	6		1		0.093		
Vitamin B-6....mg	0.034	0.001	6		1		0.059		
Folate, total....µg	1	0.060	6		1		1		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	1	0.060	6		1		1		
Folate, DFE....µg	1		0	NC	4		1		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....µg									
Retinol....µg	0		0	Z	7		0		
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	34	6.509	6		1		59		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.053		0		1		0.092		
4:0....g									

NDB No. 09014
Apples, frozen, unsweetened, unheated

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g									
8:0 g									
10:0 g									
12:0 g	0.001		0		1		0.002		
13:0 g									
14:0 g	0.001		0		1		0.002		
15:0 g									
16:0 g	0.044		0		1		0.076		
17:0 g									
18:0 g	0.007		0		1		0.012		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.013		0		1		0.022		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.001		0		1		0.002		
17:1 g									
18:1 undifferentiated g	0.012		0		1		0.021		
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.095		0		1		0.164		
18:2 undifferentiated g	0.078		0		1		0.135		
18:3 undifferentiated g	0.017		0		1		0.029		
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g									
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	0		0	Z	7		0		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.003		0		1		0.005		
Threonine g	0.010		0		1		0.017		
Isoleucine g	0.011		0		1		0.019		
Leucine g	0.017		0		1		0.029		
Lysine g	0.017		0		1		0.029		
Methionine g	0.003		0		1		0.005		
Cystine g	0.004		0		1		0.007		
Phenylalanine g	0.008		0		1		0.014		
Tyrosine g	0.005		0		1		0.009		
Valine g	0.013		0		1		0.022		
Arginine g	0.009		0		1		0.016		
Histidine g	0.004		0		1		0.007		
Alanine g	0.010		0		1		0.017		
Aspartic acid g	0.048		0		1		0.083		
Glutamic acid g	0.029		0		1		0.050		
Glycine g	0.011		0		1		0.019		
Proline g	0.009		0		1		0.016		
Serine g	0.011		0		1		0.019		
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 173g: 1 cup slices

NDB No. 09014
Apples, frozen, unsweetened, unheated

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09501

Apples, raw, golden delicious, with skin

Malus domestica

Refuse: 10% Core and stem

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	85.81	0.187	7	A	1		93.53	184.48	145.01
Energy....kcal	57		0	NC	4		62	122	96
Energy....kJ	238		0	NC	4		259	512	402
Protein....g	0.28	0.044	6	A	1		0.30	0.60	0.47
Total lipid (fat)....g	0.15	0.017	6	A	1		0.17	0.33	0.26
Ash....g	0.16	0.032	6	A	1		0.18	0.35	0.27
Carbohydrate, by difference....g	13.60		0	NC	4		14.83	29.25	22.99
Fiber, total dietary....g	2.4	0.058	6	A	1		2.6	5.2	4.1
Sugars, total....g	10.04	0.143	6	A	1		10.94	21.59	16.97
Sucrose....g	2.07	0.102	6	A	1		2.25	4.45	3.49
Glucose (dextrose)....g	1.87	0.057	6	A	1		2.04	4.02	3.16
Fructose....g	6.10	0.087	6	A	1		6.65	13.12	10.32
Lactose....g	0.00	0.000	6	A	1		0.00	0.00	0.00
Maltose....g	0.00	0.000	6	A	1		0.00	0.00	0.00
Galactose....g	0.00	0.000	6	A	1		0.00	0.00	0.00
Starch....g	0.05		2	A	1		0.06	0.11	0.09
Minerals:									
Calcium, Ca....mg	6	0.181	5	A	1		6	13	10
Iron, Fe....mg	0.13	0.004	3	A	1		0.15	0.29	0.23
Magnesium, Mg....mg	5	0.077	5	A	1		5	11	9
Phosphorus, P....mg	10	0.395	4	A	1		11	22	18
Potassium, K....mg	100	2.010	5	A	1		109	216	170
Sodium, Na....mg	2		1	A	1		2	4	3
Zinc, Zn....mg	0.04	0.008	5	A	1		0.04	0.08	0.06
Copper, Cu....mg	0.030	0.000	3	A	1		0.033	0.065	0.051
Manganese, Mn....mg	0.035	0.001	5	A	1		0.038	0.076	0.059
Selenium, Se....µg	0.0		1	A	1		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.018	0.001	4	A	1		0.020	0.039	0.031
Riboflavin....mg	0.026	0.002	4	A	1		0.028	0.056	0.044
Niacin....mg	0.094		2	A	1		0.103	0.203	0.160
Pantothenic acid....mg	0.074	0.005	4	A	1		0.081	0.159	0.125
Vitamin B-6....mg	0.051	0.003	4	A	1		0.055	0.109	0.086
Folate, total....µg	3		0	BFZN	4		3	6	5
Folic acid....µg									
Folate, food....µg	3		0	BFZN	4		3	6	5
Folate, DFE....µg									
Choline, total....mg	5.1		0	BFZN	4		5.6	11.0	8.6
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg	3	0.250	4	A	1		3	6	4
Retinol....µg									
Carotene, beta....µg	25	2.704	4	A	1		27	53	42
Carotene, alpha....µg	0	0.000	4	A	1		0	0	0
Cryptoxanthin, beta....µg	12	1.275	4	A	1		13	26	20
Vitamin A, IU....IU	51	5.009	4	A	1		56	110	87
Lycopene....µg	0	0.000	4	A	1		0	0	0
Lutein + zeaxanthin....µg	28	2.915	4	A	1		30	59	46
Vitamin E (alpha-tocopherol)....mg	0.18		0	BFZN	4		0.20	0.39	0.31
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	1.8	0.050	4	A	1		2.0	3.9	3.0

NDB No. 09501
Apples, raw, golden delicious, with skin

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....µg	0.0	0.000	4	A	1		0.0	0.0	0.0
Menaquinone-4....µg									
Amino Acids:									
Tryptophan....g	0.001		0	A	1		0.001	0.002	0.002
Threonine....g	0.006		0	A	1		0.007	0.014	0.011
Isoleucine....g	0.006		0	A	1		0.007	0.013	0.010
Leucine....g	0.014		0	A	1		0.015	0.029	0.023
Lysine....g	0.013		0	A	1		0.014	0.028	0.022
Methionine....g	0.001		0	A	1		0.001	0.002	0.002
Cystine....g	0.001		0	A	1		0.001	0.002	0.002
Phenylalanine....g	0.007		0	A	1		0.007	0.015	0.011
Tyrosine....g	0.001		0	A	1		0.001	0.002	0.002
Valine....g	0.013		0	A	1		0.014	0.027	0.021
Arginine....g	0.006		0	A	1		0.006	0.013	0.010
Histidine....g	0.005		0	A	1		0.006	0.011	0.009
Alanine....g	0.012		0	A	1		0.013	0.026	0.020
Aspartic acid....g	0.075		0	A	1		0.081	0.161	0.126
Glutamic acid....g	0.026		0	A	1		0.029	0.057	0.044
Glycine....g	0.009		0	A	1		0.010	0.020	0.015
Proline....g	0.006		0	A	1		0.007	0.014	0.011
Serine....g	0.011		0	A	1		0.012	0.024	0.019
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 109g: 1 cup, sliced

Measure 2 = 215g: 1 large

Measure 3 = 169g: 1 medium

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09003

Apples, raw, with skin (1)

Malus domestica

Includes USDA commodity food A343

Refuse: 10% Core and stem

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	85.56	0.241	38	A	1		106.95	93.26	190.80
Energy ... kcal	52		0	NC	4		65	57	116
Energy ... kJ	218		0	NC	4		272	237	486
Protein (N x 6.25) ... g	0.26	0.019	29	A	1		0.33	0.29	0.59
Total lipid (fat) ... g	0.17	0.011	35	A	1		0.22	0.19	0.39
Ash ... g	0.19	0.018	29	A	1		0.24	0.21	0.43
Carbohydrate, by difference ... g	13.81		0	NC	4		17.26	15.05	30.80
Fiber, total dietary ... g	2.4	0.276	29	A	1		2.9	2.6	5.2
Sugars, total ... g	10.39	0.112	25	A	1		12.99	11.32	23.17
Sucrose ... g	2.07	0.049	25	A	1		2.58	2.25	4.61
Glucose (dextrose) ... g	2.43	0.031	25	A	1		3.03	2.65	5.41
Fructose ... g	5.90	0.059	25	A	1		7.37	6.43	13.15
Lactose ... g	0.00	0.000	25	A	1		0.00	0.00	0.00
Maltose ... g	0.00	0.000	25	A	1		0.00	0.00	0.00
Galactose ... g	0.00	0.000	25	A	1		0.00	0.00	0.00
Starch ... g	0.05	0.000	10	A	1		0.07	0.06	0.12
Minerals:									
Calcium, Ca ... mg	6	0.340	26	A	1		7	6	13
Iron, Fe ... mg	0.12	0.009	16	A	1		0.15	0.13	0.28
Magnesium, Mg ... mg	5	0.073	26	A	1		6	6	12
Phosphorus, P ... mg	11	0.337	23	A	1		14	12	25
Potassium, K ... mg	107	2.211	26	A	1		134	117	239
Sodium, Na ... mg	1	0.071	6	A	1		2	1	3
Zinc, Zn ... mg	0.04	0.004	26	A	1		0.05	0.04	0.08
Copper, Cu ... mg	0.027	0.001	13	A	1		0.034	0.030	0.060
Manganese, Mn ... mg	0.035	0.002	26	A	1		0.044	0.038	0.079
Selenium, Se ... µg	0.0	0.000	7	A	1		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid ... mg	4.6	0.470	3	A	1		5.7	5.0	10.2
Thiamin ... mg	0.017	0.002	23	A	1		0.022	0.019	0.039
Riboflavin ... mg	0.026	0.004	20	A	1		0.032	0.028	0.058
Niacin ... mg	0.091	0.006	13	A	1		0.114	0.099	0.203
Pantothenic acid ... mg	0.061	0.012	23	A	1		0.076	0.066	0.135
Vitamin B-6 ... mg	0.041	0.001	23	A	1		0.051	0.045	0.092
Folate, total ... µg	3	0.611	23		1		4	3	6
Folic acid ... µg	0		0	Z	7		0	0	0
Folate, food ... µg	3	0.611	23		1		4	3	6
Folate, DFE ... µg	3		0	NC	4		4	3	6
Choline, total ... mg	3.4		0	AS	1		4.3	3.8	7.7
Betaine ... mg	0.1		1	A	1		0.1	0.1	0.2
Vitamin B-12 ... µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added ... µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE ... µg	3	0.155	14	A	1		3	3	6
Retinol ... µg	0		0	Z	7		0	0	0
Carotene, beta ... µg	27	1.662	14	A	1		34	30	61
Carotene, alpha ... µg	0	0.000	14	A	1		0	0	0
Cryptoxanthin, beta ... µg	11	0.926	14	A	1		13	12	24
Vitamin A, IU ... IU	54	3.108	14	A	1		68	59	121
Lycopene ... µg	0	0.000	14	A	1		0	0	0
Lutein + zeaxanthin ... µg	29	1.132	14	A	1		37	32	66
Vitamin E (alpha-tocopherol) ... mg	0.18		10	A	1		0.23	0.20	0.41
Vitamin E, added ... mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta ... mg	0.00		10	A	1		0.00	0.00	0.00
Tocopherol, gamma ... mg	0.00		10	A	1		0.00	0.00	0.00
Tocopherol, delta ... mg	0.00		10	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3) ... µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol) ... µg									

NDB No. 09003
Apples, raw, with skin (1)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	2.2	0.079	20	A	1		2.8	2.4	4.9
Dihydrophylloquinone....µg	0.0	0.000	20	A	1		0.0	0.0	0.0
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.028		0	NC	4		0.036	0.031	0.063
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.000		0		1		0.000	0.000	0.000
10:0....g	0.000		0		1		0.000	0.000	0.000
12:0....g	0.000		1		1		0.001	0.001	0.001
13:0....g									
14:0....g	0.001		1		1		0.001	0.001	0.002
15:0....g									
16:0....g	0.024		4		1		0.029	0.026	0.052
17:0....g									
18:0....g	0.003		4		1		0.004	0.004	0.008
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.007		0	NC	4		0.009	0.008	0.016
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		1		1		0.001	0.001	0.001
17:1....g									
18:1 undifferentiated....g	0.007		4		1		0.009	0.007	0.015
20:1....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.051		0	NC	4		0.064	0.056	0.115
18:2 undifferentiated....g	0.043		4		1		0.053	0.046	0.095
18:3 undifferentiated....g	0.009		4		1		0.011	0.010	0.020
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	0
Phytosterols....mg	12		0		1		15	13	27
Amino Acids:									
Tryptophan....g	0.001		0	A	1		0.001	0.001	0.002
Threonine....g	0.006		0	A	1		0.008	0.007	0.014
Isoleucine....g	0.006		0	A	1		0.007	0.006	0.013
Leucine....g	0.013		0	A	1		0.016	0.014	0.029
Lysine....g	0.012		0	A	1		0.015	0.013	0.027
Methionine....g	0.001		0	A	1		0.001	0.001	0.002
Cystine....g	0.001		0	A	1		0.001	0.001	0.002
Phenylalanine....g	0.006		0	A	1		0.008	0.007	0.014
Tyrosine....g	0.001		0	A	1		0.001	0.001	0.002
Valine....g	0.012		0	A	1		0.015	0.013	0.026
Arginine....g	0.006		0	A	1		0.007	0.006	0.012
Histidine....g	0.005		0	A	1		0.006	0.005	0.011
Alanine....g	0.011		0	A	1		0.014	0.012	0.025
Aspartic acid....g	0.070		0	A	1		0.087	0.076	0.156
Glutamic acid....g	0.025		0	A	1		0.031	0.027	0.055
Glycine....g	0.009		0	A	1		0.011	0.009	0.019
Proline....g	0.006		0	A	1		0.008	0.007	0.014
Serine....g	0.010		0	A	1		0.013	0.011	0.023
Hydroxyproline....g									

NDB No. 09003
Apples, raw, with skin (1)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 125g: 1 cup, quartered or chopped

Measure 2 = 109g: 1 cup slices

Measure 3 = 223g: 1 large (3-1/4" dia)

Footnotes:

1 Based on analytical data for red delicious, golden delicious, gala, granny smith, and fuji varieties.

2 3 and 5 pound bags of apples typically contain small and extra small sizes.

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09004

Apples, raw, without skin

Malus domestica

Refuse: 23% 10% core and stem, 13% skin

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	86.67	0.110	6	A	1		95.34	187.21	139.54
Energy....kcal	48		0	NC	4		53	103	77
Energy....kJ	200		0	NC	4		220	433	323
Protein (N x 6.25)....g	0.27	0.051	4	A	1		0.30	0.59	0.44
Total lipid (fat)....g	0.13	0.021	5	A	1		0.14	0.27	0.20
Ash....g	0.17	0.028	4	A	1		0.19	0.37	0.28
Carbohydrate, by difference....g	12.76		0	NC	4		14.03	27.55	20.54
Fiber, total dietary....g	1.3	0.090	4	A	1		1.4	2.8	2.1
Sugars, total....g	10.10	1.059	4	A	1		11.11	21.81	16.25
Sucrose....g	0.82	0.109	4	A	1		0.90	1.76	1.31
Glucose (dextrose)....g	3.25	0.546	4	A	1		3.58	7.02	5.23
Fructose....g	6.03	0.409	4	A	1		6.63	13.03	9.71
Lactose....g	0.00	0.000	4	A	1		0.00	0.00	0.00
Maltose....g	0.00	0.000	4	A	1		0.00	0.00	0.00
Galactose....g	0.00	0.000	4	A	1		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	5	0.678	4	A	1		6	11	8
Iron, Fe....mg	0.07	0.004	163		1		0.08	0.15	0.11
Magnesium, Mg....mg	4	0.280	4	A	1		5	9	7
Phosphorus, P....mg	11	0.811	4	A	1		13	25	18
Potassium, K....mg	90	7.728	4	A	1		99	195	145
Sodium, Na....mg	0	0.025	85		1		0	0	0
Zinc, Zn....mg	0.05	0.009	4	A	1		0.06	0.11	0.08
Copper, Cu....mg	0.031	0.001	164		1		0.034	0.067	0.050
Manganese, Mn....mg	0.038	0.005	4	A	1		0.042	0.083	0.062
Selenium, Se....µg	0.0		0	BFZN	4		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid....mg	4.0		0		1		4.4	8.6	6.4
Thiamin....mg	0.019	0.002	4	A	1		0.021	0.040	0.030
Riboflavin....mg	0.028	0.008	4	A	1		0.031	0.060	0.045
Niacin....mg	0.091	0.018	6		1		0.100	0.197	0.147
Pantothenic acid....mg	0.071	0.005	4	A	1		0.078	0.153	0.114
Vitamin B-6....mg	0.037	0.004	4	A	1		0.041	0.081	0.060
Folate, total....µg	0	0.056	6		1		0	1	1
Folic acid....µg	0		0	Z	7		0	0	0
Folate, food....µg	0	0.056	6		1		0	1	1
Folate, DFE....µg	0		0	NC	4		0	1	1
Choline, total....mg	3.4		0	BFZN	4		3.8	7.4	5.5
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....µg	2	0.058	4	A	1		2	4	3
Retinol....µg	0		0	Z	7		0	0	0
Carotene, beta....µg	17	0.900	4	A	1		18	36	27
Carotene, alpha....µg	0	0.000	4	A	1		0	0	0
Cryptoxanthin, beta....µg	13	0.570	4	A	1		14	27	20
Vitamin A, IU....IU	38	1.162	4	A	1		42	83	62
Lycopene....µg	0	0.000	4	A	1		0	0	0
Lutein + zeaxanthin....µg	18	0.300	4	A	1		20	38	29
Vitamin E (alpha-tocopherol)....mg	0.05		2	A	1		0.05	0.10	0.07
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg	0.01		2	A	1		0.01	0.01	0.01
Tocopherol, gamma....mg	0.00		2	A	1		0.00	0.00	0.00
Tocopherol, delta....mg	0.00		2	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)....µg									

NDB No. 09004
Apples, raw, without skin

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone).....µg	0.6	0.045	4	A	1		0.6	1.3	0.9
Dihydrophylloquinone.....µg	0.0	0.000	4	A	1		0.0	0.0	0.0
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.021		0	NC	4		0.023	0.044	0.033
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000	0.000
10:0.....g	0.000		0		1		0.000	0.000	0.000
12:0.....g	0.000		0		1		0.000	0.001	0.001
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.001	0.001
15:0.....g									
16:0.....g	0.017		0		1		0.019	0.037	0.028
17:0.....g									
18:0.....g	0.002		0		1		0.003	0.005	0.004
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.005		0	NC	4		0.006	0.012	0.009
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.001	0.001
17:1.....g									
18:1 undifferentiated.....g	0.005		0		1		0.005	0.011	0.008
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.037		0	NC	4		0.041	0.081	0.060
18:2 undifferentiated.....g	0.031		0		1		0.034	0.067	0.050
18:3 undifferentiated.....g	0.007		0		1		0.007	0.014	0.011
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.001		0	A	1		0.001	0.002	0.002
Threonine.....g	0.006		0	A	1		0.007	0.014	0.010
Isoleucine.....g	0.006		0	A	1		0.007	0.013	0.010
Leucine.....g	0.014		0	A	1		0.015	0.029	0.022
Lysine.....g	0.013		0	A	1		0.014	0.028	0.021
Methionine.....g	0.001		0	A	1		0.001	0.002	0.002
Cystine.....g	0.001		0	A	1		0.001	0.002	0.002
Phenylalanine.....g	0.007		0	A	1		0.007	0.014	0.011
Tyrosine.....g	0.001		0	A	1		0.001	0.002	0.002
Valine.....g	0.012		0	A	1		0.014	0.027	0.020
Arginine.....g	0.006		0	A	1		0.006	0.013	0.009
Histidine.....g	0.005		0	A	1		0.006	0.011	0.008
Alanine.....g	0.012		0	A	1		0.013	0.026	0.019
Aspartic acid.....g	0.074		0	A	1		0.081	0.159	0.119
Glutamic acid.....g	0.026		0	A	1		0.029	0.056	0.042
Glycine.....g	0.009		0	BFPN	4		0.010	0.019	0.014
Proline.....g	0.006		0	A	1		0.007	0.014	0.010
Serine.....g	0.011		0	A	1		0.012	0.024	0.018
Hydroxyproline.....g									

NDB No. 09004
Apples, raw, without skin

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 110g: 1 cup slices

Measure 2 = 216g: 1 large (3-1/4" dia)

Measure 3 = 161g: 1 medium (3" dia)

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09005
Apples, raw, without skin, cooked, boiled

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	85.47	0.311	6		1		146.15		
Energy....kcal	53		0	NC	4		91		
Energy....kJ	222		0		4		379		
Protein (N x 6.25)....g	0.26	0.015	6		1		0.44		
Total lipid (fat)....g	0.36	0.052	6		1		0.62		
Ash....g	0.28	0.012	6		1		0.48		
Carbohydrate, by difference....g	13.64		0	NC	4		23.32		
Fiber, total dietary....g	2.4		0		4		4.1		
Sugars, total....g	11.01		0	BFSN	4		18.82		
Starch....g									
Minerals:									
Calcium, Ca....mg	5	0.382	6		1		9		
Iron, Fe....mg	0.19	0.029	6		1		0.32		
Magnesium, Mg....mg	3	0.267	6		1		5		
Phosphorus, P....mg	8	0.406	6		1		14		
Potassium, K....mg	88	5.548	6		1		150		
Sodium, Na....mg	1	0.135	6		1		2		
Zinc, Zn....mg	0.04	0.006	6		1		0.07		
Copper, Cu....mg	0.035	0.003	6		1		0.060		
Manganese, Mn....mg	0.118	0.015	6		1		0.202		
Selenium, Se....µg	0.3		0	BFZN	4		0.5		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.2	0.115	6		1		0.3		
Thiamin....mg	0.016	0.000	6		1		0.027		
Riboflavin....mg	0.012	0.000	6		1		0.021		
Niacin....mg	0.095	0.029	6		1		0.162		
Pantothenic acid....mg	0.046	0.004	6		1		0.079		
Vitamin B-6....mg	0.044	0.003	6		1		0.075		
Folate, total....µg	1	0.033	6		1		1		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	1	0.033	6		1		1		
Folate, DFE....µg	1		0	NC	4		1		
Choline, total....mg	3.4		0	BFZN	4		5.9		
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....µg	2	0.484	6		1		4		
Retinol....µg	0		0	Z	7		0		
Carotene, beta....µg	19		0	BNA	4		33		
Carotene, alpha....µg	0		0	BNA	4		0		
Cryptoxanthin, beta....µg	14		0	BNA	4		25		
Vitamin A, IU....IU	44	9.674	6		1		75		
Lycopene....µg	0		0	BFSN	4		0		
Lutein + zeaxanthin....µg	19		0	BFSN	4		33		
Vitamin E (alpha-tocopherol)....mg	0.05		0	BFSN	4		0.08		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....µg	0.6		0	BFSN	4		1.1		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 09005
Apples, raw, without skin, cooked, boiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.058		0		1		0.099		
4:0....g	0.000		0		1		0.000		
6:0....g	0.000		0		1		0.000		
8:0....g	0.000		0		1		0.000		
10:0....g	0.000		0		1		0.000		
12:0....g	0.001		0		1		0.002		
13:0....g									
14:0....g	0.002		0		1		0.003		
15:0....g									
16:0....g	0.048		0		1		0.082		
17:0....g									
18:0....g	0.007		0		1		0.012		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.014		0		1		0.024		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1		0.002		
17:1....g									
18:1 undifferentiated....g	0.014		0		1		0.024		
20:1....g	0.000		0		1		0.000		
22:1 undifferentiated....g	0.000		0		1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.104		0		1		0.178		
18:2 undifferentiated....g	0.086		0		1		0.147		
18:3 undifferentiated....g	0.018		0		1		0.031		
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000		
20:5 n-3 (EPA)....g	0.000		0		1		0.000		
22:5 n-3 (DPA)....g	0.000		0		1		0.000		
22:6 n-3 (DHA)....g	0.000		0		1		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 171g: 1 cup slices

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09006
Apples, raw, without skin, cooked, microwave

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	84.63	0.115	6		1		143.87		
Energy....kcal	56		0	NC	4		95		
Energy....kJ	234		0		4		398		
Protein (N x 6.25)....g	0.28	0.022	6		1		0.48		
Total lipid (fat)....g	0.42	0.067	6		1		0.71		
Ash....g	0.26	0.005	6		1		0.44		
Carbohydrate, by difference....g	14.41		0	NC	4		24.50		
Fiber, total dietary....g	2.8		0		4		4.8		
Sugars, total....g	11.61		0	O	4		19.74		
Starch....g									
Minerals:									
Calcium, Ca....mg	5	0.386	6		1		9		
Iron, Fe....mg	0.17	0.014	6		1		0.29		
Magnesium, Mg....mg	3	0.399	6		1		5		
Phosphorus, P....mg	8	0.531	6		1		14		
Potassium, K....mg	93	2.222	6		1		158		
Sodium, Na....mg	1	0.218	6		1		2		
Zinc, Zn....mg	0.04	0.009	6		1		0.07		
Copper, Cu....mg	0.046	0.005	6		1		0.078		
Manganese, Mn....mg	0.142	0.021	6		1		0.241		
Selenium, Se....µg	0.3		0	BFZN	4		0.5		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.3	0.041	6		1		0.5		
Thiamin....mg	0.017	0.000	6		1		0.029		
Riboflavin....mg	0.011	0.001	6		1		0.019		
Niacin....mg	0.061	0.017	6		1		0.104		
Pantothenic acid....mg	0.046	0.004	6		1		0.078		
Vitamin B-6....mg	0.046	0.004	6		1		0.078		
Folate, total....µg	1	0.051	6		1		1		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	1	0.051	6		1		1		
Folate, DFE....µg	1		0	NC	4		1		
Choline, total....mg	3.4		0	BFZN	4		5.8		
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....µg	2	0.535	6		1		3		
Retinol....µg	0		0	Z	7		0		
Carotene, beta....µg	17		0	BNA	4		30		
Carotene, alpha....µg	0		0	BNA	4		0		
Cryptoxanthin, beta....µg	13		0	BNA	4		22		
Vitamin A, IU....IU	40	10.694	6		1		68		
Lycopene....µg	0		0	BFSN	4		0		
Lutein + zeaxanthin....µg	21		0	BFSN	4		35		
Vitamin E (alpha-tocopherol)....mg	0.05		0	BFSN	4		0.09		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....µg	0.7		0	BFSN	4		1.1		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 09006
Apples, raw, without skin, cooked, microwave

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.068		0		1		0.116		
4:0....g	0.000		0		1		0.000		
6:0....g	0.000		0		1		0.000		
8:0....g	0.000		0		1		0.000		
10:0....g	0.000		0		1		0.000		
12:0....g	0.001		0		1		0.002		
13:0....g									
14:0....g	0.002		0		1		0.003		
15:0....g									
16:0....g	0.056		0		1		0.095		
17:0....g									
18:0....g	0.009		0		1		0.015		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.017		0		1		0.029		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1		0.002		
17:1....g									
18:1 undifferentiated....g	0.016		0		1		0.027		
20:1....g	0.000		0		1		0.000		
22:1 undifferentiated....g	0.000		0		1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.122		0		1		0.207		
18:2 undifferentiated....g	0.101		0		1		0.172		
18:3 undifferentiated....g	0.021		0		1		0.036		
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000		
20:5 n-3 (EPA)....g	0.000		0		1		0.000		
22:5 n-3 (DPA)....g	0.000		0		1		0.000		
22:6 n-3 (DHA)....g	0.000		0		1		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.003		0		1		0.005		
Threonine....g	0.010		0		1		0.017		
Isoleucine....g	0.011		0		1		0.019		
Leucine....g	0.017		0		1		0.029		
Lysine....g	0.018		0		1		0.031		
Methionine....g	0.003		0		1		0.005		
Cystine....g	0.004		0		1		0.007		
Phenylalanine....g	0.008		0		1		0.014		
Tyrosine....g	0.005		0		1		0.009		
Valine....g	0.013		0		1		0.022		
Arginine....g	0.009		0		1		0.015		
Histidine....g	0.004		0		1		0.007		
Alanine....g	0.010		0		1		0.017		
Aspartic acid....g	0.049		0		1		0.083		
Glutamic acid....g	0.029		0		1		0.049		
Glycine....g	0.011		0		1		0.019		
Proline....g	0.010		0		1		0.017		
Serine....g	0.011		0		1		0.019		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 09006
Apples, raw, without skin, cooked, microwave

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 170g: 1 cup slices

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09402
Applesauce, canned, sweetened, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	79.58	0.340	39		1		202.93		
Energy....kcal	76		0	NC	4		194		
Energy....kJ	318				4		811		
Protein (N x 6.25)....g	0.18	0.008	38		1		0.46		
Total lipid (fat)....g	0.18	0.048	39		1		0.46		
Ash....g	0.14	0.008	39		1		0.36		
Carbohydrate, by difference....g	19.91		0	NC	4		50.77		
Fiber, total dietary....g	1.2		0		4		3.1		
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	4	0.189	40		1		10		
Iron, Fe....mg	0.35	0.029	43		1		0.89		
Magnesium, Mg....mg	3	0.079	27		1		8		
Phosphorus, P....mg	7	0.444	27		1		18		
Potassium, K....mg	61	1.948	37		1		156		
Sodium, Na....mg	28	4.467	9		1		71		
Zinc, Zn....mg	0.04	0.003	31		1		0.10		
Copper, Cu....mg	0.043	0.002	31		1		0.110		
Manganese, Mn....mg	0.075	0.016	10		1		0.191		
Selenium, Se....µg	0.3		2	A	1		0.8		
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.7	0.149	30		1		4.3		
Thiamin....mg	0.013	0.000	36		1		0.033		
Riboflavin....mg	0.028	0.001	51		1		0.071		
Niacin....mg	0.188	0.028	31		1		0.479		
Pantothenic acid....mg	0.052	0.003	9		1		0.133		
Vitamin B-6....mg	0.026	0.003	7		1		0.066		
Folate, total....µg	1	0.015	9		1		2		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	1	0.015	9		1		2		
Folate, DFE....µg	1		0	NC	4		2		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....µg	1	0.060	23		1		1		
Retinol....µg	0		0	Z	7		0		
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	11	1.202	23		1		28		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.030		0		1		0.077		
4:0....g									

NDB No. 09402
Applesauce, canned, sweetened, with salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g									
8:0 g									
10:0 g									
12:0 g	0.001		0		1		0.003		
13:0 g									
14:0 g	0.001		0		1		0.003		
15:0 g									
16:0 g	0.025		0		1		0.064		
17:0 g									
18:0 g	0.004		0		1		0.010		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.007		0		1		0.018		
14:1 g									
15:1 g									
16:1 undifferentiated g									
17:1 g									
18:1 undifferentiated g	0.007		0		1		0.018		
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.054		0		1		0.138		
18:2 undifferentiated g	0.045		0		1		0.115		
18:3 undifferentiated g	0.009		0		1		0.023		
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g									
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	0		0	Z	7		0		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.002		0		1		0.005		
Threonine g	0.007		0		1		0.018		
Isoleucine g	0.007		0		1		0.018		
Leucine g	0.011		0		1		0.028		
Lysine g	0.011		0		1		0.028		
Methionine g	0.002		0		1		0.005		
Cystine g	0.002		0		1		0.005		
Phenylalanine g	0.005		0		1		0.013		
Tyrosine g	0.003		0		1		0.008		
Valine g	0.008		0		1		0.020		
Arginine g	0.006		0		1		0.015		
Histidine g	0.003		0		1		0.008		
Alanine g	0.007		0		1		0.018		
Aspartic acid g	0.032		0		1		0.082		
Glutamic acid g	0.019		0		1		0.048		
Glycine g	0.007		0		1		0.018		
Proline g	0.006		0		1		0.015		
Serine g	0.007		0		1		0.018		
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 255g: 1 cup

NDB No. 09402
Applesauce, canned, sweetened, with salt

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.75

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09020

Applesauce, canned, sweetened, without salt (includes USDA commodity)

Includes USDA commodity code A350

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	81.98	1.052	47	A	1		201.66		
Energy....kcal	68		0	NC	4		166		
Energy....kJ	283		0	NC	4		695		
Protein (N x 6.25)....g	0.16	0.038	8	A	1		0.40		
Total lipid (fat)....g	0.17	0.119	9	A	1		0.41		
Ash....g	0.21	0.009	8	A	1		0.51		
Carbohydrate, by difference....g	17.49		0	NC	4		43.02		
Fiber, total dietary....g	1.2	0.065	4	A	1		3.0		
Sugars, total....g	14.67		2	A	1		36.09		
Sucrose....g	1.00		2	A	1		2.46		
Glucose (dextrose)....g	5.50		2	A	1		13.54		
Fructose....g	7.27		2	A	1		17.89		
Lactose....g	0.00		2	A	1		0.00		
Maltose....g	0.89		2	A	1		2.19		
Galactose....g	0.00		2	A	1		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	3	0.057	54	A	1		7		
Iron, Fe....mg	0.12	0.027	55	A	1		0.30		
Magnesium, Mg....mg	3	0.067	55	A	1		7		
Phosphorus, P....mg	6	0.160	55	A	1		16		
Potassium, K....mg	75	2.121	55	A	1		186		
Sodium, Na....mg	2	0.436	55	A	1		6		
Zinc, Zn....mg	0.03	0.004	30	A	1		0.08		
Copper, Cu....mg	0.032	0.002	51	A	1		0.079		
Manganese, Mn....mg	0.030	0.006	32	A	1		0.074		
Selenium, Se....µg	0.3		2	A	1		0.7		
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.7	0.149	30		1		4.2		
Thiamin....mg	0.017	0.007	8	A	1		0.042		
Riboflavin....mg	0.022	0.012	8	A	1		0.055		
Niacin....mg	0.072	0.010	8	A	1		0.178		
Pantothenic acid....mg	0.044	0.004	8	A	1		0.109		
Vitamin B-6....mg	0.027	0.004	8	A	1		0.066		
Folate, total....µg	1	0.463	8	A	1		3		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	1	0.463	8	A	1		3		
Folate, DFE....µg	1		0	NC	4		3		
Choline, total....mg	3.3		0	BFSN	4		8.2		
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....µg	0		6	A	1		1		
Retinol....µg	0		0	Z	7		0		
Carotene, beta....µg	3		0	BNA	4		7		
Carotene, alpha....µg	0		0	BNA	4		0		
Cryptoxanthin, beta....µg	2		0	BNA	4		5		
Vitamin A, IU....IU	6		6	A	1		16		
Lycopene....µg	0		0	BFZN	4		0		
Lutein + zeaxanthin....µg	18		0	BFZN	4		44		
Vitamin E (alpha-tocopherol)....mg	0.18	0.033	3	A	1		0.44		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg	0.00	0.000	3	A	1		0.00		
Tocopherol, gamma....mg	0.00	0.000	3	A	1		0.00		
Tocopherol, delta....mg	0.00	0.000	3	A	1		0.00		
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....µg									

NDB No. 09020

Applesauce, canned, sweetened, without salt (includes USDA commodity)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg	0.6		2	A	1		1.4		
Dihydrophylloquinone.....µg	0.0		1	A	1		0.0		
Menaquinone-4.....µg	0.0		1	A	1		0.0		
Lipids:									
Fatty acids, total saturated.....g	0.030		0		1		0.074		
4:0.....g	0.000		0		1		0.000		
6:0.....g	0.000		0		1		0.000		
8:0.....g	0.000		0		1		0.000		
10:0.....g	0.000		0		1		0.000		
12:0.....g	0.001		0		1		0.002		
13:0.....g									
14:0.....g	0.001		0		1		0.002		
15:0.....g									
16:0.....g	0.025		0		1		0.062		
17:0.....g									
18:0.....g	0.004		0		1		0.010		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.007		0		1		0.017		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.007		0		1		0.017		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.054		0		1		0.133		
18:2 undifferentiated.....g	0.045		0		1		0.111		
18:3 undifferentiated.....g	0.009		0		1		0.022		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3 (EPA).....g	0.000		0		1		0.000		
22:5 n-3 (DPA).....g	0.000		0		1		0.000		
22:6 n-3 (DHA).....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.002		0		1		0.005		
Threonine.....g	0.007		0		1		0.017		
Isoleucine.....g	0.007		0		1		0.017		
Leucine.....g	0.011		0		1		0.027		
Lysine.....g	0.011		0		1		0.027		
Methionine.....g	0.002		0		1		0.005		
Cystine.....g	0.002		0		1		0.005		
Phenylalanine.....g	0.005		0		1		0.012		
Tyrosine.....g	0.003		0		1		0.007		
Valine.....g	0.008		0		1		0.020		
Arginine.....g	0.006		0		1		0.015		
Histidine.....g	0.003		0		1		0.007		
Alanine.....g	0.007		0		1		0.017		
Aspartic acid.....g	0.032		0		1		0.079		
Glutamic acid.....g	0.019		0		1		0.047		
Glycine.....g	0.007		0		1		0.017		
Proline.....g	0.006		0		1		0.015		
Serine.....g	0.007		0		1		0.017		
Hydroxyproline.....g									

NDB No. 09020

Applesauce, canned, sweetened, without salt (includes USDA commodity)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 246g: 1 cup

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.75

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09401

Applesauce, canned, unsweetened, with added ascorbic acid

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	88.22	0.923	3	A	1		215.26		
Energy....kcal	42		0	NC	4		102		
Energy....kJ	176		0	NC	4		428		
Protein (N x 6.25)....g	0.17	0.021	3	A	1		0.41		
Total lipid (fat)....g	0.10	0.014	3	A	1		0.25		
Ash....g	0.24	0.052	3	A	1		0.59		
Carbohydrate, by difference....g	11.27		0	NC	4		27.49		
Fiber, total dietary....g	1.1	0.047	3	A	1		2.8		
Sugars, total....g	9.39	0.869	3	A	1		22.91		
Sucrose....g	1.13	0.268	3	A	1		2.77		
Glucose (dextrose)....g	2.30	0.154	3	A	1		5.62		
Fructose....g	5.88	0.454	3	A	1		14.34		
Lactose....g	0.00	0.000	3	A	1		0.00		
Maltose....g	0.07	0.000	3	A	1		0.18		
Galactose....g	0.00	0.000	3	A	1		0.00		
Starch....g	0.00		1	A	1		0.00		
Minerals:									
Calcium, Ca....mg	4	0.497	11	A	1		9		
Iron, Fe....mg	0.23	0.029	10	A	1		0.57		
Magnesium, Mg....mg	3	0.106	11	A	1		6		
Phosphorus, P....mg	5	0.175	11	A	1		12		
Potassium, K....mg	74	3.961	11	A	1		181		
Sodium, Na....mg	2	0.397	16		1		5		
Zinc, Zn....mg	0.03	0.014	11	A	1		0.08		
Copper, Cu....mg	0.027	0.001	11	A	1		0.065		
Manganese, Mn....mg	0.025	0.004	11	A	1		0.061		
Selenium, Se....µg	0.3		0	BFZN	4		0.7		
Vitamins:									
Vitamin C, total ascorbic acid....mg	21.2	4.346	7		1		51.7		
Thiamin....mg	0.026	0.002	3	A	1		0.064		
Riboflavin....mg	0.030	0.001	3	A	1		0.073		
Niacin....mg	0.084	0.010	3	A	1		0.205		
Pantothenic acid....mg	0.041	0.000	3	A	1		0.099		
Vitamin B-6....mg	0.027	0.011	3	A	1		0.065		
Folate, total....µg	3	0.667	3	A	1		7		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	3	0.667	3	A	1		7		
Folate, DFE....µg	3		0	NC	4		7		
Choline, total....mg	2.2		0	AS	1		5.3		
Betaine....mg	0.4		1	A	1		1.0		
Vitamin B-12....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....µg	1	0.285	3		1		4		
Retinol....µg	0		0	Z	7		0		
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	29	5.696	3		1		71		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.16	0.029	3	A	1		0.38		
Tocopherol, beta....mg	0.00	0.000	3	A	1		0.00		
Tocopherol, gamma....mg	0.00	0.000	3	A	1		0.00		
Tocopherol, delta....mg	0.00	0.000	3	A	1		0.00		
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....µg	0.5		1	A	1		1.2		

NDB No. 09401

Applesauce, canned, unsweetened, with added ascorbic acid

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....µg	0.0		1	A	1		0.0		
Menaquinone-4....µg	0.0		1	A	1		0.0		
Lipids:									
Fatty acids, total saturated....g	0.008		0		1		0.020		
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g									
15:0....g									
16:0....g	0.007		0		1		0.017		
17:0....g									
18:0....g	0.001		0		1		0.002		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.002		0		1		0.005		
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.002		0		1		0.005		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.014		0		1		0.034		
18:2 undifferentiated....g	0.012		0		1		0.029		
18:3 undifferentiated....g	0.003		0		1		0.007		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.002		0		1		0.005		
Threonine....g	0.006		0		1		0.015		
Isoleucine....g	0.006		0		1		0.015		
Leucine....g	0.010		0		1		0.024		
Lysine....g	0.010		0		1		0.024		
Methionine....g	0.002		0		1		0.005		
Cystine....g	0.002		0		1		0.005		
Phenylalanine....g	0.005		0		1		0.012		
Tyrosine....g	0.003		0		1		0.007		
Valine....g	0.008		0		1		0.020		
Arginine....g	0.005		0		1		0.012		
Histidine....g	0.003		0		1		0.007		
Alanine....g	0.006		0		1		0.015		
Aspartic acid....g	0.028		0		1		0.068		
Glutamic acid....g	0.017		0		1		0.041		
Glycine....g	0.006		0		1		0.015		
Proline....g	0.006		0		1		0.015		
Serine....g	0.007		0		1		0.017		
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same

NDB No. 09401

Applesauce, canned, unsweetened, with added ascorbic acid

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

food, or similar food.

Common Measures:

Measure 1 = 244g: 1 cup

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09019

Applesauce, canned, unsweetened, without added ascorbic acid (includes USDA commodity)

Includes USDA commodity codes A350, A351

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	88.22	0.923	3	A	1		215.26		
Energy....kcal	42		0	NC	4		102		
Energy....kJ	176		0	NC	4		428		
Protein (N x 6.25)....g	0.17	0.021	3	A	1		0.41		
Total lipid (fat)....g	0.10	0.014	3	A	1		0.25		
Ash....g	0.24	0.052	3	A	1		0.59		
Carbohydrate, by difference....g	11.27		0	NC	4		27.49		
Fiber, total dietary....g	1.1	0.047	3	A	1		2.8		
Sugars, total....g	9.39	0.869	3	A	1		22.91		
Sucrose....g	1.13	0.268	3	A	1		2.77		
Glucose (dextrose)....g	2.30	0.154	3	A	1		5.62		
Fructose....g	5.88	0.454	3	A	1		14.34		
Lactose....g	0.00	0.000	3	A	1		0.00		
Maltose....g	0.07	0.000	3	A	1		0.18		
Galactose....g	0.00	0.000	3	A	1		0.00		
Starch....g	0.00		1	A	1		0.00		
Minerals:									
Calcium, Ca....mg	4	0.497	11	A	1		9		
Iron, Fe....mg	0.23	0.029	10	A	1		0.57		
Magnesium, Mg....mg	3	0.106	11	A	1		6		
Phosphorus, P....mg	5	0.175	11	A	1		12		
Potassium, K....mg	74	3.961	11	A	1		181		
Sodium, Na....mg	2	0.397	16		1		5		
Zinc, Zn....mg	0.03	0.014	11	A	1		0.08		
Copper, Cu....mg	0.027	0.001	11	A	1		0.065		
Manganese, Mn....mg	0.025	0.004	11	A	1		0.061		
Selenium, Se....µg	0.3		0	BFZN	4		0.7		
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.0		2	A	1		2.5		
Thiamin....mg	0.026	0.002	3	A	1		0.064		
Riboflavin....mg	0.030	0.001	3	A	1		0.073		
Niacin....mg	0.084	0.010	3	A	1		0.205		
Pantothenic acid....mg	0.041	0.000	3	A	1		0.099		
Vitamin B-6....mg	0.027	0.011	3	A	1		0.065		
Folate, total....µg	3	0.667	3	A	1		7		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	3	0.667	3	A	1		7		
Folate, DFE....µg	3		0	NC	4		7		
Choline, total....mg	2.2		0	AS	1		5.3		
Betaine....mg	0.4		1	A	1		1.0		
Vitamin B-12....µg	0.00		0	Z	7		0.00		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....µg	1	0.285	3		1		4		
Retinol....µg	0		0	Z	7		0		
Carotene, beta....µg	13		0	BNA	4		31		
Carotene, alpha....µg	0		0	BNA	4		0		
Cryptoxanthin, beta....µg	9		0	BNA	4		23		
Vitamin A, IU....IU	29	5.696	3		1		71		
Lycopene....µg	0		0	BFZN	4		0		
Lutein + zeaxanthin....µg	18		0	BFZN	4		43		
Vitamin E (alpha-tocopherol)....mg	0.16	0.029	3	A	1		0.38		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg	0.00	0.000	3	A	1		0.00		
Tocopherol, gamma....mg	0.00	0.000	3	A	1		0.00		
Tocopherol, delta....mg	0.00	0.000	3	A	1		0.00		
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....µg									

NDB No. 09019

Applesauce, canned, unsweetened, without added ascorbic acid (includes USDA commodity)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....µg	0.5		1	A	1		1.2		
Dihydrophylloquinone....µg	0.0		1	A	1		0.0		
Menaquinone-4....µg	0.0		1	A	1		0.0		
Lipids:									
Fatty acids, total saturated....g	0.008		0		1		0.020		
4:0....g	0.000		0		1		0.000		
6:0....g	0.000		0		1		0.000		
8:0....g	0.000		0		1		0.000		
10:0....g	0.000		0		1		0.000		
12:0....g	0.000		0		1		0.000		
13:0....g									
14:0....g	0.000		0		1		0.000		
15:0....g									
16:0....g	0.007		0		1		0.017		
17:0....g									
18:0....g	0.001		0		1		0.002		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.002		0		1		0.005		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000		
17:1....g									
18:1 undifferentiated....g	0.002		0		1		0.005		
20:1....g	0.000		0		1		0.000		
22:1 undifferentiated....g	0.000		0		1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.014		0		1		0.034		
18:2 undifferentiated....g	0.012		0		1		0.029		
18:3 undifferentiated....g	0.003		0		1		0.007		
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000		
20:5 n-3 (EPA)....g	0.000		0		1		0.000		
22:5 n-3 (DPA)....g	0.000		0		1		0.000		
22:6 n-3 (DHA)....g	0.000		0		1		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.002		0		1		0.005		
Threonine....g	0.006		0		1		0.015		
Isoleucine....g	0.006		0		1		0.015		
Leucine....g	0.010		0		1		0.024		
Lysine....g	0.010		0		1		0.024		
Methionine....g	0.002		0		1		0.005		
Cystine....g	0.002		0		1		0.005		
Phenylalanine....g	0.005		0		1		0.012		
Tyrosine....g	0.003		0		1		0.007		
Valine....g	0.008		0		1		0.020		
Arginine....g	0.005		0		1		0.012		
Histidine....g	0.003		0		1		0.007		
Alanine....g	0.006		0		1		0.015		
Aspartic acid....g	0.028		0		1		0.068		
Glutamic acid....g	0.017		0		1		0.041		
Glycine....g	0.006		0		1		0.015		
Proline....g	0.006		0		1		0.015		
Serine....g	0.007		0		1		0.017		
Hydroxyproline....g									

NDB No. 09019

Applesauce, canned, unsweetened, without added ascorbic acid (includes USDA commodity)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 244g: 1 cup

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09403

Apricot nectar, canned, with added ascorbic acid

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	84.87	0.033	177		1		213.02	26.65	
Energy....kcal	56		0	NC	4		141	18	
Energy....kJ	234		0		4		588	74	
Protein (N x 6.25)....g	0.37	0.011	73		1		0.93	0.12	
Total lipid (fat)....g	0.09	0.004	50		1		0.23	0.03	
Ash....g	0.29	0.006	56		1		0.73	0.09	
Carbohydrate, by difference....g	14.39		0	NC	4		36.12	4.52	
Fiber, total dietary....g	0.6		0		4		1.5	0.2	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	7	0.226	56		1		18	2	
Iron, Fe....mg	0.38	0.016	68		1		0.95	0.12	
Magnesium, Mg....mg	5	0.095	57		1		13	2	
Phosphorus, P....mg	9	0.213	61		1		23	3	
Potassium, K....mg	114	2.540	45		1		286	36	
Sodium, Na....mg	3	0.457	45		1		8	1	
Zinc, Zn....mg	0.09	0.002	46		1		0.23	0.03	
Copper, Cu....mg	0.073	0.003	46		1		0.183	0.023	
Manganese, Mn....mg	0.032		0		4		0.080	0.010	
Selenium, Se....µg	0.2		0	FLA	4		0.5	0.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	54.4	7.739	44		1		136.5	17.1	
Thiamin....mg	0.009	0.000	89		1		0.023	0.003	
Riboflavin....mg	0.014	0.000	101		1		0.035	0.004	
Niacin....mg	0.260	0.016	84		1		0.653	0.082	
Pantothenic acid....mg	0.096		0		4		0.241	0.030	
Vitamin B-6....mg	0.022		0		4		0.055	0.007	
Folate, total....µg	1	0.246	5		1		3	0	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	1	0.246	5		1		3	0	
Folate, DFE....µg	1		0	NC	4		3	0	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	66	0.874	262		1		165	21	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	1316	17.479	262		1		3303	413	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.006		0		1		0.015	0.002	
4:0....g									

NDB No. 09403
Apricot nectar, canned, with added ascorbic acid

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g									
15:0....g									
16:0....g	0.005		0		1		0.013	0.002	
17:0....g									
18:0....g	0.001		0		1		0.003	0.000	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.038		0		1		0.095	0.012	
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.038		0		1		0.095	0.012	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.017		0		1		0.043	0.005	
18:2 undifferentiated....g	0.017		0		1		0.043	0.005	
18:3 undifferentiated....g									
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 251g: 1 cup

Measure 2 = 31.4g: 1 fl oz

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.78

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09036
Apricot nectar, canned, without added ascorbic acid

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	84.87	0.033	177		1		213.02	26.65	
Energy....kcal	56		0	NC	4		141	18	
Energy....kJ	234		0		4		588	74	
Protein (N x 6.25)....g	0.37	0.011	73		1		0.93	0.12	
Total lipid (fat)....g	0.09	0.004	50		1		0.23	0.03	
Ash....g	0.29	0.006	56		1		0.73	0.09	
Carbohydrate, by difference....g	14.39		0	NC	4		36.12	4.52	
Fiber, total dietary....g	0.6		0		1		1.5	0.2	
Sugars, total....g	13.79		0	O	4		34.61	4.33	
Starch....g									
Minerals:									
Calcium, Ca....mg	7	0.226	56		1		18	2	
Iron, Fe....mg	0.38	0.016	68		1		0.95	0.12	
Magnesium, Mg....mg	5	0.095	57		1		13	2	
Phosphorus, P....mg	9	0.213	61		1		23	3	
Potassium, K....mg	114	2.540	45		1		286	36	
Sodium, Na....mg	3	0.457	45		1		8	1	
Zinc, Zn....mg	0.09	0.002	46		1		0.23	0.03	
Copper, Cu....mg	0.073	0.003	46		1		0.183	0.023	
Manganese, Mn....mg	0.032		0		4		0.080	0.010	
Selenium, Se....µg	0.0		0	BFYN	4		0.1	0.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.6	0.026	184		1		1.5	0.2	
Thiamin....mg	0.009	0.000	89		1		0.023	0.003	
Riboflavin....mg	0.014	0.000	101		1		0.035	0.004	
Niacin....mg	0.260	0.016	84		1		0.653	0.082	
Pantothenic acid....mg	0.096		0		4		0.241	0.030	
Vitamin B-6....mg	0.022		0		4		0.055	0.007	
Folate, total....µg	1	0.246	5		1		3	0	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	1	0.246	5		1		3	0	
Folate, DFE....µg	1		0	NC	4		3	0	
Choline, total....mg	1.0		0	BFYN	4		2.4	0.3	
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	66	0.874	262		1		165	21	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg	786		0	BNA	4		1973	247	
Carotene, alpha....µg	0		0	BNA	4		0	0	
Cryptoxanthin, beta....µg	7		0	BNA	4		19	2	
Vitamin A, IU....IU	1316	17.479	262		1		3303	413	
Lycopene....µg	0		0	BFYN	4		0	0	
Lutein + zeaxanthin....µg	14		0	BFYN	4		34	4	
Vitamin E (alpha-tocopherol)....mg	0.31		0	BFYN	4		0.78	0.10	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	1.2		0	BFYN	4		2.9	0.4	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 09036

Apricot nectar, canned, without added ascorbic acid

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.006		0		1		0.015	0.002	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	
15:0....g									
16:0....g	0.005		0		1		0.013	0.002	
17:0....g									
18:0....g	0.001		0		1		0.003	0.000	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.038		0		1		0.095	0.012	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.038		0		1		0.095	0.012	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.017		0		1		0.043	0.005	
18:2 undifferentiated....g	0.017		0		1		0.043	0.005	
18:3 undifferentiated....g	0.000		0		1		0.000	0.000	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 251g: 1 cup

Measure 2 = 31.4g: 1 fl oz

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.78

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09029

Apricots, canned, extra heavy syrup pack, without skin, solids and liquids

Refuse: 6% Pits

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	74.33	0.191	8		1		182.85		
Energy....kcal	96		0	NC	4		236		
Energy....kJ	402				4		988		
Protein (N x 6.25)....g	0.55	0.044	4		1		1.35		
Total lipid (fat)....g	0.04		1		1		0.10		
Ash....g	0.23	0.040	4		1		0.57		
Carbohydrate, by difference....g	24.85		0	NC	4		61.13		
Fiber, total dietary....g	1.6		0		4		3.9		
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	8	1.050	4		1		20		
Iron, Fe....mg	0.62	0.035	4		1		1.53		
Magnesium, Mg....mg	8	0.400	4		1		20		
Phosphorus, P....mg	15	1.150	4		1		37		
Potassium, K....mg	126	11.500	4		1		310		
Sodium, Na....mg	13	1.900	4		1		32		
Zinc, Zn....mg	0.10		0		1		0.25		
Copper, Cu....mg	0.064		0		1		0.157		
Manganese, Mn....mg	0.050		0		1		0.123		
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	2.4	0.389	8		1		5.9		
Thiamin....mg	0.016	0.002	4		1		0.039		
Riboflavin....mg	0.022	0.001	4		1		0.054		
Niacin....mg	0.340	0.030	4		1		0.836		
Pantothenic acid....mg	0.092		0		1		0.226		
Vitamin B-6....mg	0.054		0		1		0.133		
Folate, total....µg	2		0		1		4		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	2		0		1		4		
Folate, DFE....µg	2		0	NC	4		4		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....µg	74	5.547	15		1		181		
Retinol....µg	0		0	Z	7		0		
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	1471	110.940	15		1		3619		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.003		0		1		0.007		
4:0....g									

NDB No. 09029

Apricots, canned, extra heavy syrup pack, without skin, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g									
15:0....g									
16:0....g	0.002		0		1		0.005		
17:0....g									
18:0....g									
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.017		0		1		0.042		
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.017		0		1		0.042		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.008		0		1		0.020		
18:2 undifferentiated....g	0.008		0		1		0.020		
18:3 undifferentiated....g									
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.010		0		1		0.025		
Threonine....g	0.020		0		1		0.049		
Isoleucine....g	0.017		0		1		0.042		
Leucine....g	0.032		0		1		0.079		
Lysine....g	0.038		0		1		0.093		
Methionine....g	0.003		0		1		0.007		
Cystine....g	0.002		0		1		0.005		
Phenylalanine....g	0.023		0		1		0.057		
Tyrosine....g	0.013		0		1		0.032		
Valine....g	0.020		0		1		0.049		
Arginine....g	0.021		0		1		0.052		
Histidine....g	0.009		0		1		0.022		
Alanine....g	0.027		0		1		0.066		
Aspartic acid....g	0.126		0		1		0.310		
Glutamic acid....g	0.056		0		1		0.138		
Glycine....g	0.017		0		1		0.042		
Proline....g	0.033		0		1		0.081		
Serine....g	0.032		0		1		0.079		
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 246g: 1 cup, whole, without pits

NDB No. 09029

Apricots, canned, extra heavy syrup pack, without skin, solids and liquids

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.78

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09025

Apricots, canned, extra light syrup pack, with skin, solids and liquids

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	86.30		1		1		213.16		
Energy....kcal	49		0	NC	4		121		
Energy....kJ	205				4		506		
Protein (N x 6.25)....g	0.60		0		1		1.48		
Total lipid (fat)....g	0.10		1		1		0.25		
Ash....g	0.50		1		1		1.24		
Carbohydrate, by difference....g	12.50		0	NC	4		30.88		
Fiber, total dietary....g	1.6		0		4		4.0		
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	10		1		1		25		
Iron, Fe....mg	0.30		1		1		0.74		
Magnesium, Mg....mg	6		1		1		15		
Phosphorus, P....mg	12		1		1		30		
Potassium, K....mg	140		1		1		346		
Sodium, Na....mg	2		1		1		5		
Zinc, Zn....mg	0.08		1		1		0.20		
Copper, Cu....mg	0.040		1		1		0.099		
Manganese, Mn....mg	0.052		0		1		0.128		
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	4.0		1		1		9.9		
Thiamin....mg	0.020		1		1		0.049		
Riboflavin....mg	0.020		1		1		0.049		
Niacin....mg	0.600		1		1		1.482		
Pantothenic acid....mg	0.092		0		1		0.227		
Vitamin B-6....mg	0.054		0		1		0.133		
Folate, total....µg	2		0		1		4		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	2		0		1		4		
Folate, DFE....µg	2		0	NC	4		4		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....µg	64		0		1		157		
Retinol....µg	0		0	Z	7		0		
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	1271		0		1		3139		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.007		0		1		0.017		
4:0....g									

NDB No. 09025

Apricots, canned, extra light syrup pack, with skin, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g									
15:0....g									
16:0....g	0.006		0		1		0.015		
17:0....g									
18:0....g	0.001		0		1		0.002		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.043		0		1		0.106		
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.043		0		1		0.106		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.020		0		1		0.049		
18:2 undifferentiated....g	0.020		0		1		0.049		
18:3 undifferentiated....g									
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.011		0		1		0.027		
Threonine....g	0.022		0		1		0.054		
Isoleucine....g	0.018		0		1		0.044		
Leucine....g	0.035		0		1		0.086		
Lysine....g	0.042		0		1		0.104		
Methionine....g	0.003		0		1		0.007		
Cystine....g	0.002		0		1		0.005		
Phenylalanine....g	0.025		0		1		0.062		
Tyrosine....g	0.014		0		1		0.035		
Valine....g	0.022		0		1		0.054		
Arginine....g	0.023		0		1		0.057		
Histidine....g	0.010		0		1		0.025		
Alanine....g	0.030		0		1		0.074		
Aspartic acid....g	0.137		0		1		0.338		
Glutamic acid....g	0.061		0		1		0.151		
Glycine....g	0.019		0		1		0.047		
Proline....g	0.036		0		1		0.089		
Serine....g	0.034		0		1		0.084		
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 247g: 1 cup, halves

NDB No. 09025

Apricots, canned, extra light syrup pack, with skin, solids and liquids

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.69

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09027

Apricots, canned, heavy syrup pack, with skin, solids and liquids

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	77.56	0.087	217		1		200.10	186.14	31.02
Energy....kcal	83		0	NC	4		214	199	33
Energy....kJ	347		0		4		896	833	139
Protein (N x 6.25)....g	0.53	0.009	162		1		1.37	1.27	0.21
Total lipid (fat)....g	0.08	0.002	105		1		0.21	0.19	0.03
Ash....g	0.37	0.006	130		1		0.95	0.89	0.15
Carbohydrate, by difference....g	21.47		0	NC	4		55.39	51.53	8.59
Fiber, total dietary....g	1.6		0		4		4.1	3.8	0.6
Sugars, total....g	19.87		0	O	4		51.26	47.69	7.95
Starch....g									
Minerals:									
Calcium, Ca....mg	9	0.193	129		1		23	22	4
Iron, Fe....mg	0.30	0.011	156		1		0.77	0.72	0.12
Magnesium, Mg....mg	7	0.122	135		1		18	17	3
Phosphorus, P....mg	12	0.167	130		1		31	29	5
Potassium, K....mg	140	2.659	95		1		361	336	56
Sodium, Na....mg	4	0.236	107		1		10	10	2
Zinc, Zn....mg	0.11	0.005	58		1		0.28	0.26	0.04
Copper, Cu....mg	0.078	0.003	58		1		0.201	0.187	0.031
Manganese, Mn....mg	0.051		0		1		0.132	0.122	0.020
Selenium, Se....µg	0.1		0	BFYN	4		0.2	0.2	0.0
Vitamins:									
Vitamin C, total ascorbic acid....mg	3.1	0.074	225		1		8.0	7.4	1.2
Thiamin....mg	0.020	0.000	138		1		0.052	0.048	0.008
Riboflavin....mg	0.022	0.000	133		1		0.057	0.053	0.009
Niacin....mg	0.376	0.015	134		1		0.970	0.902	0.150
Pantothenic acid....mg	0.092		0		1		0.237	0.221	0.037
Vitamin B-6....mg	0.054		0		1		0.139	0.130	0.022
Folate, total....µg	2	0.113	3		1		4	4	1
Folic acid....µg	0		0	Z	7		0	0	0
Folate, food....µg	2	0.113	3		1		4	4	1
Folate, DFE....µg	2		0	NC	4		4	4	1
Choline, total....mg	1.8		0	BFYN	4		4.8	4.4	0.7
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....µg	62	1.514	276		1		159	148	25
Retinol....µg	0		0	Z	7		0	0	0
Carotene, beta....µg	735		0	BNA	4		1895	1763	294
Carotene, alpha....µg	0		0	BNA	4		0	0	0
Cryptoxanthin, beta....µg	7		0	BNA	4		18	17	3
Vitamin A, IU....IU	1230	30.285	276		1		3173	2952	492
Lycopene....µg	0		0	BFYN	4		0	0	0
Lutein + zeaxanthin....µg	26		0	BFYN	4		68	63	11
Vitamin E (alpha-tocopherol)....mg	0.60		0	BFYN	4		1.54	1.43	0.24
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	2.2		0	BFYN	4		5.7	5.3	0.9
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 09027

Apricots, canned, heavy syrup pack, with skin, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.005		0		1		0.013	0.012	0.002
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.000		0		1		0.000	0.000	0.000
10:0....g	0.000		0		1		0.000	0.000	0.000
12:0....g	0.000		0		1		0.000	0.000	0.000
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	0.000
15:0....g									
16:0....g	0.005		0		1		0.013	0.012	0.002
17:0....g									
18:0....g	0.001		0		1		0.003	0.002	0.000
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.033		0		1		0.085	0.079	0.013
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
17:1....g									
18:1 undifferentiated....g	0.033		0		1		0.085	0.079	0.013
20:1....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.015		0		1		0.039	0.036	0.006
18:2 undifferentiated....g	0.015		0		1		0.039	0.036	0.006
18:3 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.009		0		1		0.023	0.022	0.004
Threonine....g	0.019		0		1		0.049	0.046	0.008
Isoleucine....g	0.016		0		1		0.041	0.038	0.006
Leucine....g	0.031		0		1		0.080	0.074	0.012
Lysine....g	0.037		0		1		0.095	0.089	0.015
Methionine....g	0.003		0		1		0.008	0.007	0.001
Cystine....g	0.002		0		1		0.005	0.005	0.001
Phenylalanine....g	0.022		0		1		0.057	0.053	0.009
Tyrosine....g	0.012		0		1		0.031	0.029	0.005
Valine....g	0.019		0		1		0.049	0.046	0.008
Arginine....g	0.021		0		1		0.054	0.050	0.008
Histidine....g	0.009		0		1		0.023	0.022	0.004
Alanine....g	0.026		0		1		0.067	0.062	0.010
Aspartic acid....g	0.122		0		1		0.315	0.293	0.049
Glutamic acid....g	0.054		0		1		0.139	0.130	0.022
Glycine....g	0.016		0		1		0.041	0.038	0.006
Proline....g	0.032		0		1		0.083	0.077	0.013
Serine....g	0.031		0		1		0.080	0.074	0.012
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 09027

Apricots, canned, heavy syrup pack, with skin, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 258g: 1 cup, halves

Measure 2 = 240g: 1 cup, whole

Measure 3 = 40g: 1 apricot half with liquid

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.75

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09028

Apricots, canned, heavy syrup pack, without skin, solids and liquids

Refuse: 6% Pits

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	77.66	0.124	115		1		200.36		
Energy....kcal	83		0	NC	4		214		
Energy....kJ	347				4		896		
Protein (N x 6.25)....g	0.51	0.014	58		1		1.32		
Total lipid (fat)....g	0.09	0.004	42		1		0.23		
Ash....g	0.29	0.010	58		1		0.75		
Carbohydrate, by difference....g	21.45		0	NC	4		55.34		
Fiber, total dietary....g	1.6		0		4		4.1		
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	9	0.199	65		1		23		
Iron, Fe....mg	0.43	0.026	66		1		1.11		
Magnesium, Mg....mg	8	0.181	61		1		21		
Phosphorus, P....mg	13	0.320	66		1		34		
Potassium, K....mg	134	4.523	65		1		346		
Sodium, Na....mg	11	1.022	63		1		28		
Zinc, Zn....mg	0.10	0.003	32		1		0.26		
Copper, Cu....mg	0.065	0.003	32		1		0.168		
Manganese, Mn....mg	0.051		0		1		0.132		
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	2.8	0.104	173		1		7.2		
Thiamin....mg	0.019	0.000	62		1		0.049		
Riboflavin....mg	0.023	0.000	66		1		0.059		
Niacin....mg	0.416	0.019	59		1		1.073		
Pantothenic acid....mg	0.092		0		1		0.237		
Vitamin B-6....mg	0.054		0		1		0.139		
Folate, total....µg	2		0		1		4		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	2		0		1		4		
Folate, DFE....µg	2		0	NC	4		4		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....µg	62	1.883	168		1		160		
Retinol....µg	0		0	Z	7		0		
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	1240	37.667	168		1		3199		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.006		0		1		0.015		
4:0....g									

NDB No. 09028

Apricots, canned, heavy syrup pack, without skin, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g									
15:0....g									
16:0....g	0.005		0		1		0.013		
17:0....g									
18:0....g	0.001		0		1		0.003		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.037		0		1		0.095		
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.037		0		1		0.095		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.017		0		1		0.044		
18:2 undifferentiated....g	0.017		0		1		0.044		
18:3 undifferentiated....g									
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.009		0		1		0.023		
Threonine....g	0.018		0		1		0.046		
Isoleucine....g	0.016		0		1		0.041		
Leucine....g	0.030		0		1		0.077		
Lysine....g	0.036		0		1		0.093		
Methionine....g	0.003		0		1		0.008		
Cystine....g	0.002		0		1		0.005		
Phenylalanine....g	0.021		0		1		0.054		
Tyrosine....g	0.012		0		1		0.031		
Valine....g	0.019		0		1		0.049		
Arginine....g	0.020		0		1		0.052		
Histidine....g	0.008		0		1		0.021		
Alanine....g	0.025		0		1		0.065		
Aspartic acid....g	0.117		0		1		0.302		
Glutamic acid....g	0.052		0		1		0.134		
Glycine....g	0.016		0		1		0.041		
Proline....g	0.031		0		1		0.080		
Serine....g	0.029		0		1		0.075		
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 258g: 1 cup, whole, without pits

NDB No. 09028

Apricots, canned, heavy syrup pack, without skin, solids and liquids

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.75

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09357
Apricots, canned, heavy syrup, drained

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	77.56		0	BD	4		169.86	141.16	
Energy....kcal	83		0	NC	4		182	151	
Energy....kJ	347		0	NC	4		760	632	
Protein....g	0.64		0	BD	4		1.40	1.17	
Total lipid (fat)....g	0.11		0	BD	4		0.24	0.20	
Ash....g	0.38		0	BD	4		0.83	0.69	
Carbohydrate, by difference....g	21.31		0	NC	4		46.66	38.78	
Fiber, total dietary....g	2.7		0	BD	4		5.8	4.8	
Sugars, total....g	18.65		0	O	4		40.84	33.94	
Starch....g									
Minerals:									
Calcium, Ca....mg	10		0	BD	4		22	18	
Iron, Fe....mg	0.30		0	BD	4		0.66	0.55	
Magnesium, Mg....mg	7		0	BD	4		16	13	
Phosphorus, P....mg	13		0	BD	4		29	24	
Potassium, K....mg	143		0	BD	4		313	260	
Sodium, Na....mg	4		0	BD	4		9	7	
Zinc, Zn....mg	0.11		0	BD	4		0.25	0.21	
Copper, Cu....mg	0.097		0	BD	4		0.212	0.176	
Manganese, Mn....mg									
Selenium, Se....µg	0.1		0	BFZN	4		0.3	0.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	3.1		0	BD	4		6.7	5.6	
Thiamin....mg	0.021		0	BD	4		0.047	0.039	
Riboflavin....mg	0.024		0	BD	4		0.052	0.043	
Niacin....mg	0.376		0	BD	4		0.823	0.684	
Pantothenic acid....mg									
Vitamin B-6....mg	0.055		0	BD	4		0.121	0.100	
Folate, total....µg	2		0	BD	4		4	3	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	2		0	BD	4		4	3	
Folate, DFE....µg	2		0	NC	4		4	3	
Choline, total....mg	2.8		0	BFZN	4		6.0	5.0	
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	146		0	AS	1		320	266	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg	1746	513.667	8	A	1		3824	3178	
Carotene, alpha....µg	0		2	A	1		0	0	
Cryptoxanthin, beta....µg	16		2	A	1		36	30	
Vitamin A, IU....IU	2924		0	AS	1		6404	5322	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	39		2	A	1		86	71	
Vitamin E (alpha-tocopherol)....mg	0.89		0	BFZN	4		1.95	1.62	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	3.3		0	BFZN	4		7.2	6.0	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 09357
Apricots, canned, heavy syrup, drained

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.007		0		4		0.015	0.013	
4:0....g	0.000		0		4		0.000	0.000	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	
10:0....g	0.000		0		4		0.000	0.000	
12:0....g	0.000		0		4		0.000	0.000	
13:0....g									
14:0....g	0.000		0		4		0.000	0.000	
15:0....g									
16:0....g	0.007		0		4		0.015	0.013	
17:0....g									
18:0....g	0.001		0		4		0.002	0.002	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.045		0		4		0.099	0.082	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		4		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.045		0		4		0.099	0.082	
20:1....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.021		0		4		0.046	0.038	
18:2 undifferentiated....g	0.021		0		4		0.046	0.038	
18:3 undifferentiated....g	0.000		0		4		0.000	0.000	
18:4....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0		7		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 219g: 1 cup, halves

Measure 2 = 182g: 1 cup, whole

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.75

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09024

Apricots, canned, juice pack, with skin, solids and liquids

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	86.62	0.102	7		1		211.35	31.18	
Energy....kcal	48		0	NC	4		117	17	
Energy....kJ	201		0		4		490	72	
Protein (N x 6.25)....g	0.63	0.023	8		1		1.54	0.23	
Total lipid (fat)....g	0.04	0.015	7		1		0.10	0.01	
Ash....g	0.37	0.014	7		1		0.90	0.13	
Carbohydrate, by difference....g	12.34		0	NC	4		30.11	4.44	
Fiber, total dietary....g	1.6		0		4		3.9	0.6	
Sugars, total....g	10.74		0	O	4		26.21	3.87	
Starch....g									
Minerals:									
Calcium, Ca....mg	12	0.535	8		1		29	4	
Iron, Fe....mg	0.30	0.040	8		1		0.73	0.11	
Magnesium, Mg....mg	10	0.221	6		1		24	4	
Phosphorus, P....mg	20	0.954	6		1		49	7	
Potassium, K....mg	165	8.920	7		1		403	59	
Sodium, Na....mg	4	0.367	7		1		10	1	
Zinc, Zn....mg	0.11	0.018	6		1		0.27	0.04	
Copper, Cu....mg	0.054	0.010	6		1		0.132	0.019	
Manganese, Mn....mg	0.052		0		1		0.127	0.019	
Selenium, Se....µg	0.1		0	BFYN	4		0.2	0.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	4.9	0.236	8		1		12.0	1.8	
Thiamin....mg	0.018	0.003	6		1		0.044	0.006	
Riboflavin....mg	0.019	0.001	6		1		0.046	0.007	
Niacin....mg	0.344	0.028	3		1		0.839	0.124	
Pantothenic acid....mg	0.092		0		4		0.224	0.033	
Vitamin B-6....mg	0.054		0		4		0.132	0.019	
Folate, total....µg	2		0		4		4	1	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	2		0		4		4	1	
Folate, DFE....µg	2		0	NC	4		4	1	
Choline, total....mg	1.8		0	BFYN	4		4.5	0.7	
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	85	7.683	7		1		206	30	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg	1010		0	BNA	4		2464	364	
Carotene, alpha....µg	0		0	BNA	4		0	0	
Cryptoxanthin, beta....µg	10		0	BNA	4		23	3	
Vitamin A, IU....IU	1691	153.659	7		1		4126	609	
Lycopene....µg	0		0	BFYN	4		0	0	
Lutein + zeaxanthin....µg	26		0	BFYN	4		64	9	
Vitamin E (alpha-tocopherol)....mg	0.60		0	BFYN	4		1.45	0.21	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	2.2		0	BFYN	4		5.4	0.8	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 09024

Apricots, canned, juice pack, with skin, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.003		0		1		0.007	0.001	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	
15:0....g									
16:0....g	0.002		0		1		0.005	0.001	
17:0....g									
18:0....g	0.000		0		1		0.000	0.000	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.017		0		1		0.041	0.006	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.017		0		1		0.041	0.006	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.007		0		1		0.017	0.003	
18:2 undifferentiated....g	0.007		0		1		0.017	0.003	
18:3 undifferentiated....g	0.000		0		1		0.000	0.000	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.011		0		1		0.027	0.004	
Threonine....g	0.023		0		1		0.056	0.008	
Isoleucine....g	0.019		0		1		0.046	0.007	
Leucine....g	0.037		0		1		0.090	0.013	
Lysine....g	0.044		0		1		0.107	0.016	
Methionine....g	0.003		0		1		0.007	0.001	
Cystine....g	0.002		0		1		0.005	0.001	
Phenylalanine....g	0.026		0		1		0.063	0.009	
Tyrosine....g	0.015		0		1		0.037	0.005	
Valine....g	0.023		0		1		0.056	0.008	
Arginine....g	0.024		0		1		0.059	0.009	
Histidine....g	0.010		0		1		0.024	0.004	
Alanine....g	0.031		0		1		0.076	0.011	
Aspartic acid....g	0.145		0		1		0.354	0.052	
Glutamic acid....g	0.064		0		1		0.156	0.023	
Glycine....g	0.019		0		1		0.046	0.007	
Proline....g	0.038		0		1		0.093	0.014	
Serine....g	0.036		0		1		0.088	0.013	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 09024

Apricots, canned, juice pack, with skin, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 244g: 1 cup, halves

Measure 2 = 36g: 1 apricot half with liquid

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.7

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09026

Apricots, canned, light syrup pack, with skin, solids and liquids

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	82.56	0.135	104		1		208.88	33.02	
Energy....kcal	63		0	NC	4		159	25	
Energy....kJ	264		0		4		667	105	
Protein (N x 6.25)....g	0.53	0.016	56		1		1.34	0.21	
Total lipid (fat)....g	0.05	0.006	10		1		0.13	0.02	
Ash....g	0.37	0.017	25		1		0.94	0.15	
Carbohydrate, by difference....g	16.49		0	NC	4		41.72	6.60	
Fiber, total dietary....g	1.6		0		4		4.0	0.6	
Sugars, total....g	14.89		0	O	4		37.67	5.96	
Starch....g									
Minerals:									
Calcium, Ca....mg	11	0.422	28		1		28	4	
Iron, Fe....mg	0.39	0.033	37		1		0.99	0.16	
Magnesium, Mg....mg	8	0.285	36		1		20	3	
Phosphorus, P....mg	13	0.590	28		1		33	5	
Potassium, K....mg	138	5.540	19		1		349	55	
Sodium, Na....mg	4	0.418	19		1		10	2	
Zinc, Zn....mg	0.11		0		1		0.28	0.04	
Copper, Cu....mg	0.079		0		1		0.200	0.032	
Manganese, Mn....mg	0.052		0		1		0.132	0.021	
Selenium, Se....µg	0.1		0	BFYN	4		0.2	0.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	2.7	0.087	165		1		6.8	1.1	
Thiamin....mg	0.016	0.000	36		1		0.040	0.006	
Riboflavin....mg	0.020	0.001	31		1		0.051	0.008	
Niacin....mg	0.304	0.009	31		1		0.769	0.122	
Pantothenic acid....mg	0.092		0		1		0.233	0.037	
Vitamin B-6....mg	0.054		0		1		0.137	0.022	
Folate, total....µg	2		0		1		4	1	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	2		0		1		4	1	
Folate, DFE....µg	2		0	NC	4		4	1	
Choline, total....mg	1.8		0	BFYN	4		4.7	0.7	
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	66	1.520	148		1		167	26	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg	789		0	BNA	4		1997	316	
Carotene, alpha....µg	0		0	BNA	4		0	0	
Cryptoxanthin, beta....µg	7		0	BNA	4		19	3	
Vitamin A, IU....IU	1322	30.399	148		1		3345	529	
Lycopene....µg	0		0	BFYN	4		0	0	
Lutein + zeaxanthin....µg	26		0	BFYN	4		67	11	
Vitamin E (alpha-tocopherol)....mg	0.60		0	BFYN	4		1.51	0.24	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	2.2		0	BFYN	4		5.6	0.9	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 09026

Apricots, canned, light syrup pack, with skin, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.003		0		1		0.008	0.001	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	
15:0....g									
16:0....g	0.003		0		1		0.008	0.001	
17:0....g									
18:0....g	0.000		0		1		0.000	0.000	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.021		0		1		0.053	0.008	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.021		0		1		0.053	0.008	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.010		0		1		0.025	0.004	
18:2 undifferentiated....g	0.010		0		1		0.025	0.004	
18:3 undifferentiated....g	0.000		0		1		0.000	0.000	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.009		0		1		0.023	0.004	
Threonine....g	0.019		0		1		0.048	0.008	
Isoleucine....g	0.016		0		1		0.040	0.006	
Leucine....g	0.031		0		1		0.078	0.012	
Lysine....g	0.037		0		1		0.094	0.015	
Methionine....g	0.003		0		1		0.008	0.001	
Cystine....g	0.002		0		1		0.005	0.001	
Phenylalanine....g	0.022		0		1		0.056	0.009	
Tyrosine....g	0.012		0		1		0.030	0.005	
Valine....g	0.019		0		1		0.048	0.008	
Arginine....g	0.021		0		1		0.053	0.008	
Histidine....g	0.009		0		1		0.023	0.004	
Alanine....g	0.026		0		1		0.066	0.010	
Aspartic acid....g	0.122		0		1		0.309	0.049	
Glutamic acid....g	0.054		0		1		0.137	0.022	
Glycine....g	0.016		0		1		0.040	0.006	
Proline....g	0.032		0		1		0.081	0.013	
Serine....g	0.031		0		1		0.078	0.012	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 09026

Apricots, canned, light syrup pack, with skin, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 253g: 1 cup, halves

Measure 2 = 40g: 1 apricot half with liquid

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.71

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09022

Apricots, canned, water pack, with skin, solids and liquids

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	92.36	0.122	42		1		224.43	33.25	
Energy....kcal	27		0	NC	4		66	10	
Energy....kJ	113		0		4		275	41	
Protein (N x 6.25)....g	0.71	0.020	10		1		1.73	0.26	
Total lipid (fat)....g	0.16	0.027	8		1		0.39	0.06	
Ash....g	0.38		0		1		0.92	0.14	
Carbohydrate, by difference....g	6.39		0	NC	4		15.53	2.30	
Fiber, total dietary....g	1.6		0		4		3.9	0.6	
Sugars, total....g	4.79		0	O	4		11.64	1.72	
Starch....g									
Minerals:									
Calcium, Ca....mg	8	0.467	9		1		19	3	
Iron, Fe....mg	0.32		0		1		0.78	0.12	
Magnesium, Mg....mg	7	0.760	8		1		17	3	
Phosphorus, P....mg	13	1.564	9		1		32	5	
Potassium, K....mg	192	9.989	37		1		467	69	
Sodium, Na....mg	3	0.161	37		1		7	1	
Zinc, Zn....mg	0.11		0		1		0.27	0.04	
Copper, Cu....mg	0.082		0		1		0.199	0.030	
Manganese, Mn....mg	0.053		0		1		0.129	0.019	
Selenium, Se....µg	0.1		0	BFYN	4		0.2	0.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	3.4	0.161	19		1		8.3	1.2	
Thiamin....mg	0.021		0		1		0.051	0.008	
Riboflavin....mg	0.023		0		1		0.056	0.008	
Niacin....mg	0.395		0		1		0.960	0.142	
Pantothenic acid....mg	0.092		0		1		0.224	0.033	
Vitamin B-6....mg	0.054		0		1		0.131	0.019	
Folate, total....µg	2		0		1		4	1	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	2		0		1		4	1	
Folate, DFE....µg	2		0	NC	4		4	1	
Choline, total....mg	1.8		0	BFYN	4		4.5	0.7	
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	98		0	NC	4		238	35	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg	1170		0	BFYN	4		2843	421	
Carotene, alpha....µg	0		0	BFYN	4		0	0	
Cryptoxanthin, beta....µg	11		0	BFYN	4		27	4	
Vitamin A, IU....IU	1959		0	NC	4		4761	705	
Lycopene....µg	0		0	BFYN	4		0	0	
Lutein + zeaxanthin....µg	26		0	BFYN	4		64	9	
Vitamin E (alpha-tocopherol)....mg	0.60		0	BFYN	4		1.45	0.21	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	2.2		0	BFYN	4		5.4	0.8	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 09022

Apricots, canned, water pack, with skin, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.011		0		1		0.027	0.004	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	
15:0....g									
16:0....g	0.010		0		1		0.024	0.004	
17:0....g									
18:0....g	0.001		0		1		0.002	0.000	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.069		0		1		0.168	0.025	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.069		0		1		0.168	0.025	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.031		0		1		0.075	0.011	
18:2 undifferentiated....g	0.031		0		1		0.075	0.011	
18:3 undifferentiated....g	0.000		0		1		0.000	0.000	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.013		24		1		0.032	0.005	
Threonine....g	0.026		24		1		0.063	0.009	
Isoleucine....g	0.022		24		1		0.053	0.008	
Leucine....g	0.042		24		1		0.102	0.015	
Lysine....g	0.049		24		1		0.119	0.018	
Methionine....g	0.004		24		1		0.010	0.001	
Cystine....g	0.002		24		1		0.005	0.001	
Phenylalanine....g	0.030		24		1		0.073	0.011	
Tyrosine....g	0.017		24		1		0.041	0.006	
Valine....g	0.026		24		1		0.063	0.009	
Arginine....g	0.028		24		1		0.068	0.010	
Histidine....g	0.012		24		1		0.029	0.004	
Alanine....g	0.035		24		1		0.085	0.013	
Aspartic acid....g	0.163		24		1		0.396	0.059	
Glutamic acid....g	0.072		24		1		0.175	0.026	
Glycine....g	0.022		24		1		0.053	0.008	
Proline....g	0.043		24		1		0.104	0.015	
Serine....g	0.041		24		1		0.100	0.015	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 09022

Apricots, canned, water pack, with skin, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 243g: 1 cup, halves

Measure 2 = 36g: 1 apricot half with liquid

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09023

Apricots, canned, water pack, without skin, solids and liquids

Refuse: 6% Pits

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	93.43	0.292	5		1		212.09		
Energy....kcal	22		0	NC	4		50		
Energy....kJ	92				4		209		
Protein (N x 6.25)....g	0.69		1		1		1.57		
Total lipid (fat)....g	0.03		1		1		0.07		
Ash....g	0.38		1		1		0.86		
Carbohydrate, by difference....g	5.48		0	NC	4		12.44		
Fiber, total dietary....g	1.1		0		4		2.5		
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	8		1		1		18		
Iron, Fe....mg	0.54		1		1		1.23		
Magnesium, Mg....mg	9		1		1		20		
Phosphorus, P....mg	16		1		1		36		
Potassium, K....mg	154	6.205	3		1		350		
Sodium, Na....mg	11	0.697	3		1		25		
Zinc, Zn....mg	0.11		0		1		0.25		
Copper, Cu....mg	0.068		0		1		0.154		
Manganese, Mn....mg	0.053		0		1		0.120		
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.8	0.279	3		1		4.1		
Thiamin....mg	0.020		0		1		0.045		
Riboflavin....mg	0.024		0		1		0.054		
Niacin....mg	0.437		0		1		0.992		
Pantothenic acid....mg	0.092		0		1		0.209		
Vitamin B-6....mg	0.054		0		1		0.123		
Folate, total....µg	2		0		1		4		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	2		0		1		4		
Folate, DFE....µg	2		0	NC	4		4		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....µg	91		1		1		205		
Retinol....µg	0		0	Z	7		0		
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	1810		1		1		4109		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.002		0		1		0.005		
4:0....g									

NDB No. 09023

Apricots, canned, water pack, without skin, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g									
15:0....g									
16:0....g	0.002		0		1		0.005		
17:0....g									
18:0....g									
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.013		0		1		0.030		
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.013		0		1		0.030		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.006		0		1		0.014		
18:2 undifferentiated....g	0.006		0		1		0.014		
18:3 undifferentiated....g									
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.012		0		1		0.027		
Threonine....g	0.025		0		1		0.057		
Isoleucine....g	0.021		0		1		0.048		
Leucine....g	0.040		0		1		0.091		
Lysine....g	0.048		0		1		0.109		
Methionine....g	0.003		0		1		0.007		
Cystine....g	0.002		0		1		0.005		
Phenylalanine....g	0.028		0		1		0.064		
Tyrosine....g	0.016		0		1		0.036		
Valine....g	0.025		0		1		0.057		
Arginine....g	0.027		0		1		0.061		
Histidine....g	0.011		0		1		0.025		
Alanine....g	0.034		0		1		0.077		
Aspartic acid....g	0.157		0		1		0.356		
Glutamic acid....g	0.069		0		1		0.157		
Glycine....g	0.021		0		1		0.048		
Proline....g	0.041		0		1		0.093		
Serine....g	0.039		0		1		0.089		
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 227g: 1 cup, whole, without pits

NDB No. 09023

Apricots, canned, water pack, without skin, solids and liquids

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09031
Apricots, dehydrated (low-moisture), sulfured, stewed

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	63.60		2		1		158.36		
Energy....kcal	126		0	NC	4		314		
Energy....kJ	527				4		1313		
Protein (N x 6.25)....g	1.93		0		1		4.81		
Total lipid (fat)....g	0.24		0		1		0.60		
Ash....g	1.61		0		1		4.01		
Carbohydrate, by difference....g	32.62		0	NC	4		81.22		
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	24		0		1		60		
Iron, Fe....mg	2.48		0		1		6.18		
Magnesium, Mg....mg	25		0		1		62		
Phosphorus, P....mg	62		0		1		154		
Potassium, K....mg	728		0		1		1813		
Sodium, Na....mg	5		0		1		12		
Zinc, Zn....mg	0.39		0		1		0.97		
Copper, Cu....mg	0.227		0		1		0.565		
Manganese, Mn....mg	0.145		0		1		0.361		
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	7.1		2		1		17.7		
Thiamin....mg	0.013		2		1		0.032		
Riboflavin....mg	0.067		2		1		0.167		
Niacin....mg	1.630		2		1		4.059		
Pantothenic acid....mg	0.468		2		1		1.165		
Vitamin B-6....mg	0.161		2		1		0.401		
Folate, total....µg	2		2		1		4		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	2		2		1		4		
Folate, DFE....µg	2		0	NC	4		4		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....µg	220		2		1		549		
Retinol....µg	0		0	Z	7		0		
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	4407		2		1		10973		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.017		0		1		0.042		
4:0....g									

NDB No. 09031
Apricots, dehydrated (low-moisture), sulfured, stewed

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g									
15:0....g									
16:0....g	0.015		0		1		0.037		
17:0....g									
18:0....g	0.002		0		1		0.005		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.105		0		1		0.261		
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.105		0		1		0.261		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.047		0		1		0.117		
18:2 undifferentiated....g	0.047		0		1		0.117		
18:3 undifferentiated....g									
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.034		0		1		0.085		
Threonine....g	0.070		0		1		0.174		
Isoleucine....g	0.059		0		1		0.147		
Leucine....g	0.113		0		1		0.281		
Lysine....g	0.134		0		1		0.334		
Methionine....g	0.010		0		1		0.025		
Cystine....g	0.006		0		1		0.015		
Phenylalanine....g	0.080		0		1		0.199		
Tyrosine....g	0.045		0		1		0.112		
Valine....g	0.070		0		1		0.174		
Arginine....g	0.075		0		1		0.187		
Histidine....g	0.032		0		1		0.080		
Alanine....g	0.095		0		1		0.237		
Aspartic acid....g	0.442		0		1		1.101		
Glutamic acid....g	0.195		0		1		0.486		
Glycine....g	0.060		0		1		0.149		
Proline....g	0.116		0		1		0.289		
Serine....g	0.111		0		1		0.276		
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 249g: 1 cup

NDB No. 09031
Apricots, dehydrated (low-moisture), sulfured, stewed

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09030
Apricots, dehydrated (low-moisture), sulfured, uncooked

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	7.50		0		1		8.93		
Energy	kcal	320		0	NC	4		381		
Energy	kJ	1339				4		1593		
Protein (N x 6.25)	g	4.90		0		1		5.83		
Total lipid (fat)	g	0.62		0		1		0.74		
Ash	g	4.09		0		1		4.87		
Carbohydrate, by difference	g	82.89		0	NC	4		98.64		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	61		0		1		73		
Iron, Fe	mg	6.31		0		1		7.51		
Magnesium, Mg	mg	63		0		1		75		
Phosphorus, P	mg	157		0		1		187		
Potassium, K	mg	1850		0		1		2202		
Sodium, Na	mg	13		0		1		15		
Zinc, Zn	mg	1.00		0		1		1.19		
Copper, Cu	mg	0.576		0		1		0.685		
Manganese, Mn	mg	0.369		0		1		0.439		
Selenium, Se	µg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	9.5		2		1		11.3		
Thiamin	mg	0.043		2		1		0.051		
Riboflavin	mg	0.148		2		1		0.176		
Niacin	mg	3.580		2		1		4.260		
Pantothenic acid	mg	1.067		2		1		1.270		
Vitamin B-6	mg	0.520		2		1		0.619		
Folate, total	µg	4		2		1		5		
Folic acid	µg	0		0	Z	7		0		
Folate, food	µg	4		2		1		5		
Folate, DFE	µg	4		0	NC	4		5		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	0.00		0	Z	7		0.00		
Vitamin A, RAE	µg	633		2		1		754		
Retinol	µg	0		0	Z	7		0		
Carotene, beta	µg									
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU	IU	12669		2		1		15076		
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU	0		0	Z	7		0		
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										
Fatty acids, total saturated	g	0.043		0		1		0.051		
4:0	g									

NDB No. 09030
Apricots, dehydrated (low-moisture), sulfured, uncooked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g									
15:0....g									
16:0....g	0.037		0		1		0.044		
17:0....g									
18:0....g	0.005		0		1		0.006		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.268		0		1		0.319		
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.268		0		1		0.319		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.121		0		1		0.144		
18:2 undifferentiated....g	0.121		0		1		0.144		
18:3 undifferentiated....g									
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.087		0		1		0.104		
Threonine....g	0.176		0		1		0.209		
Isoleucine....g	0.151		0		1		0.180		
Leucine....g	0.288		0		1		0.343		
Lysine....g	0.339		0		1		0.403		
Methionine....g	0.024		0		1		0.029		
Cystine....g	0.016		0		1		0.019		
Phenylalanine....g	0.203		0		1		0.242		
Tyrosine....g	0.114		0		1		0.136		
Valine....g	0.179		0		1		0.213		
Arginine....g	0.190		0		1		0.226		
Histidine....g	0.081		0		1		0.096		
Alanine....g	0.241		0		1		0.287		
Aspartic acid....g	1.122		0		1		1.335		
Glutamic acid....g	0.495		0		1		0.589		
Glycine....g	0.151		0		1		0.180		
Proline....g	0.293		0		1		0.349		
Serine....g	0.281		0		1		0.334		
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 119g: 1 cup

NDB No. 09030
Apricots, dehydrated (low-moisture), sulfured, uncooked

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09034
Apricots, dried, sulfured, stewed, with added sugar

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	68.45		0		1		184.82		
Energy....kcal	113		0	NC	4		305		
Energy....kJ	473				4		1277		
Protein (N x 6.25)....g	1.17		0		1		3.16		
Total lipid (fat)....g	0.15		0		1		0.41		
Ash....g	0.98		0		1		2.65		
Carbohydrate, by difference....g	29.26		0	NC	4		79.00		
Fiber, total dietary....g	4.1		0		4		11.1		
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	15		0		1		41		
Iron, Fe....mg	1.52		0		1		4.10		
Magnesium, Mg....mg	15		0		1		41		
Phosphorus, P....mg	38		0		1		103		
Potassium, K....mg	443		0		1		1196		
Sodium, Na....mg	3		0		1		8		
Zinc, Zn....mg	0.24		0		1		0.65		
Copper, Cu....mg	0.138		0		1		0.373		
Manganese, Mn....mg	0.088		0		1		0.238		
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.4		0		1		3.8		
Thiamin....mg	0.005		0		1		0.014		
Riboflavin....mg	0.027		0		1		0.073		
Niacin....mg	0.853		0		1		2.303		
Pantothenic acid....mg	0.191		0		1		0.516		
Vitamin B-6....mg	0.103		0		1		0.278		
Folate, total....µg	0		0		1		0		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	0		0		1		0		
Folate, DFE....µg	0		0	NC	4		0		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....µg	107		0		1		289		
Retinol....µg	0		0	Z	7		0		
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	2139		0		1		5775		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.010		0		1		0.027		
4:0....g									

NDB No. 09034
Apricots, dried, sulfured, stewed, with added sugar

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g									
15:0....g									
16:0....g	0.009		0		1		0.024		
17:0....g									
18:0....g	0.001		0		1		0.003		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.064		0		1		0.173		
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.064		0		1		0.173		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.029		0		1		0.078		
18:2 undifferentiated....g	0.029		0		1		0.078		
18:3 undifferentiated....g									
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.021		0		1		0.057		
Threonine....g	0.042		0		1		0.113		
Isoleucine....g	0.036		0		1		0.097		
Leucine....g	0.069		0		1		0.186		
Lysine....g	0.081		0		1		0.219		
Methionine....g	0.006		0		1		0.016		
Cystine....g	0.004		0		1		0.011		
Phenylalanine....g	0.049		0		1		0.132		
Tyrosine....g	0.027		0		1		0.073		
Valine....g	0.043		0		1		0.116		
Arginine....g	0.045		0		1		0.122		
Histidine....g	0.019		0		1		0.051		
Alanine....g	0.058		0		1		0.157		
Aspartic acid....g	0.269		0		1		0.726		
Glutamic acid....g	0.119		0		1		0.321		
Glycine....g	0.036		0		1		0.097		
Proline....g	0.070		0		1		0.189		
Serine....g	0.067		0		1		0.181		
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 270g: 1 cup, halves

NDB No. 09034
Apricots, dried, sulfured, stewed, with added sugar

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09033

Apricots, dried, sulfured, stewed, without added sugar

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	75.56		1		1		188.90		
Energy....kcal	85		0	NC	4		213		
Energy....kJ	357		0	NC	4		892		
Protein (N x 6.25)....g	1.20		0	BFSN	4		3.00		
Total lipid (fat)....g	0.18		0	BFSN	4		0.45		
Ash....g	0.91		0	BFSN	4		2.27		
Carbohydrate, by difference....g	22.15		0	NC	4		55.38		
Fiber, total dietary....g	2.6		0	BFSN	4		6.5		
Sugars, total....g	19.57		0	O	4		48.93		
Starch....g									
Minerals:									
Calcium, Ca....mg	19		0	BFSN	4		48		
Iron, Fe....mg	0.94		0	BFSN	4		2.36		
Magnesium, Mg....mg	11		0	BFSN	4		29		
Phosphorus, P....mg	25		0	BFSN	4		63		
Potassium, K....mg	411		0	BFSN	4		1027		
Sodium, Na....mg	4		0	BFSN	4		9		
Zinc, Zn....mg	0.14		0	BFSN	4		0.34		
Copper, Cu....mg	0.121		0	BFSN	4		0.304		
Manganese, Mn....mg	0.083		0	BFSN	4		0.208		
Selenium, Se....µg	0.8		0	BFSN	4		1.9		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.3		0	BFSN	4		0.9		
Thiamin....mg	0.005		0	BFSN	4		0.014		
Riboflavin....mg	0.026		0	BFSN	4		0.066		
Niacin....mg	0.915		0	BFSN	4		2.289		
Pantothenic acid....mg	0.211	0.035	3		1		0.528		
Vitamin B-6....mg	0.051		0	BFSN	4		0.127		
Folate, total....µg	3		0	BFSN	4		9		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	3		0	BFSN	4		9		
Folate, DFE....µg	3		0	NC	4		9		
Choline, total....mg	4.9		0	BFSN	4		12.3		
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....µg	64		0	NC	4		159		
Retinol....µg	0		0	Z	7		0		
Carotene, beta....µg	765		0	BFSN	4		1912		
Carotene, alpha....µg	0		0	BFSN	4		0		
Cryptoxanthin, beta....µg	0		0	BFSN	4		0		
Vitamin A, IU....IU	1275		0	BFSN	4		3187		
Lycopene....µg	0		0	BFSN	4		0		
Lutein + zeaxanthin....µg	0		0	BFSN	4		0		
Vitamin E (alpha-tocopherol)....mg	1.53		0	BFSN	4		3.83		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....µg	1.1		0	BFSN	4		2.7		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 09033

Apricots, dried, sulfured, stewed, without added sugar

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.006		0	BFSN	4		0.015		
4:0....g	0.000		0	BFSN	4		0.000		
6:0....g	0.000		0	BFSN	4		0.000		
8:0....g	0.000		0	BFSN	4		0.000		
10:0....g	0.000		0	BFSN	4		0.000		
12:0....g	0.000		0	BFSN	4		0.000		
13:0....g									
14:0....g	0.000		0	BFSN	4		0.000		
15:0....g									
16:0....g	0.006		0	BFSN	4		0.015		
17:0....g									
18:0....g	0.000		0	BFSN	4		0.000		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.026		0	BFSN	4		0.066		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	BFSN	4		0.000		
17:1....g									
18:1 undifferentiated....g	0.026		0	BFSN	4		0.066		
20:1....g	0.000		0	BFSN	4		0.000		
22:1 undifferentiated....g	0.000		0	BFSN	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.026		0	BFSN	4		0.066		
18:2 undifferentiated....g	0.026		0	BFSN	4		0.066		
18:3 undifferentiated....g	0.000		0	BFSN	4		0.000		
18:4....g	0.000		0	BFSN	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	BFSN	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	BFSN	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	BFSN	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	BFSN	4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.006		0	BFSN	4		0.014		
Threonine....g	0.026		0	BFSN	4		0.065		
Isoleucine....g	0.022		0	BFSN	4		0.056		
Leucine....g	0.037		0	BFSN	4		0.093		
Lysine....g	0.029		0	BFSN	4		0.073		
Methionine....g	0.005		0	BFSN	4		0.013		
Cystine....g	0.007		0	BFSN	4		0.017		
Phenylalanine....g	0.022		0	BFSN	4		0.055		
Tyrosine....g	0.014		0	BFSN	4		0.035		
Valine....g	0.028		0	BFSN	4		0.069		
Arginine....g	0.023		0	BFSN	4		0.059		
Histidine....g	0.017		0	BFSN	4		0.041		
Alanine....g	0.039		0	BFSN	4		0.097		
Aspartic acid....g	0.331		0	BFSN	4		0.828		
Glutamic acid....g	0.066		0	BFSN	4		0.166		
Glycine....g	0.025		0	BFSN	4		0.062		
Proline....g	0.290		0	BFSN	4		0.726		
Serine....g	0.031		0	BFSN	4		0.077		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 09033

Apricots, dried, sulfured, stewed, without added sugar

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 250g: 1 cup, halves

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09032
Apricots, dried, sulfured, uncooked

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	30.89	0.293	4	A	1		40.16	1.08	
Energy....kcal	241		0	NC	4		313	8	
Energy....kJ	1009		0	NC	4		1312	35	
Protein (N x 6.25)....g	3.39	0.112	3	A	1		4.41	0.12	
Total lipid (fat)....g	0.51	0.045	3	A	1		0.66	0.02	
Ash....g	2.57		1	A	1		3.34	0.09	
Carbohydrate, by difference....g	62.64		0	NC	4		81.43	2.19	
Fiber, total dietary....g	7.3	0.092	5	A	1		9.5	0.3	
Sugars, total....g	53.44	2.302	3	A	1		69.47	1.87	
Sucrose....g	7.89	0.385	3	A	1		10.25	0.28	
Glucose (dextrose)....g	33.08	1.868	3	A	1		43.00	1.16	
Fructose....g	12.47	0.215	3	A	1		16.21	0.44	
Lactose....g	0.00	0.000	3	A	1		0.00	0.00	
Maltose....g	0.00	0.000	3	A	1		0.00	0.00	
Galactose....g	0.00	0.000	3	A	1		0.00	0.00	
Starch....g	0.35	0.227	3	A	1		0.45	0.01	
Minerals:									
Calcium, Ca....mg	55	4.367	3	A	1		71	2	
Iron, Fe....mg	2.66	0.624	3	A	1		3.46	0.09	
Magnesium, Mg....mg	32	3.602	3	A	1		42	1	
Phosphorus, P....mg	71	8.003	3	A	1		92	2	
Potassium, K....mg	1162	61.451	3	A	1		1510	41	
Sodium, Na....mg	10	0.930	33		1		13	0	
Zinc, Zn....mg	0.39	0.045	3	A	1		0.50	0.01	
Copper, Cu....mg	0.343	0.055	3	A	1		0.446	0.012	
Manganese, Mn....mg	0.235	0.032	3	A	1		0.306	0.008	
Selenium, Se....µg	2.2		0	BFSN	4		2.9	0.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.0	0.226	3	A	1		1.3	0.0	
Thiamin....mg	0.015	0.004	3	A	1		0.020	0.001	
Riboflavin....mg	0.074	0.001	3	A	1		0.097	0.003	
Niacin....mg	2.589	0.019	3	A	1		3.365	0.091	
Pantothenic acid....mg	0.516		2	A	1		0.670	0.018	
Vitamin B-6....mg	0.143	0.006	3	A	1		0.186	0.005	
Folate, total....µg	10	0.067	3	A	1		13	0	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	10	0.067	3	A	1		13	0	
Folate, DFE....µg	10		0	NC	4		13	0	
Choline, total....mg	13.9		0	AS	1		18.1	0.5	
Betaine....mg	0.3		1	A	1		0.4	0.0	
Vitamin B-12....µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	180		2	A	1		234	6	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg	2163		2	A	1		2811	76	
Carotene, alpha....µg	0		2	A	1		0	0	
Cryptoxanthin, beta....µg	0		2	A	1		0	0	
Vitamin A, IU....IU	3604		2	A	1		4685	126	
Lycopene....µg	0		2	A	1		0	0	
Lutein + zeaxanthin....µg	0		2	AS	1		0	0	
Vitamin E (alpha-tocopherol)....mg	4.33	0.089	3	A	1		5.63	0.15	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.05	0.000	3	A	1		0.07	0.00	
Tocopherol, gamma....mg	0.08	0.007	3	A	1		0.10	0.00	
Tocopherol, delta....mg	0.01	0.000	3	A	1		0.02	0.00	
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									

NDB No. 09032
Apricots, dried, sulfured, uncooked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	3.1	0.250	3	A	1		4.0	0.1	
Dihydrophylloquinone....µg	0.0		2	A	1		0.0	0.0	
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.017		0	NC	4		0.021	0.001	
4:0....g	0.000	0.000	3	A	1		0.000	0.000	
6:0....g	0.000	0.000	3	A	1		0.000	0.000	
8:0....g	0.000	0.000	3	A	1		0.000	0.000	
10:0....g	0.000	0.000	3	A	1		0.000	0.000	
12:0....g	0.000	0.000	3	A	1		0.000	0.000	
13:0....g									
14:0....g	0.000	0.000	3	A	1		0.000	0.000	
15:0....g	0.000	0.000	3	A	1		0.000	0.000	
16:0....g	0.017	0.000	3	A	1		0.021	0.001	
17:0....g	0.000	0.000	3	A	1		0.000	0.000	
18:0....g	0.000	0.000	3	A	1		0.000	0.000	
20:0....g	0.000	0.000	3	A	1		0.000	0.000	
22:0....g	0.000	0.000	3	A	1		0.000	0.000	
24:0....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total monounsaturated....g	0.074		0	NC	4		0.097	0.003	
14:1....g	0.000	0.000	3	A	1		0.000	0.000	
15:1....g									
16:1 undifferentiated....g	0.000	0.000	3	A	1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.074	0.000	3	A	1		0.097	0.003	
20:1....g	0.000	0.000	3	A	1		0.000	0.000	
22:1 undifferentiated....g	0.000	0.000	3	A	1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.074		0	NC	4		0.097	0.003	
18:2 undifferentiated....g	0.074	0.000	3	A	1		0.097	0.003	
18:3 undifferentiated....g	0.000	0.000	3	A	1		0.000	0.000	
18:4....g	0.000	0.000	3	A	1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000	0.000	3	A	1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000	0.000	3	A	1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000	0.000	3	A	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.016		0	A	1		0.021	0.001	
Threonine....g	0.073		0	A	1		0.095	0.003	
Isoleucine....g	0.063		0	A	1		0.082	0.002	
Leucine....g	0.105		0	A	1		0.136	0.004	
Lysine....g	0.083		0	A	1		0.108	0.003	
Methionine....g	0.015		0	A	1		0.019	0.001	
Cystine....g	0.019		0	A	1		0.025	0.001	
Phenylalanine....g	0.062		0	A	1		0.081	0.002	
Tyrosine....g	0.039		0	A	1		0.051	0.001	
Valine....g	0.078		0	A	1		0.102	0.003	
Arginine....g	0.066		0	A	1		0.086	0.002	
Histidine....g	0.047		0	A	1		0.061	0.002	
Alanine....g	0.110		0	A	1		0.142	0.004	
Aspartic acid....g	0.937		0	A	1		1.218	0.033	
Glutamic acid....g	0.188		0	A	1		0.244	0.007	
Glycine....g	0.070		0	A	1		0.091	0.002	
Proline....g	0.821		0	A	1		1.067	0.029	
Serine....g	0.087		0	A	1		0.113	0.003	
Hydroxyproline....g									

NDB No. 09032
Apricots, dried, sulfured, uncooked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 130g: 1 cup, halves

Measure 2 = 3.5g: 1 half

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09035
Apricots, frozen, sweetened

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	73.30		0		1		177.39		
Energy....kcal	98		0	NC	4		237		
Energy....kJ	410				4		992		
Protein (N x 6.25)....g	0.70		0		1		1.69		
Total lipid (fat)....g	0.10		0		1		0.24		
Ash....g	0.80		0		1		1.94		
Carbohydrate, by difference....g	25.10		0	NC	4		60.74		
Fiber, total dietary....g	2.2		0		4		5.3		
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	10		0		1		24		
Iron, Fe....mg	0.90		0		1		2.18		
Magnesium, Mg....mg	9		0		1		22		
Phosphorus, P....mg	19		0		1		46		
Potassium, K....mg	229		0		1		554		
Sodium, Na....mg	4		0		1		10		
Zinc, Zn....mg	0.10		0		1		0.24		
Copper, Cu....mg	0.064		0		1		0.155		
Manganese, Mn....mg	0.050		0		1		0.121		
Selenium, Se....µg	0.4		0	BFZN	4		1.0		
Vitamins:									
Vitamin C, total ascorbic acid....mg	9.0		0		1		21.8		
Thiamin....mg	0.020		0		1		0.048		
Riboflavin....mg	0.040		0		1		0.097		
Niacin....mg	0.800		0		1		1.936		
Pantothenic acid....mg	0.200		0		1		0.484		
Vitamin B-6....mg	0.060		0		1		0.145		
Folate, total....µg	2		0		4		4		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	2		0		4		4		
Folate, DFE....µg	2		0	NC	4		4		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....µg	84		0		1		203		
Retinol....µg	0		0	Z	7		0		
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	1680		0		1		4066		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.007		0		1		0.017		
4:0....g	0.000		0		1		0.000		

NDB No. 09035
Apricots, frozen, sweetened

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0		1		0.000		
8:0 g	0.000		0		1		0.000		
10:0 g	0.000		0		1		0.000		
12:0 g	0.000		0		1		0.000		
13:0 g									
14:0 g	0.000		0		1		0.000		
15:0 g									
16:0 g	0.006		0		1		0.015		
17:0 g									
18:0 g	0.001		0		1		0.002		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.044		0		1		0.106		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.000		0		1		0.000		
17:1 g									
18:1 undifferentiated g	0.044		0		1		0.106		
20:1 g	0.000		0		1		0.000		
22:1 undifferentiated g	0.000		0		1		0.000		
24:1 c g									
Fatty acids, total polyunsaturated g	0.020		0		1		0.048		
18:2 undifferentiated g	0.020		0		1		0.048		
18:3 undifferentiated g	0.000		0		1		0.000		
18:4 g	0.000		0		1		0.000		
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000		
20:5 n-3 (EPA) g	0.000		0		1		0.000		
22:5 n-3 (DPA) g	0.000		0		1		0.000		
22:6 n-3 (DHA) g	0.000		0		1		0.000		
Fatty acids, total trans g									
Cholesterol mg	0		0	Z	7		0		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.008		0		1		0.019		
Threonine g	0.024		0		1		0.058		
Isoleucine g	0.020		0		1		0.048		
Leucine g	0.039		0		1		0.094		
Lysine g	0.049		0		1		0.119		
Methionine g	0.003		0		1		0.007		
Cystine g	0.002		0		1		0.005		
Phenylalanine g	0.026		0		1		0.063		
Tyrosine g	0.015		0		1		0.036		
Valine g	0.024		0		1		0.058		
Arginine g	0.022		0		1		0.053		
Histidine g	0.013		0		1		0.031		
Alanine g	0.034		0		1		0.082		
Aspartic acid g	0.157		0		1		0.380		
Glutamic acid g	0.079		0		1		0.191		
Glycine g	0.020		0		1		0.048		
Proline g	0.051		0		1		0.123		
Serine g	0.042		0		1		0.102		
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0		
Caffeine mg									
Theobromine mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 09035

Apricots, frozen, sweetened

Common Measures:

Measure 1 = 242g: 1 cup

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.78

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09021

Apricots, raw

Prunus armeniaca

Includes USDA commodity food A386

Refuse: 7% Pits

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	86.35		26		1		133.84	142.48	30.22
Energy....kcal	48		0	NC	4		74	79	17
Energy....kJ	201		0		4		311	331	70
Protein (N x 6.25)....g	1.40	0.336	22		1		2.17	2.31	0.49
Total lipid (fat)....g	0.39	0.170	5		1		0.60	0.64	0.14
Ash....g	0.75	0.054	32		1		1.16	1.24	0.26
Carbohydrate, by difference....g	11.12		0	NC	4		17.24	18.35	3.89
Fiber, total dietary....g	2.0	0.408	5	A	1		3.0	3.2	0.7
Sugars, total....g	9.24		0	AS	1		14.32	15.24	3.23
Sucrose....g	5.87	0.659	7	A	1		9.11	9.69	2.06
Glucose (dextrose)....g	2.37	0.553	7	A	1		3.67	3.90	0.83
Fructose....g	0.94	0.271	7	A	1		1.45	1.54	0.33
Lactose....g	0.00		0	Z	7		0.00	0.00	0.00
Maltose....g	0.06		1	A	1		0.09	0.10	0.02
Galactose....g	0.00		0	Z	7		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	13	1.071	21	A	1		21	22	5
Iron, Fe....mg	0.39	0.018	21	A	1		0.60	0.64	0.14
Magnesium, Mg....mg	10	0.233	21	A	1		16	17	4
Phosphorus, P....mg	23	0.424	21	A	1		36	38	8
Potassium, K....mg	259	4.464	21	A	1		402	428	91
Sodium, Na....mg	1	0.036	18		1		2	2	0
Zinc, Zn....mg	0.20	0.011	21	A	1		0.30	0.32	0.07
Copper, Cu....mg	0.078	0.006	21	A	1		0.121	0.129	0.027
Manganese, Mn....mg	0.077	0.002	21	A	1		0.120	0.128	0.027
Selenium, Se....µg	0.1	0.089	21	A	1		0.2	0.2	0.0
Vitamins:									
Vitamin C, total ascorbic acid....mg	10.0	0.161	4		1		15.5	16.5	3.5
Thiamin....mg	0.030		0		1		0.047	0.050	0.011
Riboflavin....mg	0.040		0		1		0.062	0.066	0.014
Niacin....mg	0.600		0		1		0.930	0.990	0.210
Pantothenic acid....mg	0.240		0		1		0.372	0.396	0.084
Vitamin B-6....mg	0.054		1		1		0.084	0.089	0.019
Folate, total....µg	9	1.450	4		1		13	14	3
Folic acid....µg	0		0	Z	7		0	0	0
Folate, food....µg	9	1.450	4		1		13	14	3
Folate, DFE....µg	9		0	NC	4		13	14	3
Choline, total....mg	2.8		0	BFSN	4		4.3	4.5	1.0
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....µg	96	31.927	8	A	1		149	159	34
Retinol....µg	0		0	Z	7		0	0	0
Carotene, beta....µg	1094	346.051	8	A	1		1695	1805	383
Carotene, alpha....µg	19	10.693	8	A	1		29	31	7
Cryptoxanthin, beta....µg	104	64.178	8	A	1		162	172	37
Vitamin A, IU....IU	1926	638.531	8	A	1		2985	3178	674
Lycopene....µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....µg	89		2	A	1		138	147	31
Vitamin E (alpha-tocopherol)....mg	0.89		0	NR	4		1.38	1.47	0.31
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)....µg									

NDB No. 09021
Apricots, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	3.3		1	A	1		5.1	5.4	1.2
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.027		0		1		0.042	0.045	0.009
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.000		0		1		0.000	0.000	0.000
10:0....g	0.000		0		1		0.000	0.000	0.000
12:0....g	0.000		0		1		0.000	0.000	0.000
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	0.000
15:0....g									
16:0....g	0.024		4		1		0.037	0.040	0.008
17:0....g									
18:0....g	0.003		4		1		0.005	0.005	0.001
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.170		0		1		0.264	0.281	0.060
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
17:1....g									
18:1 undifferentiated....g	0.170		4		1		0.264	0.281	0.060
20:1....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.077		0		1		0.119	0.127	0.027
18:2 undifferentiated....g	0.077		4		1		0.119	0.127	0.027
18:3 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	0
Phytosterols....mg	18		0		1		28	30	6
Amino Acids:									
Tryptophan....g	0.015		12		1		0.023	0.025	0.005
Threonine....g	0.047		12		1		0.073	0.078	0.016
Isoleucine....g	0.041		12		1		0.064	0.068	0.014
Leucine....g	0.077		12		1		0.119	0.127	0.027
Lysine....g	0.097		12		1		0.150	0.160	0.034
Methionine....g	0.006		12		1		0.009	0.010	0.002
Cystine....g	0.003		12		1		0.005	0.005	0.001
Phenylalanine....g	0.052		12		1		0.081	0.086	0.018
Tyrosine....g	0.029		12		1		0.045	0.048	0.010
Valine....g	0.047		12		1		0.073	0.078	0.016
Arginine....g	0.045		12		1		0.070	0.074	0.016
Histidine....g	0.027		12		1		0.042	0.045	0.009
Alanine....g	0.068		12		1		0.105	0.112	0.024
Aspartic acid....g	0.314		12		1		0.487	0.518	0.110
Glutamic acid....g	0.157		12		1		0.243	0.259	0.055
Glycine....g	0.040		12		1		0.062	0.066	0.014
Proline....g	0.101		12		1		0.157	0.167	0.035
Serine....g	0.083		12		1		0.129	0.137	0.029
Hydroxyproline....g									

NDB No. 09021
Apricots, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 155g: 1 cup, halves

Measure 2 = 165g: 1 cup, sliced

Measure 3 = 35g: 1 apricot

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09038
Avocados, raw, California
Persea americana

Refuse: 33% Seed and skin

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	72.33	2.170	33	A	1		166.35	98.36	21.70
Energy....kcal	167		0	NC	4		383	227	50
Energy....kJ	697		0	NC	4		1604	949	209
Protein (N x 6.25)....g	1.96	0.158	30	A	1		4.50	2.66	0.59
Total lipid (fat)....g	15.41	0.630	31	A	1		35.45	20.96	4.62
Ash....g	1.66	0.138	30	A	1		3.82	2.26	0.50
Carbohydrate, by difference....g	8.64		0	NC	4		19.88	11.75	2.59
Fiber, total dietary....g	6.8	1.014	21	A	1		15.7	9.3	2.1
Sugars, total....g	0.30	0.098	11	A	1		0.69	0.41	0.09
Sucrose....g	0.06	0.043	9	A	1		0.13	0.08	0.02
Glucose (dextrose)....g	0.08	0.035	9	A	1		0.17	0.10	0.02
Fructose....g	0.08	0.019	9	A	1		0.19	0.11	0.03
Lactose....g	0.00	0.000	9	A	1		0.00	0.00	0.00
Maltose....g	0.00	0.000	9	A	1		0.00	0.00	0.00
Galactose....g	0.08	0.014	8	A	1		0.19	0.11	0.02
Starch....g	0.11	0.000	4	A	1		0.25	0.15	0.03
Minerals:									
Calcium, Ca....mg	13	0.662	24	A	1		29	17	4
Iron, Fe....mg	0.61	0.122	24	A	1		1.40	0.83	0.18
Magnesium, Mg....mg	29	1.702	12	A	1		67	40	9
Phosphorus, P....mg	54	1.886	12	A	1		125	74	16
Potassium, K....mg	507	34.404	24	A	1		1166	690	152
Sodium, Na....mg	8	1.360	18	A	1		17	10	2
Zinc, Zn....mg	0.68	0.034	12	A	1		1.56	0.92	0.20
Copper, Cu....mg	0.170	0.044	12	A	1		0.392	0.232	0.051
Manganese, Mn....mg	0.149	0.007	12	A	1		0.344	0.203	0.045
Selenium, Se....µg	0.4	0.068	5	A	1		0.9	0.5	0.1
Vitamins:									
Vitamin C, total ascorbic acid....mg	8.8	0.588	16	A	1		20.3	12.0	2.6
Thiamin....mg	0.075	0.003	12	A	1		0.172	0.102	0.022
Riboflavin....mg	0.143	0.010	12	A	1		0.328	0.194	0.043
Niacin....mg	1.912	0.094	12	A	1		4.397	2.600	0.573
Pantothenic acid....mg	1.463	0.350	12	A	1		3.366	1.990	0.439
Vitamin B-6....mg	0.287	0.054	11	A	1		0.659	0.390	0.086
Folate, total....µg	89	12.026	20	A	1		204	121	27
Folic acid....µg	0		0	Z	7		0	0	0
Folate, food....µg	89	12.026	20	A	1		204	121	27
Folate, DFE....µg	89		0	NC	4		204	121	27
Choline, total....mg	14.2		0	AS	1		32.6	19.3	4.3
Betaine....mg	0.7		2	A	1		1.5	0.9	0.2
Vitamin B-12....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....µg	7		0	AS	1		17	10	2
Retinol....µg	0		0	Z	7		0	0	0
Carotene, beta....µg	63	8.971	29	A	1		145	86	19
Carotene, alpha....µg	24	13.419	27	A	1		54	32	7
Cryptoxanthin, beta....µg	27	19.444	25	A	1		62	36	8
Vitamin A, IU....IU	147		0	AS	1		338	200	44
Lycopene....µg	0	0.000	7	A	1		0	0	0
Lutein + zeaxanthin....µg	271	16.660	16	A	1		623	369	81
Vitamin E (alpha-tocopherol)....mg	1.97	0.249	22	A	1		4.54	2.68	0.59
Tocopherol, beta....mg	0.04	0.010	9	A	1		0.09	0.05	0.01
Tocopherol, gamma....mg	0.32	0.133	18	A	1		0.73	0.43	0.10
Tocopherol, delta....mg	0.02	0.005	9	A	1		0.05	0.03	0.01
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	0

NDB No. 09038
Avocados, raw, California

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin K (phylloquinone)....µg	21.0	0.766	8	A	1		48.2	28.5	6.3
Dihydrophylloquinone....µg	0.0	0.000	8	A	1		0.0	0.0	0.0
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	2.126		0	NC	4		4.889	2.891	0.638
4:0....g									
6:0....g									
8:0....g	0.001	0.001	7	A	1		0.002	0.001	0.000
10:0....g	0.000	0.000	8	A	1		0.000	0.000	0.000
12:0....g	0.000	0.000	8	A	1		0.000	0.000	0.000
13:0....g									
14:0....g	0.000	0.000	8	A	1		0.000	0.000	0.000
15:0....g	0.000	0.000	8	A	1		0.000	0.000	0.000
16:0....g	2.075	0.104	8	A	1		4.773	2.823	0.623
17:0....g	0.000	0.000	8	A	1		0.000	0.000	0.000
18:0....g	0.049	0.005	8	A	1		0.113	0.067	0.015
20:0....g	0.000	0.000	8	A	1		0.000	0.000	0.000
22:0....g	0.000	0.000	8	A	1		0.000	0.000	0.000
24:0....g	0.000	0.000	4	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated....g	9.799		0	NC	4		22.537	13.326	2.940
14:1....g	0.000	0.000	8	A	1		0.000	0.000	0.000
15:1....g	0.000	0.000	8	A	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.698	0.039	8	A	1		1.606	0.950	0.210
17:1....g	0.010	0.001	8	A	1		0.023	0.014	0.003
18:1 undifferentiated....g	9.066	0.474	8	A	1		20.851	12.329	2.720
20:1....g	0.025	0.002	8	A	1		0.057	0.034	0.007
22:1 undifferentiated....g	0.000	0.000	4	A	1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.816		0	NC	4		4.177	2.470	0.545
18:2 undifferentiated....g	1.674	0.063	8	A	1		3.851	2.277	0.502
18:3 undifferentiated....g	0.125		0	AS	1		0.288	0.171	0.038
18:3 n-3 c,c,c (ALA)....g	0.111	0.007	4	A	1		0.254	0.150	0.033
18:3 n-6 c,c,c....g	0.015	0.000	4	A	1		0.034	0.020	0.004
18:3i....g									
18:4....g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:2 n-6 c,c....g	0.000	0.000	8	A	1		0.000	0.000	0.000
20:3 undifferentiated....g	0.016	0.002	8	A	1		0.037	0.022	0.005
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000	0.000	8	A	1		0.000	0.000	0.000
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	4	A	1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000	0.000	4	A	1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000	0.000	4	A	1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	0
Phytosterols....mg									
Stigmasterol....mg	2	0.000	6	A	1		3	2	0
Campesterol....mg	5	0.196	6	A	1		12	7	2
Beta-sitosterol....mg	76	5.583	6	A	1		176	104	23
Amino Acids:									
Tryptophan....g	0.025		0	A	1		0.057	0.034	0.007
Threonine....g	0.072		0	A	1		0.165	0.097	0.021
Isoleucine....g	0.083		0	A	1		0.190	0.112	0.025
Leucine....g	0.141		0	A	1		0.323	0.191	0.042
Lysine....g	0.129		0	A	1		0.297	0.176	0.039
Methionine....g	0.037		0	A	1		0.085	0.050	0.011
Cystine....g	0.027		0	A	1		0.062	0.036	0.008
Phenylalanine....g	0.095		0	A	1		0.218	0.129	0.028
Tyrosine....g	0.048		0	A	1		0.110	0.065	0.014

NDB No. 09038
Avocados, raw, California

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Valine....g	0.105		0	A	1		0.241	0.143	0.031
Arginine....g	0.087		0	A	1		0.199	0.118	0.026
Histidine....g	0.048		0	A	1		0.111	0.066	0.014
Alanine....g	0.106		0	A	1		0.245	0.145	0.032
Aspartic acid....g	0.232		0	A	1		0.533	0.315	0.069
Glutamic acid....g	0.282		0	A	1		0.648	0.383	0.084
Glycine....g	0.102		0	A	1		0.234	0.138	0.031
Proline....g	0.096		0	A	1		0.222	0.131	0.029
Serine....g	0.112		0	A	1		0.258	0.152	0.034
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 230g: 1 cup, pureed

Measure 2 = 136g: 1 fruit, without skin and seed

Measure 3 = 30g: 1 NLEA serving

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09039
Avocados, raw, Florida
Persea americana

Refuse: 33% Seed and skin

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	78.81	2.474	7	A	1		181.26	239.58	
Energy....kcal	120		0	NC	4		276	364	
Energy....kJ	501		0	NC	4		1153	1524	
Protein (N x 6.25)....g	2.23	0.170	4	A	1		5.14	6.79	
Total lipid (fat)....g	10.06	0.906	4	A	1		23.13	30.57	
Ash....g	1.08	0.140	4	A	1		2.48	3.28	
Carbohydrate, by difference....g	7.82		0	NC	4		17.99	23.78	
Fiber, total dietary....g	5.6	0.836	6	A	1		13.0	17.2	
Sugars, total....g	2.42		1	A	1		5.57	7.36	
Sucrose....g	0.00		1	A	1		0.00	0.00	
Glucose (dextrose)....g	2.17		1	A	1		4.99	6.60	
Fructose....g	0.25		1	A	1		0.58	0.76	
Lactose....g	0.00		1	A	1		0.00	0.00	
Maltose....g	0.00		1	A	1		0.00	0.00	
Galactose....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	10	0.875	5	A	1		24	31	
Iron, Fe....mg	0.17	0.023	5	A	1		0.38	0.51	
Magnesium, Mg....mg	24	3.463	5	A	1		55	73	
Phosphorus, P....mg	40	5.347	4	A	1		92	122	
Potassium, K....mg	351	73.288	5	A	1		807	1066	
Sodium, Na....mg	2	0.474	5	A	1		5	7	
Zinc, Zn....mg	0.40	0.002	5	A	1		0.92	1.22	
Copper, Cu....mg	0.311	0.048	5	A	1		0.715	0.945	
Manganese, Mn....mg	0.095	0.012	5	A	1		0.218	0.288	
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	17.4	3.628	4	A	1		40.1	53.0	
Thiamin....mg	0.021	0.005	4	A	1		0.048	0.064	
Riboflavin....mg	0.053	0.010	4	A	1		0.122	0.162	
Niacin....mg	0.672	0.182	4	A	1		1.546	2.043	
Pantothenic acid....mg	0.931	0.155	4	A	1		2.140	2.829	
Vitamin B-6....mg	0.078	0.004	4	A	1		0.179	0.236	
Folate, total....µg	35	7.525	4	A	1		81	107	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	35	7.525	4	A	1		81	107	
Folate, DFE....µg	35		0	NC	4		81	107	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	7	0.967	4	A	1		16	21	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg	53	7.527	4	A	1		121	160	
Carotene, alpha....µg	27	6.718	4	A	1		62	82	
Cryptoxanthin, beta....µg	36	14.271	4	A	1		82	109	
Vitamin A, IU....IU	140	19.340	4	A	1		321	425	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	2.66		1	A	1		6.12	8.09	
Tocopherol, beta....mg	0.08		1	A	1		0.18	0.24	
Tocopherol, gamma....mg	0.39		1	A	1		0.90	1.19	
Tocopherol, delta....mg	0.00		1	A	1		0.00	0.00	
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg									

NDB No. 09039
Avocados, raw, Florida

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.960		0	NC	4		4.509	5.960	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g									
15:0....g									
16:0....g	1.905		2		1		4.381	5.791	
17:0....g									
18:0....g	0.055		2		1		0.128	0.169	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	5.513		0	NC	4		12.681	16.761	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.825		2		1		1.896	2.507	
17:1....g									
18:1 undifferentiated....g	4.689		2		1		10.784	14.254	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.676		0	NC	4		3.855	5.096	
18:2 undifferentiated....g	1.580		2		1		3.634	4.803	
18:3 undifferentiated....g	0.096		2		1		0.221	0.293	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.028		0	BFPN	4		0.065	0.086	
Threonine....g	0.082		0	BFPN	4		0.188	0.248	
Isoleucine....g	0.094		0	BFPN	4		0.217	0.286	
Leucine....g	0.160		0	BFPN	4		0.369	0.487	
Lysine....g	0.147		0	BFPN	4		0.339	0.448	
Methionine....g	0.042		0	BFPN	4		0.097	0.128	
Cystine....g	0.031		0	BFPN	4		0.070	0.093	
Phenylalanine....g	0.108		0	BFPN	4		0.249	0.329	
Tyrosine....g	0.054		0	BFPN	4		0.125	0.165	
Valine....g	0.120		0	BFPN	4		0.275	0.364	
Arginine....g	0.099		0	BFPN	4		0.228	0.301	
Histidine....g	0.055		0	BFPN	4		0.127	0.167	
Alanine....g	0.121		0	BFPN	4		0.279	0.369	
Aspartic acid....g	0.264		0	BFPN	4		0.608	0.803	
Glutamic acid....g	0.321		0	BFPN	4		0.739	0.977	
Glycine....g	0.116		0	BFPN	4		0.267	0.353	
Proline....g	0.110		0	BFPN	4		0.253	0.334	
Serine....g	0.128		0	BFPN	4		0.294	0.389	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same

NDB No. 09039
Avocados, raw, Florida

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

food, or similar food.

Common Measures:

Measure 1 = 230g: 1 cup, pureed

Measure 2 = 304g: 1 fruit without skin and seeds

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09037

Avocados, raw, all commercial varieties (1)

Persea americana

Refuse: 26% Seed and skin

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	73.23	1.898	40	A	1		109.85	168.44	106.92
Energy ... kcal	160		0	NC	4		240	368	234
Energy ... kJ	670		0	NC	4		1005	1541	978
Protein (N x 6.25) ... g	2.00	0.136	34	A	1		2.99	4.59	2.91
Total lipid (fat) ... g	14.66	0.542	35	A	1		21.99	33.72	21.41
Ash ... g	1.58	0.118	34	A	1		2.37	3.63	2.31
Carbohydrate, by difference ... g	8.53		0	NC	4		12.79	19.62	12.45
Fiber, total dietary ... g	6.7	0.879	27	A	1		10.0	15.4	9.7
Sugars, total ... g	0.66	0.019	12	A	1		0.99	1.52	0.96
Sucrose ... g	0.06	0.037	10	A	1		0.09	0.14	0.09
Glucose (dextrose) ... g	0.37	0.030	10	A	1		0.55	0.85	0.54
Fructose ... g	0.12	0.016	10	A	1		0.19	0.28	0.18
Lactose ... g	0.00	0.000	10	A	1		0.00	0.00	0.00
Maltose ... g	0.00	0.000	10	A	1		0.00	0.00	0.00
Galactose ... g	0.10	0.014	8	A	1		0.16	0.24	0.15
Starch ... g	0.11	0.000	4	A	1		0.16	0.25	0.16
Minerals:									
Calcium, Ca ... mg	12	0.583	29	A	1		18	28	18
Iron, Fe ... mg	0.55	0.105	29	A	1		0.82	1.26	0.80
Magnesium, Mg ... mg	29	1.542	17	A	1		43	66	42
Phosphorus, P ... mg	52	1.622	16	A	1		79	121	77
Potassium, K ... mg	485	31.316	29	A	1		728	1116	708
Sodium, Na ... mg	7	1.173	23	A	1		10	16	10
Zinc, Zn ... mg	0.64	0.029	17	A	1		0.96	1.47	0.93
Copper, Cu ... mg	0.190	0.039	17	A	1		0.285	0.437	0.278
Manganese, Mn ... mg	0.142	0.007	17	A	1		0.213	0.326	0.207
Selenium, Se ... µg	0.4	0.068	5	A	1		0.6	0.9	0.6
Vitamins:									
Vitamin C, total ascorbic acid ... mg	10.0	0.505	20	A	1		15.0	23.0	14.6
Thiamin ... mg	0.067	0.002	16	A	1		0.101	0.155	0.098
Riboflavin ... mg	0.130	0.008	16	A	1		0.195	0.300	0.190
Niacin ... mg	1.738	0.081	16	A	1		2.607	3.998	2.538
Pantothenic acid ... mg	1.389	0.301	16	A	1		2.083	3.194	2.028
Vitamin B-6 ... mg	0.257	0.046	15	A	1		0.386	0.592	0.376
Folate, total ... µg	81	10.343	24	A	1		122	187	119
Folic acid ... µg	0		0	Z	7		0	0	0
Folate, food ... µg	81	10.343	24	A	1		122	187	119
Folate, DFE ... µg	81		0	NC	4		122	187	119
Choline, total ... mg	14.2		0	AS	1		21.3	32.6	20.7
Betaine ... mg	0.7		2	A	1		1.0	1.5	1.0
Vitamin B-12 ... µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added ... µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE ... µg	7		0	AS	1		11	17	11
Retinol ... µg	0		0	Z	7		0	0	0
Carotene, beta ... µg	62	7.715	33	A	1		92	142	90
Carotene, alpha ... µg	24	11.540	31	A	1		36	55	35
Cryptoxanthin, beta ... µg	28	16.722	29	A	1		42	65	41
Vitamin A, IU ... IU	146		0	AS	1		219	336	213
Lycopene ... µg	0	0.000	7	A	1		0	0	0
Lutein + zeaxanthin ... µg	271	16.660	16	A	1		407	623	396
Vitamin E (alpha-tocopherol) ... mg	2.07	0.214	23	A	1		3.10	4.76	3.02
Vitamin E, added ... mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta ... mg	0.05	0.009	10	A	1		0.07	0.10	0.07
Tocopherol, gamma ... mg	0.33	0.114	19	A	1		0.49	0.76	0.48
Tocopherol, delta ... mg	0.02	0.004	10	A	1		0.03	0.04	0.03
Vitamin D (D2 + D3) ... µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol) ... µg									

NDB No. 09037
Avocados, raw, all commercial varieties (1)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	21.0	0.766	8	A	1		31.5	48.2	30.6
Dihydrophylloquinone....µg	0.0	0.000	8	A	1		0.0	0.0	0.0
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	2.126		0	NC	4		3.188	4.889	3.103
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.001	0.001	7	A	1		0.002	0.002	0.002
10:0....g	0.000	0.000	8	A	1		0.000	0.000	0.000
12:0....g	0.000	0.000	8	A	1		0.000	0.000	0.000
13:0....g									
14:0....g	0.000	0.000	8	A	1		0.000	0.000	0.000
15:0....g	0.000	0.000	8	A	1		0.000	0.000	0.000
16:0....g	2.075	0.104	8	A	1		3.113	4.773	3.030
17:0....g	0.000	0.000	8	A	1		0.000	0.000	0.000
18:0....g	0.049	0.005	8	A	1		0.074	0.113	0.072
20:0....g	0.000	0.000	8	A	1		0.000	0.000	0.000
22:0....g	0.000	0.000	8	A	1		0.000	0.000	0.000
24:0....g	0.000	0.000	4	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated....g	9.799		0	NC	4		14.698	22.537	14.306
14:1....g	0.000	0.000	8	A	1		0.000	0.000	0.000
15:1....g	0.000	0.000	8	A	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.698	0.039	8	A	1		1.048	1.606	1.020
17:1....g	0.010	0.001	8	A	1		0.015	0.023	0.015
18:1 undifferentiated....g	9.066	0.474	8	A	1		13.598	20.851	13.236
20:1....g	0.025	0.002	8	A	1		0.037	0.057	0.036
22:1 undifferentiated....g	0.000	0.000	4	A	1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.816		0	NC	4		2.724	4.177	2.652
18:2 undifferentiated....g	1.674	0.063	8	A	1		2.512	3.851	2.445
18:3 undifferentiated....g	0.125		0	AS	1		0.188	0.288	0.183
18:3 n-3 c,c,c (ALA)....g	0.111	0.007	4	A	1		0.166	0.254	0.161
18:3 n-6 c,c,c....g	0.015	0.000	4	A	1		0.022	0.034	0.022
18:3i....g									
18:4....g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:2 n-6 c,c....g	0.000	0.000	8	A	1		0.000	0.000	0.000
20:3 undifferentiated....g	0.016	0.002	8	A	1		0.024	0.037	0.024
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000	0.000	8	A	1		0.000	0.000	0.000
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	4	A	1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000	0.000	4	A	1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000	0.000	4	A	1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	0
Phytosterols....mg									
Stigmasterol....mg	2	0.000	6	A	1		2	3	2
Campesterol....mg	5	0.196	6	A	1		8	12	7
Beta-sitosterol....mg	76	5.583	6	A	1		115	176	112
Amino Acids:									
Tryptophan....g	0.025		0	BFPN	4		0.038	0.058	0.037
Threonine....g	0.073		0	BFPN	4		0.110	0.168	0.107
Isoleucine....g	0.084		0	BFPN	4		0.126	0.194	0.123
Leucine....g	0.143		0	BFPN	4		0.215	0.330	0.209
Lysine....g	0.132		0	BFPN	4		0.197	0.303	0.192
Methionine....g	0.038		0	BFPN	4		0.056	0.087	0.055
Cystine....g	0.027		0	BFPN	4		0.041	0.063	0.040

NDB No. 09037
Avocados, raw, all commercial varieties (1)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Phenylalanine....g	0.097		0	BFPN	4		0.145	0.223	0.141
Tyrosine....g	0.049		0	BFPN	4		0.073	0.112	0.071
Valine....g	0.107		0	BFPN	4		0.160	0.246	0.156
Arginine....g	0.088		0	BFPN	4		0.133	0.203	0.129
Histidine....g	0.049		0	BFPN	4		0.074	0.113	0.072
Alanine....g	0.109		0	BFPN	4		0.163	0.250	0.158
Aspartic acid....g	0.236		0	BFPN	4		0.354	0.543	0.345
Glutamic acid....g	0.287		0	BFPN	4		0.431	0.661	0.419
Glycine....g	0.104		0	BFPN	4		0.156	0.239	0.152
Proline....g	0.098		0	BFPN	4		0.147	0.226	0.144
Serine....g	0.114		0	BFPN	4		0.171	0.263	0.167
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 150g: 1 cup, cubes

Measure 2 = 230g: 1 cup, pureed

Measure 3 = 146g: 1 cup, sliced

Footnotes:

1 Based on 86% California and 14% Florida varieties.

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09041
Bananas, dehydrated, or banana powder

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	3.00		0		1		3.00	0.19	
Energy....kcal	346		0	NC	4		346	21	
Energy....kJ	1448		0		4		1448	90	
Protein (N x 6.25)....g	3.89		0		1		3.89	0.24	
Total lipid (fat)....g	1.81		0		1		1.81	0.11	
Ash....g	3.02		0		1		3.02	0.19	
Carbohydrate, by difference....g	88.28		0	NC	4		88.28	5.47	
Fiber, total dietary....g	9.9		0	BFSN	4		9.9	0.6	
Sugars, total....g	47.30		0	BFSN	4		47.30	2.93	
Starch....g									
Minerals:									
Calcium, Ca....mg	22		0		1		22	1	
Iron, Fe....mg	1.15		0		1		1.15	0.07	
Magnesium, Mg....mg	108		0		1		108	7	
Phosphorus, P....mg	74		0		1		74	5	
Potassium, K....mg	1491		0		1		1491	92	
Sodium, Na....mg	3		0		1		3	0	
Zinc, Zn....mg	0.61		0		1		0.61	0.04	
Copper, Cu....mg	0.391		0		1		0.391	0.024	
Manganese, Mn....mg	0.574		0		1		0.574	0.036	
Selenium, Se....µg	3.9		0	BFSN	4		3.9	0.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	7.0		0		1		7.0	0.4	
Thiamin....mg	0.180		0		1		0.180	0.011	
Riboflavin....mg	0.240		0		1		0.240	0.015	
Niacin....mg	2.800		0		1		2.800	0.174	
Pantothenic acid....mg									
Vitamin B-6....mg	0.440		0		4		0.440	0.027	
Folate, total....µg	14		0		4		14	1	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	14		0		4		14	1	
Folate, DFE....µg	14		0	NC	4		14	1	
Choline, total....mg	19.6		0	BFSN	4		19.6	1.2	
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	12		0	NC	4		12	1	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg	101		0	BFSN	4		101	6	
Carotene, alpha....µg	96		0	BFSN	4		96	6	
Cryptoxanthin, beta....µg	0		0	BFSN	4		0	0	
Vitamin A, IU....IU	248		0	BFSN	4		248	15	
Lycopene....µg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin....µg	84		0	BFSN	4		84	5	
Vitamin E (alpha-tocopherol)....mg	0.39		0	BFSN	4		0.39	0.02	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	2.0		0	BFSN	4		2.0	0.1	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 09041
Bananas, dehydrated, or banana powder

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.698		0		1		0.698	0.043	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.001		0		1		0.001	0.000	
10:0....g	0.005		0		1		0.005	0.000	
12:0....g	0.006		0		1		0.006	0.000	
13:0....g									
14:0....g	0.013		0		1		0.013	0.001	
15:0....g									
16:0....g	0.473		0		1		0.473	0.029	
17:0....g									
18:0....g	0.023		0		1		0.023	0.001	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.153		0		1		0.153	0.009	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.045		0		1		0.045	0.003	
17:1....g									
18:1 undifferentiated....g	0.102		0		1		0.102	0.006	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.337		0		1		0.337	0.021	
18:2 undifferentiated....g	0.211		0		1		0.211	0.013	
18:3 undifferentiated....g	0.126		0		1		0.126	0.008	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g									
Threonine....g	0.171		1		1		0.171	0.011	
Isoleucine....g	0.167		1		1		0.167	0.010	
Leucine....g	0.359		1		1		0.359	0.022	
Lysine....g	0.162		1		1		0.162	0.010	
Methionine....g	0.074		1		1		0.074	0.005	
Cystine....g	0.063		1		1		0.063	0.004	
Phenylalanine....g	0.201		1		1		0.201	0.012	
Tyrosine....g	0.121		1		1		0.121	0.008	
Valine....g	0.282		1		1		0.282	0.017	
Arginine....g	0.176		1		1		0.176	0.011	
Histidine....g	0.333		1		1		0.333	0.021	
Alanine....g	0.222		1		1		0.222	0.014	
Aspartic acid....g	0.503		1		1		0.503	0.031	
Glutamic acid....g	0.399		1		1		0.399	0.025	
Glycine....g	0.190		1		1		0.190	0.012	
Proline....g	0.229		1		1		0.229	0.014	
Serine....g	0.226		1		1		0.226	0.014	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 09041
Bananas, dehydrated, or banana powder

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 100g: 1 cup

Measure 2 = 6.2g: 1 tbsp

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09040
Bananas, raw
Musa acuminata Colla

Refuse: 36% Skin

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	74.91	0.286	20	A	1		168.56	112.37	60.68
Energy....kcal	89		0	NC	4		199	133	72
Energy....kJ	371		0	NC	4		835	556	300
Protein (N x 6.25)....g	1.09	0.022	12	A	1		2.46	1.64	0.89
Total lipid (fat)....g	0.33	0.067	19	A	1		0.74	0.49	0.27
Ash....g	0.82	0.030	12	A	1		1.85	1.23	0.67
Carbohydrate, by difference....g	22.84		0	NC	4		51.39	34.26	18.50
Fiber, total dietary....g	2.6	0.129	13	A	1		5.7	3.8	2.1
Sugars, total....g	12.23	1.034	8	A	1		27.52	18.35	9.91
Sucrose....g	2.39	0.546	8	A	1		5.38	3.59	1.94
Glucose (dextrose)....g	4.98	0.806	8	A	1		11.20	7.47	4.03
Fructose....g	4.85	0.658	8	A	1		10.91	7.27	3.93
Lactose....g	0.00	0.000	8	A	1		0.00	0.00	0.00
Maltose....g	0.01	0.014	8	A	1		0.03	0.02	0.01
Galactose....g	0.00	0.000	8	A	1		0.00	0.00	0.00
Starch....g	5.38	0.564	8	A	1		12.11	8.07	4.36
Minerals:									
Calcium, Ca....mg	5	0.047	45	A	1		12	8	4
Iron, Fe....mg	0.26	0.001	42	A	1		0.57	0.38	0.21
Magnesium, Mg....mg	27	0.475	45	A	1		61	41	22
Phosphorus, P....mg	22	0.171	45	A	1		49	32	18
Potassium, K....mg	358	1.911	45	A	1		806	537	290
Sodium, Na....mg	1	0.395	45	A	1		2	1	1
Zinc, Zn....mg	0.15	0.001	45	A	1		0.34	0.23	0.12
Copper, Cu....mg	0.078	0.011	45	A	1		0.177	0.118	0.064
Manganese, Mn....mg	0.270	0.007	45	A	1		0.607	0.404	0.218
Selenium, Se....µg	1.0	0.289	31	A	1		2.2	1.5	0.8
Vitamins:									
Vitamin C, total ascorbic acid....mg	8.7	0.434	8	A	1		19.6	13.1	7.1
Thiamin....mg	0.031	0.006	12	A	1		0.069	0.046	0.025
Riboflavin....mg	0.073	0.008	12	A	1		0.164	0.109	0.059
Niacin....mg	0.665	0.002	12	A	1		1.497	0.998	0.539
Pantothenic acid....mg	0.334	0.010	12	A	1		0.752	0.501	0.271
Vitamin B-6....mg	0.367	0.010	12	A	1		0.826	0.551	0.297
Folate, total....µg	20	0.472	11	A	1		46	30	16
Folic acid....µg	0		0	Z	7		0	0	0
Folate, food....µg	20	0.472	11	A	1		46	30	16
Folate, DFE....µg	20		0	NC	4		46	30	16
Choline, total....mg	9.8		0	AS	1		22.0	14.6	7.9
Betaine....mg	0.1		1	A	1		0.2	0.1	0.1
Vitamin B-12....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....µg	3		0	AS	1		7	5	3
Retinol....µg	0		0	Z	7		0	0	0
Carotene, beta....µg	26	2.167	10	A	1		59	39	21
Carotene, alpha....µg	25	4.438	8	A	1		56	37	20
Cryptoxanthin, beta....µg	0	0.000	6	A	1		0	0	0
Vitamin A, IU....IU	64		0	AS	1		144	96	52
Lycopene....µg	0	0.000	6	A	1		0	0	0
Lutein + zeaxanthin....µg	22	2.520	6	A	1		49	33	18
Vitamin E (alpha-tocopherol)....mg	0.10	0.054	15	A	1		0.23	0.15	0.08
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg	0.00	0.000	15	A	1		0.00	0.00	0.00
Tocopherol, gamma....mg	0.02	0.015	15	A	1		0.05	0.03	0.02
Tocopherol, delta....mg	0.01	0.010	15	A	1		0.02	0.02	0.01
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)....µg									

NDB No. 09040
Bananas, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone).....µg	0.5	0.075	6	A	1		1.2	0.8	0.4
Dihydrophylloquinone.....µg	0.0	0.000	4	A	1		0.0	0.0	0.0
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.112		0	NC	4		0.252	0.168	0.091
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000	0.000
10:0.....g	0.001		4		1		0.002	0.001	0.001
12:0.....g	0.002		4		1		0.004	0.002	0.001
13:0.....g									
14:0.....g	0.002		4		1		0.006	0.004	0.002
15:0.....g									
16:0.....g	0.102		5		1		0.230	0.154	0.083
17:0.....g									
18:0.....g	0.005		5		1		0.011	0.007	0.004
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.032		0	NC	4		0.072	0.048	0.026
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.010		5		1		0.022	0.015	0.008
17:1.....g									
18:1 undifferentiated.....g	0.022		5		1		0.050	0.033	0.018
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.073		0	NC	4		0.164	0.109	0.059
18:2 undifferentiated.....g	0.046		5		1		0.103	0.069	0.037
18:3 undifferentiated.....g	0.027		5		1		0.061	0.041	0.022
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg	16		0		1		36	24	13
Amino Acids:									
Tryptophan.....g	0.009		0	A	1		0.020	0.013	0.007
Threonine.....g	0.028		0	A	1		0.063	0.042	0.023
Isoleucine.....g	0.028		0	A	1		0.063	0.042	0.023
Leucine.....g	0.068		0	A	1		0.153	0.102	0.055
Lysine.....g	0.050		0	A	1		0.112	0.074	0.040
Methionine.....g	0.008		0	A	1		0.018	0.012	0.007
Cystine.....g	0.009		0	A	1		0.021	0.014	0.008
Phenylalanine.....g	0.049		0	A	1		0.111	0.074	0.040
Tyrosine.....g	0.009		0	A	1		0.020	0.013	0.007
Valine.....g	0.047		0	A	1		0.106	0.070	0.038
Arginine.....g	0.049		0	A	1		0.111	0.074	0.040
Histidine.....g	0.077		0	A	1		0.174	0.116	0.063
Alanine.....g	0.040		0	A	1		0.090	0.060	0.032
Aspartic acid.....g	0.124		0	A	1		0.279	0.186	0.100
Glutamic acid.....g	0.152		0	A	1		0.343	0.229	0.123
Glycine.....g	0.038		0	A	1		0.084	0.056	0.030
Proline.....g	0.028		0	A	1		0.063	0.042	0.023
Serine.....g	0.040		0	A	1		0.090	0.060	0.032
Hydroxyproline.....g									

NDB No. 09040
Bananas, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 225g: 1 cup, mashed

Measure 2 = 150g: 1 cup, sliced

Measure 3 = 81g: 1 extra small (less than 6" long)

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09046
Blackberries, canned, heavy syrup, solids and liquids

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	75.06	0.434	3		1		192.15		
Energy....kcal	92		0	NC	4		236		
Energy....kJ	385		0		4		985		
Protein (N x 6.25)....g	1.31	0.060	3		1		3.35		
Total lipid (fat)....g	0.14	0.012	3		1		0.36		
Ash....g	0.39	0.009	3		1		1.00		
Carbohydrate, by difference....g	23.10		0	NC	4		59.14		
Fiber, total dietary....g	3.4		0		4		8.7		
Sugars, total....g	19.70		0	O	4		50.43		
Starch....g									
Minerals:									
Calcium, Ca....mg	21	1.050	3		1		54		
Iron, Fe....mg	0.65	0.070	3		1		1.66		
Magnesium, Mg....mg	17	0.666	3		1		44		
Phosphorus, P....mg	14	0.000	3		1		36		
Potassium, K....mg	99	6.119	3		1		253		
Sodium, Na....mg	3	0.333	3		1		8		
Zinc, Zn....mg	0.18	0.007	3		1		0.46		
Copper, Cu....mg	0.133	0.033	3		1		0.340		
Manganese, Mn....mg	0.697	0.195	3		1		1.784		
Selenium, Se....µg	0.3		0	BFYN	4		0.6		
Vitamins:									
Vitamin C, total ascorbic acid....mg	2.8	0.462	3		1		7.2		
Thiamin....mg	0.027	0.001	3		1		0.069		
Riboflavin....mg	0.039	0.001	3		1		0.100		
Niacin....mg	0.287	0.058	3		1		0.735		
Pantothenic acid....mg	0.151	0.023	3		1		0.387		
Vitamin B-6....mg	0.036	0.002	3		1		0.092		
Folate, total....µg	27	1.317	3		1		68		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	27	1.317	3		1		68		
Folate, DFE....µg	27		0	NC	4		68		
Choline, total....mg	5.7		0	BFYN	4		14.7		
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....µg	11	0.477	3		1		28		
Retinol....µg	0		0	Z	7		0		
Carotene, beta....µg	131		0	BNA	4		336		
Carotene, alpha....µg	0		0	BNA	4		0		
Cryptoxanthin, beta....µg	0		0	BNA	4		0		
Vitamin A, IU....IU	219	9.539	3		1		561		
Lycopene....µg	0		0	BFYN	4		0		
Lutein + zeaxanthin....µg	79		0	BFYN	4		202		
Vitamin E (alpha-tocopherol)....mg	0.78		0	BFYN	4		2.00		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....µg	13.3		0	BFYN	4		34.0		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 09046
Blackberries, canned, heavy syrup, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.005		0		4		0.013		
4:0....g	0.000		0		4		0.000		
6:0....g	0.000		0		4		0.000		
8:0....g	0.000		0		4		0.000		
10:0....g	0.000		0		4		0.000		
12:0....g	0.000		0		4		0.000		
13:0....g									
14:0....g	0.000		0		4		0.000		
15:0....g									
16:0....g	0.003		0		4		0.008		
17:0....g									
18:0....g	0.001		0		4		0.003		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.014		0		4		0.036		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		4		0.000		
17:1....g									
18:1 undifferentiated....g	0.013		0		4		0.033		
20:1....g	0.001		0		4		0.003		
22:1 undifferentiated....g	0.000		0		4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.080		0		4		0.205		
18:2 undifferentiated....g	0.053		0		4		0.136		
18:3 undifferentiated....g	0.027		0		4		0.069		
18:4....g	0.000		0		4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000		
20:5 n-3 (EPA)....g	0.000		0		4		0.000		
22:5 n-3 (DPA)....g	0.000		0		4		0.000		
22:6 n-3 (DHA)....g	0.000		0		4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 256g: 1 cup

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.75

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09048
Blackberries, frozen, unsweetened

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	82.21	0.468	3		1		124.14	419.27	
Energy....kcal	64		0	NC	4		97	326	
Energy....kJ	268		0		4		404	1366	
Protein (N x 6.25)....g	1.18	0.050	3		1		1.78	6.02	
Total lipid (fat)....g	0.43	0.040	3		1		0.65	2.19	
Ash....g	0.51	0.064	3		1		0.77	2.60	
Carbohydrate, by difference....g	15.67		0	NC	4		23.66	79.92	
Fiber, total dietary....g	5.0		0		4		7.6	25.5	
Sugars, total....g	10.67		0	O	4		16.11	54.42	
Starch....g									
Minerals:									
Calcium, Ca....mg	29	4.594	3		1		44	148	
Iron, Fe....mg	0.80	0.068	3		1		1.21	4.08	
Magnesium, Mg....mg	22	2.149	3		1		33	112	
Phosphorus, P....mg	30	3.284	3		1		45	153	
Potassium, K....mg	140	13.000	3		1		211	714	
Sodium, Na....mg	1	0.333	3		1		2	5	
Zinc, Zn....mg	0.25	0.018	3		1		0.38	1.28	
Copper, Cu....mg	0.120	0.015	3		1		0.181	0.612	
Manganese, Mn....mg	1.223	0.429	3		1		1.847	6.237	
Selenium, Se....µg	0.4		0	BFZN	4		0.6	1.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	3.1	0.865	3		1		4.7	15.8	
Thiamin....mg	0.029	0.003	3		1		0.044	0.148	
Riboflavin....mg	0.046	0.001	3		1		0.069	0.235	
Niacin....mg	1.207	0.163	3		1		1.823	6.156	
Pantothenic acid....mg	0.151	0.023	3		1		0.228	0.770	
Vitamin B-6....mg	0.061	0.003	3		1		0.092	0.311	
Folate, total....µg	34	3.043	3		1		51	173	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	34	3.043	3		1		51	173	
Folate, DFE....µg	34		0	NC	4		51	173	
Choline, total....mg	8.5		0	BFZN	4		12.9	43.6	
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	6	1.188	3		1		9	29	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg	68		0	BNA	4		103	349	
Carotene, alpha....µg	0		0	BNA	4		0	0	
Cryptoxanthin, beta....µg	0		0	BNA	4		0	0	
Vitamin A, IU....IU	114	23.755	3		1		172	581	
Lycopene....µg	0		0	BFZN	4		0	0	
Lutein + zeaxanthin....µg	118		0	BFZN	4		177	599	
Vitamin E (alpha-tocopherol)....mg	1.17		0	BFZN	4		1.76	5.96	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	19.8		0	BFZN	4		29.9	101.0	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 09048
Blackberries, frozen, unsweetened

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.015		0		4		0.023	0.077	
4:0....g	0.000		0		4		0.000	0.000	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	
10:0....g	0.000		0		4		0.000	0.000	
12:0....g	0.000		0		4		0.000	0.000	
13:0....g									
14:0....g	0.000		0		4		0.000	0.000	
15:0....g									
16:0....g	0.010		0		4		0.015	0.051	
17:0....g									
18:0....g	0.002		0		4		0.003	0.010	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.041		0		4		0.062	0.209	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		4		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.038		0		4		0.057	0.194	
20:1....g	0.003		0		4		0.005	0.015	
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.245		0		4		0.370	1.250	
18:2 undifferentiated....g	0.163		0		4		0.246	0.831	
18:3 undifferentiated....g	0.082		0		4		0.124	0.418	
18:4....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 151g: 1 cup, unthawed

Measure 2 = 510g: 1 package (18 oz)

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09042
Blackberries, raw
Rubus spp.

Refuse: 4% Caps and spoiled berries

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	88.15	0.776	5	A	1		126.93		
Energy....kcal	43		0	NC	4		62		
Energy....kJ	181		0	NC	4		261		
Protein (N x 6.25)....g	1.39	0.059	5	A	1		2.00		
Total lipid (fat)....g	0.49	0.041	5	A	1		0.70		
Ash....g	0.37	0.021	5	A	1		0.53		
Carbohydrate, by difference....g	9.61		0	NC	4		13.84		
Fiber, total dietary....g	5.3	1.131	4	A	1		7.6		
Sugars, total....g	4.88	0.685	4	A	1		7.03		
Sucrose....g	0.07	0.000	4	A	1		0.10		
Glucose (dextrose)....g	2.31	0.296	4	A	1		3.33		
Fructose....g	2.40	0.369	4	A	1		3.46		
Lactose....g	0.00	0.000	4	A	1		0.00		
Maltose....g	0.07	0.000	4	A	1		0.10		
Galactose....g	0.03	0.027	4	A	1		0.04		
Starch....g	0.00		2	A	1		0.00		
Minerals:									
Calcium, Ca....mg	29	6.736	5	A	1		41		
Iron, Fe....mg	0.62	0.080	5	A	1		0.90		
Magnesium, Mg....mg	20	1.259	4	A	1		29		
Phosphorus, P....mg	22	0.785	4	A	1		32		
Potassium, K....mg	162		2	A	1		233		
Sodium, Na....mg	1		2	A	1		1		
Zinc, Zn....mg	0.53	0.036	3	A	1		0.76		
Copper, Cu....mg	0.165	0.030	5	A	1		0.238		
Manganese, Mn....mg	0.646	0.230	5	A	1		0.930		
Selenium, Se....µg	0.4		2	A	1		0.5		
Vitamins:									
Vitamin C, total ascorbic acid....mg	21.0		0		1		30.2		
Thiamin....mg	0.020	0.000	5	A	1		0.029		
Riboflavin....mg	0.026	0.000	5	A	1		0.038		
Niacin....mg	0.646	0.028	4	A	1		0.930		
Pantothenic acid....mg	0.276	0.025	5	A	1		0.398		
Vitamin B-6....mg	0.030	0.001	5	A	1		0.044		
Folate, total....µg	25	2.011	5	A	1		36		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	25	2.011	5	A	1		36		
Folate, DFE....µg	25		0	NC	4		36		
Choline, total....mg	8.5		0	AS	1		12.3		
Betaine....mg	0.3		1	A	1		0.5		
Vitamin B-12....µg	0.00		0	Z	7		0.00		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....µg	11	1.971	4	A	1		15		
Retinol....µg	0		0	Z	7		0		
Carotene, beta....µg	128	23.650	4	A	1		185		
Carotene, alpha....µg	0	0.000	4	A	1		0		
Cryptoxanthin, beta....µg	0	0.000	4	A	1		0		
Vitamin A, IU....IU	214	39.416	4	A	1		308		
Lycopene....µg	0	0.000	4	A	1		0		
Lutein + zeaxanthin....µg	118	11.269	4	A	1		169		
Vitamin E (alpha-tocopherol)....mg	1.17	0.053	5	A	1		1.68		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg	0.04	0.004	5	A	1		0.05		
Tocopherol, gamma....mg	1.34	0.105	5	A	1		1.92		
Tocopherol, delta....mg	0.90	0.109	5	A	1		1.29		
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....µg									

NDB No. 09042
Blackberries, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....µg	19.8	2.080	5	A	1		28.5		
Dihydrophylloquinone....µg	0.0	0.000	5	A	1		0.0		
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.014		0	NC	4		0.021		
4:0....g	0.000		0	BFFN	4		0.000		
6:0....g	0.000		0	BFFN	4		0.000		
8:0....g	0.000		0	BFFN	4		0.000		
10:0....g	0.000		0	BFFN	4		0.000		
12:0....g	0.000		0	BFFN	4		0.000		
13:0....g									
14:0....g	0.000		0	BFFN	4		0.000		
15:0....g									
16:0....g	0.012		0	BFFN	4		0.017		
17:0....g									
18:0....g	0.003		0	BFFN	4		0.004		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.047		0	NC	4		0.068		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	BFFN	4		0.000		
17:1....g									
18:1 undifferentiated....g	0.044		0	BFFN	4		0.063		
20:1....g	0.004		0	BFFN	4		0.005		
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.280		0	NC	4		0.404		
18:2 undifferentiated....g	0.186		0	BFFN	4		0.268		
18:3 undifferentiated....g	0.094		0	BFFN	4		0.135		
18:4....g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	BFFN	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 144g: 1 cup

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09043
Blackberry juice, canned

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	90.90		0	T	4		227.25		
Energy....kcal	38		0	NC	4		95		
Energy....kJ	158		0	NC	4		395		
Protein....g	0.30		0	T	4		0.75		
Total lipid (fat)....g	0.60		0	T	4		1.50		
Ash....g	0.40		0	T	4		1.00		
Carbohydrate, by difference....g	7.80		0	NC	4		19.50		
Fiber, total dietary....g	0.1		0	O	4		0.3		
Sugars, total....g	7.70		0	O	4		19.25		
Starch....g									
Minerals:									
Calcium, Ca....mg	12		0	T	4		30		
Iron, Fe....mg	0.48		0	BFSY	4		1.20		
Magnesium, Mg....mg	21		0	T	4		53		
Phosphorus, P....mg	12		0	T	4		30		
Potassium, K....mg	135		0	BFSY	4		339		
Sodium, Na....mg	1		0	T	4		3		
Zinc, Zn....mg	0.41		0	BFSY	4		1.01		
Copper, Cu....mg	0.114		0	BFSY	4		0.285		
Manganese, Mn....mg									
Selenium, Se....µg	0.3		0	BFSN	4		0.7		
Vitamins:									
Vitamin C, total ascorbic acid....mg	11.3		0	BFSY	4		28.2		
Thiamin....mg	0.012		0	BFSY	4		0.031		
Riboflavin....mg	0.018		0	BFSY	4		0.045		
Niacin....mg	0.446		0	BFSY	4		1.116		
Pantothenic acid....mg									
Vitamin B-6....mg	0.021		0	BFSY	4		0.052		
Folate, total....µg	10		0	BFSY	4		24		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	10		0	BFSY	4		24		
Folate, DFE....µg	10		0	NC	4		24		
Choline, total....mg	6.6		0	BFSY	4		16.4		
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....µg	6		0	NC	4		15		
Retinol....µg	0		0	Z	7		0		
Carotene, beta....µg	74		0	BFSY	4		185		
Carotene, alpha....µg	0		0	BFSY	4		0		
Cryptoxanthin, beta....µg	0		0	BFSY	4		0		
Vitamin A, IU....IU	123		0	BFSY	4		308		
Lycopene....µg	0		0	BFSY	4		0		
Lutein + zeaxanthin....µg	68		0	BFSY	4		169		
Vitamin E (alpha-tocopherol)....mg	0.90		0	BFSN	4		2.24		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....µg	15.2		0	BFSN	4		38.0		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 09043
Blackberry juice, canned

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated	g	0.018		0	BFFN	4		0.044		
4:0	g	0.000		0	BFFN	4		0.000		
6:0	g	0.000		0	BFFN	4		0.000		
8:0	g	0.000		0	BFFN	4		0.000		
10:0	g	0.000		0	BFFN	4		0.000		
12:0	g	0.000		0	BFFN	4		0.000		
13:0	g									
14:0	g	0.000		0	BFFN	4		0.000		
15:0	g									
16:0	g	0.014		0	BFFN	4		0.036		
17:0	g									
18:0	g	0.003		0	BFFN	4		0.008		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.058		0	BFFN	4		0.146		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0	BFFN	4		0.000		
17:1	g									
18:1 undifferentiated	g	0.054		0	BFFN	4		0.135		
20:1	g	0.004		0	BFFN	4		0.011		
22:1 undifferentiated	g	0.000		0	BFFN	4		0.000		
24:1 c	g									
Fatty acids, total polyunsaturated	g	0.344		0	BFFN	4		0.860		
18:2 undifferentiated	g	0.229		0	BFFN	4		0.572		
18:3 undifferentiated	g	0.115		0	BFFN	4		0.289		
18:4	g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.000		0	BFFN	4		0.000		
20:5 n-3 (EPA)	g	0.000		0	BFFN	4		0.000		
22:5 n-3 (DPA)	g	0.000		0	BFFN	4		0.000		
22:6 n-3 (DHA)	g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans	g									
Cholesterol	mg	0		0	Z	7		0		
Phytosterols	mg									
Others:										
Alcohol, ethyl	g	0.0		0	Z	7		0.0		
Caffeine	mg	0		0	Z	7		0		
Theobromine	mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 250g: 1 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09052
Blueberries, canned, heavy syrup, solids and liquids

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	76.78	0.570	3		1		196.56		
Energy....kcal	88		0	NC	4		225		
Energy....kJ	368		0		4		943		
Protein (N x 6.25)....g	0.65	0.054	3		1		1.66		
Total lipid (fat)....g	0.33	0.037	3		1		0.84		
Ash....g	0.17	0.006	3		1		0.44		
Carbohydrate, by difference....g	22.06		0	NC	4		56.47		
Fiber, total dietary....g	1.6		0	BFYN	4		4.2		
Sugars, total....g	20.46		0	O	4		52.38		
Starch....g									
Minerals:									
Calcium, Ca....mg	5	0.546	3		1		13		
Iron, Fe....mg	0.33	0.061	3		1		0.84		
Magnesium, Mg....mg	4	0.153	3		1		10		
Phosphorus, P....mg	10	0.733	3		1		26		
Potassium, K....mg	40	5.568	3		1		102		
Sodium, Na....mg	3	0.882	3		1		8		
Zinc, Zn....mg	0.07	0.009	3		1		0.18		
Copper, Cu....mg	0.053	0.003	3		1		0.136		
Manganese, Mn....mg	0.203	0.019	3		1		0.520		
Selenium, Se....µg	0.1		0	BFYN	4		0.2		
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.1	0.208	3		1		2.8		
Thiamin....mg	0.034	0.001	3		1		0.087		
Riboflavin....mg	0.053	0.006	3		1		0.136		
Niacin....mg	0.113	0.022	3		1		0.289		
Pantothenic acid....mg	0.089	0.008	3		1		0.228		
Vitamin B-6....mg	0.036	0.005	3		1		0.092		
Folate, total....µg	2	0.120	3		1		4		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	2	0.120	3		1		4		
Folate, DFE....µg	2		0	NC	4		4		
Choline, total....mg	4.0		0	BFYN	4		10.4		
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....µg	2		0	NC	4		5		
Retinol....µg	0		0	Z	7		0		
Carotene, beta....µg	22		0	BFYN	4		56		
Carotene, alpha....µg	0		0	BFYN	4		0		
Cryptoxanthin, beta....µg	0		0	BFYN	4		0		
Vitamin A, IU....IU	36		0	NC	4		93		
Lycopene....µg	0		0	BFYN	4		0		
Lutein + zeaxanthin....µg	53		0	BFYN	4		137		
Vitamin E (alpha-tocopherol)....mg	0.38		0	BFYN	4		0.97		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....µg	6.4		1	A	1		16.4		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 09052
Blueberries, canned, heavy syrup, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.027		0		4		0.069		
4:0....g	0.000		0		4		0.000		
6:0....g	0.000		0		4		0.000		
8:0....g	0.000		0		4		0.000		
10:0....g	0.000		0		4		0.000		
12:0....g	0.000		0		4		0.000		
13:0....g									
14:0....g	0.000		0		4		0.000		
15:0....g									
16:0....g	0.016		0		4		0.041		
17:0....g									
18:0....g	0.006		0		4		0.015		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.047		0		4		0.120		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		4		0.003		
17:1....g									
18:1 undifferentiated....g	0.045		0		4		0.115		
20:1....g	0.000		0		4		0.000		
22:1 undifferentiated....g	0.000		0		4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.144		0		4		0.369		
18:2 undifferentiated....g	0.086		0		4		0.220		
18:3 undifferentiated....g	0.058		0		4		0.148		
18:4....g	0.000		0		4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000		
20:5 n-3 (EPA)....g	0.000		0		4		0.000		
22:5 n-3 (DPA)....g	0.000		0		4		0.000		
22:6 n-3 (DHA)....g	0.000		0		4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.003		0		1		0.008		
Threonine....g	0.018		0		1		0.046		
Isoleucine....g	0.020		0		1		0.051		
Leucine....g	0.039		0		1		0.100		
Lysine....g	0.012		0		1		0.031		
Methionine....g	0.010		0		1		0.026		
Cystine....g	0.007		0		1		0.018		
Phenylalanine....g	0.023		0		1		0.059		
Tyrosine....g	0.008		0		1		0.020		
Valine....g	0.027		0		1		0.069		
Arginine....g	0.033		0		1		0.084		
Histidine....g	0.010		0		1		0.026		
Alanine....g	0.028		0		1		0.072		
Aspartic acid....g	0.051		0		1		0.131		
Glutamic acid....g	0.081		0		1		0.207		
Glycine....g	0.027		0		1		0.069		
Proline....g	0.024		0		1		0.061		
Serine....g	0.020		0		1		0.051		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 09052

Blueberries, canned, heavy syrup, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 256g: 1 cup

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate**3.75

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09352
Blueberries, canned, light syrup, drained

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	75.72	1.411	3	A	1		184.75		
Energy....kcal	88		0	NC	4		216		
Energy....kJ	370		0	NC	4		903		
Protein (N x 6.25)....g	1.04	0.021	3	A	1		2.54		
Total lipid (fat)....g	0.40	0.020	3	A	1		0.98		
Ash....g	0.18	0.012	3	A	1		0.44		
Carbohydrate, by difference....g	22.66		0	NC	4		55.30		
Fiber, total dietary....g	2.6	0.065	3	A	1		6.5		
Sugars, total....g	17.45	0.337	3	A	1		42.58		
Sucrose....g	0.41	0.199	3	A	1		0.99		
Glucose (dextrose)....g	8.62	0.247	3	A	1		21.03		
Fructose....g	8.43	0.165	3	A	1		20.56		
Lactose....g	0.00	0.000	3	A	1		0.00		
Maltose....g	0.00	0.000	3	A	1		0.00		
Galactose....g	0.00	0.000	3	A	1		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	6	0.700	3	A	1		15		
Iron, Fe....mg	0.43	0.051	3	A	1		1.05		
Magnesium, Mg....mg	4	0.371	3	A	1		10		
Phosphorus, P....mg	12	1.067	3	A	1		29		
Potassium, K....mg	54	5.568	3	A	1		132		
Sodium, Na....mg	3	0.145	3	A	1		6		
Zinc, Zn....mg	0.09	0.009	3	A	1		0.23		
Copper, Cu....mg	0.053		0	BFZN	4		0.129		
Manganese, Mn....mg	0.440	0.047	3	A	1		1.073		
Selenium, Se....µg	0.1		0	BFZN	4		0.2		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.5	0.189	3	A	1		1.3		
Thiamin....mg	0.046	0.011	3	A	1		0.112		
Riboflavin....mg	0.132	0.008	3	A	1		0.321		
Niacin....mg	0.363		1	A	1		0.886		
Pantothenic acid....mg	0.041	0.000	3	A	1		0.099		
Vitamin B-6....mg	0.049		2	A	1		0.119		
Folate, total....µg	2		0	BFZN	4		4		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	2		0	BFZN	4		4		
Folate, DFE....µg	2		0	NC	4		4		
Choline, total....mg	4.0		0	BFZN	4		9.9		
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....µg	2		0	NC	4		4		
Retinol....µg	0		0	Z	7		0		
Carotene, beta....µg	22		0	BFZN	4		53		
Carotene, alpha....µg	0	0.000	3	A	1		0		
Cryptoxanthin, beta....µg	0	0.000	3	A	1		0		
Vitamin A, IU....IU	36		0	NC	4		88		
Lycopene....µg	0	0.000	3	A	1		0		
Lutein + zeaxanthin....µg	53		0	BFZN	4		130		
Vitamin E (alpha-tocopherol)....mg	1.38		1	A	1		3.37		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg	0.01		1	A	1		0.04		
Tocopherol, gamma....mg	0.46		1	A	1		1.12		
Tocopherol, delta....mg	0.03		1	A	1		0.07		
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....µg									

NDB No. 09352
Blueberries, canned, light syrup, drained

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....µg	19.9		2	A	1		48.7		
Dihydrophylloquinone....µg	0.0		2	A	1		0.0		
Menaquinone-4....µg	0.0		2	A	1		0.0		
Lipids:									
Fatty acids, total saturated....g	0.028		0	NC	4		0.068		
4:0....g	0.000		0	BFZN	4		0.000		
6:0....g	0.000		0	BFZN	4		0.000		
8:0....g	0.000		0	BFZN	4		0.000		
10:0....g	0.000		0	BFZN	4		0.000		
12:0....g	0.000		0	BFZN	4		0.000		
13:0....g									
14:0....g	0.000		0	BFZN	4		0.000		
15:0....g									
16:0....g	0.022		0	BFZN	4		0.053		
17:0....g									
18:0....g	0.006		0	BFZN	4		0.016		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.062		0	NC	4		0.152		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.002		0	BFZN	4		0.005		
17:1....g									
18:1 undifferentiated....g	0.060		0	BFZN	4		0.147		
20:1....g	0.000		0	BFZN	4		0.000		
22:1 undifferentiated....g	0.000		0	BFZN	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.190		0	NC	4		0.462		
18:2 undifferentiated....g	0.114		0	BFZN	4		0.278		
18:3 undifferentiated....g	0.075		0	BFZN	4		0.184		
18:4....g	0.000		0	BFZN	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	BFZN	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	BFZN	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	BFZN	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	BFZN	4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 244g: 1 cup

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09055
Blueberries, frozen, sweetened

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	77.40	0.322	3		1		178.02	219.82	
Energy....kcal	85		0	NC	4		195	241	
Energy....kJ	355		0	NC	4		817	1008	
Protein (N x 6.25)....g	0.40	0.055	3		1		0.92	1.14	
Total lipid (fat)....g	0.13	0.033	3		1		0.30	0.37	
Ash....g	0.12	0.044	3		1		0.28	0.34	
Carbohydrate, by difference....g	21.95		0	NC	4		50.49	62.34	
Fiber, total dietary....g	2.2		0	FLA	4		5.1	6.3	
Sugars, total....g	19.72		0	O	4		45.36	56.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	6	0.058	3		1		14	17	
Iron, Fe....mg	0.39	0.049	3		1		0.90	1.11	
Magnesium, Mg....mg	2	0.961	3		1		5	6	
Phosphorus, P....mg	7	0.736	3		1		16	20	
Potassium, K....mg	60	9.368	3		1		138	170	
Sodium, Na....mg	1	0.437	3		1		2	3	
Zinc, Zn....mg	0.06	0.007	3		1		0.14	0.17	
Copper, Cu....mg	0.039	0.002	3		1		0.090	0.111	
Manganese, Mn....mg	0.262	0.107	3		1		0.603	0.744	
Selenium, Se....µg	0.2		0	FLA	4		0.4	0.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.0	0.000	3		1		2.3	2.8	
Thiamin....mg	0.020	0.000	3		1		0.046	0.057	
Riboflavin....mg	0.052		2		1		0.120	0.148	
Niacin....mg	0.253	0.050	3		1		0.582	0.719	
Pantothenic acid....mg	0.125		0		1		0.288	0.355	
Vitamin B-6....mg	0.059		0		1		0.136	0.168	
Folate, total....µg	7		0		1		15	19	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	7		0		1		15	19	
Folate, DFE....µg	7		0	NC	4		15	19	
Choline, total....mg	5.5		0	FLA	4		12.7	15.7	
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	2		0	NC	4		6	7	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg	30		0	FLA	4		68	84	
Carotene, alpha....µg	0		0	FLA	4		0	0	
Cryptoxanthin, beta....µg	0		0	FLA	4		0	0	
Vitamin A, IU....IU	49		0	FLA	4		113	140	
Lycopene....µg	0		0	FLA	4		0	0	
Lutein + zeaxanthin....µg	73		0	FLA	4		167	207	
Vitamin E (alpha-tocopherol)....mg	0.52		0	FLA	4		1.19	1.47	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	17.7		0	FLA	4		40.6	50.2	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 09055
Blueberries, frozen, sweetened

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.011		0		4		0.025	0.031	
4:0....g	0.000		0		4		0.000	0.000	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	
10:0....g	0.000		0		4		0.000	0.000	
12:0....g	0.000		0		4		0.000	0.000	
13:0....g									
14:0....g	0.000		0		4		0.000	0.000	
15:0....g									
16:0....g	0.006		0		4		0.014	0.017	
17:0....g									
18:0....g	0.002		0		4		0.005	0.006	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.018		0		4		0.041	0.051	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		4		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.018		0		4		0.041	0.051	
20:1....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.057		0		4		0.131	0.162	
18:2 undifferentiated....g	0.034		0		4		0.078	0.097	
18:3 undifferentiated....g	0.023		0		4		0.053	0.065	
18:4....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.002		0		1		0.005	0.006	
Threonine....g	0.011		0		1		0.025	0.031	
Isoleucine....g	0.012		0		1		0.028	0.034	
Leucine....g	0.023		0		1		0.053	0.065	
Lysine....g	0.007		0		1		0.016	0.020	
Methionine....g	0.006		0		1		0.014	0.017	
Cystine....g	0.004		0		1		0.009	0.011	
Phenylalanine....g	0.014		0		1		0.032	0.040	
Tyrosine....g	0.005		0		1		0.012	0.014	
Valine....g	0.017		0		1		0.039	0.048	
Arginine....g	0.020		0		1		0.046	0.057	
Histidine....g	0.006		0		1		0.014	0.017	
Alanine....g	0.017		0		1		0.039	0.048	
Aspartic acid....g	0.031		0		1		0.071	0.088	
Glutamic acid....g	0.049		0		1		0.113	0.139	
Glycine....g	0.016		0		1		0.037	0.045	
Proline....g	0.015		0		1		0.035	0.043	
Serine....g	0.012		0		1		0.028	0.034	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 09055
Blueberries, frozen, sweetened

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 230g: 1 cup, thawed

Measure 2 = 284g: 1 package (10 oz)

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.75

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09054
Blueberries, frozen, unsweetened

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	86.59	0.573	3		1		134.21	490.97	
Energy....kcal	51		0	NC	4		79	289	
Energy....kJ	213		0		4		331	1210	
Protein (N x 6.25)....g	0.42	0.045	3		1		0.65	2.38	
Total lipid (fat)....g	0.64	0.018	3		1		0.99	3.63	
Ash....g	0.18	0.018	3		1		0.28	1.02	
Carbohydrate, by difference....g	12.17		0	NC	4		18.86	69.00	
Fiber, total dietary....g	2.7		0		4		4.2	15.3	
Sugars, total....g	8.45		0	BFSN	4		13.10	47.94	
Starch....g									
Minerals:									
Calcium, Ca....mg	8	2.486	3		1		12	45	
Iron, Fe....mg	0.18	0.076	3		1		0.28	1.02	
Magnesium, Mg....mg	5	0.731	3		1		8	28	
Phosphorus, P....mg	11	2.351	3		1		17	62	
Potassium, K....mg	54	1.202	3		1		84	306	
Sodium, Na....mg	1	0.167	3		1		2	6	
Zinc, Zn....mg	0.07	0.012	3		1		0.11	0.40	
Copper, Cu....mg	0.033	0.007	3		1		0.051	0.187	
Manganese, Mn....mg	0.147	0.087	3		1		0.228	0.833	
Selenium, Se....µg	0.1		0	BFSN	4		0.2	0.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg	2.5	2.366	3		1		3.9	14.2	
Thiamin....mg	0.032	0.001	3		1		0.050	0.181	
Riboflavin....mg	0.037	0.005	3		1		0.057	0.210	
Niacin....mg	0.520	0.012	3		1		0.806	2.948	
Pantothenic acid....mg	0.125	0.024	3		1		0.194	0.709	
Vitamin B-6....mg	0.059	0.002	3		1		0.091	0.335	
Folate, total....µg	7	1.257	3		1		10	38	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	7	1.257	3		1		10	38	
Folate, DFE....µg	7		0	NC	4		10	38	
Choline, total....mg	5.1		0	BFSN	4		7.9	29.1	
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	2		0	NC	4		4	13	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg	28		0	BFSN	4		43	156	
Carotene, alpha....µg	0		0	BFSN	4		0	0	
Cryptoxanthin, beta....µg	0		0	BFSN	4		0	0	
Vitamin A, IU....IU	46		0	NC	4		71	260	
Lycopene....µg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin....µg	68		0	BFSN	4		105	384	
Vitamin E (alpha-tocopherol)....mg	0.48		0	BFSN	4		0.75	2.73	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	16.4		0	BFSN	4		25.5	93.1	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 09054
Blueberries, frozen, unsweetened

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.053		0		4		0.082	0.301	
4:0....g	0.000		0		4		0.000	0.000	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	
10:0....g	0.000		0		4		0.000	0.000	
12:0....g	0.000		0		4		0.000	0.000	
13:0....g									
14:0....g	0.000		0		4		0.000	0.000	
15:0....g									
16:0....g	0.031		0		4		0.048	0.176	
17:0....g									
18:0....g	0.011		0		4		0.017	0.062	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.091		0		4		0.141	0.516	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.002		0		4		0.003	0.011	
17:1....g									
18:1 undifferentiated....g	0.087		0		4		0.135	0.493	
20:1....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.279		0		4		0.432	1.582	
18:2 undifferentiated....g	0.167		0		4		0.259	0.947	
18:3 undifferentiated....g	0.112		0		4		0.174	0.635	
18:4....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.002		0		1		0.003	0.011	
Threonine....g	0.012		0		1		0.019	0.068	
Isoleucine....g	0.013		0		1		0.020	0.074	
Leucine....g	0.025		0		1		0.039	0.142	
Lysine....g	0.008		0		1		0.012	0.045	
Methionine....g	0.007		0		1		0.011	0.040	
Cystine....g	0.004		0		1		0.006	0.023	
Phenylalanine....g	0.015		0		1		0.023	0.085	
Tyrosine....g	0.005		0		1		0.008	0.028	
Valine....g	0.018		0		1		0.028	0.102	
Arginine....g	0.022		0		1		0.034	0.125	
Histidine....g	0.006		0		1		0.009	0.034	
Alanine....g	0.018		0		1		0.028	0.102	
Aspartic acid....g	0.033		0		1		0.051	0.187	
Glutamic acid....g	0.052		0		1		0.081	0.295	
Glycine....g	0.017		0		1		0.026	0.096	
Proline....g	0.015		0		1		0.023	0.085	
Serine....g	0.013		0		1		0.020	0.074	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 09054
Blueberries, frozen, unsweetened

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 155g: 1 cup, unthawed

Measure 2 = 567g: 1 package (20 oz)

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09050
Blueberries, raw
Vaccinium spp.

Refuse: 5% Stems and green or spoiled berries

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	84.21	0.672	12	A	1		124.62	57.26	
Energy....kcal	57		0	NC	4		85	39	
Energy....kJ	240		0	NC	4		356	163	
Protein (N x 6.25)....g	0.74	0.019	12	A	1		1.09	0.50	
Total lipid (fat)....g	0.33	0.018	12	A	1		0.49	0.23	
Ash....g	0.24	0.005	12	A	1		0.35	0.16	
Carbohydrate, by difference....g	14.49		0	NC	4		21.44	9.85	
Fiber, total dietary....g	2.4	0.124	4	A	1		3.6	1.7	
Sugars, total....g	9.96	0.550	8	A	1		14.74	6.77	
Sucrose....g	0.11	0.000	8	A	1		0.16	0.07	
Glucose (dextrose)....g	4.88	0.275	8	A	1		7.23	3.32	
Fructose....g	4.97	0.276	8	A	1		7.35	3.38	
Lactose....g	0.00	0.000	8	A	1		0.00	0.00	
Maltose....g	0.00	0.000	8	A	1		0.00	0.00	
Galactose....g	0.00	0.000	8	A	1		0.00	0.00	
Starch....g	0.03	0.027	4	A	1		0.04	0.02	
Minerals:									
Calcium, Ca....mg	6	0.785	12	A	1		10	4	
Iron, Fe....mg	0.28	0.011	12	A	1		0.41	0.19	
Magnesium, Mg....mg	6	0.197	12	A	1		9	4	
Phosphorus, P....mg	12	0.508	12	A	1		18	8	
Potassium, K....mg	77	5.450	6	A	1		114	53	
Sodium, Na....mg	1	0.353	6	A	1		1	0	
Zinc, Zn....mg	0.16	0.017	12	A	1		0.23	0.11	
Copper, Cu....mg	0.057	0.014	12	A	1		0.084	0.039	
Manganese, Mn....mg	0.336	0.028	8	A	1		0.497	0.228	
Selenium, Se....µg	0.1		2	A	1		0.2	0.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	9.7	0.890	4	A	1		14.4	6.6	
Thiamin....mg	0.037	0.006	12	A	1		0.055	0.025	
Riboflavin....mg	0.041	0.000	12	A	1		0.061	0.028	
Niacin....mg	0.418	0.089	12	A	1		0.619	0.284	
Pantothenic acid....mg	0.124	0.008	12	A	1		0.184	0.085	
Vitamin B-6....mg	0.052	0.000	12	A	1		0.077	0.036	
Folate, total....µg	6	0.123	12	A	1		9	4	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	6	0.123	12	A	1		9	4	
Folate, DFE....µg	6		0	NC	4		9	4	
Choline, total....mg	6.0		0	AS	1		8.9	4.1	
Betaine....mg	0.2		1	A	1		0.3	0.1	
Vitamin B-12....µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	3		0	AS	1		4	2	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg	32	3.292	16	A	1		48	22	
Carotene, alpha....µg	0	0.000	12	A	1		0	0	
Cryptoxanthin, beta....µg	0	0.000	12	A	1		0	0	
Vitamin A, IU....IU	54		0	AS	1		80	37	
Lycopene....µg	0	0.000	6	A	1		0	0	
Lutein + zeaxanthin....µg	80	5.650	6	A	1		118	54	
Vitamin E (alpha-tocopherol)....mg	0.57	0.097	4	A	1		0.84	0.39	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.01	0.000	4	A	1		0.02	0.01	
Tocopherol, gamma....mg	0.36	0.048	4	A	1		0.53	0.24	
Tocopherol, delta....mg	0.03	0.009	4	A	1		0.04	0.02	
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									

NDB No. 09050
Blueberries, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	19.3	1.546	8	A	1		28.6	13.2	
Dihydrophylloquinone.....µg	0.0	0.000	8	A	1		0.0	0.0	
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.028		0	BFFN	4		0.042	0.019	
4:0.....g	0.000		0	BFFN	4		0.000	0.000	
6:0.....g	0.000		0	BFFN	4		0.000	0.000	
8:0.....g	0.000		0	BFFN	4		0.000	0.000	
10:0.....g	0.000		0	BFFN	4		0.000	0.000	
12:0.....g	0.000		0	BFFN	4		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0	BFFN	4		0.000	0.000	
15:0.....g									
16:0.....g	0.017		0	BFFN	4		0.025	0.011	
17:0.....g									
18:0.....g	0.005		0	BFFN	4		0.007	0.003	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.047		0	BFFN	4		0.069	0.032	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0	BFFN	4		0.002	0.001	
17:1.....g									
18:1 undifferentiated.....g	0.047		0	BFFN	4		0.069	0.032	
20:1.....g	0.000		0	BFFN	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.146		0	BFFN	4		0.217	0.100	
18:2 undifferentiated.....g	0.088		0	BFFN	4		0.131	0.060	
18:3 undifferentiated.....g	0.058		0	BFFN	4		0.086	0.040	
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.003		0	DA	1		0.005	0.002	
Threonine.....g	0.020		0	DA	1		0.029	0.013	
Isoleucine.....g	0.023		0	DA	1		0.034	0.016	
Leucine.....g	0.044		0	DA	1		0.065	0.030	
Lysine.....g	0.013		0	DA	1		0.020	0.009	
Methionine.....g	0.012		0	DA	1		0.018	0.008	
Cystine.....g	0.008		0	DA	1		0.011	0.005	
Phenylalanine.....g	0.026		0	DA	1		0.039	0.018	
Tyrosine.....g	0.009		0	DA	1		0.013	0.006	
Valine.....g	0.031		0	DA	1		0.046	0.021	
Arginine.....g	0.037		0	DA	1		0.055	0.025	
Histidine.....g	0.011		0	DA	1		0.016	0.007	
Alanine.....g	0.031		0	DA	1		0.046	0.021	
Aspartic acid.....g	0.057		0	DA	1		0.085	0.039	
Glutamic acid.....g	0.091		0	DA	1		0.135	0.062	
Glycine.....g	0.031		0	DA	1		0.046	0.021	
Proline.....g	0.028		0	DA	1		0.041	0.019	
Serine.....g	0.022		0	DA	1		0.033	0.015	
Hydroxyproline.....g									

NDB No. 09050
Blueberries, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 148g: 1 cup

Measure 2 = 68g: 50 berries

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09353
Blueberries, wild, canned, heavy syrup, drained

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	70.63		1	A	1		225.31		
Energy....kcal	107		0	NC	4		340		
Energy....kJ	446		0	NC	4		1424		
Protein (N x 6.25)....g	0.56		1	A	1		1.79		
Total lipid (fat)....g	0.34		1	A	1		1.08		
Ash....g	0.15		1	A	1		0.47		
Carbohydrate, by difference....g	28.32		0	NC	4		90.34		
Fiber, total dietary....g	4.9		1	A	1		15.6		
Sugars, total....g	19.28		1	A	1		61.52		
Sucrose....g	0.01		1	A	1		0.05		
Glucose (dextrose)....g	10.13		1	A	1		32.32		
Fructose....g	9.02		1	A	1		28.77		
Lactose....g	0.00		1	A	1		0.00		
Maltose....g	0.12		1	A	1		0.38		
Galactose....g	0.00		1	A	1		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	19		1	A	1		61		
Iron, Fe....mg	2.20		1	A	1		7.02		
Magnesium, Mg....mg	6		1	A	1		20		
Phosphorus, P....mg	14		1	A	1		45		
Potassium, K....mg	46		1	A	1		147		
Sodium, Na....mg	1		1	A	1		5		
Zinc, Zn....mg	0.12		1	A	1		0.38		
Copper, Cu....mg									
Manganese, Mn....mg	2.300		1	A	1		7.337		
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.3		1	A	1		1.0		
Thiamin....mg	0.033		1	A	1		0.104		
Riboflavin....mg	0.313		1	A	1		0.998		
Niacin....mg	0.469		1	A	1		1.496		
Pantothenic acid....mg	0.041		1	A	1		0.130		
Vitamin B-6....mg	0.035		1	A	1		0.111		
Folate, total....µg	8		1	A	1		26		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	8		1	A	1		26		
Folate, DFE....µg	8		0	NC	4		26		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Retinol....µg									
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	14.8		1	A	1		47.2		

NDB No. 09353
Blueberries, wild, canned, heavy syrup, drained

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Dihydrophylloquinone.....µg	0.0		1	A	1		0.0		
Menaquinone-4.....µg	0.0		1	A	1		0.0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 319g: 1 cup

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09053
Blueberries, wild, frozen

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	85.80		1	A	1		120.12		
Energy....kcal	51		0	NC	4		72		
Energy....kJ	214		0	NC	4		300		
Protein (N x 6.25)....g	0.00		1	A	1		0.00		
Total lipid (fat)....g	0.16		1	A	1		0.22		
Ash....g	0.19		1	A	1		0.26		
Carbohydrate, by difference....g	13.85		0	NC	4		19.39		
Fiber, total dietary....g	4.4		1	A	1		6.2		
Sugars, total....g									
Sucrose....g	0.00		1	A	1		0.00		
Glucose (dextrose)....g	3.33		1	A	1		4.66		
Fructose....g	3.71		1	A	1		5.19		
Lactose....g	0.00		1	A	1		0.00		
Maltose....g	0.00		1	A	1		0.00		
Galactose....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	17		1	A	1		24		
Iron, Fe....mg	0.58		1	A	1		0.81		
Magnesium, Mg....mg	7		1	A	1		9		
Phosphorus, P....mg	13		1	A	1		18		
Potassium, K....mg	68		1	A	1		95		
Sodium, Na....mg	3		1	A	1		4		
Zinc, Zn....mg	0.67		1	A	1		0.93		
Copper, Cu....mg									
Manganese, Mn....mg	2.870		1	A	1		4.018		
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.7		1	A	1		2.4		
Thiamin....mg	0.030		1	A	1		0.042		
Riboflavin....mg	0.007		1	A	1		0.010		
Niacin....mg	0.610		1	A	1		0.854		
Pantothenic acid....mg									
Vitamin B-6....mg	0.020		1	A	1		0.028		
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg	3		1	A	1		4		
Vitamin A, IU....IU	59		1	A	1		83		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.26		1	A	1		0.36		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.030		1	A	1		0.042		
Fatty acids, total monounsaturated....g	0.020		1	A	1		0.028		

NDB No. 09053
Blueberries, wild, frozen

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total polyunsaturated.....g	0.090		1	A	1		0.126		
Fatty acids, total trans.....g	0.000		1	A	1		0.000		
Cholesterol.....mg									
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 140g: 1 cup, frozen

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09056

Boysenberries, canned, heavy syrup

Rubus ursinus var. loganobaccus

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	76.26	1.680	3		1		195.23		
Energy....kcal	88		0	NC	4		225		
Energy....kJ	368				4		943		
Protein (N x 6.25)....g	0.99	0.025	3		1		2.53		
Total lipid (fat)....g	0.12	0.051	3		1		0.31		
Ash....g	0.32	0.014	3		1		0.82		
Carbohydrate, by difference....g	22.31		0	NC	4		57.11		
Fiber, total dietary....g	2.6		0		4		6.7		
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	18	0.961	3		1		46		
Iron, Fe....mg	0.43	0.006	3		1		1.10		
Magnesium, Mg....mg	11	0.353	3		1		28		
Phosphorus, P....mg	10	0.000	3		1		26		
Potassium, K....mg	90	4.372	3		1		230		
Sodium, Na....mg	3	0.333	3		1		8		
Zinc, Zn....mg	0.19	0.003	3		1		0.49		
Copper, Cu....mg	0.070	0.006	3		1		0.179		
Manganese, Mn....mg	0.250	0.015	3		1		0.640		
Selenium, Se....µg	0.4		0	CAZN	4		1.0		
Vitamins:									
Vitamin C, total ascorbic acid....mg	6.2	0.703	3		1		15.9		
Thiamin....mg	0.026	0.002	3		1		0.067		
Riboflavin....mg	0.029	0.002	3		1		0.074		
Niacin....mg	0.230	0.025	3		1		0.589		
Pantothenic acid....mg	0.131	0.004	3		1		0.335		
Vitamin B-6....mg	0.038	0.002	3		1		0.097		
Folate, total....µg	34	2.919	3		1		88		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	34	2.919	3		1		88		
Folate, DFE....µg	34		0	NC	4		88		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....µg	2	0.189	3		1		5		
Retinol....µg	0		0	Z	7		0		
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	40	3.786	3		1		102		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.004		0		4		0.010		
4:0....g	0.000		0		4		0.000		

NDB No. 09056
Boysenberries, canned, heavy syrup

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0		4		0.000		
8:0 ... g	0.000		0		4		0.000		
10:0 ... g	0.000		0		4		0.000		
12:0 ... g	0.000		0		4		0.000		
13:0 ... g									
14:0 ... g	0.000		0		4		0.000		
15:0 ... g									
16:0 ... g	0.003		0		4		0.008		
17:0 ... g									
18:0 ... g	0.001		0		4		0.003		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.012		0		4		0.031		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.000		0		4		0.000		
17:1 ... g									
18:1 undifferentiated ... g	0.011		0		4		0.028		
20:1 ... g	0.001		0		4		0.003		
22:1 undifferentiated ... g	0.000		0		4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.068		0		4		0.174		
18:2 undifferentiated ... g	0.045		0		4		0.115		
18:3 undifferentiated ... g	0.023		0		4		0.059		
18:4 ... g	0.000		0		4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		4		0.000		
20:5 n-3 (EPA) ... g	0.000		0		4		0.000		
22:5 n-3 (DPA) ... g	0.000		0		4		0.000		
22:6 n-3 (DHA) ... g	0.000		0		4		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	Z	7		0		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0		
Caffeine ... mg									
Theobromine ... mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 256g: 1 cup

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.75

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09057
Boysenberries, frozen, unsweetened

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	85.90	0.274	3		1		113.39	243.96	
Energy....kcal	50		0	NC	4		66	142	
Energy....kJ	209		0		4		276	594	
Protein (N x 6.25)....g	1.10	0.052	3		1		1.45	3.12	
Total lipid (fat)....g	0.26	0.037	3		1		0.34	0.74	
Ash....g	0.54	0.018	3		1		0.71	1.53	
Carbohydrate, by difference....g	12.19		0	NC	4		16.09	34.62	
Fiber, total dietary....g	5.3		0	BFZN	4		7.0	15.1	
Sugars, total....g	6.89		0	O	4		9.09	19.57	
Starch....g									
Minerals:									
Calcium, Ca....mg	27	1.041	3		1		36	77	
Iron, Fe....mg	0.85	0.076	3		1		1.12	2.41	
Magnesium, Mg....mg	16	0.609	3		1		21	45	
Phosphorus, P....mg	27	0.753	3		1		36	77	
Potassium, K....mg	139	5.033	3		1		183	395	
Sodium, Na....mg	1	0.333	3		1		1	3	
Zinc, Zn....mg	0.22	0.009	3		1		0.29	0.62	
Copper, Cu....mg	0.080	0.006	3		1		0.106	0.227	
Manganese, Mn....mg	0.547	0.057	3		1		0.722	1.553	
Selenium, Se....µg	0.2		0	BFZN	4		0.3	0.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg	3.1	0.200	3		1		4.1	8.8	
Thiamin....mg	0.053	0.001	3		1		0.070	0.151	
Riboflavin....mg	0.037	0.002	3		1		0.049	0.105	
Niacin....mg	0.767	0.045	3		1		1.012	2.178	
Pantothenic acid....mg	0.250	0.010	3		1		0.330	0.710	
Vitamin B-6....mg	0.056	0.006	3		1		0.074	0.159	
Folate, total....µg	63	4.063	3		1		84	180	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	63	4.063	3		1		84	180	
Folate, DFE....µg	63		0	NC	4		84	180	
Choline, total....mg	10.2		0	BFSN	4		13.4	28.9	
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	3	0.406	3		1		4	10	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg	40		0	BNA	4		53	114	
Carotene, alpha....µg	0		0	BNA	4		0	0	
Cryptoxanthin, beta....µg	0		0	BNA	4		0	0	
Vitamin A, IU....IU	67	8.110	3		1		88	190	
Lycopene....µg	0		0	BFZN	4		0	0	
Lutein + zeaxanthin....µg	118		0	BFZN	4		155	334	
Vitamin E (alpha-tocopherol)....mg	0.87		0	BFZN	4		1.15	2.48	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	7.8		0	BFZN	4		10.3	22.2	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 09057
Boysenberries, frozen, unsweetened

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.009		0		4		0.012	0.026	
4:0....g	0.000		0		4		0.000	0.000	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	
10:0....g	0.000		0		4		0.000	0.000	
12:0....g	0.000		0		4		0.000	0.000	
13:0....g									
14:0....g	0.000		0		4		0.000	0.000	
15:0....g									
16:0....g	0.006		0		4		0.008	0.017	
17:0....g									
18:0....g	0.001		0		4		0.001	0.003	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.025		0		4		0.033	0.071	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		4		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.023		0		4		0.030	0.065	
20:1....g	0.002		0		4		0.003	0.006	
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.148		0		4		0.195	0.420	
18:2 undifferentiated....g	0.098		0		4		0.129	0.278	
18:3 undifferentiated....g	0.050		0		4		0.066	0.142	
18:4....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 132g: 1 cup, unthawed

Measure 2 = 284g: 1 package (10 oz)

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09059
Breadfruit, raw
Artocarpus altilis

Refuse: 22% 9% core, 13% skin

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	70.65		1		1		155.43	67.82	
Energy....kcal	103		0	NC	4		227	99	
Energy....kJ	431		0		4		948	414	
Protein (N x 6.25)....g	1.07		2		1		2.35	1.03	
Total lipid (fat)....g	0.23		2		1		0.51	0.22	
Ash....g	0.93		2		1		2.05	0.89	
Carbohydrate, by difference....g	27.12		0	NC	4		59.66	26.04	
Fiber, total dietary....g	4.9		0		1		10.8	4.7	
Sugars, total....g	11.00		0	O	4		24.20	10.56	
Starch....g									
Minerals:									
Calcium, Ca....mg	17		2		1		37	16	
Iron, Fe....mg	0.54		2		1		1.19	0.52	
Magnesium, Mg....mg	25		2		1		55	24	
Phosphorus, P....mg	30		2		1		66	29	
Potassium, K....mg	490		2		1		1078	470	
Sodium, Na....mg	2		2		1		4	2	
Zinc, Zn....mg	0.12		1		1		0.26	0.12	
Copper, Cu....mg	0.084		1		1		0.185	0.081	
Manganese, Mn....mg	0.060		1		1		0.132	0.058	
Selenium, Se....µg	0.6		0	CAZN	4		1.3	0.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg	29.0		0		1		63.8	27.8	
Thiamin....mg	0.110		0		1		0.242	0.106	
Riboflavin....mg	0.030		0		1		0.066	0.029	
Niacin....mg	0.900		0		1		1.980	0.864	
Pantothenic acid....mg	0.457		0		1		1.005	0.439	
Vitamin B-6....mg	0.100		0		4		0.220	0.096	
Folate, total....µg	14		0		4		31	13	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	14		0		4		31	13	
Folate, DFE....µg	14		0	NC	4		31	13	
Choline, total....mg	9.8		0	BFZN	4		21.5	9.4	
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	0		2	A	1		0	0	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg	0		2	A	1		0	0	
Carotene, alpha....µg	0		2	A	1		0	0	
Cryptoxanthin, beta....µg	0		2	A	1		0	0	
Vitamin A, IU....IU	0		2	A	1		0	0	
Lycopene....µg	0		0	BFZN	4		0	0	
Lutein + zeaxanthin....µg	22		0	BFZN	4		48	21	
Vitamin E (alpha-tocopherol)....mg	0.10		0	BFZN	4		0.22	0.10	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	0.5		0	BFZN	4		1.2	0.5	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 09059
Breadfruit, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.048		0		4		0.106	0.046	
4:0....g	0.000		0		4		0.000	0.000	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	
10:0....g	0.000		0		4		0.000	0.000	
12:0....g	0.000		0		4		0.000	0.000	
13:0....g									
14:0....g	0.000		0		4		0.000	0.000	
15:0....g									
16:0....g	0.031		0		4		0.068	0.030	
17:0....g									
18:0....g	0.017		0		4		0.037	0.016	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.034		0		4		0.075	0.033	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.002		0		4		0.004	0.002	
17:1....g									
18:1 undifferentiated....g	0.032		0		4		0.070	0.031	
20:1....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.066		0		4		0.145	0.063	
18:2 undifferentiated....g	0.048		0		4		0.106	0.046	
18:3 undifferentiated....g	0.018		0		4		0.040	0.017	
18:4....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g									
Threonine....g	0.052		1		1		0.114	0.050	
Isoleucine....g	0.064		1		1		0.141	0.061	
Leucine....g	0.065		1		1		0.143	0.062	
Lysine....g	0.037		1		1		0.081	0.036	
Methionine....g	0.010		1		1		0.022	0.010	
Cystine....g	0.009		1		1		0.020	0.009	
Phenylalanine....g	0.026		1		1		0.057	0.025	
Tyrosine....g	0.019		1		1		0.042	0.018	
Valine....g	0.047		1		1		0.103	0.045	
Arginine....g									
Histidine....g									
Alanine....g									
Aspartic acid....g									
Glutamic acid....g									
Glycine....g									
Proline....g									
Serine....g									
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 09059
Breadfruit, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 220g: 1 cup

Measure 2 = 96g: .25 fruit, small

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09426
Candied fruit

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	16.70		0	T	4				
Energy	kcal	322		0	RA	4				
Energy	kJ	1345		0	RA	4				
Protein	g	0.34		0	RA	4				
Total lipid (fat)	g	0.07		0	RA	4				
Ash	g	0.14		0	RA	4				
Carbohydrate, by difference	g	82.74		0	NC	4				
Fiber, total dietary	g	1.6		0	RA	4				
Sugars, total	g	80.68		0	RA	4				
Starch	g									
Minerals:										
Calcium, Ca	mg	18		0	RA	4				
Iron, Fe	mg	0.17		0	RA	4				
Magnesium, Mg	mg	4		0	RA	4				
Phosphorus, P	mg	5		0	RA	4				
Potassium, K	mg	56		0	RA	4				
Sodium, Na	mg	98		0	T	4				
Zinc, Zn	mg	0.05		0	RA	4				
Copper, Cu	mg	0.029		0	RA	4				
Manganese, Mn	mg	0.111		0	RA	4				
Selenium, Se	µg	0.6		0	RA	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7				
Thiamin	mg	0.000		0	Z	7				
Riboflavin	mg	0.000		0	Z	7				
Niacin	mg	0.000		0	Z	7				
Pantothenic acid	mg									
Vitamin B-6	mg	0.000		0	Z	7				
Folate, total	µg	0		0	Z	7				
Folic acid	µg	0		0	Z	7				
Folate, food	µg	0		0	Z	7				
Folate, DFE	µg	0		0	NC	4				
Choline, total	mg	2.2		0	RA	4				
Betaine	mg									
Vitamin B-12	µg	0.00		0	Z	7				
Vitamin B-12, added	µg	0.00		0	Z	7				
Vitamin A, RAE	µg	1		0	RA	4				
Retinol	µg	0		0	RA	4				
Carotene, beta	µg	9		0	RA	4				
Carotene, alpha	µg	0		0	RA	4				
Cryptoxanthin, beta	µg	5		0	RA	4				
Vitamin A, IU	IU	19		0	RA	4				
Lycopene	µg	0		0	RA	4				
Lutein + zeaxanthin	µg	11		0	RA	4				
Vitamin E (alpha-tocopherol)	mg	0.04		0	RA	4				
Vitamin E, added	mg	0.00		0	Z	7				
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	Z	7				
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU	0		0	Z	7				
Vitamin K (phylloquinone)	µg	0.3		0	RA	4				
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 09426
Candied fruit

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.010		0	RA	4				
4:0....g	0.000		0	RA	4				
6:0....g	0.000		0	RA	4				
8:0....g	0.000		0	RA	4				
10:0....g	0.000		0	RA	4				
12:0....g	0.000		0	RA	4				
13:0....g									
14:0....g	0.000		0	RA	4				
15:0....g									
16:0....g	0.008		0	RA	4				
17:0....g									
18:0....g	0.002		0	RA	4				
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.008		0	RA	4				
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	RA	4				
17:1....g									
18:1 undifferentiated....g	0.008		0	RA	4				
20:1....g	0.000		0	RA	4				
22:1 undifferentiated....g	0.000		0	RA	4				
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.020		0	RA	4				
18:2 undifferentiated....g	0.013		0	RA	4				
18:3 undifferentiated....g	0.008		0	RA	4				
18:4....g	0.000		0	RA	4				
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	RA	4				
20:5 n-3 (EPA)....g	0.000		0	RA	4				
22:5 n-3 (DPA)....g	0.000		0	RA	4				
22:6 n-3 (DHA)....g	0.000		0	RA	4				
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7				
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7				
Caffeine....mg	0		0	Z	7				
Theobromine....mg	0		0	Z	7				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09060
Carambola, (starfruit), raw
Averrhoa carambola

Refuse: 3% Seeds and stem end

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	91.38	0.682	4	A	1		120.62	98.69	113.31
Energy....kcal	31		0	NC	4		40	33	38
Energy....kJ	128		0	NC	4		168	138	158
Protein (N x 6.25)....g	1.04	0.123	4	A	1		1.37	1.12	1.29
Total lipid (fat)....g	0.33	0.133	4	A	1		0.44	0.36	0.41
Ash....g	0.52	0.062	4	A	1		0.69	0.56	0.65
Carbohydrate, by difference....g	6.73		0	NC	4		8.89	7.27	8.35
Fiber, total dietary....g	2.8	0.307	4	A	1		3.6	3.0	3.4
Sugars, total....g	3.98		0	O	4		5.25	4.29	4.93
Starch....g									
Minerals:									
Calcium, Ca....mg	3	0.307	5	A	1		5	4	4
Iron, Fe....mg	0.08	0.013	4	A	1		0.10	0.08	0.09
Magnesium, Mg....mg	10	0.378	5	A	1		13	10	12
Phosphorus, P....mg	12	0.841	4	A	1		15	13	14
Potassium, K....mg	133	8.411	5	A	1		175	143	164
Sodium, Na....mg	2	0.363	5	A	1		2	2	2
Zinc, Zn....mg	0.12	0.066	5	A	1		0.16	0.13	0.15
Copper, Cu....mg	0.137	0.033	5	A	1		0.181	0.148	0.170
Manganese, Mn....mg	0.037	0.002	5	A	1		0.049	0.040	0.046
Selenium, Se....µg	0.6		0	CAZN	4		0.8	0.6	0.7
Vitamins:									
Vitamin C, total ascorbic acid....mg	34.4	6.122	4	A	1		45.4	37.1	42.6
Thiamin....mg	0.014	0.004	4	A	1		0.019	0.015	0.018
Riboflavin....mg	0.016	0.003	4	A	1		0.021	0.017	0.020
Niacin....mg	0.367	0.078	4	A	1		0.484	0.396	0.454
Pantothenic acid....mg	0.391	0.040	4	A	1		0.516	0.422	0.485
Vitamin B-6....mg	0.017	0.006	4	A	1		0.022	0.018	0.020
Folate, total....µg	12	2.624	4	A	1		15	12	14
Folic acid....µg	0		0	Z	7		0	0	0
Folate, food....µg	12	2.624	4	A	1		15	12	14
Folate, DFE....µg	12		0	NC	4		15	12	14
Choline, total....mg	7.6		0	CAZN	4		10.0	8.2	9.4
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....µg	3	0.991	4	A	1		4	3	4
Retinol....µg	0		0	Z	7		0	0	0
Carotene, beta....µg	25	24.500	4	A	1		32	26	30
Carotene, alpha....µg	24	8.525	4	A	1		32	26	30
Cryptoxanthin, beta....µg	0	0.000	4	A	1		0	0	0
Vitamin A, IU....IU	61	19.812	4	A	1		81	66	76
Lycopene....µg	0		1	A	1		0	0	0
Lutein + zeaxanthin....µg	66		1	A	1		87	71	82
Vitamin E (alpha-tocopherol)....mg	0.15		0	BFZN	4		0.20	0.16	0.19
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	0.0		0	BFZN	4		0.0	0.0	0.0
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 09060
Carambola, (starfruit), raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.019		0	NC	4		0.025	0.021	0.024
4:0....g	0.000		0		4		0.000	0.000	0.000
6:0....g	0.000		0		4		0.000	0.000	0.000
8:0....g	0.000		0		4		0.000	0.000	0.000
10:0....g	0.000		0		4		0.000	0.000	0.000
12:0....g	0.000		0		4		0.000	0.000	0.000
13:0....g									
14:0....g	0.000		0		4		0.000	0.000	0.000
15:0....g									
16:0....g	0.011		0		4		0.015	0.012	0.014
17:0....g									
18:0....g	0.008		0		4		0.010	0.008	0.010
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.030		0	NC	4		0.039	0.032	0.037
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
17:1....g									
18:1 undifferentiated....g	0.030		0		4		0.039	0.032	0.037
20:1....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.184		0	NC	4		0.243	0.199	0.228
18:2 undifferentiated....g	0.157		0		4		0.207	0.170	0.195
18:3 undifferentiated....g	0.027		0		4		0.035	0.029	0.033
18:4....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	0.000
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.008		0	BFPN	4		0.010	0.008	0.010
Threonine....g	0.044		0	BFPN	4		0.058	0.048	0.055
Isoleucine....g	0.044		0	BFPN	4		0.058	0.048	0.055
Leucine....g	0.077		0	BFPN	4		0.101	0.083	0.095
Lysine....g	0.077		0	BFPN	4		0.101	0.083	0.095
Methionine....g	0.021		0	BFPN	4		0.028	0.023	0.026
Cystine....g									
Phenylalanine....g	0.037		0	BFPN	4		0.048	0.039	0.045
Tyrosine....g	0.044		0	BFPN	4		0.058	0.048	0.055
Valine....g	0.050		0	BFPN	4		0.066	0.054	0.062
Arginine....g	0.021		0	BFPN	4		0.028	0.023	0.026
Histidine....g	0.008		0	BFPN	4		0.010	0.008	0.010
Alanine....g	0.071		0	BFPN	4		0.094	0.077	0.088
Aspartic acid....g	0.098		0	BFPN	4		0.129	0.106	0.122
Glutamic acid....g	0.148		0	BFPN	4		0.195	0.160	0.183
Glycine....g	0.050		0	BFPN	4		0.066	0.054	0.062
Proline....g	0.050		0	BFPN	4		0.066	0.054	0.062
Serine....g	0.083		0	BFPN	4		0.109	0.089	0.102
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 09060
Carambola, (starfruit), raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 132g: 1 cup, cubes

Measure 2 = 108g: 1 cup, sliced

Measure 3 = 124g: 1 large (4-1/2" long)

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09061
Carissa, (natal-plum), raw
Carissa macrocarpa

Refuse: 14% 7% seeds, 7% skin

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	84.17		1		1		126.26	16.83	
Energy ... kcal	62		0	NC	4		93	12	
Energy ... kJ	259				4		389	52	
Protein (N x 6.25) ... g	0.50		0		1		0.75	0.10	
Total lipid (fat) ... g	1.30		0		1		1.95	0.26	
Ash ... g	0.40		0		1		0.60	0.08	
Carbohydrate, by difference ... g	13.63		0	NC	4		20.45	2.73	
Fiber, total dietary ... g									
Sugars, total ... g									
Starch ... g									
Minerals:									
Calcium, Ca ... mg	11		0		1		17	2	
Iron, Fe ... mg	1.31		0		1		1.97	0.26	
Magnesium, Mg ... mg	16		2		1		24	3	
Phosphorus, P ... mg	7		0		1		11	1	
Potassium, K ... mg	260		2		1		390	52	
Sodium, Na ... mg	3		2		1		5	1	
Zinc, Zn ... mg									
Copper, Cu ... mg	0.210		1		1		0.315	0.042	
Manganese, Mn ... mg									
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg	38.0		0		1		57.0	7.6	
Thiamin ... mg	0.040		0		1		0.060	0.008	
Riboflavin ... mg	0.060		0		1		0.090	0.012	
Niacin ... mg	0.200		0		1		0.300	0.040	
Pantothenic acid ... mg									
Vitamin B-6 ... mg									
Folate, total ... µg									
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE ... µg	2		0		1		3	0	
Vitamin A, IU ... IU	40		0		1		60	8	
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g									
Fatty acids, total monounsaturated ... g									
Fatty acids, total polyunsaturated ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	Z	7		0	0	
Phytosterols ... mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 09061
Carissa, (natal-plum), raw

Common Measures:

Measure 1 = 150g: 1 cup slices

Measure 2 = 20g: 1 fruit without skin and seeds

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09062
Cherimoya, raw
Annona cherimola

Refuse: 31% Seeds, skin and core

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	79.39	0.641	6	A	1		186.57	127.03	
Energy....kcal	75		0	NC	4		176	120	
Energy....kJ	313		0	NC	4		734	500	
Protein (N x 6.25)....g	1.57	0.087	6	A	1		3.68	2.51	
Total lipid (fat)....g	0.68	0.062	6	A	1		1.59	1.09	
Ash....g	0.65	0.018	6	A	1		1.53	1.04	
Carbohydrate, by difference....g	17.71		0	NC	4		41.62	28.34	
Fiber, total dietary....g	3.0	0.649	5	A	1		7.0	4.8	
Sugars, total....g	12.87	0.543	3	A	1		30.24	20.59	
Sucrose....g	0.66	0.613	4	A	1		1.54	1.05	
Glucose (dextrose)....g	5.93	0.196	3	A	1		13.94	9.49	
Fructose....g	6.28	0.346	3	A	1		14.75	10.04	
Lactose....g	0.00	0.000	3	A	1		0.00	0.00	
Maltose....g	0.00	0.000	3	A	1		0.00	0.00	
Galactose....g	0.00	0.000	3	A	1		0.00	0.00	
Starch....g	0.00		1	A	1		0.00	0.00	
Minerals:									
Calcium, Ca....mg	10	2.565	6	A	1		24	16	
Iron, Fe....mg	0.27	0.059	6	A	1		0.63	0.43	
Magnesium, Mg....mg	17	0.713	6	A	1		40	27	
Phosphorus, P....mg	26	0.606	6	A	1		62	42	
Potassium, K....mg	287	30.769	6	A	1		675	459	
Sodium, Na....mg	7	2.374	6	A	1		16	11	
Zinc, Zn....mg	0.16	0.023	6	A	1		0.39	0.26	
Copper, Cu....mg	0.069	0.011	6	A	1		0.162	0.110	
Manganese, Mn....mg	0.093	0.012	6	A	1		0.219	0.149	
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	12.6	1.141	5	A	1		29.6	20.2	
Thiamin....mg	0.101	0.027	6	A	1		0.238	0.162	
Riboflavin....mg	0.131	0.011	6	A	1		0.307	0.209	
Niacin....mg	0.644	0.143	6	A	1		1.512	1.030	
Pantothenic acid....mg	0.345	0.110	6	A	1		0.810	0.551	
Vitamin B-6....mg	0.257	0.103	6	A	1		0.605	0.412	
Folate, total (1) ....µg	23	4.838	4	A	1		54	37	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	23	4.838	4	A	1		54	37	
Folate, DFE....µg	23		0	NC	4		54	37	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	0	0.033	3	A	1		1	0	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg	2	0.460	3	A	1		5	4	
Carotene, alpha....µg	0	0.053	3	A	1		0	0	
Cryptoxanthin, beta....µg	1	0.177	3	A	1		3	2	
Vitamin A, IU....IU	5	0.658	3	A	1		12	8	
Lycopene....µg	0	0.000	3	A	1		0	0	
Lutein + zeaxanthin....µg	6	0.764	3	A	1		14	9	
Vitamin E (alpha-tocopherol)....mg	0.27		1	A	1		0.63	0.43	
Tocopherol, beta....mg	0.00		1	A	1		0.01	0.00	
Tocopherol, gamma....mg	0.01		1	A	1		0.01	0.01	
Tocopherol, delta....mg	0.00		1	A	1		0.00	0.00	
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									

NDB No. 09062
Cherimoya, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.233		0	NC	4		0.547	0.372	
4:0....g									
6:0....g									
8:0....g	0.000		1	A	1		0.000	0.000	
10:0....g	0.045		1	A	1		0.106	0.072	
12:0....g	0.005		1	A	1		0.011	0.008	
13:0....g									
14:0....g	0.012		1	A	1		0.028	0.019	
15:0....g	0.000		1	A	1		0.000	0.000	
16:0....g	0.104		1	A	1		0.245	0.167	
17:0....g	0.005		1	A	1		0.011	0.008	
18:0....g	0.050		1	A	1		0.117	0.080	
20:0....g	0.005		1	A	1		0.011	0.008	
22:0....g	0.002		1	A	1		0.006	0.004	
24:0....g	0.005		1	A	1		0.011	0.008	
Fatty acids, total monounsaturated....g	0.055		0	NC	4		0.128	0.087	
14:1....g	0.005		1	A	1		0.011	0.008	
15:1....g	0.000		1	A	1		0.000	0.000	
16:1 undifferentiated....g	0.028		0	AS	1		0.067	0.046	
16:1 c....g	0.028		1	A	1		0.067	0.046	
16:1 t....g	0.000		1	A	1		0.000	0.000	
17:1....g	0.000		1	A	1		0.000	0.000	
18:1 undifferentiated....g	0.021		0	AS	1		0.050	0.034	
18:1 c....g	0.021		1	A	1		0.050	0.034	
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.000		1	A	1		0.000	0.000	
18:1-11t (18:1t n-7)....g									
20:1....g	0.000		1	A	1		0.000	0.000	
22:1 undifferentiated....g	0.000		0	AS	1		0.000	0.000	
22:1 c....g	0.000		1	A	1		0.000	0.000	
22:1 t....g	0.000		1	A	1		0.000	0.000	
24:1 c....g	0.000		1	A	1		0.000	0.000	
Fatty acids, total polyunsaturated....g	0.188		0	NC	4		0.441	0.300	
18:2 undifferentiated....g	0.028		0	AS	1		0.067	0.046	
18:2 n-6 c,c....g	0.028		1	A	1		0.067	0.046	
18:2 CLAs....g	0.000		1	A	1		0.000	0.000	
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.000		1	A	1		0.000	0.000	
18:3 undifferentiated....g	0.159		0	AS	1		0.374	0.255	
18:3 n-3 c,c,c (ALA)....g	0.159		1	A	1		0.374	0.255	
18:3 n-6 c,c,c....g	0.000		1	A	1		0.000	0.000	
18:3i....g									
18:4....g	0.000		1	A	1		0.000	0.000	
20:2 n-6 c,c....g	0.000		1	A	1		0.000	0.000	
20:3 undifferentiated....g	0.000		0	AS	1		0.000	0.000	
20:3 n-3....g	0.000		1	A	1		0.000	0.000	
20:3 n-6....g	0.000		1	A	1		0.000	0.000	
20:4 undifferentiated....g	0.000		1	A	1		0.000	0.000	
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		1	A	1		0.000	0.000	
21:5....g									
22:4....g	0.000		1	A	1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		1	A	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		1	A	1		0.000	0.000	
Fatty acids, total trans....g	0.000		0	NC	4		0.000	0.000	
Fatty acids, total trans-monoenoic....g	0.000		0	NC	4		0.000	0.000	

NDB No. 09062
Cherimoya, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total trans-polyenoic.....g	0.000		0	NC	4		0.000	0.000	
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.031		0	A	1		0.074	0.050	
Threonine.....g	0.052		0	A	1		0.123	0.084	
Isoleucine.....g	0.042		0	A	1		0.098	0.067	
Leucine.....g	0.063		0	A	1		0.147	0.100	
Lysine.....g	0.042		0	A	1		0.098	0.067	
Methionine.....g	0.021		0	A	1		0.049	0.033	
Cystine.....g	0.010		0	A	1		0.025	0.017	
Phenylalanine.....g	0.042		0	A	1		0.098	0.067	
Tyrosine.....g	0.031		0	A	1		0.074	0.050	
Valine.....g	0.063		0	A	1		0.147	0.100	
Arginine.....g	0.031		0	A	1		0.074	0.050	
Histidine.....g	0.021		0	A	1		0.049	0.033	
Alanine.....g	0.063		0	A	1		0.147	0.100	
Aspartic acid.....g	0.105		0	A	1		0.246	0.167	
Glutamic acid.....g	0.199		0	A	1		0.467	0.318	
Glycine.....g	0.052		0	A	1		0.123	0.084	
Proline.....g	0.157		0	A	1		0.368	0.251	
Serine.....g	0.063		0	A	1		0.147	0.100	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 235g: 1 fruit without skin and seeds

Measure 2 = 160g: 1 cup, pieces

Footnotes:

1 Mean value contains data based on the analysis of 5-methyltetrahydrofolate plus total folate determined microbiologically

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09067

Cherries, sour, red, canned, extra heavy syrup pack, solids and liquids

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	69.73		0		1		182.00		
Energy....kcal	114		0	NC	4		298		
Energy....kJ	477				4		1245		
Protein (N x 6.25)....g	0.71		0		1		1.85		
Total lipid (fat)....g	0.09		0		1		0.23		
Ash....g	0.24		0		1		0.63		
Carbohydrate, by difference....g	29.23		0	NC	4		76.29		
Fiber, total dietary....g	0.8		0		4		2.1		
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	10		0		1		26		
Iron, Fe....mg	1.26		0		1		3.29		
Magnesium, Mg....mg	5		0		1		13		
Phosphorus, P....mg	9		0		1		23		
Potassium, K....mg	91		0		1		238		
Sodium, Na....mg	7		0		1		18		
Zinc, Zn....mg	0.06		0		1		0.16		
Copper, Cu....mg	0.065		0		1		0.170		
Manganese, Mn....mg	0.070		0		1		0.183		
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.9		0		1		5.0		
Thiamin....mg	0.016		0		1		0.042		
Riboflavin....mg	0.038		0		1		0.099		
Niacin....mg	0.163		0		1		0.425		
Pantothenic acid....mg	0.105		0		1		0.274		
Vitamin B-6....mg	0.044		0		1		0.115		
Folate, total....µg	7		0		1		19		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	7		0		1		19		
Folate, DFE....µg	7		0	NC	4		19		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....µg	35		0		1		91		
Retinol....µg	0		0	Z	7		0		
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	696		0		1		1817		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.021		0		1		0.055		
4:0....g									

NDB No. 09067

Cherries, sour, red, canned, extra heavy syrup pack, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.001		0		1		0.003		
15:0....g									
16:0....g	0.015		0		1		0.039		
17:0....g									
18:0....g	0.005		0		1		0.013		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.025		0		1		0.065		
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.025		0		1		0.065		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.028		0		1		0.073		
18:2 undifferentiated....g	0.014		0		1		0.037		
18:3 undifferentiated....g	0.014		0		1		0.037		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 261g: 1 cup

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.78

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09066

Cherries, sour, red, canned, heavy syrup pack, solids and liquids

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	75.66		0		1		193.69		
Energy ... kcal	91		0	NC	4		233		
Energy ... kJ	381		0		4		975		
Protein (N x 6.25) ... g	0.73		0		1		1.87		
Total lipid (fat) ... g	0.10		0		1		0.26		
Ash ... g	0.25		0		1		0.64		
Carbohydrate, by difference ... g	23.27		0	NC	4		59.57		
Fiber, total dietary ... g	1.1		0		4		2.8		
Sugars, total ... g	22.17		0	O	4		56.76		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	10		0		1		26		
Iron, Fe ... mg	1.30		0		1		3.33		
Magnesium, Mg ... mg	6		0		1		15		
Phosphorus, P ... mg	10		0		1		26		
Potassium, K ... mg	93		0		1		238		
Sodium, Na ... mg	7		0		1		18		
Zinc, Zn ... mg	0.06		0		1		0.15		
Copper, Cu ... mg	0.066		0		1		0.169		
Manganese, Mn ... mg	0.072		0		1		0.184		
Selenium, Se ... µg	0.0		0	BFYN	4		0.1		
Vitamins:									
Vitamin C, total ascorbic acid ... mg	2.0		0		1		5.1		
Thiamin ... mg	0.016		0		1		0.041		
Riboflavin ... mg	0.039		0		1		0.100		
Niacin ... mg	0.168		0		1		0.430		
Pantothenic acid ... mg	0.105		0		1		0.269		
Vitamin B-6 ... mg	0.044		0		1		0.113		
Folate, total ... µg	8		0		1		19		
Folic acid ... µg	0		0	Z	7		0		
Folate, food ... µg	8		0		1		19		
Folate, DFE ... µg	8		0	NC	4		19		
Choline, total ... mg	4.1		0	RKI	6		10.5		
Betaine ... mg									
Vitamin B-12 ... µg	0.00		0	Z	7		0.00		
Vitamin B-12, added ... µg	0.00		0	Z	7		0.00		
Vitamin A, RAE ... µg	36		0		1		91		
Retinol ... µg	0		0	Z	7		0		
Carotene, beta ... µg	428		0	BNA	4		1097		
Carotene, alpha ... µg	0		0	BNA	4		0		
Cryptoxanthin, beta ... µg	0		0	BNA	4		0		
Vitamin A, IU ... IU	714		0		1		1828		
Lycopene ... µg	0		0	BFYN	4		0		
Lutein + zeaxanthin ... µg	57		0	BFYN	4		145		
Vitamin E (alpha-tocopherol) ... mg	0.23		0	BFZN	4		0.59		
Vitamin E, added ... mg	0.00		0	Z	7		0.00		
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol) ... µg									
Vitamin D3 (cholecalciferol) ... µg									
Vitamin D ... IU	0		0	Z	7		0		
Vitamin K (phylloquinone) ... µg	1.4		0	BFYN	4		3.6		
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									

NDB No. 09066

Cherries, sour, red, canned, heavy syrup pack, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.021		0		1		0.054		
4:0....g	0.000		0		1		0.000		
6:0....g	0.000		0		1		0.000		
8:0....g	0.000		0		1		0.000		
10:0....g	0.000		0		1		0.000		
12:0....g	0.000		0		1		0.000		
13:0....g									
14:0....g	0.001		0		1		0.003		
15:0....g									
16:0....g	0.015		0		1		0.038		
17:0....g									
18:0....g	0.005		0		1		0.013		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.026		0		1		0.067		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000		
17:1....g									
18:1 undifferentiated....g	0.026		0		1		0.067		
20:1....g	0.000		0		1		0.000		
22:1 undifferentiated....g	0.000		0		1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.029		0		1		0.074		
18:2 undifferentiated....g	0.015		0		1		0.038		
18:3 undifferentiated....g	0.014		0		1		0.036		
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000		
20:5 n-3 (EPA)....g	0.000		0		1		0.000		
22:5 n-3 (DPA)....g	0.000		0		1		0.000		
22:6 n-3 (DHA)....g	0.000		0		1		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 256g: 1 cup

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.75

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09065

Cherries, sour, red, canned, light syrup pack, solids and liquids

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	79.62		0		1		200.64		
Energy....kcal	75		0	NC	4		189		
Energy....kJ	314				4		791		
Protein (N x 6.25)....g	0.74		0		1		1.86		
Total lipid (fat)....g	0.10		0		1		0.25		
Ash....g	0.25		0		1		0.63		
Carbohydrate, by difference....g	19.30		0	NC	4		48.64		
Fiber, total dietary....g	0.8		0		4		2.0		
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	10		0		1		25		
Iron, Fe....mg	1.32		0		1		3.33		
Magnesium, Mg....mg	6		0		1		15		
Phosphorus, P....mg	10		0		1		25		
Potassium, K....mg	95		0		1		239		
Sodium, Na....mg	7		0		1		18		
Zinc, Zn....mg	0.07		0		1		0.18		
Copper, Cu....mg	0.068		0		1		0.171		
Manganese, Mn....mg	0.073		0		1		0.184		
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	2.0		0		1		5.0		
Thiamin....mg	0.016		0		1		0.040		
Riboflavin....mg	0.039		0		1		0.098		
Niacin....mg	0.170		0		1		0.428		
Pantothenic acid....mg	0.105		0		1		0.265		
Vitamin B-6....mg	0.044		0		1		0.111		
Folate, total....µg	8		0		1		19		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	8		0		1		19		
Folate, DFE....µg	8		0	NC	4		19		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....µg	36		0		1		91		
Retinol....µg	0		0	Z	7		0		
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	726		0		1		1830		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.022		0		1		0.055		
4:0....g									

NDB No. 09065

Cherries, sour, red, canned, light syrup pack, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.001		0		1		0.003		
15:0....g									
16:0....g	0.015		0		1		0.038		
17:0....g									
18:0....g	0.005		0		1		0.013		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.026		0		1		0.066		
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.026		0		1		0.066		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.029		0		1		0.073		
18:2 undifferentiated....g	0.015		0		1		0.038		
18:3 undifferentiated....g	0.014		0		1		0.035		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 252g: 1 cup

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.71

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09064

Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	89.93	0.344	5		1		219.43		
Energy....kcal	36		0	NC	4		88		
Energy....kJ	151		0		4		368		
Protein (N x 6.25)....g	0.77	0.050	5		1		1.88		
Total lipid (fat)....g	0.10	0.000	5		1		0.24		
Ash....g	0.26	0.009	5		1		0.63		
Carbohydrate, by difference....g	8.94		0	NC	4		21.81		
Fiber, total dietary....g	1.1		0		4		2.7		
Sugars, total....g	7.60		1	A	1		18.54		
Sucrose....g	1.00		1	A	1		2.44		
Glucose (dextrose)....g	3.90		1	A	1		9.52		
Fructose....g	2.70		1	A	1		6.59		
Lactose....g									
Maltose....g									
Galactose....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	11	0.765	5		1		27		
Iron, Fe....mg	1.37	0.289	6		1		3.34		
Magnesium, Mg....mg	6		0		1		15		
Phosphorus, P....mg	10		0		1		24		
Potassium, K....mg	98	7.334	5		1		239		
Sodium, Na....mg	7	1.837	3		1		17		
Zinc, Zn....mg	0.07		0		1		0.17		
Copper, Cu....mg	0.070		0		1		0.171		
Manganese, Mn....mg	0.076		0		1		0.185		
Selenium, Se....µg	0.0		0	BFYN	4		0.1		
Vitamins:									
Vitamin C, total ascorbic acid....mg	2.1	0.505	5		1		5.1		
Thiamin....mg	0.017	0.003	5		1		0.041		
Riboflavin....mg	0.041	0.009	5		1		0.100		
Niacin....mg	0.177	0.012	5		1		0.432		
Pantothenic acid....mg	0.105		0		1		0.256		
Vitamin B-6....mg	0.044		0		1		0.107		
Folate, total....µg	8	1.651	3		1		20		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	8	1.651	3		1		20		
Folate, DFE....µg	8		0	NC	4		20		
Choline, total....mg	4.1		0	BFYN	4		10.0		
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....µg	38	2.035	5		1		92		
Retinol....µg	0		0	Z	7		0		
Carotene, beta....µg	452		0	BNA	4		1104		
Carotene, alpha....µg	0		0	BNA	4		0		
Cryptoxanthin, beta....µg	0		0	BNA	4		0		
Vitamin A, IU....IU	754	40.696	5		1		1840		
Lycopene....µg	0		0	BFYN	4		0		
Lutein + zeaxanthin....µg	57		0	BFYN	4		138		
Vitamin E (alpha-tocopherol)....mg	0.23		0	BFZN	4		0.56		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....µg									

NDB No. 09064

Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....µg	1.4		0	BFYN	4		3.4		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.023		0		1		0.056		
4:0....g	0.000		0		1		0.000		
6:0....g	0.000		0		1		0.000		
8:0....g	0.000		0		1		0.000		
10:0....g	0.000		0		1		0.000		
12:0....g	0.000		0		1		0.000		
13:0....g									
14:0....g	0.001		0		1		0.002		
15:0....g									
16:0....g	0.016		0		1		0.039		
17:0....g									
18:0....g	0.005		0		1		0.012		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.027		0		1		0.066		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000		
17:1....g									
18:1 undifferentiated....g	0.027		0		1		0.066		
20:1....g	0.000		0		1		0.000		
22:1 undifferentiated....g	0.000		0		1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.030		0		1		0.073		
18:2 undifferentiated....g	0.015		0		1		0.037		
18:3 undifferentiated....g	0.015		0		1		0.037		
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000		
20:5 n-3 (EPA)....g	0.000		0		1		0.000		
22:5 n-3 (DPA)....g	0.000		0		1		0.000		
22:6 n-3 (DHA)....g	0.000		0		1		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 244g: 1 cup

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09068
Cherries, sour, red, frozen, unsweetened

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	87.20	0.254	3		1		135.16	444.72	
Energy....kcal	46		0	NC	4		71	235	
Energy....kJ	192		0		4		298	982	
Protein (N x 6.25)....g	0.92	0.087	3		1		1.43	4.69	
Total lipid (fat)....g	0.44	0.049	3		1		0.68	2.24	
Ash....g	0.42	0.006	3		1		0.65	2.14	
Carbohydrate, by difference....g	11.02		0	NC	4		17.08	56.20	
Fiber, total dietary....g	1.6		0		1		2.5	8.2	
Sugars, total....g	9.02		0	O	4		13.98	46.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	13	0.723	3		1		20	66	
Iron, Fe....mg	0.53	0.047	3		1		0.82	2.70	
Magnesium, Mg....mg	9	0.240	3		1		14	46	
Phosphorus, P....mg	16	0.466	3		1		25	82	
Potassium, K....mg	124	11.015	3		1		192	632	
Sodium, Na....mg	1	0.120	3		1		2	5	
Zinc, Zn....mg	0.10	0.018	3		1		0.16	0.51	
Copper, Cu....mg	0.090	0.010	3		1		0.140	0.459	
Manganese, Mn....mg	0.057	0.022	3		1		0.088	0.291	
Selenium, Se....µg	0.0		0	BFSN	4		0.0	0.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.7	1.179	3		1		2.6	8.7	
Thiamin....mg	0.044	0.002	3		1		0.068	0.224	
Riboflavin....mg	0.034	0.003	3		1		0.053	0.173	
Niacin....mg	0.137	0.052	3		1		0.212	0.699	
Pantothenic acid....mg	0.178	0.048	3		1		0.276	0.908	
Vitamin B-6....mg	0.067	0.001	3		1		0.104	0.342	
Folate, total....µg	5	1.245	3		1		7	23	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	5	1.245	3		1		7	23	
Folate, DFE....µg	5		0	NC	4		7	23	
Choline, total....mg	5.6		0	BFSN	4		8.7	28.7	
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	44	10.160	3		1		67	222	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg	522		0	BNA	4		809	2662	
Carotene, alpha....µg	0		0	BNA	4		0	0	
Cryptoxanthin, beta....µg	0		0	BNA	4		0	0	
Vitamin A, IU....IU	870	203.205	3		1		1349	4437	
Lycopene....µg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin....µg	61		0	BFSN	4		94	311	
Vitamin E (alpha-tocopherol)....mg	0.05		0	BFSN	4		0.08	0.26	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	1.5		0	BFSN	4		2.3	7.7	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 09068
Cherries, sour, red, frozen, unsweetened

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.100		0		1		0.155	0.510	
4:0....g	0.000		0		7		0.000	0.000	
6:0....g	0.000		0		7		0.000	0.000	
8:0....g	0.000		0		7		0.000	0.000	
10:0....g	0.000		0		7		0.000	0.000	
12:0....g	0.000		0		7		0.000	0.000	
13:0....g									
14:0....g	0.003		0		1		0.005	0.015	
15:0....g									
16:0....g	0.070		0		1		0.109	0.357	
17:0....g									
18:0....g	0.024		0		1		0.037	0.122	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.120		0		1		0.186	0.612	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1		0.002	0.005	
17:1....g									
18:1 undifferentiated....g	0.119		0		1		0.184	0.607	
20:1....g	0.000		0		7		0.000	0.000	
22:1 undifferentiated....g	0.000		0		7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.132		0		1		0.205	0.673	
18:2 undifferentiated....g	0.067		0		1		0.104	0.342	
18:3 undifferentiated....g	0.065		0		1		0.101	0.332	
18:4....g	0.000		0		7		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		7		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		7		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		7		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		7		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 155g: 1 cup, unthawed

Measure 2 = 510g: 1 package (18 oz)

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09063

Cherries, sour, red, raw

Prunus cerasus

Refuse: 10% Pits and stems

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	86.13		348		1		133.50	88.71	
Energy....kcal	50		0	NC	4		78	52	
Energy....kJ	209		0		4		324	215	
Protein (N x 6.25)....g	1.00	0.011	347		1		1.55	1.03	
Total lipid (fat)....g	0.30		0		1		0.47	0.31	
Ash....g	0.40		348		1		0.62	0.41	
Carbohydrate, by difference....g	12.18		0	NC	4		18.88	12.55	
Fiber, total dietary....g	1.6		0		1		2.5	1.6	
Sugars, total....g	8.49		0	NC	4		13.17	8.75	
Sucrose....g	0.80		2		1		1.24	0.82	
Glucose (dextrose)....g	4.18	0.123	5		1		6.48	4.31	
Fructose....g	3.51	0.229	5		1		5.44	3.62	
Lactose....g	0.00		0	Z	7		0.00	0.00	
Maltose....g	0.00		0	Z	7		0.00	0.00	
Galactose....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	16		331		1		25	16	
Iron, Fe....mg	0.32		347		1		0.50	0.33	
Magnesium, Mg....mg	9		347		1		14	9	
Phosphorus, P....mg	15		347		1		23	15	
Potassium, K....mg	173		339		1		268	178	
Sodium, Na....mg	3		339		1		5	3	
Zinc, Zn....mg	0.10	0.003	330		1		0.16	0.10	
Copper, Cu....mg	0.104		347		1		0.161	0.107	
Manganese, Mn....mg	0.112		347		1		0.174	0.115	
Selenium, Se....µg	0.0		0	BFZN	4		0.1	0.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	10.0		0		1		15.5	10.3	
Thiamin....mg	0.030	0.000	330		1		0.047	0.031	
Riboflavin....mg	0.040	0.000	330		1		0.062	0.041	
Niacin....mg	0.400		0		1		0.620	0.412	
Pantothenic acid....mg	0.143		0		1		0.222	0.147	
Vitamin B-6....mg	0.044		1		1		0.068	0.045	
Folate, total....µg	8	0.750	4		1		12	8	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	8	0.750	4		1		12	8	
Folate, DFE....µg	8		0	NC	4		12	8	
Choline, total....mg	6.1		0	BFZN	4		9.5	6.3	
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	64	0.917	330		1		99	66	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg	770		0	BNA	4		1193	793	
Carotene, alpha....µg	0		0	BNA	4		0	0	
Cryptoxanthin, beta....µg	0		0	BNA	4		0	0	
Vitamin A, IU....IU	1283	18.331	330		1		1989	1321	
Lycopene....µg	0		0	BFZN	4		0	0	
Lutein + zeaxanthin....µg	85		0	BFZN	4		131	87	
Vitamin E (alpha-tocopherol)....mg	0.07		0	BFZN	4		0.11	0.07	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									

NDB No. 09063
Cherries, sour, red, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	2.1		0	BFZN	4		3.3	2.2	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.068		0		1		0.105	0.070	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.002		0		1		0.003	0.002	
15:0....g									
16:0....g	0.048		0		1		0.074	0.049	
17:0....g									
18:0....g	0.016		0		1		0.025	0.016	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.082		0		1		0.127	0.084	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1		0.002	0.001	
17:1....g									
18:1 undifferentiated....g	0.081		0		1		0.126	0.083	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.090		0		1		0.140	0.093	
18:2 undifferentiated....g	0.046		0		1		0.071	0.047	
18:3 undifferentiated....g	0.044		0		1		0.068	0.045	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 155g: 1 cup, without pits

Measure 2 = 103g: 1 cup, with pits, yields

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.6

NDB No. 09063
Cherries, sour, red, raw

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09075

Cherries, sweet, canned, extra heavy syrup pack, solids and liquids

Refuse: 8% Pits

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	72.66		0		1		189.64		
Energy ... kcal	102		0	NC	4		266		
Energy ... kJ	427				4		1114		
Protein (N x 6.25) ... g	0.59		0		1		1.54		
Total lipid (fat) ... g	0.15		0		1		0.39		
Ash ... g	0.37		0		1		0.97		
Carbohydrate, by difference ... g	26.23		0	NC	4		68.46		
Fiber, total dietary ... g	1.5		0		4		3.9		
Sugars, total ... g									
Starch ... g									
Minerals:									
Calcium, Ca ... mg	9		0		1		23		
Iron, Fe ... mg	0.35		0		1		0.91		
Magnesium, Mg ... mg	8		0		1		21		
Phosphorus, P ... mg	17		0		1		44		
Potassium, K ... mg	142		0		1		371		
Sodium, Na ... mg	3		0		1		8		
Zinc, Zn ... mg	0.10		0		1		0.26		
Copper, Cu ... mg	0.139		0		1		0.363		
Manganese, Mn ... mg	0.058		0		1		0.151		
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg	3.6		0		1		9.4		
Thiamin ... mg	0.021		0		1		0.055		
Riboflavin ... mg	0.039		0		1		0.102		
Niacin ... mg	0.388		0		1		1.013		
Pantothenic acid ... mg	0.127		0		4		0.331		
Vitamin B-6 ... mg	0.030		0		1		0.078		
Folate, total ... µg	4		0		4		11		
Folic acid ... µg	0		0	Z	7		0		
Folate, food ... µg	4		0		4		11		
Folate, DFE ... µg	4		0	NC	4		11		
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg	0.00		0	Z	7		0.00		
Vitamin A, RAE ... µg	8		0		1		20		
Retinol ... µg	0		0	Z	7		0		
Carotene, beta ... µg									
Carotene, alpha ... µg									
Cryptoxanthin, beta ... µg									
Vitamin A, IU ... IU	151		0		1		394		
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol) ... µg									
Vitamin D3 (cholecalciferol) ... µg									
Vitamin D ... IU	0		0	Z	7		0		
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	0.033		0		1		0.086		
4:0 ... g									

NDB No. 09075

Cherries, sweet, canned, extra heavy syrup pack, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g									
8:0 g									
10:0 g									
12:0 g									
13:0 g									
14:0 g	0.001		0		1		0.003		
15:0 g									
16:0 g	0.023		0		1		0.060		
17:0 g									
18:0 g	0.008		0		1		0.021		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.040		0		1		0.104		
14:1 g									
15:1 g									
16:1 undifferentiated g									
17:1 g									
18:1 undifferentiated g	0.040		0		1		0.104		
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.045		0		1		0.117		
18:2 undifferentiated g	0.023		0		1		0.060		
18:3 undifferentiated g	0.022		0		1		0.057		
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g									
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	0		0	Z	7		0		
Phytosterols mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 261g: 1 cup, pitted

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.78

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09072

Cherries, sweet, canned, juice pack, solids and liquids

Refuse: 8% Pits

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	84.95	0.156	6		1		212.38		
Energy....kcal	54		0	NC	4		135		
Energy....kJ	226		0		4		565		
Protein (N x 6.25)....g	0.91	0.054	6		1		2.28		
Total lipid (fat)....g	0.02	0.003	6		1		0.05		
Ash....g	0.31	0.010	6		1		0.78		
Carbohydrate, by difference....g	13.81		0	NC	4		34.53		
Fiber, total dietary....g	1.5		0		4		3.8		
Sugars, total....g	12.31		0	O	4		30.78		
Starch....g									
Minerals:									
Calcium, Ca....mg	14	0.787	6		1		35		
Iron, Fe....mg	0.58	0.121	6		1		1.45		
Magnesium, Mg....mg	12	0.743	6		1		30		
Phosphorus, P....mg	22	1.193	6		1		55		
Potassium, K....mg	131	8.521	6		1		328		
Sodium, Na....mg	3	0.400	6		1		8		
Zinc, Zn....mg	0.10	0.009	6		1		0.25		
Copper, Cu....mg	0.073	0.012	6		1		0.183		
Manganese, Mn....mg	0.061		0		1		0.153		
Selenium, Se....µg	0.0		0	BFYN	4		0.1		
Vitamins:									
Vitamin C, total ascorbic acid....mg	2.5	0.376	6		1		6.3		
Thiamin....mg	0.018	0.000	4		1		0.045		
Riboflavin....mg	0.024	0.003	5		1		0.060		
Niacin....mg	0.406		0		1		1.015		
Pantothenic acid....mg	0.127		0		4		0.318		
Vitamin B-6....mg	0.030		0		4		0.075		
Folate, total....µg	4		0		4		11		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	4		0		4		11		
Folate, DFE....µg	4		0	NC	4		11		
Choline, total....mg	4.7		0	RA	4		11.7		
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....µg	6	1.524	5		1		16		
Retinol....µg	0		0	Z	7		0		
Carotene, beta....µg	75		0	BNA	4		188		
Carotene, alpha....µg	0		0	BNA	4		0		
Cryptoxanthin, beta....µg	0		0	BNA	4		0		
Vitamin A, IU....IU	125	30.483	5		1		313		
Lycopene....µg	0		0	BFYN	4		0		
Lutein + zeaxanthin....µg	57		0	BFYN	4		142		
Vitamin E (alpha-tocopherol)....mg	0.23		0	BFZN	4		0.58		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....µg	1.4		0	BFYN	4		3.5		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 09072

Cherries, sweet, canned, juice pack, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.004		0		1		0.010		
4:0....g	0.000		0		1		0.000		
6:0....g	0.000		0		1		0.000		
8:0....g	0.000		0		1		0.000		
10:0....g	0.000		0		1		0.000		
12:0....g	0.000		0		1		0.000		
13:0....g									
14:0....g	0.000		0		1		0.000		
15:0....g									
16:0....g	0.003		0		1		0.008		
17:0....g									
18:0....g	0.001		0		1		0.003		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.005		0		1		0.013		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000		
17:1....g									
18:1 undifferentiated....g	0.005		0		1		0.013		
20:1....g	0.000		0		1		0.000		
22:1 undifferentiated....g	0.000		0		1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.006		0		1		0.015		
18:2 undifferentiated....g	0.003		0		1		0.008		
18:3 undifferentiated....g	0.003		0		1		0.008		
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000		
20:5 n-3 (EPA)....g	0.000		0		1		0.000		
22:5 n-3 (DPA)....g	0.000		0		1		0.000		
22:6 n-3 (DHA)....g	0.000		0		1		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 250g: 1 cup, pitted

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.7

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09073

Cherries, sweet, canned, light syrup pack, solids and liquids

Refuse: 8% Pits

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	81.56		0		1		205.53		
Energy....kcal	67		0	NC	4		169		
Energy....kJ	280		0		4		706		
Protein (N x 6.25)....g	0.61		0		1		1.54		
Total lipid (fat)....g	0.15		0		1		0.38		
Ash....g	0.38		0		1		0.96		
Carbohydrate, by difference....g	17.29		0	NC	4		43.57		
Fiber, total dietary....g	1.5		0		4		3.8		
Sugars, total....g	15.79		0	O	4		39.79		
Starch....g									
Minerals:									
Calcium, Ca....mg	9		0		1		23		
Iron, Fe....mg	0.36		0		1		0.91		
Magnesium, Mg....mg	9		0		1		23		
Phosphorus, P....mg	18		0		1		45		
Potassium, K....mg	148		0		1		373		
Sodium, Na....mg	3		0		1		8		
Zinc, Zn....mg	0.10		0		1		0.25		
Copper, Cu....mg	0.145		0		1		0.365		
Manganese, Mn....mg	0.060		0		1		0.151		
Selenium, Se....µg	0.0		0	BFYN	4		0.1		
Vitamins:									
Vitamin C, total ascorbic acid....mg	3.7		0		1		9.3		
Thiamin....mg	0.021		0		1		0.053		
Riboflavin....mg	0.041		0		1		0.103		
Niacin....mg	0.403		0		1		1.016		
Pantothenic acid....mg	0.127		0		4		0.320		
Vitamin B-6....mg	0.030		0		1		0.076		
Folate, total....µg	4		0		4		11		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	4		0		4		11		
Folate, DFE....µg	4		0	NC	4		11		
Choline, total....mg	4.1		0	BFZN	4		10.3		
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....µg	8		0		1		20		
Retinol....µg	0		0	Z	7		0		
Carotene, beta....µg	94		0	BNA	4		237		
Carotene, alpha....µg	0		0	BNA	4		0		
Cryptoxanthin, beta....µg	0		0	BNA	4		0		
Vitamin A, IU....IU	157		0		1		396		
Lycopene....µg	0		0	BFYN	4		0		
Lutein + zeaxanthin....µg	57		0	BFYN	4		143		
Vitamin E (alpha-tocopherol)....mg	0.23		0	BFZN	4		0.58		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....µg	1.4		0	BFYN	4		3.5		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 09073

Cherries, sweet, canned, light syrup pack, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.034		0		1		0.086		
4:0....g	0.000		0		1		0.000		
6:0....g	0.000		0		1		0.000		
8:0....g	0.000		0		1		0.000		
10:0....g	0.000		0		1		0.000		
12:0....g	0.000		0		1		0.000		
13:0....g									
14:0....g	0.001		0		1		0.003		
15:0....g									
16:0....g	0.024		0		1		0.060		
17:0....g									
18:0....g	0.008		0		1		0.020		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.042		0		1		0.106		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000		
17:1....g									
18:1 undifferentiated....g	0.041		0		1		0.103		
20:1....g	0.000		0		1		0.000		
22:1 undifferentiated....g	0.000		0		1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.046		0		1		0.116		
18:2 undifferentiated....g	0.023		0		1		0.058		
18:3 undifferentiated....g	0.023		0		1		0.058		
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000		
20:5 n-3 (EPA)....g	0.000		0		1		0.000		
22:5 n-3 (DPA)....g	0.000		0		1		0.000		
22:6 n-3 (DHA)....g	0.000		0		1		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 252g: 1 cup, pitted

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.71

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09074

Cherries, sweet, canned, pitted, heavy syrup pack, solids and liquids

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	77.61	0.079	82		1		196.35		
Energy....kcal	83		0	NC	4		210		
Energy....kJ	347		0		4		879		
Protein (N x 6.25)....g	0.60	0.017	82		1		1.52		
Total lipid (fat)....g	0.15	0.003	82		1		0.38		
Ash....g	0.38	0.011	82		1		0.96		
Carbohydrate, by difference....g	21.27		0	NC	4		53.81		
Fiber, total dietary....g	1.4		0	BFYN	4		3.5		
Sugars, total....g	16.18		1	A	1		40.93		
Sucrose....g	2.20		1	A	1		5.56		
Glucose (dextrose)....g	7.93		1	A	1		20.05		
Fructose....g	5.19		1	A	1		13.13		
Lactose....g	0.00		1	A	1		0.00		
Maltose....g	0.87		1	A	1		2.20		
Galactose....g	0.00		1	A	1		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	9	0.233	82		1		23		
Iron, Fe....mg	0.35	0.010	82		1		0.89		
Magnesium, Mg....mg	9	0.133	110		1		23		
Phosphorus, P....mg	18	0.259	82		1		46		
Potassium, K....mg	145	1.838	82		1		367		
Sodium, Na....mg	3	0.050	88		1		8		
Zinc, Zn....mg	0.10	0.009	81		1		0.25		
Copper, Cu....mg	0.142	0.008	82		1		0.359		
Manganese, Mn....mg	0.048	0.003	3	A	1		0.120		
Selenium, Se....µg	0.0		0	BFYN	4		0.1		
Vitamins:									
Vitamin C, total ascorbic acid....mg	3.6	0.154	85		1		9.1		
Thiamin....mg	0.021	0.000	124		1		0.053		
Riboflavin....mg	0.040	0.000	124		1		0.101		
Niacin....mg	0.396	0.008	136		1		1.002		
Pantothenic acid....mg	0.057		1	A	1		0.144		
Vitamin B-6....mg	0.022	0.004	9	A	1		0.055		
Folate, total....µg	4		0		4		11		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	4		0		4		11		
Folate, DFE....µg	4		0	NC	4		11		
Choline, total....mg	4.1		0	RKI	6		10.3		
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....µg	8	0.225	138		1		19		
Retinol....µg	0		0	Z	7		0		
Carotene, beta....µg	92		0	BNA	4		234		
Carotene, alpha....µg	0		0	BNA	4		0		
Cryptoxanthin, beta....µg	0		0	BNA	4		0		
Vitamin A, IU....IU	154	4.506	138		1		390		
Lycopene....µg	0		0	BFYN	4		0		
Lutein + zeaxanthin....µg	57		0	BFYN	4		143		
Vitamin E (alpha-tocopherol)....mg	0.17		2	A	1		0.44		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg	0.00		2	A	1		0.00		
Tocopherol, gamma....mg	0.00		2	A	1		0.00		
Tocopherol, delta....mg	0.00		2	A	1		0.00		
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....µg									

NDB No. 09074

Cherries, sweet, canned, pitted, heavy syrup pack, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....µg	0.9		1	A	1		2.3		
Dihydrophylloquinone....µg	0.0		1	A	1		0.0		
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.034		0		1		0.086		
4:0....g	0.000		0		1		0.000		
6:0....g	0.000		0		1		0.000		
8:0....g	0.000		0		1		0.000		
10:0....g	0.000		0		1		0.000		
12:0....g	0.000		0		1		0.000		
13:0....g									
14:0....g	0.001		0		1		0.003		
15:0....g									
16:0....g	0.024		0		1		0.061		
17:0....g									
18:0....g	0.008		0		1		0.020		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.041		0		1		0.104		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000		
17:1....g									
18:1 undifferentiated....g	0.041		0		1		0.104		
20:1....g	0.000		0		1		0.000		
22:1 undifferentiated....g	0.000		0		1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.045		0		1		0.114		
18:2 undifferentiated....g	0.023		0		1		0.058		
18:3 undifferentiated....g	0.022		0		1		0.056		
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000		
20:5 n-3 (EPA)....g	0.000		0		1		0.000		
22:5 n-3 (DPA)....g	0.000		0		1		0.000		
22:6 n-3 (DHA)....g	0.000		0		1		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 253g: 1 cup

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.75

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09367

Cherries, sweet, canned, pitted, heavy syrup, drained

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	77.61		0	BD	4		138.92		
Energy ... kcal	83		0	NC	4		149		
Energy ... kJ	348		0	NC	4		623		
Protein ... g	0.73		0	BD	4		1.30		
Total lipid (fat) ... g	0.21		0	BD	4		0.37		
Ash ... g	0.39		0	BD	4		0.70		
Carbohydrate, by difference ... g	21.07		0	NC	4		37.71		
Fiber, total dietary ... g	2.3		0	BD	4		4.1		
Sugars, total ... g	16.18		0	BFZN	4		28.96		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	10		0	BD	4		18		
Iron, Fe ... mg	0.35		0	BD	4		0.63		
Magnesium, Mg ... mg	9		0	BD	4		17		
Phosphorus, P ... mg	20		0	BD	4		36		
Potassium, K ... mg	148		0	BD	4		265		
Sodium, Na ... mg	3		0	BD	4		5		
Zinc, Zn ... mg	0.10		0	BD	4		0.19		
Copper, Cu ... mg	0.176		0	BD	4		0.315		
Manganese, Mn ... mg	0.048		0	BD	4		0.086		
Selenium, Se ... µg	0.0		0	BFZN	4		0.0		
Vitamins:									
Vitamin C, total ascorbic acid ... mg	3.6		0	BD	4		6.4		
Thiamin ... mg	0.022		0	BD	4		0.040		
Riboflavin ... mg	0.043		0	BD	4		0.077		
Niacin ... mg	0.396		0	BD	4		0.709		
Pantothenic acid ... mg	0.060		0	BD	4		0.107		
Vitamin B-6 ... mg	0.022		0	BD	4		0.039		
Folate, total ... µg	5		0	BD	4		8		
Folic acid ... µg	0		0	Z	7		0		
Folate, food ... µg	5		0	BD	4		8		
Folate, DFE ... µg	5		0	NC	4		8		
Choline, total ... mg	2.7		0	BFYN	4		4.9		
Betaine ... mg									
Vitamin B-12 ... µg	0.00		0		7		0.00		
Vitamin B-12, added ... µg	0.00		0	Z	7		0.00		
Vitamin A, RAE ... µg	12		0	NC	4		21		
Retinol ... µg	0		0	Z	7		0		
Carotene, beta ... µg	142		0	BNA	4		255		
Carotene, alpha ... µg	0		0	BNA	4		0		
Cryptoxanthin, beta ... µg	0		0	BNA	4		0		
Vitamin A, IU ... IU	237		0	BD	4		425		
Lycopene ... µg	0		0	BFZN	4		0		
Lutein + zeaxanthin ... µg	57		0	BFZN	4		101		
Vitamin E (alpha-tocopherol) ... mg	0.17		0	BFZN	4		0.31		
Vitamin E, added ... mg	0.00		0	Z	7		0.00		
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol) ... µg									
Vitamin D3 (cholecalciferol) ... µg									
Vitamin D ... IU	0		0	Z	7		0		
Vitamin K (phylloquinone) ... µg	0.9		0	BFZN	4		1.6		
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									

NDB No. 09367

Cherries, sweet, canned, pitted, heavy syrup, drained

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.041		0		4		0.074		
4:0....g	0.000		0		4		0.000		
6:0....g	0.000		0		4		0.000		
8:0....g	0.000		0		4		0.000		
10:0....g	0.000		0		4		0.000		
12:0....g	0.000		0		4		0.000		
13:0....g									
14:0....g	0.001		0		4		0.002		
15:0....g									
16:0....g	0.029		0		4		0.052		
17:0....g									
18:0....g	0.010		0		4		0.017		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.049		0		4		0.088		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		4		0.000		
17:1....g									
18:1 undifferentiated....g	0.049		0		4		0.088		
20:1....g	0.000		0		4		0.000		
22:1 undifferentiated....g	0.000		0		4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.055		0		4		0.098		
18:2 undifferentiated....g	0.028		0		4		0.051		
18:3 undifferentiated....g	0.026		0		4		0.047		
18:4....g	0.000		0		4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000		
20:5 n-3 (EPA)....g	0.000		0		4		0.000		
22:5 n-3 (DPA)....g	0.000		0		4		0.000		
22:6 n-3 (DHA)....g	0.000		0		4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0		7		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 179g: 1 cup

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.75

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09071

Cherries, sweet, canned, water pack, solids and liquids

Refuse: 8% Pits

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	87.05		1		1		215.88		
Energy....kcal	46		0	NC	4		114		
Energy....kJ	192		0		4		477		
Protein (N x 6.25)....g	0.77	0.024	19		1		1.91		
Total lipid (fat)....g	0.13	0.009	19		1		0.32		
Ash....g	0.29		1		1		0.72		
Carbohydrate, by difference....g	11.76		0	NC	4		29.16		
Fiber, total dietary....g	1.5		0		4		3.7		
Sugars, total....g	10.26		0	O	4		25.44		
Starch....g									
Minerals:									
Calcium, Ca....mg	11	0.255	18		1		27		
Iron, Fe....mg	0.36		1		1		0.89		
Magnesium, Mg....mg	9	0.276	18		1		22		
Phosphorus, P....mg	15	0.463	20		1		37		
Potassium, K....mg	131	3.864	19		1		325		
Sodium, Na....mg	1	0.254	19		1		2		
Zinc, Zn....mg	0.08		1		1		0.20		
Copper, Cu....mg	0.075		1		1		0.186		
Manganese, Mn....mg	0.062		0		1		0.154		
Selenium, Se....µg	0.0		0	BFYN	4		0.1		
Vitamins:									
Vitamin C, total ascorbic acid....mg	2.2		1		1		5.5		
Thiamin....mg	0.022		0		1		0.055		
Riboflavin....mg	0.041		0		1		0.102		
Niacin....mg	0.410		0		1		1.017		
Pantothenic acid....mg	0.127		0		4		0.315		
Vitamin B-6....mg	0.030		0		1		0.074		
Folate, total....µg	4		0		4		10		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	4		0		4		10		
Folate, DFE....µg	4		0	NC	4		10		
Choline, total....mg	4.1		0	BFYN	4		10.1		
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....µg	8		0	NC	4		20		
Retinol....µg	0		0	Z	7		0		
Carotene, beta....µg	96		0	BNA	4		238		
Carotene, alpha....µg	0		0	BNA	4		0		
Cryptoxanthin, beta....µg	0		0	BNA	4		0		
Vitamin A, IU....IU	160		0		1		397		
Lycopene....µg	0		0	BFYN	4		0		
Lutein + zeaxanthin....µg	57		0	BFYN	4		140		
Vitamin E (alpha-tocopherol)....mg	0.23		0	BFZN	4		0.57		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....µg	1.4		0	BFYN	4		3.5		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 09071

Cherries, sweet, canned, water pack, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.028		0		1		0.069		
4:0....g	0.000		0		1		0.000		
6:0....g	0.000		0		1		0.000		
8:0....g	0.000		0		1		0.000		
10:0....g	0.000		0		1		0.000		
12:0....g	0.000		0		1		0.000		
13:0....g									
14:0....g	0.001		0		1		0.002		
15:0....g									
16:0....g	0.020		0		1		0.050		
17:0....g									
18:0....g	0.007		0		1		0.017		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.034		0		1		0.084		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000		
17:1....g									
18:1 undifferentiated....g	0.034		0		1		0.084		
20:1....g	0.000		0		1		0.000		
22:1 undifferentiated....g	0.000		0		1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.038		0		1		0.094		
18:2 undifferentiated....g	0.019		0		1		0.047		
18:3 undifferentiated....g	0.019		0		1		0.047		
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000		
20:5 n-3 (EPA)....g	0.000		0		1		0.000		
22:5 n-3 (DPA)....g	0.000		0		1		0.000		
22:6 n-3 (DHA)....g	0.000		0		1		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 248g: 1 cup, pitted

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09076
Cherries, sweet, frozen, sweetened

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	75.53	0.928	3		1		195.62	214.51	
Energy....kcal	89		0	NC	4		231	253	
Energy....kJ	372		0		4		964	1058	
Protein (N x 6.25)....g	1.15	0.271	3		1		2.98	3.27	
Total lipid (fat)....g	0.13	0.033	3		1		0.34	0.37	
Ash....g	0.83	0.353	3		1		2.15	2.36	
Carbohydrate, by difference....g	22.36		0	NC	4		57.91	63.50	
Fiber, total dietary....g	2.1		0		4		5.4	6.0	
Sugars, total....g	20.26		0	O	4		52.47	57.54	
Starch....g									
Minerals:									
Calcium, Ca....mg	12	0.977	3		1		31	34	
Iron, Fe....mg	0.35	0.037	3		1		0.91	0.99	
Magnesium, Mg....mg	10	0.751	3		1		26	28	
Phosphorus, P....mg	16	1.568	3		1		41	45	
Potassium, K....mg	199	9.500	3		1		515	565	
Sodium, Na....mg	1	0.353	3		1		3	3	
Zinc, Zn....mg	0.04	0.003	3		1		0.10	0.11	
Copper, Cu....mg	0.024	0.006	3		1		0.062	0.068	
Manganese, Mn....mg	0.109	0.018	3		1		0.282	0.310	
Selenium, Se....µg	0.0		0	BFZN	4		0.1	0.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.0	0.000	3		1		2.6	2.8	
Thiamin....mg	0.027	0.003	3		1		0.070	0.077	
Riboflavin....mg	0.047	0.003	3		1		0.122	0.133	
Niacin....mg	0.177	0.014	3		1		0.458	0.503	
Pantothenic acid....mg	0.127		0		4		0.329	0.361	
Vitamin B-6....mg	0.036		0		4		0.093	0.102	
Folate, total....µg	4		0		4		11	12	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	4		0		4		11	12	
Folate, DFE....µg	4		0	NC	4		11	12	
Choline, total....mg	5.6		0	FLC	4		14.6	16.0	
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	9	2.653	3		1		24	27	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg	113		0	BNA	4		294	322	
Carotene, alpha....µg	0		0	BNA	4		0	0	
Cryptoxanthin, beta....µg	0		0	BNA	4		0	0	
Vitamin A, IU....IU	189	53.061	3		1		490	537	
Lycopene....µg	0		0	BFZN	4		0	0	
Lutein + zeaxanthin....µg	85		0	BFZN	4		219	240	
Vitamin E (alpha-tocopherol)....mg	0.07		0	BFZN	4		0.18	0.20	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	2.1		0	BFZN	4		5.4	6.0	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 09076
Cherries, sweet, frozen, sweetened

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.030		0		1		0.078	0.085	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.001		0		1		0.003	0.003	
15:0....g									
16:0....g	0.021		0		1		0.054	0.060	
17:0....g									
18:0....g	0.007		0		1		0.018	0.020	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.036		0		1		0.093	0.102	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.036		0		1		0.093	0.102	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.040		0		1		0.104	0.114	
18:2 undifferentiated....g	0.020		0		1		0.052	0.057	
18:3 undifferentiated....g	0.020		0		1		0.052	0.057	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 259g: 1 cup, thawed

Measure 2 = 284g: 1 package (10 oz)

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.78

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09070
Cherries, sweet, raw
Prunus avium

Refuse: 8% Pits and stems

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	82.25	0.546	12	A	1		113.50	126.66	6.74
Energy....kcal	63		0	NC	4		87	97	5
Energy....kJ	263		0	NC	4		363	405	22
Protein (N x 6.25)....g	1.06	0.075	8	A	1		1.47	1.64	0.09
Total lipid (fat)....g	0.20	0.017	8	A	1		0.27	0.30	0.02
Ash....g	0.48	0.065	8	A	1		0.66	0.74	0.04
Carbohydrate, by difference....g	16.01		0	NC	4		22.10	24.66	1.31
Fiber, total dietary....g	2.1	0.212	8	A	1		2.9	3.2	0.2
Sugars, total....g	12.82		0	AS	1		17.69	19.74	1.05
Sucrose....g	0.15	0.081	10	A	1		0.21	0.23	0.01
Glucose (dextrose)....g	6.59	0.615	13	A	1		9.09	10.15	0.54
Fructose....g	5.37	0.440	13	A	1		7.41	8.27	0.44
Lactose....g	0.00	0.000	4	A	1		0.00	0.00	0.00
Maltose....g	0.12	0.120	5	A	1		0.17	0.18	0.01
Galactose....g	0.59	0.307	4	A	1		0.82	0.91	0.05
Starch....g	0.00		2	A	1		0.00	0.00	0.00
Minerals:									
Calcium, Ca....mg	13	0.101	64	A	1		18	20	1
Iron, Fe....mg	0.36	0.005	65	A	1		0.50	0.55	0.03
Magnesium, Mg....mg	11	0.070	65	A	1		15	17	1
Phosphorus, P....mg	21	0.135	63	A	1		30	33	2
Potassium, K....mg	222	1.196	65	A	1		306	341	18
Sodium, Na....mg	0	0.015	64	A	1		1	1	0
Zinc, Zn....mg	0.07	0.002	65	A	1		0.10	0.11	0.01
Copper, Cu....mg	0.060	0.001	65	A	1		0.083	0.093	0.005
Manganese, Mn....mg	0.070	0.001	65	A	1		0.096	0.108	0.006
Selenium, Se....µg	0.0	0.018	4	A	1		0.1	0.1	0.0
Vitamins:									
Vitamin C, total ascorbic acid....mg	7.0	1.588	8	A	1		9.6	10.8	0.6
Thiamin....mg	0.027	0.004	8	A	1		0.037	0.041	0.002
Riboflavin....mg	0.033	0.004	8	A	1		0.045	0.051	0.003
Niacin....mg	0.154	0.006	8	A	1		0.213	0.238	0.013
Pantothenic acid....mg	0.199	0.017	8	A	1		0.275	0.306	0.016
Vitamin B-6....mg	0.049	0.004	8	A	1		0.068	0.075	0.004
Folate, total....µg	4	0.850	4	A	1		5	6	0
Folic acid....µg	0		0	Z	7		0	0	0
Folate, food....µg	4	0.850	4	A	1		5	6	0
Folate, DFE....µg	4		0	NC	4		5	6	0
Choline, total....mg	6.1		0	BFZN	4		8.4	9.4	0.5
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....µg	3		0	AS	1		4	5	0
Retinol....µg	0		0	Z	7		0	0	0
Carotene, beta....µg	38	10.929	6	A	1		53	59	3
Carotene, alpha....µg	0		2	A	1		0	0	0
Cryptoxanthin, beta....µg	0		2	A	1		0	0	0
Vitamin A, IU....IU	64		0	AS	1		88	98	5
Lycopene....µg	0		2	A	1		0	0	0
Lutein + zeaxanthin....µg	85		2	A	1		117	130	7
Vitamin E (alpha-tocopherol)....mg	0.07	0.010	5	A	1		0.10	0.11	0.01
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg	0.01	0.010	5	A	1		0.01	0.02	0.00
Tocopherol, gamma....mg	0.04	0.035	5	A	1		0.05	0.05	0.00
Tocopherol, delta....mg	0.00	0.000	5	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)....µg									

NDB No. 09070
Cherries, sweet, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	2.1	0.600	5	A	1		2.9	3.2	0.2
Dihydrophylloquinone....µg	0.0	0.000	4	A	1		0.0	0.0	0.0
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.038		0	NC	4		0.052	0.058	0.003
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.000		0		1		0.000	0.000	0.000
10:0....g	0.000		0		1		0.000	0.000	0.000
12:0....g	0.000		0		1		0.000	0.000	0.000
13:0....g									
14:0....g	0.001		1		1		0.001	0.001	0.000
15:0....g									
16:0....g	0.027		1		1		0.038	0.042	0.002
17:0....g									
18:0....g	0.009		1		1		0.013	0.014	0.001
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.047		0	NC	4		0.065	0.073	0.004
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		1		1		0.001	0.001	0.000
17:1....g									
18:1 undifferentiated....g	0.047		1		1		0.065	0.072	0.004
20:1....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.052		0	NC	4		0.072	0.080	0.004
18:2 undifferentiated....g	0.027		1		1		0.037	0.041	0.002
18:3 undifferentiated....g	0.026		1		1		0.035	0.040	0.002
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	0
Phytosterols....mg	12		0		1		17	18	1
Amino Acids:									
Tryptophan....g	0.009		0	A	1		0.013	0.015	0.001
Threonine....g	0.022		0	A	1		0.030	0.033	0.002
Isoleucine....g	0.020		0	A	1		0.028	0.031	0.002
Leucine....g	0.030		0	A	1		0.042	0.046	0.002
Lysine....g	0.032		0	A	1		0.044	0.049	0.003
Methionine....g	0.010		0	A	1		0.014	0.016	0.001
Cystine....g	0.010		0	A	1		0.014	0.015	0.001
Phenylalanine....g	0.024		0	A	1		0.032	0.036	0.002
Tyrosine....g	0.014		0	A	1		0.019	0.021	0.001
Valine....g	0.024		0	A	1		0.033	0.036	0.002
Arginine....g	0.018		0	A	1		0.024	0.027	0.001
Histidine....g	0.015		0	A	1		0.020	0.023	0.001
Alanine....g	0.026		0	A	1		0.036	0.040	0.002
Aspartic acid....g	0.569		0	A	1		0.786	0.877	0.047
Glutamic acid....g	0.083		0	A	1		0.114	0.127	0.007
Glycine....g	0.023		0	A	1		0.032	0.036	0.002
Proline....g	0.039		0	A	1		0.054	0.060	0.003
Serine....g	0.030		0	A	1		0.042	0.047	0.002
Hydroxyproline....g									

NDB No. 09070
Cherries, sweet, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 138g: 1 cup, with pits, yields

Measure 2 = 154g: 1 cup, without pits

Measure 3 = 8.2g: 1 cherry

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09433
Clementines, raw
Citrus clementina hort. ex Tanaka

Refuse: 23% Peel and seeds

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	86.58	0.705	5	A	1		64.07		
Energy ... kcal	47		0	NC	4		35		
Energy ... kJ	198		0	NC	4		147		
Protein ... g	0.85	0.018	5	A	1		0.63		
Total lipid (fat) ... g	0.15	0.027	5	A	1		0.11		
Ash ... g	0.40	0.003	5	A	1		0.30		
Carbohydrate, by difference ... g	12.02		0	NC	4		8.90		
Fiber, total dietary ... g	1.7	0.038	5	A	1		1.2		
Sugars, total ... g	9.18	0.722	4	A	1		6.79		
Sucrose ... g	5.96	0.642	4	A	1		4.41		
Glucose (dextrose) ... g	1.59	0.081	4	A	1		1.17		
Fructose ... g	1.64	0.043	4	A	1		1.21		
Lactose ... g	0.00	0.000	4	A	1		0.00		
Maltose ... g	0.00	0.000	4	A	1		0.00		
Galactose ... g	0.00	0.000	4	A	1		0.00		
Starch ... g	0.00		2	A	1		0.00		
Minerals:									
Calcium, Ca ... mg	30	2.094	5	A	1		22		
Iron, Fe ... mg	0.14	0.003	5	A	1		0.10		
Magnesium, Mg ... mg	10	0.272	5	A	1		8		
Phosphorus, P ... mg	21	1.103	5	A	1		15		
Potassium, K ... mg	177	4.915	5	A	1		131		
Sodium, Na ... mg	1		1	A	1		1		
Zinc, Zn ... mg	0.06	0.002	5	A	1		0.05		
Copper, Cu ... mg	0.043	0.003	5	A	1		0.032		
Manganese, Mn ... mg	0.023	0.001	4	A	1		0.017		
Selenium, Se ... µg	0.1		2	A	1		0.1		
Vitamins:									
Vitamin C, total ascorbic acid ... mg	48.8	2.972	4	A	1		36.1		
Thiamin ... mg	0.086	0.004	5	A	1		0.064		
Riboflavin ... mg	0.030	0.003	5	A	1		0.022		
Niacin ... mg	0.636	0.137	5	A	1		0.470		
Pantothenic acid ... mg	0.151	0.002	5	A	1		0.112		
Vitamin B-6 ... mg	0.075	0.002	5	A	1		0.055		
Folate, total ... µg	24	2.854	5	A	1		18		
Folic acid ... µg	0		0	Z	7		0		
Folate, food ... µg	24	2.854	5	A	1		18		
Folate, DFE ... µg	24		0	NC	4		18		
Choline, total ... mg	14.0		0	AS	1		10.3		
Betaine ... mg	0.1		1	A	1		0.1		
Vitamin B-12 ... µg									
Vitamin A, RAE ... µg									
Retinol ... µg									
Carotene, beta ... µg									
Carotene, alpha ... µg									
Cryptoxanthin, beta ... µg									
Vitamin A, IU ... IU									
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg	0.20	0.033	3	A	1		0.15		
Tocopherol, beta ... mg	0.00	0.000	3	A	1		0.00		
Tocopherol, gamma ... mg	0.00	0.000	3	A	1		0.00		
Tocopherol, delta ... mg	0.00	0.000	3	A	1		0.00		
Vitamin D (D2 + D3) ... µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol) ... µg									
Vitamin D3 (cholecalciferol) ... µg									
Vitamin D ... IU	0		0	Z	7		0		
Vitamin K (phylloquinone) ... µg	0.0		2	A	1		0.0		

NDB No. 09433
Clementines, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Dihydrophylloquinone.....µg	0.0		2	A	1		0.0		
Menaquinone-4.....µg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 74g: 1 fruit

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09077
Crabapples, raw
Malus spp.

Refuse: 8% Core and stems

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	78.94		1		1		86.83		
Energy....kcal	76		0	NC	4		84		
Energy....kJ	318				4		350		
Protein (N x 6.25)....g	0.40		0		1		0.44		
Total lipid (fat)....g	0.30		0		1		0.33		
Ash....g	0.42	0.053	3		1		0.46		
Carbohydrate, by difference....g	19.95		0	NC	4		21.95		
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	18	4.373	3		1		20		
Iron, Fe....mg	0.36	0.065	3		1		0.40		
Magnesium, Mg....mg	7	0.279	3		1		8		
Phosphorus, P....mg	15	4.093	3		1		17		
Potassium, K....mg	194	23.536	3		1		213		
Sodium, Na....mg	1	0.170	3		1		1		
Zinc, Zn....mg									
Copper, Cu....mg	0.067	0.011	3		1		0.074		
Manganese, Mn....mg	0.115	0.025	3		1		0.127		
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	8.0		0		1		8.8		
Thiamin....mg	0.030		0		1		0.033		
Riboflavin....mg	0.020		0		1		0.022		
Niacin....mg	0.100		0		1		0.110		
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....µg	2		0		1		2		
Vitamin A, IU....IU	40		0		1		44		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.048		0		1		0.053		
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g	0.001		0		1		0.001		
13:0....g									
14:0....g	0.001		0		1		0.001		
15:0....g									
16:0....g	0.040		0		1		0.044		

NDB No. 09077
Crabapples, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:0....g									
18:0....g	0.006		0		1		0.007		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.012		0		1		0.013		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1		0.001		
17:1....g									
18:1 undifferentiated....g	0.011		0		1		0.012		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.088		0		1		0.097		
18:2 undifferentiated....g	0.073		0		1		0.080		
18:3 undifferentiated....g	0.015		0		1		0.017		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.004		0		1		0.004		
Threonine....g	0.014		0		1		0.015		
Isoleucine....g	0.016		0		1		0.018		
Leucine....g	0.025		0		1		0.028		
Lysine....g	0.025		0		1		0.028		
Methionine....g	0.004		0		1		0.004		
Cystine....g	0.005		0		1		0.006		
Phenylalanine....g	0.011		0		1		0.012		
Tyrosine....g	0.008		0		1		0.009		
Valine....g	0.019		0		1		0.021		
Arginine....g	0.013		0		1		0.014		
Histidine....g	0.006		0		1		0.007		
Alanine....g	0.014		0		1		0.015		
Aspartic acid....g	0.070		0		1		0.077		
Glutamic acid....g	0.042		0		1		0.046		
Glycine....g	0.016		0		1		0.018		
Proline....g	0.014		0		1		0.015		
Serine....g	0.016		0		1		0.018		
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 110g: 1 cup slices

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09079
Cranberries, dried, sweetened

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	16.00		1	A	1		6.40		
Energy....kcal	308		0	NC	4		123		
Energy....kJ	1289		0	NC	4		516		
Protein....g	0.07		1	A	1		0.03		
Total lipid (fat)....g	1.37		1	A	1		0.55		
Ash....g	0.20		1	A	1		0.08		
Carbohydrate, by difference....g	82.36		0	NC	4		32.94		
Fiber, total dietary....g	5.7		1	A	1		2.3		
Sugars, total....g	65.00		1	A	1		26.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	10		1	A	1		4		
Iron, Fe....mg	0.53		1	A	1		0.21		
Magnesium, Mg....mg	5		1	A	1		2		
Phosphorus, P....mg	8		1	A	1		3		
Potassium, K....mg	40		1	A	1		16		
Sodium, Na....mg	3		1	A	1		1		
Zinc, Zn....mg	0.11		1	A	1		0.04		
Copper, Cu....mg	0.080		1	A	1		0.032		
Manganese, Mn....mg	0.265		0	RA	4		0.106		
Selenium, Se....µg	0.5		0	RA	4		0.2		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.2		1	A	1		0.1		
Thiamin....mg	0.007		1	A	1		0.003		
Riboflavin....mg	0.016		1	A	1		0.006		
Niacin....mg	0.990		1	A	1		0.396		
Pantothenic acid....mg	0.217		0	RA	4		0.087		
Vitamin B-6....mg	0.038		0	RA	4		0.015		
Folate, total....µg	0		0	RA	4		0		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	0		0	RA	4		0		
Folate, DFE....µg	0		0	NC	4		0		
Choline, total....mg	4.0		0	RA	4		1.6		
Betaine....mg									
Vitamin B-12....µg	0.00		0		7		0.00		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....µg	0		0	NC	4		0		
Retinol....µg	0		0	Z	7		0		
Carotene, beta....µg	0		0	Z	7		0		
Carotene, alpha....µg	0		0	RA	4		0		
Cryptoxanthin, beta....µg	0		0	RA	4		0		
Vitamin A, IU....IU	0		1	A	1		0		
Lycopene....µg	0		0	RA	4		0		
Lutein + zeaxanthin....µg	33		0	RA	4		13		
Vitamin E (alpha-tocopherol)....mg	1.07		0	RA	4		0.43		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....µg	3.8		0	RA	4		1.5		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 09079
Cranberries, dried, sweetened

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.103		0	NC	4		0.041		
4:0....g	0.000		0	RA	4		0.000		
6:0....g	0.000		0	RA	4		0.000		
8:0....g	0.000		0	RA	4		0.000		
10:0....g	0.000		0	RA	4		0.000		
12:0....g	0.000		0	RA	4		0.000		
13:0....g									
14:0....g	0.000		0	RA	4		0.000		
15:0....g									
16:0....g	0.061		0	RA	4		0.024		
17:0....g									
18:0....g	0.042		0	RA	4		0.017		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.198		0	NC	4		0.079		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0	RA	4		0.000		
17:1....g									
18:1 undifferentiated....g	0.197		0	RA	4		0.079		
20:1....g	0.000		0	RA	4		0.000		
22:1 undifferentiated....g	0.000		0	RA	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.658		0	NC	4		0.263		
18:2 undifferentiated....g	0.626		0	RA	4		0.250		
18:3 undifferentiated....g	0.032		0	RA	4		0.013		
18:4....g	0.000		0	RA	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	RA	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	RA	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	RA	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	RA	4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0		7		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 40g: .33 cup

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09078
Cranberries, raw
Vaccinium macrocarpon

Refuse: 2% Stems and spoiled berries

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	87.13	0.277	4	A	1		95.85	87.13	
Energy....kcal	46		0	NC	4		51	46	
Energy....kJ	194		0	NC	4		213	194	
Protein (N x 6.25)....g	0.39	0.096	4	A	1		0.43	0.39	
Total lipid (fat)....g	0.13	0.032	4	A	1		0.14	0.13	
Ash....g	0.15	0.029	4	A	1		0.16	0.15	
Carbohydrate, by difference....g	12.20		0	NC	4		13.42	12.20	
Fiber, total dietary....g	4.6	0.117	4	A	1		5.1	4.6	
Sugars, total....g	4.04	0.255	4	A	1		4.44	4.04	
Sucrose....g	0.13	0.023	4	A	1		0.14	0.13	
Glucose (dextrose)....g	3.28	0.194	4	A	1		3.61	3.28	
Fructose....g	0.63	0.069	4	A	1		0.69	0.63	
Lactose....g	0.00	0.000	4	A	1		0.00	0.00	
Maltose....g	0.00	0.000	4	A	1		0.00	0.00	
Galactose....g	0.00	0.000	4	A	1		0.00	0.00	
Starch....g	0.00	0.000	4	A	1		0.00	0.00	
Minerals:									
Calcium, Ca....mg	8	0.360	4	A	1		9	8	
Iron, Fe....mg	0.25	0.048	4	A	1		0.27	0.25	
Magnesium, Mg....mg	6	0.125	4	A	1		7	6	
Phosphorus, P....mg	13	0.659	4	A	1		14	13	
Potassium, K....mg	85	2.481	4	A	1		94	85	
Sodium, Na....mg	2	0.957	4	A	1		2	2	
Zinc, Zn....mg	0.10	0.006	4	A	1		0.11	0.10	
Copper, Cu....mg	0.061	0.002	4	A	1		0.067	0.061	
Manganese, Mn....mg	0.360	0.025	4	A	1		0.396	0.360	
Selenium, Se....µg	0.1		2	A	1		0.2	0.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	13.3	1.238	4	A	1		14.6	13.3	
Thiamin....mg	0.012	0.001	4	A	1		0.013	0.012	
Riboflavin....mg	0.020	0.004	4	A	1		0.022	0.020	
Niacin....mg	0.101	0.003	4	A	1		0.112	0.101	
Pantothenic acid....mg	0.295	0.030	4	A	1		0.324	0.295	
Vitamin B-6....mg	0.057	0.013	4	A	1		0.063	0.057	
Folate, total....µg	1	0.000	4	A	1		1	1	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	1	0.000	4	A	1		1	1	
Folate, DFE....µg	1		0	NC	4		1	1	
Choline, total....mg	5.5		0	AS	1		6.0	5.5	
Betaine....mg	0.2		1	A	1		0.2	0.2	
Vitamin B-12....µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	3	0.250	4	A	1		3	3	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg	36	3.000	4	A	1		40	36	
Carotene, alpha....µg	0	0.000	4	A	1		0	0	
Cryptoxanthin, beta....µg	0	0.000	4	A	1		0	0	
Vitamin A, IU....IU	60	5.000	4	A	1		66	60	
Lycopene....µg	0	0.000	4	A	1		0	0	
Lutein + zeaxanthin....µg	91	9.478	4	A	1		100	91	
Vitamin E (alpha-tocopherol)....mg	1.20	0.119	4	A	1		1.32	1.20	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00	0.000	4	A	1		0.00	0.00	
Tocopherol, gamma....mg	0.04	0.003	4	A	1		0.04	0.04	
Tocopherol, delta....mg	0.00	0.000	4	A	1		0.00	0.00	
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									

NDB No. 09078
Cranberries, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	5.1	0.448	4	A	1		5.6	5.1	
Dihydrophylloquinone.....µg	0.0	0.000	4	A	1		0.0	0.0	
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.011		0	BFFN	4		0.012	0.011	
4:0.....g	0.000		0	BFFN	4		0.000	0.000	
6:0.....g	0.000		0	BFFN	4		0.000	0.000	
8:0.....g	0.000		0	BFFN	4		0.000	0.000	
10:0.....g	0.000		0	BFFN	4		0.000	0.000	
12:0.....g	0.000		0	BFFN	4		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0	BFFN	4		0.000	0.000	
15:0.....g									
16:0.....g	0.006		0	BFFN	4		0.007	0.006	
17:0.....g									
18:0.....g	0.002		0	BFFN	4		0.002	0.002	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.018		0	BFFN	4		0.019	0.018	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0	BFFN	4		0.001	0.001	
17:1.....g									
18:1 undifferentiated.....g	0.018		0	BFFN	4		0.019	0.018	
20:1.....g	0.000		0	BFFN	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.055		0	BFFN	4		0.061	0.055	
18:2 undifferentiated.....g	0.033		0	BFFN	4		0.037	0.033	
18:3 undifferentiated.....g	0.022		0	BFFN	4		0.024	0.022	
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.003		0	A	1		0.003	0.003	
Threonine.....g	0.028		0	A	1		0.031	0.028	
Isoleucine.....g	0.033		0	A	1		0.037	0.033	
Leucine.....g	0.053		0	A	1		0.059	0.053	
Lysine.....g	0.039		0	A	1		0.043	0.039	
Methionine.....g	0.003		0	A	1		0.003	0.003	
Cystine.....g	0.003		0	A	1		0.003	0.003	
Phenylalanine.....g	0.036		0	A	1		0.039	0.036	
Tyrosine.....g	0.032		0	A	1		0.035	0.032	
Valine.....g	0.045		0	A	1		0.050	0.045	
Arginine.....g	0.056		0	A	1		0.062	0.056	
Histidine.....g	0.018		0	A	1		0.020	0.018	
Alanine.....g	0.049		0	A	1		0.054	0.049	
Aspartic acid.....g	0.188		0	A	1		0.206	0.188	
Glutamic acid.....g	0.146		0	A	1		0.160	0.146	
Glycine.....g	0.048		0	A	1		0.053	0.048	
Proline.....g	0.031		0	A	1		0.034	0.031	
Serine.....g	0.051		0	A	1		0.056	0.051	
Hydroxyproline.....g									

NDB No. 09078
Cranberries, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 110g: 1 cup, chopped

Measure 2 = 100g: 1 cup, whole

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 43382
Cranberry juice, unsweetened

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	87.13		0	BFZN	4		220.45	27.53	
Energy....kcal	46		0	NC	4		117	15	
Energy....kJ	194		0	NC	4		490	61	
Protein....g	0.39		0	BFZN	4		0.99	0.12	
Total lipid (fat)....g	0.13		0	BFZN	4		0.32	0.04	
Ash....g	0.15		0	BFZN	4		0.37	0.05	
Carbohydrate, by difference....g	12.20		0	NC	4		30.87	3.86	
Fiber, total dietary....g	0.1		0		4		0.3	0.0	
Sugars, total....g	12.10		0	O	4		30.61	3.82	
Starch....g									
Minerals:									
Calcium, Ca....mg	8		0	BFZY	4		20	3	
Iron, Fe....mg	0.25		0	BFZY	4		0.62	0.08	
Magnesium, Mg....mg	6		0	BFZY	4		15	2	
Phosphorus, P....mg	13		0	BFZY	4		32	4	
Potassium, K....mg	77		0	BFZY	4		194	24	
Sodium, Na....mg	2		0	BFZY	4		4	1	
Zinc, Zn....mg	0.10		0	BFZY	4		0.25	0.03	
Copper, Cu....mg	0.055		0	BFZY	4		0.139	0.017	
Manganese, Mn....mg									
Selenium, Se....µg	0.1		0	BFZN	4		0.4	0.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	9.3		0	BFZY	4		23.6	2.9	
Thiamin....mg	0.009		0	BFZY	4		0.024	0.003	
Riboflavin....mg	0.018		0	BFZY	4		0.045	0.006	
Niacin....mg	0.091		0	BFZY	4		0.231	0.029	
Pantothenic acid....mg									
Vitamin B-6....mg	0.052		0	BFZY	4		0.131	0.016	
Folate, total....µg	1		0	BFZY	4		1	0	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	1		0	BFZY	4		1	0	
Folate, DFE....µg	1		0	NC	4		1	0	
Choline, total....mg	3.3		0	BFYN	4		8.4	1.1	
Betaine....mg									
Vitamin B-12....µg	0.00		0		7		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	2		0	NC	4		6	1	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg	27		0	BNA	4		68	9	
Carotene, alpha....µg	0		0	BNA	4		0	0	
Cryptoxanthin, beta....µg	0		0	BNA	4		0	0	
Vitamin A, IU....IU	45		0	BFZY	4		114	14	
Lycopene....µg	0		0	BFZY	4		0	0	
Lutein + zeaxanthin....µg	68		0	BFZY	4		173	22	
Vitamin E (alpha-tocopherol)....mg	1.20		0	BFZN	4		3.04	0.38	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	5.1		0	BFZN	4		13.0	1.6	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 43382
Cranberry juice, unsweetened

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.010		0	NC	4		0.026	0.003	
4:0....g	0.000		0		4		0.000	0.000	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	
10:0....g	0.000		0		4		0.000	0.000	
12:0....g	0.000		0		4		0.000	0.000	
13:0....g									
14:0....g	0.000		0		4		0.000	0.000	
15:0....g									
16:0....g	0.008		0		4		0.020	0.003	
17:0....g									
18:0....g	0.002		0		4		0.006	0.001	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.023		0	NC	4		0.059	0.007	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		4		0.002	0.000	
17:1....g									
18:1 undifferentiated....g	0.022		0		4		0.057	0.007	
20:1....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.070		0	NC	4		0.178	0.022	
18:2 undifferentiated....g	0.042		0		4		0.107	0.013	
18:3 undifferentiated....g	0.028		0		4		0.071	0.009	
18:4....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0		7		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 253g: 1 cup

Measure 2 = 31.6g: 1 fl oz

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09081
Cranberry sauce, canned, sweetened

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	60.65		2		1		168.00	34.57	
Energy	kcal	151		0	NC	4		418	86	
Energy	kJ	632		0		4		1750	360	
Protein (N x 6.25)	g	0.20		2		1		0.55	0.11	
Total lipid (fat)	g	0.15		2		1		0.42	0.09	
Ash	g	0.10		2		1		0.28	0.06	
Carbohydrate, by difference	g	38.90		0	NC	4		107.75	22.17	
Fiber, total dietary	g	1.0		0		1		2.8	0.6	
Sugars, total	g	37.90		0	O	4		104.98	21.60	
Starch	g									
Minerals:										
Calcium, Ca	mg	4		2		1		11	2	
Iron, Fe	mg	0.22		2		1		0.61	0.13	
Magnesium, Mg	mg	3		2		1		8	2	
Phosphorus, P	mg	6		2		1		17	3	
Potassium, K	mg	26		2		1		72	15	
Sodium, Na	mg	29		2		1		80	17	
Zinc, Zn	mg	0.05		0		1		0.14	0.03	
Copper, Cu	mg	0.020		2		1		0.055	0.011	
Manganese, Mn	mg	0.060		0		1		0.166	0.034	
Selenium, Se	µg	0.3		0	FLM	4		0.8	0.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	2.0		0		1		5.5	1.1	
Thiamin	mg	0.015		2		1		0.042	0.009	
Riboflavin	mg	0.021		2		1		0.058	0.012	
Niacin	mg	0.100		0		1		0.277	0.057	
Pantothenic acid	mg									
Vitamin B-6	mg	0.014		2		1		0.039	0.008	
Folate, total	µg	1		0		4		3	1	
Folic acid	µg	0		0	Z	7		0	0	
Folate, food	µg	1		0		4		3	1	
Folate, DFE	µg	1		0	NC	4		3	1	
Choline, total	mg	3.8		0	FLM	4		10.5	2.2	
Betaine	mg									
Vitamin B-12	µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added	µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	µg	2		0	NC	4		6	1	
Retinol	µg	0		0	Z	7		0	0	
Carotene, beta	µg	25		0	FLM	4		69	14	
Carotene, alpha	µg	0		0	FLM	4		0	0	
Cryptoxanthin, beta	µg	0		0	FLM	4		0	0	
Vitamin A, IU	IU	42		0	NC	4		116	24	
Lycopene	µg	0		0	FLM	4		0	0	
Lutein + zeaxanthin	µg	63		0	FLM	4		175	36	
Vitamin E (alpha-tocopherol)	mg	0.83		0	FLM	4		2.31	0.48	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)	µg	1.4		1	A	1		3.7	0.8	
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 09081
Cranberry sauce, canned, sweetened

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.013		0		4		0.036	0.007	
4:0....g	0.000		0		4		0.000	0.000	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	
10:0....g	0.000		0		4		0.000	0.000	
12:0....g	0.000		0		4		0.000	0.000	
13:0....g									
14:0....g	0.000		0		4		0.000	0.000	
15:0....g									
16:0....g	0.008		0		4		0.022	0.005	
17:0....g									
18:0....g	0.002		0		4		0.006	0.001	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.021		0		4		0.058	0.012	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		4		0.003	0.001	
17:1....g									
18:1 undifferentiated....g	0.021		0		4		0.058	0.012	
20:1....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.066		0		4		0.183	0.038	
18:2 undifferentiated....g	0.040		0		4		0.111	0.023	
18:3 undifferentiated....g	0.026		0		4		0.072	0.015	
18:4....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 277g: 1 cup

Measure 2 = 57g: 1 slice (1/2" thick, approx 8 slices per can)

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.84

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09082
Cranberry-orange relish, canned

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	53.20		1		1		146.30		
Energy....kcal	178		0	NC	4		490		
Energy....kJ	745				4		2048		
Protein (N x 6.25)....g	0.30		1		1		0.83		
Total lipid (fat)....g	0.10		1		1		0.28		
Ash....g	0.20		1		1		0.55		
Carbohydrate, by difference....g	46.20		0	NC	4		127.05		
Fiber, total dietary....g	0.0		0		4		0.0		
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	11		1		1		30		
Iron, Fe....mg	0.20		1		1		0.55		
Magnesium, Mg....mg	4		1		1		11		
Phosphorus, P....mg	8		1		1		22		
Potassium, K....mg	38		1		1		105		
Sodium, Na....mg	32		1		1		88		
Zinc, Zn....mg									
Copper, Cu....mg	0.040		1		1		0.110		
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	18.0		0		1		49.5		
Thiamin....mg	0.030		0		1		0.083		
Riboflavin....mg	0.020		0		1		0.055		
Niacin....mg	0.100		0		1		0.275		
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....µg	4		0		1		10		
Vitamin A, IU....IU	70		0		1		193		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.012		0		1		0.033		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 09082
Cranberry-orange relish, canned

Common Measures:

Measure 1 = 275g: 1 cup

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.82

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09083

Currants, european black, raw

Ribes nigrum

Refuse: 2% Stems

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	81.96	0.438	4		1		91.80		
Energy	kcal	63		0	NC	4		71		
Energy	kJ	264				4		295		
Protein (N x 6.25)	g	1.40		2		1		1.57		
Total lipid (fat)	g	0.41		2		1		0.46		
Ash	g	0.86	0.055	4		1		0.96		
Carbohydrate, by difference	g	15.38		0	NC	4		17.23		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	55	4.825	3		1		62		
Iron, Fe	mg	1.54	0.418	4		1		1.72		
Magnesium, Mg	mg	24		2		1		27		
Phosphorus, P	mg	59	1.878	3		1		66		
Potassium, K	mg	322	10.827	4		1		361		
Sodium, Na	mg	2		1		1		2		
Zinc, Zn	mg	0.27		2		1		0.30		
Copper, Cu	mg	0.086	0.006	4		1		0.096		
Manganese, Mn	mg	0.256		2		1		0.287		
Selenium, Se	µg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	181.0		1		1		202.7		
Thiamin	mg	0.050		0		1		0.056		
Riboflavin	mg	0.050		0		1		0.056		
Niacin	mg	0.300		0		1		0.336		
Pantothenic acid	mg	0.398		0		1		0.446		
Vitamin B-6	mg	0.066		0		1		0.074		
Folate, total	µg									
Folate, DFE	µg									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	0.00		0	Z	7		0.00		
Vitamin A, RAE	µg	12		0		1		13		
Vitamin A, IU	IU	230		0		1		258		
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg	1.00		0		1		1.12		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										
Fatty acids, total saturated	g	0.034		0		1		0.038		
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g									

NDB No. 09083
Currants, european black, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
15:0....g									
16:0....g	0.020		0		1		0.022		
17:0....g									
18:0....g	0.007		0		1		0.008		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.058		0		1		0.065		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1		0.001		
17:1....g									
18:1 undifferentiated....g	0.056		0		1		0.063		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.179		0		1		0.200		
18:2 undifferentiated....g	0.107		0		1		0.120		
18:3 undifferentiated....g	0.072		0		1		0.081		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 112g: 1 cup

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09084
Currants, red and white, raw
Ribes rubrum

Refuse: 2% Stems

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	83.95		2		1		94.02		
Energy....kcal	56		0	NC	4		63		
Energy....kJ	234		0		4		262		
Protein (N x 6.25)....g	1.40		0		1		1.57		
Total lipid (fat)....g	0.20		0		1		0.22		
Ash....g	0.66	0.040	5		1		0.74		
Carbohydrate, by difference....g	13.80		0	NC	4		15.46		
Fiber, total dietary....g	4.3		0		4		4.8		
Sugars, total....g	7.37		0	NC	4		8.25		
Sucrose....g	0.61	0.297	3	A	1		0.69		
Glucose (dextrose)....g	3.22	0.200	3	A	1		3.61		
Fructose....g	3.53	0.236	3	A	1		3.96		
Lactose....g									
Maltose....g									
Galactose....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	33	3.247	5		1		37		
Iron, Fe....mg	1.00	0.097	5		1		1.12		
Magnesium, Mg....mg	13	0.822	5		1		15		
Phosphorus, P....mg	44	2.125	6		1		49		
Potassium, K....mg	275	16.512	6		1		308		
Sodium, Na....mg	1	0.150	4		1		1		
Zinc, Zn....mg	0.23		1		1		0.26		
Copper, Cu....mg	0.107	0.009	5		1		0.120		
Manganese, Mn....mg	0.186	0.009	5		1		0.208		
Selenium, Se....µg	0.6		0	CAZN	4		0.7		
Vitamins:									
Vitamin C, total ascorbic acid....mg	41.0		0		1		45.9		
Thiamin....mg	0.040		0		1		0.045		
Riboflavin....mg	0.050		0		1		0.056		
Niacin....mg	0.100		0		1		0.112		
Pantothenic acid....mg	0.064		0		1		0.072		
Vitamin B-6....mg	0.070		1		1		0.078		
Folate, total....µg	8		0		4		9		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	8		0		4		9		
Folate, DFE....µg	8		0	NC	4		9		
Choline, total....mg	7.6		0	CAZN	4		8.5		
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....µg	2		1	A	1		2		
Retinol....µg	0		0	Z	7		0		
Carotene, beta....µg	25		1	A	1		28		
Carotene, alpha....µg	0		1	A	1		0		
Cryptoxanthin, beta....µg	0		1	A	1		0		
Vitamin A, IU....IU	42		1	A	1		47		
Lycopene....µg	0		1	A	1		0		
Lutein + zeaxanthin....µg	47		1	A	1		53		
Vitamin E (alpha-tocopherol)....mg	0.10		0		1		0.11		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....µg									

NDB No. 09084
Currants, red and white, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....µg	11.0	0.000	3	A	1		12.3		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.017		0		1		0.019		
4:0....g	0.000		0		1		0.000		
6:0....g	0.000		0		1		0.000		
8:0....g	0.000		0		1		0.000		
10:0....g	0.000		0		1		0.000		
12:0....g	0.000		0		1		0.000		
13:0....g									
14:0....g	0.000		0		1		0.000		
15:0....g									
16:0....g	0.010		1		1		0.011		
17:0....g									
18:0....g	0.003		1		1		0.003		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.028		0		1		0.031		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		1		1		0.001		
17:1....g									
18:1 undifferentiated....g	0.028		1		1		0.031		
20:1....g	0.000		0		1		0.000		
22:1 undifferentiated....g	0.000		0		1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.088		0		1		0.099		
18:2 undifferentiated....g	0.053		1		1		0.059		
18:3 undifferentiated....g	0.035		1		1		0.039		
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000		
20:5 n-3 (EPA)....g	0.000		0		1		0.000		
22:5 n-3 (DPA)....g	0.000		0		1		0.000		
22:6 n-3 (DHA)....g	0.000		0		1		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 112g: 1 cup

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09085
Currants, zante, dried
Vitis vinifera

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	19.21	0.536	26		1		27.66		
Energy....kcal	283		0	NC	4		408		
Energy....kJ	1184		0		4		1705		
Protein (N x 6.25)....g	4.08	0.135	26		1		5.88		
Total lipid (fat)....g	0.27	0.039	26		1		0.39		
Ash....g	2.36	0.079	26		1		3.40		
Carbohydrate, by difference....g	74.08		0	NC	4		106.68		
Fiber, total dietary....g	6.8		0		4		9.8		
Sugars, total....g	67.28		0	O	4		96.88		
Starch....g									
Minerals:									
Calcium, Ca....mg	86	2.782	26		1		124		
Iron, Fe....mg	3.26	0.157	37		1		4.69		
Magnesium, Mg....mg	41	0.841	26		1		59		
Phosphorus, P....mg	125	3.978	26		1		180		
Potassium, K....mg	892	28.091	26		1		1284		
Sodium, Na....mg	8	0.507	26		1		12		
Zinc, Zn....mg	0.66	0.082	26		1		0.95		
Copper, Cu....mg	0.468	0.023	26		1		0.674		
Manganese, Mn....mg	0.469		1		1		0.675		
Selenium, Se....µg	0.7		0	BFSN	4		1.0		
Vitamins:									
Vitamin C, total ascorbic acid....mg	4.7	0.494	36		1		6.8		
Thiamin....mg	0.160	0.006	25		1		0.230		
Riboflavin....mg	0.142	0.015	25		1		0.204		
Niacin....mg	1.615	0.135	25		1		2.326		
Pantothenic acid....mg	0.045		0		1		0.065		
Vitamin B-6....mg	0.296		0		1		0.426		
Folate, total....µg	10	0.045	4		1		15		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	10	0.045	4		1		15		
Folate, DFE....µg	10		0	NC	4		15		
Choline, total....mg	10.6		0	BFSN	4		15.3		
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....µg	4		0	NC	4		5		
Retinol....µg	0		0	Z	7		0		
Carotene, beta....µg	43		0	BNA	4		62		
Carotene, alpha....µg	1		0	BNA	4		1		
Cryptoxanthin, beta....µg	1		0	BNA	4		1		
Vitamin A, IU....IU	73	5.649	23		1		105		
Lycopene....µg	0		0	BFSN	4		0		
Lutein + zeaxanthin....µg	0		0	BFSN	4		0		
Vitamin E (alpha-tocopherol)....mg	0.11		0	BFSN	4		0.16		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....µg	3.3		0	BFSN	4		4.8		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 09085
Currants, zante, dried

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.028		0		1		0.040		
4:0....g	0.000		0		1		0.000		
6:0....g	0.000		0		1		0.000		
8:0....g	0.000		0		1		0.000		
10:0....g	0.000		0		1		0.000		
12:0....g	0.000		0		1		0.000		
13:0....g									
14:0....g	0.000		0		1		0.000		
15:0....g									
16:0....g	0.019		0		1		0.027		
17:0....g									
18:0....g	0.009		0		1		0.013		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.047		0		1		0.068		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.002		0		1		0.003		
17:1....g									
18:1 undifferentiated....g	0.045		0		1		0.065		
20:1....g	0.000		0		1		0.000		
22:1 undifferentiated....g	0.000		0		1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.180		0		1		0.259		
18:2 undifferentiated....g	0.180		0		1		0.259		
18:3 undifferentiated....g	0.000		0		1		0.000		
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000		
20:5 n-3 (EPA)....g	0.000		0		1		0.000		
22:5 n-3 (DPA)....g	0.000		0		1		0.000		
22:6 n-3 (DHA)....g	0.000		0		1		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 144g: 1 cup

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09086

Custard-apple, (bullock's-heart), raw

Annona reticulata

Refuse: 42% Seeds and skin

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	71.50		0		1				
Energy	kcal	101		0	NC	4				
Energy	kJ	423				4				
Protein (N x 6.25)	g	1.70		0		1				
Total lipid (fat)	g	0.60		0		1				
Ash	g	1.00		0		1				
Carbohydrate, by difference	g	25.20		0	NC	4				
Fiber, total dietary	g	2.4		0	BFZN	4				
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	30	6.209	9		1				
Iron, Fe	mg	0.71		2		1				
Magnesium, Mg	mg	18		1		1				
Phosphorus, P	mg	21	2.722	7		1				
Potassium, K	mg	382	52.019	4		1				
Sodium, Na	mg	4		2		1				
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	µg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	19.2	2.747	15		1				
Thiamin	mg	0.080		0		1				
Riboflavin	mg	0.100		0		1				
Niacin	mg	0.500		0		1				
Pantothenic acid	mg	0.135		0		1				
Vitamin B-6	mg	0.221		1		1				
Folate, total	µg									
Folate, DFE	µg									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	0.00		0	Z	7				
Vitamin A, RAE	µg	2		0		4				
Vitamin A, IU	IU	33		0		4				
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										
Fatty acids, total saturated	g	0.231		0	BFFN	4				
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									
Cholesterol	mg	0		0	Z	7				
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.007		1		1				
Threonine	g									
Isoleucine	g									

NDB No. 09086
Custard-apple, (bullock's-heart), raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Leucine....g									
Lysine....g	0.037		1		1				
Methionine....g	0.004		1		1				
Cystine....g									
Phenylalanine....g									
Tyrosine....g									
Valine....g									
Arginine....g									
Histidine....g									
Alanine....g									
Aspartic acid....g									
Glutamic acid....g									
Glycine....g									
Proline....g									
Serine....g									
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09087
Dates, deglet noor (1)
Phoenix dactylifera

Refuse: 10% Pits

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	20.53	0.759	13	A	1		30.18	1.46	
Energy....kcal	282		0	NC	4		414	20	
Energy....kJ	1178		0	NC	4		1732	84	
Protein (N x 6.25)....g	2.45	0.100	13	A	1		3.60	0.17	
Total lipid (fat)....g	0.39	0.181	13	A	1		0.58	0.03	
Ash....g	1.60	0.071	13	A	1		2.35	0.11	
Carbohydrate, by difference....g	75.03		0	NC	4		110.29	5.33	
Fiber, total dietary....g	8.0	0.272	13	A	1		11.7	0.6	
Sugars, total....g	63.35	0.856	7	A	1		93.13	4.50	
Sucrose....g	23.84	2.220	7	A	1		35.05	1.69	
Glucose (dextrose)....g	19.87	0.692	8	A	1		29.21	1.41	
Fructose....g	19.56	0.726	8	A	1		28.75	1.39	
Lactose....g	0.00	0.000	7	A	1		0.00	0.00	
Maltose....g	0.12	0.022	8	A	1		0.17	0.01	
Galactose....g	0.00	0.000	8	A	1		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	39	3.093	13	A	1		57	3	
Iron, Fe....mg	1.02	0.020	13	A	1		1.51	0.07	
Magnesium, Mg....mg	43	0.322	13	A	1		63	3	
Phosphorus, P....mg	62	2.541	13	A	1		90	4	
Potassium, K....mg	656	24.975	13	A	1		964	47	
Sodium, Na....mg	2	1.681	9	A	1		4	0	
Zinc, Zn....mg	0.29	0.033	11	A	1		0.42	0.02	
Copper, Cu....mg	0.206	0.031	13	A	1		0.303	0.015	
Manganese, Mn....mg	0.262	0.023	13	A	1		0.385	0.019	
Selenium, Se....µg	3.0	0.170	8	A	1		4.4	0.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.4	0.165	8	A	1		0.5	0.0	
Thiamin....mg	0.052	0.012	13	A	1		0.076	0.004	
Riboflavin....mg	0.066	0.027	13	A	1		0.097	0.005	
Niacin....mg	1.274	0.026	13	A	1		1.872	0.090	
Pantothenic acid....mg	0.589	0.043	13	A	1		0.867	0.042	
Vitamin B-6....mg	0.165	0.041	13	A	1		0.243	0.012	
Folate, total....µg	19	1.660	13	A	1		28	1	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	19	1.660	13	A	1		28	1	
Folate, DFE....µg	19		0	NC	4		28	1	
Choline, total....mg	6.3		0	AS	1		9.3	0.4	
Betaine....mg	0.4		2	A	1		0.5	0.0	
Vitamin B-12....µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	0	0.083	8	A	1		1	0	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg	6	1.000	8	A	1		9	0	
Carotene, alpha....µg	0	0.000	8	A	1		0	0	
Cryptoxanthin, beta....µg	0	0.000	8	A	1		0	0	
Vitamin A, IU....IU	10	1.667	8	A	1		15	1	
Lycopene....µg	0	0.000	8	A	1		0	0	
Lutein + zeaxanthin....µg	75	5.096	8	A	1		110	5	
Vitamin E (alpha-tocopherol)....mg	0.05	0.014	4	A	1		0.08	0.00	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00	0.000	4	A	1		0.00	0.00	
Tocopherol, gamma....mg	0.05	0.013	4	A	1		0.08	0.00	
Tocopherol, delta....mg	0.00	0.000	4	A	1		0.00	0.00	
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									

NDB No. 09087
Dates, deglet noor (1)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	2.7	0.166	8	A	1		3.9	0.2	
Dihydrophylloquinone....µg	0.0	0.000	8	A	1		0.0	0.0	
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.032		0	NC	4		0.048	0.002	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.001		2	A	1		0.001	0.000	
10:0....g	0.001		2	A	1		0.001	0.000	
12:0....g	0.001		2	A	1		0.002	0.000	
13:0....g									
14:0....g	0.001		2	A	1		0.001	0.000	
15:0....g	0.000		2	A	1		0.000	0.000	
16:0....g	0.017		2	A	1		0.025	0.001	
17:0....g	0.001		2	A	1		0.001	0.000	
18:0....g	0.011		2	A	1		0.016	0.001	
20:0....g	0.000		2	A	1		0.000	0.000	
22:0....g	0.000		2	A	1		0.000	0.000	
24:0....g									
Fatty acids, total monounsaturated....g	0.036		0	NC	4		0.053	0.003	
14:1....g	0.000		2	A	1		0.000	0.000	
15:1....g	0.000		2	A	1		0.000	0.000	
16:1 undifferentiated....g	0.001		2	A	1		0.001	0.000	
17:1....g	0.000		2	A	1		0.000	0.000	
18:1 undifferentiated....g	0.035		2	A	1		0.052	0.003	
20:1....g	0.000		2	A	1		0.000	0.000	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.019		0	NC	4		0.028	0.001	
18:2 undifferentiated....g	0.016		2	A	1		0.024	0.001	
18:3 undifferentiated....g	0.003		2	A	1		0.004	0.000	
18:3 n-3 c,c,c (ALA)....g									
18:3 n-6 c,c,c....g	0.000		2	A	1		0.000	0.000	
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.000		2	A	1		0.001	0.000	
20:3 undifferentiated....g	0.000		2	A	1		0.000	0.000	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000		2	A	1		0.000	0.000	
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	Z	7		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	Z	7		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.012		0	A	1		0.017	0.001	
Threonine....g	0.043		0	A	1		0.063	0.003	
Isoleucine....g	0.049		0	A	1		0.073	0.004	
Leucine....g	0.084		0	A	1		0.123	0.006	
Lysine....g	0.066		0	A	1		0.098	0.005	
Methionine....g	0.022		0	A	1		0.033	0.002	
Cystine....g	0.067		0	A	1		0.099	0.005	
Phenylalanine....g	0.050		0	A	1		0.074	0.004	
Tyrosine....g	0.015		0	A	1		0.022	0.001	
Valine....g	0.071		0	A	1		0.104	0.005	

NDB No. 09087
Dates, deglet noor (1)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Arginine....g	0.136		0	A	1		0.200	0.010	
Histidine....g	0.032		0	A	1		0.047	0.002	
Alanine....g	0.083		0	A	1		0.121	0.006	
Aspartic acid....g	0.213		0	A	1		0.313	0.015	
Glutamic acid....g	0.359		0	A	1		0.528	0.025	
Glycine....g	0.101		0	A	1		0.148	0.007	
Proline....g	0.130		0	A	1		0.191	0.009	
Serine....g	0.057		0	A	1		0.084	0.004	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 147g: 1 cup, chopped

Measure 2 = 7.1g: 1 date, pitted

Footnotes:

1 Common variety

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09421
Dates, medjool
Phoenix dactylifera

Refuse:

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	21.32		2	A	1		5.12		
Energy....kcal	277		0	NC	4		67		
Energy....kJ	1160		0	NC	4		278		
Protein....g	1.81		2	A	1		0.43		
Total lipid (fat)....g	0.15		2	A	1		0.04		
Ash....g	1.74		2	A	1		0.42		
Carbohydrate, by difference....g	74.97		0	NC	4		17.99		
Fiber, total dietary....g	6.7		2	A	1		1.6		
Sugars, total....g	66.47		2	A	1		15.95		
Sucrose....g	0.53		2	A	1		0.13		
Glucose (dextrose)....g	33.68		2	A	1		8.08		
Fructose....g	31.95		2	A	1		7.67		
Lactose....g	0.00		2	A	1		0.00		
Maltose....g	0.30		2	A	1		0.07		
Galactose....g	0.00		2	A	1		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	64		2	A	1		15		
Iron, Fe....mg	0.90		2	A	1		0.22		
Magnesium, Mg....mg	54		2	A	1		13		
Phosphorus, P....mg	62		2	A	1		15		
Potassium, K....mg	696		2	A	1		167		
Sodium, Na....mg	1		2	A	1		0		
Zinc, Zn....mg	0.44		2	A	1		0.11		
Copper, Cu....mg	0.362		2	A	1		0.087		
Manganese, Mn....mg	0.296		2	A	1		0.071		
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		2	A	1		0.0		
Thiamin....mg	0.050		2	A	1		0.012		
Riboflavin....mg	0.060		2	A	1		0.014		
Niacin....mg	1.610		2	A	1		0.386		
Pantothenic acid....mg	0.805		2	A	1		0.193		
Vitamin B-6....mg	0.249		2	A	1		0.060		
Folate, total....µg	15		1	A	1		4		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	15		1	A	1		4		
Folate, DFE....µg	15		0	NC	4		4		
Choline, total....mg	9.9		0	AS	1		2.4		
Betaine....mg	0.4		1	A	1		0.1		
Vitamin B-12....µg									
Vitamin A, RAE....µg	7		2	A	1		2		
Retinol....µg									
Carotene, beta....µg	89		2	A	1		21		
Carotene, alpha....µg	0		2	A	1		0		
Cryptoxanthin, beta....µg	0		2	A	1		0		
Vitamin A, IU....IU	149		2	A	1		36		
Lycopene....µg	0		2	A	1		0		
Lutein + zeaxanthin....µg	23		2	A	1		6		
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....µg	2.7		2	A	1		0.7		

NDB No. 09421
Dates, medjool

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....µg	0.0		2	A	1		0.0		
Menaquinone-4....µg									
Amino Acids:									
Tryptophan....g	0.007		0	A	1		0.002		
Threonine....g	0.042		0	A	1		0.010		
Isoleucine....g	0.045		0	A	1		0.011		
Leucine....g	0.082		0	A	1		0.020		
Lysine....g	0.054		0	A	1		0.013		
Methionine....g	0.017		0	A	1		0.004		
Cystine....g	0.046		0	A	1		0.011		
Phenylalanine....g	0.048		0	A	1		0.011		
Tyrosine....g	0.016		0	A	1		0.004		
Valine....g	0.066		0	A	1		0.016		
Arginine....g	0.060		0	A	1		0.014		
Histidine....g	0.029		0	A	1		0.007		
Alanine....g	0.078		0	A	1		0.019		
Aspartic acid....g	0.220		0	A	1		0.053		
Glutamic acid....g	0.265		0	A	1		0.064		
Glycine....g	0.090		0	A	1		0.022		
Proline....g	0.111		0	A	1		0.027		
Serine....g	0.062		0	A	1		0.015		
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 24g: 1 date, pitted

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09422
Durian, raw or frozen
Durio zibethinus

Refuse: 68% Shell and seeds (for raw fruit)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	64.99		2	A	1		157.92	391.22	
Energy....kcal	147		0	NC	4		357	886	
Energy....kJ	615		0	NC	4		1496	3705	
Protein (N x 6.25)....g	1.47		2	A	1		3.57	8.84	
Total lipid (fat)....g	5.33		2	A	1		12.96	32.11	
Ash....g	1.12		2	A	1		2.72	6.74	
Carbohydrate, by difference....g	27.09		0	NC	4		65.83	163.08	
Fiber, total dietary....g	3.8		2	A	1		9.3	23.1	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	6		2	A	1		14	34	
Iron, Fe....mg	0.43		2	A	1		1.06	2.62	
Magnesium, Mg....mg	30		2	A	1		72	178	
Phosphorus, P....mg	39		2	A	1		94	232	
Potassium, K....mg	436		2	A	1		1061	2627	
Sodium, Na....mg	2		1	A	1		5	13	
Zinc, Zn....mg	0.28		2	A	1		0.68	1.68	
Copper, Cu....mg	0.207		2	A	1		0.503	1.246	
Manganese, Mn....mg	0.325		2	A	1		0.789	1.953	
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	19.7		2	A	1		47.8	118.5	
Thiamin....mg	0.374		2	A	1		0.908	2.248	
Riboflavin....mg	0.200		2	A	1		0.486	1.204	
Niacin....mg	1.074		2	A	1		2.609	6.462	
Pantothenic acid....mg	0.230		2	A	1		0.559	1.385	
Vitamin B-6....mg	0.316		2	A	1		0.767	1.899	
Folate, total....µg	36		2	A	1		88	217	
Folic acid....µg									
Folate, food....µg	36		2	A	1		88	217	
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	2		2	A	1		5	13	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg	23		2	A	1		57	141	
Carotene, alpha....µg	6		2	A	1		15	38	
Cryptoxanthin, beta....µg	0		2	A	1		0	0	
Vitamin A, IU....IU	44		2	A	1		108	267	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g									
Fatty acids, total monounsaturated....g									

NDB No. 09422
Durian, raw or frozen

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 243g: 1 cup, chopped or diced

Measure 2 = 602g: 1 fruit

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09088
Elderberries, raw
Sambucus spp.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	79.80		0		1		115.71		
Energy....kcal	73		0	NC	4		106		
Energy....kJ	305				4		443		
Protein (N x 6.25)....g	0.66	0.042	12		1		0.96		
Total lipid (fat)....g	0.50		0		1		0.73		
Ash....g	0.64	0.025	12		1		0.93		
Carbohydrate, by difference....g	18.40		0	NC	4		26.68		
Fiber, total dietary....g	7.0		0		4		10.2		
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	38		0		1		55		
Iron, Fe....mg	1.60		0		1		2.32		
Magnesium, Mg....mg	5		0		4		7		
Phosphorus, P....mg	39	2.132	12		1		57		
Potassium, K....mg	280	10.027	12		1		406		
Sodium, Na....mg	6		0		1		9		
Zinc, Zn....mg	0.11		0		4		0.16		
Copper, Cu....mg	0.061		0		4		0.088		
Manganese, Mn....mg									
Selenium, Se....µg	0.6		0	CAZN	4		0.9		
Vitamins:									
Vitamin C, total ascorbic acid....mg	36.0		0		1		52.2		
Thiamin....mg	0.070		0		1		0.102		
Riboflavin....mg	0.060		0		1		0.087		
Niacin....mg	0.500		0		1		0.725		
Pantothenic acid....mg	0.140		0		1		0.203		
Vitamin B-6....mg	0.230		0		1		0.334		
Folate, total....µg	6		0		4		9		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	6		0		4		9		
Folate, DFE....µg	6		0	NC	4		9		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....µg	30		0		1		44		
Retinol....µg	0		0	Z	7		0		
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	600		0		1		870		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.023		0		1		0.033		
4:0....g	0.000		0		4		0.000		

NDB No. 09088
Elderberries, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0		4		0.000		
8:0 g	0.000		0		4		0.000		
10:0 g	0.000		0		4		0.000		
12:0 g	0.000		0		4		0.000		
13:0 g									
14:0 g	0.000		0		4		0.000		
15:0 g									
16:0 g	0.018		0		4		0.026		
17:0 g									
18:0 g	0.005		0		4		0.007		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.080		0		1		0.116		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.000		0		4		0.000		
17:1 g									
18:1 undifferentiated g	0.080		0		4		0.116		
20:1 g	0.000		0		4		0.000		
22:1 undifferentiated g	0.000		0		4		0.000		
24:1 c g									
Fatty acids, total polyunsaturated g	0.247		0		1		0.358		
18:2 undifferentiated g	0.162		0		4		0.235		
18:3 undifferentiated g	0.085		0		4		0.123		
18:4 g	0.000		0		4		0.000		
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		4		0.000		
20:5 n-3 (EPA) g	0.000		0		4		0.000		
22:5 n-3 (DPA) g	0.000		0		4		0.000		
22:6 n-3 (DHA) g	0.000		0		4		0.000		
Fatty acids, total trans g									
Cholesterol mg	0		0	Z	7		0		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.013		3		1		0.019		
Threonine g	0.027		3		1		0.039		
Isoleucine g	0.027		3		1		0.039		
Leucine g	0.060		3		1		0.087		
Lysine g	0.026		3		1		0.038		
Methionine g	0.014		3		1		0.020		
Cystine g	0.015		3		1		0.022		
Phenylalanine g	0.040		3		1		0.058		
Tyrosine g	0.051		3		1		0.074		
Valine g	0.033		3		1		0.048		
Arginine g	0.047		3		1		0.068		
Histidine g	0.015		3		1		0.022		
Alanine g	0.030		3		1		0.044		
Aspartic acid g	0.058		3		1		0.084		
Glutamic acid g	0.096		3		1		0.139		
Glycine g	0.036		3		1		0.052		
Proline g	0.025		3		1		0.036		
Serine g	0.032		3		1		0.046		
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0		
Caffeine mg									
Theobromine mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 09088
Elderberries, raw

Common Measures:

Measure 1 = 145g: 1 cup

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09334
Feijoa, raw
Acca sellowiana

Refuse: 43% Skin

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	84.94	1.662	5	A	1		206.40	35.67	174.12
Energy....kcal	55		0	NC	4		133	23	112
Energy....kJ	230		0	NC	4		558	96	470
Protein (N x 6.25)....g	0.98	0.268	5	A	1		2.37	0.41	2.00
Total lipid (fat)....g	0.60	0.181	5	A	1		1.47	0.25	1.24
Ash....g	0.56	0.180	5	A	1		1.36	0.24	1.15
Carbohydrate, by difference....g	12.92		0	NC	4		31.40	5.43	26.49
Fiber, total dietary....g	6.4	0.305	3	A	1		15.6	2.7	13.1
Sugars, total....g	8.20	0.254	3	A	1		19.93	3.44	16.81
Sucrose....g	2.93	0.276	3	A	1		7.12	1.23	6.01
Glucose (dextrose)....g	2.32	0.077	3	A	1		5.63	0.97	4.75
Fructose....g	2.95	0.098	3	A	1		7.18	1.24	6.05
Lactose....g	0.00	0.000	3	A	1		0.00	0.00	0.00
Maltose....g	0.00	0.000	3	A	1		0.00	0.00	0.00
Galactose....g	0.00	0.000	3	A	1		0.00	0.00	0.00
Starch....g	0.00		1	A	1		0.00	0.00	0.00
Minerals:									
Calcium, Ca....mg	17	0.150	5	A	1		41	7	35
Iron, Fe....mg	0.14	0.056	5	A	1		0.33	0.06	0.28
Magnesium, Mg....mg	9	0.018	5	A	1		23	4	19
Phosphorus, P....mg	19	1.083	5	A	1		45	8	38
Potassium, K....mg	172	16.633	5	A	1		418	72	353
Sodium, Na....mg	3	0.220	5	A	1		7	1	6
Zinc, Zn....mg	0.06	0.016	5	A	1		0.15	0.03	0.12
Copper, Cu....mg	0.036	0.019	5	A	1		0.088	0.015	0.074
Manganese, Mn....mg	0.084	0.001	5	A	1		0.204	0.035	0.172
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	32.9	12.608	5	A	1		79.9	13.8	67.4
Thiamin....mg	0.006	0.003	5	A	1		0.014	0.002	0.012
Riboflavin....mg	0.018	0.015	5	A	1		0.043	0.007	0.036
Niacin....mg	0.295	0.005	5	A	1		0.716	0.124	0.604
Pantothenic acid....mg	0.233	0.004	5	A	1		0.565	0.098	0.477
Vitamin B-6....mg	0.067	0.016	5	A	1		0.162	0.028	0.136
Folate, total (1) ....µg	23	15.616	5	A	1		55	10	47
Folic acid....µg	0		0	Z	7		0	0	0
Folate, food....µg	23	15.616	5	A	1		55	10	47
Folate, DFE....µg	23		0	NC	4		55	10	47
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....µg	0	0.284	3	A	1		1	0	1
Retinol....µg	0		0	Z	7		0	0	0
Carotene, beta....µg	2	1.860	3	A	1		5	1	4
Carotene, alpha....µg	0	0.181	3	A	1		0	0	0
Cryptoxanthin, beta....µg	3	2.905	3	A	1		7	1	6
Vitamin A, IU....IU	6	5.672	3	A	1		14	2	12
Lycopene....µg	5		1	A	1		12	2	10
Lutein + zeaxanthin....µg	27		1	A	1		66	11	56
Vitamin E (alpha-tocopherol)....mg	0.16		1	A	1		0.38	0.07	0.32
Tocopherol, beta....mg	0.00		1	A	1		0.00	0.00	0.00
Tocopherol, gamma....mg	0.03		1	A	1		0.08	0.01	0.07
Tocopherol, delta....mg	0.00		1	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	3.5		1	A	1		8.4		

NDB No. 09334
Feijoa, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin K (phylloquinone)....µg	3.5			A	1			1.4	7.1
Dihydrophylloquinone....µg	0.0		1	A	1		0.0	0.0	0.0
Menaquinone-4....µg	0.0		1	A	1		0.0	0.0	0.0
Lipids:									
Fatty acids, total saturated....g	0.148		0	NC	4		0.361	0.062	0.304
4:0....g	0.006		1	A	1		0.015	0.003	0.013
6:0....g	0.000		1	A	1		0.000	0.000	0.000
8:0....g	0.000		1	A	1		0.000	0.000	0.000
10:0....g	0.004		1	A	1		0.010	0.002	0.008
12:0....g	0.002		1	A	1		0.005	0.001	0.004
13:0....g									
14:0....g	0.004		1	A	1		0.010	0.002	0.008
15:0....g	0.000		1	A	1		0.000	0.000	0.000
16:0....g	0.107		1	A	1		0.261	0.045	0.220
17:0....g	0.000		1	A	1		0.000	0.000	0.000
18:0....g	0.020		1	A	1		0.050	0.009	0.042
20:0....g	0.004		1	A	1		0.010	0.002	0.008
22:0....g	0.000		1	A	1		0.000	0.000	0.000
24:0....g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated....g	0.081		0	NC	4		0.196	0.034	0.165
14:1....g	0.000		1	A	1		0.000	0.000	0.000
15:1....g	0.000		1	A	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.000		0	AS	1		0.000	0.000	0.000
16:1 c....g	0.000		1	A	1		0.000	0.000	0.000
16:1 t....g	0.000		1	A	1		0.000	0.000	0.000
17:1....g	0.000		1	A	1		0.000	0.000	0.000
18:1 undifferentiated....g	0.081		0	AS	1		0.196	0.034	0.165
18:1 c....g	0.081		1	A	1		0.196	0.034	0.165
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.000		1	A	1		0.000	0.000	0.000
18:1-11t (18:1t n-7)....g									
20:1....g	0.000		1	A	1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0	AS	1		0.000	0.000	0.000
22:1 c....g	0.000		1	A	1		0.000	0.000	0.000
22:1 t....g	0.000		1	A	1		0.000	0.000	0.000
24:1 c....g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated....g	0.194		0	NC	4		0.471	0.081	0.397
18:2 undifferentiated....g	0.153		0	AS	1		0.371	0.064	0.313
18:2 n-6 c,c....g	0.153		1	A	1		0.371	0.064	0.313
18:2 CLAs....g	0.000		1	A	1		0.000	0.000	0.000
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.000		1	A	1		0.000	0.000	0.000
18:3 undifferentiated....g	0.041		0	AS	1		0.100	0.017	0.084
18:3 n-3 c,c,c (ALA)....g	0.041		1	A	1		0.100	0.017	0.084
18:3 n-6 c,c,c....g	0.000		1	A	1		0.000	0.000	0.000
18:3i....g									
18:4....g	0.000		1	A	1		0.000	0.000	0.000
20:2 n-6 c,c....g	0.000		1	A	1		0.000	0.000	0.000
20:3 undifferentiated....g	0.000		0	AS	1		0.000	0.000	0.000
20:3 n-3....g	0.000		1	A	1		0.000	0.000	0.000
20:3 n-6....g	0.000		1	A	1		0.000	0.000	0.000
20:4 undifferentiated....g	0.000		1	A	1		0.000	0.000	0.000
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		1	A	1		0.000	0.000	0.000
21:5....g									
22:4....g	0.000		1	A	1		0.000	0.000	0.000
22:5 n-3 (DPA)....g	0.000		1	A	1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total trans....g	0.000		0	NC	4		0.000	0.000	0.000

NDB No. 09334
Feijoa, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total trans-monoenoic.....g	0.000		0	NC	4		0.000	0.000	0.000
Fatty acids, total trans-polyenoic.....g	0.000		0	NC	4		0.000	0.000	0.000
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.010		0	A	1		0.023	0.004	0.020
Threonine.....g	0.026		0	A	1		0.063	0.011	0.053
Isoleucine.....g	0.026		0	A	1		0.063	0.011	0.053
Leucine.....g	0.039		0	A	1		0.095	0.016	0.080
Lysine.....g	0.052		0	A	1		0.126	0.022	0.107
Methionine.....g	0.010		0	A	1		0.023	0.004	0.020
Cystine.....g	0.010		0	A	1		0.023	0.004	0.020
Phenylalanine.....g	0.026		0	A	1		0.063	0.011	0.053
Tyrosine.....g	0.013		0	A	1		0.031	0.005	0.026
Valine.....g	0.026		0	A	1		0.063	0.011	0.053
Arginine.....g	0.026		0	A	1		0.063	0.011	0.053
Histidine.....g	0.013		0	A	1		0.031	0.005	0.026
Alanine.....g	0.052		0	A	1		0.126	0.022	0.107
Aspartic acid.....g	0.104		0	A	1		0.253	0.044	0.213
Glutamic acid.....g	0.182		0	A	1		0.443	0.077	0.374
Glycine.....g	0.039		0	A	1		0.095	0.016	0.080
Proline.....g	0.026		0	A	1		0.063	0.011	0.053
Serine.....g	0.039		0	A	1		0.095	0.016	0.080
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 243g: 1 cup, pureed

Measure 2 = 42g: 1 fruit without peel

Measure 3 = 205g: 1 cup 1/2" chunks

Footnotes:

1 Mean value contains data based on the analysis of 5-methyltetrahydrofolate, 10-Formyl folic acid, and 5-Formyltetrahydrofolic acid plus total folate determined microbiologically

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 09 Fruits and Fruit Juices

NDB No. 09093

Figs, canned, extra heavy syrup pack, solids and liquids

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	71.39		0		1		186.33		
Energy....kcal	107		0	NC	4		279		
Energy....kJ	448				4		1168		
Protein (N x 6.25)....g	0.38		0		1		0.99		
Total lipid (fat)....g	0.10		0		1		0.26		
Ash....g	0.28		0		1		0.73		
Carbohydrate, by difference....g	27.86		0	NC	4		72.71		
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	26		0		1		68		
Iron, Fe....mg	0.28		0		1		0.73		
Magnesium, Mg....mg	10		0		1		26		
Phosphorus, P....mg	10		0		1		26		
Potassium, K....mg	97		0		1		253		
Sodium, Na....mg	1		0		1		3		
Zinc, Zn....mg	0.11		0		1		0.29		
Copper, Cu....mg	0.103		0		1		0.269		
Manganese, Mn....mg	0.083		0		1		0.217		
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.0		0		1		2.6		
Thiamin....mg	0.022		0		1		0.057		
Riboflavin....mg	0.036		0		1		0.094		
Niacin....mg	0.419		0		1		1.094		
Pantothenic acid....mg	0.069		0		1		0.180		
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....µg	2		0		1		5		
Vitamin A, IU....IU	36		0		1		94		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0		
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.020		0		1		0.052		
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.001		0		1		0.003		
15:0....g									
16:0....g	0.015		0		1		0.039		

NDB No. 09093

Figs, canned, extra heavy syrup pack, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:0....g									
18:0....g	0.004		0		1		0.010		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.022		0		1		0.057		
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.022		0		1		0.057		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.047		0		1		0.123		
18:2 undifferentiated....g	0.047		0		1		0.123		
18:3 undifferentiated....g									
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.003		0		1		0.008		
Threonine....g	0.012		0		1		0.031		
Isoleucine....g	0.011		0		1		0.029		
Leucine....g	0.016		0		1		0.042		
Lysine....g	0.015		0		1		0.039		
Methionine....g	0.003		0		1		0.008		
Cystine....g	0.006		0		1		0.016		
Phenylalanine....g	0.009		0		1		0.023		
Tyrosine....g	0.016		0		1		0.042		
Valine....g	0.014		0		1		0.037		
Arginine....g	0.009		0		1		0.023		
Histidine....g	0.005		0		1		0.013		
Alanine....g	0.023		0		1		0.060		
Aspartic acid....g	0.088		0		1		0.230		
Glutamic acid....g	0.036		0		1		0.094		
Glycine....g	0.013		0		1		0.034		
Proline....g	0.025		0		1		0.065		
Serine....g	0.019		0		1		0.050		
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 261g: 1 cup

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.78

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09092
Figs, canned, heavy syrup pack, solids and liquids

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	76.33	0.146	18		1		197.69	21.37	
Energy....kcal	88		0	NC	4		228	25	
Energy....kJ	368		0		4		954	103	
Protein (N x 6.25)....g	0.38	0.012	18		1		0.98	0.11	
Total lipid (fat)....g	0.10	0.000	18		1		0.26	0.03	
Ash....g	0.29	0.011	18		1		0.75	0.08	
Carbohydrate, by difference....g	22.90		0	NC	4		59.31	6.41	
Fiber, total dietary....g	2.2		0		4		5.7	0.6	
Sugars, total....g	20.70		0	O	4		53.61	5.80	
Starch....g									
Minerals:									
Calcium, Ca....mg	27	0.696	18		1		70	8	
Iron, Fe....mg	0.28	0.017	18		1		0.73	0.08	
Magnesium, Mg....mg	10	0.218	17		1		26	3	
Phosphorus, P....mg	10	0.297	18		1		26	3	
Potassium, K....mg	99	2.949	17		1		256	28	
Sodium, Na....mg	1	0.076	18		1		3	0	
Zinc, Zn....mg	0.11	0.003	18		1		0.28	0.03	
Copper, Cu....mg	0.106	0.004	18		1		0.275	0.030	
Manganese, Mn....mg	0.084		0		1		0.218	0.024	
Selenium, Se....µg	0.2		0	BFSN	4		0.5	0.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.0	0.000	18		1		2.6	0.3	
Thiamin....mg	0.022	0.000	18		1		0.057	0.006	
Riboflavin....mg	0.037	0.002	18		1		0.096	0.010	
Niacin....mg	0.428	0.020	18		1		1.109	0.120	
Pantothenic acid....mg	0.069		0		1		0.179	0.019	
Vitamin B-6....mg	0.070		0		4		0.181	0.020	
Folate, total....µg	2		0		4		5	1	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	2		0		4		5	1	
Folate, DFE....µg	2		0	NC	4		5	1	
Choline, total....mg	5.3		0	BFSN	4		13.9	1.5	
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	2	0.192	18		1		5	1	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg	22		0	BNA	4		57	6	
Carotene, alpha....µg	0		0	BNA	4		0	0	
Cryptoxanthin, beta....µg	0		0	BNA	4		0	0	
Vitamin A, IU....IU	37	3.838	18		1		96	10	
Lycopene....µg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin....µg	11		0	BFSN	4		28	3	
Vitamin E (alpha-tocopherol)....mg	0.12		0	BFSN	4		0.31	0.03	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	5.3		0	BFSN	4		13.7	1.5	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 09092

Figs, canned, heavy syrup pack, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.020		0		1		0.052	0.006	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.001		0		1		0.003	0.000	
15:0....g									
16:0....g	0.015		0		1		0.039	0.004	
17:0....g									
18:0....g	0.004		0		1		0.010	0.001	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.022		0		1		0.057	0.006	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.022		0		1		0.057	0.006	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.048		0		1		0.124	0.013	
18:2 undifferentiated....g	0.048		0		1		0.124	0.013	
18:3 undifferentiated....g	0.000		0		1		0.000	0.000	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.003		0		1		0.008	0.001	
Threonine....g	0.012		0		1		0.031	0.003	
Isoleucine....g	0.012		0		1		0.031	0.003	
Leucine....g	0.017		0		1		0.044	0.005	
Lysine....g	0.015		0		1		0.039	0.004	
Methionine....g	0.003		0		1		0.008	0.001	
Cystine....g	0.006		0		1		0.016	0.002	
Phenylalanine....g	0.009		0		1		0.023	0.003	
Tyrosine....g	0.016		0		1		0.041	0.004	
Valine....g	0.014		0		1		0.036	0.004	
Arginine....g	0.009		0		1		0.023	0.003	
Histidine....g	0.005		0		1		0.013	0.001	
Alanine....g	0.023		0		1		0.060	0.006	
Aspartic acid....g	0.090		0		1		0.233	0.025	
Glutamic acid....g	0.037		0		1		0.096	0.010	
Glycine....g	0.013		0		1		0.034	0.004	
Proline....g	0.025		0		1		0.065	0.007	
Serine....g	0.019		0		1		0.049	0.005	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 09092

Figs, canned, heavy syrup pack, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 259g: 1 cup

Measure 2 = 28g: 1 fig with liquid

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.75

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09091
Figs, canned, light syrup pack, solids and liquids

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	81.26		0		1		204.78	22.75	
Energy....kcal	69		0	NC	4		174	19	
Energy....kJ	289		0		4		728	81	
Protein (N x 6.25)....g	0.39		0		1		0.98	0.11	
Total lipid (fat)....g	0.10		0		1		0.25	0.03	
Ash....g	0.30		0		1		0.76	0.08	
Carbohydrate, by difference....g	17.95		0	NC	4		45.23	5.03	
Fiber, total dietary....g	1.8		0		4		4.5	0.5	
Sugars, total....g	16.15		0	O	4		40.70	4.52	
Starch....g									
Minerals:									
Calcium, Ca....mg	27		0		1		68	8	
Iron, Fe....mg	0.29		0		1		0.73	0.08	
Magnesium, Mg....mg	10		0		1		25	3	
Phosphorus, P....mg	10		0		1		25	3	
Potassium, K....mg	102		0		1		257	29	
Sodium, Na....mg	1		0		1		3	0	
Zinc, Zn....mg	0.11		0		1		0.28	0.03	
Copper, Cu....mg	0.108		0		1		0.272	0.030	
Manganese, Mn....mg	0.086		0		1		0.217	0.024	
Selenium, Se....µg	0.2		0	BFSN	4		0.4	0.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.0		0		1		2.5	0.3	
Thiamin....mg	0.022		0		1		0.055	0.006	
Riboflavin....mg	0.038		0		1		0.096	0.011	
Niacin....mg	0.437		0		1		1.101	0.122	
Pantothenic acid....mg	0.069		0		1		0.174	0.019	
Vitamin B-6....mg	0.070		0		4		0.176	0.020	
Folate, total....µg	2		0		4		5	1	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	2		0		4		5	1	
Folate, DFE....µg	2		0	NC	4		5	1	
Choline, total....mg	4.2		0	BFSN	4		10.7	1.2	
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	2		0		1		5	1	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg	22		0	BNA	4		56	6	
Carotene, alpha....µg	0		0	BNA	4		0	0	
Cryptoxanthin, beta....µg	0		0	BNA	4		0	0	
Vitamin A, IU....IU	37		0		1		93	10	
Lycopene....µg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin....µg	8		0	BFSN	4		21	2	
Vitamin E (alpha-tocopherol)....mg	0.10		0	BFSN	4		0.24	0.03	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	4.2		0	BFSN	4		10.5	1.2	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 09091

Figs, canned, light syrup pack, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.020		0		1		0.050	0.006	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.001		0		1		0.003	0.000	
15:0....g									
16:0....g	0.015		0		1		0.038	0.004	
17:0....g									
18:0....g	0.004		0		1		0.010	0.001	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.022		0		1		0.055	0.006	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.022		0		1		0.055	0.006	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.048		0		1		0.121	0.013	
18:2 undifferentiated....g	0.048		0		1		0.121	0.013	
18:3 undifferentiated....g	0.000		0		1		0.000	0.000	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.003		0		1		0.008	0.001	
Threonine....g	0.013		0		1		0.033	0.004	
Isoleucine....g	0.012		0		1		0.030	0.003	
Leucine....g	0.017		0		1		0.043	0.005	
Lysine....g	0.016		0		1		0.040	0.004	
Methionine....g	0.003		0		1		0.008	0.001	
Cystine....g	0.006		0		1		0.015	0.002	
Phenylalanine....g	0.010		0		1		0.025	0.003	
Tyrosine....g	0.017		0		1		0.043	0.005	
Valine....g	0.015		0		1		0.038	0.004	
Arginine....g	0.009		0		1		0.023	0.003	
Histidine....g	0.006		0		1		0.015	0.002	
Alanine....g	0.024		0		1		0.060	0.007	
Aspartic acid....g	0.093		0		1		0.234	0.026	
Glutamic acid....g	0.038		0		1		0.096	0.011	
Glycine....g	0.013		0		1		0.033	0.004	
Proline....g	0.026		0		1		0.066	0.007	
Serine....g	0.019		0		1		0.048	0.005	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 09091

Figs, canned, light syrup pack, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 252g: 1 cup

Measure 2 = 28g: 1 fig with liquid

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.71

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09090
Figs, canned, water pack, solids and liquids

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	85.21		0		1		211.32	23.01	
Energy....kcal	53		0	NC	4		131	14	
Energy....kJ	222		0		4		550	60	
Protein (N x 6.25)....g	0.40		0		1		0.99	0.11	
Total lipid (fat)....g	0.10		0		1		0.25	0.03	
Ash....g	0.30		0		1		0.74	0.08	
Carbohydrate, by difference....g	13.99		0	NC	4		34.70	3.78	
Fiber, total dietary....g	2.2		0		4		5.5	0.6	
Sugars, total....g	11.79		0	O	4		29.24	3.18	
Starch....g									
Minerals:									
Calcium, Ca....mg	28		0		1		69	8	
Iron, Fe....mg	0.29		0		1		0.72	0.08	
Magnesium, Mg....mg	10		0		1		25	3	
Phosphorus, P....mg	10		0		1		25	3	
Potassium, K....mg	103		0		1		255	28	
Sodium, Na....mg	1		0		1		2	0	
Zinc, Zn....mg	0.12		0		1		0.30	0.03	
Copper, Cu....mg	0.110		0		1		0.273	0.030	
Manganese, Mn....mg	0.088		0		1		0.218	0.024	
Selenium, Se....µg	0.1		0	BFSN	4		0.3	0.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.0		0		1		2.5	0.3	
Thiamin....mg	0.023		0		1		0.057	0.006	
Riboflavin....mg	0.038		0		1		0.094	0.010	
Niacin....mg	0.445		0		1		1.104	0.120	
Pantothenic acid....mg	0.069		0		1		0.171	0.019	
Vitamin B-6....mg	0.070		0		4		0.174	0.019	
Folate, total....µg	2		0		4		5	1	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	2		0		4		5	1	
Folate, DFE....µg	2		0	NC	4		5	1	
Choline, total....mg	3.3		0	BFSN	4		8.3	0.9	
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	2		0		1		5	1	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg	23		0	BNA	4		57	6	
Carotene, alpha....µg	0		0	BNA	4		0	0	
Cryptoxanthin, beta....µg	0		0	BNA	4		0	0	
Vitamin A, IU....IU	38		0		1		94	10	
Lycopene....µg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin....µg	7		0	BFSN	4		17	2	
Vitamin E (alpha-tocopherol)....mg	0.08		0	BFSN	4		0.19	0.02	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	3.3		0	BFSN	4		8.2	0.9	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 09090
Figs, canned, water pack, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.020		0		1		0.050	0.005	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.001		0		1		0.002	0.000	
15:0....g									
16:0....g	0.015		0		1		0.037	0.004	
17:0....g									
18:0....g	0.004		0		1		0.010	0.001	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.022		0		1		0.055	0.006	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.022		0		1		0.055	0.006	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.048		0		1		0.119	0.013	
18:2 undifferentiated....g	0.048		0		1		0.119	0.013	
18:3 undifferentiated....g	0.000		0		1		0.000	0.000	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.003		0		1		0.007	0.001	
Threonine....g	0.013		0		1		0.032	0.004	
Isoleucine....g	0.012		0		1		0.030	0.003	
Leucine....g	0.017		0		1		0.042	0.005	
Lysine....g	0.016		0		1		0.040	0.004	
Methionine....g	0.003		0		1		0.007	0.001	
Cystine....g	0.007		0		1		0.017	0.002	
Phenylalanine....g	0.010		0		1		0.025	0.003	
Tyrosine....g	0.017		0		1		0.042	0.005	
Valine....g	0.015		0		1		0.037	0.004	
Arginine....g	0.009		0		1		0.022	0.002	
Histidine....g	0.006		0		1		0.015	0.002	
Alanine....g	0.024		0		1		0.060	0.006	
Aspartic acid....g	0.094		0		1		0.233	0.025	
Glutamic acid....g	0.039		0		1		0.097	0.011	
Glycine....g	0.014		0		1		0.035	0.004	
Proline....g	0.026		0		1		0.064	0.007	
Serine....g	0.020		0		1		0.050	0.005	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 09090

Figs, canned, water pack, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 248g: 1 cup

Measure 2 = 27g: 1 fig with liquid

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09095
Figs, dried, stewed

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	69.80		1		1		180.78		
Energy ... kcal	107		0	NC	4		278		
Energy ... kJ	449		0	NC	4		1164		
Protein (N x 6.25) ... g	1.42		0	BFSN	4		3.69		
Total lipid (fat) ... g	0.40		0	BFSN	4		1.03		
Ash ... g	0.80		0	BFSN	4		2.08		
Carbohydrate, by difference ... g	27.57		0	NC	4		71.42		
Fiber, total dietary ... g	4.2		0	BFSN	4		10.9		
Sugars, total ... g	23.35		0	O	4		60.48		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	70		0	BFSN	4		182		
Iron, Fe ... mg	0.88		0	BFSN	4		2.27		
Magnesium, Mg ... mg	29		0	BFSN	4		76		
Phosphorus, P ... mg	29		0	BFSN	4		75		
Potassium, K ... mg	294		0	BFSN	4		761		
Sodium, Na ... mg	4		0	BFSN	4		11		
Zinc, Zn ... mg	0.24		0	BFSN	4		0.62		
Copper, Cu ... mg	0.124		0	BFSN	4		0.321		
Manganese, Mn ... mg	0.220		0	BFSN	4		0.570		
Selenium, Se ... µg	0.2		0	BFSN	4		0.6		
Vitamins:									
Vitamin C, total ascorbic acid ... mg	4.4	0.820	3		1		11.4		
Thiamin ... mg	0.011	0.003	3		1		0.028		
Riboflavin ... mg	0.110	0.025	3		1		0.285		
Niacin ... mg	0.640	0.047	3		1		1.658		
Pantothenic acid ... mg	0.127	0.009	3		1		0.329		
Vitamin B-6 ... mg	0.133	0.005	3		1		0.344		
Folate, total ... µg	1	0.084	3		1		3		
Folic acid ... µg	0		0	Z	7		0		
Folate, food ... µg	1	0.084	3		1		3		
Folate, DFE ... µg	1		0	NC	4		3		
Choline, total ... mg	6.8		0	BFSN	4		17.7		
Betaine ... mg									
Vitamin B-12 ... µg	0.00		0	Z	7		0.00		
Vitamin B-12, added ... µg	0.00		0	Z	7		0.00		
Vitamin A, RAE ... µg	0		0	NC	4		1		
Retinol ... µg	0		0	Z	7		0		
Carotene, beta ... µg	3		0	BFSN	4		7		
Carotene, alpha ... µg	0		0	BFSN	4		0		
Cryptoxanthin, beta ... µg	0		0	BFSN	4		0		
Vitamin A, IU ... IU	4		0	BFSN	4		11		
Lycopene ... µg	0		0	BFSN	4		0		
Lutein + zeaxanthin ... µg	14		0	BFSN	4		35		
Vitamin E (alpha-tocopherol) ... mg	0.15		0	BFSN	4		0.40		
Vitamin E, added ... mg	0.00		0	Z	7		0.00		
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol) ... µg									
Vitamin D3 (cholecalciferol) ... µg									
Vitamin D ... IU	0		0	Z	7		0		
Vitamin K (phylloquinone) ... µg	6.7		0	BFSN	4		17.4		
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									

NDB No. 09095
Figs, dried, stewed

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.062		0		1		0.162		
4:0....g	0.000		0		1		0.000		
6:0....g	0.000		0		1		0.000		
8:0....g	0.000		0		1		0.000		
10:0....g	0.000		0		1		0.000		
12:0....g	0.000		0		1		0.000		
13:0....g									
14:0....g	0.003		0		1		0.007		
15:0....g									
16:0....g	0.047		0		1		0.123		
17:0....g									
18:0....g	0.013		0		1		0.033		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.068		0		1		0.177		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000		
17:1....g									
18:1 undifferentiated....g	0.068		0		1		0.177		
20:1....g	0.000		0		1		0.000		
22:1 undifferentiated....g	0.000		0		1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.149		0		1		0.386		
18:2 undifferentiated....g	0.149		0		1		0.386		
18:3 undifferentiated....g	0.000		0		1		0.000		
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000		
20:5 n-3 (EPA)....g	0.000		0		1		0.000		
22:5 n-3 (DPA)....g	0.000		0		1		0.000		
22:6 n-3 (DHA)....g	0.000		0		1		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.009		0	BFSN	4		0.023		
Threonine....g	0.037		0	BFSN	4		0.095		
Isoleucine....g	0.038		0	BFSN	4		0.099		
Leucine....g	0.055		0	BFSN	4		0.143		
Lysine....g	0.038		0	BFSN	4		0.099		
Methionine....g	0.015		0	BFSN	4		0.038		
Cystine....g	0.016		0	BFSN	4		0.040		
Phenylalanine....g	0.033		0	BFSN	4		0.084		
Tyrosine....g	0.018		0	BFSN	4		0.046		
Valine....g	0.053		0	BFSN	4		0.136		
Arginine....g	0.033		0	BFSN	4		0.086		
Histidine....g	0.016		0	BFSN	4		0.041		
Alanine....g	0.058		0	BFSN	4		0.150		
Aspartic acid....g	0.279		0	BFSN	4		0.722		
Glutamic acid....g	0.127		0	BFSN	4		0.329		
Glycine....g	0.047		0	BFSN	4		0.121		
Proline....g	0.263		0	BFSN	4		0.682		
Serine....g	0.055		0	BFSN	4		0.144		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 09095
Figs, dried, stewed

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:
Measure 1 = 259g: 1 cup

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate**3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09094
Figs, dried, uncooked (1)

Refuse: 4% Stems

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	30.05	0.422	8	A	1		44.77	2.52	
Energy....kcal	249		0	NC	4		371	21	
Energy....kJ	1041		0	NC	4		1551	87	
Protein (N x 6.25)....g	3.30	0.100	8	A	1		4.92	0.28	
Total lipid (fat)....g	0.93	0.029	8	A	1		1.38	0.08	
Ash....g	1.86	0.026	8	A	1		2.77	0.16	
Carbohydrate, by difference....g	63.87		0	NC	4		95.17	5.37	
Fiber, total dietary....g	9.8	0.265	8	A	1		14.6	0.8	
Sugars, total....g	47.92	0.375	8	A	1		71.41	4.03	
Sucrose....g	0.07	0.000	8	A	1		0.11	0.01	
Glucose (dextrose)....g	24.79	0.315	8	A	1		36.93	2.08	
Fructose....g	22.93	0.215	8	A	1		34.17	1.93	
Lactose....g	0.00	0.000	8	A	1		0.00	0.00	
Maltose....g	0.00	0.000	8	A	1		0.00	0.00	
Galactose....g	0.13	0.057	8	A	1		0.19	0.01	
Starch....g	5.07		1	A	1		7.55	0.43	
Minerals:									
Calcium, Ca....mg	162	1.910	8	A	1		242	14	
Iron, Fe....mg	2.03	0.124	8	A	1		3.02	0.17	
Magnesium, Mg....mg	68	0.499	8	A	1		101	6	
Phosphorus, P....mg	67	1.048	8	A	1		100	6	
Potassium, K....mg	680	12.386	8	A	1		1014	57	
Sodium, Na....mg	10	0.649	8	A	1		15	1	
Zinc, Zn....mg	0.55	0.040	8	A	1		0.83	0.05	
Copper, Cu....mg	0.287	0.010	8	A	1		0.427	0.024	
Manganese, Mn....mg	0.510	0.035	8	A	1		0.759	0.043	
Selenium, Se....µg	0.6	0.108	4	A	1		0.8	0.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.2	0.402	8	A	1		1.7	0.1	
Thiamin....mg	0.085	0.006	8	A	1		0.126	0.007	
Riboflavin....mg	0.082	0.004	8	A	1		0.123	0.007	
Niacin....mg	0.619	0.022	8	A	1		0.922	0.052	
Pantothenic acid....mg	0.434	0.022	8	A	1		0.647	0.036	
Vitamin B-6....mg	0.106	0.009	8	A	1		0.157	0.009	
Folate, total....µg	9	0.730	8	A	1		14	1	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	9	0.730	8	A	1		14	1	
Folate, DFE....µg	9		0	NC	4		14	1	
Choline, total....mg	15.8		0	AS	1		23.6	1.3	
Betaine....mg	0.7		2	A	1		1.1	0.1	
Vitamin B-12....µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	0	0.000	8	A	1		1	0	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg	6	0.000	8	A	1		9	1	
Carotene, alpha....µg	0	0.000	8	A	1		0	0	
Cryptoxanthin, beta....µg	0	0.000	8	A	1		0	0	
Vitamin A, IU....IU	10	0.000	8	A	1		15	1	
Lycopene....µg	0	0.000	8	A	1		0	0	
Lutein + zeaxanthin....µg	32	3.148	8	A	1		47	3	
Vitamin E (alpha-tocopherol)....mg	0.35	0.041	4	A	1		0.53	0.03	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.01	0.004	4	A	1		0.02	0.00	
Tocopherol, gamma....mg	0.37	0.118	4	A	1		0.55	0.03	
Tocopherol, delta....mg	0.01	0.004	4	A	1		0.01	0.00	
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									

NDB No. 09094
Figs, dried, uncooked (1)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	15.6	0.393	8	A	1		23.2	1.3	
Dihydrophylloquinone....µg	0.0	0.000	8	A	1		0.0	0.0	
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.144		0		1		0.215	0.012	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.006		0		1		0.008	0.000	
15:0....g									
16:0....g	0.110		0		1		0.163	0.009	
17:0....g									
18:0....g	0.029		0		1		0.043	0.002	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.159		0		1		0.237	0.013	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1		0.001	0.000	
17:1....g									
18:1 undifferentiated....g	0.158		0		1		0.236	0.013	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.345		0		1		0.513	0.029	
18:2 undifferentiated....g	0.345		0		1		0.513	0.029	
18:3 undifferentiated....g	0.000		0		1		0.000	0.000	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.020		0	A	1		0.030	0.002	
Threonine....g	0.085		0	A	1		0.127	0.007	
Isoleucine....g	0.089		0	A	1		0.132	0.007	
Leucine....g	0.128		0	A	1		0.191	0.011	
Lysine....g	0.088		0	A	1		0.131	0.007	
Methionine....g	0.034		0	A	1		0.050	0.003	
Cystine....g	0.036		0	A	1		0.054	0.003	
Phenylalanine....g	0.076		0	A	1		0.113	0.006	
Tyrosine....g	0.041		0	A	1		0.061	0.003	
Valine....g	0.122		0	A	1		0.182	0.010	
Arginine....g	0.077		0	A	1		0.115	0.006	
Histidine....g	0.037		0	A	1		0.055	0.003	
Alanine....g	0.134		0	A	1		0.199	0.011	
Aspartic acid....g	0.645		0	A	1		0.961	0.054	
Glutamic acid....g	0.295		0	A	1		0.439	0.025	
Glycine....g	0.108		0	A	1		0.161	0.009	
Proline....g	0.610		0	A	1		0.908	0.051	
Serine....g	0.128		0	A	1		0.191	0.011	
Hydroxyproline....g									

NDB No. 09094
Figs, dried, uncooked (1)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 149g: 1 cup

Measure 2 = 8.4g: 1 fig

Footnotes:

1 Mission variety

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09089
Figs, raw
Ficus carica

Refuse: 1% Stems

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	79.11	0.337	16		1		50.63	39.56	31.64
Energy ... kcal	74		0	NC	4		47	37	30
Energy ... kJ	310		0		4		198	155	124
Protein (N x 6.25) ... g	0.75	0.028	16		1		0.48	0.38	0.30
Total lipid (fat) ... g	0.30		0		1		0.19	0.15	0.12
Ash ... g	0.66	0.010	16		1		0.42	0.33	0.26
Carbohydrate, by difference ... g	19.18		0	NC	4		12.28	9.59	7.67
Fiber, total dietary ... g	2.9		0	BFSN	4		1.9	1.5	1.2
Sugars, total ... g	16.26		0	O	4		10.41	8.13	6.50
Sucrose ... g									
Glucose (dextrose) ... g									
Fructose ... g									
Lactose ... g									
Maltose ... g									
Galactose ... g									
Starch ... g									
Minerals:									
Calcium, Ca ... mg	35		0		1		22	18	14
Iron, Fe ... mg	0.37	0.020	16		1		0.24	0.19	0.15
Magnesium, Mg ... mg	17	1.175	16		1		11	9	7
Phosphorus, P ... mg	14	1.125	16		1		9	7	6
Potassium, K ... mg	232	10.960	8		1		148	116	93
Sodium, Na ... mg	1	0.041	8		1		1	1	0
Zinc, Zn ... mg	0.15		0		1		0.10	0.08	0.06
Copper, Cu ... mg	0.070	0.005	16		1		0.045	0.035	0.028
Manganese, Mn ... mg	0.128	0.009	16		1		0.082	0.064	0.051
Selenium, Se ... µg	0.2		0	BFSN	4		0.1	0.1	0.1
Vitamins:									
Vitamin C, total ascorbic acid ... mg	2.0		0		1		1.3	1.0	0.8
Thiamin ... mg	0.060		0		1		0.038	0.030	0.024
Riboflavin ... mg	0.050		0		1		0.032	0.025	0.020
Niacin ... mg	0.400		0		1		0.256	0.200	0.160
Pantothenic acid ... mg	0.300		0		1		0.192	0.150	0.120
Vitamin B-6 ... mg	0.113		0		1		0.072	0.057	0.045
Folate, total ... µg	6		0		4		4	3	2
Folic acid ... µg	0		0	Z	7		0	0	0
Folate, food ... µg	6		0		4		4	3	2
Folate, DFE ... µg	6		0	NC	4		4	3	2
Choline, total ... mg	4.7		0	BFSN	4		3.0	2.4	1.9
Betaine ... mg									
Vitamin B-12 ... µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added ... µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE ... µg	7		1		1		5	4	3
Retinol ... µg	0		0	Z	7		0	0	0
Carotene, beta ... µg	85		0	BNA	4		55	43	34
Carotene, alpha ... µg	0		0	BNA	4		0	0	0
Cryptoxanthin, beta ... µg	0		0	BNA	4		0	0	0
Vitamin A, IU ... IU	142		1		1		91	71	57
Lycopene ... µg	0		0	BFSN	4		0	0	0
Lutein + zeaxanthin ... µg	9		0	BFSN	4		6	5	4
Vitamin E (alpha-tocopherol) ... mg	0.11		0	BFSN	4		0.07	0.05	0.04
Vitamin E, added ... mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol) ... µg									

NDB No. 09089
Figs, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone).....µg	4.7		0	BFSN	4		3.0	2.3	1.9
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.060		0		1		0.038	0.030	0.024
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000	0.000
10:0.....g	0.000		0		1		0.000	0.000	0.000
12:0.....g	0.000		0		1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.002		0		1		0.001	0.001	0.001
15:0.....g									
16:0.....g	0.046		0		1		0.029	0.023	0.018
17:0.....g									
18:0.....g	0.012		0		1		0.008	0.006	0.005
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.066		0		1		0.042	0.033	0.026
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.066		0		1		0.042	0.033	0.026
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.144		0		1		0.092	0.072	0.058
18:2 undifferentiated.....g	0.144		0		1		0.092	0.072	0.058
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg	31		0		1		20	16	12
Amino Acids:									
Tryptophan.....g	0.006		1		1		0.004	0.003	0.002
Threonine.....g	0.024		1		1		0.015	0.012	0.010
Isoleucine.....g	0.023		1		1		0.015	0.012	0.009
Leucine.....g	0.033		1		1		0.021	0.017	0.013
Lysine.....g	0.030		1		1		0.019	0.015	0.012
Methionine.....g	0.006		1		1		0.004	0.003	0.002
Cystine.....g	0.012		1		1		0.008	0.006	0.005
Phenylalanine.....g	0.018		1		1		0.012	0.009	0.007
Tyrosine.....g	0.032		1		1		0.020	0.016	0.013
Valine.....g	0.028		1		1		0.018	0.014	0.011
Arginine.....g	0.017		1		1		0.011	0.009	0.007
Histidine.....g	0.011		1		1		0.007	0.006	0.004
Alanine.....g	0.045		1		1		0.029	0.023	0.018
Aspartic acid.....g	0.176		1		1		0.113	0.088	0.070
Glutamic acid.....g	0.072		1		1		0.046	0.036	0.029
Glycine.....g	0.025		1		1		0.016	0.013	0.010
Proline.....g	0.049		1		1		0.031	0.025	0.020
Serine.....g	0.037		1		1		0.024	0.019	0.015
Hydroxyproline.....g									

NDB No. 09089
Figs, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 64g: 1 large (2-1/2" dia)

Measure 2 = 50g: 1 medium (2-1/4" dia)

Measure 3 = 40g: 1 small (1-1/2" dia)

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09101

Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra heavy syrup, solids and liquids

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	76.43		0		1		198.72	99.36	
Energy....kcal	88		0	NC	4		229	114	
Energy....kJ	368				4		957	479	
Protein (N x 6.25)....g	0.39		0		1		1.01	0.51	
Total lipid (fat)....g	0.07		0		1		0.18	0.09	
Ash....g	0.22		0		1		0.57	0.29	
Carbohydrate, by difference....g	22.89		0	NC	4		59.51	29.76	
Fiber, total dietary....g	1.1		0		4		2.9	1.4	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	6		0		1		16	8	
Iron, Fe....mg	0.28		0		1		0.73	0.36	
Magnesium, Mg....mg	5		0		1		13	7	
Phosphorus, P....mg	11		0		1		29	14	
Potassium, K....mg	86		0		1		224	112	
Sodium, Na....mg	6		0		1		16	8	
Zinc, Zn....mg	0.08		0		1		0.21	0.10	
Copper, Cu....mg	0.067		0		1		0.174	0.087	
Manganese, Mn....mg	0.142		0		4		0.369	0.185	
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.9		0		1		4.9	2.5	
Thiamin....mg	0.018		0		1		0.047	0.023	
Riboflavin....mg	0.019		0		1		0.049	0.025	
Niacin....mg	0.368		0		1		0.957	0.478	
Pantothenic acid....mg	0.059		0		1		0.153	0.077	
Vitamin B-6....mg	0.049		0		1		0.127	0.064	
Folate, total....µg	3		0		4		7	3	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	3		0		4		7	3	
Folate, DFE....µg	3		0	NC	4		7	3	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	10		0		1		26	13	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	201		0		1		523	261	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.010		0		1		0.026	0.013	
4:0....g									

NDB No. 09101

Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra heavy syrup, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g									
15:0....g									
16:0....g	0.007		0		1		0.018	0.009	
17:0....g									
18:0....g	0.003		0		1		0.008	0.004	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.013		0		1		0.034	0.017	
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.013		0		1		0.034	0.017	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.030		0		1		0.078	0.039	
18:2 undifferentiated....g	0.027		0		1		0.070	0.035	
18:3 undifferentiated....g	0.004		0		1		0.010	0.005	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 260g: 1 cup

Measure 2 = 130g: .5 cup

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.78

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09098

Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra light syrup, solids and liquids

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	87.70		1		1		107.87		
Energy....kcal	45		0	NC	4		55		
Energy....kJ	188				4		232		
Protein (N x 6.25)....g	0.40		0		1		0.49		
Total lipid (fat)....g	0.07		0		1		0.09		
Ash....g	0.20		1		1		0.25		
Carbohydrate, by difference....g	11.63		0	NC	4		14.30		
Fiber, total dietary....g	1.1		0		4		1.4		
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	8		1		1		10		
Iron, Fe....mg	0.30		1		1		0.37		
Magnesium, Mg....mg	6		1		1		7		
Phosphorus, P....mg	12		1		1		15		
Potassium, K....mg	104		1		1		128		
Sodium, Na....mg	4		1		1		5		
Zinc, Zn....mg	0.08		1		1		0.10		
Copper, Cu....mg	0.100		1		1		0.123		
Manganese, Mn....mg	0.147		0		4		0.181		
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	3.0		1		1		3.7		
Thiamin....mg	0.030		1		1		0.037		
Riboflavin....mg	0.010		1		1		0.012		
Niacin....mg	0.500		1		1		0.615		
Pantothenic acid....mg	0.062		0		1		0.076		
Vitamin B-6....mg	0.051		0		1		0.063		
Folate, total....µg	3		0		4		3		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	3		0		4		3		
Folate, DFE....µg	3		0	NC	4		3		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....µg	12		1		1		14		
Retinol....µg	0		0	Z	7		0		
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	233		1		1		287		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.010		0		1		0.012		
4:0....g									

NDB No. 09098

Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra light syrup, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g									
15:0....g									
16:0....g	0.007		0		1		0.009		
17:0....g									
18:0....g	0.003		0		1		0.004		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.014		0		1		0.017		
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.014		0		1		0.017		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.031		0		1		0.038		
18:2 undifferentiated....g	0.028		0		1		0.034		
18:3 undifferentiated....g	0.004		0		1		0.005		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 123g: .5 cup

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.69

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09100

Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	80.40	0.064	204		1		199.39		
Energy....kcal	73		0	NC	4		181		
Energy....kJ	305		0		4		757		
Protein (N x 6.25)....g	0.39	0.004	129		1		0.97		
Total lipid (fat)....g	0.07	0.003	91		1		0.17		
Ash....g	0.23	0.002	134		1		0.57		
Carbohydrate, by difference....g	18.91		0	NC	4		46.90		
Fiber, total dietary....g	1.0		0		4		2.5		
Sugars, total....g	17.91		0	O	4		44.42		
Starch....g									
Minerals:									
Calcium, Ca....mg	6	0.120	102		1		15		
Iron, Fe....mg	0.29	0.010	160		1		0.72		
Magnesium, Mg....mg	5	0.056	85		1		12		
Phosphorus, P....mg	11	0.117	105		1		27		
Potassium, K....mg	88	1.261	120		1		218		
Sodium, Na....mg	6	0.241	140		1		15		
Zinc, Zn....mg	0.08	0.002	47		1		0.20		
Copper, Cu....mg	0.069	0.003	47		1		0.171		
Manganese, Mn....mg	0.144		0		4		0.357		
Selenium, Se....µg	0.5		0	BFZN	4		1.2		
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.9	0.038	247		1		4.7		
Thiamin....mg	0.018	0.000	105		1		0.045		
Riboflavin....mg	0.019	0.000	108		1		0.047		
Niacin....mg	0.374	0.013	129		1		0.928		
Pantothenic acid....mg	0.060	0.003	3		1		0.149		
Vitamin B-6....mg	0.050		1		1		0.124		
Folate, total....µg	3		0		4		6		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	3		0		4		6		
Folate, DFE....µg	3		0	NC	4		6		
Choline, total....mg	3.7		0	RKI	6		9.1		
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....µg	10		0	NC	4		25		
Retinol....µg	0		0	Z	7		0		
Carotene, beta....µg	104		0	BNA	4		257		
Carotene, alpha....µg	0		0	BNA	4		0		
Cryptoxanthin, beta....µg	39		0	BNA	4		97		
Vitamin A, IU....IU	205	3.270	262		1		508		
Lycopene....µg	0		0	BFYN	4		0		
Lutein + zeaxanthin....µg	75		0	BFYN	4		186		
Vitamin E (alpha-tocopherol)....mg	0.40		1	A	1		0.99		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg	0.00		1	A	1		0.00		
Tocopherol, gamma....mg	0.00		1	A	1		0.00		
Tocopherol, delta....mg	0.00		1	A	1		0.00		
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....µg	2.6		1	A	1		6.4		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 09100

Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.010		0		1		0.025		
4:0....g	0.000		0		1		0.000		
6:0....g	0.000		0		1		0.000		
8:0....g	0.000		0		1		0.000		
10:0....g	0.000		0		1		0.000		
12:0....g	0.000		0		1		0.000		
13:0....g									
14:0....g	0.000		0		1		0.000		
15:0....g									
16:0....g	0.007		0		1		0.017		
17:0....g									
18:0....g	0.003		0		1		0.007		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.013		0		1		0.032		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000		
17:1....g									
18:1 undifferentiated....g	0.013		0		1		0.032		
20:1....g	0.000		0		1		0.000		
22:1 undifferentiated....g	0.000		0		1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.031		0		1		0.077		
18:2 undifferentiated....g	0.027		0		1		0.067		
18:3 undifferentiated....g	0.004		0		1		0.010		
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000		
20:5 n-3 (EPA)....g	0.000		0		1		0.000		
22:5 n-3 (DPA)....g	0.000		0		1		0.000		
22:6 n-3 (DHA)....g	0.000		0		1		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 248g: 1 cup

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.75

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09097

Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	87.44	0.100	6		1		207.23		
Energy....kcal	46		0	NC	4		109		
Energy....kJ	192		0		4		456		
Protein (N x 6.25)....g	0.46	0.011	7		1		1.09		
Total lipid (fat)....g	0.01	0.000	6		1		0.02		
Ash....g	0.23	0.002	6		1		0.55		
Carbohydrate, by difference....g	11.86		0	NC	4		28.11		
Fiber, total dietary....g	1.0		0		4		2.4		
Sugars, total....g	10.86		0	O	4		25.74		
Starch....g									
Minerals:									
Calcium, Ca....mg	8	0.294	7		1		19		
Iron, Fe....mg	0.21	0.034	7		1		0.50		
Magnesium, Mg....mg	7	0.162	6		1		17		
Phosphorus, P....mg	14	1.278	6		1		33		
Potassium, K....mg	95	6.143	6		1		225		
Sodium, Na....mg	4	0.268	6		1		9		
Zinc, Zn....mg	0.09	0.007	6		1		0.21		
Copper, Cu....mg	0.062	0.004	6		1		0.147		
Manganese, Mn....mg	0.146		0		4		0.346		
Selenium, Se....µg	0.5		0	BFZN	4		1.2		
Vitamins:									
Vitamin C, total ascorbic acid....mg	2.7	0.096	7		1		6.4		
Thiamin....mg	0.012	0.002	3		1		0.028		
Riboflavin....mg	0.016		2		1		0.038		
Niacin....mg	0.403	0.033	3		1		0.955		
Pantothenic acid....mg	0.062		0		4		0.147		
Vitamin B-6....mg	0.051		0		4		0.121		
Folate, total....µg	3		0		4		6		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	3		0		4		6		
Folate, DFE....µg	3		0	NC	4		6		
Choline, total....mg	4.0		0	RKA	1		9.4		
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....µg	15		0	NC	4		36		
Retinol....µg	0		0	Z	7		0		
Carotene, beta....µg	154		0	BNA	4		365		
Carotene, alpha....µg	0		0	BNA	4		0		
Cryptoxanthin, beta....µg	58		0	BNA	4		138		
Vitamin A, IU....IU	305	47.608	6		1		723		
Lycopene....µg	0		0	BFZN	4		0		
Lutein + zeaxanthin....µg	75		0	BFZN	4		178		
Vitamin E (alpha-tocopherol)....mg	0.40		0	BFZN	4		0.95		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....µg	2.6		0	BFZN	4		6.2		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 09097

Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated	g	0.001		0		1		0.002		
4:0	g	0.000		0		4		0.000		
6:0	g	0.000		0		4		0.000		
8:0	g	0.000		0		4		0.000		
10:0	g	0.000		0		4		0.000		
12:0	g	0.000		0		4		0.000		
13:0	g									
14:0	g	0.000		0		4		0.000		
15:0	g									
16:0	g	0.001		0		1		0.002		
17:0	g									
18:0	g	0.000		0		4		0.000		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.002		0		1		0.005		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0		4		0.000		
17:1	g									
18:1 undifferentiated	g	0.002		0		4		0.005		
20:1	g	0.000		0		4		0.000		
22:1 undifferentiated	g	0.000		0		4		0.000		
24:1 c	g									
Fatty acids, total polyunsaturated	g	0.004		0		1		0.009		
18:2 undifferentiated	g	0.004		0		4		0.009		
18:3 undifferentiated	g	0.000		0		4		0.000		
18:4	g	0.000		0		4		0.000		
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.000		0		4		0.000		
20:5 n-3 (EPA)	g	0.000		0		4		0.000		
22:5 n-3 (DPA)	g	0.000		0		4		0.000		
22:6 n-3 (DHA)	g	0.000		0		4		0.000		
Fatty acids, total trans	g									
Cholesterol	mg	0		0	Z	7		0		
Phytosterols	mg									
Others:										
Alcohol, ethyl	g	0.0		0		7		0.0		
Caffeine	mg	0		0	Z	7		0		
Theobromine	mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 237g: 1 cup

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.7

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09099

Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, light syrup, solids and liquids

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	84.37		0		1		204.18		
Energy....kcal	57		0	NC	4		138		
Energy....kJ	238		0		4		577		
Protein (N x 6.25)....g	0.40		0		1		0.97		
Total lipid (fat)....g	0.07		0		1		0.17		
Ash....g	0.23		0		1		0.56		
Carbohydrate, by difference....g	14.93		0	NC	4		36.13		
Fiber, total dietary....g	1.0		0		4		2.4		
Sugars, total....g	13.93		0	O	4		33.71		
Starch....g									
Minerals:									
Calcium, Ca....mg	6		0		1		15		
Iron, Fe....mg	0.29		0		1		0.70		
Magnesium, Mg....mg	5		0		1		12		
Phosphorus, P....mg	11		0		1		27		
Potassium, K....mg	89		0		1		215		
Sodium, Na....mg	6		0		1		15		
Zinc, Zn....mg	0.09		0		1		0.22		
Copper, Cu....mg	0.070		0		1		0.169		
Manganese, Mn....mg	0.147		0		4		0.356		
Selenium, Se....µg	0.5		0	BFZN	4		1.2		
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.9		0		1		4.6		
Thiamin....mg	0.018		0		1		0.044		
Riboflavin....mg	0.019		0		1		0.046		
Niacin....mg	0.380		0		1		0.920		
Pantothenic acid....mg	0.061		0		1		0.148		
Vitamin B-6....mg	0.051		0		1		0.123		
Folate, total....µg	3		0		4		7		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	3		0		4		7		
Folate, DFE....µg	3		0	NC	4		7		
Choline, total....mg	3.7		0	BFZN	4		8.8		
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....µg	10		0	NC	4		25		
Retinol....µg	0		0	Z	7		0		
Carotene, beta....µg	104		0	BFZN	4		250		
Carotene, alpha....µg	0		0	BFZN	4		0		
Cryptoxanthin, beta....µg	39		0	BFZN	4		94		
Vitamin A, IU....IU	208		0		1		503		
Lycopene....µg	0		0	BFZN	4		0		
Lutein + zeaxanthin....µg	75		0	BFZN	4		182		
Vitamin E (alpha-tocopherol)....mg	0.50		1	A	1		1.21		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg	0.00		1	A	1		0.00		
Tocopherol, gamma....mg	0.00		1	A	1		0.00		
Tocopherol, delta....mg	0.00		1	A	1		0.00		
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....µg	2.6		0	BFZN	4		6.3		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 09099

Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, light syrup, solids and liquids

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated	g	0.010		0		1		0.024		
4:0	g	0.000		0		1		0.000		
6:0	g	0.000		0		1		0.000		
8:0	g	0.000		0		1		0.000		
10:0	g	0.000		0		1		0.000		
12:0	g	0.000		0		1		0.000		
13:0	g									
14:0	g	0.000		0		1		0.000		
15:0	g									
16:0	g	0.007		0		1		0.017		
17:0	g									
18:0	g	0.003		0		1		0.007		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.014		0		1		0.034		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0		1		0.000		
17:1	g									
18:1 undifferentiated	g	0.014		0		1		0.034		
20:1	g	0.000		0		1		0.000		
22:1 undifferentiated	g	0.000		0		1		0.000		
24:1 c	g									
Fatty acids, total polyunsaturated	g	0.031		0		1		0.075		
18:2 undifferentiated	g	0.027		0		1		0.065		
18:3 undifferentiated	g	0.004		0		1		0.010		
18:4	g	0.000		0		1		0.000		
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.000		0		1		0.000		
20:5 n-3 (EPA)	g	0.000		0		1		0.000		
22:5 n-3 (DPA)	g	0.000		0		1		0.000		
22:6 n-3 (DHA)	g	0.000		0		1		0.000		
Fatty acids, total trans	g									
Cholesterol	mg	0		0	Z	7		0		
Phytosterols	mg									
Others:										
Alcohol, ethyl	g	0.0		0		7		0.0		
Caffeine	mg	0		0	Z	7		0		
Theobromine	mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 242g: 1 cup

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.71

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09096

Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, water pack, solids and liquids

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	90.76	0.070	37		1		215.10		
Energy....kcal	32		0	NC	4		76		
Energy....kJ	134		0		4		317		
Protein (N x 6.25)....g	0.42	0.009	12		1		1.00		
Total lipid (fat)....g	0.05	0.003	9		1		0.12		
Ash....g	0.26	0.009	13		1		0.62		
Carbohydrate, by difference....g	8.51		0	NC	4		20.17		
Fiber, total dietary....g	1.0		0		4		2.4		
Sugars, total....g	7.51		0	O	4		17.80		
Starch....g									
Minerals:									
Calcium, Ca....mg	5	0.142	10		1		12		
Iron, Fe....mg	0.25	0.028	13		1		0.59		
Magnesium, Mg....mg	7	0.194	10		1		17		
Phosphorus, P....mg	11	0.327	10		1		26		
Potassium, K....mg	94	2.127	31		1		223		
Sodium, Na....mg	4	0.348	31		1		9		
Zinc, Zn....mg	0.09		0		1		0.21		
Copper, Cu....mg	0.071		0		1		0.168		
Manganese, Mn....mg	0.150		0		4		0.356		
Selenium, Se....µg	0.5		0	BFZN	4		1.2		
Vitamins:									
Vitamin C, total ascorbic acid....mg	2.1	0.116	37		1		5.0		
Thiamin....mg	0.016	0.001	10		1		0.038		
Riboflavin....mg	0.011	0.000	10		1		0.026		
Niacin....mg	0.363	0.022	13		1		0.860		
Pantothenic acid....mg	0.062		0		1		0.147		
Vitamin B-6....mg	0.052		0		1		0.123		
Folate, total....µg	3		0		4		6		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	3		0		4		6		
Folate, DFE....µg	3		0	NC	4		6		
Choline, total....mg	3.7		0	BFZN	4		8.7		
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....µg	13		0	NC	4		30		
Retinol....µg	0		0	Z	7		0		
Carotene, beta....µg	126		0	BNA	4		299		
Carotene, alpha....µg	0		0	BNA	4		0		
Cryptoxanthin, beta....µg	48		0	BNA	4		113		
Vitamin A, IU....IU	250	16.749	12		1		593		
Lycopene....µg	0		0	BFZN	4		0		
Lutein + zeaxanthin....µg	75		0	BFZN	4		178		
Vitamin E (alpha-tocopherol)....mg	0.40		0	BFZN	4		0.95		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....µg	2.6		0	BFZN	4		6.2		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 09096

Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, water pack, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.006		0		1		0.014		
4:0....g	0.000		0		1		0.000		
6:0....g	0.000		0		1		0.000		
8:0....g	0.000		0		1		0.000		
10:0....g	0.000		0		1		0.000		
12:0....g	0.000		0		1		0.000		
13:0....g									
14:0....g	0.000		0		1		0.000		
15:0....g									
16:0....g	0.005		0		1		0.012		
17:0....g									
18:0....g	0.002		0		1		0.005		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.009		0		1		0.021		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000		
17:1....g									
18:1 undifferentiated....g	0.009		0		1		0.021		
20:1....g	0.000		0		1		0.000		
22:1 undifferentiated....g	0.000		0		1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.020		0		1		0.047		
18:2 undifferentiated....g	0.017		0		1		0.040		
18:3 undifferentiated....g	0.002		0		1		0.005		
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000		
20:5 n-3 (EPA)....g	0.000		0		1		0.000		
22:5 n-3 (DPA)....g	0.000		0		1		0.000		
22:6 n-3 (DHA)....g	0.000		0		1		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 237g: 1 cup

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09351
Fruit cocktail, canned, heavy syrup, drained

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	80.40		0	BD	4		172.06		
Energy ... kcal	70		0	NC	4		150		
Energy ... kJ	293		0	NC	4		627		
Protein ... g	0.47		0	BD	4		1.01		
Total lipid (fat) ... g	0.10		0	BD	4		0.21		
Ash ... g	0.24		0	BD	4		0.51		
Carbohydrate, by difference ... g	18.80		0	NC	4		40.22		
Fiber, total dietary ... g	1.7		0	BD	4		3.6		
Sugars, total ... g	17.14		0	O	4		36.67		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	7		0	BD	4		14		
Iron, Fe ... mg	0.29		0	BD	4		0.62		
Magnesium, Mg ... mg	5		0	BD	4		11		
Phosphorus, P ... mg	12		0	BD	4		26		
Potassium, K ... mg	90		0	BD	4		192		
Sodium, Na ... mg	6		0	BD	4		13		
Zinc, Zn ... mg	0.08		0	BD	4		0.18		
Copper, Cu ... mg	0.086		0	BD	4		0.183		
Manganese, Mn ... mg									
Selenium, Se ... µg	0.5		1	A	1		1.1		
Vitamins:									
Vitamin C, total ascorbic acid ... mg	1.9		0	BD	4		4.0		
Thiamin ... mg	0.019		0	BD	4		0.041		
Riboflavin ... mg	0.021		0	BD	4		0.044		
Niacin ... mg	0.374		0	BD	4		0.800		
Pantothenic acid ... mg									
Vitamin B-6 ... mg	0.051		0	BD	4		0.109		
Folate, total ... µg	3		0	BD	4		6		
Folic acid ... µg	0		0	Z	7		0		
Folate, food ... µg	3		0	BD	4		6		
Folate, DFE ... µg	3		0	NC	4		6		
Choline, total ... mg	2.4		0	BFYN	4		5.2		
Betaine ... mg									
Vitamin B-12 ... µg	0.00		0		7		0.00		
Vitamin B-12, added ... µg	0.00		0	Z	7		0.00		
Vitamin A, RAE ... µg	14		3	A	1		29		
Retinol ... µg	0		0	Z	7		0		
Carotene, beta ... µg	138		3	A	1		295		
Carotene, alpha ... µg	0		3	A	1		0		
Cryptoxanthin, beta ... µg	52		3	A	1		111		
Vitamin A, IU ... IU	273		3	A	1		585		
Lycopene ... µg	0		3	A	1		0		
Lutein + zeaxanthin ... µg	112		3	A	1		240		
Vitamin E (alpha-tocopherol) ... mg	0.60		0	BFYN	4		1.28		
Vitamin E, added ... mg	0.00		0	Z	7		0.00		
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol) ... µg									
Vitamin D3 (cholecalciferol) ... µg									
Vitamin D ... IU	0		0	Z	7		0		
Vitamin K (phylloquinone) ... µg	3.9		0	BFYN	4		8.3		
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									

NDB No. 09351
Fruit cocktail, canned, heavy syrup, drained

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.014		0	NC	4		0.030		
4:0....g	0.000		0		4		0.000		
6:0....g	0.000		0		4		0.000		
8:0....g	0.000		0		4		0.000		
10:0....g	0.000		0		4		0.000		
12:0....g	0.000		0		4		0.000		
13:0....g									
14:0....g	0.000		0		4		0.000		
15:0....g									
16:0....g	0.010		0		4		0.021		
17:0....g									
18:0....g	0.004		0		4		0.009		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.018		0	NC	4		0.039		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		4		0.000		
17:1....g									
18:1 undifferentiated....g	0.018		0		4		0.039		
20:1....g	0.000		0		4		0.000		
22:1 undifferentiated....g	0.000		0		4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.042		0	NC	4		0.090		
18:2 undifferentiated....g	0.037		0		4		0.079		
18:3 undifferentiated....g	0.005		0		4		0.011		
18:4....g	0.000		0		4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000		
20:5 n-3 (EPA)....g	0.000		0		4		0.000		
22:5 n-3 (DPA)....g	0.000		0		4		0.000		
22:6 n-3 (DHA)....g	0.000		0		4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0		7		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 214g: 1 cup

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09106

Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, extra heavy syrup, solids and liquids

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	76.64	0.380	10		1		198.50		
Energy....kcal	88		0	NC	4		228		
Energy....kJ	368				4		954		
Protein (N x 6.25)....g	0.33		0		1		0.85		
Total lipid (fat)....g	0.06		0		1		0.16		
Ash....g	0.21		0		1		0.54		
Carbohydrate, by difference....g	22.77		0	NC	4		58.97		
Fiber, total dietary....g	1.0		0		4		2.6		
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	6		0		1		16		
Iron, Fe....mg	0.28		0		1		0.73		
Magnesium, Mg....mg	5		0		1		13		
Phosphorus, P....mg	9		0		1		23		
Potassium, K....mg	80		0		1		207		
Sodium, Na....mg	5		0		1		13		
Zinc, Zn....mg	0.07		0		1		0.18		
Copper, Cu....mg	0.063		0		1		0.163		
Manganese, Mn....mg	0.143		0		4		0.370		
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	2.1	0.100	10		1		5.4		
Thiamin....mg	0.014		0		1		0.036		
Riboflavin....mg	0.020		0		1		0.052		
Niacin....mg	0.353		0		1		0.914		
Pantothenic acid....mg	0.053		0		4		0.137		
Vitamin B-6....mg	0.032		0		1		0.083		
Folate, total....µg	3		0		4		6		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	3		0		4		6		
Folate, DFE....µg	3		0	NC	4		6		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....µg	32	1.140	5		1		82		
Retinol....µg	0		0	Z	7		0		
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	637	22.808	5		1		1650		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.009		0		1		0.023		
4:0....g									

NDB No. 09106

Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, extra heavy syrup, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g									
15:0....g									
16:0....g	0.006		0		1		0.016		
17:0....g									
18:0....g	0.002		0		1		0.005		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.012		0		1		0.031		
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.012		0		1		0.031		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.027		0		1		0.070		
18:2 undifferentiated....g	0.024		0		1		0.062		
18:3 undifferentiated....g	0.003		0		1		0.008		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 259g: 1 cup

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.78

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09105

Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, heavy syrup, solids and liquids

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	80.26	0.079	97		1		204.66		
Energy....kcal	73		0	NC	4		186		
Energy....kJ	305		0		4		779		
Protein (N x 6.25)....g	0.34	0.006	83		1		0.87		
Total lipid (fat)....g	0.07	0.003	74		1		0.18		
Ash....g	0.21	0.003	87		1		0.54		
Carbohydrate, by difference....g	19.11		0	NC	4		48.73		
Fiber, total dietary....g	1.0		0		4		2.6		
Sugars, total....g	18.11		0	O	4		46.18		
Starch....g									
Minerals:									
Calcium, Ca....mg	6	0.100	92		1		15		
Iron, Fe....mg	0.28	0.013	92		1		0.71		
Magnesium, Mg....mg	5	0.073	69		1		13		
Phosphorus, P....mg	9	0.131	83		1		23		
Potassium, K....mg	80	1.513	66		1		204		
Sodium, Na....mg	6	0.270	89		1		15		
Zinc, Zn....mg	0.07	0.003	29		1		0.18		
Copper, Cu....mg	0.064	0.004	29		1		0.163		
Manganese, Mn....mg	0.145		0		4		0.370		
Selenium, Se....µg	0.5		0	BFZN	4		1.3		
Vitamins:									
Vitamin C, total ascorbic acid....mg	2.4	0.049	137		1		6.1		
Thiamin....mg	0.015	0.000	74		1		0.038		
Riboflavin....mg	0.021	0.001	74		1		0.054		
Niacin....mg	0.347	0.017	83		1		0.885		
Pantothenic acid....mg	0.053		0		4		0.135		
Vitamin B-6....mg	0.032		0		1		0.082		
Folate, total....µg	3		0		4		6		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	3		0		4		6		
Folate, DFE....µg	3		0	NC	4		6		
Choline, total....mg	3.7		0	BFZN	4		9.3		
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....µg	25	0.843	158		1		64		
Retinol....µg	0		0	Z	7		0		
Carotene, beta....µg	254		0	BNA	4		649		
Carotene, alpha....µg	0		0	BNA	4		0		
Cryptoxanthin, beta....µg	96		0	BNA	4		245		
Vitamin A, IU....IU	504	16.855	158		1		1285		
Lycopene....µg	0		0	BFZN	4		0		
Lutein + zeaxanthin....µg	75		0	BFZN	4		192		
Vitamin E (alpha-tocopherol)....mg	0.40		0	BFZN	4		1.02		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....µg	2.6		0	BFZN	4		6.6		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 09105

Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, heavy syrup, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.010		0		1		0.026		
4:0....g	0.000		0		1		0.000		
6:0....g	0.000		0		1		0.000		
8:0....g	0.000		0		1		0.000		
10:0....g	0.000		0		1		0.000		
12:0....g	0.000		0		1		0.000		
13:0....g									
14:0....g	0.000		0		1		0.000		
15:0....g									
16:0....g	0.007		0		1		0.018		
17:0....g									
18:0....g	0.003		0		1		0.008		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.014		0		1		0.036		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000		
17:1....g									
18:1 undifferentiated....g	0.014		0		1		0.036		
20:1....g	0.000		0		1		0.000		
22:1 undifferentiated....g	0.000		0		1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.031		0		1		0.079		
18:2 undifferentiated....g	0.028		0		1		0.071		
18:3 undifferentiated....g	0.004		0		1		0.010		
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000		
20:5 n-3 (EPA)....g	0.000		0		1		0.000		
22:5 n-3 (DPA)....g	0.000		0		1		0.000		
22:6 n-3 (DHA)....g	0.000		0		1		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 255g: 1 cup

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.75

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09103

Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, juice pack, solids and liquids

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	86.15	0.187	7		1		214.51		
Energy....kcal	50		0	NC	4		125		
Energy....kJ	209				4		521		
Protein (N x 6.25)....g	0.51	0.015	7		1		1.27		
Total lipid (fat)....g	0.03	0.008	7		1		0.07		
Ash....g	0.26	0.008	7		1		0.65		
Carbohydrate, by difference....g	13.05		0	NC	4		32.49		
Fiber, total dietary....g	1.0		0		4		2.5		
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	11	0.383	7		1		27		
Iron, Fe....mg	0.25	0.086	7		1		0.62		
Magnesium, Mg....mg	8	0.191	6		1		20		
Phosphorus, P....mg	14	1.518	6		1		35		
Potassium, K....mg	116	6.927	7		1		289		
Sodium, Na....mg	5	0.317	7		1		12		
Zinc, Zn....mg	0.14	0.034	6		1		0.35		
Copper, Cu....mg	0.050	0.005	6		1		0.125		
Manganese, Mn....mg	0.151		0		4		0.376		
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	3.3	0.224	7		1		8.2		
Thiamin....mg	0.011	0.001	4		1		0.027		
Riboflavin....mg	0.014		2		1		0.035		
Niacin....mg	0.356	0.050	3		1		0.886		
Pantothenic acid....mg	0.053		0		4		0.132		
Vitamin B-6....mg	0.027		0		4		0.067		
Folate, total....µg	3		0		4		6		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	3		0		4		6		
Folate, DFE....µg	3		0	NC	4		6		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....µg	30	2.109	6		1		75		
Retinol....µg	0		0	Z	7		0		
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	600	42.171	6		1		1494		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.004		0		1		0.010		
4:0....g									

NDB No. 09103

Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, juice pack, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g									
15:0....g									
16:0....g	0.003		0		1		0.007		
17:0....g									
18:0....g	0.001		0		1		0.002		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.005		0		1		0.012		
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.005		0		1		0.012		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.011		0		1		0.027		
18:2 undifferentiated....g	0.010		0		1		0.025		
18:3 undifferentiated....g	0.001		0		1		0.002		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 249g: 1 cup

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.7

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09104

Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, light syrup, solids and liquids

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	84.24		0		1		212.28		
Energy....kcal	58		0	NC	4		146		
Energy....kJ	243				4		612		
Protein (N x 6.25)....g	0.34		0		1		0.86		
Total lipid (fat)....g	0.07		0		1		0.18		
Ash....g	0.21		0		1		0.53		
Carbohydrate, by difference....g	15.14		0	NC	4		38.15		
Fiber, total dietary....g	1.0		0		4		2.5		
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	7		0		1		18		
Iron, Fe....mg	0.29		0		1		0.73		
Magnesium, Mg....mg	5		0		1		13		
Phosphorus, P....mg	9		0		1		23		
Potassium, K....mg	82		0		1		207		
Sodium, Na....mg	6		0		1		15		
Zinc, Zn....mg	0.07		0		1		0.18		
Copper, Cu....mg	0.065		0		1		0.164		
Manganese, Mn....mg	0.148		0		4		0.373		
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	2.5		0		1		6.3		
Thiamin....mg	0.014		0		1		0.035		
Riboflavin....mg	0.020		0		1		0.050		
Niacin....mg	0.365		0		1		0.920		
Pantothenic acid....mg	0.053		0		4		0.134		
Vitamin B-6....mg	0.032		0		1		0.081		
Folate, total....µg	3		0		4		7		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	3		0		4		7		
Folate, DFE....µg	3		0	NC	4		7		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....µg	21		0		1		54		
Retinol....µg	0		0	Z	7		0		
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	429		0		1		1081		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.009		0		1		0.023		
4:0....g									

NDB No. 09104

Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, light syrup, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g									
15:0....g									
16:0....g	0.006		1		1		0.015		
17:0....g									
18:0....g	0.002		1		1		0.005		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.012		0		1		0.030		
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.012		1		1		0.030		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.028		0		1		0.071		
18:2 undifferentiated....g	0.024		1		1		0.060		
18:3 undifferentiated....g	0.003		1		1		0.008		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 252g: 1 cup

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.71

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09102

Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, water pack, solids and liquids

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	91.50	0.293	16		1		224.18		
Energy....kcal	30		0	NC	4		74		
Energy....kJ	126				4		308		
Protein (N x 6.25)....g	0.35		0		1		0.86		
Total lipid (fat)....g	0.07		0		1		0.17		
Ash....g	0.22		0		1		0.54		
Carbohydrate, by difference....g	7.87		0	NC	4		19.28		
Fiber, total dietary....g	1.0		0		4		2.5		
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	7		0		1		17		
Iron, Fe....mg	0.30		0		1		0.74		
Magnesium, Mg....mg	5		0		1		12		
Phosphorus, P....mg	9		0		1		22		
Potassium, K....mg	78	3.476	11		1		191		
Sodium, Na....mg	3	0.158	10		1		7		
Zinc, Zn....mg	0.08		0		1		0.20		
Copper, Cu....mg	0.067		0		1		0.164		
Manganese, Mn....mg	0.151		0		4		0.370		
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.9	0.121	17		1		4.7		
Thiamin....mg	0.015		0		1		0.037		
Riboflavin....mg	0.021		0		1		0.051		
Niacin....mg	0.374		0		1		0.916		
Pantothenic acid....mg	0.053		0		4		0.130		
Vitamin B-6....mg	0.032		0		1		0.078		
Folate, total....µg	3		0		4		6		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	3		0		4		6		
Folate, DFE....µg	3		0	NC	4		6		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....µg	22		0		1		54		
Retinol....µg	0		0	Z	7		0		
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	440		0		1		1078		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.009		0		1		0.022		
4:0....g									

NDB No. 09102

Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, water pack, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g									
15:0....g									
16:0....g	0.007		0		1		0.017		
17:0....g									
18:0....g	0.003		0		1		0.007		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.013		0		1		0.032		
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.013		0		1		0.032		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.028		0		1		0.069		
18:2 undifferentiated....g	0.025		0		1		0.061		
18:3 undifferentiated....g	0.003		0		1		0.007		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 245g: 1 cup

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09325

Fruit salad, (pineapple and papaya and banana and guava), tropical, canned, heavy syrup, solids and liquids

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	76.78	0.322	26		1		197.32		
Energy....kcal	86		0	NC	4		221		
Energy....kJ	360				4		925		
Protein (N x 6.25)....g	0.41	0.005	26		1		1.05		
Total lipid (fat)....g	0.10	0.000	26		1		0.26		
Ash....g	0.35	0.010	26		1		0.90		
Carbohydrate, by difference....g	22.36		0	NC	4		57.47		
Fiber, total dietary....g	1.3		0		4		3.3		
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	13	0.585	26		1		33		
Iron, Fe....mg	0.52	0.021	25		1		1.34		
Magnesium, Mg....mg	13	0.195	26		1		33		
Phosphorus, P....mg	7	0.149	26		1		18		
Potassium, K....mg	131	2.850	26		1		337		
Sodium, Na....mg	2	0.111	26		1		5		
Zinc, Zn....mg	0.11	0.003	26		1		0.28		
Copper, Cu....mg	0.080	0.004	26		1		0.206		
Manganese, Mn....mg									
Selenium, Se....µg	0.5		0	BFZN	4		1.3		
Vitamins:									
Vitamin C, total ascorbic acid....mg	17.5	0.478	26		1		45.0		
Thiamin....mg	0.054	0.002	26		1		0.139		
Riboflavin....mg	0.045	0.002	26		1		0.116		
Niacin....mg	0.562	0.023	26		1		1.444		
Pantothenic acid....mg									
Vitamin B-6....mg	0.120		0		4		0.308		
Folate, total....µg	9		0		4		23		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	9		0		4		23		
Folate, DFE....µg	9		0	NC	4		23		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....µg	6	0.511	40		1		16		
Retinol....µg	0		0	Z	7		0		
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	127	10.220	40		1		326		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.019		0		4		0.049		
4:0....g	0.000		0		4		0.000		

NDB No. 09325

Fruit salad, (pineapple and papaya and banana and guava), tropical, canned, heavy syrup, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0		4		0.000		
8:0....g	0.000		0		4		0.000		
10:0....g	0.000		0		4		0.000		
12:0....g	0.000		0		4		0.000		
13:0....g									
14:0....g	0.002		0		4		0.005		
15:0....g									
16:0....g	0.014		0		4		0.036		
17:0....g									
18:0....g	0.003		0		4		0.008		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.018		0		4		0.046		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.004		0		4		0.010		
17:1....g									
18:1 undifferentiated....g	0.013		0		4		0.033		
20:1....g	0.000		0		4		0.000		
22:1 undifferentiated....g	0.000		0		4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.032		0		4		0.082		
18:2 undifferentiated....g	0.018		0		4		0.046		
18:3 undifferentiated....g	0.014		0		4		0.036		
18:4....g	0.000		0		4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000		
20:5 n-3 (EPA)....g	0.000		0		4		0.000		
22:5 n-3 (DPA)....g	0.000		0		4		0.000		
22:6 n-3 (DHA)....g	0.000		0		4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg									
Theobromine....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 257g: 1 cup

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.75

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09109

Gooseberries, canned, light syrup pack, solids and liquids

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	80.10	0.510	3		1		201.85		
Energy....kcal	73		0	NC	4		184		
Energy....kJ	305				4		770		
Protein (N x 6.25)....g	0.65	0.061	3		1		1.64		
Total lipid (fat)....g	0.20	0.061	3		1		0.50		
Ash....g	0.29	0.012	3		1		0.73		
Carbohydrate, by difference....g	18.75		0	NC	4		47.25		
Fiber, total dietary....g	2.4		0		4		6.0		
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	16	1.517	3		1		40		
Iron, Fe....mg	0.33	0.024	3		1		0.83		
Magnesium, Mg....mg	6	0.120	3		1		15		
Phosphorus, P....mg	7	0.700	3		1		18		
Potassium, K....mg	77	2.082	3		1		194		
Sodium, Na....mg	2	0.333	3		1		5		
Zinc, Zn....mg	0.11	0.010	3		1		0.28		
Copper, Cu....mg	0.217	0.028	3		1		0.547		
Manganese, Mn....mg	0.177	0.013	3		1		0.446		
Selenium, Se....µg	0.4		0	CAZN	4		1.0		
Vitamins:									
Vitamin C, total ascorbic acid....mg	10.0	0.557	3		1		25.2		
Thiamin....mg	0.020	0.000	3		1		0.050		
Riboflavin....mg	0.053	0.003	3		1		0.134		
Niacin....mg	0.153	0.043	3		1		0.386		
Pantothenic acid....mg	0.138	0.003	3		1		0.348		
Vitamin B-6....mg	0.012	0.001	3		1		0.030		
Folate, total....µg	3	0.058	3		1		8		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	3	0.058	3		1		8		
Folate, DFE....µg	3		0	NC	4		8		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....µg	7	0.000	3		1		17		
Retinol....µg	0		0	Z	7		0		
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	138	0.000	3		1		348		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.013		0		1		0.033		
4:0....g	0.000		0		1		0.000		

NDB No. 09109

Gooseberries, canned, light syrup pack, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0		1		0.000		
8:0....g	0.000		0		1		0.000		
10:0....g	0.000		0		1		0.000		
12:0....g	0.000		0		1		0.000		
13:0....g									
14:0....g	0.000		0		1		0.000		
15:0....g									
16:0....g	0.007		0		1		0.018		
17:0....g									
18:0....g	0.004		0		1		0.010		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.018		0		1		0.045		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000		
17:1....g									
18:1 undifferentiated....g	0.018		0		1		0.045		
20:1....g	0.000		0		1		0.000		
22:1 undifferentiated....g	0.000		0		1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.110		0		1		0.277		
18:2 undifferentiated....g	0.094		0		1		0.237		
18:3 undifferentiated....g	0.016		0		1		0.040		
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000		
20:5 n-3 (EPA)....g	0.000		0		1		0.000		
22:5 n-3 (DPA)....g	0.000		0		1		0.000		
22:6 n-3 (DHA)....g	0.000		0		1		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg									
Theobromine....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 252g: 1 cup

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.71

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09107
Gooseberries, raw
Ribes spp.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	87.87	0.376	15		1		131.81		
Energy....kcal	44		0	NC	4		66		
Energy....kJ	184				4		276		
Protein (N x 6.25)....g	0.88		2		1		1.32		
Total lipid (fat)....g	0.58		1		1		0.87		
Ash....g	0.49	0.035	5		1		0.74		
Carbohydrate, by difference....g	10.18		0	NC	4		15.27		
Fiber, total dietary....g	4.3		0		4		6.5		
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	25	2.966	5		1		38		
Iron, Fe....mg	0.31	0.028	5		1		0.47		
Magnesium, Mg....mg	10	1.382	4		1		15		
Phosphorus, P....mg	27	1.589	5		1		41		
Potassium, K....mg	198	12.360	6		1		297		
Sodium, Na....mg	1		1		1		2		
Zinc, Zn....mg	0.12	0.003	3		1		0.18		
Copper, Cu....mg	0.070	0.008	5		1		0.105		
Manganese, Mn....mg	0.144	0.010	4		1		0.216		
Selenium, Se....µg	0.6		0	CAZN	4		0.9		
Vitamins:									
Vitamin C, total ascorbic acid....mg	27.7	1.380	11		1		41.6		
Thiamin....mg	0.040		0		1		0.060		
Riboflavin....mg	0.030		0		1		0.045		
Niacin....mg	0.300		0		1		0.450		
Pantothenic acid....mg	0.286		0		1		0.429		
Vitamin B-6....mg	0.080		1		1		0.120		
Folate, total....µg	6		0		4		9		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	6		0		4		9		
Folate, DFE....µg	6		0	NC	4		9		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....µg	15		0		1		22		
Retinol....µg	0		0	Z	7		0		
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	290		0		1		435		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.37		0		1		0.56		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.038		0		1		0.057		
4:0....g	0.000		0		1		0.000		

NDB No. 09107
Gooseberries, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0		1		0.000		
8:0 g	0.000		0		1		0.000		
10:0 g	0.000		0		1		0.000		
12:0 g	0.000		0		1		0.000		
13:0 g									
14:0 g	0.000		0		1		0.000		
15:0 g									
16:0 g	0.019		0		1		0.029		
17:0 g									
18:0 g	0.013		0		1		0.020		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.051		0		1		0.077		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.000		0		1		0.000		
17:1 g									
18:1 undifferentiated g	0.051		0		1		0.077		
20:1 g	0.000		0		1		0.000		
22:1 undifferentiated g	0.000		0		1		0.000		
24:1 c g									
Fatty acids, total polyunsaturated g	0.317		0		1		0.476		
18:2 undifferentiated g	0.271		0		1		0.407		
18:3 undifferentiated g	0.046		0		1		0.069		
18:4 g	0.000		0		1		0.000		
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000		
20:5 n-3 (EPA) g	0.000		0		1		0.000		
22:5 n-3 (DPA) g	0.000		0		1		0.000		
22:6 n-3 (DHA) g	0.000		0		1		0.000		
Fatty acids, total trans g									
Cholesterol mg	0		0	Z	7		0		
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0		
Caffeine mg									
Theobromine mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 150g: 1 cup

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09137

Grape juice cocktail, frozen concentrate, diluted with 3 volume water, with added ascorbic acid

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	86.90		0		1		217.25	27.11	
Energy....kcal	51		0	NC	4		128	16	
Energy....kJ	213		0		4		533	67	
Protein (N x 6.25)....g	0.19	0.012	4		1		0.48	0.06	
Total lipid (fat)....g	0.09	0.021	4		1		0.23	0.03	
Ash....g	0.08	0.011	3		1		0.20	0.02	
Carbohydrate, by difference....g	12.75		0	NC	4		31.88	3.98	
Fiber, total dietary....g	0.1		0		4		0.3	0.0	
Sugars, total....g	12.65		0	O	4		31.63	3.95	
Starch....g									
Minerals:									
Calcium, Ca....mg	4	0.228	4		1		10	1	
Iron, Fe....mg	0.10	0.022	4		1		0.25	0.03	
Magnesium, Mg....mg	4	0.453	3		1		10	1	
Phosphorus, P....mg	4	0.458	3		1		10	1	
Potassium, K....mg	21	1.854	3		1		53	7	
Sodium, Na....mg	2	1.032	3		1		5	1	
Zinc, Zn....mg	0.04	0.004	3		1		0.10	0.01	
Copper, Cu....mg	0.013	0.001	3		1		0.033	0.004	
Manganese, Mn....mg	0.177	0.043	3		1		0.443	0.055	
Selenium, Se....µg	0.1		0	CAZN	4		0.3	0.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	23.9	8.392	3		1		59.8	7.5	
Thiamin....mg	0.015	0.001	4		1		0.038	0.005	
Riboflavin....mg	0.026	0.003	4		1		0.065	0.008	
Niacin....mg	0.124	0.023	4		1		0.310	0.039	
Pantothenic acid....mg	0.024	0.013	3		1		0.060	0.007	
Vitamin B-6....mg	0.042	0.001	3		1		0.105	0.013	
Folate, total....µg	1	0.344	4		1		3	0	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	1	0.344	4		1		3	0	
Folate, DFE....µg	1		0	NC	4		3	0	
Choline, total....mg	3.2		0	BFZN	4		8.0	1.0	
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	0	0.201	3		1		1	0	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg	5		0	BNA	4		12	1	
Carotene, alpha....µg	0		0	BNA	4		0	0	
Cryptoxanthin, beta....µg	0		0	BNA	4		0	0	
Vitamin A, IU....IU	8	4.022	3		1		20	2	
Lycopene....µg	0		0	BFZN	4		0	0	
Lutein + zeaxanthin....µg	72		0	BFZN	4		180	22	
Vitamin E (alpha-tocopherol)....mg	0.00		0	BFZN	4		0.00	0.00	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	0.4		1	A	1		1.0	0.1	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 09137

Grape juice cocktail, frozen concentrate, diluted with 3 volume water, with added ascorbic acid

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.029		0		1		0.073	0.009	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.001		0		1		0.003	0.000	
15:0....g									
16:0....g	0.025		0		1		0.063	0.008	
17:0....g									
18:0....g	0.003		0		1		0.008	0.001	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.004		0		1		0.010	0.001	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.004		0		1		0.010	0.001	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.026		0		1		0.065	0.008	
18:2 undifferentiated....g	0.020		0		1		0.050	0.006	
18:3 undifferentiated....g	0.006		0		1		0.015	0.002	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g									
Threonine....g	0.005		0		1		0.013	0.002	
Isoleucine....g	0.002		0		1		0.005	0.001	
Leucine....g	0.004		0		1		0.010	0.001	
Lysine....g	0.003		0		1		0.008	0.001	
Methionine....g									
Cystine....g									
Phenylalanine....g	0.004		0		1		0.010	0.001	
Tyrosine....g	0.001		0		1		0.003	0.000	
Valine....g	0.003		0		1		0.008	0.001	
Arginine....g	0.016		0		1		0.040	0.005	
Histidine....g	0.002		0		1		0.005	0.001	
Alanine....g	0.029		0		1		0.073	0.009	
Aspartic acid....g	0.007		0		1		0.018	0.002	
Glutamic acid....g	0.037		0		1		0.093	0.012	
Glycine....g	0.004		0		1		0.010	0.001	
Proline....g	0.005		0		1		0.013	0.002	
Serine....g	0.004		0		1		0.010	0.001	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 09137

Grape juice cocktail, frozen concentrate, diluted with 3 volume water, with added ascorbic acid

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 250g: 1 cup

Measure 2 = 31.2g: 1 fl oz

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.92

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09136

Grape juice cocktail, frozen concentrate, undiluted, with added ascorbic acid

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	54.40		0		1		117.50		
Energy ... kcal	179		0	NC	4		387		
Energy ... kJ	749		0		4		1618		
Protein (N x 6.25) ... g	0.65	0.042	4		1		1.40		
Total lipid (fat) ... g	0.31	0.072	4		1		0.67		
Ash ... g	0.27	0.038	3		1		0.58		
Carbohydrate, by difference ... g	44.37		0	NC	4		95.84		
Fiber, total dietary ... g	0.3		0		4		0.6		
Sugars, total ... g	44.07		0	O	4		95.19		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	13	0.792	4		1		28		
Iron, Fe ... mg	0.36	0.077	4		1		0.78		
Magnesium, Mg ... mg	15	1.577	3		1		32		
Phosphorus, P ... mg	15	1.593	3		1		32		
Potassium, K ... mg	74	6.456	3		1		160		
Sodium, Na ... mg	7	3.592	3		1		15		
Zinc, Zn ... mg	0.13	0.013	3		1		0.28		
Copper, Cu ... mg	0.046	0.005	3		1		0.099		
Manganese, Mn ... mg	0.617	0.150	3		1		1.333		
Selenium, Se ... µg	0.4		0	BFSN	4		0.9		
Vitamins:									
Vitamin C, total ascorbic acid ... mg	83.1	29.211	3		1		179.5		
Thiamin ... mg	0.052	0.004	4		1		0.112		
Riboflavin ... mg	0.091	0.010	4		1		0.197		
Niacin ... mg	0.431	0.080	4		1		0.931		
Pantothenic acid ... mg	0.083	0.044	3		1		0.179		
Vitamin B-6 ... mg	0.147	0.002	3		1		0.318		
Folate, total ... µg	4	1.200	4		1		10		
Folic acid ... µg	0		0	Z	7		0		
Folate, food ... µg	4	1.200	4		1		10		
Folate, DFE ... µg	4		0	NC	4		10		
Choline, total ... mg	9.1		0	BFSN	4		19.7		
Betaine ... mg									
Vitamin B-12 ... µg	0.00		0	Z	7		0.00		
Vitamin B-12, added ... µg	0.00		0	Z	7		0.00		
Vitamin A, RAE ... µg	1	0.700	3		1		3		
Retinol ... µg	0		0	Z	7		0		
Carotene, beta ... µg	17		0	BFSN	4		36		
Carotene, alpha ... µg	0		0	BFSN	4		1		
Cryptoxanthin, beta ... µg	0		0	BFSN	4		0		
Vitamin A, IU ... IU	27	14.001	3		1		58		
Lycopene ... µg	0		0	BFSN	4		0		
Lutein + zeaxanthin ... µg	251		0	BFSN	4		541		
Vitamin E (alpha-tocopherol) ... mg	0.00		0	BFSN	4		0.00		
Vitamin E, added ... mg	0.00		0	Z	7		0.00		
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol) ... µg									
Vitamin D3 (cholecalciferol) ... µg									
Vitamin D ... IU	0		0	Z	7		0		
Vitamin K (phylloquinone) ... µg	1.4		0	BFSN	4		3.0		
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									

NDB No. 09136

Grape juice cocktail, frozen concentrate, undiluted, with added ascorbic acid

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.103		0		1		0.222		
4:0....g	0.000		0		1		0.000		
6:0....g	0.000		0		1		0.000		
8:0....g	0.000		0		1		0.000		
10:0....g	0.000		0		1		0.000		
12:0....g	0.000		0		1		0.000		
13:0....g									
14:0....g	0.003		0		1		0.006		
15:0....g									
16:0....g	0.088		0		1		0.190		
17:0....g									
18:0....g	0.012		0		1		0.026		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.013		0		1		0.028		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000		
17:1....g									
18:1 undifferentiated....g	0.013		0		1		0.028		
20:1....g	0.000		0		1		0.000		
22:1 undifferentiated....g	0.000		0		1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.092		0		1		0.199		
18:2 undifferentiated....g	0.071		0		1		0.153		
18:3 undifferentiated....g	0.021		0		1		0.045		
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000		
20:5 n-3 (EPA)....g	0.000		0		1		0.000		
22:5 n-3 (DPA)....g	0.000		0		1		0.000		
22:6 n-3 (DHA)....g	0.000		0		1		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g									
Threonine....g	0.019		0		1		0.041		
Isoleucine....g	0.008		0		1		0.017		
Leucine....g	0.014		0		1		0.030		
Lysine....g	0.012		0		1		0.026		
Methionine....g	0.001		0		1		0.002		
Cystine....g									
Phenylalanine....g	0.014		0		1		0.030		
Tyrosine....g	0.003		0		1		0.006		
Valine....g	0.012		0		1		0.026		
Arginine....g	0.055		0		1		0.119		
Histidine....g	0.008		0		1		0.017		
Alanine....g	0.100		0		1		0.216		
Aspartic acid....g	0.026		0		1		0.056		
Glutamic acid....g	0.129		0		1		0.279		
Glycine....g	0.014		0		1		0.030		
Proline....g	0.018		0		1		0.039		
Serine....g	0.015		0		1		0.032		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 09136

Grape juice cocktail, frozen concentrate, undiluted, with added ascorbic acid

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 216g: 1 can (6 fl oz)

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.92

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09130

Grape juice, canned or bottled, unsweetened, with added ascorbic acid (1)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	84.51	0.888	5	A	1		213.81	26.71	
Energy....kcal	60		0	NC	4		152	19	
Energy....kJ	252		0	NC	4		637	80	
Protein (N x 6.25)....g	0.37	0.012	5	A	1		0.94	0.12	
Total lipid (fat)....g	0.13	0.078	7	A	1		0.32	0.04	
Ash....g	0.22	0.058	4	A	1		0.55	0.07	
Carbohydrate, by difference....g	14.77		0	NC	4		37.37	4.67	
Fiber, total dietary....g	0.2		1	A	1		0.4	0.1	
Sugars, total....g	14.20		0	AS	1		35.93	4.49	
Sucrose....g	0.04	0.037	5	A	1		0.09	0.01	
Glucose (dextrose)....g	6.81	0.026	5	A	1		17.22	2.15	
Fructose....g	7.36	0.062	5	A	1		18.62	2.33	
Lactose....g	0.00	0.000	5	A	1		0.00	0.00	
Maltose....g	0.00	0.000	5	A	1		0.00	0.00	
Galactose....g	0.00		1	A	1		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	11	0.306	10	A	1		27	3	
Iron, Fe....mg	0.25	0.070	13	A	1		0.63	0.08	
Magnesium, Mg....mg	10	0.910	14	A	1		25	3	
Phosphorus, P....mg	14	1.284	14	A	1		35	4	
Potassium, K....mg	104	5.291	9	A	1		264	33	
Sodium, Na....mg	5	0.623	14	A	1		12	1	
Zinc, Zn....mg	0.07	0.009	10	A	1		0.19	0.02	
Copper, Cu....mg	0.018	0.004	14	A	1		0.046	0.006	
Manganese, Mn....mg	0.239	0.024	14	A	1		0.605	0.076	
Selenium, Se....µg	0.0		4	A	1		0.1	0.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	25.0		0	LC	8		63.3	7.9	
Thiamin....mg	0.017		1	A	1		0.043	0.005	
Riboflavin....mg	0.015		1	A	1		0.038	0.005	
Niacin....mg	0.133		1	A	1		0.336	0.042	
Pantothenic acid....mg	0.048		1	A	1		0.121	0.015	
Vitamin B-6....mg	0.032		1	A	1		0.080	0.010	
Folate, total....µg	0		1	A	1		0	0	
Folic acid....µg	0		1	A	1		0	0	
Folate, food....µg	0		0	AS	1		0	0	
Folate, DFE....µg	0		0	NC	4		0	0	
Choline, total....mg	3.2		0	AS	1		8.0	1.0	
Betaine....mg	0.2		1	A	1		0.5	0.1	
Vitamin B-12....µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	0		0	NC	4		1	0	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg	5		0	BFZN	4		12	1	
Carotene, alpha....µg	0		0	BFZN	4		0	0	
Cryptoxanthin, beta....µg	0		0	BFZN	4		0	0	
Vitamin A, IU....IU	8		0	BFZN	4		20	3	
Lycopene....µg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin....µg	57		0	BFSN	4		145	18	
Vitamin E (alpha-tocopherol)....mg	0.00	0.000	3	A	1		0.00	0.00	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00	0.000	3	A	1		0.00	0.00	
Tocopherol, gamma....mg	0.00	0.000	3	A	1		0.00	0.00	
Tocopherol, delta....mg	0.00	0.000	3	A	1		0.00	0.00	
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									

NDB No. 09130

Grape juice, canned or bottled, unsweetened, with added ascorbic acid (1)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	0.4		0	BFZN	4		1.0	0.1	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.025		0	NC	4		0.063	0.008	
4:0....g	0.000		0	BFZN	4		0.000	0.000	
6:0....g	0.000		0	BFZN	4		0.000	0.000	
8:0....g	0.000		0	BFZN	4		0.000	0.000	
10:0....g	0.000		0	BFZN	4		0.000	0.000	
12:0....g	0.000		0	BFZN	4		0.000	0.000	
13:0....g									
14:0....g	0.001		0	BFZN	4		0.003	0.000	
15:0....g									
16:0....g	0.021		0	BFZN	4		0.053	0.007	
17:0....g									
18:0....g	0.003		0	BFZN	4		0.008	0.001	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.003		0	NC	4		0.008	0.001	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	BFZN	4		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.003		0	BFZN	4		0.008	0.001	
20:1....g	0.000		0	BFZN	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	BFZN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.022		0	NC	4		0.056	0.007	
18:2 undifferentiated....g	0.017		0	BFZN	4		0.043	0.005	
18:3 undifferentiated....g	0.005		0	BFZN	4		0.013	0.002	
18:4....g	0.000		0	BFZN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	BFZN	4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0	BFZN	4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0	BFZN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFZN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 253g: 1 cup

Measure 2 = 31.6g: 1 fl oz

Footnotes:

1 Includes purple and white grape juice

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.92

NDB No. 09130

Grape juice, canned or bottled, unsweetened, with added ascorbic acid (1)

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09135

Grape juice, canned or bottled, unsweetened, without added ascorbic acid (1)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	84.51	0.888	5	A	1		213.81	26.71	
Energy....kcal	60		0	NC	4		152	19	
Energy....kJ	252		0	NC	4		637	80	
Protein (N x 6.25)....g	0.37	0.012	5	A	1		0.94	0.12	
Total lipid (fat)....g	0.13	0.078	7	A	1		0.32	0.04	
Ash....g	0.22	0.058	4	A	1		0.55	0.07	
Carbohydrate, by difference....g	14.77		0	NC	4		37.37	4.67	
Fiber, total dietary....g	0.2		1	A	1		0.4	0.1	
Sugars, total....g	14.20		0	AS	1		35.93	4.49	
Sucrose....g	0.04	0.037	5	A	1		0.09	0.01	
Glucose (dextrose)....g	6.81	0.026	5	A	1		17.22	2.15	
Fructose....g	7.36	0.062	5	A	1		18.62	2.33	
Lactose....g	0.00	0.000	5	A	1		0.00	0.00	
Maltose....g	0.00	0.000	5	A	1		0.00	0.00	
Galactose....g	0.00		1	A	1		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	11	0.306	10	A	1		27	3	
Iron, Fe....mg	0.25	0.070	13	A	1		0.63	0.08	
Magnesium, Mg....mg	10	0.910	14	A	1		25	3	
Phosphorus, P....mg	14	1.284	14	A	1		35	4	
Potassium, K....mg	104	5.291	9	A	1		264	33	
Sodium, Na....mg	5	0.623	14	A	1		12	1	
Zinc, Zn....mg	0.07	0.009	10	A	1		0.19	0.02	
Copper, Cu....mg	0.018	0.004	14	A	1		0.046	0.006	
Manganese, Mn....mg	0.239	0.024	14	A	1		0.605	0.076	
Selenium, Se....µg	0.0		4	A	1		0.1	0.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.1		0		1		0.3	0.0	
Thiamin....mg	0.017		1	A	1		0.043	0.005	
Riboflavin....mg	0.015		1	A	1		0.038	0.005	
Niacin....mg	0.133		1	A	1		0.336	0.042	
Pantothenic acid....mg	0.048		1	A	1		0.121	0.015	
Vitamin B-6....mg	0.032		1	A	1		0.080	0.010	
Folate, total....µg	0		1	A	1		0	0	
Folic acid....µg	0		1	A	1		0	0	
Folate, food....µg	0		0	AS	1		0	0	
Folate, DFE....µg	0		0	NC	4		0	0	
Choline, total....mg	3.2		0	AS	1		8.0	1.0	
Betaine....mg	0.2		1	A	1		0.5	0.1	
Vitamin B-12....µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	0		0		1		1	0	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg	5		0	BNA	4		12	1	
Carotene, alpha....µg	0		0	BNA	4		0	0	
Cryptoxanthin, beta....µg	0		0	BNA	4		0	0	
Vitamin A, IU....IU	8		0		1		20	3	
Lycopene....µg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin....µg	35		0	BFSN	4		88	11	
Vitamin E (alpha-tocopherol)....mg	0.00	0.000	3	A	1		0.00	0.00	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00	0.000	3	A	1		0.00	0.00	
Tocopherol, gamma....mg	0.00	0.000	3	A	1		0.00	0.00	
Tocopherol, delta....mg	0.00	0.000	3	A	1		0.00	0.00	
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									

NDB No. 09135

Grape juice, canned or bottled, unsweetened, without added ascorbic acid (1)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	0.4		1	A	1		1.0	0.1	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.025		0		1		0.063	0.008	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.001		1		1		0.003	0.000	
15:0....g									
16:0....g	0.021		1		1		0.053	0.007	
17:0....g									
18:0....g	0.003		1		1		0.008	0.001	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.003		0		1		0.008	0.001	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.003		1		1		0.008	0.001	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.022		0		1		0.056	0.007	
18:2 undifferentiated....g	0.017		1		1		0.043	0.005	
18:3 undifferentiated....g	0.005		1		1		0.013	0.002	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g									
Threonine....g	0.016		18		1		0.040	0.005	
Isoleucine....g	0.007		18		1		0.018	0.002	
Leucine....g	0.012		18		1		0.030	0.004	
Lysine....g	0.010		18		1		0.025	0.003	
Methionine....g	0.001		3		1		0.003	0.000	
Cystine....g									
Phenylalanine....g	0.012		18		1		0.030	0.004	
Tyrosine....g	0.003		17		1		0.008	0.001	
Valine....g	0.010		18		1		0.025	0.003	
Arginine....g	0.047		18		1		0.119	0.015	
Histidine....g	0.007		18		1		0.018	0.002	
Alanine....g	0.086		18		1		0.218	0.027	
Aspartic acid....g	0.022		18		1		0.056	0.007	
Glutamic acid....g	0.110		18		1		0.278	0.035	
Glycine....g	0.012		18		1		0.030	0.004	
Proline....g	0.016		18		1		0.040	0.005	
Serine....g	0.013		18		1		0.033	0.004	
Hydroxyproline....g									

NDB No. 09135

Grape juice, canned or bottled, unsweetened, without added ascorbic acid (1)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 253g: 1 cup

Measure 2 = 31.6g: 1 fl oz

Footnotes:

1 Includes purple and white grape juice

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.92

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09404
Grapefruit juice, pink, raw

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	90.00		0		1		222.30	176.40	
Energy....kcal	39		0	NC	4		96	76	
Energy....kJ	163				4		403	320	
Protein (N x 6.25)....g	0.50		0		1		1.24	0.98	
Total lipid (fat)....g	0.10		0		1		0.25	0.20	
Ash....g	0.20		0		1		0.49	0.39	
Carbohydrate, by difference....g	9.20		0	NC	4		22.72	18.03	
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	9		0		1		22	18	
Iron, Fe....mg	0.20		0		1		0.49	0.39	
Magnesium, Mg....mg	12		0		1		30	24	
Phosphorus, P....mg	15		0		1		37	29	
Potassium, K....mg	162		0		1		400	318	
Sodium, Na....mg	1		0		1		2	2	
Zinc, Zn....mg	0.05		0		1		0.12	0.10	
Copper, Cu....mg	0.033		0		1		0.082	0.065	
Manganese, Mn....mg	0.020		0		1		0.049	0.039	
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	38.0		0		1		93.9	74.5	
Thiamin....mg	0.040		0		1		0.099	0.078	
Riboflavin....mg	0.020		0		1		0.049	0.039	
Niacin....mg	0.200		0		1		0.494	0.392	
Pantothenic acid....mg	0.189		0		4		0.467	0.370	
Vitamin B-6....mg	0.044		0		4		0.109	0.086	
Folate, total....µg	10		0		4		25	20	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	10		0		4		25	20	
Folate, DFE....µg	10		0	NC	4		25	20	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	22		0		1		54	43	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	440		0		1		1087	862	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.014		0		1		0.035	0.027	
4:0....g									

NDB No. 09404
Grapefruit juice, pink, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g									
15:0....g									
16:0....g	0.012		0		1		0.030	0.024	
17:0....g									
18:0....g	0.001		0		1		0.002	0.002	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.013		0		1		0.032	0.025	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1		0.002	0.002	
17:1....g									
18:1 undifferentiated....g	0.012		0		1		0.030	0.024	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.024		0		1		0.059	0.047	
18:2 undifferentiated....g	0.019		0		1		0.047	0.037	
18:3 undifferentiated....g	0.005		0		1		0.012	0.010	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 247g: 1 cup

Measure 2 = 196g: 1 fruit yields

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.92

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09124
Grapefruit juice, white, canned, sweetened

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	87.38	0.069	16		1		218.45	27.26	
Energy....kcal	46		0	NC	4		115	14	
Energy....kJ	192		0		4		481	60	
Protein (N x 6.25)....g	0.58	0.010	16		1		1.45	0.18	
Total lipid (fat)....g	0.09	0.005	16		1		0.23	0.03	
Ash....g	0.82	0.056	16		1		2.05	0.26	
Carbohydrate, by difference....g	11.13		0	NC	4		27.83	3.47	
Fiber, total dietary....g	0.1		0		4		0.3	0.0	
Sugars, total....g	11.03		0	O	4		27.58	3.44	
Starch....g									
Minerals:									
Calcium, Ca....mg	8	0.316	16		1		20	2	
Iron, Fe....mg	0.36	0.026	16		1		0.90	0.11	
Magnesium, Mg....mg	10	0.144	16		1		25	3	
Phosphorus, P....mg	11	0.266	16		1		28	3	
Potassium, K....mg	162	3.902	16		1		405	51	
Sodium, Na....mg	2	0.182	16		1		5	1	
Zinc, Zn....mg	0.06	0.003	16		1		0.15	0.02	
Copper, Cu....mg	0.048	0.004	16		1		0.120	0.015	
Manganese, Mn....mg	0.020		0		1		0.050	0.006	
Selenium, Se....µg	0.1		0	BFZN	4		0.3	0.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	26.9	0.461	16		1		67.3	8.4	
Thiamin....mg	0.040	0.002	17		1		0.100	0.012	
Riboflavin....mg	0.023	0.001	17		1		0.058	0.007	
Niacin....mg	0.319	0.023	16		1		0.798	0.100	
Pantothenic acid....mg	0.130		0		1		0.325	0.041	
Vitamin B-6....mg	0.020		1		1		0.050	0.006	
Folate, total....µg	10		0		1		26	3	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	10		0		1		26	3	
Folate, DFE....µg	10		0	NC	4		26	3	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	0		0	NC	4		1	0	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg	3		0	BFZN	4		7	1	
Carotene, alpha....µg	2		0	BFZN	4		4	1	
Cryptoxanthin, beta....µg	1		0	BFZN	4		2	0	
Vitamin A, IU....IU	7		0	NC	4		18	2	
Lycopene....µg	0		0	BFZN	4		0	0	
Lutein + zeaxanthin....µg	10		0	BFZN	4		24	3	
Vitamin E (alpha-tocopherol)....mg	0.04		0	BFZN	4		0.10	0.01	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	0.0		0	BFZN	4		0.1	0.0	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 09124
Grapefruit juice, white, canned, sweetened

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.012		0		1		0.030	0.004	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	
15:0....g									
16:0....g	0.011		0		1		0.028	0.003	
17:0....g									
18:0....g	0.001		0		1		0.003	0.000	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.012		0		1		0.030	0.004	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1		0.003	0.000	
17:1....g									
18:1 undifferentiated....g	0.011		0		1		0.028	0.003	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.021		0		1		0.053	0.007	
18:2 undifferentiated....g	0.017		0		1		0.043	0.005	
18:3 undifferentiated....g	0.004		0		1		0.010	0.001	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 250g: 1 cup

Measure 2 = 31.2g: 1 fl oz

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.92

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09123
Grapefruit juice, white, canned, unsweetened

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	90.10	0.250	17		1		222.55	27.84	
Energy....kcal	38		0	NC	4		94	12	
Energy....kJ	159		0		4		393	49	
Protein (N x 6.25)....g	0.52	0.010	19		1		1.28	0.16	
Total lipid (fat)....g	0.10	0.000	16		1		0.25	0.03	
Ash....g	0.32	0.010	17		1		0.79	0.10	
Carbohydrate, by difference....g	8.96		0	NC	4		22.13	2.77	
Fiber, total dietary....g	0.1		0		4		0.2	0.0	
Sugars, total....g	8.86		0	O	4		21.88	2.74	
Starch....g									
Minerals:									
Calcium, Ca....mg	7	0.200	27		1		17	2	
Iron, Fe....mg	0.20	0.019	17		1		0.49	0.06	
Magnesium, Mg....mg	10	0.235	27		1		25	3	
Phosphorus, P....mg	11	0.466	26		1		27	3	
Potassium, K....mg	153	3.181	27		1		378	47	
Sodium, Na....mg	1	0.128	25		1		2	0	
Zinc, Zn....mg	0.09	0.007	16		1		0.22	0.03	
Copper, Cu....mg	0.038	0.003	17		1		0.094	0.012	
Manganese, Mn....mg	0.020		0		1		0.049	0.006	
Selenium, Se....µg	0.1		0	BFZN	4		0.2	0.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	29.2	0.738	17		1		72.1	9.0	
Thiamin....mg	0.042	0.002	17		1		0.104	0.013	
Riboflavin....mg	0.020	0.000	17		1		0.049	0.006	
Niacin....mg	0.231	0.011	17		1		0.571	0.071	
Pantothenic acid....mg	0.130		0		1		0.321	0.040	
Vitamin B-6....mg	0.020		0		1		0.049	0.006	
Folate, total....µg	10	0.509	3		1		26	3	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	10	0.509	3		1		26	3	
Folate, DFE....µg	10		0	NC	4		26	3	
Choline, total....mg	7.7		0	BFZN	4		19.0	2.4	
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	0	0.092	7		1		1	0	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg	3		0	BNA	4		7	1	
Carotene, alpha....µg	2		0	BNA	4		4	1	
Cryptoxanthin, beta....µg	1		0	BNA	4		2	0	
Vitamin A, IU....IU	7	1.844	7		1		17	2	
Lycopene....µg	0		0	BFZN	4		0	0	
Lutein + zeaxanthin....µg	10		0	BFZN	4		23	3	
Vitamin E (alpha-tocopherol)....mg	0.04		0		1		0.10	0.01	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	0.0		1	A	1		0.0	0.0	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 09123
Grapefruit juice, white, canned, unsweetened

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.013		0		1		0.032	0.004	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	
15:0....g									
16:0....g	0.012		0		1		0.030	0.004	
17:0....g									
18:0....g	0.001		0		1		0.002	0.000	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.013		0		1		0.032	0.004	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1		0.002	0.000	
17:1....g									
18:1 undifferentiated....g	0.012		0		1		0.030	0.004	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.023		0		1		0.057	0.007	
18:2 undifferentiated....g	0.018		0		1		0.044	0.006	
18:3 undifferentiated....g	0.005		0		1		0.012	0.002	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 247g: 1 cup

Measure 2 = 30.9g: 1 fl oz

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.92

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09126

Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	89.30		0		1		220.57	27.59	
Energy....kcal	41		0	NC	4		101	13	
Energy....kJ	172		0		4		424	53	
Protein (N x 6.25)....g	0.55	0.030	3		1		1.36	0.17	
Total lipid (fat)....g	0.13	0.013	3		1		0.32	0.04	
Ash....g	0.28	0.036	3		1		0.69	0.09	
Carbohydrate, by difference....g	9.73		0	NC	4		24.03	3.01	
Fiber, total dietary....g	0.1		0		4		0.2	0.0	
Sugars, total....g	9.63		0	O	4		23.79	2.98	
Starch....g									
Minerals:									
Calcium, Ca....mg	8	0.625	3		1		20	2	
Iron, Fe....mg	0.14	0.059	3		1		0.35	0.04	
Magnesium, Mg....mg	11	0.391	3		1		27	3	
Phosphorus, P....mg	14	0.044	3		1		35	4	
Potassium, K....mg	136	2.357	3		1		336	42	
Sodium, Na....mg	1	0.159	3		1		2	0	
Zinc, Zn....mg	0.05	0.002	3		1		0.12	0.02	
Copper, Cu....mg	0.033	0.007	3		1		0.082	0.010	
Manganese, Mn....mg	0.020	0.001	3		1		0.049	0.006	
Selenium, Se....µg	0.1		0	BFZN	4		0.2	0.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	33.7	0.211	3		1		83.2	10.4	
Thiamin....mg	0.041	0.003	3		1		0.101	0.013	
Riboflavin....mg	0.022	0.001	3		1		0.054	0.007	
Niacin....mg	0.217	0.020	3		1		0.536	0.067	
Pantothenic acid....mg	0.189	0.004	3		1		0.467	0.058	
Vitamin B-6....mg	0.044	0.002	3		1		0.109	0.014	
Folate, total....µg	4	1.022	3		1		9	1	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	4	1.022	3		1		9	1	
Folate, DFE....µg	4		0	NC	4		9	1	
Choline, total....mg	7.7		0	BFZN	4		19.0	2.4	
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	0	0.050	3		1		1	0	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg	4		0	BNA	4		10	1	
Carotene, alpha....µg	2		0	BNA	4		5	1	
Cryptoxanthin, beta....µg	1		0	BNA	4		2	0	
Vitamin A, IU....IU	9	1.005	3		1		22	3	
Lycopene....µg	0		0	BFZN	4		0	0	
Lutein + zeaxanthin....µg	10		0	BFZN	4		23	3	
Vitamin E (alpha-tocopherol)....mg	0.04		0	BFZN	4		0.10	0.01	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	0.0		0	BFZN	4		0.0	0.0	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 09126

Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.019		0		1		0.047	0.006	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.001		0		1		0.002	0.000	
15:0....g									
16:0....g	0.017		0		1		0.042	0.005	
17:0....g									
18:0....g	0.001		0		1		0.002	0.000	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.018		0		1		0.044	0.006	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.002		0		1		0.005	0.001	
17:1....g									
18:1 undifferentiated....g	0.016		0		1		0.040	0.005	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.032		0		1		0.079	0.010	
18:2 undifferentiated....g	0.025		0		1		0.062	0.008	
18:3 undifferentiated....g	0.007		0		1		0.017	0.002	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 247g: 1 cup

Measure 2 = 30.9g: 1 fl oz

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.92

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09125

Grapefruit juice, white, frozen concentrate, unsweetened, undiluted

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	62.00		0		1		128.34		
Energy....kcal	146		0	NC	4		302		
Energy....kJ	611		0		4		1264		
Protein (N x 6.25)....g	1.97	0.107	3		1		4.08		
Total lipid (fat)....g	0.48	0.048	3		1		0.99		
Ash....g	0.99	0.126	3		1		2.05		
Carbohydrate, by difference....g	34.56		0	NC	4		71.54		
Fiber, total dietary....g	0.4		0		4		0.8		
Sugars, total....g	34.16		0	O	4		70.71		
Starch....g									
Minerals:									
Calcium, Ca....mg	27	2.219	3		1		56		
Iron, Fe....mg	0.49	0.210	3		1		1.01		
Magnesium, Mg....mg	38	1.388	3		1		79		
Phosphorus, P....mg	49	0.155	3		1		101		
Potassium, K....mg	484	8.369	3		1		1002		
Sodium, Na....mg	3	0.565	3		1		6		
Zinc, Zn....mg	0.18	0.005	3		1		0.37		
Copper, Cu....mg	0.118	0.024	3		1		0.244		
Manganese, Mn....mg	0.070	0.004	3		1		0.145		
Selenium, Se....µg	0.3		0	BFSN	4		0.6		
Vitamins:									
Vitamin C, total ascorbic acid....mg	119.8	0.749	3		1		248.0		
Thiamin....mg	0.145	0.010	3		1		0.300		
Riboflavin....mg	0.078	0.003	3		1		0.161		
Niacin....mg	0.772	0.072	3		1		1.598		
Pantothenic acid....mg	0.672	0.016	3		1		1.391		
Vitamin B-6....mg	0.154	0.005	3		1		0.319		
Folate, total....µg	13	3.631	3		1		26		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	13	3.631	3		1		26		
Folate, DFE....µg	13		0	NC	4		26		
Choline, total....mg	24.5		0	BFSN	4		50.6		
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....µg	2		2		1		3		
Retinol....µg	0		0	Z	7		0		
Carotene, beta....µg	13		0	BNA	4		27		
Carotene, alpha....µg	8		0	BNA	4		16		
Cryptoxanthin, beta....µg	3		0	BNA	4		6		
Vitamin A, IU....IU	31		2		1		64		
Lycopene....µg	0		0	BFSN	4		0		
Lutein + zeaxanthin....µg	34		0	BFSN	4		70		
Vitamin E (alpha-tocopherol)....mg	0.14		0	BFSN	4		0.29		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....µg	0.1		0	BFSN	4		0.1		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 09125

Grapefruit juice, white, frozen concentrate, unsweetened, undiluted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.064		0		1		0.132		
4:0....g	0.000		0		1		0.000		
6:0....g	0.000		0		1		0.000		
8:0....g	0.000		0		1		0.000		
10:0....g	0.000		0		1		0.000		
12:0....g	0.001		0		1		0.002		
13:0....g									
14:0....g	0.001		0		1		0.002		
15:0....g									
16:0....g	0.059		0		1		0.122		
17:0....g									
18:0....g	0.002		0		1		0.004		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.063		0		1		0.130		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.007		0		1		0.014		
17:1....g									
18:1 undifferentiated....g	0.056		0		1		0.116		
20:1....g	0.000		0		1		0.000		
22:1 undifferentiated....g	0.000		0		1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.113		0		1		0.234		
18:2 undifferentiated....g	0.089		0		1		0.184		
18:3 undifferentiated....g	0.024		0		1		0.050		
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000		
20:5 n-3 (EPA)....g	0.000		0		1		0.000		
22:5 n-3 (DPA)....g	0.000		0		1		0.000		
22:6 n-3 (DHA)....g	0.000		0		1		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 207g: 1 can (6 fl oz)

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.92

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09128
Grapefruit juice, white, raw

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	90.00		0		1		222.30	27.81	176.40
Energy....kcal	39		0	NC	4		96	12	76
Energy....kJ	163		0		4		403	50	320
Protein (N x 6.25)....g	0.50		0		1		1.24	0.15	0.98
Total lipid (fat)....g	0.10		0		1		0.25	0.03	0.20
Ash....g	0.20		0		1		0.49	0.06	0.39
Carbohydrate, by difference....g	9.20		0	NC	4		22.72	2.84	18.03
Fiber, total dietary....g	0.1		0		4		0.2	0.0	0.2
Sugars, total....g	9.10		0	O	4		22.48	2.81	17.84
Starch....g									
Minerals:									
Calcium, Ca....mg	9		0		1		22	3	18
Iron, Fe....mg	0.20		0		1		0.49	0.06	0.39
Magnesium, Mg....mg	12		0		1		30	4	24
Phosphorus, P....mg	15		0		1		37	5	29
Potassium, K....mg	162		0		1		400	50	318
Sodium, Na....mg	1		0		1		2	0	2
Zinc, Zn....mg	0.05		0		1		0.12	0.02	0.10
Copper, Cu....mg	0.033		0		1		0.082	0.010	0.065
Manganese, Mn....mg	0.020		0		1		0.049	0.006	0.039
Selenium, Se....µg	0.1		0	BFZN	4		0.2	0.0	0.2
Vitamins:									
Vitamin C, total ascorbic acid....mg	38.0		0		1		93.9	11.7	74.5
Thiamin....mg	0.040		0		1		0.099	0.012	0.078
Riboflavin....mg	0.020		0		1		0.049	0.006	0.039
Niacin....mg	0.200		0		1		0.494	0.062	0.392
Pantothenic acid....mg	0.189		0		4		0.467	0.058	0.370
Vitamin B-6....mg	0.044		0		4		0.109	0.014	0.086
Folate, total....µg	10		0		4		25	3	20
Folic acid....µg	0		0	Z	7		0	0	0
Folate, food....µg	10		0		4		25	3	20
Folate, DFE....µg	10		0	NC	4		25	3	20
Choline, total....mg	7.7		0	BFZN	4		19.0	2.4	15.1
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....µg	1		0	NC	4		1	0	1
Retinol....µg	0		0	Z	7		0	0	0
Carotene, beta....µg	4		0	BNA	4		11	1	8
Carotene, alpha....µg	2		0	BNA	4		6	1	5
Cryptoxanthin, beta....µg	1		0	BNA	4		2	0	2
Vitamin A, IU....IU	10		0		1		25	3	20
Lycopene....µg	0		0	BFZN	4		0	0	0
Lutein + zeaxanthin....µg	10		0	BFZN	4		23	3	19
Vitamin E (alpha-tocopherol)....mg	0.22		1	A	1		0.54	0.07	0.43
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg	0.00		1	A	1		0.00	0.00	0.00
Tocopherol, gamma....mg	0.00		1	A	1		0.00	0.00	0.00
Tocopherol, delta....mg	0.00		1	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	0.0		0	BFZN	4		0.0	0.0	0.0
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 09128
Grapefruit juice, white, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.014		2		1		0.035	0.004	0.027
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.000		0		1		0.000	0.000	0.000
10:0....g	0.000		0		1		0.000	0.000	0.000
12:0....g	0.000		0		1		0.000	0.000	0.000
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	0.000
15:0....g									
16:0....g	0.012		2		1		0.030	0.004	0.024
17:0....g									
18:0....g	0.001		2		1		0.002	0.000	0.002
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.013		2		1		0.032	0.004	0.025
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		2		1		0.002	0.000	0.002
17:1....g									
18:1 undifferentiated....g	0.012		2		1		0.030	0.004	0.024
20:1....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.024		2		1		0.059	0.007	0.047
18:2 undifferentiated....g	0.019		2		1		0.047	0.006	0.037
18:3 undifferentiated....g	0.005		2		1		0.012	0.002	0.010
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	0
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 247g: 1 cup

Measure 2 = 30.9g: 1 fl oz

Measure 3 = 196g: 1 fruit yields

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.92

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09111

Grapefruit, raw, pink and red and white, all areas

Citrus paradisi

Refuse: 50% Peel, seeds, core, and membrane

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	90.89	0.048	56		1		209.05	150.88	116.34
Energy ... kcal	32		0	NC	4		74	53	41
Energy ... kJ	134		0		4		308	222	171
Protein (N x 6.25) ... g	0.63	0.009	51		1		1.45	1.05	0.81
Total lipid (fat) ... g	0.10		0		1		0.23	0.17	0.13
Ash ... g	0.31	0.005	49		1		0.71	0.51	0.40
Carbohydrate, by difference ... g	8.08		0	NC	4		18.58	13.41	10.34
Fiber, total dietary ... g	1.1		0		1		2.5	1.8	1.4
Sugars, total ... g	6.98		0	O	4		16.05	11.59	8.93
Starch ... g									
Minerals:									
Calcium, Ca ... mg	12	0.265	49		1		28	20	15
Iron, Fe ... mg	0.09	0.004	35		1		0.21	0.15	0.12
Magnesium, Mg ... mg	8	0.313	97		1		18	13	10
Phosphorus, P ... mg	8	0.376	50		1		18	13	10
Potassium, K ... mg	139	2.089	73		1		320	231	178
Sodium, Na ... mg	0	0.028	36		1		0	0	0
Zinc, Zn ... mg	0.07		1		1		0.16	0.12	0.09
Copper, Cu ... mg	0.047	0.002	49		1		0.108	0.078	0.060
Manganese, Mn ... mg	0.012	0.001	48		1		0.028	0.020	0.015
Selenium, Se ... µg	0.3		0	RA	4		0.7	0.5	0.4
Vitamins:									
Vitamin C, total ascorbic acid ... mg	34.4	0.710	49		1		79.1	57.1	44.0
Thiamin ... mg	0.036	0.001	49		1		0.083	0.060	0.046
Riboflavin ... mg	0.020		0		1		0.046	0.033	0.026
Niacin ... mg	0.250	0.007	49		1		0.575	0.415	0.320
Pantothenic acid ... mg	0.283		0		1		0.651	0.470	0.362
Vitamin B-6 ... mg	0.042	0.002	33		1		0.097	0.070	0.054
Folate, total ... µg	10	0.753	52		1		23	17	13
Folic acid ... µg	0		0	Z	7		0	0	0
Folate, food ... µg	10	0.753	52		1		23	17	13
Folate, DFE ... µg	10		0	NC	4		23	17	13
Choline, total ... mg	7.7		0	BFZN	4		17.7	12.8	9.8
Betaine ... mg									
Vitamin B-12 ... µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added ... µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE ... µg	46		0	RA	4		107	77	59
Retinol ... µg	0		0	Z	7		0	0	0
Carotene, beta ... µg	552		0	RA	4		1269	916	706
Carotene, alpha ... µg	4		0	RA	4		8	6	5
Cryptoxanthin, beta ... µg	6		0	RA	4		13	9	7
Vitamin A, IU ... IU	927		0	RA	4		2132	1539	1186
Lycopene ... µg	1135		0	RA	4		2611	1884	1453
Lutein + zeaxanthin ... µg	6		0	RA	4		14	10	8
Vitamin E (alpha-tocopherol) ... mg	0.13		0	RA	4		0.31	0.22	0.17
Vitamin E, added ... mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol) ... µg									
Vitamin D3 (cholecalciferol) ... µg									
Vitamin D ... IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone) ... µg	0.0		0	RA	4		0.0	0.0	0.0
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									

NDB No. 09111

Grapefruit, raw, pink and red and white, all areas

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.014		0		1		0.032	0.023	0.018
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.000		0		1		0.000	0.000	0.000
10:0....g	0.000		0		1		0.000	0.000	0.000
12:0....g	0.000		0		1		0.000	0.000	0.000
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	0.000
15:0....g									
16:0....g	0.012		0		1		0.028	0.020	0.015
17:0....g									
18:0....g	0.001		0		1		0.002	0.002	0.001
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.013		0		1		0.030	0.022	0.017
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1		0.002	0.002	0.001
17:1....g									
18:1 undifferentiated....g	0.012		0		1		0.028	0.020	0.015
20:1....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.024		0		1		0.055	0.040	0.031
18:2 undifferentiated....g	0.019		0		1		0.044	0.032	0.024
18:3 undifferentiated....g	0.005		0		1		0.012	0.008	0.006
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.006		0	A	1		0.015	0.011	0.008
Threonine....g	0.011		0	A	1		0.025	0.018	0.014
Isoleucine....g	0.007		0	A	1		0.015	0.011	0.008
Leucine....g	0.012		0	A	1		0.027	0.020	0.015
Lysine....g	0.016		0	A	1		0.036	0.026	0.020
Methionine....g	0.006		0	A	1		0.014	0.010	0.008
Cystine....g	0.006		0	A	1		0.015	0.011	0.008
Phenylalanine....g	0.038		0	A	1		0.086	0.062	0.048
Tyrosine....g	0.006		0	A	1		0.015	0.011	0.008
Valine....g	0.012		0	A	1		0.028	0.020	0.016
Arginine....g	0.070		0	A	1		0.162	0.117	0.090
Histidine....g	0.006		0	A	1		0.015	0.011	0.008
Alanine....g	0.020		0	A	1		0.045	0.033	0.025
Aspartic acid....g	0.111		0	A	1		0.256	0.185	0.143
Glutamic acid....g	0.160		0	A	1		0.368	0.266	0.205
Glycine....g	0.012		0	A	1		0.028	0.020	0.015
Proline....g	0.051		0	A	1		0.118	0.085	0.066
Serine....g	0.022		0	A	1		0.052	0.037	0.029
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 09111
Grapefruit, raw, pink and red and white, all areas

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 230g: 1 cup sections, with juice

Measure 2 = 166g: .5 large (approx 4-1/2" dia)

Measure 3 = 128g: .5 medium (approx 4" dia)

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09113

Grapefruit, raw, pink and red, California and Arizona

Citrus paradisi

Refuse: 49% Peel, seeds, core, and membrane

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	89.31	0.330	6		1		205.41	109.85	
Energy....kcal	37		0	NC	4		85	46	
Energy....kJ	155		0		4		356	190	
Protein (N x 6.25)....g	0.50		0		1		1.15	0.62	
Total lipid (fat)....g	0.10		0		1		0.23	0.12	
Ash....g	0.40		0		1		0.92	0.49	
Carbohydrate, by difference....g	9.69		0	NC	4		22.29	11.92	
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	11	0.437	22		1		25	14	
Iron, Fe....mg	0.08		0		1		0.18	0.10	
Magnesium, Mg....mg	9	0.229	22		1		21	11	
Phosphorus, P....mg	12		0		1		28	15	
Potassium, K....mg	147	2.626	22		1		338	181	
Sodium, Na....mg	1	0.101	9		1		2	1	
Zinc, Zn....mg	0.07		0		1		0.16	0.09	
Copper, Cu....mg	0.032		0		1		0.074	0.039	
Manganese, Mn....mg	0.020		0		1		0.046	0.025	
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	38.1	1.084	22		1		87.6	46.9	
Thiamin....mg	0.034	0.001	22		1		0.078	0.042	
Riboflavin....mg	0.020		0		1		0.046	0.025	
Niacin....mg	0.191	0.008	22		1		0.439	0.235	
Pantothenic acid....mg	0.283		0		1		0.651	0.348	
Vitamin B-6....mg	0.042	0.004	14		1		0.097	0.052	
Folate, total....µg	12	0.780	22		1		28	15	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	12	0.780	22		1		28	15	
Folate, DFE....µg	12		0	NC	4		28	15	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	13		0		1		30	16	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	259		0		1		596	319	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.014		0		1		0.032	0.017	
4:0....g									

NDB No. 09113
Grapefruit, raw, pink and red, California and Arizona

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g									
15:0....g									
16:0....g	0.012		0		1		0.028	0.015	
17:0....g									
18:0....g	0.001		0		1		0.002	0.001	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.013		0		1		0.030	0.016	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1		0.002	0.001	
17:1....g									
18:1 undifferentiated....g	0.012		0		1		0.028	0.015	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.024		0		1		0.055	0.030	
18:2 undifferentiated....g	0.019		0		1		0.044	0.023	
18:3 undifferentiated....g	0.005		0		1		0.012	0.006	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.005		0		1		0.012	0.006	
Threonine....g	0.009		0		1		0.020	0.011	
Isoleucine....g	0.005		0		1		0.012	0.006	
Leucine....g	0.009		0		1		0.022	0.012	
Lysine....g	0.012		0		1		0.029	0.015	
Methionine....g	0.005		0		1		0.011	0.006	
Cystine....g	0.005		0		1		0.012	0.006	
Phenylalanine....g	0.030		0		1		0.069	0.037	
Tyrosine....g	0.005		0		1		0.012	0.006	
Valine....g	0.010		0		1		0.023	0.012	
Arginine....g	0.056		0		1		0.130	0.069	
Histidine....g	0.005		0		1		0.012	0.006	
Alanine....g	0.016		0		1		0.036	0.019	
Aspartic acid....g	0.089		0		1		0.205	0.110	
Glutamic acid....g	0.128		0		1		0.294	0.157	
Glycine....g	0.010		0		1		0.022	0.012	
Proline....g	0.041		0		1		0.094	0.050	
Serine....g	0.018		0		1		0.041	0.022	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 230g: 1 cup sections, with juice

NDB No. 09113

Grapefruit, raw, pink and red, California and Arizona

Measure 2 = 123g: .5 fruit (3-3/4" dia)

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09114

Grapefruit, raw, pink and red, Florida

Citrus paradisi

Refuse: 49% Peel, seeds, core, and membrane

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	91.56	0.057	16		1		210.59	112.62	
Energy....kcal	30		0	NC	4		69	37	
Energy....kJ	126				4		289	154	
Protein (N x 6.25)....g	0.55	0.011	16		1		1.27	0.68	
Total lipid (fat)....g	0.10		0		1		0.23	0.12	
Ash....g	0.29	0.005	16		1		0.67	0.36	
Carbohydrate, by difference....g	7.50		0	NC	4		17.25	9.23	
Fiber, total dietary....g	1.1		0		4		2.5	1.4	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	15		0		1		35	18	
Iron, Fe....mg	0.12	0.009	3		1		0.28	0.15	
Magnesium, Mg....mg	8	0.625	16		1		18	10	
Phosphorus, P....mg	9	0.725	16		1		21	11	
Potassium, K....mg	127	4.243	8		1		292	156	
Sodium, Na....mg	0	0.052	8		1		0	0	
Zinc, Zn....mg	0.07		0		1		0.16	0.09	
Copper, Cu....mg	0.044	0.003	16		1		0.101	0.054	
Manganese, Mn....mg	0.010	0.001	16		1		0.023	0.012	
Selenium, Se....µg	1.4	0.315	5	A	1		3.2	1.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	37.0		0		1		85.1	45.5	
Thiamin....mg	0.040		0		1		0.092	0.049	
Riboflavin....mg	0.020		0		1		0.046	0.025	
Niacin....mg	0.200		0		1		0.460	0.246	
Pantothenic acid....mg	0.283		0		1		0.651	0.348	
Vitamin B-6....mg	0.042		0		1		0.097	0.052	
Folate, total....µg	9		0		1		22	12	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	9		0		1		22	12	
Folate, DFE....µg	9		0	NC	4		22	12	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	13	3.913	6		1		30	16	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	259	78.263	6		1		596	319	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.014		0		1		0.032	0.017	
4:0....g	0.000		0		1		0.000	0.000	

NDB No. 09114
Grapefruit, raw, pink and red, Florida

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	
15:0....g									
16:0....g	0.012		0		1		0.028	0.015	
17:0....g									
18:0....g	0.001		0		1		0.002	0.001	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.013		0		1		0.030	0.016	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1		0.002	0.001	
17:1....g									
18:1 undifferentiated....g	0.012		0		1		0.028	0.015	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.024		0		1		0.055	0.030	
18:2 undifferentiated....g	0.019		0		1		0.044	0.023	
18:3 undifferentiated....g	0.005		0		1		0.012	0.006	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.006		0	A	1		0.013	0.007	
Threonine....g	0.009		0	A	1		0.022	0.012	
Isoleucine....g	0.006		0	A	1		0.013	0.007	
Leucine....g	0.010		0	A	1		0.024	0.013	
Lysine....g	0.014		0	A	1		0.032	0.017	
Methionine....g	0.005		0	A	1		0.012	0.006	
Cystine....g	0.006		0	A	1		0.013	0.007	
Phenylalanine....g	0.033		0	A	1		0.076	0.041	
Tyrosine....g	0.006		0	A	1		0.013	0.007	
Valine....g	0.011		0	A	1		0.025	0.013	
Arginine....g	0.062		0	A	1		0.143	0.076	
Histidine....g	0.006		0	A	1		0.013	0.007	
Alanine....g	0.017		0	A	1		0.040	0.021	
Aspartic acid....g	0.098		0	A	1		0.226	0.121	
Glutamic acid....g	0.141		0	A	1		0.324	0.173	
Glycine....g	0.011		0	A	1		0.024	0.013	
Proline....g	0.045		0	A	1		0.104	0.055	
Serine....g	0.020		0	A	1		0.045	0.024	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 09114

Grapefruit, raw, pink and red, Florida

Common Measures:

Measure 1 = 230g: 1 cup sections, with juice

Measure 2 = 123g: .5 fruit (3-3/4" dia)

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09112

Grapefruit, raw, pink and red, all areas

Citrus paradisi

Refuse: 49% Peel, seeds, core, and membrane

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	88.06	0.761	9	A	1		202.55	108.32	135.62
Energy ... kcal	42		0	NC	4		97	52	65
Energy ... kJ	176		0	NC	4		406	217	272
Protein (N x 6.25) ... g	0.77	0.032	8	A	1		1.77	0.95	1.19
Total lipid (fat) ... g	0.14	0.031	8	A	1		0.33	0.18	0.22
Ash ... g	0.36	0.008	8	A	1		0.82	0.44	0.55
Carbohydrate, by difference ... g	10.66		0	NC	4		24.53	13.12	16.42
Fiber, total dietary ... g	1.6	0.242	5	A	1		3.8	2.0	2.5
Sugars, total ... g	6.89	0.369	8	A	1		15.84	8.47	10.61
Sucrose ... g	3.51	0.176	8	A	1		8.07	4.32	5.41
Glucose (dextrose) ... g	1.61	0.157	8	A	1		3.71	1.98	2.48
Fructose ... g	1.77	0.080	8	A	1		4.07	2.17	2.72
Lactose ... g	0.00	0.000	8	A	1		0.00	0.00	0.00
Maltose ... g	0.00	0.000	8	A	1		0.00	0.00	0.00
Galactose ... g	0.00	0.000	8	A	1		0.00	0.00	0.00
Starch ... g	0.00	0.000	4	A	1		0.00	0.00	0.00
Minerals:									
Calcium, Ca ... mg	22	4.428	9	A	1		51	27	34
Iron, Fe ... mg	0.08	0.017	5	A	1		0.18	0.09	0.12
Magnesium, Mg ... mg	9	0.289	9	A	1		20	11	13
Phosphorus, P ... mg	18	0.660	8	A	1		42	22	28
Potassium, K ... mg	135	13.613	9	A	1		312	167	209
Sodium, Na ... mg	0	0.049	17		1		0	0	0
Zinc, Zn ... mg	0.07	0.014	9	A	1		0.16	0.08	0.11
Copper, Cu ... mg	0.032	0.005	5	A	1		0.074	0.039	0.049
Manganese, Mn ... mg	0.022	0.005	9	A	1		0.051	0.027	0.034
Selenium, Se ... µg	0.1	0.015	4	A	1		0.1	0.1	0.1
Vitamins:									
Vitamin C, total ascorbic acid ... mg	31.2	1.379	8	A	1		71.7	38.3	48.0
Thiamin ... mg	0.043	0.002	8	A	1		0.100	0.053	0.067
Riboflavin ... mg	0.031	0.002	8	A	1		0.072	0.039	0.048
Niacin ... mg	0.204	0.018	8	A	1		0.469	0.251	0.314
Pantothenic acid ... mg	0.262	0.017	8	A	1		0.602	0.322	0.403
Vitamin B-6 ... mg	0.053	0.006	8	A	1		0.121	0.065	0.081
Folate, total ... µg	13	0.457	8	A	1		30	16	20
Folic acid ... µg	0		0	Z	7		0	0	0
Folate, food ... µg	13	0.457	8	A	1		30	16	20
Folate, DFE ... µg	13		0	NC	4		30	16	20
Choline, total ... mg	7.7		0	AS	1		17.7	9.5	11.8
Betaine ... mg	0.1		1	A	1		0.3	0.1	0.2
Vitamin B-12 ... µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added ... µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE ... µg	58		0	AS	1		132	71	89
Retinol ... µg	0		0	Z	7		0	0	0
Carotene, beta ... µg	686	245.802	91	A	1		1578	844	1056
Carotene, alpha ... µg	3	2.338	74	A	1		6	3	4
Cryptoxanthin, beta ... µg	6	4.900	73	A	1		14	8	9
Vitamin A, IU ... IU	1150		0	AS	1		2646	1415	1772
Lycopene ... µg	1419	525.256	23	A	1		3264	1745	2185
Lutein + zeaxanthin ... µg	5	5.000	8	A	1		12	6	8
Vitamin E (alpha-tocopherol) ... mg	0.13	0.016	8	A	1		0.31	0.16	0.21
Vitamin E, added ... mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta ... mg	0.00	0.000	8	A	1		0.00	0.00	0.00
Tocopherol, gamma ... mg	0.00	0.002	8	A	1		0.00	0.00	0.00
Tocopherol, delta ... mg	0.00	0.000	8	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3) ... µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol) ... µg									

NDB No. 09112
Grapefruit, raw, pink and red, all areas

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone).....µg	0.0	0.000	7	A	1		0.0	0.0	0.0
Dihydrophylloquinone.....µg	0.0	0.000	7	A	1		0.0	0.0	0.0
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.021		0		1		0.049	0.026	0.033
4:0.....g	0.000		0	Z	7		0.000	0.000	0.000
6:0.....g	0.000		0	Z	7		0.000	0.000	0.000
8:0.....g	0.000		0	Z	7		0.000	0.000	0.000
10:0.....g	0.000		0	Z	7		0.000	0.000	0.000
12:0.....g	0.000		0	Z	7		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		0	Z	7		0.000	0.000	0.000
15:0.....g									
16:0.....g	0.018		0		1		0.042	0.022	0.028
17:0.....g									
18:0.....g	0.002		0		1		0.003	0.002	0.002
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.020		0		1		0.045	0.024	0.030
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0		1		0.003	0.002	0.002
17:1.....g									
18:1 undifferentiated.....g	0.018		0		1		0.042	0.022	0.028
20:1.....g	0.000		0	Z	7		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.036		0		1		0.084	0.045	0.056
18:2 undifferentiated.....g	0.029		0		1		0.066	0.035	0.044
18:3 undifferentiated.....g	0.008		0		1		0.017	0.009	0.012
18:4.....g	0.000		0	Z	7		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0	Z	7		0.000	0.000	0.000
22:5 n-3 (DPA).....g	0.000		0	Z	7		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0	Z	7		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.008		0	A	1		0.018	0.010	0.012
Threonine.....g	0.013		0	A	1		0.030	0.016	0.020
Isoleucine.....g	0.008		0	A	1		0.019	0.010	0.012
Leucine.....g	0.015		0	A	1		0.033	0.018	0.022
Lysine.....g	0.019		0	A	1		0.044	0.024	0.030
Methionine.....g	0.007		0	A	1		0.017	0.009	0.011
Cystine.....g	0.008		0	A	1		0.018	0.010	0.012
Phenylalanine.....g	0.013		0	A	1		0.029	0.016	0.019
Tyrosine.....g	0.008		0	A	1		0.018	0.010	0.012
Valine.....g	0.015		0	A	1		0.035	0.019	0.023
Arginine.....g	0.087		0	A	1		0.200	0.107	0.134
Histidine.....g	0.008		0	A	1		0.018	0.010	0.012
Alanine.....g	0.024		0	A	1		0.056	0.030	0.037
Aspartic acid.....g	0.138		0	A	1		0.316	0.169	0.212
Glutamic acid.....g	0.197		0	A	1		0.454	0.243	0.304
Glycine.....g	0.015		0	A	1		0.034	0.018	0.023
Proline.....g	0.063		0	A	1		0.145	0.078	0.097
Serine.....g	0.028		0	A	1		0.064	0.034	0.043
Hydroxyproline.....g									

NDB No. 09112
Grapefruit, raw, pink and red, all areas

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 230g: 1 cup sections, with juice

Measure 2 = 123g: .5 fruit (3-3/4" dia)

Measure 3 = 154g: 1 NLEA serving

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09117

Grapefruit, raw, white, California

Citrus paradisi

Refuse: 51% Peel, seeds, core, and membrane

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	89.58	0.265	18		1		206.03	105.70	
Energy....kcal	37		0	NC	4		85	44	
Energy....kJ	155				4		356	183	
Protein (N x 6.25)....g	0.88	0.024	19		1		2.02	1.04	
Total lipid (fat)....g	0.10		0		1		0.23	0.12	
Ash....g	0.35	0.010	17		1		0.81	0.41	
Carbohydrate, by difference....g	9.09		0	NC	4		20.91	10.73	
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	12	0.320	27		1		28	14	
Iron, Fe....mg	0.08	0.010	16		1		0.18	0.09	
Magnesium, Mg....mg	9	0.328	43		1		21	11	
Phosphorus, P....mg	12	0.784	18		1		28	14	
Potassium, K....mg	143	2.954	35		1		329	169	
Sodium, Na....mg	0	0.047	11		1		0	0	
Zinc, Zn....mg	0.07		1		1		0.16	0.08	
Copper, Cu....mg	0.032	0.003	17		1		0.074	0.038	
Manganese, Mn....mg	0.020	0.003	16		1		0.046	0.024	
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	33.3	0.867	27		1		76.6	39.3	
Thiamin....mg	0.037	0.002	27		1		0.085	0.044	
Riboflavin....mg	0.020		0		1		0.046	0.024	
Niacin....mg	0.269	0.009	27		1		0.619	0.317	
Pantothenic acid....mg	0.283		0		1		0.651	0.334	
Vitamin B-6....mg	0.043	0.002	19		1		0.099	0.051	
Folate, total....µg	12	0.494	27		1		27	14	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	12	0.494	27		1		27	14	
Folate, DFE....µg	12		0	NC	4		27	14	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	0		0	AS	1		0	0	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	10		0		1		23	12	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.014		0		1		0.032	0.017	
4:0....g									

NDB No. 09117
Grapefruit, raw, white, California

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g									
15:0....g									
16:0....g	0.012		0		1		0.028	0.014	
17:0....g									
18:0....g	0.001		0		1		0.002	0.001	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.013		0		1		0.030	0.015	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1		0.002	0.001	
17:1....g									
18:1 undifferentiated....g	0.012		0		1		0.028	0.014	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.024		0		1		0.055	0.028	
18:2 undifferentiated....g	0.019		0		1		0.044	0.022	
18:3 undifferentiated....g	0.005		0		1		0.012	0.006	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.009		0	A	1		0.021	0.011	
Threonine....g	0.015		0	A	1		0.035	0.018	
Isoleucine....g	0.009		0	A	1		0.021	0.011	
Leucine....g	0.017		0	A	1		0.038	0.020	
Lysine....g	0.022		0	A	1		0.050	0.026	
Methionine....g	0.008		0	A	1		0.019	0.010	
Cystine....g	0.009		0	A	1		0.021	0.011	
Phenylalanine....g	0.053		0	A	1		0.122	0.062	
Tyrosine....g	0.009		0	A	1		0.021	0.011	
Valine....g	0.017		0	A	1		0.040	0.020	
Arginine....g	0.099		0	A	1		0.228	0.117	
Histidine....g	0.009		0	A	1		0.021	0.011	
Alanine....g	0.028		0	A	1		0.064	0.033	
Aspartic acid....g	0.157		0	A	1		0.361	0.185	
Glutamic acid....g	0.225		0	A	1		0.518	0.266	
Glycine....g	0.017		0	A	1		0.039	0.020	
Proline....g	0.072		0	A	1		0.166	0.085	
Serine....g	0.032		0	A	1		0.073	0.037	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 230g: 1 cup sections, with juice

NDB No. 09117
Grapefruit, raw, white, California

Measure 2 = 118g: .5 fruit (3-3/4" dia)

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09118

Grapefruit, raw, white, Florida

Citrus paradisi

Refuse: 51% Peel, seeds, core, and membrane

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	90.76	0.045	16		1		208.75	107.10	
Energy....kcal	32		0	NC	4		74	38	
Energy....kJ	134				4		308	158	
Protein (N x 6.25)....g	0.63	0.017	16		1		1.45	0.74	
Total lipid (fat)....g	0.10		0		1		0.23	0.12	
Ash....g	0.32	0.010	16		1		0.74	0.38	
Carbohydrate, by difference....g	8.19		0	NC	4		18.84	9.66	
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	15		0		1		35	18	
Iron, Fe....mg	0.05	0.004	16		1		0.12	0.06	
Magnesium, Mg....mg	9	0.400	16		1		21	11	
Phosphorus, P....mg	7	0.400	16		1		16	8	
Potassium, K....mg	150	2.475	8		1		345	177	
Sodium, Na....mg	0	0.039	8		1		0	0	
Zinc, Zn....mg	0.07		0		1		0.16	0.08	
Copper, Cu....mg	0.056	0.004	16		1		0.129	0.066	
Manganese, Mn....mg	0.011	0.001	16		1		0.025	0.013	
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	37.0		0		1		85.1	43.7	
Thiamin....mg	0.040		0		1		0.092	0.047	
Riboflavin....mg	0.020		0		1		0.046	0.024	
Niacin....mg	0.200		0		1		0.460	0.236	
Pantothenic acid....mg	0.283		0		1		0.651	0.334	
Vitamin B-6....mg	0.043		0		1		0.099	0.051	
Folate, total....µg	9	1.051	3		1		22	11	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	9	1.051	3		1		22	11	
Folate, DFE....µg	9		0	NC	4		22	11	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	0		0	AS	1		0	0	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	10		0		1		23	12	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.014		0		1		0.032	0.017	
4:0....g									

NDB No. 09118
Grapefruit, raw, white, Florida

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g									
15:0....g									
16:0....g	0.012		0		1		0.028	0.014	
17:0....g									
18:0....g	0.001		0		1		0.002	0.001	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.013		0		1		0.030	0.015	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1		0.002	0.001	
17:1....g									
18:1 undifferentiated....g	0.012		0		1		0.028	0.014	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.024		0		1		0.055	0.028	
18:2 undifferentiated....g	0.019		0		1		0.044	0.022	
18:3 undifferentiated....g	0.005		0		1		0.012	0.006	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.006		0	A	1		0.015	0.008	
Threonine....g	0.011		0	A	1		0.025	0.013	
Isoleucine....g	0.007		0	A	1		0.015	0.008	
Leucine....g	0.012		0	A	1		0.027	0.014	
Lysine....g	0.016		0	A	1		0.036	0.018	
Methionine....g	0.006		0	A	1		0.014	0.007	
Cystine....g	0.006		0	A	1		0.015	0.008	
Phenylalanine....g	0.038		0	A	1		0.086	0.044	
Tyrosine....g	0.006		0	A	1		0.015	0.008	
Valine....g	0.012		0	A	1		0.028	0.015	
Arginine....g	0.070		0	A	1		0.162	0.083	
Histidine....g	0.006		0	A	1		0.015	0.008	
Alanine....g	0.020		0	A	1		0.045	0.023	
Aspartic acid....g	0.111		0	A	1		0.256	0.132	
Glutamic acid....g	0.160		0	A	1		0.368	0.189	
Glycine....g	0.012		0	A	1		0.028	0.014	
Proline....g	0.051		0	A	1		0.118	0.060	
Serine....g	0.022		0	A	1		0.052	0.026	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 230g: 1 cup sections, with juice

NDB No. 09118
Grapefruit, raw, white, Florida

Measure 2 = 118g: .5 fruit (3-3/4" dia)

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09116
Grapefruit, raw, white, all areas
Citrus paradisi

Refuse: 51% Peel, seeds, core, and membrane

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	90.48	0.072	34		1		208.10	106.77	
Energy....kcal	33		0	NC	4		76	39	
Energy....kJ	138		0		4		318	163	
Protein (N x 6.25)....g	0.69	0.014	35		1		1.59	0.81	
Total lipid (fat)....g	0.10		0		1		0.23	0.12	
Ash....g	0.33	0.008	33		1		0.76	0.39	
Carbohydrate, by difference....g	8.41		0	NC	4		19.34	9.92	
Fiber, total dietary....g	1.1		0		4		2.5	1.3	
Sugars, total....g	7.31		0	O	4		16.81	8.63	
Starch....g									
Minerals:									
Calcium, Ca....mg	12	0.320	27		1		28	14	
Iron, Fe....mg	0.06	0.004	32		1		0.14	0.07	
Magnesium, Mg....mg	9	0.314	59		1		21	11	
Phosphorus, P....mg	8	0.358	34		1		18	9	
Potassium, K....mg	148	2.010	43		1		340	175	
Sodium, Na....mg	0	0.032	19		1		0	0	
Zinc, Zn....mg	0.07		1		1		0.16	0.08	
Copper, Cu....mg	0.050	0.003	33		1		0.115	0.059	
Manganese, Mn....mg	0.013	0.001	32		1		0.030	0.015	
Selenium, Se....µg	1.4	0.315	5	A	1		3.2	1.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	33.3	0.867	27		1		76.6	39.3	
Thiamin....mg	0.037	0.002	27		1		0.085	0.044	
Riboflavin....mg	0.020		0		1		0.046	0.024	
Niacin....mg	0.269	0.009	27		1		0.619	0.317	
Pantothenic acid....mg	0.283		0		1		0.651	0.334	
Vitamin B-6....mg	0.043	0.002	19		1		0.099	0.051	
Folate, total....µg	10	0.807	30		1		23	12	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	10	0.807	30		1		23	12	
Folate, DFE....µg	10		0	NC	4		23	12	
Choline, total....mg	7.7		0	BFZN	4		17.7	9.1	
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	2		0	AS	1		4	2	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg	14		3	A	1		32	17	
Carotene, alpha....µg	8		3	A	1		18	9	
Cryptoxanthin, beta....µg	3		1	A	1		8	4	
Vitamin A, IU....IU	33		0	AS	1		75	39	
Lycopene....µg	0		1	A	1		0	0	
Lutein + zeaxanthin....µg	10		1	A	1		22	11	
Vitamin E (alpha-tocopherol)....mg	0.13		0	BFZN	4		0.31	0.16	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	0.0		0	BFZN	4		0.0	0.0	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 09116
Grapefruit, raw, white, all areas

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.014		0		1		0.032	0.017	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	
15:0....g									
16:0....g	0.012		0		1		0.028	0.014	
17:0....g									
18:0....g	0.001		0		1		0.002	0.001	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.013		0		1		0.030	0.015	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1		0.002	0.001	
17:1....g									
18:1 undifferentiated....g	0.012		0		1		0.028	0.014	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.024		0		1		0.055	0.028	
18:2 undifferentiated....g	0.019		0		1		0.044	0.022	
18:3 undifferentiated....g	0.005		0		1		0.012	0.006	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg	17		0		1		39	20	
Amino Acids:									
Tryptophan....g	0.007		0	A	1		0.016	0.008	
Threonine....g	0.012		0	A	1		0.027	0.014	
Isoleucine....g	0.007		0	A	1		0.017	0.008	
Leucine....g	0.013		0	A	1		0.030	0.015	
Lysine....g	0.017		0	A	1		0.039	0.020	
Methionine....g	0.007		0	A	1		0.015	0.008	
Cystine....g	0.007		0	A	1		0.016	0.008	
Phenylalanine....g	0.041		0	A	1		0.095	0.049	
Tyrosine....g	0.007		0	A	1		0.016	0.008	
Valine....g	0.014		0	A	1		0.031	0.016	
Arginine....g	0.078		0	A	1		0.178	0.092	
Histidine....g	0.007		0	A	1		0.016	0.008	
Alanine....g	0.022		0	A	1		0.050	0.026	
Aspartic acid....g	0.123		0	A	1		0.282	0.145	
Glutamic acid....g	0.176		0	A	1		0.405	0.208	
Glycine....g	0.013		0	A	1		0.031	0.016	
Proline....g	0.056		0	A	1		0.130	0.067	
Serine....g	0.025		0	A	1		0.057	0.029	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 09116
Grapefruit, raw, white, all areas

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 230g: 1 cup sections, with juice

Measure 2 = 118g: .5 fruit (3-3/4" dia)

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09120

Grapefruit, sections, canned, juice pack, solids and liquids

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	89.67	0.301	5		1		223.28		
Energy....kcal	37		0	NC	4		92		
Energy....kJ	155		0		4		385		
Protein (N x 6.25)....g	0.70	0.036	13		1		1.74		
Total lipid (fat)....g	0.09	0.016	14		1		0.22		
Ash....g	0.34	0.017	5		1		0.85		
Carbohydrate, by difference....g	9.21		0	NC	4		22.93		
Fiber, total dietary....g	0.4		0		4		1.0		
Sugars, total....g	8.80		0	O	4		21.91		
Starch....g									
Minerals:									
Calcium, Ca....mg	15	0.575	14		1		37		
Iron, Fe....mg	0.21	0.053	5		1		0.52		
Magnesium, Mg....mg	11	0.249	13		1		27		
Phosphorus, P....mg	12	0.737	14		1		30		
Potassium, K....mg	169	7.215	14		1		421		
Sodium, Na....mg	7	0.666	13		1		17		
Zinc, Zn....mg	0.08	0.011	4		1		0.20		
Copper, Cu....mg	0.037	0.004	4		1		0.092		
Manganese, Mn....mg	0.007		0		1		0.017		
Selenium, Se....µg	0.9		0	RA	4		2.2		
Vitamins:									
Vitamin C, total ascorbic acid....mg	33.9	1.761	5		1		84.4		
Thiamin....mg	0.029	0.003	4		1		0.072		
Riboflavin....mg	0.018	0.002	3		1		0.045		
Niacin....mg	0.249		0		4		0.620		
Pantothenic acid....mg	0.120		0		4		0.299		
Vitamin B-6....mg	0.020		0		4		0.050		
Folate, total....µg	9		0		4		22		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	9		0		4		22		
Folate, DFE....µg	9		0	NC	4		22		
Choline, total....mg	5.1		0	BFYN	4		12.8		
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....µg	0		0		1		0		
Retinol....µg	0		0	Z	7		0		
Carotene, beta....µg	0		0	Z	7		0		
Carotene, alpha....µg	0		0	Z	7		0		
Cryptoxanthin, beta....µg	0		0	Z	7		0		
Vitamin A, IU....IU	0		0		1		0		
Lycopene....µg	0		0	Z	7		0		
Lutein + zeaxanthin....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.09		0	BFYN	4		0.22		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....µg	0.0		0	BFYN	4		0.0		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 09120

Grapefruit, sections, canned, juice pack, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.012		0		1		0.030		
4:0....g	0.000		0		1		0.000		
6:0....g	0.000		0		1		0.000		
8:0....g	0.000		0		1		0.000		
10:0....g	0.000		0		1		0.000		
12:0....g	0.000		0		1		0.000		
13:0....g									
14:0....g	0.000		0		1		0.000		
15:0....g									
16:0....g	0.011		0		1		0.027		
17:0....g									
18:0....g	0.001		0		1		0.002		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.012		0		1		0.030		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1		0.002		
17:1....g									
18:1 undifferentiated....g	0.010		0		1		0.025		
20:1....g	0.000		0		1		0.000		
22:1 undifferentiated....g	0.000		0		1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.021		0		1		0.052		
18:2 undifferentiated....g	0.017		0		1		0.042		
18:3 undifferentiated....g	0.004		0		1		0.010		
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000		
20:5 n-3 (EPA)....g	0.000		0		1		0.000		
22:5 n-3 (DPA)....g	0.000		0		1		0.000		
22:6 n-3 (DHA)....g	0.000		0		1		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.007		0	A	1		0.018		
Threonine....g	0.012		0	A	1		0.030		
Isoleucine....g	0.007		0	A	1		0.018		
Leucine....g	0.013		0	A	1		0.033		
Lysine....g	0.017		0	A	1		0.043		
Methionine....g	0.007		0	A	1		0.016		
Cystine....g	0.007		0	A	1		0.018		
Phenylalanine....g	0.042		0	A	1		0.105		
Tyrosine....g	0.007		0	A	1		0.018		
Valine....g	0.014		0	A	1		0.034		
Arginine....g	0.079		0	A	1		0.197		
Histidine....g	0.007		0	A	1		0.018		
Alanine....g	0.022		0	A	1		0.055		
Aspartic acid....g	0.125		0	A	1		0.311		
Glutamic acid....g	0.179		0	A	1		0.446		
Glycine....g	0.014		0	A	1		0.034		
Proline....g	0.057		0	A	1		0.143		
Serine....g	0.025		0	A	1		0.063		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 09120

Grapefruit, sections, canned, juice pack, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 249g: 1 cup

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate**3.7

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09121

Grapefruit, sections, canned, light syrup pack, solids and liquids

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	83.59	0.210	14		1		212.32		
Energy....kcal	60		0	NC	4		152		
Energy....kJ	251		0		4		638		
Protein (N x 6.25)....g	0.56	0.020	14		1		1.42		
Total lipid (fat)....g	0.10	0.000	14		1		0.25		
Ash....g	0.31	0.007	14		1		0.79		
Carbohydrate, by difference....g	15.44		0	NC	4		39.22		
Fiber, total dietary....g	0.4		0		4		1.0		
Sugars, total....g	15.04		0	O	4		38.20		
Starch....g									
Minerals:									
Calcium, Ca....mg	14	1.012	14		1		36		
Iron, Fe....mg	0.40	0.030	14		1		1.02		
Magnesium, Mg....mg	10	0.378	14		1		25		
Phosphorus, P....mg	10	0.257	14		1		25		
Potassium, K....mg	129	2.456	14		1		328		
Sodium, Na....mg	2	0.194	14		1		5		
Zinc, Zn....mg	0.08	0.003	14		1		0.20		
Copper, Cu....mg	0.066	0.005	14		1		0.168		
Manganese, Mn....mg	0.007		0		1		0.018		
Selenium, Se....µg	0.9		0	RA	4		2.3		
Vitamins:									
Vitamin C, total ascorbic acid....mg	21.3	0.549	14		1		54.1		
Thiamin....mg	0.038	0.001	14		1		0.097		
Riboflavin....mg	0.020	0.000	14		1		0.051		
Niacin....mg	0.243	0.014	14		1		0.617		
Pantothenic acid....mg	0.120		0		1		0.305		
Vitamin B-6....mg	0.020		0		1		0.051		
Folate, total....µg	9	2.588	3		1		22		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	9	2.588	3		1		22		
Folate, DFE....µg	9		0	NC	4		22		
Choline, total....mg	5.1		0	BFYN	4		13.1		
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....µg	0		1		1		0		
Retinol....µg	0		0	Z	7		0		
Carotene, beta....µg	0		0	Z	7		0		
Carotene, alpha....µg	0		0	Z	7		0		
Cryptoxanthin, beta....µg	0		0	Z	7		0		
Vitamin A, IU....IU	0		1		1		0		
Lycopene....µg	0		0	Z	7		0		
Lutein + zeaxanthin....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.09		0	BFYN	4		0.23		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....µg	0.0		0	BFYN	4		0.0		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 09121

Grapefruit, sections, canned, light syrup pack, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.014		0		1		0.036		
4:0....g	0.000		0		1		0.000		
6:0....g	0.000		0		1		0.000		
8:0....g	0.000		0		1		0.000		
10:0....g	0.000		0		1		0.000		
12:0....g	0.000		0		1		0.000		
13:0....g									
14:0....g	0.000		0		1		0.000		
15:0....g									
16:0....g	0.012		0		1		0.030		
17:0....g									
18:0....g	0.001		0		1		0.003		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.013		0		1		0.033		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1		0.003		
17:1....g									
18:1 undifferentiated....g	0.012		0		1		0.030		
20:1....g	0.000		0		1		0.000		
22:1 undifferentiated....g	0.000		0		1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.024		0		1		0.061		
18:2 undifferentiated....g	0.019		0		1		0.048		
18:3 undifferentiated....g	0.005		0		1		0.013		
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000		
20:5 n-3 (EPA)....g	0.000		0		1		0.000		
22:5 n-3 (DPA)....g	0.000		0		1		0.000		
22:6 n-3 (DHA)....g	0.000		0		1		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.006		0	A	1		0.015		
Threonine....g	0.010		0	A	1		0.024		
Isoleucine....g	0.006		0	A	1		0.015		
Leucine....g	0.011		0	A	1		0.027		
Lysine....g	0.014		0	A	1		0.036		
Methionine....g	0.005		0	A	1		0.013		
Cystine....g	0.006		0	A	1		0.015		
Phenylalanine....g	0.034		0	A	1		0.085		
Tyrosine....g	0.006		0	A	1		0.015		
Valine....g	0.011		0	A	1		0.028		
Arginine....g	0.063		0	A	1		0.160		
Histidine....g	0.006		0	A	1		0.015		
Alanine....g	0.018		0	A	1		0.045		
Aspartic acid....g	0.100		0	A	1		0.254		
Glutamic acid....g	0.143		0	A	1		0.364		
Glycine....g	0.011		0	A	1		0.027		
Proline....g	0.046		0	A	1		0.117		
Serine....g	0.020		0	A	1		0.051		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 09121

Grapefruit, sections, canned, light syrup pack, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 254g: 1 cup

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate**3.71

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09119

Grapefruit, sections, canned, water pack, solids and liquids

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	89.85		0		1		219.23		
Energy....kcal	36		0	NC	4		88		
Energy....kJ	151		0		4		368		
Protein (N x 6.25)....g	0.58		0		1		1.42		
Total lipid (fat)....g	0.10		0		1		0.24		
Ash....g	0.32		0		1		0.78		
Carbohydrate, by difference....g	9.15		0	NC	4		22.33		
Fiber, total dietary....g	0.4		0		4		1.0		
Sugars, total....g	8.75		0	O	4		21.35		
Starch....g									
Minerals:									
Calcium, Ca....mg	15		0		1		37		
Iron, Fe....mg	0.41		0		1		1.00		
Magnesium, Mg....mg	10		0		1		24		
Phosphorus, P....mg	10		0		1		24		
Potassium, K....mg	132		0		1		322		
Sodium, Na....mg	2		0		1		5		
Zinc, Zn....mg	0.09		0		1		0.22		
Copper, Cu....mg	0.067		0		1		0.163		
Manganese, Mn....mg	0.007		0		1		0.017		
Selenium, Se....µg	0.9		0	RA	4		2.2		
Vitamins:									
Vitamin C, total ascorbic acid....mg	21.8		0		1		53.2		
Thiamin....mg	0.039		0		1		0.095		
Riboflavin....mg	0.021		0		1		0.051		
Niacin....mg	0.249		0		1		0.608		
Pantothenic acid....mg	0.120		0		1		0.293		
Vitamin B-6....mg	0.020		0		1		0.049		
Folate, total....µg	9		0		1		21		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	9		0		1		21		
Folate, DFE....µg	9		0	NC	4		21		
Choline, total....mg	5.1		0	BFYN	4		12.6		
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....µg	0		0		1		0		
Retinol....µg	0		0	Z	7		0		
Carotene, beta....µg	0		0	Z	7		0		
Carotene, alpha....µg	0		0	Z	7		0		
Cryptoxanthin, beta....µg	0		0	Z	7		0		
Vitamin A, IU....IU	0		0		1		0		
Lycopene....µg	0		0	Z	7		0		
Lutein + zeaxanthin....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.09		0	BFYN	4		0.22		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....µg	0.0		0	BFYN	4		0.0		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 09119

Grapefruit, sections, canned, water pack, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.014		0		1		0.034		
4:0....g	0.000		0		1		0.000		
6:0....g	0.000		0		1		0.000		
8:0....g	0.000		0		1		0.000		
10:0....g	0.000		0		1		0.000		
12:0....g	0.000		0		1		0.000		
13:0....g									
14:0....g	0.000		0		1		0.000		
15:0....g									
16:0....g	0.013		0		1		0.032		
17:0....g									
18:0....g	0.001		0		1		0.002		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.014		0		1		0.034		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1		0.002		
17:1....g									
18:1 undifferentiated....g	0.012		0		1		0.029		
20:1....g	0.000		0		1		0.000		
22:1 undifferentiated....g	0.000		0		1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.024		0		1		0.059		
18:2 undifferentiated....g	0.019		0		1		0.046		
18:3 undifferentiated....g	0.005		0		1		0.012		
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000		
20:5 n-3 (EPA)....g	0.000		0		1		0.000		
22:5 n-3 (DPA)....g	0.000		0		1		0.000		
22:6 n-3 (DHA)....g	0.000		0		1		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.006		0	A	1		0.015		
Threonine....g	0.010		0	A	1		0.024		
Isoleucine....g	0.006		0	A	1		0.015		
Leucine....g	0.011		0	A	1		0.027		
Lysine....g	0.014		0	A	1		0.035		
Methionine....g	0.005		0	A	1		0.013		
Cystine....g	0.006		0	A	1		0.015		
Phenylalanine....g	0.035		0	A	1		0.085		
Tyrosine....g	0.006		0	A	1		0.015		
Valine....g	0.011		0	A	1		0.028		
Arginine....g	0.065		0	A	1		0.160		
Histidine....g	0.006		0	A	1		0.015		
Alanine....g	0.018		0	A	1		0.045		
Aspartic acid....g	0.103		0	A	1		0.252		
Glutamic acid....g	0.148		0	A	1		0.362		
Glycine....g	0.011		0	A	1		0.027		
Proline....g	0.048		0	A	1		0.116		
Serine....g	0.021		0	A	1		0.051		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 09119

Grapefruit, sections, canned, water pack, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 244g: 1 cup

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09131

Grapes, american type (slip skin), raw

Vitis spp.

Refuse: 42% 6% seeds, 34% skin, 2% stems

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	81.30		1		1		74.80	1.95	
Energy....kcal	67		0	NC	4		62	2	
Energy....kJ	280		0		4		258	7	
Protein (N x 6.25)....g	0.63		1		1		0.58	0.02	
Total lipid (fat)....g	0.35		1		1		0.32	0.01	
Ash....g	0.57	0.042	4		1		0.52	0.01	
Carbohydrate, by difference....g	17.15		0	NC	4		15.78	0.41	
Fiber, total dietary....g	0.9		0	BFZN	4		0.8	0.0	
Sugars, total....g	16.25		0	O	4		14.95	0.39	
Starch....g									
Minerals:									
Calcium, Ca....mg	14	1.716	7		1		13	0	
Iron, Fe....mg	0.29	0.063	4		1		0.27	0.01	
Magnesium, Mg....mg	5	0.176	4		1		5	0	
Phosphorus, P....mg	10	0.613	4		1		9	0	
Potassium, K....mg	191	27.533	5		1		176	5	
Sodium, Na....mg	2	0.443	12		1		2	0	
Zinc, Zn....mg	0.04	0.006	4		1		0.04	0.00	
Copper, Cu....mg	0.040	0.008	4		1		0.037	0.001	
Manganese, Mn....mg	0.718	0.103	4		1		0.661	0.017	
Selenium, Se....µg	0.1		0	BFZN	4		0.1	0.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	4.0		0		1		3.7	0.1	
Thiamin....mg	0.092		0		1		0.085	0.002	
Riboflavin....mg	0.057		0		1		0.052	0.001	
Niacin....mg	0.300		0		1		0.276	0.007	
Pantothenic acid....mg	0.024		0		1		0.022	0.001	
Vitamin B-6....mg	0.110		0		1		0.101	0.003	
Folate, total....µg	4		0		1		4	0	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	4		0		1		4	0	
Folate, DFE....µg	4		0	NC	4		4	0	
Choline, total....mg	5.6		0	BFZN	4		5.2	0.1	
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	5		0	NC	4		5	0	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg	59		0	BNA	4		55	1	
Carotene, alpha....µg	1		0	BNA	4		1	0	
Cryptoxanthin, beta....µg	0		0	BNA	4		0	0	
Vitamin A, IU....IU	100		0		1		92	2	
Lycopene....µg	0		0	BFZN	4		0	0	
Lutein + zeaxanthin....µg	72		0	BFZN	4		66	2	
Vitamin E (alpha-tocopherol)....mg	0.19		0	BFZN	4		0.18	0.00	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	14.6		0	BFZN	4		13.4	0.3	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 09131
Grapes, american type (slip skin), raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.114		0		1		0.105	0.003	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.003		0		1		0.003	0.000	
15:0....g									
16:0....g	0.098		0		1		0.090	0.002	
17:0....g									
18:0....g	0.013		0		1		0.012	0.000	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.014		0		1		0.013	0.000	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.014		0		1		0.013	0.000	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.102		0		1		0.094	0.002	
18:2 undifferentiated....g	0.079		0		1		0.073	0.002	
18:3 undifferentiated....g	0.024		0		1		0.022	0.001	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.003		1		1		0.003	0.000	
Threonine....g	0.017		1		1		0.016	0.000	
Isoleucine....g	0.005		1		1		0.005	0.000	
Leucine....g	0.013		1		1		0.012	0.000	
Lysine....g	0.014		1		1		0.013	0.000	
Methionine....g	0.021		1		1		0.019	0.001	
Cystine....g	0.010		1		1		0.009	0.000	
Phenylalanine....g	0.013		1		1		0.012	0.000	
Tyrosine....g	0.011		1		1		0.010	0.000	
Valine....g	0.017		1		1		0.016	0.000	
Arginine....g	0.046		1		1		0.042	0.001	
Histidine....g	0.023		1		1		0.021	0.001	
Alanine....g	0.026		1		1		0.024	0.001	
Aspartic acid....g	0.077		1		1		0.071	0.002	
Glutamic acid....g	0.131		1		1		0.121	0.003	
Glycine....g	0.019		1		1		0.017	0.000	
Proline....g	0.021		1		1		0.019	0.001	
Serine....g	0.030		1		1		0.028	0.001	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 09131
Grapes, american type (slip skin), raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 92g: 1 cup

Measure 2 = 2.4g: 1 grape

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09134

Grapes, canned, thompson seedless, heavy syrup pack, solids and liquids

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	79.53		2		1		203.60		
Energy....kcal	76		0	NC	4		195		
Energy....kJ	319		0	NC	4		816		
Protein (N x 6.25)....g	0.48		2		1		1.23		
Total lipid (fat)....g	0.10		2		1		0.26		
Ash....g	0.24		2		1		0.61		
Carbohydrate, by difference....g	19.65		0	NC	4		50.30		
Fiber, total dietary....g	0.6		0	BFYN	4		1.5		
Sugars, total....g	19.05		0	O	4		48.77		
Starch....g									
Minerals:									
Calcium, Ca....mg	10		2		1		26		
Iron, Fe....mg	0.94		2		1		2.41		
Magnesium, Mg....mg	6		1		1		15		
Phosphorus, P....mg	17		1		1		44		
Potassium, K....mg	103		1		1		264		
Sodium, Na....mg	5		1		1		13		
Zinc, Zn....mg	0.05		1		1		0.13		
Copper, Cu....mg	0.054		1		1		0.138		
Manganese, Mn....mg	0.038		0		1		0.097		
Selenium, Se....µg	0.1		0	BFYN	4		0.2		
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.0		2		1		2.6		
Thiamin....mg	0.030		2		1		0.077		
Riboflavin....mg	0.022		2		1		0.056		
Niacin....mg	0.125		2		1		0.320		
Pantothenic acid....mg	0.041		0		4		0.105		
Vitamin B-6....mg	0.065		0		4		0.166		
Folate, total....µg	3		0		4		7		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	3		0		4		7		
Folate, DFE....µg	3		0	NC	4		7		
Choline, total....mg	3.8		0	BFYN	4		9.7		
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....µg	3		2		1		8		
Retinol....µg	0		0	Z	7		0		
Carotene, beta....µg	38		0	BNA	4		97		
Carotene, alpha....µg	1		0	BNA	4		2		
Cryptoxanthin, beta....µg	0		0	BNA	4		0		
Vitamin A, IU....IU	64		2		1		164		
Lycopene....µg	0		0	BFYN	4		0		
Lutein + zeaxanthin....µg	48		0	BFYN	4		123		
Vitamin E (alpha-tocopherol)....mg	0.13		0	BFYN	4		0.33		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....µg	9.8		0	BFYN	4		25.0		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 09134

Grapes, canned, thompson seedless, heavy syrup pack, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.033		0		1		0.084		
4:0....g	0.000		0		1		0.000		
6:0....g	0.000		0		1		0.000		
8:0....g	0.000		0		1		0.000		
10:0....g	0.000		0		1		0.000		
12:0....g	0.000		0		1		0.000		
13:0....g									
14:0....g	0.001		0		1		0.003		
15:0....g									
16:0....g	0.029		0		1		0.074		
17:0....g									
18:0....g	0.004		0		1		0.010		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.004		0		1		0.010		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000		
17:1....g									
18:1 undifferentiated....g	0.004		0		1		0.010		
20:1....g	0.000		0		1		0.000		
22:1 undifferentiated....g	0.000		0		1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.030		0		1		0.077		
18:2 undifferentiated....g	0.023		0		1		0.059		
18:3 undifferentiated....g	0.007		0		1		0.018		
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000		
20:5 n-3 (EPA)....g	0.000		0		1		0.000		
22:5 n-3 (DPA)....g	0.000		0		1		0.000		
22:6 n-3 (DHA)....g	0.000		0		1		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.002		0		1		0.005		
Threonine....g	0.013		0		1		0.033		
Isoleucine....g	0.004		0		1		0.010		
Leucine....g	0.010		0		1		0.026		
Lysine....g	0.011		0		1		0.028		
Methionine....g	0.016		0		1		0.041		
Cystine....g	0.008		0		1		0.020		
Phenylalanine....g	0.010		0		1		0.026		
Tyrosine....g	0.008		0		1		0.020		
Valine....g	0.013		0		1		0.033		
Arginine....g	0.035		0		1		0.090		
Histidine....g	0.018		0		1		0.046		
Alanine....g	0.020		0		1		0.051		
Aspartic acid....g	0.059		0		1		0.151		
Glutamic acid....g	0.100		0		1		0.256		
Glycine....g	0.015		0		1		0.038		
Proline....g	0.016		0		1		0.041		
Serine....g	0.023		0		1		0.059		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 09134

Grapes, canned, thompson seedless, heavy syrup pack, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 256g: 1 cup

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate**3.75

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09133

Grapes, canned, thompson seedless, water pack, solids and liquids

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	88.84		0		1		217.66		
Energy....kcal	40		0	NC	4		98		
Energy....kJ	167		0		4		410		
Protein (N x 6.25)....g	0.50		0		1		1.23		
Total lipid (fat)....g	0.11		0		1		0.27		
Ash....g	0.25		0		1		0.61		
Carbohydrate, by difference....g	10.30		0	NC	4		25.24		
Fiber, total dietary....g	0.6		0	BFYN	4		1.5		
Sugars, total....g	9.70		0	O	4		23.77		
Starch....g									
Minerals:									
Calcium, Ca....mg	10		0		1		25		
Iron, Fe....mg	0.98		0		1		2.40		
Magnesium, Mg....mg	6		0		1		15		
Phosphorus, P....mg	18		0		1		44		
Potassium, K....mg	107		0		1		262		
Sodium, Na....mg	6		0		1		15		
Zinc, Zn....mg	0.05		0		1		0.12		
Copper, Cu....mg	0.056		0		1		0.137		
Manganese, Mn....mg	0.039		0		1		0.096		
Selenium, Se....µg	0.1		0	BFYN	4		0.2		
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.0		0		1		2.5		
Thiamin....mg	0.031		0		1		0.076		
Riboflavin....mg	0.023		0		1		0.056		
Niacin....mg	0.130		0		1		0.319		
Pantothenic acid....mg	0.041		0		4		0.100		
Vitamin B-6....mg	0.065		0		4		0.159		
Folate, total....µg	3		0		4		6		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	3		0		4		6		
Folate, DFE....µg	3		0	NC	4		6		
Choline, total....mg	3.8		0	BFYN	4		9.2		
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....µg	2		0	NC	4		5		
Retinol....µg	0		0	Z	7		0		
Carotene, beta....µg	26		0	BFYN	4		65		
Carotene, alpha....µg	1		0	BFYN	4		1		
Cryptoxanthin, beta....µg	0		0	BFYN	4		0		
Vitamin A, IU....IU	45		0	NC	4		109		
Lycopene....µg	0		0	BFYN	4		0		
Lutein + zeaxanthin....µg	48		0	BFYN	4		118		
Vitamin E (alpha-tocopherol)....mg	0.13		0	BFYN	4		0.32		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....µg	9.8		0	BFYN	4		23.9		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 09133

Grapes, canned, thompson seedless, water pack, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.035		0		1		0.086		
4:0....g	0.000		0		1		0.000		
6:0....g	0.000		0		1		0.000		
8:0....g	0.000		0		1		0.000		
10:0....g	0.000		0		1		0.000		
12:0....g	0.000		0		1		0.000		
13:0....g									
14:0....g	0.001		0		1		0.002		
15:0....g									
16:0....g	0.030		0		1		0.074		
17:0....g									
18:0....g	0.004		0		1		0.010		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.004		0		1		0.010		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000		
17:1....g									
18:1 undifferentiated....g	0.004		0		1		0.010		
20:1....g	0.000		0		1		0.000		
22:1 undifferentiated....g	0.000		0		1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.031		0		1		0.076		
18:2 undifferentiated....g	0.024		0		1		0.059		
18:3 undifferentiated....g	0.007		0		1		0.017		
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000		
20:5 n-3 (EPA)....g	0.000		0		1		0.000		
22:5 n-3 (DPA)....g	0.000		0		1		0.000		
22:6 n-3 (DHA)....g	0.000		0		1		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.002		0		1		0.005		
Threonine....g	0.014		0		1		0.034		
Isoleucine....g	0.004		0		1		0.010		
Leucine....g	0.010		0		1		0.025		
Lysine....g	0.011		0		1		0.027		
Methionine....g	0.017		0		1		0.042		
Cystine....g	0.008		0		1		0.020		
Phenylalanine....g	0.010		0		1		0.025		
Tyrosine....g	0.009		0		1		0.022		
Valine....g	0.014		0		1		0.034		
Arginine....g	0.037		0		1		0.091		
Histidine....g	0.018		0		1		0.044		
Alanine....g	0.021		0		1		0.051		
Aspartic acid....g	0.061		0		1		0.149		
Glutamic acid....g	0.104		0		1		0.255		
Glycine....g	0.015		0		1		0.037		
Proline....g	0.017		0		1		0.042		
Serine....g	0.024		0		1		0.059		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 09133

Grapes, canned, thompson seedless, water pack, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 245g: 1 cup

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate**3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09129
Grapes, muscadine, raw (1)
Vitis rotundifolia

Refuse: 4% Seeds

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	84.29		1	A	1		5.06		
Energy ... kcal	57		0	NC	4		3		
Energy ... kJ	238		0	NC	4		14		
Protein (N x 6.25) ... g	0.81		1	A	1		0.05		
Total lipid (fat) ... g	0.47		1	A	1		0.03		
Ash ... g	0.50		1	A	1		0.03		
Carbohydrate, by difference ... g	13.93		0	NC	4		0.84		
Fiber, total dietary ... g	3.9		1	A	1		0.2		
Sugars, total ... g									
Sucrose ... g	0.57		1	A	1		0.03		
Glucose (dextrose) ... g	3.67		1	A	1		0.22		
Fructose ... g	3.92		1	A	1		0.24		
Lactose ... g	0.00		1	A	1		0.00		
Maltose ... g	0.00		1	A	1		0.00		
Galactose ... g									
Starch ... g									
Minerals:									
Calcium, Ca ... mg	37		1	A	1		2		
Iron, Fe ... mg	0.26		1	A	1		0.02		
Magnesium, Mg ... mg	14		1	A	1		1		
Phosphorus, P ... mg	24		1	A	1		1		
Potassium, K ... mg	203		1	A	1		12		
Sodium, Na ... mg	1		1	A	1		0		
Zinc, Zn ... mg	0.11		1	A	1		0.01		
Copper, Cu ... mg	0.119		1	A	1		0.007		
Manganese, Mn ... mg	1.973		1	A	1		0.118		
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg									
Thiamin ... mg									
Riboflavin ... mg									
Niacin ... mg									
Pantothenic acid ... mg									
Vitamin B-6 ... mg									
Folate, total ... µg	2		1	A	1		0		
Folic acid ... µg									
Folate, food ... µg	2		1	A	1		0		
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg									
Vitamin A, RAE ... µg	3		1	A	1		0		
Retinol ... µg									
Carotene, beta ... µg	39		1	A	1		2		
Carotene, alpha ... µg	1		1	A	1		0		
Cryptoxanthin, beta ... µg	1		1	A	1		0		
Vitamin A, IU ... IU	67		1	A	1		4		
Lycopene ... µg	0		1	A	1		0		
Lutein + zeaxanthin ... µg	64		1	A	1		4		
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D2 (ergocalciferol) ... µg									
Vitamin D3 (cholecalciferol) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									

NDB No. 09129
Grapes, muscadine, raw (1)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 6.0g: 1 grape

Footnotes:

1 Includes analysis of Higgins, Jumbo, and Roanoke varieties.

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09132

Grapes, red or green (European type, such as Thompson seedless), raw

Vitis vinifera

Refuse: 4% Stems

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	80.54	0.411	8	A	1		121.62	39.47	101.49
Energy....kcal	69		0	NC	4		104	34	87
Energy....kJ	288		0	NC	4		435	141	363
Protein (N x 6.25)....g	0.72	0.031	8	A	1		1.08	0.35	0.90
Total lipid (fat)....g	0.16	0.030	8	A	1		0.25	0.08	0.21
Ash....g	0.48	0.038	8	A	1		0.72	0.24	0.60
Carbohydrate, by difference....g	18.10		0	NC	4		27.32	8.87	22.80
Fiber, total dietary....g	0.9	0.114	8	A	1		1.4	0.4	1.1
Sugars, total....g	15.48	0.277	8	A	1		23.37	7.58	19.50
Sucrose....g	0.15	0.000	8	A	1		0.23	0.07	0.19
Glucose (dextrose)....g	7.20	0.096	8	A	1		10.87	3.53	9.07
Fructose....g	8.13	0.218	8	A	1		12.28	3.98	10.24
Lactose....g	0.00	0.000	8	A	1		0.00	0.00	0.00
Maltose....g	0.00	0.000	8	A	1		0.00	0.00	0.00
Galactose....g	0.00	0.000	8	A	1		0.00	0.00	0.00
Starch....g	0.00	0.000	4	A	1		0.00	0.00	0.00
Minerals:									
Calcium, Ca....mg	10	0.418	36	A	1		16	5	13
Iron, Fe....mg	0.36	0.048	36	A	1		0.54	0.17	0.45
Magnesium, Mg....mg	7	0.206	36	A	1		11	4	9
Phosphorus, P....mg	20	0.987	34	A	1		31	10	26
Potassium, K....mg	191	6.312	36	A	1		289	94	241
Sodium, Na....mg	2	0.273	31	A	1		3	1	2
Zinc, Zn....mg	0.07	0.010	36	A	1		0.10	0.03	0.08
Copper, Cu....mg	0.127	0.016	36	A	1		0.192	0.062	0.161
Manganese, Mn....mg	0.071	0.002	36	A	1		0.108	0.035	0.090
Selenium, Se....µg	0.1	0.010	4	A	1		0.1	0.0	0.1
Vitamins:									
Vitamin C, total ascorbic acid....mg	3.2	0.404	12	A	1		4.8	1.6	4.0
Thiamin....mg	0.069	0.002	8	A	1		0.104	0.034	0.087
Riboflavin....mg	0.070	0.007	8	A	1		0.105	0.034	0.088
Niacin....mg	0.188	0.016	8	A	1		0.284	0.092	0.237
Pantothenic acid....mg	0.050	0.005	4	A	1		0.076	0.025	0.063
Vitamin B-6....mg	0.086	0.009	8	A	1		0.129	0.042	0.108
Folate, total....µg	2	0.000	4	A	1		3	1	2
Folic acid....µg	0		0	Z	7		0	0	0
Folate, food....µg	2	0.000	4	A	1		3	1	2
Folate, DFE....µg	2		0	NC	4		3	1	2
Choline, total....mg	5.6		0	AS	1		8.5	2.8	7.1
Betaine....mg	0.1		2	A	1		0.2	0.1	0.2
Vitamin B-12....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....µg	3		0	AS	1		5	2	4
Retinol....µg	0		0	Z	7		0	0	0
Carotene, beta....µg	39		2	A	1		60	19	50
Carotene, alpha....µg	1		1	A	1		1	0	1
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	66		0	AS	1		100	33	84
Lycopene....µg	0		1	A	1		0	0	0
Lutein + zeaxanthin....µg	72		1	A	1		109	35	91
Vitamin E (alpha-tocopherol)....mg	0.19	0.014	5	A	1		0.29	0.09	0.24
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg	0.00	0.000	5	A	1		0.00	0.00	0.00
Tocopherol, gamma....mg	0.07	0.005	5	A	1		0.11	0.04	0.09
Tocopherol, delta....mg	0.00	0.000	5	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)....µg									

NDB No. 09132

Grapes, red or green (European type, such as Thompson seedless), raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	14.6	0.761	5	A	1		22.0	7.1	18.4
Dihydrophylloquinone....µg	0.0	0.000	4	A	1		0.0	0.0	0.0
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.054		0	NC	4		0.081	0.026	0.068
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.000		0		1		0.000	0.000	0.000
10:0....g	0.000		0		1		0.000	0.000	0.000
12:0....g	0.000		0		1		0.000	0.000	0.000
13:0....g									
14:0....g	0.001		0		1		0.002	0.001	0.002
15:0....g									
16:0....g	0.046		0		1		0.069	0.023	0.058
17:0....g									
18:0....g	0.006		0		1		0.009	0.003	0.008
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.007		0	NC	4		0.010	0.003	0.008
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
17:1....g									
18:1 undifferentiated....g	0.007		0		1		0.010	0.003	0.008
20:1....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.048		0	NC	4		0.072	0.023	0.060
18:2 undifferentiated....g	0.037		0		1		0.056	0.018	0.046
18:3 undifferentiated....g	0.011		0		1		0.017	0.005	0.014
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	0
Phytosterols....mg	4		0		1		6	2	5
Amino Acids:									
Tryptophan....g	0.011		0	A	1		0.016	0.005	0.014
Threonine....g	0.022		0	A	1		0.033	0.011	0.027
Isoleucine....g	0.011		0	A	1		0.016	0.005	0.014
Leucine....g	0.022		0	A	1		0.033	0.011	0.027
Lysine....g	0.027		0	A	1		0.040	0.013	0.034
Methionine....g	0.009		0	A	1		0.013	0.004	0.011
Cystine....g	0.010		0	A	1		0.014	0.005	0.012
Phenylalanine....g	0.019		0	A	1		0.029	0.009	0.024
Tyrosine....g	0.010		0	A	1		0.015	0.005	0.013
Valine....g	0.022		0	A	1		0.033	0.011	0.027
Arginine....g	0.130		0	A	1		0.197	0.064	0.164
Histidine....g	0.022		0	A	1		0.033	0.011	0.027
Alanine....g	0.022		0	A	1		0.033	0.011	0.027
Aspartic acid....g	0.038		0	A	1		0.057	0.018	0.048
Glutamic acid....g	0.081		0	A	1		0.122	0.039	0.102
Glycine....g	0.016		0	A	1		0.024	0.008	0.020
Proline....g	0.080		0	A	1		0.120	0.039	0.100
Serine....g	0.022		0	A	1		0.033	0.011	0.027
Hydroxyproline....g									

NDB No. 09132

Grapes, red or green (European type, such as Thompson seedless), raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 151g: 1 cup

Measure 2 = 49g: 10 grapes

Measure 3 = 126g: 1 NLEA serving

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09138

Groundcherries, (cape-gooseberries or poha), raw

Physalis spp.

Refuse: 6% Husks

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	85.40		0		1		119.56		
Energy....kcal	53		0	NC	4		74		
Energy....kJ	222				4		310		
Protein (N x 6.25)....g	1.90		0		1		2.66		
Total lipid (fat)....g	0.70		0		1		0.98		
Ash....g	0.80		0		1		1.12		
Carbohydrate, by difference....g	11.20		0	NC	4		15.68		
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	9		0		1		13		
Iron, Fe....mg	1.00		0		1		1.40		
Magnesium, Mg....mg									
Phosphorus, P....mg	40		0		1		56		
Potassium, K....mg									
Sodium, Na....mg									
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	11.0		0		1		15.4		
Thiamin....mg	0.110		0		1		0.154		
Riboflavin....mg	0.040		0		1		0.056		
Niacin....mg	2.800		0		1		3.920		
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....µg	36		0		1		50		
Vitamin A, IU....IU	720		0		1		1008		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g									
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 09138

Groundcherries, (cape-gooseberries or poha), raw

Common Measures:

Measure 1 = 140g: 1 cup

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09434
Guanabana nectar, canned

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	84.72		2	A	1		212.63		
Energy....kcal	59		0	NC	4		147		
Energy....kJ	245		0	NC	4		615		
Protein (N x 6.25)....g	0.11		2	A	1		0.27		
Total lipid (fat)....g	0.17		2	A	1		0.43		
Ash....g	0.08		2	A	1		0.19		
Carbohydrate, by difference....g	14.93		0	NC	4		37.48		
Fiber, total dietary....g	0.1		2	A	1		0.2		
Sugars, total....g	13.07		2	A	1		32.81		
Sucrose....g	0.00		2	A	1		0.00		
Glucose (dextrose)....g	6.37		2	A	1		15.98		
Fructose....g	5.94		2	A	1		14.92		
Lactose....g	0.00		2	A	1		0.00		
Maltose....g	0.76		2	A	1		1.91		
Galactose....g	0.00		2	A	1		0.00		
Starch....g	0.00		2	A	1		0.00		
Minerals:									
Calcium, Ca....mg	7		2	A	1		18		
Iron, Fe....mg	0.36		2	A	1		0.91		
Magnesium, Mg....mg	3		2	A	1		8		
Phosphorus, P....mg	2		2	A	1		6		
Potassium, K....mg	25		2	A	1		62		
Sodium, Na....mg	8		2	A	1		19		
Zinc, Zn....mg	0.02		2	A	1		0.04		
Copper, Cu....mg	0.010		2	A	1		0.025		
Manganese, Mn....mg	0.010		2	A	1		0.025		
Selenium, Se....µg	0.4		0	BFZN	4		1.1		
Vitamins:									
Vitamin C, total ascorbic acid....mg	11.1		2	A	1		27.7		
Thiamin....mg	0.003		2	A	1		0.008		
Riboflavin....mg	0.011		2	A	1		0.029		
Niacin....mg	0.120		2	A	1		0.301		
Pantothenic acid....mg	0.070		2	A	1		0.176		
Vitamin B-6....mg	0.007		2	A	1		0.018		
Folate, total....µg	6		2	A	1		14		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	6		2	A	1		14		
Folate, DFE....µg	6		0	NC	4		14		
Choline, total....mg	2.2		0	AS	1		5.6		
Betaine....mg	0.0		1	A	1		0.0		
Vitamin B-12....µg	0.00		0	Z	7		0.00		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....µg	0		1	A	1		0		
Retinol....µg	0		0	Z	7		0		
Carotene, beta....µg	0		2	A	1		0		
Carotene, alpha....µg	0		2	A	1		0		
Cryptoxanthin, beta....µg	0		2	A	1		0		
Vitamin A, IU....IU	0		1	A	1		0		
Lycopene....µg	0		2	A	1		0		
Lutein + zeaxanthin....µg	0		1	A	1		0		
Vitamin E (alpha-tocopherol)....mg	0.01		2	A	1		0.02		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg	0.00		2	A	1		0.00		
Tocopherol, gamma....mg	0.00		2	A	1		0.00		
Tocopherol, delta....mg	0.00		2	A	1		0.00		
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....µg									

NDB No. 09434
Guanabana nectar, canned

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....µg	0.0		2	A	1		0.0		
Dihydrophylloquinone....µg	0.0		2	A	1		0.0		
Menaquinone-4....µg	0.0		2	A	1		0.0		
Lipids:									
Fatty acids, total saturated....g	0.029		0	BFFN	4		0.072		
4:0....g	0.000		0	BFFN	4		0.000		
6:0....g	0.000		0	BFFN	4		0.000		
8:0....g	0.000		0	BFFN	4		0.000		
10:0....g	0.000		0	BFFN	4		0.000		
12:0....g	0.000		0	BFFN	4		0.000		
13:0....g									
14:0....g	0.000		0	BFFN	4		0.000		
15:0....g									
16:0....g	0.023		0	BFFN	4		0.057		
17:0....g									
18:0....g	0.006		0	BFFN	4		0.016		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.051		0	BFFN	4		0.128		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.002		0	BFFN	4		0.006		
17:1....g									
18:1 undifferentiated....g	0.048		0	BFFN	4		0.121		
20:1....g	0.000		0	BFFN	4		0.000		
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.039		0	BFFN	4		0.098		
18:2 undifferentiated....g	0.039		0	BFFN	4		0.098		
18:3 undifferentiated....g	0.000		0	BFFN	4		0.000		
18:4....g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	BFFN	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 251g: 1 cup

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.8

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09435
Guava nectar, canned

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	84.89		2	A	1		213.06		
Energy....kcal	57		0	NC	4		144		
Energy....kJ	240		0	NC	4		602		
Protein (N x 6.25)....g	0.09		2	A	1		0.23		
Total lipid (fat)....g	0.06		2	A	1		0.15		
Ash....g	0.10		2	A	1		0.24		
Carbohydrate, by difference....g	14.87		0	NC	4		37.32		
Fiber, total dietary....g	1.0		2	A	1		2.5		
Sugars, total....g	12.37		2	A	1		31.04		
Sucrose....g	0.21		2	A	1		0.52		
Glucose (dextrose)....g	5.85		2	A	1		14.70		
Fructose....g	5.57		2	A	1		13.98		
Lactose....g	0.00		2	A	1		0.00		
Maltose....g	0.74		2	A	1		1.84		
Galactose....g	0.00		2	A	1		0.00		
Starch....g	0.00		2	A	1		0.00		
Minerals:									
Calcium, Ca....mg	11		2	A	1		28		
Iron, Fe....mg									
Magnesium, Mg....mg	3		2	A	1		7		
Phosphorus, P....mg	2		2	A	1		6		
Potassium, K....mg	38		2	A	1		96		
Sodium, Na....mg	7		2	A	1		18		
Zinc, Zn....mg	0.03		2	A	1		0.06		
Copper, Cu....mg	0.017		2	A	1		0.041		
Manganese, Mn....mg	0.040		2	A	1		0.102		
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	19.7	9.028	4	A	1		49.4		
Thiamin....mg	0.003		2	A	1		0.008		
Riboflavin....mg	0.003		2	A	1		0.008		
Niacin....mg	0.185		2	A	1		0.464		
Pantothenic acid....mg	0.085		2	A	1		0.213		
Vitamin B-6....mg	0.010		2	A	1		0.025		
Folate, total....µg	3		2	A	1		6		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	3		2	A	1		6		
Folate, DFE....µg	3		0	NC	4		6		
Choline, total....mg	1.1		0	AS	1		2.9		
Betaine....mg	0.1		1	A	1		0.2		
Vitamin B-12....µg									
Vitamin A, RAE....µg	2		0	AS	1		4		
Retinol....µg									
Carotene, beta....µg	17		2	A	1		43		
Carotene, alpha....µg	0		2	A	1		0		
Cryptoxanthin, beta....µg	8		2	A	1		19		
Vitamin A, IU....IU	35		0	AS	1		87		
Lycopene (1) ....µg	18		2	A	1		44		
Lutein + zeaxanthin....µg	0		2	A	1		0		
Vitamin E (alpha-tocopherol)....mg	0.05		2	A	1		0.14		
Tocopherol, beta....mg	0.00		2	A	1		0.00		
Tocopherol, gamma....mg	0.00		2	A	1		0.00		
Tocopherol, delta....mg	0.00		2	A	1		0.00		
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	0.8		2	A	1		2.0		

NDB No. 09435
Guava nectar, canned

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin K (phylloquinone)....µg	0.8			A	1				
Dihydrophylloquinone....µg	0.0		2	A	1		0.0		
Menaquinone-4....µg	0.0		2	A	1		0.0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 251g: 1 cup

Footnotes:

1 Pink and yellow nectar analyzed.

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.8

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09143
Guava sauce, cooked

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	89.56		1		1		213.15		
Energy....kcal	36		0	NC	4		86		
Energy....kJ	151		0		4		358		
Protein (N x 6.25)....g	0.32		1		1		0.76		
Total lipid (fat)....g	0.14		1		1		0.33		
Ash....g	0.50		1		1		1.19		
Carbohydrate, by difference....g	9.48		0	NC	4		22.56		
Fiber, total dietary....g	3.6		0		4		8.6		
Sugars, total....g	5.88		0	O	4		13.99		
Starch....g									
Minerals:									
Calcium, Ca....mg	7		1		1		17		
Iron, Fe....mg	0.18		1		1		0.43		
Magnesium, Mg....mg	7		1		1		17		
Phosphorus, P....mg	11		1		1		26		
Potassium, K....mg	225		1		1		536		
Sodium, Na....mg	4		1		1		10		
Zinc, Zn....mg	0.17		0		1		0.40		
Copper, Cu....mg	0.077		0		1		0.183		
Manganese, Mn....mg	0.108		0		1		0.257		
Selenium, Se....µg	0.5		0	BFSN	4		1.2		
Vitamins:									
Vitamin C, total ascorbic acid....mg	146.4		1		1		348.4		
Thiamin....mg	0.026		1		1		0.062		
Riboflavin....mg	0.013		1		1		0.031		
Niacin....mg	0.420		1		1		1.000		
Pantothenic acid....mg									
Vitamin B-6....mg	0.090		0		4		0.214		
Folate, total....µg	5		0		4		12		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	5		0		4		12		
Folate, DFE....µg	5		0	NC	4		12		
Choline, total....mg	4.1		0	BFSN	4		9.8		
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....µg	14		0	NC	4		34		
Retinol....µg	0		0	Z	7		0		
Carotene, beta....µg	170		0	O	4		404		
Carotene, alpha....µg	0		0	BFSN	4		0		
Cryptoxanthin, beta....µg	0		0	BFSN	4		0		
Vitamin A, IU....IU	283		1		1		674		
Lycopene....µg	3909		0	BFSN	4		9303		
Lutein + zeaxanthin....µg	0		0	BFSN	4		0		
Vitamin E (alpha-tocopherol)....mg	0.55		0	BFSN	4		1.31		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....µg	1.9		0	BFSN	4		4.6		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 09143
Guava sauce, cooked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.040		0		1		0.095		
4:0....g	0.000		0		1		0.000		
6:0....g	0.000		0		1		0.000		
8:0....g	0.000		0		1		0.000		
10:0....g	0.000		0		1		0.000		
12:0....g	0.000		0		1		0.000		
13:0....g									
14:0....g	0.003		0		1		0.007		
15:0....g									
16:0....g	0.034		0		1		0.081		
17:0....g									
18:0....g	0.004		0		1		0.010		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.013		0		1		0.031		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1		0.002		
17:1....g									
18:1 undifferentiated....g	0.012		0		1		0.029		
20:1....g	0.000		0		1		0.000		
22:1 undifferentiated....g	0.000		0		1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.059		0		1		0.140		
18:2 undifferentiated....g	0.042		0		1		0.100		
18:3 undifferentiated....g	0.017		0		1		0.040		
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000		
20:5 n-3 (EPA)....g	0.000		0		1		0.000		
22:5 n-3 (DPA)....g	0.000		0		1		0.000		
22:6 n-3 (DHA)....g	0.000		0		1		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.003		0		1		0.007		
Threonine....g	0.012		0		1		0.029		
Isoleucine....g	0.012		0		1		0.029		
Leucine....g	0.021		0		1		0.050		
Lysine....g	0.009		0		1		0.021		
Methionine....g	0.002		0		1		0.005		
Cystine....g									
Phenylalanine....g	0.001		0		1		0.002		
Tyrosine....g	0.004		0		1		0.010		
Valine....g	0.011		0		1		0.026		
Arginine....g	0.008		0		1		0.019		
Histidine....g	0.003		0		1		0.007		
Alanine....g	0.016		0		1		0.038		
Aspartic acid....g	0.020		0		1		0.048		
Glutamic acid....g	0.042		0		1		0.100		
Glycine....g	0.016		0		1		0.038		
Proline....g	0.010		0		1		0.024		
Serine....g	0.009		0		1		0.021		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 09143
Guava sauce, cooked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 238g: 1 cup

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate**3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09139
Guavas, common, raw (1)
Psidium guajava

Refuse: 22% Skin

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	80.80		2	A	1		133.32	44.44	
Energy....kcal	68		0	NC	4		112	37	
Energy....kJ	285		0	NC	4		470	157	
Protein (N x 6.25)....g	2.55		2	A	1		4.21	1.40	
Total lipid (fat)....g	0.95		2	A	1		1.57	0.52	
Ash....g	1.39		2	A	1		2.29	0.76	
Carbohydrate, by difference....g	14.32		0	NC	4		23.62	7.87	
Fiber, total dietary....g	5.4		0		4		8.9	3.0	
Sugars, total....g	8.92		0	O	4		14.71	4.90	
Starch....g									
Minerals:									
Calcium, Ca....mg	18		2	A	1		30	10	
Iron, Fe....mg	0.26		2	A	1		0.43	0.14	
Magnesium, Mg....mg	22		2	A	1		36	12	
Phosphorus, P....mg	40		2	A	1		65	22	
Potassium, K....mg	417		2	A	1		688	229	
Sodium, Na....mg	2		2	A	1		3	1	
Zinc, Zn....mg	0.23		2	A	1		0.37	0.12	
Copper, Cu....mg	0.230		2	A	1		0.380	0.127	
Manganese, Mn....mg	0.150		2	A	1		0.248	0.083	
Selenium, Se....µg	0.6		0	CAZN	4		1.0	0.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	228.3		2	A	1		376.6	125.5	
Thiamin....mg	0.067		2	A	1		0.110	0.037	
Riboflavin....mg	0.040		2	A	1		0.065	0.022	
Niacin....mg	1.084		2	A	1		1.789	0.596	
Pantothenic acid....mg	0.451		2	A	1		0.744	0.248	
Vitamin B-6....mg	0.110		2	A	1		0.181	0.060	
Folate, total....µg	49		2	A	1		82	27	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	49		2	A	1		82	27	
Folate, DFE....µg	49		0	NC	4		82	27	
Choline, total....mg	7.6		0	CAZN	4		12.5	4.2	
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	31		0	AS	1		51	17	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg	374	205.562	21	A	1		618	206	
Carotene, alpha....µg	0		2	A	1		0	0	
Cryptoxanthin, beta....µg	0		2	A	1		0	0	
Vitamin A, IU....IU	624		0	AS	1		1029	343	
Lycopene....µg	5204	106.750	19	A	1		8587	2862	
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.73		0	BFZN	4		1.21	0.40	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	2.6		0	BFZN	4		4.2	1.4	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 09139
Guavas, common, raw (1)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.272		0	NC	4		0.449	0.150	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.019		0		1		0.031	0.010	
15:0....g									
16:0....g	0.228		0		1		0.376	0.125	
17:0....g									
18:0....g	0.025		0		1		0.042	0.014	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.087		0	NC	4		0.144	0.048	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.005		0		1		0.008	0.003	
17:1....g									
18:1 undifferentiated....g	0.082		0		1		0.136	0.045	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.401		0	NC	4		0.661	0.220	
18:2 undifferentiated....g	0.288		0		1		0.475	0.158	
18:3 undifferentiated....g	0.112		0		1		0.185	0.062	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.022		0	BFPN	4		0.036	0.012	
Threonine....g	0.096		0	BFPN	4		0.159	0.053	
Isoleucine....g	0.093		0	BFPN	4		0.154	0.051	
Leucine....g	0.171		0	BFPN	4		0.282	0.094	
Lysine....g	0.072		0	BFPN	4		0.118	0.039	
Methionine....g	0.016		0	BFPN	4		0.026	0.009	
Cystine....g									
Phenylalanine....g	0.006		0	BFPN	4		0.010	0.003	
Tyrosine....g	0.031		0	BFPN	4		0.051	0.017	
Valine....g	0.087		0	BFPN	4		0.144	0.048	
Arginine....g	0.065		0	BFPN	4		0.108	0.036	
Histidine....g	0.022		0	BFPN	4		0.036	0.012	
Alanine....g	0.128		0	BFPN	4		0.210	0.070	
Aspartic acid....g	0.162		0	BFPN	4		0.267	0.089	
Glutamic acid....g	0.333		0	BFPN	4		0.549	0.183	
Glycine....g	0.128		0	BFPN	4		0.210	0.070	
Proline....g	0.078		0	BFPN	4		0.128	0.043	
Serine....g	0.075		0	BFPN	4		0.123	0.041	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 09139
Guavas, common, raw (1)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 165g: 1 cup

Measure 2 = 55g: 1 fruit, without refuse

Footnotes:

1 Pink fleshed

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09140
Guavas, strawberry, raw
Psidium cattleianum

Refuse: 15% Seeds, stem, and blossom end

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	80.66		2		1		196.81	4.84	
Energy ... kcal	69		0	NC	4		168	4	
Energy ... kJ	289				4		704	17	
Protein (N x 6.25) ... g	0.58		1		1		1.42	0.03	
Total lipid (fat) ... g	0.60		0		1		1.46	0.04	
Ash ... g	0.80		0		1		1.95	0.05	
Carbohydrate, by difference ... g	17.36		0	NC	4		42.36	1.04	
Fiber, total dietary ... g	5.4		0	BFZN	4		13.2	0.3	
Sugars, total ... g									
Starch ... g									
Minerals:									
Calcium, Ca ... mg	21		0		1		51	1	
Iron, Fe ... mg	0.22		0		1		0.54	0.01	
Magnesium, Mg ... mg	17		1		1		41	1	
Phosphorus, P ... mg	27		0		1		66	2	
Potassium, K ... mg	292		1		1		712	18	
Sodium, Na ... mg	37		1		1		90	2	
Zinc, Zn ... mg									
Copper, Cu ... mg									
Manganese, Mn ... mg									
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg	37.0		0		1		90.3	2.2	
Thiamin ... mg	0.030		0		1		0.073	0.002	
Riboflavin ... mg	0.030		0		1		0.073	0.002	
Niacin ... mg	0.600		0		1		1.464	0.036	
Pantothenic acid ... mg									
Vitamin B-6 ... mg									
Folate, total ... µg									
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE ... µg	5		0		1		11	0	
Vitamin A, IU ... IU	90		0		1		220	5	
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	0.172		0		1		0.420	0.010	
4:0 ... g									
6:0 ... g									
8:0 ... g									
10:0 ... g									
12:0 ... g									
13:0 ... g									
14:0 ... g	0.012		0		1		0.029	0.001	
15:0 ... g									
16:0 ... g	0.144		0		1		0.351	0.009	

NDB No. 09140
Guavas, strawberry, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:0....g									
18:0....g	0.016		0		1		0.039	0.001	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.055		0		1		0.134	0.003	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.003		0		1		0.007	0.000	
17:1....g									
18:1 undifferentiated....g	0.052		0		1		0.127	0.003	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.253		0		1		0.617	0.015	
18:2 undifferentiated....g	0.182		0		1		0.444	0.011	
18:3 undifferentiated....g	0.071		0		1		0.173	0.004	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.005		0		1		0.012	0.000	
Threonine....g	0.022		0		1		0.054	0.001	
Isoleucine....g	0.021		0		1		0.051	0.001	
Leucine....g	0.039		0		1		0.095	0.002	
Lysine....g	0.016		0		1		0.039	0.001	
Methionine....g	0.004		0		1		0.010	0.000	
Cystine....g									
Phenylalanine....g	0.001		0		1		0.002	0.000	
Tyrosine....g	0.007		0		1		0.017	0.000	
Valine....g	0.020		0		1		0.049	0.001	
Arginine....g	0.015		0		1		0.037	0.001	
Histidine....g	0.005		0		1		0.012	0.000	
Alanine....g	0.029		0		1		0.071	0.002	
Aspartic acid....g	0.037		0		1		0.090	0.002	
Glutamic acid....g	0.076		0		1		0.185	0.005	
Glycine....g	0.029		0		1		0.071	0.002	
Proline....g	0.018		0		1		0.044	0.001	
Serine....g	0.017		0		1		0.041	0.001	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 244g: 1 cup

Measure 2 = 6.0g: 1 fruit without refuse

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09451
Horned melon (Kiwano)
Cucumis metulifer
African horned melon
Refuse: 36% Rind

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	88.97		2	A	1		207.29	185.94	
Energy....kcal	44		0	NC	4		102	91	
Energy....kJ	183		0	NC	4		427	383	
Protein (N x 6.25)....g	1.78		2	A	1		4.14	3.71	
Total lipid (fat)....g	1.26		2	A	1		2.95	2.64	
Ash....g	0.44		2	A	1		1.02	0.91	
Carbohydrate, by difference....g	7.56		0	NC	4		17.61	15.80	
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	13		2	A	1		30	27	
Iron, Fe....mg	1.13		2	A	1		2.63	2.36	
Magnesium, Mg....mg	40		2	A	1		94	84	
Phosphorus, P....mg	37		2	A	1		86	78	
Potassium, K....mg	123		2	A	1		286	256	
Sodium, Na....mg	2		2	A	1		4	3	
Zinc, Zn....mg	0.48		2	A	1		1.11	1.00	
Copper, Cu....mg	0.020		2	A	1		0.046	0.042	
Manganese, Mn....mg	0.039		2	A	1		0.091	0.082	
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	5.3		2	A	1		12.3	11.1	
Thiamin....mg	0.025		2	A	1		0.057	0.051	
Riboflavin....mg	0.015		2	A	1		0.035	0.031	
Niacin....mg	0.565		2	A	1		1.315	1.180	
Pantothenic acid....mg	0.183		2	A	1		0.425	0.381	
Vitamin B-6....mg	0.063		2	A	1		0.146	0.131	
Folate, total....µg	3		2	A	1		7	6	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	3		2	A	1		7	6	
Folate, DFE....µg	3		0	NC	4		7	6	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg	7		0	AS	1		17	15	
Retinol....µg									
Carotene, beta....µg	88		2	A	1		206	184	
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	147		2	A	1		343	307	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 09451
Horned melon (Kiwano)

Common Measures:

Measure 1 = 233g: 1 cup

Measure 2 = 209g: 1 fruit (4-2/3" long x 2-3/4" dia)

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09420

Jackfruit, canned, syrup pack

Artocarpus heterophyllus

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	75.28		2	A	1		134.00		
Energy....kcal	92		0	NC	4		164		
Energy....kJ	385				4		685		
Protein (N x 6.25)....g	0.36		2	A	1		0.64		
Total lipid (fat)....g	0.14		2	A	1		0.25		
Ash....g	0.28		2	A	1		0.50		
Carbohydrate, by difference....g	23.94		0	NC	4		42.61		
Fiber, total dietary....g	0.9		2	A	1		1.6		
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	44		2	A	1		78		
Iron, Fe....mg	0.29		2	A	1		0.52		
Magnesium, Mg....mg	10		2	A	1		18		
Phosphorus, P....mg	6		2	A	1		11		
Potassium, K....mg	96		2	A	1		171		
Sodium, Na....mg	11		2	A	1		20		
Zinc, Zn....mg	0.11		2	A	1		0.20		
Copper, Cu....mg	0.050		2	A	1		0.089		
Manganese, Mn....mg	0.078		2	A	1		0.139		
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.5		2	A	1		0.9		
Thiamin....mg	0.033		2	A	1		0.059		
Riboflavin....mg	0.036		2	A	1		0.064		
Niacin....mg	0.677		2	A	1		1.205		
Pantothenic acid....mg	0.072		2	A	1		0.128		
Vitamin B-6....mg	0.044		2	A	1		0.078		
Folate, total....µg	14		2	A	1		25		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	14		2	A	1		25		
Folate, DFE....µg	14		0	NC	4		25		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....µg	0		2	A	1		0		
Retinol....µg	0		0	Z	7		0		
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	2		2	A	1		4		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g									
Fatty acids, total monounsaturated....g									

NDB No. 09420
Jackfruit, canned, syrup pack

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 178g: 1 cup, drained

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.75

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09144
Jackfruit, raw (1)
Artocarpus heterophyllus

Refuse: 72% Seeds and skin

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	73.46		2	A	1		121.21	110.92	
Energy ... kcal	95		0	NC	4		156	143	
Energy ... kJ	397		0	NC	4		654	599	
Protein (N x 6.25) ... g	1.72		2	A	1		2.84	2.60	
Total lipid (fat) ... g	0.64		2	A	1		1.05	0.96	
Ash ... g	0.94		2	A	1		1.55	1.42	
Carbohydrate, by difference ... g	23.25		0	NC	4		38.36	35.10	
Fiber, total dietary ... g	1.5		2	A	1		2.4	2.2	
Sugars, total ... g	19.08		2	A	1		31.48	28.81	
Sucrose ... g	0.42		2	A	1		0.69	0.63	
Glucose (dextrose) ... g	9.48		2	A	1		15.63	14.31	
Fructose ... g	9.19		2	A	1		15.16	13.87	
Lactose ... g	0.00		2	A	1		0.00	0.00	
Maltose ... g	0.00		2	A	1		0.00	0.00	
Galactose ... g	0.00		2	A	1		0.00	0.00	
Starch ... g	1.47		2	A	1		2.42	2.22	
Minerals:									
Calcium, Ca ... mg	24		2	A	1		39	36	
Iron, Fe ... mg	0.23		2	A	1		0.38	0.35	
Magnesium, Mg ... mg	29		2	A	1		48	44	
Phosphorus, P ... mg	21		2	A	1		35	32	
Potassium, K ... mg	448		2	A	1		738	676	
Sodium, Na ... mg	2		2	A	1		3	3	
Zinc, Zn ... mg	0.13		2	A	1		0.22	0.20	
Copper, Cu ... mg	0.076		2	A	1		0.125	0.114	
Manganese, Mn ... mg	0.043		2	A	1		0.071	0.065	
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg	13.7		2	A	1		22.6	20.7	
Thiamin ... mg	0.105		2	A	1		0.173	0.159	
Riboflavin ... mg	0.055		2	A	1		0.091	0.083	
Niacin ... mg	0.920		2	A	1		1.518	1.389	
Pantothenic acid ... mg	0.235		2	A	1		0.388	0.355	
Vitamin B-6 ... mg	0.329		2	A	1		0.543	0.497	
Folate, total (2) ... µg	24		1	A	1		39	36	
Folic acid ... µg	0		0	Z	7		0	0	
Folate, food ... µg	24		1	A	1		39	36	
Folate, DFE ... µg	24		0	NC	4		39	36	
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE ... µg	5		2	A	1		9	8	
Retinol ... µg	0		0	Z	7		0	0	
Carotene, beta ... µg	61		2	A	1		100	91	
Carotene, alpha ... µg	6		2	A	1		10	9	
Cryptoxanthin, beta ... µg	5		2	A	1		8	7	
Vitamin A, IU ... IU	110		2	A	1		181	166	
Lycopene ... µg	0		2	A	1		0	0	
Lutein + zeaxanthin ... µg	157		2	A	1		259	237	
Vitamin E (alpha-tocopherol) ... mg	0.34		1	A	1		0.56	0.51	
Tocopherol, beta ... mg	0.03		1	A	1		0.04	0.04	
Tocopherol, gamma ... mg	0.00		1	A	1		0.01	0.00	
Tocopherol, delta ... mg	0.00		1	A	1		0.00	0.00	
Vitamin D (D2 + D3) ... µg									
Vitamin D2 (ergocalciferol) ... µg									
Vitamin D3 (cholecalciferol) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									

NDB No. 09144
Jackfruit, raw (1)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.195		0	NC	4		0.322	0.295	
4:0....g	0.000		0		4		0.000	0.000	
6:0....g	0.000		1	A	1		0.000	0.000	
8:0....g	0.000		1	A	1		0.000	0.000	
10:0....g	0.028		1	A	1		0.046	0.042	
12:0....g	0.004		1	A	1		0.007	0.006	
13:0....g									
14:0....g	0.004		1	A	1		0.007	0.006	
15:0....g	0.002		1	A	1		0.004	0.003	
16:0....g	0.131		1	A	1		0.216	0.198	
17:0....g	0.002		1	A	1		0.004	0.003	
18:0....g	0.011		1	A	1		0.018	0.016	
20:0....g	0.004		1	A	1		0.007	0.006	
22:0....g	0.004		1	A	1		0.007	0.006	
24:0....g	0.004		1	A	1		0.007	0.006	
Fatty acids, total monounsaturated....g	0.155		0	NC	4		0.255	0.233	
14:1....g	0.004		1	A	1		0.007	0.006	
15:1....g	0.000		1	A	1		0.000	0.000	
16:1 undifferentiated....g	0.024		0	AS	1		0.039	0.036	
16:1 c....g	0.024		1	A	1		0.039	0.036	
16:1 t....g	0.000		1	A	1		0.000	0.000	
17:1....g	0.000		1	A	1		0.000	0.000	
18:1 undifferentiated....g	0.127		0	AS	1		0.209	0.191	
18:1 c....g	0.127		1	A	1		0.209	0.191	
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.000		1	A	1		0.000	0.000	
18:1-11t (18:1t n-7)....g									
20:1....g	0.000		1	A	1		0.000	0.000	
22:1 undifferentiated....g	0.000		0	AS	1		0.000	0.000	
22:1 c....g	0.000		1	A	1		0.000	0.000	
22:1 t....g	0.000		1	A	1		0.000	0.000	
24:1 c....g	0.000		1	A	1		0.000	0.000	
Fatty acids, total polyunsaturated....g	0.094		0	NC	4		0.156	0.143	
18:2 undifferentiated....g	0.015		0	AS	1		0.025	0.023	
18:2 n-6 c,c....g	0.015		1	A	1		0.025	0.023	
18:2 CLAs....g	0.000		1	A	1		0.000	0.000	
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.000		1	A	1		0.000	0.000	
18:3 undifferentiated....g	0.079		0	AS	1		0.131	0.120	
18:3 n-3 c,c,c (ALA)....g	0.079		1	A	1		0.131	0.120	
18:3 n-6 c,c,c....g	0.000		1	A	1		0.000	0.000	
18:3i....g									
18:4....g	0.000		1	A	1		0.000	0.000	
20:2 n-6 c,c....g	0.000		1	A	1		0.000	0.000	
20:3 undifferentiated....g	0.000		0	AS	1		0.000	0.000	
20:3 n-3....g	0.000		1	A	1		0.000	0.000	
20:3 n-6....g	0.000		1	A	1		0.000	0.000	
20:4 undifferentiated....g	0.000		1	A	1		0.000	0.000	
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		1	A	1		0.000	0.000	
21:5....g									
22:4....g	0.000		1	A	1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		1	A	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		1	A	1		0.000	0.000	
Fatty acids, total trans....g	0.000		0	NC	4		0.000	0.000	
Fatty acids, total trans-monoenoic....g	0.000		0	NC	4		0.000	0.000	

NDB No. 09144
Jackfruit, raw (1)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total trans-polyenoic.....g	0.000		0	NC	4		0.000	0.000	
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.034		0	A	1		0.057	0.052	
Threonine.....g	0.086		0	A	1		0.142	0.130	
Isoleucine.....g	0.069		0	A	1		0.113	0.104	
Leucine.....g	0.103		0	A	1		0.170	0.156	
Lysine.....g	0.069		0	A	1		0.113	0.104	
Methionine.....g	0.034		0	A	1		0.057	0.052	
Cystine.....g	0.017		0	A	1		0.028	0.026	
Phenylalanine.....g	0.052		0	A	1		0.085	0.078	
Tyrosine.....g	0.103		0	A	1		0.170	0.156	
Valine.....g	0.086		0	A	1		0.142	0.130	
Arginine.....g	0.138		0	A	1		0.227	0.208	
Histidine.....g	0.034		0	A	1		0.057	0.052	
Alanine.....g	0.086		0	A	1		0.142	0.130	
Aspartic acid.....g	0.172		0	A	1		0.284	0.260	
Glutamic acid.....g	0.189		0	A	1		0.312	0.285	
Glycine.....g	0.086		0	A	1		0.142	0.130	
Proline.....g	0.017		0	A	1		0.028	0.026	
Serine.....g	0.103		0	A	1		0.170	0.156	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 165g: 1 cup, sliced

Measure 2 = 151g: 1 cup 1" pieces

Footnotes:

1 Values based on analysis of cultivars grown in Florida.

2 Folate value based on the analysis of 5-methyltetrahydrofolate

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09145
Java-plum, (jambolan), raw
Syzygium cumini

Refuse: 19% Seed

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	83.13	0.873	8		1		112.23	7.48	
Energy....kcal	60		0	NC	4		81	5	
Energy....kJ	251				4		339	23	
Protein (N x 6.25)....g	0.72	0.080	6		1		0.97	0.06	
Total lipid (fat)....g	0.23	0.071	5		1		0.31	0.02	
Ash....g	0.36	0.091	5		1		0.49	0.03	
Carbohydrate, by difference....g	15.56		0	NC	4		21.01	1.40	
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	19	7.887	3		1		26	2	
Iron, Fe....mg	0.19		2		1		0.26	0.02	
Magnesium, Mg....mg	15		1		1		20	1	
Phosphorus, P....mg	17	3.387	3		1		23	2	
Potassium, K....mg	79		1		1		107	7	
Sodium, Na....mg	14		1		1		19	1	
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	14.3	6.487	3		1		19.3	1.3	
Thiamin....mg	0.006	0.002	3		1		0.008	0.001	
Riboflavin....mg	0.012	0.003	3		1		0.016	0.001	
Niacin....mg	0.260	0.025	4		1		0.351	0.023	
Pantothenic acid....mg									
Vitamin B-6....mg	0.038		1		1		0.051	0.003	
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	0		2		1		0	0	
Vitamin A, IU....IU	3		2		1		4	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g									
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 09145
Java-plum, (jambolan), raw

Common Measures:

Measure 1 = 135g: 1 cup

Measure 2 = 9.0g: 3 fruit

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09443

Juice, apple and grape blend, with added ascorbic acid

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	87.05		2	A	1		217.64		
Energy ... kcal	50		0	NC	4		126		
Energy ... kJ	211		0	NC	4		528		
Protein ... g	0.16		2	A	1		0.39		
Total lipid (fat) ... g	0.12		2	A	1		0.29		
Ash ... g	0.22		2	A	1		0.54		
Carbohydrate, by difference ... g	12.46		0	NC	4		31.14		
Fiber, total dietary ... g	0.2		0	RA	4		0.5		
Sugars, total ... g	10.92		2	A	1		27.29		
Sucrose ... g	0.74		2	A	1		1.85		
Glucose (dextrose) ... g	3.72		2	A	1		9.31		
Fructose ... g	6.46		2	A	1		16.14		
Lactose ... g	0.00		2	A	1		0.00		
Maltose ... g	0.00		2	A	1		0.00		
Galactose ... g	0.00		2	A	1		0.00		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	11		2	A	1		27		
Iron, Fe ... mg	0.11		2	A	1		0.27		
Magnesium, Mg ... mg	7		2	A	1		16		
Phosphorus, P ... mg	9		2	A	1		24		
Potassium, K ... mg	96		2	A	1		239		
Sodium, Na ... mg	7		2	A	1		17		
Zinc, Zn ... mg	0.05		2	A	1		0.12		
Copper, Cu ... mg	0.010		2	A	1		0.024		
Manganese, Mn ... mg	0.041		2	A	1		0.104		
Selenium, Se ... µg	0.1		0	RA	4		0.2		
Vitamins:									
Vitamin C, total ascorbic acid (1) ... mg	28.2		2	A	1		70.6		
Thiamin ... mg	0.006		2	A	1		0.016		
Riboflavin ... mg	0.015		2	A	1		0.037		
Niacin ... mg	0.087		2	A	1		0.217		
Pantothenic acid ... mg	0.035		2	A	1		0.087		
Vitamin B-6 ... mg	0.021		2	A	1		0.053		
Folate, total ... µg	0		0	RA	4		0		
Folic acid ... µg	0		0	Z	7		0		
Folate, food ... µg	0		0	RA	4		0		
Folate, DFE ... µg	0		0	NC	4		0		
Choline, total ... mg	2.4		0	RA	4		5.9		
Betaine ... mg									
Vitamin B-12 ... µg	0.00		0	Z	7		0.00		
Vitamin B-12, added ... µg	0.00		0	RA	4		0.00		
Vitamin A, RAE ... µg	0		0	RA	4		0		
Retinol ... µg	0		0	Z	7		0		
Carotene, beta ... µg	2		0	RA	4		5		
Carotene, alpha ... µg	0		0	RA	4		0		
Cryptoxanthin, beta ... µg	0		0	RA	4		1		
Vitamin A, IU ... IU	4		0	RA	4		10		
Lycopene ... µg	0		0	RA	4		0		
Lutein + zeaxanthin ... µg	33		0	RA	4		82		
Vitamin E (alpha-tocopherol) ... mg	0.01		0	RA	4		0.02		
Vitamin E, added ... mg	0.00		0	Z	7		0.00		
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol) ... µg									

NDB No. 09443

Juice, apple and grape blend, with added ascorbic acid

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....µg	0.2		0	RA	4		0.4		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.023		0	RA	4		0.059		
4:0....g	0.000		0	RA	4		0.000		
6:0....g	0.000		0	RA	4		0.000		
8:0....g	0.000		0	RA	4		0.000		
10:0....g	0.000		0	RA	4		0.000		
12:0....g	0.000		0	RA	4		0.000		
13:0....g									
14:0....g	0.001		0	RA	4		0.003		
15:0....g									
16:0....g	0.019		0	RA	4		0.048		
17:0....g									
18:0....g	0.003		0	RA	4		0.007		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.005		0	RA	4		0.012		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	RA	4		0.000		
17:1....g									
18:1 undifferentiated....g	0.004		0	RA	4		0.010		
20:1....g	0.000		0	RA	4		0.000		
22:1 undifferentiated....g	0.000		0	RA	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.032		0	RA	4		0.081		
18:2 undifferentiated....g	0.027		0	RA	4		0.067		
18:3 undifferentiated....g	0.006		0	RA	4		0.016		
18:4....g	0.000		0	RA	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	RA	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	RA	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	RA	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	RA	4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 250g: 8 fl oz

Footnotes:

1 Various brands and package sizes may have different vitamin C levels due to different fortification practices.

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.92

NDB No. 09443

Juice, apple and grape blend, with added ascorbic acid

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09444

Juice, apple, grape and pear blend, with added ascorbic acid and calcium

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	86.44		1	A	1		216.10		
Energy....kcal	52		0	NC	4		131		
Energy....kJ	219		0	NC	4		548		
Protein (N x 6.25)....g	0.17		1	A	1		0.42		
Total lipid (fat)....g	0.12		1	A	1		0.31		
Ash....g	0.31		1	A	1		0.78		
Carbohydrate, by difference....g	12.96		0	NC	4		32.40		
Fiber, total dietary....g	0.2		0	BFZN	4		0.5		
Sugars, total....g	9.95		1	A	1		24.88		
Sucrose....g	0.55		1	A	1		1.38		
Glucose (dextrose)....g	3.50		1	A	1		8.76		
Fructose....g	5.89		1	A	1		14.74		
Lactose....g	0.00		1	A	1		0.00		
Maltose....g	0.00		1	A	1		0.00		
Galactose....g	0.00		1	A	1		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	72		1	A	1		179		
Iron, Fe....mg	0.14		1	A	1		0.35		
Magnesium, Mg....mg	6		1	A	1		15		
Phosphorus, P....mg	11		1	A	1		28		
Potassium, K....mg	89		1	A	1		222		
Sodium, Na....mg	5		1	A	1		13		
Zinc, Zn....mg	0.06		1	A	1		0.15		
Copper, Cu....mg	0.013		1	A	1		0.033		
Manganese, Mn....mg	0.086		1	A	1		0.215		
Selenium, Se....µg	0.1		0	BFZN	4		0.3		
Vitamins:									
Vitamin C, total ascorbic acid....mg	50.7		1	A	1		126.8		
Thiamin....mg	0.005		1	A	1		0.012		
Riboflavin....mg	0.015		1	A	1		0.037		
Niacin....mg	0.094		1	A	1		0.234		
Pantothenic acid....mg	0.030		1	A	1		0.075		
Vitamin B-6....mg	0.018		1	A	1		0.044		
Folate, total....µg	0		0	BFZN	4		0		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	0		0	BFZN	4		0		
Folate, DFE....µg	0		0	NC	4		0		
Choline, total....mg	1.8		0	BFZN	4		4.6		
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....µg	0		0	NC	4		0		
Retinol....µg	0		0	Z	7		0		
Carotene, beta....µg	0		0	BFZN	4		1		
Carotene, alpha....µg	0		0	BFZN	4		0		
Cryptoxanthin, beta....µg	0		0	BFZN	4		1		
Vitamin A, IU....IU	1		0	NC	4		3		
Lycopene....µg	0		0	BFZN	4		0		
Lutein + zeaxanthin....µg	16		0	BFZN	4		40		
Vitamin E (alpha-tocopherol)....mg	0.01		0	BFZN	4		0.03		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....µg									

NDB No. 09444

Juice, apple, grape and pear blend, with added ascorbic acid and calcium

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....µg	0.0		0	BFZN	4		0.0		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.021		0	NC	4		0.053		
4:0....g	0.000		0	BFZN	4		0.000		
6:0....g	0.000		0	BFZN	4		0.000		
8:0....g	0.000		0	BFZN	4		0.000		
10:0....g	0.000		0	BFZN	4		0.000		
12:0....g	0.000		0	BFZN	4		0.000		
13:0....g									
14:0....g	0.001		0	BFZN	4		0.003		
15:0....g									
16:0....g	0.018		0	BFZN	4		0.044		
17:0....g									
18:0....g	0.002		0	BFZN	4		0.006		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.005		0	NC	4		0.012		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	BFZN	4		0.000		
17:1....g									
18:1 undifferentiated....g	0.005		0	BFZN	4		0.012		
20:1....g	0.000		0	BFZN	4		0.000		
22:1 undifferentiated....g	0.000		0	BFZN	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.040		0	NC	4		0.101		
18:2 undifferentiated....g	0.033		0	BFZN	4		0.083		
18:3 undifferentiated....g	0.007		0	BFZN	4		0.018		
18:4....g	0.000		0	BFZN	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	BFZN	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	BFZN	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	BFZN	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	BFZN	4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 250g: 8 fl oz

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.92

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09147
Jujube, dried

Refuse: 11% Seeds

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	19.70		0		1				
Energy ... kcal	287		0	NC	4				
Energy ... kJ	1201				4				
Protein (N x 6.25) ... g	3.70		0		1				
Total lipid (fat) ... g	1.10		0		1				
Ash ... g	1.90		0		1				
Carbohydrate, by difference ... g	73.60		0	NC	4				
Fiber, total dietary ... g									
Sugars, total ... g									
Starch ... g									
Minerals:									
Calcium, Ca ... mg	79		0		1				
Iron, Fe ... mg	1.80		0		1				
Magnesium, Mg ... mg	37		0		1				
Phosphorus, P ... mg	100		0		1				
Potassium, K ... mg	531		0		1				
Sodium, Na ... mg	9		0		1				
Zinc, Zn ... mg	0.19		0		1				
Copper, Cu ... mg	0.265		0		1				
Manganese, Mn ... mg	0.305		0		1				
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg	13.0		0		1				
Thiamin ... mg	0.210		0		1				
Riboflavin ... mg	0.360		0		1				
Niacin ... mg	0.500		0		1				
Pantothenic acid ... mg									
Vitamin B-6 ... mg									
Folate, total ... µg									
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg	0.00		0	Z	7				
Vitamin A, RAE ... µg									
Vitamin A, IU ... IU									
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g									
Fatty acids, total monounsaturated ... g									
Fatty acids, total polyunsaturated ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	Z	7				
Phytosterols ... mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 09147
Jujube, dried

Common Measures:

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09146
Jujube, raw
Ziziphus jujuba

Refuse: 7% Seeds

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	77.86	2.104	11		1				
Energy....kcal	79		0	NC	4				
Energy....kJ	331				4				
Protein (N x 6.25)....g	1.20		0		1				
Total lipid (fat)....g	0.20		0		1				
Ash....g	0.51	0.066	6		1				
Carbohydrate, by difference....g	20.23		0	NC	4				
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	21	3.970	8		1				
Iron, Fe....mg	0.48	0.165	3		1				
Magnesium, Mg....mg	10		1		1				
Phosphorus, P....mg	23	3.605	6		1				
Potassium, K....mg	250	20.090	3		1				
Sodium, Na....mg	3		2		1				
Zinc, Zn....mg	0.05		1		1				
Copper, Cu....mg	0.073		1		1				
Manganese, Mn....mg	0.084		1		1				
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	69.0		0		1				
Thiamin....mg	0.020		0		1				
Riboflavin....mg	0.040		0		1				
Niacin....mg	0.900		0		1				
Pantothenic acid....mg									
Vitamin B-6....mg	0.081		1		1				
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7				
Vitamin A, RAE....µg	2		0		1				
Vitamin A, IU....IU	40		0		1				
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g									
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7				
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 09146
Jujube, raw

Common Measures:

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09445
Kiwifruit, gold, raw (1)
Actinidia chinensis

Refuse: 26% Skin

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	83.22	0.025	53	A	1		154.79	71.57	
Energy	kcal	60		0	NC	4		112	52	
Energy	kJ	251		0	NC	4		467	216	
Protein (N x 6.25)	g	1.23	0.005	54	A	1		2.29	1.06	
Total lipid (fat)	g	0.56	0.004	54	A	1		1.04	0.48	
Ash	g	0.76	0.007	54	A	1		1.41	0.65	
Carbohydrate, by difference	g	14.23		0	NC	4		26.46	12.23	
Fiber, total dietary	g	2.0	0.015	28	A	1		3.6	1.7	
Sugars, total	g	10.98	0.117	8	A	1		20.42	9.44	
Sucrose	g	0.05	0.000	8	A	1		0.09	0.04	
Glucose (dextrose)	g	5.20	0.018	8	A	1		9.67	4.47	
Fructose	g	5.68	0.018	8	A	1		10.56	4.88	
Lactose	g									
Maltose	g	0.05	0.000	8	A	1		0.09	0.04	
Galactose	g									
Starch	g	0.18	0.006	24	A	1		0.33	0.15	
Minerals:										
Calcium, Ca	mg	20	0.097	54	A	1		38	17	
Iron, Fe	mg	0.29	0.002	34	A	1		0.53	0.25	
Magnesium, Mg	mg	14	0.046	34	A	1		27	12	
Phosphorus, P	mg	29	0.101	54	A	1		53	25	
Potassium, K	mg	316	0.612	54	A	1		588	272	
Sodium, Na	mg	3	0.024	54	A	1		6	3	
Zinc, Zn	mg	0.10	0.000	54	A	1		0.19	0.09	
Copper, Cu	mg	0.147	0.001	54	A	1		0.274	0.127	
Manganese, Mn	mg	0.058	0.000	54	A	1		0.108	0.050	
Selenium, Se	µg	3.1	0.226	9	A	1		5.8	2.7	
Vitamins:										
Vitamin C, total ascorbic acid	mg	105.4	0.723	9	A	1		196.1	90.7	
Thiamin	mg	0.024	0.001	25	A	1		0.044	0.020	
Riboflavin	mg	0.046	0.001	25	A	1		0.085	0.039	
Niacin	mg	0.280	0.004	25	A	1		0.521	0.241	
Pantothenic acid	mg	0.500		1	A	1		0.930	0.430	
Vitamin B-6	mg	0.057	0.001	25	A	1		0.107	0.049	
Folate, total	µg	34	0.159	44	A	1		63	29	
Folic acid	µg									
Folate, food	µg	34	0.159	44	A	1		63	29	
Folate, DFE	µg									
Choline, total	mg	5.0		1	A	1		9.3	4.3	
Betaine	mg									
Vitamin B-12	µg									
Vitamin A, RAE	µg	4		9	A	1		7	3	
Retinol	µg									
Carotene, beta	µg	43	0.943	9	A	1		81	37	
Carotene, alpha	µg	0	0.000	9	A	1		0	0	
Cryptoxanthin, beta	µg	0		1	A	1		0	0	
Vitamin A, IU	IU	72		9	A	1		134	62	
Lycopene	µg	0		1	A	1		0	0	
Lutein + zeaxanthin	µg	114	2.828	9	A	1		212	98	
Vitamin E (alpha-tocopherol)	mg	1.49	0.099	8	A	1		2.77	1.28	
Tocopherol, beta	mg									
Tocopherol, gamma	mg	0.01	0.002	8	A	1		0.01	0.01	
Tocopherol, delta	mg	0.01	0.001	8	A	1		0.02	0.01	
Vitamin D (D2 + D3)	µg	0.0		3	AS	1		0.0	0.0	
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg	0.0	0.000	3	A	1		0.0	0.0	
Vitamin D	IU	0	0.000	3	A	1		0	0	
Vitamin K (phylloquinone)	µg	5.5	1.721	3	A	1		10.2	4.7	

NDB No. 09445
Kiwifruit, gold, raw (1)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.149		0	NC	4		0.276	0.128	
4:0....g									
6:0....g									
8:0....g	0.005		1	A	1		0.008	0.004	
10:0....g	0.014		1	A	1		0.025	0.012	
12:0....g	0.014		1	A	1		0.025	0.012	
13:0....g	0.005		1	A	1		0.008	0.004	
14:0....g	0.009		1	A	1		0.017	0.008	
15:0....g									
16:0....g	0.090		1	A	1		0.167	0.077	
17:0....g									
18:0....g	0.014		1	A	1		0.025	0.012	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.036		0	NC	4		0.067	0.031	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.009		1	A	1		0.017	0.008	
17:1....g									
18:1 undifferentiated....g	0.027		1	A	1		0.050	0.023	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.207		0	NC	4		0.385	0.178	
18:2 undifferentiated....g	0.113		1	A	1		0.209	0.097	
18:3 undifferentiated....g	0.077		0	AS	1		0.142	0.066	
18:3 n-3 c,c,c (ALA)....g	0.068		1	A	1		0.126	0.058	
18:3 n-6 c,c,c....g	0.009		1	A	1		0.017	0.008	
18:3i....g									
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g									
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.018		1	A	1		0.033	0.015	
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg									
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.044		0	A	1		0.082	0.038	
Threonine....g	0.042		0	A	1		0.078	0.036	
Isoleucine....g	0.037		0	A	1		0.069	0.032	
Leucine....g	0.056		0	A	1		0.104	0.048	
Lysine....g	0.060		0	A	1		0.112	0.052	
Methionine....g	0.016		0	A	1		0.030	0.014	
Cystine....g	0.025		0	A	1		0.046	0.021	
Phenylalanine....g	0.030		0	A	1		0.056	0.026	
Tyrosine....g	0.023		0	A	1		0.043	0.020	
Valine....g	0.046		0	A	1		0.086	0.040	
Arginine....g	0.109		0	A	1		0.203	0.094	
Histidine....g	0.020		0	A	1		0.037	0.017	
Alanine....g	0.040		0	A	1		0.074	0.034	

NDB No. 09445
Kiwifruit, gold, raw (1)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Aspartic acid.....g	0.119		0	A	1		0.221	0.102	
Glutamic acid.....g	0.129		0	A	1		0.240	0.111	
Glycine.....g	0.046		0	A	1		0.086	0.040	
Proline.....g	0.028		0	A	1		0.052	0.024	
Serine.....g	0.040		0	A	1		0.074	0.034	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 186g: 1 cup, sliced

Measure 2 = 86g: 1 fruit

Footnotes:

1 Samples grown in New Zealand; cultivar is Hort 16A.

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09148
Kiwifruit, green, raw
Actinidia deliciosa
Chinese gooseberry
Refuse: 24% Skin

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	83.07	0.989	20	A	1		149.53	57.32	122.95
Energy....kcal	61		0	NC	4		110	42	90
Energy....kJ	255		0	NC	4		459	176	377
Protein (N x 6.25)....g	1.14	0.116	20	A	1		2.06	0.79	1.69
Total lipid (fat)....g	0.52	0.120	20	A	1		0.93	0.36	0.77
Ash....g	0.61	0.044	20	A	1		1.10	0.42	0.90
Carbohydrate, by difference....g	14.66		0	NC	4		26.38	10.11	21.69
Fiber, total dietary....g	3.0	0.211	8	A	1		5.5	2.1	4.5
Sugars, total....g	8.99	0.163	8	A	1		16.19	6.21	13.31
Sucrose....g	0.15	0.021	8	A	1		0.27	0.11	0.23
Glucose (dextrose)....g	4.11	0.055	8	A	1		7.40	2.84	6.08
Fructose....g	4.35	0.084	8	A	1		7.83	3.00	6.44
Lactose....g	0.00	0.000	7	A	1		0.00	0.00	0.00
Maltose....g	0.19	0.016	8	A	1		0.35	0.13	0.29
Galactose....g	0.17	0.089	8	A	1		0.31	0.12	0.26
Starch....g	0.00	0.000	4	A	1		0.00	0.00	0.00
Minerals:									
Calcium, Ca....mg	34	4.113	20	A	1		61	23	50
Iron, Fe....mg	0.31	0.062	21	A	1		0.56	0.22	0.46
Magnesium, Mg....mg	17	0.953	21	A	1		30	11	25
Phosphorus, P....mg	34	1.603	19	A	1		61	23	50
Potassium, K....mg	312	6.598	16	A	1		561	215	461
Sodium, Na....mg	3	0.713	18	A	1		5	2	4
Zinc, Zn....mg	0.14	0.010	21	A	1		0.25	0.10	0.20
Copper, Cu....mg	0.130	0.007	21	A	1		0.234	0.090	0.193
Manganese, Mn....mg	0.098	0.011	17	A	1		0.177	0.068	0.145
Selenium, Se....µg	0.2	0.040	5	A	1		0.4	0.2	0.4
Vitamins:									
Vitamin C, total ascorbic acid....mg	92.7	3.367	16	A	1		166.8	64.0	137.2
Thiamin....mg	0.027		2	A	1		0.048	0.018	0.040
Riboflavin....mg	0.025	0.003	18	A	1		0.046	0.017	0.037
Niacin....mg	0.341	0.032	18	A	1		0.615	0.236	0.505
Pantothenic acid....mg	0.183	0.025	18	A	1		0.330	0.127	0.271
Vitamin B-6....mg	0.063	0.002	18	A	1		0.113	0.043	0.093
Folate, total....µg	25	2.021	17	A	1		45	17	37
Folic acid....µg	0		0	Z	7		0	0	0
Folate, food....µg	25	2.021	17	A	1		45	17	37
Folate, DFE....µg	25		0	NC	4		45	17	37
Choline, total....mg	7.8		0	AS	1		14.0	5.4	11.5
Betaine....mg	0.5		2	A	1		0.9	0.3	0.7
Vitamin B-12....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....µg	4	0.236	18	A	1		8	3	6
Retinol....µg	0		0	Z	7		0	0	0
Carotene, beta....µg	52	2.982	18	A	1		94	36	78
Carotene, alpha....µg	0	0.000	6	A	1		0	0	0
Cryptoxanthin, beta....µg	0	0.000	6	A	1		0	0	0
Vitamin A, IU....IU	87	4.722	18	A	1		156	60	129
Lycopene....µg	0	0.000	6	A	1		0	0	0
Lutein + zeaxanthin....µg	122	5.764	6	A	1		219	84	180
Vitamin E (alpha-tocopherol)....mg	1.46	0.043	16	A	1		2.63	1.01	2.16
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg	0.00	0.000	4	A	1		0.00	0.00	0.00
Tocopherol, gamma....mg	0.03	0.005	4	A	1		0.05	0.02	0.04
Tocopherol, delta....mg	0.00	0.000	4	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)....µg									

NDB No. 09148
Kiwifruit, green, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	40.3	1.786	8	A	1		72.5	27.8	59.6
Dihydrophylloquinone....µg	0.0	0.000	8	A	1		0.0	0.0	0.0
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.029		0	NC	4		0.052	0.020	0.042
4:0....g	0.000		0		4		0.000	0.000	0.000
6:0....g	0.000		0		4		0.000	0.000	0.000
8:0....g	0.000		0		4		0.000	0.000	0.000
10:0....g	0.000		0		4		0.000	0.000	0.000
12:0....g	0.000		0		4		0.000	0.000	0.000
13:0....g									
14:0....g	0.000		0		4		0.000	0.000	0.000
15:0....g									
16:0....g	0.017		0		4		0.030	0.012	0.025
17:0....g									
18:0....g	0.012		0		4		0.021	0.008	0.018
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.047		0	NC	4		0.084	0.032	0.069
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
17:1....g									
18:1 undifferentiated....g	0.047		0		4		0.084	0.032	0.069
20:1....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.287		0	NC	4		0.517	0.198	0.425
18:2 undifferentiated....g	0.246		0		4		0.442	0.169	0.364
18:3 undifferentiated....g	0.042		0		4		0.075	0.029	0.062
18:4....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	0.000
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.015		0	A	1		0.026	0.010	0.022
Threonine....g	0.047		0	A	1		0.085	0.033	0.070
Isoleucine....g	0.051		0	A	1		0.093	0.035	0.076
Leucine....g	0.066		0	A	1		0.118	0.045	0.097
Lysine....g	0.061		0	A	1		0.111	0.042	0.091
Methionine....g	0.024		0	A	1		0.043	0.016	0.035
Cystine....g	0.031		0	A	1		0.056	0.022	0.046
Phenylalanine....g	0.044		0	A	1		0.079	0.030	0.065
Tyrosine....g	0.034		0	A	1		0.062	0.024	0.051
Valine....g	0.057		0	A	1		0.103	0.039	0.085
Arginine....g	0.081		0	A	1		0.145	0.056	0.119
Histidine....g	0.027		0	A	1		0.048	0.019	0.040
Alanine....g	0.053		0	A	1		0.096	0.037	0.079
Aspartic acid....g	0.126		0	A	1		0.226	0.087	0.186
Glutamic acid....g	0.184		0	A	1		0.332	0.127	0.273
Glycine....g	0.060		0	A	1		0.108	0.041	0.089
Proline....g	0.044		0	A	1		0.079	0.030	0.065
Serine....g	0.053		0	A	1		0.095	0.036	0.078
Hydroxyproline....g									

NDB No. 09148
Kiwifruit, green, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 180g: 1 cup, sliced

Measure 2 = 69g: 1 fruit (2" dia)

Measure 3 = 148g: 1 NLEA serving

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09149
Kumquats, raw
Fortunella spp.

Refuse: 7% Seeds

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	80.85		2	A	1		15.36		
Energy....kcal	71		0	NC	4		13		
Energy....kJ	296		0	NC	4		56		
Protein (N x 6.25)....g	1.88		2	A	1		0.36		
Total lipid (fat)....g	0.86		2	A	1		0.16		
Ash....g	0.52		2	A	1		0.10		
Carbohydrate, by difference....g	15.90		0	NC	4		3.02		
Fiber, total dietary....g	6.5		2	A	1		1.2		
Sugars, total....g	9.36		0	O	4		1.78		
Starch....g									
Minerals:									
Calcium, Ca....mg	62		2	A	1		12		
Iron, Fe....mg	0.86		2	A	1		0.16		
Magnesium, Mg....mg	20		2	A	1		4		
Phosphorus, P....mg	19		2	A	1		4		
Potassium, K....mg	186		2	A	1		35		
Sodium, Na....mg	10		2	A	1		2		
Zinc, Zn....mg	0.17		2	A	1		0.03		
Copper, Cu....mg	0.095		2	A	1		0.018		
Manganese, Mn....mg	0.135		2	A	1		0.026		
Selenium, Se....µg	0.0		0	BFZN	4		0.0		
Vitamins:									
Vitamin C, total ascorbic acid....mg	43.9		2	A	1		8.3		
Thiamin....mg	0.037		2	A	1		0.007		
Riboflavin....mg	0.090		2	A	1		0.017		
Niacin....mg	0.429		2	A	1		0.082		
Pantothenic acid....mg	0.208		2	A	1		0.040		
Vitamin B-6....mg	0.036		2	A	1		0.007		
Folate, total....µg	17		2	A	1		3		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	17		2	A	1		3		
Folate, DFE....µg	17		0	NC	4		3		
Choline, total....mg	8.4		0	BFZN	4		1.6		
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....µg	15		2	A	1		3		
Retinol....µg	0		0	Z	7		0		
Carotene, beta....µg	0		2	A	1		0		
Carotene, alpha....µg	155		2	A	1		29		
Cryptoxanthin, beta....µg	193		2	A	1		37		
Vitamin A, IU....IU	290		2	A	1		55		
Lycopene....µg	0		0	BFZN	4		0		
Lutein + zeaxanthin....µg	129		0	BFZN	4		25		
Vitamin E (alpha-tocopherol)....mg	0.15		0	BFZN	4		0.03		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....µg	0.0		0	BFZN	4		0.0		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 09149
Kumquats, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.103		0	BFFN	4		0.019		
4:0....g	0.000		0	BFFN	4		0.000		
6:0....g	0.000		0	BFFN	4		0.000		
8:0....g	0.000		0	BFFN	4		0.000		
10:0....g	0.000		0	BFFN	4		0.000		
12:0....g	0.000		0	BFFN	4		0.000		
13:0....g									
14:0....g	0.004		0	BFFN	4		0.001		
15:0....g									
16:0....g	0.090		0	BFFN	4		0.017		
17:0....g									
18:0....g	0.004		0	BFFN	4		0.001		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.154		0	BFFN	4		0.029		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.021		0	BFFN	4		0.004		
17:1....g									
18:1 undifferentiated....g	0.137		0	BFFN	4		0.026		
20:1....g	0.000		0	BFFN	4		0.000		
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.171		0	BFFN	4		0.032		
18:2 undifferentiated....g	0.124		0	BFFN	4		0.024		
18:3 undifferentiated....g	0.047		0	BFFN	4		0.009		
18:4....g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	BFFN	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 19g: 1 fruit without refuse

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09153
Lemon juice, canned or bottled

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	92.46	0.188	3		1		225.60	13.87	28.20
Energy....kcal	21		0	NC	4		51	3	6
Energy....kJ	88		0		4		214	13	27
Protein (N x 6.25)....g	0.40	0.084	3		1		0.98	0.06	0.12
Total lipid (fat)....g	0.29	0.035	3		1		0.71	0.04	0.09
Ash....g	0.36	0.023	3		1		0.88	0.05	0.11
Carbohydrate, by difference....g	6.48		0	NC	4		15.81	0.97	1.98
Fiber, total dietary....g	0.4		0		4		1.0	0.1	0.1
Sugars, total....g	2.40		0	T	4		5.86	0.36	0.73
Starch....g									
Minerals:									
Calcium, Ca....mg	11	0.577	3		1		27	2	3
Iron, Fe....mg	0.13	0.012	3		1		0.32	0.02	0.04
Magnesium, Mg....mg	8	0.416	3		1		20	1	2
Phosphorus, P....mg	9	1.084	3		1		22	1	3
Potassium, K....mg	102	5.698	5		1		249	15	31
Sodium, Na....mg	21	1.720	5		1		51	3	6
Zinc, Zn....mg	0.06	0.009	3		1		0.15	0.01	0.02
Copper, Cu....mg	0.037	0.003	3		1		0.090	0.006	0.011
Manganese, Mn....mg	0.020	0.000	3		1		0.049	0.003	0.006
Selenium, Se....µg	0.1		0	BFZN	4		0.2	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid....mg	24.8	2.390	3		1		60.5	3.7	7.6
Thiamin....mg	0.041	0.002	3		1		0.100	0.006	0.013
Riboflavin....mg	0.009	0.002	3		1		0.022	0.001	0.003
Niacin....mg	0.197	0.033	3		1		0.481	0.030	0.060
Pantothenic acid....mg	0.091	0.004	3		1		0.222	0.014	0.028
Vitamin B-6....mg	0.043	0.006	3		1		0.105	0.006	0.013
Folate, total....µg	10	1.295	6		1		25	2	3
Folic acid....µg	0		0	Z	7		0	0	0
Folate, food....µg	10	1.295	6		1		25	2	3
Folate, DFE....µg	10		0	NC	4		25	2	3
Choline, total....mg	5.1		0	BFZN	4		12.5	0.8	1.6
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....µg	1	0.262	3		1		2	0	0
Retinol....µg	0		0	Z	7		0	0	0
Carotene, beta....µg	2		0	BNA	4		5	0	1
Carotene, alpha....µg	0		0	BNA	4		1	0	0
Cryptoxanthin, beta....µg	13		0	BNA	4		33	2	4
Vitamin A, IU....IU	15	5.239	3		1		37	2	5
Lycopene....µg	0		0	BFZN	4		0	0	0
Lutein + zeaxanthin....µg	11		0	BFZN	4		26	2	3
Vitamin E (alpha-tocopherol)....mg	0.15		0	BFZN	4		0.37	0.02	0.05
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	0.0		1	A	1		0.0	0.0	0.0
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 09153
Lemon juice, canned or bottled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.038		0		1		0.093	0.006	0.012
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.000		0		1		0.000	0.000	0.000
10:0....g	0.000		0		1		0.000	0.000	0.000
12:0....g	0.000		0		1		0.000	0.000	0.000
13:0....g									
14:0....g	0.001		0		1		0.002	0.000	0.000
15:0....g									
16:0....g	0.034		0		1		0.083	0.005	0.010
17:0....g									
18:0....g	0.002		0		1		0.005	0.000	0.001
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.011		0		1		0.027	0.002	0.003
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1		0.002	0.000	0.000
17:1....g									
18:1 undifferentiated....g	0.010		0		1		0.024	0.002	0.003
20:1....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.085		0		1		0.207	0.013	0.026
18:2 undifferentiated....g	0.060		0		1		0.146	0.009	0.018
18:3 undifferentiated....g	0.025		0		1		0.061	0.004	0.008
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	0
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 244g: 1 cup

Measure 2 = 15g: 1 tbsp

Measure 3 = 30.5g: 1 fl oz

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 2.7

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09154
Lemon juice, frozen, unsweetened, single strength

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	92.39	0.401	3		1		225.43	28.18	
Energy....kcal	22		0	NC	4		54	7	
Energy....kJ	92		0		4		225	28	
Protein (N x 6.25)....g	0.46	0.006	3		1		1.12	0.14	
Total lipid (fat)....g	0.32	0.037	3		1		0.78	0.10	
Ash....g	0.33	0.034	3		1		0.81	0.10	
Carbohydrate, by difference....g	6.50		0	NC	4		15.86	1.98	
Fiber, total dietary....g	0.4		0		4		1.0	0.1	
Sugars, total....g	2.40		0	T	4		5.86	0.73	
Starch....g									
Minerals:									
Calcium, Ca....mg	8	1.201	3		1		20	2	
Iron, Fe....mg	0.12	0.018	3		1		0.29	0.04	
Magnesium, Mg....mg	8	0.536	3		1		20	2	
Phosphorus, P....mg	8	1.225	3		1		20	2	
Potassium, K....mg	89	12.005	3		1		217	27	
Sodium, Na....mg	1	0.167	3		1		2	0	
Zinc, Zn....mg	0.05	0.006	3		1		0.12	0.02	
Copper, Cu....mg	0.030	0.000	3		1		0.073	0.009	
Manganese, Mn....mg	0.030	0.006	3		1		0.073	0.009	
Selenium, Se....µg	0.1		0	BFZN	4		0.2	0.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	31.5	5.710	3		1		76.9	9.6	
Thiamin....mg	0.059	0.004	3		1		0.144	0.018	
Riboflavin....mg	0.013	0.001	3		1		0.032	0.004	
Niacin....mg	0.137	0.044	3		1		0.334	0.042	
Pantothenic acid....mg	0.121	0.023	3		1		0.295	0.037	
Vitamin B-6....mg	0.060	0.005	3		1		0.146	0.018	
Folate, total....µg	10	2.155	3		1		23	3	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	10	2.155	3		1		23	3	
Folate, DFE....µg	10		0	NC	4		23	3	
Choline, total....mg	5.1		0	BFZN	4		12.5	1.6	
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	1	0.265	3		1		2	0	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg	2		0	BNA	4		5	1	
Carotene, alpha....µg	0		0	BNA	4		1	0	
Cryptoxanthin, beta....µg	12		0	BNA	4		28	4	
Vitamin A, IU....IU	13	5.291	3		1		32	4	
Lycopene....µg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin....µg	7		0	BFSN	4		18	2	
Vitamin E (alpha-tocopherol)....mg	0.08		0	BFSN	4		0.20	0.02	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	0.0		0	BFZN	4		0.0	0.0	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 09154

Lemon juice, frozen, unsweetened, single strength

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.043		0		1		0.105	0.013	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.001		0		1		0.002	0.000	
15:0....g									
16:0....g	0.038		0		1		0.093	0.012	
17:0....g									
18:0....g	0.003		0		1		0.007	0.001	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.012		0		1		0.029	0.004	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1		0.002	0.000	
17:1....g									
18:1 undifferentiated....g	0.011		0		1		0.027	0.003	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.097		0		1		0.237	0.030	
18:2 undifferentiated....g	0.068		0		1		0.166	0.021	
18:3 undifferentiated....g	0.029		0		1		0.071	0.009	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 244g: 1 cup

Measure 2 = 30.5g: 1 fl oz

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 2.7

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09152
Lemon juice, raw

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	92.31	0.259	6	A	1		225.23	28.15	44.31
Energy....kcal	22		0	NC	4		53	7	10
Energy....kJ	91		0	NC	4		222	28	44
Protein (N x 6.25)....g	0.35	0.003	6	A	1		0.85	0.11	0.17
Total lipid (fat)....g	0.24	0.164	6	A	1		0.58	0.07	0.11
Ash....g	0.21	0.043	6	A	1		0.51	0.06	0.10
Carbohydrate, by difference....g	6.90		0	NC	4		16.83	2.10	3.31
Fiber, total dietary....g	0.3	0.092	6	A	1		0.7	0.1	0.1
Sugars, total....g	2.52	0.105	4	A	1		6.14	0.77	1.21
Sucrose....g	0.43	0.120	4	A	1		1.05	0.13	0.21
Glucose (dextrose)....g	0.99	0.013	4	A	1		2.42	0.30	0.48
Fructose....g	1.10	0.032	4	A	1		2.68	0.33	0.53
Lactose....g	0.00	0.000	4	A	1		0.00	0.00	0.00
Maltose....g	0.00	0.000	4	A	1		0.00	0.00	0.00
Galactose....g	0.00	0.000	4	A	1		0.00	0.00	0.00
Starch....g	0.00		1	A	1		0.00	0.00	0.00
Minerals:									
Calcium, Ca....mg	6	2.150	6	A	1		15	2	3
Iron, Fe....mg	0.08	0.005	4	A	1		0.19	0.02	0.04
Magnesium, Mg....mg	6	0.915	6	A	1		14	2	3
Phosphorus, P....mg	8	2.865	6	A	1		19	2	4
Potassium, K....mg	103	6.063	8	A	1		252	31	50
Sodium, Na....mg	1	0.178	15		1		2	0	0
Zinc, Zn....mg	0.05	0.021	6	A	1		0.11	0.01	0.02
Copper, Cu....mg	0.016	0.003	6	A	1		0.039	0.005	0.008
Manganese, Mn....mg	0.012	0.005	6	A	1		0.030	0.004	0.006
Selenium, Se....µg	0.1		0	BFZN	4		0.2	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid....mg	38.7	2.474	8	A	1		94.4	11.8	18.6
Thiamin....mg	0.024	0.006	6	A	1		0.059	0.007	0.012
Riboflavin....mg	0.015	0.000	4	A	1		0.036	0.005	0.007
Niacin....mg	0.091	0.006	6	A	1		0.223	0.028	0.044
Pantothenic acid....mg	0.131	0.016	6	A	1		0.320	0.040	0.063
Vitamin B-6....mg	0.046	0.006	6	A	1		0.112	0.014	0.022
Folate, total (1) ....µg	20	6.298	4	A	1		49	6	10
Folic acid....µg	0		0	Z	7		0	0	0
Folate, food....µg	20	6.298	4	A	1		49	6	10
Folate, DFE....µg	20		0	NC	4		49	6	10
Choline, total....mg	5.1		0	BFZN	4		12.5	1.6	2.5
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....µg	0		1	A	1		1	0	0
Retinol....µg	0		0	Z	7		0	0	0
Carotene, beta....µg	1		1	A	1		3	0	1
Carotene, alpha....µg	0		1	A	1		0	0	0
Cryptoxanthin, beta....µg	4		1	A	1		10	1	2
Vitamin A, IU....IU	6		1	A	1		13	2	3
Lycopene....µg	0		1	A	1		0	0	0
Lutein + zeaxanthin....µg	15		1	A	1		37	5	7
Vitamin E (alpha-tocopherol)....mg	0.15		0	BFZN	4		0.37	0.05	0.07
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)....µg									

NDB No. 09152
Lemon juice, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	0.0		0	BFZN	4		0.0	0.0	0.0
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.040		0	NC	4		0.098	0.012	0.019
4:0....g	0.000		0		4		0.000	0.000	0.000
6:0....g	0.000		1	A	1		0.000	0.000	0.000
8:0....g	0.000		1	A	1		0.000	0.000	0.000
10:0....g	0.020		1	A	1		0.049	0.006	0.010
12:0....g	0.001		1	A	1		0.002	0.000	0.000
13:0....g									
14:0....g	0.002		1	A	1		0.005	0.001	0.001
15:0....g	0.001		1	A	1		0.002	0.000	0.000
16:0....g	0.012		1	A	1		0.029	0.004	0.006
17:0....g	0.000		1	A	1		0.000	0.000	0.000
18:0....g	0.004		1	A	1		0.010	0.001	0.002
20:0....g	0.000		1	A	1		0.000	0.000	0.000
22:0....g	0.000		1	A	1		0.000	0.000	0.000
24:0....g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated....g	0.006		0	NC	4		0.015	0.002	0.003
14:1....g	0.002		1	A	1		0.005	0.001	0.001
15:1....g	0.000		1	A	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.000		0	AS	1		0.000	0.000	0.000
16:1 c....g	0.000		1	A	1		0.000	0.000	0.000
16:1 t....g	0.000		1	A	1		0.000	0.000	0.000
17:1....g	0.000		1	A	1		0.000	0.000	0.000
18:1 undifferentiated....g	0.004		0	AS	1		0.010	0.001	0.002
18:1 c....g	0.004		1	A	1		0.010	0.001	0.002
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.000		1	A	1		0.000	0.000	0.000
18:1-11t (18:1t n-7)....g									
20:1....g	0.000		1	A	1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0	AS	1		0.000	0.000	0.000
22:1 c....g	0.000		1	A	1		0.000	0.000	0.000
22:1 t....g	0.000		1	A	1		0.000	0.000	0.000
24:1 c....g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated....g	0.021		0	NC	4		0.051	0.006	0.010
18:2 undifferentiated....g	0.012		0	AS	1		0.029	0.004	0.006
18:2 n-6 c,c....g	0.012		1	A	1		0.029	0.004	0.006
18:2 CLAs....g	0.000		1	A	1		0.000	0.000	0.000
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.000		1	A	1		0.000	0.000	0.000
18:3 undifferentiated....g	0.009		0	AS	1		0.022	0.003	0.004
18:3 n-3 c,c,c (ALA)....g	0.009		1	A	1		0.022	0.003	0.004
18:3 n-6 c,c,c....g	0.000		1	A	1		0.000	0.000	0.000
18:3i....g									
18:4....g	0.000		1	A	1		0.000	0.000	0.000
20:2 n-6 c,c....g	0.000		1	A	1		0.000	0.000	0.000
20:3 undifferentiated....g	0.000		0	AS	1		0.000	0.000	0.000
20:3 n-3....g	0.000		1	A	1		0.000	0.000	0.000
20:3 n-6....g	0.000		1	A	1		0.000	0.000	0.000
20:4 undifferentiated....g	0.000		1	A	1		0.000	0.000	0.000
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		1	A	1		0.000	0.000	0.000
21:5....g									
22:4....g	0.000		1	A	1		0.000	0.000	0.000
22:5 n-3 (DPA)....g	0.000		1	A	1		0.000	0.000	0.000

NDB No. 09152
Lemon juice, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA)....g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total trans....g	0.000		0	NC	4		0.000	0.000	0.000
Fatty acids, total trans-monoenoic....g	0.000		0	NC	4		0.000	0.000	0.000
Fatty acids, total trans-polyenoic....g	0.000		0	NC	4		0.000	0.000	0.000
Cholesterol....mg	0		0	Z	7		0	0	0
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 244g: 1 cup

Measure 2 = 30.5g: 1 fl oz

Measure 3 = 48g: 1 lemon yields

Footnotes:

1 Mean value contains data based on the analysis of 5-methyltetrahydrofolate plus total folate determined microbiologically

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 2.7

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09156
Lemon peel, raw

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	81.60		0		1		4.90	1.63	
Energy....kcal	47		0		4		3	1	
Energy....kJ	197		0		4		12	4	
Protein (N x 6.25)....g	1.50		0		1		0.09	0.03	
Total lipid (fat)....g	0.30		0		1		0.02	0.01	
Ash....g	0.60		0		1		0.04	0.01	
Carbohydrate, by difference....g	16.00		0	NC	4		0.96	0.32	
Fiber, total dietary....g	10.6		0		4		0.6	0.2	
Sugars, total....g	4.17		0	BFSN	4		0.25	0.08	
Starch....g									
Minerals:									
Calcium, Ca....mg	134		0		1		8	3	
Iron, Fe....mg	0.80		0		1		0.05	0.02	
Magnesium, Mg....mg	15		0		1		1	0	
Phosphorus, P....mg	12		0		1		1	0	
Potassium, K....mg	160		0		1		10	3	
Sodium, Na....mg	6		0		1		0	0	
Zinc, Zn....mg	0.25		0		4		0.02	0.01	
Copper, Cu....mg	0.092		0		4		0.006	0.002	
Manganese, Mn....mg									
Selenium, Se....µg	0.7		0	BFSN	4		0.0	0.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	129.0		0		1		7.7	2.6	
Thiamin....mg	0.060		0		1		0.004	0.001	
Riboflavin....mg	0.080		0		1		0.005	0.002	
Niacin....mg	0.400		0		1		0.024	0.008	
Pantothenic acid....mg	0.319		0		1		0.019	0.006	
Vitamin B-6....mg	0.172		0		1		0.010	0.003	
Folate, total....µg	13		0		4		1	0	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	13		0		4		1	0	
Folate, DFE....µg	13		0	NC	4		1	0	
Choline, total....mg	8.5		0	BFSN	4		0.5	0.2	
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	3		0		1		0	0	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg	7		0	BNA	4		0	0	
Carotene, alpha....µg	1		0	BNA	4		0	0	
Cryptoxanthin, beta....µg	45		0	BNA	4		3	1	
Vitamin A, IU....IU	50		0		1		3	1	
Lycopene....µg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin....µg	18		0	BFSN	4		1	0	
Vitamin E (alpha-tocopherol)....mg	0.25		0	BFSN	4		0.02	0.01	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	0.0		0	BFSN	4		0.0	0.0	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 09156
Lemon peel, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.039		0		1		0.002	0.001	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.001		0		1		0.000	0.000	
15:0....g									
16:0....g	0.035		0		1		0.002	0.001	
17:0....g									
18:0....g	0.002		0		1		0.000	0.000	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.011		0		1		0.001	0.000	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.010		0		1		0.001	0.000	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.089		0		1		0.005	0.002	
18:2 undifferentiated....g	0.063		0		1		0.004	0.001	
18:3 undifferentiated....g	0.026		0		1		0.002	0.001	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg	35		0		1		2	1	
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 6.0g: 1 tbsp

Measure 2 = 2.0g: 1 tsp

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09150

Lemons, raw, without peel

Citrus limon

Includes USDA commodity food A415

Refuse: 47% 45% peel, 2% seeds

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	88.98	0.820	5		1		188.64	51.61	74.74
Energy....kcal	29		0	NC	4		61	17	24
Energy....kJ	121		0		4		257	70	102
Protein (N x 6.25)....g	1.10		0		1		2.33	0.64	0.92
Total lipid (fat)....g	0.30		0		1		0.64	0.17	0.25
Ash....g	0.30		0		1		0.64	0.17	0.25
Carbohydrate, by difference....g	9.32		0	NC	4		19.76	5.41	7.83
Fiber, total dietary....g	2.8		0		1		5.9	1.6	2.4
Sugars, total....g	2.50		0	T	4		5.30	1.45	2.10
Starch....g									
Minerals:									
Calcium, Ca....mg	26		0		1		55	15	22
Iron, Fe....mg	0.60		0		1		1.27	0.35	0.50
Magnesium, Mg....mg	8		0		4		17	5	7
Phosphorus, P....mg	16		0		1		34	9	13
Potassium, K....mg	138		0		1		293	80	116
Sodium, Na....mg	2		0		1		4	1	2
Zinc, Zn....mg	0.06		1		1		0.13	0.03	0.05
Copper, Cu....mg	0.037		1		1		0.078	0.021	0.031
Manganese, Mn....mg	0.030		0		4		0.064	0.017	0.025
Selenium, Se....µg	0.4		0	BFSN	4		0.8	0.2	0.3
Vitamins:									
Vitamin C, total ascorbic acid....mg	53.0		0		1		112.4	30.7	44.5
Thiamin....mg	0.040		0		1		0.085	0.023	0.034
Riboflavin....mg	0.020		0		1		0.042	0.012	0.017
Niacin....mg	0.100		0		1		0.212	0.058	0.084
Pantothenic acid....mg	0.190		0		1		0.403	0.110	0.160
Vitamin B-6....mg	0.080		0		1		0.170	0.046	0.067
Folate, total....µg	11	2.646	7		1		22	6	9
Folic acid....µg	0		0	Z	7		0	0	0
Folate, food....µg	11	2.646	7		1		22	6	9
Folate, DFE....µg	11		0	NC	4		22	6	9
Choline, total....mg	5.1		0	BFZN	4		10.9	3.0	4.3
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....µg	1		0	AS	1		2	1	1
Retinol....µg	0		0	Z	7		0	0	0
Carotene, beta....µg	3		2	A	1		7	2	3
Carotene, alpha....µg	1		2	A	1		1	0	0
Cryptoxanthin, beta....µg	20		1	A	1		42	12	17
Vitamin A, IU....IU	22		0	AS	1		48	13	19
Lycopene....µg	0		1	A	1		0	0	0
Lutein + zeaxanthin....µg	11		2	A	1		22	6	9
Vitamin E (alpha-tocopherol)....mg	0.15		0	BFZN	4		0.32	0.09	0.13
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	0.0		0	BFZN	4		0.0	0.0	0.0
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 09150
Lemons, raw, without peel

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.039		0		1		0.083	0.023	0.033
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.000		0		1		0.000	0.000	0.000
10:0....g	0.000		0		1		0.000	0.000	0.000
12:0....g	0.000		0		1		0.000	0.000	0.000
13:0....g									
14:0....g	0.001		0		1		0.002	0.001	0.001
15:0....g									
16:0....g	0.035		0		1		0.074	0.020	0.029
17:0....g									
18:0....g	0.002		0		1		0.004	0.001	0.002
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.011		0		1		0.023	0.006	0.009
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1		0.002	0.001	0.001
17:1....g									
18:1 undifferentiated....g	0.010		0		1		0.021	0.006	0.008
20:1....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.089		0		1		0.189	0.052	0.075
18:2 undifferentiated....g	0.063		0		1		0.134	0.037	0.053
18:3 undifferentiated....g	0.026		0		1		0.055	0.015	0.022
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	0
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 212g: 1 cup, sections

Measure 2 = 58g: 1 fruit (2-1/8" dia)

Measure 3 = 84g: 1 fruit (2-3/8" dia)

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 2.48

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09161
Lime juice, canned or bottled, unsweetened

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	92.52	0.103	3		1		227.60	28.50	
Energy....kcal	21		0	NC	4		52	6	
Energy....kJ	88		0		4		216	27	
Protein (N x 6.25)....g	0.25	0.033	3		1		0.62	0.08	
Total lipid (fat)....g	0.23	0.035	3		1		0.57	0.07	
Ash....g	0.31	0.015	3		1		0.76	0.10	
Carbohydrate, by difference....g	6.69		0	NC	4		16.46	2.06	
Fiber, total dietary....g	0.4		0		4		1.0	0.1	
Sugars, total....g	1.37		0	BFSN	4		3.37	0.42	
Starch....g									
Minerals:									
Calcium, Ca....mg	12	0.385	3		1		30	4	
Iron, Fe....mg	0.23	0.009	3		1		0.57	0.07	
Magnesium, Mg....mg	7	0.088	3		1		17	2	
Phosphorus, P....mg	10	0.664	3		1		25	3	
Potassium, K....mg	75	7.000	3		1		185	23	
Sodium, Na....mg	16	2.333	3		1		39	5	
Zinc, Zn....mg	0.06	0.006	3		1		0.15	0.02	
Copper, Cu....mg	0.030	0.006	3		1		0.074	0.009	
Manganese, Mn....mg	0.008	0.002	3		1		0.020	0.002	
Selenium, Se....µg	0.1		0	BFSN	4		0.2	0.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	6.4	2.182	3		1		15.7	2.0	
Thiamin....mg	0.033	0.002	3		1		0.081	0.010	
Riboflavin....mg	0.003	0.001	3		1		0.007	0.001	
Niacin....mg	0.163	0.035	3		1		0.401	0.050	
Pantothenic acid....mg	0.066	0.006	3		1		0.162	0.020	
Vitamin B-6....mg	0.027	0.003	3		1		0.066	0.008	
Folate, total....µg	8	2.397	6		1		19	2	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	8	2.397	6		1		19	2	
Folate, DFE....µg	8		0	NC	4		19	2	
Choline, total....mg	5.1		0	BFZN	4		12.6	1.6	
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	1	0.117	3		1		2	0	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg	10		0	BNA	4		24	3	
Carotene, alpha....µg	0		0	BNA	4		0	0	
Cryptoxanthin, beta....µg	0		0	BNA	4		0	0	
Vitamin A, IU....IU	16	2.333	3		1		39	5	
Lycopene....µg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin....µg	0		0	BFSN	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.12		0	BFSN	4		0.30	0.04	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	0.5		0	BFSN	4		1.3	0.2	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 09161
Lime juice, canned or bottled, unsweetened

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.026		0		1		0.064	0.008	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.001		0		1		0.002	0.000	
15:0....g									
16:0....g	0.023		0		1		0.057	0.007	
17:0....g									
18:0....g	0.001		0		1		0.002	0.000	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.022		0		1		0.054	0.007	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.004		0		1		0.010	0.001	
17:1....g									
18:1 undifferentiated....g	0.018		0		1		0.044	0.006	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.064		0		1		0.157	0.020	
18:2 undifferentiated....g	0.042		0		1		0.103	0.013	
18:3 undifferentiated....g	0.022		0		1		0.054	0.007	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 246g: 1 cup

Measure 2 = 30.8g: 1 fl oz

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 2.7

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09160
Lime juice, raw

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	90.79	0.126	4	A	1		219.70	27.96	39.95
Energy....kcal	25		0	NC	4		60	8	11
Energy....kJ	104		0	NC	4		251	32	46
Protein (N x 6.25)....g	0.42	0.021	4	A	1		1.01	0.13	0.18
Total lipid (fat)....g	0.07	0.000	4	A	1		0.18	0.02	0.03
Ash....g	0.31	0.026	4	A	1		0.75	0.10	0.14
Carbohydrate, by difference....g	8.42		0	NC	4		20.36	2.59	3.70
Fiber, total dietary....g	0.4		0		4		1.0	0.1	0.2
Sugars, total....g	1.69	0.124	4	A	1		4.09	0.52	0.74
Sucrose....g	0.48	0.057	4	A	1		1.16	0.15	0.21
Glucose (dextrose)....g	0.60	0.041	4	A	1		1.44	0.18	0.26
Fructose....g	0.61	0.045	4	A	1		1.48	0.19	0.27
Lactose....g	0.00	0.000	4	A	1		0.00	0.00	0.00
Maltose....g	0.00	0.000	4	A	1		0.00	0.00	0.00
Galactose....g	0.00	0.000	4	A	1		0.00	0.00	0.00
Starch....g	0.00		1	A	1		0.00	0.00	0.00
Minerals:									
Calcium, Ca....mg	14	0.823	4	A	1		33	4	6
Iron, Fe....mg	0.09	0.014	4	A	1		0.22	0.03	0.04
Magnesium, Mg....mg	8	0.182	4	A	1		20	2	4
Phosphorus, P....mg	14	0.260	4	A	1		35	4	6
Potassium, K....mg	117	5.244	4	A	1		283	36	51
Sodium, Na....mg	2	0.865	4	A	1		5	1	1
Zinc, Zn....mg	0.08	0.004	4	A	1		0.20	0.03	0.04
Copper, Cu....mg	0.027	0.001	4	A	1		0.065	0.008	0.012
Manganese, Mn....mg	0.018	0.001	4	A	1		0.043	0.005	0.008
Selenium, Se....µg	0.1		2	A	1		0.1	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid....mg	30.0	1.390	4	A	1		72.6	9.2	13.2
Thiamin....mg	0.025	0.001	4	A	1		0.061	0.008	0.011
Riboflavin....mg	0.015	0.000	4	A	1		0.036	0.005	0.007
Niacin....mg	0.142	0.009	4	A	1		0.343	0.044	0.062
Pantothenic acid....mg	0.123	0.006	4	A	1		0.298	0.038	0.054
Vitamin B-6....mg	0.038	0.001	4	A	1		0.091	0.012	0.017
Folate, total....µg	10	1.559	4	A	1		25	3	4
Folic acid....µg	0		0	Z	7		0	0	0
Folate, food....µg	10	1.559	4	A	1		25	3	4
Folate, DFE....µg	10		0	NC	4		25	3	4
Choline, total....mg	5.1		0	AS	1		12.4	1.6	2.3
Betaine....mg	0.2		1	A	1		0.4	0.1	0.1
Vitamin B-12....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....µg	2	1.006	4	A	1		6	1	1
Retinol....µg	0		0	Z	7		0	0	0
Carotene, beta....µg	30	12.078	4	A	1		72	9	13
Carotene, alpha....µg	0	0.000	4	A	1		0	0	0
Cryptoxanthin, beta....µg	0	0.000	4	A	1		0	0	0
Vitamin A, IU....IU	50	20.130	4	A	1		121	15	22
Lycopene....µg	0	0.000	4	A	1		0	0	0
Lutein + zeaxanthin....µg	0	0.000	4	A	1		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.22		2	A	1		0.52	0.07	0.09
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg	0.00		2	A	1		0.00	0.00	0.00
Tocopherol, gamma....mg	0.00		2	A	1		0.00	0.00	0.00
Tocopherol, delta....mg	0.00		2	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)....µg									

NDB No. 09160
Lime juice, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	0.6		2	A	1		1.6	0.2	0.3
Dihydrophylloquinone....µg	0.0		2	A	1		0.0	0.0	0.0
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.008		0	NC	4		0.020	0.003	0.004
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.000		0		1		0.000	0.000	0.000
10:0....g	0.000		0		1		0.000	0.000	0.000
12:0....g	0.000		0		1		0.000	0.000	0.000
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	0.000
15:0....g									
16:0....g	0.008		2		1		0.020	0.003	0.004
17:0....g									
18:0....g	0.000		0		1		0.000	0.000	0.000
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.008		0	NC	4		0.020	0.003	0.004
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.002		2		1		0.004	0.001	0.001
17:1....g									
18:1 undifferentiated....g	0.007		2		1		0.016	0.002	0.003
20:1....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.023		0	NC	4		0.055	0.007	0.010
18:2 undifferentiated....g	0.015		2		1		0.037	0.005	0.007
18:3 undifferentiated....g	0.008		2		1		0.018	0.002	0.003
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.002		0	A	1		0.004	0.001	0.001
Threonine....g	0.002		0	A	1		0.004	0.001	0.001
Isoleucine....g	0.002		0	A	1		0.004	0.001	0.001
Leucine....g	0.016		0	A	1		0.039	0.005	0.007
Lysine....g	0.016		0	A	1		0.039	0.005	0.007
Methionine....g	0.002		0	A	1		0.004	0.001	0.001
Cystine....g	0.002		0	A	1		0.004	0.001	0.001
Phenylalanine....g	0.011		0	A	1		0.027	0.003	0.005
Tyrosine....g	0.002		0	A	1		0.004	0.001	0.001
Valine....g	0.011		0	A	1		0.026	0.003	0.005
Arginine....g	0.015		0	A	1		0.037	0.005	0.007
Histidine....g	0.002		0	A	1		0.004	0.001	0.001
Alanine....g	0.024		0	A	1		0.057	0.007	0.010
Aspartic acid....g	0.114		0	A	1		0.275	0.035	0.050
Glutamic acid....g	0.067		0	A	1		0.161	0.020	0.029
Glycine....g	0.011		0	A	1		0.027	0.003	0.005
Proline....g	0.030		0	A	1		0.072	0.009	0.013
Serine....g	0.035		0	A	1		0.085	0.011	0.015
Hydroxyproline....g									

NDB No. 09160
Lime juice, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 242g: 1 cup

Measure 2 = 30.8g: 1 fl oz

Measure 3 = 44g: 1 lime yields

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 2.7

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09159
Limes, raw
Citrus latifolia

Refuse: 16% Peel and seeds

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	88.26	0.877	5		1		59.13	59.13	
Energy....kcal	30		0	NC	4		20	20	
Energy....kJ	126		0		4		84	84	
Protein (N x 6.25)....g	0.70		0		1		0.47	0.47	
Total lipid (fat)....g	0.20		0		1		0.13	0.13	
Ash....g	0.30		0		1		0.20	0.20	
Carbohydrate, by difference....g	10.54		0	NC	4		7.06	7.06	
Fiber, total dietary....g	2.8		0		1		1.9	1.9	
Sugars, total....g	1.69		0	BFZN	4		1.13	1.13	
Starch....g									
Minerals:									
Calcium, Ca....mg	33		0		1		22	22	
Iron, Fe....mg	0.60		0		1		0.40	0.40	
Magnesium, Mg....mg	6		0		4		4	4	
Phosphorus, P....mg	18		0		1		12	12	
Potassium, K....mg	102		0		1		68	68	
Sodium, Na....mg	2		0		1		1	1	
Zinc, Zn....mg	0.11		1		1		0.07	0.07	
Copper, Cu....mg	0.065		1		1		0.044	0.044	
Manganese, Mn....mg	0.008		0		4		0.005	0.005	
Selenium, Se....µg	0.4		0	BFSN	4		0.3	0.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	29.1		1		1		19.5	19.5	
Thiamin....mg	0.030		0		1		0.020	0.020	
Riboflavin....mg	0.020		0		1		0.013	0.013	
Niacin....mg	0.200		0		1		0.134	0.134	
Pantothenic acid....mg	0.217		0		1		0.145	0.145	
Vitamin B-6....mg	0.043		0		4		0.029	0.029	
Folate, total....µg	8	2.328	7		1		5	5	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	8	2.328	7		1		5	5	
Folate, DFE....µg	8		0	NC	4		5	5	
Choline, total....mg	5.1		0	BFZN	4		3.4	3.4	
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	2		0	BFZN	4		2	2	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg	30		0	BFZN	4		20	20	
Carotene, alpha....µg	0		0	BFZN	4		0	0	
Cryptoxanthin, beta....µg	0		0	BFZN	4		0	0	
Vitamin A, IU....IU	50		0	BFZN	4		33	33	
Lycopene....µg	0		0	BFZN	4		0	0	
Lutein + zeaxanthin....µg	0		0	BFZN	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.22		0	BFZN	4		0.14	0.14	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	0.6		0	BFZN	4		0.4	0.4	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 09159
Limes, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.022		0		1		0.015	0.015	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.001		0		1		0.001	0.001	
15:0....g									
16:0....g	0.020		0		1		0.013	0.013	
17:0....g									
18:0....g	0.001		0		1		0.001	0.001	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.019		0		1		0.013	0.013	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.003		0		1		0.002	0.002	
17:1....g									
18:1 undifferentiated....g	0.016		0		1		0.011	0.011	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.055		0		1		0.037	0.037	
18:2 undifferentiated....g	0.036		0		1		0.024	0.024	
18:3 undifferentiated....g	0.019		0		1		0.013	0.013	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.003		10		1		0.002	0.002	
Threonine....g									
Isoleucine....g									
Leucine....g									
Lysine....g	0.014		10		1		0.009	0.009	
Methionine....g	0.002		6		1		0.001	0.001	
Cystine....g									
Phenylalanine....g									
Tyrosine....g									
Valine....g									
Arginine....g									
Histidine....g									
Alanine....g									
Aspartic acid....g									
Glutamic acid....g									
Glycine....g									
Proline....g									
Serine....g									
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 09159
Limes, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 67g: 1 fruit (2" dia)

Measure 2 = 67g: 1 NLEA serving

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 2.48

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09165
Litchis, dried

lychee
Refuse: 46% Shell and seeds

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	22.30		0		1		0.56		
Energy....kcal	277		0	NC	4		7		
Energy....kJ	1159		0		4		29		
Protein (N x 6.25)....g	3.80		0		1		0.10		
Total lipid (fat)....g	1.20		0		1		0.03		
Ash....g	2.00		0		1		0.05		
Carbohydrate, by difference....g	70.70		0	NC	4		1.77		
Fiber, total dietary....g	4.6		0		1		0.1		
Sugars, total....g	66.10		0	O	4		1.65		
Starch....g									
Minerals:									
Calcium, Ca....mg	33		0		1		1		
Iron, Fe....mg	1.70		0		1		0.04		
Magnesium, Mg....mg	42		0		1		1		
Phosphorus, P....mg	181		0		1		5		
Potassium, K....mg	1110		0		1		28		
Sodium, Na....mg	3		0		1		0		
Zinc, Zn....mg	0.28		0		1		0.01		
Copper, Cu....mg	0.631		0		1		0.016		
Manganese, Mn....mg	0.234		0		1		0.006		
Selenium, Se....µg	1.3		0	CAZN	4		0.0		
Vitamins:									
Vitamin C, total ascorbic acid....mg	183.0		1		1		4.6		
Thiamin....mg	0.010		1		1		0.000		
Riboflavin....mg	0.570		1		1		0.014		
Niacin....mg	3.100		1		1		0.078		
Pantothenic acid....mg									
Vitamin B-6....mg	0.090		0		4		0.002		
Folate, total....µg	12		0		4		0		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	12		0		4		0		
Folate, DFE....µg	12		0	NC	4		0		
Choline, total....mg	12.7		0	CAZN	4		0.3		
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....µg	0		0		1		0		
Retinol....µg	0		0	Z	7		0		
Carotene, beta....µg	0		0	Z	7		0		
Carotene, alpha....µg	0		0	Z	7		0		
Cryptoxanthin, beta....µg	0		0	Z	7		0		
Vitamin A, IU....IU	0		0		1		0		
Lycopene....µg	0		0	Z	7		0		
Lutein + zeaxanthin....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.31		0	BFSN	4		0.01		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....µg	1.6		0	BFSN	4		0.0		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 09165
Litchis, dried

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.270		0		4		0.007		
4:0....g	0.000		0		4		0.000		
6:0....g	0.000		0		4		0.000		
8:0....g	0.000		0		4		0.000		
10:0....g	0.000		0		4		0.000		
12:0....g	0.000		0		4		0.000		
13:0....g									
14:0....g	0.006		0		4		0.000		
15:0....g									
16:0....g	0.190		0		4		0.005		
17:0....g									
18:0....g	0.065		0		4		0.002		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.328		0		4		0.008		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.004		0		4		0.000		
17:1....g									
18:1 undifferentiated....g	0.324		0		4		0.008		
20:1....g	0.000		0		4		0.000		
22:1 undifferentiated....g	0.000		0		4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.361		0		4		0.009		
18:2 undifferentiated....g	0.184		0		4		0.005		
18:3 undifferentiated....g	0.178		0		4		0.004		
18:4....g	0.000		0		4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000		
20:5 n-3 (EPA)....g	0.000		0		4		0.000		
22:5 n-3 (DPA)....g	0.000		0		4		0.000		
22:6 n-3 (DHA)....g	0.000		0		4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.033		0		1		0.001		
Threonine....g									
Isoleucine....g									
Leucine....g									
Lysine....g	0.187		0		1		0.005		
Methionine....g	0.042		0		1		0.001		
Cystine....g									
Phenylalanine....g									
Tyrosine....g									
Valine....g									
Arginine....g									
Histidine....g									
Alanine....g									
Aspartic acid....g									
Glutamic acid....g									
Glycine....g									
Proline....g									
Serine....g									
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 09165
Litchis, dried

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 2.5g: 1 fruit

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09164
Litchis, raw
Litchi chinensis
lychee
Refuse: 40% Shell and seeds

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	81.76	1.019	9		1		155.34	7.85	
Energy....kcal	66		0	NC	4		125	6	
Energy....kJ	276		0		4		525	27	
Protein (N x 6.25)....g	0.83	0.046	7		1		1.58	0.08	
Total lipid (fat)....g	0.44	0.133	7		1		0.84	0.04	
Ash....g	0.44	0.057	6		1		0.84	0.04	
Carbohydrate, by difference....g	16.53		0	NC	4		31.41	1.59	
Fiber, total dietary....g	1.3		0		1		2.5	0.1	
Sugars, total....g	15.23		0	O	4		28.94	1.46	
Starch....g									
Minerals:									
Calcium, Ca....mg	5	1.586	7		1		10	0	
Iron, Fe....mg	0.31	0.061	5		1		0.59	0.03	
Magnesium, Mg....mg	10		2		1		19	1	
Phosphorus, P....mg	31	3.387	7		1		59	3	
Potassium, K....mg	171	23.479	5		1		325	16	
Sodium, Na....mg	1	0.151	3		1		2	0	
Zinc, Zn....mg	0.07		1		1		0.13	0.01	
Copper, Cu....mg	0.148		1		1		0.281	0.014	
Manganese, Mn....mg	0.055		1		1		0.105	0.005	
Selenium, Se....µg	0.6		0	CAZN	4		1.1	0.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	71.5	10.286	14		1		135.9	6.9	
Thiamin....mg	0.011		2		1		0.021	0.001	
Riboflavin....mg	0.065	0.009	3		1		0.124	0.006	
Niacin....mg	0.603	0.147	3		1		1.146	0.058	
Pantothenic acid....mg									
Vitamin B-6....mg	0.100		0		4		0.190	0.010	
Folate, total....µg	14		0		4		27	1	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	14		0		4		27	1	
Folate, DFE....µg	14		0	NC	4		27	1	
Choline, total....mg	7.1		0	BFSN	4		13.5	0.7	
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	0		1		1		0	0	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		1		1		0	0	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.07		0	BFSN	4		0.14	0.01	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	0.4		0	BFSN	4		0.7	0.0	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 09164
Litchis, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.099		0		4		0.188	0.010	
4:0....g	0.000		0		4		0.000	0.000	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	
10:0....g	0.000		0		4		0.000	0.000	
12:0....g	0.000		0		4		0.000	0.000	
13:0....g									
14:0....g	0.002		0		4		0.004	0.000	
15:0....g									
16:0....g	0.070		0		4		0.133	0.007	
17:0....g									
18:0....g	0.024		0		4		0.046	0.002	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.120		0		4		0.228	0.012	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		4		0.002	0.000	
17:1....g									
18:1 undifferentiated....g	0.119		0		4		0.226	0.011	
20:1....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.132		0		4		0.251	0.013	
18:2 undifferentiated....g	0.067		0		4		0.127	0.006	
18:3 undifferentiated....g	0.065		0		4		0.124	0.006	
18:4....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.007		1		1		0.013	0.001	
Threonine....g									
Isoleucine....g									
Leucine....g									
Lysine....g	0.041		1		1		0.078	0.004	
Methionine....g	0.009		1		1		0.017	0.001	
Cystine....g									
Phenylalanine....g									
Tyrosine....g									
Valine....g									
Arginine....g									
Histidine....g									
Alanine....g									
Aspartic acid....g									
Glutamic acid....g									
Glycine....g									
Proline....g									
Serine....g									
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 09164
Litchis, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 190g: 1 cup

Measure 2 = 9.6g: 1 fruit without refuse

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09167
Loganberries, frozen
Rubus ursinus var. loganobaccus

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	84.61	0.382	3		1		124.38		
Energy....kcal	55		0	NC	4		81		
Energy....kJ	230		0		4		338		
Protein (N x 6.25)....g	1.52	0.152	3		1		2.23		
Total lipid (fat)....g	0.31	0.014	3		1		0.46		
Ash....g	0.54	0.000	3		1		0.79		
Carbohydrate, by difference....g	13.02		0	NC	4		19.14		
Fiber, total dietary....g	5.3		0	BFZN	4		7.8		
Sugars, total....g	7.70		0	O	4		11.32		
Starch....g									
Minerals:									
Calcium, Ca....mg	26	0.601	3		1		38		
Iron, Fe....mg	0.64	0.009	3		1		0.94		
Magnesium, Mg....mg	21	0.318	3		1		31		
Phosphorus, P....mg	26	1.267	3		1		38		
Potassium, K....mg	145	3.786	3		1		213		
Sodium, Na....mg	1	0.000	3		1		1		
Zinc, Zn....mg	0.34	0.018	3		1		0.50		
Copper, Cu....mg	0.117	0.003	3		1		0.172		
Manganese, Mn....mg	1.247	0.027	3		1		1.833		
Selenium, Se....µg	0.2		0	BFZN	4		0.3		
Vitamins:									
Vitamin C, total ascorbic acid....mg	15.3	0.333	3		1		22.5		
Thiamin....mg	0.050	0.003	3		1		0.074		
Riboflavin....mg	0.034	0.002	3		1		0.050		
Niacin....mg	0.840	0.000	3		1		1.235		
Pantothenic acid....mg	0.244	0.024	3		1		0.359		
Vitamin B-6....mg	0.065	0.002	3		1		0.096		
Folate, total....µg	26	2.914	3		1		38		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	26	2.914	3		1		38		
Folate, DFE....µg	26		0	NC	4		38		
Choline, total....mg	8.5		0	BFZN	4		12.6		
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....µg	2	0.159	3		1		3		
Retinol....µg	0		0	Z	7		0		
Carotene, beta....µg	21		0	BNA	4		31		
Carotene, alpha....µg	0		0	BNA	4		0		
Cryptoxanthin, beta....µg	0		0	BNA	4		0		
Vitamin A, IU....IU	35	3.180	3		1		51		
Lycopene....µg	0		0	BFZN	4		0		
Lutein + zeaxanthin....µg	118		0	BFZN	4		173		
Vitamin E (alpha-tocopherol)....mg	0.87		0	BFZN	4		1.28		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....µg	7.8		0	BFZN	4		11.5		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 09167
Loganberries, frozen

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.011		0		4		0.016		
4:0....g	0.000		0		4		0.000		
6:0....g	0.000		0		4		0.000		
8:0....g	0.000		0		4		0.000		
10:0....g	0.000		0		4		0.000		
12:0....g	0.000		0		4		0.000		
13:0....g									
14:0....g	0.000		0		4		0.000		
15:0....g									
16:0....g	0.007		0		4		0.010		
17:0....g									
18:0....g	0.002		0		4		0.003		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.030		0		4		0.044		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		4		0.000		
17:1....g									
18:1 undifferentiated....g	0.028		0		4		0.041		
20:1....g	0.002		0		4		0.003		
22:1 undifferentiated....g	0.000		0		4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.176		0		4		0.259		
18:2 undifferentiated....g	0.117		0		4		0.172		
18:3 undifferentiated....g	0.059		0		4		0.087		
18:4....g	0.000		0		4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000		
20:5 n-3 (EPA)....g	0.000		0		4		0.000		
22:5 n-3 (DPA)....g	0.000		0		4		0.000		
22:6 n-3 (DHA)....g	0.000		0		4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 147g: 1 cup, unthawed

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09173
Longans, dried

Refuse: 64% Shell and seeds

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	17.60		0		1		0.30		
Energy....kcal	286		0	NC	4		5		
Energy....kJ	1197		0		4		20		
Protein (N x 6.25)....g	4.90		0		1		0.08		
Total lipid (fat)....g	0.40		0		1		0.01		
Ash....g	3.10		0		1		0.05		
Carbohydrate, by difference....g	74.00		0	NC	4		1.26		
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	45		0		1		1		
Iron, Fe....mg	5.40		0		1		0.09		
Magnesium, Mg....mg	46		0		1		1		
Phosphorus, P....mg	196		0		1		3		
Potassium, K....mg	658		1		1		11		
Sodium, Na....mg	48		1		1		1		
Zinc, Zn....mg	0.22		0		1		0.00		
Copper, Cu....mg	0.807		0		1		0.014		
Manganese, Mn....mg	0.248		0		1		0.004		
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	28.0		0		1		0.5		
Thiamin....mg	0.040		0		1		0.001		
Riboflavin....mg	0.500		0		1		0.009		
Niacin....mg	1.000		0		1		0.017		
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....µg									
Vitamin A, IU....IU	0		1		1		0		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g									
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g									
Threonine....g	0.128		0		1		0.002		
Isoleucine....g	0.097		0		1		0.002		

NDB No. 09173
Longans, dried

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Leucine....g	0.202		0		1		0.003		
Lysine....g	0.172		0		1		0.003		
Methionine....g	0.049		0		1		0.001		
Cystine....g									
Phenylalanine....g	0.112		0		1		0.002		
Tyrosine....g	0.094		0		1		0.002		
Valine....g	0.217		0		1		0.004		
Arginine....g	0.131		0		1		0.002		
Histidine....g	0.045		0		1		0.001		
Alanine....g	0.585		0		1		0.010		
Aspartic acid....g	0.469		0		1		0.008		
Glutamic acid....g	0.780		0		1		0.013		
Glycine....g	0.158		0		1		0.003		
Proline....g	0.158		0		1		0.003		
Serine....g	0.180		0		1		0.003		
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 1.7g: 1 fruit

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09172
Longans, raw
Dimocarpus longan

Refuse: 47% Shell and seeds

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	82.75		2		1		2.65		
Energy....kcal	60		0	NC	4		2		
Energy....kJ	251				4		8		
Protein (N x 6.25)....g	1.31		1		1		0.04		
Total lipid (fat)....g	0.10		0		1		0.00		
Ash....g	0.70		0		1		0.02		
Carbohydrate, by difference....g	15.14		0	NC	4		0.48		
Fiber, total dietary....g	1.1		0		4		0.0		
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	1		1		1		0		
Iron, Fe....mg	0.13		1		1		0.00		
Magnesium, Mg....mg	10		1		1		0		
Phosphorus, P....mg	21		1		1		1		
Potassium, K....mg	266		1		1		9		
Sodium, Na....mg	0		1		1		0		
Zinc, Zn....mg	0.05		1		1		0.00		
Copper, Cu....mg	0.169		1		1		0.005		
Manganese, Mn....mg	0.052		1		1		0.002		
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	84.0		2		1		2.7		
Thiamin....mg	0.031		2		1		0.001		
Riboflavin....mg	0.140		1		1		0.004		
Niacin....mg	0.300		1		1		0.010		
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g									
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g									
Threonine....g	0.034		1		1		0.001		
Isoleucine....g	0.026		1		1		0.001		

NDB No. 09172
Longans, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Leucine....g	0.054		1		1		0.002		
Lysine....g	0.046		1		1		0.001		
Methionine....g	0.013		1		1		0.000		
Cystine....g									
Phenylalanine....g	0.030		1		1		0.001		
Tyrosine....g	0.025		1		1		0.001		
Valine....g	0.058		1		1		0.002		
Arginine....g	0.035		1		1		0.001		
Histidine....g	0.012		1		1		0.000		
Alanine....g	0.157		1		1		0.005		
Aspartic acid....g	0.126		1		1		0.004		
Glutamic acid....g	0.209		1		1		0.007		
Glycine....g	0.042		1		1		0.001		
Proline....g	0.042		1		1		0.001		
Serine....g	0.048		1		1		0.002		
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 3.2g: 1 fruit without refuse

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09174
Loquats, raw
Eriobotrya japonica

Refuse: 35% Seeds and skin

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	86.73	1.198	13		1		129.23	17.35	13.88
Energy	kcal	47		0	NC	4		70	9	8
Energy	kJ	197				4		293	39	31
Protein (N x 6.25)	g	0.43		1		1		0.64	0.09	0.07
Total lipid (fat)	g	0.20		0		1		0.30	0.04	0.03
Ash	g	0.50		0		1		0.75	0.10	0.08
Carbohydrate, by difference	g	12.14		0	NC	4		18.09	2.43	1.94
Fiber, total dietary	g	1.7		0		4		2.5	0.3	0.3
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	16	5.153	4		1		24	3	3
Iron, Fe	mg	0.28	0.080	3		1		0.42	0.06	0.04
Magnesium, Mg	mg	13		2		1		19	3	2
Phosphorus, P	mg	27	14.372	3		1		40	5	4
Potassium, K	mg	266	77.159	4		1		396	53	43
Sodium, Na	mg	1		2		1		1	0	0
Zinc, Zn	mg	0.05		1		1		0.07	0.01	0.01
Copper, Cu	mg	0.040		1		1		0.060	0.008	0.006
Manganese, Mn	mg	0.148		1		1		0.221	0.030	0.024
Selenium, Se	µg	0.6		0	CAZN	4		0.9	0.1	0.1
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.0		0		1		1.5	0.2	0.2
Thiamin	mg	0.019		0		1		0.028	0.004	0.003
Riboflavin	mg	0.024		0		1		0.036	0.005	0.004
Niacin	mg	0.180		0		1		0.268	0.036	0.029
Pantothenic acid	mg									
Vitamin B-6	mg	0.100		0		4		0.149	0.020	0.016
Folate, total	µg	14		0		4		21	3	2
Folic acid	µg	0		0	Z	7		0	0	0
Folate, food	µg	14		0		4		21	3	2
Folate, DFE	µg	14		0	NC	4		21	3	2
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE	µg	76	11.691	5		1		114	15	12
Retinol	µg	0		0	Z	7		0	0	0
Carotene, beta	µg									
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU	IU	1528	233.817	5		1		2277	306	244
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										
Fatty acids, total saturated	g	0.040		0		1		0.060	0.008	0.006
4:0	g	0.000		0		1		0.000	0.000	0.000

NDB No. 09174
Loquats, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0		1		0.000	0.000	0.000
8:0 g	0.000		0		1		0.000	0.000	0.000
10:0 g	0.000		0		1		0.000	0.000	0.000
12:0 g	0.001		2		1		0.001	0.000	0.000
13:0 g									
14:0 g	0.001		2		1		0.001	0.000	0.000
15:0 g									
16:0 g	0.032		2		1		0.048	0.006	0.005
17:0 g									
18:0 g	0.004		2		1		0.006	0.001	0.001
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.008		0		1		0.012	0.002	0.001
14:1 g									
15:1 g									
16:1 undifferentiated g	0.000		0		1		0.000	0.000	0.000
17:1 g									
18:1 undifferentiated g	0.008		2		1		0.012	0.002	0.001
20:1 g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0		1		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	0.091		0		1		0.136	0.018	0.015
18:2 undifferentiated g	0.077		2		1		0.115	0.015	0.012
18:3 undifferentiated g	0.013		2		1		0.019	0.003	0.002
18:4 g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	0		0	Z	7		0	0	0
Phytosterols mg	2		0		1		3	0	0
Amino Acids:									
Tryptophan g	0.005		1		1		0.007	0.001	0.001
Threonine g	0.015		2		1		0.022	0.003	0.002
Isoleucine g	0.015		2		1		0.022	0.003	0.002
Leucine g	0.026		2		1		0.039	0.005	0.004
Lysine g	0.023		2		1		0.034	0.005	0.004
Methionine g	0.004		2		1		0.006	0.001	0.001
Cystine g	0.006		1		1		0.009	0.001	0.001
Phenylalanine g	0.014		2		1		0.021	0.003	0.002
Tyrosine g	0.013		2		1		0.019	0.003	0.002
Valine g	0.021		2		1		0.031	0.004	0.003
Arginine g	0.014		2		1		0.021	0.003	0.002
Histidine g	0.007		2		1		0.010	0.001	0.001
Alanine g	0.024		2		1		0.036	0.005	0.004
Aspartic acid g	0.058		2		1		0.086	0.012	0.009
Glutamic acid g	0.061		2		1		0.091	0.012	0.010
Glycine g	0.020		2		1		0.030	0.004	0.003
Proline g	0.027		2		1		0.040	0.005	0.004
Serine g	0.020		2		1		0.030	0.004	0.003
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	0.0
Caffeine mg									
Theobromine mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 09174
Loquats, raw

Common Measures:

Measure 1 = 149g: 1 cup, cubed
Measure 2 = 20g: 1 large
Measure 3 = 16g: 1 medium

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09175
Mammy-apple, (mamey), raw
Mammea americana

Refuse: 40% Seeds and skin

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	86.20		0		1		729.25		
Energy....kcal	51		0	NC	4		431		
Energy....kJ	213				4		1805		
Protein (N x 6.25)....g	0.50		0		1		4.23		
Total lipid (fat)....g	0.50		0		1		4.23		
Ash....g	0.30		0		1		2.54		
Carbohydrate, by difference....g	12.50		0	NC	4		105.75		
Fiber, total dietary....g	3.0		0		4		25.4		
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	11		0		1		93		
Iron, Fe....mg	0.70		0		1		5.92		
Magnesium, Mg....mg	16		0		4		135		
Phosphorus, P....mg	11		0		1		93		
Potassium, K....mg	47		0		1		398		
Sodium, Na....mg	15		0		1		127		
Zinc, Zn....mg	0.10		0		4		0.85		
Copper, Cu....mg	0.086		0		4		0.728		
Manganese, Mn....mg									
Selenium, Se....µg	0.6		0	CAZN	4		5.1		
Vitamins:									
Vitamin C, total ascorbic acid....mg	14.0		0		1		118.4		
Thiamin....mg	0.020		0		1		0.169		
Riboflavin....mg	0.040		0		1		0.338		
Niacin....mg	0.400		0		1		3.384		
Pantothenic acid....mg	0.103		0		1		0.871		
Vitamin B-6....mg	0.100		0		4		0.846		
Folate, total....µg	14		0		4		118		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	14		0		4		118		
Folate, DFE....µg	14		0	NC	4		118		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....µg	12		0		1		97		
Retinol....µg	0		0	Z	7		0		
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	230		0		1		1946		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.136		0		4		1.151		
4:0....g	0.000		0		4		0.000		

NDB No. 09175
Mammy-apple, (mamey), raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0		4		0.000		
8:0 ... g	0.000		0		4		0.000		
10:0 ... g	0.000		0		4		0.000		
12:0 ... g	0.000		0		4		0.000		
13:0 ... g									
14:0 ... g	0.000		0		4		0.000		
15:0 ... g									
16:0 ... g	0.042		0		4		0.355		
17:0 ... g									
18:0 ... g	0.094		0		4		0.795		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.205		0		4		1.734		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.000		0		4		0.000		
17:1 ... g									
18:1 undifferentiated ... g	0.205		0		4		1.734		
20:1 ... g	0.000		0		4		0.000		
22:1 undifferentiated ... g	0.000		0		4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.079		0		4		0.668		
18:2 undifferentiated ... g	0.079		0		4		0.668		
18:3 undifferentiated ... g	0.000		0		4		0.000		
18:4 ... g	0.000		0		4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		4		0.000		
20:5 n-3 (EPA) ... g	0.000		0		4		0.000		
22:5 n-3 (DPA) ... g	0.000		0		4		0.000		
22:6 n-3 (DHA) ... g	0.000		0		4		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	Z	7		0		
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.005		2		1		0.042		
Threonine ... g									
Isoleucine ... g									
Leucine ... g									
Lysine ... g	0.037		2		1		0.313		
Methionine ... g	0.006		2		1		0.051		
Cystine ... g									
Phenylalanine ... g									
Tyrosine ... g									
Valine ... g									
Arginine ... g									
Histidine ... g									
Alanine ... g									
Aspartic acid ... g									
Glutamic acid ... g									
Glycine ... g									
Proline ... g									
Serine ... g									
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0		
Caffeine ... mg									
Theobromine ... mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 09175
Mammy-apple, (mamey), raw

Common Measures:

Measure 1 = 846g: 1 fruit without refuse

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09436
Mango nectar, canned

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	86.63		2	A	1		217.44		
Energy....kcal	51		0	NC	4		127		
Energy....kJ	212		0	NC	4		533		
Protein (N x 6.25)....g	0.11		2	A	1		0.27		
Total lipid (fat)....g	0.06		2	A	1		0.15		
Ash....g	0.08		2	A	1		0.20		
Carbohydrate, by difference....g	13.12		0	NC	4		32.94		
Fiber, total dietary....g	0.3		2	A	1		0.9		
Sugars, total....g	12.45		2	A	1		31.25		
Sucrose....g	1.02		2	A	1		2.56		
Glucose (dextrose)....g	5.31		2	A	1		13.33		
Fructose....g	5.56		2	A	1		13.96		
Lactose....g	0.00		2	A	1		0.00		
Maltose....g	0.56		2	A	1		1.41		
Galactose....g	0.00		2	A	1		0.00		
Starch....g	0.00		2	A	1		0.00		
Minerals:									
Calcium, Ca....mg	17		2	A	1		42		
Iron, Fe....mg	0.36		2	A	1		0.90		
Magnesium, Mg....mg	3		2	A	1		8		
Phosphorus, P....mg	2		2	A	1		5		
Potassium, K....mg	24		2	A	1		61		
Sodium, Na....mg	5		2	A	1		13		
Zinc, Zn....mg	0.02		2	A	1		0.06		
Copper, Cu....mg	0.015		2	A	1		0.037		
Manganese, Mn....mg	0.028		2	A	1		0.069		
Selenium, Se....µg	0.4		0	BFSN	4		1.1		
Vitamins:									
Vitamin C, total ascorbic acid....mg	15.2	4.624	3	A	1		38.2		
Thiamin....mg	0.003		2	A	1		0.008		
Riboflavin....mg	0.003		2	A	1		0.008		
Niacin....mg	0.080		2	A	1		0.201		
Pantothenic acid....mg	0.070		2	A	1		0.176		
Vitamin B-6....mg	0.015		2	A	1		0.037		
Folate, total....µg	7		2	A	1		18		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	7		2	A	1		18		
Folate, DFE....µg	7		0	NC	4		18		
Choline, total....mg	1.5		0	AS	1		3.8		
Betaine....mg	0.0		1	A	1		0.0		
Vitamin B-12....µg	0.00		0	Z	7		0.00		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....µg	35		0	AS	1		87		
Retinol....µg	0		0	Z	7		0		
Carotene, beta....µg	402		2	A	1		1009		
Carotene, alpha....µg	0		2	A	1		0		
Cryptoxanthin, beta....µg	26		2	A	1		65		
Vitamin A, IU....IU	692		0	AS	1		1736		
Lycopene....µg	0		2	A	1		0		
Lutein + zeaxanthin....µg	0		2	A	1		0		
Vitamin E (alpha-tocopherol)....mg	0.21		2	A	1		0.53		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg	0.00		2	A	1		0.00		
Tocopherol, gamma....mg	0.02		2	A	1		0.06		
Tocopherol, delta....mg	0.00		2	A	1		0.00		
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....µg									

NDB No. 09436
Mango nectar, canned

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....µg	0.8		2	A	1		2.1		
Dihydrophylloquinone....µg	0.0		2	A	1		0.0		
Menaquinone-4....µg	0.0		2	A	1		0.0		
Lipids:									
Fatty acids, total saturated....g	0.014		0	BFFN	4		0.036		
4:0....g	0.000		0	BFFN	4		0.000		
6:0....g	0.000		0	BFFN	4		0.000		
8:0....g	0.000		0	BFFN	4		0.000		
10:0....g	0.000		0	BFFN	4		0.000		
12:0....g	0.000		0	BFFN	4		0.001		
13:0....g									
14:0....g	0.002		0	BFFN	4		0.005		
15:0....g									
16:0....g	0.011		0	BFFN	4		0.029		
17:0....g									
18:0....g	0.001		0	BFFN	4		0.002		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.022		0	BFFN	4		0.055		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.010		0	BFFN	4		0.026		
17:1....g									
18:1 undifferentiated....g	0.012		0	BFFN	4		0.030		
20:1....g	0.000		0	BFFN	4		0.000		
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.011		0	BFFN	4		0.028		
18:2 undifferentiated....g	0.003		0	BFFN	4		0.008		
18:3 undifferentiated....g	0.008		0	BFFN	4		0.020		
18:4....g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	BFFN	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 251g: 1 cup

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate**3.8

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09176
Mangos, raw (1)
Mangifera indica

Refuse: 29% Seeds and skin

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	83.46	0.478	299	A	1		137.71	280.43	
Energy....kcal	60		0	NC	4		99	201	
Energy....kJ	250		0	NC	4		413	842	
Protein (N x 6.25)....g	0.82	0.153	7	A	1		1.35	2.76	
Total lipid (fat)....g	0.38	0.051	7	A	1		0.62	1.27	
Ash....g	0.36	0.030	7	A	1		0.59	1.20	
Carbohydrate, by difference....g	14.98		0	NC	4		24.72	50.35	
Fiber, total dietary....g	1.6	0.141	9	A	1		2.6	5.3	
Sugars, total....g	13.66		0	AS	1		22.54	45.89	
Sucrose....g	6.97	1.299	4	A	1		11.50	23.42	
Glucose (dextrose)....g	2.01	1.353	4	A	1		3.32	6.76	
Fructose....g	4.68	0.875	4	A	1		7.71	15.71	
Lactose....g	0.00	0.000	3	A	1		0.00	0.00	
Maltose....g	0.00	0.000	4	A	1		0.00	0.00	
Galactose....g	0.00	0.000	3	A	1		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	11	0.675	8	A	1		18	36	
Iron, Fe....mg	0.16	0.046	8	A	1		0.26	0.52	
Magnesium, Mg....mg	10	0.544	8	A	1		16	33	
Phosphorus, P....mg	14	1.079	7	A	1		23	46	
Potassium, K....mg	168	0.974	8	A	1		277	564	
Sodium, Na....mg	1	0.489	8	A	1		2	5	
Zinc, Zn....mg	0.09	0.019	8	A	1		0.15	0.31	
Copper, Cu....mg	0.111	0.052	8	A	1		0.183	0.373	
Manganese, Mn....mg	0.063	0.010	8	A	1		0.103	0.211	
Selenium, Se....µg	0.6		0	CAZN	4		1.0	2.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	36.4	14.252	302	A	1		60.1	122.3	
Thiamin....mg	0.028	0.002	7	A	1		0.047	0.095	
Riboflavin....mg	0.038	0.008	7	A	1		0.062	0.127	
Niacin....mg	0.669	0.308	7	A	1		1.103	2.247	
Pantothenic acid....mg	0.197	0.026	7	A	1		0.325	0.662	
Vitamin B-6....mg	0.119	0.001	7	A	1		0.196	0.398	
Folate, total (2)....µg	43	17.120	6	A	1		71	145	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	43	17.120	6	A	1		71	145	
Folate, DFE....µg	43		0	NC	4		71	145	
Choline, total....mg	7.6		0	CAZN	4		12.5	25.5	
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	54		0	AS	1		89	182	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg	640	193.217	298	A	1		1056	2151	
Carotene, alpha....µg	9	3.630	8	A	1		14	29	
Cryptoxanthin, beta....µg	10	7.117	8	A	1		16	33	
Vitamin A, IU....IU	1082		0	AS	1		1786	3636	
Lycopene....µg	3	1.629	3	A	1		5	10	
Lutein + zeaxanthin....µg	23	17.430	4	A	1		39	79	
Vitamin E (alpha-tocopherol)....mg	0.90	0.113	3	A	1		1.49	3.04	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.01	0.005	3	A	1		0.02	0.05	
Tocopherol, gamma....mg	0.01	0.006	3	A	1		0.01	0.02	
Tocopherol, delta....mg	0.00	0.000	3	A	1		0.00	0.00	
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									

NDB No. 09176
Mangos, raw (1)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	4.2		0	BFSN	4		6.9	14.1	
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.092		0		1		0.151	0.308	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	
12:0.....g	0.001		15		1		0.002	0.005	
13:0.....g									
14:0.....g	0.013		19		1		0.021	0.042	
15:0.....g									
16:0.....g	0.072		19		1		0.119	0.243	
17:0.....g									
18:0.....g	0.004		19		1		0.007	0.014	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.140		0		1		0.232	0.472	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.067		19		1		0.110	0.224	
17:1.....g									
18:1 undifferentiated.....g	0.075		19		1		0.124	0.252	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.071		0		1		0.117	0.238	
18:2 undifferentiated.....g	0.019		19		1		0.032	0.065	
18:3 undifferentiated.....g	0.051		19		1		0.085	0.173	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.013		0	BFPN	4		0.021	0.043	
Threonine.....g	0.031		0	BFPN	4		0.050	0.103	
Isoleucine.....g	0.029		0	BFPN	4		0.048	0.097	
Leucine.....g	0.050		0	BFPN	4		0.082	0.167	
Lysine.....g	0.066		0	BFPN	4		0.109	0.222	
Methionine.....g	0.008		0	BFPN	4		0.013	0.027	
Cystine.....g									
Phenylalanine.....g	0.027		0	BFPN	4		0.045	0.092	
Tyrosine.....g	0.016		0	BFPN	4		0.027	0.054	
Valine.....g	0.042		0	BFPN	4		0.069	0.140	
Arginine.....g	0.031		0	BFPN	4		0.050	0.103	
Histidine.....g	0.019		0	BFPN	4		0.032	0.065	
Alanine.....g	0.082		0	BFPN	4		0.135	0.276	
Aspartic acid.....g	0.068		0	BFPN	4		0.111	0.227	
Glutamic acid.....g	0.096		0	BFPN	4		0.159	0.324	
Glycine.....g	0.034		0	BFPN	4		0.056	0.113	
Proline.....g	0.029		0	BFPN	4		0.048	0.097	
Serine.....g	0.035		0	BFPN	4		0.058	0.119	
Hydroxyproline.....g									

NDB No. 09176
Mangos, raw (1)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 165g: 1 cup pieces

Measure 2 = 336g: 1 fruit without refuse

Footnotes:

1 Values based on analyses of Tommy Atkins, Keitt, Kent, and/or Haden cultivars.

2 Mean value contains data based on the analysis of 5-methyltetrahydrofolate plus total folate determined microbiologically.

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09177

Mangosteen, canned, syrup pack

Garcinia mangostana

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	80.94		2	A	1		158.64	174.83	
Energy....kcal	73		0	NC	4		143	158	
Energy....kJ	305				4		599	660	
Protein (N x 6.25)....g	0.41		2	A	1		0.80	0.89	
Total lipid (fat)....g	0.58		2	A	1		1.14	1.25	
Ash....g	0.16		2	A	1		0.31	0.35	
Carbohydrate, by difference....g	17.91		0	NC	4		35.10	38.69	
Fiber, total dietary....g	1.8		2	A	1		3.5	3.9	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	12		2	A	1		24	26	
Iron, Fe....mg	0.30		2	A	1		0.59	0.65	
Magnesium, Mg....mg	13		2	A	1		25	28	
Phosphorus, P....mg	8		2	A	1		16	17	
Potassium, K....mg	48		2	A	1		94	104	
Sodium, Na....mg	7		2	A	1		14	15	
Zinc, Zn....mg	0.21		2	A	1		0.41	0.45	
Copper, Cu....mg	0.069		2	A	1		0.135	0.149	
Manganese, Mn....mg	0.102		2	A	1		0.200	0.220	
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	2.9		2	A	1		5.7	6.3	
Thiamin....mg	0.054		2	A	1		0.106	0.117	
Riboflavin....mg	0.054		2	A	1		0.106	0.117	
Niacin....mg	0.286		2	A	1		0.561	0.618	
Pantothenic acid....mg	0.032		2	A	1		0.063	0.069	
Vitamin B-6....mg	0.018		2	A	1		0.035	0.039	
Folate, total....µg	31		2	A	1		61	67	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	31		2	A	1		61	67	
Folate, DFE....µg	31		0	NC	4		61	67	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	2		2	A	1		3	4	
Retinol....µg									
Carotene, beta....µg	16		2	A	1		32	35	
Carotene, alpha....µg	1		2	A	1		2	3	
Cryptoxanthin, beta....µg	9		2	A	1		17	19	
Vitamin A, IU....IU	35		2	A	1		69	77	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g									
Fatty acids, total monounsaturated....g									

NDB No. 09177
Mangosteen, canned, syrup pack

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 196g: 1 cup, drained

Measure 2 = 216g: 1 cup

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.75

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09328
Maraschino cherries, canned, drained

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	57.27		1	A	1		2.86		
Energy....kcal	165		0	NC	4		8		
Energy....kJ	690		0	NC	4		34		
Protein (N x 6.25)....g	0.22		1	A	1		0.01		
Total lipid (fat)....g	0.21		1	A	1		0.01		
Ash....g	0.34		1	A	1		0.02		
Carbohydrate, by difference....g	41.97		0	NC	4		2.10		
Fiber, total dietary....g	3.2		1	A	1		0.2		
Sugars, total....g	38.77		0	O	4		1.94		
Starch....g									
Minerals:									
Calcium, Ca....mg	54		1	A	1		3		
Iron, Fe....mg	0.43		1	A	1		0.02		
Magnesium, Mg....mg	4		1	A	1		0		
Phosphorus, P....mg	3		1	A	1		0		
Potassium, K....mg	21		1	A	1		1		
Sodium, Na....mg	4		1	A	1		0		
Zinc, Zn....mg	0.26		1	A	1		0.01		
Copper, Cu....mg	0.143		1	A	1		0.007		
Manganese, Mn....mg	0.012		1	A	1		0.001		
Selenium, Se....µg	0.2		0	RA	4		0.0		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.000		0	Z	7		0.000		
Riboflavin....mg	0.000		1	A	1		0.000		
Niacin....mg	0.004		1	A	1		0.000		
Pantothenic acid....mg	0.054		1	A	1		0.003		
Vitamin B-6....mg	0.005		1	A	1		0.000		
Folate, total....µg	0		0	Z	7		0		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	0		0	Z	7		0		
Folate, DFE....µg	0		0	NC	4		0		
Choline, total....mg	4.3		0	RA	4		0.2		
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....µg	2		0	RA	4		0		
Retinol....µg	0		0	Z	7		0		
Carotene, beta....µg	27		0	RA	4		1		
Carotene, alpha....µg	0		0	RA	4		0		
Cryptoxanthin, beta....µg	0		0	RA	4		0		
Vitamin A, IU....IU	45		0	RA	4		2		
Lycopene....µg	0		0	RA	4		0		
Lutein + zeaxanthin....µg	59		0	RA	4		3		
Vitamin E (alpha-tocopherol)....mg	0.05		0	RA	4		0.00		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....µg	1.5		0	RA	4		0.1		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 09328
Maraschino cherries, canned, drained

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.039		0	BFFN	4		0.002		
4:0....g	0.000		0	BFFN	4		0.000		
6:0....g	0.000		0	BFFN	4		0.000		
8:0....g	0.000		0	BFFN	4		0.000		
10:0....g	0.000		0	BFFN	4		0.000		
12:0....g	0.000		0	BFFN	4		0.000		
13:0....g									
14:0....g	0.001		0	BFFN	4		0.000		
15:0....g									
16:0....g	0.029		0	BFFN	4		0.001		
17:0....g									
18:0....g	0.010		0	BFFN	4		0.000		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.049		0	BFFN	4		0.002		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0	BFFN	4		0.000		
17:1....g									
18:1 undifferentiated....g	0.049		0	BFFN	4		0.002		
20:1....g	0.000		0	BFFN	4		0.000		
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.055		0	BFFN	4		0.003		
18:2 undifferentiated....g	0.028		0	BFFN	4		0.001		
18:3 undifferentiated....g	0.027		0	BFFN	4		0.001		
18:4....g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	BFFN	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 5.0g: 1 cherry (NLEA serving)

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.87

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09185
Melon balls, frozen

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	90.26	0.162	3		1		156.15		
Energy....kcal	33		0	NC	4		57		
Energy....kJ	138				4		239		
Protein (N x 6.25)....g	0.84	0.014	3		1		1.45		
Total lipid (fat)....g	0.25	0.095	3		1		0.43		
Ash....g	0.71	0.017	3		1		1.23		
Carbohydrate, by difference....g	7.94		0	NC	4		13.74		
Fiber, total dietary....g	0.7		0		4		1.2		
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	10	0.600	3		1		17		
Iron, Fe....mg	0.29	0.038	3		1		0.50		
Magnesium, Mg....mg	14	0.066	3		1		24		
Phosphorus, P....mg	12	1.638	3		1		21		
Potassium, K....mg	280	8.544	3		1		484		
Sodium, Na....mg	31	2.028	3		1		54		
Zinc, Zn....mg	0.17	0.007	3		1		0.29		
Copper, Cu....mg	0.060	0.012	3		1		0.104		
Manganese, Mn....mg	0.040	0.000	3		1		0.069		
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	6.2	3.361	3		1		10.7		
Thiamin....mg	0.166	0.132	3		1		0.287		
Riboflavin....mg	0.022	0.002	3		1		0.038		
Niacin....mg	0.640	0.052	3		1		1.107		
Pantothenic acid....mg	0.163	0.010	3		1		0.282		
Vitamin B-6....mg	0.106	0.010	3		1		0.183		
Folate, total....µg	26	2.100	3		1		44		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	26	2.100	3		1		44		
Folate, DFE....µg	26		0	NC	4		44		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....µg	89	2.650	3		1		153		
Retinol....µg	0		0	Z	7		0		
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	1774	52.992	3		1		3069		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.064		0		4		0.111		
4:0....g	0.000		0		4		0.000		

NDB No. 09185
Melon balls, frozen

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0		4		0.000		
8:0 ... g	0.000		0		4		0.000		
10:0 ... g	0.000		0		4		0.000		
12:0 ... g	0.002		0		4		0.003		
13:0 ... g									
14:0 ... g	0.002		0		4		0.003		
15:0 ... g									
16:0 ... g	0.052		0		4		0.090		
17:0 ... g									
18:0 ... g	0.006		0		4		0.010		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.006		0		4		0.010		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.000		0		4		0.000		
17:1 ... g									
18:1 undifferentiated ... g	0.004		0		4		0.007		
20:1 ... g	0.000		0		4		0.000		
22:1 undifferentiated ... g	0.000		0		4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.098		0		4		0.170		
18:2 undifferentiated ... g	0.042		0		4		0.073		
18:3 undifferentiated ... g	0.056		0		4		0.097		
18:4 ... g	0.000		0		4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		4		0.000		
20:5 n-3 (EPA) ... g	0.000		0		4		0.000		
22:5 n-3 (DPA) ... g	0.000		0		4		0.000		
22:6 n-3 (DHA) ... g	0.000		0		4		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	Z	7		0		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0		
Caffeine ... mg									
Theobromine ... mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 173g: 1 cup, unthawed

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09181

Melons, cantaloupe, raw

Cucumis melo

includes USDA commodity food A415

Refuse: 49% 9% cavity contents, 1% cutting loss, 39% rind

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	90.15	0.312	30	A	1		159.57	144.25	140.64
Energy....kcal	34		0	NC	4		60	54	53
Energy....kJ	141		0	NC	4		250	226	221
Protein (N x 6.25)....g	0.84	0.030	17	A	1		1.48	1.34	1.30
Total lipid (fat)....g	0.19	0.036	21	A	1		0.34	0.31	0.30
Ash....g	0.65	0.039	17	A	1		1.16	1.05	1.02
Carbohydrate, by difference....g	8.16		0	NC	4		14.45	13.06	12.74
Fiber, total dietary....g	0.9	0.112	18	A	1		1.6	1.4	1.4
Sugars, total....g	7.86		0	AS	1		13.91	12.58	12.26
Sucrose....g	4.35	0.666	14	A	1		7.71	6.97	6.79
Glucose (dextrose)....g	1.54	0.322	14	A	1		2.72	2.46	2.40
Fructose....g	1.87	0.304	14	A	1		3.32	3.00	2.92
Lactose....g	0.00	0.000	8	A	1		0.00	0.00	0.00
Maltose....g	0.04	0.020	11	A	1		0.07	0.06	0.06
Galactose....g	0.06	0.004	8	A	1		0.10	0.09	0.09
Starch....g	0.03	0.025	4	A	1		0.04	0.04	0.04
Minerals:									
Calcium, Ca....mg	9	0.757	54	A	1		17	15	15
Iron, Fe....mg	0.21	0.022	54	A	1		0.37	0.34	0.33
Magnesium, Mg....mg	12	0.430	54	A	1		21	19	18
Phosphorus, P....mg	15	0.742	53	A	1		27	24	23
Potassium, K....mg	267	10.242	54	A	1		473	428	417
Sodium, Na....mg	16	1.243	50	A	1		28	25	24
Zinc, Zn....mg	0.18	0.018	53	A	1		0.31	0.28	0.27
Copper, Cu....mg	0.041	0.009	54	A	1		0.072	0.065	0.064
Manganese, Mn....mg	0.041	0.002	54	A	1		0.072	0.065	0.063
Selenium, Se....µg	0.4	0.055	4	A	1		0.6	0.6	0.6
Vitamins:									
Vitamin C, total ascorbic acid....mg	36.7	1.384	10	A	1		65.0	58.8	57.3
Thiamin....mg	0.041	0.009	13	A	1		0.073	0.066	0.064
Riboflavin....mg	0.019		4	A	1		0.033	0.030	0.029
Niacin....mg	0.734	0.040	18	A	1		1.298	1.174	1.144
Pantothenic acid....mg	0.105	0.020	13	A	1		0.185	0.167	0.163
Vitamin B-6....mg	0.072	0.028	14	A	1		0.127	0.115	0.112
Folate, total....µg	21	7.073	17	A	1		38	34	33
Folic acid....µg	0		0	Z	7		0	0	0
Folate, food....µg	21	7.073	17	A	1		38	34	33
Folate, DFE....µg	21		0	NC	4		38	34	33
Choline, total....mg	7.6		0	AS	1		13.4	12.1	11.8
Betaine....mg	0.1		1	A	1		0.1	0.1	0.1
Vitamin B-12....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....µg	169		0	AS	1		299	271	264
Retinol....µg	0		0	Z	7		0	0	0
Carotene, beta....µg	2020	252.908	52	A	1		3576	3232	3152
Carotene, alpha....µg	16	10.021	42	A	1		29	26	26
Cryptoxanthin, beta....µg	1	1.170	21	A	1		2	2	2
Vitamin A, IU....IU	3382		0	AS	1		5985	5411	5275
Lycopene....µg	0	0.000	12	A	1		0	0	0
Lutein + zeaxanthin....µg	26	9.999	12	A	1		46	42	40
Vitamin E (alpha-tocopherol)....mg	0.05	0.007	11	A	1		0.09	0.08	0.08
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg	0.00	0.000	11	A	1		0.00	0.00	0.00
Tocopherol, gamma....mg	0.11	0.013	11	A	1		0.19	0.17	0.16
Tocopherol, delta....mg	0.00	0.000	11	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)....µg									

NDB No. 09181
Melons, cantaloupe, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	2.5	0.304	8	A	1		4.5	4.1	4.0
Dihydrophylloquinone....µg	0.0	0.000	8	A	1		0.0	0.0	0.0
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.051		0	NC	4		0.090	0.081	0.079
4:0....g	0.000		0		4		0.000	0.000	0.000
6:0....g	0.000		0		4		0.000	0.000	0.000
8:0....g	0.000		0		4		0.000	0.000	0.000
10:0....g	0.000		0		4		0.000	0.000	0.000
12:0....g	0.001		0		4		0.003	0.002	0.002
13:0....g									
14:0....g	0.001		0		4		0.003	0.002	0.002
15:0....g									
16:0....g	0.043		0		4		0.076	0.068	0.067
17:0....g									
18:0....g	0.005		0		4		0.009	0.008	0.008
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.003		0	NC	4		0.005	0.005	0.005
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
17:1....g									
18:1 undifferentiated....g	0.003		0		4		0.005	0.005	0.005
20:1....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.081		0	NC	4		0.143	0.130	0.126
18:2 undifferentiated....g	0.035		0		4		0.061	0.055	0.054
18:3 undifferentiated....g	0.046		0		4		0.082	0.074	0.072
18:4....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	0.000
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	0
Phytosterols....mg	10		0		1		18	16	16
Amino Acids:									
Tryptophan....g	0.002		0	A	1		0.004	0.003	0.003
Threonine....g	0.017		0	A	1		0.031	0.028	0.027
Isoleucine....g	0.021		0	A	1		0.037	0.033	0.033
Leucine....g	0.029		0	A	1		0.051	0.046	0.045
Lysine....g	0.030		0	A	1		0.052	0.047	0.046
Methionine....g	0.012		0	A	1		0.022	0.020	0.019
Cystine....g	0.002		0	A	1		0.004	0.003	0.003
Phenylalanine....g	0.023		0	A	1		0.041	0.037	0.036
Tyrosine....g	0.014		0	A	1		0.025	0.023	0.022
Valine....g	0.033		0	A	1		0.059	0.053	0.052
Arginine....g	0.029		0	A	1		0.052	0.047	0.046
Histidine....g	0.015		0	A	1		0.026	0.024	0.023
Alanine....g	0.095		0	A	1		0.167	0.151	0.148
Aspartic acid....g	0.136		0	A	1		0.240	0.217	0.212
Glutamic acid....g	0.209		0	A	1		0.370	0.335	0.326
Glycine....g	0.026		0	A	1		0.046	0.041	0.040
Proline....g	0.019		0	A	1		0.034	0.031	0.030
Serine....g	0.042		0	A	1		0.074	0.067	0.065
Hydroxyproline....g									

NDB No. 09181
Melons, cantaloupe, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 177g: 1 cup, balls

Measure 2 = 160g: 1 cup, cubes

Measure 3 = 156g: 1 cup, diced

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09183
Melons, casaba, raw
Cucumis melo

Refuse: 40% 11% cavity contents, 29% rind

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	91.85		2	A	1		156.15	1506.34	150.63
Energy....kcal	28		0	NC	4		48	463	46
Energy....kJ	118		0	NC	4		201	1939	194
Protein (N x 6.25)....g	1.11		2	A	1		1.89	18.25	1.82
Total lipid (fat)....g	0.10		1		1		0.17	1.64	0.16
Ash....g	0.36		2	A	1		0.61	5.90	0.59
Carbohydrate, by difference....g	6.58		0	NC	4		11.18	107.87	10.79
Fiber, total dietary....g	0.9		2	A	1		1.5	14.5	1.5
Sugars, total....g	5.69		0	O	4		9.68	93.37	9.34
Starch....g									
Minerals:									
Calcium, Ca....mg	11		2	A	1		18	174	17
Iron, Fe....mg	0.34		2	A	1		0.57	5.49	0.55
Magnesium, Mg....mg	11		2	A	1		18	175	17
Phosphorus, P....mg	5		2	A	1		9	83	8
Potassium, K....mg	182		2	A	1		310	2991	299
Sodium, Na....mg	9		2	A	1		15	143	14
Zinc, Zn....mg	0.07		2	A	1		0.11	1.07	0.11
Copper, Cu....mg	0.060		2	A	1		0.102	0.984	0.098
Manganese, Mn....mg	0.035		2	A	1		0.060	0.574	0.057
Selenium, Se....µg	0.4		0	BFZN	4		0.6	6.0	0.6
Vitamins:									
Vitamin C, total ascorbic acid....mg	21.8		2	A	1		37.1	358.0	35.8
Thiamin....mg	0.015		2	A	1		0.025	0.238	0.024
Riboflavin....mg	0.031		2	A	1		0.052	0.500	0.050
Niacin....mg	0.232		2	A	1		0.394	3.805	0.380
Pantothenic acid....mg	0.084		2	A	1		0.143	1.378	0.138
Vitamin B-6....mg	0.163		2	A	1		0.277	2.673	0.267
Folate, total....µg	8		2	A	1		13	129	13
Folic acid....µg	0		0	Z	7		0	0	0
Folate, food....µg	8		2	A	1		13	129	13
Folate, DFE....µg	8		0	NC	4		13	129	13
Choline, total....mg	7.6		0	BFZN	4		12.9	124.3	12.4
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....µg	0		0	AS	1		0	0	0
Retinol....µg	0		0	Z	7		0	0	0
Carotene, beta....µg	0		2	A	1		0	0	0
Carotene, alpha....µg	0		2	A	1		0	0	0
Cryptoxanthin, beta....µg	0		2	A	1		0	0	0
Vitamin A, IU....IU	0		2	A	1		0	0	0
Lycopene....µg	0		0	BFZN	4		0	0	0
Lutein + zeaxanthin....µg	26		0	BFZN	4		44	425	43
Vitamin E (alpha-tocopherol)....mg	0.05		0	BFZN	4		0.09	0.82	0.08
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	2.5		0	BFZN	4		4.3	41.8	4.2
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 09183
Melons, casaba, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.025		0		4		0.043	0.410	0.041
4:0....g	0.000		0		4		0.000	0.000	0.000
6:0....g	0.000		0		4		0.000	0.000	0.000
8:0....g	0.000		0		4		0.000	0.000	0.000
10:0....g	0.000		0		4		0.000	0.000	0.000
12:0....g	0.001		0		4		0.002	0.016	0.002
13:0....g									
14:0....g	0.001		0		4		0.002	0.016	0.002
15:0....g									
16:0....g	0.021		0		4		0.036	0.344	0.034
17:0....g									
18:0....g	0.002		0		4		0.003	0.033	0.003
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.002		0		4		0.003	0.033	0.003
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
17:1....g									
18:1 undifferentiated....g	0.002		0		4		0.003	0.033	0.003
20:1....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.039		0		4		0.066	0.640	0.064
18:2 undifferentiated....g	0.017		0		4		0.029	0.279	0.028
18:3 undifferentiated....g	0.022		0		4		0.037	0.361	0.036
18:4....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	0.000
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	0
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 170g: 1 cup, cubes

Measure 2 = 1640g: 1 melon

Measure 3 = 164g: .1 fruit

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09184
Melons, honeydew, raw
Cucumis melo

Refuse: 54% 5% cavity contents, rind 49%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	89.82	0.478	20	A	1		158.98	152.69	898.18
Energy....kcal	36		0	NC	4		63	61	357
Energy....kJ	150		0	NC	4		265	254	1495
Protein (N x 6.25)....g	0.54	0.054	18	A	1		0.96	0.92	5.42
Total lipid (fat)....g	0.14	0.037	8	A	1		0.25	0.24	1.42
Ash....g	0.41	0.021	17	A	1		0.72	0.69	4.09
Carbohydrate, by difference....g	9.09		0	NC	4		16.09	15.45	90.90
Fiber, total dietary....g	0.8	0.140	20	A	1		1.4	1.3	7.9
Sugars, total....g	8.12	0.925	8	A	1		14.38	13.81	81.24
Sucrose....g	2.48	0.574	8	A	1		4.39	4.21	24.79
Glucose (dextrose)....g	2.68	0.251	8	A	1		4.75	4.56	26.81
Fructose....g	2.96	0.156	8	A	1		5.25	5.04	29.64
Lactose....g	0.00	0.000	8	A	1		0.00	0.00	0.00
Maltose....g	0.00	0.000	8	A	1		0.00	0.00	0.00
Galactose....g	0.00	0.000	8	A	1		0.00	0.00	0.00
Starch....g	0.00	0.000	3	A	1		0.00	0.00	0.00
Minerals:									
Calcium, Ca....mg	6	1.404	19	A	1		11	10	60
Iron, Fe....mg	0.17	0.008	19	A	1		0.30	0.29	1.70
Magnesium, Mg....mg	10	1.202	19	A	1		18	17	103
Phosphorus, P....mg	11	0.265	18	A	1		20	19	113
Potassium, K....mg	228	17.897	19	A	1		403	387	2277
Sodium, Na....mg	18	1.850	12	A	1		31	30	178
Zinc, Zn....mg	0.09	0.008	19	A	1		0.16	0.15	0.90
Copper, Cu....mg	0.024	0.003	19	A	1		0.042	0.041	0.240
Manganese, Mn....mg	0.027	0.002	19	A	1		0.048	0.046	0.271
Selenium, Se....µg	0.7	0.000	4	A	1		1.2	1.2	7.0
Vitamins:									
Vitamin C, total ascorbic acid....mg	18.0	1.637	14	A	1		31.9	30.6	180.1
Thiamin....mg	0.038	0.013	14	A	1		0.067	0.064	0.378
Riboflavin....mg	0.012	0.002	8	A	1		0.022	0.021	0.125
Niacin....mg	0.418	0.061	18	A	1		0.740	0.711	4.182
Pantothenic acid....mg	0.155	0.068	8	A	1		0.274	0.263	1.550
Vitamin B-6....mg	0.088	0.012	18	A	1		0.155	0.149	0.877
Folate, total....µg	19	3.066	18	A	1		34	33	192
Folic acid....µg	0		0	Z	7		0	0	0
Folate, food....µg	19	3.066	18	A	1		34	33	192
Folate, DFE....µg	19		0	NC	4		34	33	192
Choline, total....mg	7.6		0	BFZN	4		13.4	12.9	75.8
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....µg	3	0.037	16	A	1		4	4	25
Retinol....µg	0		0	Z	7		0	0	0
Carotene, beta....µg	30	0.441	16	A	1		53	51	302
Carotene, alpha....µg	0	0.000	6	A	1		0	0	0
Cryptoxanthin, beta....µg	0	0.000	6	A	1		0	0	0
Vitamin A, IU....IU	50	0.735	16	A	1		89	85	503
Lycopene....µg	0	0.000	6	A	1		0	0	0
Lutein + zeaxanthin....µg	27	3.810	6	A	1		48	46	273
Vitamin E (alpha-tocopherol)....mg	0.02	0.006	3	A	1		0.04	0.03	0.20
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg	0.00	0.000	3	A	1		0.00	0.00	0.00
Tocopherol, gamma....mg	0.03	0.003	3	A	1		0.05	0.05	0.27
Tocopherol, delta....mg	0.00	0.000	3	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)....µg									

NDB No. 09184
Melons, honeydew, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	2.9	0.130	8	A	1		5.1	4.9	28.8
Dihydrophylloquinone....µg	0.0	0.000	8	A	1		0.0	0.0	0.0
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.038		0	NC	4		0.067	0.064	0.377
4:0....g	0.000		0		4		0.000	0.000	0.000
6:0....g	0.000		0		4		0.000	0.000	0.000
8:0....g	0.000		0		4		0.000	0.000	0.000
10:0....g	0.000		0		4		0.000	0.000	0.000
12:0....g	0.002		0		4		0.003	0.003	0.015
13:0....g									
14:0....g	0.002		0		4		0.003	0.003	0.015
15:0....g									
16:0....g	0.032		0		4		0.056	0.054	0.316
17:0....g									
18:0....g	0.003		0		4		0.005	0.005	0.030
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.003		0	NC	4		0.005	0.005	0.030
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
17:1....g									
18:1 undifferentiated....g	0.003		0		4		0.005	0.005	0.030
20:1....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.059		0	NC	4		0.104	0.100	0.588
18:2 undifferentiated....g	0.026		0		4		0.045	0.044	0.256
18:3 undifferentiated....g	0.033		0		4		0.059	0.056	0.332
18:4....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	0.000
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.005		0	A	1		0.008	0.008	0.048
Threonine....g	0.013		0	A	1		0.023	0.023	0.132
Isoleucine....g	0.013		0	A	1		0.022	0.022	0.126
Leucine....g	0.016		0	A	1		0.028	0.027	0.157
Lysine....g	0.018		0	A	1		0.032	0.031	0.181
Methionine....g	0.005		0	A	1		0.008	0.008	0.048
Cystine....g	0.005		0	A	1		0.008	0.008	0.048
Phenylalanine....g	0.015		0	A	1		0.026	0.025	0.147
Tyrosine....g	0.010		0	A	1		0.017	0.017	0.097
Valine....g	0.018		0	A	1		0.032	0.031	0.181
Arginine....g	0.014		0	A	1		0.025	0.024	0.139
Histidine....g	0.005		0	A	1		0.008	0.008	0.048
Alanine....g	0.044		0	A	1		0.078	0.075	0.443
Aspartic acid....g	0.088		0	A	1		0.155	0.149	0.878
Glutamic acid....g	0.153		0	A	1		0.271	0.260	1.529
Glycine....g	0.016		0	A	1		0.028	0.027	0.157
Proline....g	0.012		0	A	1		0.021	0.020	0.117
Serine....g	0.023		0	A	1		0.041	0.040	0.232
Hydroxyproline....g									

NDB No. 09184
Melons, honeydew, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 177g: 1 cup, balls

Measure 2 = 170g: 1 cup, diced (approx 20 pieces per cup)

Measure 3 = 1000g: 1 melon (5-1/4" dia)

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09190
Mulberries, raw
Morus nigra

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	87.68		1		1		122.75	13.15	
Energy....kcal	43		0	NC	4		60	6	
Energy....kJ	180		0		4		252	27	
Protein (N x 6.25)....g	1.44		0		1		2.02	0.22	
Total lipid (fat)....g	0.39		0		1		0.55	0.06	
Ash....g	0.69		0		1		0.97	0.10	
Carbohydrate, by difference....g	9.80		0	NC	4		13.72	1.47	
Fiber, total dietary....g	1.7		0		4		2.4	0.3	
Sugars, total....g	8.10		0	O	4		11.34	1.22	
Starch....g									
Minerals:									
Calcium, Ca....mg	39		0		1		55	6	
Iron, Fe....mg	1.85		0		1		2.59	0.28	
Magnesium, Mg....mg	18		1		1		25	3	
Phosphorus, P....mg	38		0		1		53	6	
Potassium, K....mg	194		1		1		272	29	
Sodium, Na....mg	10		1		1		14	2	
Zinc, Zn....mg	0.12		0		4		0.17	0.02	
Copper, Cu....mg	0.060		0		1		0.084	0.009	
Manganese, Mn....mg									
Selenium, Se....µg	0.6		0	CAZN	4		0.8	0.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	36.4		0		1		51.0	5.5	
Thiamin....mg	0.029		0		1		0.041	0.004	
Riboflavin....mg	0.101		0		1		0.141	0.015	
Niacin....mg	0.620		0		1		0.868	0.093	
Pantothenic acid....mg									
Vitamin B-6....mg	0.050		0		1		0.070	0.008	
Folate, total....µg	6		0		4		8	1	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	6		0		4		8	1	
Folate, DFE....µg	6		0	NC	4		8	1	
Choline, total....mg	12.3		0	BFZN	4		17.2	1.8	
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	1		0	NC	4		2	0	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg	9		0	BNA	4		12	1	
Carotene, alpha....µg	12		0	BNA	4		17	2	
Cryptoxanthin, beta....µg	0		0	BNA	4		0	0	
Vitamin A, IU....IU	25		0		1		35	4	
Lycopene....µg	0		0	BFZN	4		0	0	
Lutein + zeaxanthin....µg	136		0	BFZN	4		191	20	
Vitamin E (alpha-tocopherol)....mg	0.87		0	BFZN	4		1.22	0.13	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	7.8		0	BFZN	4		10.9	1.2	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 09190
Mulberries, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.027		0		4		0.038	0.004	
4:0....g	0.000		0		4		0.000	0.000	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	
10:0....g	0.000		0		4		0.000	0.000	
12:0....g	0.000		0		4		0.000	0.000	
13:0....g									
14:0....g	0.000		0		4		0.000	0.000	
15:0....g									
16:0....g	0.006		0		4		0.008	0.001	
17:0....g									
18:0....g	0.020		0		4		0.028	0.003	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.041		0		4		0.057	0.006	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		4		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.041		0		4		0.057	0.006	
20:1....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.207		0		4		0.290	0.031	
18:2 undifferentiated....g	0.206		0		4		0.288	0.031	
18:3 undifferentiated....g	0.001		0		4		0.001	0.000	
18:4....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 140g: 1 cup

Measure 2 = 15.0g: 10 fruit

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09448
Nance, canned, syrup, drained

yellow cherries
Refuse:

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	74.85		1	A	1		8.31		
Energy....kcal	95		0	NC	4		11		
Energy....kJ	396		0	NC	4		44		
Protein (N x 6.25)....g	0.56		1	A	1		0.06		
Total lipid (fat)....g	1.28		1	A	1		0.14		
Ash....g	0.52		1	A	1		0.06		
Carbohydrate, by difference....g	22.79		0	NC	4		2.53		
Fiber, total dietary....g	7.0		1	A	1		0.8		
Sugars, total....g	15.66		1	A	1		1.74		
Sucrose....g	0.07		1	A	1		0.01		
Glucose (dextrose)....g	7.41		1	A	1		0.82		
Fructose....g	8.18		1	A	1		0.91		
Lactose....g	0.00		1	A	1		0.00		
Maltose....g	0.00		1	A	1		0.00		
Galactose....g	0.00		1	A	1		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	42		1	A	1		5		
Iron, Fe....mg	0.37		1	A	1		0.04		
Magnesium, Mg....mg	16		1	A	1		2		
Phosphorus, P....mg	7		1	A	1		1		
Potassium, K....mg	194		1	A	1		22		
Sodium, Na....mg	8		1	A	1		1		
Zinc, Zn....mg	0.06		1	A	1		0.01		
Copper, Cu....mg	0.053		1	A	1		0.006		
Manganese, Mn....mg	0.172		1	A	1		0.019		
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	10.8		1	A	1		1.2		
Thiamin....mg	0.015		1	A	1		0.002		
Riboflavin....mg	0.020		1	A	1		0.002		
Niacin....mg	0.300		1	A	1		0.033		
Pantothenic acid....mg									
Vitamin B-6....mg	0.015		1	A	1		0.002		
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 09448

Nance, canned, syrup, drained

Common Measures:

Measure 1 = 11.1g: 3 fruit without pits

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09449
Nance, frozen, unsweetened
Byrsonima crassifolia (L.) Kunth
yellow cherries
Refuse: 27% Pits

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	80.64	0.459	5	A	1		90.32	7.90	
Energy....kcal	73		0	NC	4		82	7	
Energy....kJ	306		0	NC	4		342	30	
Protein (N x 6.25)....g	0.66	0.025	5	A	1		0.74	0.06	
Total lipid (fat)....g	1.16	0.074	5	A	1		1.30	0.11	
Ash....g	0.57	0.045	5	A	1		0.63	0.06	
Carbohydrate, by difference....g	16.97		0	NC	4		19.00	1.66	
Fiber, total dietary....g	7.5	0.128	5	A	1		8.4	0.7	
Sugars, total....g	8.31	0.416	5	A	1		9.30	0.81	
Sucrose....g	0.00	0.000	5	A	1		0.00	0.00	
Glucose (dextrose)....g	3.58	0.174	5	A	1		4.01	0.35	
Fructose....g	4.73	0.251	5	A	1		5.29	0.46	
Lactose....g	0.00	0.000	5	A	1		0.00	0.00	
Maltose....g	0.00	0.000	5	A	1		0.00	0.00	
Galactose....g	0.00	0.000	5	A	1		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	46	1.095	5	A	1		52	5	
Iron, Fe....mg	0.38	0.035	5	A	1		0.43	0.04	
Magnesium, Mg....mg	20	0.393	5	A	1		23	2	
Phosphorus, P....mg	10	0.681	5	A	1		11	1	
Potassium, K....mg	244	11.670	5	A	1		273	24	
Sodium, Na....mg	3	0.546	5	A	1		3	0	
Zinc, Zn....mg	0.09	0.007	5	A	1		0.11	0.01	
Copper, Cu....mg	0.041	0.002	5	A	1		0.046	0.004	
Manganese, Mn....mg	0.248	0.030	5	A	1		0.277	0.024	
Selenium, Se....µg	0.4	0.000	3	A	1		0.5	0.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	92.5	13.142	5	A	1		103.6	9.1	
Thiamin....mg	0.015	0.000	3	A	1		0.016	0.001	
Riboflavin....mg	0.018	0.002	3	A	1		0.020	0.002	
Niacin....mg	0.290	0.012	3	A	1		0.325	0.028	
Pantothenic acid....mg	0.180	0.015	3	A	1		0.202	0.018	
Vitamin B-6....mg	0.021	0.001	3	A	1		0.024	0.002	
Folate, total (1)....µg	8	0.373	3	AS	1		9	1	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	8	0.373	3	AS	1		9	1	
Folate, DFE....µg	8		0	NC	4		9	1	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg	4	0.135	5	A	1		4	0	
Retinol....µg									
Carotene, beta....µg	40	1.567	5	A	1		45	4	
Carotene, alpha....µg	3	0.361	5	A	1		4	0	
Cryptoxanthin, beta....µg	5	0.273	5	A	1		5	0	
Vitamin A, IU....IU	74	2.706	5	A	1		82	7	
Lycopene....µg	0	0.000	5	A	1		0	0	
Lutein + zeaxanthin....µg	569	14.827	5	A	1		638	56	
Vitamin E (alpha-tocopherol)....mg	1.25	0.129	3	A	1		1.40	0.12	
Tocopherol, beta....mg	0.05	0.003	3	A	1		0.05	0.00	
Tocopherol, gamma....mg	1.88	0.154	3	A	1		2.10	0.18	
Tocopherol, delta....mg	0.29	0.015	3	A	1		0.33	0.03	
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	11.9	1.163	3	A	1		13.3	1.2	

NDB No. 09449
Nance, frozen, unsweetened

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 112g: 1 cup without pits, thawed

Measure 2 = 9.8g: 3 fruit without pits, thawed

Footnotes:

1 Mean value contains data based on the analysis of 5-methyltetrahydrofolate, 10-Formyl folic acid, and 5-Formyltetrahydrofolic acid.

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09450

Naranjilla (lulo) pulp, frozen, unsweetened

Solanum quitoense Lam.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	93.05	0.412	3	A	1		111.66		
Energy....kcal	25		0	NC	4		29		
Energy....kJ	103		0	NC	4		123		
Protein (N x 6.25)....g	0.44	0.072	3	A	1		0.53		
Total lipid (fat)....g	0.22	0.010	3	A	1		0.26		
Ash....g	0.39	0.032	3	A	1		0.46		
Carbohydrate, by difference....g	5.90		0	NC	4		7.08		
Fiber, total dietary....g	1.1	0.100	3	A	1		1.3		
Sugars, total....g	3.74	0.672	3	A	1		4.49		
Sucrose....g	1.72	0.914	3	A	1		2.06		
Glucose (dextrose)....g	0.99	0.190	3	A	1		1.18		
Fructose....g	1.04	0.272	3	A	1		1.25		
Lactose....g	0.00	0.000	3	A	1		0.00		
Maltose....g	0.00	0.000	3	A	1		0.00		
Galactose....g	0.00	0.000	3	A	1		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	8	1.406	3	A	1		9		
Iron, Fe....mg	0.35	0.102	3	A	1		0.42		
Magnesium, Mg....mg	11	2.700	3	A	1		13		
Phosphorus, P....mg	12	2.759	3	A	1		15		
Potassium, K....mg	200	6.173	3	A	1		240		
Sodium, Na....mg	4	2.453	3	A	1		5		
Zinc, Zn....mg	0.10	0.013	3	A	1		0.12		
Copper, Cu....mg	0.028	0.009	3	A	1		0.034		
Manganese, Mn....mg	0.067	0.010	3	A	1		0.080		
Selenium, Se....µg	0.4		2	A	1		0.5		
Vitamins:									
Vitamin C, total ascorbic acid....mg	3.2	2.789	3	A	1		3.8		
Thiamin....mg	0.045		2	A	1		0.054		
Riboflavin....mg	0.000		2	A	1		0.000		
Niacin....mg	1.450		2	A	1		1.740		
Pantothenic acid....mg	0.220		2	A	1		0.264		
Vitamin B-6....mg	0.107		2	A	1		0.128		
Folate, total (1) ....µg	3		0	AS	1		4		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	3		0	AS	1		4		
Folate, DFE....µg	3		0	NC	4		4		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg	28	7.418	3	A	1		34		
Retinol....µg									
Carotene, beta....µg	333	88.178	3	A	1		400		
Carotene, alpha....µg	4	0.686	3	A	1		5		
Cryptoxanthin, beta....µg	10	1.731	3	A	1		13		
Vitamin A, IU....IU	568	148.351	3	A	1		682		
Lycopene....µg	0	0.000	3	A	1		0		
Lutein + zeaxanthin....µg	299	19.928	3	A	1		359		
Vitamin E (alpha-tocopherol)....mg	0.75		2	A	1		0.90		
Tocopherol, beta....mg	0.00		2	A	1		0.00		
Tocopherol, gamma....mg	0.20		2	A	1		0.24		
Tocopherol, delta....mg	0.00		2	A	1		0.00		
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	14.6		2	A	1		17.5		

NDB No. 09450
Naranjilla (lulo) pulp, frozen, unsweetened

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 120g: 1 cup thawed

Footnotes:

1 Mean value contains data based on the analysis of 5-methyltetrahydrofolate, 10-Formyl folic acid, and 5-Formyltetrahydrofolic acid.

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09191
Nectarines, raw
Prunus persica var. nucipersica

Refuse: 9% Pit

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	87.59	0.651	17	A	1		125.25	112.99	124.37
Energy....kcal	44		0	NC	4		63	57	63
Energy....kJ	185		0	NC	4		265	239	263
Protein (N x 6.25)....g	1.06	0.060	8	A	1		1.52	1.37	1.51
Total lipid (fat)....g	0.32	0.038	8	A	1		0.46	0.42	0.46
Ash....g	0.48	0.020	8	A	1		0.69	0.62	0.68
Carbohydrate, by difference....g	10.55		0	NC	4		15.08	13.60	14.97
Fiber, total dietary....g	1.7	0.179	12	A	1		2.4	2.1	2.3
Sugars, total....g	7.89	0.197	8	A	1		11.28	10.17	11.20
Sucrose....g	4.87	0.101	12	A	1		6.97	6.28	6.92
Glucose (dextrose)....g	1.57	0.108	12	A	1		2.24	2.02	2.23
Fructose....g	1.37	0.059	12	A	1		1.95	1.76	1.94
Lactose....g	0.00	0.000	8	A	1		0.00	0.00	0.00
Maltose....g	0.00	0.000	8	A	1		0.00	0.00	0.00
Galactose....g	0.00	0.000	8	A	1		0.00	0.00	0.00
Starch....g	0.07	0.043	4	A	1		0.11	0.10	0.10
Minerals:									
Calcium, Ca....mg	6	1.405	4	A	1		9	8	9
Iron, Fe....mg	0.28	0.034	8	A	1		0.41	0.37	0.40
Magnesium, Mg....mg	9	0.267	8	A	1		13	12	13
Phosphorus, P....mg	26	1.168	7	A	1		37	33	36
Potassium, K....mg	201	23.230	6	A	1		288	260	286
Sodium, Na....mg	0	0.153	3	A	1		1	1	1
Zinc, Zn....mg	0.17	0.035	8	A	1		0.25	0.22	0.25
Copper, Cu....mg	0.086	0.031	8	A	1		0.123	0.111	0.122
Manganese, Mn....mg	0.054	0.009	8	A	1		0.078	0.070	0.077
Selenium, Se....µg	0.0		2	A	1		0.1	0.1	0.1
Vitamins:									
Vitamin C, total ascorbic acid....mg	5.4	0.409	6		1		7.7	7.0	7.7
Thiamin....mg	0.034	0.002	8	A	1		0.048	0.043	0.048
Riboflavin....mg	0.027	0.001	8	A	1		0.038	0.034	0.038
Niacin....mg	1.125	0.042	8	A	1		1.608	1.451	1.597
Pantothenic acid....mg	0.185	0.007	8	A	1		0.265	0.239	0.263
Vitamin B-6....mg	0.025	0.000	8	A	1		0.036	0.032	0.035
Folate, total....µg	5	1.177	4	A	1		6	6	6
Folic acid....µg	0		0	Z	7		0	0	0
Folate, food....µg	5	1.177	4	A	1		6	6	6
Folate, DFE....µg	5		0	NC	4		6	6	6
Choline, total....mg	6.2		0	AS	1		8.9	8.0	8.8
Betaine....mg	0.2		1	A	1		0.3	0.2	0.3
Vitamin B-12....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....µg	17		0	AS	1		24	21	24
Retinol....µg	0		0	Z	7		0	0	0
Carotene, beta....µg	150	30.889	10	A	1		215	194	214
Carotene, alpha....µg	0	0.000	9	A	1		0	0	0
Cryptoxanthin, beta....µg	98	19.683	9	A	1		140	126	139
Vitamin A, IU....IU	332		0	AS	1		475	429	472
Lycopene....µg	0	0.000	8	A	1		0	0	0
Lutein + zeaxanthin....µg	130	14.039	8	A	1		186	167	184
Vitamin E (alpha-tocopherol)....mg	0.77	0.253	5	A	1		1.10	0.99	1.09
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg	0.01	0.007	5	A	1		0.01	0.01	0.01
Tocopherol, gamma....mg	0.01	0.012	5	A	1		0.02	0.02	0.02
Tocopherol, delta....mg	0.01	0.009	5	A	1		0.01	0.01	0.01
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)....µg									

NDB No. 09191
Nectarines, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	2.2	0.156	8	A	1		3.2	2.9	3.2
Dihydrophylloquinone....µg	0.0	0.000	8	A	1		0.0	0.0	0.0
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.025		0	NC	4		0.036	0.032	0.036
4:0....g	0.000		0		4		0.000	0.000	0.000
6:0....g	0.000		0		4		0.000	0.000	0.000
8:0....g	0.000		0		4		0.000	0.000	0.000
10:0....g	0.000		0		4		0.000	0.000	0.000
12:0....g	0.000		0		4		0.000	0.000	0.000
13:0....g									
14:0....g	0.000		0		4		0.000	0.000	0.000
15:0....g									
16:0....g	0.023		0		4		0.032	0.029	0.032
17:0....g									
18:0....g	0.002		0		4		0.004	0.003	0.003
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.088		0	NC	4		0.126	0.114	0.125
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.002		0		4		0.004	0.003	0.003
17:1....g									
18:1 undifferentiated....g	0.086		0		4		0.123	0.111	0.122
20:1....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.113		0	NC	4		0.162	0.146	0.161
18:2 undifferentiated....g	0.111		0		4		0.159	0.143	0.157
18:3 undifferentiated....g	0.002		0		4		0.004	0.003	0.003
18:4....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	0.000
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.005		0	A	1		0.007	0.007	0.007
Threonine....g	0.009		0	A	1		0.013	0.011	0.013
Isoleucine....g	0.009		0	A	1		0.013	0.012	0.013
Leucine....g	0.014		0	A	1		0.021	0.019	0.020
Lysine....g	0.016		0	A	1		0.023	0.021	0.023
Methionine....g	0.006		0	A	1		0.008	0.007	0.008
Cystine....g	0.005		0	A	1		0.008	0.007	0.008
Phenylalanine....g	0.021		0	A	1		0.030	0.027	0.030
Tyrosine....g	0.007		0	A	1		0.010	0.009	0.010
Valine....g	0.013		0	A	1		0.018	0.016	0.018
Arginine....g	0.009		0	A	1		0.012	0.011	0.012
Histidine....g	0.008		0	A	1		0.012	0.011	0.012
Alanine....g	0.017		0	A	1		0.024	0.021	0.024
Aspartic acid....g	0.568		0	A	1		0.812	0.733	0.807
Glutamic acid....g	0.034		0	A	1		0.049	0.044	0.049
Glycine....g	0.011		0	A	1		0.016	0.015	0.016
Proline....g	0.010		0	A	1		0.014	0.012	0.014
Serine....g	0.018		0	A	1		0.025	0.023	0.025
Hydroxyproline....g									

NDB No. 09191
Nectarines, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 143g: 1 cup slices

Measure 2 = 129g: 1 small (2-1/3" dia)

Measure 3 = 142g: 1 medium (2-1/2" dia)

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09192
Oheloberries, raw
Vaccinium reticulatum

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	92.30		1		1		129.22	10.15	
Energy....kcal	28		0	NC	4		39	3	
Energy....kJ	117				4		164	13	
Protein (N x 6.25)....g	0.38		0		1		0.53	0.04	
Total lipid (fat)....g	0.22		0		1		0.31	0.02	
Ash....g	0.26		0		1		0.36	0.03	
Carbohydrate, by difference....g	6.84		0	NC	4		9.58	0.75	
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	7		0		1		10	1	
Iron, Fe....mg	0.09		0		1		0.13	0.01	
Magnesium, Mg....mg	6		1		1		8	1	
Phosphorus, P....mg	10		0		1		14	1	
Potassium, K....mg	38		1		1		53	4	
Sodium, Na....mg	1		1		1		1	0	
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	6.0		0		1		8.4	0.7	
Thiamin....mg	0.017		0		1		0.024	0.002	
Riboflavin....mg	0.036		0		1		0.050	0.004	
Niacin....mg	0.270		0		1		0.378	0.030	
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	42		0		1		58	5	
Vitamin A, IU....IU	830		0		1		1162	91	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g									
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 09192
Oheloberries, raw

Common Measures:

Measure 1 = 140g: 1 cup

Measure 2 = 11.0g: 10 fruit

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09195
Olives, pickled, canned or bottled, green

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	75.28	1.079	7	JA	6		2.03		
Energy....kcal	145		0	NC	4		4		
Energy....kJ	609		0	NC	4		16		
Protein (N x 6.25)....g	1.03	0.314	6	JA	6		0.03		
Total lipid (fat)....g	15.32	1.394	7	JA	6		0.41		
Ash....g	4.53		2	A	1		0.12		
Carbohydrate, by difference....g	3.84		0	NC	4		0.10		
Fiber, total dietary....g	3.3	0.322	6	JA	6		0.1		
Sugars, total....g	0.54		0	O	4		0.01		
Starch....g									
Minerals:									
Calcium, Ca....mg	52	3.581	6	JA	6		1		
Iron, Fe....mg	0.49	0.033	6	JA	6		0.01		
Magnesium, Mg....mg	11		2	A	1		0		
Phosphorus, P....mg	4		2	A	1		0		
Potassium, K....mg	42	8.718	6	JA	6		1		
Sodium, Na....mg	1556	146.103	6	JA	6		42		
Zinc, Zn....mg	0.04		2	A	1		0.00		
Copper, Cu....mg	0.120		2	A	1		0.003		
Manganese, Mn....mg									
Selenium, Se....µg	0.9		0	BFZN	4		0.0		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0	0.000	6	JA	6		0.0		
Thiamin....mg	0.021		2	A	1		0.001		
Riboflavin....mg	0.007		2	A	1		0.000		
Niacin....mg	0.237		2	A	1		0.006		
Pantothenic acid....mg	0.023		2	A	1		0.001		
Vitamin B-6....mg	0.031		2	A	1		0.001		
Folate, total....µg	3		1	A	1		0		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	3		1	A	1		0		
Folate, DFE....µg	3		0	NC	4		0		
Choline, total....mg	14.2		0	BFZN	4		0.4		
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....µg	20		0	AS	1		1		
Retinol....µg	0		0	Z	7		0		
Carotene, beta....µg	231	27.804	3	A	1		6		
Carotene, alpha....µg	0		1	A	1		0		
Cryptoxanthin, beta....µg	9	4.970	3	A	1		0		
Vitamin A, IU....IU	393		0	AS	1		11		
Lycopene....µg	0		1	A	1		0		
Lutein + zeaxanthin....µg	510		1	A	1		14		
Vitamin E (alpha-tocopherol)....mg	3.81		1	A	1		0.10		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg	0.00		1	A	1		0.00		
Tocopherol, gamma....mg	0.00		1	A	1		0.00		
Tocopherol, delta....mg	0.00		1	A	1		0.00		
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....µg	1.4		0	BFZN	4		0.0		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 09195
Olives, pickled, canned or bottled, green

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	2.029		0	NC	4		0.055		
4:0....g	0.000		0	BFFN	4		0.000		
6:0....g	0.000		0	BFFN	4		0.000		
8:0....g	0.000		0	BFFN	4		0.000		
10:0....g	0.000		0	BFFN	4		0.000		
12:0....g	0.000		0	BFFN	4		0.000		
13:0....g									
14:0....g	0.000		0	BFFN	4		0.000		
15:0....g									
16:0....g	1.691		0	BFFN	4		0.046		
17:0....g									
18:0....g	0.338		0	BFFN	4		0.009		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	11.314		0	NC	4		0.305		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.123		0	BFFN	4		0.003		
17:1....g									
18:1 undifferentiated....g	11.144		0	BFFN	4		0.301		
20:1....g	0.046		0	BFFN	4		0.001		
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.307		0	NC	4		0.035		
18:2 undifferentiated....g	1.215		0	BFFN	4		0.033		
18:3 undifferentiated....g	0.092		0	BFFN	4		0.002		
18:4....g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	BFFN	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 2.7g: 1 olive

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09194
Olives, ripe, canned (jumbo-super colossal)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	84.34		2		1		7.00	12.65	
Energy....kcal	81		0	NC	4		7	12	
Energy....kJ	339		0		4		28	51	
Protein (N x 6.25)....g	0.97		2		1		0.08	0.15	
Total lipid (fat)....g	6.87		2		1		0.57	1.03	
Ash....g	2.22		2		1		0.18	0.33	
Carbohydrate, by difference....g	5.61		0	NC	4		0.47	0.84	
Fiber, total dietary....g	2.5		0		1		0.2	0.4	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	94		2		1		8	14	
Iron, Fe....mg	3.32		2		1		0.28	0.50	
Magnesium, Mg....mg	4		0		4		0	1	
Phosphorus, P....mg	3		0		4		0	0	
Potassium, K....mg	9		2		1		1	1	
Sodium, Na....mg	735	16.383	51	A	1		61	110	
Zinc, Zn....mg	0.22		0		4		0.02	0.03	
Copper, Cu....mg	0.226		2		1		0.019	0.034	
Manganese, Mn....mg	0.020		0		4		0.002	0.003	
Selenium, Se....µg	0.9		2	A	1		0.1	0.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.5		2		1		0.1	0.2	
Thiamin....mg	0.003		0		4		0.000	0.000	
Riboflavin....mg	0.000		0		4		0.000	0.000	
Niacin....mg	0.022		2		1		0.002	0.003	
Pantothenic acid....mg	0.015		0		4		0.001	0.002	
Vitamin B-6....mg	0.012		2		1		0.001	0.002	
Folate, total....µg	0		0		4		0	0	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	0		0		4		0	0	
Folate, DFE....µg	0		0	NC	4		0	0	
Choline, total....mg	6.6		0	BFFN	4		0.6	1.0	
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	17		0	NC	4		1	3	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg	204		0	BNA	4		17	31	
Carotene, alpha....µg	0		0	BNA	4		0	0	
Cryptoxanthin, beta....µg	8		0	BNA	4		1	1	
Vitamin A, IU....IU	346		2		1		29	52	
Lycopene....µg	0		0	BFZN	4		0	0	
Lutein + zeaxanthin....µg	510		0	BFZN	4		42	77	
Vitamin E (alpha-tocopherol)....mg	1.65		1	A	1		0.14	0.25	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00		1	A	1		0.00	0.00	
Tocopherol, gamma....mg	0.00		1	A	1		0.00	0.00	
Tocopherol, delta....mg	0.00		1	A	1		0.00	0.00	
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	1.4		1	A	1		0.1	0.2	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 09194
Olives, ripe, canned (jumbo-super colossal)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.909		0		1		0.075	0.136	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.000		1		1		0.000	0.000	
15:0....g									
16:0....g	0.758		1		1		0.063	0.114	
17:0....g									
18:0....g	0.152		1		1		0.013	0.023	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	5.071		0		1		0.421	0.761	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.055		1		1		0.005	0.008	
17:1....g									
18:1 undifferentiated....g	4.995		1		1		0.415	0.749	
20:1....g	0.021		1		1		0.002	0.003	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.586		0		1		0.049	0.088	
18:2 undifferentiated....g	0.544		1		1		0.045	0.082	
18:3 undifferentiated....g	0.041		1		1		0.003	0.006	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g									
Threonine....g	0.031		0		1		0.003	0.005	
Isoleucine....g	0.036		0		1		0.003	0.005	
Leucine....g	0.058		0		1		0.005	0.009	
Lysine....g	0.038		0		1		0.003	0.006	
Methionine....g	0.014		0		1		0.001	0.002	
Cystine....g									
Phenylalanine....g	0.034		0		1		0.003	0.005	
Tyrosine....g	0.027		0		1		0.002	0.004	
Valine....g	0.044		0		1		0.004	0.007	
Arginine....g	0.078		0		1		0.006	0.012	
Histidine....g	0.027		0		1		0.002	0.004	
Alanine....g	0.050		0		1		0.004	0.008	
Aspartic acid....g	0.107		0		1		0.009	0.016	
Glutamic acid....g	0.108		0		1		0.009	0.016	
Glycine....g	0.057		0		1		0.005	0.009	
Proline....g	0.047		0		1		0.004	0.007	
Serine....g	0.036		0		1		0.003	0.005	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 09194
Olives, ripe, canned (jumbo-super colossal)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 8.3g: 1 jumbo

Measure 2 = 15g: 1 super colossal

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09193

Olives, ripe, canned (small-extra large)

Olea europaea

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	79.99		2		1		6.72	3.52	2.56
Energy....kcal	115		0	NC	4		10	5	4
Energy....kJ	481		0		4		40	21	15
Protein (N x 6.25)....g	0.84		2		1		0.07	0.04	0.03
Total lipid (fat)....g	10.68		2		1		0.90	0.47	0.34
Ash....g	2.23		2		1		0.19	0.10	0.07
Carbohydrate, by difference....g	6.26		0	NC	4		0.53	0.28	0.20
Fiber, total dietary....g	3.2		0		1		0.3	0.1	0.1
Sugars, total....g	0.00		0	Z	7		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	88		2		1		7	4	3
Iron, Fe....mg	3.30		2		1		0.28	0.15	0.11
Magnesium, Mg....mg	4		2		1		0	0	0
Phosphorus, P....mg	3		2		1		0	0	0
Potassium, K....mg	8		2		1		1	0	0
Sodium, Na....mg	735	16.383	51	A	1		62	32	24
Zinc, Zn....mg	0.22		2		1		0.02	0.01	0.01
Copper, Cu....mg	0.251		2		1		0.021	0.011	0.008
Manganese, Mn....mg	0.020		2		1		0.002	0.001	0.001
Selenium, Se....µg	0.9		2	A	1		0.1	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.9		2		1		0.1	0.0	0.0
Thiamin....mg	0.003		2		1		0.000	0.000	0.000
Riboflavin....mg	0.000		2		1		0.000	0.000	0.000
Niacin....mg	0.037		2		1		0.003	0.002	0.001
Pantothenic acid....mg	0.015		0		1		0.001	0.001	0.000
Vitamin B-6....mg	0.009		2		1		0.001	0.000	0.000
Folate, total....µg	0		2		1		0	0	0
Folic acid....µg	0		0	Z	7		0	0	0
Folate, food....µg	0		2		1		0	0	0
Folate, DFE....µg	0		0	NC	4		0	0	0
Choline, total....mg	10.3		0	BFFN	4		0.9	0.5	0.3
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....µg	20		0	NC	4		2	1	1
Retinol....µg	0		0	Z	7		0	0	0
Carotene, beta....µg	237		0	BNA	4		20	10	8
Carotene, alpha....µg	0		0	BNA	4		0	0	0
Cryptoxanthin, beta....µg	9		0	BNA	4		1	0	0
Vitamin A, IU....IU	403		2		1		34	18	13
Lycopene....µg	0		0	BFZN	4		0	0	0
Lutein + zeaxanthin....µg	510		0	BFZN	4		43	22	16
Vitamin E (alpha-tocopherol)....mg	1.65		1	A	1		0.14	0.07	0.05
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg	0.00		1	A	1		0.00	0.00	0.00
Tocopherol, gamma....mg	0.00		1	A	1		0.00	0.00	0.00
Tocopherol, delta....mg	0.00		1	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	1.4		1	A	1		0.1	0.1	0.0
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 09193
Olives, ripe, canned (small-extra large)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	1.415		0		1		0.119	0.062	0.045
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.000		0		1		0.000	0.000	0.000
10:0....g	0.000		0		1		0.000	0.000	0.000
12:0....g	0.000		0		1		0.000	0.000	0.000
13:0....g									
14:0....g	0.000		1		1		0.000	0.000	0.000
15:0....g									
16:0....g	1.179		1		1		0.099	0.052	0.038
17:0....g									
18:0....g	0.236		1		1		0.020	0.010	0.008
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	7.888		0		1		0.663	0.347	0.252
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.086		1		1		0.007	0.004	0.003
17:1....g									
18:1 undifferentiated....g	7.770		1		1		0.653	0.342	0.249
20:1....g	0.032		1		1		0.003	0.001	0.001
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.911		0		1		0.077	0.040	0.029
18:2 undifferentiated....g	0.847		1		1		0.071	0.037	0.027
18:3 undifferentiated....g	0.064		1		1		0.005	0.003	0.002
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g									
Threonine....g	0.026		4		1		0.002	0.001	0.001
Isoleucine....g	0.031		4		1		0.003	0.001	0.001
Leucine....g	0.050		4		1		0.004	0.002	0.002
Lysine....g	0.032		4		1		0.003	0.001	0.001
Methionine....g	0.012		4		1		0.001	0.001	0.000
Cystine....g									
Phenylalanine....g	0.029		4		1		0.002	0.001	0.001
Tyrosine....g	0.023		4		1		0.002	0.001	0.001
Valine....g	0.038		4		1		0.003	0.002	0.001
Arginine....g	0.067		4		1		0.006	0.003	0.002
Histidine....g	0.023		4		1		0.002	0.001	0.001
Alanine....g	0.043		4		1		0.004	0.002	0.001
Aspartic acid....g	0.092		4		1		0.008	0.004	0.003
Glutamic acid....g	0.093		4		1		0.008	0.004	0.003
Glycine....g	0.049		4		1		0.004	0.002	0.002
Proline....g	0.040		4		1		0.003	0.002	0.001
Serine....g	0.031		4		1		0.003	0.001	0.001
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 09193
Olives, ripe, canned (small-extra large)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 8.4g: 1 tbsp

Measure 2 = 4.4g: 1 large

Measure 3 = 3.2g: 1 small

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09452
Orange Pineapple Juice Blend

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	87.24		0	FLC	4		214.61		
Energy....kcal	51		0	NC	4		126		
Energy....kJ	214		0	NC	4		526		
Protein (N x 6.25)....g	0.41		1	LC	8		1.00		
Total lipid (fat)....g	0.08		0	FLC	4		0.21		
Ash....g	0.35		0	FLC	4		0.86		
Carbohydrate, by difference....g	12.20		1	LC	8		30.00		
Fiber, total dietary....g	0.2		0	FLC	4		0.5		
Sugars, total....g	10.57		1	LC	8		26.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	8		1	LC	8		20		
Iron, Fe....mg	0.18		0	FLC	4		0.45		
Magnesium, Mg....mg	10		0	FLC	4		24		
Phosphorus, P....mg	11		0	FLC	4		27		
Potassium, K....mg	150		1	LC	8		370		
Sodium, Na....mg	4		1	LC	8		10		
Zinc, Zn....mg	0.06		0	FLC	4		0.16		
Copper, Cu....mg	0.034		0	FLC	4		0.082		
Manganese, Mn....mg	0.378		0	FLC	4		0.931		
Selenium, Se....µg	0.1		0	FLC	4		0.3		
Vitamins:									
Vitamin C, total ascorbic acid....mg	40.7		1	LC	8		100.0		
Thiamin....mg	0.040		0	FLC	4		0.098		
Riboflavin....mg	0.025		0	FLC	4		0.061		
Niacin....mg	0.173		0	FLC	4		0.425		
Pantothenic acid....mg									
Vitamin B-6....mg	0.061		0	FLC	4		0.150		
Folate, total....µg	10		0	FLC	4		24		
Folic acid....µg	0		0	FLC	4		0		
Folate, food....µg	10		0	FLC	4		24		
Folate, DFE....µg	10		0	NC	4		24		
Choline, total....mg	3.8		0	FLC	4		9.3		
Betaine....mg									
Vitamin B-12....µg	0.00		0	FLC	4		0.00		
Vitamin B-12, added....µg	0.00		0	FLC	4		0.00		
Vitamin A, RAE....µg	1		0	FLC	4		2		
Retinol....µg	0		0	FLC	4		0		
Carotene, beta....µg	5		0	FLC	4		11		
Carotene, alpha....µg	3		0	FLC	4		7		
Cryptoxanthin, beta....µg	9		0	FLC	4		22		
Vitamin A, IU....IU	17		0	FLC	4		43		
Lycopene....µg	0		0	FLC	4		0		
Lutein + zeaxanthin....µg	14		0	FLC	4		35		
Vitamin E (alpha-tocopherol)....mg	0.07		0	FLC	4		0.18		
Vitamin E, added....mg	0.00		0	FLC	4		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	FLC	4		0		
Vitamin K (phylloquinone)....µg	0.1		0	FLC	4		0.3		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 09452
Orange Pineapple Juice Blend

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.011		0	FLC	4		0.028		
4:0....g	0.000		0	FLC	4		0.000		
6:0....g	0.000		0	FLC	4		0.000		
8:0....g	0.000		0	FLC	4		0.000		
10:0....g	0.000		0	FLC	4		0.000		
12:0....g	0.000		0	FLC	4		0.000		
13:0....g									
14:0....g	0.000		0	FLC	4		0.000		
15:0....g									
16:0....g	0.010		0	FLC	4		0.025		
17:0....g									
18:0....g	0.001		0	FLC	4		0.002		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.009		0	FLC	4		0.022		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0	FLC	4		0.003		
17:1....g									
18:1 undifferentiated....g	0.008		0	FLC	4		0.019		
20:1....g	0.000		0	FLC	4		0.000		
22:1 undifferentiated....g	0.000		0	FLC	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.024		0	FLC	4		0.058		
18:2 undifferentiated....g	0.019		0	FLC	4		0.046		
18:3 undifferentiated....g	0.005		0	FLC	4		0.012		
18:4....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLC	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	FLC	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0	FLC	4		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 246g: 8 fl oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09207
Orange juice, canned, unsweetened (1)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	87.72	0.071	3	A	1		218.42	27.28	230.70
Energy....kcal	47		0	NC	4		116	15	123
Energy....kJ	196		0	NC	4		487	61	514
Protein (N x 6.25)....g	0.68	0.011	3	A	1		1.70	0.21	1.80
Total lipid (fat)....g	0.15	0.007	3	A	1		0.38	0.05	0.40
Ash....g	0.43	0.073	3	A	1		1.08	0.14	1.14
Carbohydrate, by difference....g	11.01		0	NC	4		27.42	3.42	28.96
Fiber, total dietary....g	0.3		1	A	1		0.8	0.1	0.9
Sugars, total....g	8.76	0.143	3	A	1		21.81	2.72	23.03
Sucrose....g	4.06	0.109	3	A	1		10.11	1.26	10.68
Glucose (dextrose)....g	2.27	0.089	3	A	1		5.65	0.71	5.96
Fructose....g	2.43	0.167	3	A	1		6.05	0.76	6.39
Lactose....g	0.00	0.000	3	A	1		0.00	0.00	0.00
Maltose....g	0.00	0.000	3	A	1		0.00	0.00	0.00
Galactose....g	0.00	0.000	3	A	1		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	10		2	A	1		26	3	28
Iron, Fe....mg	0.10	0.014	3	A	1		0.25	0.03	0.26
Magnesium, Mg....mg	10	0.732	3	A	1		25	3	26
Phosphorus, P....mg	17	0.784	3	A	1		42	5	45
Potassium, K....mg	184	2.848	3	A	1		459	57	485
Sodium, Na....mg	4	0.165	3	A	1		9	1	9
Zinc, Zn....mg	0.04	0.001	3	A	1		0.11	0.01	0.12
Copper, Cu....mg	0.022	0.008	3	A	1		0.055	0.007	0.058
Manganese, Mn....mg	0.021	0.002	3	A	1		0.052	0.007	0.055
Selenium, Se....µg	0.1		0	BFZN	4		0.2	0.0	0.3
Vitamins:									
Vitamin C, total ascorbic acid....mg	30.1	4.391	3	A	1		75.0	9.4	79.3
Thiamin....mg	0.039	0.003	3	A	1		0.096	0.012	0.102
Riboflavin....mg	0.021	0.001	3	A	1		0.053	0.007	0.056
Niacin....mg	0.201	0.007	3	A	1		0.500	0.063	0.529
Pantothenic acid....mg	0.180	0.006	3	A	1		0.448	0.056	0.473
Vitamin B-6....mg	0.031	0.000	3	A	1		0.078	0.010	0.083
Folate, total....µg	24		1	A	1		60	7	63
Folic acid....µg	0		1	A	1		0	0	0
Folate, food....µg	24		0	AS	1		60	7	63
Folate, DFE....µg	24		0	NC	4		60	7	63
Choline, total....mg	6.2		0	BFZN	4		15.3	1.9	16.2
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....µg	9		0	NC	4		22	3	23
Retinol....µg	0		0	Z	7		0	0	0
Carotene, beta....µg	29		0	BNA	4		71	9	75
Carotene, alpha....µg	5		0	BNA	4		12	2	13
Cryptoxanthin, beta....µg	148		0	BNA	4		369	46	389
Vitamin A, IU....IU	175	5.725	28		1		436	54	460
Lycopene....µg	0		0	BFZN	4		0	0	0
Lutein + zeaxanthin....µg	115		0	BFZN	4		286	36	303
Vitamin E (alpha-tocopherol)....mg	0.20		0	BFZN	4		0.50	0.06	0.53
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)....µg									

NDB No. 09207
Orange juice, canned, unsweetened (1)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	0.1		0	BFZN	4		0.3	0.0	0.3
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.018		0		1		0.045	0.006	0.047
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.000		0		1		0.000	0.000	0.000
10:0....g	0.000		0		1		0.000	0.000	0.000
12:0....g	0.000		0		1		0.000	0.000	0.000
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	0.000
15:0....g									
16:0....g	0.018		0		1		0.045	0.006	0.047
17:0....g									
18:0....g	0.000		0		1		0.000	0.000	0.000
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.025		0		1		0.062	0.008	0.066
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.004		0		1		0.010	0.001	0.011
17:1....g									
18:1 undifferentiated....g	0.021		0		1		0.052	0.007	0.055
20:1....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.034		0		1		0.085	0.011	0.089
18:2 undifferentiated....g	0.027		0		1		0.067	0.008	0.071
18:3 undifferentiated....g	0.007		0		1		0.017	0.002	0.018
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.002		0	BFPN	4		0.006	0.001	0.006
Threonine....g	0.008		0	BFPN	4		0.020	0.003	0.021
Isoleucine....g	0.007		0	BFPN	4		0.017	0.002	0.018
Leucine....g	0.013		0	BFPN	4		0.032	0.004	0.033
Lysine....g	0.009		0	BFPN	4		0.023	0.003	0.024
Methionine....g	0.003		0	BFPN	4		0.009	0.001	0.009
Cystine....g	0.005		0	BFPN	4		0.012	0.001	0.012
Phenylalanine....g	0.008		0	BFPN	4		0.020	0.003	0.021
Tyrosine....g	0.003		0	BFPN	4		0.009	0.001	0.009
Valine....g	0.010		0	BFPN	4		0.026	0.003	0.027
Arginine....g	0.046		0	BFPN	4		0.115	0.014	0.122
Histidine....g	0.003		0	BFPN	4		0.009	0.001	0.009
Alanine....g	0.015		0	BFPN	4		0.037	0.005	0.040
Aspartic acid....g	0.073		0	BFPN	4		0.182	0.023	0.192
Glutamic acid....g	0.032		0	BFPN	4		0.081	0.010	0.085
Glycine....g	0.009		0	BFPN	4		0.023	0.003	0.024
Proline....g	0.043		0	BFPN	4		0.107	0.013	0.113
Serine....g	0.013		0	BFPN	4		0.032	0.004	0.033
Hydroxyproline....g									

NDB No. 09207
Orange juice, canned, unsweetened (1)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 249g: 1 cup

Measure 2 = 31.1g: 1 fl oz

Measure 3 = 263g: 1 drink box (8.45 fl oz)

Footnotes:

1 Includes juice box

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.92

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09209
Orange juice, chilled, includes from concentrate

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	87.22	1.189	24	A	1		217.19	27.13	
Energy....kcal	49		0	NC	4		121	15	
Energy....kJ	203		0	NC	4		506	63	
Protein (N x 6.25)....g	0.68	0.037	20	A	1		1.68	0.21	
Total lipid (fat)....g	0.12	0.010	17	A	1		0.31	0.04	
Ash....g	0.43	0.030	6	A	1		1.08	0.13	
Carbohydrate, by difference....g	11.54		0	NC	4		28.75	3.59	
Fiber, total dietary....g	0.3		1	A	1		0.8	0.1	
Sugars, total....g	8.31		0	AS	1		20.70	2.59	
Sucrose....g	4.01	0.476	21	A	1		9.98	1.25	
Glucose (dextrose)....g	2.08	0.113	21	A	1		5.17	0.65	
Fructose....g	2.23	0.120	21	A	1		5.55	0.69	
Lactose....g	0.00	0.000	20	A	1		0.00	0.00	
Maltose....g	0.00	0.000	15	A	1		0.00	0.00	
Galactose....g	0.00	0.000	14	A	1		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	11	0.494	13	A	1		27	3	
Iron, Fe....mg	0.13	0.020	32	A	1		0.33	0.04	
Magnesium, Mg....mg	11	0.290	32	A	1		27	3	
Phosphorus, P....mg	17	1.284	13	A	1		43	5	
Potassium, K....mg	178	1.361	32	A	1		442	55	
Sodium, Na....mg	2	0.320	28	A	1		6	1	
Zinc, Zn....mg	0.07	0.019	32	A	1		0.18	0.02	
Copper, Cu....mg	0.042	0.007	32	A	1		0.104	0.013	
Manganese, Mn....mg	0.023	0.002	32	A	1		0.056	0.007	
Selenium, Se....µg	0.1	0.090	12	A	1		0.3	0.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	33.6	0.706	40	A	1		83.7	10.5	
Thiamin....mg	0.046	0.004	6	A	1		0.115	0.014	
Riboflavin....mg	0.039	0.002	6	A	1		0.097	0.012	
Niacin....mg	0.280	0.050	3		1		0.697	0.087	
Pantothenic acid....mg	0.195	0.002	3	A	1		0.485	0.061	
Vitamin B-6....mg	0.076	0.003	3	A	1		0.188	0.024	
Folate, total....µg	19	1.580	6	A	1		46	6	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	19	1.580	6	A	1		46	6	
Folate, DFE....µg	19		0	NC	4		46	6	
Choline, total....mg	6.2		0	AS	1		15.3	1.9	
Betaine....mg	0.2		1	A	1		0.4	0.1	
Vitamin B-12....µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	2	0.410	3	A	1		5	1	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg	8	0.000	3	A	1		20	2	
Carotene, alpha....µg	8	0.000	3	A	1		20	2	
Cryptoxanthin, beta....µg	27	9.849	3	A	1		67	8	
Vitamin A, IU....IU	42	8.207	3	A	1		106	13	
Lycopene....µg	0	0.000	3	A	1		0	0	
Lutein + zeaxanthin....µg	27	6.351	3	A	1		67	8	
Vitamin E (alpha-tocopherol)....mg	0.20		0	BFZN	4		0.50	0.06	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									

NDB No. 09209
Orange juice, chilled, includes from concentrate

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	0.0		2	A	1		0.1	0.0	
Dihydrophylloquinone.....µg	0.0		2	A	1		0.0	0.0	
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.014		0	NC	4		0.034	0.004	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	
15:0.....g									
16:0.....g	0.014		0		1		0.034	0.004	
17:0.....g									
18:0.....g	0.000		0		1		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.022		0	NC	4		0.054	0.007	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003		0		1		0.008	0.001	
17:1.....g									
18:1 undifferentiated.....g	0.018		0		1		0.045	0.006	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.030		0	NC	4		0.075	0.009	
18:2 undifferentiated.....g	0.023		0		1		0.058	0.007	
18:3 undifferentiated.....g	0.007		0		1		0.016	0.002	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.002		0	A	1		0.005	0.001	
Threonine.....g	0.009		0	A	1		0.023	0.003	
Isoleucine.....g	0.004		0	A	1		0.011	0.001	
Leucine.....g	0.015		0	A	1		0.037	0.005	
Lysine.....g	0.020		0	A	1		0.049	0.006	
Methionine.....g	0.002		0	A	1		0.005	0.001	
Cystine.....g	0.002		0	A	1		0.005	0.001	
Phenylalanine.....g	0.011		0	A	1		0.028	0.003	
Tyrosine.....g	0.004		0	A	1		0.009	0.001	
Valine.....g	0.013		0	A	1		0.033	0.004	
Arginine.....g	0.080		0	A	1		0.199	0.025	
Histidine.....g	0.003		0	A	1		0.008	0.001	
Alanine.....g	0.018		0	A	1		0.046	0.006	
Aspartic acid.....g	0.106		0	A	1		0.264	0.033	
Glutamic acid.....g	0.041		0	A	1		0.101	0.013	
Glycine.....g	0.012		0	A	1		0.029	0.004	
Proline.....g	0.079		0	A	1		0.197	0.025	
Serine.....g	0.022		0	A	1		0.055	0.007	
Hydroxyproline.....g									

NDB No. 09209
Orange juice, chilled, includes from concentrate

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 249g: 1 cup

Measure 2 = 31.1g: 1 fl oz

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.92

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09211

Orange juice, chilled, includes from concentrate, fortified with calcium

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	87.22	1.189	24	A	1		217.19	27.13	
Energy....kcal	47		0	NC	4		118	15	
Energy....kJ	199		0	NC	4		496	62	
Protein (N x 6.25)....g	0.68	0.037	20	A	1		1.68	0.21	
Total lipid (fat)....g	0.12	0.010	17	A	1		0.31	0.04	
Ash....g	0.71	0.010	14	A	1		1.76	0.22	
Carbohydrate, by difference....g	11.27		0	NC	4		28.06	3.51	
Fiber, total dietary....g	0.3		1	A	1		0.8	0.1	
Sugars, total....g	8.31		0	AS	1		20.70	2.59	
Sucrose....g	4.01	0.476	21	A	1		9.98	1.25	
Glucose (dextrose)....g	2.08	0.113	21	A	1		5.17	0.65	
Fructose....g	2.23	0.120	21	A	1		5.55	0.69	
Lactose....g	0.00	0.000	20	A	1		0.00	0.00	
Maltose....g	0.00	0.000	15	A	1		0.00	0.00	
Galactose....g	0.00	0.000	14	A	1		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	140		0	MC	9		349	44	
Iron, Fe....mg	0.13	0.020	32	A	1		0.33	0.04	
Magnesium, Mg....mg	11	0.290	32	A	1		27	3	
Phosphorus, P (1)....mg	47	9.262	14	A	1		118	15	
Potassium, K....mg	178	1.361	32	A	1		442	55	
Sodium, Na....mg	2	0.320	28	A	1		6	1	
Zinc, Zn....mg	0.07	0.019	32	A	1		0.18	0.02	
Copper, Cu....mg	0.042	0.007	32	A	1		0.104	0.013	
Manganese, Mn....mg	0.023	0.002	32	A	1		0.056	0.007	
Selenium, Se....µg	0.1	0.090	12	A	1		0.3	0.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	33.6	0.706	40	A	1		83.7	10.5	
Thiamin....mg	0.046	0.004	6	A	1		0.115	0.014	
Riboflavin....mg	0.039	0.002	6	A	1		0.097	0.012	
Niacin....mg	0.280	0.050	3		1		0.697	0.087	
Pantothenic acid....mg	0.195	0.002	3	A	1		0.485	0.061	
Vitamin B-6....mg	0.076	0.003	3	A	1		0.188	0.024	
Folate, total....µg	19	1.580	6	A	1		46	6	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	19	1.580	6	A	1		46	6	
Folate, DFE....µg	19		0	NC	4		46	6	
Choline, total....mg	6.2		0	AS	1		15.3	1.9	
Betaine....mg	0.2		1	A	1		0.4	0.1	
Vitamin B-12....µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	2	0.410	3	A	1		5	1	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg	8	0.000	3	A	1		20	2	
Carotene, alpha....µg	8	0.000	3	A	1		20	2	
Cryptoxanthin, beta....µg	27	9.849	3	A	1		67	8	
Vitamin A, IU....IU	42	8.207	3	A	1		106	13	
Lycopene....µg	0	0.000	3	A	1		0	0	
Lutein + zeaxanthin....µg	27	6.351	3	A	1		67	8	
Vitamin E (alpha-tocopherol)....mg	0.20		0	BFZN	4		0.50	0.06	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									

NDB No. 09211

Orange juice, chilled, includes from concentrate, fortified with calcium

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	0.0		2	A	1		0.1	0.0	
Dihydrophylloquinone....µg	0.0		2	A	1		0.0	0.0	
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.014		0	NC	4		0.034	0.004	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	
15:0....g									
16:0....g	0.014		0		1		0.034	0.004	
17:0....g									
18:0....g	0.000		0		1		0.000	0.000	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.022		0	NC	4		0.054	0.007	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.003		0		1		0.008	0.001	
17:1....g									
18:1 undifferentiated....g	0.018		0		1		0.045	0.006	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.030		0	NC	4		0.075	0.009	
18:2 undifferentiated....g	0.023		0		1		0.058	0.007	
18:3 undifferentiated....g	0.007		0		1		0.016	0.002	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.002		0	A	1		0.005	0.001	
Threonine....g	0.009		0	A	1		0.023	0.003	
Isoleucine....g	0.004		0	A	1		0.011	0.001	
Leucine....g	0.015		0	A	1		0.037	0.005	
Lysine....g	0.020		0	A	1		0.049	0.006	
Methionine....g	0.002		0	A	1		0.005	0.001	
Cystine....g	0.002		0	A	1		0.005	0.001	
Phenylalanine....g	0.011		0	A	1		0.028	0.003	
Tyrosine....g	0.004		0	A	1		0.009	0.001	
Valine....g	0.013		0	A	1		0.033	0.004	
Arginine....g	0.080		0	A	1		0.199	0.025	
Histidine....g	0.003		0	A	1		0.008	0.001	
Alanine....g	0.018		0	A	1		0.046	0.006	
Aspartic acid....g	0.106		0	A	1		0.264	0.033	
Glutamic acid....g	0.041		0	A	1		0.101	0.013	
Glycine....g	0.012		0	A	1		0.029	0.004	
Proline....g	0.079		0	A	1		0.197	0.025	
Serine....g	0.022		0	A	1		0.055	0.007	
Hydroxyproline....g									

NDB No. 09211

Orange juice, chilled, includes from concentrate, fortified with calcium

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 249g: 1 cup

Measure 2 = 31.1g: 1 fl oz

Footnotes:

1 Phosphorus content varies among brands depending upon the calcium compound used (calcium phosphate, calcium citrate, etc.).

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.92

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09210

Orange juice, chilled, includes from concentrate, fortified with calcium and vitamin D

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	87.22	1.189	24	A	1		217.19	27.13	
Energy....kcal	47		0	NC	4		118	15	
Energy....kJ	199		0	NC	4		496	62	
Protein (N x 6.25)....g	0.68	0.037	20	A	1		1.68	0.21	
Total lipid (fat)....g	0.12	0.010	17	A	1		0.31	0.04	
Ash....g	0.71	0.010	14	A	1		1.76	0.22	
Carbohydrate, by difference....g	11.27		0	NC	4		28.06	3.51	
Fiber, total dietary....g	0.3		1	A	1		0.8	0.1	
Sugars, total....g	8.31		0	AS	1		20.70	2.59	
Sucrose....g	4.01	0.476	21	A	1		9.98	1.25	
Glucose (dextrose)....g	2.08	0.113	21	A	1		5.17	0.65	
Fructose....g	2.23	0.120	21	A	1		5.55	0.69	
Lactose....g	0.00	0.000	20	A	1		0.00	0.00	
Maltose....g	0.00	0.000	15	A	1		0.00	0.00	
Galactose....g	0.00	0.000	14	A	1		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	140		0	MC	9		349	44	
Iron, Fe....mg	0.13	0.020	32	A	1		0.33	0.04	
Magnesium, Mg....mg	11	0.290	32	A	1		27	3	
Phosphorus, P (1)....mg	47	9.262	14	A	1		118	15	
Potassium, K....mg	178	1.361	32	A	1		442	55	
Sodium, Na....mg	2	0.320	28	A	1		6	1	
Zinc, Zn....mg	0.07	0.019	32	A	1		0.18	0.02	
Copper, Cu....mg	0.042	0.007	32	A	1		0.104	0.013	
Manganese, Mn....mg	0.023	0.002	32	A	1		0.056	0.007	
Selenium, Se....µg	0.1	0.090	12	A	1		0.3	0.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	33.6	0.706	40	A	1		83.7	10.5	
Thiamin....mg	0.046	0.004	6	A	1		0.115	0.014	
Riboflavin....mg	0.039	0.002	6	A	1		0.097	0.012	
Niacin....mg	0.280	0.050	3		1		0.697	0.087	
Pantothenic acid....mg	0.195	0.002	3	A	1		0.485	0.061	
Vitamin B-6....mg	0.076	0.003	3	A	1		0.188	0.024	
Folate, total....µg	19	1.580	6	A	1		46	6	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	19	1.580	6	A	1		46	6	
Folate, DFE....µg	19		0	NC	4		46	6	
Choline, total....mg	6.2		0	AS	1		15.3	1.9	
Betaine....mg	0.2		1	A	1		0.4	0.1	
Vitamin B-12....µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	2	0.410	3	A	1		5	1	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg	8	0.000	3	A	1		20	2	
Carotene, alpha....µg	8	0.000	3	A	1		20	2	
Cryptoxanthin, beta....µg	27	9.849	3	A	1		67	8	
Vitamin A, IU....IU	42	8.207	3	A	1		106	13	
Lycopene....µg	0	0.000	3	A	1		0	0	
Lutein + zeaxanthin....µg	27	6.351	3	A	1		67	8	
Vitamin E (alpha-tocopherol)....mg	0.20		0	BFZN	4		0.50	0.06	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	1.0		0	MC	9		2.5	0.3	
Vitamin D2 (ergocalciferol)....µg									

NDB No. 09210

Orange juice, chilled, includes from concentrate, fortified with calcium and vitamin D

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....µg	1.0		0	MC	9		2.5	0.3	
Vitamin D....IU	40		0	MC	9		100	12	
Vitamin K (phylloquinone)....µg	0.0		2	A	1		0.1	0.0	
Dihydrophylloquinone....µg	0.0		2	A	1		0.0	0.0	
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.014		0	NC	4		0.034	0.004	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	
15:0....g									
16:0....g	0.014		0		1		0.034	0.004	
17:0....g									
18:0....g	0.000		0		1		0.000	0.000	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.022		0	NC	4		0.054	0.007	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.003		0		1		0.008	0.001	
17:1....g									
18:1 undifferentiated....g	0.018		0		1		0.045	0.006	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.030		0	NC	4		0.075	0.009	
18:2 undifferentiated....g	0.023		0		1		0.058	0.007	
18:3 undifferentiated....g	0.007		0		1		0.016	0.002	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.002		0	A	1		0.005	0.001	
Threonine....g	0.009		0	A	1		0.023	0.003	
Isoleucine....g	0.004		0	A	1		0.011	0.001	
Leucine....g	0.015		0	A	1		0.037	0.005	
Lysine....g	0.020		0	A	1		0.049	0.006	
Methionine....g	0.002		0	A	1		0.005	0.001	
Cystine....g	0.002		0	A	1		0.005	0.001	
Phenylalanine....g	0.011		0	A	1		0.028	0.003	
Tyrosine....g	0.004		0	A	1		0.009	0.001	
Valine....g	0.013		0	A	1		0.033	0.004	
Arginine....g	0.080		0	A	1		0.199	0.025	
Histidine....g	0.003		0	A	1		0.008	0.001	
Alanine....g	0.018		0	A	1		0.046	0.006	
Aspartic acid....g	0.106		0	A	1		0.264	0.033	
Glutamic acid....g	0.041		0	A	1		0.101	0.013	
Glycine....g	0.012		0	A	1		0.029	0.004	
Proline....g	0.079		0	A	1		0.197	0.025	
Serine....g	0.022		0	A	1		0.055	0.007	
Hydroxyproline....g									

NDB No. 09210

Orange juice, chilled, includes from concentrate, fortified with calcium and vitamin D

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 249g: 1 cup

Measure 2 = 31.1g: 1 fl oz

Footnotes:

1 Phosphorus content varies among brands depending upon the calcium compound used (calcium phosphate, calcium citrate, etc.).

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.92

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09215

Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	88.10		0		1		219.37	27.40	
Energy....kcal	45		0	NC	4		112	14	
Energy....kJ	188		0		4		469	59	
Protein (N x 6.25)....g	0.68		2		1		1.69	0.21	
Total lipid (fat)....g	0.06		2		1		0.15	0.02	
Ash....g	0.39		2		1		0.97	0.12	
Carbohydrate, by difference....g	10.78		0	NC	4		26.84	3.35	
Fiber, total dietary....g	0.2		0		1		0.5	0.1	
Sugars, total....g	8.40		0	AS	1		20.92	2.61	
Sucrose....g	3.50	0.600	3	A	1		8.72	1.09	
Glucose (dextrose)....g	2.34	0.310	3	A	1		5.83	0.73	
Fructose....g	2.56	0.540	3	A	1		6.37	0.80	
Lactose....g	0.00		1	A	1		0.00	0.00	
Maltose....g	0.00		1	A	1		0.00	0.00	
Galactose....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	9	0.063	480		1		22	3	
Iron, Fe....mg	0.10	0.003	457		1		0.25	0.03	
Magnesium, Mg....mg	10	0.041	473		1		25	3	
Phosphorus, P....mg	16	0.107	326		1		40	5	
Potassium, K....mg	190	1.593	413		1		473	59	
Sodium, Na....mg	1	0.078	412		1		2	0	
Zinc, Zn....mg	0.05	0.001	471		1		0.12	0.02	
Copper, Cu....mg	0.044	0.000	474		1		0.110	0.014	
Manganese, Mn....mg	0.014	0.002	10		1		0.035	0.004	
Selenium, Se....µg	0.1	0.023	3	A	1		0.2	0.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	38.9	0.255	426		1		96.9	12.1	
Thiamin....mg	0.079	0.001	298		1		0.197	0.025	
Riboflavin....mg	0.018	0.000	100		1		0.045	0.006	
Niacin....mg	0.202	0.001	458		1		0.503	0.063	
Pantothenic acid....mg	0.158	0.001	152		1		0.393	0.049	
Vitamin B-6....mg	0.044	0.000	215		1		0.110	0.014	
Folate, total....µg	44	0.404	381		1		109	14	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	44	0.404	381		1		109	14	
Folate, DFE....µg	44		0	NC	4		109	14	
Choline, total....mg	5.6		0	BFSN	4		14.0	1.8	
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	5		0	AS	1		13	2	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg	17	8.108	12	A	1		44	5	
Carotene, alpha....µg	3	1.937	11	A	1		7	1	
Cryptoxanthin, beta....µg	91	47.906	12	A	1		225	28	
Vitamin A, IU....IU	107		0	AS	1		266	33	
Lycopene....µg	0	0.000	4	A	1		0	0	
Lutein + zeaxanthin....µg	115	22.973	4	A	1		286	36	
Vitamin E (alpha-tocopherol)....mg	0.20		2	A	1		0.50	0.06	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00		2	A	1		0.00	0.00	
Tocopherol, gamma....mg	0.05		2	A	1		0.11	0.01	
Tocopherol, delta....mg	0.00		2	A	1		0.00	0.00	
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									

NDB No. 09215

Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	0.1		0	BFSN	4		0.3	0.0	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.007		0		1		0.017	0.002	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	
15:0....g									
16:0....g	0.007		0		1		0.017	0.002	
17:0....g									
18:0....g	0.000		0		1		0.000	0.000	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.010		0		1		0.025	0.003	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1		0.002	0.000	
17:1....g									
18:1 undifferentiated....g	0.009		0		1		0.022	0.003	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.012		0		1		0.030	0.004	
18:2 undifferentiated....g	0.009		0		1		0.022	0.003	
18:3 undifferentiated....g	0.003		0		1		0.007	0.001	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.002		0		1		0.005	0.001	
Threonine....g	0.008		0		1		0.020	0.002	
Isoleucine....g	0.007		0		1		0.017	0.002	
Leucine....g	0.013		0		1		0.032	0.004	
Lysine....g	0.009		0		1		0.022	0.003	
Methionine....g	0.003		0		1		0.007	0.001	
Cystine....g	0.005		0		1		0.012	0.002	
Phenylalanine....g	0.008		0		1		0.020	0.002	
Tyrosine....g	0.004		0		1		0.010	0.001	
Valine....g	0.011		0		1		0.027	0.003	
Arginine....g	0.045		0		1		0.112	0.014	
Histidine....g	0.003		0		1		0.007	0.001	
Alanine....g	0.014		0		1		0.035	0.004	
Aspartic acid....g	0.072		0		1		0.179	0.022	
Glutamic acid....g	0.032		0		1		0.080	0.010	
Glycine....g	0.009		0		1		0.022	0.003	
Proline....g	0.042		0		1		0.105	0.013	
Serine....g	0.013		0		1		0.032	0.004	
Hydroxyproline....g									

NDB No. 09215

Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 249g: 1 cup

Measure 2 = 31.1g: 1 fl oz

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.92

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09214
Orange juice, frozen concentrate, unsweetened, undiluted

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	57.85		0		1		164.29	20.54	123.22
Energy....kcal	159		0	NC	4		452	56	339
Energy....kJ	665		0		4		1889	236	1417
Protein (N x 6.25)....g	2.39		2		1		6.79	0.85	5.09
Total lipid (fat)....g	0.21		2		1		0.60	0.07	0.45
Ash....g	1.38	0.033	3		1		3.92	0.49	2.94
Carbohydrate, by difference....g	38.17		0	NC	4		108.40	13.55	81.30
Fiber, total dietary....g	0.8		0		4		2.3	0.3	1.7
Sugars, total....g	37.37		0	O	4		106.13	13.27	79.60
Starch....g									
Minerals:									
Calcium, Ca....mg	32	0.224	480		1		91	11	68
Iron, Fe....mg	0.35	0.011	457		1		0.99	0.12	0.75
Magnesium, Mg....mg	34	0.144	473		1		97	12	72
Phosphorus, P....mg	57	0.378	326		1		162	20	121
Potassium, K....mg	674	5.644	413		1		1914	239	1436
Sodium, Na....mg	3	0.277	412		1		9	1	6
Zinc, Zn....mg	0.18	0.005	471		1		0.51	0.06	0.38
Copper, Cu....mg	0.155	0.001	474		1		0.440	0.055	0.330
Manganese, Mn....mg	0.048	0.008	10		1		0.136	0.017	0.102
Selenium, Se....µg	0.4		0		4		1.1	0.1	0.9
Vitamins:									
Vitamin C, total ascorbic acid....mg	137.9	0.904	426		1		391.6	49.0	293.7
Thiamin....mg	0.280	0.002	298		1		0.795	0.099	0.596
Riboflavin....mg	0.064	0.001	100		1		0.182	0.023	0.136
Niacin....mg	0.716	0.003	458		1		2.033	0.254	1.525
Pantothenic acid....mg	0.560	0.003	152		1		1.590	0.199	1.193
Vitamin B-6....mg	0.156	0.001	215		1		0.443	0.055	0.332
Folate, total....µg	155	1.432	381		1		441	55	331
Folic acid....µg	0		0	Z	7		0	0	0
Folate, food....µg	155	1.432	381		1		441	55	331
Folate, DFE....µg	155		0	NC	4		441	55	331
Choline, total....mg	20.0		0	AS	1		56.7	7.1	42.5
Betaine....mg	0.5		1	A	1		1.3	0.2	1.0
Vitamin B-12....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....µg	19		0	BFSN	4		54	7	40
Retinol....µg	0		0	Z	7		0	0	0
Carotene, beta....µg	62		0	BFSN	4		176	22	132
Carotene, alpha....µg	10		0	BFSN	4		30	4	22
Cryptoxanthin, beta....µg	321		0	BFSN	4		910	114	683
Vitamin A, IU....IU	379		0	BFSN	4		1077	135	807
Lycopene....µg	0		0	BFSN	4		0	0	0
Lutein + zeaxanthin....µg	407		0	BFSN	4		1157	145	868
Vitamin E (alpha-tocopherol)....mg	0.71		0	BFSN	4		2.01	0.25	1.51
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	0.4		2	A	1		1.0	0.1	0.8
Dihydrophylloquinone....µg	0.0		2	A	1		0.0	0.0	0.0
Menaquinone-4....µg									
Lipids:									

NDB No. 09214

Orange juice, frozen concentrate, unsweetened, undiluted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.024		0		1		0.068	0.009	0.051
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.000		0		1		0.000	0.000	0.000
10:0....g	0.000		0		1		0.000	0.000	0.000
12:0....g	0.000		0		1		0.000	0.000	0.000
13:0....g									
14:0....g	0.001		0		1		0.003	0.000	0.002
15:0....g									
16:0....g	0.022		0		1		0.062	0.008	0.047
17:0....g									
18:0....g	0.001		0		1		0.003	0.000	0.002
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.038		0		1		0.108	0.013	0.081
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.005		0		1		0.014	0.002	0.011
17:1....g									
18:1 undifferentiated....g	0.033		0		1		0.094	0.012	0.070
20:1....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.041		0		1		0.116	0.015	0.087
18:2 undifferentiated....g	0.030		0		1		0.085	0.011	0.064
18:3 undifferentiated....g	0.011		0		1		0.031	0.004	0.023
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.007		4		1		0.020	0.002	0.015
Threonine....g	0.027		4		1		0.077	0.010	0.058
Isoleucine....g	0.026		4		1		0.074	0.009	0.055
Leucine....g	0.046		4		1		0.131	0.016	0.098
Lysine....g	0.031		4		1		0.088	0.011	0.066
Methionine....g	0.012		3		1		0.034	0.004	0.026
Cystine....g	0.018		4		1		0.051	0.006	0.038
Phenylalanine....g	0.029		4		1		0.082	0.010	0.062
Tyrosine....g	0.013		4		1		0.037	0.005	0.028
Valine....g	0.038		4		1		0.108	0.013	0.081
Arginine....g	0.161		4		1		0.457	0.057	0.343
Histidine....g	0.010		4		1		0.028	0.004	0.021
Alanine....g	0.051		4		1		0.145	0.018	0.109
Aspartic acid....g	0.255		4		1		0.724	0.091	0.543
Glutamic acid....g	0.114		4		1		0.324	0.040	0.243
Glycine....g	0.032		4		1		0.091	0.011	0.068
Proline....g	0.149		4		1		0.423	0.053	0.317
Serine....g	0.045		4		1		0.128	0.016	0.096
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 09214

Orange juice, frozen concentrate, unsweetened, undiluted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 284g: 1 cup

Measure 2 = 35.5g: 1 fl oz

Measure 3 = 213g: 1 can (6 fl oz)

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.92

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09206
Orange juice, raw

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	88.30		0		1		218.98	27.37	75.94
Energy....kcal	45		0	NC	4		112	14	39
Energy....kJ	188		0		4		467	58	162
Protein (N x 6.25)....g	0.70		0		1		1.74	0.22	0.60
Total lipid (fat)....g	0.20		0		1		0.50	0.06	0.17
Ash....g	0.40		0		1		0.99	0.12	0.34
Carbohydrate, by difference....g	10.40		0	NC	4		25.79	3.22	8.94
Fiber, total dietary....g	0.2		0		4		0.5	0.1	0.2
Sugars, total....g	8.40		0	BFZN	4		20.83	2.60	7.22
Starch....g									
Minerals:									
Calcium, Ca....mg	11		0		1		27	3	9
Iron, Fe....mg	0.20		0		1		0.50	0.06	0.17
Magnesium, Mg....mg	11		0		1		27	3	9
Phosphorus, P....mg	17		0		1		42	5	15
Potassium, K....mg	200		0		1		496	62	172
Sodium, Na....mg	1		0		1		2	0	1
Zinc, Zn....mg	0.05		0		1		0.12	0.02	0.04
Copper, Cu....mg	0.044		0		1		0.109	0.014	0.038
Manganese, Mn....mg	0.014		0		1		0.035	0.004	0.012
Selenium, Se....µg	0.1		0	BFZN	4		0.2	0.0	0.1
Vitamins:									
Vitamin C, total ascorbic acid....mg	50.0		0		1		124.0	15.5	43.0
Thiamin....mg	0.090		0		1		0.223	0.028	0.077
Riboflavin....mg	0.030		0		1		0.074	0.009	0.026
Niacin....mg	0.400		0		1		0.992	0.124	0.344
Pantothenic acid....mg	0.190		0		1		0.471	0.059	0.163
Vitamin B-6....mg	0.040		0		1		0.099	0.012	0.034
Folate, total....µg	30		0		4		75	9	26
Folic acid....µg	0		0	Z	7		0	0	0
Folate, food....µg	30		0		4		75	9	26
Folate, DFE....µg	30		0	NC	4		75	9	26
Choline, total....mg	6.2		0	BFZN	4		15.3	1.9	5.3
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....µg	10		0	NC	4		25	3	9
Retinol....µg	0		0	Z	7		0	0	0
Carotene, beta....µg	33		0	BNA	4		81	10	28
Carotene, alpha....µg	6		0	BNA	4		14	2	5
Cryptoxanthin, beta....µg	169		0	BNA	4		419	52	145
Vitamin A, IU....IU	200		0		1		496	62	172
Lycopene....µg	0		0	BFZN	4		0	0	0
Lutein + zeaxanthin....µg	115		0	BFZN	4		285	36	99
Vitamin E (alpha-tocopherol)....mg	0.04		0		1		0.10	0.01	0.03
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	0.1		0	BFZN	4		0.3	0.0	0.1
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 09206
Orange juice, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.024		0		1		0.060	0.007	0.021
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.000		0		1		0.000	0.000	0.000
10:0....g	0.000		0		1		0.000	0.000	0.000
12:0....g	0.000		0		1		0.000	0.000	0.000
13:0....g									
14:0....g	0.001		2		1		0.002	0.000	0.001
15:0....g									
16:0....g	0.021		16		1		0.052	0.007	0.018
17:0....g									
18:0....g	0.001		10		1		0.002	0.000	0.001
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.036		0		1		0.089	0.011	0.031
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.005		16		1		0.012	0.002	0.004
17:1....g									
18:1 undifferentiated....g	0.032		16		1		0.079	0.010	0.028
20:1....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.040		0		1		0.099	0.012	0.034
18:2 undifferentiated....g	0.029		16		1		0.072	0.009	0.025
18:3 undifferentiated....g	0.011		16		1		0.027	0.003	0.009
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.002		0		1		0.005	0.001	0.002
Threonine....g	0.008		0		1		0.020	0.002	0.007
Isoleucine....g	0.008		0		1		0.020	0.002	0.007
Leucine....g	0.013		0		1		0.032	0.004	0.011
Lysine....g	0.009		0		1		0.022	0.003	0.008
Methionine....g	0.003		0		1		0.007	0.001	0.003
Cystine....g	0.005		0		1		0.012	0.002	0.004
Phenylalanine....g	0.009		0		1		0.022	0.003	0.008
Tyrosine....g	0.004		0		1		0.010	0.001	0.003
Valine....g	0.011		0		1		0.027	0.003	0.009
Arginine....g	0.047		0		1		0.117	0.015	0.040
Histidine....g	0.003		0		1		0.007	0.001	0.003
Alanine....g	0.015		0		1		0.037	0.005	0.013
Aspartic acid....g	0.075		0		1		0.186	0.023	0.065
Glutamic acid....g	0.033		0		1		0.082	0.010	0.028
Glycine....g	0.009		0		1		0.022	0.003	0.008
Proline....g	0.044		0		1		0.109	0.014	0.038
Serine....g	0.013		0		1		0.032	0.004	0.011
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 09206
Orange juice, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 248g: 1 cup

Measure 2 = 31.0g: 1 fl oz

Measure 3 = 86g: 1 fruit yields

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.92

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09216
Orange peel, raw

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	72.50		0		1		4.35	1.45	
Energy (1) ... kcal	97		0	NC	4		6	2	
Energy ... kJ	405		0	NC	4		24	8	
Protein (N x 6.25) ... g	1.50		0		1		0.09	0.03	
Total lipid (fat) ... g	0.20		0		1		0.01	0.00	
Ash ... g	0.80		0		1		0.05	0.02	
Carbohydrate, by difference ... g	25.00		0	NC	4		1.50	0.50	
Fiber, total dietary ... g	10.6		0		4		0.6	0.2	
Sugars, total ... g									
Starch ... g									
Minerals:									
Calcium, Ca ... mg	161		0		1		10	3	
Iron, Fe ... mg	0.80		0		1		0.05	0.02	
Magnesium, Mg ... mg	22		0		1		1	0	
Phosphorus, P ... mg	21		0		1		1	0	
Potassium, K ... mg	212		0		1		13	4	
Sodium, Na ... mg	3		0		1		0	0	
Zinc, Zn ... mg	0.25		0		4		0.02	0.01	
Copper, Cu ... mg	0.092		0		4		0.006	0.002	
Manganese, Mn ... mg									
Selenium, Se ... µg	1.0		0	BFSN	4		0.1	0.0	
Vitamins:									
Vitamin C, total ascorbic acid ... mg	136.0		0		1		8.2	2.7	
Thiamin ... mg	0.120		0		1		0.007	0.002	
Riboflavin ... mg	0.090		0		1		0.005	0.002	
Niacin ... mg	0.900		0		1		0.054	0.018	
Pantothenic acid ... mg	0.490		0		1		0.029	0.010	
Vitamin B-6 ... mg	0.176		0		1		0.011	0.004	
Folate, total ... µg	30		0		4		2	1	
Folic acid ... µg	0		0	Z	7		0	0	
Folate, food ... µg	30		0		4		2	1	
Folate, DFE ... µg	30		0	NC	4		2	1	
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added ... µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE ... µg	21		0		1		1	0	
Retinol ... µg	0		0	Z	7		0	0	
Carotene, beta ... µg									
Carotene, alpha ... µg									
Cryptoxanthin, beta ... µg									
Vitamin A, IU ... IU	420		0		1		25	8	
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg	0.25		0	BFZN	4		0.02	0.01	
Vitamin E, added ... mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D2 (ergocalciferol) ... µg									
Vitamin D3 (cholecalciferol) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									

NDB No. 09216
Orange peel, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.024		0		1		0.001	0.000	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.001		0		1		0.000	0.000	
15:0....g									
16:0....g	0.021		0		1		0.001	0.000	
17:0....g									
18:0....g	0.001		0		1		0.000	0.000	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.036		0		1		0.002	0.001	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.005		0		1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.032		0		1		0.002	0.001	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.040		0		1		0.002	0.001	
18:2 undifferentiated....g	0.029		0		1		0.002	0.001	
18:3 undifferentiated....g	0.011		0		1		0.001	0.000	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg	34		0		1		2	1	
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg									
Theobromine....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 6.0g: 1 tbsp

Measure 2 = 2.0g: 1 tsp

Footnotes:

1 The Atwater factors for fruit were used to calculate energy; however, the digestibility of peel is unknown.

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09217
Orange-grapefruit juice, canned, unsweetened

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	88.64	0.374	14		1		218.94	27.39	
Energy	kcal	43		0	NC	4		106	13	
Energy	kJ	180		0		4		444	56	
Protein (N x 6.25)	g	0.60	0.018	14		1		1.48	0.19	
Total lipid (fat)	g	0.10	0.003	14		1		0.25	0.03	
Ash	g	0.39	0.014	14		1		0.96	0.12	
Carbohydrate, by difference	g	10.28		0	NC	4		25.39	3.18	
Fiber, total dietary	g	0.1		0		4		0.2	0.0	
Sugars, total	g	10.18		0	O	4		25.14	3.15	
Starch	g									
Minerals:										
Calcium, Ca	mg	8	0.289	14		1		20	2	
Iron, Fe	mg	0.46	0.039	14		1		1.14	0.14	
Magnesium, Mg	mg	10	0.169	14		1		25	3	
Phosphorus, P	mg	14	0.398	14		1		35	4	
Potassium, K	mg	158	5.149	14		1		390	49	
Sodium, Na	mg	3	0.670	20		1		7	1	
Zinc, Zn	mg	0.07	0.003	14		1		0.17	0.02	
Copper, Cu	mg	0.076	0.006	14		1		0.188	0.023	
Manganese, Mn	mg	0.017		0		1		0.042	0.005	
Selenium, Se	µg	0.1		0	CAZN	4		0.2	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	29.1	1.350	18		1		71.9	9.0	
Thiamin	mg	0.056	0.002	14		1		0.138	0.017	
Riboflavin	mg	0.030	0.000	14		1		0.074	0.009	
Niacin	mg	0.336	0.020	14		1		0.830	0.104	
Pantothenic acid	mg	0.140		0		1		0.346	0.043	
Vitamin B-6	mg	0.023		0		1		0.057	0.007	
Folate, total	µg	14		0		4		35	4	
Folic acid	µg	0		0	Z	7		0	0	
Folate, food	µg	14		0		4		35	4	
Folate, DFE	µg	14		0	NC	4		35	4	
Choline, total	mg	6.2		0	BFZN	4		15.2	1.9	
Betaine	mg									
Vitamin B-12	µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added	µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	µg	6	0.234	14		1		15	2	
Retinol	µg	0		0	Z	7		0	0	
Carotene, beta	µg	20		0	BNA	4		50	6	
Carotene, alpha	µg	4		0	BNA	4		10	1	
Cryptoxanthin, beta	µg	98		0	BNA	4		243	30	
Vitamin A, IU	IU	119	4.671	14		1		294	37	
Lycopene	µg	0		0	RA	4		0	0	
Lutein + zeaxanthin	µg	73		0	RA	4		180	23	
Vitamin E (alpha-tocopherol)	mg	0.14		0	RA	4		0.34	0.04	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)	µg	0.1		0	RA	4		0.2	0.0	
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 09217
Orange-grapefruit juice, canned, unsweetened

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.011		0		1		0.027	0.003	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	
15:0....g									
16:0....g	0.010		0		1		0.025	0.003	
17:0....g									
18:0....g	0.000		0		1		0.000	0.000	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.017		0		1		0.042	0.005	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.002		0		1		0.005	0.001	
17:1....g									
18:1 undifferentiated....g	0.015		0		1		0.037	0.005	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.019		0		1		0.047	0.006	
18:2 undifferentiated....g	0.014		0		1		0.035	0.004	
18:3 undifferentiated....g	0.005		0		1		0.012	0.002	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 247g: 1 cup

Measure 2 = 30.9g: 1 fl oz

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.92

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09201

Oranges, raw, California, valencias

Citrus sinensis

Refuse: 25% Peel and seeds

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	86.34	0.180	17		1		155.41	104.47	
Energy....kcal	49		0	NC	4		88	59	
Energy....kJ	205				4		369	248	
Protein (N x 6.25)....g	1.04	0.036	16		1		1.87	1.26	
Total lipid (fat)....g	0.30		0		1		0.54	0.36	
Ash....g	0.42		17		1		0.76	0.51	
Carbohydrate, by difference....g	11.89		0	NC	4		21.40	14.39	
Fiber, total dietary....g	2.5		0		4		4.5	3.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	40		0		1		72	48	
Iron, Fe....mg	0.09	0.005	16		1		0.16	0.11	
Magnesium, Mg....mg	10	0.431	94		1		18	12	
Phosphorus, P....mg	17	0.341	18		1		31	21	
Potassium, K....mg	179	2.244	86		1		322	217	
Sodium, Na....mg	0	0.034	24		1		0	0	
Zinc, Zn....mg	0.06		2		1		0.11	0.07	
Copper, Cu....mg	0.037	0.005	16		1		0.067	0.045	
Manganese, Mn....mg	0.023	0.002	16		1		0.041	0.028	
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	48.5	1.019	75		1		87.3	58.7	
Thiamin....mg	0.087	0.001	78		1		0.157	0.105	
Riboflavin....mg	0.040		0		1		0.072	0.048	
Niacin....mg	0.274	0.004	75		1		0.493	0.332	
Pantothenic acid....mg	0.250		0		1		0.450	0.303	
Vitamin B-6....mg	0.063	0.002	54		1		0.113	0.076	
Folate, total....µg	39	5.212	81		1		69	47	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	39	5.212	81		1		69	47	
Folate, DFE....µg	39		0	NC	4		69	47	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	12	0.444	78		1		21	14	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	230	8.884	78		1		414	278	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.035		0		1		0.063	0.042	
4:0....g									

NDB No. 09201
Oranges, raw, California, valencias

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g									
8:0 g									
10:0 g									
12:0 g	0.001		0		1		0.002	0.001	
13:0 g									
14:0 g	0.001		0		1		0.002	0.001	
15:0 g									
16:0 g	0.032		0		1		0.058	0.039	
17:0 g									
18:0 g	0.001		0		1		0.002	0.001	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.055		0		1		0.099	0.067	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.007		0		1		0.013	0.008	
17:1 g									
18:1 undifferentiated g	0.048		0		1		0.086	0.058	
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.060		0		1		0.108	0.073	
18:2 undifferentiated g	0.044		0		1		0.079	0.053	
18:3 undifferentiated g	0.016		0		1		0.029	0.019	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g									
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	0		0	Z	7		0	0	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.010		0		1		0.018	0.012	
Threonine g	0.017		0		1		0.031	0.021	
Isoleucine g	0.028		0		1		0.050	0.034	
Leucine g	0.026		0		1		0.047	0.031	
Lysine g	0.053		0		1		0.095	0.064	
Methionine g	0.022		0		1		0.040	0.027	
Cystine g	0.011		0		1		0.020	0.013	
Phenylalanine g	0.034		0		1		0.061	0.041	
Tyrosine g	0.018		0		1		0.032	0.022	
Valine g	0.044		0		1		0.079	0.053	
Arginine g	0.073		0		1		0.131	0.088	
Histidine g	0.020		0		1		0.036	0.024	
Alanine g	0.056		0		1		0.101	0.068	
Aspartic acid g	0.127		0		1		0.229	0.154	
Glutamic acid g	0.105		0		1		0.189	0.127	
Glycine g	0.105		0		1		0.189	0.127	
Proline g	0.052		0		1		0.094	0.063	
Serine g	0.036		0		1		0.065	0.044	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 180g: 1 cup sections, without membranes

NDB No. 09201
Oranges, raw, California, valencias

Measure 2 = 121g: 1 fruit (2-5/8" dia)

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09203
Oranges, raw, Florida
Citrus sinensis

Refuse: 26% Peel and seeds

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	87.14	0.124	35		1		161.21	122.87	131.58
Energy ... kcal	46		0	NC	4		85	65	69
Energy ... kJ	192		0		4		356	271	291
Protein (N x 6.25) ... g	0.70	0.009	35		1		1.30	0.99	1.06
Total lipid (fat) ... g	0.21		2		1		0.39	0.30	0.32
Ash ... g	0.41	0.007	35		1		0.76	0.58	0.62
Carbohydrate, by difference ... g	11.54		0	NC	4		21.35	16.27	17.43
Fiber, total dietary ... g	2.4		0		1		4.4	3.4	3.6
Sugars, total ... g	9.14		0	O	4		16.91	12.89	13.80
Starch ... g									
Minerals:									
Calcium, Ca ... mg	43		0		1		80	61	65
Iron, Fe ... mg	0.09	0.005	32		1		0.17	0.13	0.14
Magnesium, Mg ... mg	10	0.513	32		1		19	14	15
Phosphorus, P ... mg	12	0.565	32		1		22	17	18
Potassium, K ... mg	169	2.236	16		1		313	238	255
Sodium, Na ... mg	0	0.048	16		1		0	0	0
Zinc, Zn ... mg	0.08		1		1		0.15	0.11	0.12
Copper, Cu ... mg	0.039	0.002	32		1		0.072	0.055	0.059
Manganese, Mn ... mg	0.024	0.001	32		1		0.044	0.034	0.036
Selenium, Se ... µg	0.5	0.210	5	A	1		0.9	0.7	0.8
Vitamins:									
Vitamin C, total ascorbic acid ... mg	45.0		0		1		83.3	63.5	68.0
Thiamin ... mg	0.100		0		1		0.185	0.141	0.151
Riboflavin ... mg	0.040		0		1		0.074	0.056	0.060
Niacin ... mg	0.400		0		1		0.740	0.564	0.604
Pantothenic acid ... mg	0.250		0		1		0.463	0.353	0.378
Vitamin B-6 ... mg	0.051		1		1		0.094	0.072	0.077
Folate, total ... µg	17	3.265	3		1		32	24	26
Folic acid ... µg	0		0	Z	7		0	0	0
Folate, food ... µg	17	3.265	3		1		32	24	26
Folate, DFE ... µg	17		0	NC	4		32	24	26
Choline, total ... mg	8.4		0	BFZN	4		15.5	11.8	12.7
Betaine ... mg									
Vitamin B-12 ... µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added ... µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE ... µg	11		0	NC	4		21	16	17
Retinol ... µg	0		0	Z	7		0	0	0
Carotene, beta ... µg	71		0	BFZN	4		131	100	107
Carotene, alpha ... µg	11		0	BFZN	4		21	16	17
Cryptoxanthin, beta ... µg	116		0	BFZN	4		215	164	175
Vitamin A, IU ... IU	225		0	NC	4		416	317	339
Lycopene ... µg	0		0	BFZN	4		0	0	0
Lutein + zeaxanthin ... µg	129		0	BFZN	4		239	183	195
Vitamin E (alpha-tocopherol) ... mg	0.18		0	BFZN	4		0.34	0.26	0.28
Vitamin E, added ... mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol) ... µg									
Vitamin D3 (cholecalciferol) ... µg									
Vitamin D ... IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone) ... µg	0.0		0	BFZN	4		0.1	0.1	0.1
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									

NDB No. 09203
Oranges, raw, Florida

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.025		0		1		0.046	0.035	0.038
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.000		0		1		0.000	0.000	0.000
10:0....g	0.000		0		1		0.000	0.000	0.000
12:0....g	0.000		0		1		0.000	0.000	0.000
13:0....g									
14:0....g	0.001		0		1		0.002	0.001	0.002
15:0....g									
16:0....g	0.023		0		1		0.043	0.032	0.035
17:0....g									
18:0....g	0.001		0		1		0.002	0.001	0.002
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.039		0		1		0.072	0.055	0.059
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.005		0		1		0.009	0.007	0.008
17:1....g									
18:1 undifferentiated....g	0.034		0		1		0.063	0.048	0.051
20:1....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.042		0		1		0.078	0.059	0.063
18:2 undifferentiated....g	0.031		0		1		0.057	0.044	0.047
18:3 undifferentiated....g	0.011		0		1		0.020	0.016	0.017
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.007		0		1		0.013	0.010	0.011
Threonine....g	0.011		0		1		0.020	0.016	0.017
Isoleucine....g	0.019		0		1		0.035	0.027	0.029
Leucine....g	0.017		0		1		0.031	0.024	0.026
Lysine....g	0.035		0		1		0.065	0.049	0.053
Methionine....g	0.015		0		1		0.028	0.021	0.023
Cystine....g	0.007		0		1		0.013	0.010	0.011
Phenylalanine....g	0.023		0		1		0.043	0.032	0.035
Tyrosine....g	0.012		0		1		0.022	0.017	0.018
Valine....g	0.030		0		1		0.056	0.042	0.045
Arginine....g	0.049		0		1		0.091	0.069	0.074
Histidine....g	0.013		0		1		0.024	0.018	0.020
Alanine....g	0.038		0		1		0.070	0.054	0.057
Aspartic acid....g	0.085		0		1		0.157	0.120	0.128
Glutamic acid....g	0.071		0		1		0.131	0.100	0.107
Glycine....g	0.071		0		1		0.131	0.100	0.107
Proline....g	0.035		0		1		0.065	0.049	0.053
Serine....g	0.024		0		1		0.044	0.034	0.036
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 09203
Oranges, raw, Florida

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 185g: 1 cup sections, without membranes

Measure 2 = 141g: 1 fruit (2-5/8" dia)

Measure 3 = 151g: 1 fruit (2-11/16" dia)

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09200

Oranges, raw, all commercial varieties

Citrus sinensis

Refuse: 27% Peel and seeds

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	86.75	0.121	88		1		156.15	159.62	83.28
Energy	kcal	47		0	NC	4		85	86	45
Energy	kJ	197		0		4		354	362	189
Protein (N x 6.25)	g	0.94	0.014	69		1		1.69	1.73	0.90
Total lipid (fat)	g	0.12	0.010	4		1		0.22	0.22	0.12
Ash	g	0.44	0.006	70		1		0.79	0.81	0.42
Carbohydrate, by difference	g	11.75		0	NC	4		21.15	21.62	11.28
Fiber, total dietary	g	2.4		0		1		4.3	4.4	2.3
Sugars, total	g	9.35		0	O	4		16.83	17.20	8.98
Starch	g									
Minerals:										
Calcium, Ca	mg	40		0		1		72	74	38
Iron, Fe	mg	0.10	0.004	64		1		0.18	0.18	0.10
Magnesium, Mg	mg	10	0.171	212		1		18	18	10
Phosphorus, P	mg	14	0.439	68		1		25	26	13
Potassium, K	mg	181	1.408	180		1		326	333	174
Sodium, Na	mg	0	0.029	72		1		0	0	0
Zinc, Zn	mg	0.07		3		1		0.13	0.13	0.07
Copper, Cu	mg	0.045	0.003	64		1		0.081	0.083	0.043
Manganese, Mn	mg	0.025	0.001	64		1		0.045	0.046	0.024
Selenium, Se	µg	0.5	0.210	5	A	1		0.9	0.9	0.5
Vitamins:										
Vitamin C, total ascorbic acid	mg	53.2	0.718	145		1		95.8	97.9	51.1
Thiamin	mg	0.087	0.001	148		1		0.157	0.160	0.084
Riboflavin	mg	0.040		0		1		0.072	0.074	0.038
Niacin	mg	0.282	0.005	145		1		0.508	0.519	0.271
Pantothenic acid	mg	0.250		0		1		0.450	0.460	0.240
Vitamin B-6	mg	0.060		100		1		0.108	0.110	0.058
Folate, total	µg	30	0.808	154		1		55	56	29
Folic acid	µg	0		0	Z	7		0	0	0
Folate, food	µg	30	0.808	154		1		55	56	29
Folate, DFE	µg	30		0	NC	4		55	56	29
Choline, total	mg	8.4		0	BFZN	4		15.1	15.4	8.0
Betaine	mg									
Vitamin B-12	µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added	µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE	µg	11		0	AS	1		20	21	11
Retinol	µg	0		0	Z	7		0	0	0
Carotene, beta	µg	71	22.319	55	A	1		128	131	68
Carotene, alpha	µg	11	5.836	55	A	1		20	21	11
Cryptoxanthin, beta	µg	116	5.875	7	A	1		209	214	111
Vitamin A, IU	IU	225		0	AS	1		404	413	216
Lycopene	µg	0	0.000	7	A	1		0	0	0
Lutein + zeaxanthin	µg	129	57.550	7	A	1		233	238	124
Vitamin E (alpha-tocopherol)	mg	0.18	0.033	4	A	1		0.33	0.34	0.18
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)	µg	0.0	0.029	10	A	1		0.1	0.1	0.0
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 09200
Oranges, raw, all commercial varieties

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.015		0		1		0.027	0.028	0.014
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.000		0		1		0.000	0.000	0.000
10:0....g	0.000		0		1		0.000	0.000	0.000
12:0....g	0.000		0		1		0.000	0.000	0.000
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	0.000
15:0....g									
16:0....g	0.013		0		1		0.023	0.024	0.012
17:0....g									
18:0....g	0.000		0		1		0.000	0.000	0.000
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.023		0		1		0.041	0.042	0.022
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.003		0		1		0.005	0.006	0.003
17:1....g									
18:1 undifferentiated....g	0.020		0		1		0.036	0.037	0.019
20:1....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.025		0		1		0.045	0.046	0.024
18:2 undifferentiated....g	0.018		0		1		0.032	0.033	0.017
18:3 undifferentiated....g	0.007		0		1		0.013	0.013	0.007
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.009		2		1		0.016	0.017	0.009
Threonine....g	0.015		2		1		0.027	0.028	0.014
Isoleucine....g	0.025		2		1		0.045	0.046	0.024
Leucine....g	0.023		2		1		0.041	0.042	0.022
Lysine....g	0.047		2		1		0.085	0.086	0.045
Methionine....g	0.020		2		1		0.036	0.037	0.019
Cystine....g	0.010		2		1		0.018	0.018	0.010
Phenylalanine....g	0.031		2		1		0.056	0.057	0.030
Tyrosine....g	0.016		2		1		0.029	0.029	0.015
Valine....g	0.040		2		1		0.072	0.074	0.038
Arginine....g	0.065		2		1		0.117	0.120	0.062
Histidine....g	0.018		2		1		0.032	0.033	0.017
Alanine....g	0.050		2		1		0.090	0.092	0.048
Aspartic acid....g	0.114		2		1		0.205	0.210	0.109
Glutamic acid....g	0.094		2		1		0.169	0.173	0.090
Glycine....g	0.094		2		1		0.169	0.173	0.090
Proline....g	0.046		2		1		0.083	0.085	0.044
Serine....g	0.032		2		1		0.058	0.059	0.031
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 09200
Oranges, raw, all commercial varieties

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 180g: 1 cup, sections

Measure 2 = 184g: 1 large (3-1/16" dia)

Measure 3 = 96g: 1 small (2-3/8" dia)

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09202
Oranges, raw, navels
Citrus sinensis

Refuse: 32% Peel and navel

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	85.97	0.848	10	A	1		141.86	120.36	132.40
Energy....kcal	49		0	NC	4		82	69	76
Energy....kJ	207		0	NC	4		341	290	319
Protein (N x 6.25)....g	0.91	0.031	8	A	1		1.50	1.27	1.40
Total lipid (fat)....g	0.15	0.032	8	A	1		0.24	0.21	0.23
Ash....g	0.43	0.020	8	A	1		0.71	0.60	0.66
Carbohydrate, by difference....g	12.54		0	NC	4		20.69	17.56	19.31
Fiber, total dietary....g	2.2	0.182	5	A	1		3.6	3.0	3.3
Sugars, total....g	8.50	0.388	9	A	1		14.03	11.90	13.09
Sucrose....g	4.28	0.307	9	A	1		7.06	5.99	6.59
Glucose (dextrose)....g	1.97	0.101	9	A	1		3.26	2.76	3.04
Fructose....g	2.25	0.109	9	A	1		3.71	3.15	3.46
Lactose....g	0.00	0.000	9	A	1		0.00	0.00	0.00
Maltose....g	0.00	0.000	9	A	1		0.00	0.00	0.00
Galactose....g	0.00	0.000	8	A	1		0.00	0.00	0.00
Starch....g	0.00		1	A	1		0.00	0.00	0.00
Minerals:									
Calcium, Ca....mg	43	2.240	8	A	1		71	60	66
Iron, Fe....mg	0.13	0.012	4	A	1		0.22	0.19	0.20
Magnesium, Mg....mg	11	0.099	8	A	1		18	15	16
Phosphorus, P....mg	23	0.522	8	A	1		38	33	36
Potassium, K....mg	166	3.107	8	A	1		273	232	255
Sodium, Na....mg	1	0.788	4	A	1		2	2	2
Zinc, Zn....mg	0.08	0.004	7	A	1		0.13	0.11	0.12
Copper, Cu....mg	0.039	0.003	4	A	1		0.065	0.055	0.060
Manganese, Mn....mg	0.029	0.001	8	A	1		0.048	0.041	0.045
Selenium, Se....µg	0.0	0.008	4	A	1		0.1	0.1	0.1
Vitamins:									
Vitamin C, total ascorbic acid....mg	59.1	2.038	8	A	1		97.5	82.8	91.0
Thiamin....mg	0.068	0.003	8	A	1		0.113	0.095	0.105
Riboflavin....mg	0.051	0.004	8	A	1		0.083	0.071	0.078
Niacin....mg	0.425	0.013	8	A	1		0.701	0.595	0.655
Pantothenic acid....mg	0.261	0.020	8	A	1		0.431	0.365	0.402
Vitamin B-6....mg	0.079	0.006	8	A	1		0.130	0.110	0.121
Folate, total....µg	34	1.102	70		1		56	47	52
Folic acid....µg	0		0	Z	7		0	0	0
Folate, food....µg	34	1.102	70		1		56	47	52
Folate, DFE....µg	34		0	NC	4		56	47	52
Choline, total....mg	8.4		0	AS	1		13.8	11.7	12.9
Betaine....mg	0.1		2	A	1		0.2	0.2	0.2
Vitamin B-12....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....µg	12	1.775	7	A	1		20	17	19
Retinol....µg	0		0	Z	7		0	0	0
Carotene, beta....µg	87	27.788	7	A	1		143	121	133
Carotene, alpha....µg	7	7.100	7	A	1		12	10	11
Cryptoxanthin, beta....µg	116	5.875	7	A	1		192	163	179
Vitamin A, IU....IU	247	35.500	7	A	1		408	346	380
Lycopene....µg	0	0.000	7	A	1		0	0	0
Lutein + zeaxanthin....µg	129	57.550	7	A	1		214	181	199
Vitamin E (alpha-tocopherol)....mg	0.15	0.007	3	A	1		0.25	0.21	0.23
Tocopherol, beta....mg	0.00	0.000	3	A	1		0.00	0.00	0.00
Tocopherol, gamma....mg	0.00	0.000	3	A	1		0.00	0.00	0.00
Tocopherol, delta....mg	0.00	0.000	3	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	0

NDB No. 09202
Oranges, raw, navels

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin K (phylloquinone)....µg	0.0	0.007	8	A	1		0.1	0.1	0.1
Dihydrophylloquinone....µg	0.0	0.000	8	A	1		0.0	0.0	0.0
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.017		0	NC	4		0.029	0.024	0.027
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g									
15:0....g									
16:0....g	0.017		0		1		0.029	0.024	0.027
17:0....g									
18:0....g									
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.030		0	NC	4		0.049	0.042	0.046
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.003		0		1		0.006	0.005	0.005
17:1....g									
18:1 undifferentiated....g	0.026		0		1		0.043	0.037	0.040
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.031		0	NC	4		0.052	0.044	0.048
18:2 undifferentiated....g	0.023		0		1		0.037	0.032	0.035
18:3 undifferentiated....g	0.009		0		1		0.014	0.012	0.013
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	0
Phytosterols....mg	24		0		1		40	34	37
Amino Acids:									
Tryptophan....g	0.009		0	A	1		0.016	0.013	0.015
Threonine....g	0.018		0	A	1		0.030	0.025	0.028
Isoleucine....g	0.017		0	A	1		0.028	0.024	0.026
Leucine....g	0.029		0	A	1		0.048	0.041	0.045
Lysine....g	0.038		0	A	1		0.063	0.053	0.058
Methionine....g	0.009		0	A	1		0.014	0.012	0.013
Cystine....g	0.010		0	A	1		0.017	0.015	0.016
Phenylalanine....g	0.021		0	A	1		0.034	0.029	0.032
Tyrosine....g	0.013		0	A	1		0.022	0.019	0.020
Valine....g	0.026		0	A	1		0.043	0.037	0.040
Arginine....g	0.115		0	A	1		0.189	0.160	0.176
Histidine....g	0.013		0	A	1		0.021	0.018	0.020
Alanine....g	0.032		0	A	1		0.053	0.045	0.050
Aspartic acid....g	0.139		0	A	1		0.229	0.194	0.214
Glutamic acid....g	0.247		0	A	1		0.407	0.345	0.380
Glycine....g	0.023		0	A	1		0.038	0.032	0.036
Proline....g	0.181		0	A	1		0.299	0.254	0.279
Serine....g	0.037		0	A	1		0.062	0.052	0.058
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 09202
Oranges, raw, navels

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 165g: 1 cup sections, without membranes

Measure 2 = 140g: 1 fruit (2-7/8" dia)

Measure 3 = 154g: 1 NLEA serving

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09205

Oranges, raw, with peel

Citrus sinensis

Refuse: 1% Seeds

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	82.30		0		1		139.91	130.86	
Energy (1) ... kcal	63		0	NC	4		107	100	
Energy ... kJ	262		0	NC	4		446	417	
Protein (N x 6.25) ... g	1.30		0		1		2.21	2.07	
Total lipid (fat) ... g	0.30		0		1		0.51	0.48	
Ash ... g	0.60		0		1		1.02	0.95	
Carbohydrate, by difference ... g	15.50		0	NC	4		26.35	24.65	
Fiber, total dietary ... g	4.5		0		4		7.7	7.2	
Sugars, total ... g									
Starch ... g									
Minerals:									
Calcium, Ca ... mg	70		0		1		119	111	
Iron, Fe ... mg	0.80		0		1		1.36	1.27	
Magnesium, Mg ... mg	14		0		1		24	22	
Phosphorus, P ... mg	22		0		1		37	35	
Potassium, K ... mg	196		0		1		333	312	
Sodium, Na ... mg	2		0		1		3	3	
Zinc, Zn ... mg	0.11		0		4		0.19	0.17	
Copper, Cu ... mg	0.057		0		4		0.097	0.091	
Manganese, Mn ... mg									
Selenium, Se ... µg	0.7		0	BFSN	4		1.2	1.1	
Vitamins:									
Vitamin C, total ascorbic acid ... mg	71.0		0		1		120.7	112.9	
Thiamin ... mg	0.100		0		1		0.170	0.159	
Riboflavin ... mg	0.050		0		1		0.085	0.080	
Niacin ... mg	0.500		0		1		0.850	0.795	
Pantothenic acid ... mg	0.330		0		1		0.561	0.525	
Vitamin B-6 ... mg	0.093		0		1		0.158	0.148	
Folate, total ... µg	30		0		4		51	48	
Folic acid ... µg	0		0	Z	7		0	0	
Folate, food ... µg	30		0		4		51	48	
Folate, DFE ... µg	30		0	NC	4		51	48	
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE ... µg	13		0		1		21	20	
Retinol ... µg	0		0	Z	7		0	0	
Carotene, beta ... µg									
Carotene, alpha ... µg									
Cryptoxanthin, beta ... µg									
Vitamin A, IU ... IU	250		0		1		425	398	
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D2 (ergocalciferol) ... µg									
Vitamin D3 (cholecalciferol) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	0.035		0		1		0.060	0.056	
4:0 ... g	0.000		0		1		0.000	0.000	

NDB No. 09205
Oranges, raw, with peel

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0		1		0.000	0.000	
8:0 g	0.000		0		1		0.000	0.000	
10:0 g	0.000		0		1		0.000	0.000	
12:0 g	0.001		0		1		0.002	0.002	
13:0 g									
14:0 g	0.001		0		1		0.002	0.002	
15:0 g									
16:0 g	0.032		0		1		0.054	0.051	
17:0 g									
18:0 g	0.001		0		1		0.002	0.002	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.055		0		1		0.094	0.087	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.007		0		1		0.012	0.011	
17:1 g									
18:1 undifferentiated g	0.048		0		1		0.082	0.076	
20:1 g	0.000		0		1		0.000	0.000	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.060		0		1		0.102	0.095	
18:2 undifferentiated g	0.044		0		1		0.075	0.070	
18:3 undifferentiated g	0.016		0		1		0.027	0.025	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	0		0	Z	7		0	0	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.012		0		1		0.020	0.019	
Threonine g	0.021		0		1		0.036	0.033	
Isoleucine g	0.035		0		1		0.060	0.056	
Leucine g	0.032		0		1		0.054	0.051	
Lysine g	0.066		0		1		0.112	0.105	
Methionine g	0.027		0		1		0.046	0.043	
Cystine g	0.014		0		1		0.024	0.022	
Phenylalanine g	0.043		0		1		0.073	0.068	
Tyrosine g	0.022		0		1		0.037	0.035	
Valine g	0.055		0		1		0.094	0.087	
Arginine g	0.090		0		1		0.153	0.143	
Histidine g	0.024		0		1		0.041	0.038	
Alanine g	0.070		0		1		0.119	0.111	
Aspartic acid g	0.158		0		1		0.269	0.251	
Glutamic acid g	0.131		0		1		0.223	0.208	
Glycine g	0.131		0		1		0.223	0.208	
Proline g	0.064		0		1		0.109	0.102	
Serine g	0.045		0		1		0.077	0.072	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 09205

Oranges, raw, with peel

Common Measures:

Measure 1 = 170g: 1 cup

Measure 2 = 159g: 1 fruit without seeds

Footnotes:

1 The Atwater factors for fruit were used to calculate energy; however, the digestibility of peel is unknown.

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09229
Papaya nectar, canned

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	85.02	1.697	3		1		212.55	26.53	
Energy....kcal	57		0	NC	4		143	18	
Energy....kJ	238		0		4		596	74	
Protein (N x 6.25)....g	0.17	0.066	3		1		0.43	0.05	
Total lipid (fat)....g	0.15	0.054	3		1		0.38	0.05	
Ash....g	0.15	0.021	3		1		0.38	0.05	
Carbohydrate, by difference....g	14.51		0	NC	4		36.28	4.53	
Fiber, total dietary....g	0.6		0		4		1.5	0.2	
Sugars, total....g	13.91		0	O	4		34.78	4.34	
Starch....g									
Minerals:									
Calcium, Ca....mg	10	1.276	3		1		25	3	
Iron, Fe....mg	0.34	0.024	3		1		0.85	0.11	
Magnesium, Mg....mg	3	0.296	3		1		8	1	
Phosphorus, P....mg	0	0.316	3		1		0	0	
Potassium, K....mg	31	4.910	3		1		78	10	
Sodium, Na....mg	5	1.300	3		1		13	2	
Zinc, Zn....mg	0.15	0.064	3		1		0.38	0.05	
Copper, Cu....mg	0.013	0.003	3		1		0.033	0.004	
Manganese, Mn....mg	0.013	0.003	3		1		0.033	0.004	
Selenium, Se....µg	0.3		0	FLA	4		0.8	0.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	3.0	1.375	3		1		7.5	0.9	
Thiamin....mg	0.006	0.001	3		1		0.015	0.002	
Riboflavin....mg	0.004	0.001	3		1		0.010	0.001	
Niacin....mg	0.150	0.010	3		1		0.375	0.047	
Pantothenic acid....mg	0.054	0.006	3		1		0.135	0.017	
Vitamin B-6....mg	0.009	0.001	3		1		0.023	0.003	
Folate, total....µg	2	1.094	3		1		5	1	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	2	1.094	3		1		5	1	
Folate, DFE....µg	2		0	NC	4		5	1	
Choline, total....mg	2.0		0	BFYN	4		5.0	0.6	
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	18		0	NC	4		45	6	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg	91		0	BFYN	4		228	28	
Carotene, alpha....µg	0		0	BFYN	4		0	0	
Cryptoxanthin, beta....µg	251		0	BFYN	4		628	78	
Vitamin A, IU....IU	361		0	NC	4		903	113	
Lycopene....µg	0		0	BFYN	4		0	0	
Lutein + zeaxanthin....µg	25		0	BFYN	4		62	8	
Vitamin E (alpha-tocopherol)....mg	0.24		0	BFYN	4		0.61	0.08	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	0.8		0	BFYN	4		2.1	0.3	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 09229
Papaya nectar, canned

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.047		0		1		0.118	0.015	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.002		0		1		0.005	0.001	
13:0....g									
14:0....g	0.008		0		1		0.020	0.002	
15:0....g									
16:0....g	0.035		0		1		0.088	0.011	
17:0....g									
18:0....g	0.002		0		1		0.005	0.001	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.041		0		1		0.103	0.013	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.022		0		1		0.055	0.007	
17:1....g									
18:1 undifferentiated....g	0.019		0		1		0.048	0.006	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.035		0		1		0.088	0.011	
18:2 undifferentiated....g	0.007		0		1		0.018	0.002	
18:3 undifferentiated....g	0.028		0		1		0.070	0.009	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 250g: 1 cup

Measure 2 = 31.2g: 1 fl oz

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.8

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09228
Papaya, canned, heavy syrup, drained

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	43.33		2	A	1		16.90		
Energy....kcal	206		0	NC	4		80		
Energy....kJ	862		0	NC	4		336		
Protein (N x 6.25)....g	0.14		2	A	1		0.05		
Total lipid (fat)....g	0.55		2	A	1		0.21		
Ash....g	0.15		2	A	1		0.06		
Carbohydrate, by difference....g	55.83		0	NC	4		21.77		
Fiber, total dietary....g	1.5		2	A	1		0.6		
Sugars, total....g	52.20		2	A	1		20.36		
Sucrose....g	38.37		2	A	1		14.96		
Glucose (dextrose)....g	7.04		2	A	1		2.75		
Fructose....g	6.78		2	A	1		2.65		
Lactose....g	0.00		2	A	1		0.00		
Maltose....g	0.00		2	A	1		0.00		
Galactose....g	0.00		2	A	1		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	21		2	A	1		8		
Iron, Fe....mg	0.29		2	A	1		0.11		
Magnesium, Mg....mg	6		2	A	1		2		
Phosphorus, P....mg	6		2	A	1		2		
Potassium, K....mg	67		2	A	1		26		
Sodium, Na....mg	9		2	A	1		4		
Zinc, Zn....mg	0.05		2	A	1		0.02		
Copper, Cu....mg	0.010		2	A	1		0.004		
Manganese, Mn....mg	0.010		2	A	1		0.004		
Selenium, Se....µg	0.4		1	A	1		0.2		
Vitamins:									
Vitamin C, total ascorbic acid....mg	3.5		2	A	1		1.4		
Thiamin....mg	0.015		2	A	1		0.006		
Riboflavin....mg	0.015		2	A	1		0.006		
Niacin....mg	0.060		2	A	1		0.023		
Pantothenic acid....mg	0.015		1	A	1		0.006		
Vitamin B-6....mg	0.015		2	A	1		0.006		
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg	0		1	A	1		0		
Vitamin A, IU....IU	6		1	A	1		2		
Lycopene....µg	1		1	A	1		0		
Lutein + zeaxanthin....µg	4		1	A	1		2		
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	0.3		1	A	1		0.1		
Dihydrophylloquinone....µg	0.0		1	A	1		0.0		
Menaquinone-4....µg	0.0		1	A	1		0.0		
Lipids:									
Fatty acids, total saturated....g	0.268		0	NC	4		0.104		
4:0....g									
6:0....g	0.000		1	A	1		0.000		
8:0....g	0.000		1	A	1		0.000		

NDB No. 09228
Papaya, canned, heavy syrup, drained

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.160		1	A	1		0.062		
12:0 g	0.000		1	A	1		0.000		
13:0 g									
14:0 g	0.000		1	A	1		0.000		
15:0 g	0.000		1	A	1		0.000		
16:0 g	0.077		1	A	1		0.030		
17:0 g	0.000		1	A	1		0.000		
18:0 g	0.031		1	A	1		0.012		
20:0 g	0.000		1	A	1		0.000		
22:0 g	0.000		1	A	1		0.000		
24:0 g	0.000		1	A	1		0.000		
Fatty acids, total monounsaturated g	0.076		0	NC	4		0.030		
14:1 g	0.006		1	A	1		0.002		
15:1 g	0.000		1	A	1		0.000		
16:1 undifferentiated g	0.000		0	AS	1		0.000		
16:1 c g	0.000		1	A	1		0.000		
16:1 t g	0.000		1	A	1		0.000		
17:1 g	0.000		1	A	1		0.000		
18:1 undifferentiated g	0.070		0	AS	1		0.027		
18:1 c g	0.070		1	A	1		0.027		
18:1-11c (18:1c n-7) g									
18:1 t g	0.000		1	A	1		0.000		
18:1-11t (18:1t n-7) g									
20:1 g	0.000		1	A	1		0.000		
22:1 undifferentiated g	0.000		0	AS	1		0.000		
22:1 c g	0.000		1	A	1		0.000		
22:1 t g	0.000		1	A	1		0.000		
24:1 c g	0.000		1	A	1		0.000		
Fatty acids, total polyunsaturated g	0.096		0	NC	4		0.037		
18:2 undifferentiated g	0.083		0	AS	1		0.032		
18:2 n-6 c,c g	0.083		1	A	1		0.032		
18:2 CLAs g	0.000		1	A	1		0.000		
18:2 c,t g									
18:2 t,c g									
18:2 t,t g									
18:2 i g									
18:2 t not further defined g	0.000		1	A	1		0.000		
18:3 undifferentiated g	0.013		0	AS	1		0.005		
18:3 n-3 c,c,c (ALA) g	0.013		1	A	1		0.005		
18:3 n-6 c,c,c g	0.000		1	A	1		0.000		
18:3i g									
18:4 g	0.000		1	A	1		0.000		
20:2 n-6 c,c g	0.000		1	A	1		0.000		
20:3 undifferentiated g	0.000		0	AS	1		0.000		
20:3 n-3 g	0.000		1	A	1		0.000		
20:3 n-6 g	0.000		1	A	1		0.000		
20:4 undifferentiated g	0.000		1	A	1		0.000		
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000		1	A	1		0.000		
21:5 g									
22:4 g	0.000		1	A	1		0.000		
22:5 n-3 (DPA) g	0.000		1	A	1		0.000		
22:6 n-3 (DHA) g	0.000		1	A	1		0.000		
Fatty acids, total trans g	0.000		0	NC	4		0.000		
Fatty acids, total trans-monoenoic g	0.000		0	NC	4		0.000		
Fatty acids, total trans-polyenoic g	0.000		0	NC	4		0.000		
Cholesterol mg									
Phytosterols mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 09228

Papaya, canned, heavy syrup, drained

Common Measures:

Measure 1 = 39g: 1 piece

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09226
Papayas, raw
Carica papaya

Refuse: 38% Seeds and skin

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	88.06	1.096	72	A	1		127.69	202.54	138.26
Energy....kcal	43		0	NC	4		62	98	67
Energy....kJ	179		0	NC	4		259	411	281
Protein (N x 6.25)....g	0.47	0.094	9	A	1		0.68	1.08	0.74
Total lipid (fat)....g	0.26	0.145	9	A	1		0.38	0.60	0.41
Ash....g	0.39	0.087	9	A	1		0.56	0.89	0.61
Carbohydrate, by difference....g	10.82		0	NC	4		15.69	24.89	16.99
Fiber, total dietary....g	1.7	0.184	9	A	1		2.5	3.9	2.7
Sugars, total....g	7.82	1.405	3	A	1		11.34	17.99	12.28
Sucrose....g	0.00	0.000	3	A	1		0.00	0.00	0.00
Glucose (dextrose)....g	4.09	0.684	3	A	1		5.93	9.41	6.42
Fructose....g	3.73	0.722	3	A	1		5.41	8.58	5.86
Lactose....g	0.00	0.000	3	A	1		0.00	0.00	0.00
Maltose....g	0.00	0.000	3	A	1		0.00	0.00	0.00
Galactose....g	0.00	0.000	3	A	1		0.00	0.00	0.00
Starch....g	0.00		1	A	1		0.00	0.00	0.00
Minerals:									
Calcium, Ca....mg	20	2.114	70	A	1		29	46	31
Iron, Fe....mg	0.25	0.062	70	A	1		0.37	0.58	0.40
Magnesium, Mg....mg	21	1.665	70	A	1		30	48	33
Phosphorus, P....mg	10	2.206	69	A	1		14	22	15
Potassium, K....mg	182	11.140	70	A	1		264	418	285
Sodium, Na....mg	8	2.031	70	A	1		12	19	13
Zinc, Zn....mg	0.08	0.008	70	A	1		0.12	0.19	0.13
Copper, Cu....mg	0.045	0.012	70	A	1		0.065	0.104	0.071
Manganese, Mn....mg	0.040	0.016	70	A	1		0.058	0.091	0.062
Selenium, Se....µg	0.6		0	CAZN	4		0.9	1.4	0.9
Vitamins:									
Vitamin C, total ascorbic acid....mg	60.9	3.838	73	A	1		88.2	140.0	95.5
Thiamin....mg	0.023	0.006	9	A	1		0.033	0.052	0.035
Riboflavin....mg	0.027	0.005	9	A	1		0.039	0.062	0.042
Niacin....mg	0.357	0.027	9	A	1		0.517	0.820	0.560
Pantothenic acid....mg	0.191	0.052	9	A	1		0.277	0.439	0.300
Vitamin B-6....mg	0.038	0.012	9	A	1		0.055	0.088	0.060
Folate, total (1) ....µg	37	1.515	8	A	1		53	84	57
Folic acid....µg	0		0	Z	7		0	0	0
Folate, food....µg	37	1.515	8	A	1		53	84	57
Folate, DFE....µg	37		0	NC	4		53	84	57
Choline, total....mg	6.1		0	BFZN	4		8.8	14.0	9.6
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....µg	47		0	AS	1		69	109	75
Retinol....µg	0		0	Z	7		0	0	0
Carotene, beta....µg	274	122.108	76	A	1		397	630	430
Carotene, alpha....µg	2	2.276	67	A	1		3	5	4
Cryptoxanthin, beta....µg	589	160.896	75	A	1		855	1356	925
Vitamin A, IU....IU	950		0	AS	1		1377	2184	1491
Lycopene (2) ....µg	1828	206.714	22	A	1		2651	4205	2871
Lutein + zeaxanthin....µg	89	31.655	67	A	1		129	205	140
Vitamin E (alpha-tocopherol)....mg	0.30	0.097	5	A	1		0.43	0.69	0.47
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg	0.02	0.013	5	A	1		0.03	0.05	0.03
Tocopherol, gamma....mg	0.09	0.009	5	A	1		0.13	0.20	0.14
Tocopherol, delta....mg	0.01	0.013	5	A	1		0.02	0.03	0.02
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)....µg									

NDB No. 09226
Papayas, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone).....µg	2.6		0	BFZN	4		3.7	5.9	4.0
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.081		0		1		0.118	0.186	0.127
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000	0.000
10:0.....g	0.000		0		1		0.000	0.000	0.000
12:0.....g	0.002		2		1		0.003	0.004	0.003
13:0.....g									
14:0.....g	0.013		3		1		0.019	0.030	0.021
15:0.....g									
16:0.....g	0.060		3		1		0.087	0.139	0.095
17:0.....g									
18:0.....g	0.004		3		1		0.005	0.009	0.006
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.072		0		1		0.104	0.165	0.112
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.038		3		1		0.055	0.087	0.059
17:1.....g									
18:1 undifferentiated.....g	0.034		3		1		0.049	0.078	0.053
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.058		0		1		0.085	0.134	0.092
18:2 undifferentiated.....g	0.011		3		1		0.016	0.026	0.018
18:3 undifferentiated.....g	0.047		3		1		0.068	0.108	0.074
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.008		6		1		0.012	0.018	0.013
Threonine.....g	0.011		1		1		0.016	0.025	0.017
Isoleucine.....g	0.008		1		1		0.012	0.018	0.013
Leucine.....g	0.016		1		1		0.023	0.037	0.025
Lysine.....g	0.025		7		1		0.036	0.058	0.039
Methionine.....g	0.002		5		1		0.003	0.005	0.003
Cystine.....g									
Phenylalanine.....g	0.009		1		1		0.013	0.021	0.014
Tyrosine.....g	0.005		1		1		0.007	0.012	0.008
Valine.....g	0.010		1		1		0.015	0.023	0.016
Arginine.....g	0.010		1		1		0.015	0.023	0.016
Histidine.....g	0.005		1		1		0.007	0.012	0.008
Alanine.....g	0.014		1		1		0.020	0.032	0.022
Aspartic acid.....g	0.049		1		1		0.071	0.113	0.077
Glutamic acid.....g	0.033		1		1		0.048	0.076	0.052
Glycine.....g	0.018		1		1		0.026	0.041	0.028
Proline.....g	0.010		1		1		0.015	0.023	0.016
Serine.....g	0.015		1		1		0.022	0.035	0.024
Hydroxyproline.....g									

NDB No. 09226
Papayas, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 145g: 1 cup 1" pieces

Measure 2 = 230g: 1 cup, mashed

Measure 3 = 157g: 1 fruit, small

Footnotes:

1 Mean value contains data based on the analysis of 5-methyltetrahydrofolate plus total folate determined microbiologically

2 Based on red-fleshed papaya; yellow-orange-fleshed papayas have 0 mcg lycopene/100 g.

3 Large variability in weight of whole fruit, especially between different cultivars.

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09232
Passion-fruit juice, purple, raw

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	85.62		0		1		211.48	26.46	
Energy....kcal	51		0	NC	4		126	16	
Energy....kJ	213		0		4		527	66	
Protein (N x 6.25)....g	0.39		0		1		0.96	0.12	
Total lipid (fat)....g	0.05		0		1		0.12	0.02	
Ash....g	0.34		0		1		0.84	0.11	
Carbohydrate, by difference....g	13.60		0	NC	4		33.59	4.20	
Fiber, total dietary....g	0.2		0		4		0.5	0.1	
Sugars, total....g	13.40		0	O	4		33.10	4.14	
Starch....g									
Minerals:									
Calcium, Ca....mg	4		0		1		10	1	
Iron, Fe....mg	0.24		0		1		0.59	0.07	
Magnesium, Mg....mg	17		0		4		42	5	
Phosphorus, P....mg	13		0		1		32	4	
Potassium, K....mg	278		0		4		687	86	
Sodium, Na....mg	6		0		4		15	2	
Zinc, Zn....mg	0.05		0		4		0.12	0.02	
Copper, Cu....mg	0.053		0		4		0.131	0.016	
Manganese, Mn....mg									
Selenium, Se....µg	0.1		0	CAZN	4		0.2	0.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	29.8		0		1		73.6	9.2	
Thiamin....mg	0.000		0		4		0.000	0.000	
Riboflavin....mg	0.131		0		1		0.324	0.040	
Niacin....mg	1.460		0		1		3.606	0.451	
Pantothenic acid....mg									
Vitamin B-6....mg	0.050		0		4		0.124	0.015	
Folate, total....µg	7		0		4		17	2	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	7		0		4		17	2	
Folate, DFE....µg	7		0	NC	4		17	2	
Choline, total....mg	4.0		0	BFSN	4		10.0	1.2	
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	36		0		1		89	11	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg	419		0	BNA	4		1034	129	
Carotene, alpha....µg	0		0	BNA	4		0	0	
Cryptoxanthin, beta....µg	23		0	BNA	4		57	7	
Vitamin A, IU....IU	717		0		1		1771	222	
Lycopene....µg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin....µg	0		0	BFSN	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.01		0	BFSN	4		0.03	0.00	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	0.4		0	BFSN	4		1.0	0.1	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 09232
Passion-fruit juice, purple, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.004		0		4		0.010	0.001	
4:0....g	0.000		0		4		0.000	0.000	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	
10:0....g	0.000		0		4		0.000	0.000	
12:0....g	0.000		0		4		0.000	0.000	
13:0....g									
14:0....g	0.000		0		4		0.000	0.000	
15:0....g									
16:0....g	0.003		0		4		0.007	0.001	
17:0....g									
18:0....g	0.001		0		4		0.002	0.000	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.006		0		4		0.015	0.002	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		4		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.006		0		4		0.015	0.002	
20:1....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.029		0		4		0.072	0.009	
18:2 undifferentiated....g	0.029		0		4		0.072	0.009	
18:3 undifferentiated....g	0.000		0		4		0.000	0.000	
18:4....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 247g: 1 cup

Measure 2 = 30.9g: 1 fl oz

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09233

Passion-fruit juice, yellow, raw

Passiflora edulis f. flavicarpa

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	84.21		2		1		208.00	26.02	
Energy....kcal	60		0	NC	4		148	19	
Energy....kJ	251		0		4		620	78	
Protein (N x 6.25)....g	0.67		0		1		1.65	0.21	
Total lipid (fat)....g	0.18		0		1		0.44	0.06	
Ash....g	0.49		0		1		1.21	0.15	
Carbohydrate, by difference....g	14.45		0	NC	4		35.69	4.47	
Fiber, total dietary....g	0.2		0		4		0.5	0.1	
Sugars, total....g	14.25		0	O	4		35.20	4.40	
Starch....g									
Minerals:									
Calcium, Ca....mg	4		0		1		10	1	
Iron, Fe....mg	0.36		0		1		0.89	0.11	
Magnesium, Mg....mg	17		1		1		42	5	
Phosphorus, P....mg	25		0		1		62	8	
Potassium, K....mg	278		1		1		687	86	
Sodium, Na....mg	6		1		1		15	2	
Zinc, Zn....mg	0.06		0		4		0.15	0.02	
Copper, Cu....mg	0.050		0		4		0.124	0.015	
Manganese, Mn....mg									
Selenium, Se....µg	0.1		0	CAZN	4		0.2	0.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	18.2	0.184	51		1		45.0	5.6	
Thiamin....mg	0.000		0		4		0.000	0.000	
Riboflavin....mg	0.101		0		1		0.249	0.031	
Niacin....mg	2.240		0		1		5.533	0.692	
Pantothenic acid....mg									
Vitamin B-6....mg	0.060		0		4		0.148	0.019	
Folate, total....µg	8		0		4		20	2	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	8		0		4		20	2	
Folate, DFE....µg	8		0	NC	4		20	2	
Choline, total....mg	4.0		0	BFZN	4		10.0	1.2	
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	47		0	AS	1		116	15	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg	525		4	A	1		1297	162	
Carotene, alpha....µg	35		4	A	1		86	11	
Cryptoxanthin, beta....µg	47		4	A	1		115	14	
Vitamin A, IU....IU	943		0	AS	1		2329	291	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.01		0	BFZN	4		0.03	0.00	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	0.4		0	BFZN	4		1.0	0.1	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 09233
Passion-fruit juice, yellow, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.015		0		4		0.037	0.005	
4:0....g	0.000		0		4		0.000	0.000	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	
10:0....g	0.000		0		4		0.000	0.000	
12:0....g	0.000		0		4		0.000	0.000	
13:0....g									
14:0....g	0.000		0		4		0.000	0.000	
15:0....g									
16:0....g	0.012		0		4		0.030	0.004	
17:0....g									
18:0....g	0.004		0		4		0.010	0.001	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.022		0		4		0.054	0.007	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		4		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.022		0		4		0.054	0.007	
20:1....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.106		0		4		0.262	0.033	
18:2 undifferentiated....g	0.105		0		4		0.259	0.032	
18:3 undifferentiated....g	0.000		0		4		0.000	0.000	
18:4....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 247g: 1 cup

Measure 2 = 30.9g: 1 fl oz

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.92

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09231

Passion-fruit, (granadilla), purple, raw

Passiflora edulis

Refuse: 48% Shell

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	72.93	1.355	4		1		172.11	13.13	
Energy....kcal	97		0	NC	4		229	17	
Energy....kJ	406		0		4		958	73	
Protein (N x 6.25)....g	2.20		0		1		5.19	0.40	
Total lipid (fat)....g	0.70		0		1		1.65	0.13	
Ash....g	0.80		0		1		1.89	0.14	
Carbohydrate, by difference....g	23.38		0	NC	4		55.18	4.21	
Fiber, total dietary....g	10.4		0		4		24.5	1.9	
Sugars, total....g	11.20		0	T	4		26.43	2.02	
Starch....g									
Minerals:									
Calcium, Ca....mg	12	4.726	3		1		28	2	
Iron, Fe....mg	1.60		0		1		3.78	0.29	
Magnesium, Mg....mg	29		0		1		68	5	
Phosphorus, P....mg	68	4.163	3		1		160	12	
Potassium, K....mg	348		0		1		821	63	
Sodium, Na....mg	28		0		1		66	5	
Zinc, Zn....mg	0.10		0		4		0.24	0.02	
Copper, Cu....mg	0.086		0		4		0.203	0.015	
Manganese, Mn....mg									
Selenium, Se....µg	0.6		0	CAZN	4		1.4	0.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	30.0		0		1		70.8	5.4	
Thiamin....mg	0.000		0		4		0.000	0.000	
Riboflavin....mg	0.130		0		1		0.307	0.023	
Niacin....mg	1.500		0		1		3.540	0.270	
Pantothenic acid....mg									
Vitamin B-6....mg	0.100		0		4		0.236	0.018	
Folate, total....µg	14		0		4		33	3	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	14		0		4		33	3	
Folate, DFE....µg	14		0	NC	4		33	3	
Choline, total....mg	7.6		0	CAZN	4		17.9	1.4	
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	64		2	A	1		150	11	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg	743		2	A	1		1753	134	
Carotene, alpha....µg	0		2	A	1		0	0	
Cryptoxanthin, beta....µg	41		2	A	1		96	7	
Vitamin A, IU....IU	1272		2	A	1		3003	229	
Lycopene....µg	0		0	BFZN	4		0	0	
Lutein + zeaxanthin....µg	0		0	BFZN	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.02		0	BFZN	4		0.05	0.00	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	0.7		0	BFZN	4		1.7	0.1	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 09231
Passion-fruit, (granadilla), purple, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.059		0		4		0.139	0.011	
4:0....g	0.000		0		4		0.000	0.000	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	
10:0....g	0.000		0		4		0.000	0.000	
12:0....g	0.000		0		4		0.000	0.000	
13:0....g									
14:0....g	0.000		0		4		0.000	0.000	
15:0....g									
16:0....g	0.045		0		4		0.106	0.008	
17:0....g									
18:0....g	0.014		0		4		0.033	0.003	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.086		0		4		0.203	0.015	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		4		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.086		0		4		0.203	0.015	
20:1....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.411		0		4		0.970	0.074	
18:2 undifferentiated....g	0.410		0		4		0.968	0.074	
18:3 undifferentiated....g	0.001		0		4		0.002	0.000	
18:4....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 236g: 1 cup

Measure 2 = 18g: 1 fruit without refuse

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09407
Peach nectar, canned, with added ascorbic acid

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	85.64	0.107	5		1		213.24	26.63	
Energy....kcal	54		0	NC	4		134	17	
Energy....kJ	226		0		4		563	70	
Protein (N x 6.25)....g	0.27	0.025	5		1		0.67	0.08	
Total lipid (fat)....g	0.02	0.015	5		1		0.05	0.01	
Ash....g	0.15	0.016	5		1		0.37	0.05	
Carbohydrate, by difference....g	13.92		0	NC	4		34.66	4.33	
Fiber, total dietary....g	0.6		0		4		1.5	0.2	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	5	0.495	5		1		12	2	
Iron, Fe....mg	0.19	0.037	5		1		0.47	0.06	
Magnesium, Mg....mg	4	0.213	4		1		10	1	
Phosphorus, P....mg	6	0.288	4		1		15	2	
Potassium, K....mg	40	3.228	4		1		100	12	
Sodium, Na....mg	7	0.607	4		1		17	2	
Zinc, Zn....mg	0.08	0.022	4		1		0.20	0.02	
Copper, Cu....mg	0.069	0.008	4		1		0.172	0.021	
Manganese, Mn....mg	0.019		0		1		0.047	0.006	
Selenium, Se....µg	0.2		0	FLA	4		0.5	0.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	26.8	1.903	3		1		66.7	8.3	
Thiamin....mg	0.003	0.000	49		1		0.007	0.001	
Riboflavin....mg	0.014	0.000	49		1		0.035	0.004	
Niacin....mg	0.288	0.008	50		1		0.717	0.090	
Pantothenic acid....mg	0.068		0		4		0.169	0.021	
Vitamin B-6....mg	0.007		0		4		0.017	0.002	
Folate, total....µg	1		0		4		3	0	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	1		0		4		3	0	
Folate, DFE....µg	1		0	NC	4		3	0	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	13	4.699	4		1		32	4	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	258	93.980	4		1		642	80	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.002		0		1		0.005	0.001	
4:0....g									

NDB No. 09407
Peach nectar, canned, with added ascorbic acid

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g									
15:0....g									
16:0....g	0.002		0		1		0.005	0.001	
17:0....g									
18:0....g									
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.008		0		1		0.020	0.002	
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.008		0		1		0.020	0.002	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.011		0		1		0.027	0.003	
18:2 undifferentiated....g	0.010		0		1		0.025	0.003	
18:3 undifferentiated....g									
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 249g: 1 cup

Measure 2 = 31.1g: 1 fl oz

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.79

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09251
Peach nectar, canned, without added ascorbic acid

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	85.64	0.107	5		1		213.24	26.63	
Energy....kcal	54		0	NC	4		134	17	
Energy....kJ	226		0		4		563	70	
Protein (N x 6.25)....g	0.27	0.025	5		1		0.67	0.08	
Total lipid (fat)....g	0.02	0.015	5		1		0.05	0.01	
Ash....g	0.15	0.016	5		1		0.37	0.05	
Carbohydrate, by difference....g	13.92		0	NC	4		34.66	4.33	
Fiber, total dietary....g	0.6		0		4		1.5	0.2	
Sugars, total....g	13.32		0	O	4		33.17	4.14	
Starch....g									
Minerals:									
Calcium, Ca....mg	5	0.495	5		1		12	2	
Iron, Fe....mg	0.19	0.037	5		1		0.47	0.06	
Magnesium, Mg....mg	4	0.213	4		1		10	1	
Phosphorus, P....mg	6	0.288	4		1		15	2	
Potassium, K....mg	40	3.228	4		1		100	12	
Sodium, Na....mg	7	0.607	4		1		17	2	
Zinc, Zn....mg	0.08	0.022	4		1		0.20	0.02	
Copper, Cu....mg	0.069	0.008	4		1		0.172	0.021	
Manganese, Mn....mg	0.019		0		1		0.047	0.006	
Selenium, Se....µg	0.2		0	FLA	4		0.5	0.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	5.3		2		1		13.2	1.6	
Thiamin....mg	0.003	0.000	49		1		0.007	0.001	
Riboflavin....mg	0.014	0.000	49		1		0.035	0.004	
Niacin....mg	0.288	0.008	50		1		0.717	0.090	
Pantothenic acid....mg	0.068		0		4		0.169	0.021	
Vitamin B-6....mg	0.007		0		4		0.017	0.002	
Folate, total....µg	1		0		4		3	0	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	1		0		4		3	0	
Folate, DFE....µg	1		0	NC	4		3	0	
Choline, total....mg	2.4		0	DA	1		6.1	0.8	
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	13	4.699	4		1		32	4	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg	128		0	BNA	4		319	40	
Carotene, alpha....µg	0		0	BNA	4		1	0	
Cryptoxanthin, beta....µg	53		0	BNA	4		132	16	
Vitamin A, IU....IU	258	93.980	4		1		642	80	
Lycopene....µg	0		0	DA	1		0	0	
Lutein + zeaxanthin....µg	37		0	DA	1		91	11	
Vitamin E (alpha-tocopherol)....mg	0.29		0	DA	1		0.73	0.09	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	1.0		0	DA	1		2.6	0.3	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 09251

Peach nectar, canned, without added ascorbic acid

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.002		0		1		0.005	0.001	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	
15:0....g									
16:0....g	0.002		0		1		0.005	0.001	
17:0....g									
18:0....g	0.000		0		1		0.000	0.000	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.008		0		1		0.020	0.002	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.008		0		1		0.020	0.002	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.011		0		1		0.027	0.003	
18:2 undifferentiated....g	0.010		0		1		0.025	0.003	
18:3 undifferentiated....g	0.000		0		1		0.000	0.000	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 249g: 1 cup

Measure 2 = 31.1g: 1 fl oz

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.79

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09242

Peaches, canned, extra heavy syrup pack, solids and liquids

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	73.19	0.192	100		1		191.76		
Energy....kcal	96		0	NC	4		252		
Energy....kJ	402				4		1052		
Protein (N x 6.25)....g	0.47	0.020	18		1		1.23		
Total lipid (fat)....g	0.03	0.004	4		1		0.08		
Ash....g	0.25	0.011	14		1		0.66		
Carbohydrate, by difference....g	26.06		0	NC	4		68.28		
Fiber, total dietary....g	1.0		0		4		2.6		
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	3	0.102	14		1		8		
Iron, Fe....mg	0.29	0.053	14		1		0.76		
Magnesium, Mg....mg	5	0.180	14		1		13		
Phosphorus, P....mg	11	0.332	14		1		29		
Potassium, K....mg	83	1.902	45		1		217		
Sodium, Na....mg	8	0.619	32		1		21		
Zinc, Zn....mg	0.09		0		1		0.24		
Copper, Cu....mg	0.050		0		1		0.131		
Manganese, Mn....mg	0.044		0		1		0.115		
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.2	0.063	134		1		3.1		
Thiamin....mg	0.011	0.001	14		1		0.029		
Riboflavin....mg	0.021	0.001	14		1		0.055		
Niacin....mg	0.520	0.021	14		1		1.362		
Pantothenic acid....mg	0.050		0		1		0.131		
Vitamin B-6....mg	0.019		0		1		0.050		
Folate, total....µg	3		0		1		8		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	3		0		1		8		
Folate, DFE....µg	3		0	NC	4		8		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....µg	7	0.138	148		1		17		
Retinol....µg	0		0	Z	7		0		
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	131	2.752	148		1		343		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.003		0		1		0.008		
4:0....g									

NDB No. 09242

Peaches, canned, extra heavy syrup pack, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g									
15:0....g									
16:0....g	0.003		0		1		0.008		
17:0....g									
18:0....g									
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.011		0		1		0.029		
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.011		0		1		0.029		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.014		0		1		0.037		
18:2 undifferentiated....g	0.014		0		1		0.037		
18:3 undifferentiated....g									
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.001		0		1		0.003		
Threonine....g	0.018		0		1		0.047		
Isoleucine....g	0.013		0		1		0.034		
Leucine....g	0.027		0		1		0.071		
Lysine....g	0.015		0		1		0.039		
Methionine....g	0.011		0		1		0.029		
Cystine....g	0.004		0		1		0.010		
Phenylalanine....g	0.015		0		1		0.039		
Tyrosine....g	0.012		0		1		0.031		
Valine....g	0.026		0		1		0.068		
Arginine....g	0.012		0		1		0.031		
Histidine....g	0.009		0		1		0.024		
Alanine....g	0.028		0		1		0.073		
Aspartic acid....g	0.078		0		1		0.204		
Glutamic acid....g	0.071		0		1		0.186		
Glycine....g	0.016		0		1		0.042		
Proline....g	0.020		0		1		0.052		
Serine....g	0.022		0		1		0.058		
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 262g: 1 cup, halves or slices

NDB No. 09242

Peaches, canned, extra heavy syrup pack, solids and liquids

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.78

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09239

Peaches, canned, extra light syrup, solids and liquids

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	88.20		1		1		217.85		
Energy....kcal	42		0	NC	4		104		
Energy....kJ	176				4		434		
Protein (N x 6.25)....g	0.40		0		1		0.99		
Total lipid (fat)....g	0.10		1		1		0.25		
Ash....g	0.24		0		1		0.59		
Carbohydrate, by difference....g	11.10		0	NC	4		27.42		
Fiber, total dietary....g	1.0		0		4		2.5		
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	5		1		1		12		
Iron, Fe....mg	0.30		1		1		0.74		
Magnesium, Mg....mg	5		1		1		12		
Phosphorus, P....mg	11		1		1		27		
Potassium, K....mg	74		1		1		183		
Sodium, Na....mg	5		1		1		12		
Zinc, Zn....mg	0.09		1		1		0.22		
Copper, Cu....mg	0.050		1		1		0.124		
Manganese, Mn....mg	0.047		0		1		0.116		
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	3.0		1		1		7.4		
Thiamin....mg	0.020		1		1		0.049		
Riboflavin....mg	0.020		1		1		0.049		
Niacin....mg	0.800		1		1		1.976		
Pantothenic acid....mg	0.050		0		1		0.124		
Vitamin B-6....mg	0.019		0		1		0.047		
Folate, total....µg	3		0		1		8		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	3		0		1		8		
Folate, DFE....µg	3		0	NC	4		8		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....µg	14		1		1		33		
Retinol....µg	0		0	Z	7		0		
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	270		1		1		667		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.011		0		1		0.027		
4:0....g									

NDB No. 09239
Peaches, canned, extra light syrup, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g									
15:0....g									
16:0....g	0.009		0		1		0.022		
17:0....g									
18:0....g	0.001		0		1		0.002		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.036		0		1		0.089		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1		0.002		
17:1....g									
18:1 undifferentiated....g	0.036		0		1		0.089		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.048		0		1		0.119		
18:2 undifferentiated....g	0.047		0		1		0.116		
18:3 undifferentiated....g	0.001		0		1		0.002		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.001		0		1		0.002		
Threonine....g	0.016		0		1		0.040		
Isoleucine....g	0.012		0		1		0.030		
Leucine....g	0.023		0		1		0.057		
Lysine....g	0.013		0		1		0.032		
Methionine....g	0.010		0		1		0.025		
Cystine....g	0.003		0		1		0.007		
Phenylalanine....g	0.013		0		1		0.032		
Tyrosine....g	0.010		0		1		0.025		
Valine....g	0.022		0		1		0.054		
Arginine....g	0.010		0		1		0.025		
Histidine....g	0.007		0		1		0.017		
Alanine....g	0.024		0		1		0.059		
Aspartic acid....g	0.067		0		1		0.165		
Glutamic acid....g	0.061		0		1		0.151		
Glycine....g	0.014		0		1		0.035		
Proline....g	0.017		0		1		0.042		
Serine....g	0.018		0		1		0.044		
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 247g: 1 cup, halves or slices

NDB No. 09239
Peaches, canned, extra light syrup, solids and liquids

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.69

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09241
Peaches, canned, heavy syrup pack, solids and liquids

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	79.28	0.063	529		1		207.71	77.69	
Energy....kcal	74		0	NC	4		194	73	
Energy....kJ	310		0		4		811	303	
Protein (N x 6.25)....g	0.45	0.004	310		1		1.18	0.44	
Total lipid (fat)....g	0.10	0.003	251		1		0.26	0.10	
Ash....g	0.24	0.004	335		1		0.63	0.24	
Carbohydrate, by difference....g	19.94		0	NC	4		52.24	19.54	
Fiber, total dietary....g	1.3		0		4		3.4	1.3	
Sugars, total....g	18.64		0	O	4		48.84	18.27	
Starch....g									
Minerals:									
Calcium, Ca....mg	3	0.061	283		1		8	3	
Iron, Fe....mg	0.27	0.007	316		1		0.71	0.26	
Magnesium, Mg....mg	5	0.062	239		1		13	5	
Phosphorus, P....mg	11	0.109	271		1		29	11	
Potassium, K....mg	92	1.114	311		1		241	90	
Sodium, Na....mg	6	0.152	326		1		16	6	
Zinc, Zn....mg	0.09	0.002	178		1		0.24	0.09	
Copper, Cu....mg	0.051	0.002	178		1		0.134	0.050	
Manganese, Mn....mg	0.045	0.001	54		1		0.118	0.044	
Selenium, Se....µg	0.3		0	BFZN	4		0.8	0.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	2.8	0.050	609		1		7.3	2.7	
Thiamin....mg	0.011	0.000	273		1		0.029	0.011	
Riboflavin....mg	0.024	0.000	278		1		0.063	0.024	
Niacin....mg	0.614	0.010	323		1		1.609	0.602	
Pantothenic acid....mg	0.050		0		1		0.131	0.049	
Vitamin B-6....mg	0.019		0		1		0.050	0.019	
Folate, total....µg	3	0.547	3		1		8	3	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	3	0.547	3		1		8	3	
Folate, DFE....µg	3		0	NC	4		8	3	
Choline, total....mg	4.1		0	RKI	6		10.7	4.0	
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	17	0.297	597		1		43	16	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg	165		0	BNA	4		432	162	
Carotene, alpha....µg	0		0	BNA	4		1	0	
Cryptoxanthin, beta....µg	68		0	BNA	4		178	67	
Vitamin A, IU....IU	332	5.931	597		1		870	325	
Lycopene....µg	0		0	DA	1		0	0	
Lutein + zeaxanthin....µg	61		0	DA	1		160	60	
Vitamin E (alpha-tocopherol)....mg	0.49		0	DA	1		1.29	0.48	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	1.7		0	DA	1		4.5	1.7	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 09241

Peaches, canned, heavy syrup pack, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.010		0		1		0.026	0.010	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	
15:0....g									
16:0....g	0.009		0		1		0.024	0.009	
17:0....g									
18:0....g	0.001		0		1		0.003	0.001	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.035		0		1		0.092	0.034	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1		0.003	0.001	
17:1....g									
18:1 undifferentiated....g	0.035		0		1		0.092	0.034	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.047		0		1		0.123	0.046	
18:2 undifferentiated....g	0.046		0		1		0.121	0.045	
18:3 undifferentiated....g	0.001		0		1		0.003	0.001	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.001		0		1		0.003	0.001	
Threonine....g	0.018		0		1		0.047	0.018	
Isoleucine....g	0.013		0		1		0.034	0.013	
Leucine....g	0.026		0		1		0.068	0.025	
Lysine....g	0.015		0		1		0.039	0.015	
Methionine....g	0.011		0		1		0.029	0.011	
Cystine....g	0.004		0		1		0.010	0.004	
Phenylalanine....g	0.014		0		1		0.037	0.014	
Tyrosine....g	0.012		0		1		0.031	0.012	
Valine....g	0.025		0		1		0.066	0.025	
Arginine....g	0.012		0		1		0.031	0.012	
Histidine....g	0.008		0		1		0.021	0.008	
Alanine....g	0.027		0		1		0.071	0.026	
Aspartic acid....g	0.076		0		1		0.199	0.074	
Glutamic acid....g	0.069		0		1		0.181	0.068	
Glycine....g	0.016		0		1		0.042	0.016	
Proline....g	0.019		0		1		0.050	0.019	
Serine....g	0.021		0		1		0.055	0.021	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 09241

Peaches, canned, heavy syrup pack, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 262g: 1 cup

Measure 2 = 98g: 1 half, with liquid

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.75

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09370
Peaches, canned, heavy syrup, drained

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	80.62	0.115	5	A	1		178.97	58.85	10.24
Energy....kcal	72		0	NC	4		161	53	9
Energy....kJ	303		0	NC	4		672	221	38
Protein....g	0.52	0.015	3	A	1		1.15	0.38	0.07
Total lipid (fat)....g	0.18	0.101	3	A	1		0.40	0.13	0.02
Ash....g	0.26	0.015	3	A	1		0.58	0.19	0.03
Carbohydrate, by difference....g	18.43		0	NC	4		40.90	13.45	2.34
Fiber, total dietary....g	1.2	0.483	3	A	1		2.7	0.9	0.2
Sugars, total....g	14.66		0	AS	1		32.55	10.70	1.86
Sucrose....g	3.95	0.664	5	A	1		8.77	2.88	0.50
Glucose (dextrose)....g	5.82	0.429	5	A	1		12.91	4.25	0.74
Fructose....g	3.45	0.054	5	A	1		7.66	2.52	0.44
Lactose....g	0.00	0.000	3	A	1		0.00	0.00	0.00
Maltose....g	1.44	0.105	5	A	1		3.21	1.05	0.18
Galactose....g	0.00	0.000	3	A	1		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	3		0	BD	4		7	2	0
Iron, Fe....mg	0.27		0	BD	4		0.60	0.20	0.03
Magnesium, Mg....mg	5		0	BD	4		12	4	1
Phosphorus, P....mg	12		0	BD	4		27	9	2
Potassium, K....mg	94		0	BD	4		208	69	12
Sodium, Na....mg	6		0	BD	4		13	4	1
Zinc, Zn....mg	0.09		0	BD	4		0.21	0.07	0.01
Copper, Cu....mg	0.063		0	BD	4		0.140	0.046	0.008
Manganese, Mn....mg									
Selenium, Se....µg	0.0		2	A	1		0.1	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.7	0.000	3	A	1		1.7	0.5	0.1
Thiamin....mg	0.020	0.006	3	A	1		0.045	0.015	0.003
Riboflavin....mg	0.020	0.000	3	A	1		0.044	0.015	0.003
Niacin....mg	0.625	0.017	3	A	1		1.387	0.456	0.079
Pantothenic acid....mg	0.024	0.001	3	A	1		0.054	0.018	0.003
Vitamin B-6....mg	0.013	0.001	3	A	1		0.029	0.010	0.002
Folate, total....µg	9	1.967	3	A	1		20	6	1
Folic acid....µg	0		0	Z	7		0	0	0
Folate, food....µg	9	1.967	3	A	1		20	6	1
Folate, DFE....µg	9		0	NC	4		20	6	1
Choline, total....mg	3.8		0	AS	1		8.5	2.8	0.5
Betaine....mg	0.3		1	A	1		0.6	0.2	0.0
Vitamin B-12....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....µg	31	11.389	6	A	1		69	23	4
Retinol....µg	0		0	Z	7		0	0	0
Carotene, beta....µg	333	148.612	6	A	1		739	243	42
Carotene, alpha....µg	0	0.000	4	A	1		0	0	0
Cryptoxanthin, beta....µg	85	51.886	6	A	1		190	62	11
Vitamin A, IU....IU	626	227.779	6	A	1		1389	457	79
Lycopene....µg	0	0.000	4	A	1		0	0	0
Lutein + zeaxanthin....µg	33		1	A	1		72	24	4
Vitamin E (alpha-tocopherol)....mg	1.19		2	A	1		2.64	0.87	0.15
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg	0.00		2	A	1		0.00	0.00	0.00
Tocopherol, gamma....mg	0.04		2	A	1		0.09	0.03	0.01
Tocopherol, delta....mg	0.00		2	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)....µg									

NDB No. 09370
Peaches, canned, heavy syrup, drained

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	2.4	0.133	3	A	1		5.4	1.8	0.3
Dihydrophylloquinone....µg	0.0	0.000	3	A	1		0.0	0.0	0.0
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.013		0	NC	4		0.028	0.009	0.002
4:0....g	0.000		0	BFFN	4		0.000	0.000	0.000
6:0....g	0.000		0	BFFN	4		0.000	0.000	0.000
8:0....g	0.000		0	BFFN	4		0.000	0.000	0.000
10:0....g	0.000		0	BFFN	4		0.000	0.000	0.000
12:0....g	0.000		0	BFFN	4		0.000	0.000	0.000
13:0....g									
14:0....g	0.000		0	BFFN	4		0.000	0.000	0.000
15:0....g									
16:0....g	0.013		0	BFFN	4		0.028	0.009	0.002
17:0....g									
18:0....g	0.000		0	BFFN	4		0.000	0.000	0.000
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.047		0	NC	4		0.105	0.034	0.006
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	0.000
17:1....g									
18:1 undifferentiated....g	0.047		0	BFFN	4		0.105	0.034	0.006
20:1....g	0.000		0	BFFN	4		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.066		0	NC	4		0.147	0.048	0.008
18:2 undifferentiated....g	0.066		0	BFFN	4		0.147	0.048	0.008
18:3 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	0.000
18:4....g	0.000		0	BFFN	4		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	0.000
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.005		0	A	1		0.012	0.004	0.001
Threonine....g	0.009		0	A	1		0.020	0.006	0.001
Isoleucine....g	0.010		0	A	1		0.022	0.007	0.001
Leucine....g	0.016		0	A	1		0.035	0.011	0.002
Lysine....g	0.017		0	A	1		0.037	0.012	0.002
Methionine....g	0.005		0	A	1		0.012	0.004	0.001
Cystine....g	0.007		0	A	1		0.015	0.005	0.001
Phenylalanine....g	0.011		0	A	1		0.024	0.008	0.001
Tyrosine....g	0.008		0	A	1		0.018	0.006	0.001
Valine....g	0.012		0	A	1		0.027	0.009	0.002
Arginine....g	0.010		0	A	1		0.022	0.007	0.001
Histidine....g	0.007		0	A	1		0.016	0.005	0.001
Alanine....g	0.016		0	A	1		0.035	0.012	0.002
Aspartic acid....g	0.238		0	A	1		0.528	0.174	0.030
Glutamic acid....g	0.032		0	A	1		0.071	0.023	0.004
Glycine....g	0.012		0	A	1		0.026	0.009	0.001
Proline....g	0.010		0	A	1		0.022	0.007	0.001
Serine....g	0.018		0	A	1		0.041	0.013	0.002
Hydroxyproline....g									

NDB No. 09370
Peaches, canned, heavy syrup, drained

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 222g: 1 cup

Measure 2 = 73g: 1 half

Measure 3 = 12.7g: 1 slice

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.75

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09238
Peaches, canned, juice pack, solids and liquids

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	87.49	0.076	18		1		218.73	216.98	85.74
Energy	kcal	44		0	NC	4		110	109	43
Energy	kJ	184		0		4		460	457	180
Protein (N x 6.25)	g	0.63	0.017	25		1		1.58	1.56	0.62
Total lipid (fat)	g	0.03	0.006	24		1		0.08	0.07	0.03
Ash	g	0.27	0.004	18		1		0.68	0.67	0.26
Carbohydrate, by difference	g	11.57		0	NC	4		28.93	28.69	11.34
Fiber, total dietary	g	1.3		0		4		3.3	3.2	1.3
Sugars, total	g	10.27		0	O	4		25.68	25.47	10.06
Starch	g									
Minerals:										
Calcium, Ca	mg	6	0.377	23		1		15	15	6
Iron, Fe	mg	0.27	0.033	17		1		0.68	0.67	0.26
Magnesium, Mg	mg	7	0.176	20		1		18	17	7
Phosphorus, P	mg	17	0.379	21		1		43	42	17
Potassium, K	mg	128	4.648	24		1		320	317	125
Sodium, Na	mg	4	0.232	25		1		10	10	4
Zinc, Zn	mg	0.11	0.005	14		1		0.28	0.27	0.11
Copper, Cu	mg	0.050	0.003	14		1		0.125	0.124	0.049
Manganese, Mn	mg	0.048		0		4		0.120	0.119	0.047
Selenium, Se	µg	0.3		0	BFZN	4		0.8	0.7	0.3
Vitamins:										
Vitamin C, total ascorbic acid	mg	3.6	0.270	17		1		9.0	8.9	3.5
Thiamin	mg	0.008	0.000	6		1		0.020	0.020	0.008
Riboflavin	mg	0.017	0.001	12		1		0.043	0.042	0.017
Niacin	mg	0.582	0.034	6		1		1.455	1.443	0.570
Pantothenic acid	mg	0.050		0		4		0.125	0.124	0.049
Vitamin B-6	mg	0.019		0		4		0.048	0.047	0.019
Folate, total	µg	3		0		4		9	8	3
Folic acid	µg	0		0	Z	7		0	0	0
Folate, food	µg	3		0		4		9	8	3
Folate, DFE	µg	3		0	NC	4		9	8	3
Choline, total	mg	4.1		0	DA	1		10.2	10.1	4.0
Betaine	mg									
Vitamin B-12	µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added	µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE	µg	19	2.736	17		1		48	47	19
Retinol	µg	0		0	Z	7		0	0	0
Carotene, beta	µg	189		0	BNA	4		473	469	185
Carotene, alpha	µg	1		0	BNA	4		1	1	1
Cryptoxanthin, beta	µg	78		0	BNA	4		195	194	77
Vitamin A, IU	IU	381	54.723	17		1		953	945	373
Lycopene	µg	0		0	DA	1		0	0	0
Lutein + zeaxanthin	µg	61		0	DA	1		153	152	60
Vitamin E (alpha-tocopherol)	mg	0.49		0	DA	1		1.23	1.22	0.48
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)	µg	1.7		0	DA	1		4.3	4.3	1.7
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 09238
Peaches, canned, juice pack, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.004		0		1		0.010	0.010	0.004
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.000		0		1		0.000	0.000	0.000
10:0....g	0.000		0		1		0.000	0.000	0.000
12:0....g	0.000		0		1		0.000	0.000	0.000
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	0.000
15:0....g									
16:0....g	0.003		0		1		0.008	0.007	0.003
17:0....g									
18:0....g	0.000		0		1		0.000	0.000	0.000
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.012		0		1		0.030	0.030	0.012
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
17:1....g									
18:1 undifferentiated....g	0.012		0		1		0.030	0.030	0.012
20:1....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.016		0		1		0.040	0.040	0.016
18:2 undifferentiated....g	0.016		0		1		0.040	0.040	0.016
18:3 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.002		0		1		0.005	0.005	0.002
Threonine....g	0.025		0		1		0.063	0.062	0.025
Isoleucine....g	0.018		0		1		0.045	0.045	0.018
Leucine....g	0.036		0		1		0.090	0.089	0.035
Lysine....g	0.020		0		1		0.050	0.050	0.020
Methionine....g	0.015		0		1		0.038	0.037	0.015
Cystine....g	0.005		0		1		0.013	0.012	0.005
Phenylalanine....g	0.020		0		1		0.050	0.050	0.020
Tyrosine....g	0.016		0		1		0.040	0.040	0.016
Valine....g	0.034		0		1		0.085	0.084	0.033
Arginine....g	0.016		0		1		0.040	0.040	0.016
Histidine....g	0.012		0		1		0.030	0.030	0.012
Alanine....g	0.038		0		1		0.095	0.094	0.037
Aspartic acid....g	0.105		0		1		0.263	0.260	0.103
Glutamic acid....g	0.096		0		1		0.240	0.238	0.094
Glycine....g	0.022		0		1		0.055	0.055	0.022
Proline....g	0.027		0		1		0.068	0.067	0.026
Serine....g	0.029		0		1		0.073	0.072	0.028
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 09238
Peaches, canned, juice pack, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 250g: 1 cup

Measure 2 = 248g: 1 cup, halves or slices

Measure 3 = 98g: 1 half, with liquid

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.7

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09240
Peaches, canned, light syrup pack, solids and liquids

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	84.72	0.088	71		1		212.65	83.03	
Energy....kcal	54		0	NC	4		136	53	
Energy....kJ	226		0		4		567	221	
Protein (N x 6.25)....g	0.45	0.012	19		1		1.13	0.44	
Total lipid (fat)....g	0.03	0.002	4		1		0.08	0.03	
Ash....g	0.25	0.009	19		1		0.63	0.25	
Carbohydrate, by difference....g	14.55		0	NC	4		36.52	14.26	
Fiber, total dietary....g	1.3		0		4		3.3	1.3	
Sugars, total....g	13.25		0	O	4		33.26	12.99	
Starch....g									
Minerals:									
Calcium, Ca....mg	3	0.169	19		1		8	3	
Iron, Fe....mg	0.36	0.033	19		1		0.90	0.35	
Magnesium, Mg....mg	5	0.114	19		1		13	5	
Phosphorus, P....mg	11	0.275	19		1		28	11	
Potassium, K....mg	97	3.677	11		1		243	95	
Sodium, Na....mg	5	0.557	11		1		13	5	
Zinc, Zn....mg	0.09		0		1		0.23	0.09	
Copper, Cu....mg	0.052		0		1		0.131	0.051	
Manganese, Mn....mg	0.046		0		1		0.115	0.045	
Selenium, Se....µg	0.3		0	BFZN	4		0.8	0.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	2.4	0.087	117		1		6.0	2.4	
Thiamin....mg	0.009	0.000	13		1		0.023	0.009	
Riboflavin....mg	0.025	0.002	19		1		0.063	0.025	
Niacin....mg	0.593	0.025	19		1		1.488	0.581	
Pantothenic acid....mg	0.050		0		1		0.126	0.049	
Vitamin B-6....mg	0.019		0		1		0.048	0.019	
Folate, total....µg	3		0		1		8	3	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	3		0		1		8	3	
Folate, DFE....µg	3		0	NC	4		8	3	
Choline, total....mg	4.1		0	DA	1		10.3	4.0	
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	18	0.424	128		1		44	17	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg	176		0	BNA	4		441	172	
Carotene, alpha....µg	1		0	BNA	4		1	1	
Cryptoxanthin, beta....µg	73		0	BNA	4		182	71	
Vitamin A, IU....IU	354	8.470	128		1		889	347	
Lycopene....µg	0		0	DA	1		0	0	
Lutein + zeaxanthin....µg	61		0	DA	1		154	60	
Vitamin E (alpha-tocopherol)....mg	0.49		0	DA	1		1.23	0.48	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	1.7		0	DA	1		4.3	1.7	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 09240

Peaches, canned, light syrup pack, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.003		0		1		0.008	0.003	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	
15:0....g									
16:0....g	0.003		0		1		0.008	0.003	
17:0....g									
18:0....g	0.000		0		1		0.000	0.000	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.012		0		1		0.030	0.012	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.011		0		1		0.028	0.011	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.015		0		1		0.038	0.015	
18:2 undifferentiated....g	0.015		0		1		0.038	0.015	
18:3 undifferentiated....g	0.000		0		1		0.000	0.000	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.001		0		1		0.003	0.001	
Threonine....g	0.018		0		1		0.045	0.018	
Isoleucine....g	0.013		0		1		0.033	0.013	
Leucine....g	0.025		0		1		0.063	0.025	
Lysine....g	0.014		0		1		0.035	0.014	
Methionine....g	0.011		0		1		0.028	0.011	
Cystine....g	0.004		0		1		0.010	0.004	
Phenylalanine....g	0.014		0		1		0.035	0.014	
Tyrosine....g	0.012		0		1		0.030	0.012	
Valine....g	0.025		0		1		0.063	0.025	
Arginine....g	0.011		0		1		0.028	0.011	
Histidine....g	0.008		0		1		0.020	0.008	
Alanine....g	0.027		0		1		0.068	0.026	
Aspartic acid....g	0.075		0		1		0.188	0.074	
Glutamic acid....g	0.068		0		1		0.171	0.067	
Glycine....g	0.016		0		1		0.040	0.016	
Proline....g	0.019		0		1		0.048	0.019	
Serine....g	0.021		0		1		0.053	0.021	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 09240

Peaches, canned, light syrup pack, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 251g: 1 cup, halves or slices

Measure 2 = 98g: 1 half, with liquid

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.71

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09237
Peaches, canned, water pack, solids and liquids

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	93.13	0.080	60		1		227.24	91.27	
Energy....kcal	24		0	NC	4		59	24	
Energy....kJ	100		0		4		245	98	
Protein (N x 6.25)....g	0.44	0.009	16		1		1.07	0.43	
Total lipid (fat)....g	0.06	0.003	12		1		0.15	0.06	
Ash....g	0.27	0.008	16		1		0.66	0.26	
Carbohydrate, by difference....g	6.11		0	NC	4		14.91	5.99	
Fiber, total dietary....g	1.3		0		4		3.2	1.3	
Sugars, total....g	4.81		0	O	4		11.74	4.71	
Starch....g									
Minerals:									
Calcium, Ca....mg	2	0.052	12		1		5	2	
Iron, Fe....mg	0.32	0.044	16		1		0.78	0.31	
Magnesium, Mg....mg	5	0.082	12		1		12	5	
Phosphorus, P....mg	10	0.181	12		1		24	10	
Potassium, K....mg	99	1.530	33		1		242	97	
Sodium, Na....mg	3	0.331	33		1		7	3	
Zinc, Zn....mg	0.09		0		1		0.22	0.09	
Copper, Cu....mg	0.054		0		1		0.132	0.053	
Manganese, Mn....mg	0.048		0		1		0.117	0.047	
Selenium, Se....µg	0.3		0	BFZN	4		0.7	0.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	2.9	0.137	59		1		7.1	2.8	
Thiamin....mg	0.009	0.000	12		1		0.022	0.009	
Riboflavin....mg	0.019	0.000	12		1		0.046	0.019	
Niacin....mg	0.521	0.015	16		1		1.271	0.511	
Pantothenic acid....mg	0.050		0		1		0.122	0.049	
Vitamin B-6....mg	0.019		0		1		0.046	0.019	
Folate, total....µg	3		0		1		8	3	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	3		0		1		8	3	
Folate, DFE....µg	3		0	NC	4		8	3	
Choline, total....mg	4.1		0	DA	1		10.0	4.0	
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	27	1.790	29		1		65	26	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg	264		0	BNA	4		645	259	
Carotene, alpha....µg	1		0	BNA	4		2	1	
Cryptoxanthin, beta....µg	109		0	BNA	4		266	107	
Vitamin A, IU....IU	532	35.791	29		1		1298	521	
Lycopene....µg	0		0	DA	1		0	0	
Lutein + zeaxanthin....µg	61		0	DA	1		149	60	
Vitamin E (alpha-tocopherol)....mg	0.49		0	DA	1		1.20	0.48	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	1.7		0	DA	1		4.2	1.7	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 09237
Peaches, canned, water pack, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.006		0		1		0.015	0.006	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	
15:0....g									
16:0....g	0.005		0		1		0.012	0.005	
17:0....g									
18:0....g	0.001		0		1		0.002	0.001	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.021		0		1		0.051	0.021	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.021		0		1		0.051	0.021	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.028		0		1		0.068	0.027	
18:2 undifferentiated....g	0.027		0		1		0.066	0.026	
18:3 undifferentiated....g	0.001		0		1		0.002	0.001	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.001		0		1		0.002	0.001	
Threonine....g	0.017		0		1		0.041	0.017	
Isoleucine....g	0.013		0		1		0.032	0.013	
Leucine....g	0.025		0		1		0.061	0.025	
Lysine....g	0.014		0		1		0.034	0.014	
Methionine....g	0.011		0		1		0.027	0.011	
Cystine....g	0.004		0		1		0.010	0.004	
Phenylalanine....g	0.014		0		1		0.034	0.014	
Tyrosine....g	0.011		0		1		0.027	0.011	
Valine....g	0.024		0		1		0.059	0.024	
Arginine....g	0.011		0		1		0.027	0.011	
Histidine....g	0.008		0		1		0.020	0.008	
Alanine....g	0.026		0		1		0.063	0.025	
Aspartic acid....g	0.073		0		1		0.178	0.072	
Glutamic acid....g	0.066		0		1		0.161	0.065	
Glycine....g	0.015		0		1		0.037	0.015	
Proline....g	0.018		0		1		0.044	0.018	
Serine....g	0.020		0		1		0.049	0.020	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 09237
Peaches, canned, water pack, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 244g: 1 cup, halves or slices

Measure 2 = 98g: 1 half, with liquid

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09245
Peaches, dehydrated (low-moisture), sulfured, stewed

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	62.04		2		1		150.14		
Energy	kcal	133		0	NC	4		322		
Energy	kJ	556				4		1347		
Protein (N x 6.25)	g	2.01		0		1		4.86		
Total lipid (fat)	g	0.42		0		1		1.02		
Ash	g	1.39		0		1		3.36		
Carbohydrate, by difference	g	34.14		0	NC	4		82.62		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	16		0		1		39		
Iron, Fe	mg	2.26		0		1		5.47		
Magnesium, Mg	mg	23		0		1		56		
Phosphorus, P	mg	66		0		1		160		
Potassium, K	mg	554		0		1		1341		
Sodium, Na	mg	4		0		1		10		
Zinc, Zn	mg	0.32		0		1		0.77		
Copper, Cu	mg	0.202		0		1		0.489		
Manganese, Mn	mg	0.170		0		1		0.411		
Selenium, Se	µg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	6.8		2		1		16.5		
Thiamin	mg	0.008		2		1		0.019		
Riboflavin	mg	0.060		2		1		0.145		
Niacin	mg	2.030		2		1		4.913		
Pantothenic acid	mg	0.356		2		1		0.862		
Vitamin B-6	mg	0.054		2		1		0.131		
Folate, total	µg	3		2		1		7		
Folic acid	µg	0		0	Z	7		0		
Folate, food	µg	3		2		1		7		
Folate, DFE	µg	3		0	NC	4		7		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	0.00		0	Z	7		0.00		
Vitamin A, RAE	µg	20		2		1		48		
Retinol	µg	0		0	Z	7		0		
Carotene, beta	µg									
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU	IU	396		2		1		958		
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU	0		0	Z	7		0		
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										
Fatty acids, total saturated	g	0.045		0		1		0.109		
4:0	g									

NDB No. 09245
Peaches, dehydrated (low-moisture), sulfured, stewed

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g									
15:0....g									
16:0....g	0.040		0		1		0.097		
17:0....g									
18:0....g	0.006		0		1		0.015		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.154		0		1		0.373		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.003		0		1		0.007		
17:1....g									
18:1 undifferentiated....g	0.151		0		1		0.365		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.204		0		1		0.494		
18:2 undifferentiated....g	0.199		0		1		0.482		
18:3 undifferentiated....g	0.005		0		1		0.012		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.001		0		1		0.002		
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.006		0		1		0.015		
Threonine....g	0.079		0		1		0.191		
Isoleucine....g	0.058		0		1		0.140		
Leucine....g	0.114		0		1		0.276		
Lysine....g	0.065		0		1		0.157		
Methionine....g	0.048		0		1		0.116		
Cystine....g	0.016		0		1		0.039		
Phenylalanine....g	0.063		0		1		0.152		
Tyrosine....g	0.052		0		1		0.126		
Valine....g	0.109		0		1		0.264		
Arginine....g	0.051		0		1		0.123		
Histidine....g	0.037		0		1		0.090		
Alanine....g	0.120		0		1		0.290		
Aspartic acid....g	0.335		0		1		0.811		
Glutamic acid....g	0.305		0		1		0.738		
Glycine....g	0.070		0		1		0.169		
Proline....g	0.084		0		1		0.203		
Serine....g	0.093		0		1		0.225		
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 242g: 1 cup

NDB No. 09245
Peaches, dehydrated (low-moisture), sulfured, stewed

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09244
Peaches, dehydrated (low-moisture), sulfured, uncooked

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	7.50		0		1		8.70		
Energy	kcal	325		0	NC	4		377		
Energy	kJ	1360				4		1577		
Protein (N x 6.25)	g	4.89		0		1		5.67		
Total lipid (fat)	g	1.03		0		1		1.19		
Ash	g	3.39		0		1		3.93		
Carbohydrate, by difference	g	83.18		0	NC	4		96.49		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	38		0		1		44		
Iron, Fe	mg	5.51		0		1		6.39		
Magnesium, Mg	mg	57		0		1		66		
Phosphorus, P	mg	162		0		1		188		
Potassium, K	mg	1351		0		1		1567		
Sodium, Na	mg	10		0		1		12		
Zinc, Zn	mg	0.78		0		1		0.90		
Copper, Cu	mg	0.493		0		1		0.572		
Manganese, Mn	mg	0.413		0		1		0.479		
Selenium, Se	µg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	10.6		2		1		12.3		
Thiamin	mg	0.039		2		1		0.045		
Riboflavin	mg	0.110		2		1		0.128		
Niacin	mg	4.825		2		1		5.597		
Pantothenic acid	mg	0.522		2		1		0.606		
Vitamin B-6	mg	0.159		2		1		0.184		
Folate, total	µg	7		2		1		8		
Folic acid	µg	0		0	Z	7		0		
Folate, food	µg	7		2		1		8		
Folate, DFE	µg	7		0	NC	4		8		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	0.00		0	Z	7		0.00		
Vitamin A, RAE	µg	71		2		1		82		
Retinol	µg	0		0	Z	7		0		
Carotene, beta	µg									
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU	IU	1417		2		1		1644		
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU	0		0	Z	7		0		
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										
Fatty acids, total saturated	g	0.111		0		1		0.129		
4:0	g									

NDB No. 09244
Peaches, dehydrated (low-moisture), sulfured, uncooked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g									
15:0....g									
16:0....g	0.097		0		1		0.113		
17:0....g									
18:0....g	0.014		0		1		0.016		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.377		0		1		0.437		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.008		0		1		0.009		
17:1....g									
18:1 undifferentiated....g	0.369		0		1		0.428		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.498		0		1		0.578		
18:2 undifferentiated....g	0.486		0		1		0.564		
18:3 undifferentiated....g	0.012		0		1		0.014		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.003		0		1		0.003		
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.014		0		1		0.016		
Threonine....g	0.192		0		1		0.223		
Isoleucine....g	0.141		0		1		0.164		
Leucine....g	0.277		0		1		0.321		
Lysine....g	0.157		0		1		0.182		
Methionine....g	0.118		0		1		0.137		
Cystine....g	0.040		0		1		0.046		
Phenylalanine....g	0.154		0		1		0.179		
Tyrosine....g	0.128		0		1		0.148		
Valine....g	0.267		0		1		0.310		
Arginine....g	0.124		0		1		0.144		
Histidine....g	0.091		0		1		0.106		
Alanine....g	0.292		0		1		0.339		
Aspartic acid....g	0.817		0		1		0.948		
Glutamic acid....g	0.743		0		1		0.862		
Glycine....g	0.171		0		1		0.198		
Proline....g	0.206		0		1		0.239		
Serine....g	0.226		0		1		0.262		
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 116g: 1 cup

NDB No. 09244
Peaches, dehydrated (low-moisture), sulfured, uncooked

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09248

Peaches, dried, sulfured, stewed, with added sugar

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	71.38		0		1		192.73		
Energy....kcal	103		0	NC	4		278		
Energy....kJ	431				4		1164		
Protein (N x 6.25)....g	1.06		0		1		2.86		
Total lipid (fat)....g	0.22		0		1		0.59		
Ash....g	0.73		0		1		1.97		
Carbohydrate, by difference....g	26.60		0	NC	4		71.82		
Fiber, total dietary....g	2.4		0		4		6.5		
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	8		0		1		22		
Iron, Fe....mg	1.20		0		1		3.24		
Magnesium, Mg....mg	12		0		1		32		
Phosphorus, P....mg	35		0		1		95		
Potassium, K....mg	292		0		1		788		
Sodium, Na....mg	2		0		1		5		
Zinc, Zn....mg	0.17		0		1		0.46		
Copper, Cu....mg	0.107		0		1		0.289		
Manganese, Mn....mg	0.089		0		1		0.240		
Selenium, Se....µg	0.7		0	BFZN	4		1.9		
Vitamins:									
Vitamin C, total ascorbic acid....mg	3.4		0		1		9.2		
Thiamin....mg	0.005		0		1		0.014		
Riboflavin....mg	0.019		0		1		0.051		
Niacin....mg	1.388		0		1		3.748		
Pantothenic acid....mg	0.165		0		1		0.446		
Vitamin B-6....mg	0.035		0		1		0.095		
Folate, total....µg	0		0		1		0		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	0		0		1		0		
Folate, DFE....µg	0		0	NC	4		0		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....µg	9		0		1		24		
Retinol....µg	0		0	Z	7		0		
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	180		0		1		486		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.024		0		1		0.065		
4:0....g	0.000		0		1		0.000		

NDB No. 09248
Peaches, dried, sulfured, stewed, with added sugar

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0		1		0.000		
8:0....g	0.000		0		1		0.000		
10:0....g	0.000		0		1		0.000		
12:0....g	0.000		0		1		0.000		
13:0....g									
14:0....g	0.000		0		1		0.000		
15:0....g									
16:0....g	0.021		0		1		0.057		
17:0....g									
18:0....g	0.003		0		1		0.008		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.082		0		1		0.221		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.002		0		1		0.005		
17:1....g									
18:1 undifferentiated....g	0.080		0		1		0.216		
20:1....g	0.000		0		1		0.000		
22:1 undifferentiated....g	0.000		0		1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.108		0		1		0.292		
18:2 undifferentiated....g	0.105		0		1		0.284		
18:3 undifferentiated....g	0.003		0		1		0.008		
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.001		0		1		0.003		
20:5 n-3 (EPA)....g	0.000		0		1		0.000		
22:5 n-3 (DPA)....g	0.000		0		1		0.000		
22:6 n-3 (DHA)....g	0.000		0		1		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.003		0		1		0.008		
Threonine....g	0.041		0		1		0.111		
Isoleucine....g	0.030		0		1		0.081		
Leucine....g	0.060		0		1		0.162		
Lysine....g	0.034		0		1		0.092		
Methionine....g	0.026		0		1		0.070		
Cystine....g	0.009		0		1		0.024		
Phenylalanine....g	0.033		0		1		0.089		
Tyrosine....g	0.028		0		1		0.076		
Valine....g	0.058		0		1		0.157		
Arginine....g	0.027		0		1		0.073		
Histidine....g	0.020		0		1		0.054		
Alanine....g	0.063		0		1		0.170		
Aspartic acid....g	0.176		0		1		0.475		
Glutamic acid....g	0.160		0		1		0.432		
Glycine....g	0.037		0		1		0.100		
Proline....g	0.044		0		1		0.119		
Serine....g	0.049		0		1		0.132		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg									
Theobromine....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 09248

Peaches, dried, sulfured, stewed, with added sugar

Common Measures:

Measure 1 = 270g: 1 cup

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09247

Peaches, dried, sulfured, stewed, without added sugar

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	78.10		1		1		201.50		
Energy....kcal	77		0	NC	4		199		
Energy....kJ	322		0		4		831		
Protein (N x 6.25)....g	1.16		0		1		2.99		
Total lipid (fat)....g	0.25		0		1		0.65		
Ash....g	0.80		0		1		2.06		
Carbohydrate, by difference....g	19.69		0	NC	4		50.80		
Fiber, total dietary....g	2.7		0		4		7.0		
Sugars, total....g	16.99		0	O	4		43.83		
Starch....g									
Minerals:									
Calcium, Ca....mg	9		0		1		23		
Iron, Fe....mg	1.31		0		1		3.38		
Magnesium, Mg....mg	13		0		1		34		
Phosphorus, P....mg	38		0		1		98		
Potassium, K....mg	320		0		1		826		
Sodium, Na....mg	2		0		1		5		
Zinc, Zn....mg	0.18		0		1		0.46		
Copper, Cu....mg	0.117		0		1		0.302		
Manganese, Mn....mg	0.098		0		1		0.253		
Selenium, Se....µg	0.2		0	BFSN	4		0.4		
Vitamins:									
Vitamin C, total ascorbic acid....mg	3.7	1.259	3		1		9.5		
Thiamin....mg	0.005	0.000	3		1		0.013		
Riboflavin....mg	0.021	0.002	3		1		0.054		
Niacin....mg	1.519	0.038	3		1		3.919		
Pantothenic acid....mg	0.181	0.015	3		1		0.467		
Vitamin B-6....mg	0.038	0.002	3		1		0.098		
Folate, total....µg	0	0.017	3		1		0		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	0	0.017	3		1		0		
Folate, DFE....µg	0		0	NC	4		0		
Choline, total....mg	4.1		0	BFSN	4		10.6		
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....µg	10		0	NC	4		25		
Retinol....µg	0		0	Z	7		0		
Carotene, beta....µg	98		0	BNA	4		252		
Carotene, alpha....µg	0		0	BNA	4		1		
Cryptoxanthin, beta....µg	40		0	BNA	4		104		
Vitamin A, IU....IU	197	7.287	3		1		508		
Lycopene....µg	0		0	BFSN	4		0		
Lutein + zeaxanthin....µg	180		0	BFSN	4		464		
Vitamin E (alpha-tocopherol)....mg	0.06		0	BFSN	4		0.16		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....µg	5.0		0	BFSN	4		13.0		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 09247

Peaches, dried, sulfured, stewed, without added sugar

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.026		0		1		0.067		
4:0....g	0.000		0		1		0.000		
6:0....g	0.000		0		1		0.000		
8:0....g	0.000		0		1		0.000		
10:0....g	0.000		0		1		0.000		
12:0....g	0.000		0		1		0.000		
13:0....g									
14:0....g	0.000		0		1		0.000		
15:0....g									
16:0....g	0.023		0		1		0.059		
17:0....g									
18:0....g	0.003		0		1		0.008		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.089		0		1		0.230		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.002		0		1		0.005		
17:1....g									
18:1 undifferentiated....g	0.087		0		1		0.224		
20:1....g	0.000		0		1		0.000		
22:1 undifferentiated....g	0.000		0		1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.118		0		1		0.304		
18:2 undifferentiated....g	0.115		0		1		0.297		
18:3 undifferentiated....g	0.003		0		1		0.008		
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.001		0		1		0.003		
20:5 n-3 (EPA)....g	0.000		0		1		0.000		
22:5 n-3 (DPA)....g	0.000		0		1		0.000		
22:6 n-3 (DHA)....g	0.000		0		1		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.003		0		1		0.008		
Threonine....g	0.045		0		1		0.116		
Isoleucine....g	0.033		0		1		0.085		
Leucine....g	0.065		0		1		0.168		
Lysine....g	0.037		0		1		0.095		
Methionine....g	0.028		0		1		0.072		
Cystine....g	0.009		0		1		0.023		
Phenylalanine....g	0.036		0		1		0.093		
Tyrosine....g	0.030		0		1		0.077		
Valine....g	0.063		0		1		0.163		
Arginine....g	0.029		0		1		0.075		
Histidine....g	0.021		0		1		0.054		
Alanine....g	0.069		0		1		0.178		
Aspartic acid....g	0.193		0		1		0.498		
Glutamic acid....g	0.176		0		1		0.454		
Glycine....g	0.040		0		1		0.103		
Proline....g	0.049		0		1		0.126		
Serine....g	0.053		0		1		0.137		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 09247

Peaches, dried, sulfured, stewed, without added sugar

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 258g: 1 cup

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09246
Peaches, dried, sulfured, uncooked

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	31.80	0.515	29		1		50.88	4.13	
Energy....kcal	239		0	NC	4		382	31	
Energy....kJ	1000		0		4		1600	130	
Protein (N x 6.25)....g	3.61	0.105	25		1		5.78	0.47	
Total lipid (fat)....g	0.76	0.020	24		1		1.22	0.10	
Ash....g	2.50	0.103	25		1		4.00	0.33	
Carbohydrate, by difference....g	61.33		0	NC	4		98.13	7.97	
Fiber, total dietary....g	8.2		0		1		13.1	1.1	
Sugars, total....g	41.74	2.860	4		1		66.78	5.43	
Sucrose....g	15.42	2.220	4		1		24.67	2.00	
Glucose (dextrose)....g	12.83	2.967	4		1		20.53	1.67	
Fructose....g	13.49	2.113	4		1		21.58	1.75	
Lactose....g									
Maltose....g									
Galactose....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	28	1.039	24		1		45	4	
Iron, Fe....mg	4.06	0.120	24		1		6.50	0.53	
Magnesium, Mg....mg	42	1.113	24		1		67	5	
Phosphorus, P....mg	119	7.126	24		1		190	15	
Potassium, K....mg	996	12.756	24		1		1594	129	
Sodium, Na....mg	7	0.682	24		1		11	1	
Zinc, Zn....mg	0.57	0.033	24		1		0.91	0.07	
Copper, Cu....mg	0.364	0.025	24		1		0.582	0.047	
Manganese, Mn....mg	0.305	0.027	3		1		0.488	0.040	
Selenium, Se....µg	0.5		0	BFSN	4		0.7	0.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	4.8	0.685	6		1		7.7	0.6	
Thiamin....mg	0.002	0.001	21		1		0.003	0.000	
Riboflavin....mg	0.212	0.009	21		1		0.339	0.028	
Niacin....mg	4.375	0.072	21		1		7.000	0.569	
Pantothenic acid....mg	0.564		0		4		0.902	0.073	
Vitamin B-6....mg	0.067		1		1		0.107	0.009	
Folate, total....µg	0		0		4		0	0	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	0		0		4		0	0	
Folate, DFE....µg	0		0	NC	4		0	0	
Choline, total....mg	12.7		0	CAZN	4		20.4	1.7	
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	108	6.687	21		1		173	14	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg	1074		0	BNA	4		1719	140	
Carotene, alpha....µg	3		0	BNA	4		5	0	
Cryptoxanthin, beta....µg	444		0	BNA	4		710	58	
Vitamin A, IU....IU	2163	133.730	21		1		3461	281	
Lycopene....µg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin....µg	559		0	BFSN	4		895	73	
Vitamin E (alpha-tocopherol)....mg	0.19		1	A	1		0.30	0.02	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00		1	A	1		0.00	0.00	
Tocopherol, gamma....mg	0.00		1	A	1		0.00	0.00	
Tocopherol, delta....mg	0.00		1	A	1		0.00	0.00	
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									

NDB No. 09246
Peaches, dried, sulfured, uncooked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	15.7		0	BFSN	4		25.1	2.0	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.082		0		1		0.131	0.011	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	
15:0....g									
16:0....g	0.071		0		1		0.114	0.009	
17:0....g									
18:0....g	0.010		0		1		0.016	0.001	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.278		0		1		0.445	0.036	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.006		0		1		0.010	0.001	
17:1....g									
18:1 undifferentiated....g	0.272		0		1		0.435	0.035	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.367		0		1		0.587	0.048	
18:2 undifferentiated....g	0.358		0		1		0.573	0.047	
18:3 undifferentiated....g	0.009		0		1		0.014	0.001	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.002		0		1		0.003	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.010		0		1		0.016	0.001	
Threonine....g	0.141		0		1		0.226	0.018	
Isoleucine....g	0.104		0		1		0.166	0.014	
Leucine....g	0.204		0		1		0.326	0.027	
Lysine....g	0.116		0		1		0.186	0.015	
Methionine....g	0.087		0		1		0.139	0.011	
Cystine....g	0.029		0		1		0.046	0.004	
Phenylalanine....g	0.114		0		1		0.182	0.015	
Tyrosine....g	0.094		0		1		0.150	0.012	
Valine....g	0.197		0		1		0.315	0.026	
Arginine....g	0.092		0		1		0.147	0.012	
Histidine....g	0.067		0		1		0.107	0.009	
Alanine....g	0.215		0		1		0.344	0.028	
Aspartic acid....g	0.602		0		1		0.963	0.078	
Glutamic acid....g	0.548		0		1		0.877	0.071	
Glycine....g	0.126		0		1		0.202	0.016	
Proline....g	0.152		0		1		0.243	0.020	
Serine....g	0.167		0		1		0.267	0.022	
Hydroxyproline....g									

NDB No. 09246
Peaches, dried, sulfured, uncooked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 160g: 1 cup, halves

Measure 2 = 13.0g: 1 half

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09250
Peaches, frozen, sliced, sweetened

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	74.73	0.267	3		1		186.83	115.83	212.23
Energy ... kcal	94		0	NC	4		235	146	267
Energy ... kJ	393		0		4		983	610	1117
Protein (N x 6.25) ... g	0.63	0.125	3		1		1.58	0.98	1.79
Total lipid (fat) ... g	0.13	0.033	3		1		0.33	0.20	0.37
Ash ... g	0.53	0.285	3		1		1.33	0.82	1.51
Carbohydrate, by difference ... g	23.98		0	NC	4		59.95	37.17	68.10
Fiber, total dietary ... g	1.8		0		4		4.5	2.8	5.1
Sugars, total ... g	22.18		0	O	4		55.45	34.38	62.99
Starch ... g									
Minerals:									
Calcium, Ca ... mg	3	0.000	3		1		8	5	9
Iron, Fe ... mg	0.37	0.070	3		1		0.93	0.57	1.05
Magnesium, Mg ... mg	5	0.404	3		1		13	8	14
Phosphorus, P ... mg	11	1.114	3		1		28	17	31
Potassium, K ... mg	130	4.782	3		1		325	202	369
Sodium, Na ... mg	6	1.202	3		1		15	9	17
Zinc, Zn ... mg	0.05	0.010	3		1		0.13	0.08	0.14
Copper, Cu ... mg	0.024	0.006	3		1		0.060	0.037	0.068
Manganese, Mn ... mg	0.029	0.004	3		1		0.073	0.045	0.082
Selenium, Se ... µg	0.4		0	BFZN	4		1.0	0.6	1.1
Vitamins:									
Vitamin C, total ascorbic acid ... mg	94.2	2.340	3		1		235.5	146.0	267.5
Thiamin ... mg	0.013	0.003	3		1		0.033	0.020	0.037
Riboflavin ... mg	0.035	0.002	3		1		0.088	0.054	0.099
Niacin ... mg	0.653	0.084	3		1		1.633	1.012	1.855
Pantothenic acid ... mg	0.132		0		1		0.330	0.205	0.375
Vitamin B-6 ... mg	0.018		0		1		0.045	0.028	0.051
Folate, total ... µg	3		0		4		8	5	9
Folic acid ... µg	0		0	Z	7		0	0	0
Folate, food ... µg	3		0		4		8	5	9
Folate, DFE ... µg	3		0	NC	4		8	5	9
Choline, total ... mg	5.1		0	FLA	4		12.8	7.9	14.6
Betaine ... mg									
Vitamin B-12 ... µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added ... µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE ... µg	14	0.833	3		1		36	22	40
Retinol ... µg	0		0	Z	7		0	0	0
Carotene, beta ... µg	141		0	BNA	4		353	219	401
Carotene, alpha ... µg	0		0	BNA	4		1	1	1
Cryptoxanthin, beta ... µg	58		0	BNA	4		146	90	165
Vitamin A, IU ... IU	284	16.667	3		1		710	440	807
Lycopene ... µg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin ... µg	77		0	FLA	4		192	119	218
Vitamin E (alpha-tocopherol) ... mg	0.62		0	FLA	4		1.54	0.96	1.75
Vitamin E, added ... mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol) ... µg									
Vitamin D3 (cholecalciferol) ... µg									
Vitamin D ... IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone) ... µg	2.2		0	FLA	4		5.4	3.3	6.1
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									

NDB No. 09250
Peaches, frozen, sliced, sweetened

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.014		0		1		0.035	0.022	0.040
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.000		0		1		0.000	0.000	0.000
10:0....g	0.000		0		1		0.000	0.000	0.000
12:0....g	0.000		0		1		0.000	0.000	0.000
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	0.000
15:0....g									
16:0....g	0.012		0		1		0.030	0.019	0.034
17:0....g									
18:0....g	0.002		0		1		0.005	0.003	0.006
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.048		0		1		0.120	0.074	0.136
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1		0.003	0.002	0.003
17:1....g									
18:1 undifferentiated....g	0.047		0		1		0.118	0.073	0.133
20:1....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.064		0		1		0.160	0.099	0.182
18:2 undifferentiated....g	0.063		0		1		0.158	0.098	0.179
18:3 undifferentiated....g	0.002		0		1		0.005	0.003	0.006
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.002		0		1		0.005	0.003	0.006
Threonine....g	0.024		0		1		0.060	0.037	0.068
Isoleucine....g	0.018		0		1		0.045	0.028	0.051
Leucine....g	0.035		0		1		0.088	0.054	0.099
Lysine....g	0.020		0		1		0.050	0.031	0.057
Methionine....g	0.015		0		1		0.038	0.023	0.043
Cystine....g	0.005		0		1		0.013	0.008	0.014
Phenylalanine....g	0.020		0		1		0.050	0.031	0.057
Tyrosine....g	0.016		0		1		0.040	0.025	0.045
Valine....g	0.034		0		1		0.085	0.053	0.097
Arginine....g	0.016		0		1		0.040	0.025	0.045
Histidine....g	0.012		0		1		0.030	0.019	0.034
Alanine....g	0.037		0		1		0.093	0.057	0.105
Aspartic acid....g	0.104		0		1		0.260	0.161	0.295
Glutamic acid....g	0.095		0		1		0.238	0.147	0.270
Glycine....g	0.022		0		1		0.055	0.034	0.062
Proline....g	0.026		0		1		0.065	0.040	0.074
Serine....g	0.029		0		1		0.073	0.045	0.082
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 09250
Peaches, frozen, sliced, sweetened

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 250g: 1 cup, thawed

Measure 2 = 155g: 10 slices

Measure 3 = 284g: 1 package (10 oz)

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.78

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09236
Peaches, raw
Prunus persica

Refuse: 4% Pit

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	88.87	0.590	9	A	1		136.85	115.53	133.30
Energy....kcal	39		0	NC	4		61	51	59
Energy....kJ	165		0	NC	4		254	215	248
Protein (N x 6.25)....g	0.91	0.011	8	A	1		1.41	1.19	1.37
Total lipid (fat)....g	0.25	0.052	9	A	1		0.38	0.32	0.37
Ash....g	0.43	0.013	8	A	1		0.66	0.56	0.65
Carbohydrate, by difference....g	9.54		0	NC	4		14.70	12.41	14.32
Fiber, total dietary....g	1.5	0.051	8	A	1		2.3	1.9	2.2
Sugars, total....g	8.39	0.351	8	A	1		12.92	10.90	12.58
Sucrose....g	4.76	0.093	8	A	1		7.33	6.19	7.14
Glucose (dextrose)....g	1.95	0.208	8	A	1		3.00	2.54	2.93
Fructose....g	1.53	0.052	8	A	1		2.36	1.99	2.30
Lactose....g	0.00	0.000	8	A	1		0.00	0.00	0.00
Maltose....g	0.08	0.059	8	A	1		0.13	0.11	0.13
Galactose....g	0.06	0.061	8	A	1		0.09	0.08	0.09
Starch....g	0.00		4	A	1		0.00	0.00	0.00
Minerals:									
Calcium, Ca....mg	6	0.265	28	A	1		9	7	9
Iron, Fe....mg	0.25	0.019	31	A	1		0.38	0.32	0.37
Magnesium, Mg....mg	9	0.170	32	A	1		13	11	13
Phosphorus, P....mg	20	0.352	31	A	1		31	27	31
Potassium, K....mg	190	7.168	30	A	1		293	247	285
Sodium, Na....mg	0	0.043	26	A	1		0	0	0
Zinc, Zn....mg	0.17	0.028	32	A	1		0.26	0.22	0.25
Copper, Cu....mg	0.068	0.007	32	A	1		0.105	0.089	0.103
Manganese, Mn....mg	0.061	0.003	28	A	1		0.094	0.080	0.092
Selenium, Se....µg	0.1		2	A	1		0.1	0.1	0.1
Vitamins:									
Vitamin C, total ascorbic acid....mg	6.6	1.115	5		1		10.2	8.6	9.9
Thiamin....mg	0.024	0.005	8	A	1		0.037	0.031	0.036
Riboflavin....mg	0.031	0.004	8	A	1		0.049	0.041	0.047
Niacin....mg	0.806	0.004	8	A	1		1.242	1.048	1.210
Pantothenic acid....mg	0.153	0.046	8	A	1		0.236	0.199	0.229
Vitamin B-6....mg	0.025	0.010	8	A	1		0.039	0.033	0.038
Folate, total....µg	4		4	A	1		5	5	5
Folic acid....µg	0		0	Z	7		0	0	0
Folate, food....µg	4		4	A	1		5	5	5
Folate, DFE....µg	4		0	NC	4		5	5	5
Choline, total....mg	6.1		0	AS	1		9.4	7.9	9.1
Betaine....mg	0.3		1	A	1		0.4	0.4	0.4
Vitamin B-12....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....µg	16	0.584	32	A	1		25	21	24
Retinol....µg	0		0	Z	7		0	0	0
Carotene, beta....µg	162	5.768	32	A	1		249	210	243
Carotene, alpha....µg	0	0.480	32	A	1		1	1	1
Cryptoxanthin, beta....µg	67	4.385	32	A	1		103	87	100
Vitamin A, IU....IU	326	11.690	32	A	1		501	423	488
Lycopene....µg	0	0.000	8	A	1		0	0	0
Lutein + zeaxanthin....µg	91	19.796	8	A	1		141	119	137
Vitamin E (alpha-tocopherol)....mg	0.73	0.086	5	A	1		1.13	0.95	1.10
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg	0.00	0.000	5	A	1		0.00	0.00	0.00
Tocopherol, gamma....mg	0.02	0.019	5	A	1		0.03	0.02	0.03
Tocopherol, delta....mg	0.00	0.000	5	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)....µg									

NDB No. 09236
Peaches, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	2.6	0.462	5	A	1		3.9	3.3	3.8
Dihydrophylloquinone....µg	0.0		4	A	1		0.0	0.0	0.0
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.019		0	NC	4		0.029	0.025	0.029
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.000		0		1		0.000	0.000	0.000
10:0....g	0.000		0		1		0.000	0.000	0.000
12:0....g	0.000		0		1		0.000	0.000	0.000
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	0.000
15:0....g									
16:0....g	0.017		1		1		0.027	0.022	0.026
17:0....g									
18:0....g	0.002		1		1		0.003	0.002	0.003
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.067		0	NC	4		0.103	0.087	0.100
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.002		1		1		0.003	0.002	0.003
17:1....g									
18:1 undifferentiated....g	0.065		1		1		0.100	0.085	0.098
20:1....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.086		0	NC	4		0.133	0.112	0.129
18:2 undifferentiated....g	0.084		1		1		0.130	0.109	0.126
18:3 undifferentiated....g	0.002		1		1		0.003	0.002	0.003
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	0
Phytosterols....mg	10		0		1		15	13	15
Amino Acids:									
Tryptophan....g	0.010		0	A	1		0.015	0.013	0.014
Threonine....g	0.016		0	A	1		0.024	0.020	0.023
Isoleucine....g	0.017		0	A	1		0.026	0.022	0.026
Leucine....g	0.027		0	A	1		0.042	0.036	0.041
Lysine....g	0.030		0	A	1		0.045	0.038	0.044
Methionine....g	0.010		0	A	1		0.015	0.013	0.014
Cystine....g	0.012		0	A	1		0.018	0.015	0.018
Phenylalanine....g	0.019		0	A	1		0.030	0.025	0.029
Tyrosine....g	0.014		0	A	1		0.022	0.018	0.021
Valine....g	0.022		0	A	1		0.033	0.028	0.033
Arginine....g	0.018		0	A	1		0.027	0.023	0.026
Histidine....g	0.013		0	A	1		0.020	0.017	0.019
Alanine....g	0.028		0	A	1		0.043	0.036	0.042
Aspartic acid....g	0.418		0	A	1		0.644	0.543	0.627
Glutamic acid....g	0.056		0	A	1		0.086	0.073	0.084
Glycine....g	0.021		0	A	1		0.032	0.027	0.031
Proline....g	0.018		0	A	1		0.027	0.023	0.026
Serine....g	0.032		0	A	1		0.050	0.042	0.048
Hydroxyproline....g									

NDB No. 09236
Peaches, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 154g: 1 cup slices

Measure 2 = 130g: 1 small (2-1/2" dia)

Measure 3 = 150g: 1 medium (2-2/3" dia)

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09243

Peaches, spiced, canned, heavy syrup pack, solids and liquids

Refuse: 4% Pits

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	79.20	0.320	19		1		191.66		
Energy....kcal	75		0	NC	4		182		
Energy....kJ	314		0		4		759		
Protein (N x 6.25)....g	0.41	0.020	19		1		0.99		
Total lipid (fat)....g	0.10	0.000	19		1		0.24		
Ash....g	0.21	0.007	19		1		0.51		
Carbohydrate, by difference....g	20.08		0	NC	4		48.59		
Fiber, total dietary....g	1.3		0		4		3.1		
Sugars, total....g	18.78		0	O	4		45.45		
Starch....g									
Minerals:									
Calcium, Ca....mg	6	0.237	19		1		15		
Iron, Fe....mg	0.28	0.021	19		1		0.68		
Magnesium, Mg....mg	7	0.181	19		1		17		
Phosphorus, P....mg	9	0.569	19		1		22		
Potassium, K....mg	85	3.095	19		1		206		
Sodium, Na....mg	4	0.158	19		1		10		
Zinc, Zn....mg	0.08	0.005	19		1		0.19		
Copper, Cu....mg	0.098	0.005	19		1		0.237		
Manganese, Mn....mg									
Selenium, Se....µg	0.3		0	BFZN	4		0.7		
Vitamins:									
Vitamin C, total ascorbic acid....mg	5.3	2.254	19		1		12.8		
Thiamin....mg	0.011	0.000	19		1		0.027		
Riboflavin....mg	0.035	0.001	19		1		0.085		
Niacin....mg	0.537	0.030	19		1		1.300		
Pantothenic acid....mg	0.050		0		4		0.121		
Vitamin B-6....mg	0.019		0		4		0.046		
Folate, total....µg	3		0		4		8		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	3		0		4		8		
Folate, DFE....µg	3		0	NC	4		8		
Choline, total....mg	4.1		0	BFZN	4		9.9		
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....µg	16	1.159	19		1		38		
Retinol....µg	0		0	Z	7		0		
Carotene, beta....µg	157		0	BNA	4		381		
Carotene, alpha....µg	0		0	BNA	4		1		
Cryptoxanthin, beta....µg	65		0	BNA	4		157		
Vitamin A, IU....IU	317	23.186	19		1		767		
Lycopene....µg	0		0	BFYN	4		0		
Lutein + zeaxanthin....µg	61		0	BFYN	4		148		
Vitamin E (alpha-tocopherol)....mg	0.49		0	BFYN	4		1.19		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....µg	1.7		0	BFYN	4		4.2		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 09243

Peaches, spiced, canned, heavy syrup pack, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.011		0		1		0.027		
4:0....g	0.000		0		1		0.000		
6:0....g	0.000		0		1		0.000		
8:0....g	0.000		0		1		0.000		
10:0....g	0.000		0		1		0.000		
12:0....g	0.000		0		1		0.000		
13:0....g									
14:0....g	0.000		0		1		0.000		
15:0....g									
16:0....g	0.009		0		1		0.022		
17:0....g									
18:0....g	0.001		0		1		0.002		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.036		0		1		0.087		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1		0.002		
17:1....g									
18:1 undifferentiated....g	0.036		0		1		0.087		
20:1....g	0.000		0		1		0.000		
22:1 undifferentiated....g	0.000		0		1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.048		0		1		0.116		
18:2 undifferentiated....g	0.047		0		1		0.114		
18:3 undifferentiated....g	0.001		0		1		0.002		
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000		
20:5 n-3 (EPA)....g	0.000		0		1		0.000		
22:5 n-3 (DPA)....g	0.000		0		1		0.000		
22:6 n-3 (DHA)....g	0.000		0		1		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.001		0		1		0.002		
Threonine....g	0.016		0		1		0.039		
Isoleucine....g	0.012		0		1		0.029		
Leucine....g	0.023		0		1		0.056		
Lysine....g	0.013		0		1		0.031		
Methionine....g	0.010		0		1		0.024		
Cystine....g	0.003		0		1		0.007		
Phenylalanine....g	0.013		0		1		0.031		
Tyrosine....g	0.011		0		1		0.027		
Valine....g	0.023		0		1		0.056		
Arginine....g	0.010		0		1		0.024		
Histidine....g	0.008		0		1		0.019		
Alanine....g	0.025		0		1		0.061		
Aspartic acid....g	0.069		0		1		0.167		
Glutamic acid....g	0.063		0		1		0.152		
Glycine....g	0.014		0		1		0.034		
Proline....g	0.017		0		1		0.041		
Serine....g	0.019		0		1		0.046		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 09243

Peaches, spiced, canned, heavy syrup pack, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 242g: 1 cup, whole

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.75

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09408
Pear nectar, canned, with added ascorbic acid

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	84.01	0.173	22		1		210.03	26.21	
Energy....kcal	60		0	NC	4		150	19	
Energy....kJ	251		0		4		628	78	
Protein (N x 6.25)....g	0.11	0.004	22		1		0.28	0.03	
Total lipid (fat)....g	0.01	0.006	22		1		0.03	0.00	
Ash....g	0.10	0.001	22		1		0.25	0.03	
Carbohydrate, by difference....g	15.76		0	NC	4		39.40	4.92	
Fiber, total dietary....g	0.6		0		4		1.5	0.2	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	5	0.238	22		1		13	2	
Iron, Fe....mg	0.26	0.032	8		1		0.65	0.08	
Magnesium, Mg....mg	3	0.191	21		1		8	1	
Phosphorus, P....mg	3	0.173	21		1		8	1	
Potassium, K....mg	13	2.304	21		1		33	4	
Sodium, Na....mg	4	0.440	21		1		10	1	
Zinc, Zn....mg	0.07	0.003	21		1		0.18	0.02	
Copper, Cu....mg	0.067	0.004	21		1		0.168	0.021	
Manganese, Mn....mg	0.030		0		1		0.075	0.009	
Selenium, Se....µg	0.5		0	FLA	4		1.3	0.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	27.0	1.159	20		1		67.5	8.4	
Thiamin....mg	0.002	0.000	47		1		0.005	0.001	
Riboflavin....mg	0.013	0.000	47		1		0.033	0.004	
Niacin....mg	0.128	0.012	47		1		0.320	0.040	
Pantothenic acid....mg	0.022		0		4		0.055	0.007	
Vitamin B-6....mg	0.014		0		4		0.035	0.004	
Folate, total....µg	1		0		4		3	0	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	1		0		4		3	0	
Folate, DFE....µg	1		0	NC	4		3	0	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	0	0.028	16		1		0	0	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	1	0.562	16		1		3	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.001		0		1		0.003	0.000	
4:0....g									

NDB No. 09408
Pear nectar, canned, with added ascorbic acid

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g									
15:0....g									
16:0....g	0.001		0		1		0.003	0.000	
17:0....g									
18:0....g									
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.003		0		1		0.008	0.001	
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.002		0		1		0.005	0.001	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.003		0		1		0.008	0.001	
18:2 undifferentiated....g	0.003		0		1		0.008	0.001	
18:3 undifferentiated....g									
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 250g: 1 cup

Measure 2 = 31.2g: 1 fl oz

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.75

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09262
Pear nectar, canned, without added ascorbic acid

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	84.01	0.173	22		1		210.03	26.21	
Energy....kcal	60		0	NC	4		150	19	
Energy....kJ	251		0		4		628	78	
Protein (N x 6.25)....g	0.11	0.004	22		1		0.28	0.03	
Total lipid (fat)....g	0.01	0.006	22		1		0.03	0.00	
Ash....g	0.10	0.001	22		1		0.25	0.03	
Carbohydrate, by difference....g	15.76		0	NC	4		39.40	4.92	
Fiber, total dietary....g	0.6		0		4		1.5	0.2	
Sugars, total....g	15.16		0	O	4		37.90	4.73	
Starch....g									
Minerals:									
Calcium, Ca....mg	5	0.238	22		1		13	2	
Iron, Fe....mg	0.26	0.032	8		1		0.65	0.08	
Magnesium, Mg....mg	3	0.191	21		1		8	1	
Phosphorus, P....mg	3	0.173	21		1		8	1	
Potassium, K....mg	13	2.304	21		1		33	4	
Sodium, Na....mg	4	0.440	21		1		10	1	
Zinc, Zn....mg	0.07	0.003	21		1		0.18	0.02	
Copper, Cu....mg	0.067	0.004	21		1		0.168	0.021	
Manganese, Mn....mg	0.030		0		1		0.075	0.009	
Selenium, Se....µg	0.0		0	BFYN	4		0.1	0.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.1		2		1		2.8	0.3	
Thiamin....mg	0.002	0.000	47		1		0.005	0.001	
Riboflavin....mg	0.013	0.000	47		1		0.033	0.004	
Niacin....mg	0.128	0.012	47		1		0.320	0.040	
Pantothenic acid....mg	0.022		0		4		0.055	0.007	
Vitamin B-6....mg	0.014		0		4		0.035	0.004	
Folate, total....µg	1		0		4		3	0	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	1		0		4		3	0	
Folate, DFE....µg	1		0	NC	4		3	0	
Choline, total....mg	2.0		0	BFYN	4		5.1	0.6	
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	0	0.028	16		1		0	0	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg	1		0	BNA	4		1	0	
Carotene, alpha....µg	0		0	BNA	4		0	0	
Cryptoxanthin, beta....µg	0		0	BNA	4		0	0	
Vitamin A, IU....IU	1	0.562	16		1		3	0	
Lycopene....µg	0		0	BFYN	4		0	0	
Lutein + zeaxanthin....µg	20		0	BFYN	4		50	6	
Vitamin E (alpha-tocopherol)....mg	0.05		0	BFYN	4		0.12	0.02	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	1.8		0	BFYN	4		4.5	0.6	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 09262
Pear nectar, canned, without added ascorbic acid

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.001		0		1		0.003	0.000	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	
15:0....g									
16:0....g	0.001		0		1		0.003	0.000	
17:0....g									
18:0....g	0.000		0		1		0.000	0.000	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.003		0		1		0.008	0.001	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.002		0		1		0.005	0.001	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.003		0		1		0.008	0.001	
18:2 undifferentiated....g	0.003		0		1		0.008	0.001	
18:3 undifferentiated....g	0.000		0		1		0.000	0.000	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 250g: 1 cup

Measure 2 = 31.2g: 1 fl oz

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.75

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09340

Pears, asian, raw

Pyrus pyrifolia (Burman f.) Nakai

Refuse: 9% Core and stem

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	88.25		2		1		107.67	242.69	
Energy....kcal	42		0	NC	4		51	116	
Energy....kJ	176		0		4		214	483	
Protein (N x 6.25)....g	0.50		2		1		0.61	1.38	
Total lipid (fat)....g	0.23		2		1		0.28	0.63	
Ash....g	0.37		2		1		0.45	1.02	
Carbohydrate, by difference....g	10.65		0	NC	4		12.99	29.29	
Fiber, total dietary....g	3.6		0		1		4.4	9.9	
Sugars, total....g	7.05		0	O	4		8.60	19.39	
Starch....g									
Minerals:									
Calcium, Ca....mg	4		2		1		5	11	
Iron, Fe....mg	0.00		2		1		0.00	0.00	
Magnesium, Mg....mg	8		2		1		10	22	
Phosphorus, P....mg	11		2		1		13	30	
Potassium, K....mg	121		2		1		148	333	
Sodium, Na....mg	0		2		1		0	0	
Zinc, Zn....mg	0.02		2		1		0.02	0.06	
Copper, Cu....mg	0.050		2		1		0.061	0.138	
Manganese, Mn....mg	0.060		2		1		0.073	0.165	
Selenium, Se....µg	0.1		0	BFZN	4		0.1	0.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	3.8		0		1		4.6	10.5	
Thiamin....mg	0.009		2		1		0.011	0.025	
Riboflavin....mg	0.010		2		1		0.012	0.028	
Niacin....mg	0.219		2		1		0.267	0.602	
Pantothenic acid....mg	0.070		2		1		0.085	0.193	
Vitamin B-6....mg	0.022		2		1		0.027	0.061	
Folate, total....µg	8		2		1		10	22	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	8		2		1		10	22	
Folate, DFE....µg	8		0	NC	4		10	22	
Choline, total....mg	5.1		0	BFZN	4		6.2	14.1	
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	0		0	AS	1		0	0	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		2		1		0	0	
Lycopene....µg	0		0	BFZN	4		0	0	
Lutein + zeaxanthin....µg	50		0	BFZN	4		61	138	
Vitamin E (alpha-tocopherol)....mg	0.12		0	BFZN	4		0.15	0.34	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	4.5		0	BFZN	4		5.5	12.5	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 09340
Pears, asian, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.012		0		1		0.015	0.033	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	
15:0....g									
16:0....g	0.010		1		1		0.012	0.028	
17:0....g									
18:0....g	0.002		1		1		0.002	0.006	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.049		0		1		0.060	0.135	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		1		1		0.001	0.003	
17:1....g									
18:1 undifferentiated....g	0.047		1		1		0.057	0.129	
20:1....g	0.001		1		1		0.001	0.003	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.055		0		1		0.067	0.151	
18:2 undifferentiated....g	0.054		1		1		0.066	0.149	
18:3 undifferentiated....g	0.001		1		1		0.001	0.003	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.005		0		1		0.006	0.014	
Threonine....g	0.013		0		1		0.016	0.036	
Isoleucine....g	0.014		0		1		0.017	0.039	
Leucine....g	0.025		0		1		0.031	0.069	
Lysine....g	0.017		0		1		0.021	0.047	
Methionine....g	0.006		0		1		0.007	0.017	
Cystine....g	0.005		0		1		0.006	0.014	
Phenylalanine....g	0.013		0		1		0.016	0.036	
Tyrosine....g	0.004		0		1		0.005	0.011	
Valine....g	0.018		0		1		0.022	0.050	
Arginine....g	0.009		0		1		0.011	0.025	
Histidine....g	0.005		0		1		0.006	0.014	
Alanine....g	0.017		0		1		0.021	0.047	
Aspartic acid....g	0.098		0		1		0.120	0.270	
Glutamic acid....g	0.036		0		1		0.044	0.099	
Glycine....g	0.014		0		1		0.017	0.039	
Proline....g	0.016		0		1		0.020	0.044	
Serine....g	0.018		0		1		0.022	0.050	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 09340
Pears, asian, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 122g: 1 fruit 2-1/4" high x 2-1/2" dia

Measure 2 = 275g: 1 fruit 3-3/8" high x 3" diameter

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09258

Pears, canned, extra heavy syrup pack, solids and liquids

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	74.28		0		1		197.58	58.68	
Energy....kcal	97		0	NC	4		258	77	
Energy....kJ	406				4		1080	321	
Protein (N x 6.25)....g	0.19		0		1		0.51	0.15	
Total lipid (fat)....g	0.13		0		1		0.35	0.10	
Ash....g	0.15		0		1		0.40	0.12	
Carbohydrate, by difference....g	25.25		0	NC	4		67.17	19.95	
Fiber, total dietary....g	1.6		0		4		4.3	1.3	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	5		0		1		13	4	
Iron, Fe....mg	0.22		0		1		0.59	0.17	
Magnesium, Mg....mg	4		0		1		11	3	
Phosphorus, P....mg	7		0		1		19	6	
Potassium, K....mg	64		0		1		170	51	
Sodium, Na....mg	5		0		1		13	4	
Zinc, Zn....mg	0.08		0		1		0.21	0.06	
Copper, Cu....mg	0.048		0		1		0.128	0.038	
Manganese, Mn....mg	0.032		0		1		0.085	0.025	
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.1		0		1		2.9	0.9	
Thiamin....mg	0.010		0		1		0.027	0.008	
Riboflavin....mg	0.022		0		1		0.059	0.017	
Niacin....mg	0.238		0		1		0.633	0.188	
Pantothenic acid....mg	0.022		0		1		0.059	0.017	
Vitamin B-6....mg	0.014		0		1		0.037	0.011	
Folate, total....µg	1		0		1		3	1	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	1		0		1		3	1	
Folate, DFE....µg	1		0	NC	4		3	1	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	0		0		1		0	0	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0		1		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.007		0		1		0.019	0.006	
4:0....g									

NDB No. 09258
Pears, canned, extra heavy syrup pack, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g									
15:0....g									
16:0....g	0.005		0		1		0.013	0.004	
17:0....g									
18:0....g	0.001		0		1		0.003	0.001	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.026		0		1		0.069	0.021	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1		0.003	0.001	
17:1....g									
18:1 undifferentiated....g	0.025		0		1		0.067	0.020	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.030		0		1		0.080	0.024	
18:2 undifferentiated....g	0.029		0		1		0.077	0.023	
18:3 undifferentiated....g									
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g									
Threonine....g	0.005		0		1		0.013	0.004	
Isoleucine....g	0.006		0		1		0.016	0.005	
Leucine....g	0.010		0		1		0.027	0.008	
Lysine....g	0.007		0		1		0.019	0.006	
Methionine....g	0.002		0		1		0.005	0.002	
Cystine....g	0.002		0		1		0.005	0.002	
Phenylalanine....g	0.005		0		1		0.013	0.004	
Tyrosine....g	0.002		0		1		0.005	0.002	
Valine....g	0.007		0		1		0.019	0.006	
Arginine....g	0.003		0		1		0.008	0.002	
Histidine....g	0.002		0		1		0.005	0.002	
Alanine....g	0.006		0		1		0.016	0.005	
Aspartic acid....g	0.038		0		1		0.101	0.030	
Glutamic acid....g	0.014		0		1		0.037	0.011	
Glycine....g	0.006		0		1		0.016	0.005	
Proline....g	0.005		0		1		0.013	0.004	
Serine....g	0.007		0		1		0.019	0.006	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 266g: 1 cup, halves

NDB No. 09258

Pears, canned, extra heavy syrup pack, solids and liquids

Measure 2 = 79g: 1 half, with liquid

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.78

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09255

Pears, canned, extra light syrup pack, solids and liquids

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	87.30		2		1		215.63	66.35	
Energy....kcal	47		0	NC	4		116	36	
Energy....kJ	197				4		486	149	
Protein (N x 6.25)....g	0.30		2		1		0.74	0.23	
Total lipid (fat)....g	0.10		2		1		0.25	0.08	
Ash....g	0.10		2		1		0.25	0.08	
Carbohydrate, by difference....g	12.20		0	NC	4		30.13	9.27	
Fiber, total dietary....g	1.6		0		4		4.0	1.2	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	7		2		1		17	5	
Iron, Fe....mg	0.20		2		1		0.49	0.15	
Magnesium, Mg....mg	5		2		1		12	4	
Phosphorus, P....mg	7		2		1		17	5	
Potassium, K....mg	45		2		1		111	34	
Sodium, Na....mg	2		2		1		5	2	
Zinc, Zn....mg	0.07		2		1		0.17	0.05	
Copper, Cu....mg	0.070		2		1		0.173	0.053	
Manganese, Mn....mg	0.033		0		1		0.082	0.025	
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	2.0		2		1		4.9	1.5	
Thiamin....mg	0.010		2		1		0.025	0.008	
Riboflavin....mg	0.020		2		1		0.049	0.015	
Niacin....mg	0.400		2		1		0.988	0.304	
Pantothenic acid....mg	0.022		0		1		0.054	0.017	
Vitamin B-6....mg	0.014		0		1		0.035	0.011	
Folate, total....µg	1		0		1		3	1	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	1		0		1		3	1	
Folate, DFE....µg	1		0	NC	4		3	1	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	0		0		1		0	0	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0		1		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.006		0		1		0.015	0.005	
4:0....g									

NDB No. 09255

Pears, canned, extra light syrup pack, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g									
15:0....g									
16:0....g	0.004		0		1		0.010	0.003	
17:0....g									
18:0....g	0.001		0		1		0.002	0.001	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.021		0		1		0.052	0.016	
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.020		0		1		0.049	0.015	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.023		0		1		0.057	0.017	
18:2 undifferentiated....g	0.023		0		1		0.057	0.017	
18:3 undifferentiated....g									
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g									
Threonine....g	0.008		0		1		0.020	0.006	
Isoleucine....g	0.009		0		1		0.022	0.007	
Leucine....g	0.015		0		1		0.037	0.011	
Lysine....g	0.011		0		1		0.027	0.008	
Methionine....g	0.004		0		1		0.010	0.003	
Cystine....g	0.003		0		1		0.007	0.002	
Phenylalanine....g	0.008		0		1		0.020	0.006	
Tyrosine....g	0.003		0		1		0.007	0.002	
Valine....g	0.011		0		1		0.027	0.008	
Arginine....g	0.005		0		1		0.012	0.004	
Histidine....g	0.003		0		1		0.007	0.002	
Alanine....g	0.010		0		1		0.025	0.008	
Aspartic acid....g	0.059		0		1		0.146	0.045	
Glutamic acid....g	0.022		0		1		0.054	0.017	
Glycine....g	0.009		0		1		0.022	0.007	
Proline....g	0.008		0		1		0.020	0.006	
Serine....g	0.011		0		1		0.027	0.008	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 247g: 1 cup, halves

NDB No. 09255

Pears, canned, extra light syrup pack, solids and liquids

Measure 2 = 76g: 1 half, with liquid

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.69

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09257
Pears, canned, heavy syrup pack, solids and liquids

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	80.35	0.059	207		1		213.73	61.07	
Energy....kcal	74		0	NC	4		197	56	
Energy....kJ	310		0		4		824	235	
Protein (N x 6.25)....g	0.20	0.002	143		1		0.53	0.15	
Total lipid (fat)....g	0.13	0.009	90		1		0.35	0.10	
Ash....g	0.15	0.004	102		1		0.40	0.11	
Carbohydrate, by difference....g	19.17		0	NC	4		50.99	14.57	
Fiber, total dietary....g	1.6		0		4		4.3	1.2	
Sugars, total....g	15.20		1		1		40.43	11.55	
Sucrose....g	1.40		1		1		3.72	1.06	
Glucose (dextrose)....g	6.10		1		1		16.23	4.64	
Fructose....g	5.90		1		1		15.69	4.48	
Lactose....g									
Maltose....g	1.90		1		1		5.05	1.44	
Galactose....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	5	0.095	100		1		13	4	
Iron, Fe....mg	0.22	0.008	105		1		0.59	0.17	
Magnesium, Mg....mg	4	0.059	84		1		11	3	
Phosphorus, P....mg	7	0.096	102		1		19	5	
Potassium, K....mg	65	2.119	63		1		173	49	
Sodium, Na....mg	5	0.169	83		1		13	4	
Zinc, Zn....mg	0.08	0.008	56		1		0.21	0.06	
Copper, Cu....mg	0.049	0.002	56		1		0.130	0.037	
Manganese, Mn....mg	0.032		0		1		0.085	0.024	
Selenium, Se....µg	0.0		0	BFYN	4		0.1	0.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.1	0.049	181		1		2.9	0.8	
Thiamin....mg	0.010	0.000	97		1		0.027	0.008	
Riboflavin....mg	0.022	0.001	109		1		0.059	0.017	
Niacin....mg	0.242	0.013	90		1		0.644	0.184	
Pantothenic acid....mg	0.022		0		1		0.059	0.017	
Vitamin B-6....mg	0.014		0		1		0.037	0.011	
Folate, total....µg	1	0.273	3		1		3	1	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	1	0.273	3		1		3	1	
Folate, DFE....µg	1		0	NC	4		3	1	
Choline, total....mg	1.9		0	AS	1		5.2	1.5	
Betaine....mg	0.3		1	A	1		0.7	0.2	
Vitamin B-12....µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	0	0.000	26		1		0	0	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0	0.000	26		1		0	0	
Lycopene....µg	0		0	BFYN	4		0	0	
Lutein + zeaxanthin....µg	34		0	BFYN	4		89	26	
Vitamin E (alpha-tocopherol)....mg	0.08		0	BFYN	4		0.22	0.06	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									

NDB No. 09257

Pears, canned, heavy syrup pack, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	0.3		2	A	1		0.9	0.3	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.007		0		1		0.019	0.005	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	
15:0....g									
16:0....g	0.006		0		1		0.016	0.005	
17:0....g									
18:0....g	0.001		0		1		0.003	0.001	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.027		0		1		0.072	0.021	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1		0.003	0.001	
17:1....g									
18:1 undifferentiated....g	0.026		0		1		0.069	0.020	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.030		0		1		0.080	0.023	
18:2 undifferentiated....g	0.030		0		1		0.080	0.023	
18:3 undifferentiated....g	0.000		0		1		0.000	0.000	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g									
Threonine....g	0.005		0		1		0.013	0.004	
Isoleucine....g	0.006		0		1		0.016	0.005	
Leucine....g	0.010		0		1		0.027	0.008	
Lysine....g	0.007		0		1		0.019	0.005	
Methionine....g	0.002		0		1		0.005	0.002	
Cystine....g	0.002		0		1		0.005	0.002	
Phenylalanine....g	0.005		0		1		0.013	0.004	
Tyrosine....g	0.002		0		1		0.005	0.002	
Valine....g	0.007		0		1		0.019	0.005	
Arginine....g	0.003		0		1		0.008	0.002	
Histidine....g	0.002		0		1		0.005	0.002	
Alanine....g	0.007		0		1		0.019	0.005	
Aspartic acid....g	0.039		0		1		0.104	0.030	
Glutamic acid....g	0.014		0		1		0.037	0.011	
Glycine....g	0.006		0		1		0.016	0.005	
Proline....g	0.005		0		1		0.013	0.004	
Serine....g	0.007		0		1		0.019	0.005	
Hydroxyproline....g									

NDB No. 09257

Pears, canned, heavy syrup pack, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 266g: 1 cup

Measure 2 = 76g: 1 half, with liquid

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.75

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09374
Pears, canned, heavy syrup, drained

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	80.35		0	BD	4		161.50	38.57	
Energy....kcal	74		0	NC	4		148	35	
Energy....kJ	309		0	NC	4		621	148	
Protein....g	0.24		0	BD	4		0.49	0.12	
Total lipid (fat)....g	0.18		0	BD	4		0.36	0.09	
Ash....g	0.15		0	BD	4		0.31	0.07	
Carbohydrate, by difference....g	19.08		0	NC	4		38.34	9.16	
Fiber, total dietary....g	2.7		0	BD	4		5.3	1.3	
Sugars, total....g	16.42		0	O	4		33.00	7.88	
Starch....g									
Minerals:									
Calcium, Ca....mg	6		0	BD	4		11	3	
Iron, Fe....mg	0.22		0	BD	4		0.44	0.11	
Magnesium, Mg....mg	4		0	BD	4		8	2	
Phosphorus, P....mg	8		0	BD	4		16	4	
Potassium, K....mg	66		0	BD	4		133	32	
Sodium, Na....mg	5		0	BD	4		10	2	
Zinc, Zn....mg	0.08		0	BD	4		0.17	0.04	
Copper, Cu....mg	0.061		0	BD	4		0.122	0.029	
Manganese, Mn....mg									
Selenium, Se....µg	0.1		0	BFZN	4		0.1	0.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.1		0	BD	4		2.2	0.5	
Thiamin....mg	0.011		0	BD	4		0.022	0.005	
Riboflavin....mg	0.024		0	BD	4		0.048	0.011	
Niacin....mg	0.242		0	BD	4		0.486	0.116	
Pantothenic acid....mg									
Vitamin B-6....mg	0.014		0	BD	4		0.029	0.007	
Folate, total....µg	1		0	BD	4		3	1	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	1		0	BD	4		3	1	
Folate, DFE....µg	1		0	NC	4		3	1	
Choline, total....mg	1.3		0	BFYN	4		2.6	0.6	
Betaine....mg									
Vitamin B-12....µg	0.00		0		7		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	0		0	NC	4		1	0	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg	4		1	A	1		8	2	
Carotene, alpha....µg	0		0	BFZN	4		1	0	
Cryptoxanthin, beta....µg	2		0	BFZN	4		4	1	
Vitamin A, IU....IU	8		0	NC	4		17	4	
Lycopene....µg	0		0	BFZN	4		0	0	
Lutein + zeaxanthin....µg	50		0	BFZN	4		101	24	
Vitamin E (alpha-tocopherol)....mg	0.12		0	BFZN	4		0.25	0.06	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	0.3		0	BFZN	4		0.5	0.1	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 09374
Pears, canned, heavy syrup, drained

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.010		0		4		0.020	0.005	
4:0....g	0.000		0		4		0.000	0.000	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	
10:0....g	0.000		0		4		0.000	0.000	
12:0....g	0.000		0		4		0.000	0.000	
13:0....g									
14:0....g	0.000		0		4		0.000	0.000	
15:0....g									
16:0....g	0.008		0		4		0.016	0.004	
17:0....g									
18:0....g	0.001		0		4		0.002	0.000	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.037		0		4		0.074	0.018	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		4		0.002	0.000	
17:1....g									
18:1 undifferentiated....g	0.036		0		4		0.072	0.017	
20:1....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.041		0		4		0.082	0.020	
18:2 undifferentiated....g	0.041		0		4		0.082	0.020	
18:3 undifferentiated....g	0.000		0		4		0.000	0.000	
18:4....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0		7		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 201g: 1 cup

Measure 2 = 48g: 1 half

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.75

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09254
Pears, canned, juice pack, solids and liquids

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	86.47	0.131	6		1		214.45	65.72	
Energy....kcal	50		0	NC	4		124	38	
Energy....kJ	209		0		4		519	159	
Protein (N x 6.25)....g	0.34	0.012	15		1		0.84	0.26	
Total lipid (fat)....g	0.07	0.014	14		1		0.17	0.05	
Ash....g	0.19	0.001	6		1		0.47	0.14	
Carbohydrate, by difference....g	12.94		0	NC	4		32.09	9.83	
Fiber, total dietary....g	1.6		0		4		4.0	1.2	
Sugars, total....g	9.70		1		1		24.06	7.37	
Sucrose....g	0.60		1		1		1.49	0.46	
Glucose (dextrose)....g	3.30		1		1		8.18	2.51	
Fructose....g	5.80		1		1		14.38	4.41	
Lactose....g									
Maltose....g	0.00		1		1		0.00	0.00	
Galactose....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	9	0.396	14		1		22	7	
Iron, Fe....mg	0.29	0.058	7		1		0.72	0.22	
Magnesium, Mg....mg	7	0.364	13		1		17	5	
Phosphorus, P....mg	12	0.847	14		1		30	9	
Potassium, K....mg	96	8.984	13		1		238	73	
Sodium, Na....mg	4	0.462	13		1		10	3	
Zinc, Zn....mg	0.09	0.005	6		1		0.22	0.07	
Copper, Cu....mg	0.053	0.005	6		1		0.131	0.040	
Manganese, Mn....mg	0.034		0		4		0.084	0.026	
Selenium, Se....µg	0.0		0	BFYN	4		0.1	0.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.6	0.068	7		1		4.0	1.2	
Thiamin....mg	0.011	0.001	3		1		0.027	0.008	
Riboflavin....mg	0.011	0.002	3		1		0.027	0.008	
Niacin....mg	0.200		1		1		0.496	0.152	
Pantothenic acid....mg	0.022		0		4		0.055	0.017	
Vitamin B-6....mg	0.014		0		4		0.035	0.011	
Folate, total....µg	1		0		4		3	1	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	1		0		4		3	1	
Folate, DFE....µg	1		0	NC	4		3	1	
Choline, total....mg	3.4		0	BFYN	4		8.5	2.6	
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	0		2		1		1	0	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg	3		0	BNA	4		8	3	
Carotene, alpha....µg	0		0	BNA	4		0	0	
Cryptoxanthin, beta....µg	0		0	BNA	4		1	0	
Vitamin A, IU....IU	6		2		1		15	5	
Lycopene....µg	0		0	BFYN	4		0	0	
Lutein + zeaxanthin....µg	34		0	BFYN	4		83	26	
Vitamin E (alpha-tocopherol)....mg	0.08		0	BFYN	4		0.20	0.06	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									

NDB No. 09254
Pears, canned, juice pack, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	0.3		2	A	1		0.8	0.3	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.004		0		1		0.010	0.003	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	
15:0....g									
16:0....g	0.003		0		1		0.007	0.002	
17:0....g									
18:0....g	0.000		0		1		0.000	0.000	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.014		0		1		0.035	0.011	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.013		0		1		0.032	0.010	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.015		0		1		0.037	0.011	
18:2 undifferentiated....g	0.015		0		1		0.037	0.011	
18:3 undifferentiated....g	0.000		0		1		0.000	0.000	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g									
Threonine....g	0.009		0		1		0.022	0.007	
Isoleucine....g	0.010		0		1		0.025	0.008	
Leucine....g	0.017		0		1		0.042	0.013	
Lysine....g	0.012		0		1		0.030	0.009	
Methionine....g	0.004		0		1		0.010	0.003	
Cystine....g	0.003		0		1		0.007	0.002	
Phenylalanine....g	0.009		0		1		0.022	0.007	
Tyrosine....g	0.003		0		1		0.007	0.002	
Valine....g	0.012		0		1		0.030	0.009	
Arginine....g	0.006		0		1		0.015	0.005	
Histidine....g	0.004		0		1		0.010	0.003	
Alanine....g	0.011		0		1		0.027	0.008	
Aspartic acid....g	0.068		0		1		0.169	0.052	
Glutamic acid....g	0.025		0		1		0.062	0.019	
Glycine....g	0.010		0		1		0.025	0.008	
Proline....g	0.009		0		1		0.022	0.007	
Serine....g	0.012		0		1		0.030	0.009	
Hydroxyproline....g									

NDB No. 09254
Pears, canned, juice pack, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 248g: 1 cup, halves

Measure 2 = 76g: 1 half, with liquid

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.7

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09256
Pears, canned, light syrup pack, solids and liquids

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	84.46	0.137	26		1		211.99	64.19	
Energy....kcal	57		0	NC	4		143	43	
Energy....kJ	238		0		4		599	181	
Protein (N x 6.25)....g	0.19	0.007	18		1		0.48	0.14	
Total lipid (fat)....g	0.03	0.003	8		1		0.08	0.02	
Ash....g	0.14	0.004	18		1		0.35	0.11	
Carbohydrate, by difference....g	15.17		0	NC	4		38.08	11.53	
Fiber, total dietary....g	1.6		0		4		4.0	1.2	
Sugars, total....g	12.10		1		1		30.37	9.20	
Sucrose....g	1.10		1		1		2.76	0.84	
Glucose (dextrose)....g	4.80		1		1		12.05	3.65	
Fructose....g	5.10		1		1		12.80	3.88	
Lactose....g									
Maltose....g	1.10		1		1		2.76	0.84	
Galactose....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	5	0.156	16		1		13	4	
Iron, Fe....mg	0.28	0.014	20		1		0.70	0.21	
Magnesium, Mg....mg	4	0.095	17		1		10	3	
Phosphorus, P....mg	7	0.135	17		1		18	5	
Potassium, K....mg	66		0		1		166	50	
Sodium, Na....mg	5		0		1		13	4	
Zinc, Zn....mg	0.08		0		1		0.20	0.06	
Copper, Cu....mg	0.049		0		1		0.123	0.037	
Manganese, Mn....mg	0.033		0		1		0.083	0.025	
Selenium, Se....µg	0.0		0	BFYN	4		0.1	0.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.7	0.032	47		1		1.8	0.5	
Thiamin....mg	0.010	0.000	17		1		0.025	0.008	
Riboflavin....mg	0.016	0.001	25		1		0.040	0.012	
Niacin....mg	0.154	0.009	18		1		0.387	0.117	
Pantothenic acid....mg	0.022		0		1		0.055	0.017	
Vitamin B-6....mg	0.014		0		1		0.035	0.011	
Folate, total....µg	1		0		1		3	1	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	1		0		1		3	1	
Folate, DFE....µg	1		0	NC	4		3	1	
Choline, total....mg	3.4		0	BFYN	4		8.6	2.6	
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	0		0		1		0	0	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0		1		0	0	
Lycopene....µg	0		0	BFYN	4		0	0	
Lutein + zeaxanthin....µg	34		0	BFYN	4		84	26	
Vitamin E (alpha-tocopherol)....mg	0.08		0	BFYN	4		0.21	0.06	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									

NDB No. 09256

Pears, canned, light syrup pack, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	0.3		2	A	1		0.8	0.3	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.002		0		1		0.005	0.002	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	
15:0....g									
16:0....g	0.001		0		1		0.003	0.001	
17:0....g									
18:0....g	0.000		0		1		0.000	0.000	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.006		0		1		0.015	0.005	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.006		0		1		0.015	0.005	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.007		0		1		0.018	0.005	
18:2 undifferentiated....g	0.007		0		1		0.018	0.005	
18:3 undifferentiated....g	0.000		0		1		0.000	0.000	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g									
Threonine....g	0.005		0		1		0.013	0.004	
Isoleucine....g	0.006		0		1		0.015	0.005	
Leucine....g	0.010		0		1		0.025	0.008	
Lysine....g	0.007		0		1		0.018	0.005	
Methionine....g	0.002		0		1		0.005	0.002	
Cystine....g	0.002		0		1		0.005	0.002	
Phenylalanine....g	0.005		0		1		0.013	0.004	
Tyrosine....g	0.002		0		1		0.005	0.002	
Valine....g	0.007		0		1		0.018	0.005	
Arginine....g	0.003		0		1		0.008	0.002	
Histidine....g	0.002		0		1		0.005	0.002	
Alanine....g	0.006		0		1		0.015	0.005	
Aspartic acid....g	0.038		0		1		0.095	0.029	
Glutamic acid....g	0.014		0		1		0.035	0.011	
Glycine....g	0.006		0		1		0.015	0.005	
Proline....g	0.005		0		1		0.013	0.004	
Serine....g	0.007		0		1		0.018	0.005	
Hydroxyproline....g									

NDB No. 09256

Pears, canned, light syrup pack, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 251g: 1 cup, halves

Measure 2 = 76g: 1 half, with liquid

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.71

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09253
Pears, canned, water pack, solids and liquids

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	91.81	0.078	69		1		224.02	69.78	
Energy....kcal	29		0	NC	4		71	22	
Energy....kJ	121		0		4		296	92	
Protein (N x 6.25)....g	0.19	0.007	12		1		0.46	0.14	
Total lipid (fat)....g	0.03	0.002	12		1		0.07	0.02	
Ash....g	0.16	0.008	12		1		0.39	0.12	
Carbohydrate, by difference....g	7.81		0	NC	4		19.06	5.94	
Fiber, total dietary....g	1.6		0		4		3.9	1.2	
Sugars, total....g	6.10		1		1		14.88	4.64	
Sucrose....g	0.30		1		1		0.73	0.23	
Glucose (dextrose)....g	1.90		1		1		4.64	1.44	
Fructose....g	3.90		1		1		9.52	2.96	
Lactose....g									
Maltose....g	0.00		1		1		0.00	0.00	
Galactose....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	4	0.245	12		1		10	3	
Iron, Fe....mg	0.21	0.016	12		1		0.51	0.16	
Magnesium, Mg....mg	4	0.062	12		1		10	3	
Phosphorus, P....mg	7	0.334	12		1		17	5	
Potassium, K....mg	53	1.060	54		1		129	40	
Sodium, Na....mg	2	0.153	80		1		5	2	
Zinc, Zn....mg	0.09		0		1		0.22	0.07	
Copper, Cu....mg	0.051		0		1		0.124	0.039	
Manganese, Mn....mg	0.034		0		1		0.083	0.026	
Selenium, Se....µg	0.0		0	BFYN	4		0.1	0.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.0	0.037	65		1		2.4	0.8	
Thiamin....mg	0.008	0.001	12		1		0.020	0.006	
Riboflavin....mg	0.010	0.000	12		1		0.024	0.008	
Niacin....mg	0.054	0.002	12		1		0.132	0.041	
Pantothenic acid....mg	0.022		0		1		0.054	0.017	
Vitamin B-6....mg	0.014		0		1		0.034	0.011	
Folate, total....µg	1		0		1		3	1	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	1		0		1		3	1	
Folate, DFE....µg	1		0	NC	4		3	1	
Choline, total....mg	3.4		0	BFYN	4		8.4	2.6	
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	0		0		1		0	0	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0		1		0	0	
Lycopene....µg	0		0	BFYN	4		0	0	
Lutein + zeaxanthin....µg	34		0	BFYN	4		82	26	
Vitamin E (alpha-tocopherol)....mg	0.08		0	BFYN	4		0.20	0.06	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									

NDB No. 09253
Pears, canned, water pack, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	0.3		2	A	1		0.8	0.3	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.002		0		1		0.005	0.002	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	
15:0....g									
16:0....g	0.001		0		1		0.002	0.001	
17:0....g									
18:0....g	0.000		0		1		0.000	0.000	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.006		0		1		0.015	0.005	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.006		0		1		0.015	0.005	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.007		0		1		0.017	0.005	
18:2 undifferentiated....g	0.007		0		1		0.017	0.005	
18:3 undifferentiated....g	0.000		0		1		0.000	0.000	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g									
Threonine....g	0.005		0		1		0.012	0.004	
Isoleucine....g	0.005		0		1		0.012	0.004	
Leucine....g	0.009		0		1		0.022	0.007	
Lysine....g	0.007		0		1		0.017	0.005	
Methionine....g	0.002		0		1		0.005	0.002	
Cystine....g	0.002		0		1		0.005	0.002	
Phenylalanine....g	0.005		0		1		0.012	0.004	
Tyrosine....g	0.002		0		1		0.005	0.002	
Valine....g	0.007		0		1		0.017	0.005	
Arginine....g	0.003		0		1		0.007	0.002	
Histidine....g	0.002		0		1		0.005	0.002	
Alanine....g	0.006		0		1		0.015	0.005	
Aspartic acid....g	0.037		0		1		0.090	0.028	
Glutamic acid....g	0.013		0		1		0.032	0.010	
Glycine....g	0.005		0		1		0.012	0.004	
Proline....g	0.005		0		1		0.012	0.004	
Serine....g	0.007		0		1		0.017	0.005	
Hydroxyproline....g									

NDB No. 09253
Pears, canned, water pack, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 244g: 1 cup, halves

Measure 2 = 76g: 1 half, with liquid

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09261
Pears, dried, sulfured, stewed, with added sugar

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	61.20		0		1		171.36		
Energy....kcal	140		0	NC	4		392		
Energy....kJ	586				4		1640		
Protein (N x 6.25)....g	0.86		0		1		2.41		
Total lipid (fat)....g	0.29		0		1		0.81		
Ash....g	0.51		0		1		1.43		
Carbohydrate, by difference....g	37.14		0	NC	4		103.99		
Fiber, total dietary....g	5.8		0		4		16.2		
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	15		0		1		42		
Iron, Fe....mg	0.97		0		1		2.72		
Magnesium, Mg....mg	15		0		1		42		
Phosphorus, P....mg	27		0		1		76		
Potassium, K....mg	245		0		1		686		
Sodium, Na....mg	3		0		1		8		
Zinc, Zn....mg	0.18		0		1		0.50		
Copper, Cu....mg	0.171		0		1		0.479		
Manganese, Mn....mg	0.151		0		1		0.423		
Selenium, Se....µg	2.4		0	BFSN	4		6.7		
Vitamins:									
Vitamin C, total ascorbic acid....mg	3.8		0		1		10.6		
Thiamin....mg	0.004		0		1		0.011		
Riboflavin....mg	0.019		0		1		0.053		
Niacin....mg	0.333		0		1		0.932		
Pantothenic acid....mg	0.070		0		1		0.196		
Vitamin B-6....mg	0.033		0		1		0.092		
Folate, total....µg	0		0		1		0		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	0		0		1		0		
Folate, DFE....µg	0		0	NC	4		0		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....µg	2		0		1		6		
Retinol....µg	0		0	Z	7		0		
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	40		0		1		112		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.016		0		1		0.045		
4:0....g	0.000		0		1		0.000		

NDB No. 09261
Pears, dried, sulfured, stewed, with added sugar

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0		1		0.000		
8:0 g	0.000		0		1		0.000		
10:0 g	0.000		0		1		0.000		
12:0 g	0.000		0		1		0.000		
13:0 g									
14:0 g	0.000		0		1		0.000		
15:0 g									
16:0 g	0.012		0		1		0.034		
17:0 g									
18:0 g	0.002		0		1		0.006		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.061		0		1		0.171		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.001		0		1		0.003		
17:1 g									
18:1 undifferentiated g	0.059		0		1		0.165		
20:1 g	0.001		0		1		0.003		
22:1 undifferentiated g	0.000		0		1		0.000		
24:1 c g									
Fatty acids, total polyunsaturated g	0.068		0		1		0.190		
18:2 undifferentiated g	0.067		0		1		0.188		
18:3 undifferentiated g	0.001		0		1		0.003		
18:4 g	0.000		0		1		0.000		
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000		
20:5 n-3 (EPA) g	0.000		0		1		0.000		
22:5 n-3 (DPA) g	0.000		0		1		0.000		
22:6 n-3 (DHA) g	0.000		0		1		0.000		
Fatty acids, total trans g									
Cholesterol mg	0		0	Z	7		0		
Phytosterols mg									
Amino Acids:									
Tryptophan g									
Threonine g	0.022		0		1		0.062		
Isoleucine g	0.025		0		1		0.070		
Leucine g	0.043		0		1		0.120		
Lysine g	0.030		0		1		0.084		
Methionine g	0.010		0		1		0.028		
Cystine g	0.008		0		1		0.022		
Phenylalanine g	0.023		0		1		0.064		
Tyrosine g	0.007		0		1		0.020		
Valine g	0.030		0		1		0.084		
Arginine g	0.015		0		1		0.042		
Histidine g	0.009		0		1		0.025		
Alanine g	0.029		0		1		0.081		
Aspartic acid g	0.169		0		1		0.473		
Glutamic acid g	0.062		0		1		0.174		
Glycine g	0.025		0		1		0.070		
Proline g	0.023		0		1		0.064		
Serine g	0.031		0		1		0.087		
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0		
Caffeine mg									
Theobromine mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 09261

Pears, dried, sulfured, stewed, with added sugar

Common Measures:

Measure 1 = 280g: 1 cup, halves

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09260
Pears, dried, sulfured, stewed, without added sugar

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	64.44		1		1		164.32		
Energy....kcal	127		0	NC	4		324		
Energy....kJ	531		0		4		1355		
Protein (N x 6.25)....g	0.91		0		1		2.32		
Total lipid (fat)....g	0.31		0		1		0.79		
Ash....g	0.54		0		1		1.38		
Carbohydrate, by difference....g	33.81		0	NC	4		86.22		
Fiber, total dietary....g	6.4		0		4		16.3		
Sugars, total....g	27.41		0	O	4		69.90		
Starch....g									
Minerals:									
Calcium, Ca....mg	16		0		1		41		
Iron, Fe....mg	1.02		0		1		2.60		
Magnesium, Mg....mg	16		0		1		41		
Phosphorus, P....mg	28		0		1		71		
Potassium, K....mg	258		0		1		658		
Sodium, Na....mg	3		0		1		8		
Zinc, Zn....mg	0.19		0		1		0.48		
Copper, Cu....mg	0.180		0		1		0.459		
Manganese, Mn....mg	0.159		0		1		0.405		
Selenium, Se....µg	0.1		0	BFSN	4		0.3		
Vitamins:									
Vitamin C, total ascorbic acid....mg	4.0	0.635	3		1		10.2		
Thiamin....mg	0.004	0.002	3		1		0.010		
Riboflavin....mg	0.020	0.000	3		1		0.051		
Niacin....mg	0.351	0.014	3		1		0.895		
Pantothenic acid....mg	0.074	0.012	3		1		0.189		
Vitamin B-6....mg	0.035	0.002	3		1		0.089		
Folate, total....µg	0		1		1		0		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	0		1		1		0		
Folate, DFE....µg	0		0	NC	4		0		
Choline, total....mg	11.2		0	BFSN	4		28.5		
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....µg	2		0	NC	4		5		
Retinol....µg	0		0	Z	7		0		
Carotene, beta....µg	23		0	BNA	4		60		
Carotene, alpha....µg	1		0	BNA	4		2		
Cryptoxanthin, beta....µg	3		0	BNA	4		8		
Vitamin A, IU....IU	42	25.243	3		1		107		
Lycopene....µg	0		0	BFSN	4		0		
Lutein + zeaxanthin....µg	24		0	BFSN	4		62		
Vitamin E (alpha-tocopherol)....mg	0.03		0	BFSN	4		0.07		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....µg	9.9		0	BFSN	4		25.3		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 09260

Pears, dried, sulfured, stewed, without added sugar

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.017		0		1		0.043		
4:0....g	0.000		0		1		0.000		
6:0....g	0.000		0		1		0.000		
8:0....g	0.000		0		1		0.000		
10:0....g	0.000		0		1		0.000		
12:0....g	0.000		0		1		0.000		
13:0....g									
14:0....g	0.000		0		1		0.000		
15:0....g									
16:0....g	0.013		0		1		0.033		
17:0....g									
18:0....g	0.002		0		1		0.005		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.064		0		1		0.163		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1		0.003		
17:1....g									
18:1 undifferentiated....g	0.062		0		1		0.158		
20:1....g	0.001		0		1		0.003		
22:1 undifferentiated....g	0.000		0		1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.072		0		1		0.184		
18:2 undifferentiated....g	0.071		0		1		0.181		
18:3 undifferentiated....g	0.001		0		1		0.003		
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000		
20:5 n-3 (EPA)....g	0.000		0		1		0.000		
22:5 n-3 (DPA)....g	0.000		0		1		0.000		
22:6 n-3 (DHA)....g	0.000		0		1		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g									
Threonine....g	0.023		0		1		0.059		
Isoleucine....g	0.026		0		1		0.066		
Leucine....g	0.046		0		1		0.117		
Lysine....g	0.032		0		1		0.082		
Methionine....g	0.011		0		1		0.028		
Cystine....g	0.009		0		1		0.023		
Phenylalanine....g	0.024		0		1		0.061		
Tyrosine....g	0.008		0		1		0.020		
Valine....g	0.032		0		1		0.082		
Arginine....g	0.016		0		1		0.041		
Histidine....g	0.010		0		1		0.026		
Alanine....g	0.030		0		1		0.077		
Aspartic acid....g	0.178		0		1		0.454		
Glutamic acid....g	0.065		0		1		0.166		
Glycine....g	0.026		0		1		0.066		
Proline....g	0.025		0		1		0.064		
Serine....g	0.032		0		1		0.082		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 09260

Pears, dried, sulfured, stewed, without added sugar

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 255g: 1 cup, halves

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09259
Pears, dried, sulfured, uncooked

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	26.69	0.367	21		1		48.04	4.80	46.71
Energy	kcal	262		0	NC	4		472	47	459
Energy	kJ	1096		0		4		1973	197	1918
Protein (N x 6.25)	g	1.87	0.056	19		1		3.37	0.34	3.27
Total lipid (fat)	g	0.63	0.027	19		1		1.13	0.11	1.10
Ash	g	1.11	0.039	19		1		2.00	0.20	1.94
Carbohydrate, by difference	g	69.70		0	NC	4		125.46	12.55	121.98
Fiber, total dietary	g	7.5		0		4		13.5	1.4	13.1
Sugars, total	g	62.20		0	O	4		111.96	11.20	108.85
Starch	g									
Minerals:										
Calcium, Ca	mg	34	1.069	19		1		61	6	60
Iron, Fe	mg	2.10	0.089	19		1		3.78	0.38	3.68
Magnesium, Mg	mg	33	0.590	19		1		59	6	58
Phosphorus, P	mg	59	1.251	19		1		106	11	103
Potassium, K	mg	533	16.424	21		1		959	96	933
Sodium, Na	mg	6	0.330	21		1		11	1	11
Zinc, Zn	mg	0.39	0.010	19		1		0.70	0.07	0.68
Copper, Cu	mg	0.371	0.011	19		1		0.668	0.067	0.649
Manganese, Mn	mg	0.327	0.038	3		1		0.589	0.059	0.572
Selenium, Se	µg	0.2		0	BFSN	4		0.4	0.0	0.4
Vitamins:										
Vitamin C, total ascorbic acid	mg	7.0		0		1		12.6	1.3	12.3
Thiamin	mg	0.008	0.000	16		1		0.014	0.001	0.014
Riboflavin	mg	0.145	0.007	16		1		0.261	0.026	0.254
Niacin	mg	1.372	0.086	16		1		2.470	0.247	2.401
Pantothenic acid	mg	0.153		0		4		0.275	0.028	0.268
Vitamin B-6	mg	0.072		0		4		0.130	0.013	0.126
Folate, total	µg	0		0		4		0	0	0
Folic acid	µg	0		0	Z	7		0	0	0
Folate, food	µg	0		0		4		0	0	0
Folate, DFE	µg	0		0	NC	4		0	0	0
Choline, total	mg	23.0		0	BFSN	4		41.5	4.1	40.3
Betaine	mg									
Vitamin B-12	µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added	µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE	µg	0	0.166	15		1		0	0	0
Retinol	µg	0		0	Z	7		0	0	0
Carotene, beta	µg	2		0	BNA	4		3	0	3
Carotene, alpha	µg	0		0	BNA	4		0	0	0
Cryptoxanthin, beta	µg	0		0	BNA	4		0	0	0
Vitamin A, IU	IU	3	3.314	15		1		5	1	5
Lycopene	µg	0		0	BFZN	4		0	0	0
Lutein + zeaxanthin	µg	50		0	BFZN	4		90	9	88
Vitamin E (alpha-tocopherol)	mg	0.06		1	A	1		0.11	0.01	0.11
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta	mg	0.00		1	A	1		0.00	0.00	0.00
Tocopherol, gamma	mg	0.04		1	A	1		0.07	0.01	0.07
Tocopherol, delta	mg	0.04		1	A	1		0.07	0.01	0.07
Vitamin D (D2 + D3)	µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)	µg	20.4		0	BFSN	4		36.8	3.7	35.8
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 09259
Pears, dried, sulfured, uncooked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.035		0		1		0.063	0.006	0.061
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.000		0		1		0.000	0.000	0.000
10:0....g	0.000		0		1		0.000	0.000	0.000
12:0....g	0.000		0		1		0.000	0.000	0.000
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	0.000
15:0....g									
16:0....g	0.027		0		1		0.049	0.005	0.047
17:0....g									
18:0....g	0.004		0		1		0.007	0.001	0.007
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.132		0		1		0.238	0.024	0.231
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.003		0		1		0.005	0.001	0.005
17:1....g									
18:1 undifferentiated....g	0.128		0		1		0.230	0.023	0.224
20:1....g	0.002		0		1		0.004	0.000	0.004
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.148		0		1		0.266	0.027	0.259
18:2 undifferentiated....g	0.146		0		1		0.263	0.026	0.256
18:3 undifferentiated....g	0.002		0		1		0.004	0.000	0.004
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g									
Threonine....g	0.049		0		1		0.088	0.009	0.086
Isoleucine....g	0.054		0		1		0.097	0.010	0.095
Leucine....g	0.094		0		1		0.169	0.017	0.165
Lysine....g	0.066		0		1		0.119	0.012	0.116
Methionine....g	0.022		0		1		0.040	0.004	0.039
Cystine....g	0.018		0		1		0.032	0.003	0.032
Phenylalanine....g	0.049		0		1		0.088	0.009	0.086
Tyrosine....g	0.016		0		1		0.029	0.003	0.028
Valine....g	0.066		0		1		0.119	0.012	0.116
Arginine....g	0.032		0		1		0.058	0.006	0.056
Histidine....g	0.020		0		1		0.036	0.004	0.035
Alanine....g	0.062		0		1		0.112	0.011	0.109
Aspartic acid....g	0.368		0		1		0.662	0.066	0.644
Glutamic acid....g	0.135		0		1		0.243	0.024	0.236
Glycine....g	0.054		0		1		0.097	0.010	0.095
Proline....g	0.051		0		1		0.092	0.009	0.089
Serine....g	0.067		0		1		0.121	0.012	0.117
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 09259
Pears, dried, sulfured, uncooked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 180g: 1 cup, halves

Measure 2 = 18g: 1 half

Measure 3 = 175g: 10 halves

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09252

Pears, raw

Pyrus communis

Includes USDA commodity food A435

Refuse: 10% Stem, core and seeds

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	83.96	0.111	32	A	1		124.26	149.44	193.10
Energy....kcal	57		0	NC	4		85	102	132
Energy....kJ	239		0	NC	4		354	425	550
Protein (N x 6.25)....g	0.36	0.016	29	A	1		0.53	0.64	0.83
Total lipid (fat)....g	0.14	0.019	24	A	1		0.21	0.25	0.32
Ash....g	0.32	0.019	24	A	1		0.47	0.56	0.72
Carbohydrate, by difference....g	15.23		0	NC	4		22.54	27.10	35.02
Fiber, total dietary....g	3.1	0.074	24	A	1		4.6	5.5	7.1
Sugars, total....g	9.75	0.207	24	A	1		14.43	17.35	22.42
Sucrose....g	0.71	0.090	24	A	1		1.05	1.26	1.63
Glucose (dextrose)....g	2.60	0.156	24	A	1		3.84	4.62	5.97
Fructose....g	6.42	0.060	24	A	1		9.50	11.43	14.77
Lactose....g	0.00	0.000	23	A	1		0.00	0.00	0.00
Maltose....g	0.00	0.000	23	A	1		0.00	0.00	0.00
Galactose....g	0.00	0.000	24	A	1		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	9	0.411	51	A	1		14	17	21
Iron, Fe....mg	0.18	0.027	55	A	1		0.26	0.32	0.41
Magnesium, Mg....mg	7	0.065	51	A	1		10	12	16
Phosphorus, P....mg	12	0.226	50	A	1		17	21	27
Potassium, K....mg	116	3.612	50	A	1		172	207	267
Sodium, Na....mg	1	0.204	51	A	1		2	2	2
Zinc, Zn....mg	0.10	0.004	51	A	1		0.15	0.18	0.23
Copper, Cu....mg	0.082	0.006	57	A	1		0.122	0.147	0.189
Manganese, Mn....mg	0.048	0.003	60	A	1		0.072	0.086	0.111
Selenium, Se....µg	0.1	0.007	8	A	1		0.1	0.1	0.1
Vitamins:									
Vitamin C, total ascorbic acid....mg	4.3	0.225	16	A	1		6.4	7.7	9.9
Thiamin....mg	0.012	0.001	16	A	1		0.018	0.021	0.028
Riboflavin....mg	0.026	0.002	16	A	1		0.038	0.046	0.060
Niacin....mg	0.161	0.005	16	A	1		0.238	0.286	0.370
Pantothenic acid....mg	0.049	0.004	14	A	1		0.072	0.086	0.112
Vitamin B-6....mg	0.029	0.001	16	A	1		0.044	0.052	0.068
Folate, total....µg	7	0.296	16	A	1		10	12	16
Folic acid....µg	0		0	Z	7		0	0	0
Folate, food....µg	7	0.296	16	A	1		10	12	16
Folate, DFE....µg	7		0	NC	4		10	12	16
Choline, total....mg	5.1	0.123	3	AS	1		7.6	9.1	11.8
Betaine....mg	0.2	0.015	3	A	1		0.2	0.3	0.4
Vitamin B-12....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....µg	1		0	AS	1		2	2	3
Retinol....µg	0		0	Z	7		0	0	0
Carotene, beta....µg	14	4.004	16	A	1		20	24	31
Carotene, alpha....µg	1	0.812	16	A	1		1	1	2
Cryptoxanthin, beta....µg	2	0.448	14	A	1		3	3	4
Vitamin A, IU....IU	25		0	AS	1		37	44	57
Lycopene....µg	0	0.000	14	A	1		0	0	0
Lutein + zeaxanthin....µg	44	2.324	14	A	1		64	78	100
Vitamin E (alpha-tocopherol)....mg	0.12	0.003	4	A	1		0.18	0.22	0.28
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg	0.00	0.000	4	A	1		0.00	0.00	0.00
Tocopherol, gamma....mg	0.03	0.003	4	A	1		0.05	0.06	0.08
Tocopherol, delta....mg	0.00	0.000	4	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)....µg									

NDB No. 09252
Pears, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	4.4	0.185	16	A	1		6.6	7.9	10.2
Dihydrophylloquinone....µg	0.0	0.000	16	A	1		0.0	0.0	0.0
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.022		0		1		0.033	0.039	0.051
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.000		0		1		0.000	0.000	0.000
10:0....g	0.000		0		1		0.000	0.000	0.000
12:0....g	0.000		0		1		0.000	0.000	0.000
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	0.000
15:0....g									
16:0....g	0.017		1		1		0.025	0.030	0.039
17:0....g									
18:0....g	0.003		1		1		0.004	0.005	0.007
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.084		0		1		0.124	0.150	0.193
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.002		1		1		0.003	0.004	0.005
17:1....g									
18:1 undifferentiated....g	0.081		1		1		0.120	0.144	0.186
20:1....g	0.001		1		1		0.001	0.002	0.002
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.094		0		1		0.139	0.167	0.216
18:2 undifferentiated....g	0.093		1		1		0.138	0.166	0.214
18:3 undifferentiated....g	0.001		1		1		0.001	0.002	0.002
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	0
Phytosterols....mg	8		0		1		12	14	18
Amino Acids:									
Tryptophan....g	0.002		0	A	1		0.002	0.003	0.004
Threonine....g	0.011		0	A	1		0.017	0.020	0.026
Isoleucine....g	0.011		0	A	1		0.017	0.020	0.026
Leucine....g	0.019		0	A	1		0.028	0.034	0.044
Lysine....g	0.017		0	A	1		0.025	0.030	0.039
Methionine....g	0.002		0	A	1		0.003	0.004	0.005
Cystine....g	0.002		0	A	1		0.002	0.003	0.003
Phenylalanine....g	0.011		0	A	1		0.016	0.019	0.025
Tyrosine....g	0.002		0	A	1		0.002	0.003	0.004
Valine....g	0.017		0	A	1		0.025	0.030	0.039
Arginine....g	0.010		0	A	1		0.015	0.018	0.024
Histidine....g	0.002		0	A	1		0.002	0.003	0.003
Alanine....g	0.014		0	A	1		0.021	0.025	0.032
Aspartic acid....g	0.105		0	A	1		0.156	0.187	0.242
Glutamic acid....g	0.030		0	A	1		0.045	0.054	0.070
Glycine....g	0.013		0	A	1		0.019	0.023	0.029
Proline....g	0.021		0	A	1		0.031	0.038	0.049
Serine....g	0.015		0	A	1		0.023	0.027	0.035
Hydroxyproline....g									

NDB No. 09252
Pears, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 148g: 1 small

Measure 2 = 178g: 1 medium

Measure 3 = 230g: 1 large

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09412
Pears, raw, bartlett
Pyrus communis

Refuse: 10% core and stem

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	84.14	0.195	8	A	1		127.89	148.92	190.99
Energy....kcal	63		0	NC	4		96	112	143
Energy....kJ	264		0	NC	4		401	467	599
Protein....g	0.39	0.024	8	A	1		0.60	0.70	0.89
Total lipid (fat)....g	0.16	0.032	6	A	1		0.24	0.29	0.37
Ash....g	0.30	0.017	6	A	1		0.46	0.54	0.69
Carbohydrate, by difference....g	15.01		0	NC	4		22.81	26.56	34.06
Fiber, total dietary....g	3.1	0.099	6	A	1		4.7	5.5	7.1
Sugars, total....g	9.69	0.266	6	A	1		14.72	17.15	21.99
Sucrose....g	0.43	0.147	6	A	1		0.66	0.76	0.98
Glucose (dextrose)....g	2.50	0.253	6	A	1		3.80	4.42	5.67
Fructose....g	6.76	0.077	6	A	1		10.27	11.96	15.34
Lactose....g	0.00	0.000	6	A	1		0.00	0.00	0.00
Maltose....g	0.00	0.000	6	A	1		0.00	0.00	0.00
Galactose....g	0.00	0.000	6	A	1		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	9	0.249	4	A	1		14	17	22
Iron, Fe....mg	0.19	0.022	4	A	1		0.29	0.34	0.43
Magnesium, Mg....mg	6	0.013	4	A	1		10	11	15
Phosphorus, P....mg	11	0.168	4	A	1		17	20	25
Potassium, K....mg	101	4.161	4	A	1		154	179	229
Sodium, Na....mg	1		0	BFZN	4		2	2	2
Zinc, Zn....mg	0.08	0.006	4	A	1		0.12	0.14	0.18
Copper, Cu....mg	0.078	0.007	4	A	1		0.118	0.137	0.176
Manganese, Mn....mg	0.037	0.001	4	A	1		0.056	0.065	0.083
Selenium, Se....µg	0.1		2	A	1		0.1	0.1	0.2
Vitamins:									
Vitamin C, total ascorbic acid....mg	4.4	0.197	4	A	1		6.6	7.7	9.9
Thiamin....mg	0.012	0.001	4	A	1		0.018	0.021	0.027
Riboflavin....mg	0.026	0.002	4	A	1		0.039	0.045	0.058
Niacin....mg	0.164	0.008	4	A	1		0.250	0.291	0.373
Pantothenic acid....mg	0.042	0.004	4	A	1		0.063	0.074	0.094
Vitamin B-6....mg	0.026	0.003	4	A	1		0.040	0.047	0.060
Folate, total....µg	6	0.000	4	A	1		10	11	14
Folic acid....µg									
Folate, food....µg	6	0.000	4	A	1		10	11	14
Folate, DFE....µg									
Choline, total....mg	5.1		0	BFZN	4		7.8	9.1	11.6
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg	1	0.033	5	A	1		2	2	3
Retinol....µg									
Carotene, beta....µg	14	0.745	6	A	1		22	26	33
Carotene, alpha....µg	2	0.000	6	A	1		3	3	4
Cryptoxanthin, beta....µg	3	1.000	4	A	1		5	5	7
Vitamin A, IU....IU	28		0	AS	1		43	50	64
Lycopene....µg	0	0.000	4	A	1		0	0	0
Lutein + zeaxanthin....µg	51	4.257	4	A	1		78	90	116
Vitamin E (alpha-tocopherol)....mg	0.12		0	BFZN	4		0.19	0.22	0.28
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	3.8	0.134	4	A	1		5.7	6.7	8.6

NDB No. 09412
Pears, raw, bartlett

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....µg	0.0	0.000	4	A	1		0.0	0.0	0.0
Menaquinone-4....µg									
Amino Acids:									
Tryptophan....g	0.002		0	A	1		0.003	0.003	0.004
Threonine....g	0.012		0	A	1		0.018	0.021	0.028
Isoleucine....g	0.012		0	A	1		0.018	0.021	0.027
Leucine....g	0.020		0	A	1		0.030	0.035	0.046
Lysine....g	0.018		0	A	1		0.027	0.032	0.041
Methionine....g	0.002		0	A	1		0.004	0.004	0.005
Cystine....g	0.002		0	A	1		0.002	0.003	0.004
Phenylalanine....g	0.011		0	A	1		0.017	0.020	0.026
Tyrosine....g	0.002		0	A	1		0.003	0.003	0.004
Valine....g	0.018		0	A	1		0.027	0.032	0.041
Arginine....g	0.011		0	A	1		0.017	0.019	0.025
Histidine....g	0.002		0	A	1		0.002	0.003	0.004
Alanine....g	0.015		0	A	1		0.022	0.026	0.033
Aspartic acid....g	0.111		0	A	1		0.169	0.197	0.252
Glutamic acid....g	0.032		0	A	1		0.049	0.057	0.073
Glycine....g	0.013		0	A	1		0.020	0.024	0.030
Proline....g	0.022		0	A	1		0.034	0.040	0.051
Serine....g	0.016		0	A	1		0.024	0.029	0.037
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 152g: 1 small

Measure 2 = 177g: 1 medium

Measure 3 = 227g: 1 large

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09264
Persimmons, japanese, dried

Refuse: 8% Stems

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	23.01		1		1		7.82		
Energy....kcal	274		0	NC	4		93		
Energy....kJ	1146				4		390		
Protein (N x 6.25)....g	1.38		1		1		0.47		
Total lipid (fat)....g	0.59		1		1		0.20		
Ash....g	1.59		1		1		0.54		
Carbohydrate, by difference....g	73.43		0	NC	4		24.97		
Fiber, total dietary....g	14.5		0		1		4.9		
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	25		1		1		9		
Iron, Fe....mg	0.74		1		1		0.25		
Magnesium, Mg....mg	31		1		1		11		
Phosphorus, P....mg	81		1		1		28		
Potassium, K....mg	802		1		1		273		
Sodium, Na....mg	2		1		1		1		
Zinc, Zn....mg	0.42		0		1		0.14		
Copper, Cu....mg	0.442		0		1		0.150		
Manganese, Mn....mg	1.390		0		1		0.473		
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1		1		0.0		
Thiamin....mg									
Riboflavin....mg	0.029		1		1		0.010		
Niacin....mg	0.180		1		1		0.061		
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....µg	38		2	A	1		13		
Vitamin A, IU....IU	767		2	A	1		261		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0		
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g									
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.024		0		1		0.008		
Threonine....g	0.071		0		1		0.024		
Isoleucine....g	0.060		0		1		0.020		

NDB No. 09264
Persimmons, japanese, dried

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Leucine....g	0.101		0		1		0.034		
Lysine....g	0.078		0		1		0.027		
Methionine....g	0.012		0		1		0.004		
Cystine....g	0.030		0		1		0.010		
Phenylalanine....g	0.063		0		1		0.021		
Tyrosine....g	0.039		0		1		0.013		
Valine....g	0.072		0		1		0.024		
Arginine....g	0.059		0		1		0.020		
Histidine....g	0.027		0		1		0.009		
Alanine....g	0.068		0		1		0.023		
Aspartic acid....g	0.136		0		1		0.046		
Glutamic acid....g	0.179		0		1		0.061		
Glycine....g	0.060		0		1		0.020		
Proline....g	0.053		0		1		0.018		
Serine....g	0.053		0		1		0.018		
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 34g: 1 fruit without refuse

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate**3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09263
Persimmons, japanese, raw
Diospyros kaki

Refuse: 16% 2% calyx, 14% skin

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	80.32	0.384	5		1		134.94		
Energy....kcal	70		0	NC	4		118		
Energy....kJ	293		0		4		492		
Protein (N x 6.25)....g	0.58	0.025	3		1		0.97		
Total lipid (fat)....g	0.19		2		1		0.32		
Ash....g	0.33	0.055	3		1		0.55		
Carbohydrate, by difference....g	18.59		0	NC	4		31.23		
Fiber, total dietary....g	3.6		0		1		6.0		
Sugars, total....g	12.53	0.321	3	A	1		21.06		
Sucrose....g	1.54	0.101	3	A	1		2.58		
Glucose (dextrose)....g	5.44	0.275	3	A	1		9.14		
Fructose....g	5.56	0.041	3	A	1		9.34		
Lactose....g									
Maltose....g									
Galactose....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	8	2.413	4		1		13		
Iron, Fe....mg	0.15		1		1		0.25		
Magnesium, Mg....mg	9		2		1		15		
Phosphorus, P....mg	17		2		1		29		
Potassium, K....mg	161	28.627	3		1		270		
Sodium, Na....mg	1	0.331	3		1		2		
Zinc, Zn....mg	0.11		1		1		0.18		
Copper, Cu....mg	0.113		1		1		0.190		
Manganese, Mn....mg	0.355	0.109	3		1		0.596		
Selenium, Se....µg	0.6		0	CAZN	4		1.0		
Vitamins:									
Vitamin C, total ascorbic acid....mg	7.5		2		1		12.6		
Thiamin....mg	0.030		0		1		0.050		
Riboflavin....mg	0.020		0		1		0.034		
Niacin....mg	0.100		0		1		0.168		
Pantothenic acid....mg									
Vitamin B-6....mg	0.100		0		4		0.168		
Folate, total....µg	8	0.750	4		1		13		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	8	0.750	4		1		13		
Folate, DFE....µg	8		0	NC	4		13		
Choline, total....mg	7.6		0	CAZN	4		12.8		
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....µg	81		0	AS	1		137		
Retinol....µg	0		0	Z	7		0		
Carotene, beta....µg	253		2	A	1		425		
Carotene, alpha....µg	0		0	Z	7		0		
Cryptoxanthin, beta....µg	1447		2	A	1		2431		
Vitamin A, IU....IU	1627		0	AS	1		2734		
Lycopene....µg	159		1	A	1		266		
Lutein + zeaxanthin....µg	834		1	A	1		1401		
Vitamin E (alpha-tocopherol)....mg	0.73		0	BFZN	4		1.23		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									

NDB No. 09263
Persimmons, japanese, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....µg	2.6		0	BFZN	4		4.3		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.020		0		4		0.034		
4:0....g	0.000		0		4		0.000		
6:0....g	0.000		0		4		0.000		
8:0....g	0.000		0		4		0.000		
10:0....g	0.000		0		4		0.000		
12:0....g	0.000		0		4		0.000		
13:0....g									
14:0....g	0.001		0		4		0.002		
15:0....g									
16:0....g	0.016		0		4		0.027		
17:0....g									
18:0....g	0.003		0		4		0.005		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.037		0		4		0.062		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		4		0.000		
17:1....g									
18:1 undifferentiated....g	0.037		0		4		0.062		
20:1....g	0.000		0		4		0.000		
22:1 undifferentiated....g	0.000		0		4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.043		0		4		0.072		
18:2 undifferentiated....g	0.039		0		4		0.066		
18:3 undifferentiated....g	0.004		0		4		0.007		
18:4....g	0.000		0		4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000		
20:5 n-3 (EPA)....g	0.000		0		4		0.000		
22:5 n-3 (DPA)....g	0.000		0		4		0.000		
22:6 n-3 (DHA)....g	0.000		0		4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg	4		0		1		7		
Amino Acids:									
Tryptophan....g	0.010		1		1		0.017		
Threonine....g	0.030		2		1		0.050		
Isoleucine....g	0.025		2		1		0.042		
Leucine....g	0.042		2		1		0.071		
Lysine....g	0.033		2		1		0.055		
Methionine....g	0.005		2		1		0.008		
Cystine....g	0.013		1		1		0.022		
Phenylalanine....g	0.026		2		1		0.044		
Tyrosine....g	0.016		2		1		0.027		
Valine....g	0.030		2		1		0.050		
Arginine....g	0.025		2		1		0.042		
Histidine....g	0.012		2		1		0.020		
Alanine....g	0.029		2		1		0.049		
Aspartic acid....g	0.057		2		1		0.096		
Glutamic acid....g	0.076		2		1		0.128		
Glycine....g	0.025		2		1		0.042		
Proline....g	0.022		2		1		0.037		
Serine....g	0.022		2		1		0.037		
Hydroxyproline....g									

NDB No. 09263
Persimmons, japanese, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 168g: 1 fruit (2-1/2" dia)

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09265
Persimmons, native, raw
Diospyros virginiana

Refuse: 18% 2% calyx, 16% seeds

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	64.40		0		1		16.10		
Energy....kcal	127		0	NC	4		32		
Energy....kJ	531				4		133		
Protein (N x 6.25)....g	0.80		0		1		0.20		
Total lipid (fat)....g	0.40		0		1		0.10		
Ash....g	0.90		0		1		0.23		
Carbohydrate, by difference....g	33.50		0	NC	4		8.38		
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	27		0		1		7		
Iron, Fe....mg	2.50		0		1		0.63		
Magnesium, Mg....mg									
Phosphorus, P....mg	26		0		1		7		
Potassium, K....mg	310		0		1		78		
Sodium, Na....mg	1		0		1		0		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	66.0		0		1		16.5		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g									
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.014		0		1		0.004		
Threonine....g	0.041		0		1		0.010		
Isoleucine....g	0.035		0		1		0.009		

NDB No. 09265
Persimmons, native, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Leucine....g	0.058		0		1		0.015		
Lysine....g	0.045		0		1		0.011		
Methionine....g	0.007		0		1		0.002		
Cystine....g	0.018		0		1		0.005		
Phenylalanine....g	0.036		0		1		0.009		
Tyrosine....g	0.023		0		1		0.006		
Valine....g	0.042		0		1		0.011		
Arginine....g	0.034		0		1		0.009		
Histidine....g	0.016		0		1		0.004		
Alanine....g	0.039		0		1		0.010		
Aspartic acid....g	0.079		0		1		0.020		
Glutamic acid....g	0.104		0		1		0.026		
Glycine....g	0.035		0		1		0.009		
Proline....g	0.031		0		1		0.008		
Serine....g	0.031		0		1		0.008		
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 25g: 1 fruit without refuse

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate**3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09409

Pineapple juice, canned, unsweetened, with added ascorbic acid

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	86.37	0.691	20	A	1		215.93	27.03	
Energy....kcal	53		0	NC	4		132	16	
Energy....kJ	220		0	NC	4		551	69	
Protein (N x 6.25)....g	0.36	0.030	79	A	1		0.90	0.11	
Total lipid (fat)....g	0.12	0.029	58	A	1		0.30	0.04	
Ash....g	0.28	0.020	20	A	1		0.70	0.09	
Carbohydrate, by difference....g	12.87		0	NC	4		32.17	4.03	
Fiber, total dietary....g	0.2		1	A	1		0.4	0.1	
Sugars, total....g	9.98		1	A	1		24.95	3.12	
Sucrose....g	1.53		1	A	1		3.82	0.48	
Glucose (dextrose)....g	4.65		1	A	1		11.62	1.46	
Fructose....g	3.81		1	A	1		9.51	1.19	
Lactose....g	0.00		1	A	1		0.00	0.00	
Maltose....g	0.00		1	A	1		0.00	0.00	
Galactose....g	0.00		1	A	1		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	13	2.988	86	A	1		33	4	
Iron, Fe....mg	0.31	0.052	77	A	1		0.77	0.10	
Magnesium, Mg....mg	12	1.427	29	A	1		31	4	
Phosphorus, P....mg	8	0.372	27	A	1		21	3	
Potassium, K....mg	130	3.500	64	A	1		326	41	
Sodium, Na....mg	2	1.294	75	A	1		6	1	
Zinc, Zn....mg	0.11	0.001	20	A	1		0.28	0.03	
Copper, Cu....mg	0.069	0.041	20	A	1		0.171	0.021	
Manganese, Mn....mg	0.504		1	A	1		1.260	0.158	
Selenium, Se....µg	0.1		0	BFZN	4		0.3	0.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	43.8		1	A	1		109.5	13.7	
Thiamin....mg	0.058	0.005	28	A	1		0.145	0.018	
Riboflavin....mg	0.021	0.005	28	A	1		0.053	0.007	
Niacin....mg	0.199	0.074	28	A	1		0.497	0.062	
Pantothenic acid....mg	0.056		1	A	1		0.139	0.017	
Vitamin B-6....mg	0.100		1	A	1		0.250	0.031	
Folate, total....µg	18	5.489	4	A	1		44	6	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	18	5.489	4	A	1		44	6	
Folate, DFE....µg	18		0	NC	4		44	6	
Choline, total....mg	3.3		0	BFYN	4		8.4	1.0	
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	0		0	NC	4		1	0	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg	3		0	BFZN	4		7	1	
Carotene, alpha....µg	0		0	BFZN	4		0	0	
Cryptoxanthin, beta....µg	0		0	BFZN	4		0	0	
Vitamin A, IU....IU	5	4.643	14	A	1		12	1	
Lycopene....µg	0		0	BFZN	4		0	0	
Lutein + zeaxanthin....µg	0		0	BFZN	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.02		0	BFZN	4		0.05	0.01	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									

NDB No. 09409

Pineapple juice, canned, unsweetened, with added ascorbic acid

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	0.3		0	BFZN	4		0.8	0.1	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.008		0		1		0.019	0.002	
4:0....g	0.000		0		4		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	
15:0....g									
16:0....g	0.005		0		1		0.011	0.001	
17:0....g									
18:0....g	0.003		0		1		0.008	0.001	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.014		0		1		0.034	0.004	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.002		0		1		0.004	0.000	
17:1....g									
18:1 undifferentiated....g	0.012		0		1		0.030	0.004	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.042		0		1		0.105	0.013	
18:2 undifferentiated....g	0.024		0		1		0.060	0.008	
18:3 undifferentiated....g	0.018		0		1		0.045	0.006	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 250g: 1 cup

Measure 2 = 31.3g: 1 fl oz

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.92

NDB No. 09409

Pineapple juice, canned, unsweetened, with added ascorbic acid

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09273

Pineapple juice, canned, unsweetened, without added ascorbic acid

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	86.37	0.691	20	A	1		215.93	27.03	
Energy....kcal	53		0	NC	4		132	16	
Energy....kJ	220		0	NC	4		551	69	
Protein (N x 6.25)....g	0.36	0.030	79	A	1		0.90	0.11	
Total lipid (fat)....g	0.12	0.029	58	A	1		0.30	0.04	
Ash....g	0.28	0.020	20	A	1		0.70	0.09	
Carbohydrate, by difference....g	12.87		0	NC	4		32.17	4.03	
Fiber, total dietary....g	0.2		1	A	1		0.4	0.1	
Sugars, total....g	9.98		1	A	1		24.95	3.12	
Sucrose....g	1.53		1	A	1		3.82	0.48	
Glucose (dextrose)....g	4.65		1	A	1		11.62	1.46	
Fructose....g	3.81		1	A	1		9.51	1.19	
Lactose....g	0.00		1	A	1		0.00	0.00	
Maltose....g	0.00		1	A	1		0.00	0.00	
Galactose....g	0.00		1	A	1		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	13	2.988	86	A	1		33	4	
Iron, Fe....mg	0.31	0.052	77	A	1		0.77	0.10	
Magnesium, Mg....mg	12	1.427	29	A	1		31	4	
Phosphorus, P....mg	8	0.372	27	A	1		21	3	
Potassium, K....mg	130	3.500	64	A	1		326	41	
Sodium, Na....mg	2	1.294	75	A	1		6	1	
Zinc, Zn....mg	0.11	0.001	20	A	1		0.28	0.03	
Copper, Cu....mg	0.069	0.041	20	A	1		0.171	0.021	
Manganese, Mn....mg	0.504		1	A	1		1.260	0.158	
Selenium, Se....µg	0.1		0	CAZN	4		0.3	0.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	10.0		2	A	1		25.0	3.1	
Thiamin....mg	0.058	0.005	28	A	1		0.145	0.018	
Riboflavin....mg	0.021	0.005	28	A	1		0.053	0.007	
Niacin....mg	0.199	0.074	28	A	1		0.497	0.062	
Pantothenic acid....mg	0.056		1	A	1		0.139	0.017	
Vitamin B-6....mg	0.100		1	A	1		0.250	0.031	
Folate, total....µg	18	5.489	4	A	1		44	6	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	18	5.489	4	A	1		44	6	
Folate, DFE....µg	18		0	NC	4		44	6	
Choline, total....mg	3.3		0	BFYN	4		8.4	1.0	
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	0		0	NC	4		1	0	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg	3		0	BNA	4		7	1	
Carotene, alpha....µg	0		0	BNA	4		0	0	
Cryptoxanthin, beta....µg	0		0	BNA	4		0	0	
Vitamin A, IU....IU	5	4.643	14	A	1		12	1	
Lycopene....µg	0		0	BFZN	4		0	0	
Lutein + zeaxanthin....µg	0		0	BFZN	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.02		0	NR	4		0.05	0.01	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									

NDB No. 09273

Pineapple juice, canned, unsweetened, without added ascorbic acid

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	0.3		0	BFZN	4		0.8	0.1	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.008		0		1		0.019	0.002	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	
15:0....g									
16:0....g	0.005		0		1		0.011	0.001	
17:0....g									
18:0....g	0.003		0		1		0.008	0.001	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.014		0		1		0.034	0.004	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.002		0		1		0.004	0.000	
17:1....g									
18:1 undifferentiated....g	0.012		0		1		0.030	0.004	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.042		0		1		0.105	0.013	
18:2 undifferentiated....g	0.024		0		1		0.060	0.008	
18:3 undifferentiated....g	0.018		0		1		0.045	0.006	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 250g: 1 cup

Measure 2 = 31.3g: 1 fl oz

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.92

NDB No. 09273

Pineapple juice, canned, unsweetened, without added ascorbic acid

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09275

Pineapple juice, frozen concentrate, unsweetened, diluted with 3 volume water

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	86.60	0.117	47	A	1		216.50	27.02	
Energy....kcal	51		0	NC	4		128	16	
Energy....kJ	214		0	NC	4		536	67	
Protein (N x 6.25)....g	0.40		0		1		1.00	0.12	
Total lipid (fat)....g	0.03		0		1		0.08	0.01	
Ash....g	0.30		0		1		0.75	0.09	
Carbohydrate, by difference....g	12.67		0	NC	4		31.68	3.95	
Fiber, total dietary....g	0.2		0		4		0.5	0.1	
Sugars, total....g	12.47		0	O	4		31.18	3.89	
Starch....g									
Minerals:									
Calcium, Ca....mg	13	0.429	51	A	1		33	4	
Iron, Fe....mg	0.16	0.007	51	A	1		0.40	0.05	
Magnesium, Mg....mg	14	0.312	51	A	1		35	4	
Phosphorus, P....mg	9	0.245	51	A	1		22	3	
Potassium, K....mg	132	4.466	51	A	1		329	41	
Sodium, Na....mg	1	0.125	51	A	1		3	0	
Zinc, Zn....mg	0.08	0.003	51	A	1		0.20	0.02	
Copper, Cu....mg	0.045	0.002	51	A	1		0.112	0.014	
Manganese, Mn....mg	1.049	0.063	51	A	1		2.623	0.327	
Selenium, Se....µg	0.1		0	CAZN	4		0.3	0.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	12.0		0		1		30.0	3.7	
Thiamin....mg	0.070		0		1		0.175	0.022	
Riboflavin....mg	0.020		0		1		0.050	0.006	
Niacin....mg	0.200		0		1		0.500	0.062	
Pantothenic acid....mg	0.125		0		1		0.313	0.039	
Vitamin B-6....mg	0.074		0		1		0.185	0.023	
Folate, total....µg	11		0		4		27	3	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	11		0		4		27	3	
Folate, DFE....µg	11		0	NC	4		27	3	
Choline, total....mg	3.3		0	BFYN	4		8.4	1.0	
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	1		0	NC	4		1	0	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg	6		0	BNA	4		15	2	
Carotene, alpha....µg	0		0	BNA	4		0	0	
Cryptoxanthin, beta....µg	0		0	BNA	4		0	0	
Vitamin A, IU....IU	10		0		1		25	3	
Lycopene....µg	0		0	BFZN	4		0	0	
Lutein + zeaxanthin....µg	0		0	BFZN	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.01		0	NR	4		0.03	0.00	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	0.3		1	A	1		0.8	0.1	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 09275

Pineapple juice, frozen concentrate, unsweetened, diluted with 3 volume water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.002		0		1		0.005	0.001	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	
15:0....g									
16:0....g	0.001		0		1		0.003	0.000	
17:0....g									
18:0....g	0.001		0		1		0.003	0.000	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.003		0		1		0.008	0.001	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.003		0		1		0.008	0.001	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.010		0		1		0.025	0.003	
18:2 undifferentiated....g	0.006		0		1		0.015	0.002	
18:3 undifferentiated....g	0.004		0		1		0.010	0.001	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 250g: 1 cup

Measure 2 = 31.2g: 1 fl oz

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.92

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09274
Pineapple juice, frozen concentrate, unsweetened, undiluted

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	53.10		0		1		114.70		
Energy ... kcal	179		0	NC	4		387		
Energy ... kJ	749		0		4		1618		
Protein (N x 6.25) ... g	1.30		0		1		2.81		
Total lipid (fat) ... g	0.10		0		1		0.22		
Ash ... g	1.20		0		1		2.59		
Carbohydrate, by difference ... g	44.30		0	NC	4		95.69		
Fiber, total dietary ... g	0.7		0		4		1.5		
Sugars, total ... g	43.60		0	O	4		94.18		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	39		0		1		84		
Iron, Fe ... mg	0.90		0		1		1.94		
Magnesium, Mg ... mg	35		0		1		76		
Phosphorus, P ... mg	28		0		1		60		
Potassium, K ... mg	472		0		1		1020		
Sodium, Na ... mg	3		0		1		6		
Zinc, Zn ... mg	0.40		0		1		0.86		
Copper, Cu ... mg	0.313		0		1		0.676		
Manganese, Mn ... mg	3.439		0		1		7.428		
Selenium, Se ... µg	0.4		0	BFSN	4		0.9		
Vitamins:									
Vitamin C, total ascorbic acid ... mg	42.0		0		1		90.7		
Thiamin ... mg	0.230		0		1		0.497		
Riboflavin ... mg	0.060		0		1		0.130		
Niacin ... mg	0.900		0		1		1.944		
Pantothenic acid ... mg	0.430		0		1		0.929		
Vitamin B-6 ... mg	0.255		0		1		0.551		
Folate, total ... µg	37		0		4		79		
Folic acid ... µg	0		0	Z	7		0		
Folate, food ... µg	37		0		4		79		
Folate, DFE ... µg	37		0	NC	4		79		
Choline, total ... mg	11.6		0	BFSN	4		25.1		
Betaine ... mg									
Vitamin B-12 ... µg	0.00		0	Z	7		0.00		
Vitamin B-12, added ... µg	0.00		0	Z	7		0.00		
Vitamin A, RAE ... µg	3		0	NC	4		5		
Retinol ... µg	0		0	Z	7		0		
Carotene, beta ... µg	30		0	BNA	4		65		
Carotene, alpha ... µg	0		0	BNA	4		0		
Cryptoxanthin, beta ... µg	0		0	BNA	4		0		
Vitamin A, IU ... IU	50		0		1		108		
Lycopene ... µg	0		0	BFZN	4		0		
Lutein + zeaxanthin ... µg	0		0	BFZN	4		0		
Vitamin E (alpha-tocopherol) ... mg	0.03		0	BFSN	4		0.08		
Vitamin E, added ... mg	0.00		0	Z	7		0.00		
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol) ... µg									
Vitamin D3 (cholecalciferol) ... µg									
Vitamin D ... IU	0		0	Z	7		0		
Vitamin K (phylloquinone) ... µg	1.0		0	BFSN	4		2.3		
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									

NDB No. 09274
Pineapple juice, frozen concentrate, unsweetened, undiluted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.007		0		1		0.015		
4:0....g	0.000		0		1		0.000		
6:0....g	0.000		0		1		0.000		
8:0....g	0.000		0		1		0.000		
10:0....g	0.000		0		1		0.000		
12:0....g	0.000		0		1		0.000		
13:0....g									
14:0....g	0.000		0		1		0.000		
15:0....g									
16:0....g	0.004		0		1		0.009		
17:0....g									
18:0....g	0.003		0		1		0.006		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.012		0		1		0.026		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1		0.002		
17:1....g									
18:1 undifferentiated....g	0.011		0		1		0.024		
20:1....g	0.000		0		1		0.000		
22:1 undifferentiated....g	0.000		0		1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.035		0		1		0.076		
18:2 undifferentiated....g	0.020		0		1		0.043		
18:3 undifferentiated....g	0.015		0		1		0.032		
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000		
20:5 n-3 (EPA)....g	0.000		0		1		0.000		
22:5 n-3 (DPA)....g	0.000		0		1		0.000		
22:6 n-3 (DHA)....g	0.000		0		1		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 216g: 1 can (6 fl oz)

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.92

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09271

Pineapple, canned, extra heavy syrup pack, solids and liquids

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	77.71		0		1		202.05		
Energy....kcal	83		0	NC	4		216		
Energy....kJ	347				4		903		
Protein (N x 6.25)....g	0.34		0		1		0.88		
Total lipid (fat)....g	0.11		0		1		0.29		
Ash....g	0.34		0		1		0.88		
Carbohydrate, by difference....g	21.50		0	NC	4		55.90		
Fiber, total dietary....g	0.8		0		4		2.1		
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	14		0		1		36		
Iron, Fe....mg	0.38		0		1		0.99		
Magnesium, Mg....mg	15		0		1		39		
Phosphorus, P....mg	7		0		1		18		
Potassium, K....mg	102		0		1		265		
Sodium, Na....mg	1		0		1		3		
Zinc, Zn....mg	0.11		0		1		0.29		
Copper, Cu....mg	0.099		0		1		0.257		
Manganese, Mn....mg	1.062		0		1		2.761		
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	7.3		0		1		19.0		
Thiamin....mg	0.089		0		1		0.231		
Riboflavin....mg	0.025		0		1		0.065		
Niacin....mg	0.282		0		1		0.733		
Pantothenic acid....mg	0.100		0		1		0.260		
Vitamin B-6....mg	0.074		0		1		0.192		
Folate, total....µg	5		0		1		12		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	5		0		1		12		
Folate, DFE....µg	5		0	NC	4		12		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....µg	1		0		1		2		
Retinol....µg	0		0	Z	7		0		
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	14		0		1		36		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.009		0		1		0.023		
4:0....g									

NDB No. 09271

Pineapple, canned, extra heavy syrup pack, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g									
15:0....g									
16:0....g	0.005		0		1		0.013		
17:0....g									
18:0....g	0.003		0		1		0.008		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.013		0		1		0.034		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1		0.003		
17:1....g									
18:1 undifferentiated....g	0.012		0		1		0.031		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.038		0		1		0.099		
18:2 undifferentiated....g	0.022		0		1		0.057		
18:3 undifferentiated....g	0.016		0		1		0.042		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.005		0		1		0.013		
Threonine....g	0.009		0		1		0.023		
Isoleucine....g	0.009		0		1		0.023		
Leucine....g	0.013		0		1		0.034		
Lysine....g	0.016		0		1		0.042		
Methionine....g	0.009		0		1		0.023		
Cystine....g	0.001		0		1		0.003		
Phenylalanine....g	0.009		0		1		0.023		
Tyrosine....g	0.008		0		1		0.021		
Valine....g	0.011		0		1		0.029		
Arginine....g	0.012		0		1		0.031		
Histidine....g	0.007		0		1		0.018		
Alanine....g	0.018		0		1		0.047		
Aspartic acid....g	0.079		0		1		0.205		
Glutamic acid....g	0.040		0		1		0.104		
Glycine....g	0.014		0		1		0.036		
Proline....g	0.009		0		1		0.023		
Serine....g	0.018		0		1		0.047		
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 260g: 1 cup, crushed, sliced, or chunks

NDB No. 09271

Pineapple, canned, extra heavy syrup pack, solids and liquids

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.78

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09270

Pineapple, canned, heavy syrup pack, solids and liquids

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	78.99	0.190	110		1		200.63	38.71	
Energy....kcal	78		0	NC	4		198	38	
Energy....kJ	326		0		4		829	160	
Protein (N x 6.25)....g	0.35	0.003	186		1		0.89	0.17	
Total lipid (fat)....g	0.11	0.005	186		1		0.28	0.05	
Ash....g	0.34	0.007	110		1		0.86	0.17	
Carbohydrate, by difference....g	20.20		0	NC	4		51.31	9.90	
Fiber, total dietary....g	0.8		0		4		2.0	0.4	
Sugars, total....g	16.90		1	A	1		42.93	8.28	
Sucrose....g	2.20		1	A	1		5.59	1.08	
Glucose (dextrose)....g	7.50		1	A	1		19.05	3.68	
Fructose....g	7.20		1	A	1		18.29	3.53	
Lactose....g									
Maltose....g									
Galactose....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	14	0.371	185		1		36	7	
Iron, Fe....mg	0.38	0.009	185		1		0.97	0.19	
Magnesium, Mg....mg	16	0.203	110		1		41	8	
Phosphorus, P....mg	7	0.151	110		1		18	3	
Potassium, K....mg	104	4.233	123		1		264	51	
Sodium, Na....mg	1	0.080	123		1		3	0	
Zinc, Zn....mg	0.12	0.003	110		1		0.30	0.06	
Copper, Cu....mg	0.101	0.003	110		1		0.257	0.049	
Manganese, Mn....mg	1.080		0		1		2.743	0.529	
Selenium, Se....µg	0.4		0	BFZN	4		1.0	0.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	7.4	0.151	185		1		18.8	3.6	
Thiamin....mg	0.090	0.001	183		1		0.229	0.044	
Riboflavin....mg	0.025	0.000	185		1		0.064	0.012	
Niacin....mg	0.287	0.007	185		1		0.729	0.141	
Pantothenic acid....mg	0.100		0		1		0.254	0.049	
Vitamin B-6....mg	0.074		0		1		0.188	0.036	
Folate, total....µg	5	0.595	3		1		12	2	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	5	0.595	3		1		12	2	
Folate, DFE....µg	5		0	NC	4		12	2	
Choline, total....mg	3.8		0	RKI	6		9.6	1.9	
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	1	0.119	110		1		2	0	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg	8		0	BNA	4		21	4	
Carotene, alpha....µg	0		0	BNA	4		0	0	
Cryptoxanthin, beta....µg	0		0	BNA	4		0	0	
Vitamin A, IU....IU	14	2.374	110		1		36	7	
Lycopene....µg	0		0	BFYN	4		0	0	
Lutein + zeaxanthin....µg	0		0	BFYN	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.01		0	BFYN	4		0.04	0.01	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									

NDB No. 09270

Pineapple, canned, heavy syrup pack, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	0.3		0	BFZN	4		0.8	0.1	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.009		0		1		0.023	0.004	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	
15:0....g									
16:0....g	0.005		0		1		0.013	0.002	
17:0....g									
18:0....g	0.003		0		1		0.008	0.001	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.013		0		1		0.033	0.006	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1		0.003	0.000	
17:1....g									
18:1 undifferentiated....g	0.012		0		1		0.030	0.006	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.040		0		1		0.102	0.020	
18:2 undifferentiated....g	0.023		0		1		0.058	0.011	
18:3 undifferentiated....g	0.017		0		1		0.043	0.008	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.005		0		1		0.013	0.002	
Threonine....g	0.009		0		1		0.023	0.004	
Isoleucine....g	0.009		0		1		0.023	0.004	
Leucine....g	0.013		0		1		0.033	0.006	
Lysine....g	0.016		0		1		0.041	0.008	
Methionine....g	0.009		0		1		0.023	0.004	
Cystine....g	0.001		0		1		0.003	0.000	
Phenylalanine....g	0.009		0		1		0.023	0.004	
Tyrosine....g	0.008		0		1		0.020	0.004	
Valine....g	0.011		0		1		0.028	0.005	
Arginine....g	0.012		0		1		0.030	0.006	
Histidine....g	0.008		0		1		0.020	0.004	
Alanine....g	0.018		0		1		0.046	0.009	
Aspartic acid....g	0.081		0		1		0.206	0.040	
Glutamic acid....g	0.041		0		1		0.104	0.020	
Glycine....g	0.014		0		1		0.036	0.007	
Proline....g	0.009		0		1		0.023	0.004	
Serine....g	0.019		0		1		0.048	0.009	
Hydroxyproline....g									

NDB No. 09270

Pineapple, canned, heavy syrup pack, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 254g: 1 cup, crushed, sliced, or chunks

Measure 2 = 49g: 1 slice or ring (3" dia) with liquid

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.75

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09354
Pineapple, canned, juice pack, drained

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	83.51		0	BD	4		151.15	162.84	135.29
Energy....kcal	60		0	NC	4		109	117	98
Energy....kJ	252		0	NC	4		456	491	408
Protein....g	0.51		0	BD	4		0.92	0.99	0.82
Total lipid (fat)....g	0.11		0	BD	4		0.20	0.21	0.18
Ash....g	0.31		0	BD	4		0.56	0.60	0.50
Carbohydrate, by difference....g	15.56		0	NC	4		28.17	30.35	25.21
Fiber, total dietary....g	1.3		0	BD	4		2.4	2.6	2.2
Sugars, total....g	14.26		0	O	4		25.81	27.81	23.10
Starch....g									
Minerals:									
Calcium, Ca....mg	16		0	BD	4		28	31	25
Iron, Fe....mg	0.28		0	BD	4		0.51	0.55	0.45
Magnesium, Mg....mg	15		0	BD	4		26	28	24
Phosphorus, P....mg	7		0	BD	4		12	13	11
Potassium, K....mg	124		0	BD	4		225	243	202
Sodium, Na....mg	1		0	BD	4		2	2	2
Zinc, Zn....mg	0.10		0	BD	4		0.19	0.20	0.17
Copper, Cu....mg	0.107		0	BD	4		0.193	0.208	0.173
Manganese, Mn....mg									
Selenium, Se....µg	0.4	0.277	3	A	1		0.7	0.8	0.6
Vitamins:									
Vitamin C, total ascorbic acid....mg	9.4		0	BD	4		17.0	18.3	15.2
Thiamin....mg	0.102		0	BD	4		0.184	0.198	0.165
Riboflavin....mg	0.021		0	BD	4		0.037	0.040	0.033
Niacin....mg	0.284		0	BD	4		0.514	0.554	0.460
Pantothenic acid....mg									
Vitamin B-6....mg	0.075		0	BD	4		0.137	0.147	0.122
Folate, total....µg	5		0	BD	4		9	10	8
Folic acid....µg	0		0	Z	7		0	0	0
Folate, food....µg	5		0	BD	4		9	10	8
Folate, DFE....µg	5		0	NC	4		9	10	8
Choline, total....mg	5.5		0	BFZN	4		9.9	10.7	8.9
Betaine....mg									
Vitamin B-12....µg	0.00		0		7		0.00	0.00	0.00
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....µg	3		0	NC	4		5	5	4
Retinol....µg	0		0	Z	7		0	0	0
Carotene, beta....µg	30		1	A	1		54	59	49
Carotene, alpha....µg	0		0	BFZN	4		0	0	0
Cryptoxanthin, beta....µg	0		0	BFZN	4		0	0	0
Vitamin A, IU....IU	50		0	NC	4		91	98	81
Lycopene....µg	0		0	BFZN	4		0	0	0
Lutein + zeaxanthin....µg	0		0	BFZN	4		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.02		0	BFZN	4		0.04	0.04	0.03
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	0.7		0	BFZN	4		1.3	1.4	1.2
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 09354
Pineapple, canned, juice pack, drained

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.008		0		4		0.014	0.016	0.013
4:0....g	0.000		0		4		0.000	0.000	0.000
6:0....g	0.000		0		4		0.000	0.000	0.000
8:0....g	0.000		0		4		0.000	0.000	0.000
10:0....g	0.000		0		4		0.000	0.000	0.000
12:0....g	0.000		0		4		0.000	0.000	0.000
13:0....g									
14:0....g	0.000		0		4		0.000	0.000	0.000
15:0....g									
16:0....g	0.006		0		4		0.011	0.012	0.010
17:0....g									
18:0....g	0.003		0		4		0.005	0.006	0.005
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.014		0		4		0.025	0.027	0.023
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		4		0.002	0.002	0.002
17:1....g									
18:1 undifferentiated....g	0.012		0		4		0.022	0.023	0.019
20:1....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.040		0		4		0.072	0.078	0.065
18:2 undifferentiated....g	0.023		0		4		0.042	0.045	0.037
18:3 undifferentiated....g	0.017		0		4		0.031	0.033	0.028
18:4....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	0.000
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	0		0		7		0	0	0
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 181g: 1 cup, chunks

Measure 2 = 195g: 1 cup, crushed

Measure 3 = 162g: 1 cup, sliced

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.7

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09268
Pineapple, canned, juice pack, solids and liquids

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	83.51	0.128	86		1		207.94	39.25	
Energy	kcal	60		0	NC	4		149	28	
Energy	kJ	251		0		4		625	118	
Protein (N x 6.25)	g	0.42	0.004	679		1		1.05	0.20	
Total lipid (fat)	g	0.08	0.001	447		1		0.20	0.04	
Ash	g	0.30	0.004	86		1		0.75	0.14	
Carbohydrate, by difference	g	15.70		0	NC	4		39.09	7.38	
Fiber, total dietary	g	0.8		0		4		2.0	0.4	
Sugars, total	g	14.45		1	A	1		35.98	6.79	
Sucrose	g	0.25		1	A	1		0.62	0.12	
Glucose (dextrose)	g	7.70		1	A	1		19.17	3.62	
Fructose	g	6.50		1	A	1		16.19	3.06	
Lactose	g									
Maltose	g									
Galactose	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	14	0.214	667		1		35	7	
Iron, Fe	mg	0.28	0.007	676		1		0.70	0.13	
Magnesium, Mg	mg	14	0.204	84		1		35	7	
Phosphorus, P	mg	6	0.158	84		1		15	3	
Potassium, K	mg	122	1.795	456		1		304	57	
Sodium, Na	mg	1	0.147	627		1		2	0	
Zinc, Zn	mg	0.10	0.003	84		1		0.25	0.05	
Copper, Cu	mg	0.086	0.003	84		1		0.214	0.040	
Manganese, Mn	mg	1.121		0		4		2.791	0.527	
Selenium, Se	µg	0.4		0	BFZN	4		1.0	0.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	9.5	0.119	659		1		23.7	4.5	
Thiamin	mg	0.095	0.002	98		1		0.237	0.045	
Riboflavin	mg	0.019	0.000	89		1		0.047	0.009	
Niacin	mg	0.284	0.009	86		1		0.707	0.133	
Pantothenic acid	mg	0.100		0		4		0.249	0.047	
Vitamin B-6	mg	0.074		0		4		0.184	0.035	
Folate, total	µg	5		0		4		12	2	
Folic acid	µg	0		0	Z	7		0	0	
Folate, food	µg	5		0		4		12	2	
Folate, DFE	µg	5		0	NC	4		12	2	
Choline, total	mg	4.8		0	RA	4		11.9	2.2	
Betaine	mg									
Vitamin B-12	µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added	µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	µg	2	0.089	75		1		5	1	
Retinol	µg	0		0	Z	7		0	0	
Carotene, beta	µg	23		0	BFYN	4		56	11	
Carotene, alpha	µg	0		0	BFYN	4		0	0	
Cryptoxanthin, beta	µg	0		0	BFYN	4		0	0	
Vitamin A, IU	IU	38	1.788	75		1		95	18	
Lycopene	µg	0		0	BFYN	4		0	0	
Lutein + zeaxanthin	µg	0		0	BFYN	4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.01		0	BFYN	4		0.04	0.01	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)	µg									

NDB No. 09268
Pineapple, canned, juice pack, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	0.3		1	A	1		0.7	0.1	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.006		0		1		0.015	0.003	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	
15:0....g									
16:0....g	0.004		0		1		0.010	0.002	
17:0....g									
18:0....g	0.002		0		1		0.005	0.001	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.010		0		1		0.025	0.005	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1		0.002	0.000	
17:1....g									
18:1 undifferentiated....g	0.009		0		1		0.022	0.004	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.029		0		1		0.072	0.014	
18:2 undifferentiated....g	0.017		0		1		0.042	0.008	
18:3 undifferentiated....g	0.012		0		1		0.030	0.006	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.005		0		1		0.012	0.002	
Threonine....g	0.010		0		1		0.025	0.005	
Isoleucine....g	0.010		0		1		0.025	0.005	
Leucine....g	0.016		0		1		0.040	0.008	
Lysine....g	0.019		0		1		0.047	0.009	
Methionine....g	0.011		0		1		0.027	0.005	
Cystine....g	0.001		0		1		0.002	0.000	
Phenylalanine....g	0.010		0		1		0.025	0.005	
Tyrosine....g	0.010		0		1		0.025	0.005	
Valine....g	0.013		0		1		0.032	0.006	
Arginine....g	0.014		0		1		0.035	0.007	
Histidine....g	0.009		0		1		0.022	0.004	
Alanine....g	0.021		0		1		0.052	0.010	
Aspartic acid....g	0.095		0		1		0.237	0.045	
Glutamic acid....g	0.048		0		1		0.120	0.023	
Glycine....g	0.016		0		1		0.040	0.008	
Proline....g	0.011		0		1		0.027	0.005	
Serine....g	0.022		0		1		0.055	0.010	
Hydroxyproline....g									

NDB No. 09268
Pineapple, canned, juice pack, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 249g: 1 cup, crushed, sliced, or chunks

Measure 2 = 47g: 1 slice or ring (3" dia) with liquid

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.7

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09269

Pineapple, canned, light syrup pack, solids and liquids

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	85.73		0		1		216.04	41.15	
Energy....kcal	52		0	NC	4		131	25	
Energy....kJ	218		0		4		548	104	
Protein (N x 6.25)....g	0.36		0		1		0.91	0.17	
Total lipid (fat)....g	0.12		0		1		0.30	0.06	
Ash....g	0.35		0		1		0.88	0.17	
Carbohydrate, by difference....g	13.45		0	NC	4		33.89	6.46	
Fiber, total dietary....g	0.8		0		4		2.0	0.4	
Sugars, total....g	12.65		0	O	4		31.88	6.07	
Starch....g									
Minerals:									
Calcium, Ca....mg	14		0		1		35	7	
Iron, Fe....mg	0.39		0		1		0.98	0.19	
Magnesium, Mg....mg	16		0		1		40	8	
Phosphorus, P....mg	7		0		1		18	3	
Potassium, K....mg	105		0		1		265	50	
Sodium, Na....mg	1		0		1		3	0	
Zinc, Zn....mg	0.12		0		1		0.30	0.06	
Copper, Cu....mg	0.103		0		1		0.260	0.049	
Manganese, Mn....mg	1.097		0		1		2.764	0.527	
Selenium, Se....µg	0.4		0	BFZN	4		1.0	0.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	7.5		0		1		18.9	3.6	
Thiamin....mg	0.091		0		1		0.229	0.044	
Riboflavin....mg	0.025		0		1		0.063	0.012	
Niacin....mg	0.292		0		1		0.736	0.140	
Pantothenic acid....mg	0.100		0		1		0.252	0.048	
Vitamin B-6....mg	0.074		0		1		0.186	0.036	
Folate, total....µg	5		0		1		12	2	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	5		0		1		12	2	
Folate, DFE....µg	5		0	NC	4		12	2	
Choline, total....mg	3.8		0	BFZN	4		9.5	1.8	
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	2		0	NC	4		5	1	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg	23		0	BFYN	4		57	11	
Carotene, alpha....µg	0		0	BFYN	4		0	0	
Cryptoxanthin, beta....µg	0		0	BFYN	4		0	0	
Vitamin A, IU....IU	38		0	NC	4		95	18	
Lycopene....µg	0		0	BFYN	4		0	0	
Lutein + zeaxanthin....µg	0		0	BFYN	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.01		0	BFYN	4		0.04	0.01	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	0.3		0	BFZN	4		0.8	0.1	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 09269

Pineapple, canned, light syrup pack, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.009		0		1		0.023	0.004	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	
15:0....g									
16:0....g	0.005		0		1		0.013	0.002	
17:0....g									
18:0....g	0.003		0		1		0.008	0.001	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.013		0		1		0.033	0.006	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1		0.003	0.000	
17:1....g									
18:1 undifferentiated....g	0.012		0		1		0.030	0.006	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.040		0		1		0.101	0.019	
18:2 undifferentiated....g	0.023		0		1		0.058	0.011	
18:3 undifferentiated....g	0.017		0		1		0.043	0.008	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.005		0		1		0.013	0.002	
Threonine....g	0.009		0		1		0.023	0.004	
Isoleucine....g	0.009		0		1		0.023	0.004	
Leucine....g	0.014		0		1		0.035	0.007	
Lysine....g	0.016		0		1		0.040	0.008	
Methionine....g	0.009		0		1		0.023	0.004	
Cystine....g	0.001		0		1		0.003	0.000	
Phenylalanine....g	0.009		0		1		0.023	0.004	
Tyrosine....g	0.009		0		1		0.023	0.004	
Valine....g	0.012		0		1		0.030	0.006	
Arginine....g	0.012		0		1		0.030	0.006	
Histidine....g	0.008		0		1		0.020	0.004	
Alanine....g	0.018		0		1		0.045	0.009	
Aspartic acid....g	0.082		0		1		0.207	0.039	
Glutamic acid....g	0.041		0		1		0.103	0.020	
Glycine....g	0.014		0		1		0.035	0.007	
Proline....g	0.009		0		1		0.023	0.004	
Serine....g	0.019		0		1		0.048	0.009	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 09269

Pineapple, canned, light syrup pack, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 252g: 1 cup, crushed, sliced, or chunks

Measure 2 = 48g: 1 slice or ring (3" dia) with liquid

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.71

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09267
Pineapple, canned, water pack, solids and liquids

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	90.82		0		1		223.42	42.69	
Energy....kcal	32		0	NC	4		79	15	
Energy....kJ	134		0		4		329	63	
Protein (N x 6.25)....g	0.43	0.018	8		1		1.06	0.20	
Total lipid (fat)....g	0.09	0.008	8		1		0.22	0.04	
Ash....g	0.35		0		1		0.86	0.16	
Carbohydrate, by difference....g	8.30		0	NC	4		20.42	3.90	
Fiber, total dietary....g	0.8		0		4		2.0	0.4	
Sugars, total....g	7.50		0	O	4		18.45	3.53	
Starch....g									
Minerals:									
Calcium, Ca....mg	15	1.417	9		1		37	7	
Iron, Fe....mg	0.40		0		1		0.98	0.19	
Magnesium, Mg....mg	18	1.205	8		1		44	8	
Phosphorus, P....mg	4	0.160	8		1		10	2	
Potassium, K....mg	127	7.709	9		1		312	60	
Sodium, Na....mg	1	0.113	6		1		2	0	
Zinc, Zn....mg	0.12		0		1		0.30	0.06	
Copper, Cu....mg	0.105		0		1		0.258	0.049	
Manganese, Mn....mg	1.121		0		1		2.758	0.527	
Selenium, Se....µg	0.4		0	BFZN	4		1.0	0.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	7.7		0		1		18.9	3.6	
Thiamin....mg	0.093		0		1		0.229	0.044	
Riboflavin....mg	0.026		0		1		0.064	0.012	
Niacin....mg	0.298		0		1		0.733	0.140	
Pantothenic acid....mg	0.100		0		1		0.246	0.047	
Vitamin B-6....mg	0.074		0		1		0.182	0.035	
Folate, total....µg	5		0		1		12	2	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	5		0		1		12	2	
Folate, DFE....µg	5		0	NC	4		12	2	
Choline, total....mg	3.8		0	BFYN	4		9.3	1.8	
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	2		0	NC	4		5	1	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg	23		0	BFYN	4		55	11	
Carotene, alpha....µg	0		0	BFYN	4		0	0	
Cryptoxanthin, beta....µg	0		0	BFYN	4		0	0	
Vitamin A, IU....IU	38		0	NC	4		92	18	
Lycopene....µg	0		0	BFYN	4		0	0	
Lutein + zeaxanthin....µg	0		0	BFYN	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.01		0	BFYN	4		0.04	0.01	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	0.3		0	BFZN	4		0.7	0.1	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 09267
Pineapple, canned, water pack, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.006		0		1		0.015	0.003	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	
15:0....g									
16:0....g	0.004		0		1		0.010	0.002	
17:0....g									
18:0....g	0.002		0		1		0.005	0.001	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.011		0		1		0.027	0.005	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1		0.002	0.000	
17:1....g									
18:1 undifferentiated....g	0.010		0		1		0.025	0.005	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.031		0		1		0.076	0.015	
18:2 undifferentiated....g	0.018		0		1		0.044	0.008	
18:3 undifferentiated....g	0.013		0		1		0.032	0.006	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.006		3		1		0.015	0.003	
Threonine....g	0.011		3		1		0.027	0.005	
Isoleucine....g	0.011		3		1		0.027	0.005	
Leucine....g	0.017		3		1		0.042	0.008	
Lysine....g	0.020		3		1		0.049	0.009	
Methionine....g	0.011		3		1		0.027	0.005	
Cystine....g	0.001		3		1		0.002	0.000	
Phenylalanine....g	0.011		3		1		0.027	0.005	
Tyrosine....g	0.010		3		1		0.025	0.005	
Valine....g	0.014		3		1		0.034	0.007	
Arginine....g	0.015		3		1		0.037	0.007	
Histidine....g	0.009		3		1		0.022	0.004	
Alanine....g	0.022		3		1		0.054	0.010	
Aspartic acid....g	0.099		3		1		0.244	0.047	
Glutamic acid....g	0.050		3		1		0.123	0.024	
Glycine....g	0.017		3		1		0.042	0.008	
Proline....g	0.011		3		1		0.027	0.005	
Serine....g	0.023		3		1		0.057	0.011	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 09267

Pineapple, canned, water pack, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 246g: 1 cup, crushed, sliced, or chunks

Measure 2 = 47g: 1 slice or ring (3" dia) with liquid

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09272
Pineapple, frozen, chunks, sweetened

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	77.10		0		1		188.90		
Energy....kcal	86		0	NC	4		211		
Energy....kJ	360		0	NC	4		883		
Protein (N x 6.25)....g	0.40		0		1		0.98		
Total lipid (fat)....g	0.10		0		1		0.25		
Ash....g	0.20		0		1		0.49		
Carbohydrate, by difference....g	22.20		0	NC	4		54.39		
Fiber, total dietary....g	1.1		0		4		2.7		
Sugars, total....g	21.10		0	O	4		51.70		
Starch....g									
Minerals:									
Calcium, Ca....mg	9		0		1		22		
Iron, Fe....mg	0.40		0		1		0.98		
Magnesium, Mg....mg	10		0		1		25		
Phosphorus, P....mg	4		0		1		10		
Potassium, K....mg	100		0		1		245		
Sodium, Na....mg	2		0		1		5		
Zinc, Zn....mg	0.11		0		1		0.27		
Copper, Cu....mg	0.099		0		1		0.243		
Manganese, Mn....mg	1.062		0		1		2.602		
Selenium, Se....µg	0.1		0	BFZN	4		0.2		
Vitamins:									
Vitamin C, total ascorbic acid....mg	8.0		0		1		19.6		
Thiamin....mg	0.100		0		1		0.245		
Riboflavin....mg	0.030		0		1		0.074		
Niacin....mg	0.300		0		1		0.735		
Pantothenic acid....mg	0.105		0		1		0.257		
Vitamin B-6....mg	0.075		0		1		0.184		
Folate, total....µg	11		0		4		26		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	11		0		4		26		
Folate, DFE....µg	11		0	NC	4		26		
Choline, total....mg	4.9		0	FLA	4		12.0		
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....µg	2		0	NC	4		4		
Retinol....µg	0		0	Z	7		0		
Carotene, beta....µg	18		0	BNA	4		44		
Carotene, alpha....µg	0		0	BNA	4		0		
Cryptoxanthin, beta....µg	0		0	BNA	4		0		
Vitamin A, IU....IU	30		0		1		74		
Lycopene....µg	0		0	BFZN	4		0		
Lutein + zeaxanthin....µg	0		0	BFZN	4		0		
Vitamin E (alpha-tocopherol)....mg	0.02		0	BFZN	4		0.05		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....µg	0.7		0	BFZN	4		1.8		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 09272
Pineapple, frozen, chunks, sweetened

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.007		0		1		0.017		
4:0....g	0.000		0		1		0.000		
6:0....g	0.000		0		1		0.000		
8:0....g	0.000		0		1		0.000		
10:0....g	0.000		0		1		0.000		
12:0....g	0.000		0		1		0.000		
13:0....g									
14:0....g	0.000		0		1		0.000		
15:0....g									
16:0....g	0.004		0		1		0.010		
17:0....g									
18:0....g	0.003		0		1		0.007		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.012		0		1		0.029		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1		0.002		
17:1....g									
18:1 undifferentiated....g	0.011		0		1		0.027		
20:1....g	0.000		0		1		0.000		
22:1 undifferentiated....g	0.000		0		1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.035		0		1		0.086		
18:2 undifferentiated....g	0.020		0		1		0.049		
18:3 undifferentiated....g	0.015		0		1		0.037		
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000		
20:5 n-3 (EPA)....g	0.000		0		1		0.000		
22:5 n-3 (DPA)....g	0.000		0		1		0.000		
22:6 n-3 (DHA)....g	0.000		0		1		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.005		0		1		0.012		
Threonine....g	0.013		0		1		0.032		
Isoleucine....g	0.013		0		1		0.032		
Leucine....g	0.020		0		1		0.049		
Lysine....g	0.026		0		1		0.064		
Methionine....g	0.011		0		1		0.027		
Cystine....g	0.002		0		1		0.005		
Phenylalanine....g	0.012		0		1		0.029		
Tyrosine....g	0.013		0		1		0.032		
Valine....g	0.016		0		1		0.039		
Arginine....g	0.018		0		1		0.044		
Histidine....g	0.009		0		1		0.022		
Alanine....g	0.018		0		1		0.044		
Aspartic acid....g	0.059		0		1		0.145		
Glutamic acid....g	0.047		0		1		0.115		
Glycine....g	0.018		0		1		0.044		
Proline....g	0.013		0		1		0.032		
Serine....g	0.026		0		1		0.064		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 09272
Pineapple, frozen, chunks, sweetened

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 245g: 1 cup, chunks

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.78

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09266

Pineapple, raw, all varieties (1)

Ananas comosus

Refuse: 49% 8% core, 16% crown, 26% parings

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	86.00	0.506	21	A	1		141.90	778.30	142.76
Energy ... kcal	50		0	NC	4		83	453	83
Energy ... kJ	209		0	NC	4		345	1894	347
Protein (N x 6.25) ... g	0.54	0.037	21	A	1		0.89	4.90	0.90
Total lipid (fat) ... g	0.12	0.018	21	A	1		0.19	1.05	0.19
Ash ... g	0.22	0.032	21	A	1		0.37	2.00	0.37
Carbohydrate, by difference ... g	13.12		0	NC	4		21.65	118.75	21.78
Fiber, total dietary ... g	1.4	0.057	6	A	1		2.3	12.4	2.3
Sugars, total ... g	9.85	0.360	13	A	1		16.25	89.10	16.34
Sucrose ... g	5.99	0.509	13	A	1		9.89	54.24	9.95
Glucose (dextrose) ... g	1.73	0.089	13	A	1		2.86	15.66	2.87
Fructose ... g	2.12	0.060	13	A	1		3.50	19.20	3.52
Lactose ... g	0.00	0.000	13	A	1		0.00	0.00	0.00
Maltose ... g	0.00	0.000	13	A	1		0.00	0.00	0.00
Galactose ... g	0.00	0.000	13	A	1		0.00	0.00	0.00
Starch ... g	0.00	0.000	6	A	1		0.00	0.00	0.00
Minerals:									
Calcium, Ca ... mg	13	0.693	21	A	1		22	121	22
Iron, Fe ... mg	0.29	0.090	22	A	1		0.48	2.65	0.49
Magnesium, Mg ... mg	12	0.411	22	A	1		21	112	21
Phosphorus, P ... mg	8	0.570	21	A	1		13	72	13
Potassium, K ... mg	109	11.362	22	A	1		180	986	181
Sodium, Na ... mg	1	0.074	11		1		2	9	2
Zinc, Zn ... mg	0.12	0.005	19	A	1		0.19	1.04	0.19
Copper, Cu ... mg	0.110	0.017	22	A	1		0.181	0.994	0.182
Manganese, Mn ... mg	0.927	0.248	22	A	1		1.530	8.393	1.539
Selenium, Se ... µg	0.1	0.038	5	A	1		0.1	0.8	0.1
Vitamins:									
Vitamin C, total ascorbic acid ... mg	47.8	3.211	21	A	1		78.9	432.9	79.4
Thiamin ... mg	0.079	0.011	18	A	1		0.131	0.717	0.132
Riboflavin ... mg	0.032	0.007	18	A	1		0.053	0.293	0.054
Niacin ... mg	0.500	0.229	14	A	1		0.825	4.526	0.830
Pantothenic acid ... mg	0.213	0.050	18	A	1		0.351	1.923	0.353
Vitamin B-6 ... mg	0.112	0.006	18	A	1		0.185	1.015	0.186
Folate, total ... µg	18	8.972	18	A	1		29	159	29
Folic acid ... µg	0		0	Z	7		0	0	0
Folate, food ... µg	18	8.972	18	A	1		29	159	29
Folate, DFE ... µg	18		0	NC	4		29	159	29
Choline, total ... mg	5.5		0	AS	1		9.0	49.6	9.1
Betaine ... mg	0.1		2	A	1		0.1	0.8	0.1
Vitamin B-12 ... µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added ... µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE ... µg	3	0.372	16	A	1		5	26	5
Retinol ... µg	0		0	Z	7		0	0	0
Carotene, beta ... µg	35	4.463	16	A	1		58	317	58
Carotene, alpha ... µg	0	0.000	8	A	1		0	0	0
Cryptoxanthin, beta ... µg	0	0.000	8	A	1		0	0	0
Vitamin A, IU ... IU	58	7.439	16	A	1		96	529	97
Lycopene ... µg	0	0.000	8	A	1		0	0	0
Lutein + zeaxanthin ... µg	0	0.000	8	A	1		0	0	0
Vitamin E (alpha-tocopherol) ... mg	0.02	0.002	7	A	1		0.04	0.20	0.04
Vitamin E, added ... mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta ... mg	0.00	0.000	7	A	1		0.00	0.00	0.00
Tocopherol, gamma ... mg	0.00	0.000	7	A	1		0.00	0.00	0.00
Tocopherol, delta ... mg	0.00	0.000	7	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3) ... µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol) ... µg									

NDB No. 09266
Pineapple, raw, all varieties (1)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone).....µg	0.7	0.020	10	A	1		1.2	6.4	1.2
Dihydrophylloquinone.....µg	0.0	0.000	10	A	1		0.0	0.0	0.0
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.009		0	NC	4		0.015	0.080	0.015
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000	0.000
10:0.....g	0.000		0		1		0.000	0.000	0.000
12:0.....g	0.000		0		1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	0.000
15:0.....g									
16:0.....g	0.005		0		1		0.009	0.047	0.009
17:0.....g									
18:0.....g	0.003		0		1		0.005	0.027	0.005
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.013		0	NC	4		0.022	0.119	0.022
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.001	0.007	0.001
17:1.....g									
18:1 undifferentiated.....g	0.012		0		1		0.020	0.112	0.021
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.040		0	NC	4		0.066	0.363	0.067
18:2 undifferentiated.....g	0.023		0		1		0.038	0.209	0.038
18:3 undifferentiated.....g	0.017		0		1		0.028	0.154	0.028
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg	6		0		1		10	54	10
Amino Acids:									
Tryptophan.....g	0.005		0	A	1		0.009	0.048	0.009
Threonine.....g	0.019		0	A	1		0.031	0.172	0.032
Isoleucine.....g	0.019		0	A	1		0.031	0.172	0.031
Leucine.....g	0.024		0	A	1		0.040	0.221	0.041
Lysine.....g	0.026		0	A	1		0.043	0.238	0.044
Methionine.....g	0.012		0	A	1		0.019	0.106	0.019
Cystine.....g	0.014		0	A	1		0.023	0.125	0.023
Phenylalanine.....g	0.021		0	A	1		0.035	0.193	0.035
Tyrosine.....g	0.019		0	A	1		0.032	0.176	0.032
Valine.....g	0.024		0	A	1		0.040	0.221	0.041
Arginine.....g	0.019		0	A	1		0.031	0.170	0.031
Histidine.....g	0.010		0	A	1		0.016	0.090	0.016
Alanine.....g	0.033		0	A	1		0.055	0.299	0.055
Aspartic acid.....g	0.121		0	A	1		0.199	1.094	0.201
Glutamic acid.....g	0.079		0	A	1		0.130	0.714	0.131
Glycine.....g	0.024		0	A	1		0.040	0.221	0.041
Proline.....g	0.017		0	A	1		0.028	0.152	0.028
Serine.....g	0.035		0	A	1		0.058	0.320	0.059
Hydroxyproline.....g									

NDB No. 09266
Pineapple, raw, all varieties (1)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 165g: 1 cup, chunks

Measure 2 = 905g: 1 fruit

Measure 3 = 166g: 1 slice (4-2/3" dia x 3/4" thick)

Footnotes:

1 Values based on data weighted 80% extra sweet variety, 20% traditional varieties.

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09430

Pineapple, raw, extra sweet variety (1)

Ananas comosus

Refuse: 49% 8% core, 16% crown, 26% parings

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	85.66	0.390	10	A	1		141.34	142.20	775.22
Energy ... kcal	51		0	NC	4		85	85	464
Energy ... kJ	215		0	NC	4		354	356	1942
Protein ... g	0.53	0.031	10	A	1		0.88	0.88	4.81
Total lipid (fat) ... g	0.11	0.016	10	A	1		0.18	0.18	0.99
Ash ... g	0.20	0.016	10	A	1		0.33	0.34	1.83
Carbohydrate, by difference ... g	13.50		0	NC	4		22.27	22.41	122.15
Fiber, total dietary ... g	1.4	0.057	6	A	1		2.3	2.3	12.4
Sugars, total ... g	10.32	0.391	10	A	1		17.04	17.14	93.44
Sucrose ... g	6.47	0.534	10	A	1		10.68	10.74	58.56
Glucose (dextrose) ... g	1.70	0.141	10	A	1		2.81	2.82	15.40
Fructose ... g	2.15	0.136	10	A	1		3.55	3.57	19.48
Lactose ... g	0.00	0.000	10	A	1		0.00	0.00	0.00
Maltose ... g	0.00	0.000	10	A	1		0.00	0.00	0.00
Galactose ... g	0.00	0.000	10	A	1		0.00	0.00	0.00
Starch ... g	0.00	0.000	6	A	1		0.00	0.00	0.00
Minerals:									
Calcium, Ca ... mg	13	0.959	10	A	1		22	22	121
Iron, Fe ... mg	0.28	0.019	10	A	1		0.46	0.47	2.54
Magnesium, Mg ... mg	12	0.900	10	A	1		20	21	112
Phosphorus, P ... mg	8	0.517	10	A	1		13	13	70
Potassium, K ... mg	108	2.176	10	A	1		178	179	974
Sodium, Na ... mg	1		0	BFZN	4		2	2	9
Zinc, Zn ... mg	0.12	0.008	8	A	1		0.20	0.20	1.10
Copper, Cu ... mg	0.113	0.009	10	A	1		0.186	0.187	1.022
Manganese, Mn ... mg	0.818	0.152	10	A	1		1.350	1.358	7.405
Selenium, Se ... µg	0.1	0.016	3	A	1		0.2	0.2	0.9
Vitamins:									
Vitamin C, total ascorbic acid ... mg	56.4	4.000	10	A	1		93.0	93.6	510.1
Thiamin ... mg	0.080	0.004	8	A	1		0.131	0.132	0.721
Riboflavin ... mg	0.033	0.002	8	A	1		0.055	0.055	0.300
Niacin ... mg	0.507	0.156	8	A	1		0.837	0.842	4.593
Pantothenic acid ... mg	0.217	0.054	8	A	1		0.359	0.361	1.967
Vitamin B-6 ... mg	0.114	0.007	8	A	1		0.188	0.189	1.030
Folate, total ... µg	19	1.243	8	A	1		32	32	176
Folic acid ... µg	0		0	Z	7		0	0	0
Folate, food ... µg	19	1.243	8	A	1		32	32	176
Folate, DFE ... µg	19		0	NC	4		32	32	176
Choline, total ... mg	5.4		0	AS	1		9.0	9.0	49.2
Betaine ... mg	0.1		1	A	1		0.1	0.1	0.7
Vitamin B-12 ... µg									
Vitamin A, RAE ... µg	3	0.326	6	A	1		5	5	26
Retinol ... µg									
Carotene, beta ... µg	34	3.915	6	A	1		56	57	309
Carotene, alpha ... µg	0	0.000	6	A	1		0	0	0
Cryptoxanthin, beta ... µg	0	0.000	6	A	1		0	0	0
Vitamin A, IU ... IU	57	6.524	6	A	1		94	95	515
Lycopene ... µg	0	0.000	6	A	1		0	0	0
Lutein + zeaxanthin ... µg	0	0.000	6	A	1		0	0	0
Vitamin E (alpha-tocopherol) ... mg	0.02	0.001	7	A	1		0.04	0.04	0.19
Tocopherol, beta ... mg	0.00	0.000	7	A	1		0.00	0.00	0.00
Tocopherol, gamma ... mg	0.00	0.000	7	A	1		0.00	0.00	0.00
Tocopherol, delta ... mg	0.00	0.000	7	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3) ... µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol) ... µg									
Vitamin D3 (cholecalciferol) ... µg									
Vitamin D ... IU	0		0	Z	7		0	0	0

NDB No. 09430
Pineapple, raw, extra sweet variety (1)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin K (phylloquinone)....µg	0.7	0.104	8	A	1		1.2	1.2	6.3
Dihydrophylloquinone....µg	0.0	0.000	8	A	1		0.0	0.0	0.0
Menaquinone-4....µg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 165g: 1 cup, chunks

Measure 2 = 166g: 1 slice (4-2/3" dia x 3/4" thick)

Measure 3 = 905g: 1 fruit

Footnotes:

1 Values based on data for MD2 variety.

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09429

Pineapple, raw, traditional varieties (1)

Ananas comosus

Refuse: 42% 8% core, 13% crown, 22% parings

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	87.24	2.460	11	A	1		143.95	152.67	874.14
Energy ... kcal	45		0	NC	4		75	80	455
Energy ... kJ	190		0	NC	4		314	333	1905
Protein ... g	0.55	0.045	11	A	1		0.90	0.95	5.46
Total lipid (fat) ... g	0.13	0.033	11	A	1		0.21	0.22	1.27
Ash ... g	0.27	0.049	11	A	1		0.44	0.47	2.68
Carbohydrate, by difference ... g	11.82		0	NC	4		19.50	20.69	118.44
Fiber, total dietary ... g									
Sugars, total ... g	8.29	0.932	3	A	1		13.68	14.51	83.06
Sucrose ... g	4.59	0.729	3	A	1		7.58	8.04	46.02
Glucose (dextrose) ... g	1.76	0.227	3	A	1		2.90	3.08	17.63
Fructose ... g	1.94	0.325	3	A	1		3.20	3.39	19.40
Lactose ... g	0.00	0.000	3	A	1		0.00	0.00	0.00
Maltose ... g	0.00	0.000	3	A	1		0.00	0.00	0.00
Galactose ... g	0.00	0.000	3	A	1		0.00	0.00	0.00
Starch ... g									
Minerals:									
Calcium, Ca ... mg	13	1.723	11	A	1		21	22	127
Iron, Fe ... mg	0.25	0.063	12	A	1		0.41	0.44	2.50
Magnesium, Mg ... mg	12	1.630	12	A	1		21	22	125
Phosphorus, P ... mg	9	2.849	11	A	1		15	16	90
Potassium, K ... mg	125	18.777	12	A	1		206	218	1251
Sodium, Na ... mg	1		0	BFZN	4		2	2	10
Zinc, Zn ... mg	0.08	0.008	11	A	1		0.13	0.14	0.81
Copper, Cu ... mg	0.081	0.013	12	A	1		0.133	0.141	0.808
Manganese, Mn ... mg	1.593	0.473	12	A	1		2.628	2.788	15.962
Selenium, Se ... µg	0.0		2	A	1		0.1	0.1	0.3
Vitamins:									
Vitamin C, total ascorbic acid ... mg	16.9	2.464	11	A	1		27.9	29.6	169.6
Thiamin ... mg	0.078	0.002	10	A	1		0.128	0.136	0.777
Riboflavin ... mg	0.029	0.016	10	A	1		0.048	0.051	0.293
Niacin ... mg	0.470	0.283	6	A	1		0.776	0.823	4.714
Pantothenic acid ... mg	0.193	0.032	10	A	1		0.319	0.338	1.937
Vitamin B-6 ... mg	0.106	0.003	10	A	1		0.174	0.185	1.057
Folate, total ... µg	11	2.313	10	A	1		17	18	105
Folic acid ... µg									
Folate, food ... µg	11	2.313	10	A	1		17	18	105
Folate, DFE ... µg									
Choline, total ... mg	5.6		0	AS	1		9.3	9.9	56.6
Betaine ... mg	0.1		1	A	1		0.2	0.2	0.9
Vitamin B-12 ... µg									
Vitamin A, RAE ... µg	3	0.312	10	A	1		4	5	26
Retinol ... µg									
Carotene, beta ... µg	31	3.750	10	A	1		52	55	313
Carotene, alpha ... µg	0		2	A	1		0	0	0
Cryptoxanthin, beta ... µg	0		2	A	1		0	0	0
Vitamin A, IU ... IU	52	6.250	10	A	1		86	91	522
Lycopene ... µg	0		2	A	1		0	0	0
Lutein + zeaxanthin ... µg	0		2	A	1		0	0	0
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol) ... µg									
Vitamin D3 (cholecalciferol) ... µg									
Vitamin D ... IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone) ... µg	0.7		2	A	1		1.2	1.3	7.5

NDB No. 09429
Pineapple, raw, traditional varieties (1)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Dihydrophylloquinone.....µg	0.0		2	A	1		0.0	0.0	0.0
Menaquinone-4.....µg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 165g: 1 cup, chunks

Measure 2 = 175g: 1 slice (4-2/3" dia x 3/4" thick)

Measure 3 = 1002g: 1 fruit

Footnotes:

1 Values based on Champaka and Smoothe Cayenne varieties.

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09276
Pitanga, (surinam-cherry), raw
Eugenia uniflora

Refuse: 12% Seed, stem, and blossom end

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	90.81		2		1		157.10	6.36	
Energy ... kcal	33		0	NC	4		57	2	
Energy ... kJ	138				4		239	10	
Protein (N x 6.25) ... g	0.80		0		1		1.38	0.06	
Total lipid (fat) ... g	0.40		0		1		0.69	0.03	
Ash ... g	0.50		0		1		0.87	0.04	
Carbohydrate, by difference ... g	7.49		0	NC	4		12.96	0.52	
Fiber, total dietary ... g									
Sugars, total ... g									
Starch ... g									
Minerals:									
Calcium, Ca ... mg	9		0		1		16	1	
Iron, Fe ... mg	0.20		0		1		0.35	0.01	
Magnesium, Mg ... mg	12		1		1		21	1	
Phosphorus, P ... mg	11		0		1		19	1	
Potassium, K ... mg	103		1		1		178	7	
Sodium, Na ... mg	3		1		1		5	0	
Zinc, Zn ... mg									
Copper, Cu ... mg									
Manganese, Mn ... mg									
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg	26.3	2.947	6		1		45.5	1.8	
Thiamin ... mg	0.030		0		1		0.052	0.002	
Riboflavin ... mg	0.040		0		1		0.069	0.003	
Niacin ... mg	0.300		0		1		0.519	0.021	
Pantothenic acid ... mg									
Vitamin B-6 ... mg									
Folate, total ... µg									
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE ... µg	75		0		1		130	5	
Vitamin A, IU ... IU	1500		0		1		2595	105	
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g									
Fatty acids, total monounsaturated ... g									
Fatty acids, total polyunsaturated ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	Z	7		0	0	
Phytosterols ... mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 09276
Pitanga, (surinam-cherry), raw

Common Measures:

Measure 1 = 173g: 1 cup

Measure 2 = 7.0g: 1 fruit without refuse

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09278
Plantains, cooked

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	67.30	1.106	6		1		134.60	103.64	
Energy....kcal	116		0	NC	4		232	179	
Energy....kJ	485		0		4		971	747	
Protein (N x 6.25)....g	0.79	0.042	3		1		1.58	1.22	
Total lipid (fat)....g	0.18	0.029	3		1		0.36	0.28	
Ash....g	0.58	0.035	3		1		1.16	0.89	
Carbohydrate, by difference....g	31.15		0	NC	4		62.30	47.97	
Fiber, total dietary....g	2.3		0		4		4.6	3.5	
Sugars, total....g	14.00		0	O	4		28.00	21.56	
Starch....g									
Minerals:									
Calcium, Ca....mg	2	0.289	3		1		4	3	
Iron, Fe....mg	0.58	0.029	3		1		1.16	0.89	
Magnesium, Mg....mg	32	2.921	3		1		64	49	
Phosphorus, P....mg	28	1.397	3		1		56	43	
Potassium, K....mg	465	24.884	3		1		930	716	
Sodium, Na....mg	5	0.312	3		1		10	8	
Zinc, Zn....mg	0.13	0.007	3		1		0.26	0.20	
Copper, Cu....mg	0.066	0.003	3		1		0.132	0.102	
Manganese, Mn....mg									
Selenium, Se....µg	1.4		0	BFSN	4		2.8	2.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	10.9	1.611	3		1		21.8	16.8	
Thiamin....mg	0.046	0.002	3		1		0.092	0.071	
Riboflavin....mg	0.052	0.009	3		1		0.104	0.080	
Niacin....mg	0.756	0.039	3		1		1.512	1.164	
Pantothenic acid....mg	0.233	0.004	3		1		0.466	0.359	
Vitamin B-6....mg	0.240	0.013	3		1		0.480	0.370	
Folate, total....µg	26	0.817	6		1		52	40	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	26	0.817	6		1		52	40	
Folate, DFE....µg	26		0	NC	4		52	40	
Choline, total....mg	12.7		0	BFSN	4		25.4	19.6	
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	45	5.831	3		1		91	70	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg	369		0	BNA	4		738	568	
Carotene, alpha....µg	353		0	BNA	4		707	544	
Cryptoxanthin, beta....µg	0		0	BNA	4		0	0	
Vitamin A, IU....IU	909	116.625	3		1		1818	1400	
Lycopene....µg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin....µg	28		0	BFSN	4		56	43	
Vitamin E (alpha-tocopherol)....mg	0.13		0	BFSN	4		0.26	0.20	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	0.7		0	BFSN	4		1.4	1.1	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 09278
Plantains, cooked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.069		0		4		0.138	0.106	
4:0....g	0.000		0		4		0.000	0.000	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	
10:0....g	0.000		0		4		0.000	0.000	
12:0....g	0.001		0		4		0.002	0.002	
13:0....g									
14:0....g	0.001		0		4		0.002	0.002	
15:0....g									
16:0....g	0.047		0		4		0.094	0.072	
17:0....g									
18:0....g	0.002		0		4		0.004	0.003	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.015		0		4		0.030	0.023	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.005		0		4		0.010	0.008	
17:1....g									
18:1 undifferentiated....g	0.010		0		4		0.020	0.015	
20:1....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.033		0		4		0.066	0.051	
18:2 undifferentiated....g	0.021		0		4		0.042	0.032	
18:3 undifferentiated....g	0.012		0		4		0.024	0.018	
18:4....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.009		0		1		0.018	0.014	
Threonine....g	0.021		0		1		0.042	0.032	
Isoleucine....g	0.022		0		1		0.044	0.034	
Leucine....g	0.036		0		1		0.072	0.055	
Lysine....g	0.037		0		1		0.074	0.057	
Methionine....g	0.010		0		1		0.020	0.015	
Cystine....g	0.012		0		1		0.024	0.018	
Phenylalanine....g	0.027		0		1		0.054	0.042	
Tyrosine....g	0.020		0		1		0.040	0.031	
Valine....g	0.028		0		1		0.056	0.043	
Arginine....g	0.066		0		1		0.132	0.102	
Histidine....g	0.039		0		1		0.078	0.060	
Alanine....g	0.031		0		1		0.062	0.048	
Aspartic acid....g	0.065		0		1		0.130	0.100	
Glutamic acid....g	0.070		0		1		0.140	0.108	
Glycine....g	0.027		0		1		0.054	0.042	
Proline....g	0.030		0		1		0.060	0.046	
Serine....g	0.025		0		1		0.050	0.039	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 09278
Plantains, cooked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 200g: 1 cup, mashed

Measure 2 = 154g: 1 cup slices

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09446
Plantains, green, fried (1)

tostones de platano
Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	36.08	2.358	3	A	1		42.57	19.12	
Energy....kcal	309		0	NC	4		365	164	
Energy....kJ	1293		0	NC	4		1525	685	
Protein (N x 6.25)....g	1.50	0.245	3	A	1		1.78	0.80	
Total lipid (fat)....g	11.81	0.110	3	A	1		13.94	6.26	
Ash....g	1.44	0.092	3	A	1		1.70	0.76	
Carbohydrate, by difference....g	49.17		0	NC	4		58.02	26.06	
Fiber, total dietary....g	3.5	0.077	3	A	1		4.2	1.9	
Sugars, total....g	3.63		1	A	1		4.28	1.92	
Sucrose....g	2.36		1	A	1		2.78	1.25	
Glucose (dextrose)....g	0.61		1	A	1		0.72	0.32	
Fructose....g	0.66		1	A	1		0.78	0.35	
Lactose....g	0.00		1	A	1		0.00	0.00	
Maltose....g	0.00		1	A	1		0.00	0.00	
Galactose....g	0.00		1	A	1		0.00	0.00	
Starch....g	40.70		1	A	1		48.03	21.57	
Minerals:									
Calcium, Ca....mg	4	0.075	3	A	1		4	2	
Iron, Fe....mg	0.67		2	A	1		0.79	0.35	
Magnesium, Mg....mg	58	10.775	3	A	1		69	31	
Phosphorus, P....mg	44	3.050	3	A	1		52	24	
Potassium, K....mg	482	18.175	3	A	1		569	256	
Sodium, Na....mg	2	1.600	3	A	1		2	1	
Zinc, Zn....mg	0.23	0.008	3	A	1		0.28	0.12	
Copper, Cu....mg	0.183	0.021	3	A	1		0.216	0.097	
Manganese, Mn....mg	0.188	0.049	3	A	1		0.222	0.100	
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	3.4		2	A	1		4.0	1.8	
Thiamin....mg	0.047		2	A	1		0.055	0.025	
Riboflavin....mg	0.102		2	A	1		0.120	0.054	
Niacin....mg	0.818	0.118	3	A	1		0.965	0.434	
Pantothenic acid....mg	0.388		2	A	1		0.457	0.205	
Vitamin B-6....mg	0.264		2	A	1		0.311	0.140	
Folate, total....µg	15		1	A	1		18	8	
Folic acid....µg									
Folate, food....µg	15		1	A	1		18	8	
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg	60		3	A	1		70	32	
Retinol....µg									
Carotene, beta....µg	548		3	A	1		646	290	
Carotene, alpha....µg	332		3	A	1		392	176	
Cryptoxanthin, beta....µg	2		3	A	1		3	1	
Vitamin A, IU....IU	1192		3	A	1		1406	632	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									

NDB No. 09446
Plantains, green, fried (1)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	3.690		0	NC	4		4.354	1.955	
4:0....g									
6:0....g	0.000		1	A	1		0.000	0.000	
8:0....g									
10:0....g	0.016		1	A	1		0.019	0.008	
12:0....g	0.009		1	A	1		0.011	0.005	
13:0....g									
14:0....g	0.127		1	A	1		0.150	0.067	
15:0....g	0.008		1	A	1		0.009	0.004	
16:0....g	2.269		1	A	1		2.677	1.203	
17:0....g	0.036		1	A	1		0.042	0.019	
18:0....g	1.196		1	A	1		1.411	0.634	
20:0....g	0.022		1	A	1		0.026	0.012	
22:0....g	0.004		1	A	1		0.005	0.002	
24:0....g	0.003		1	A	1		0.004	0.002	
Fatty acids, total monounsaturated....g	4.353		0	NC	4		5.136	2.307	
14:1....g	0.002		1	A	1		0.002	0.001	
15:1....g	0.000		1	A	1		0.000	0.000	
16:1 undifferentiated....g	0.189		0	AS	1		0.223	0.100	
16:1 c....g	0.186		1	A	1		0.219	0.099	
16:1 t....g	0.003		1	A	1		0.004	0.002	
17:1....g	0.000		1	A	1		0.000	0.000	
18:1 undifferentiated....g	4.078		0	AS	1		4.812	2.161	
18:1 c....g	3.965		1	A	1		4.679	2.101	
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.113		1	A	1		0.133	0.060	
18:1-11t (18:1t n-7)....g									
20:1....g	0.080		1	A	1		0.094	0.042	
22:1 undifferentiated....g	0.001		0	AS	1		0.001	0.001	
22:1 c....g	0.001		1	A	1		0.001	0.001	
22:1 t....g	0.000		1	A	1		0.000	0.000	
24:1 c....g	0.003		1	A	1		0.004	0.002	
Fatty acids, total polyunsaturated....g	2.697		0	NC	4		3.182	1.429	
18:2 undifferentiated....g	2.348		0	AS	1		2.771	1.244	
18:2 n-6 c,c....g	2.278		1	A	1		2.688	1.207	
18:2 CLAs....g	0.027		1	A	1		0.032	0.014	
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.043		1	A	1		0.051	0.023	
18:3 undifferentiated....g	0.215		0	AS	1		0.254	0.114	
18:3 n-3 c,c,c (ALA)....g	0.212		1	A	1		0.250	0.112	
18:3 n-6 c,c,c....g	0.003		1	A	1		0.004	0.002	
18:3i....g									
18:4....g	0.000		1	A	1		0.000	0.000	
20:2 n-6 c,c....g	0.070		1	A	1		0.083	0.037	
20:3 undifferentiated....g	0.024		0	AS	1		0.028	0.013	
20:3 n-3....g	0.014		1	A	1		0.017	0.007	
20:3 n-6....g	0.010		1	A	1		0.012	0.005	
20:4 undifferentiated....g	0.021		1	A	1		0.025	0.011	
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.001		1	A	1		0.001	0.001	
21:5....g									
22:4....g	0.008		1	A	1		0.009	0.004	
22:5 n-3 (DPA)....g	0.006		1	A	1		0.007	0.003	
22:6 n-3 (DHA)....g	0.003		1	A	1		0.004	0.002	
Fatty acids, total trans....g	0.159		0	NC	4		0.188	0.084	
Fatty acids, total trans-monoenoic....g	0.116		0	NC	4		0.137	0.061	

NDB No. 09446
Plantains, green, fried (1)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total trans-polyenoic.....g	0.043		0	NC	4		0.051	0.023	
Cholesterol.....mg									
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 118g: 1 cup

Measure 2 = 53g: 10 slices (1/4" thick)

Footnotes:

1 Fatty acid values reflect plantains fried in corn oil.

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09277
Plantains, raw
Musa X paradisiaca

Refuse: 35% Skin and stems

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	65.28	1.063	19		1		96.61	116.85	
Energy....kcal	122		0	NC	4		181	218	
Energy....kJ	510		0		4		755	914	
Protein (N x 6.25)....g	1.30	0.138	15		1		1.92	2.33	
Total lipid (fat)....g	0.37	0.073	15		1		0.55	0.66	
Ash....g	1.17	0.161	15		1		1.73	2.09	
Carbohydrate, by difference....g	31.89		0	NC	4		47.20	57.08	
Fiber, total dietary....g	2.3		0		4		3.4	4.1	
Sugars, total....g	15.00		0	O	4		22.20	26.85	
Starch....g									
Minerals:									
Calcium, Ca....mg	3	0.289	3		1		4	5	
Iron, Fe....mg	0.60	0.004	3		1		0.89	1.07	
Magnesium, Mg....mg	37	1.510	6		1		55	66	
Phosphorus, P....mg	34	2.148	3		1		50	61	
Potassium, K....mg	499	43.068	8		1		739	893	
Sodium, Na....mg	4	2.667	6		1		6	7	
Zinc, Zn....mg	0.14	0.017	3		1		0.21	0.25	
Copper, Cu....mg	0.081	0.005	3		1		0.120	0.145	
Manganese, Mn....mg									
Selenium, Se....µg	1.5		0	BFSN	4		2.2	2.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	18.4	2.282	15		1		27.2	32.9	
Thiamin....mg	0.052	0.004	3		1		0.077	0.093	
Riboflavin....mg	0.054	0.013	3		1		0.080	0.097	
Niacin....mg	0.686	0.008	3		1		1.015	1.228	
Pantothenic acid....mg	0.260	0.008	3		1		0.385	0.465	
Vitamin B-6....mg	0.299	0.004	3		1		0.443	0.535	
Folate, total....µg	22	1.000	6		1		33	39	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	22	1.000	6		1		33	39	
Folate, DFE....µg	22		0	NC	4		33	39	
Choline, total....mg	13.5		0	BFSN	4		20.0	24.2	
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	56	3.147	3		1		83	101	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg	457		0	BNA	4		677	818	
Carotene, alpha....µg	438		0	BNA	4		648	784	
Cryptoxanthin, beta....µg	0		0	BNA	4		0	0	
Vitamin A, IU....IU	1127	62.933	3		1		1668	2017	
Lycopene....µg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin....µg	30		0	BFSN	4		44	54	
Vitamin E (alpha-tocopherol)....mg	0.14		0	BFSN	4		0.21	0.25	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	0.7		0	BFSN	4		1.1	1.3	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 09277
Plantains, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.143		0		4		0.212	0.256	
4:0....g	0.000		0		4		0.000	0.000	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	
10:0....g	0.001		0		4		0.001	0.002	
12:0....g	0.002		0		4		0.003	0.004	
13:0....g									
14:0....g	0.002		0		4		0.003	0.004	
15:0....g									
16:0....g	0.096		0		4		0.142	0.172	
17:0....g									
18:0....g	0.005		0		4		0.007	0.009	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.032		0		4		0.047	0.057	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.009		0		4		0.013	0.016	
17:1....g									
18:1 undifferentiated....g	0.021		0		4		0.031	0.038	
20:1....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.069		0		4		0.102	0.124	
18:2 undifferentiated....g	0.043		0		4		0.064	0.077	
18:3 undifferentiated....g	0.025		0		4		0.037	0.045	
18:4....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.015		2		1		0.022	0.027	
Threonine....g	0.034		2		1		0.050	0.061	
Isoleucine....g	0.036		2		1		0.053	0.064	
Leucine....g	0.059		2		1		0.087	0.106	
Lysine....g	0.060		4		1		0.089	0.107	
Methionine....g	0.017		4		1		0.025	0.030	
Cystine....g	0.020		3		1		0.030	0.036	
Phenylalanine....g	0.044		2		1		0.065	0.079	
Tyrosine....g	0.032		2		1		0.047	0.057	
Valine....g	0.046		2		1		0.068	0.082	
Arginine....g	0.108		2		1		0.160	0.193	
Histidine....g	0.064		2		1		0.095	0.115	
Alanine....g	0.051		2		1		0.075	0.091	
Aspartic acid....g	0.108		2		1		0.160	0.193	
Glutamic acid....g	0.116		2		1		0.172	0.208	
Glycine....g	0.045		2		1		0.067	0.081	
Proline....g	0.050		2		1		0.074	0.090	
Serine....g	0.041		2		1		0.061	0.073	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 09277
Plantains, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 148g: 1 cup, sliced

Measure 2 = 179g: 1 medium

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09447
Plantains, yellow, fried, Latino restaurant

platanos maduros
Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	49.04	4.027	3	A	1		82.88		
Energy....kcal	236		0	NC	4		399		
Energy....kJ	989		0	NC	4		1671		
Protein (N x 6.25)....g	1.42	0.199	3	A	1		2.39		
Total lipid (fat)....g	7.51	1.672	3	A	1		12.69		
Ash....g	1.26	0.080	3	A	1		2.14		
Carbohydrate, by difference....g	40.77		0	NC	4		68.90		
Fiber, total dietary....g	3.2	0.186	3	A	1		5.4		
Sugars, total....g	21.76	5.715	3	A	1		36.77		
Sucrose....g	11.93	3.956	3	A	1		20.16		
Glucose (dextrose)....g	4.97	1.068	3	A	1		8.40		
Fructose....g	4.86	1.169	3	A	1		8.21		
Lactose....g	0.00	0.000	3	A	1		0.00		
Maltose....g	0.00	0.000	3	A	1		0.00		
Galactose....g	0.00	0.000	3	A	1		0.00		
Starch....g	13.27	2.515	3	A	1		22.42		
Minerals:									
Calcium, Ca....mg	6	0.428	3	A	1		10		
Iron, Fe....mg	0.62	0.234	3	A	1		1.04		
Magnesium, Mg....mg	45	5.420	3	A	1		75		
Phosphorus, P....mg	43	2.979	3	A	1		72		
Potassium, K....mg	507	31.440	3	A	1		857		
Sodium, Na....mg	6	1.181	3	A	1		10		
Zinc, Zn....mg	0.24	0.034	3	A	1		0.41		
Copper, Cu....mg	0.116	0.016	3	A	1		0.196		
Manganese, Mn....mg	0.280	0.028	3	A	1		0.473		
Selenium, Se....µg	0.4		1	A	1		0.8		
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.070		1	A	1		0.118		
Riboflavin....mg	0.020		1	A	1		0.034		
Niacin....mg	0.837	0.058	4	A	1		1.415		
Pantothenic acid....mg	0.600		1	A	1		1.014		
Vitamin B-6....mg	0.290		1	A	1		0.490		
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg	66		1	A	1		111		
Vitamin A, IU....IU	1318		1	A	1		2227		
Lycopene....µg	0		1	A	1		0		
Lutein + zeaxanthin....µg	100		1	A	1		169		
Vitamin E (alpha-tocopherol)....mg	1.10		1	A	1		1.86		
Tocopherol, beta....mg	0.02		1	A	1		0.03		
Tocopherol, gamma....mg	1.06		1	A	1		1.79		
Tocopherol, delta....mg	0.53		1	A	1		0.90		
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	31.8		1	A	1		53.7		
Dihydrophylloquinone....µg	0.8		1	A	1		1.4		
Menaquinone-4....µg	0.6		1	A	1		0.9		
Lipids:									
Fatty acids, total saturated....g	1.816		0	NC	4		3.068		
4:0....g									

NDB No. 09447
Plantains, yellow, fried, Latino restaurant

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		2	A	1		0.000		
8:0....g	0.000		1	A	1		0.000		
10:0....g	0.011	0.002	3	A	1		0.018		
12:0....g	0.005	0.001	3	A	1		0.009		
13:0....g									
14:0....g	0.047	0.035	3	A	1		0.080		
15:0....g	0.004	0.002	3	A	1		0.007		
16:0....g	1.211	0.433	3	A	1		2.047		
17:0....g	0.015	0.009	3	A	1		0.025		
18:0....g	0.489	0.264	3	A	1		0.827		
20:0....g	0.018	0.001	3	A	1		0.030		
22:0....g	0.010	0.004	3	A	1		0.017		
24:0....g	0.005	0.002	3	A	1		0.009		
Fatty acids, total monounsaturated....g	2.319		0	NC	4		3.919		
14:1....g	0.001	0.001	3	A	1		0.001		
15:1....g	0.000	0.000	3	A	1		0.000		
16:1 undifferentiated....g	0.076	0.058	3	AS	1		0.128		
16:1 c....g	0.075	0.057	3	A	1		0.126		
16:1 t....g	0.001	0.001	3	A	1		0.002		
17:1....g	0.001	0.001	3	A	1		0.001		
18:1 undifferentiated....g	2.207	0.736	3	AS	1		3.729		
18:1 c....g	2.131	0.727	3	A	1		3.601		
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.076	0.033	3	A	1		0.128		
18:1-11t (18:1t n-7)....g									
20:1....g	0.033	0.020	3	A	1		0.056		
22:1 undifferentiated....g	0.000	0.000	3	AS	1		0.001		
22:1 c....g	0.000	0.000	3	A	1		0.001		
22:1 t....g	0.000	0.000	3	A	1		0.000		
24:1 c....g	0.002	0.000	3	A	1		0.003		
Fatty acids, total polyunsaturated....g	2.275		0	NC	4		3.844		
18:2 undifferentiated....g	2.017	0.207	3	AS	1		3.409		
18:2 n-6 c,c....g	1.971	0.211	3	A	1		3.331		
18:2 CLAs....g	0.011	0.004	3	A	1		0.019		
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.034	0.006	3	A	1		0.058		
18:3 undifferentiated....g	0.219	0.053	3	AS	1		0.370		
18:3 n-3 c,c,c (ALA)....g	0.218	0.054	3	A	1		0.368		
18:3 n-6 c,c,c....g	0.001	0.001	3	A	1		0.002		
18:3i....g									
18:4....g	0.000	0.000	3	A	1		0.000		
20:2 n-6 c,c....g	0.022	0.018	3	A	1		0.037		
20:3 undifferentiated....g	0.005	0.005	3	AS	1		0.009		
20:3 n-3....g	0.003	0.003	3	A	1		0.005		
20:3 n-6....g	0.002	0.002	3	A	1		0.004		
20:4 undifferentiated....g	0.005	0.004	3	A	1		0.009		
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.001	0.001	3	A	1		0.002		
21:5....g									
22:4....g	0.003	0.001	3	A	1		0.006		
22:5 n-3 (DPA)....g	0.001	0.001	3	A	1		0.002		
22:6 n-3 (DHA)....g	0.001	0.001	3	A	1		0.001		
Fatty acids, total trans....g	0.111		0	NC	4		0.188		
Fatty acids, total trans-monoenoic....g	0.077		0	NC	4		0.130		
Fatty acids, total trans-polyenoic....g	0.034		0	NC	4		0.058		
Cholesterol....mg									
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same

NDB No. 09447
Plantains, yellow, fried, Latino restaurant

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

food, or similar food.

Common Measures:
Measure 1 = 169g: 1 cup

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate**4

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09379
Plums, canned, heavy syrup, drained

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	76.06		0	BD	4		139.19		
Energy	kcal	89		0	NC	4		163		
Energy	kJ	374		0	NC	4		684		
Protein	g	0.44		0	BD	4		0.80		
Total lipid (fat)	g	0.14		0	BD	4		0.25		
Ash	g	0.25		0	BD	4		0.45		
Carbohydrate, by difference	g	23.12		0	NC	4		42.31		
Fiber, total dietary	g	1.5		0	BD	4		2.8		
Sugars, total	g	21.58		0	O	4		39.49		
Starch	g									
Minerals:										
Calcium, Ca	mg	10		0	BD	4		18		
Iron, Fe	mg	0.84		0	BD	4		1.54		
Magnesium, Mg	mg	5		0	BD	4		10		
Phosphorus, P	mg	15		0	BD	4		27		
Potassium, K	mg	93		0	BD	4		170		
Sodium, Na	mg	19		0	BD	4		35		
Zinc, Zn	mg	0.07		0	BD	4		0.13		
Copper, Cu	mg	0.046		0	BD	4		0.084		
Manganese, Mn	mg									
Selenium, Se	µg	0.0		0	BFZN	4		0.1		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.4		0	BD	4		0.7		
Thiamin	mg	0.017		0	BD	4		0.031		
Riboflavin	mg	0.041		0	BD	4		0.075		
Niacin	mg	0.291		0	BD	4		0.533		
Pantothenic acid	mg									
Vitamin B-6	mg	0.028		0	BD	4		0.050		
Folate, total	µg	3		0	BD	4		5		
Folic acid	µg	0		0	Z	7		0		
Folate, food	µg	3		0	BD	4		5		
Folate, DFE	µg	3		0	NC	4		5		
Choline, total	mg	0.8		0	BFYN	4		1.5		
Betaine	mg									
Vitamin B-12	µg	0.00		0		7		0.00		
Vitamin B-12, added	µg	0.00		0	Z	7		0.00		
Vitamin A, RAE	µg	20		0	NC	4		36		
Retinol	µg	0		0	Z	7		0		
Carotene, beta	µg	219		0	BNA	4		401		
Carotene, alpha	µg	0		0	BNA	4		0		
Cryptoxanthin, beta	µg	40		0	BNA	4		74		
Vitamin A, IU	IU	399		0	BD	4		730		
Lycopene	µg	0		0	BFZN	4		0		
Lutein + zeaxanthin	µg	73		0	BFZN	4		134		
Vitamin E (alpha-tocopherol)	mg	0.26		0	BFZN	4		0.48		
Vitamin E, added	mg	0.00		0	Z	7		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU	0		0	Z	7		0		
Vitamin K (phylloquinone)	µg	6.4		0	BFZN	4		11.6		
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 09379
Plums, canned, heavy syrup, drained

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.011		0		4		0.020		
4:0.....g	0.000		0		4		0.000		
6:0.....g	0.000		0		4		0.000		
8:0.....g	0.000		0		4		0.000		
10:0.....g	0.000		0		4		0.000		
12:0.....g	0.000		0		4		0.000		
13:0.....g									
14:0.....g	0.000		0		4		0.000		
15:0.....g									
16:0.....g	0.010		0		4		0.018		
17:0.....g									
18:0.....g	0.001		0		4		0.002		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.090		0		4		0.165		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		4		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.089		0		4		0.163		
20:1.....g	0.000		0		4		0.000		
22:1 undifferentiated.....g	0.000		0		4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.030		0		4		0.055		
18:2 undifferentiated.....g	0.030		0		4		0.055		
18:3 undifferentiated.....g	0.000		0		4		0.000		
18:4.....g	0.000		0		4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000		
20:5 n-3 (EPA).....g	0.000		0		4		0.000		
22:5 n-3 (DPA).....g	0.000		0		4		0.000		
22:6 n-3 (DHA).....g	0.000		0		4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		7		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 183g: 1 cup, with pits, yields

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.75

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09285

Plums, canned, purple, extra heavy syrup pack, solids and liquids

Refuse: 5% Pits

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	73.00		0		1		190.53		
Energy ... kcal	101		0	NC	4		264		
Energy ... kJ	423				4		1103		
Protein (N x 6.25) ... g	0.36		0		1		0.94		
Total lipid (fat) ... g	0.10		0		1		0.26		
Ash ... g	0.24		0		1		0.63		
Carbohydrate, by difference ... g	26.31		0	NC	4		68.67		
Fiber, total dietary ... g	1.0		0		4		2.6		
Sugars, total ... g									
Starch ... g									
Minerals:									
Calcium, Ca ... mg	9		0		1		23		
Iron, Fe ... mg	0.82		0		1		2.14		
Magnesium, Mg ... mg	5		0		1		13		
Phosphorus, P ... mg	12		0		1		31		
Potassium, K ... mg	89		0		1		232		
Sodium, Na ... mg	19		0		1		50		
Zinc, Zn ... mg	0.07		0		1		0.18		
Copper, Cu ... mg	0.036		0		1		0.094		
Manganese, Mn ... mg	0.031		0		1		0.081		
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.4		0		1		1.0		
Thiamin ... mg	0.016		0		1		0.042		
Riboflavin ... mg	0.037		0		1		0.097		
Niacin ... mg	0.285		0		1		0.744		
Pantothenic acid ... mg	0.072		0		1		0.188		
Vitamin B-6 ... mg	0.027		0		1		0.070		
Folate, total ... µg	3		0		1		7		
Folic acid ... µg	0		0	Z	7		0		
Folate, food ... µg	3		0		1		7		
Folate, DFE ... µg	3		0	NC	4		7		
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg	0.00		0	Z	7		0.00		
Vitamin A, RAE ... µg	13		0		1		33		
Retinol ... µg	0		0	Z	7		0		
Carotene, beta ... µg									
Carotene, alpha ... µg									
Cryptoxanthin, beta ... µg									
Vitamin A, IU ... IU	254		0		1		663		
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol) ... µg									
Vitamin D3 (cholecalciferol) ... µg									
Vitamin D ... IU	0		0	Z	7		0		
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	0.008		0		1		0.021		
4:0 ... g									

NDB No. 09285

Plums, canned, purple, extra heavy syrup pack, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g									
15:0....g									
16:0....g	0.006		0		1		0.016		
17:0....g									
18:0....g	0.001		0		1		0.003		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.065		0		1		0.170		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1		0.003		
17:1....g									
18:1 undifferentiated....g	0.064		0		1		0.167		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.021		0		1		0.055		
18:2 undifferentiated....g	0.021		0		1		0.055		
18:3 undifferentiated....g									
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g									
Threonine....g	0.007		0		1		0.018		
Isoleucine....g	0.007		0		1		0.018		
Leucine....g	0.010		0		1		0.026		
Lysine....g	0.008		0		1		0.021		
Methionine....g	0.003		0		1		0.008		
Cystine....g	0.002		0		1		0.005		
Phenylalanine....g	0.008		0		1		0.021		
Tyrosine....g	0.003		0		1		0.008		
Valine....g	0.009		0		1		0.023		
Arginine....g	0.006		0		1		0.016		
Histidine....g	0.006		0		1		0.016		
Alanine....g	0.013		0		1		0.034		
Aspartic acid....g	0.113		0		1		0.295		
Glutamic acid....g	0.017		0		1		0.044		
Glycine....g	0.005		0		1		0.013		
Proline....g	0.016		0		1		0.042		
Serine....g	0.009		0		1		0.023		
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 261g: 1 cup, pitted

NDB No. 09285

Plums, canned, purple, extra heavy syrup pack, solids and liquids

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.78

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09284

Plums, canned, purple, heavy syrup pack, solids and liquids

Refuse: 5% Pits

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	76.06	0.226	8		1		196.23	34.99	
Energy....kcal	89		0	NC	4		230	41	
Energy....kJ	372		0		4		961	171	
Protein (N x 6.25)....g	0.36	0.011	8		1		0.93	0.17	
Total lipid (fat)....g	0.10	0.000	8		1		0.26	0.05	
Ash....g	0.24	0.011	8		1		0.62	0.11	
Carbohydrate, by difference....g	23.24		0	NC	4		59.96	10.69	
Fiber, total dietary....g	0.9		0	BFYN	4		2.4	0.4	
Sugars, total....g	22.31		0	O	4		57.56	10.26	
Starch....g									
Minerals:									
Calcium, Ca....mg	9	0.633	8		1		23	4	
Iron, Fe....mg	0.84	0.177	8		1		2.17	0.39	
Magnesium, Mg....mg	5		0		1		13	2	
Phosphorus, P....mg	13		0		1		34	6	
Potassium, K....mg	91	5.127	8		1		235	42	
Sodium, Na....mg	19	1.945	8		1		49	9	
Zinc, Zn....mg	0.07		0		1		0.18	0.03	
Copper, Cu....mg	0.037		0		1		0.095	0.017	
Manganese, Mn....mg	0.031		0		1		0.080	0.014	
Selenium, Se....µg	0.0		0	BFYN	4		0.1	0.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.4	0.060	7		1		1.0	0.2	
Thiamin....mg	0.016	0.001	7		1		0.041	0.007	
Riboflavin....mg	0.038	0.004	7		1		0.098	0.017	
Niacin....mg	0.291	0.013	8		1		0.751	0.134	
Pantothenic acid....mg	0.072		0		1		0.186	0.033	
Vitamin B-6....mg	0.027		0		1		0.070	0.012	
Folate, total....µg	3	0.938	3		1		6	1	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	3	0.938	3		1		6	1	
Folate, DFE....µg	3		0	NC	4		6	1	
Choline, total....mg	1.3		0	BFYN	4		3.2	0.6	
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	13	3.164	8		1		33	6	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg	142		0	BNA	4		367	65	
Carotene, alpha....µg	0		0	BNA	4		0	0	
Cryptoxanthin, beta....µg	26		0	BNA	4		68	12	
Vitamin A, IU....IU	259	63.286	8		1		668	119	
Lycopene....µg	0		0	BFYN	4		0	0	
Lutein + zeaxanthin....µg	49		0	BFYN	4		126	22	
Vitamin E (alpha-tocopherol)....mg	0.18		0	BFYN	4		0.46	0.08	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	4.3		0	BFYN	4		11.0	2.0	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 09284

Plums, canned, purple, heavy syrup pack, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.008		0		1		0.021	0.004	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	
15:0....g									
16:0....g	0.007		0		1		0.018	0.003	
17:0....g									
18:0....g	0.001		0		1		0.003	0.000	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.066		0		1		0.170	0.030	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1		0.003	0.000	
17:1....g									
18:1 undifferentiated....g	0.065		0		1		0.168	0.030	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.022		0		1		0.057	0.010	
18:2 undifferentiated....g	0.022		0		1		0.057	0.010	
18:3 undifferentiated....g	0.000		0		1		0.000	0.000	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g									
Threonine....g	0.008		0		1		0.021	0.004	
Isoleucine....g	0.007		0		1		0.018	0.003	
Leucine....g	0.010		0		1		0.026	0.005	
Lysine....g	0.008		0		1		0.021	0.004	
Methionine....g	0.003		0		1		0.008	0.001	
Cystine....g	0.002		0		1		0.005	0.001	
Phenylalanine....g	0.008		0		1		0.021	0.004	
Tyrosine....g	0.003		0		1		0.008	0.001	
Valine....g	0.009		0		1		0.023	0.004	
Arginine....g	0.006		0		1		0.015	0.003	
Histidine....g	0.006		0		1		0.015	0.003	
Alanine....g	0.013		0		1		0.034	0.006	
Aspartic acid....g	0.114		0		1		0.294	0.052	
Glutamic acid....g	0.017		0		1		0.044	0.008	
Glycine....g	0.006		0		1		0.015	0.003	
Proline....g	0.016		0		1		0.041	0.007	
Serine....g	0.009		0		1		0.023	0.004	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 09284

Plums, canned, purple, heavy syrup pack, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 258g: 1 cup, pitted

Measure 2 = 46g: 1 plum with liquid

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.75

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09282

Plums, canned, purple, juice pack, solids and liquids

Refuse: 5% Pits

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	84.02	0.327	6		1		211.73	38.65	
Energy....kcal	58		0	NC	4		146	27	
Energy....kJ	243		0		4		612	112	
Protein (N x 6.25)....g	0.51	0.031	6		1		1.29	0.23	
Total lipid (fat)....g	0.02	0.003	6		1		0.05	0.01	
Ash....g	0.30	0.009	6		1		0.76	0.14	
Carbohydrate, by difference....g	15.15		0	NC	4		38.18	6.97	
Fiber, total dietary....g	0.9		0	BFYN	4		2.3	0.4	
Sugars, total....g	14.22		0	O	4		35.83	6.54	
Starch....g									
Minerals:									
Calcium, Ca....mg	10	0.139	6		1		25	5	
Iron, Fe....mg	0.34	0.040	6		1		0.86	0.16	
Magnesium, Mg....mg	8	0.157	6		1		20	4	
Phosphorus, P....mg	15	1.009	6		1		38	7	
Potassium, K....mg	154	6.983	6		1		388	71	
Sodium, Na....mg	1	0.126	6		1		3	0	
Zinc, Zn....mg	0.11	0.005	6		1		0.28	0.05	
Copper, Cu....mg	0.054	0.004	6		1		0.136	0.025	
Manganese, Mn....mg	0.033		0		4		0.083	0.015	
Selenium, Se....µg	0.0		0	BFYN	4		0.1	0.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	2.8	0.445	6		1		7.1	1.3	
Thiamin....mg	0.023	0.001	6		1		0.058	0.011	
Riboflavin....mg	0.059	0.006	6		1		0.149	0.027	
Niacin....mg	0.473	0.065	3		1		1.192	0.218	
Pantothenic acid....mg	0.072		0		4		0.181	0.033	
Vitamin B-6....mg	0.027		0		4		0.068	0.012	
Folate, total....µg	3		0		4		7	1	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	3		0		4		7	1	
Folate, DFE....µg	3		0	NC	4		7	1	
Choline, total....mg	1.3		0	BFYN	4		3.2	0.6	
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	50	2.184	6		1		127	23	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg	554		0	BNA	4		1397	255	
Carotene, alpha....µg	0		0	BNA	4		0	0	
Cryptoxanthin, beta....µg	102		0	BNA	4		258	47	
Vitamin A, IU....IU	1009	43.675	6		1		2543	464	
Lycopene....µg	0		0	BFYN	4		0	0	
Lutein + zeaxanthin....µg	49		0	BFYN	4		123	22	
Vitamin E (alpha-tocopherol)....mg	0.18		0	BFYN	4		0.45	0.08	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	4.3		0	BFYN	4		10.7	2.0	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 09282

Plums, canned, purple, juice pack, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.002		0		1		0.005	0.001	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	
15:0....g									
16:0....g	0.001		0		1		0.003	0.000	
17:0....g									
18:0....g	0.000		0		1		0.000	0.000	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.014		0		1		0.035	0.006	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.014		0		1		0.035	0.006	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.005		0		1		0.013	0.002	
18:2 undifferentiated....g	0.005		0		1		0.013	0.002	
18:3 undifferentiated....g	0.000		0		1		0.000	0.000	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g									
Threonine....g	0.011		0		1		0.028	0.005	
Isoleucine....g	0.010		0		1		0.025	0.005	
Leucine....g	0.014		0		1		0.035	0.006	
Lysine....g	0.011		0		1		0.028	0.005	
Methionine....g	0.004		0		1		0.010	0.002	
Cystine....g	0.003		0		1		0.008	0.001	
Phenylalanine....g	0.011		0		1		0.028	0.005	
Tyrosine....g	0.004		0		1		0.010	0.002	
Valine....g	0.012		0		1		0.030	0.006	
Arginine....g	0.009		0		1		0.023	0.004	
Histidine....g	0.008		0		1		0.020	0.004	
Alanine....g	0.019		0		1		0.048	0.009	
Aspartic acid....g	0.162		0		1		0.408	0.075	
Glutamic acid....g	0.024		0		1		0.060	0.011	
Glycine....g	0.008		0		1		0.020	0.004	
Proline....g	0.022		0		1		0.055	0.010	
Serine....g	0.013		0		1		0.033	0.006	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 09282

Plums, canned, purple, juice pack, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 252g: 1 cup, pitted

Measure 2 = 46g: 1 plum with liquid

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.7

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09283

Plums, canned, purple, light syrup pack, solids and liquids

Refuse: 5% Pits

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	83.00		0		1		209.16	38.18	
Energy....kcal	63		0	NC	4		159	29	
Energy....kJ	264		0		4		664	121	
Protein (N x 6.25)....g	0.37		0		1		0.93	0.17	
Total lipid (fat)....g	0.10		0		1		0.25	0.05	
Ash....g	0.25		0		1		0.63	0.12	
Carbohydrate, by difference....g	16.28		0	NC	4		41.03	7.49	
Fiber, total dietary....g	0.9		0	BFYN	4		2.3	0.4	
Sugars, total....g	15.35		0	O	4		38.68	7.06	
Starch....g									
Minerals:									
Calcium, Ca....mg	9		0		1		23	4	
Iron, Fe....mg	0.86		0		1		2.17	0.40	
Magnesium, Mg....mg	5		0		1		13	2	
Phosphorus, P....mg	13		0		1		33	6	
Potassium, K....mg	93		0		1		234	43	
Sodium, Na....mg	20		0		1		50	9	
Zinc, Zn....mg	0.08		0		1		0.20	0.04	
Copper, Cu....mg	0.038		0		1		0.096	0.017	
Manganese, Mn....mg	0.032		0		1		0.081	0.015	
Selenium, Se....µg	0.0		0	BFYN	4		0.1	0.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.4		0		1		1.0	0.2	
Thiamin....mg	0.016		0		1		0.040	0.007	
Riboflavin....mg	0.039		0		1		0.098	0.018	
Niacin....mg	0.297		0		1		0.748	0.137	
Pantothenic acid....mg	0.072		0		1		0.181	0.033	
Vitamin B-6....mg	0.027		0		1		0.068	0.012	
Folate, total....µg	3		0		1		7	1	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	3		0		1		7	1	
Folate, DFE....µg	3		0	NC	4		7	1	
Choline, total....mg	1.3		0	BFYN	4		3.2	0.6	
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	12		0	NC	4		29	5	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg	127		0	BFYN	4		320	58	
Carotene, alpha....µg	0		0	BFYN	4		0	0	
Cryptoxanthin, beta....µg	23		0	BFYN	4		59	11	
Vitamin A, IU....IU	231		0	NC	4		583	106	
Lycopene....µg	0		0	BFYN	4		0	0	
Lutein + zeaxanthin....µg	49		0	BFYN	4		123	22	
Vitamin E (alpha-tocopherol)....mg	0.18		0	BFYN	4		0.45	0.08	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	4.3		0	BFYN	4		10.7	2.0	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 09283

Plums, canned, purple, light syrup pack, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.008		0		1		0.020	0.004	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	
15:0....g									
16:0....g	0.007		0		1		0.018	0.003	
17:0....g									
18:0....g	0.001		0		1		0.003	0.000	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.069		0		1		0.174	0.032	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1		0.003	0.000	
17:1....g									
18:1 undifferentiated....g	0.068		0		1		0.171	0.031	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.023		0		1		0.058	0.011	
18:2 undifferentiated....g	0.023		0		1		0.058	0.011	
18:3 undifferentiated....g	0.000		0		1		0.000	0.000	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g									
Threonine....g	0.008		0		1		0.020	0.004	
Isoleucine....g	0.007		0		1		0.018	0.003	
Leucine....g	0.010		0		1		0.025	0.005	
Lysine....g	0.008		0		1		0.020	0.004	
Methionine....g	0.003		0		1		0.008	0.001	
Cystine....g	0.002		0		1		0.005	0.001	
Phenylalanine....g	0.008		0		1		0.020	0.004	
Tyrosine....g	0.003		0		1		0.008	0.001	
Valine....g	0.009		0		1		0.023	0.004	
Arginine....g	0.006		0		1		0.015	0.003	
Histidine....g	0.006		0		1		0.015	0.003	
Alanine....g	0.014		0		1		0.035	0.006	
Aspartic acid....g	0.116		0		1		0.292	0.053	
Glutamic acid....g	0.017		0		1		0.043	0.008	
Glycine....g	0.006		0		1		0.015	0.003	
Proline....g	0.016		0		1		0.040	0.007	
Serine....g	0.009		0		1		0.023	0.004	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 09283

Plums, canned, purple, light syrup pack, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 252g: 1 cup, pitted

Measure 2 = 46g: 1 plum with liquid

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.71

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09281

Plums, canned, purple, water pack, solids and liquids

Refuse: 5% Pits

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	88.35		1		1		219.99	40.64	
Energy....kcal	41		0	NC	4		102	19	
Energy....kJ	172		0		4		427	79	
Protein (N x 6.25)....g	0.39		1		1		0.97	0.18	
Total lipid (fat)....g	0.01		1		1		0.02	0.00	
Ash....g	0.23		1		1		0.57	0.11	
Carbohydrate, by difference....g	11.03		0	NC	4		27.46	5.07	
Fiber, total dietary....g	0.9		0	BFYN	4		2.3	0.4	
Sugars, total....g	10.10		0	O	4		25.15	4.65	
Starch....g									
Minerals:									
Calcium, Ca....mg	7		1		1		17	3	
Iron, Fe....mg	0.16		1		1		0.40	0.07	
Magnesium, Mg....mg	5		1		1		12	2	
Phosphorus, P....mg	13		1		1		32	6	
Potassium, K....mg	126		1		1		314	58	
Sodium, Na....mg	1		1		1		2	0	
Zinc, Zn....mg	0.08		1		1		0.20	0.04	
Copper, Cu....mg	0.039		1		1		0.097	0.018	
Manganese, Mn....mg	0.033		0		1		0.082	0.015	
Selenium, Se....µg	0.0		0	BFYN	4		0.1	0.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	2.7		1		1		6.7	1.2	
Thiamin....mg	0.021		1		1		0.052	0.010	
Riboflavin....mg	0.041		1		1		0.102	0.019	
Niacin....mg	0.370		1		1		0.921	0.170	
Pantothenic acid....mg	0.072		0		1		0.179	0.033	
Vitamin B-6....mg	0.027		0		1		0.067	0.012	
Folate, total....µg	3		0		1		6	1	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	3		0		1		6	1	
Folate, DFE....µg	3		0	NC	4		6	1	
Choline, total....mg	1.3		0	BFYN	4		3.1	0.6	
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	46		1		1		114	21	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg	502		0	BNA	4		1250	231	
Carotene, alpha....µg	0		0	BNA	4		0	0	
Cryptoxanthin, beta....µg	93		0	BNA	4		231	43	
Vitamin A, IU....IU	914		1		1		2276	420	
Lycopene....µg	0		0	BFYN	4		0	0	
Lutein + zeaxanthin....µg	49		0	BFYN	4		122	22	
Vitamin E (alpha-tocopherol)....mg	0.18		0	BFYN	4		0.44	0.08	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	4.3		0	BFYN	4		10.6	2.0	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 09281

Plums, canned, purple, water pack, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.001		0		1		0.002	0.000	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	
15:0....g									
16:0....g	0.001		0		1		0.002	0.000	
17:0....g									
18:0....g	0.000		0		1		0.000	0.000	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.005		0		1		0.012	0.002	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.005		0		1		0.012	0.002	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.002		0		1		0.005	0.001	
18:2 undifferentiated....g	0.002		0		1		0.005	0.001	
18:3 undifferentiated....g	0.000		0		1		0.000	0.000	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g									
Threonine....g	0.008		0		1		0.020	0.004	
Isoleucine....g	0.008		0		1		0.020	0.004	
Leucine....g	0.010		0		1		0.025	0.005	
Lysine....g	0.008		0		1		0.020	0.004	
Methionine....g	0.003		0		1		0.007	0.001	
Cystine....g	0.002		0		1		0.005	0.001	
Phenylalanine....g	0.008		0		1		0.020	0.004	
Tyrosine....g	0.003		0		1		0.007	0.001	
Valine....g	0.009		0		1		0.022	0.004	
Arginine....g	0.006		0		1		0.015	0.003	
Histidine....g	0.006		0		1		0.015	0.003	
Alanine....g	0.014		0		1		0.035	0.006	
Aspartic acid....g	0.122		0		1		0.304	0.056	
Glutamic acid....g	0.018		0		1		0.045	0.008	
Glycine....g	0.006		0		1		0.015	0.003	
Proline....g	0.017		0		1		0.042	0.008	
Serine....g	0.010		0		1		0.025	0.005	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 09281

Plums, canned, purple, water pack, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 249g: 1 cup, pitted

Measure 2 = 46g: 1 plum with liquid

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09293
Plums, dried (prunes), stewed, with added sugar

Refuse: 15% Pits

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	65.08		0		1		161.40		
Energy ... kcal	124		0	NC	4		308		
Energy ... kJ	519				4		1287		
Protein (N x 6.25) ... g	1.09		0		1		2.70		
Total lipid (fat) ... g	0.22		0		1		0.55		
Ash ... g	0.73		0		1		1.81		
Carbohydrate, by difference ... g	32.88		0	NC	4		81.54		
Fiber, total dietary ... g	3.8		0		4		9.4		
Sugars, total ... g									
Starch ... g									
Minerals:									
Calcium, Ca ... mg	21		0		1		52		
Iron, Fe ... mg	1.04		0		1		2.58		
Magnesium, Mg ... mg	19		0		1		47		
Phosphorus, P ... mg	33		0		1		82		
Potassium, K ... mg	312		0		1		774		
Sodium, Na ... mg	2		0		1		5		
Zinc, Zn ... mg	0.22		0		1		0.55		
Copper, Cu ... mg	0.180		0		1		0.446		
Manganese, Mn ... mg	0.092		0		1		0.228		
Selenium, Se ... µg	1.0		0	BFZN	4		2.5		
Vitamins:									
Vitamin C, total ascorbic acid ... mg	2.7		0		1		6.7		
Thiamin ... mg	0.022		0		1		0.055		
Riboflavin ... mg	0.093		0		1		0.231		
Niacin ... mg	0.675		0		1		1.674		
Pantothenic acid ... mg	0.100		0		1		0.248		
Vitamin B-6 ... mg	0.203		0		1		0.503		
Folate, total ... µg	0		0		1		0		
Folic acid ... µg	0		0	Z	7		0		
Folate, food ... µg	0		0		1		0		
Folate, DFE ... µg	0		0	NC	4		0		
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg	0.00		0	Z	7		0.00		
Vitamin A, RAE ... µg	14		0		1		35		
Retinol ... µg	0		0	Z	7		0		
Carotene, beta ... µg									
Carotene, alpha ... µg									
Cryptoxanthin, beta ... µg									
Vitamin A, IU ... IU	285		0		1		707		
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol) ... µg									
Vitamin D3 (cholecalciferol) ... µg									
Vitamin D ... IU	0		0	Z	7		0		
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	0.017		0		1		0.042		
4:0 ... g	0.000		0		1		0.000		

NDB No. 09293
Plums, dried (prunes), stewed, with added sugar

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0		1		0.000		
8:0 ... g	0.000		0		1		0.000		
10:0 ... g	0.000		0		1		0.000		
12:0 ... g	0.000		0		1		0.000		
13:0 ... g									
14:0 ... g	0.000		0		1		0.000		
15:0 ... g									
16:0 ... g	0.014		0		1		0.035		
17:0 ... g									
18:0 ... g	0.003		0		1		0.007		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.142		0		1		0.352		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.002		0		1		0.005		
17:1 ... g									
18:1 undifferentiated ... g	0.140		0		1		0.347		
20:1 ... g	0.000		0		1		0.000		
22:1 undifferentiated ... g	0.000		0		1		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.047		0		1		0.117		
18:2 undifferentiated ... g	0.047		0		1		0.117		
18:3 undifferentiated ... g	0.000		0		1		0.000		
18:4 ... g	0.000		0		1		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000		
20:5 n-3 (EPA) ... g	0.000		0		1		0.000		
22:5 n-3 (DPA) ... g	0.000		0		1		0.000		
22:6 n-3 (DHA) ... g	0.000		0		1		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	Z	7		0		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0		
Caffeine ... mg									
Theobromine ... mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 248g: 1 cup, pitted

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09292

Plums, dried (prunes), stewed, without added sugar

Refuse: 15% Pits

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	69.73	1.031	3		1		172.93		
Energy....kcal	107		0	NC	4		265		
Energy....kJ	448		0		4		1110		
Protein (N x 6.25)....g	0.96		0	BFSN	4		2.37		
Total lipid (fat)....g	0.16		0	BFSN	4		0.41		
Ash....g	1.16		0	BFSN	4		2.87		
Carbohydrate, by difference....g	28.08		0	NC	4		69.64		
Fiber, total dietary....g	3.1		0	BFSN	4		7.7		
Sugars, total....g	24.98		0	O	4		61.96		
Starch....g									
Minerals:									
Calcium, Ca....mg	19		0	BFSN	4		46		
Iron, Fe....mg	0.41		0	BFSN	4		1.01		
Magnesium, Mg....mg	18		0	BFSN	4		44		
Phosphorus, P....mg	30		0	BFSN	4		75		
Potassium, K....mg	321		0	BFSN	4		795		
Sodium, Na....mg	1		0	BFSN	4		2		
Zinc, Zn....mg	0.19		0	BFSN	4		0.47		
Copper, Cu....mg	0.123		0	BFSN	4		0.305		
Manganese, Mn....mg	0.131		0	BFSN	4		0.325		
Selenium, Se....µg	0.1		0	BFSN	4		0.3		
Vitamins:									
Vitamin C, total ascorbic acid....mg	2.9	0.043	3		1		7.2		
Thiamin....mg	0.024	0.002	3		1		0.060		
Riboflavin....mg	0.100	0.012	3		1		0.248		
Niacin....mg	0.723	0.039	3		1		1.793		
Pantothenic acid....mg	0.107	0.003	3		1		0.265		
Vitamin B-6....mg	0.218	0.009	3		1		0.541		
Folate, total....µg	0	0.017	3		1		0		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	0	0.017	3		1		0		
Folate, DFE....µg	0		0	NC	4		0		
Choline, total....mg	4.4		0	BFSN	4		11.0		
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....µg	17		0	NC	4		42		
Retinol....µg	0		0	Z	7		0		
Carotene, beta....µg	173		0	BFSN	4		428		
Carotene, alpha....µg	25		0	BFSN	4		61		
Cryptoxanthin, beta....µg	41		0	BFSN	4		101		
Vitamin A, IU....IU	342		0	NC	4		849		
Lycopene....µg	0		0	BFSN	4		0		
Lutein + zeaxanthin....µg	65		0	BFSN	4		161		
Vitamin E (alpha-tocopherol)....mg	0.19		0	BFSN	4		0.47		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....µg	26.1		0	BFSN	4		64.7		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 09292

Plums, dried (prunes), stewed, without added sugar

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.010		0		1		0.025		
4:0....g	0.000		0		1		0.000		
6:0....g	0.000		0		1		0.000		
8:0....g	0.000		0		1		0.000		
10:0....g	0.000		0		1		0.000		
12:0....g	0.000		0		1		0.000		
13:0....g									
14:0....g	0.000		0		1		0.000		
15:0....g									
16:0....g	0.008		0		1		0.019		
17:0....g									
18:0....g	0.002		0		1		0.004		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.080		0		1		0.197		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1		0.003		
17:1....g									
18:1 undifferentiated....g	0.079		0		1		0.195		
20:1....g	0.000		0		1		0.000		
22:1 undifferentiated....g	0.000		0		1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.026		0		1		0.065		
18:2 undifferentiated....g	0.026		0		1		0.065		
18:3 undifferentiated....g	0.000		0		1		0.000		
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000		
20:5 n-3 (EPA)....g	0.000		0		1		0.000		
22:5 n-3 (DPA)....g	0.000		0		1		0.000		
22:6 n-3 (DHA)....g	0.000		0		1		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 248g: 1 cup, pitted

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09291
Plums, dried (prunes), uncooked

Refuse: 13% Pits

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	30.92	2.267	14	A	1		53.80	2.94	
Energy....kcal	240		0	NC	4		418	23	
Energy....kJ	1006		0	NC	4		1751	96	
Protein (N x 6.25)....g	2.18	0.033	8	A	1		3.80	0.21	
Total lipid (fat)....g	0.38	0.114	9	A	1		0.65	0.04	
Ash....g	2.64	0.380	8	A	1		4.60	0.25	
Carbohydrate, by difference....g	63.88		0	NC	4		111.15	6.07	
Fiber, total dietary....g	7.1	0.307	10	A	1		12.3	0.7	
Sugars, total....g	38.13	6.339	10	A	1		66.34	3.62	
Sucrose....g	0.15	0.044	12	A	1		0.27	0.01	
Glucose (dextrose)....g	25.46	2.995	15	A	1		44.30	2.42	
Fructose....g	12.45	1.403	15	A	1		21.67	1.18	
Lactose....g	0.00	0.000	9	A	1		0.00	0.00	
Maltose....g	0.06	0.062	9	A	1		0.11	0.01	
Galactose....g	0.00	0.000	4	A	1		0.00	0.00	
Starch....g	5.11		2	A	1		8.90	0.49	
Minerals:									
Calcium, Ca....mg	43	1.519	42	A	1		74	4	
Iron, Fe....mg	0.93	0.052	42	A	1		1.62	0.09	
Magnesium, Mg....mg	41	0.615	42	A	1		71	4	
Phosphorus, P....mg	69	1.383	42	A	1		120	7	
Potassium, K....mg	732	6.876	42	A	1		1273	70	
Sodium, Na....mg	2	0.175	38	A	1		3	0	
Zinc, Zn....mg	0.44	0.015	42	A	1		0.76	0.04	
Copper, Cu....mg	0.281	0.011	42	A	1		0.488	0.027	
Manganese, Mn....mg	0.299	0.011	42	A	1		0.520	0.028	
Selenium, Se....µg	0.3	0.062	8	A	1		0.5	0.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.6	0.048	8	A	1		1.0	0.1	
Thiamin....mg	0.051	0.003	8	A	1		0.090	0.005	
Riboflavin....mg	0.186	0.020	8	A	1		0.324	0.018	
Niacin....mg	1.882	0.044	8	A	1		3.274	0.179	
Pantothenic acid....mg	0.422	0.013	8	A	1		0.734	0.040	
Vitamin B-6....mg	0.205	0.009	6	A	1		0.356	0.019	
Folate, total....µg	4	0.000	4	A	1		8	0	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	4	0.000	4	A	1		8	0	
Folate, DFE....µg	4		0	NC	4		8	0	
Choline, total....mg	10.1		0	AS	1		17.6	1.0	
Betaine....mg	0.4		2	A	1		0.8	0.0	
Vitamin B-12....µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	39	11.525	31	A	1		68	4	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg	394	117.455	31	A	1		685	37	
Carotene, alpha....µg	57	17.439	31	A	1		98	5	
Cryptoxanthin, beta....µg	93	24.428	31	A	1		162	9	
Vitamin A, IU....IU	781	230.496	31	A	1		1359	74	
Lycopene....µg	0	0.000	7	A	1		0	0	
Lutein + zeaxanthin....µg	148	18.460	31	A	1		258	14	
Vitamin E (alpha-tocopherol)....mg	0.43	0.109	5	A	1		0.75	0.04	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00	0.000	5	A	1		0.00	0.00	
Tocopherol, gamma....mg	0.02	0.022	5	A	1		0.04	0.00	
Tocopherol, delta....mg	0.00	0.000	5	A	1		0.00	0.00	
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									

NDB No. 09291
Plums, dried (prunes), uncooked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	59.5	1.742	8	A	1		103.6	5.7	
Dihydrophylloquinone....µg	0.0	0.000	8	A	1		0.0	0.0	
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.088		0	NC	4		0.153	0.008	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.007	0.007	4	A	1		0.012	0.001	
10:0....g	0.005	0.004	4	A	1		0.008	0.000	
12:0....g	0.001	0.000	4	A	1		0.001	0.000	
13:0....g									
14:0....g	0.000	0.000	4	A	1		0.000	0.000	
15:0....g	0.000	0.000	4	A	1		0.000	0.000	
16:0....g	0.030	0.003	4	A	1		0.052	0.003	
17:0....g	0.000	0.000	4	A	1		0.000	0.000	
18:0....g	0.044	0.001	4	A	1		0.077	0.004	
20:0....g	0.001	0.000	4	A	1		0.002	0.000	
22:0....g	0.001	0.000	4	A	1		0.001	0.000	
24:0....g									
Fatty acids, total monounsaturated....g	0.053		0	NC	4		0.092	0.005	
14:1....g	0.000	0.000	4	A	1		0.000	0.000	
15:1....g	0.000	0.000	4	A	1		0.000	0.000	
16:1 undifferentiated....g	0.039	0.000	4	A	1		0.069	0.004	
17:1....g	0.000	0.000	4	A	1		0.000	0.000	
18:1 undifferentiated....g	0.014	0.003	4	A	1		0.024	0.001	
20:1....g	0.000	0.000	4	A	1		0.000	0.000	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.062		0	NC	4		0.107	0.006	
18:2 undifferentiated....g	0.044	0.005	4	A	1		0.077	0.004	
18:3 undifferentiated....g	0.017	0.000	4	A	1		0.030	0.002	
18:3 n-3 c,c,c (ALA)....g									
18:3 n-6 c,c,c....g	0.000		2	A	1		0.000	0.000	
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.000	0.000	4	A	1		0.000	0.000	
20:3 undifferentiated....g	0.000	0.000	4	A	1		0.000	0.000	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000	0.000	4	A	1		0.000	0.000	
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	Z	7		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	Z	7		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.025		0	A	1		0.043	0.002	
Threonine....g	0.049		0	A	1		0.085	0.005	
Isoleucine....g	0.041		0	A	1		0.071	0.004	
Leucine....g	0.066		0	A	1		0.114	0.006	
Lysine....g	0.050		0	A	1		0.086	0.005	
Methionine....g	0.016		0	A	1		0.027	0.001	
Cystine....g	0.011		0	A	1		0.020	0.001	
Phenylalanine....g	0.052		0	A	1		0.091	0.005	
Tyrosine....g	0.021		0	A	1		0.036	0.002	
Valine....g	0.056		0	A	1		0.098	0.005	

NDB No. 09291
Plums, dried (prunes), uncooked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Arginine....g	0.037		0	A	1		0.064	0.004	
Histidine....g	0.027		0	A	1		0.048	0.003	
Alanine....g	0.066		0	A	1		0.115	0.006	
Aspartic acid....g	0.801		0	A	1		1.394	0.076	
Glutamic acid....g	0.114		0	A	1		0.199	0.011	
Glycine....g	0.047		0	A	1		0.082	0.004	
Proline....g	0.130		0	A	1		0.227	0.012	
Serine....g	0.059		0	A	1		0.102	0.006	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 174g: 1 cup, pitted

Measure 2 = 9.5g: 1 prune, pitted

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09279
Plums, raw
Prunus spp.

Refuse: 6% Pits

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	87.23	0.328	10	A	1		143.93	57.57	131.72
Energy....kcal	46		0	NC	4		76	30	69
Energy....kJ	192		0	NC	4		316	126	289
Protein (N x 6.25)....g	0.70	0.034	9	A	1		1.16	0.46	1.06
Total lipid (fat)....g	0.28	0.045	10	A	1		0.46	0.18	0.42
Ash....g	0.37	0.008	9	A	1		0.61	0.24	0.56
Carbohydrate, by difference....g	11.42		0	NC	4		18.84	7.54	17.24
Fiber, total dietary....g	1.4	0.075	7	A	1		2.3	0.9	2.1
Sugars, total....g	9.92	0.370	8	A	1		16.36	6.54	14.97
Sucrose....g	1.57	0.260	8	A	1		2.58	1.03	2.37
Glucose (dextrose)....g	5.07	0.267	8	A	1		8.36	3.34	7.65
Fructose....g	3.07	0.126	8	A	1		5.06	2.02	4.63
Lactose....g	0.00	0.000	8	A	1		0.00	0.00	0.00
Maltose....g	0.08	0.020	8	A	1		0.13	0.05	0.12
Galactose....g	0.14	0.140	8	A	1		0.23	0.09	0.21
Starch....g	0.00	0.000	4	A	1		0.00	0.00	0.00
Minerals:									
Calcium, Ca....mg	6	0.546	39	A	1		10	4	9
Iron, Fe....mg	0.17	0.026	44	A	1		0.28	0.11	0.26
Magnesium, Mg....mg	7	0.148	44	A	1		12	5	11
Phosphorus, P....mg	16	0.665	44	A	1		27	11	24
Potassium, K....mg	157	3.963	41	A	1		258	103	236
Sodium, Na....mg	0	0.042	37	A	1		0	0	0
Zinc, Zn....mg	0.10	0.014	44	A	1		0.17	0.07	0.16
Copper, Cu....mg	0.057	0.005	44	A	1		0.095	0.038	0.087
Manganese, Mn....mg	0.052	0.003	44	A	1		0.085	0.034	0.078
Selenium, Se....µg	0.0		2	A	1		0.1	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid....mg	9.5	0.847	5		1		15.7	6.3	14.3
Thiamin....mg	0.028	0.004	8	A	1		0.046	0.019	0.043
Riboflavin....mg	0.026	0.001	8	A	1		0.044	0.017	0.040
Niacin....mg	0.417	0.027	8	A	1		0.688	0.275	0.630
Pantothenic acid....mg	0.135	0.009	8	A	1		0.223	0.089	0.204
Vitamin B-6....mg	0.029	0.000	8	A	1		0.047	0.019	0.043
Folate, total....µg	5	0.125	8	A	1		9	4	8
Folic acid....µg	0		0	Z	7		0	0	0
Folate, food....µg	5	0.125	8	A	1		9	4	8
Folate, DFE....µg	5		0	NC	4		9	4	8
Choline, total....mg	1.9		0	BFSN	4		3.1	1.2	2.8
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....µg	17	2.166	7	A	1		28	11	26
Retinol....µg	0		0	Z	7		0	0	0
Carotene, beta....µg	190	23.833	7	A	1		313	125	286
Carotene, alpha....µg	0	0.000	7	A	1		0	0	0
Cryptoxanthin, beta....µg	35	7.738	7	A	1		58	23	53
Vitamin A, IU....IU	345	43.321	7	A	1		570	228	521
Lycopene....µg	0	0.000	7	A	1		0	0	0
Lutein + zeaxanthin....µg	73	12.784	7	A	1		120	48	110
Vitamin E (alpha-tocopherol)....mg	0.26	0.064	5	A	1		0.44	0.17	0.40
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg	0.00	0.000	5	A	1		0.00	0.00	0.00
Tocopherol, gamma....mg	0.08	0.076	5	A	1		0.14	0.06	0.13
Tocopherol, delta....mg	0.00	0.000	5	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)....µg									

NDB No. 09279
Plums, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	6.4	0.929	8	A	1		10.5	4.2	9.6
Dihydrophylloquinone....µg	0.0	0.000	7	A	1		0.0	0.0	0.0
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.017		0	NC	4		0.027	0.011	0.025
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.000		0		1		0.000	0.000	0.000
10:0....g	0.000		0		1		0.000	0.000	0.000
12:0....g	0.000		0		1		0.000	0.000	0.000
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	0.000
15:0....g									
16:0....g	0.014		0		1		0.022	0.009	0.020
17:0....g									
18:0....g	0.003		0		1		0.005	0.002	0.004
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.134		0	NC	4		0.221	0.088	0.202
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.002		0		1		0.003	0.001	0.002
17:1....g									
18:1 undifferentiated....g	0.132		0		1		0.218	0.087	0.200
20:1....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.044		0	NC	4		0.073	0.029	0.067
18:2 undifferentiated....g	0.044		0		1		0.073	0.029	0.067
18:3 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	0
Phytosterols....mg	7		0		1		12	5	11
Amino Acids:									
Tryptophan....g	0.009		0	A	1		0.014	0.006	0.013
Threonine....g	0.010		0	A	1		0.017	0.007	0.015
Isoleucine....g	0.014		0	A	1		0.023	0.009	0.021
Leucine....g	0.015		0	A	1		0.025	0.010	0.023
Lysine....g	0.016		0	A	1		0.027	0.011	0.025
Methionine....g	0.008		0	A	1		0.012	0.005	0.011
Cystine....g	0.002		0	A	1		0.003	0.001	0.003
Phenylalanine....g	0.014		0	A	1		0.024	0.009	0.022
Tyrosine....g	0.008		0	A	1		0.012	0.005	0.011
Valine....g	0.016		0	A	1		0.026	0.010	0.023
Arginine....g	0.009		0	A	1		0.014	0.006	0.013
Histidine....g	0.009		0	A	1		0.015	0.006	0.014
Alanine....g	0.028		0	A	1		0.046	0.018	0.042
Aspartic acid....g	0.352		0	A	1		0.580	0.232	0.531
Glutamic acid....g	0.035		0	A	1		0.057	0.023	0.052
Glycine....g	0.009		0	A	1		0.015	0.006	0.014
Proline....g	0.027		0	A	1		0.045	0.018	0.041
Serine....g	0.023		0	A	1		0.037	0.015	0.034
Hydroxyproline....g									

NDB No. 09279
Plums, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 165g: 1 cup, sliced

Measure 2 = 66g: 1 fruit (2-1/8" dia)

Measure 3 = 151g: 1 NLEA serving

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09442
Pomegranate juice, bottled

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	85.95	0.071	3	A	1		214.01	26.99	
Energy....kcal	54		0	NC	4		135	17	
Energy....kJ	228		0	NC	4		567	71	
Protein (N x 6.25)....g	0.15	0.021	3	A	1		0.36	0.05	
Total lipid (fat)....g	0.29	0.009	3	A	1		0.73	0.09	
Ash....g	0.49	0.007	3	A	1		1.21	0.15	
Carbohydrate, by difference....g	13.13		0	NC	4		32.69	4.12	
Fiber, total dietary....g	0.1		2	A	1		0.4	0.0	
Sugars, total....g	12.65	0.066	3	A	1		31.51	3.97	
Sucrose....g	0.00	0.000	3	A	1		0.00	0.00	
Glucose (dextrose)....g	6.28	0.095	3	A	1		15.64	1.97	
Fructose....g	6.37	0.038	3	A	1		15.87	2.00	
Lactose....g	0.00	0.000	3	A	1		0.00	0.00	
Maltose....g	0.00	0.000	3	A	1		0.00	0.00	
Galactose....g	0.00	0.000	3	A	1		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	11	1.653	3	A	1		28	3	
Iron, Fe....mg	0.10	0.022	3	A	1		0.25	0.03	
Magnesium, Mg....mg	7	0.768	3	A	1		18	2	
Phosphorus, P....mg	11	0.869	3	A	1		28	4	
Potassium, K....mg	214	5.239	3	A	1		532	67	
Sodium, Na....mg	9	3.550	3	A	1		22	3	
Zinc, Zn....mg	0.09	0.005	3	A	1		0.23	0.03	
Copper, Cu....mg	0.021	0.006	3	A	1		0.053	0.007	
Manganese, Mn....mg	0.095	0.023	3	A	1		0.236	0.030	
Selenium, Se....µg	0.3		0	BFSN	4		0.8	0.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.1	0.020	3	A	1		0.3	0.0	
Thiamin....mg	0.015	0.000	3	A	1		0.037	0.005	
Riboflavin....mg	0.015	0.000	3	A	1		0.037	0.005	
Niacin....mg	0.233	0.017	3	A	1		0.581	0.073	
Pantothenic acid....mg	0.285		2	A	1		0.710	0.089	
Vitamin B-6....mg	0.040	0.000	3	A	1		0.099	0.013	
Folate, total....µg	24		0	BFSN	4		61	8	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	24		0	BFSN	4		61	8	
Folate, DFE....µg	24		0	NC	4		61	8	
Choline, total....mg	4.8		0	BFSN	4		12.0	1.5	
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	0		0	AS	1		0	0	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg	0		2	A	1		0	0	
Carotene, alpha....µg	0		2	A	1		0	0	
Cryptoxanthin, beta....µg	0		2	A	1		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....µg	0		2	A	1		0	0	
Lutein + zeaxanthin....µg	0		2	A	1		0	0	
Vitamin E (alpha-tocopherol)....mg	0.38		0	BFSN	4		0.95	0.12	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									

NDB No. 09442
Pomegranate juice, bottled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	10.4		0	BFSN	4		26.0	3.3	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.077		0	BFSN	4		0.191	0.024	
4:0....g	0.000		0	BFSN	4		0.000	0.000	
6:0....g	0.000		0	BFSN	4		0.000	0.000	
8:0....g	0.000		0	BFSN	4		0.000	0.000	
10:0....g	0.000		0	BFSN	4		0.000	0.000	
12:0....g	0.004		0	BFSN	4		0.010	0.001	
13:0....g									
14:0....g	0.004		0	BFSN	4		0.010	0.001	
15:0....g									
16:0....g	0.044		0	BFSN	4		0.110	0.014	
17:0....g									
18:0....g	0.024		0	BFSN	4		0.060	0.008	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.059		0	BFSN	4		0.147	0.019	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.008		0	BFSN	4		0.019	0.002	
17:1....g									
18:1 undifferentiated....g	0.049		0	BFSN	4		0.122	0.015	
20:1....g	0.003		0	BFSN	4		0.006	0.001	
22:1 undifferentiated....g	0.000		0	BFSN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.050		0	BFSN	4		0.125	0.016	
18:2 undifferentiated....g	0.050		0	BFSN	4		0.125	0.016	
18:3 undifferentiated....g	0.000		0	BFSN	4		0.000	0.000	
18:4....g	0.000		0	BFSN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	BFSN	4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0	BFSN	4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0	BFSN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFSN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 249g: 1 cup

Measure 2 = 31.4g: 1 fl oz

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.92

NDB No. 09442
Pomegranate juice, bottled

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09286
Pomegranates, raw (1)
Punica granatum

Refuse: 44% Skin and membrane

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	77.93	0.033	3	A	1		219.77	67.80	
Energy....kcal	83		0	NC	4		233	72	
Energy....kJ	346		0	NC	4		976	301	
Protein (N x 6.25)....g	1.67	0.260	3	A	1		4.70	1.45	
Total lipid (fat)....g	1.17	0.406	3	A	1		3.29	1.02	
Ash....g	0.53	0.067	3	A	1		1.50	0.46	
Carbohydrate, by difference....g	18.70		0	NC	4		52.73	16.27	
Fiber, total dietary....g	4.0	0.922	3	A	1		11.1	3.4	
Sugars, total....g	13.67	0.328	3	A	1		38.54	11.89	
Starch....g									
Minerals:									
Calcium, Ca....mg	10	0.742	3	A	1		29	9	
Iron, Fe....mg	0.30	0.032	3	A	1		0.85	0.26	
Magnesium, Mg....mg	12	1.428	3	A	1		35	11	
Phosphorus, P....mg	36	4.475	3	A	1		102	31	
Potassium, K....mg	236	12.170	3	A	1		666	206	
Sodium, Na....mg	3	0.130	3	A	1		7	2	
Zinc, Zn....mg	0.35	0.033	3	A	1		0.97	0.30	
Copper, Cu....mg	0.158	0.036	3	A	1		0.445	0.137	
Manganese, Mn....mg	0.119	0.014	3	A	1		0.335	0.103	
Selenium, Se....µg	0.5		1	A	1		1.4	0.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg	10.2	1.021	3	A	1		28.8	8.9	
Thiamin....mg	0.067	0.007	3	A	1		0.188	0.058	
Riboflavin....mg	0.053	0.003	3	A	1		0.150	0.046	
Niacin....mg	0.293	0.007	3	A	1		0.827	0.255	
Pantothenic acid....mg	0.377	0.012	3	A	1		1.062	0.328	
Vitamin B-6....mg	0.075	0.003	3	A	1		0.211	0.065	
Folate, total....µg	38	11.258	3	A	1		108	33	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	38	11.258	3	A	1		108	33	
Folate, DFE....µg	38		0	NC	4		108	33	
Choline, total....mg	7.6		0	BFZN	4		21.4	6.6	
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	0		0	NC	4		0	0	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg	0		0	BFSN	4		0	0	
Carotene, alpha....µg	0		0	BFSN	4		0	0	
Cryptoxanthin, beta....µg	0		0	BFSN	4		0	0	
Vitamin A, IU....IU	0		0	NC	4		0	0	
Lycopene....µg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin....µg	0		0	BFSN	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.60		0	BFSN	4		1.69	0.52	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	16.4	6.061	3	A	1		46.2	14.2	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 09286
Pomegranates, raw (1)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.120	0.039	3	A	1		0.339	0.105	
4:0....g	0.000		0		4		0.000	0.000	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	
10:0....g	0.000		0		4		0.000	0.000	
12:0....g	0.006		0		4		0.018	0.006	
13:0....g									
14:0....g	0.006		0		4		0.018	0.006	
15:0....g									
16:0....g	0.070		0		4		0.196	0.061	
17:0....g									
18:0....g	0.038		0		4		0.107	0.033	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.093	0.019	3	A	1		0.262	0.081	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.012		0		4		0.033	0.010	
17:1....g									
18:1 undifferentiated....g	0.077		0		4		0.218	0.067	
20:1....g	0.004		0		4		0.011	0.003	
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.079	0.013	3	A	1		0.223	0.069	
18:2 undifferentiated....g	0.079		0		4		0.223	0.069	
18:3 undifferentiated....g	0.000		0		4		0.000	0.000	
18:4....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Stigmasterol....mg	0		1	A	1		1	0	
Campesterol....mg	1		1	A	1		1	0	
Beta-sitosterol....mg	4		1	A	1		12	4	
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 282g: 1 pomegranate (4" dia)

Measure 2 = 87g: .5 cup arils (seed/juice sacs)

Footnotes:

1 Based on samples of California Wonderful variety.

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09287
Prickly pears, raw
Opuntia spp.

Refuse: 25% Seeds, skin, and bud end

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	87.55	2.791	4		1		130.45	90.18	
Energy....kcal	41		0	NC	4		61	42	
Energy....kJ	172				4		256	177	
Protein (N x 6.25)....g	0.73	0.103	3		1		1.09	0.75	
Total lipid (fat)....g	0.51		2		1		0.76	0.53	
Ash....g	1.64	0.586	3		1		2.44	1.69	
Carbohydrate, by difference....g	9.57		0	NC	4		14.26	9.86	
Fiber, total dietary....g	3.6		0		4		5.4	3.7	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	56		1		1		83	58	
Iron, Fe....mg	0.30		0		1		0.45	0.31	
Magnesium, Mg....mg	85		2		1		127	88	
Phosphorus, P....mg	24		1		1		36	25	
Potassium, K....mg	220		2		1		328	227	
Sodium, Na....mg	5		2		1		7	5	
Zinc, Zn....mg	0.12		0		4		0.18	0.12	
Copper, Cu....mg	0.080		0		4		0.119	0.082	
Manganese, Mn....mg									
Selenium, Se....µg	0.6		0	CAZN	4		0.9	0.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg	14.0		1		1		20.9	14.4	
Thiamin....mg	0.014		1		1		0.021	0.014	
Riboflavin....mg	0.060		1		1		0.089	0.062	
Niacin....mg	0.460		1		1		0.685	0.474	
Pantothenic acid....mg									
Vitamin B-6....mg	0.060		0		4		0.089	0.062	
Folate, total....µg	6		0		4		9	6	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	6		0		4		9	6	
Folate, DFE....µg	6		0	NC	4		9	6	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	2	2.167	4	A	1		3	2	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg	25	24.500	4	A	1		37	25	
Carotene, alpha....µg	0	0.000	4	A	1		0	0	
Cryptoxanthin, beta....µg	3	3.000	4	A	1		4	3	
Vitamin A, IU (1)....IU	43	43.333	4	A	1		65	45	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.067		0		1		0.100	0.069	
4:0....g	0.000		0		1		0.000	0.000	

NDB No. 09287
Prickly pears, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0		1		0.000	0.000	
8:0 g	0.000		0		1		0.000	0.000	
10:0 g	0.000		0		1		0.000	0.000	
12:0 g	0.000		0		1		0.000	0.000	
13:0 g									
14:0 g	0.000		0		1		0.000	0.000	
15:0 g									
16:0 g	0.052		0		1		0.077	0.054	
17:0 g									
18:0 g	0.010		0		1		0.015	0.010	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.075		0		1		0.112	0.077	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.002		0		1		0.003	0.002	
17:1 g									
18:1 undifferentiated g	0.072		0		1		0.107	0.074	
20:1 g	0.001		0		1		0.001	0.001	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.213		0		1		0.317	0.219	
18:2 undifferentiated g	0.186		0		1		0.277	0.192	
18:3 undifferentiated g	0.023		0		1		0.034	0.024	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	0		0	Z	7		0	0	
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg									
Theobromine mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 149g: 1 cup

Measure 2 = 103g: 1 fruit without refuse

Footnotes:

1 Green variety

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09294
Prune juice, canned

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	81.24	0.119	30		1		207.97	26.00	
Energy....kcal	71		0	NC	4		182	23	
Energy....kJ	297		0		4		760	95	
Protein (N x 6.25)....g	0.61	0.013	31		1		1.56	0.20	
Total lipid (fat)....g	0.03	0.011	25		1		0.08	0.01	
Ash....g	0.68	0.056	30		1		1.74	0.22	
Carbohydrate, by difference....g	17.45		0	NC	4		44.67	5.58	
Fiber, total dietary....g	1.0		0		1		2.6	0.3	
Sugars, total....g	16.45		0	O	4		42.11	5.26	
Starch....g									
Minerals:									
Calcium, Ca....mg	12	0.863	30		1		31	4	
Iron, Fe....mg	1.18	0.196	30		1		3.02	0.38	
Magnesium, Mg....mg	14	0.786	23		1		36	4	
Phosphorus, P....mg	25	0.613	23		1		64	8	
Potassium, K....mg	276	11.612	22		1		707	88	
Sodium, Na....mg	4	1.165	22		1		10	1	
Zinc, Zn....mg	0.21	0.009	17		1		0.54	0.07	
Copper, Cu....mg	0.068	0.007	17		1		0.174	0.022	
Manganese, Mn....mg	0.151		1		1		0.387	0.048	
Selenium, Se....µg	0.6		0	BFSN	4		1.5	0.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	4.1	0.769	47		1		10.5	1.3	
Thiamin....mg	0.016	0.000	42		1		0.041	0.005	
Riboflavin....mg	0.070	0.009	43		1		0.179	0.022	
Niacin....mg	0.785	0.023	30		1		2.010	0.251	
Pantothenic acid....mg	0.107		0		4		0.274	0.034	
Vitamin B-6....mg	0.218		0		4		0.558	0.070	
Folate, total....µg	0	0.042	3		1		1	0	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	0	0.042	3		1		1	0	
Folate, DFE....µg	0		0	NC	4		1	0	
Choline, total....mg	2.7		0	BFSN	4		7.0	0.9	
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	0	0.067	26		1		0	0	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg	2		0	BNA	4		4	0	
Carotene, alpha....µg	0		0	BNA	4		1	0	
Cryptoxanthin, beta....µg	0		0	BNA	4		1	0	
Vitamin A, IU....IU	3	1.338	26		1		8	1	
Lycopene....µg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin....µg	40		0	BFSN	4		103	13	
Vitamin E (alpha-tocopherol)....mg	0.12		1	A	1		0.31	0.04	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00		1	A	1		0.00	0.00	
Tocopherol, gamma....mg									
Tocopherol, delta....mg	0.00		1	A	1		0.00	0.00	
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	3.4		1	A	1		8.7	1.1	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 09294
Prune juice, canned

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.003		0		1		0.008	0.001	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	
15:0....g									
16:0....g	0.002		1		1		0.005	0.001	
17:0....g									
18:0....g	0.000		0		1		0.000	0.000	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.021		0		1		0.054	0.007	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.021		1		1		0.054	0.007	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.007		0		1		0.018	0.002	
18:2 undifferentiated....g	0.007		1		1		0.018	0.002	
18:3 undifferentiated....g	0.000		0		1		0.000	0.000	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 256g: 1 cup

Measure 2 = 32.0g: 1 fl oz

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.92

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09423
Prune puree

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	30.00		0	MC	9		10.80		
Energy....kcal	257		0	MC	9		93		
Energy....kJ	1075		0	MC	9		387		
Protein....g	2.10		0	MC	9		0.76		
Total lipid (fat)....g	0.20		0	MC	9		0.07		
Ash....g	2.60		0	NC	4		0.94		
Carbohydrate, by difference....g	65.10		0	MC	9		23.44		
Fiber, total dietary....g	3.3		0	MC	9		1.2		
Sugars, total....g	39.00		0	MC	9		14.04		
Sucrose....g									
Glucose (dextrose)....g	22.27		0	MC	9		8.02		
Fructose....g	13.87		0	MC	9		4.99		
Lactose....g									
Maltose....g									
Galactose....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	31		0	MC	9		11		
Iron, Fe....mg	2.80		0	MC	9		1.01		
Magnesium, Mg....mg									
Phosphorus, P....mg	72		0	MC	9		26		
Potassium, K....mg	852		0	MC	9		307		
Sodium, Na....mg	23		0	MC	9		8		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	4.3		0	MC	9		1.5		
Thiamin....mg	0.040		0	MC	9		0.014		
Riboflavin....mg									
Niacin....mg	2.500		0	MC	9		0.900		
Pantothenic acid....mg	0.430		0	MC	9		0.155		
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg	100		0	NC	4		36		
Vitamin A, IU....IU	2000		0	MC	9		720		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.016		0	BFFN	4		0.006		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g									

NDB No. 09423
Prune puree

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 36g: 2 tbsp

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09288

Prunes, canned, heavy syrup pack, solids and liquids

Prunus domestica

Refuse: 12% Pits

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	70.67	0.250	20		1		165.37	60.78	
Energy....kcal	105		0	NC	4		246	90	
Energy....kJ	439		0		4		1028	378	
Protein (N x 6.25)....g	0.87	0.016	20		1		2.04	0.75	
Total lipid (fat)....g	0.20	0.010	20		1		0.47	0.17	
Ash....g	0.46	0.011	20		1		1.08	0.40	
Carbohydrate, by difference....g	27.80		0	NC	4		65.05	23.91	
Fiber, total dietary....g	3.8		0		4		8.9	3.3	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	17	0.391	20		1		40	15	
Iron, Fe....mg	0.41	0.026	20		1		0.96	0.35	
Magnesium, Mg....mg	15	0.398	20		1		35	13	
Phosphorus, P....mg	26	0.470	20		1		61	22	
Potassium, K....mg	226	5.121	20		1		529	194	
Sodium, Na....mg	3	0.532	26		1		7	3	
Zinc, Zn....mg	0.19	0.005	20		1		0.44	0.16	
Copper, Cu....mg	0.118	0.005	20		1		0.276	0.101	
Manganese, Mn....mg	0.098		0		1		0.229	0.084	
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	2.8	0.184	21		1		6.6	2.4	
Thiamin....mg	0.034	0.001	20		1		0.080	0.029	
Riboflavin....mg	0.122	0.006	21		1		0.285	0.105	
Niacin....mg	0.866	0.036	21		1		2.026	0.745	
Pantothenic acid....mg	0.100		0		4		0.234	0.086	
Vitamin B-6....mg	0.203		0		4		0.475	0.175	
Folate, total....µg	0		0		4		0	0	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	0		0		4		0	0	
Folate, DFE....µg	0		0	NC	4		0	0	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	40	3.731	21		1		93	34	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	797	74.628	21		1		1865	685	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.016		0		1		0.037	0.014	
4:0....g									

NDB No. 09288

Prunes, canned, heavy syrup pack, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g									
15:0....g									
16:0....g	0.013		0		1		0.030	0.011	
17:0....g									
18:0....g	0.003		0		1		0.007	0.003	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.130		0		1		0.304	0.112	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.002		0		1		0.005	0.002	
17:1....g									
18:1 undifferentiated....g	0.128		0		1		0.300	0.110	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.043		0		1		0.101	0.037	
18:2 undifferentiated....g	0.043		0		1		0.101	0.037	
18:3 undifferentiated....g									
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 234g: 1 cup

Measure 2 = 86g: 5 prunes with liquid

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.75

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09290
Prunes, dehydrated (low-moisture), stewed

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	67.99		2		1		190.37		
Energy	kcal	113		0	NC	4		316		
Energy	kJ	473				4		1324		
Protein (N x 6.25)	g	1.23		0		1		3.44		
Total lipid (fat)	g	0.24		0		1		0.67		
Ash	g	0.83		0		1		2.32		
Carbohydrate, by difference	g	29.70		0	NC	4		83.16		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	24		0		1		67		
Iron, Fe	mg	1.17		0		1		3.28		
Magnesium, Mg	mg	21		0		1		59		
Phosphorus, P	mg	37		0		1		104		
Potassium, K	mg	353		0		1		988		
Sodium, Na	mg	2		0		1		6		
Zinc, Zn	mg	0.25		0		1		0.70		
Copper, Cu	mg	0.204		0		1		0.571		
Manganese, Mn	mg	0.104		0		1		0.291		
Selenium, Se	µg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		2		1		0.0		
Thiamin	mg	0.046		2		1		0.129		
Riboflavin	mg	0.030		2		1		0.084		
Niacin	mg	0.985		2		1		2.758		
Pantothenic acid	mg	0.108		2		1		0.302		
Vitamin B-6	mg	0.191		2		1		0.535		
Folate, total	µg	0		2		1		1		
Folic acid	µg	0		0	Z	7		0		
Folate, food	µg	0		2		1		1		
Folate, DFE	µg	0		0	NC	4		1		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	0.00		0	Z	7		0.00		
Vitamin A, RAE	µg	26		2		1		73		
Retinol	µg	0		0	Z	7		0		
Carotene, beta	µg									
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU	IU	523		2		1		1464		
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU	0		0	Z	7		0		
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										
Fatty acids, total saturated	g	0.020		0		1		0.056		
4:0	g									

NDB No. 09290
Prunes, dehydrated (low-moisture), stewed

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g									
15:0....g									
16:0....g	0.016		0		1		0.045		
17:0....g									
18:0....g	0.003		0		1		0.008		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.161		0		1		0.451		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.002		0		1		0.006		
17:1....g									
18:1 undifferentiated....g	0.159		0		1		0.445		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.053		0		1		0.148		
18:2 undifferentiated....g	0.053		0		1		0.148		
18:3 undifferentiated....g									
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 280g: 1 cup

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09289
Prunes, dehydrated (low-moisture), uncooked

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	4.00		0		1		5.28		
Energy	kcal	339		0	NC	4		447		
Energy	kJ	1418				4		1872		
Protein (N x 6.25)	g	3.70		0		1		4.88		
Total lipid (fat)	g	0.73		0		1		0.96		
Ash	g	2.50		0		1		3.30		
Carbohydrate, by difference	g	89.07		0	NC	4		117.57		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	72		0		1		95		
Iron, Fe	mg	3.52		0		1		4.65		
Magnesium, Mg	mg	64		0		1		84		
Phosphorus, P	mg	112		0		1		148		
Potassium, K	mg	1058		0		1		1397		
Sodium, Na	mg	5		0		1		7		
Zinc, Zn	mg	0.75		0		1		0.99		
Copper, Cu	mg	0.611		0		1		0.807		
Manganese, Mn	mg	0.312		0		1		0.412		
Selenium, Se	µg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		2		1		0.0		
Thiamin	mg	0.118		2		1		0.156		
Riboflavin	mg	0.165		2		1		0.218		
Niacin	mg	2.995		2		1		3.953		
Pantothenic acid	mg	0.418		2		1		0.552		
Vitamin B-6	mg	0.745		2		1		0.983		
Folate, total	µg	2		2		1		3		
Folic acid	µg	0		0	Z	7		0		
Folate, food	µg	2		2		1		3		
Folate, DFE	µg	2		0	NC	4		3		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	0.00		0	Z	7		0.00		
Vitamin A, RAE	µg	88		2		1		116		
Retinol	µg	0		0	Z	7		0		
Carotene, beta	µg									
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU	IU	1762		2		1		2326		
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU	0		0	Z	7		0		
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										
Fatty acids, total saturated	g	0.059		0		1		0.078		
4:0	g									

NDB No. 09289
Prunes, dehydrated (low-moisture), uncooked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g									
15:0....g									
16:0....g	0.048		0		1		0.063		
17:0....g									
18:0....g	0.010		0		1		0.013		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.483		0		1		0.638		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.006		0		1		0.008		
17:1....g									
18:1 undifferentiated....g	0.477		0		1		0.630		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.159		0		1		0.210		
18:2 undifferentiated....g	0.159		0		1		0.210		
18:3 undifferentiated....g									
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 132g: 1 cup

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09295
Pummelo, raw (1)
Citrus maxima

Refuse: 44% Seeds, skin, and membrane

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	89.10	0.765	3		1		169.29	542.62	
Energy....kcal	38		0	NC	4		72	231	
Energy....kJ	159				4		302	968	
Protein (N x 6.25)....g	0.76		0		1		1.44	4.63	
Total lipid (fat)....g	0.04		0		1		0.08	0.24	
Ash....g	0.48		0		1		0.91	2.92	
Carbohydrate, by difference....g	9.62		0	NC	4		18.28	58.59	
Fiber, total dietary....g	1.0		0		1		1.9	6.1	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	4		2		1		8	24	
Iron, Fe....mg	0.11		2		1		0.21	0.67	
Magnesium, Mg....mg	6	0.995	3		1		11	37	
Phosphorus, P....mg	17		2		1		32	104	
Potassium, K....mg	216	24.547	3		1		410	1315	
Sodium, Na....mg	1	0.382	3		1		2	6	
Zinc, Zn....mg	0.08		2		1		0.15	0.49	
Copper, Cu....mg	0.048		2		1		0.091	0.292	
Manganese, Mn....mg	0.017		2		1		0.032	0.104	
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	61.0	3.365	13		1		115.9	371.5	
Thiamin....mg	0.034		0		1		0.065	0.207	
Riboflavin....mg	0.027		0		1		0.051	0.164	
Niacin....mg	0.220		0		1		0.418	1.340	
Pantothenic acid....mg									
Vitamin B-6....mg	0.036		1		1		0.068	0.219	
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	0		1	A	1		1	2	
Vitamin A, IU....IU	8		1	A	1		15	48	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g									
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 09295
Pummelo, raw (1)

Common Measures:

Measure 1 = 190g: 1 cup, sections

Measure 2 = 609g: 1 fruit without refuse

Footnotes:

1 Vitamin A and carotenoid values are based on white variety.

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09296
Quinces, raw
Cydonia oblonga

Refuse: 39% Core, seeds, and parings

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	83.80		0		1		77.10		
Energy....kcal	57		0	NC	4		52		
Energy....kJ	238				4		219		
Protein (N x 6.25)....g	0.40		0		1		0.37		
Total lipid (fat)....g	0.10		0		1		0.09		
Ash....g	0.40		0		1		0.37		
Carbohydrate, by difference....g	15.30		0	NC	4		14.08		
Fiber, total dietary....g	1.9		0		4		1.7		
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	11		0		1		10		
Iron, Fe....mg	0.70		0		1		0.64		
Magnesium, Mg....mg	8		2		1		7		
Phosphorus, P....mg	17		0		1		16		
Potassium, K....mg	197		0		1		181		
Sodium, Na....mg	4		0		1		4		
Zinc, Zn....mg	0.04		0		4		0.04		
Copper, Cu....mg	0.130		1		1		0.120		
Manganese, Mn....mg									
Selenium, Se....µg	0.6		0	CAZN	4		0.6		
Vitamins:									
Vitamin C, total ascorbic acid....mg	15.0		0		1		13.8		
Thiamin....mg	0.020		0		1		0.018		
Riboflavin....mg	0.030		0		1		0.028		
Niacin....mg	0.200		0		1		0.184		
Pantothenic acid....mg	0.081		0		1		0.075		
Vitamin B-6....mg	0.040		0		1		0.037		
Folate, total....µg	3		0		4		3		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	3		0		4		3		
Folate, DFE....µg	3		0	NC	4		3		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....µg	2		0		1		2		
Retinol....µg	0		0	Z	7		0		
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	40		0		1		37		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.010		0		1		0.009		
4:0....g	0.000		0		1		0.000		

NDB No. 09296
Quinces, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0		1		0.000		
8:0 g	0.000		0		1		0.000		
10:0 g	0.000		0		1		0.000		
12:0 g	0.000		0		1		0.000		
13:0 g									
14:0 g	0.000		0		1		0.000		
15:0 g									
16:0 g	0.007		1		1		0.006		
17:0 g									
18:0 g	0.002		1		1		0.002		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.036		0		1		0.033		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.000		0		1		0.000		
17:1 g									
18:1 undifferentiated g	0.036		1		1		0.033		
20:1 g	0.000		0		1		0.000		
22:1 undifferentiated g	0.000		0		1		0.000		
24:1 c g									
Fatty acids, total polyunsaturated g	0.050		0		1		0.046		
18:2 undifferentiated g	0.049		1		1		0.045		
18:3 undifferentiated g	0.000		0		1		0.000		
18:4 g	0.000		0		1		0.000		
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000		
20:5 n-3 (EPA) g	0.000		0		1		0.000		
22:5 n-3 (DPA) g	0.000		0		1		0.000		
22:6 n-3 (DHA) g	0.000		0		1		0.000		
Fatty acids, total trans g									
Cholesterol mg	0		0	Z	7		0		
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0		
Caffeine mg									
Theobromine mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 92g: 1 fruit without refuse

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09297
Raisins, golden seedless
Vitis vinifera

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	14.97	0.196	26		1		24.70	21.71	
Energy....kcal	302		0	NC	4		498	438	
Energy....kJ	1264		0		4		2085	1832	
Protein (N x 6.25)....g	3.39	0.056	27		1		5.59	4.92	
Total lipid (fat)....g	0.46	0.027	22		1		0.76	0.67	
Ash....g	1.66	0.025	27		1		2.74	2.41	
Carbohydrate, by difference....g	79.52		0	NC	4		131.21	115.30	
Fiber, total dietary....g	4.0		0		4		6.6	5.8	
Sugars, total....g	59.19		0	BFZN	4		97.66	85.82	
Starch....g									
Minerals:									
Calcium, Ca....mg	53	0.920	22		1		87	77	
Iron, Fe....mg	1.79	0.026	22		1		2.95	2.60	
Magnesium, Mg....mg	35	0.292	22		1		58	51	
Phosphorus, P....mg	115	2.155	26		1		190	167	
Potassium, K....mg	746	12.570	22		1		1231	1082	
Sodium, Na....mg	12	1.228	22		1		20	17	
Zinc, Zn....mg	0.32	0.017	22		1		0.53	0.46	
Copper, Cu....mg	0.363	0.006	22		1		0.599	0.526	
Manganese, Mn....mg	0.308		0		1		0.508	0.447	
Selenium, Se....µg	0.7		0	BFZN	4		1.2	1.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	3.2	1.034	7		1		5.3	4.6	
Thiamin....mg	0.008	0.000	26		1		0.013	0.012	
Riboflavin....mg	0.191	0.012	26		1		0.315	0.277	
Niacin....mg	1.142	0.082	26		1		1.884	1.656	
Pantothenic acid....mg	0.140		0		1		0.231	0.203	
Vitamin B-6....mg	0.323		1		1		0.533	0.468	
Folate, total....µg	3		0		1		5	5	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	3		0		1		5	5	
Folate, DFE....µg	3		0	NC	4		5	5	
Choline, total....mg	11.1		0	BFZN	4		18.4	16.2	
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	0		0	NC	4		0	0	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg	0		0	BFZN	4		0	0	
Carotene, alpha....µg	0		0	BFZN	4		0	0	
Cryptoxanthin, beta....µg	0		0	BFZN	4		0	0	
Vitamin A, IU....IU	0		0	NC	4		0	0	
Lycopene....µg	0		0	BFZN	4		0	0	
Lutein + zeaxanthin....µg	0		0	BFZN	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.12		0	BFZN	4		0.19	0.17	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	3.5		0	BFZN	4		5.7	5.0	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 09297
Raisins, golden seedless

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.151		0		1		0.249	0.219	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.004		0		1		0.007	0.006	
15:0....g									
16:0....g	0.129		0		1		0.213	0.187	
17:0....g									
18:0....g	0.018		0		1		0.030	0.026	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.019		0		1		0.031	0.028	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.019		0		1		0.031	0.028	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.135		0		1		0.223	0.196	
18:2 undifferentiated....g	0.104		0		1		0.172	0.151	
18:3 undifferentiated....g	0.031		0		1		0.051	0.045	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 165g: 1 cup, packed

Measure 2 = 145g: 1 cup (not packed)

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09299
Raisins, seeded
Vitis vinifera

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	16.57	0.201	35		1		27.34	24.03	
Energy....kcal	296		0	NC	4		488	429	
Energy....kJ	1238				4		2043	1796	
Protein (N x 6.25)....g	2.52	0.043	35		1		4.16	3.65	
Total lipid (fat)....g	0.54	0.025	18		1		0.89	0.78	
Ash....g	1.89	0.055	35		1		3.12	2.74	
Carbohydrate, by difference....g	78.47		0	NC	4		129.48	113.78	
Fiber, total dietary....g	6.8		0		4		11.2	9.9	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	28	1.389	34		1		46	41	
Iron, Fe....mg	2.59	0.287	34		1		4.27	3.76	
Magnesium, Mg....mg	30	0.993	34		1		50	44	
Phosphorus, P....mg	75	3.591	34		1		124	109	
Potassium, K....mg	825	14.341	26		1		1361	1196	
Sodium, Na....mg	28	1.356	26		1		46	41	
Zinc, Zn....mg	0.18	0.010	18		1		0.30	0.26	
Copper, Cu....mg	0.302	0.017	34		1		0.498	0.438	
Manganese, Mn....mg	0.267	0.016	16		1		0.441	0.387	
Selenium, Se....µg	0.6		1	A	1		1.0	0.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	5.4	0.347	18		1		8.9	7.8	
Thiamin....mg	0.112	0.003	18		1		0.185	0.162	
Riboflavin....mg	0.182	0.023	18		1		0.300	0.264	
Niacin....mg	1.114	0.089	18		1		1.838	1.615	
Pantothenic acid....mg	0.045		0		4		0.074	0.065	
Vitamin B-6....mg	0.188		1		1		0.310	0.273	
Folate, total....µg	3		0		1		5	5	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	3		0		1		5	5	
Folate, DFE....µg	3		0	NC	4		5	5	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	0	0.000	14		1		0	0	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0	0.000	14		1		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.178		0		1		0.294	0.258	
4:0....g	0.000		0		1		0.000	0.000	

NDB No. 09299
Raisins, seeded

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0		1		0.000	0.000	
8:0 ... g	0.000		0		1		0.000	0.000	
10:0 ... g	0.000		0		1		0.000	0.000	
12:0 ... g	0.000		0		1		0.000	0.000	
13:0 ... g									
14:0 ... g	0.004		0		1		0.007	0.006	
15:0 ... g									
16:0 ... g	0.153		0		1		0.252	0.222	
17:0 ... g									
18:0 ... g	0.021		0		1		0.035	0.030	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.022		0		1		0.036	0.032	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.000		0		1		0.000	0.000	
17:1 ... g									
18:1 undifferentiated ... g	0.022		0		1		0.036	0.032	
20:1 ... g	0.000		0		1		0.000	0.000	
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.159		0		1		0.262	0.231	
18:2 undifferentiated ... g	0.122		0		1		0.201	0.177	
18:3 undifferentiated ... g	0.037		0		1		0.061	0.054	
18:4 ... g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA) ... g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) ... g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) ... g	0.000		0		1		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	Z	7		0	0	
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg									
Theobromine ... mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 165g: 1 cup, packed

Measure 2 = 145g: 1 cup (not packed)

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09298
Raisins, seedless
Vitis vinifera

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	15.43	2.446	11	A	1		25.46	22.38	2.16
Energy....kcal	299		0	NC	4		494	434	42
Energy....kJ	1252		0	NC	4		2066	1815	175
Protein (N x 6.25)....g	3.07	0.079	9	A	1		5.07	4.46	0.43
Total lipid (fat)....g	0.46	0.066	10	A	1		0.76	0.67	0.06
Ash....g	1.85	0.177	8	A	1		3.05	2.68	0.26
Carbohydrate, by difference....g	79.18		0	NC	4		130.65	114.81	11.09
Fiber, total dietary....g	3.7	0.173	13	A	1		6.1	5.4	0.5
Sugars, total....g	59.19	7.887	11	A	1		97.66	85.82	8.29
Sucrose....g	0.45	0.184	11	A	1		0.75	0.66	0.06
Glucose (dextrose)....g	27.75	3.475	11	A	1		45.78	40.23	3.88
Fructose....g	29.68	3.752	11	A	1		48.97	43.03	4.15
Lactose....g	0.00	0.000	8	A	1		0.00	0.00	0.00
Maltose....g	0.00	0.000	8	A	1		0.00	0.00	0.00
Galactose....g	0.00	0.000	8	A	1		0.00	0.00	0.00
Starch....g	2.70		2	A	1		4.46	3.92	0.38
Minerals:									
Calcium, Ca....mg	50	1.383	42	A	1		82	72	7
Iron, Fe....mg	1.88	0.057	43	A	1		3.11	2.73	0.26
Magnesium, Mg....mg	32	0.421	42	A	1		53	47	5
Phosphorus, P....mg	101	1.327	42	A	1		167	146	14
Potassium, K....mg	749	7.719	42	A	1		1235	1086	105
Sodium, Na....mg	11	0.681	41	A	1		18	16	2
Zinc, Zn....mg	0.22	0.009	40	A	1		0.36	0.31	0.03
Copper, Cu....mg	0.318	0.009	42	A	1		0.525	0.462	0.045
Manganese, Mn....mg	0.299	0.004	42	A	1		0.493	0.433	0.042
Selenium, Se....µg	0.6	0.056	8	A	1		1.0	0.9	0.1
Vitamins:									
Vitamin C, total ascorbic acid....mg	2.3	1.159	6	A	1		3.9	3.4	0.3
Thiamin....mg	0.106	0.004	8	A	1		0.174	0.153	0.015
Riboflavin....mg	0.125	0.012	8	A	1		0.206	0.181	0.017
Niacin....mg	0.766	0.065	8	A	1		1.263	1.110	0.107
Pantothenic acid....mg	0.095	0.009	8	A	1		0.157	0.138	0.013
Vitamin B-6....mg	0.174	0.006	8	A	1		0.286	0.252	0.024
Folate, total....µg	5	0.482	4	A	1		8	7	1
Folic acid....µg	0		0	Z	7		0	0	0
Folate, food....µg	5	0.482	4	A	1		8	7	1
Folate, DFE....µg	5		0	NC	4		8	7	1
Choline, total....mg	11.1		0	AS	1		18.4	16.2	1.6
Betaine....mg	0.3		2	A	1		0.5	0.4	0.0
Vitamin B-12....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....µg	0	0.000	8	A	1		0	0	0
Retinol....µg	0		0	Z	7		0	0	0
Carotene, beta....µg	0	0.000	8	A	1		0	0	0
Carotene, alpha....µg	0	0.000	8	A	1		0	0	0
Cryptoxanthin, beta....µg	0	0.000	8	A	1		0	0	0
Vitamin A, IU....IU	0	0.000	8	A	1		0	0	0
Lycopene....µg	0	0.000	8	A	1		0	0	0
Lutein + zeaxanthin....µg	0	0.000	8	A	1		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.12	0.027	5	A	1		0.19	0.17	0.02
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg	0.00	0.000	5	A	1		0.00	0.00	0.00
Tocopherol, gamma....mg	0.04	0.010	5	A	1		0.07	0.06	0.01
Tocopherol, delta....mg	0.00	0.000	5	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)....µg									

NDB No. 09298
Raisins, seedless

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	3.5	1.080	9	A	1		5.7	5.0	0.5
Dihydrophylloquinone....µg	0.0	0.000	8	A	1		0.0	0.0	0.0
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.058		0	NC	4		0.095	0.084	0.008
4:0....g	0.000		0	Z	7		0.000	0.000	0.000
6:0....g	0.000		0	Z	7		0.000	0.000	0.000
8:0....g	0.000	0.000	4	A	1		0.000	0.000	0.000
10:0....g	0.000	0.000	4	A	1		0.000	0.000	0.000
12:0....g	0.000	0.000	4	A	1		0.000	0.000	0.000
13:0....g									
14:0....g	0.001	0.000	4	A	1		0.001	0.001	0.000
15:0....g	0.000	0.000	4	A	1		0.000	0.000	0.000
16:0....g	0.044	0.001	4	A	1		0.072	0.063	0.006
17:0....g	0.000	0.000	4	A	1		0.000	0.000	0.000
18:0....g	0.010	0.000	4	A	1		0.017	0.015	0.001
20:0....g	0.001	0.000	4	A	1		0.002	0.001	0.000
22:0....g	0.002	0.000	4	A	1		0.003	0.003	0.000
24:0....g									
Fatty acids, total monounsaturated....g	0.051		0	NC	4		0.085	0.074	0.007
14:1....g	0.000	0.000	4	A	1		0.000	0.000	0.000
15:1....g	0.000	0.000	4	A	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.039	0.000	4	A	1		0.064	0.057	0.005
17:1....g	0.000	0.000	4	A	1		0.000	0.000	0.000
18:1 undifferentiated....g	0.012	0.003	4	A	1		0.020	0.018	0.002
20:1....g	0.000	0.000	4	A	1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.037		0	NC	4		0.061	0.054	0.005
18:2 undifferentiated....g	0.028	0.003	4	A	1		0.046	0.041	0.004
18:3 undifferentiated....g	0.008	0.000	4	A	1		0.014	0.012	0.001
18:3 n-3 c,c,c (ALA)....g									
18:3 n-6 c,c,c....g	0.001		2	A	1		0.001	0.001	0.000
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	0.000
20:2 n-6 c,c....g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:3 undifferentiated....g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	Z	7		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	Z	7		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0	Z	7		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.050		0	A	1		0.082	0.072	0.007
Threonine....g	0.077		0	A	1		0.127	0.111	0.011
Isoleucine....g	0.057		0	A	1		0.094	0.082	0.008
Leucine....g	0.096		0	A	1		0.159	0.139	0.013
Lysine....g	0.084		0	A	1		0.139	0.122	0.012
Methionine....g	0.021		0	A	1		0.034	0.030	0.003
Cystine....g	0.019		0	A	1		0.032	0.028	0.003
Phenylalanine....g	0.065		0	A	1		0.107	0.094	0.009
Tyrosine....g	0.012		0	A	1		0.021	0.018	0.002
Valine....g	0.083		0	A	1		0.137	0.121	0.012

NDB No. 09298
Raisins, seedless

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Arginine....g	0.413		0	A	1		0.682	0.599	0.058
Histidine....g	0.072		0	A	1		0.118	0.104	0.010
Alanine....g	0.105		0	A	1		0.173	0.152	0.015
Aspartic acid....g	0.110		0	A	1		0.181	0.159	0.015
Glutamic acid....g	0.164		0	A	1		0.271	0.238	0.023
Glycine....g	0.080		0	A	1		0.133	0.117	0.011
Proline....g	0.254		0	A	1		0.419	0.368	0.036
Serine....g	0.070		0	A	1		0.116	0.102	0.010
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 165g: 1 cup, packed

Measure 2 = 145g: 1 cup (not packed)

Measure 3 = 14.0g: 1 miniature box (.5 oz)

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09301

Rambutan, canned, syrup pack

Nephelium lappaceum

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	78.04		2	A	1		117.06	167.01	7.02
Energy	kcal	82		0	NC	4		123	175	7
Energy	kJ	343				4		515	734	31
Protein (N x 6.25)	g	0.65		2	A	1		0.98	1.39	0.06
Total lipid (fat)	g	0.21		2	A	1		0.32	0.45	0.02
Ash	g	0.23		2	A	1		0.35	0.49	0.02
Carbohydrate, by difference	g	20.87		0	NC	4		31.31	44.66	1.88
Fiber, total dietary	g	0.9		2	A	1		1.4	1.9	0.1
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	22		2	A	1		33	47	2
Iron, Fe	mg	0.35		2	A	1		0.53	0.75	0.03
Magnesium, Mg	mg	7		2	A	1		11	15	1
Phosphorus, P	mg	9		2	A	1		14	19	1
Potassium, K	mg	42		2	A	1		63	90	4
Sodium, Na	mg	11		2	A	1		17	24	1
Zinc, Zn	mg	0.08		2	A	1		0.12	0.17	0.01
Copper, Cu	mg	0.066		2	A	1		0.099	0.141	0.006
Manganese, Mn	mg	0.343		2	A	1		0.515	0.734	0.031
Selenium, Se	µg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	4.9		2	A	1		7.4	10.5	0.4
Thiamin	mg	0.013		2	A	1		0.020	0.028	0.001
Riboflavin	mg	0.022		2	A	1		0.033	0.047	0.002
Niacin	mg	1.352		2	A	1		2.028	2.893	0.122
Pantothenic acid	mg	0.018		2	A	1		0.027	0.039	0.002
Vitamin B-6	mg	0.020		2	A	1		0.030	0.043	0.002
Folate, total	µg	8		2	A	1		12	17	1
Folic acid	µg	0		0	Z	7		0	0	0
Folate, food	µg	8		2	A	1		12	17	1
Folate, DFE	µg	8		0	NC	4		12	17	1
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE	µg	0		2	A	1		0	0	0
Retinol	µg	0		0	Z	7		0	0	0
Carotene, beta	µg	2		2	A	1		3	4	0
Carotene, alpha	µg	0		2	A	1		0	0	0
Cryptoxanthin, beta	µg	0		2	A	1		0	0	0
Vitamin A, IU	IU	3		2	A	1		5	7	0
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										
Fatty acids, total saturated	g									
Fatty acids, total monounsaturated	g									

NDB No. 09301
Rambutan, canned, syrup pack

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 150g: 1 cup, drained

Measure 2 = 214g: 1 cup

Measure 3 = 9.0g: 1 fruit

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.75

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09304

Raspberries, canned, red, heavy syrup pack, solids and liquids

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	75.33	0.255	3		1		192.84		
Energy....kcal	91		0	NC	4		233		
Energy....kJ	381		0		4		975		
Protein (N x 6.25)....g	0.83	0.095	3		1		2.12		
Total lipid (fat)....g	0.12	0.045	3		1		0.31		
Ash....g	0.36	0.015	3		1		0.92		
Carbohydrate, by difference....g	23.36		0	NC	4		59.80		
Fiber, total dietary....g	3.3		0		4		8.4		
Sugars, total....g	20.06		0	O	4		51.35		
Starch....g									
Minerals:									
Calcium, Ca....mg	11	1.257	3		1		28		
Iron, Fe....mg	0.42	0.074	3		1		1.08		
Magnesium, Mg....mg	12	0.524	3		1		31		
Phosphorus, P....mg	9	0.733	3		1		23		
Potassium, K....mg	94	10.016	3		1		241		
Sodium, Na....mg	3	0.333	3		1		8		
Zinc, Zn....mg	0.16	0.026	3		1		0.41		
Copper, Cu....mg	0.057	0.018	3		1		0.146		
Manganese, Mn....mg	0.233	0.055	3		1		0.596		
Selenium, Se....µg	0.1		0	BFYN	4		0.4		
Vitamins:									
Vitamin C, total ascorbic acid....mg	8.7	0.441	3		1		22.3		
Thiamin....mg	0.020	0.001	3		1		0.051		
Riboflavin....mg	0.031	0.003	3		1		0.079		
Niacin....mg	0.443	0.058	3		1		1.134		
Pantothenic acid....mg	0.245	0.014	3		1		0.627		
Vitamin B-6....mg	0.042	0.005	3		1		0.108		
Folate, total....µg	11	0.145	3		1		27		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	11	0.145	3		1		27		
Folate, DFE....µg	11		0	NC	4		27		
Choline, total....mg	8.2		0	BFYN	4		21.0		
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....µg	2		0	NC	4		4		
Retinol....µg	0		0	Z	7		0		
Carotene, beta....µg	12		0	BNA	4		30		
Carotene, alpha....µg	16		0	BNA	4		41		
Cryptoxanthin, beta....µg	0		0	BNA	4		0		
Vitamin A, IU....IU	33	14.970	3		1		84		
Lycopene....µg	0		0	BFYN	4		0		
Lutein + zeaxanthin....µg	91		0	BFYN	4		234		
Vitamin E (alpha-tocopherol)....mg	0.59		0	BFYN	4		1.50		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....µg	5.2		0	BFYN	4		13.4		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 09304

Raspberries, canned, red, heavy syrup pack, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.005		0		1		0.013		
4:0....g	0.000		0		1		0.000		
6:0....g	0.000		0		1		0.000		
8:0....g	0.000		0		1		0.000		
10:0....g	0.000		0		1		0.000		
12:0....g	0.000		0		1		0.000		
13:0....g									
14:0....g	0.000		0		1		0.000		
15:0....g									
16:0....g	0.003		0		1		0.008		
17:0....g									
18:0....g	0.001		0		1		0.003		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.011		0		1		0.028		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000		
17:1....g									
18:1 undifferentiated....g	0.011		0		1		0.028		
20:1....g	0.000		0		1		0.000		
22:1 undifferentiated....g	0.000		0		1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.068		0		1		0.174		
18:2 undifferentiated....g	0.045		0		1		0.115		
18:3 undifferentiated....g	0.023		0		1		0.059		
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000		
20:5 n-3 (EPA)....g	0.000		0		1		0.000		
22:5 n-3 (DPA)....g	0.000		0		1		0.000		
22:6 n-3 (DHA)....g	0.000		0		1		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 256g: 1 cup

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.75

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09306
Raspberries, frozen, red, sweetened

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	72.75		2		1		181.88	206.61	
Energy....kcal	103		0	NC	4		258	293	
Energy....kJ	431		0		4		1077	1224	
Protein (N x 6.25)....g	0.70		3		1		1.75	1.99	
Total lipid (fat)....g	0.16		3		1		0.40	0.45	
Ash....g	0.24		2		1		0.60	0.68	
Carbohydrate, by difference....g	26.16		0	NC	4		65.40	74.29	
Fiber, total dietary....g	4.4		0		4		11.0	12.5	
Sugars, total....g	21.76		0	O	4		54.40	61.80	
Starch....g									
Minerals:									
Calcium, Ca....mg	15		3		1		38	43	
Iron, Fe....mg	0.65		3		1		1.63	1.85	
Magnesium, Mg....mg	13		1		1		33	37	
Phosphorus, P....mg	17		2		1		43	48	
Potassium, K....mg	114		1		1		285	324	
Sodium, Na....mg	1		1		1		3	3	
Zinc, Zn....mg	0.18		1		1		0.45	0.51	
Copper, Cu....mg	0.105		1		1		0.263	0.298	
Manganese, Mn....mg	0.650		1		1		1.625	1.846	
Selenium, Se....µg	0.3		0	RA	4		0.7	0.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	16.5		3		1		41.3	46.9	
Thiamin....mg	0.019		3		1		0.048	0.054	
Riboflavin....mg	0.045		3		1		0.113	0.128	
Niacin....mg	0.230		3		1		0.575	0.653	
Pantothenic acid....mg	0.150		1		1		0.375	0.426	
Vitamin B-6....mg	0.034		2		1		0.085	0.097	
Folate, total....µg	26		1		1		65	74	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	26		1		1		65	74	
Folate, DFE....µg	26		0	NC	4		65	74	
Choline, total....mg	10.2		0	RA	4		25.4	28.9	
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	3		0	NC	4		8	9	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg	21		0	BNA	4		53	61	
Carotene, alpha....µg	29		0	BNA	4		73	83	
Cryptoxanthin, beta....µg	0		0	BNA	4		0	0	
Vitamin A, IU....IU	60		3		1		150	170	
Lycopene....µg	0		0	RA	4		0	0	
Lutein + zeaxanthin....µg	113		0	RA	4		283	321	
Vitamin E (alpha-tocopherol)....mg	0.72		0	RA	4		1.81	2.06	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	6.5		0	RA	4		16.2	18.4	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 09306
Raspberries, frozen, red, sweetened

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.005		0		1		0.013	0.014	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	
15:0....g									
16:0....g	0.004		0		1		0.010	0.011	
17:0....g									
18:0....g	0.001		0		1		0.003	0.003	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.015		0		1		0.038	0.043	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.014		0		1		0.035	0.040	
20:1....g	0.001		0		1		0.003	0.003	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.089		0		1		0.223	0.253	
18:2 undifferentiated....g	0.059		0		1		0.148	0.168	
18:3 undifferentiated....g	0.030		0		1		0.075	0.085	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 250g: 1 cup, unthawed

Measure 2 = 284g: 1 package (10 oz)

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.78

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09302
Raspberries, raw
Rubus spp.

Refuse: 4% Caps, stems, and spoiled berries

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	85.75	0.990	14	A	1		105.47	267.54	16.29
Energy ... kcal	52		0	NC	4		65	164	10
Energy ... kJ	220		0	NC	4		270	685	42
Protein (N x 6.25) ... g	1.20	0.097	12	A	1		1.47	3.73	0.23
Total lipid (fat) ... g	0.65	0.263	11	A	1		0.80	2.04	0.12
Ash ... g	0.46	0.060	12	A	1		0.56	1.42	0.09
Carbohydrate, by difference ... g	11.94		0	NC	4		14.69	37.26	2.27
Fiber, total dietary ... g	6.5	0.657	13	A	1		8.0	20.2	1.2
Sugars, total ... g	4.42	0.147	5	A	1		5.43	13.78	0.84
Sucrose ... g	0.20	0.000	5	A	1		0.25	0.64	0.04
Glucose (dextrose) ... g	1.86	0.068	5	A	1		2.29	5.81	0.35
Fructose ... g	2.35	0.084	5	A	1		2.89	7.34	0.45
Lactose ... g	0.00	0.000	5	A	1		0.00	0.00	0.00
Maltose ... g	0.00	0.000	5	A	1		0.00	0.00	0.00
Galactose ... g	0.00	0.000	5	A	1		0.00	0.00	0.00
Starch ... g	0.00	0.000	4	A	1		0.00	0.00	0.00
Minerals:									
Calcium, Ca ... mg	25	1.300	11	A	1		31	77	5
Iron, Fe ... mg	0.69	0.046	12	A	1		0.85	2.15	0.13
Magnesium, Mg ... mg	22	2.190	12	A	1		27	68	4
Phosphorus, P ... mg	29	2.779	11	A	1		36	91	6
Potassium, K ... mg	151	20.320	12	A	1		186	472	29
Sodium, Na ... mg	1	0.571	8	A	1		1	3	0
Zinc, Zn ... mg	0.42	0.069	12	A	1		0.51	1.30	0.08
Copper, Cu ... mg	0.090	0.019	12	A	1		0.110	0.279	0.017
Manganese, Mn ... mg	0.670	0.152	11	A	1		0.824	2.090	0.127
Selenium, Se ... µg	0.2		2	A	1		0.3	0.7	0.0
Vitamins:									
Vitamin C, total ascorbic acid ... mg	26.2	5.588	10	A	1		32.2	81.7	5.0
Thiamin ... mg	0.032	0.008	12	A	1		0.039	0.099	0.006
Riboflavin ... mg	0.038	0.007	12	A	1		0.047	0.120	0.007
Niacin ... mg	0.598	0.057	12	A	1		0.736	1.866	0.114
Pantothenic acid ... mg	0.329	0.034	12	A	1		0.405	1.027	0.063
Vitamin B-6 ... mg	0.055	0.007	12	A	1		0.068	0.172	0.010
Folate, total ... µg	21	5.894	12	A	1		26	66	4
Folic acid ... µg	0		0	Z	7		0	0	0
Folate, food ... µg	21	5.894	12	A	1		26	66	4
Folate, DFE ... µg	21		0	NC	4		26	66	4
Choline, total ... mg	12.3		0	AS	1		15.1	38.2	2.3
Betaine ... mg	0.8		1	A	1		1.0	2.5	0.2
Vitamin B-12 ... µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added ... µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE ... µg	2		0	AS	1		2	5	0
Retinol ... µg	0		0	Z	7		0	0	0
Carotene, beta ... µg	12	8.030	16	A	1		14	36	2
Carotene, alpha ... µg	16	6.054	12	A	1		20	50	3
Cryptoxanthin, beta ... µg	0	0.000	12	A	1		0	0	0
Vitamin A, IU ... IU	33		0	AS	1		40	102	6
Lycopene ... µg	0	0.000	4	A	1		0	0	0
Lutein + zeaxanthin ... µg	136	2.179	4	A	1		168	425	26
Vitamin E (alpha-tocopherol) ... mg	0.87	0.072	6	A	1		1.07	2.72	0.17
Vitamin E, added ... mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta ... mg	0.06	0.010	6	A	1		0.08	0.19	0.01
Tocopherol, gamma ... mg	1.42	0.141	6	A	1		1.74	4.43	0.27
Tocopherol, delta ... mg	1.04	0.155	6	A	1		1.28	3.26	0.20
Vitamin D (D2 + D3) ... µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol) ... µg									

NDB No. 09302
Raspberries, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	7.8	0.553	6	A	1		9.6	24.4	1.5
Dihydrophylloquinone....µg	0.0	0.000	6	A	1		0.0	0.0	0.0
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.019		0	NC	4		0.024	0.060	0.004
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.000		0		1		0.000	0.000	0.000
10:0....g	0.000		0		1		0.000	0.000	0.000
12:0....g	0.000		0		1		0.000	0.000	0.000
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	0.000
15:0....g									
16:0....g	0.016		2		1		0.019	0.049	0.003
17:0....g									
18:0....g	0.004		2		1		0.004	0.011	0.001
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.064		0	NC	4		0.078	0.198	0.012
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
17:1....g									
18:1 undifferentiated....g	0.059		2		1		0.072	0.183	0.011
20:1....g	0.005		2		1		0.006	0.015	0.001
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.375		0	NC	4		0.462	1.171	0.071
18:2 undifferentiated....g	0.249		2		1		0.307	0.778	0.047
18:3 undifferentiated....g	0.126		2		1		0.155	0.393	0.024
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	0
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 123g: 1 cup

Measure 2 = 312g: 1 pint as purchased, yields

Measure 3 = 19g: 10 raspberries

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.6

NDB No. 09302
Raspberries, raw

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09310
Rhubarb, frozen, cooked, with sugar

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	67.79	1.207	3		1		162.70		
Energy....kcal	116		0	NC	4		278		
Energy....kJ	485		0		4		1165		
Protein (N x 6.25)....g	0.39	0.033	3		1		0.94		
Total lipid (fat)....g	0.05	0.009	3		1		0.12		
Ash....g	0.56	0.022	3		1		1.34		
Carbohydrate, by difference....g	31.20		0	NC	4		74.88		
Fiber, total dietary....g	2.0		0		4		4.8		
Sugars, total....g	28.70		0	FLA	4		68.88		
Starch....g									
Minerals:									
Calcium, Ca....mg	145	5.033	3		1		348		
Iron, Fe....mg	0.21	0.006	3		1		0.50		
Magnesium, Mg....mg	12	0.484	3		1		29		
Phosphorus, P....mg	8	0.733	3		1		19		
Potassium, K....mg	96	3.528	3		1		230		
Sodium, Na....mg	1	0.333	3		1		2		
Zinc, Zn....mg	0.08	0.003	3		1		0.19		
Copper, Cu....mg	0.027	0.007	3		1		0.065		
Manganese, Mn....mg	0.073	0.003	3		1		0.175		
Selenium, Se....µg	0.9		0	RA	4		2.2		
Vitamins:									
Vitamin C, total ascorbic acid....mg	3.3	0.203	3		1		7.9		
Thiamin....mg	0.018	0.001	3		1		0.043		
Riboflavin....mg	0.023	0.002	3		1		0.055		
Niacin....mg	0.200		0		1		0.480		
Pantothenic acid....mg	0.050	0.006	3		1		0.120		
Vitamin B-6....mg	0.020	0.001	3		1		0.048		
Folate, total....µg	5	1.097	3		1		13		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	5	1.097	3		1		13		
Folate, DFE....µg	5		0	NC	4		13		
Choline, total....mg	4.4		0	FLA	4		10.6		
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....µg	4		0	NC	4		9		
Retinol....µg	0		0	Z	7		0		
Carotene, beta....µg	44		0	FLA	4		106		
Carotene, alpha....µg	0		0	FLA	4		0		
Cryptoxanthin, beta....µg	0		0	FLA	4		0		
Vitamin A, IU....IU	73		0	NC	4		176		
Lycopene....µg	0		0	FLA	4		0		
Lutein + zeaxanthin....µg	123		0	FLA	4		294		
Vitamin E (alpha-tocopherol)....mg	0.19		0	FLA	4		0.47		
Vitamin E, added....mg	0.00		0	FLA	4		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....µg	21.1		0	FLA	4		50.7		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 09310
Rhubarb, frozen, cooked, with sugar

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.014		0		4		0.034		
4:0....g	0.000		0		4		0.000		
6:0....g	0.000		0		4		0.000		
8:0....g	0.000		0		4		0.000		
10:0....g	0.000		0		4		0.000		
12:0....g	0.000		0		4		0.000		
13:0....g									
14:0....g	0.000		0		4		0.000		
15:0....g									
16:0....g	0.012		0		4		0.029		
17:0....g									
18:0....g	0.001		0		4		0.002		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.010		0		4		0.024		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		4		0.000		
17:1....g									
18:1 undifferentiated....g	0.010		0		4		0.024		
20:1....g	0.000		0		4		0.000		
22:1 undifferentiated....g	0.000		0		4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.025		0		4		0.060		
18:2 undifferentiated....g	0.025		0		4		0.060		
18:3 undifferentiated....g	0.000		0		4		0.000		
18:4....g	0.000		0		4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000		
20:5 n-3 (EPA)....g	0.000		0		4		0.000		
22:5 n-3 (DPA)....g	0.000		0		4		0.000		
22:6 n-3 (DHA)....g	0.000		0		4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 240g: 1 cup

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.78

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09309
Rhubarb, frozen, uncooked

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	93.51	0.338	3		1		128.11		
Energy	kcal	21		0	NC	4		29		
Energy	kJ	88		0		4		120		
Protein (N x 6.25)	g	0.55	0.003	3		1		0.75		
Total lipid (fat)	g	0.11	0.018	3		1		0.15		
Ash	g	0.72	0.060	3		1		0.99		
Carbohydrate, by difference	g	5.10		0	NC	4		6.99		
Fiber, total dietary	g	1.8		0		4		2.5		
Sugars, total	g	1.10		0	BFZN	4		1.51		
Starch	g									
Minerals:										
Calcium, Ca	mg	194	16.773	3		1		266		
Iron, Fe	mg	0.29	0.007	3		1		0.40		
Magnesium, Mg	mg	18	1.189	3		1		25		
Phosphorus, P	mg	12	1.466	3		1		16		
Potassium, K	mg	108	10.016	3		1		148		
Sodium, Na	mg	2	0.333	3		1		3		
Zinc, Zn	mg	0.10	0.003	3		1		0.14		
Copper, Cu	mg	0.023	0.003	3		1		0.032		
Manganese, Mn	mg	0.097	0.009	3		1		0.133		
Selenium, Se	µg	1.1		0	BFSN	4		1.5		
Vitamins:										
Vitamin C, total ascorbic acid	mg	4.8	0.173	3		1		6.6		
Thiamin	mg	0.031	0.001	3		1		0.042		
Riboflavin	mg	0.029	0.000	3		1		0.040		
Niacin	mg	0.203	0.023	3		1		0.278		
Pantothenic acid	mg	0.065	0.018	3		1		0.089		
Vitamin B-6	mg	0.025	0.000	3		1		0.034		
Folate, total	µg	8	0.850	3		1		11		
Folic acid	µg	0		0	Z	7		0		
Folate, food	µg	8	0.850	3		1		11		
Folate, DFE	µg	8		0	NC	4		11		
Choline, total	mg	6.1		0	BFZN	4		8.4		
Betaine	mg									
Vitamin B-12	µg	0.00		0	Z	7		0.00		
Vitamin B-12, added	µg	0.00		0	Z	7		0.00		
Vitamin A, RAE	µg	5	0.361	3		1		7		
Retinol	µg	0		0	Z	7		0		
Carotene, beta	µg	64		0	BNA	4		88		
Carotene, alpha	µg	0		0	BNA	4		0		
Cryptoxanthin, beta	µg	0		0	BNA	4		0		
Vitamin A, IU	IU	107	7.211	3		1		147		
Lycopene	µg	0		0	BFZN	4		0		
Lutein + zeaxanthin	µg	170		0	BFZN	4		233		
Vitamin E (alpha-tocopherol)	mg	0.27		0	BFZN	4		0.37		
Vitamin E, added	mg	0.00		0	Z	7		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU	0		0	Z	7		0		
Vitamin K (phylloquinone)	µg	29.3		0	BFZN	4		40.2		
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 09309
Rhubarb, frozen, uncooked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.029		0		4		0.040		
4:0....g	0.000		0		4		0.000		
6:0....g	0.000		0		4		0.000		
8:0....g	0.000		0		4		0.000		
10:0....g	0.000		0		4		0.000		
12:0....g	0.000		0		4		0.000		
13:0....g									
14:0....g	0.001		0		4		0.001		
15:0....g									
16:0....g	0.025		0		4		0.034		
17:0....g									
18:0....g	0.002		0		4		0.003		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.021		0		4		0.029		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		4		0.001		
17:1....g									
18:1 undifferentiated....g	0.020		0		4		0.027		
20:1....g	0.000		0		4		0.000		
22:1 undifferentiated....g	0.000		0		4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.054		0		4		0.074		
18:2 undifferentiated....g	0.054		0		4		0.074		
18:3 undifferentiated....g	0.000		0		4		0.000		
18:4....g	0.000		0		4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000		
20:5 n-3 (EPA)....g	0.000		0		4		0.000		
22:5 n-3 (DPA)....g	0.000		0		4		0.000		
22:6 n-3 (DHA)....g	0.000		0		4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 137g: 1 cup, diced

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09307
Rhubarb, raw
Rheum rhabarbarum

Refuse: 25% 19% ends, 6% leaves

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	93.61	0.278	38		1		114.20	47.74	
Energy....kcal	21		0	NC	4		26	11	
Energy....kJ	88		0		4		107	45	
Protein (N x 6.25)....g	0.90	0.034	34		1		1.10	0.46	
Total lipid (fat)....g	0.20		1		1		0.24	0.10	
Ash....g	0.76	0.054	33		1		0.93	0.39	
Carbohydrate, by difference....g	4.54		0	NC	4		5.54	2.32	
Fiber, total dietary....g	1.8		0		4		2.2	0.9	
Sugars, total....g	1.10		0	T	4		1.34	0.56	
Starch....g									
Minerals:									
Calcium, Ca....mg	86	6.096	9		1		105	44	
Iron, Fe....mg	0.22	0.019	33		1		0.27	0.11	
Magnesium, Mg....mg	12	0.619	33		1		15	6	
Phosphorus, P....mg	14	1.337	33		1		17	7	
Potassium, K....mg	288	21.449	17		1		351	147	
Sodium, Na....mg	4	1.467	17		1		5	2	
Zinc, Zn....mg	0.10		0		1		0.12	0.05	
Copper, Cu....mg	0.021	0.002	32		1		0.026	0.011	
Manganese, Mn....mg	0.196	0.031	32		1		0.239	0.100	
Selenium, Se....µg	1.1		0	BFSN	4		1.3	0.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg	8.0		1		1		9.8	4.1	
Thiamin....mg	0.020		1		1		0.024	0.010	
Riboflavin....mg	0.030		1		1		0.037	0.015	
Niacin....mg	0.300		1		1		0.366	0.153	
Pantothenic acid....mg	0.085		0		1		0.104	0.043	
Vitamin B-6....mg	0.024		1		1		0.029	0.012	
Folate, total....µg	7	0.850	4		1		9	4	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	7	0.850	4		1		9	4	
Folate, DFE....µg	7		0	NC	4		9	4	
Choline, total....mg	6.1		0	BFZN	4		7.5	3.1	
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	5		1	A	1		6	3	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg	61		1	A	1		74	31	
Carotene, alpha....µg	0		1	A	1		0	0	
Cryptoxanthin, beta....µg	0		1	A	1		0	0	
Vitamin A, IU....IU	102		1	A	1		124	52	
Lycopene....µg	0		1	A	1		0	0	
Lutein + zeaxanthin....µg	170		1	A	1		207	87	
Vitamin E (alpha-tocopherol)....mg	0.27		0	BFZN	4		0.33	0.14	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	29.3		0	BFZN	4		35.8	15.0	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 09307
Rhubarb, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.053		0		4		0.065	0.027	
4:0....g	0.000		0		4		0.000	0.000	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	
10:0....g	0.000		0		4		0.000	0.000	
12:0....g	0.000		0		4		0.000	0.000	
13:0....g									
14:0....g	0.001		0		4		0.001	0.001	
15:0....g									
16:0....g	0.046		0		4		0.056	0.023	
17:0....g									
18:0....g	0.004		0		4		0.005	0.002	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.039		0		4		0.048	0.020	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		4		0.001	0.001	
17:1....g									
18:1 undifferentiated....g	0.037		0		4		0.045	0.019	
20:1....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.099		0		4		0.121	0.050	
18:2 undifferentiated....g	0.099		0		4		0.121	0.050	
18:3 undifferentiated....g	0.000		0		4		0.000	0.000	
18:4....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 122g: 1 cup, diced

Measure 2 = 51g: 1 stalk

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09312
Rose-apples, raw
Syzygium jambos

Refuse: 33% Caps and pits

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	93.00		1		1				
Energy....kcal	25		0	NC	4				
Energy....kJ	105				4				
Protein (N x 6.25)....g	0.60		0		1				
Total lipid (fat)....g	0.30		0		1				
Ash....g	0.40		0		1				
Carbohydrate, by difference....g	5.70		0	NC	4				
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	29		1		1				
Iron, Fe....mg	0.07		1		1				
Magnesium, Mg....mg	5		1		1				
Phosphorus, P....mg	8		1		1				
Potassium, K....mg	123		1		1				
Sodium, Na....mg	0		1		1				
Zinc, Zn....mg	0.06		1		1				
Copper, Cu....mg	0.016		1		1				
Manganese, Mn....mg	0.029		1		1				
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	22.3	3.196	4		1				
Thiamin....mg	0.020		0		1				
Riboflavin....mg	0.030		0		1				
Niacin....mg	0.800		0		1				
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7				
Vitamin A, RAE....µg	17	10.710	3		1				
Vitamin A, IU....IU	339	214.209	3		1				
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g									
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7				
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 09312
Rose-apples, raw

Common Measures:

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09311
Roselle, raw
Hibiscus sabdariffa

Refuse: 39% Seed pods and stem

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	86.58		1		1		49.35		
Energy ... kcal	49		0	NC	4		28		
Energy ... kJ	205				4		117		
Protein (N x 6.25) ... g	0.96		0		1		0.55		
Total lipid (fat) ... g	0.64		0		1		0.36		
Ash ... g	0.51		0		1		0.29		
Carbohydrate, by difference ... g	11.31		0	NC	4		6.45		
Fiber, total dietary ... g									
Sugars, total ... g									
Starch ... g									
Minerals:									
Calcium, Ca ... mg	215		1		1		123		
Iron, Fe ... mg	1.48		1		1		0.84		
Magnesium, Mg ... mg	51		1		1		29		
Phosphorus, P ... mg	37		1		1		21		
Potassium, K ... mg	208		1		1		119		
Sodium, Na ... mg	6		1		1		3		
Zinc, Zn ... mg									
Copper, Cu ... mg									
Manganese, Mn ... mg									
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg	12.0		0		1		6.8		
Thiamin ... mg	0.011		0		1		0.006		
Riboflavin ... mg	0.028		0		1		0.016		
Niacin ... mg	0.310		0		1		0.177		
Pantothenic acid ... mg									
Vitamin B-6 ... mg									
Folate, total ... µg									
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg	0.00		0	Z	7		0.00		
Vitamin A, RAE ... µg	14		0		1		8		
Vitamin A, IU ... IU	287		0		1		164		
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g									
Fatty acids, total monounsaturated ... g									
Fatty acids, total polyunsaturated ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	Z	7		0		
Phytosterols ... mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 09311
Roselle, raw

Common Measures:

Measure 1 = 57g: 1 cup, without refuse

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09428
Row al, raw
Pangium edule

Refuse:

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	71.40		1	A	1		81.40		
Energy....kcal	111		0	NC	4		126		
Energy....kJ	462		0	NC	4		527		
Protein (N x 6.25)....g	2.30		1	A	1		2.62		
Total lipid (fat)....g	2.00		1	A	1		2.28		
Ash....g	0.40		1	A	1		0.46		
Carbohydrate, by difference....g	23.90		0	NC	4		27.25		
Fiber, total dietary....g	6.2		1	A	1		7.1		
Sugars, total....g	14.10		1	A	1		16.07		
Sucrose....g	12.50		1	A	1		14.25		
Glucose (dextrose)....g	1.10		1	A	1		1.25		
Fructose....g	0.50		1	A	1		0.57		
Lactose....g	0.00		1	A	1		0.00		
Maltose....g	0.00		1	A	1		0.00		
Galactose....g	0.00		1	A	1		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	15		1	A	1		17		
Iron, Fe....mg	2.20		1	A	1		2.51		
Magnesium, Mg....mg	32		1	A	1		37		
Phosphorus, P....mg	52		1	A	1		60		
Potassium, K....mg	131		1	A	1		149		
Sodium, Na....mg	4		1	A	1		5		
Zinc, Zn....mg	0.43		1	A	1		0.49		
Copper, Cu....mg	1.060		1	A	1		1.208		
Manganese, Mn....mg	0.155		1	A	1		0.177		
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	25.8		1	A	1		29.4		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg	19		1	A	1		22		
Vitamin A, IU....IU	383		1	A	1		437		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.245		1	A	1		0.279		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g									

NDB No. 09428
Rowal, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Cholesterol.....mg									
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 114g: .5 cup

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09313
Sapodilla, raw
Manilkara zapota

Refuse: 20% Seeds and skin

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	78.00		1		1		187.98	132.60	
Energy ... kcal	83		0	NC	4		200	141	
Energy ... kJ	347				4		837	590	
Protein (N x 6.25) ... g	0.44		1		1		1.06	0.75	
Total lipid (fat) ... g	1.10		0		1		2.65	1.87	
Ash ... g	0.50		0		1		1.21	0.85	
Carbohydrate, by difference ... g	19.96		0	NC	4		48.10	33.93	
Fiber, total dietary ... g	5.3		0		4		12.8	9.0	
Sugars, total ... g									
Starch ... g									
Minerals:									
Calcium, Ca ... mg	21		0		1		51	36	
Iron, Fe ... mg	0.80		0		1		1.93	1.36	
Magnesium, Mg ... mg	12		0		4		29	20	
Phosphorus, P ... mg	12		0		1		29	20	
Potassium, K ... mg	193		0		1		465	328	
Sodium, Na ... mg	12		0		1		29	20	
Zinc, Zn ... mg	0.10		0		4		0.24	0.17	
Copper, Cu ... mg	0.086		0		4		0.207	0.146	
Manganese, Mn ... mg									
Selenium, Se ... µg	0.6		0	CAZN	4		1.4	1.0	
Vitamins:									
Vitamin C, total ascorbic acid ... mg	14.7	2.301	12		1		35.4	25.0	
Thiamin ... mg	0.000		0		4		0.000	0.000	
Riboflavin ... mg	0.020		0		1		0.048	0.034	
Niacin ... mg	0.200		0		1		0.482	0.340	
Pantothenic acid ... mg	0.252		0		1		0.607	0.428	
Vitamin B-6 ... mg	0.037		1		1		0.089	0.063	
Folate, total ... µg	14		0		4		34	24	
Folic acid ... µg	0		0	Z	7		0	0	
Folate, food ... µg	14		0		4		34	24	
Folate, DFE ... µg	14		0	NC	4		34	24	
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE ... µg	3		0		1		7	5	
Retinol ... µg	0		0	Z	7		0	0	
Carotene, beta ... µg									
Carotene, alpha ... µg									
Cryptoxanthin, beta ... µg									
Vitamin A, IU ... IU	60		0		1		145	102	
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D2 (ergocalciferol) ... µg									
Vitamin D3 (cholecalciferol) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	0.194		0		4		0.468	0.330	
4:0 ... g	0.000		0		4		0.000	0.000	

NDB No. 09313
Sapodilla, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	
10:0....g	0.000		0		4		0.000	0.000	
12:0....g	0.000		0		4		0.000	0.000	
13:0....g									
14:0....g	0.000		0		4		0.000	0.000	
15:0....g									
16:0....g	0.100		0		4		0.241	0.170	
17:0....g									
18:0....g	0.094		0		4		0.227	0.160	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.521		0		4		1.256	0.886	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		4		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.521		0		4		1.256	0.886	
20:1....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.011		0		4		0.027	0.019	
18:2 undifferentiated....g	0.011		0		4		0.027	0.019	
18:3 undifferentiated....g	0.000		0		4		0.000	0.000	
18:4....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.005		2		1		0.012	0.009	
Threonine....g	0.012		1		1		0.029	0.020	
Isoleucine....g	0.015		1		1		0.036	0.026	
Leucine....g	0.024		1		1		0.058	0.041	
Lysine....g	0.039		3		1		0.094	0.066	
Methionine....g	0.003		3		1		0.007	0.005	
Cystine....g									
Phenylalanine....g	0.013		1		1		0.031	0.022	
Tyrosine....g	0.014		1		1		0.034	0.024	
Valine....g	0.016		1		1		0.039	0.027	
Arginine....g	0.017		1		1		0.041	0.029	
Histidine....g	0.016		1		1		0.039	0.027	
Alanine....g	0.014		1		1		0.034	0.024	
Aspartic acid....g	0.032		1		1		0.077	0.054	
Glutamic acid....g	0.038		1		1		0.092	0.065	
Glycine....g	0.017		1		1		0.041	0.029	
Proline....g	0.036		1		1		0.087	0.061	
Serine....g	0.018		1		1		0.043	0.031	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg									
Theobromine....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 09313
Sapodilla, raw

Common Measures:

Measure 1 = 241g: 1 cup, pulp

Measure 2 = 170g: 1 sapodilla

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09314

Sapote, mamey, raw

Pouteria sapota

mamey colorado, marmalade plum

Refuse: 31% Seeds and skin

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	64.87	0.372	6	A	1		113.53	361.99	
Energy....kcal	124		0	NC	4		217	694	
Energy....kJ	520		0	NC	4		910	2902	
Protein (N x 6.25)....g	1.45	0.271	19	A	1		2.54	8.09	
Total lipid (fat)....g	0.46	0.150	5	A	1		0.81	2.57	
Ash....g	1.12	0.068	5	A	1		1.96	6.24	
Carbohydrate, by difference....g	32.10		0	NC	4		56.18	179.12	
Fiber, total dietary....g	5.4	0.438	6	A	1		9.5	30.2	
Sugars, total....g	20.14	0.709	3	A	1		35.24	112.37	
Sucrose....g	4.09	2.029	3	A	1		7.16	22.83	
Glucose (dextrose)....g	8.01	0.822	3	A	1		14.02	44.70	
Fructose....g	7.66	0.803	3	A	1		13.41	42.74	
Lactose....g	0.00	0.000	3	A	1		0.00	0.00	
Maltose....g	0.38	0.302	3	A	1		0.66	2.10	
Galactose....g	0.00	0.000	3	A	1		0.00	0.00	
Starch....g	6.33	0.669	3	A	1		11.08	35.34	
Minerals:									
Calcium, Ca....mg	18	4.499	19	A	1		31	100	
Iron, Fe....mg	0.78	0.483	19	A	1		1.37	4.36	
Magnesium, Mg....mg	11	0.551	19	A	1		19	60	
Phosphorus, P....mg	26	5.056	19	A	1		45	143	
Potassium, K....mg	454	48.977	19	A	1		794	2532	
Sodium, Na....mg	7	1.813	5	A	1		13	40	
Zinc, Zn....mg	0.19	0.019	19	A	1		0.34	1.08	
Copper, Cu....mg	0.213	0.202	5	A	1		0.373	1.189	
Manganese, Mn....mg	0.204	0.067	19	A	1		0.356	1.137	
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	23.0	9.675	6	A	1		40.2	128.3	
Thiamin....mg	0.013	0.004	5	A	1		0.022	0.071	
Riboflavin....mg	0.116	0.078	5	A	1		0.203	0.647	
Niacin....mg	1.432	0.908	5	A	1		2.506	7.989	
Pantothenic acid....mg	0.397	0.007	5	A	1		0.694	2.212	
Vitamin B-6....mg	0.720	0.359	5	A	1		1.260	4.016	
Folate, total (1) ....µg	7	1.295	4	A	1		12	39	
Folic acid....µg									
Folate, food....µg	7	1.295	4	A	1		12	39	
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	7	0.054	5	A	1		13	40	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg	82	3.056	5	A	1		144	458	
Carotene, alpha....µg	0	0.000	5	A	1		0	0	
Cryptoxanthin, beta....µg	7	7.408	5	A	1		13	41	
Vitamin A, IU....IU	143	1.081	5	A	1		250	798	
Lycopene....µg	199	66.912	3	A	1		348	1108	
Lutein + zeaxanthin....µg	204	54.929	3	A	1		357	1138	
Vitamin E (alpha-tocopherol)....mg	2.11		1	A	1		3.70	11.79	
Tocopherol, beta....mg	0.00		1	A	1		0.00	0.00	
Tocopherol, gamma....mg	0.00		1	A	1		0.00	0.00	
Tocopherol, delta....mg	0.00		1	A	1		0.00	0.00	
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									

NDB No. 09314
Sapote, mamey, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.169		0	NC	4		0.295	0.942	
4:0....g									
6:0....g									
8:0....g	0.000		1	A	1		0.000	0.000	
10:0....g	0.015		1	A	1		0.027	0.085	
12:0....g	0.008		1	A	1		0.013	0.042	
13:0....g									
14:0....g	0.013		1	A	1		0.023	0.074	
15:0....g	0.002		1	A	1		0.003	0.011	
16:0....g	0.102		1	A	1		0.179	0.572	
17:0....g	0.004		1	A	1		0.007	0.021	
18:0....g	0.023		1	A	1		0.040	0.127	
20:0....g	0.002		1	A	1		0.003	0.011	
22:0....g	0.000		1	A	1		0.000	0.000	
24:0....g	0.000		1	A	1		0.000	0.000	
Fatty acids, total monounsaturated....g	0.102		0	NC	4		0.179	0.572	
14:1....g	0.004		1	A	1		0.007	0.021	
15:1....g	0.000		1	A	1		0.000	0.000	
16:1 undifferentiated....g	0.004		0	AS	1		0.007	0.021	
16:1 c....g	0.004		1	A	1		0.007	0.021	
16:1 t....g	0.000		1	A	1		0.000	0.000	
17:1....g	0.000		1	A	1		0.000	0.000	
18:1 undifferentiated....g	0.095		0	AS	1		0.166	0.529	
18:1 c....g	0.095		1	A	1		0.166	0.529	
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.000		1	A	1		0.000	0.000	
18:1-11t (18:1t n-7)....g									
20:1....g	0.000		1	A	1		0.000	0.000	
22:1 undifferentiated....g	0.000		0	AS	1		0.000	0.000	
22:1 c....g	0.000		1	A	1		0.000	0.000	
22:1 t....g	0.000		1	A	1		0.000	0.000	
24:1 c....g	0.000		1	A	1		0.000	0.000	
Fatty acids, total polyunsaturated....g	0.097		0	NC	4		0.169	0.540	
18:2 undifferentiated....g	0.011		0	AS	1		0.020	0.064	
18:2 n-6 c,c....g	0.011		1	A	1		0.020	0.064	
18:2 CLAs....g	0.000		1	A	1		0.000	0.000	
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.000		1	A	1		0.000	0.000	
18:3 undifferentiated....g	0.082		0	AS	1		0.143	0.455	
18:3 n-3 c,c,c (ALA)....g	0.082		1	A	1		0.143	0.455	
18:3 n-6 c,c,c....g	0.000		1	A	1		0.000	0.000	
18:3i....g									
18:4....g	0.000		1	A	1		0.000	0.000	
20:2 n-6 c,c....g	0.000		1	A	1		0.000	0.000	
20:3 undifferentiated....g	0.000		0	AS	1		0.000	0.000	
20:3 n-3....g	0.000		1	A	1		0.000	0.000	
20:3 n-6....g	0.000		1	A	1		0.000	0.000	
20:4 undifferentiated....g	0.004		1	A	1		0.007	0.021	
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		1	A	1		0.000	0.000	
21:5....g									
22:4....g	0.000		1	A	1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		1	A	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		1	A	1		0.000	0.000	
Fatty acids, total trans....g	0.000		0	NC	4		0.000	0.000	
Fatty acids, total trans-monoenoic....g	0.000		0	NC	4		0.000	0.000	

NDB No. 09314
Sapote, mamey, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total trans-polyenoic.....g	0.000		0	NC	4		0.000	0.000	
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.049		0	A	1		0.085	0.273	
Threonine.....g	0.085		0	A	1		0.150	0.477	
Isoleucine.....g	0.061		0	A	1		0.107	0.341	
Leucine.....g	0.073		0	A	1		0.128	0.409	
Lysine.....g	0.073		0	A	1		0.128	0.409	
Methionine.....g	0.024		0	A	1		0.043	0.136	
Cystine.....g	0.012		0	A	1		0.021	0.068	
Phenylalanine.....g	0.061		0	A	1		0.107	0.341	
Tyrosine.....g	0.049		0	A	1		0.085	0.273	
Valine.....g	0.073		0	A	1		0.128	0.409	
Arginine.....g	0.049		0	A	1		0.085	0.273	
Histidine.....g	0.049		0	A	1		0.085	0.273	
Alanine.....g	0.073		0	A	1		0.128	0.409	
Aspartic acid.....g	0.147		0	A	1		0.256	0.818	
Glutamic acid.....g	0.147		0	A	1		0.256	0.818	
Glycine.....g	0.073		0	A	1		0.128	0.409	
Proline.....g	0.085		0	A	1		0.150	0.477	
Serine.....g	0.195		0	A	1		0.342	1.090	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 175g: 1 cup 1" pieces

Measure 2 = 558g: 1 fruit without refuse

Footnotes:

1 Mean value contains data based on the analysis of 5-methyltetrahydrofolate plus total folate determined microbiologically.

2 Large variability in weight of whole fruit (340 - 2720 g reported by U Florida).

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09315
Soursop, raw
Annona muricata

Refuse: 33% Seeds and skin

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	81.16		1		1		182.61	507.25	
Energy....kcal	66		0	NC	4		149	413	
Energy....kJ	276		0		4		621	1726	
Protein (N x 6.25)....g	1.00		0		1		2.25	6.25	
Total lipid (fat)....g	0.30		0		1		0.68	1.88	
Ash....g	0.70		0		1		1.58	4.38	
Carbohydrate, by difference....g	16.84		0	NC	4		37.89	105.25	
Fiber, total dietary....g	3.3		0		4		7.4	20.6	
Sugars, total....g	13.54		0	O	4		30.47	84.63	
Starch....g									
Minerals:									
Calcium, Ca....mg	14		0		1		32	88	
Iron, Fe....mg	0.60		0		1		1.35	3.75	
Magnesium, Mg....mg	21		1		1		47	131	
Phosphorus, P....mg	27		0		1		61	169	
Potassium, K....mg	278	12.676	3		1		626	1738	
Sodium, Na....mg	14	5.526	3		1		32	88	
Zinc, Zn....mg	0.10		0		4		0.23	0.63	
Copper, Cu....mg	0.086		0		4		0.194	0.538	
Manganese, Mn....mg									
Selenium, Se....µg	0.6		0	CAZN	4		1.4	3.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	20.6	1.503	16		1		46.4	128.8	
Thiamin....mg	0.070		0		1		0.158	0.438	
Riboflavin....mg	0.050		0		1		0.113	0.313	
Niacin....mg	0.900		0		1		2.025	5.625	
Pantothenic acid....mg	0.253		0		1		0.569	1.581	
Vitamin B-6....mg	0.059		1		1		0.133	0.369	
Folate, total....µg	14		0		4		32	88	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	14		0		4		32	88	
Folate, DFE....µg	14		0	NC	4		32	88	
Choline, total....mg	7.6		0	CAZN	4		17.1	47.4	
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	0	0.074	6		1		0	1	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg	1		0	NR	4		3	8	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	2	1.476	6		1		5	13	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.08		0	BFSN	4		0.17	0.48	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	0.4		0	BFSN	4		0.9	2.5	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 09315
Soursop, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.051		0		4		0.115	0.319	
4:0....g	0.000		0		4		0.000	0.000	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	
10:0....g	0.000		0		4		0.000	0.000	
12:0....g	0.000		0		4		0.000	0.000	
13:0....g									
14:0....g	0.000		0		4		0.000	0.000	
15:0....g									
16:0....g	0.040		0		4		0.090	0.250	
17:0....g									
18:0....g	0.011		0		4		0.025	0.069	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.090		0		4		0.203	0.563	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.004		0		4		0.009	0.025	
17:1....g									
18:1 undifferentiated....g	0.085		0		4		0.191	0.531	
20:1....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.069		0		4		0.155	0.431	
18:2 undifferentiated....g	0.069		0		4		0.155	0.431	
18:3 undifferentiated....g	0.000		0		4		0.000	0.000	
18:4....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.011		1		1		0.025	0.069	
Threonine....g									
Isoleucine....g									
Leucine....g									
Lysine....g	0.060		1		1		0.135	0.375	
Methionine....g	0.007		1		1		0.016	0.044	
Cystine....g									
Phenylalanine....g									
Tyrosine....g									
Valine....g									
Arginine....g									
Histidine....g									
Alanine....g									
Aspartic acid....g									
Glutamic acid....g									
Glycine....g									
Proline....g									
Serine....g									
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	NR	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 09315
Soursop, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 225g: 1 cup, pulp

Measure 2 = 625g: 1 fruit (7" x 5-1/4" dia)

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09317
Strawberries, canned, heavy syrup pack, solids and liquids

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	75.35	0.993	3		1		191.39		
Energy....kcal	92		0	NC	4		234		
Energy....kJ	385		0		4		978		
Protein (N x 6.25)....g	0.56	0.015	3		1		1.42		
Total lipid (fat)....g	0.26	0.070	3		1		0.66		
Ash....g	0.30	0.006	3		1		0.76		
Carbohydrate, by difference....g	23.53		0	NC	4		59.77		
Fiber, total dietary....g	1.7		0		4		4.3		
Sugars, total....g	21.83		0	O	4		55.45		
Starch....g									
Minerals:									
Calcium, Ca....mg	13	3.339	3		1		33		
Iron, Fe....mg	0.49	0.060	3		1		1.24		
Magnesium, Mg....mg	8	0.589	3		1		20		
Phosphorus, P....mg	12	0.939	3		1		30		
Potassium, K....mg	86	4.359	3		1		218		
Sodium, Na....mg	4	0.333	3		1		10		
Zinc, Zn....mg	0.09	0.018	3		1		0.23		
Copper, Cu....mg	0.063	0.003	3		1		0.160		
Manganese, Mn....mg	0.200	0.006	3		1		0.508		
Selenium, Se....µg	0.3		0	BFYN	4		0.7		
Vitamins:									
Vitamin C, total ascorbic acid....mg	31.7	0.882	3		1		80.5		
Thiamin....mg	0.021	0.001	3		1		0.053		
Riboflavin....mg	0.034	0.002	3		1		0.086		
Niacin....mg	0.057	0.003	3		1		0.145		
Pantothenic acid....mg	0.179	0.035	3		1		0.455		
Vitamin B-6....mg	0.049	0.009	3		1		0.124		
Folate, total....µg	28	8.122	3		1		71		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	28	8.122	3		1		71		
Folate, DFE....µg	28		0	NC	4		71		
Choline, total....mg	3.8		0	BFYN	4		9.6		
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....µg	1	0.260	3		1		3		
Retinol....µg	0		0	Z	7		0		
Carotene, beta....µg	16		0	BNA	4		40		
Carotene, alpha....µg	0		0	BNA	4		0		
Cryptoxanthin, beta....µg	0		0	BNA	4		0		
Vitamin A, IU....IU	26	5.206	3		1		66		
Lycopene....µg	0		0	BFYN	4		0		
Lutein + zeaxanthin....µg	18		0	BFYN	4		45		
Vitamin E (alpha-tocopherol)....mg	0.19		0	BFYN	4		0.49		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....µg	1.5		0	BFYN	4		3.7		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 09317

Strawberries, canned, heavy syrup pack, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.014		0		1		0.036		
4:0....g	0.000		0		1		0.000		
6:0....g	0.000		0		1		0.000		
8:0....g	0.000		0		1		0.000		
10:0....g	0.000		0		1		0.000		
12:0....g	0.000		0		1		0.000		
13:0....g									
14:0....g	0.000		0		1		0.000		
15:0....g									
16:0....g	0.010		0		1		0.025		
17:0....g									
18:0....g	0.002		0		1		0.005		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.036		0		1		0.091		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1		0.003		
17:1....g									
18:1 undifferentiated....g	0.035		0		1		0.089		
20:1....g	0.000		0		1		0.000		
22:1 undifferentiated....g	0.000		0		1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.129		0		1		0.328		
18:2 undifferentiated....g	0.075		0		1		0.191		
18:3 undifferentiated....g	0.054		0		1		0.137		
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000		
20:5 n-3 (EPA)....g	0.000		0		1		0.000		
22:5 n-3 (DPA)....g	0.000		0		1		0.000		
22:6 n-3 (DHA)....g	0.000		0		1		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.006		0		1		0.015		
Threonine....g	0.017		0		1		0.043		
Isoleucine....g	0.013		0		1		0.033		
Leucine....g	0.029		0		1		0.074		
Lysine....g	0.023		0		1		0.058		
Methionine....g	0.001		0		1		0.003		
Cystine....g	0.005		0		1		0.013		
Phenylalanine....g	0.016		0		1		0.041		
Tyrosine....g	0.019		0		1		0.048		
Valine....g	0.016		0		1		0.041		
Arginine....g	0.024		0		1		0.061		
Histidine....g	0.011		0		1		0.028		
Alanine....g	0.028		0		1		0.071		
Aspartic acid....g	0.127		0		1		0.323		
Glutamic acid....g	0.083		0		1		0.211		
Glycine....g	0.022		0		1		0.056		
Proline....g	0.018		0		1		0.046		
Serine....g	0.021		0		1		0.053		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 09317

Strawberries, canned, heavy syrup pack, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 254g: 1 cup

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.75

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09320
Strawberries, frozen, sweetened, sliced

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	73.18	1.348	16		1		186.61	207.83	
Energy....kcal	96		0	NC	4		245	273	
Energy....kJ	402		0		4		1024	1141	
Protein (N x 6.25)....g	0.53	0.045	18		1		1.35	1.51	
Total lipid (fat)....g	0.13	0.024	18		1		0.33	0.37	
Ash....g	0.24	0.023	15		1		0.61	0.68	
Carbohydrate, by difference....g	25.92		0	NC	4		66.10	73.61	
Fiber, total dietary....g	1.9		0		4		4.8	5.4	
Sugars, total....g	24.01		0	FLA	4		61.23	68.20	
Starch....g									
Minerals:									
Calcium, Ca....mg	11	0.426	18		1		28	31	
Iron, Fe....mg	0.59	0.038	18		1		1.50	1.68	
Magnesium, Mg....mg	7	0.384	12		1		18	20	
Phosphorus, P....mg	13	0.861	13		1		33	37	
Potassium, K....mg	98	3.122	10		1		250	278	
Sodium, Na....mg	3	0.572	10		1		8	9	
Zinc, Zn....mg	0.06	0.007	10		1		0.15	0.17	
Copper, Cu....mg	0.020	0.004	10		1		0.051	0.057	
Manganese, Mn....mg	0.250	0.016	10		1		0.638	0.710	
Selenium, Se....µg	0.7		2	A	1		1.8	2.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	41.4	2.889	17		1		105.6	117.6	
Thiamin....mg	0.016	0.001	18		1		0.041	0.045	
Riboflavin....mg	0.051	0.004	18		1		0.130	0.145	
Niacin....mg	0.401	0.047	18		1		1.023	1.139	
Pantothenic acid....mg	0.108		1		1		0.275	0.307	
Vitamin B-6....mg	0.030	0.006	5		1		0.077	0.085	
Folate, total....µg	15		2		1		38	42	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	15		2		1		38	42	
Folate, DFE....µg	15		0	NC	4		38	42	
Choline, total....mg	4.6		0	RA	4		11.7	13.0	
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	1	0.138	18		1		3	3	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg	14		0	BNA	4		37	41	
Carotene, alpha....µg	0		0	BNA	4		0	0	
Cryptoxanthin, beta....µg	0		0	BNA	4		0	0	
Vitamin A, IU....IU	24	2.759	18		1		61	68	
Lycopene....µg	0		0	FLA	4		0	0	
Lutein + zeaxanthin....µg	21		0	FLA	4		54	60	
Vitamin E (alpha-tocopherol)....mg	0.23		0	FLA	4		0.58	0.65	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	1.7		0	FLA	4		4.4	4.9	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 09320
Strawberries, frozen, sweetened, sliced

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.007		0		1		0.018	0.020	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	
15:0....g									
16:0....g	0.005		0		1		0.013	0.014	
17:0....g									
18:0....g	0.001		0		1		0.003	0.003	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.018		0		1		0.046	0.051	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.018		0		1		0.046	0.051	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.064		0		1		0.163	0.182	
18:2 undifferentiated....g	0.037		0		1		0.094	0.105	
18:3 undifferentiated....g	0.027		0		1		0.069	0.077	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.006		0		1		0.015	0.017	
Threonine....g	0.016		0		1		0.041	0.045	
Isoleucine....g	0.012		0		1		0.031	0.034	
Leucine....g	0.027		0		1		0.069	0.077	
Lysine....g	0.022		0		1		0.056	0.062	
Methionine....g	0.001		0		1		0.003	0.003	
Cystine....g	0.005		0		1		0.013	0.014	
Phenylalanine....g	0.015		0		1		0.038	0.043	
Tyrosine....g	0.018		0		1		0.046	0.051	
Valine....g	0.015		0		1		0.038	0.043	
Arginine....g	0.023		0		1		0.059	0.065	
Histidine....g	0.010		0		1		0.026	0.028	
Alanine....g	0.027		0		1		0.069	0.077	
Aspartic acid....g	0.120		0		1		0.306	0.341	
Glutamic acid....g	0.078		0		1		0.199	0.222	
Glycine....g	0.021		0		1		0.054	0.060	
Proline....g	0.017		0		1		0.043	0.048	
Serine....g	0.020		0		1		0.051	0.057	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 09320
Strawberries, frozen, sweetened, sliced

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 255g: 1 cup, thawed

Measure 2 = 284g: 1 package (10 oz)

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09319
Strawberries, frozen, sweetened, whole

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	78.05	0.931	7		1		199.03	221.66	
Energy....kcal	78		0	NC	4		199	222	
Energy....kJ	326		0		4		832	927	
Protein (N x 6.25)....g	0.52	0.059	7		1		1.33	1.48	
Total lipid (fat)....g	0.14	0.015	7		1		0.36	0.40	
Ash....g	0.30	0.071	7		1		0.77	0.85	
Carbohydrate, by difference....g	21.00		0	NC	4		53.55	59.64	
Fiber, total dietary....g	1.9		0		4		4.8	5.4	
Sugars, total....g	18.61		0	FLA	4		47.45	52.85	
Starch....g									
Minerals:									
Calcium, Ca....mg	11	1.048	7		1		28	31	
Iron, Fe....mg	0.47	0.041	7		1		1.20	1.33	
Magnesium, Mg....mg	6	0.606	3		1		15	17	
Phosphorus, P....mg	12	0.915	5		1		31	34	
Potassium, K....mg	98	7.340	3		1		250	278	
Sodium, Na....mg	1	0.100	3		1		3	3	
Zinc, Zn....mg	0.05	0.009	3		1		0.13	0.14	
Copper, Cu....mg	0.019	0.005	3		1		0.048	0.054	
Manganese, Mn....mg	0.249	0.051	3		1		0.635	0.707	
Selenium, Se....µg	0.7		2	A	1		1.8	2.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	39.5	6.876	7		1		100.7	112.2	
Thiamin....mg	0.015	0.003	7		1		0.038	0.043	
Riboflavin....mg	0.077	0.023	7		1		0.196	0.219	
Niacin....mg	0.293	0.022	7		1		0.747	0.832	
Pantothenic acid....mg	0.108		0		1		0.275	0.307	
Vitamin B-6....mg	0.028		2		1		0.071	0.080	
Folate, total....µg	4		2		1		10	11	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	4		2		1		10	11	
Folate, DFE....µg	4		0	NC	4		10	11	
Choline, total....mg	4.8		0	FLA	4		12.3	13.7	
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	1	0.122	7		1		3	4	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg	16		0	BNA	4		41	46	
Carotene, alpha....µg	0		0	BNA	4		0	0	
Cryptoxanthin, beta....µg	0		0	BNA	4		0	0	
Vitamin A, IU....IU	27	2.448	7		1		69	77	
Lycopene....µg	0		0	FLA	4		0	0	
Lutein + zeaxanthin....µg	23		0	FLA	4		57	64	
Vitamin E (alpha-tocopherol)....mg	0.24		0	FLA	4		0.62	0.69	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	1.9		0	FLA	4		4.7	5.3	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 09319
Strawberries, frozen, sweetened, whole

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.007		0		1		0.018	0.020	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	
15:0....g									
16:0....g	0.005		0		1		0.013	0.014	
17:0....g									
18:0....g	0.001		0		1		0.003	0.003	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.019		0		1		0.048	0.054	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.019		0		1		0.048	0.054	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.068		0		1		0.173	0.193	
18:2 undifferentiated....g	0.040		0		1		0.102	0.114	
18:3 undifferentiated....g	0.029		0		1		0.074	0.082	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.006		0		1		0.015	0.017	
Threonine....g	0.016		0		1		0.041	0.045	
Isoleucine....g	0.012		0		1		0.031	0.034	
Leucine....g	0.026		0		1		0.066	0.074	
Lysine....g	0.021		0		1		0.054	0.060	
Methionine....g	0.001		0		1		0.003	0.003	
Cystine....g	0.004		0		1		0.010	0.011	
Phenylalanine....g	0.015		0		1		0.038	0.043	
Tyrosine....g	0.017		0		1		0.043	0.048	
Valine....g	0.015		0		1		0.038	0.043	
Arginine....g	0.022		0		1		0.056	0.062	
Histidine....g	0.010		0		1		0.026	0.028	
Alanine....g	0.026		0		1		0.066	0.074	
Aspartic acid....g	0.116		0		1		0.296	0.329	
Glutamic acid....g	0.076		0		1		0.194	0.216	
Glycine....g	0.020		0		1		0.051	0.057	
Proline....g	0.016		0		1		0.041	0.045	
Serine....g	0.019		0		1		0.048	0.054	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 09319
Strawberries, frozen, sweetened, whole

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 255g: 1 cup, thawed

Measure 2 = 284g: 1 package (10 oz)

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09318
Strawberries, frozen, unsweetened

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	89.97	0.303	4		1		198.83	134.06	9.54
Energy....kcal	35		0	NC	4		77	52	4
Energy....kJ	146		0		4		324	218	16
Protein (N x 6.25)....g	0.43	0.054	12		1		0.95	0.64	0.05
Total lipid (fat)....g	0.11	0.015	6		1		0.24	0.16	0.01
Ash....g	0.37	0.022	10		1		0.82	0.55	0.04
Carbohydrate, by difference....g	9.13		0	NC	4		20.18	13.60	0.97
Fiber, total dietary....g	2.1		0		4		4.6	3.1	0.2
Sugars, total....g	4.56		0	NC	4		10.07	6.79	0.48
Sucrose....g	0.37		3	A	1		0.81	0.55	0.04
Glucose (dextrose)....g	2.02	0.145	6	A	1		4.47	3.01	0.21
Fructose....g	2.17	0.333	6	A	1		4.79	3.23	0.23
Lactose....g									
Maltose....g									
Galactose....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	16	0.772	6		1		35	24	2
Iron, Fe....mg	0.75	0.280	6		1		1.66	1.12	0.08
Magnesium, Mg....mg	11		1		1		24	16	1
Phosphorus, P....mg	13	1.063	7		1		29	19	1
Potassium, K....mg	148	9.619	6		1		327	221	16
Sodium, Na....mg	2		1		1		4	3	0
Zinc, Zn....mg	0.13		0		1		0.29	0.19	0.01
Copper, Cu....mg	0.049		0		1		0.108	0.073	0.005
Manganese, Mn....mg	0.290		0		1		0.641	0.432	0.031
Selenium, Se....µg	0.7		0	BFZN	4		1.5	1.0	0.1
Vitamins:									
Vitamin C, total ascorbic acid....mg	41.2	9.062	6		1		91.1	61.4	4.4
Thiamin....mg	0.022	0.002	5		1		0.049	0.033	0.002
Riboflavin....mg	0.037	0.006	6		1		0.082	0.055	0.004
Niacin....mg	0.462	0.082	6		1		1.021	0.688	0.049
Pantothenic acid....mg	0.108		0		1		0.239	0.161	0.011
Vitamin B-6....mg	0.028		0		1		0.062	0.042	0.003
Folate, total....µg	17	5.357	3		1		37	25	2
Folic acid....µg	0		0	Z	7		0	0	0
Folate, food....µg	17	5.357	3		1		37	25	2
Folate, DFE....µg	17		0	NC	4		37	25	2
Choline, total....mg	5.7		0	BFZN	4		12.5	8.4	0.6
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....µg	2	0.509	5		1		5	3	0
Retinol....µg	0		0	Z	7		0	0	0
Carotene, beta....µg	27		0	BNA	4		60	40	3
Carotene, alpha....µg	0		0	BNA	4		0	0	0
Cryptoxanthin, beta....µg	0		0	BNA	4		0	0	0
Vitamin A, IU....IU	45	10.176	5		1		99	67	5
Lycopene....µg	0		0	BFZN	4		0	0	0
Lutein + zeaxanthin....µg	26		0	BFZN	4		58	39	3
Vitamin E (alpha-tocopherol)....mg	0.29		0	BFZN	4		0.63	0.42	0.03
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)....µg									

NDB No. 09318
Strawberries, frozen, unsweetened

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	2.2		0	BFZN	4		4.8	3.2	0.2
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.006		0		1		0.013	0.009	0.001
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.000		0		1		0.000	0.000	0.000
10:0....g	0.000		0		1		0.000	0.000	0.000
12:0....g	0.000		0		1		0.000	0.000	0.000
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	0.000
15:0....g									
16:0....g	0.004		0		1		0.009	0.006	0.000
17:0....g									
18:0....g	0.001		0		1		0.002	0.001	0.000
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.015		0		1		0.033	0.022	0.002
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
17:1....g									
18:1 undifferentiated....g	0.015		0		1		0.033	0.022	0.002
20:1....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.054		0		1		0.119	0.080	0.006
18:2 undifferentiated....g	0.031		0		1		0.069	0.046	0.003
18:3 undifferentiated....g	0.023		0		1		0.051	0.034	0.002
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.005		0		1		0.011	0.007	0.001
Threonine....g	0.013		0		1		0.029	0.019	0.001
Isoleucine....g	0.010		0		1		0.022	0.015	0.001
Leucine....g	0.022		0		1		0.049	0.033	0.002
Lysine....g	0.017		0		1		0.038	0.025	0.002
Methionine....g	0.001		0		1		0.002	0.001	0.000
Cystine....g	0.004		0		1		0.009	0.006	0.000
Phenylalanine....g	0.012		0		1		0.027	0.018	0.001
Tyrosine....g	0.014		0		1		0.031	0.021	0.001
Valine....g	0.012		0		1		0.027	0.018	0.001
Arginine....g	0.018		0		1		0.040	0.027	0.002
Histidine....g	0.008		0		1		0.018	0.012	0.001
Alanine....g	0.021		0		1		0.046	0.031	0.002
Aspartic acid....g	0.096		0		1		0.212	0.143	0.010
Glutamic acid....g	0.063		0		1		0.139	0.094	0.007
Glycine....g	0.017		0		1		0.038	0.025	0.002
Proline....g	0.013		0		1		0.029	0.019	0.001
Serine....g	0.016		0		1		0.035	0.024	0.002
Hydroxyproline....g									

NDB No. 09318
Strawberries, frozen, unsweetened

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 221g: 1 cup, thawed

Measure 2 = 149g: 1 cup, unthawed

Measure 3 = 10.6g: 1 berry

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09316
Strawberries, raw
Fragaria X ananassa

Refuse: 6% Caps and stems

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	90.95	0.214	23	A	1		138.25	211.01	150.98
Energy....kcal	32		0	NC	4		49	75	54
Energy....kJ	136		0	NC	4		206	315	225
Protein (N x 6.25)....g	0.67	0.026	19	A	1		1.01	1.55	1.11
Total lipid (fat)....g	0.30	0.047	15	A	1		0.46	0.71	0.51
Ash....g	0.40	0.021	19	A	1		0.60	0.92	0.66
Carbohydrate, by difference....g	7.68		0	NC	4		11.67	17.81	12.75
Fiber, total dietary....g	2.0	0.152	21	A	1		3.0	4.6	3.3
Sugars, total....g	4.89		0	AS	1		7.44	11.36	8.13
Sucrose....g	0.47	0.328	15	A	1		0.72	1.09	0.78
Glucose (dextrose)....g	1.99	0.194	16	A	1		3.02	4.61	3.30
Fructose....g	2.44	0.198	16	A	1		3.71	5.66	4.05
Lactose....g	0.00	0.000	12	A	1		0.00	0.00	0.00
Maltose....g	0.00	0.000	12	A	1		0.00	0.00	0.00
Galactose....g	0.00	0.000	10	A	1		0.00	0.00	0.00
Starch....g	0.04	0.029	8	A	1		0.07	0.10	0.07
Minerals:									
Calcium, Ca....mg	16	0.562	73	A	1		24	36	26
Iron, Fe....mg	0.41	0.026	77	A	1		0.62	0.95	0.68
Magnesium, Mg....mg	13	0.222	74	A	1		19	29	21
Phosphorus, P....mg	24	0.720	73	A	1		37	56	40
Potassium, K....mg	153	4.073	76	A	1		233	356	254
Sodium, Na....mg	1	0.100	72	A	1		2	2	2
Zinc, Zn....mg	0.14	0.013	74	A	1		0.21	0.31	0.22
Copper, Cu....mg	0.048	0.004	70	A	1		0.073	0.112	0.080
Manganese, Mn....mg	0.386	0.018	73	A	1		0.587	0.896	0.641
Selenium, Se....µg	0.4		2	A	1		0.6	0.9	0.6
Vitamins:									
Vitamin C, total ascorbic acid....mg	58.8	2.473	9	A	1		89.3	136.3	97.5
Thiamin....mg	0.024	0.003	12	A	1		0.036	0.056	0.040
Riboflavin....mg	0.022	0.008	12	A	1		0.034	0.052	0.037
Niacin....mg	0.386	0.037	12	A	1		0.586	0.895	0.640
Pantothenic acid....mg	0.125	0.003	12	A	1		0.189	0.289	0.207
Vitamin B-6....mg	0.047	0.012	12	A	1		0.072	0.110	0.078
Folate, total....µg	24	5.465	3	A	1		37	57	41
Folic acid....µg	0		0	Z	7		0	0	0
Folate, food (1)....µg	24	5.465	3	A	1		37	57	41
Folate, DFE....µg	24		0	NC	4		37	57	41
Choline, total....mg	5.7		0	AS	1		8.6	13.1	9.4
Betaine....mg	0.2		1	A	1		0.2	0.4	0.3
Vitamin B-12....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....µg	1	0.031	6	A	1		1	1	1
Retinol....µg	0		0	Z	7		0	0	0
Carotene, beta....µg	7	0.220	8	A	1		11	16	12
Carotene, alpha....µg	0	0.000	6	A	1		0	0	0
Cryptoxanthin, beta....µg	0	0.000	6	A	1		0	0	0
Vitamin A, IU....IU	12	0.625	6	A	1		18	28	20
Lycopene....µg	0	0.000	6	A	1		0	0	0
Lutein + zeaxanthin....µg	26	8.040	6	A	1		40	61	44
Vitamin E (alpha-tocopherol)....mg	0.29	0.024	8	A	1		0.43	0.66	0.47
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg	0.01	0.002	8	A	1		0.01	0.02	0.02
Tocopherol, gamma....mg	0.08	0.010	8	A	1		0.12	0.18	0.13
Tocopherol, delta....mg	0.01	0.005	8	A	1		0.02	0.03	0.02
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)....µg									

NDB No. 09316
Strawberries, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	2.2	0.290	9	A	1		3.3	5.0	3.6
Dihydrophylloquinone....µg	0.0	0.000	8	A	1		0.0	0.0	0.0
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.015		0	NC	4		0.023	0.035	0.025
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.000		0		1		0.000	0.000	0.000
10:0....g	0.000		0		1		0.000	0.000	0.000
12:0....g	0.000		0		1		0.000	0.000	0.000
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	0.000
15:0....g									
16:0....g	0.012		2		1		0.018	0.027	0.019
17:0....g									
18:0....g	0.003		2		1		0.005	0.008	0.006
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.043		0	NC	4		0.066	0.100	0.072
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		2		1		0.001	0.002	0.001
17:1....g									
18:1 undifferentiated....g	0.042		2		1		0.065	0.098	0.070
20:1....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.155		0	NC	4		0.235	0.359	0.257
18:2 undifferentiated....g	0.090		2		1		0.137	0.208	0.149
18:3 undifferentiated....g	0.065		2		1		0.099	0.151	0.108
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	0
Phytosterols....mg	12		0		1		18	28	20
Amino Acids:									
Tryptophan....g	0.008		0	DA	1		0.012	0.018	0.013
Threonine....g	0.020		0	DA	1		0.031	0.047	0.033
Isoleucine....g	0.016		0	DA	1		0.024	0.036	0.026
Leucine....g	0.034		0	DA	1		0.052	0.079	0.057
Lysine....g	0.026		0	DA	1		0.040	0.061	0.044
Methionine....g	0.002		0	DA	1		0.002	0.004	0.003
Cystine....g	0.006		0	DA	1		0.009	0.014	0.010
Phenylalanine....g	0.019		0	DA	1		0.028	0.043	0.031
Tyrosine....g	0.022		0	DA	1		0.033	0.050	0.036
Valine....g	0.019		0	DA	1		0.028	0.043	0.031
Arginine....g	0.028		0	DA	1		0.042	0.065	0.046
Histidine....g	0.012		0	DA	1		0.019	0.029	0.021
Alanine....g	0.033		0	DA	1		0.049	0.076	0.054
Aspartic acid....g	0.149		0	DA	1		0.226	0.345	0.247
Glutamic acid....g	0.098		0	DA	1		0.148	0.227	0.162
Glycine....g	0.026		0	DA	1		0.040	0.061	0.044
Proline....g	0.020		0	DA	1		0.031	0.047	0.033
Serine....g	0.025		0	DA	1		0.038	0.058	0.041
Hydroxyproline....g									

NDB No. 09316
Strawberries, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 152g: 1 cup, halves

Measure 2 = 232g: 1 cup, pureed

Measure 3 = 166g: 1 cup, sliced

Footnotes:

1 Value based on the analysis of 5-methyltetrahydrofolate

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09321
Sugar-apples, (sweetsop), raw
Annona squamosa

Refuse: 45% Seeds and skin

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	73.23	1.078	12		1		183.08	113.51	
Energy....kcal	94		0	NC	4		235	146	
Energy....kJ	393				4		983	610	
Protein (N x 6.25)....g	2.06	0.258	9		1		5.15	3.19	
Total lipid (fat)....g	0.29	0.083	8		1		0.73	0.45	
Ash....g	0.78	0.083	9		1		1.95	1.21	
Carbohydrate, by difference....g	23.64		0	NC	4		59.10	36.64	
Fiber, total dietary....g	4.4		0		4		11.0	6.8	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	24	3.403	10		1		60	37	
Iron, Fe....mg	0.60		0		1		1.50	0.93	
Magnesium, Mg....mg	21		1		1		53	33	
Phosphorus, P....mg	32	5.054	8		1		80	50	
Potassium, K....mg	247	28.408	5		1		618	383	
Sodium, Na....mg	9	3.230	5		1		23	14	
Zinc, Zn....mg	0.10		0		4		0.25	0.16	
Copper, Cu....mg	0.086		0		4		0.215	0.133	
Manganese, Mn....mg									
Selenium, Se....µg	0.6		0	CAZN	4		1.5	0.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	36.3	4.906	9		1		90.8	56.3	
Thiamin....mg	0.110	0.012	7		1		0.275	0.171	
Riboflavin....mg	0.113	0.014	7		1		0.283	0.175	
Niacin....mg	0.883	0.082	7		1		2.208	1.369	
Pantothenic acid....mg	0.226		0		1		0.565	0.350	
Vitamin B-6....mg	0.200		1		1		0.500	0.310	
Folate, total....µg	14		0		4		35	22	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	14		0		4		35	22	
Folate, DFE....µg	14		0	NC	4		35	22	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	0	0.127	9		1		1	0	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	6	2.533	9		1		15	9	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.048		0		4		0.120	0.074	
4:0....g	0.000		0		4		0.000	0.000	

NDB No. 09321
Sugar-apples, (sweetsop), raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0		4		0.000	0.000	
8:0 g	0.000		0		4		0.000	0.000	
10:0 g	0.000		0		4		0.000	0.000	
12:0 g	0.000		0		4		0.000	0.000	
13:0 g									
14:0 g	0.000		0		4		0.000	0.000	
15:0 g									
16:0 g	0.028		0		4		0.070	0.043	
17:0 g									
18:0 g	0.020		0		4		0.050	0.031	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.114		0		4		0.285	0.177	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.000		0		4		0.000	0.000	
17:1 g									
18:1 undifferentiated g	0.114		0		4		0.285	0.177	
20:1 g	0.000		0		4		0.000	0.000	
22:1 undifferentiated g	0.000		0		4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.040		0		4		0.100	0.062	
18:2 undifferentiated g	0.040		0		4		0.100	0.062	
18:3 undifferentiated g	0.000		0		4		0.000	0.000	
18:4 g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA) g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	0		0	Z	7		0	0	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.010		4		1		0.025	0.016	
Threonine g									
Isoleucine g									
Leucine g									
Lysine g	0.055		4		1		0.138	0.085	
Methionine g	0.007		4		1		0.018	0.011	
Cystine g									
Phenylalanine g									
Tyrosine g									
Valine g									
Arginine g									
Histidine g									
Alanine g									
Aspartic acid g									
Glutamic acid g									
Glycine g									
Proline g									
Serine g									
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg									
Theobromine mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 09321
Sugar-apples, (sweetsop), raw

Common Measures:

Measure 1 = 250g: 1 cup, pulp

Measure 2 = 155g: 1 fruit (2-7/8" dia)

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09437
Tamarind nectar, canned

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	84.97		2	A	1		213.26		
Energy....kcal	57		0	NC	4		144		
Energy....kJ	240		0	NC	4		602		
Protein (N x 6.25)....g	0.09		2	A	1		0.23		
Total lipid (fat)....g	0.12		2	A	1		0.30		
Ash....g	0.09		2	A	1		0.24		
Carbohydrate, by difference....g	14.73		0	NC	4		36.97		
Fiber, total dietary....g	0.5		2	A	1		1.2		
Sugars, total....g	12.70		2	A	1		31.88		
Sucrose....g	0.13		2	A	1		0.33		
Glucose (dextrose)....g	5.92		2	A	1		14.87		
Fructose....g	6.07		2	A	1		15.25		
Lactose....g	0.00		2	A	1		0.00		
Maltose....g	0.57		2	A	1		1.43		
Galactose....g	0.00		2	A	1		0.00		
Starch....g	0.00		2	A	1		0.00		
Minerals:									
Calcium, Ca....mg	10		2	A	1		24		
Iron, Fe....mg	0.75		2	A	1		1.87		
Magnesium, Mg....mg	4		2	A	1		11		
Phosphorus, P....mg	2		2	A	1		6		
Potassium, K....mg	27		2	A	1		67		
Sodium, Na....mg	7		2	A	1		17		
Zinc, Zn....mg	0.02		2	A	1		0.06		
Copper, Cu....mg	0.014		2	A	1		0.035		
Manganese, Mn....mg	0.020		2	A	1		0.051		
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	7.1		2	A	1		17.8		
Thiamin....mg	0.003		2	A	1		0.008		
Riboflavin....mg	0.003		2	A	1		0.008		
Niacin....mg	0.070		2	A	1		0.176		
Pantothenic acid....mg	0.037		2	A	1		0.092		
Vitamin B-6....mg	0.007		2	A	1		0.018		
Folate, total....µg	1		2	A	1		3		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	1		2	A	1		3		
Folate, DFE....µg	1		0	NC	4		3		
Choline, total....mg	1.3		0	AS	1		3.2		
Betaine....mg	0.1		1	A	1		0.2		
Vitamin B-12....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....µg	0		0	AS	1		0		
Retinol....µg									
Carotene, beta....µg	0		2	A	1		0		
Carotene, alpha....µg	0		2	A	1		0		
Cryptoxanthin, beta....µg	0		2	A	1		0		
Vitamin A, IU....IU	0		0	AS	1		0		
Lycopene....µg	0		2	A	1		0		
Lutein + zeaxanthin....µg	0		2	A	1		0		
Vitamin E (alpha-tocopherol)....mg	0.12		2	A	1		0.30		
Tocopherol, beta....mg	0.00		2	A	1		0.00		
Tocopherol, gamma....mg	0.02		2	A	1		0.04		
Tocopherol, delta....mg	0.00		2	A	1		0.00		
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									

NDB No. 09437
Tamarind nectar, canned

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin K (phylloquinone)....µg	0.1		2	A	1		0.1		
Dihydrophylloquinone....µg	0.0		2	A	1		0.0		
Menaquinone-4....µg	0.0		2	A	1		0.0		
Lipids:									
Fatty acids, total saturated....g									
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 251g: 1 cup

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.8

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09322
Tamarinds, raw
Tamarindus indica

Refuse: 66% Pods and seeds

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	31.40		0		1		37.68	0.63	
Energy....kcal	239		0	NC	4		287	5	
Energy....kJ	1000		0		4		1200	20	
Protein (N x 6.25)....g	2.80		0		1		3.36	0.06	
Total lipid (fat)....g	0.60		0		1		0.72	0.01	
Ash....g	2.70		0		1		3.24	0.05	
Carbohydrate, by difference....g	62.50		0	NC	4		75.00	1.25	
Fiber, total dietary....g	5.1		0		4		6.1	0.1	
Sugars, total....g	57.40		0	O	4		68.88	1.15	
Starch....g									
Minerals:									
Calcium, Ca....mg	74		0		1		89	1	
Iron, Fe....mg	2.80		0		1		3.36	0.06	
Magnesium, Mg....mg	92		1		1		110	2	
Phosphorus, P....mg	113		0		1		136	2	
Potassium, K....mg	628	106.529	3		1		754	13	
Sodium, Na....mg	28	17.205	3		1		34	1	
Zinc, Zn....mg	0.10		0		4		0.12	0.00	
Copper, Cu....mg	0.086		0		4		0.103	0.002	
Manganese, Mn....mg									
Selenium, Se....µg	1.3		0	CAZN	4		1.6	0.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	3.5	1.102	6		1		4.2	0.1	
Thiamin....mg	0.428	0.199	6		1		0.514	0.009	
Riboflavin....mg	0.152	0.029	5		1		0.182	0.003	
Niacin....mg	1.938	0.330	5		1		2.326	0.039	
Pantothenic acid....mg	0.143		0		1		0.172	0.003	
Vitamin B-6....mg	0.066		1		1		0.079	0.001	
Folate, total....µg	14		0		4		17	0	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	14		0		4		17	0	
Folate, DFE....µg	14		0	NC	4		17	0	
Choline, total....mg	8.6		0	BFSN	4		10.3	0.2	
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	2		0		1		2	0	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg	18		0	NR	4		22	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	30		0		1		36	1	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.10		0	BFSN	4		0.11	0.00	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	2.8		0	BFSN	4		3.4	0.1	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 09322
Tamarinds, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.272		0		1		0.326	0.005	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.007		1		1		0.008	0.000	
15:0....g									
16:0....g	0.168		1		1		0.202	0.003	
17:0....g									
18:0....g	0.060		1		1		0.072	0.001	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.181		0		1		0.217	0.004	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.181		1		1		0.217	0.004	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.059		0		1		0.071	0.001	
18:2 undifferentiated....g	0.059		1		1		0.071	0.001	
18:3 undifferentiated....g	0.000		0		1		0.000	0.000	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.018		1		1		0.022	0.000	
Threonine....g									
Isoleucine....g									
Leucine....g									
Lysine....g	0.139		1		1		0.167	0.003	
Methionine....g	0.014		1		1		0.017	0.000	
Cystine....g									
Phenylalanine....g									
Tyrosine....g									
Valine....g									
Arginine....g									
Histidine....g									
Alanine....g									
Aspartic acid....g									
Glutamic acid....g									
Glycine....g									
Proline....g									
Serine....g									
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 09322
Tamarinds, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 120g: 1 cup, pulp

Measure 2 = 2.0g: 1 fruit (3" x 1")

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09223
Tangerine juice, canned, sweetened

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	87.00		0		1		216.63	27.06	
Energy....kcal	50		0	NC	4		125	16	
Energy....kJ	209		0		4		521	65	
Protein (N x 6.25)....g	0.50		0		1		1.25	0.16	
Total lipid (fat)....g	0.20		0		1		0.50	0.06	
Ash....g	0.30		0		1		0.75	0.09	
Carbohydrate, by difference....g	12.00		0	NC	4		29.88	3.73	
Fiber, total dietary....g	0.2		0		4		0.5	0.1	
Sugars, total....g	11.80		0	O	4		29.38	3.67	
Starch....g									
Minerals:									
Calcium, Ca....mg	18		0		1		45	6	
Iron, Fe....mg	0.20		0		1		0.50	0.06	
Magnesium, Mg....mg	8		0		1		20	2	
Phosphorus, P....mg	14		0		1		35	4	
Potassium, K....mg	178		0		1		443	55	
Sodium, Na....mg	1		0		1		2	0	
Zinc, Zn....mg	0.03		0		1		0.07	0.01	
Copper, Cu....mg	0.025		0		1		0.062	0.008	
Manganese, Mn....mg	0.037		0		1		0.092	0.012	
Selenium, Se....µg	0.1		0	BFZN	4		0.2	0.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	22.0		0		1		54.8	6.8	
Thiamin....mg	0.060		0		1		0.149	0.019	
Riboflavin....mg	0.020		0		1		0.050	0.006	
Niacin....mg	0.100		0		1		0.249	0.031	
Pantothenic acid....mg	0.125		0		4		0.311	0.039	
Vitamin B-6....mg	0.032		0		1		0.080	0.010	
Folate, total....µg	5		0		4		11	1	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	5		0		4		11	1	
Folate, DFE....µg	5		0	NC	4		11	1	
Choline, total....mg	6.0		0	RA	4		14.9	1.9	
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	13		0	NC	4		31	4	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg	38		0	BFZN	4		93	12	
Carotene, alpha....µg	14		0	BFZN	4		36	4	
Cryptoxanthin, beta....µg	214		0	BFZN	4		533	67	
Vitamin A, IU....IU	253		0	NC	4		630	79	
Lycopene....µg	0		0	BFZN	4		0	0	
Lutein + zeaxanthin....µg	166		0	BFZN	4		414	52	
Vitamin E (alpha-tocopherol)....mg	0.15		0	BFZN	4		0.37	0.05	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	0.0		0	BFZN	4		0.0	0.0	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 09223
Tangerine juice, canned, sweetened

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.013		0		1		0.032	0.004	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	
15:0....g									
16:0....g	0.013		0		1		0.032	0.004	
17:0....g									
18:0....g	0.000		0		1		0.000	0.000	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.018		0		1		0.045	0.006	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.003		0		1		0.007	0.001	
17:1....g									
18:1 undifferentiated....g	0.015		0		1		0.037	0.005	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.025		0		1		0.062	0.008	
18:2 undifferentiated....g	0.020		0		1		0.050	0.006	
18:3 undifferentiated....g	0.005		0		1		0.012	0.002	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.001		0		1		0.002	0.000	
Threonine....g	0.006		0		1		0.015	0.002	
Isoleucine....g	0.005		0		1		0.012	0.002	
Leucine....g	0.010		0		1		0.025	0.003	
Lysine....g	0.007		0		1		0.017	0.002	
Methionine....g	0.002		0		1		0.005	0.001	
Cystine....g	0.004		0		1		0.010	0.001	
Phenylalanine....g	0.006		0		1		0.015	0.002	
Tyrosine....g	0.003		0		1		0.007	0.001	
Valine....g	0.008		0		1		0.020	0.002	
Arginine....g	0.034		0		1		0.085	0.011	
Histidine....g	0.002		0		1		0.005	0.001	
Alanine....g	0.011		0		1		0.027	0.003	
Aspartic acid....g	0.053		0		1		0.132	0.016	
Glutamic acid....g	0.024		0		1		0.060	0.007	
Glycine....g	0.007		0		1		0.017	0.002	
Proline....g	0.031		0		1		0.077	0.010	
Serine....g	0.009		0		1		0.022	0.003	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 09223
Tangerine juice, canned, sweetened

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 249g: 1 cup

Measure 2 = 31.1g: 1 fl oz

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.92

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09225

Tangerine juice, frozen concentrate, sweetened, diluted with 3 volume water

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	88.10		0		1		212.32	26.52	
Energy....kcal	46		0	NC	4		111	14	
Energy....kJ	192				4		464	58	
Protein (N x 6.25)....g	0.43	0.035	3		1		1.04	0.13	
Total lipid (fat)....g	0.11	0.002	3		1		0.27	0.03	
Ash....g	0.30	0.021	3		1		0.72	0.09	
Carbohydrate, by difference....g	11.06		0	NC	4		26.65	3.33	
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	8	0.595	3		1		19	2	
Iron, Fe....mg	0.10	0.006	3		1		0.24	0.03	
Magnesium, Mg....mg	8	0.530	3		1		19	2	
Phosphorus, P....mg	8	0.331	3		1		19	2	
Potassium, K....mg	113	2.209	3		1		272	34	
Sodium, Na....mg	1	0.166	3		1		2	0	
Zinc, Zn....mg	0.03	0.003	3		1		0.07	0.01	
Copper, Cu....mg	0.025	0.001	3		1		0.060	0.008	
Manganese, Mn....mg	0.037	0.019	3		1		0.089	0.011	
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	24.2	0.596	3		1		58.3	7.3	
Thiamin....mg	0.052	0.003	3		1		0.125	0.016	
Riboflavin....mg	0.019	0.002	3		1		0.046	0.006	
Niacin....mg	0.093	0.010	3		1		0.224	0.028	
Pantothenic acid....mg	0.125	0.008	3		1		0.301	0.038	
Vitamin B-6....mg	0.042	0.002	3		1		0.101	0.013	
Folate, total....µg	5	0.430	3		1		11	1	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	5	0.430	3		1		11	1	
Folate, DFE....µg	5		0	NC	4		11	1	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	29	2.635	3		1		69	9	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	573	52.704	3		1		1381	172	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.007		0		1		0.017	0.002	
4:0....g									

NDB No. 09225

Tangerine juice, frozen concentrate, sweetened, diluted with 3 volume water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g									
15:0....g									
16:0....g	0.007		0		1		0.017	0.002	
17:0....g									
18:0....g									
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.010		0		1		0.024	0.003	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1		0.002	0.000	
17:1....g									
18:1 undifferentiated....g	0.008		0		1		0.019	0.002	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.014		0		1		0.034	0.004	
18:2 undifferentiated....g	0.011		0		1		0.027	0.003	
18:3 undifferentiated....g	0.003		0		1		0.007	0.001	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.001		0		1		0.002	0.000	
Threonine....g	0.005		0		1		0.012	0.002	
Isoleucine....g	0.005		0		1		0.012	0.002	
Leucine....g	0.008		0		1		0.019	0.002	
Lysine....g	0.006		0		1		0.014	0.002	
Methionine....g	0.002		0		1		0.005	0.001	
Cystine....g	0.003		0		1		0.007	0.001	
Phenylalanine....g	0.005		0		1		0.012	0.002	
Tyrosine....g	0.002		0		1		0.005	0.001	
Valine....g	0.007		0		1		0.017	0.002	
Arginine....g	0.029		0		1		0.070	0.009	
Histidine....g	0.002		0		1		0.005	0.001	
Alanine....g	0.009		0		1		0.022	0.003	
Aspartic acid....g	0.045		0		1		0.108	0.014	
Glutamic acid....g	0.020		0		1		0.048	0.006	
Glycine....g	0.006		0		1		0.014	0.002	
Proline....g	0.026		0		1		0.063	0.008	
Serine....g	0.008		0		1		0.019	0.002	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 241g: 1 cup

NDB No. 09225

Tangerine juice, frozen concentrate, sweetened, diluted with 3 volume water

Measure 2 = 30.1g: 1 fl oz

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.92

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09224
Tangerine juice, frozen concentrate, sweetened, undiluted

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	58.20		0		1		124.55		
Energy....kcal	161		0	NC	4		345		
Energy....kJ	674				4		1442		
Protein (N x 6.25)....g	1.50	0.124	3		1		3.21		
Total lipid (fat)....g	0.39	0.009	3		1		0.83		
Ash....g	1.07	0.074	3		1		2.29		
Carbohydrate, by difference....g	38.85		0	NC	4		83.14		
Fiber, total dietary....g	0.6		0		4		1.3		
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	27	2.088	3		1		58		
Iron, Fe....mg	0.34	0.020	3		1		0.73		
Magnesium, Mg....mg	28	1.861	3		1		60		
Phosphorus, P....mg	30	1.165	3		1		64		
Potassium, K....mg	397	7.760	3		1		850		
Sodium, Na....mg	3	0.581	3		1		6		
Zinc, Zn....mg	0.09	0.010	3		1		0.19		
Copper, Cu....mg	0.089	0.005	3		1		0.190		
Manganese, Mn....mg	0.130	0.065	3		1		0.278		
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	85.1	2.093	3		1		182.1		
Thiamin....mg	0.183	0.010	3		1		0.392		
Riboflavin....mg	0.066	0.005	3		1		0.141		
Niacin....mg	0.328	0.033	3		1		0.702		
Pantothenic acid....mg	0.438	0.029	3		1		0.937		
Vitamin B-6....mg	0.146	0.007	3		1		0.312		
Folate, total....µg	16	1.508	3		1		35		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	16	1.508	3		1		35		
Folate, DFE....µg	16		0	NC	4		35		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....µg	138	34.487	3	A	1		296		
Retinol....µg	0		0	Z	7		0		
Carotene, beta....µg	277	106.823	3	A	1		592		
Carotene, alpha....µg									
Cryptoxanthin, beta....µg	2767	614.052	3	A	1		5921		
Vitamin A, IU....IU	2767	689.740	3	A	1		5921		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.026		0		1		0.056		
4:0....g									

NDB No. 09224
Tangerine juice, frozen concentrate, sweetened, undiluted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g									
15:0....g									
16:0....g	0.026		0		1		0.056		
17:0....g									
18:0....g									
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.034		0		1		0.073		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.005		0		1		0.011		
17:1....g									
18:1 undifferentiated....g	0.029		0		1		0.062		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.048		0		1		0.103		
18:2 undifferentiated....g	0.038		0		1		0.081		
18:3 undifferentiated....g	0.010		0		1		0.021		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.004		0		1		0.009		
Threonine....g	0.017		0		1		0.036		
Isoleucine....g	0.016		0		1		0.034		
Leucine....g	0.029		0		1		0.062		
Lysine....g	0.020		0		1		0.043		
Methionine....g	0.007		0		1		0.015		
Cystine....g	0.011		0		1		0.024		
Phenylalanine....g	0.018		0		1		0.039		
Tyrosine....g	0.008		0		1		0.017		
Valine....g	0.024		0		1		0.051		
Arginine....g	0.101		0		1		0.216		
Histidine....g	0.006		0		1		0.013		
Alanine....g	0.032		0		1		0.068		
Aspartic acid....g	0.159		0		1		0.340		
Glutamic acid....g	0.071		0		1		0.152		
Glycine....g	0.020		0		1		0.043		
Proline....g	0.093		0		1		0.199		
Serine....g	0.028		0		1		0.060		
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 214g: 1 can (6 fl oz)

NDB No. 09224
Tangerine juice, frozen concentrate, sweetened, undiluted

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.92

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09221
Tangerine juice, raw

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	88.90		0		1		219.58	27.47	
Energy....kcal	43		0	NC	4		106	13	
Energy....kJ	180		0		4		444	56	
Protein (N x 6.25)....g	0.50		0		1		1.24	0.15	
Total lipid (fat)....g	0.20		0		1		0.49	0.06	
Ash....g	0.30		0		1		0.74	0.09	
Carbohydrate, by difference....g	10.10		0	NC	4		24.95	3.12	
Fiber, total dietary....g	0.2		0		4		0.5	0.1	
Sugars, total....g	9.90		0	O	4		24.45	3.06	
Starch....g									
Minerals:									
Calcium, Ca....mg	18		0		1		44	6	
Iron, Fe....mg	0.20		0		1		0.49	0.06	
Magnesium, Mg....mg	8		0		1		20	2	
Phosphorus, P....mg	14		0		1		35	4	
Potassium, K....mg	178		0		1		440	55	
Sodium, Na....mg	1		0		1		2	0	
Zinc, Zn....mg	0.03		0		1		0.07	0.01	
Copper, Cu....mg	0.025		0		1		0.062	0.008	
Manganese, Mn....mg	0.037		0		1		0.091	0.011	
Selenium, Se....µg	0.1		0	BFZN	4		0.2	0.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	31.0		0		1		76.6	9.6	
Thiamin....mg	0.060		0		1		0.148	0.019	
Riboflavin....mg	0.020		0		1		0.049	0.006	
Niacin....mg	0.100		0		1		0.247	0.031	
Pantothenic acid....mg	0.125		0		4		0.309	0.039	
Vitamin B-6....mg	0.042		0		4		0.104	0.013	
Folate, total....µg	5		0		4		11	1	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	5		0		4		11	1	
Folate, DFE....µg	5		0	NC	4		11	1	
Choline, total....mg	6.2		0	BFZN	4		15.2	1.9	
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	13		7	A	1		31	4	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg	38		7	A	1		93	12	
Carotene, alpha....µg	14		7	A	1		36	4	
Cryptoxanthin, beta....µg	214		7	A	1		529	66	
Vitamin A, IU....IU	253		7	A	1		624	78	
Lycopene....µg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin....µg	166		7	A	1		411	51	
Vitamin E (alpha-tocopherol)....mg	0.13		0	BFSN	4		0.33	0.04	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	0.0		0	BFSN	4		0.0	0.0	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 09221
Tangerine juice, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.024		0		1		0.059	0.007	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.001		0		1		0.002	0.000	
15:0....g									
16:0....g	0.021		0		1		0.052	0.006	
17:0....g									
18:0....g	0.001		0		1		0.002	0.000	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.036		0		1		0.089	0.011	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.005		0		1		0.012	0.002	
17:1....g									
18:1 undifferentiated....g	0.032		0		1		0.079	0.010	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.040		0		1		0.099	0.012	
18:2 undifferentiated....g	0.029		0		1		0.072	0.009	
18:3 undifferentiated....g	0.011		0		1		0.027	0.003	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.001		0		1		0.002	0.000	
Threonine....g	0.006		0		1		0.015	0.002	
Isoleucine....g	0.005		0		1		0.012	0.002	
Leucine....g	0.010		0		1		0.025	0.003	
Lysine....g	0.007		0		1		0.017	0.002	
Methionine....g	0.002		0		1		0.005	0.001	
Cystine....g	0.004		0		1		0.010	0.001	
Phenylalanine....g	0.006		0		1		0.015	0.002	
Tyrosine....g	0.003		0		1		0.007	0.001	
Valine....g	0.008		0		1		0.020	0.002	
Arginine....g	0.034		0		1		0.084	0.011	
Histidine....g	0.002		0		1		0.005	0.001	
Alanine....g	0.011		0		1		0.027	0.003	
Aspartic acid....g	0.053		0		1		0.131	0.016	
Glutamic acid....g	0.024		0		1		0.059	0.007	
Glycine....g	0.007		0		1		0.017	0.002	
Proline....g	0.031		0		1		0.077	0.010	
Serine....g	0.009		0		1		0.022	0.003	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 09221
Tangerine juice, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 247g: 1 cup

Measure 2 = 30.9g: 1 fl oz

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.92

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09219
Tangerines, (mandarin oranges), canned, juice pack

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	89.51		2		1		222.88		
Energy....kcal	37		0	NC	4		92		
Energy....kJ	155		0		4		385		
Protein (N x 6.25)....g	0.62		2		1		1.54		
Total lipid (fat)....g	0.03		2		1		0.07		
Ash....g	0.28		2		1		0.70		
Carbohydrate, by difference....g	9.57		0	NC	4		23.83		
Fiber, total dietary....g	0.7		0		4		1.7		
Sugars, total....g	8.87		0	O	4		22.09		
Starch....g									
Minerals:									
Calcium, Ca....mg	11		2		1		27		
Iron, Fe....mg	0.27		2		1		0.67		
Magnesium, Mg....mg	11		2		1		27		
Phosphorus, P....mg	10		2		1		25		
Potassium, K....mg	133		2		1		331		
Sodium, Na....mg	5		2		1		12		
Zinc, Zn....mg	0.51		2		1		1.27		
Copper, Cu....mg	0.033		2		1		0.082		
Manganese, Mn....mg	0.032		0		4		0.080		
Selenium, Se....µg	0.4		0	CAZN	4		1.0		
Vitamins:									
Vitamin C, total ascorbic acid....mg	34.2		2		1		85.2		
Thiamin....mg	0.082		2		1		0.204		
Riboflavin....mg	0.029		2		1		0.072		
Niacin....mg	0.445		0		4		1.108		
Pantothenic acid....mg	0.125		0		4		0.311		
Vitamin B-6....mg	0.042		0		4		0.105		
Folate, total....µg	5		0		4		11		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	5		0		4		11		
Folate, DFE....µg	5		0	NC	4		11		
Choline, total....mg	8.9		0	RA	4		22.1		
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....µg	43		2		1		106		
Retinol....µg	0		0	Z	7		0		
Carotene, beta....µg	193		0	BNA	4		481		
Carotene, alpha....µg	133		0	BNA	4		330		
Cryptoxanthin, beta....µg	503		0	BNA	4		1253		
Vitamin A, IU....IU	852		2		1		2121		
Lycopene....µg	0		0	BFYN	4		0		
Lutein + zeaxanthin....µg	163		0	BFYN	4		405		
Vitamin E (alpha-tocopherol)....mg	0.10		0	BFYN	4		0.25		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....µg	0.0		0	BFYN	4		0.0		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 09219
Tangerines, (mandarin oranges), canned, juice pack

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.003		0		1		0.007		
4:0....g	0.000		0		1		0.000		
6:0....g	0.000		0		1		0.000		
8:0....g	0.000		0		1		0.000		
10:0....g	0.000		0		1		0.000		
12:0....g	0.000		0		1		0.000		
13:0....g									
14:0....g	0.000		0		1		0.000		
15:0....g									
16:0....g	0.003		0		1		0.007		
17:0....g									
18:0....g	0.000		0		1		0.000		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.005		0		1		0.012		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1		0.002		
17:1....g									
18:1 undifferentiated....g	0.004		0		1		0.010		
20:1....g	0.000		0		1		0.000		
22:1 undifferentiated....g	0.000		0		1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.005		0		1		0.012		
18:2 undifferentiated....g	0.004		0		1		0.010		
18:3 undifferentiated....g	0.001		0		1		0.002		
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000		
20:5 n-3 (EPA)....g	0.000		0		1		0.000		
22:5 n-3 (DPA)....g	0.000		0		1		0.000		
22:6 n-3 (DHA)....g	0.000		0		1		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.006		0		1		0.015		
Threonine....g	0.010		0		1		0.025		
Isoleucine....g	0.017		0		1		0.042		
Leucine....g	0.015		0		1		0.037		
Lysine....g	0.031		0		1		0.077		
Methionine....g	0.013		0		1		0.032		
Cystine....g	0.006		0		1		0.015		
Phenylalanine....g	0.020		0		1		0.050		
Tyrosine....g	0.010		0		1		0.025		
Valine....g	0.026		0		1		0.065		
Arginine....g	0.043		0		1		0.107		
Histidine....g	0.011		0		1		0.027		
Alanine....g	0.033		0		1		0.082		
Aspartic acid....g	0.074		0		1		0.184		
Glutamic acid....g	0.062		0		1		0.154		
Glycine....g	0.062		0		1		0.154		
Proline....g	0.030		0		1		0.075		
Serine....g	0.021		0		1		0.052		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 09219
Tangerines, (mandarin oranges), canned, juice pack

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:
Measure 1 = 249g: 1 cup

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate**3.7

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09383

Tangerines, (mandarin oranges), canned, juice pack, drained

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	89.51		0	BD	4		169.17		
Energy....kcal	38		0	NC	4		71		
Energy....kJ	158		0	NC	4		298		
Protein....g	0.75		0	BD	4		1.42		
Total lipid (fat)....g	0.04		0	BD	4		0.08		
Ash....g	0.29		0	BD	4		0.55		
Carbohydrate, by difference....g	9.41		0	NC	4		17.79		
Fiber, total dietary....g	1.2		0	BD	4		2.2		
Sugars, total....g	8.25		0	O	4		15.59		
Starch....g									
Minerals:									
Calcium, Ca....mg	12		0	BD	4		23		
Iron, Fe....mg	0.27		0	BD	4		0.51		
Magnesium, Mg....mg	11		0	BD	4		22		
Phosphorus, P....mg	11		0	BD	4		21		
Potassium, K....mg	136		0	BD	4		256		
Sodium, Na....mg	5		0	BD	4		10		
Zinc, Zn....mg	0.53		0	BD	4		1.00		
Copper, Cu....mg	0.041		0	BD	4		0.077		
Manganese, Mn....mg									
Selenium, Se....µg	0.4		0	CAZN	4		0.8		
Vitamins:									
Vitamin C, total ascorbic acid....mg	33.9		0	BD	4		64.0		
Thiamin....mg	0.088		0	BD	4		0.166		
Riboflavin....mg	0.031		0	BD	4		0.059		
Niacin....mg	0.445		0	BD	4		0.841		
Pantothenic acid....mg									
Vitamin B-6....mg	0.043		0	BD	4		0.081		
Folate, total....µg	5		0	BD	4		9		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	5		0	BD	4		9		
Folate, DFE....µg	5		0	NC	4		9		
Choline, total....mg	6.0		0	BFYN	4		11.2		
Betaine....mg									
Vitamin B-12....µg	0.00		0		7		0.00		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....µg	66		0	NC	4		124		
Retinol....µg	0		0	Z	7		0		
Carotene, beta....µg	298		0	BNA	4		563		
Carotene, alpha....µg	204		0	BNA	4		386		
Cryptoxanthin, beta....µg	775		0	BNA	4		1465		
Vitamin A, IU....IU	1312		0	BD	4		2480		
Lycopene....µg	0		0	BFZN	4		0		
Lutein + zeaxanthin....µg	243		0	BFZN	4		459		
Vitamin E (alpha-tocopherol)....mg	0.15		0	BFZN	4		0.28		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....µg	0.0		0	BFZN	4		0.0		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 09383

Tangerines, (mandarin oranges), canned, juice pack, drained

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.004		0		4		0.008		
4:0....g	0.000		0		4		0.000		
6:0....g	0.000		0		4		0.000		
8:0....g	0.000		0		4		0.000		
10:0....g	0.000		0		4		0.000		
12:0....g	0.000		0		4		0.000		
13:0....g									
14:0....g	0.000		0		4		0.000		
15:0....g									
16:0....g	0.004		0		4		0.008		
17:0....g									
18:0....g	0.000		0		4		0.000		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.007		0		4		0.013		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		4		0.002		
17:1....g									
18:1 undifferentiated....g	0.005		0		4		0.009		
20:1....g	0.000		0		4		0.000		
22:1 undifferentiated....g	0.000		0		4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.007		0		4		0.013		
18:2 undifferentiated....g	0.005		0		4		0.009		
18:3 undifferentiated....g	0.001		0		4		0.002		
18:4....g	0.000		0		4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000		
20:5 n-3 (EPA)....g	0.000		0		4		0.000		
22:5 n-3 (DPA)....g	0.000		0		4		0.000		
22:6 n-3 (DHA)....g	0.000		0		4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0		7		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 189g: 1 cup

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.7

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09220
Tangerines, (mandarin oranges), canned, light syrup pack

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	83.06	0.069	33		1		209.31		
Energy....kcal	61		0	NC	4		154		
Energy....kJ	255		0		4		643		
Protein (N x 6.25)....g	0.45	0.012	33		1		1.13		
Total lipid (fat)....g	0.10	0.000	33		1		0.25		
Ash....g	0.19	0.004	33		1		0.48		
Carbohydrate, by difference....g	16.19		0	NC	4		40.80		
Fiber, total dietary....g	0.7		0		4		1.8		
Sugars, total....g	15.49		0	O	4		39.03		
Starch....g									
Minerals:									
Calcium, Ca....mg	7	0.262	33		1		18		
Iron, Fe....mg	0.37	0.027	32		1		0.93		
Magnesium, Mg....mg	8	0.109	33		1		20		
Phosphorus, P....mg	10	0.131	33		1		25		
Potassium, K....mg	78	1.303	33		1		197		
Sodium, Na....mg	6	0.285	33		1		15		
Zinc, Zn....mg	0.24	0.022	33		1		0.60		
Copper, Cu....mg	0.044	0.002	33		1		0.111		
Manganese, Mn....mg	0.032		0		4		0.081		
Selenium, Se....µg	0.4		0	CAZN	4		1.0		
Vitamins:									
Vitamin C, total ascorbic acid....mg	19.8	0.231	33		1		49.9		
Thiamin....mg	0.053	0.000	33		1		0.134		
Riboflavin....mg	0.044	0.001	33		1		0.111		
Niacin....mg	0.445	0.019	33		1		1.121		
Pantothenic acid....mg	0.125		0		4		0.315		
Vitamin B-6....mg	0.042		0		4		0.106		
Folate, total....µg	5		0		4		12		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	5		0		4		12		
Folate, DFE....µg	5		0	NC	4		12		
Choline, total....mg	6.9		0	BFYN	4		17.3		
Betaine....mg									
Vitamin B-12....µg	0.00		0	Z	7		0.00		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....µg	42	5.022	34		1		106		
Retinol....µg	0		0	Z	7		0		
Carotene, beta....µg	191		0	BNA	4		480		
Carotene, alpha....µg	131		0	BNA	4		329		
Cryptoxanthin, beta....µg	496		0	BNA	4		1251		
Vitamin A, IU....IU	840	100.438	34		1		2117		
Lycopene....µg	0		0	BFYN	4		0		
Lutein + zeaxanthin....µg	163		0	BFYN	4		410		
Vitamin E (alpha-tocopherol)....mg	0.10		0	BFYN	4		0.25		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....µg	0.0		0	BFYN	4		0.0		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 09220
Tangerines, (mandarin oranges), canned, light syrup pack

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.012		0		1		0.030		
4:0....g	0.000		0		1		0.000		
6:0....g	0.000		0		1		0.000		
8:0....g	0.000		0		1		0.000		
10:0....g	0.000		0		1		0.000		
12:0....g	0.000		0		1		0.000		
13:0....g									
14:0....g	0.000		0		1		0.000		
15:0....g									
16:0....g	0.011		0		1		0.028		
17:0....g									
18:0....g	0.000		0		1		0.000		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.018		0		1		0.045		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.002		0		1		0.005		
17:1....g									
18:1 undifferentiated....g	0.016		0		1		0.040		
20:1....g	0.000		0		1		0.000		
22:1 undifferentiated....g	0.000		0		1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.020		0		1		0.050		
18:2 undifferentiated....g	0.015		0		1		0.038		
18:3 undifferentiated....g	0.005		0		1		0.013		
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000		
20:5 n-3 (EPA)....g	0.000		0		1		0.000		
22:5 n-3 (DPA)....g	0.000		0		1		0.000		
22:6 n-3 (DHA)....g	0.000		0		1		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.004		0		1		0.010		
Threonine....g	0.007		0		1		0.018		
Isoleucine....g	0.012		0		1		0.030		
Leucine....g	0.011		0		1		0.028		
Lysine....g	0.023		0		1		0.058		
Methionine....g	0.010		0		1		0.025		
Cystine....g	0.005		0		1		0.013		
Phenylalanine....g	0.015		0		1		0.038		
Tyrosine....g	0.008		0		1		0.020		
Valine....g	0.019		0		1		0.048		
Arginine....g	0.031		0		1		0.078		
Histidine....g	0.008		0		1		0.020		
Alanine....g	0.024		0		1		0.060		
Aspartic acid....g	0.055		0		1		0.139		
Glutamic acid....g	0.045		0		1		0.113		
Glycine....g	0.045		0		1		0.113		
Proline....g	0.022		0		1		0.055		
Serine....g	0.015		0		1		0.038		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 09220
Tangerines, (mandarin oranges), canned, light syrup pack

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:
Measure 1 = 252g: 1 cup

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate**3.71

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09218

Tangerines, (mandarin oranges), raw

Citrus reticulata

Refuse: 26% Peel and seeds

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	85.17	0.761	15	A	1		166.07	64.73	74.95
Energy....kcal	53		0	NC	4		104	41	47
Energy....kJ	223		0	NC	4		435	170	196
Protein (N x 6.25)....g	0.81	0.012	9	A	1		1.58	0.62	0.71
Total lipid (fat)....g	0.31	0.041	7	A	1		0.60	0.24	0.27
Ash....g	0.38	0.026	9	A	1		0.73	0.29	0.33
Carbohydrate, by difference....g	13.34		0	NC	4		26.01	10.14	11.74
Fiber, total dietary....g	1.8	0.205	9	A	1		3.5	1.4	1.6
Sugars, total....g	10.58	0.980	8	A	1		20.64	8.04	9.31
Sucrose....g	6.05	0.664	8	A	1		11.80	4.60	5.32
Glucose (dextrose)....g	2.13	0.085	8	A	1		4.16	1.62	1.88
Fructose....g	2.40	0.233	8	A	1		4.68	1.82	2.11
Lactose....g	0.00	0.000	5	A	1		0.00	0.00	0.00
Maltose....g	0.00	0.000	5	A	1		0.00	0.00	0.00
Galactose....g	0.00	0.000	5	A	1		0.00	0.00	0.00
Starch....g	0.00		1	A	1		0.00	0.00	0.00
Minerals:									
Calcium, Ca....mg	37	0.752	9	A	1		71	28	32
Iron, Fe....mg	0.15	0.011	9	A	1		0.29	0.11	0.13
Magnesium, Mg....mg	12	0.068	9	A	1		24	9	11
Phosphorus, P....mg	20	0.105	9	A	1		39	15	18
Potassium, K....mg	166	2.145	9	A	1		324	126	146
Sodium, Na....mg	2	0.908	3	A	1		4	1	2
Zinc, Zn....mg	0.07	0.001	9	A	1		0.14	0.06	0.07
Copper, Cu....mg	0.042	0.001	9	A	1		0.082	0.032	0.037
Manganese, Mn....mg	0.039	0.004	9	A	1		0.077	0.030	0.035
Selenium, Se....µg	0.1		2	A	1		0.2	0.1	0.1
Vitamins:									
Vitamin C, total ascorbic acid....mg	26.7	1.868	9	A	1		52.1	20.3	23.5
Thiamin....mg	0.058	0.008	9	A	1		0.113	0.044	0.051
Riboflavin....mg	0.036	0.003	9	A	1		0.070	0.027	0.032
Niacin....mg	0.376	0.011	9	A	1		0.732	0.285	0.330
Pantothenic acid....mg	0.216	0.009	9	A	1		0.422	0.164	0.190
Vitamin B-6....mg	0.078	0.003	9	A	1		0.152	0.059	0.069
Folate, total....µg	16	2.360	9	A	1		31	12	14
Folic acid....µg	0		0	Z	7		0	0	0
Folate, food....µg	16	2.360	9	A	1		31	12	14
Folate, DFE....µg	16		0	NC	4		31	12	14
Choline, total....mg	10.2		0	AS	1		19.9	7.8	9.0
Betaine....mg	0.1		1	A	1		0.3	0.1	0.1
Vitamin B-12....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....µg	34		0	AS	1		66	26	30
Retinol....µg	0		0	Z	7		0	0	0
Carotene, beta....µg	155	58.677	12	A	1		302	118	136
Carotene, alpha....µg	101	86.390	8	A	1		196	76	89
Cryptoxanthin, beta....µg	407	77.610	8	A	1		794	310	359
Vitamin A, IU....IU	681		0	AS	1		1328	518	599
Lycopene....µg	0	0.000	8	A	1		0	0	0
Lutein + zeaxanthin....µg	138	105.174	8	A	1		269	105	121
Vitamin E (alpha-tocopherol)....mg	0.20	0.083	3	A	1		0.40	0.15	0.18
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg	0.00	0.000	3	A	1		0.00	0.00	0.00
Tocopherol, gamma....mg	0.00	0.000	3	A	1		0.00	0.00	0.00
Tocopherol, delta....mg	0.00	0.000	3	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)....µg									

NDB No. 09218
Tangerines, (mandarin oranges), raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone).....µg	0.0	0.000	3	A	1		0.0	0.0	0.0
Dihydrophylloquinone.....µg	0.0	0.000	3	A	1		0.0	0.0	0.0
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.039		0		1		0.076	0.029	0.034
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000	0.000
10:0.....g	0.000		0		1		0.000	0.000	0.000
12:0.....g	0.000		0		1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.002		0		1		0.003	0.001	0.002
15:0.....g									
16:0.....g	0.035		0		1		0.069	0.027	0.031
17:0.....g									
18:0.....g	0.002		0		1		0.003	0.001	0.002
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.060		0		1		0.117	0.046	0.053
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.007		0		1		0.014	0.005	0.006
17:1.....g									
18:1 undifferentiated.....g	0.053		0		1		0.103	0.040	0.047
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.065		0		1		0.127	0.050	0.057
18:2 undifferentiated.....g	0.048		0		1		0.093	0.036	0.042
18:3 undifferentiated.....g	0.018		0		1		0.034	0.013	0.016
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.002		0	A	1		0.003	0.001	0.001
Threonine.....g	0.016		0	A	1		0.031	0.012	0.014
Isoleucine.....g	0.017		0	A	1		0.032	0.013	0.015
Leucine.....g	0.028		0	A	1		0.054	0.021	0.024
Lysine.....g	0.032		0	A	1		0.063	0.024	0.028
Methionine.....g	0.002		0	A	1		0.003	0.001	0.001
Cystine.....g	0.002		0	A	1		0.003	0.001	0.001
Phenylalanine.....g	0.018		0	A	1		0.035	0.014	0.016
Tyrosine.....g	0.015		0	A	1		0.030	0.012	0.013
Valine.....g	0.021		0	A	1		0.040	0.016	0.018
Arginine.....g	0.068		0	A	1		0.133	0.052	0.060
Histidine.....g	0.011		0	A	1		0.021	0.008	0.010
Alanine.....g	0.028		0	A	1		0.055	0.021	0.025
Aspartic acid.....g	0.129		0	A	1		0.251	0.098	0.113
Glutamic acid.....g	0.061		0	A	1		0.120	0.047	0.054
Glycine.....g	0.019		0	A	1		0.038	0.015	0.017
Proline.....g	0.074		0	A	1		0.144	0.056	0.065
Serine.....g	0.033		0	A	1		0.064	0.025	0.029
Hydroxyproline.....g									

NDB No. 09218
Tangerines, (mandarin oranges), raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 195g: 1 cup, sections

Measure 2 = 76g: 1 small (2-1/4" dia)

Measure 3 = 88g: 1 medium (2-1/2" dia)

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09438
USDA Commodity peaches, canned, light syrup, drained

Commodity codes A408, A409, A411
Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	83.43	0.313	3	A	1				
Energy....kcal	61		0	NC	4				
Energy....kJ	256		0	NC	4				
Protein....g	0.56	0.036	3	A	1				
Total lipid (fat)....g	0.15	0.020	3	A	1				
Ash....g	0.21	0.035	3	A	1				
Carbohydrate, by difference....g	15.65		0	NC	4				
Fiber, total dietary....g	0.7	0.000	3	A	1				
Sugars, total....g	10.61	0.137	3	A	1				
Sucrose....g	1.82	0.157	3	A	1				
Glucose (dextrose)....g	4.64	0.062	3	A	1				
Fructose....g	3.25	0.026	3	A	1				
Lactose....g	0.00	0.000	3	A	1				
Maltose....g	0.90	0.058	3	A	1				
Galactose....g	0.00	0.000	3	A	1				
Starch....g									
Minerals:									
Calcium, Ca....mg	3	0.467	3	A	1				
Iron, Fe....mg	0.25	0.101	3	A	1				
Magnesium, Mg....mg	5	0.260	3	A	1				
Phosphorus, P....mg	10	1.189	3	A	1				
Potassium, K....mg	87	6.438	3	A	1				
Sodium, Na....mg	7	1.358	3	A	1				
Zinc, Zn....mg	0.16	0.072	3	A	1				
Copper, Cu....mg	0.030	0.000	3	A	1				
Manganese, Mn....mg	0.037	0.000	3	A	1				
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	2.5	0.346	3	A	1				
Thiamin....mg	0.023	0.010	3	A	1				
Riboflavin....mg	0.020	0.001	3	A	1				
Niacin....mg	0.585	0.057	3	A	1				
Pantothenic acid....mg	0.045	0.004	3	A	1				
Vitamin B-6....mg	0.016	0.000	3	A	1				
Folate, total....µg	8	2.028	3	A	1				
Folic acid....µg	0		0	Z	7				
Folate, food....µg	8	2.028	3	A	1				
Folate, DFE....µg	8		0	NC	4				
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg	25	12.806	3	A	1				
Retinol....µg									
Carotene, beta....µg	283	157.284	3	A	1				
Carotene, alpha....µg	0	0.000	3	A	1				
Cryptoxanthin, beta....µg	26	8.030	3	A	1				
Vitamin A, IU....IU	493	256.116	3	A	1				
Lycopene....µg	0	0.000	3	A	1				
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	1.23	0.047	3	A	1				
Tocopherol, beta....mg	0.00	0.000	3	A	1				
Tocopherol, gamma....mg	0.03	0.000	3	A	1				
Tocopherol, delta....mg	0.00	0.000	3	A	1				
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	2.8	0.260	3	A	1				

NDB No. 09438
USDA Commodity peaches, canned, light syrup, drained

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Dihydrophylloquinone.....µg	0.0	0.000	3	A	1				
Menaquinone-4.....µg	0.0	0.000	3	A	1				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.71

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09439
USDA Commodity pears, canned, juice pack, drained

Commodity codes A437, A434, A431, A433
Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	86.26	0.462	4	A	1				
Energy ... kcal	51		0	NC	4				
Energy ... kJ	211		0	NC	4				
Protein ... g	0.34	0.018	4	A	1				
Total lipid (fat) ... g	0.19	0.012	4	A	1				
Ash ... g	0.29	0.035	4	A	1				
Carbohydrate, by difference ... g	12.91		0	NC	4				
Fiber, total dietary ... g	2.2	0.157	4	A	1				
Sugars, total ... g	8.27	0.372	4	A	1				
Sucrose ... g	0.67	0.078	4	A	1				
Glucose (dextrose) ... g	2.01	0.288	4	A	1				
Fructose ... g	5.40	0.164	4	A	1				
Lactose ... g	0.00	0.000	4	A	1				
Maltose ... g	0.20	0.125	4	A	1				
Galactose ... g	0.00	0.000	4	A	1				
Starch ... g									
Minerals:									
Calcium, Ca ... mg	9	1.062	4	A	1				
Iron, Fe ... mg	0.34	0.051	4	A	1				
Magnesium, Mg ... mg	7	0.642	4	A	1				
Phosphorus, P ... mg	9	0.802	4	A	1				
Potassium, K ... mg	99	8.583	4	A	1				
Sodium, Na ... mg	4	0.527	4	A	1				
Zinc, Zn ... mg	0.14	0.012	4	A	1				
Copper, Cu ... mg	0.030	0.000	4	A	1				
Manganese, Mn ... mg	0.042	0.005	4	A	1				
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.3	0.000	4	A	1				
Thiamin ... mg	0.020	0.001	4	A	1				
Riboflavin ... mg	0.046	0.020	4	A	1				
Niacin ... mg	0.218	0.015	4	A	1				
Pantothenic acid ... mg	0.041	0.000	4	A	1				
Vitamin B-6 ... mg	0.016	0.000	4	A	1				
Folate, total ... µg	1	0.500	4	A	1				
Folic acid ... µg	0		0	Z	7				
Folate, food ... µg	1	0.500	4	A	1				
Folate, DFE ... µg	1		0	NC	4				
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg									
Vitamin A, RAE ... µg									
Retinol ... µg									
Carotene, beta ... µg									
Carotene, alpha ... µg									
Cryptoxanthin, beta ... µg									
Vitamin A, IU ... IU									
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg	0.20	0.023	4	A	1				
Tocopherol, beta ... mg	0.01	0.004	4	A	1				
Tocopherol, gamma ... mg	0.00	0.000	4	A	1				
Tocopherol, delta ... mg	0.00	0.000	4	A	1				
Vitamin D (D2 + D3) ... µg									
Vitamin D2 (ergocalciferol) ... µg									
Vitamin D3 (cholecalciferol) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg	0.3	0.041	4	A	1				

NDB No. 09439
USDA Commodity pears, canned, juice pack, drained

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Dihydrophylloquinone.....µg	0.0	0.000	4	A	1				
Menaquinone-4.....µg	0.0	0.000	4	A	1				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.7

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09440
USDA Commodity pears, canned, light syrup, drained

Commodity codes A437, A434, A431, A433
Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	83.16	0.118	4	A	1				
Energy ... kcal	62		0	NC	4				
Energy ... kJ	261		0	NC	4				
Protein ... g	0.28	0.018	4	A	1				
Total lipid (fat) ... g	0.15	0.012	4	A	1				
Ash ... g	0.19	0.007	4	A	1				
Carbohydrate, by difference ... g	16.21		0	NC	4				
Fiber, total dietary ... g	1.6	0.310	4	A	1				
Sugars, total ... g	11.22	0.297	4	A	1				
Sucrose ... g	0.35	0.045	4	A	1				
Glucose (dextrose) ... g	4.24	0.133	4	A	1				
Fructose ... g	5.67	0.193	4	A	1				
Lactose ... g	0.00	0.000	4	A	1				
Maltose ... g	0.95	0.086	4	A	1				
Galactose ... g	0.00	0.000	4	A	1				
Starch ... g									
Minerals:									
Calcium, Ca ... mg	5	0.363	4	A	1				
Iron, Fe ... mg	0.28	0.128	4	A	1				
Magnesium, Mg ... mg	4	0.259	4	A	1				
Phosphorus, P ... mg	7	0.502	4	A	1				
Potassium, K ... mg	61	3.488	4	A	1				
Sodium, Na ... mg	5	1.407	4	A	1				
Zinc, Zn ... mg	0.09	0.011	4	A	1				
Copper, Cu ... mg	0.030	0.000	4	A	1				
Manganese, Mn ... mg	0.037	0.000	4	A	1				
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.9	0.221	3	A	1				
Thiamin ... mg	0.020	0.001	4	A	1				
Riboflavin ... mg	0.014	0.001	4	A	1				
Niacin ... mg	0.115	0.005	4	A	1				
Pantothenic acid ... mg	0.041	0.000	4	A	1				
Vitamin B-6 ... mg	0.016	0.000	4	A	1				
Folate, total ... µg	3	1.109	4	A	1				
Folic acid ... µg	0		0	Z	7				
Folate, food ... µg	3	1.109	4	A	1				
Folate, DFE ... µg	3		0	NC	4				
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg									
Vitamin A, RAE ... µg									
Retinol ... µg									
Carotene, beta ... µg									
Carotene, alpha ... µg									
Cryptoxanthin, beta ... µg									
Vitamin A, IU ... IU									
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg	0.11	0.009	4	A	1				
Tocopherol, beta ... mg	0.00	0.000	4	A	1				
Tocopherol, gamma ... mg	0.00	0.000	4	A	1				
Tocopherol, delta ... mg	0.00	0.000	4	A	1				
Vitamin D (D2 + D3) ... µg									
Vitamin D2 (ergocalciferol) ... µg									
Vitamin D3 (cholecalciferol) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg	0.3	0.029	4	A	1				

NDB No. 09440
USDA Commodity pears, canned, light syrup, drained

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Dihydrophylloquinone.....µg	0.0	0.000	4	A	1				
Menaquinone-4.....µg	0.0	0.000	4	A	1				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.71

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09431
USDA Commodity, mixed fruit (peaches, pears, grapes), canned, light syrup, drained

Commodity code A404
Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	84.60		1	A	1				
Energy ... kcal	57		0	NC	4				
Energy ... kJ	237		0	NC	4				
Protein (N x 6.25) ... g	0.46		1	A	1				
Total lipid (fat) ... g	0.10		1	A	1				
Ash ... g	0.19		1	A	1				
Carbohydrate, by difference ... g	14.65		0	NC	4				
Fiber, total dietary ... g	1.6		1	A	1				
Sugars, total ... g	11.25		0	AS	1				
Sucrose ... g	0.03		1	A	1				
Glucose (dextrose) ... g	5.49		1	A	1				
Fructose ... g	4.85		1	A	1				
Lactose ... g	0.00		1	A	1				
Maltose ... g	0.88		1	A	1				
Galactose ... g	0.00		0	Z	7				
Starch ... g									
Minerals:									
Calcium, Ca ... mg	5		1	A	1				
Iron, Fe ... mg	0.31		1	A	1				
Magnesium, Mg ... mg	5		1	A	1				
Phosphorus, P ... mg	12		1	A	1				
Potassium, K ... mg	89		1	A	1				
Sodium, Na ... mg	5		1	A	1				
Zinc, Zn ... mg	0.09		1	A	1				
Copper, Cu ... mg	0.075		1	A	1				
Manganese, Mn ... mg	0.027		1	A	1				
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg	2.2		1	A	1				
Thiamin ... mg	0.012		1	A	1				
Riboflavin ... mg	0.024		1	A	1				
Niacin ... mg	0.392		1	A	1				
Pantothenic acid ... mg	0.041		1	A	1				
Vitamin B-6 ... mg	0.016		1	A	1				
Folate, total ... µg	2		1	A	1				
Folic acid ... µg	0		0	Z	7				
Folate, food ... µg	2		1	A	1				
Folate, DFE ... µg	2		0	NC	4				
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg									
Vitamin A, RAE ... µg	15		0	AS	1				
Retinol ... µg									
Carotene, beta ... µg	110		1	A	1				
Carotene, alpha ... µg	0		1	A	1				
Cryptoxanthin, beta ... µg	142		1	A	1				
Vitamin A, IU ... IU	302		0	AS	1				
Lycopene ... µg	0		1	A	1				
Lutein + zeaxanthin ... µg	0		1	A	1				
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... µg	0.0		0	Z	7				
Vitamin D2 (ergocalciferol) ... µg									
Vitamin D3 (cholecalciferol) ... µg									
Vitamin D ... IU	0		0	Z	7				
Vitamin K (phylloquinone) ... µg	4.6		1	A	1				

NDB No. 09431

USDA Commodity, mixed fruit (peaches, pears, grapes), canned, light syrup, drained

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Dihydrophylloquinone.....µg	0.0		1	A	1				
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.010		0	BFZN	4				
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7				
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.71

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09432

USDA Commodity, mixed fruit (peaches, pears, grapes), canned, light syrup, solids and liquids

Commodity code A404

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	85.02		1	A	1				
Energy ... kcal	55		0	NC	4				
Energy ... kJ	231		0	NC	4				
Protein (N x 6.25) ... g	0.41		1	A	1				
Total lipid (fat) ... g	0.08		1	A	1				
Ash ... g	0.19		1	A	1				
Carbohydrate, by difference ... g	14.30		0	NC	4				
Fiber, total dietary ... g	1.2		1	A	1				
Sugars, total ... g	11.46		0	AS	1				
Sucrose ... g	0.03		1	A	1				
Glucose (dextrose) ... g	5.63		1	A	1				
Fructose ... g	5.04		1	A	1				
Lactose ... g	0.00		1	A	1				
Maltose ... g	0.76		1	A	1				
Galactose ... g	0.00		0	Z	7				
Starch ... g									
Minerals:									
Calcium, Ca ... mg	5		1	A	1				
Iron, Fe ... mg	0.29		0	BFZN	4				
Magnesium, Mg ... mg	5		1	A	1				
Phosphorus, P ... mg	13		1	A	1				
Potassium, K ... mg	85		1	A	1				
Sodium, Na ... mg	6		1	A	1				
Zinc, Zn ... mg	0.08		1	A	1				
Copper, Cu ... mg	0.075		1	A	1				
Manganese, Mn ... mg	0.029		1	A	1				
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg	3.1		1	A	1				
Thiamin ... mg	0.013		1	A	1				
Riboflavin ... mg	0.038		1	A	1				
Niacin ... mg	0.385		1	A	1				
Pantothenic acid ... mg	0.041		1	A	1				
Vitamin B-6 ... mg	0.016		1	A	1				
Folate, total ... µg	2		1	A	1				
Folic acid ... µg	0		0	Z	7				
Folate, food ... µg	2		1	A	1				
Folate, DFE ... µg	2		0	NC	4				
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg									
Vitamin A, RAE ... µg	10		0	AS	1				
Retinol ... µg									
Carotene, beta ... µg	79		1	A	1				
Carotene, alpha ... µg	0		1	A	1				
Cryptoxanthin, beta ... µg	80		1	A	1				
Vitamin A, IU ... IU	198		0	AS	1				
Lycopene ... µg	0		1	A	1				
Lutein + zeaxanthin ... µg	0		1	A	1				
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... µg	0.0		0	Z	7				
Vitamin D2 (ergocalciferol) ... µg									
Vitamin D3 (cholecalciferol) ... µg									
Vitamin D ... IU	0		0	Z	7				
Vitamin K (phylloquinone) ... µg	2.9		1	A	1				

NDB No. 09432

USDA Commodity, mixed fruit (peaches, pears, grapes), canned, light syrup, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....µg	0.0		1	A	1				
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.010		0	BFZN	4				
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7				
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.71

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)

NDB No. 09326
Watermelon, raw
Citrullus lanatus

Refuse: 48% Rind, seeds, and cutting loss

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	91.45	0.316	14	A	1		140.83	139.00	4131.67
Energy....kcal	30		0	NC	4		47	46	1376
Energy....kJ	127		0	NC	4		196	194	5756
Protein (N x 6.25)....g	0.61	0.041	11	A	1		0.94	0.93	27.52
Total lipid (fat)....g	0.15	0.037	10	A	1		0.23	0.22	6.66
Ash....g	0.25	0.038	11	A	1		0.38	0.37	11.14
Carbohydrate, by difference....g	7.55		0	NC	4		11.62	11.47	341.01
Fiber, total dietary....g	0.4	0.051	10	A	1		0.7	0.7	19.6
Sugars, total....g	6.20	0.143	6	A	1		9.55	9.43	280.27
Sucrose....g	1.21	0.859	6	A	1		1.86	1.84	54.55
Glucose (dextrose)....g	1.58	0.433	8	A	1		2.43	2.40	71.19
Fructose....g	3.36	0.322	8	A	1		5.18	5.11	151.84
Lactose....g	0.00	0.000	8	A	1		0.00	0.00	0.00
Maltose....g	0.06	0.043	8	A	1		0.09	0.09	2.69
Galactose....g	0.00	0.000	7	A	1		0.00	0.00	0.00
Starch....g	0.00	0.000	4	A	1		0.00	0.00	0.00
Minerals:									
Calcium, Ca....mg	7	0.322	42	A	1		11	10	311
Iron, Fe....mg	0.24	0.015	45	A	1		0.36	0.36	10.64
Magnesium, Mg....mg	10	0.356	45	A	1		15	15	446
Phosphorus, P....mg	11	0.506	42	A	1		18	17	516
Potassium, K....mg	112	3.178	44	A	1		173	171	5078
Sodium, Na....mg	1	0.160	40	A	1		2	2	64
Zinc, Zn....mg	0.10	0.023	45	A	1		0.16	0.16	4.65
Copper, Cu....mg	0.042	0.008	42	A	1		0.065	0.064	1.893
Manganese, Mn....mg	0.038	0.002	45	A	1		0.058	0.057	1.704
Selenium, Se....µg	0.4		2	A	1		0.6	0.6	16.6
Vitamins:									
Vitamin C, total ascorbic acid....mg	8.1	2.425	6	A	1		12.5	12.3	365.9
Thiamin....mg	0.033	0.003	11	A	1		0.051	0.050	1.492
Riboflavin....mg	0.021	0.007	11	A	1		0.032	0.032	0.947
Niacin....mg	0.178	0.008	11	A	1		0.275	0.271	8.056
Pantothenic acid....mg	0.221	0.014	11	A	1		0.340	0.336	9.984
Vitamin B-6....mg	0.045	0.009	11	A	1		0.069	0.068	2.026
Folate, total....µg	3	0.251	3	A	1		4	4	116
Folic acid....µg	0		0	Z	7		0	0	0
Folate, food....µg	3	0.251	3	A	1		4	4	116
Folate, DFE....µg	3		0	NC	4		4	4	116
Choline, total....mg	4.1		0	AS	1		6.3	6.2	183.8
Betaine....mg	0.3		1	A	1		0.4	0.4	12.6
Vitamin B-12....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....µg	28		0	AS	1		44	43	1286
Retinol....µg	0		0	Z	7		0	0	0
Carotene, beta....µg	303	8.654	14	A	1		466	460	13683
Carotene, alpha....µg	0	0.000	9	A	1		0	0	0
Cryptoxanthin, beta....µg	78	77.500	10	A	1		119	118	3501
Vitamin A, IU....IU	569		0	AS	1		877	865	25722
Lycopene....µg	4532	386.910	150	A	1		6979	6888	204742
Lutein + zeaxanthin....µg	8	4.919	9	A	1		13	12	369
Vitamin E (alpha-tocopherol)....mg	0.05	0.013	8	A	1		0.08	0.07	2.21
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg	0.00	0.000	8	A	1		0.00	0.00	0.00
Tocopherol, gamma....mg	0.00	0.003	8	A	1		0.00	0.00	0.13
Tocopherol, delta....mg	0.00	0.005	8	A	1		0.01	0.01	0.21
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)....µg									

NDB No. 09326
Watermelon, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	0.1	0.060	8	A	1		0.2	0.2	5.3
Dihydrophylloquinone....µg	0.0	0.000	7	A	1		0.0	0.0	0.0
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.016		0	NC	4		0.025	0.025	0.743
4:0....g	0.000		0		4		0.000	0.000	0.000
6:0....g	0.000		0		4		0.000	0.000	0.000
8:0....g	0.000		0		4		0.001	0.001	0.015
10:0....g	0.001		0		4		0.002	0.002	0.046
12:0....g	0.001		0		4		0.001	0.001	0.031
13:0....g									
14:0....g	0.000		0		4		0.001	0.001	0.015
15:0....g									
16:0....g	0.008		0		4		0.012	0.012	0.356
17:0....g									
18:0....g	0.006		0		4		0.009	0.009	0.279
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.037		0	NC	4		0.056	0.056	1.656
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
17:1....g									
18:1 undifferentiated....g	0.037		0		4		0.056	0.056	1.656
20:1....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.050		0	NC	4		0.077	0.076	2.260
18:2 undifferentiated....g	0.050		0		4		0.077	0.076	2.260
18:3 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
18:4....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	0.000
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	0
Phytosterols....mg	2		0		1		3	3	90
Amino Acids:									
Tryptophan....g	0.007		1		1		0.011	0.011	0.316
Threonine....g	0.027		1		1		0.042	0.041	1.220
Isoleucine....g	0.019		1		1		0.029	0.029	0.858
Leucine....g	0.018		1		1		0.028	0.027	0.813
Lysine....g	0.062		1		1		0.095	0.094	2.801
Methionine....g	0.006		1		1		0.009	0.009	0.271
Cystine....g	0.002		1		1		0.003	0.003	0.090
Phenylalanine....g	0.015		1		1		0.023	0.023	0.678
Tyrosine....g	0.012		1		1		0.018	0.018	0.542
Valine....g	0.016		1		1		0.025	0.024	0.723
Arginine....g	0.059		1		1		0.091	0.090	2.666
Histidine....g	0.006		1		1		0.009	0.009	0.271
Alanine....g	0.017		1		1		0.026	0.026	0.768
Aspartic acid....g	0.039		1		1		0.060	0.059	1.762
Glutamic acid....g	0.063		1		1		0.097	0.096	2.846
Glycine....g	0.010		1		1		0.015	0.015	0.452
Proline....g	0.024		1		1		0.037	0.036	1.084
Serine....g	0.016		1		1		0.025	0.024	0.723
Hydroxyproline....g									

NDB No. 09326
Watermelon, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 154g: 1 cup, balls

Measure 2 = 152g: 1 cup, diced

Measure 3 = 4518g: 1 melon (15" long x 7-1/2" dia)

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 25 (2012)