

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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									

Lipids:

NDB No. 09427

Abiyuch, raw

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
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	0.000		0	Z	7	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 = 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 28 (2015)

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
Lipids:									
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	
21:5.....g									
22:4.....g									
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	0.000		0	Z	7		0.000	0.000	
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	

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Common Measures:

Measure 1 = 242g: 1 cup
Measure 2 = 30.2g: 1 fl oz

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate3.92

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

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
Fatty acids, total saturated.....g	0.068		0		4		0.067	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	0.002		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	
21:5.....g									
22:4.....g									
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	0.000		0	Z	7		0.000	0.000	
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 28 (2015)

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
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7	0.0	0.0		
Vitamin D.....IU	0		0	Z	7	0	0		
Vitamin K (phylloquinone).....µg	0.0		2	A	1	0.0	0.0		
Dihydrophyloquinone.....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		
21:5.....g									
22:4.....g									
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	0.000		0	Z	7	0.000	0.000		
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

NDB No. 09400

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

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 28 (2015)

Apple juice, canned or bottled, unsweetened, with added ascorbic acid, calcium, and potassium

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7	0.0	0.0		
Vitamin D.....IU	0		0	Z	7	0	0		
Vitamin K (phylloquinone).....µg	0.0		0	BFZN	4	0.0	0.0		
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.029		0	BFZN	4	0.052	0.086		
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	0.002		0	BFZN	4	0.003	0.005		
15:0.....g									
16:0.....g	0.023		0	BFZN	4	0.041	0.068		
17:0.....g									
18:0.....g	0.003		0	BFZN	4	0.005	0.009		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.008		0	BFZN	4	0.014	0.023		
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	0.006		0	BFZN	4	0.011	0.018		
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	0.051		0	BFZN	4	0.090	0.150		
18:2 undifferentiated.....g	0.043		0	BFZN	4	0.076	0.127		
18:3 undifferentiated.....g	0.009		0	BFZN	4	0.016	0.027		
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		
21:5.....g									
22:4.....g									
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	0.000		0	Z	7	0.000	0.000		
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		

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Common Measures:

Measure 1 = 177g: 6 fl oz

Measure 2 = 295g: 10 fl oz

NDB No. 09517

Apple juice, canned or bottled, unsweetened, with added ascorbic acid, calcium, and potassium

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7	0.0	0.0	0.0	
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	
Dihydrophyloquinone.....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	
21:5.....g									
22:4.....g									
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	0.000		0	Z	7	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 = 248g: 1 cup

Measure 2 = 31.0g: 1 fl oz

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

NDB No. 09016

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

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 28 (2015)

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
Lipids:									
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	
21:5.....g									
22:4.....g									
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	0.000		0	Z	7		0.000	0.000	
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

Carbohydrate3.92

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

Lipids:

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
Fatty acids, total saturated.....g	0.018		0		1		0.043	0.005	
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	0.016		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									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	
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 28 (2015)

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			Measure 1	Measure 2	Measure 3
			Deriv Code	Source Code	Confidence Code			
Lipids:								
Fatty acids, total saturated.....g	0.060		0		1		0.127	
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								
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g								
22:6 n-3 (DHA).....g								
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	
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

Carbohydrate3.92

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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
Lipids:									
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		
21:5.....g									
22:4.....g									
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	0.000		0	Z	7		0.000		
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		

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Common Measures:

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

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate3.92

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Lipids:							
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
21:5.....g							
22:4.....g							
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	0.000		0	Z	7		0.000
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

NDB No. 09008

Apples, canned, sweetened, sliced, drained, heated

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
	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		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 28 (2015)

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
Lipids:									
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		
21:5.....g									
22:4.....g									
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	0.000		0	Z	7		0.000		
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		

NDB No. 09007

Apples, canned, sweetened, sliced, drained, unheated

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
	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		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 28 (2015)

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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, 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:									

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
Fatty acids, total saturated.....g	0.020		0		1		0.039		
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		0.002		
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									
21:5.....g									
22:4.....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.

NDB No. 09010

Apples, dehydrated (low moisture), sulfured, stewed

Common Measures:

Measure 1 = 193g: 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 28 (2015)

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
Lipids:									
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		
21:5.....g									
22:4.....g									
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		

NDB No. 09009

Apples, dehydrated (low moisture), sulfured, uncooked

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
	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		

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

Carbohydrate3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, 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:

Apples, dried, sulfured, stewed, w 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		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Fatty acids, total saturated.....g	0.011		0		1		0.031
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	0.009		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							
21:5.....g							
22:4.....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.

NDB No. 09013

Apples, dried, sulfured, stewed, with added sugar

Common Measures:

Measure 1 = 280g: 1 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 09012

Apples, dried, sulfured, stewed, w 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
Lipids:									
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		
21:5.....g									
22:4.....g									
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		

NDB No. 09012

Apples, dried, sulfured, stewed, w without added sugar

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
	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		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 28 (2015)

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	
Tocotrienol, alpha.....mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, beta.....mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, gamma.....mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, 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	

NDB No. 09011
Apples, dried, sulfured, uncooked

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
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 = 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 28 (2015)

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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, 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:

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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		1		0.109		
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	0.001		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									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g	0.000		0	Z	7		0.000		
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.

NDB No. 09015

Apples, frozen, unsweetened, heated

Common Measures:

Measure 1 = 206g: 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 28 (2015)

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	10.10		0	BFZN	4		17.47		
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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, 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:

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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		1		0.092		
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	0.001		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									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g	0.000		0	Z	7		0.000		
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.

NDB No. 09014

Apples, frozen, unsweetened, unheated

Common Measures:

Measure 1 = 173g: 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 28 (2015)

NDB No. 09504
Apples, raw, fuji, 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
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	1.0	0.071	4	A	1		1.1	2.4	1.9
Dihydrophyloquinone.....µg	0.0	0.000	4	A	1		0.0	0.0	0.0
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	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 = 109g: 1 cup, sliced
- Measure 2 = 236g: 1 large
- Measure 3 = 192g: 1 medium

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 09503
Apples, raw, gala, 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			Measure 1	Measure 2	Measure 3
			Deriv Code	Source Code	Confidence Code			
Vitamin D.....IU								
Vitamin K (phylloquinone).....µg	1.3	0.090	4	A	1	1.4	2.7	2.3
Dihydrophyloquinone.....µg	0.0	0.000	4	A	1	0.0	0.0	0.0
Menaquinone-4.....µg								
Lipids:								
Fatty acids, total saturated.....g								
Fatty acids, total monounsaturated.....g								
Fatty acids, total polyunsaturated.....g								
Fatty acids, total trans.....g	0.000		0	Z	7	0.000	0.000	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 = 109g: 1 cup, sliced
- Measure 2 = 200g: 1 large
- Measure 3 = 172g: 1 medium

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	1.8	0.050	4	A	1		2.0	3.9	3.0
Dihydrophyloquinone.....µg	0.0	0.000	4	A	1		0.0	0.0	0.0
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	0.000
Cholesterol.....mg									
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	0.011
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 28 (2015)

NDB No. 09502

Apples, raw, granny smith, 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			Measure 1	Measure 2	Measure 3
			Deriv Code	Source Code	Confidence Code			
Vitamin D.....IU								
Vitamin K (phylloquinone).....µg	3.2	0.437	4	A	1	3.5	6.6	5.4
Dihydrophyloquinone.....µg	0.0	0.000	4	A	1	0.0	0.0	0.0
Menaquinone-4.....µg								
Lipids:								
Fatty acids, total saturated.....g								
Fatty acids, total monounsaturated.....g								
Fatty acids, total polyunsaturated.....g								
Fatty acids, total trans.....g	0.000		0	Z	7	0.000	0.000	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 = 109g: 1 cup, sliced

Measure 2 = 206g: 1 large

Measure 3 = 167g: 1 medium

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 09500

Apples, raw, red 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			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
Vitamin D.....IU								
Vitamin K (phylloquinone).....µg	2.6	0.125	4	A	1	2.9	6.8	5.6
Dihydrophyloquinone.....µg	0.0	0.000	4	A	1	0.0	0.0	0.0
Menaquinone-4.....µg								
Lipids:								
Fatty acids, total saturated.....g								
Fatty acids, total monounsaturated.....g								
Fatty acids, total polyunsaturated.....g								
Fatty acids, total trans.....g	0.000		0	Z	7	0.000	0.000	0.000
Cholesterol.....mg								
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	0.016	0.013
Isoleucine.....g	0.006		0	A	1	0.007	0.016	0.013
Leucine.....g	0.013		0	A	1	0.015	0.035	0.028
Lysine.....g	0.013		0	A	1	0.014	0.033	0.027
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	0.017	0.014
Tyrosine.....g	0.001		0	A	1	0.001	0.002	0.002
Valine.....g	0.012		0	A	1	0.013	0.032	0.026
Arginine.....g	0.006		0	A	1	0.006	0.015	0.012
Histidine.....g	0.005		0	A	1	0.006	0.013	0.011
Alanine.....g	0.012		0	A	1	0.013	0.031	0.025
Aspartic acid.....g	0.073		0	A	1	0.079	0.189	0.154
Glutamic acid.....g	0.026		0	A	1	0.028	0.067	0.054
Glycine.....g	0.009		0	A	1	0.010	0.023	0.019
Proline.....g	0.006		0	A	1	0.007	0.016	0.013
Serine.....g	0.011		0	A	1	0.012	0.028	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 = 109g: 1 cup, sliced

Measure 2 = 260g: 1 large

Measure 3 = 212g: 1 medium

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7	0.0	0.0	0.0	
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	
Dihydrophyloquinone.....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	
21:5.....g									
22:4.....g									
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	0.000		0	Z	7	0.000	0.000	0.000	
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	

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

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

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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 28 (2015)

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
Tocotrienol, alpha.....mg	0.00		2	A	1		0.00	0.00	0.00
Tocotrienol, beta.....mg	0.00		2	A	1		0.00	0.00	0.00

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			Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code				
Tocotrienol, gamma.....mg	0.00		2	A	1		0.00	0.00	0.00
Tocotrienol, 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									
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
Dihydrophyloquinone.....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
21:5.....g									
22:4.....g									
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	0.000		0	Z	7		0.000	0.000	0.000
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

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		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Deriv Code	Points					
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									
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

Carbohydrate3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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
Lipids:									
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		
21:5.....g									
22:4.....g									
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	0.000		0	Z	7		0.000		
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 28 (2015)

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		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Deriv Code					
Lipids:									
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		
21:5.....g									
22:4.....g									
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	0.000		0	Z	7		0.000		
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		

NDB No. 09006

Apples, raw, without skin, cooked, microwave

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
	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		

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

Carbohydrate3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, 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:

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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			0.077
4:0.....g									
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									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g	0.000		0	Z		7			0.000
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.

NDB No. 09402

Applesauce, canned, sweetened, with salt

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 28 (2015)

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		
Tocotrienol, alpha.....mg	0.01	0.010	3	A	1		0.02		
Tocotrienol, beta.....mg	0.00	0.000	3	A	1		0.00		

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			Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code				
Tocotrienol, gamma.....mg	0.00		2	A	1		0.00		
Tocotrienol, 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	0.6		2	A	1		1.4		
Dihydrophyloquinone.....µg	0.0		1	A	1		0.0		
Menaquinone-4.....µg	0.0		1	A	1		0.0		
<u>Lipids:</u>									
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		
21:5.....g									
22:4.....g									
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	0.000		0	Z	7		0.000		
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
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		

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
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									
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

Carbohydrate3.75

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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		
Tocotrienol, alpha.....mg	0.02	0.000	3	A	1		0.05		
Tocotrienol, beta.....mg	0.00	0.000	3	A	1		0.00		
Tocotrienol, gamma.....mg	0.00	0.000	3	A	1		0.00		
Tocotrienol, delta.....mg	0.00	0.000	3	A	1		0.00		

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
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		
Dihydrophyloquinone.....µg	0.0		1	A	1		0.0		
Menaquinone-4.....µg	0.0		1	A	1		0.0		
<u>Lipids:</u>									
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									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g	0.000		0	Z	7		0.000		
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
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		

NDB No. 09401

Applesauce, canned, unsweetened, with added ascorbic acid

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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 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 28 (2015)

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		
Tocotrienol, alpha.....mg	0.02	0.000	3	A	1		0.05		
Tocotrienol, beta.....mg	0.00	0.000	3	A	1		0.00		

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			Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code				
Tocotrienol, gamma.....mg	0.00	0.000	3	A	1		0.00		
Tocotrienol, 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		
Dihydrophyloquinone.....µg	0.0		1	A	1		0.0		
Menaquinone-4.....µg	0.0		1	A	1		0.0		
<u>Lipids:</u>									
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		
21:5.....g									
22:4.....g									
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	0.000		0	Z	7		0.000		
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
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		

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
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									
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

Carbohydrate3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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	13.24		0	LC	8		33.22	4.16	
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	17.6		0	LC	8		44.3	5.5	
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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

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
Fatty acids, total saturated.....g	0.006		0		1		0.015	0.002	
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	0.005		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									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	
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 28 (2015)

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
Lipids:									
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	
21:5.....g									
22:4.....g									
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	0.000		0	Z	7		0.000	0.000	
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 28 (2015)

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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, 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:

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
Fatty acids, total saturated.....g	0.003		0		1		0.007		
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	0.002		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									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g	0.000		0	Z	7		0.000		
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.

NDB No. 09029

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

Common Measures:

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

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 28 (2015)

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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, 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:									

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
Fatty acids, total saturated.....g	0.007		0		1		0.017		
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	0.006		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									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g	0.000		0	Z	7		0.000		
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.

NDB No. 09025

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

Common Measures:

Measure 1 = 247g: 1 cup, halves

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 28 (2015)

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			
	Mean	Std. Error	Number	Source	measures of food			
			of Data Points		Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:								
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
21:5.....g								
22:4.....g								
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	0.000		0	Z 7		0.000	0.000	0.000
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

NDB No. 09027

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

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

Carbohydrate3.75

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, 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:

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
Fatty acids, total saturated.....g	0.006		0		1		0.015		
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	0.005		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									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g	0.000		0	Z	7		0.000		
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.

NDB No. 09028

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

Common Measures:

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

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 28 (2015)

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
Lipids:									
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	
21:5.....g									
22:4.....g									
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	0.000		0	Z	7		0.000	0.000	
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

Carbohydrate3.75

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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
Lipids:									
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	
21:5.....g									
22:4.....g									
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	0.000		0	Z	7		0.000	0.000	
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	

NDB No. 09024

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

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	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 = 244g: 1 cup, halves

Measure 2 = 36g: 1 apricot half with liquid

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate3.7

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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
Lipids:									
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	
21:5.....g									
22:4.....g									
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	0.000		0	Z	7		0.000	0.000	
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	

NDB No. 09026

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

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
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, 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 28 (2015)

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Lipids:									
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	
21:5.....g									
22:4.....g									
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	0.000		0	Z	7		0.000	0.000	
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	

NDB No. 09022

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

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	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 = 243g: 1 cup, halves

Measure 2 = 36g: 1 apricot half with liquid

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, 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:

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
Fatty acids, total saturated.....g	0.002		0		1		0.005		
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	0.002		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									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g	0.000		0	Z	7		0.000		
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.

NDB No. 09023

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

Common Measures:

Measure 1 = 227g: 1 cup, whole, 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 28 (2015)

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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, 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:

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
Fatty acids, total saturated.....g	0.017		0		1		0.042		
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	0.015		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									
21:5.....g									
22:4.....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.

NDB No. 09031

Apricots, dehydrated (low-moisture), sulfured, stewed

Common Measures:

Measure 1 = 249g: 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 28 (2015)

NDB No. 09030

Apricots, 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		8.93		
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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, 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:									

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
Fatty acids, total saturated.....g	0.043		0		1		0.051		
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	0.037		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									
21:5.....g									
22:4.....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.

NDB No. 09030

Apricots, dehydrated (low-moisture), sulfured, uncooked

Common Measures:

Measure 1 = 119g: 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 28 (2015)

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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, 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:

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
Fatty acids, total saturated.....g	0.010		0		1		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	0.009		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									
21:5.....g									
22:4.....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.

NDB No. 09034

Apricots, dried, sulfured, stewed, with added sugar

Common Measures:

Measure 1 = 270g: 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 28 (2015)

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
Lipids:									
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		
21:5.....g									
22:4.....g									
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		

NDB No. 09033

Apricots, dried, sulfured, stewed, without added sugar

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
	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		

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

Carbohydrate3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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	
Tocotrienol, alpha.....mg	0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, beta.....mg	0.00	0.000	3	A	1		0.00	0.00	

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, 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									
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	
Dihydrophyloquinone.....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	
21:5.....g									
22:4.....g									
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	

NDB No. 09032

Apricots, dried, sulfured, uncooked

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
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							
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 28 (2015)

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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, 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:

NDB No. 09035
Apricots, frozen, sweetened

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

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

Carbohydrate3.78

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7	0.0	0.0	0.0	
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	
21:5.....g									
22:4.....g									
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	0.000		0	Z	7	0.000	0.000	0.000	
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	

NDB No. 09021

Apricots, raw

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

Carbohydrate3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 09038
Avocados, raw, California
Persea americana

Refuse:33% 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	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
Tocotrienol, alpha.....mg	0.01	0.013	7	A	1		0.03	0.02	0.00
Tocotrienol, beta.....mg	0.00	0.000	7	A	1		0.00	0.00	0.00
Tocotrienol, gamma.....mg	0.00	0.000	7	A	1		0.00	0.00	0.00
Tocotrienol, delta.....mg	0.00	0.000	7	A	1		0.00	0.00	0.00

NDB No. 09038
Avocados, raw, California

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Mean	Std. Error	Number			measures of food			
			of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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	21.0	0.766	8	A	1	48.2	28.5	6.3	
Dihydrophyloquinone.....µg	0.0	0.000	8	A	1	0.0	0.0	0.0	
Menaquinone-4.....µg									
<u>Lipids:</u>									
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-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	0.000		0	Z	7	0.000	0.000	0.000	
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	
<u>Amino Acids:</u>									
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	

NDB No. 09038
Avocados, raw, California

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
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
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 28 (2015)

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
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									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<u>Lipids:</u>									
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									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
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	

NDB No. 09039
 Avocados, raw, Florida

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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 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 28 (2015)

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
Tocotrienol, alpha.....mg	0.01	0.011	8	A	1		0.02	0.03	0.02
Tocotrienol, beta.....mg	0.00	0.000	8	A	1		0.00	0.00	0.00

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
Tocotrienol, gamma.....mg	0.00	0.000	8	A	1		0.00	0.00	0.00
Tocotrienol, 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
Vitamin K (phylloquinone).....µg	21.0	0.766	8	A	1		31.5	48.2	30.6
Dihydrophyloquinone.....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-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	0.000		0	Z	7		0.000	0.000	0.000
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

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
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
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

Carbohydrate3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 09041

Bananas, dehydrated, or banana powder

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	measures of food			
						Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
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	
21:5.....g									
22:4.....g									
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	

NDB No. 09041

Bananas, dehydrated, or banana powder

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
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 = 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 28 (2015)

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
Tocotrienol, alpha.....mg	0.06	0.004	9	A	1		0.14	0.09	0.05
Tocotrienol, beta.....mg	0.00	0.000	9	A	1		0.00	0.00	0.00

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Deriv Code	Code					
Tocotrienol, gamma.....mg	0.00	0.001	9	A	1		0.00	0.00	0.00	
Tocotrienol, 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										
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	
Dihydrophyloquinone.....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	
21:5.....g										
22:4.....g										
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	0.000		0	Z	7		0.000	0.000	0.000	
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	

NDB No. 09040

Bananas, raw

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

Carbohydrate3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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
Lipids:									
Fatty acids, total saturated.....g	0.005		0				0.013		
4:0.....g	0.000		0				0.000		
6:0.....g	0.000		0				0.000		
8:0.....g	0.000		0				0.000		
10:0.....g	0.000		0				0.000		
12:0.....g	0.000		0				0.000		
13:0.....g									
14:0.....g	0.000		0				0.000		
15:0.....g									
16:0.....g	0.003		0				0.008		
17:0.....g									
18:0.....g	0.001		0				0.003		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.014		0				0.036		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0				0.000		
17:1.....g									
18:1 undifferentiated.....g	0.013		0				0.033		
20:1.....g	0.001		0				0.003		
22:1 undifferentiated.....g	0.000		0				0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.080		0				0.205		
18:2 undifferentiated.....g	0.053		0				0.136		
18:3 undifferentiated.....g	0.027		0				0.069		
18:4.....g	0.000		0				0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0				0.000		
20:5 n-3 (EPA).....g	0.000		0				0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0				0.000		
22:6 n-3 (DHA).....g	0.000		0				0.000		
Fatty acids, total trans.....g	0.000		0	Z		7	0.000		
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 28 (2015)

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
Lipids:									
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	
21:5.....g									
22:4.....g									
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	0.000		0	Z	7		0.000	0.000	
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 28 (2015)

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		
Tocotrienol, alpha.....mg	0.00	0.000	5	A	1		0.00		
Tocotrienol, beta.....mg	0.00	0.000	5	A	1		0.00		

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			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Deriv Code	Code					
Tocotrienol, gamma.....mg	0.00	0.000	5	A	1		0.00			
Tocotrienol, delta.....mg	0.00	0.000	5	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	19.8	2.080	5	A	1		28.5			
Dihydrophyloquinone.....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			
21:5.....g										
22:4.....g										
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	0.000		0	Z	7		0.000			
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

NDB No. 09042
Blackberries, raw

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 28 (2015)

NDB No. 09043
Blackberry 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		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Deriv Code	Points					
Lipids:									
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		
21:5.....g									
22:4.....g									
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	0.000		0	Z	7		0.000		
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 28 (2015)

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Lipids:									
Fatty acids, total saturated.....g	0.027		0				0.069		
4:0.....g	0.000		0				0.000		
6:0.....g	0.000		0				0.000		
8:0.....g	0.000		0				0.000		
10:0.....g	0.000		0				0.000		
12:0.....g	0.000		0				0.000		
13:0.....g									
14:0.....g	0.000		0				0.000		
15:0.....g									
16:0.....g	0.016		0				0.041		
17:0.....g									
18:0.....g	0.006		0				0.015		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.047		0				0.120		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0				0.003		
17:1.....g									
18:1 undifferentiated.....g	0.045		0				0.115		
20:1.....g	0.000		0				0.000		
22:1 undifferentiated.....g	0.000		0				0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.144		0				0.369		
18:2 undifferentiated.....g	0.086		0				0.220		
18:3 undifferentiated.....g	0.058		0				0.148		
18:4.....g	0.000		0				0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0				0.000		
20:5 n-3 (EPA).....g	0.000		0				0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0				0.000		
22:6 n-3 (DHA).....g	0.000		0				0.000		
Fatty acids, total trans.....g	0.000		0	Z		7	0.000		
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		

NDB No. 09052

Blueberries, canned, heavy syrup, solids and liquids

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
	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		

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

Carbohydrate3.75

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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		
Tocotrienol, alpha.....mg	0.00		1	A	1		0.00		
Tocotrienol, beta.....mg	0.00		1	A	1		0.00		

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			Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code				
Tocotrienol, gamma.....mg	0.19		1	A	1		0.46		
Tocotrienol, 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	19.9		2	A	1		48.7		
Dihydrophyloquinone.....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		
21:5.....g									
22:4.....g									
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	0.000		0	Z	7		0.000		
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

NDB No. 09352

Blueberries, canned, light syrup, drained

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 28 (2015)

NDB No. 09163
Blueberries, 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
Lipids:									
Fatty acids, total saturated.....g	0.200		0	FLC	4		0.080		
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	0.116		0	FLC	4		0.046		
17:0.....g									
18:0.....g	0.068		0	FLC	4		0.027		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.405		0	NC	4		0.162		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.005		0	FLC	4		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.400		0	FLC	4		0.160		
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	1.300		0	FLC	4		0.520		
18:2 undifferentiated.....g	1.137		0	FLC	4		0.455		
18:3 undifferentiated.....g	0.163		0	FLC	4		0.065		
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		
21:5.....g									
22:4.....g									
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	0.000		0	LC	8		0.000		
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 = 40g: .25 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 28 (2015)

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
Lipids:									
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	
21:5.....g									
22:4.....g									
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	0.000		0	Z	7		0.000	0.000	
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	

NDB No. 09055
Blueberries, frozen, sweetened

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
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 = 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 28 (2015)

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
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 = 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 28 (2015)

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	
Tocotrienol, alpha.....mg	0.00	0.000	4	A	1		0.00	0.00	
Tocotrienol, beta.....mg	0.00	0.000	4	A	1		0.00	0.00	

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			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code						
Tocotrienol, gamma.....mg	0.07	0.006	4	A	1		0.11	0.05		
Tocotrienol, 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										
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		
Dihydrophyloquinone.....µg	0.0	0.000	8	A	1		0.0	0.0		
Menaquinone-4.....µg										
<u>Lipids:</u>										
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		
21:5.....g										
22:4.....g										
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	0.000		0	Z	7		0.000	0.000		
Cholesterol.....mg	0		0	Z	7		0	0		
Phytosterols.....mg										
<u>Amino Acids:</u>										
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		

NDB No. 09050
Blueberries, raw

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
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								
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 28 (2015)

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	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	14.8		1	A	1		47.2		
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									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g	0.000		0	Z	7		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 = 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 28 (2015)

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
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		
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	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 = 140g: 1 cup, frozen

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, 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:

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
Fatty acids, total saturated.....g	0.004		0		4		0.010		
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	0.012		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		
21:5.....g									
22:4.....g									
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	0.000		0	Z	7		0.000		
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

Carbohydrate3.75

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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
Lipids:									
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	
21:5.....g									
22:4.....g									
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	0.000		0	Z	7		0.000	0.000	
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 28 (2015)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	measures of food		
						Confidence Code	Measure 1	Measure 2
Lipids:								
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
21:5.....g								
22:4.....g								
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	0.000		0	Z	7		0.000	0.000
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

NDB No. 09059

Breadfruit, raw

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
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 = 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 28 (2015)

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		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
Lipids:									
Fatty acids, total saturated.....g	0.010		0	RA					
4:0.....g	0.000		0	RA					
6:0.....g	0.000		0	RA					
8:0.....g	0.000		0	RA					
10:0.....g	0.000		0	RA					
12:0.....g	0.000		0	RA					
13:0.....g									
14:0.....g	0.000		0	RA					
15:0.....g									
16:0.....g	0.008		0	RA					
17:0.....g									
18:0.....g	0.002		0	RA					
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.008		0	RA					
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	RA					
17:1.....g									
18:1 undifferentiated.....g	0.008		0	RA					
20:1.....g	0.000		0	RA					
22:1 undifferentiated.....g	0.000		0	RA					
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.020		0	RA					
18:2 undifferentiated.....g	0.013		0	RA					
18:3 undifferentiated.....g	0.008		0	RA					
18:4.....g	0.000		0	RA					
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RA					
20:5 n-3 (EPA).....g	0.000		0	RA					
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	RA					
22:6 n-3 (DHA).....g	0.000		0	RA					
Fatty acids, total trans.....g	0.000		0	Z					
Cholesterol.....mg	0		0	Z					
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z					
Caffeine.....mg	0		0	Z					
Theobromine.....mg	0		0	Z					

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 28 (2015)

NDB No. 09060
Carambola, (starfruit), raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points	Deriv Code	measures of food				
					Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
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
21:5.....g									
22:4.....g									
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	0.000		0	Z	7		0.000	0.000	0.000
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

NDB No. 09060
 Carambola, (starfruit), raw

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3	
			of Data Points	Deriv Code				Source Code
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 = 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 28 (2015)

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

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

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

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

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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		127.03	186.57	
Energy.....kcal	75		0	NC	4		120	176	
Energy.....kJ	313		0	NC	4		500	734	
Protein (N x 6.25).....g	1.57	0.087	6	A	1		2.51	3.68	
Total lipid (fat).....g	0.68	0.062	6	A	1		1.09	1.59	
Ash.....g	0.65	0.018	6	A	1		1.04	1.53	
Carbohydrate, by difference.....g	17.71		0	NC	4		28.34	41.62	
Fiber, total dietary.....g	3.0	0.649	5	A	1		4.8	7.0	
Sugars, total.....g	12.87	0.543	3	A	1		20.59	30.24	
Sucrose.....g	0.66	0.613	4	A	1		1.05	1.54	
Glucose (dextrose).....g	5.93	0.196	3	A	1		9.49	13.94	
Fructose.....g	6.28	0.346	3	A	1		10.04	14.75	
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		16	24	
Iron, Fe.....mg	0.27	0.059	6	A	1		0.43	0.63	
Magnesium, Mg.....mg	17	0.713	6	A	1		27	40	
Phosphorus, P.....mg	26	0.606	6	A	1		42	62	
Potassium, K.....mg	287	30.769	6	A	1		459	675	
Sodium, Na.....mg	7	2.374	6	A	1		11	16	
Zinc, Zn.....mg	0.16	0.023	6	A	1		0.26	0.39	
Copper, Cu.....mg	0.069	0.011	6	A	1		0.110	0.162	
Manganese, Mn.....mg	0.093	0.012	6	A	1		0.149	0.219	
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	12.6	1.141	5	A	1		20.2	29.6	
Thiamin.....mg	0.101	0.027	6	A	1		0.162	0.238	
Riboflavin.....mg	0.131	0.011	6	A	1		0.209	0.307	
Niacin.....mg	0.644	0.143	6	A	1		1.030	1.512	
Pantothenic acid.....mg	0.345	0.110	6	A	1		0.551	0.810	
Vitamin B-6.....mg	0.257	0.103	6	A	1		0.412	0.605	
Folate, total (1).....µg	23	4.838	4	A	1		37	54	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	23	4.838	4	A	1		37	54	
Folate, DFE.....µg	23		0	NC	4		37	54	
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		0	1	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg	2	0.460	3	A	1		4	5	
Carotene, alpha.....µg	0	0.053	3	A	1		0	0	
Cryptoxanthin, beta.....µg	1	0.177	3	A	1		2	3	
Vitamin A, IU.....IU	5	0.658	3	A	1		8	12	
Lycopene.....µg	0	0.000	3	A	1		0	0	
Lutein + zeaxanthin.....µg	6	0.764	3	A	1		9	14	
Vitamin E (alpha-tocopherol).....mg	0.27		1	A	1		0.43	0.63	
Tocopherol, beta.....mg	0.00		1	A	1		0.00	0.01	
Tocopherol, gamma.....mg	0.01		1	A	1		0.01	0.01	
Tocopherol, delta.....mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, alpha.....mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, beta.....mg	0.01		1	A	1		0.01	0.01	
Tocotrienol, gamma.....mg	0.03		1	A	1		0.05	0.07	
Tocotrienol, delta.....mg	0.05		1	A	1		0.08	0.12	

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Code					
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.233		0	NC	4		0.372	0.547	
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		0.072	0.106	
12:0.....g	0.005		1	A	1		0.008	0.011	
13:0.....g									
14:0.....g	0.012		1	A	1		0.019	0.028	
15:0.....g	0.000		1	A	1		0.000	0.000	
16:0.....g	0.104		1	A	1		0.167	0.245	
17:0.....g	0.005		1	A	1		0.008	0.011	
18:0.....g	0.050		1	A	1		0.080	0.117	
20:0.....g	0.005		1	A	1		0.008	0.011	
22:0.....g	0.002		1	A	1		0.004	0.006	
24:0.....g	0.005		1	A	1		0.008	0.011	
Fatty acids, total monounsaturated.....g	0.055		0	NC	4		0.087	0.128	
14:1.....g	0.005		1	A	1		0.008	0.011	
15:1.....g	0.000		1	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.028		0	AS	1		0.046	0.067	
16:1 c.....g	0.028		1	A	1		0.046	0.067	
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		0.034	0.050	
18:1 c.....g	0.021		1	A	1		0.034	0.050	
18:1 t.....g	0.000		1	A	1		0.000	0.000	
18:1-11 t (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		0.300	0.441	
18:2 undifferentiated.....g	0.028		0	AS	1		0.046	0.067	
18:2 n-6 c,c.....g	0.028		1	A	1		0.046	0.067	
18:2 CLAs.....g	0.000		1	A	1		0.000	0.000	
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		0.255	0.374	
18:3 n-3 c,c,c (ALA).....g	0.159		1	A	1		0.255	0.374	
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-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	

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Deriv Code	Points					
Fatty acids, total trans-monoenoic.....g	0.000		0	NC	4		0.000	0.000	
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		0.050	0.074	
Threonine.....g	0.052		0	A	1		0.084	0.123	
Isoleucine.....g	0.042		0	A	1		0.067	0.098	
Leucine.....g	0.063		0	A	1		0.100	0.147	
Lysine.....g	0.042		0	A	1		0.067	0.098	
Methionine.....g	0.021		0	A	1		0.033	0.049	
Cystine.....g	0.010		0	A	1		0.017	0.025	
Phenylalanine.....g	0.042		0	A	1		0.067	0.098	
Tyrosine.....g	0.031		0	A	1		0.050	0.074	
Valine.....g	0.063		0	A	1		0.100	0.147	
Arginine.....g	0.031		0	A	1		0.050	0.074	
Histidine.....g	0.021		0	A	1		0.033	0.049	
Alanine.....g	0.063		0	A	1		0.100	0.147	
Aspartic acid.....g	0.105		0	A	1		0.167	0.246	
Glutamic acid.....g	0.199		0	A	1		0.318	0.467	
Glycine.....g	0.052		0	A	1		0.084	0.123	
Proline.....g	0.157		0	A	1		0.251	0.368	
Serine.....g	0.063		0	A	1		0.100	0.147	
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 = 160g: 1 cup, pieces

Measure 2 = 235g: 1 fruit without skin and seeds

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

Carbohydrate3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 09362

Cherries, sour, canned, water 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	88.31		2	A	1		148.36		
Energy.....kcal	42		0	NC	4		70		
Energy.....kJ	174		0	NC	4		293		
Protein (N x 6.25).....g	0.69		2	A	1		1.15		
Total lipid (fat).....g	0.21		2	A	1		0.34		
Ash.....g	0.34		2	A	1		0.58		
Carbohydrate, by difference.....g	10.45		0	NC	4		17.56		
Fiber, total dietary.....g	1.2		2	A	1		2.1		
Sugars, total.....g	6.99		2	A	1		11.75		
Sucrose.....g	0.01		2	A	1		0.03		
Glucose (dextrose).....g	4.19		2	A	1		7.03		
Fructose.....g	2.79		2	A	1		4.69		
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		18		
Iron, Fe.....mg	0.64		2	A	1		1.08		
Magnesium, Mg.....mg	8		2	A	1		14		
Phosphorus, P.....mg	16		2	A	1		26		
Potassium, K.....mg	115		2	A	1		193		
Sodium, Na.....mg	4		2	A	1		6		
Zinc, Zn.....mg	0.07		2	A	1		0.13		
Copper, Cu.....mg									
Manganese, Mn.....mg	0.059		2	A	1		0.100		
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.3		2	A	1		0.5		
Thiamin.....mg	0.025		2	A	1		0.041		
Riboflavin.....mg	0.065		2	A	1		0.109		
Niacin.....mg	0.260		1	A	1		0.437		
Pantothenic acid.....mg	0.041		2	A	1		0.068		
Vitamin B-6.....mg	0.047		2	A	1		0.079		
Folate, total.....µg									
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	8.1		1	A	1		13.6		
Dihydrophylloquinone.....µg	0.0		1	A	1		0.0		
Menquinone-4.....µg	0.0		1	A	1		0.0		
Lipids:									

NDB No. 09362

Cherries, sour, canned, water pack, drained

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g	0.000		0	Z	7		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 = 168g: 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 28 (2015)

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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, 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:

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		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Fatty acids, total saturated.....g	0.021		0		1		0.055
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
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							
21:5.....g							
22:4.....g							
22:5 n-3 (DPA).....g							
22:6 n-3 (DHA).....g							
Fatty acids, total trans.....g	0.000		0	Z	7		0.000
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 28 (2015)

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
Lipids:									
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		
21:5.....g									
22:4.....g									
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	0.000		0	Z	7		0.000		
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 28 (2015)

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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, 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:

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
Fatty acids, total saturated.....g	0.022		0		1		0.055		
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		0.038		
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									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g	0.000		0	Z	7		0.000		
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 28 (2015)

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		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Deriv Code	Points					
Tocotrienol, 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	1.4		0	BFYN	4		3.4		
Dihydrophyloquinone.....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		
21:5.....g									
22:4.....g									
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	0.000		0	Z	7		0.000		
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

NDB No. 09064

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

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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
Lipids:									
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	
21:5.....g									
22:4.....g									
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	0.000		0	Z	7		0.000	0.000	
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 28 (2015)

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		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Deriv Code	Points					
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
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	
21:5.....g									
22:4.....g									
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	0.000		0	Z	7		0.000	0.000	
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 28 (2015)

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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, 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:

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
Fatty acids, total saturated.....g	0.033		0		1		0.086		
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	0.023		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									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g	0.000		0	Z	7		0.000		
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 28 (2015)

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
Lipids:									
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		
21:5.....g									
22:4.....g									
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	0.000		0	Z	7		0.000		
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 28 (2015)

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
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		0.060		
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		
21:5.....g									
22:4.....g									
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	0.000		0	Z	7		0.000		
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 28 (2015)

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				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		
Tocotrienol, alpha.....mg	0.00		2	A	1		0.00		
Tocotrienol, beta.....mg	0.00		2	A	1		0.00		

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Tocotrienol, gamma.....mg	0.00		2	A	1		0.00		
Tocotrienol, 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									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg	0.9		1	A	1		2.3		
Dihydrophyloquinone.....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		
21:5.....g									
22:4.....g									
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	0.000		0	Z	7		0.000		
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

NDB No. 09074

Cherries, sweet, canned, pitted, heavy syrup pack, 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 28 (2015)

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
Lipids:									
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		
21:5.....g									
22:4.....g									
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	0.000		0	Z	7		0.000		
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 28 (2015)

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
Lipids:									
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		
21:5.....g									
22:4.....g									
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	0.000		0	Z	7		0.000		
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 28 (2015)

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
Lipids:									
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	
21:5.....g									
22:4.....g									
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	0.000		0	Z	7		0.000	0.000	
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 28 (2015)

NDB No. 09070
 Cherries, sweet, raw
Prunus avium

Refuse:8% 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	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
Tocotrienol, alpha.....mg	0.03	0.022	9	A	1		0.04	0.04	0.00
Tocotrienol, beta.....mg	0.00	0.000	5	A	1		0.00	0.00	0.00

NDB No. 09070
Cherries, sweet, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Mean	Std. Error	Number			measures of food			
			of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	0.00	0.000	5	A	1		0.00	0.00	0.00
Tocotrienol, 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									
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
Dihydrophyloquinone.....µg	0.0	0.000	4	A	1		0.0	0.0	0.0
Menaquinone-4.....µg									
<u>Lipids:</u>									
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
21:5.....g									
22:4.....g									
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	0.000		0	Z	7		0.000	0.000	0.000
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg	12		0		1		17	18	1
<u>Amino Acids:</u>									
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

NDB No. 09070
Cherries, sweet, raw

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3	
			of Data Points	Deriv Code				Source Code
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								
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 28 (2015)

NDB No. 09044
Cherries, tart, 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 Deriv Source Confidence			Measure 1	Measure 2	Measure 3
			Points	Code	Code			
Lipids:								
Fatty acids, total saturated.....g	0.146		0	FLC	4		0.059	
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	0.004		0	FLC	4		0.002	
15:0.....g								
16:0.....g	0.103		0	FLC	4		0.041	
17:0.....g								
18:0.....g	0.035		0	FLC	4		0.014	
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	0.177		0	FLC	4		0.071	
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.002		0	FLC	4		0.001	
17:1.....g								
18:1 undifferentiated.....g	0.175		0	FLC	4		0.070	
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	0.194		0	FLC	4		0.078	
18:2 undifferentiated.....g	0.102		0	FLC	4		0.041	
18:3 undifferentiated.....g	0.092		0	FLC	4		0.037	
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	
21:5.....g								
22:4.....g								
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	0.000		0	LC	8		0.000	
Cholesterol.....mg	0		0	LC	8		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 = 40g: .25 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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		
Tocotrienol, alpha.....mg	0.00	0.000	3	A	1		0.00		
Tocotrienol, beta.....mg	0.00	0.000	3	A	1		0.00		
Tocotrienol, gamma.....mg	0.00	0.000	3	A	1		0.00		
Tocotrienol, delta.....mg	0.00	0.000	3	A	1		0.00		
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		

NDB No. 09433
Clementines, raw

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
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		
Dihydrophyloquinone.....µg	0.0		2	A	1	0.0		
Menaquinone-4.....µg								
<u>Lipids:</u>								
Fatty acids, total saturated.....g								
Fatty acids, total monounsaturated.....g								
Fatty acids, total polyunsaturated.....g								
Fatty acids, total trans.....g	0.000		0	Z	7	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 = 74g: 1 fruit

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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
14:0.....g	0.001		0		1		0.001		
15:0.....g									
16:0.....g	0.040		0		1		0.044		
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									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g	0.000		0	Z	7		0.000		
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

NDB No. 09077
Crabapples, raw

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 28 (2015)

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
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....µg	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg	7.6		0	RA	4		3.1		
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.088	0.005	6	A	1		0.035		
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		1	A	1		0.000		
10:0.....g	0.014		1	A	1		0.005		
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	0.034		1	A	1		0.014		
17:0.....g	0.000		1	A	1		0.000		
18:0.....g	0.020		1	A	1		0.008		
20:0.....g	0.000		1	A	1		0.000		
22:0.....g	0.007		1	A	1		0.003		
24:0.....g	0.014		1	A	1		0.005		
Fatty acids, total monounsaturated.....g	0.298	0.010	5	A	1		0.119		
14:1.....g	0.000		1	A	1		0.000		
15:1.....g	0.000		1	A	1		0.000		
16:1 undifferentiated.....g	0.007		1	A	1		0.003		
17:1.....g	0.000		1	A	1		0.000		
18:1 undifferentiated.....g	0.277		1	A	1		0.111		
20:1.....g	0.007		1	A	1		0.003		
22:1 undifferentiated.....g	0.007		1	A	1		0.003		
24:1 c.....g	0.000		1	A	1		0.000		
Fatty acids, total polyunsaturated.....g	0.182	0.006	5	A	1		0.073		
18:2 undifferentiated.....g	0.159		1	A	1		0.064		
18:2 n-6 c,c.....g	0.159		1	A	1		0.064		
18:2 CLAs.....g									
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.023		0	AS	1		0.009		
18:3 n-3 c,c,c (ALA).....g	0.023		1	A	1		0.009		
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		0	AS	1		0.000		
20:4 n-6.....g	0.000		1	A	1		0.000		
20:5 n-3 (EPA).....g	0.000		1	A	1		0.000		
21:5.....g	0.000		1	A	1		0.000		
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	0.003	0.003	6	A	1		0.001		
Cholesterol.....mg	0	0.000	7	A	1		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		

NDB No. 09079
Cranberries, dried, sweetened

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: .25 cup

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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	87.32	0.183	5	A	1		96.05	87.32	
Energy.....kcal	46		0	NC	4		50	46	
Energy.....kJ	191		0	NC	4		210	191	
Protein (N x 6.25).....g	0.46	0.069	5	A	1		0.51	0.46	
Total lipid (fat).....g	0.13	0.032	4	A	1		0.14	0.13	
Ash.....g	0.12	0.023	5	A	1		0.14	0.12	
Carbohydrate, by difference.....g	11.97		0	NC	4		13.17	11.97	
Fiber, total dietary.....g	3.6	1.010	5	A	1		4.0	3.6	
Sugars, total.....g	4.27	0.232	5	A	1		4.70	4.27	
Sucrose.....g	0.16	0.037	5	A	1		0.18	0.16	
Glucose (dextrose).....g	3.44	0.160	5	A	1		3.78	3.44	
Fructose.....g	0.67	0.035	5	A	1		0.73	0.67	
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	0.00	0.000	4	A	1		0.00	0.00	
Minerals:									
Calcium, Ca.....mg	8	0.196	5	A	1		9	8	
Iron, Fe.....mg	0.23	0.014	5	A	1		0.26	0.23	
Magnesium, Mg.....mg	6	0.063	5	A	1		7	6	
Phosphorus, P.....mg	11	1.435	5	A	1		12	11	
Potassium, K.....mg	80	5.162	5	A	1		88	80	
Sodium, Na.....mg	2	0.086	5	A	1		2	2	
Zinc, Zn.....mg	0.09	0.010	5	A	1		0.10	0.09	
Copper, Cu.....mg	0.056	0.005	5	A	1		0.062	0.056	
Manganese, Mn.....mg	0.267	0.094	5	A	1		0.293	0.267	
Selenium, Se.....µg	0.1		2	A	1		0.2	0.1	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	14.0	0.650	5	A	1		15.3	14.0	
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	AS	1		3	3	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg	38	1.850	5	A	1		42	38	
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	63		0	AS	1		69	63	
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	1.32	0.120	5	A	1		1.45	1.32	
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	
Tocotrienol, alpha.....mg	0.00	0.000	4	A	1		0.00	0.00	
Tocotrienol, beta.....mg	0.00	0.000	4	A	1		0.00	0.00	

NDB No. 09078
Cranberries, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Mean	Std. Error	Number			measures of food			
			of Data	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
		Points	Code	Code	Code				
Tocotrienol, gamma.....mg	0.29	0.042	4	A	1		0.32	0.29	
Tocotrienol, 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									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	5.0	0.093	5	A	1		5.5	5.0	
Dihydrophyloquinone.....µg	0.0	0.000	4	A	1		0.0	0.0	
Menaquinone-4.....µg									
<u>Lipids:</u>									
Fatty acids, total saturated.....g	0.008		0	NC	4		0.009	0.008	
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	NC	4		0.020	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	NC	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	
21:5.....g									
22:4.....g									
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	0.000		1	A	1		0.000	0.000	
Cholesterol.....mg	0		1	A	1		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
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	

NDB No. 09078
Cranberries, raw

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
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							
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 28 (2015)

NDB No. 09522

Cranberry juice blend, 100% juice, bottled, with added vitamin C 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
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D.....µg	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	0.0		0	BFZN	4		0.0	0.0	
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.002		1	A	1		0.003	0.004	
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	0.000		0	BFZN	4		0.000	0.000	
15:0.....g									
16:0.....g	0.001		0	BFZN	4		0.002	0.003	
17:0.....g									
18:0.....g	0.000		0	BFZN	4		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.002		1	A	1		0.003	0.004	
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	0.001		0	BFZN	4		0.003	0.004	
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	0.002		1	A	1		0.003	0.004	
18:2 undifferentiated.....g	0.001		0	BFZN	4		0.002	0.003	
18:3 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.001	
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	
21:5.....g									
22:4.....g									
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	0.000		1	A	1		0.000	0.000	
Cholesterol.....mg	0		1	A	1		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 = 200g: 6.75 fl oz

Measure 2 = 240g: 8 fl oz

NDB No. 09522

Cranberry juice blend, 100% juice, bottled, with added vitamin C and calcium

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 28 (2015)

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
Lipids:									
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	
21:5.....g									
22:4.....g									
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	0.000		0	Z	7		0.000	0.000	
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

Carbohydrate3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	1.4		1	A	1		3.7	0.8	
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.007		2	A	1		0.020	0.004	
4:0.....g	0.000		0	FLA	4		0.000	0.000	
6:0.....g	0.000		0	FLA	4		0.000	0.000	
8:0.....g	0.000		0	FLA	4		0.000	0.000	
10:0.....g	0.000		0	FLA	4		0.000	0.000	
12:0.....g	0.000		0	FLA	4		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0	FLA	4		0.000	0.000	
15:0.....g									
16:0.....g	0.005		0	FLA	4		0.015	0.003	
17:0.....g									
18:0.....g	0.002		0	FLA	4		0.005	0.001	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.007		2	A	1		0.020	0.004	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLA	4		0.001	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.007		0	FLA	4		0.019	0.004	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.031		2	A	1		0.086	0.018	
18:2 undifferentiated.....g	0.019		0	FLA	4		0.052	0.011	
18:3 undifferentiated.....g	0.012		0	FLA	4		0.034	0.007	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g	0.000		2	A	1		0.000	0.000	
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

NDB No. 09081

Cranberry sauce, canned, sweetened

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 09526

Cranberry sauce, jellied, canned, OCEAN SPRAY

Ocean Spray Cranberries, Inc.

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		1	A	1		40.74		
Energy.....kcal	160		0	NC	4		112		
Energy.....kJ	669		0	NC	4		468		
Protein (N x 6.25).....g	1.05		1	A	1		0.74		
Total lipid (fat).....g	0.04		0	NR	4		0.03		
Ash.....g	0.10		1	A	1		0.07		
Carbohydrate, by difference.....g	40.61		0	NC	4		28.43		
Fiber, total dietary.....g	1.0		1	A	1		0.7		
Sugars, total.....g	32.20		1	A	1		22.54		
Sucrose.....g	0.10		1	A	1		0.07		
Glucose (dextrose).....g	17.80		1	A	1		12.46		
Fructose.....g	9.80		1	A	1		6.86		
Lactose.....g	0.00		1	A	1		0.00		
Maltose.....g	4.50		1	A	1		3.15		
Galactose.....g	0.00		1	A	1		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	3		1	A	1		2		
Iron, Fe.....mg	0.62		1	A	1		0.43		
Magnesium, Mg.....mg	2		1	A	1		2		
Phosphorus, P.....mg	4		1	A	1		3		
Potassium, K.....mg	34		1	A	1		24		
Sodium, Na.....mg	5		1	A	1		3		
Zinc, Zn.....mg	0.03		1	A	1		0.02		
Copper, Cu.....mg	0.035		1	A	1		0.024		
Manganese, Mn.....mg	0.085		1	A	1		0.060		
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.0		1	A	1		0.7		
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	2		0	AS	1		1		
Vitamin A, IU.....IU	33		0	AS	1		23		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

NDB No. 09526

Cranberry sauce, jellied, canned, OCEAN SPRAY

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Fatty acids, total saturated.....g	0.007		1	A	1		0.005		
Fatty acids, total monounsaturated.....g	0.007		1	A	1		0.005		
Fatty acids, total polyunsaturated.....g	0.028		1	A	1		0.020		
Fatty acids, total trans.....g	0.000		1	A	1		0.000		
Cholesterol.....mg	0		1	A	1		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 = 70g: .25 cup

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 28 (2015)

NDB No. 09525

Cranberry sauce, whole, canned, OCEAN SPRAY

Ocean Spray Cranberries, Inc.

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	58.70		1	A	1		41.09		
Energy.....kcal	158		0	NC	4		111		
Energy.....kJ	661		0	NC	4		463		
Protein (N x 6.25).....g	0.75		1	A	1		0.53		
Total lipid (fat).....g	0.05		0	NR	4		0.04		
Ash.....g	0.10		1	A	1		0.07		
Carbohydrate, by difference.....g	40.40		0	NC	4		28.28		
Fiber, total dietary.....g	1.2		1	A	1		0.8		
Sugars, total.....g	31.30		1	A	1		21.91		
Sucrose.....g	0.10		1	A	1		0.07		
Glucose (dextrose).....g	17.10		1	A	1		11.97		
Fructose.....g	9.70		1	A	1		6.79		
Lactose.....g	0.00		1	A	1		0.00		
Maltose.....g	4.40		1	A	1		3.08		
Galactose.....g	0.00		1	A	1		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	3		1	A	1		2		
Iron, Fe.....mg	0.20		1	A	1		0.14		
Magnesium, Mg.....mg	2		1	A	1		1		
Phosphorus, P.....mg	4		1	A	1		3		
Potassium, K.....mg	21		1	A	1		15		
Sodium, Na.....mg	5		1	A	1		3		
Zinc, Zn.....mg	0.02		1	A	1		0.02		
Copper, Cu.....mg	0.017		1	A	1		0.012		
Manganese, Mn.....mg	0.060		1	A	1		0.042		
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.0		1	A	1		0.7		
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	2		0	AS	1		1		
Vitamin A, IU.....IU	33		0	AS	1		23		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

NDB No. 09525

Cranberry sauce, whole, canned, OCEAN SPRAY

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Points	Code				
Fatty acids, total saturated.....g	0.007		1	A	1		0.005		
Fatty acids, total monounsaturated.....g	0.007		1	A	1		0.005		
Fatty acids, total polyunsaturated.....g	0.034		1	A	1		0.024		
Fatty acids, total trans.....g	0.000		1	A	1		0.000		
Cholesterol.....mg	0		1	A	1		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 = 70g: .25 cup

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 28 (2015)

NDB No. 09082
Cranberry-orange relish, canned

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

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

Common Measures:

Measure 1 = 275g: 1 cup

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate3.82

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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
13:0.....g									
14:0.....g									
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									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g	0.000		0	Z	7		0.000		
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

Carbohydrate3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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
Tocotrienol, 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	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		
21:5.....g									
22:4.....g									
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	0.000		0	Z	7		0.000		
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

NDB No. 09084
Currants, red and white, raw

Food Group: 09 Fruits and Fruit Juices
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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
Lipids:									
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		
21:5.....g									
22:4.....g									
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 28 (2015)

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		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Amino Acids:							
Tryptophan.....g	0.007		1		1		
Threonine.....g							
Isoleucine.....g							
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

Carbohydrate3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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	
Tocotrienol, alpha.....mg	0.01	0.004	4	A	1		0.02	0.00	
Tocotrienol, beta.....mg	0.00	0.000	4	A	1		0.00	0.00	

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number			Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code				
Tocotrienol, gamma.....mg	0.00	0.000	4	A	1	0.00	0.00		
Tocotrienol, 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									
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		
Dihydrophyloquinone.....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-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	0.000		0	Z	7	0.000	0.000		
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		

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	0.050		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	
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

Carbohydrate3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 09421
 Dates, medjool
Phoenix dactylifera

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	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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		

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
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg	2.7		2	A	1		0.7		
Dihydrophyloquinone.....µg	0.0		2	A	1		0.0		
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g	0.000		0	Z	7		0.000		
Cholesterol.....mg									
Phytosterols.....mg									
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 28 (2015)

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				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	64.99		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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

NDB No. 09422
Durian, raw or frozen

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	
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 28 (2015)

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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

NDB No. 09088
Elderberries, raw

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

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

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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	83.28		3	A	1		202.36	34.98	170.72
Energy.....kcal	61		0	NC	4		147	25	124
Energy.....kJ	254		0	NC	4		617	107	521
Protein (N x 6.25).....g	0.71		3	A	1		1.72	0.30	1.45
Total lipid (fat).....g	0.42		3	A	1		1.03	0.18	0.87
Ash.....g	0.38		3	A	1		0.92	0.16	0.78
Carbohydrate, by difference.....g	15.21		0	NC	4		36.97	6.39	31.19
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
Tocotrienol, alpha.....mg	0.00		1	A	1		0.00	0.00	0.00
Tocotrienol, beta.....mg	0.00		1	A	1		0.00	0.00	0.00
Tocotrienol, gamma.....mg	0.01		1	A	1		0.02	0.00	0.01
Tocotrienol, delta.....mg	0.00		1	A	1		0.01	0.00	0.01

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food			
	Mean	Std. Error	Number			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code						
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	1.4	7.1	
Dihydrophyloquinone.....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	0.104		0	NC	4		0.253	0.044	0.213	
4:0.....g	0.004		1	A	1		0.011	0.002	0.009	
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	0.003		1	A	1		0.007	0.001	0.006	
12:0.....g	0.001		1	A	1		0.004	0.001	0.003	
13:0.....g										
14:0.....g	0.003		1	A	1		0.007	0.001	0.006	
15:0.....g	0.000		1	A	1		0.000	0.000	0.000	
16:0.....g	0.075		1	A	1		0.183	0.032	0.154	
17:0.....g	0.000		1	A	1		0.000	0.000	0.000	
18:0.....g	0.014		1	A	1		0.035	0.006	0.029	
20:0.....g	0.003		1	A	1		0.007	0.001	0.006	
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	0.056		0	NC	4		0.137	0.024	0.116	
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	0.056		0	AS	1		0.137	0.024	0.116	
18:1 c.....g	0.056		1	A	1		0.137	0.024	0.116	
18:1 t.....g	0.000		1	A	1		0.000	0.000	0.000	
18:1-11 t (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	0.136		0	NC	4		0.330	0.057	0.279	
18:2 undifferentiated.....g	0.107		0	AS	1		0.260	0.045	0.219	
18:2 n-6 c,c.....g	0.107		1	A	1		0.260	0.045	0.219	
18:2 CLAs.....g	0.000		1	A	1		0.000	0.000	0.000	
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	0.029		0	AS	1		0.070	0.012	0.059	
18:3 n-3 c,c,c (ALA).....g	0.029		1	A	1		0.070	0.012	0.059	
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-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	

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3	
			of Data Points	Deriv Code				Source Code
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	0.007		0	A	1	0.017	0.003	0.014
Threonine.....g	0.019		0	A	1	0.046	0.008	0.039
Isoleucine.....g	0.019		0	A	1	0.046	0.008	0.039
Leucine.....g	0.028		0	A	1	0.069	0.012	0.058
Lysine.....g	0.038		0	A	1	0.092	0.016	0.077
Methionine.....g	0.007		0	A	1	0.017	0.003	0.014
Cystine.....g	0.007		0	A	1	0.017	0.003	0.014
Phenylalanine.....g	0.019		0	A	1	0.046	0.008	0.039
Tyrosine.....g	0.009		0	A	1	0.023	0.004	0.019
Valine.....g	0.019		0	A	1	0.046	0.008	0.039
Arginine.....g	0.019		0	A	1	0.046	0.008	0.039
Histidine.....g	0.009		0	A	1	0.023	0.004	0.019
Alanine.....g	0.038		0	A	1	0.092	0.016	0.077
Aspartic acid.....g	0.075		0	A	1	0.183	0.032	0.155
Glutamic acid.....g	0.132		0	A	1	0.321	0.056	0.271
Glycine.....g	0.028		0	A	1	0.069	0.012	0.058
Proline.....g	0.019		0	A	1	0.046	0.008	0.039
Serine.....g	0.028		0	A	1	0.069	0.012	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 = 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

Carbohydrate3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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
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	0.004		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									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g	0.000		0	Z	7		0.000		
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

NDB No. 09093

Figs, 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 28 (2015)

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
Lipids:									
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	
21:5.....g									
22:4.....g									
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	0.000		0	Z	7		0.000	0.000	
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	

NDB No. 09092

Figs, canned, heavy syrup pack, solids and liquids

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	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 = 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 28 (2015)

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
Lipids:									
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	
21:5.....g									
22:4.....g									
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	0.000		0	Z	7		0.000	0.000	
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	

NDB No. 09091

Figs, canned, light syrup pack, solids and liquids

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	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 = 252g: 1 cup

Measure 2 = 28g: 1 fig with liquid

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate3.71

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Lipids:									
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	
21:5.....g									
22:4.....g									
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	0.000		0	Z	7		0.000	0.000	
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	

NDB No. 09090

Figs, canned, water pack, solids and liquids

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	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 = 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 28 (2015)

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Lipids:									
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		
21:5.....g									
22:4.....g									
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		

NDB No. 09095
 Figs, dried, stewed

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	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		

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

Carbohydrate3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 09094

Figs, dried, uncooked (1)

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	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	
Tocotrienol, alpha.....mg	0.03	0.014	4	A	1		0.04	0.00	
Tocotrienol, beta.....mg	0.00	0.000	4	A	1		0.00	0.00	

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
Tocotrienol, gamma.....mg	0.00	0.000	4	A	1		0.00	0.00	
Tocotrienol, 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									
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	
Dihydrophyloquinone.....µg	0.0	0.000	8	A	1		0.0	0.0	
Menaquinone-4.....µg									
<u>Lipids:</u>									
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	
21:5.....g									
22:4.....g									
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									
<u>Amino Acids:</u>									
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	

NDB No. 09094

Figs, dried, uncooked (1)

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

Carbohydrate3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	0.0
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									
Menquinone-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
21:5.....g									
22:4.....g									
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	0.000		0	Z	7		0.000	0.000	0.000
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

NDB No. 09089

Figs, raw

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

Carbohydrate3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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		99.36	198.72	
Energy.....kcal	88		0	NC	4		114	229	
Energy.....kJ	368				4		479	957	
Protein (N x 6.25).....g	0.39		0		1		0.51	1.01	
Total lipid (fat).....g	0.07		0		1		0.09	0.18	
Ash.....g	0.22		0		1		0.29	0.57	
Carbohydrate, by difference.....g	22.89		0	NC	4		29.76	59.51	
Fiber, total dietary.....g	1.1		0		4		1.4	2.9	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	6		0		1		8	16	
Iron, Fe.....mg	0.28		0		1		0.36	0.73	
Magnesium, Mg.....mg	5		0		1		7	13	
Phosphorus, P.....mg	11		0		1		14	29	
Potassium, K.....mg	86		0		1		112	224	
Sodium, Na.....mg	6		0		1		8	16	
Zinc, Zn.....mg	0.08		0		1		0.10	0.21	
Copper, Cu.....mg	0.067		0		1		0.087	0.174	
Manganese, Mn.....mg	0.142		0		4		0.185	0.369	
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.9		0		1		2.5	4.9	
Thiamin.....mg	0.018		0		1		0.023	0.047	
Riboflavin.....mg	0.019		0		1		0.025	0.049	
Niacin.....mg	0.368		0		1		0.478	0.957	
Pantothenic acid.....mg	0.059		0		1		0.077	0.153	
Vitamin B-6.....mg	0.049		0		1		0.064	0.127	
Folate, total.....µg	3		0		4		3	7	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	3		0		4		3	7	
Folate, DFE.....µg	3		0	NC	4		3	7	
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		13	26	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	201		0		1		261	523	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

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
Fatty acids, total saturated.....g	0.010		0		1		0.013	0.026	
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		0.009	0.018	
17:0.....g									
18:0.....g	0.003		0		1		0.004	0.008	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.013		0		1		0.017	0.034	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.013		0		1		0.017	0.034	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.030		0		1		0.039	0.078	
18:2 undifferentiated.....g	0.027		0		1		0.035	0.070	
18:3 undifferentiated.....g	0.004		0		1		0.005	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									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	
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 = 130g: .5 cup

Measure 2 = 260g: 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 28 (2015)

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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, 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:

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			Measure 1	Measure 2	Measure 3
			Deriv Code	Source Code	Confidence Code			
Fatty acids, total saturated.....g	0.010		0		1		0.012	
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		0.009	
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								
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g								
22:6 n-3 (DHA).....g								
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	
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 28 (2015)

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		
Tocotrienol, alpha.....mg	0.00		1	A	1		0.00		
Tocotrienol, beta.....mg	0.00		1	A	1		0.00		
Tocotrienol, gamma.....mg	0.00		1	A	1		0.00		
Tocotrienol, 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		

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			Measure 1	Measure 2	Measure 3
			Deriv Code	Source Code	Confidence Code			
Dihydrophyloquinone.....µg								
Menaquinone-4.....µg								
Lipids:								
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	
21:5.....g								
22:4.....g								
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	0.000		0	Z	7		0.000	
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

Carbohydrate3.75

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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
Lipids:									
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		
21:5.....g									
22:4.....g									
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	0.000		0	Z	7		0.000		
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

Carbohydrate3.7

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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		
Tocotrienol, alpha.....mg	0.00		1	A	1		0.00		
Tocotrienol, beta.....mg	0.00		1	A	1		0.00		
Tocotrienol, gamma.....mg	0.00		1	A	1		0.00		
Tocotrienol, 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		

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		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Dihydrophyloquinone.....µg							
Menaquinone-4.....µg							
Lipids:							
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
21:5.....g							
22:4.....g							
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	0.000		0	Z	7		0.000
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

Carbohydrate3.71

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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
Lipids:									
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		
21:5.....g									
22:4.....g									
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	0.000		0	Z	7		0.000		
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 28 (2015)

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
Lipids:									
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		
21:5.....g									
22:4.....g									
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	0.000		0	Z	7		0.000		
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

Carbohydrate3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 09514

Fruit juice smoothie, BOLTHOUSE FARMS, BERRY BOOST

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

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

Fat

Carbohydrate

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, 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	2.6		0	RA	4		6.0		
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.068		0	NC	4		0.156		
4:0.....g	0.000		1	A	1		0.000		
6:0.....g	0.004		1	A	1		0.009		
8:0.....g	0.000		1	A	1		0.000		
10:0.....g	0.011		1	A	1		0.025		
12:0.....g	0.000		1	A	1		0.000		
13:0.....g									
14:0.....g	0.004		1	A	1		0.009		
15:0.....g	0.002		1	A	1		0.005		
16:0.....g	0.037		1	A	1		0.085		
17:0.....g	0.000		1	A	1		0.000		
18:0.....g	0.010		1	A	1		0.023		
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	0.064		0	NC	4		0.147		
14:1.....g	0.000		1	A	1		0.000		
15:1.....g	0.000		1	A	1		0.000		
16:1 undifferentiated.....g	0.006		0	AS	1		0.014		
16:1 c.....g	0.006		1	A	1		0.014		
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	0.024		0	AS	1		0.055		
18:1 c.....g	0.021		1	A	1		0.048		
18:1 t.....g	0.003		1	A	1		0.007		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.004		1	A	1		0.009		
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	0.068		0	NC	4		0.155		
18:2 undifferentiated.....g	0.015		0	AS	1		0.034		
18:2 n-6 c,c.....g	0.015		1	A	1		0.034		
18:2 CLAs.....g	0.000		1	A	1		0.000		
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	0.019		0	AS	1		0.043		
18:3 n-3 c,c,c (ALA).....g	0.019		1	A	1		0.043		
18:3 n-6 c,c,c.....g	0.000		1	A	1		0.000		
18:3i.....g	0.000		1	A	1		0.000		
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-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	0.003		0	NC	4		0.007		
Fatty acids, total trans-monoenoic.....g	0.003		0	NC	4		0.007		

NDB No. 09515

Fruit juice smoothie, BOLTHOUSE FARMS, GREEN GOODNESS

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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		
Cholesterol.....mg	0		0	LC	8		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 = 230g: 1 cup

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 28 (2015)

NDB No. 09516

Fruit juice smoothie, BOLTHOUSE FARMS, strawberry banana

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	RA	4		0		
Vitamin K (phylloquinone).....µg	1.6		0	RA	4		3.7		
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.129		0	NC	4		0.300		
4:0.....g	0.000		1	A	1		0.000		
6:0.....g	0.007		1	A	1		0.016		
8:0.....g	0.000		1	A	1		0.000		
10:0.....g	0.031		1	A	1		0.071		
12:0.....g	0.000		1	A	1		0.000		
13:0.....g									
14:0.....g	0.007		1	A	1		0.016		
15:0.....g	0.005		1	A	1		0.011		
16:0.....g	0.056		1	A	1		0.131		
17:0.....g	0.000		1	A	1		0.000		
18:0.....g	0.023		1	A	1		0.054		
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	0.046		0	NC	4		0.108		
14:1.....g	0.000		1	A	1		0.000		
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	0.023		0	AS	1		0.054		
18:1 c.....g	0.021		1	A	1		0.049		
18:1 t.....g	0.002		1	A	1		0.005		
18:1-11 t (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	0.112		0	NC	4		0.261		
18:2 undifferentiated.....g	0.033		0	AS	1		0.077		
18:2 n-6 c,c.....g	0.033		1	A	1		0.077		
18:2 CLAs.....g	0.000		1	A	1		0.000		
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	0.023		0	AS	1		0.054		
18:3 n-3 c,c,c (ALA).....g	0.023		1	A	1		0.054		
18:3 n-6 c,c,c.....g	0.000		1	A	1		0.000		
18:3i.....g	0.000		1	A	1		0.000		
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-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	0.002		0	NC	4		0.005		
Fatty acids, total trans-monoenoic.....g	0.002		0	NC	4		0.005		

NDB No. 09516

Fruit juice smoothie, BOLTHOUSE FARMS, strawberry banana

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	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		
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 = 233g: 1 cup

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate3.92

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 09511

Fruit juice smoothie, NAKED JUICE, BLUE MACHINE

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 8 fl oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 09508

Fruit juice smoothie, NAKED JUICE, GREEN MACHINE

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	RA	4		0.0		
Vitamin D.....IU	0		0	RA	4		0		
Vitamin K (phylloquinone).....µg	21.2		0	RA	4		58.2		
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.053		0	NC	4		0.145		
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	0.001		0	RA	4		0.002		
13:0.....g									
14:0.....g	0.004		0	RA	4		0.010		
15:0.....g									
16:0.....g	0.045		0	RA	4		0.123		
17:0.....g									
18:0.....g	0.004		0	RA	4		0.011		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.040		0	NC	4		0.110		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.014		0	RA	4		0.039		
17:1.....g									
18:1 undifferentiated.....g	0.026		0	RA	4		0.071		
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	0.073		0	NC	4		0.200		
18:2 undifferentiated.....g	0.047		0	RA	4		0.129		
18:3 undifferentiated.....g	0.026		0	RA	4		0.071		
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		
21:5.....g									
22:4.....g									
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	0.000		0	LC	8		0.000		
Cholesterol.....mg	0		0	LC	8		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 = 275g: 1 cup

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.92

NDB No. 09508

Fruit juice smoothie, NAKED JUICE, GREEN MACHINE

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 09507

Fruit juice smoothie, NAKED JUICE, MIGHTY MANGO

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 8 fl oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	RA	4		0		
Vitamin K (phylloquinone).....µg	0.9		0	RA	4		2.0		
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.092		0	NC	4		0.210		
4:0.....g	0.000		1	A	1		0.000		
6:0.....g	0.007		1	A	1		0.017		
8:0.....g	0.000		1	A	1		0.000		
10:0.....g	0.021		1	A	1		0.048		
12:0.....g	0.000		1	A	1		0.000		
13:0.....g									
14:0.....g	0.005		1	A	1		0.010		
15:0.....g	0.003		1	A	1		0.007		
16:0.....g	0.039		1	A	1		0.090		
17:0.....g	0.000		1	A	1		0.000		
18:0.....g	0.015		1	A	1		0.034		
20:0.....g	0.002		1	A	1		0.003		
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	0.024		0	NC	4		0.055		
14:1.....g	0.000		1	A	1		0.000		
15:1.....g	0.000		1	A	1		0.000		
16:1 undifferentiated.....g	0.002		0	AS	1		0.003		
16:1 c.....g	0.002		1	A	1		0.003		
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	0.023		0	AS	1		0.052		
18:1 c.....g	0.020		1	A	1		0.045		
18:1 t.....g	0.003		1	A	1		0.007		
18:1-11 t (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	0.044		0	NC	4		0.100		
18:2 undifferentiated.....g	0.024		0	AS	1		0.055		
18:2 n-6 c,c.....g	0.024		1	A	1		0.055		
18:2 CLAs.....g	0.000		1	A	1		0.000		
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	0.020		0	AS	1		0.045		
18:3 n-3 c,c,c (ALA).....g	0.020		1	A	1		0.045		
18:3 n-6 c,c,c.....g	0.000		1	A	1		0.000		
18:3i.....g	0.000		1	A	1		0.000		
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-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	0.003		0	NC	4		0.007		
Fatty acids, total trans-monoenoic.....g	0.003		0	NC	4		0.007		

NDB No. 09531

Fruit juice smoothie, NAKED JUICE, strawberry banana

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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		
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 = 228g: 1 cup

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 28 (2015)

NDB No. 09513

Fruit juice smoothie, ODWALLA, ORIGINAL SUPERFOOD

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....µg	0		0	RA	4		0		
Vitamin K (phylloquinone).....µg	1.8		0	RA	4		4.2		
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.105		0	NC	4		0.238		
4:0.....g	0.000		1	A	1		0.000		
6:0.....g	0.003		1	A	1		0.007		
8:0.....g	0.000		1	A	1		0.000		
10:0.....g	0.013		1	A	1		0.030		
12:0.....g	0.000		1	A	1		0.000		
13:0.....g									
14:0.....g	0.005		1	A	1		0.011		
15:0.....g	0.001		1	A	1		0.002		
16:0.....g	0.061		1	A	1		0.138		
17:0.....g	0.000		1	A	1		0.000		
18:0.....g	0.018		1	A	1		0.041		
20:0.....g	0.001		1	A	1		0.002		
22:0.....g	0.002		1	A	1		0.005		
24:0.....g	0.001		1	A	1		0.002		
Fatty acids, total monounsaturated.....g	0.040		0	NC	4		0.091		
14:1.....g	0.000		1	A	1		0.000		
15:1.....g	0.000		1	A	1		0.000		
16:1 undifferentiated.....g	0.005		0	AS	1		0.011		
16:1 c.....g	0.005		1	A	1		0.011		
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	0.028		0	AS	1		0.064		
18:1 c.....g	0.026		1	A	1		0.059		
18:1 t.....g	0.002		1	A	1		0.005		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.007		1	A	1		0.016		
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	0.112		0	NC	4		0.254		
18:2 undifferentiated.....g	0.093		0	AS	1		0.211		
18:2 n-6 c,c.....g	0.093		1	A	1		0.211		
18:2 CLAs.....g	0.000		1	A	1		0.000		
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	0.019		0	AS	1		0.043		
18:3 n-3 c,c,c (ALA).....g	0.019		1	A	1		0.043		
18:3 n-6 c,c,c.....g	0.000		1	A	1		0.000		
18:3i.....g	0.000		1	A	1		0.000		
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-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		

NDB No. 09513

Fruit juice smoothie, ODWALLA, ORIGINAL SUPERFOOD

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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		
Fatty acids, total trans.....g	0.002		0	NC	4		0.005		
Fatty acids, total trans-monoenoic.....g	0.002		0	NC	4		0.005		
Fatty acids, total trans-polyenoic.....g	0.000		0	NC	4		0.000		
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 = 227g: 1 cup

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 28 (2015)

NDB No. 09530

Fruit juice smoothie, ODWALLA, strawberry banana

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, delta.....									
Vitamin D (D2 + D3).....	0.0		0	Z	7		0.0		
Vitamin D.....	0		0	Z	7		0		
Vitamin K (phylloquinone).....	0.9		0	RA	4		2.1		
Dihydrophyloquinone.....									
Menaquinone-4.....									
Lipids:									
Fatty acids, total saturated.....	0.120		0	NC	4		0.279		
4:0.....	0.000		1	A	1		0.000		
6:0.....	0.008		1	A	1		0.019		
8:0.....	0.000		1	A	1		0.000		
10:0.....	0.028		1	A	1		0.066		
12:0.....	0.000		1	A	1		0.000		
13:0.....									
14:0.....	0.008		1	A	1		0.019		
15:0.....	0.004		1	A	1		0.009		
16:0.....	0.047		1	A	1		0.109		
17:0.....	0.000		1	A	1		0.000		
18:0.....	0.024		1	A	1		0.057		
20:0.....	0.000		1	A	1		0.000		
22:0.....	0.000		1	A	1		0.000		
24:0.....	0.000		1	A	1		0.000		
Fatty acids, total monounsaturated.....	0.026		0	NC	4		0.062		
14:1.....	0.000		1	A	1		0.000		
15:1.....	0.000		1	A	1		0.000		
16:1 undifferentiated.....	0.002		0	AS	1		0.005		
16:1 c.....	0.002		1	A	1		0.005		
16:1 t.....	0.000		1	A	1		0.000		
17:1.....	0.000		1	A	1		0.000		
18:1 undifferentiated.....	0.024		0	AS	1		0.057		
18:1 c.....	0.024		1	A	1		0.057		
18:1 t.....	0.000		1	A	1		0.000		
18:1-11 t (18:1t n-7).....									
20:1.....	0.000		1	A	1		0.000		
22:1 undifferentiated.....	0.000		0	AS	1		0.000		
22:1 c.....	0.000		1	A	1		0.000		
22:1 t.....	0.000		1	A	1		0.000		
24:1 c.....	0.000		1	A	1		0.000		
Fatty acids, total polyunsaturated.....	0.049		0	NC	4		0.113		
18:2 undifferentiated.....	0.028		0	AS	1		0.066		
18:2 n-6 c,c.....	0.028		1	A	1		0.066		
18:2 CLAs.....	0.000		1	A	1		0.000		
18:2 t,t.....									
18:2 i.....									
18:2 t not further defined.....	0.000		1	A	1		0.000		
18:3 undifferentiated.....	0.020		0	AS	1		0.047		
18:3 n-3 c,c,c (ALA).....	0.020		1	A	1		0.047		
18:3 n-6 c,c,c.....	0.000		1	A	1		0.000		
18:3i.....	0.000		1	A	1		0.000		
18:4.....	0.000		1	A	1		0.000		
20:2 n-6 c,c.....	0.000		1	A	1		0.000		
20:3 undifferentiated.....	0.000		0	AS	1		0.000		
20:3 n-3.....	0.000		1	A	1		0.000		
20:3 n-6.....	0.000		1	A	1		0.000		
20:4 undifferentiated.....	0.000		1	A	1		0.000		
20:4 n-6.....									
20:5 n-3 (EPA).....	0.000		1	A	1		0.000		
21:5.....									
22:4.....	0.000		1	A	1		0.000		
22:5 n-3 (DPA).....	0.000		1	A	1		0.000		
22:6 n-3 (DHA).....	0.000		1	A	1		0.000		
Fatty acids, total trans.....	0.000		0	NC	4		0.000		
Fatty acids, total trans-monoenoic.....	0.000		0	NC	4		0.000		

NDB No. 09530

Fruit juice smoothie, ODWALLA, strawberry banana

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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		
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 = 233g: 1 cup

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 28 (2015)

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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, 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:									

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			Measure 1	Measure 2	Measure 3
			Deriv Code	Source Code	Confidence Code			
Fatty acids, total saturated.....g	0.009		0		1		0.023	
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	0.006		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								
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g								
22:6 n-3 (DHA).....g								
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	
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 28 (2015)

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
Lipids:									
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		
21:5.....g									
22:4.....g									
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	0.000		0	Z	7		0.000		
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

Carbohydrate3.75

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, 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:									

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			Measure 1	Measure 2	Measure 3
			Deriv Code	Source Code	Confidence Code			
Fatty acids, total saturated.....g	0.004		0		1		0.010	
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	0.003		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								
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g								
22:6 n-3 (DHA).....g								
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	
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 28 (2015)

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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, 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:

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		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Deriv Code	Points					
Fatty acids, total saturated.....g	0.009		0		1		0.023		
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	0.006		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									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g	0.000		0	Z	7		0.000		
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 28 (2015)

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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, 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:									

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			Measure 1	Measure 2	Measure 3
			Deriv Code	Source Code	Confidence Code			
Fatty acids, total saturated.....g	0.009		0		1		0.022	
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	0.003		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								
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g								
22:6 n-3 (DHA).....g								
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	
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 28 (2015)

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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, 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:									

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		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Fatty acids, total saturated.....g	0.019		0		4		0.049
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	0.002		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
21:5.....g							
22:4.....g							
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	0.000		0	Z	7		0.000
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 28 (2015)

NDB No. 09110
Goji berries, dried

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<u>Amino Acids:</u>									
Tryptophan.....g									
Threonine.....g	0.358		0	LC	8		0.100		
Isoleucine.....g	0.261		0	LC	8		0.073		
Leucine.....g	0.456		0	LC	8		0.128		
Lysine.....g	0.233		0	LC	8		0.065		
Methionine.....g	0.087		0	LC	8		0.024		
Cystine.....g	0.144		0	LC	8		0.040		
Phenylalanine.....g	0.271		0	LC	8		0.076		
Tyrosine.....g	0.222		0	LC	8		0.062		
Valine.....g	0.316		0	LC	8		0.089		
Arginine.....g	0.722		0	LC	8		0.202		
Histidine.....g	0.157		0	LC	8		0.044		
Alanine.....g	0.698		0	LC	8		0.196		
Aspartic acid.....g	1.711		0	LC	8		0.479		
Glutamic acid.....g	1.431		0	LC	8		0.401		
Glycine.....g	0.304		0	LC	8		0.085		
Proline.....g	1.000		0	LC	8		0.280		
Serine.....g	0.498		0	LC	8		0.139		
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 = 28g: 5 tbsp

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

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
Fatty acids, total saturated.....g	0.013		0		1		0.033		
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	0.004		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		
21:5.....g									
22:4.....g									
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	0.000		0	Z	7		0.000		
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

Carbohydrate3.71

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

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
Fatty acids, total saturated.....g	0.038		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	0.000		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		
21:5.....g									
22:4.....g									
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	0.000		0	Z	7		0.000		
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 28 (2015)

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	
Tocotrienol, alpha.....mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, beta.....mg	0.00		1	A	1		0.00	0.00	

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
Tocotrienol, gamma.....mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, 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	
Dihydrophyloquinone.....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	
21:5.....g									
22:4.....g									
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	0.000		0	Z	7		0.000	0.000	
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

NDB No. 09130

Grape juice, canned or bottled, unsweetened, with added ascorbic acid (1)

Footnotes:

1 Includes purple and white grape juice

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate3.92

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 09512

Grape juice, canned or bottled, unsweetened, with added ascorbic acid and calcium (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	62		0	NC	4		156	20	
Energy.....kJ	258		0	NC	4		653	82	
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	42		0	LC	8		105	13	
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	BFZN	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		1		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	
Tocotrienol, alpha.....mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, beta.....mg	0.00		1	A	1		0.00	0.00	

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, 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	
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<u>Lipids:</u>									
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	
21:5.....g									
22:4.....g									
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	0.000		0	Z	7		0.000	0.000	
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
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	

NDB No. 09512

Grape juice, canned or bottled, unsweetened, with added ascorbic acid and calcium (1)

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

Fat

Carbohydrate

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
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	638	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	NC	4	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	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	
Tocotrienol, alpha.....mg	0.00		1	A	1	0.00	0.00	
Tocotrienol, beta.....mg	0.00		1	A	1	0.00	0.00	

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
Tocotrienol, gamma.....mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, 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	
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<u>Lipids:</u>									
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	
21:5.....g									
22:4.....g									
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	0.000		0	Z	7		0.000	0.000	
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
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	

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
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									
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 28 (2015)

NDB No. 09127

Grapefruit juice, pink or red, with added 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		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Deriv Code	Points					
Lipids:									
Fatty acids, total saturated.....g	0.014		0	BFZN	4		0.034		
4:0.....g	0.000		0	Z	7		0.000		
6:0.....g	0.000		0	Z	7		0.000		
8:0.....g	0.000		0	Z	7		0.000		
10:0.....g	0.000		0	Z	7		0.000		
12:0.....g	0.000		0	Z	7		0.000		
13:0.....g									
14:0.....g	0.000		0	Z	7		0.000		
15:0.....g									
16:0.....g	0.012		0	BFZN	4		0.029		
17:0.....g									
18:0.....g	0.001		0	BFZN	4		0.002		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.013		0	BFZN	4		0.031		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0	BFZN	4		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.012		0	BFZN	4		0.029		
20:1.....g	0.000		0	Z	7		0.000		
22:1 undifferentiated.....g	0.000		0	Z	7		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.024		0	BFZN	4		0.058		
18:2 undifferentiated.....g	0.019		0	BFZN	4		0.046		
18:3 undifferentiated.....g	0.005		0	BFZN	4		0.012		
18:4.....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	Z	7		0.000		
20:5 n-3 (EPA).....g	0.000		0	Z	7		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	Z	7		0.000		
22:6 n-3 (DHA).....g	0.000		0	Z	7		0.000		
Fatty acids, total trans.....g	0.000		0	LC	8		0.000		
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 = 240g: 8 fl oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

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
Fatty acids, total saturated.....g	0.014		0		1		0.035	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	0.012		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									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	
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 28 (2015)

NDB No. 09416

Grapefruit juice, white, bottled, unsweetened, OCEAN SPRAY

Ocean Spray Cranberries, Inc.

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	91.20		1	A	1		225.26		
Energy.....kcal	34		0	NC	4		84		
Energy.....kJ	142		0	NC	4		351		
Protein (N x 6.25).....g	0.58		1	A	1		1.43		
Total lipid (fat).....g	0.10		0	BFZN	4		0.25		
Ash.....g	0.19		1	A	1		0.47		
Carbohydrate, by difference.....g	7.93		0	NC	4		19.59		
Fiber, total dietary.....g	0.8		1	A	1		1.9		
Sugars, total.....g	7.50		1	A	1		18.53		
Sucrose.....g	1.70		1	A	1		4.20		
Glucose (dextrose).....g	2.60		1	A	1		6.42		
Fructose.....g	2.90		1	A	1		7.16		
Lactose.....g	0.10		1	A	1		0.25		
Maltose.....g	0.10		1	A	1		0.25		
Galactose.....g	0.10		1	A	1		0.25		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	14		1	A	1		35		
Iron, Fe.....mg	0.11		1	A	1		0.27		
Magnesium, Mg.....mg	8		1	A	1		21		
Phosphorus, P.....mg	15		1	A	1		36		
Potassium, K.....mg	129		1	A	1		319		
Sodium, Na.....mg	3		1	A	1		6		
Zinc, Zn.....mg	0.08		1	A	1		0.20		
Copper, Cu.....mg	0.031		1	A	1		0.077		
Manganese, Mn.....mg	0.015		1	A	1		0.037		
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	28.3		1	A	1		69.9		
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	2		0	NC	4		4		
Vitamin A, IU.....IU	35		0	BFZN	4		87		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

NDB No. 09416

Grapefruit juice, white, bottled, unsweetened, OCEAN SPRAY

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number	Deriv	Source	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code			
Fatty acids, total saturated.....g	0.008		1	A	1	0.020		
Fatty acids, total monounsaturated.....g	0.009		1	A	1	0.022		
Fatty acids, total polyunsaturated.....g	0.017		1	A	1	0.042		
Fatty acids, total trans.....g	0.002		1	A	1	0.005		
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 = 247g: 1 cup

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate3.92

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 09123

Grapefruit juice, white, 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			Confidence Code	Measure 1	Measure 2	Measure 3
			Deriv Code	Source Code	Points				
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7	0.0	0.0		
Vitamin D.....IU	0		0	Z	7	0	0		
Vitamin K (phylloquinone).....µg	0.0		1	A	1	0.0	0.0		
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.009		1	A	1	0.021	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	0.008		0		1	0.020	0.002		
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	0.010		1	A	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	0.009		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	0.018		1	A	1	0.045	0.006		
18:2 undifferentiated.....g	0.014		0		1	0.036	0.004		
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		
21:5.....g									
22:4.....g									
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	0.002		1	A	1	0.005	0.001		
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

NDB No. 09123

Grapefruit juice, white, canned or bottled, unsweetened

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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
Lipids:									
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	
21:5.....g									
22:4.....g									
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	0.000		0	Z	7		0.000	0.000	
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 28 (2015)

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		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Lipids:							
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
21:5.....g							
22:4.....g							
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	0.000		0	Z	7	0.000	0.000
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 28 (2015)

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
Lipids:									
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		
21:5.....g									
22:4.....g									
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	0.000		0	Z	7		0.000		
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

Carbohydrate3.92

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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
Tocotrienol, alpha.....mg	0.00		1	A	1		0.00	0.00	0.00
Tocotrienol, beta.....mg	0.00		1	A	1		0.00	0.00	0.00
Tocotrienol, gamma.....mg	0.00		1	A	1		0.00	0.00	0.00
Tocotrienol, 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

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		Measure 1	Measure 2	Measure 3
			Deriv Code	Source Code			
Dihydrophyloquinone.....µg							
Menaquinone-4.....µg							
Lipids:							
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
21:5.....g							
22:4.....g							
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	0.000		0	Z 7	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 = 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

NDB No. 09128
Grapefruit juice, white, raw

Food Group: 09 Fruits and Fruit Juices
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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
Lipids:									
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
21:5.....g									
22:4.....g									
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	0.000		0	Z	7		0.000	0.000	0.000
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

NDB No. 09111

Grapefruit, raw, pink and red and white, all areas

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	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	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 = 166g: .5 large (approx 4-1/2" dia)

Measure 3 = 128g: .5 medium (approx 4" dia)

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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									
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									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	
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.

NDB No. 09113

Grapefruit, raw , pink and red, California and Arizona

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 28 (2015)

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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

Lipids:

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
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	0.015
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
21:5.....g							
22:4.....g							
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	0.000		0	Z	7	0.000	0.000
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

NDB No. 09114

Grapefruit, raw, pink and red, Florida

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

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

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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
Tocotrienol, alpha.....mg	0.02	0.000	3	A	1		0.06	0.03	0.04
Tocotrienol, beta.....mg	0.00	0.000	3	A	1		0.00	0.00	0.00

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Deriv Code	Code					
Tocotrienol, gamma.....mg	0.00	0.000	3	A	1		0.00	0.00	0.00	
Tocotrienol, 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	
Vitamin K (phylloquinone).....µg	0.0	0.000	7	A	1		0.0	0.0	0.0	
Dihydrophyloquinone.....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	
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	0.000		0	Z	7		0.000	0.000	0.000	
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	

NDB No. 09112

Grapefruit, raw, pink and red, all areas

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3	
			of Data Points	Deriv Code				Source Code
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								
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 28 (2015)

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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

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		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Fatty acids, total saturated.....g	0.014		0		1	0.032	0.017
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	0.012		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							
21:5.....g							
22:4.....g							
22:5 n-3 (DPA).....g							
22:6 n-3 (DHA).....g							
Fatty acids, total trans.....g	0.000		0	Z	7	0.000	0.000
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.

NDB No. 09117

Grapefruit, raw , white, California

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

Carbohydrate3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

Lipids:

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		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Fatty acids, total saturated.....g	0.014		0		1	0.032	0.017
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	0.012		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							
21:5.....g							
22:4.....g							
22:5 n-3 (DPA).....g							
22:6 n-3 (DHA).....g							
Fatty acids, total trans.....g	0.000		0	Z	7	0.000	0.000
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.

NDB No. 09118

Grapefruit, raw , white, Florida

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

Carbohydrate3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
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	
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	
21:5.....g									
22:4.....g									
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	0.000		0	Z	7		0.000	0.000	
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	

NDB No. 09116
Grapefruit, raw, white, all areas

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
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 = 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 28 (2015)

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		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Lipids:							
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
21:5.....g							
22:4.....g							
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	0.000		0	Z	7		0.000
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

NDB No. 09120

Grapefruit, sections, canned, juice pack, solids and liquids

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	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		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 28 (2015)

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		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Lipids:							
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
21:5.....g							
22:4.....g							
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	0.000		0	Z	7		0.000
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

NDB No. 09121

Grapefruit, sections, canned, light syrup pack, solids and liquids

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	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		

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

Carbohydrate3.71

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Lipids:							
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
21:5.....g							
22:4.....g							
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	0.000		0	Z	7		0.000
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

NDB No. 09119

Grapefruit, sections, canned, water pack, solids and liquids

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	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		

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

Carbohydrate3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	measures of food			
						Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
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	
21:5.....g									
22:4.....g									
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	0.000		0	Z	7		0.000	0.000	
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	

NDB No. 09131

Grapes, american type (slip skin), raw

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
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 = 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 28 (2015)

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
Lipids:									
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		
21:5.....g									
22:4.....g									
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	0.000		0	Z	7		0.000		
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		

NDB No. 09134

Grapes, canned, thompson seedless, heavy syrup pack, solids and liquids

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	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		

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

Carbohydrate3.75

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	0.035		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		
21:5.....g									
22:4.....g									
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	0.000		0	Z	7		0.000		
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		

NDB No. 09133

Grapes, canned, thompson seedless, water pack, solids and liquids

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
	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		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 28 (2015)

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
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	0.000		0	Z	7		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 = 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 28 (2015)

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
Tocotrienol, alpha.....mg	0.00	0.000	5	A	1		0.00	0.00	0.00
Tocotrienol, beta.....mg	0.00	0.000	5	A	1		0.00	0.00	0.00

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		
	Mean	Std. Error	Number			measures of food			
			of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	0.00	0.000	5	A	1	0.00	0.00	0.00	
Tocotrienol, 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									
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	
Dihydrophyloquinone.....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	
21:5.....g									
22:4.....g									
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	0.000		0	Z	7	0.000	0.000	0.000	
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	

NDB No. 09132

Grapes, red or green (European type, such as Thompson seedless), raw

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3	
			of Data Points	Deriv Code				Source Code
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								
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 28 (2015)

NDB No. 09138

Groundcherries, (cape-gooseberries or poha), raw

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

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

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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		
Tocotrienol, alpha.....mg	0.01		2	A	1		0.02		
Tocotrienol, beta.....mg	0.00		2	A	1		0.00		

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
Tocotrienol, gamma.....mg	0.00		2	A	1		0.00		
Tocotrienol, 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									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg	0.0		2	A	1		0.0		
Dihydrophyloquinone.....µg	0.0		2	A	1		0.0		
Menaquinone-4.....µg	0.0		2	A	1		0.0		
<u>Lipids:</u>									
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		
21:5.....g									
22:4.....g									
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	0.000		0	Z	7		0.000		
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<u>Others:</u>									
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

NDB No. 09434
Guanabana nectar, canned

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 28 (2015)

NDB No. 09435

Guava 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
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	1.0		1	A	1		2.5		
Dihydrophyloquinone.....µg	0.0		1	A	1		0.0		
Menaquinone-4.....µg	0.0		1	A	1		0.0		
Lipids:									
Fatty acids, total saturated.....g	0.020		0	BFZN	4		0.050		
Fatty acids, total monounsaturated.....g	0.020		0	BFZN	4		0.050		
Fatty acids, total polyunsaturated.....g	0.010		0	BFZN	4		0.025		
Fatty acids, total trans.....g	0.000		0	LC	8		0.000		
Cholesterol.....mg	0		0	LC	8		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 28 (2015)

NDB No. 09519

Guava nectar, with sucralose, 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
Lipids:									
Fatty acids, total saturated.....g	0.023		0	BFFN	4		0.078		
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	0.001		0	BFFN	4		0.003		
13:0.....g									
14:0.....g	0.004		0	BFFN	4		0.013		
15:0.....g									
16:0.....g	0.017		0	BFFN	4		0.058		
17:0.....g									
18:0.....g	0.001		0	BFFN	4		0.003		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.020		0	BFFN	4		0.068		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.011		0	BFFN	4		0.037		
17:1.....g									
18:1 undifferentiated.....g	0.009		0	BFFN	4		0.032		
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	0.017		0	BFFN	4		0.058		
18:2 undifferentiated.....g	0.003		0	BFFN	4		0.012		
18:3 undifferentiated.....g	0.014		0	BFFN	4		0.047		
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		
21:5.....g									
22:4.....g									
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	0.000		0	LC	8		0.000		
Cholesterol.....mg	0		0	LC	8		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0		
Caffeine.....mg	0		0	FLC	4		0		
Theobromine.....mg	0		0	FLC	4		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 = 335g: 11.3 fl oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
Lipids:									
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	
21:5.....g									
22:4.....g									
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	0.000		0	Z		7		0.000	
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	

NDB No. 09143
Guava sauce, cooked

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
	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		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 28 (2015)

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
Lipids:									
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	
21:5.....g									
22:4.....g									
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	0.000		0	Z	7		0.000	0.000	
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	

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
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

Measure 2 = 55g: 1 fruit, without refuse

Footnotes:

1 Pink fleshed

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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
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	
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									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	
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

NDB No. 09140
Guavas, strawberry, raw

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 28 (2015)

NDB No. 09451
Horned melon (Kiwano)
Cucumis metulifer
African horned melon
Refuse:36% 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	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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

NDB No. 09451
Horned melon (Kiwano)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
Fatty acids, total saturated.....g								
Fatty acids, total monounsaturated.....g								
Fatty acids, total polyunsaturated.....g								
Fatty acids, total trans.....g	0.000		0	Z	7	0.000	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 = 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 28 (2015)

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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

NDB No. 09420
Jackfruit, canned, syrup pack

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
Fatty acids, total saturated.....g								
Fatty acids, total monounsaturated.....g								
Fatty acids, total polyunsaturated.....g								
Fatty acids, total trans.....g	0.000		0	Z	7	0.000		
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 28 (2015)

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	
Tocotrienol, alpha.....mg	0.05		1	A	1		0.08	0.07	
Tocotrienol, beta.....mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, gamma.....mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, delta.....mg	0.00		1	A	1		0.00	0.00	

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Vitamin D (D2 + D3).....µg							
Vitamin D2 (ergocalciferol).....µg							
Vitamin D3 (cholecalciferol).....µg							
Vitamin D.....IU							
Vitamin K (phylloquinone).....µg							
Dihydrophyloquinone.....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 t.....g	0.000		1	A	1	0.000	0.000
18:1-11 t (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 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-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

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-monoenoic.....g	0.000		0	NC	4		0.000	0.000	
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 28 (2015)

NDB No. 09145
Java-plum, (jambolan), raw

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

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

Common Measures:

Measure 1 = 135g: 1 cup

Measure 2 = 9.0g: 3 fruit

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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
Tocotrienol, 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	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		
21:5.....g									
22:4.....g									
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	0.000		0	Z	7		0.000		
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.

NDB No. 09443

Juice, apple and grape blend, with added ascorbic acid

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 28 (2015)

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
Tocotrienol, 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	0.0		0	BFZN	4		0.0		
Dihydrophyloquinone.....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		
21:5.....g									
22:4.....g									
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	0.000		0	Z	7		0.000		
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

NDB No. 09444

Juice, apple, grape and pear blend, with added ascorbic acid and calcium

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 09147
 Jujube, Chinese, fresh, 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	20.19	0.900	5	A	1				
Energy.....kcal	281		0	NC	4				
Energy.....kJ	1176		0	NC	4				
Protein (N x 6.25).....g	4.72	0.303	5	A	1				
Total lipid (fat).....g	0.50	0.092	5	A	1				
Ash.....g	2.08	0.095	5	A	1				
Carbohydrate, by difference.....g	72.52		0	NC	4				
Fiber, total dietary.....g	6.0	0.458	5	A	1				
Sugars, total.....g									
Sucrose.....g	8.63	2.297	5	A	1				
Glucose (dextrose).....g	18.28	1.180	5	A	1				
Fructose.....g	20.62	3.813	5	A	1				
Lactose.....g									
Maltose.....g									
Galactose.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	63	9.335	5	A	1				
Iron, Fe.....mg	5.09	0.411	5	A	1				
Magnesium, Mg.....mg									
Phosphorus, P.....mg	68	7.812	5	A	1				
Potassium, K.....mg	217	53.463	5	A	1				
Sodium, Na.....mg	5	0.590	5	A	1				
Zinc, Zn.....mg	0.39	0.040	5	A	1				
Copper, Cu.....mg	0.233	0.033	5	A	1				
Manganese, Mn.....mg	31.067	3.678	5	A	1				
Selenium, Se.....µg	0.0	0.000	5	A	1				
Vitamins:									
Vitamin C, total ascorbic acid.....mg	217.6	25.638	5	A	1				
Thiamin.....mg	0.047	0.007	5	A	1				
Riboflavin.....mg	0.053	0.006	5	A	1				
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				
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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

NDB No. 09147
 Jujube, Chinese, fresh, dried

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

Common Measures:

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 09146

Jujube, raw

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

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

Carbohydrate3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 09520

Kiw ifruit, ZESPRI SunGold, raw

Actinidia chinensis 'Zesy002' (Gold3)

Gold3

Refuse:28% 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	82.44	0.407	10	A	1		66.78		
Energy.....kcal	63		0	NC	4		51		
Energy.....kJ	262		0	NC	4		212		
Protein.....g	1.02	0.082	10	A	1		0.83		
Total lipid (fat).....g	0.28	0.020	5	A	1		0.23		
Ash.....g	0.47	0.026	10	A	1		0.38		
Carbohydrate, by difference.....g	15.79		0	NC	4		12.79		
Fiber, total dietary.....g	1.4	0.030	10	A	1		1.2		
Sugars, total.....g	12.30		0	AS	1		9.96		
Sucrose.....g	1.22	0.085	10	A	1		0.99		
Glucose (dextrose).....g	5.28	0.146	10	A	1		4.28		
Fructose.....g	5.80	0.178	10	A	1		4.70		
Lactose.....g	0.00	0.000	10	A	1		0.00		
Maltose.....g	0.00	0.000	10	A	1		0.00		
Galactose.....g	0.00		0	Z	7		0.00		
Starch.....g	0.12	0.013	10	A	1		0.10		
Minerals:									
Calcium, Ca.....mg	17	0.910	10	A	1		14		
Iron, Fe.....mg	0.21	0.015	10	A	1		0.17		
Magnesium, Mg.....mg	12	0.486	10	A	1		10		
Phosphorus, P.....mg	25	1.020	10	A	1		20		
Potassium, K.....mg	315	7.638	10	A	1		255		
Sodium, Na.....mg	3	0.252	10	A	1		2		
Zinc, Zn.....mg	0.08	0.004	10	A	1		0.06		
Copper, Cu.....mg	0.151	0.010	10	A	1		0.122		
Manganese, Mn.....mg	0.048	0.004	10	A	1		0.038		
Selenium, Se.....µg	0.4	0.160	10	A	1		0.4		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	161.3	6.050	10	A	1		130.7		
Thiamin.....mg	0.000	0.000	5	A	1		0.000		
Riboflavin.....mg	0.074	0.002	10	A	1		0.060		
Niacin.....mg	0.231	0.016	10	A	1		0.187		
Pantothenic acid.....mg	0.120	0.049	5	A	1		0.097		
Vitamin B-6.....mg	0.079	0.005	10	A	1		0.064		
Folate, total.....µg	31	1.654	10	A	1		25		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	31	1.654	10	A	1		25		
Folate, DFE.....µg	31		0	NC	4		25		
Choline, total.....mg	1.9	0.417	5	A	1		1.5		
Betaine.....mg									
Vitamin B-12.....µg	0.08		1	A	1		0.06		
Vitamin A, RAE.....µg	1		0	AS	1		1		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg	14	0.965	10	A	1		11		
Carotene, alpha.....µg	0	0.000	10	A	1		0		
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	23		0	AS	1		19		
Lycopene.....µg	0	0.000	10	A	1		0		
Lutein + zeaxanthin.....µg	24	2.122	10	A	1		19		
Vitamin E (alpha-tocopherol).....mg	1.40	0.045	10	A	1		1.13		
Tocopherol, beta.....mg	0.04	0.004	10	A	1		0.03		
Tocopherol, gamma.....mg	0.07	0.011	10	A	1		0.06		
Tocopherol, delta.....mg	0.00	0.000	10	A	1		0.00		
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	AS	1		0.0		

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
Vitamin D (D2 + D3).....µg	0.0			AS	1				
Vitamin D.....µg	0		0	A	1	0			
Vitamin K (phylloquinone).....µg	6.1	0.309	10	A	1	4.9			
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.065		0	NC	4		0.052		
4:0.....g	0.001	0.000	5	A	1		0.001		
6:0.....g	0.000	0.000	5	A	1		0.000		
8:0.....g	0.001	0.000	5	A	1		0.001		
10:0.....g	0.001	0.001	5	A	1		0.001		
12:0.....g	0.003	0.001	5	A	1		0.002		
13:0.....g									
14:0.....g	0.003	0.001	5	A	1		0.003		
15:0.....g	0.000	0.000	5	A	1		0.000		
16:0.....g	0.048	0.004	5	A	1		0.039		
17:0.....g	0.000	0.000	5	A	1		0.000		
18:0.....g	0.006	0.001	5	A	1		0.005		
20:0.....g	0.001	0.000	5	A	1		0.001		
22:0.....g	0.000	0.000	5	A	1		0.000		
24:0.....g	0.000	0.000	5	A	1		0.000		
Fatty acids, total monounsaturated.....g	0.023		0	NC	4		0.019		
14:1.....g	0.005	0.002	5	A	1		0.004		
15:1.....g	0.000	0.000	5	A	1		0.000		
16:1 undifferentiated.....g	0.004	0.000	5	AS	1		0.003		
16:1 c.....g	0.004	0.000	5	A	1		0.003		
16:1 t.....g									
17:1.....g	0.000	0.000	5	A	1		0.000		
18:1 undifferentiated.....g	0.014	0.002	5	AS	1		0.012		
18:1 c.....g	0.014	0.002	5	A	1		0.012		
18:1 t.....g									
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.000	0.000	5	A	1		0.000		
22:1 undifferentiated.....g	0.000	0.000	5	A	1		0.000		
24:1 c.....g	0.000	0.000	5	A	1		0.000		
Fatty acids, total polyunsaturated.....g	0.111		0	NC	4		0.090		
18:2 undifferentiated.....g	0.060	0.004	5	AS	1		0.048		
18:2 n-6 c,c.....g	0.058	0.005	5	A	1		0.047		
18:2 CLAs.....g	0.001	0.000	5	A	1		0.001		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.043	0.002	5	AS	1		0.035		
18:3 n-3 c,c,c (ALA).....g	0.043	0.002	5	A	1		0.035		
18:3 n-6 c,c,c.....g	0.000	0.000	5	A	1		0.000		
18:3i.....g									
18:4.....g	0.000	0.000	5	A	1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g	0.008	0.001	5	AS	1		0.007		
20:3 n-3.....g	0.008	0.001	5	A	1		0.006		
20:3 n-6.....g	0.001	0.000	5	A	1		0.000		
20:4 undifferentiated.....g	0.000	0.000	5	AS	1		0.000		
20:4 n-6.....g	0.000	0.000	5	A	1		0.000		
20:5 n-3 (EPA).....g	0.000	0.000	5	A	1		0.000		
21:5.....g	0.000	0.000	5	A	1		0.000		
22:4.....g	0.000	0.000	5	A	1		0.000		
22:5 n-3 (DPA).....g	0.000	0.000	5	A	1		0.000		
22:6 n-3 (DHA).....g	0.000	0.000	5	A	1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1	A	1	0			
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7	0.0			

NDB No. 09520
 Kiw ifruit, ZESPRI SunGold, raw

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
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 = 81g: 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 28 (2015)

NDB No. 09148
 Kiwifruit, green, raw
Actinidia deliciosa
 Chinese gooseberry
 Refuse:24% 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	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
Tocotrienol, alpha.....mg	0.00	0.000	4	A	1		0.00	0.00	0.00
Tocotrienol, beta.....mg	0.00	0.000	4	A	1		0.00	0.00	0.00

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Mean	Std. Error	Number			measures of food			
			of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	0.10	0.014	4	A	1	0.19	0.07	0.16	
Tocotrienol, 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									
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	
Dihydrophyloquinone.....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	
21:5.....g									
22:4.....g									
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	0.000		0	Z	7	0.000	0.000	0.000	
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	

NDB No. 09148
Kiw ifruit, green, raw

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3	
			of Data Points	Deriv Code				Source Code
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								
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 28 (2015)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Deriv Code	Points					
Lipids:									
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		
21:5.....g									
22:4.....g									
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	0.000		0	Z	7		0.000		
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

Carbohydrate3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 09523

Lemon juice from concentrate, bottled, CONCORD

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

Common Measures:

Measure 1 = 15g: 1 tbsp

Measure 2 = 5.2g: 1 tsp

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 09524

Lemon juice from concentrate, bottled, REAL LEMON

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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 D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	0.1		1	A	1		0.0	0.0	
Dihydrophyloquinone.....µg	0.0		1	A	1		0.0	0.0	
Menaquinone-4.....µg	0.0		1	A	1		0.0	0.0	
Lipids:									
Fatty acids, total saturated.....g	0.027		0	NC	4		0.004	0.001	
4:0.....g	0.000		1	A	1		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	0.000		1	A	1		0.000	0.000	
12:0.....g	0.000		1	A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.003		1	A	1		0.000	0.000	
15:0.....g	0.002		1	A	1		0.000	0.000	
16:0.....g	0.015		1	A	1		0.002	0.001	
17:0.....g	0.000		1	A	1		0.000	0.000	
18:0.....g	0.007		1	A	1		0.001	0.000	
20:0.....g	0.000		1	A	1		0.000	0.000	
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	0.006		0	NC	4		0.001	0.000	
14:1.....g	0.000		1	A	1		0.000	0.000	
15:1.....g	0.000		1	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.000		0	AS	1		0.000	0.000	
16:1 c.....g	0.000		1	A	1		0.000	0.000	
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	0.006		0	AS	1		0.001	0.000	
18:1 c.....g	0.006		1	A	1		0.001	0.000	
18:1 t.....g	0.000		1	A	1		0.000	0.000	
18:1-11 t (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	0.017		0	NC	4		0.003	0.001	
18:2 undifferentiated.....g	0.011		0	AS	1		0.002	0.001	
18:2 n-6 c,c.....g	0.011		1	A	1		0.002	0.001	
18:2 CLAs.....g	0.000		1	A	1		0.000	0.000	
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	0.006		0	AS	1		0.001	0.000	
18:3 n-3 c,c,c (ALA).....g	0.006		1	A	1		0.001	0.000	
18:3 n-6 c,c,c.....g	0.000		1	A	1		0.000	0.000	
18:3i.....g	0.000		1	A	1		0.000	0.000	
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-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. 09524

Lemon juice from concentrate, bottled, REAL LEMON

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>			
	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									
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 = 15g: 1 tbsp

Measure 2 = 5.0g: 1 tsp

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate2.7

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 09153

Lemon juice from concentrate, 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	93.64	0.079	18	A	1		14.05	4.68	28.56
Energy.....kcal	17		0	NC	4		3	1	5
Energy.....kJ	72		0	NC	4		11	4	22
Protein (N x 6.25).....g	0.45	0.018	18	A	1		0.07	0.02	0.14
Total lipid (fat).....g	0.07	0.000	18	A	1		0.01	0.00	0.02
Ash.....g	0.22	0.025	18	A	1		0.03	0.01	0.07
Carbohydrate, by difference.....g	5.62		0	NC	4		0.84	0.28	1.71
Fiber, total dietary.....g	0.7		1	A	1		0.1	0.0	0.2
Sugars, total.....g	1.53	0.033	6	A	1		0.23	0.08	0.47
Sucrose.....g	0.00	0.000	6	A	1		0.00	0.00	0.00
Glucose (dextrose).....g	0.84	0.021	6	A	1		0.13	0.04	0.26
Fructose.....g	0.70	0.015	6	A	1		0.10	0.03	0.21
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	10	0.484	18	A	1		1	0	3
Iron, Fe.....mg	0.06	0.004	18	A	1		0.01	0.00	0.02
Magnesium, Mg.....mg	7	0.158	18	A	1		1	0	2
Phosphorus, P.....mg	9	0.291	18	A	1		1	0	3
Potassium, K.....mg	109	2.883	18	A	1		16	5	33
Sodium, Na.....mg	24	0.665	18	A	1		4	1	7
Zinc, Zn.....mg	0.19	0.039	18	A	1		0.03	0.01	0.06
Copper, Cu.....mg	0.018	0.001	18	A	1		0.003	0.001	0.006
Manganese, Mn.....mg	0.016	0.000	18	A	1		0.002	0.001	0.005
Selenium, Se.....µg	0.1		0	BFZN	4		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid.....mg	14.3	0.826	9	A	1		2.1	0.7	4.4
Thiamin.....mg	0.021	0.001	9	A	1		0.003	0.001	0.006
Riboflavin.....mg	0.017	0.001	9	A	1		0.002	0.001	0.005
Niacin.....mg	0.180	0.013	9	A	1		0.027	0.009	0.055
Pantothenic acid.....mg	0.080	0.004	6	A	1		0.012	0.004	0.024
Vitamin B-6.....mg	0.037	0.000	9	A	1		0.006	0.002	0.011
Folate, total.....µg	9	0.202	9	A	1		1	0	3
Folic acid.....µg	0		0	Z	7		0	0	0
Folate, food.....µg	9	0.202	9	A	1		1	0	3
Folate, DFE.....µg	9		0	NC	4		1	0	3
Choline, total.....mg	5.1		0	BFZN	4		0.8	0.3	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	2		0	AS	1		0	0	1
Retinol.....µg	0		0	Z	7		0	0	0
Carotene, beta.....µg	0		1	A	1		0	0	0
Carotene, alpha.....µg	0		1	A	1		0	0	0
Cryptoxanthin, beta.....µg	40		1	A	1		6	2	12
Vitamin A, IU.....IU	33		0	AS	1		5	2	10
Lycopene.....µg	0		1	A	1		0	0	0
Lutein + zeaxanthin.....µg	11		1	A	1		2	1	3
Vitamin E (alpha-tocopherol).....mg	0.23		1	A	1		0.03	0.01	0.07
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
Tocotrienol, alpha.....mg	0.00		1	A	1		0.00	0.00	0.00
Tocotrienol, beta.....mg	0.00		1	A	1		0.00	0.00	0.00

Lemon juice from concentrate, 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
Tocotrienol, gamma.....mg	0.00		1	A	1		0.00	0.00	0.00
Tocotrienol, 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	0.1		1	A	1		0.0	0.0	0.0
Dihydrophyloquinone.....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	0.027		0	NC	4		0.004	0.001	0.008
4:0.....g	0.000		1	A	1		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	0.000		1	A	1		0.000	0.000	0.000
12:0.....g	0.000		1	A	1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.003		1	A	1		0.000	0.000	0.001
15:0.....g	0.002		1	A	1		0.000	0.000	0.001
16:0.....g	0.015		1	A	1		0.002	0.001	0.005
17:0.....g	0.000		1	A	1		0.000	0.000	0.000
18:0.....g	0.007		1	A	1		0.001	0.000	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		0.001	0.000	0.002
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	0.006		0	AS	1		0.001	0.000	0.002
18:1 c.....g	0.006		1	A	1		0.001	0.000	0.002
18:1 t.....g	0.000		1	A	1		0.000	0.000	0.000
18:1-11 t (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	0.017		0	NC	4		0.003	0.001	0.005
18:2 undifferentiated.....g	0.011		0	AS	1		0.002	0.001	0.003
18:2 n-6 c,c.....g	0.011		1	A	1		0.002	0.001	0.003
18:2 CLAs.....g	0.000		1	A	1		0.000	0.000	0.000
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	0.006		0	AS	1		0.001	0.000	0.002
18:3 n-3 c,c,c (ALA).....g									
18:3 n-6 c,c,c.....g	0.000		1	A	1		0.000	0.000	0.000
18:3i.....g	0.000		1	A	1		0.000	0.000	0.000
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-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. 09153

Lemon juice from concentrate, canned or bottled

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	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 = 15g: 1 tbsp

Measure 2 = 5.0g: 1 tsp

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 28 (2015)

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
Lipids:									
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	
21:5.....g									
22:4.....g									
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	0.000		0	Z	7		0.000	0.000	
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

Carbohydrate2.7

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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
Tocotrienol, delta.....									
Vitamin D (D2 + D3).....	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D.....	0		0	Z	7		0	0	0
Vitamin K (phylloquinone).....	0.0		0	BF2N	4		0.0	0.0	0.0
Dihydrophylloquinone.....									
Menaquinone-4.....									
Lipids:									
Fatty acids, total saturated.....	0.040		0	NC	4		0.098	0.012	0.019
4:0.....	0.000		0		4		0.000	0.000	0.000
6:0.....	0.000		1	A	1		0.000	0.000	0.000
8:0.....	0.000		1	A	1		0.000	0.000	0.000
10:0.....	0.020		1	A	1		0.049	0.006	0.010
12:0.....	0.001		1	A	1		0.002	0.000	0.000
13:0.....									
14:0.....	0.002		1	A	1		0.005	0.001	0.001
15:0.....	0.001		1	A	1		0.002	0.000	0.000
16:0.....	0.012		1	A	1		0.029	0.004	0.006
17:0.....	0.000		1	A	1		0.000	0.000	0.000
18:0.....	0.004		1	A	1		0.010	0.001	0.002
20:0.....	0.000		1	A	1		0.000	0.000	0.000
22:0.....	0.000		1	A	1		0.000	0.000	0.000
24:0.....	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated.....	0.006		0	NC	4		0.015	0.002	0.003
14:1.....	0.002		1	A	1		0.005	0.001	0.001
15:1.....	0.000		1	A	1		0.000	0.000	0.000
16:1 undifferentiated.....	0.000		0	AS	1		0.000	0.000	0.000
16:1 c.....	0.000		1	A	1		0.000	0.000	0.000
16:1 t.....	0.000		1	A	1		0.000	0.000	0.000
17:1.....	0.000		1	A	1		0.000	0.000	0.000
18:1 undifferentiated.....	0.004		0	AS	1		0.010	0.001	0.002
18:1 c.....	0.004		1	A	1		0.010	0.001	0.002
18:1 t.....	0.000		1	A	1		0.000	0.000	0.000
18:1-11 t (18:1t n-7).....									
20:1.....	0.000		1	A	1		0.000	0.000	0.000
22:1 undifferentiated.....	0.000		0	AS	1		0.000	0.000	0.000
22:1 c.....	0.000		1	A	1		0.000	0.000	0.000
22:1 t.....	0.000		1	A	1		0.000	0.000	0.000
24:1 c.....	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated.....	0.021		0	NC	4		0.051	0.006	0.010
18:2 undifferentiated.....	0.012		0	AS	1		0.029	0.004	0.006
18:2 n-6 c,c.....	0.012		1	A	1		0.029	0.004	0.006
18:2 CLAs.....	0.000		1	A	1		0.000	0.000	0.000
18:2 t,t.....									
18:2 i.....									
18:2 t not further defined.....	0.000		1	A	1		0.000	0.000	0.000
18:3 undifferentiated.....	0.009		0	AS	1		0.022	0.003	0.004
18:3 n-3 c,c,c (ALA).....	0.009		1	A	1		0.022	0.003	0.004
18:3 n-6 c,c,c.....	0.000		1	A	1		0.000	0.000	0.000
18:3i.....									
18:4.....	0.000		1	A	1		0.000	0.000	0.000
20:2 n-6 c,c.....	0.000		1	A	1		0.000	0.000	0.000
20:3 undifferentiated.....	0.000		0	AS	1		0.000	0.000	0.000
20:3 n-3.....	0.000		1	A	1		0.000	0.000	0.000
20:3 n-6.....	0.000		1	A	1		0.000	0.000	0.000
20:4 undifferentiated.....	0.000		1	A	1		0.000	0.000	0.000
20:4 n-6.....									
20:5 n-3 (EPA).....	0.000		1	A	1		0.000	0.000	0.000
21:5.....									
22:4.....	0.000		1	A	1		0.000	0.000	0.000
22:5 n-3 (DPA).....	0.000		1	A	1		0.000	0.000	0.000
22:6 n-3 (DHA).....	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total trans.....	0.000		0	NC	4		0.000	0.000	0.000
Fatty acids, total trans-monoenoic.....	0.000		0	NC	4		0.000	0.000	0.000

NDB No. 09152
Lemon juice, raw

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3	
			of Data Points	Deriv Code				Source Code
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 28 (2015)

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
Lipids:									
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	
21:5.....g									
22:4.....g									
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	0.000		0	Z	7		0.000	0.000	
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 28 (2015)

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		Measure 1	Measure 2	Measure 3	
			of Data Points	Deriv Code				Source Code
Lipids:								
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
21:5.....g								
22:4.....g								
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	0.000		0	Z	7	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 = 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 28 (2015)

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
Lipids:									
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	
21:5.....g									
22:4.....g									
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	0.000		0	Z	7		0.000	0.000	
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 28 (2015)

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
Tocotrienol, alpha.....mg	0.05		2	A	1		0.11	0.01	0.02
Tocotrienol, beta.....mg	0.00		2	A	1		0.00	0.00	0.00

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
Tocotrienol, gamma.....mg	0.00		2	A	1	0.00	0.00	0.00
Tocotrienol, 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								
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
Dihydrophyloquinone.....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
21:5.....g								
22:4.....g								
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	0.000		0	Z	7	0.000	0.000	0.000
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

NDB No. 09160

Lime juice, raw

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

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Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion 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	0.022		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	
21:5.....g									
22:4.....g									
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	0.000		0	Z	7		0.000	0.000	
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	

NDB No. 09159

Limes, raw

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
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 = 67g: 1 fruit (2" dia)

Measure 2 = 67g: 1 NLEA serving

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate2.48

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Lipids:							
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
21:5.....g							
22:4.....g							
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

NDB No. 09165

Litchis, dried

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code						
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 = 2.5g: 1 fruit

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
Lipids:									
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	
21:5.....g									
22:4.....g									
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	0.000		0	Z	7		0.000	0.000	
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	

NDB No. 09164

Litchis, raw

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
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 = 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 28 (2015)

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
Lipids:									
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		
21:5.....g									
22:4.....g									
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	0.000		0	Z	7		0.000		
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 28 (2015)

NDB No. 09173
Longans, dried

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<u>Amino Acids:</u>									
Tryptophan.....g									
Threonine.....g	0.128		0		1		0.002		
Isoleucine.....g	0.097		0		1		0.002		
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 28 (2015)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Amino Acids:									
Tryptophan.....g			1		1		0.001		
Threonine.....g	0.034		1		1		0.001		
Isoleucine.....g	0.026		1		1		0.001		
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 28 (2015)

NDB No. 09174

Loquats, raw

Eriobotrya japonica

Refuse:35% 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	86.73	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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

NDB No. 09174

Loquats, raw

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

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

Measure 2 = 20g: 1 large

Measure 3 = 16g: 1 medium

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

NDB No. 09175
Mam my-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		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Fatty acids, total saturated.....g	0.136		0		4		1.151
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	0.042		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
21:5.....g							
22:4.....g							
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	0.000		0	Z	7		0.000
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							

NDB No. 09175
Mammy-apple, (mamey), raw

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

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

Common Measures:

Measure 1 = 846g: 1 fruit without refuse

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 09436
Mango 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	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		
Tocotrienol, alpha.....mg	0.02		2	A	1		0.05		
Tocotrienol, beta.....mg	0.00		2	A	1		0.00		

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
Tocotrienol, gamma.....mg	0.00		2	A	1		0.00		
Tocotrienol, 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									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg	0.8		2	A	1		2.1		
Dihydrophyloquinone.....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		
21:5.....g									
22:4.....g									
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	0.000		0	Z	7		0.000		
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

NDB No. 09436
Mango nectar, canned

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 28 (2015)

NDB No. 09178
Mango, 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		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Deriv Code	Points					
Lipids:									
Fatty acids, total saturated.....g	0.287		0	BFSN	4				
4:0.....g	0.000		0	BFSN	4				
6:0.....g	0.000		0	BFSN	4				
8:0.....g	0.000		0	BFSN	4				
10:0.....g	0.000		0	BFSN	4				
12:0.....g	0.004		0	BFSN	4				
13:0.....g									
14:0.....g	0.039		0	BFSN	4				
15:0.....g									
16:0.....g	0.226		0	BFSN	4				
17:0.....g									
18:0.....g	0.013		0	BFSN	4				
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.439		0	BFSN	4				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.209		0	BFSN	4				
17:1.....g									
18:1 undifferentiated.....g	0.235		0	BFSN	4				
20:1.....g	0.000		0	BFSN	4				
22:1 undifferentiated.....g	0.000		0	BFSN	4				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.222		0	BFSN	4				
18:2 undifferentiated.....g	0.061		0	BFSN	4				
18:3 undifferentiated.....g	0.161		0	BFSN	4				
18:4.....g	0.000		0	BFSN	4				
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFSN	4				
20:5 n-3 (EPA).....g	0.000		0	BFSN	4				
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	BFSN	4				
22:6 n-3 (DHA).....g	0.000		0	BFSN	4				
Fatty acids, total trans.....g	0.000		0	LC	8				
Cholesterol.....mg	0		0	LC	8				
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:

Footnotes:

1 Some brands contain sodium metabisulfite.

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 09176
Mangos, raw (1)
Mangifera indica

Refuse:29% 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	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	
Tocotrienol, alpha.....mg	0.03	0.015	3	A	1		0.04	0.08	
Tocotrienol, beta.....mg	0.01	0.010	3	A	1		0.02	0.03	

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			Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code				
Tocotrienol, gamma.....mg	0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, 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									
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	
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<u>Lipids:</u>									
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	
21:5.....g									
22:4.....g									
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	0.000		0	Z	7		0.000	0.000	
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
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	

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
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							
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 microbially.

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

NDB No. 09177
Mangosteen, canned, syrup pack

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	
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 28 (2015)

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		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
Lipids:									
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		
21:5.....g									
22:4.....g									
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	0.000		0	Z	7		0.000		
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 28 (2015)

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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, 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:									

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
Fatty acids, total saturated.....g	0.064		0		4		0.111		
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	0.002		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		
21:5.....g									
22:4.....g									
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	0.000		0	Z	7		0.000		
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

Carbohydrate3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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
Tocotrienol, alpha.....mg	0.00	0.000	5	A	1		0.00	0.00	0.00
Tocotrienol, beta.....mg	0.00	0.000	5	A	1		0.00	0.00	0.00

NDB No. 09181
Melons, cantaloupe, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Mean	Std. Error	Number			measures of food			
			of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	0.00	0.000	5	A	1		0.00	0.00	0.00
Tocotrienol, 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									
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
Dihydrophyloquinone.....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
21:5.....g									
22:4.....g									
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	0.000		0	Z	7		0.000	0.000	0.000
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

NDB No. 09181
Melons, cantaloupe, raw

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3	
			of Data Points	Deriv Code				Source Code
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								
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 28 (2015)

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
Lipids:									
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
21:5.....g									
22:4.....g									
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	0.000		0	Z	7		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 = 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 28 (2015)

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					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	89.82	0.478	20	A	1		152.69	158.98	898.18
Energy.....kcal	36		0	NC	4		61	63	357
Energy.....kJ	150		0	NC	4		254	265	1495
Protein (N x 6.25).....g	0.54	0.054	18	A	1		0.92	0.96	5.42
Total lipid (fat).....g	0.14	0.037	8	A	1		0.24	0.25	1.42
Ash.....g	0.41	0.021	17	A	1		0.69	0.72	4.09
Carbohydrate, by difference.....g	9.09		0	NC	4		15.45	16.09	90.90
Fiber, total dietary.....g	0.8	0.140	20	A	1		1.3	1.4	7.9
Sugars, total.....g	8.12	0.925	8	A	1		13.81	14.38	81.24
Sucrose.....g	2.48	0.574	8	A	1		4.21	4.39	24.79
Glucose (dextrose).....g	2.68	0.251	8	A	1		4.56	4.75	26.81
Fructose.....g	2.96	0.156	8	A	1		5.04	5.25	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		10	11	60
Iron, Fe.....mg	0.17	0.008	19	A	1		0.29	0.30	1.70
Magnesium, Mg.....mg	10	1.202	19	A	1		17	18	103
Phosphorus, P.....mg	11	0.265	18	A	1		19	20	113
Potassium, K.....mg	228	17.897	19	A	1		387	403	2277
Sodium, Na.....mg	18	1.850	12	A	1		30	31	178
Zinc, Zn.....mg	0.09	0.008	19	A	1		0.15	0.16	0.90
Copper, Cu.....mg	0.024	0.003	19	A	1		0.041	0.042	0.240
Manganese, Mn.....mg	0.027	0.002	19	A	1		0.046	0.048	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		30.6	31.9	180.1
Thiamin.....mg	0.038	0.013	14	A	1		0.064	0.067	0.378
Riboflavin.....mg	0.012	0.002	8	A	1		0.021	0.022	0.125
Niacin.....mg	0.418	0.061	18	A	1		0.711	0.740	4.182
Pantothenic acid.....mg	0.155	0.068	8	A	1		0.263	0.274	1.550
Vitamin B-6.....mg	0.088	0.012	18	A	1		0.149	0.155	0.877
Folate, total.....µg	19	3.066	18	A	1		33	34	192
Folic acid.....µg	0		0	Z	7		0	0	0
Folate, food.....µg	19	3.066	18	A	1		33	34	192
Folate, DFE.....µg	19		0	NC	4		33	34	192
Choline, total.....mg	7.6		0	BFZN	4		12.9	13.4	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		51	53	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		85	89	503
Lycopene.....µg	0	0.000	6	A	1		0	0	0
Lutein + zeaxanthin.....µg	27	3.810	6	A	1		46	48	273
Vitamin E (alpha-tocopherol).....mg	0.02	0.006	3	A	1		0.03	0.04	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
Tocotrienol, alpha.....mg	0.00	0.000	3	A	1		0.00	0.00	0.00
Tocotrienol, beta.....mg	0.00	0.000	3	A	1		0.00	0.00	0.00

NDB No. 09184
 Melons, honeydew, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Mean	Std. Error	Number			measures of food			
			of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	0.00	0.000	3	A	1	0.00	0.00	0.00	
Tocotrienol, 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	
Vitamin K (phylloquinone).....µg	2.9	0.130	8	A	1	4.9	5.1	28.8	
Dihydrophyloquinone.....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	0.064	0.067	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	0.054	0.056	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	0.100	0.104	0.588	
18:2 undifferentiated.....g	0.026		0		4	0.044	0.045	0.256	
18:3 undifferentiated.....g	0.033		0		4	0.056	0.059	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	
21:5.....g									
22:4.....g									
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	0.000		0	Z	7	0.000	0.000	0.000	
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	0.027	0.028	0.157	
Lysine.....g	0.018		0	A	1	0.031	0.032	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	0.025	0.026	0.147	
Tyrosine.....g	0.010		0	A	1	0.017	0.017	0.097	
Valine.....g	0.018		0	A	1	0.031	0.032	0.181	
Arginine.....g	0.014		0	A	1	0.024	0.025	0.139	
Histidine.....g	0.005		0	A	1	0.008	0.008	0.048	
Alanine.....g	0.044		0	A	1	0.075	0.078	0.443	

NDB No. 09184
Melons, honeydew, raw

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>			
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3	
			of Data Points	Deriv Code				Source Code
Aspartic acid.....g	0.088		0	A	1	0.149	0.155	0.878
Glutamic acid.....g	0.153		0	A	1	0.260	0.271	1.529
Glycine.....g	0.016		0	A	1	0.027	0.028	0.157
Proline.....g	0.012		0	A	1	0.020	0.021	0.117
Serine.....g	0.023		0	A	1	0.040	0.041	0.232
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 = 170g: 1 cup, diced (approx 20 pieces per cup)
- Measure 2 = 177g: 1 cup, balls
- 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 28 (2015)

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
Lipids:									
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	
21:5.....g									
22:4.....g									
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	0.000		0	Z	7		0.000	0.000	
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 28 (2015)

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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

Lipids:

NDB No. 09448
 Nance, canned, syrup, drained

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
Fatty acids, total saturated.....g								
Fatty acids, total monounsaturated.....g								
Fatty acids, total polyunsaturated.....g								
Fatty acids, total trans.....g	0.000		0	Z	7			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 = 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 28 (2015)

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	
Tocotrienol, alpha.....mg	0.03	0.011	3	A	1		0.03	0.00	
Tocotrienol, beta.....mg	0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, gamma.....mg	0.05	0.010	3	A	1		0.06	0.01	
Tocotrienol, delta.....mg	0.00	0.000	3	A	1		0.00	0.00	

NDB No. 09449
Nance, frozen, unsweetened

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
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	
Dihydrophyloquinone.....µg								
Menaquinone-4.....µg								
<u>Lipids:</u>								
Fatty acids, total saturated.....g								
Fatty acids, total monounsaturated.....g								
Fatty acids, total polyunsaturated.....g								
Fatty acids, total trans.....g	0.000		0	Z	7	0.000	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 = 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 28 (2015)

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		
Tocotrienol, alpha.....mg	0.01		2	A	1		0.01		
Tocotrienol, beta.....mg	0.00		2	A	1		0.00		
Tocotrienol, gamma.....mg	0.01		2	A	1		0.01		
Tocotrienol, delta.....mg	0.00		2	A	1		0.00		

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			Measure 1	Measure 2	Measure 3
			Deriv Code	Source Code	Confidence Code			
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		
Dihydrophyloquinone.....µg								
Menaquinone-4.....µg								
<u>Lipids:</u>								
Fatty acids, total saturated.....g								
Fatty acids, total monounsaturated.....g								
Fatty acids, total polyunsaturated.....g								
Fatty acids, total trans.....g	0.000		0	Z	7	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 = 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 28 (2015)

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
Tocotrienol, alpha.....mg	0.00	0.000	4	A	1		0.00	0.00	0.00
Tocotrienol, beta.....mg	0.00	0.000	4	A	1		0.00	0.00	0.00

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number			Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code				
Tocotrienol, gamma.....mg	0.00	0.000	4	A	1	0.00	0.00	0.00	
Tocotrienol, 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									
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	
Dihydrophyloquinone.....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	
21:5.....g									
22:4.....g									
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	0.000		0	Z	7	0.000	0.000	0.000	
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	

NDB No. 09191
Nectarines, raw

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
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								
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 28 (2015)

NDB No. 09192
Oheloberries, raw

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 11.0g: 10 fruit

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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		
Tocotrienol, alpha.....mg	0.00		1	A	1		0.00		
Tocotrienol, beta.....mg	0.00		1	A	1		0.00		
Tocotrienol, gamma.....mg	0.00		1	A	1		0.00		
Tocotrienol, 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		

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
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
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		
21:5.....g									
22:4.....g									
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	0.000		0	Z	7		0.000		
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

Carbohydrate3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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		12.65	7.00	
Energy.....kcal	81		0	NC	4		12	7	
Energy.....kJ	339		0		4		51	28	
Protein (N x 6.25).....g	0.97		2		1		0.15	0.08	
Total lipid (fat).....g	6.87		2		1		1.03	0.57	
Ash.....g	2.22		2		1		0.33	0.18	
Carbohydrate, by difference.....g	5.61		0	NC	4		0.84	0.47	
Fiber, total dietary.....g	2.5		0		1		0.4	0.2	
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	94		2		1		14	8	
Iron, Fe.....mg	3.32		2		1		0.50	0.28	
Magnesium, Mg.....mg	4		0		4		1	0	
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		110	61	
Zinc, Zn.....mg	0.22		0		4		0.03	0.02	
Copper, Cu.....mg	0.226		2		1		0.034	0.019	
Manganese, Mn.....mg	0.020		0		4		0.003	0.002	
Selenium, Se.....µg	0.9		2	A	1		0.1	0.1	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.5		2		1		0.2	0.1	
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		0.003	0.002	
Pantothenic acid.....mg	0.015		0		4		0.002	0.001	
Vitamin B-6.....mg	0.012		2		1		0.002	0.001	
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		1.0	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	17		0	NC	4		3	1	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg	204		0	BNA	4		31	17	
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		52	29	
Lycopene.....µg	0		0	BFZN	4		0	0	
Lutein + zeaxanthin.....µg	510		0	BFZN	4		77	42	
Vitamin E (alpha-tocopherol).....mg	1.65		1	A	1		0.25	0.14	
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	
Tocotrienol, alpha.....mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, beta.....mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, gamma.....mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, 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		0.2	0.1	

NDB No. 09194

Olives, ripe, canned (jumbo-super colossal)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
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 = 15g: 1 super colossal

Measure 2 = 8.3g: 1 jumbo

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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
Tocotrienol, alpha.....mg	0.00		1	A	1		0.00	0.00	0.00
Tocotrienol, beta.....mg	0.00		1	A	1		0.00	0.00	0.00
Tocotrienol, gamma.....mg	0.00		1	A	1		0.00	0.00	0.00
Tocotrienol, 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

NDB No. 09193

Olives, ripe, canned (small-extra large)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
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 = 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 28 (2015)

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
Lipids:									
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		
21:5.....g									
22:4.....g									
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	0.000		0	Z	7		0.000		
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 28 (2015)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D.....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone).....µg	0.1		0	BFPN	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
21:5.....g									
22:4.....g									
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	0.000		0	Z	7		0.000	0.000	0.000
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

NDB No. 09207

Orange juice, canned, unsweetened (1)

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

Carbohydrate3.92

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7	0.0	0.0		
Vitamin D.....IU	0		0	Z	7	0	0		
Vitamin K (phylloquinone).....µg	0.0		2	A	1	0.1	0.0		
Dihydrophyloquinone.....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		
21:5.....g									
22:4.....g									
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	0.000		0	Z	7	0.000	0.000		
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		

NDB No. 09209

Orange juice, chilled, includes from concentrate

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
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								
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 28 (2015)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7	0.0	0.0		
Vitamin D.....IU	0		0	Z	7	0	0		
Vitamin K (phylloquinone).....µg	0.0		2	A	1	0.1	0.0		
Dihydrophyloquinone.....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		
21:5.....g									
22:4.....g									
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	0.000		0	Z	7	0.000	0.000		
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		

NDB No. 09211

Orange juice, chilled, includes from concentrate, with added calcium

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

Carbohydrate3.92

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 09210

Orange juice, chilled, includes from concentrate, with added calcium and vitam in D

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....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	
Dihydrophyloquinone.....µg	0.0		2	A	1		0.0	0.0	
Menaquinone-4.....µg									
<u>Lipids:</u>									
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	
21:5.....g									
22:4.....g									
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	0.000		0	Z	7		0.000	0.000	
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
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	

NDB No. 09210

Orange juice, chilled, includes from concentrate, with added 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
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									
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

Carbohydrate3.92

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 09506

Orange juice, chilled, includes from concentrate, with added calcium and vitamins A, D, E

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Tocotrienol, gamma.....mg							
Tocotrienol, delta.....mg							
Vitamin D (D2 + D3).....µg	1.0		0	NR	4	2.6	0.3
Vitamin D.....IU	42		0	LC	8	104	13
Vitamin K (phylloquinone).....µg	0.0		2	A	1	0.1	0.0
Dihydrophyloquinone.....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
21:5.....g							
22:4.....g							
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	0.000		0	Z	7	0.000	0.000
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

NDB No. 09506

Orange juice, chilled, includes from concentrate, with added calcium and vitamins A, D, E

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
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 28 (2015)

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
Lipids:									
Fatty acids, total saturated.....g	0.015		0	RPI	6		0.037	0.005	
4:0.....g	0.000		0	RPA	1		0.000	0.000	
6:0.....g	0.000		0	RPA	1		0.000	0.000	
8:0.....g	0.000		0	RPA	1		0.000	0.000	
10:0.....g	0.000		0	RPA	1		0.000	0.000	
12:0.....g	0.001		0	RPA	1		0.002	0.000	
13:0.....g									
14:0.....g	0.001		0	RPA	1		0.001	0.000	
15:0.....g									
16:0.....g	0.011		0	RPA	1		0.027	0.003	
17:0.....g									
18:0.....g	0.002		0	RPA	1		0.005	0.001	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.012		0	RPI	6		0.031	0.004	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0	RPA	1		0.004	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.011		0	RPA	1		0.027	0.003	
20:1.....g	0.000		0	RPA	1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	RPA	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.016		0	RPI	6		0.039	0.005	
18:2 undifferentiated.....g	0.012		0	RPA	1		0.029	0.004	
18:3 undifferentiated.....g	0.004		0	RPA	1		0.011	0.001	
18:4.....g	0.000		0	RPA	1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RPA	1		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	RPA	1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	RPA	1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	RPA	1		0.000	0.000	
Fatty acids, total trans.....g	0.000		0	RPI	6		0.000	0.000	
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

Carbohydrate3.92

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 09212

Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water, with added 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		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Deriv Code	Points					
Lipids:									
Fatty acids, total saturated.....g	0.015		0	RPI	6		0.037	0.005	
4:0.....g	0.000		0	RPA	1		0.000	0.000	
6:0.....g	0.000		0	RPA	1		0.000	0.000	
8:0.....g	0.000		0	RPA	1		0.000	0.000	
10:0.....g	0.000		0	RPA	1		0.000	0.000	
12:0.....g	0.001		0	RPA	1		0.002	0.000	
13:0.....g									
14:0.....g	0.001		0	RPA	1		0.001	0.000	
15:0.....g									
16:0.....g	0.011		0	RPA	1		0.027	0.003	
17:0.....g									
18:0.....g	0.002		0	RPA	1		0.005	0.001	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.012		0	RPI	6		0.031	0.004	
14:1.....g	0.000		0	RPA	1		0.000	0.000	
15:1.....g									
16:1 undifferentiated.....g	0.002		0	RPA	1		0.004	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.011		0	RPA	1		0.027	0.003	
20:1.....g	0.000		0	RPA	1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	RPA	1		0.000	0.000	
24:1 c.....g	0.000		0	RPA	1		0.000	0.000	
Fatty acids, total polyunsaturated.....g	0.016		0	RPI	6		0.039	0.005	
18:2 undifferentiated.....g	0.012		0	RPA	1		0.029	0.004	
18:3 undifferentiated.....g	0.004		0	RPA	1		0.011	0.001	
18:4.....g	0.000		0	RPA	1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RPA	1		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	RPA	1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	RPA	1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	RPA	1		0.000	0.000	
Fatty acids, total trans.....g	0.000		0	RPI	6		0.000	0.000	
Cholesterol.....mg	0		0	RPI	6		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	RPI	6		0.0	0.0	
Caffeine.....mg	0		0	RPI	6		0	0	
Theobromine.....mg	0		0	RPI	6		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

Fat

Carbohydrate

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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	60.57	0.235	14	A	1		158.69	19.99	
Energy.....kcal	148		0	NC	4		388	49	
Energy.....kJ	620		0	NC	4		1624	205	
Protein (N x 6.25).....g	2.40	0.037	14	A	1		6.28	0.79	
Total lipid (fat).....g	0.25	0.013	14	A	1		0.65	0.08	
Ash.....g	1.60	0.034	12	A	1		4.19	0.53	
Carbohydrate, by difference.....g	35.19		0	NC	4		92.19	11.61	
Fiber, total dietary.....g	1.0	0.049	4	A	1		2.5	0.3	
Sugars, total.....g	29.68	0.092	6	A	1		77.75	9.79	
Sucrose.....g	15.55	0.336	6	A	1		40.74	5.13	
Glucose (dextrose).....g	6.58	0.190	6	A	1		17.24	2.17	
Fructose.....g	7.55	0.211	6	A	1		19.78	2.49	
Lactose.....g	0.00	0.000	6	A	1		0.00	0.00	
Maltose.....g	0.00	0.000	6	A	1		0.00	0.00	
Galactose.....g	0.00	0.000	6	A	1		0.00	0.00	
Starch.....g	0.00		2	A	1		0.00	0.00	
Minerals:									
Calcium, Ca.....mg	38	0.644	12	A	1		100	13	
Iron, Fe.....mg	0.33	0.032	14	A	1		0.87	0.11	
Magnesium, Mg.....mg	35	0.375	14	A	1		93	12	
Phosphorus, P.....mg	61	0.559	12	A	1		159	20	
Potassium, K.....mg	629	10.069	14	A	1		1649	208	
Sodium, Na.....mg	7	0.821	14	A	1		18	2	
Zinc, Zn.....mg	0.16	0.010	14	A	1		0.41	0.05	
Copper, Cu.....mg	0.059	0.009	14	A	1		0.156	0.020	
Manganese, Mn.....mg	0.116	0.031	14	A	1		0.304	0.038	
Selenium, Se.....µg	0.4		1	A	1		1.2	0.1	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	144.8	3.923	8	A	1		379.4	47.8	
Thiamin.....mg	0.275	0.014	6	A	1		0.721	0.091	
Riboflavin.....mg	0.175	0.017	6	A	1		0.458	0.058	
Niacin.....mg	1.093	0.029	6	A	1		2.865	0.361	
Pantothenic acid.....mg	0.732	0.006	4	A	1		1.917	0.241	
Vitamin B-6.....mg	0.260	0.013	6	A	1		0.680	0.086	
Folate, total.....µg	77	2.349	6	A	1		201	25	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	77	2.349	6	A	1		201	25	
Folate, DFE.....µg	77		0	NC	4		201	25	
Choline, total.....mg	20.0		0	AS	1		52.3	6.6	
Betaine.....mg	0.5		1	A	1		1.2	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	13		0	AS	1		35	4	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg	53	10.723	6	A	1		139	18	
Carotene, alpha.....µg	19	2.163	6	A	1		50	6	
Cryptoxanthin, beta.....µg	191	28.122	6	A	1		501	63	
Vitamin A, IU.....IU	264		0	AS	1		691	87	
Lycopene.....µg	1	0.905	6	A	1		2	0	
Lutein + zeaxanthin.....µg	333	4.497	6	A	1		873	110	
Vitamin E (alpha-tocopherol).....mg	0.60		2	A	1		1.56	0.20	
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	0.00		2	A	1		0.00	0.00	
Tocopherol, delta.....mg	0.00		2	A	1		0.00	0.00	
Tocotrienol, alpha.....mg	0.00		2	A	1		0.00	0.00	
Tocotrienol, beta.....mg	0.00		2	A	1		0.00	0.00	

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	0.00		2	A	1		0.00	0.00	
Tocotrienol, 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									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	0.4		2	A	1		0.9	0.1	
Dihydrophyloquinone.....µg	0.0		2	A	1		0.0	0.0	
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.059		0	NC	4		0.154	0.019	
4:0.....g	0.000		1	A	1		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	0.000		1	A	1		0.000	0.000	
12:0.....g	0.003		1	A	1		0.008	0.001	
13:0.....g									
14:0.....g	0.002		1	A	1		0.005	0.001	
15:0.....g	0.002		1	A	1		0.005	0.001	
16:0.....g	0.044		1	A	1		0.115	0.014	
17:0.....g	0.000		1	A	1		0.000	0.000	
18:0.....g	0.008		1	A	1		0.021	0.003	
20:0.....g	0.000		1	A	1		0.000	0.000	
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	0.050		0	NC	4		0.131	0.016	
14:1.....g	0.000		1	A	1		0.000	0.000	
15:1.....g	0.000		1	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.006		0	AS	1		0.016	0.002	
16:1 c.....g	0.006		1	A	1		0.016	0.002	
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	0.044		0	AS	1		0.115	0.014	
18:1 c.....g	0.044		1	A	1		0.115	0.014	
18:1 t.....g	0.000		1	A	1		0.000	0.000	
18:1-11 t (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	0.063		0	NC	4		0.165	0.021	
18:2 undifferentiated.....g	0.046		0	AS	1		0.121	0.015	
18:2 n-6 c,c.....g	0.046		1	A	1		0.121	0.015	
18:2 CLAs.....g	0.000		1	A	1		0.000	0.000	
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	0.017		0	AS	1		0.045	0.006	
18:3 n-3 c,c,c (ALA).....g	0.017		1	A	1		0.045	0.006	
18:3 n-6 c,c,c.....g	0.000		1	A	1		0.000	0.000	
18:3i.....g	0.000		1	A	1		0.000	0.000	
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-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	

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
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	
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	0.009		0	A	1		0.024	0.003	
Threonine.....g	0.040		0	A	1		0.104	0.013	
Isoleucine.....g	0.030		0	A	1		0.078	0.010	
Leucine.....g	0.053		0	A	1		0.138	0.017	
Lysine.....g	0.062		0	A	1		0.164	0.021	
Methionine.....g	0.010		0	A	1		0.026	0.003	
Cystine.....g	0.013		0	A	1		0.034	0.004	
Phenylalanine.....g	0.043		0	A	1		0.112	0.014	
Tyrosine.....g	0.023		0	A	1		0.060	0.008	
Valine.....g	0.046		0	A	1		0.122	0.015	
Arginine.....g	0.309		0	A	1		0.811	0.102	
Histidine.....g	0.020		0	A	1		0.052	0.007	
Alanine.....g	0.069		0	A	1		0.182	0.023	
Aspartic acid.....g	0.437		0	A	1		1.144	0.144	
Glutamic acid.....g	0.146		0	A	1		0.382	0.048	
Glycine.....g	0.043		0	A	1		0.112	0.014	
Proline.....g	0.376		0	A	1		0.985	0.124	
Serine.....g	0.079		0	A	1		0.207	0.026	
Hydroxyproline.....g	0.000		1	A	1		0.000	0.000	
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 = 262g: 1 cup
 Measure 2 = 33.0g: 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 28 (2015)

NDB No. 09213

Orange juice, frozen concentrate, unsweetened, undiluted, with added 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	60.57	0.235	14	A	1		158.69	19.99	
Energy.....kcal	147		0	NC	4		386	49	
Energy.....kJ	616		0	NC	4		1614	203	
Protein.....g	2.40	0.037	14	A	1		6.28	0.79	
Total lipid (fat).....g	0.25	0.013	14	A	1		0.65	0.08	
Ash.....g	2.92		2	A	1		7.66	0.97	
Carbohydrate, by difference.....g	33.86		0	NC	4		88.72	11.17	
Fiber, total dietary.....g	1.0	0.049	4	A	1		2.5	0.3	
Sugars, total.....g	29.68	0.092	6	A	1		77.75	9.79	
Sucrose.....g	15.55	0.336	6	A	1		40.74	5.13	
Glucose (dextrose).....g	6.58	0.190	6	A	1		17.24	2.17	
Fructose.....g	7.55	0.211	6	A	1		19.78	2.49	
Lactose.....g	0.00	0.000	6	A	1		0.00	0.00	
Maltose.....g	0.00	0.000	6	A	1		0.00	0.00	
Galactose.....g	0.00	0.000	6	A	1		0.00	0.00	
Starch.....g	0.00		2	A	1		0.00	0.00	
Minerals:									
Calcium, Ca.....mg	578		2	A	1		1515	191	
Iron, Fe.....mg	0.33	0.032	14	A	1		0.87	0.11	
Magnesium, Mg.....mg	35	0.375	14	A	1		93	12	
Phosphorus, P.....mg	313		2	A	1		820	103	
Potassium, K.....mg	629	10.069	14	A	1		1649	208	
Sodium, Na.....mg	7	0.821	14	A	1		18	2	
Zinc, Zn.....mg	0.16	0.010	14	A	1		0.41	0.05	
Copper, Cu.....mg	0.059	0.009	14	A	1		0.156	0.020	
Manganese, Mn.....mg	0.116	0.031	14	A	1		0.304	0.038	
Selenium, Se.....µg	0.4		1	A	1		1.2	0.1	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	144.8	3.923	8	A	1		379.4	47.8	
Thiamin.....mg	0.275	0.014	6	A	1		0.721	0.091	
Riboflavin.....mg	0.175	0.017	6	A	1		0.458	0.058	
Niacin.....mg	1.093	0.029	6	A	1		2.865	0.361	
Pantothenic acid.....mg	0.732	0.006	4	A	1		1.917	0.241	
Vitamin B-6.....mg	0.260	0.013	6	A	1		0.680	0.086	
Folate, total.....µg	77	2.349	6	A	1		201	25	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	77	2.349	6	A	1		201	25	
Folate, DFE.....µg	77		0	NC	4		201	25	
Choline, total.....mg	20.0		0	AS	1		52.3	6.6	
Betaine.....mg	0.5		1	A	1		1.2	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	13		0	AS	1		35	4	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg	53	10.723	6	A	1		139	18	
Carotene, alpha.....µg	19	2.163	6	A	1		50	6	
Cryptoxanthin, beta.....µg	191	28.122	6	A	1		501	63	
Vitamin A, IU.....IU	264		0	AS	1		691	87	
Lycopene.....µg	1	0.905	6	A	1		2	0	
Lutein + zeaxanthin.....µg	333	4.497	6	A	1		873	110	
Vitamin E (alpha-tocopherol).....mg	0.60		2	A	1		1.56	0.20	
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	0.00		2	A	1		0.00	0.00	
Tocopherol, delta.....mg	0.00		2	A	1		0.00	0.00	
Tocotrienol, alpha.....mg	0.00		2	A	1		0.00	0.00	
Tocotrienol, beta.....mg	0.00		2	A	1		0.00	0.00	

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	0.00		2	A	1		0.00	0.00	
Tocotrienol, 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									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	0.4		2	A	1		0.9	0.1	
Dihydrophyloquinone.....µg	0.0		2	A	1		0.0	0.0	
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.059		0	NC	4		0.154	0.019	
4:0.....g	0.000		1	A	1		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	0.000		1	A	1		0.000	0.000	
12:0.....g	0.003		1	A	1		0.008	0.001	
13:0.....g									
14:0.....g	0.002		1	A	1		0.005	0.001	
15:0.....g	0.002		1	A	1		0.005	0.001	
16:0.....g	0.044		1	A	1		0.115	0.014	
17:0.....g	0.000		1	A	1		0.000	0.000	
18:0.....g	0.008		1	A	1		0.021	0.003	
20:0.....g	0.000		1	A	1		0.000	0.000	
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	0.050		0	NC	4		0.131	0.016	
14:1.....g	0.000		1	A	1		0.000	0.000	
15:1.....g	0.000		1	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.006		0	AS	1		0.016	0.002	
16:1 c.....g	0.006		1	A	1		0.016	0.002	
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	0.044		0	AS	1		0.115	0.014	
18:1 c.....g	0.044		1	A	1		0.115	0.014	
18:1 t.....g	0.000		1	A	1		0.000	0.000	
18:1-11 t (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	0.063		0	NC	4		0.165	0.021	
18:2 undifferentiated.....g	0.046		0	AS	1		0.121	0.015	
18:2 n-6 c,c.....g	0.046		1	A	1		0.121	0.015	
18:2 CLAs.....g	0.000		1	A	1		0.000	0.000	
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	0.017		0	AS	1		0.045	0.006	
18:3 n-3 c,c,c (ALA).....g	0.017		1	A	1		0.045	0.006	
18:3 n-6 c,c,c.....g	0.000		1	A	1		0.000	0.000	
18:3i.....g	0.000		1	A	1		0.000	0.000	
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-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	

NDB No. 09213

Orange juice, frozen concentrate, unsweetened, undiluted, with added 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			Measure 1	Measure 2	Measure 3
			Deriv Code	Source Code	Confidence Code			
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	
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	0.009		0	A	1	0.024	0.003	
Threonine.....g	0.040		0	A	1	0.104	0.013	
Isoleucine.....g	0.030		0	A	1	0.078	0.010	
Leucine.....g	0.053		0	A	1	0.138	0.017	
Lysine.....g	0.062		0	A	1	0.164	0.021	
Methionine.....g	0.010		0	A	1	0.026	0.003	
Cystine.....g	0.013		0	A	1	0.034	0.004	
Phenylalanine.....g	0.043		0	A	1	0.112	0.014	
Tyrosine.....g	0.023		0	A	1	0.060	0.008	
Valine.....g	0.046		0	A	1	0.122	0.015	
Arginine.....g	0.309		0	A	1	0.811	0.102	
Histidine.....g	0.020		0	A	1	0.052	0.007	
Alanine.....g	0.069		0	A	1	0.182	0.023	
Aspartic acid.....g	0.437		0	A	1	1.144	0.144	
Glutamic acid.....g	0.146		0	A	1	0.382	0.048	
Glycine.....g	0.043		0	A	1	0.112	0.014	
Proline.....g	0.376		0	A	1	0.985	0.124	
Serine.....g	0.079		0	A	1	0.207	0.026	
Hydroxyproline.....g	0.000		1	A	1	0.000	0.000	
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 = 262g: 1 cup
 Measure 2 = 33.0g: 1 fl oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number	Deriv Code	Source Code	measures of food			
			of Data Points			Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
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
21:5.....g									
22:4.....g									
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	0.000		0	Z	7		0.000	0.000	0.000
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

NDB No. 09206
 Orange juice, raw

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3	
			of Data Points	Deriv Code				Source Confidence Code
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 = 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 28 (2015)

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
Lipids:									
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	
21:5.....g									
22:4.....g									
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	0.000		0	Z	7		0.000	0.000	
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

Carbohydrate3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 09217

Orange-grapefruit 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
Lipids:									
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	
21:5.....g									
22:4.....g									
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	0.000		0	Z	7		0.000	0.000	
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

Carbohydrate3.92

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

NDB No. 09201
Oranges, raw, California, valencias

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common</u>		
	Mean	Std. Error	Number			measures of food		
			of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2
Fatty acids, total saturated.....g	0.035		0		1		0.063	0.042
4:0.....g								
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								
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g								
22:6 n-3 (DHA).....g								
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000
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.

NDB No. 09201

Oranges, raw, California, valencias

Common Measures:

Measure 1 = 180g: 1 cup sections, without membranes

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 28 (2015)

NDB No. 09203
Oranges, raw, Florida

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number	Deriv Code	Source Code	measures of food			
			of Data Points			Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
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
21:5.....g									
22:4.....g									
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	0.000		0	Z	7		0.000	0.000	0.000
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

NDB No. 09203
 Oranges, raw, Florida

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3	
			of Data Points	Deriv Code				Source Code
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 = 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 28 (2015)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Lipids:									
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
21:5.....g									
22:4.....g									
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	0.000		0	Z	7		0.000	0.000	0.000
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

NDB No. 09200

Oranges, raw, all commercial varieties

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3	
			of Data Points	Deriv Code				Source Code
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, 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 28 (2015)

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
Tocotrienol, alpha.....mg	0.01	0.000	3	A	1		0.02	0.02	0.02
Tocotrienol, beta.....mg	0.00	0.000	3	A	1		0.00	0.00	0.00
Tocotrienol, gamma.....mg	0.00	0.000	3	A	1		0.00	0.00	0.00
Tocotrienol, delta.....mg	0.00	0.000	3	A	1		0.00	0.00	0.00

NDB No. 09202
Oranges, raw, navels

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	measures of food			
						Confidence Code	Measure 1	Measure 2	Measure 3
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	0.007	8	A	1		0.1	0.1	0.1
Dihydrophyloquinone.....µg	0.0	0.000	8	A	1		0.0	0.0	0.0
Menaquinone-4.....µg									
<u>Lipids:</u>									
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									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	0.000
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg	24		0		1		40	34	37
<u>Amino Acids:</u>									
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

NDB No. 09202
Oranges, raw, navels

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points	Code	Code				
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. Number of Data Points of zero indicates the mean was 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

Carbohydrate3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

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
Fatty acids, total saturated.....g	0.035		0		1		0.060	0.056	
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		0.002	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	
21:5.....g									
22:4.....g									
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	0.000		0	Z	7		0.000	0.000	
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	

NDB No. 09205
Oranges, raw, with peel

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

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

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

Carbohydrate3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Lipids:							
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
21:5.....g							
22:4.....g							
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	0.000		0	Z	7	0.000	0.000
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 28 (2015)

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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, 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		
Menquinone-4.....µg	0.0		1	A	1		0.0		
Lipids:									

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
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		
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 t.....g	0.000		1	A	1		0.000		
18:1-11 t (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 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-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 28 (2015)

NDB No. 09226

Papayas, raw

Carica papaya

Refuse:38% 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	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
Tocotrienol, alpha.....mg	0.00	0.003	5	A	1		0.00	0.01	0.00
Tocotrienol, beta.....mg	0.07	0.065	5	A	1		0.09	0.15	0.10

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Mean	Std. Error	Number			measures of food			
			of Data	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
		Points	Code	Code	Code				
Tocotrienol, gamma.....mg	0.01	0.005	5	A	1	0.01	0.01	0.01	
Tocotrienol, 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									
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	
Dihydrophyloquinone.....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	
21:5.....g									
22:4.....g									
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	0.000		0	Z	7	0.000	0.000	0.000	
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	

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

Carbohydrate3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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
Lipids:									
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	
21:5.....g									
22:4.....g									
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	0.000		0	Z	7		0.000	0.000	
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

Carbohydrate3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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
Lipids:									
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	
21:5.....g									
22:4.....g									
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	0.000		0	Z	7		0.000	0.000	
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

Carbohydrate3.92

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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
Lipids:									
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	
21:5.....g									
22:4.....g									
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	0.000		0	Z	7		0.000	0.000	
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 28 (2015)

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	12.35		0	LC	8		30.76	3.84	
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	17.6		0	LC	8		43.9	5.5	
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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

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			Measure 1	Measure 2	Measure 3
			Deriv Code	Source Code	Confidence Code			
Fatty acids, total saturated.....g	0.002		0		1	0.005	0.001	
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	0.002		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								
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g								
22:6 n-3 (DHA).....g								
Fatty acids, total trans.....g	0.000		0	Z	7	0.000	0.000	
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 28 (2015)

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		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Lipids:							
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
21:5.....g							
22:4.....g							
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	0.000		0	Z	7	0.000	0.000
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 28 (2015)

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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, 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:									

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
Fatty acids, total saturated.....g	0.003		0		1		0.008		
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	0.003		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									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g	0.000		0	Z	7		0.000		
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.

NDB No. 09242

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

Common Measures:

Measure 1 = 262g: 1 cup, halves or slices

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 28 (2015)

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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, 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:

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
Fatty acids, total saturated.....g	0.011		0		1		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	0.009		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									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g	0.000		0	Z	7		0.000		
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.

NDB No. 09239

Peaches, canned, extra light syrup, solids and liquids

Common Measures:

Measure 1 = 247g: 1 cup, halves or slices

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 28 (2015)

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		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Lipids:							
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
21:5.....g							
22:4.....g							
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	0.000		0	Z	7	0.000	0.000
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

NDB No. 09241

Peaches, canned, heavy syrup pack, solids and liquids

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
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 = 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 28 (2015)

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
Tocotrienol, alpha.....mg	0.00		2	A	1		0.00	0.00	0.00
Tocotrienol, beta.....mg	0.00		2	A	1		0.00	0.00	0.00

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		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
Tocotrienol, gamma.....mg	0.00		2	A	1		0.00	0.00	0.00
Tocotrienol, 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									
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
Dihydrophyloquinone.....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
21:5.....g									
22:4.....g									
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	0.000		0	Z	7		0.000	0.000	0.000
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

NDB No. 09370

Peaches, canned, heavy syrup, drained

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

Carbohydrate3.75

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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
Lipids:									
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
21:5.....g									
22:4.....g									
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	0.000		0	Z	7		0.000	0.000	0.000
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

NDB No. 09238

Peaches, canned, juice pack, solids and liquids

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	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	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 = 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 28 (2015)

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
Lipids:									
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	
21:5.....g									
22:4.....g									
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	0.000		0	Z	7		0.000	0.000	
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	

NDB No. 09240

Peaches, canned, light syrup pack, solids and liquids

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
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 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 28 (2015)

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
Lipids:									
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	
21:5.....g									
22:4.....g									
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	0.000		0	Z	7		0.000	0.000	
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	

NDB No. 09237

Peaches, canned, water pack, solids and liquids

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
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 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 28 (2015)

NDB No. 09245

Peaches, 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	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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, 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:

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	0.045		0			1			0.109
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	0.040		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									
21:5.....g									
22:4.....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.

NDB No. 09245

Peaches, dehydrated (low-moisture), sulfured, stewed

Common Measures:

Measure 1 = 242g: 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 28 (2015)

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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, 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:

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion 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	0.111		0			1	0.129		
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	0.097		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									
21:5.....g									
22:4.....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.

NDB No. 09244

Peaches, dehydrated (low-moisture), sulfured, uncooked

Common Measures:

Measure 1 = 116g: 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 28 (2015)

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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, 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:

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Fatty acids, total saturated.....g	0.024		0		1		0.065
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	0.021		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
21:5.....g							
22:4.....g							
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							

NDB No. 09248

Peaches, dried, sulfured, stewed, with added sugar

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

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

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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
Lipids:									
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		
21:5.....g									
22:4.....g									
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		

NDB No. 09247

Peaches, dried, sulfured, stewed, without added sugar

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

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Common Measures:

Measure 1 = 258g: 1 cup

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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	
Tocotrienol, alpha.....mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, beta.....mg	0.00		1	A	1		0.00	0.00	

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	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Code					
Tocotrienol, gamma.....mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, 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	15.7		0	BFSN	4		25.1	2.0	
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<u>Lipids:</u>									
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	
21:5.....g									
22:4.....g									
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									
<u>Amino Acids:</u>									
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	

NDB No. 09246

Peaches, dried, sulfured, uncooked

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
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							
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 28 (2015)

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
Lipids:									
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
21:5.....g									
22:4.....g									
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	0.000		0	Z	7		0.000	0.000	0.000
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

NDB No. 09250

Peaches, frozen, sliced, sweetened

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	<u>measures of food</u>		
						Confidence Code	Measure 1	Measure 2
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 = 250g: 1 cup, thawed

Measure 2 = 155g: 10 slices

Measure 3 = 284g: 1 package (10 oz)

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate3.78

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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
Lipids:									
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		
21:5.....g									
22:4.....g									
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	0.000		0	Z	7		0.000		
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		

NDB No. 09243

Peaches, spiced, canned, heavy syrup pack, solids and liquids

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
	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		

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

Carbohydrate3.75

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 09236
 Peaches, yellow, raw
Prunus persica

Refuse:4% 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	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
Tocotrienol, alpha.....mg	0.03	0.030	5	A	1		0.05	0.04	0.05
Tocotrienol, beta.....mg	0.00	0.000	5	A	1		0.00	0.00	0.00

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Deriv Code	Code					
Tocotrienol, gamma.....mg	0.00	0.000	5	A	1		0.00	0.00	0.00	
Tocotrienol, delta.....mg	0.00		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										
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	
Dihydrophyloquinone.....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	
21:5.....g										
22:4.....g										
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	0.000		0	Z	7		0.000	0.000	0.000	
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	

NDB No. 09236
 Peaches, yellow, raw

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

Carbohydrate3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 09408

Pear nectar, canned, with added ascorbic acid

vitamin C

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	BFZN	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	0.5		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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

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
Fatty acids, total saturated.....g	0.001		0		1		0.003	0.000	
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	0.001		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									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	
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 28 (2015)

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
Lipids:									
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	
21:5.....g									
22:4.....g									
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	0.000		0	Z	7		0.000	0.000	
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

Carbohydrate3.75

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Lipids:							
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
21:5.....g							
22:4.....g							
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	0.000		0	Z	7	0.000	0.000
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

NDB No. 09340
 Pears, asian, raw

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
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 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 28 (2015)

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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

Lipids:

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
Fatty acids, total saturated.....g	0.007		0		1		0.019	0.006	
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	0.005		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									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	
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.

NDB No. 09258

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

Common Measures:

Measure 1 = 266g: 1 cup, halves

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 28 (2015)

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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

Lipids:

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
Fatty acids, total saturated.....g	0.006		0		1		0.015	0.005	
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	0.004		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									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	
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.

NDB No. 09255

Pears, canned, extra light syrup pack, solids and liquids

Common Measures:

Measure 1 = 247g: 1 cup, halves

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 28 (2015)

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
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7	0.0	0.0		
Vitamin D.....IU	0		0	Z	7	0	0		
Vitamin K (phylloquinone).....µg	0.3		2	A	1	0.9	0.3		
Dihydrophyloquinone.....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		
21:5.....g									
22:4.....g									
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	0.000		0	Z	7	0.000	0.000		
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		

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
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									
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 28 (2015)

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
Lipids:									
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	
21:5.....g									
22:4.....g									
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	0.000		0	Z	7		0.000	0.000	
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 28 (2015)

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
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
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	
21:5.....g									
22:4.....g									
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	0.000		0	Z	7		0.000	0.000	
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	

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			Measure 1	Measure 2	Measure 3
			Deriv Code	Source Code	Confidence Code			
Proline.....g	0.009		0		1	0.022	0.007	
Serine.....g	0.012		0		1	0.030	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. Number of Data Points of zero indicates the mean was 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 28 (2015)

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
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
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	
21:5.....g									
22:4.....g									
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	0.000		0	Z	7		0.000	0.000	
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	

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		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Proline.....g	0.005		0		1	0.013	0.004
Serine.....g	0.007		0		1	0.018	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. Number of Data Points of zero indicates the mean was 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 28 (2015)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
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	
21:5.....g									
22:4.....g									
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	0.000		0	Z	7		0.000	0.000	
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	

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		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Proline.....g	0.005		0		1	0.012	0.004
Serine.....g	0.007		0		1	0.017	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. Number of Data Points of zero indicates the mean was 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 28 (2015)

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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, 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:

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		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Fatty acids, total saturated.....g	0.016		0		1		0.045
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		0.034
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
21:5.....g							
22:4.....g							
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							

NDB No. 09261

Pears, dried, sulfured, stewed, with added sugar

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

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

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 09260

Pears, dried, sulfured, stewed, w 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		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Lipids:							
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
21:5.....g							
22:4.....g							
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

NDB No. 09260

Pears, dried, sulfured, stewed, without added sugar

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
	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		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 28 (2015)

NDB No. 09259
Pears, 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	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
Tocotrienol, alpha.....mg	0.00		1	A	1		0.00	0.00	0.00
Tocotrienol, beta.....mg	0.00		1	A	1		0.00	0.00	0.00
Tocotrienol, gamma.....mg	0.00		1	A	1		0.00	0.00	0.00
Tocotrienol, 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	20.4		0	BFSN	4		36.8	3.7	35.8

NDB No. 09259
Pears, dried, sulfured, uncooked

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3	
			of Data Points	Deriv Code				Source Confidence Code
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, 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 28 (2015)

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		117.54	135.17	124.26
Energy.....kcal	57		0	NC	4		80	92	85
Energy.....kJ	239		0	NC	4		335	385	354
Protein (N x 6.25).....g	0.36	0.016	29	A	1		0.51	0.58	0.53
Total lipid (fat).....g	0.14	0.019	24	A	1		0.20	0.22	0.21
Ash.....g	0.32	0.019	24	A	1		0.44	0.51	0.47
Carbohydrate, by difference.....g	15.23		0	NC	4		21.32	24.52	22.54
Fiber, total dietary.....g	3.1	0.074	24	A	1		4.3	5.0	4.6
Sugars, total.....g	9.75	0.207	24	A	1		13.65	15.70	14.43
Sucrose.....g	0.71	0.090	24	A	1		0.99	1.14	1.05
Glucose (dextrose).....g	2.60	0.156	24	A	1		3.64	4.18	3.84
Fructose.....g	6.42	0.060	24	A	1		8.99	10.34	9.50
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		13	15	14
Iron, Fe.....mg	0.18	0.027	55	A	1		0.25	0.29	0.26
Magnesium, Mg.....mg	7	0.065	51	A	1		9	11	10
Phosphorus, P.....mg	12	0.226	50	A	1		16	19	17
Potassium, K.....mg	116	3.612	50	A	1		163	187	172
Sodium, Na.....mg	1	0.204	51	A	1		2	2	2
Zinc, Zn.....mg	0.10	0.004	51	A	1		0.14	0.16	0.15
Copper, Cu.....mg	0.082	0.006	57	A	1		0.115	0.133	0.122
Manganese, Mn.....mg	0.048	0.003	60	A	1		0.068	0.078	0.072
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		6.0	7.0	6.4
Thiamin.....mg	0.012	0.001	16	A	1		0.017	0.019	0.018
Riboflavin.....mg	0.026	0.002	16	A	1		0.036	0.042	0.038
Niacin.....mg	0.161	0.005	16	A	1		0.225	0.259	0.238
Pantothenic acid.....mg	0.049	0.004	14	A	1		0.068	0.078	0.072
Vitamin B-6.....mg	0.029	0.001	16	A	1		0.041	0.047	0.044
Folate, total.....µg	7	0.296	16	A	1		10	11	10
Folic acid.....µg	0		0	Z	7		0	0	0
Folate, food.....µg	7	0.296	16	A	1		10	11	10
Folate, DFE.....µg	7		0	NC	4		10	11	10
Choline, total.....mg	5.1	0.123	3	AS	1		7.2	8.2	7.6
Betaine.....mg	0.2	0.015	3	A	1		0.2	0.2	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	1		0	AS	1		2	2	2
Retinol.....µg	0		0	Z	7		0	0	0
Carotene, beta.....µg	14	4.004	16	A	1		19	22	20
Carotene, alpha.....µg	1	0.812	16	A	1		1	1	1
Cryptoxanthin, beta.....µg	2	0.448	14	A	1		2	3	3
Vitamin A, IU.....IU	25		0	AS	1		35	40	37
Lycopene.....µg	0	0.000	14	A	1		0	0	0
Lutein + zeaxanthin.....µg	44	2.324	14	A	1		61	70	64
Vitamin E (alpha-tocopherol).....mg	0.12	0.003	4	A	1		0.17	0.20	0.18
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	0.05
Tocopherol, delta.....mg	0.00	0.000	4	A	1		0.00	0.00	0.00
Tocotrienol, alpha.....mg	0.02	0.007	4	A	1		0.03	0.03	0.03
Tocotrienol, beta.....mg	0.00	0.000	4	A	1		0.00	0.00	0.00

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Deriv Code	Code					
Tocotrienol, gamma.....mg	0.00	0.000	4	A	1		0.00	0.00	0.00	
Tocotrienol, 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										
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		6.2	7.2	6.6	
Dihydrophyloquinone.....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		0.031	0.035	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	0.000		0		1		0.000	0.000	0.000	
15:0.....g										
16:0.....g	0.017		1		1		0.024	0.027	0.025	
17:0.....g										
18:0.....g	0.003		1		1		0.004	0.005	0.004	
20:0.....g										
22:0.....g										
24:0.....g										
Fatty acids, total monounsaturated.....g	0.084		0		1		0.118	0.135	0.124	
14:1.....g										
15:1.....g										
16:1 undifferentiated.....g	0.002		1		1		0.003	0.003	0.003	
17:1.....g										
18:1 undifferentiated.....g	0.081		1		1		0.113	0.130	0.120	
20:1.....g	0.001		1		1		0.001	0.002	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	0.094		0		1		0.132	0.151	0.139	
18:2 undifferentiated.....g	0.093		1		1		0.130	0.150	0.138	
18:3 undifferentiated.....g	0.001		1		1		0.001	0.002	0.001	
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	
21:5.....g										
22:4.....g										
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	0.000		0	Z	7		0.000	0.000	0.000	
Cholesterol.....mg	0		0	Z	7		0	0	0	
Phytosterols.....mg	8		0		1		11	13	12	
Amino Acids:										
Tryptophan.....g	0.002		0	A	1		0.002	0.003	0.002	
Threonine.....g	0.011		0	A	1		0.016	0.019	0.017	
Isoleucine.....g	0.011		0	A	1		0.016	0.018	0.017	
Leucine.....g	0.019		0	A	1		0.027	0.031	0.028	
Lysine.....g	0.017		0	A	1		0.024	0.027	0.025	
Methionine.....g	0.002		0	A	1		0.003	0.004	0.003	
Cystine.....g	0.002		0	A	1		0.002	0.002	0.002	
Phenylalanine.....g	0.011		0	A	1		0.015	0.017	0.016	
Tyrosine.....g	0.002		0	A	1		0.002	0.003	0.002	
Valine.....g	0.017		0	A	1		0.024	0.027	0.025	
Arginine.....g	0.010		0	A	1		0.015	0.017	0.015	
Histidine.....g	0.002		0	A	1		0.002	0.002	0.002	
Alanine.....g	0.014		0	A	1		0.020	0.022	0.021	

NDB No. 09252

Pears, raw

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3	
			of Data Points	Deriv Code				Source Code
Aspartic acid.....g	0.105		0	A	1	0.147	0.169	0.156
Glutamic acid.....g	0.030		0	A	1	0.042	0.049	0.045
Glycine.....g	0.013		0	A	1	0.018	0.020	0.019
Proline.....g	0.021		0	A	1	0.030	0.034	0.031
Serine.....g	0.015		0	A	1	0.021	0.025	0.023
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 = 140g: 1 cup, slices

Measure 2 = 161g: 1 cup, cubes

Measure 3 = 148g: 1 small

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	3.8	0.134	4	A	1		5.3	5.7	6.7
Dihydrophyloquinone.....µg	0.0	0.000	4	A	1		0.0	0.0	0.0
Menaquinone-4.....µg									
<u>Lipids:</u>									
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	0.000
Cholesterol.....mg									
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.002		0	A	1		0.002	0.003	0.003
Threonine.....g	0.012		0	A	1		0.017	0.018	0.021
Isoleucine.....g	0.012		0	A	1		0.017	0.018	0.021
Leucine.....g	0.020		0	A	1		0.028	0.030	0.035
Lysine.....g	0.018		0	A	1		0.025	0.027	0.032
Methionine.....g	0.002		0	A	1		0.003	0.004	0.004
Cystine.....g	0.002		0	A	1		0.002	0.002	0.003
Phenylalanine.....g	0.011		0	A	1		0.016	0.017	0.020
Tyrosine.....g	0.002		0	A	1		0.002	0.003	0.003
Valine.....g	0.018		0	A	1		0.025	0.027	0.032
Arginine.....g	0.011		0	A	1		0.015	0.017	0.019
Histidine.....g	0.002		0	A	1		0.002	0.002	0.003
Alanine.....g	0.015		0	A	1		0.021	0.022	0.026
Aspartic acid.....g	0.111		0	A	1		0.156	0.169	0.197
Glutamic acid.....g	0.032		0	A	1		0.045	0.049	0.057
Glycine.....g	0.013		0	A	1		0.019	0.020	0.024
Proline.....g	0.022		0	A	1		0.031	0.034	0.040
Serine.....g	0.016		0	A	1		0.023	0.024	0.029
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 = 140g: 1 cup, sliced
- Measure 2 = 152g: 1 small
- Measure 3 = 177g: 1 medium

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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									
Vitamin K (phylloquinone).....µg	5.2	0.737	4	A	1		7.2	8.2	9.2
Dihydrophyloquinone.....µg	0.0	0.000	4	A	1		0.0	0.0	0.0
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	0.000
Cholesterol.....mg									
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.002		0	A	1		0.002	0.002	0.003
Threonine.....g	0.011		0	A	1		0.015	0.018	0.020
Isoleucine.....g	0.011		0	A	1		0.015	0.017	0.020
Leucine.....g	0.018		0	A	1		0.026	0.029	0.033
Lysine.....g	0.016		0	A	1		0.023	0.026	0.029
Methionine.....g	0.002		0	A	1		0.003	0.003	0.004
Cystine.....g	0.001		0	A	1		0.002	0.002	0.003
Phenylalanine.....g	0.010		0	A	1		0.015	0.017	0.019
Tyrosine.....g	0.002		0	A	1		0.002	0.002	0.003
Valine.....g	0.016		0	A	1		0.023	0.026	0.029
Arginine.....g	0.010		0	A	1		0.014	0.016	0.018
Histidine.....g	0.001		0	A	1		0.002	0.002	0.003
Alanine.....g	0.013		0	A	1		0.019	0.021	0.024
Aspartic acid.....g	0.101		0	A	1		0.142	0.161	0.181
Glutamic acid.....g	0.029		0	A	1		0.041	0.046	0.052
Glycine.....g	0.012		0	A	1		0.017	0.019	0.022
Proline.....g	0.020		0	A	1		0.028	0.032	0.036
Serine.....g	0.015		0	A	1		0.021	0.023	0.026
Hydroxyproline.....g									

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Common Measures:

- Measure 1 = 140g: 1 cup, sliced
- Measure 2 = 159g: 1 small
- Measure 3 = 179g: 1 medium

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 09 Fruits and Fruit Juices

NDB No. 09415
Pears, raw, green anjou

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points			Measure 1	Measure 2	Measure 3
			Deriv Code	Source Code	Confidence Code			
Vitamin D.....IU								
Vitamin K (phylloquinone).....µg	4.3	0.279	4	A	1	6.0	7.4	8.7
Dihydrophyloquinone.....µg	0.0	0.000	4	A	1	0.0	0.0	0.0
Menaquinone-4.....µg								
Lipids:								
Fatty acids, total saturated.....g								
Fatty acids, total monounsaturated.....g								
Fatty acids, total polyunsaturated.....g								
Fatty acids, total trans.....g	0.000		0	Z	7	0.000	0.000	0.000
Cholesterol.....mg								
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.002		0	A	1	0.003	0.003	0.004
Threonine.....g	0.014		0	A	1	0.019	0.023	0.027
Isoleucine.....g	0.013		0	A	1	0.019	0.023	0.027
Leucine.....g	0.022		0	A	1	0.031	0.038	0.045
Lysine.....g	0.020		0	A	1	0.028	0.035	0.041
Methionine.....g	0.003		0	A	1	0.004	0.005	0.005
Cystine.....g	0.002		0	A	1	0.002	0.003	0.004
Phenylalanine.....g	0.013		0	A	1	0.018	0.022	0.026
Tyrosine.....g	0.002		0	A	1	0.003	0.003	0.004
Valine.....g	0.020		0	A	1	0.028	0.034	0.040
Arginine.....g	0.012		0	A	1	0.017	0.021	0.025
Histidine.....g	0.002		0	A	1	0.002	0.003	0.004
Alanine.....g	0.016		0	A	1	0.023	0.028	0.033
Aspartic acid.....g	0.124		0	A	1	0.174	0.213	0.250
Glutamic acid.....g	0.036		0	A	1	0.050	0.061	0.072
Glycine.....g	0.015		0	A	1	0.021	0.026	0.030
Proline.....g	0.025		0	A	1	0.035	0.043	0.050
Serine.....g	0.018		0	A	1	0.025	0.031	0.036
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 = 140g: 1 cup, sliced
- Measure 2 = 172g: 1 small
- Measure 3 = 202g: 1 medium

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points			Measure 1	Measure 2	Measure 3
			Deriv Code	Source Code	Confidence Code			
Vitamin D.....IU								
Vitamin K (phylloquinone).....µg	4.9	0.278	4	A	1	6.2	7.7	11.0
Dihydrophyloquinone.....µg	0.0	0.000	4	A	1	0.0	0.0	0.0
Menaquinone-4.....µg								
Lipids:								
Fatty acids, total saturated.....g								
Fatty acids, total monounsaturated.....g								
Fatty acids, total polyunsaturated.....g								
Fatty acids, total trans.....g	0.000		0	Z	7	0.000	0.000	0.000
Cholesterol.....mg								
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.001		0	A	1	0.002	0.002	0.003
Threonine.....g	0.010		0	A	1	0.013	0.016	0.023
Isoleucine.....g	0.010		0	A	1	0.013	0.016	0.023
Leucine.....g	0.017		0	A	1	0.021	0.027	0.038
Lysine.....g	0.015		0	A	1	0.019	0.024	0.034
Methionine.....g	0.002		0	A	1	0.003	0.003	0.004
Cystine.....g	0.001		0	A	1	0.002	0.002	0.003
Phenylalanine.....g	0.010		0	A	1	0.012	0.015	0.022
Tyrosine.....g	0.001		0	A	1	0.002	0.002	0.003
Valine.....g	0.015		0	A	1	0.019	0.024	0.034
Arginine.....g	0.009		0	A	1	0.012	0.015	0.021
Histidine.....g	0.001		0	A	1	0.002	0.002	0.003
Alanine.....g	0.012		0	A	1	0.016	0.020	0.028
Aspartic acid.....g	0.094		0	A	1	0.118	0.147	0.209
Glutamic acid.....g	0.027		0	A	1	0.034	0.042	0.060
Glycine.....g	0.011		0	A	1	0.014	0.018	0.025
Proline.....g	0.019		0	A	1	0.024	0.030	0.042
Serine.....g	0.014		0	A	1	0.017	0.021	0.030
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 = 126g: 1 small
- Measure 2 = 157g: 1 medium
- Measure 3 = 223g: 1 large

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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
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		
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 28 (2015)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Tocotrienol, 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	2.6		0	BFZN	4		4.3
Dihydrophyloquinone.....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
21:5.....g							
22:4.....g							
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	0.000		0	Z	7		0.000
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

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
Proline.....g	0.022		2		1		0.037		
Serine.....g	0.022		2		1		0.037		
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. Number of Data Points of zero indicates the mean was 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 28 (2015)

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
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		
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 28 (2015)

NDB No. 09409

Pineapple 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		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Deriv Code	Points					
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	0.3		0	BFZN	4		0.8	0.1	
Dihydrophyloquinone.....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	
21:5.....g									
22:4.....g									
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	0.000		0	Z	7		0.000	0.000	
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 or bottled, unsweetened, with added ascorbic acid

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 09273

Pineapple juice, canned or bottled, 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		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Deriv Code	Points					
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	0.3		0	BFZN	4		0.8	0.1	
Dihydrophyloquinone.....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	
21:5.....g									
22:4.....g									
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	0.000		0	Z	7		0.000	0.000	
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 or bottled, unsweetened, without added ascorbic acid

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 09510

Pineapple juice, canned, not from concentrate, unsweetened, with added vitamins A, C and E

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
Tocotrienol, delta.....mg								
Vitamin D (D2 + D3).....µg	0.0		0	Z	7	0.0	0.0	
Vitamin D.....IU	0		0	Z	7	0	0	
Vitamin K (phylloquinone).....µg								
Dihydrophyloquinone.....µg								
Menaquinone-4.....µg								
Lipids:								
Fatty acids, total saturated.....g	0.000		0	LC	8	0.000	0.000	
Fatty acids, total monounsaturated.....g								
Fatty acids, total polyunsaturated.....g								
Fatty acids, total trans.....g	0.000		0	LC	8	0.000	0.000	
Cholesterol.....mg	0		0	LC	8	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

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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
Lipids:									
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	
21:5.....g									
22:4.....g									
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	0.000		0	Z	7		0.000	0.000	
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

Carbohydrate3.92

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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
Lipids:									
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		
21:5.....g									
22:4.....g									
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	0.000		0	Z	7		0.000		
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

Carbohydrate3.92

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, 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:

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
Fatty acids, total saturated.....g	0.009		0		1		0.023		
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	0.005		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									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g	0.000		0	Z	7		0.000		
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.

NDB No. 09271

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

Common Measures:

Measure 1 = 260g: 1 cup, crushed, sliced, or 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 28 (2015)

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
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	0.3		0	BFZN	4		0.8	0.1	
Dihydrophyloquinone.....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	
21:5.....g									
22:4.....g									
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	0.000		0	Z	7		0.000	0.000	
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	

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		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
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. Number of Data Points of zero indicates the mean was 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

Carbohydrate3.75

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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		Measure 1	Measure 2	Measure 3	
			of Data Points	Deriv Code				Source Code
Lipids:								
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
21:5.....g								
22:4.....g								
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	0.000		0	Z	7	0.000	0.000	0.000
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 28 (2015)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	0.3		1	A	1		0.7	0.1	
Dihydrophyloquinone.....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	
21:5.....g									
22:4.....g									
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	0.000		0	Z	7		0.000	0.000	
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	

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		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Proline.....g	0.011		0		1	0.027	0.005
Serine.....g	0.022		0		1	0.055	0.010
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 = 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 28 (2015)

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		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
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	0.101	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
21:5.....g							
22:4.....g							
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	0.000		0	Z	7	0.000	0.000
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

NDB No. 09269

Pineapple, canned, light syrup pack, solids and liquids

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
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 = 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 28 (2015)

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
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	0.011		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	
21:5.....g									
22:4.....g									
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	0.000		0	Z	7		0.000	0.000	
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	

NDB No. 09267

Pineapple, canned, water pack, solids and liquids

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
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, 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 28 (2015)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Lipids:									
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		
21:5.....g									
22:4.....g									
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	0.000		0	Z	7		0.000		
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		

NDB No. 09272

Pineapple, frozen, chunks, sweetened

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
	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		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 28 (2015)

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
Tocotrienol, alpha.....mg	0.02	0.012	7	A	1		0.03	0.17	0.03
Tocotrienol, beta.....mg	0.00	0.000	7	A	1		0.00	0.00	0.00

NDB No. 09266
Pineapple, raw, all varieties (1)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Mean	Std. Error	Number			measures of food			
			of Data	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
		Points	Code	Code	Code				
Tocotrienol, gamma.....mg	0.00	0.000	7	A	1		0.00	0.00	0.00
Tocotrienol, 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
Vitamin K (phylloquinone).....µg	0.7	0.020	10	A	1		1.2	6.4	1.2
Dihydrophyloquinone.....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
21:5.....g									
22:4.....g									
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	0.000		0	Z	7		0.000	0.000	0.000
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

NDB No. 09266
Pineapple, raw, all varieties (1)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3	
			of Data Points	Deriv Code				Source Code
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								
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 28 (2015)

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
Tocotrienol, alpha.....mg	0.02	0.004	7	A	1		0.03	0.03	0.18
Tocotrienol, beta.....mg	0.00	0.000	7	A	1		0.00	0.00	0.00
Tocotrienol, gamma.....mg	0.00	0.000	7	A	1		0.00	0.00	0.00
Tocotrienol, delta.....mg	0.00	0.000	7	A	1		0.00	0.00	0.00

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			Measure 1	Measure 2	Measure 3
			Deriv Code	Source Code	Confidence Code			
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	0.104	8	A	1	1.2	1.2	6.3
Dihydrophyloquinone.....µg	0.0	0.000	8	A	1	0.0	0.0	0.0
Menaquinone-4.....µg								
Lipids:								
Fatty acids, total saturated.....g								
Fatty acids, total monounsaturated.....g								
Fatty acids, total polyunsaturated.....g								
Fatty acids, total trans.....g	0.000		0	Z	7	0.000	0.000	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 = 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

Carbohydrate3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	0.0

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
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
Dihydrophyloquinone.....µg	0.0		2	A	1		0.0	0.0	0.0
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	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 = 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

Carbohydrate3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 09276
Pitanga, (surinam-cherry), raw

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

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

Measure 2 = 7.0g: 1 fruit without refuse

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 09278
Plantains, cooked

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common			
	Mean	Std. Error	Number	Deriv Code	Source Code	measures of food		
			of Data Points			Confidence Code	Measure 1	Measure 2
Lipids:								
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
21:5.....g								
22:4.....g								
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	0.000		0	Z	7		0.000	0.000
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

NDB No. 09278
 Plantains, cooked

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
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 = 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 28 (2015)

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		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Vitamin D.....µg							
Vitamin K (phylloquinone).....µg							
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 t.....g	0.113		1	A	1	0.133	0.060
18:1-11 t (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 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-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
Fatty acids, total trans-polyenoic.....g	0.043		0	NC	4	0.051	0.023
Cholesterol.....mg							

NDB No. 09446
 Plantains, green, fried (1)

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

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

Carbohydrate4

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common			
	Mean	Std. Error	Number	Deriv Code	Source Code	measures of food		
			of Data Points			Confidence Code	Measure 1	Measure 2
Lipids:								
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
21:5.....g								
22:4.....g								
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	0.000		0	Z	7		0.000	0.000
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

NDB No. 09277

Plantains, raw

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
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, 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 28 (2015)

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		
Tocotrienol, alpha.....mg	0.11		1	A	1		0.19		
Tocotrienol, beta.....mg	0.00		1	A	1		0.00		
Tocotrienol, gamma.....mg	0.04		1	A	1		0.07		
Tocotrienol, delta.....mg	0.00		1	A	1		0.00		
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		
Dihydrophyloquinone.....µg	0.8		1	A	1		1.4		
Menaquinone-4.....µg	0.6		1	A	1		0.9		

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	1.816		0	NC	4		3.068		
4:0.....g									
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 t.....g	0.076	0.033	3	A	1		0.128		
18:1-11 t (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 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-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	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common</u>		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	<u>measures of food</u>		
							Measure 1	Measure 2	Measure 3

food, or similar food.

Common Measures:

Measure 1 = 169g: 1 cup

Calories Factors: Protein 4

Fat 9

Carbohydrate4

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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
Lipids:									
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		
21:5.....g									
22:4.....g									
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	0.000		0	Z	7		0.000		
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

Carbohydrate3.75

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, 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:

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
Fatty acids, total saturated.....g	0.008		0		1		0.021		
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	0.006		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									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g	0.000		0	Z	7		0.000		
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.

NDB No. 09285

Plums, canned, purple, extra heavy syrup pack, solids and liquids

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 28 (2015)

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			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	measures of food		
						Confidence Code	Measure 1	Measure 2
Lipids:								
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
21:5.....g								
22:4.....g								
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	0.000		0	Z	7		0.000	0.000
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

NDB No. 09284

Plums, canned, purple, heavy syrup pack, solids and liquids

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	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 = 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 28 (2015)

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
Lipids:									
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	
21:5.....g									
22:4.....g									
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	0.000		0	Z	7		0.000	0.000	
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	

NDB No. 09282

Plums, canned, purple, juice pack, solids and liquids

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
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 = 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 28 (2015)

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			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	measures of food		
						Confidence Code	Measure 1	Measure 2
Lipids:								
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
21:5.....g								
22:4.....g								
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	0.000		0	Z	7		0.000	0.000
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

NDB No. 09283

Plums, canned, purple, light syrup pack, solids and liquids

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	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 = 252g: 1 cup, pitted

Measure 2 = 46g: 1 plum with liquid

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate3.71

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Lipids:							
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
21:5.....g							
22:4.....g							
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	0.000		0	Z	7	0.000	0.000
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

NDB No. 09281

Plums, canned, purple, water pack, solids and liquids

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	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 = 249g: 1 cup, pitted

Measure 2 = 46g: 1 plum with liquid

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, 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:

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
Fatty acids, total saturated.....g	0.017		0		1		0.042		
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	0.014		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		
21:5.....g									
22:4.....g									
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

Carbohydrate3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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
Lipids:									
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		
21:5.....g									
22:4.....g									
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

Carbohydrate3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 09291
Plums, dried (prunes), uncooked

Refuse:13% 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	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	
Tocotrienol, alpha.....mg	0.01	0.010	5	A	1		0.02	0.00	
Tocotrienol, beta.....mg	0.00	0.000	5	A	1		0.00	0.00	

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
Tocotrienol, gamma.....mg	0.00	0.000	5	A	1		0.00	0.00	
Tocotrienol, 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									
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	
Dihydrophyloquinone.....µg	0.0	0.000	8	A	1		0.0	0.0	
Menaquinone-4.....µg									
<u>Lipids:</u>									
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-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									
<u>Amino Acids:</u>									
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	

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
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	
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				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 28 (2015)

NDB No. 09279

Plums, raw

Prunus spp.

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	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
Tocotrienol, alpha.....mg	0.04	0.035	3	A	1		0.06	0.02	0.05
Tocotrienol, beta.....mg	0.00	0.000	3	A	1		0.00	0.00	0.00

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Deriv Code	Code					
Tocotrienol, gamma.....mg	0.01	0.007	3	A	1		0.01	0.00	0.01	
Tocotrienol, 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										
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	
Dihydrophyloquinone.....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	
21:5.....g										
22:4.....g										
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	0.000		0	Z	7		0.000	0.000	0.000	
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	

NDB No. 09279

Plums, raw

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>			
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3	
			of Data Points	Deriv Code				Source Code
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								
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 28 (2015)

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
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	10.4		0	BFSN	4		26.0	3.3	
Dihydrophyloquinone.....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	
21:5.....g									
22:4.....g									
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	0.000		0	Z	7		0.000	0.000	
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 28 (2015)

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			Measure 1	Measure 2	Measure 3
			Deriv Code	Source Code	Confidence Code			
Lipids:								
Fatty acids, total saturated.....g	0.120	0.039	3	A	1	0.105	0.339	
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	0.006	0.018	
13:0.....g								
14:0.....g	0.006		0		4	0.006	0.018	
15:0.....g								
16:0.....g	0.070		0		4	0.061	0.196	
17:0.....g								
18:0.....g	0.038		0		4	0.033	0.107	
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	0.093	0.019	3	A	1	0.081	0.262	
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.012		0		4	0.010	0.033	
17:1.....g								
18:1 undifferentiated.....g	0.077		0		4	0.067	0.218	
20:1.....g	0.004		0		4	0.003	0.011	
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	0.069	0.223	
18:2 undifferentiated.....g	0.079		0		4	0.069	0.223	
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	
21:5.....g								
22:4.....g								
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	0.000		0	Z	7	0.000	0.000	
Cholesterol.....mg	0		0	Z	7	0	0	
Phytosterols.....mg								
Stigmasterol.....mg	0		1	A	1	0	1	
Campesterol.....mg	1		1	A	1	0	1	
Beta-sitosterol.....mg	4		1	A	1	4	12	
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 = 87g: .5 cup arils (seed/juice sacs)

Measure 2 = 282g: 1 pomegranate (4" dia)

Footnotes:

1 Based on samples of California Wonderful variety.

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.6

NDB No. 09286
Pomegranates, raw (1)

Food Group: 09 Fruits and Fruit Juices
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

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
Fatty acids, total saturated.....g	0.067		0		1		0.100	0.069	
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	0.052		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	
21:5.....g									
22:4.....g									
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	0.000		0	Z	7		0.000	0.000	
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 28 (2015)

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	
Tocotrienol, alpha.....mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, beta.....mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, gamma.....mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, 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	

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		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Dihydrophyloquinone.....µg							
Menaquinone-4.....µg							
Lipids:							
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
21:5.....g							
22:4.....g							
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	0.000		0	Z	7	0.000	0.000
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 28 (2015)

NDB No. 09423

Prune puree

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

Lipids:

NDB No. 09423

Prune puree

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
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	0.000		0	Z	7	0.000		
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 28 (2015)

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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

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		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Fatty acids, total saturated.....g	0.016		0		1	0.037	0.014
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	0.013		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							
21:5.....g							
22:4.....g							
22:5 n-3 (DPA).....g							
22:6 n-3 (DHA).....g							
Fatty acids, total trans.....g	0.000		0	Z	7	0.000	0.000
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 28 (2015)

NDB No. 09290

Prunes, dehydrated (low-moisture), 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	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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, 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:									

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
Fatty acids, total saturated.....g	0.020		0		1		0.056		
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	0.016		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									
21:5.....g									
22:4.....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 28 (2015)

NDB No. 09289

Prunes, dehydrated (low-moisture), 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	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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, 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:									

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		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Fatty acids, total saturated.....g	0.059		0		1		0.078
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	0.048		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							
21:5.....g							
22:4.....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 28 (2015)

NDB No. 09295
Pummelo, raw (1)

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

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

Carbohydrate3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Fatty acids, total saturated.....g	0.010		0		1		0.009
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		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
21:5.....g							
22:4.....g							
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	0.000		0	Z	7		0.000
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 28 (2015)

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
Lipids:									
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	
21:5.....g									
22:4.....g									
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	0.000		0	Z	7		0.000	0.000	
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

Carbohydrate3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

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
Fatty acids, total saturated.....g	0.178		0		1		0.294	0.258	
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	0.153		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	
21:5.....g									
22:4.....g									
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	0.000		0	Z	7		0.000	0.000	
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 28 (2015)

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
Tocotrienol, alpha.....mg	0.00	0.002	5	A	1		0.00	0.00	0.00
Tocotrienol, beta.....mg	0.00	0.000	5	A	1		0.00	0.00	0.00

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
Tocotrienol, gamma.....mg	0.01	0.006	5	A	1		0.01	0.01	0.00
Tocotrienol, 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									
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
Dihydrophyloquinone.....µg	0.0	0.000	8	A	1		0.0	0.0	0.0
Menaquinone-4.....µg									
<u>Lipids:</u>									
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-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	0.000		0	Z	7		0.000	0.000	0.000
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg									
<u>Amino Acids:</u>									
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

NDB No. 09298
Raisins, seedless

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common</u>		
	Mean	Std. Error	Number			measures of food			
			of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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	
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 28 (2015)

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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

NDB No. 09301
Rambutan, canned, syrup pack

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
Fatty acids, total saturated.....g								
Fatty acids, total monounsaturated.....g								
Fatty acids, total polyunsaturated.....g								
Fatty acids, total trans.....g	0.000		0	Z	7	0.000	0.000	0.000
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 28 (2015)

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
Lipids:									
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		
21:5.....g									
22:4.....g									
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	0.000		0	Z	7		0.000		
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

Carbohydrate3.75

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Lipids:							
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
21:5.....g							
22:4.....g							
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	0.000		0	Z	7	0.000	0.000
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, 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 28 (2015)

NDB No. 09518

Raspberries, 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	85.75	0.990	14	A	1		120.05		
Energy.....kcal	52		0	NC	4		73		
Energy.....kJ	220		0	NC	4		308		
Protein (N x 6.25).....g	1.20	0.097	12	A	1		1.67		
Total lipid (fat).....g	0.65	0.263	11	A	1		0.92		
Ash.....g	0.46	0.060	12	A	1		0.64		
Carbohydrate, by difference.....g	11.94		0	NC	4		16.72		
Fiber, total dietary.....g	6.5	0.657	13	A	1		9.1		
Sugars, total.....g	4.42	0.147	5	A	1		6.18		
Sucrose.....g	0.20	0.000	5	A	1		0.29		
Glucose (dextrose).....g	1.86	0.068	5	A	1		2.61		
Fructose.....g	2.35	0.084	5	A	1		3.29		
Lactose.....g	0.00	0.000	5	A	1		0.00		
Maltose.....g	0.00	0.000	5	A	1		0.00		
Galactose.....g	0.00	0.000	5	A	1		0.00		
Starch.....g	0.00	0.000	4	A	1		0.00		
Minerals:									
Calcium, Ca.....mg	25	1.300	11	A	1		35		
Iron, Fe.....mg	0.69	0.046	12	A	1		0.96		
Magnesium, Mg.....mg	22	2.190	12	A	1		30		
Phosphorus, P.....mg	29	2.779	11	A	1		41		
Potassium, K.....mg	151	20.320	12	A	1		212		
Sodium, Na.....mg	1	0.571	8	A	1		1		
Zinc, Zn.....mg	0.42	0.069	12	A	1		0.58		
Copper, Cu.....mg	0.090	0.019	12	A	1		0.125		
Manganese, Mn.....mg	0.670	0.152	11	A	1		0.938		
Selenium, Se.....µg	0.2		2	A	1		0.3		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	26.2	5.588	10	A	1		36.7		
Thiamin.....mg	0.032	0.008	12	A	1		0.045		
Riboflavin.....mg	0.038	0.007	12	A	1		0.054		
Niacin.....mg	0.598	0.057	12	A	1		0.837		
Pantothenic acid.....mg	0.329	0.034	12	A	1		0.461		
Vitamin B-6.....mg	0.055	0.007	12	A	1		0.077		
Folate, total.....µg	21	5.894	12	A	1		30		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	21	5.894	12	A	1		30		
Folate, DFE.....µg	21		0	NC	4		30		
Choline, total.....mg	12.3		0	AS	1		17.2		
Betaine.....mg	0.8		1	A	1		1.1		
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	AS	1		2		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg	12	8.030	16	A	1		16		
Carotene, alpha.....µg	16	6.054	12	A	1		22		
Cryptoxanthin, beta.....µg	0	0.000	12	A	1		0		
Vitamin A, IU.....IU	33		0	AS	1		46		
Lycopene.....µg	0	0.000	4	A	1		0		
Lutein + zeaxanthin.....µg	136	2.179	4	A	1		191		
Vitamin E (alpha-tocopherol).....mg	0.87	0.072	6	A	1		1.22		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg	0.06	0.010	6	A	1		0.09		
Tocopherol, gamma.....mg	1.42	0.141	6	A	1		1.99		
Tocopherol, delta.....mg	1.04	0.155	6	A	1		1.46		
Tocotrienol, alpha.....mg	0.00	0.000	6	A	1		0.00		
Tocotrienol, beta.....mg	0.00	0.000	6	A	1		0.00		

NDB No. 09518
Raspberries, 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			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Deriv Code	Code					
Tocotrienol, gamma.....mg	0.00	0.000	6	A	1		0.00			
Tocotrienol, delta.....mg	0.00	0.000	6	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	7.8	0.553	6	A	1		10.9			
Dihydrophyloquinone.....µg	0.0	0.000	6	A	1		0.0			
Menaquinone-4.....µg										
<u>Lipids:</u>										
Fatty acids, total saturated.....g										
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	0.016		2		1		0.022			
17:0.....g										
18:0.....g	0.004		2		1		0.005			
20:0.....g										
22:0.....g										
24:0.....g										
Fatty acids, total monounsaturated.....g										
14:1.....g										
15:1.....g										
16:1 undifferentiated.....g	0.000		0		1		0.000			
17:1.....g										
18:1 undifferentiated.....g	0.059		2		1		0.082			
20:1.....g	0.005		2		1		0.007			
22:1 undifferentiated.....g	0.000		0		1		0.000			
24:1 c.....g										
Fatty acids, total polyunsaturated.....g										
18:2 undifferentiated.....g	0.249		2		1		0.349			
18:3 undifferentiated.....g	0.126		2		1		0.176			
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			
21:5.....g										
22:4.....g										
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	0.000		0	Z	7		0.000			
Cholesterol.....mg	0		0	Z	7		0			
Phytosterols.....mg										
<u>Others:</u>										
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 = 140g: 1 cup, unthawed

NDB No. 09518

Raspberries, frozen, unsweetened

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 28 (2015)

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
Tocotrienol, alpha.....mg	0.00	0.000	6	A	1		0.00	0.00	0.00
Tocotrienol, beta.....mg	0.00	0.000	6	A	1		0.00	0.00	0.00

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			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Deriv Code	Code					
Tocotrienol, gamma.....mg	0.00	0.000	6	A	1		0.00	0.00	0.00	
Tocotrienol, delta.....mg	0.00	0.000	6	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	7.8	0.553	6	A	1		9.6	24.4	1.5	
Dihydrophyloquinone.....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	
21:5.....g										
22:4.....g										
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	0.000		0	Z	7		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 = 123g: 1 cup

Measure 2 = 312g: 1 pint as purchased, yields

NDB No. 09302
Raspberries, raw

Measure 3 = 19g: 10 raspberries

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 28 (2015)

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
Lipids:									
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		
21:5.....g									
22:4.....g									
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	0.000		0	Z	7		0.000		
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

Carbohydrate3.78

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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
Lipids:									
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		
21:5.....g									
22:4.....g									
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	0.000		0	Z	7		0.000		
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 28 (2015)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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		0.065	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	
21:5.....g									
22:4.....g									
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	0.000		0	Z	7		0.000	0.000	
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

Carbohydrate3.6

Food Group: 09 Fruits and Fruit Juices

NDB No. 09312
Rose-apples, raw

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

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

Carbohydrate3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 09311

Roselle, raw

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

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

Common Measures:

Measure 1 = 57g: 1 cup, without refuse

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 09428

Rowal, 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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									

Lipids:

NDB No. 09428

Rowal, raw

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
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	0.000		0	Z	7	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 = 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 28 (2015)

NDB No. 09528

Ruby Red grapefruit juice blend (grapefruit, grape, apple), OCEAN SPRAY, bottled, with added vitamin C

Ocean Spray Cranberries, Inc.

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	88.60		1	A	1		219.73		
Energy.....kcal	44		0	NC	4		109		
Energy.....kJ	183		0	NC	4		454		
Protein.....g	0.50		1	A	1		1.24		
Total lipid (fat).....g	0.10		0	BFZN	4		0.25		
Ash.....g	0.27		1	A	1		0.67		
Carbohydrate, by difference.....g	10.53		0	NC	4		26.12		
Fiber, total dietary.....g	0.2		1	A	1		0.4		
Sugars, total.....g	10.30		1	A	1		25.54		
Sucrose.....g	1.80		1	A	1		4.46		
Glucose (dextrose).....g	3.80		1	A	1		9.42		
Fructose.....g	4.70		1	A	1		11.66		
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	10		1	A	1		24		
Iron, Fe.....mg	0.14		1	A	1		0.35		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg	94		1	A	1		233		
Sodium, Na.....mg	8		1	A	1		21		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	49.2		1	A	1		122.0		
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	6		0	AS	1		16		
Vitamin A, IU.....IU	129		0	AS	1		320		
Lycopene.....µg	116		2	A	1		288		
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

NDB No. 09528

Ruby Red grapefruit juice blend (grapefruit, grape, apple), OCEAN SPRAY, bottled, with added vitam in C

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>				
	Mean	Std. Error	Number			<u>measures of food</u>			
			of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.008		1	A	1		0.020		
Fatty acids, total monounsaturated.....g	0.008		1	A	1		0.020		
Fatty acids, total polyunsaturated.....g	0.014		1	A	1		0.035		
Fatty acids, total trans.....g	0.002		1	A	1		0.005		
Cholesterol.....mg	0		1	A	1		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 = 248g: 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 28 (2015)

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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

NDB No. 09313

Sapodilla, raw

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

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

Measure 2 = 170g: 1 sapodilla

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	64.87	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	
Tocotrienol, alpha.....mg	0.36		1	A	1		0.62	1.98	
Tocotrienol, beta.....mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, gamma.....mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, delta.....mg	0.00		1	A	1		0.00	0.00	

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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 (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....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 t.....g	0.000		1	A	1		0.000	0.000	
18:1-11 t (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 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-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	

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		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Deriv Code	Points					
Fatty acids, total trans-monoenoic.....g	0.000		0	NC	4		0.000	0.000	
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 28 (2015)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	measures of food		
						Confidence Code	Measure 1	Measure 2
Lipids:								
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
21:5.....g								
22:4.....g								
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	0.000		0	Z	7		0.000	0.000
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

NDB No. 09315

Soursop, raw

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
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. Number of Data Points of zero indicates the mean was 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 28 (2015)

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Lipids:									
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		
21:5.....g									
22:4.....g									
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	0.000		0	Z	7		0.000		
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		

NDB No. 09317

Strawberries, canned, heavy syrup pack, solids and liquids

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	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		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 28 (2015)

NDB No. 09320

Strawberries, frozen, sweetened, sliced

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
Lipids:									
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	
21:5.....g									
22:4.....g									
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	0.000		0	Z	7		0.000	0.000	
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	

NDB No. 09320

Strawberries, frozen, sweetened, sliced

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	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 = 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 28 (2015)

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
Lipids:									
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	
21:5.....g									
22:4.....g									
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	0.000		0	Z	7		0.000	0.000	
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	

NDB No. 09319

Strawberries, frozen, sweetened, whole

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
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 = 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 28 (2015)

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		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	0.0
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
Dihydrophyloquinone.....µg									
Menquinone-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
21:5.....g									
22:4.....g									
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	0.000		0	Z	7		0.000	0.000	0.000
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

NDB No. 09318

Strawberries, frozen, unsweetened

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3	
			of Data Points	Deriv Code				Source Code
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								
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 28 (2015)

NDB No. 09316
 Strawberries, raw
Fragaria X ananassa

Refuse:6% Caps 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	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
Tocotrienol, alpha.....mg	0.01	0.000	8	A	1		0.02	0.02	0.02
Tocotrienol, beta.....mg	0.00	0.000	8	A	1		0.00	0.00	0.00

NDB No. 09316
Strawberries, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Mean	Std. Error	Number			measures of food			
			of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	0.00	0.000	8	A	1	0.00	0.00	0.00	
Tocotrienol, 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									
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	
Dihydrophyloquinone.....µg	0.0	0.000	8	A	1	0.0	0.0	0.0	
Menaquinone-4.....µg									
<u>Lipids:</u>									
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	
21:5.....g									
22:4.....g									
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	0.000		0	Z	7	0.000	0.000	0.000	
Cholesterol.....mg	0		0	Z	7	0	0	0	
Phytosterols.....mg	12		0		1	18	28	20	
<u>Amino Acids:</u>									
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	

NDB No. 09316
Strawberries, raw

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3	
			of Data Points	Deriv Code				Source Code
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								
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 28 (2015)

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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

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		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Fatty acids, total saturated.....g	0.048		0		4	0.120	0.074
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	0.028		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
21:5.....g							
22:4.....g							
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	0.000		0	Z	7	0.000	0.000
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							

NDB No. 09321
Sugar-apples, (sweetsop), raw

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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, 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 28 (2015)

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		
Tocotrienol, alpha.....mg	0.01		2	A	1		0.02		
Tocotrienol, beta.....mg	0.00		2	A	1		0.00		
Tocotrienol, gamma.....mg	0.00		2	A	1		0.00		
Tocotrienol, delta.....mg	0.00		2	A	1		0.00		

NDB No. 09437
Tamarind nectar, canned

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
Vitamin D (D2 + D3).....µg								
Vitamin D2 (ergocalciferol).....µg								
Vitamin D3 (cholecalciferol).....µg								
Vitamin D.....IU								
Vitamin K (phylloquinone).....µg	0.1		2	A	1	0.1		
Dihydrophyloquinone.....µg	0.0		2	A	1	0.0		
Menaquinone-4.....µg	0.0		2	A	1	0.0		
<u>Lipids:</u>								
Fatty acids, total saturated.....g								
Fatty acids, total monounsaturated.....g								
Fatty acids, total polyunsaturated.....g								
Fatty acids, total trans.....g	0.000		0	Z	7	0.000		
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 28 (2015)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion 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	0.272		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	
21:5.....g									
22:4.....g									
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	0.000		0	Z	7		0.000	0.000	
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	

NDB No. 09322

Tamarinds, raw

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
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 = 120g: 1 cup, pulp

Measure 2 = 2.0g: 1 fruit (3" x 1")

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points						
Lipids:									
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	
21:5.....g									
22:4.....g									
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	0.000		0	Z	7		0.000	0.000	
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	

NDB No. 09223

Tangerine juice, canned, sweetened

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
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 28 (2015)

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
Lipids:									
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	
21:5.....g									
22:4.....g									
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	0.000		0	Z	7		0.000	0.000	
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	

NDB No. 09221
 Tangerine juice, raw

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
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 28 (2015)

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Lipids:									
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
21:5.....g									
22:4.....g									
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	0.000		0	Z			7		0.000
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

NDB No. 09219

Tangerines, (mandarin oranges), canned, juice pack

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
	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		

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

Carbohydrate3.7

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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
Lipids:									
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		
21:5.....g									
22:4.....g									
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	0.000		0	Z	7		0.000		
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 28 (2015)

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		Measure 1	Measure 2	Measure 3
			Points	Deriv Code			
Lipids:							
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
21:5.....g							
22:4.....g							
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	0.000		0	Z	7		0.000
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

NDB No. 09220

Tangerines, (mandarin oranges), canned, light syrup pack

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	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		

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

Carbohydrate3.71

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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
Tocotrienol, alpha.....mg	0.05	0.033	3	A	1		0.09	0.04	0.04
Tocotrienol, beta.....mg	0.00	0.000	3	A	1		0.00	0.00	0.00

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			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code						
Tocotrienol, gamma.....mg	0.00	0.000	3	A	1		0.00	0.00	0.00	
Tocotrienol, 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	
Vitamin K (phylloquinone).....µg	0.0	0.000	3	A	1		0.0	0.0	0.0	
Dihydrophyloquinone.....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	
21:5.....g										
22:4.....g										
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	0.000		0	Z	7		0.000	0.000	0.000	
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	

NDB No. 09218

Tangerines, (mandarin oranges), raw

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3	
			of Data Points	Deriv Code				Source Code
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								
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 28 (2015)

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					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	83.43	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				
Tocotrienol, alpha.....mg	0.00	0.000	3	A	1				
Tocotrienol, beta.....mg	0.00	0.000	3	A	1				
Tocotrienol, gamma.....mg	0.00	0.000	3	A	1				
Tocotrienol, delta.....mg	0.00	0.000	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
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				
Dihydrophyloquinone.....µg	0.0	0.000	3	A	1				
Menaquinone-4.....µg	0.0	0.000	3	A	1				
<u>Lipids:</u>									
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g	0.000		0	Z	7				
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:

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 28 (2015)

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			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
Vitamin D2 (ergocalciferol).....µg								
Vitamin D3 (cholecalciferol).....µg								
Vitamin D.....IU								
Vitamin K (phylloquinone).....µg	0.3	0.041	4	A	1			
Dihydrophyloquinone.....µg	0.0	0.000	4	A	1			
Menaquinone-4.....µg	0.0	0.000	4	A	1			
Lipids:								
Fatty acids, total saturated.....g								
Fatty acids, total monounsaturated.....g								
Fatty acids, total polyunsaturated.....g								
Fatty acids, total trans.....g	0.000		0	Z	7			
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:

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate3.7

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 09440

USDA Commodity pears, canned, light syrup, drained

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
Vitamin D2 (ergocalciferol).....µg								
Vitamin D3 (cholecalciferol).....µg								
Vitamin D.....IU								
Vitamin K (phylloquinone).....µg	0.3	0.029	4	A	1			
Dihydrophyloquinone.....µg	0.0	0.000	4	A	1			
Menaquinone-4.....µg	0.0	0.000	4	A	1			
<u>Lipids:</u>								
Fatty acids, total saturated.....g								
Fatty acids, total monounsaturated.....g								
Fatty acids, total polyunsaturated.....g								
Fatty acids, total trans.....g	0.000		0	Z	7			
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:

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate3.71

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7				

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		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
Vitamin D.....IU	0		0	Z		7			
Vitamin K (phylloquinone).....µg	4.6		1	A		1			
Dihydrophyloquinone.....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	0.000		0	Z		7			
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

Carbohydrate3.71

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7				

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		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
Vitamin D.....IU	0		0	Z					
Vitamin K (phylloquinone).....µg	2.9		1	A					
Dihydrophyloquinone.....µg	0.0		1	A					
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.010		0	BFZN					
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g	0.000		0	Z					
Cholesterol.....mg	0		0	Z					
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

Carbohydrate3.71

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 09326
 Watermelon, raw
Citrullus lanatus

Refuse:48% Rind, seeds, and cutting loss

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	91.45	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
Tocotrienol, alpha.....mg	0.01	0.008	8	A	1		0.01	0.01	0.35
Tocotrienol, beta.....mg	0.00	0.000	8	A	1		0.00	0.00	0.00

NDB No. 09326
Watermelon, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Mean	Std. Error	Number			measures of food			
			of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	0.00	0.000	8	A	1		0.00	0.00	0.00
Tocotrienol, 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									
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
Dihydrophyloquinone.....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
21:5.....g									
22:4.....g									
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	0.000		0	Z	7		0.000	0.000	0.000
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

NDB No. 09326
Watermelon, raw

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

Carbohydrate3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 28 (2015)