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

Malpighia punicifolia

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	Samples	Measure 1* 98g	Measure 2* 5g	Measure 3*
Proximates:							
Water	g	91.41		1	89.58	4.39	
Energy	kcal	32		0	31	2	
Energy	kj	134		0	131	6	
Protein (N x 5.95)	g	0.40		0	0.39	0.02	
Total lipid (fat)	g	0.30		0	0.29	0.01	
Carbohydrate, by difference	g	7.69		0	7.54	0.37	
Fiber, total dietary	g	1.1		0	1.1	0.1	
Ash	g	0.20		0	0.20	0.01	
Sugars, total	g						
Minerals:							
Calcium	mg	12		0	12	1	
Iron	mg	0.20		0	0.20	0.01	
Magnesium	mg	18		1	18	1	
Phosphorus	mg	11		0	11	1	
Potassium	mg	146	63.150	2	143	7	
Sodium	mg	7	3.470	3	7	0	
Zinc	mg	0.10		0	0.10	0.00	
Copper	mg	0.086		0	0.084	0.004	
Manganese	mg						
Selenium	µg	0.6		0	0.6	0.0	
Vitamins:							
Ascorbic acid	mg	1677.6	44.711	80	1644.0	80.5	
Thiamin	mg	0.020		0	0.020	0.001	
Riboflavin	mg	0.060		0	0.059	0.003	
Niacin	mg	0.400		0	0.392	0.019	
Pantothenic acid	mg	0.309		0	0.303	0.015	
Vitamin B-6	mg	0.009		0	0.009	0.000	
Folate	µg	14		0	14	1	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	767	216.610	3	752	37	
Vitamin A, RE	µg	77	21.661	3	75	4	
Vitamin E, α-TE	mg	0.130		0	0.127	0.006	
Lipids:							
Saturated, total	g	0.068		0	0.067	0.003	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.002		0	0.002	0.000	
15.0	g						
16:0	g	0.048		0	0.047	0.002	
17:0	g						
18:0	g	0.016		0	0.016	0.001	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.082	0	0.080	0.004
14:1	g				
16:1	g	0.001	0	0.001	0.000
18:1	g	0.081	0	0.079	0.004
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.090	0	0.088	0.004
18:2	g	0.046	0	0.045	0.002
18:3	g	0.044	0	0.043	0.002
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 fruit, without refuse

NDB No. 09002 Acerola juice, raw

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 242g	Measure 2* 30g	Measure 3*
Proximates:							
Water	g	94.30		0	228.21	28.48	
Energy	kcal	23		0	56	7	
Energy	kj	96		0	232	29	
Protein (N x 5.95)	g	0.40		0	0.97	0.12	
Total lipid (fat)	g	0.30		0	0.73	0.09	
Carbohydrate, by difference	g	4.80		0	11.62	1.45	
Fiber, total dietary	g	0.3		0	0.7	0.1	
Ash	g	0.20		0	0.48	0.06	
Sugars, total	g						
Minerals:							
Calcium	mg	10		0	24	3	
Iron	mg	0.50		0	1.21	0.15	
Magnesium	mg	12		0	29	4	
Phosphorus	mg	9		0	22	3	
Potassium	mg	97		0	235	29	
Sodium	mg	3		0	7	1	
Zinc	mg	0.10		0	0.24	0.03	
Copper	mg	0.086		0	0.208	0.026	
Manganese	mg						
Selenium	µg	0.1		0	0.2	0.0	
Vitamins:							
Ascorbic acid	mg	1600.0		0	3872.0	483.2	
Thiamin	mg	0.020		0	0.048	0.006	
Riboflavin	mg	0.060		0	0.145	0.018	
Niacin	mg	0.400		0	0.968	0.121	
Pantothenic acid	mg	0.205		0	0.496	0.062	
Vitamin B-6	mg	0.004		0	0.010	0.001	
Folate	µg	14		0	34	4	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	509		0	1232	154	
Vitamin A, RE	µg	51		0	123	15	
Vitamin E, α-TE	mg	0.040		0	0.097	0.012	
Lipids:							
Saturated, total	g	0.068		0	0.165	0.021	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.002		0	0.005	0.001	
15.0	g						
16:0	g	0.048		0	0.116	0.014	
17:0	g						
18:0	g	0.016		0	0.039	0.005	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.082	0	0.198	0.025
14:1	g				
16:1	g	0.001	0	0.002	0.000
18:1	g	0.081	0	0.196	0.024
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.090	0	0.218	0.027
18:2	g	0.046	0	0.111	0.014
18:3	g	0.044	0	0.106	0.013
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 fl oz

NDB No. 09003 Apples, raw, with skin

Malus sylvestris

Refuse: 8% Core and stem

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 125g	Measure 2* 110g	Measure 3* 212g
Proximates:							
Water	g	83.93	0.189	126	104.91	92.32	177.93
Energy	kcal	59		0	74	65	125
Energy	kj	247		0	309	272	524
Protein (N x 5.95)	g	0.19	0.003	119	0.24	0.21	0.40
Total lipid (fat)	g	0.36	0.039	35	0.45	0.40	0.76
Carbohydrate, by difference	g	15.25		0	19.06	16.77	32.33
Fiber, total dietary	g	2.7		0	3.4	3.0	5.7
Ash	g	0.26	0.005	116	0.33	0.29	0.55
Sugars, total	g						
Minerals:							
Calcium	mg	7	0.519	34	9	8	15
Iron	mg	0.18	0.019	119	0.23	0.20	0.38
Magnesium	mg	5	0.100	114	6	6	11
Phosphorus	mg	7	0.232	114	9	8	15
Potassium	mg	115	2.561	74	144	127	244
Sodium	mg	0	0.064	47	0	0	0
Zinc	mg	0.04	0.007	15	0.05	0.04	0.08
Copper	mg	0.041	0.002	119	0.051	0.045	0.087
Manganese	mg	0.045	0.003	119	0.056	0.050	0.095
Selenium	µg	0.3	0.076	7	0.4	0.3	0.6
Vitamins:							
Ascorbic acid	mg	5.7	0.766	25	7.1	6.3	12.1
Thiamin	mg	0.017	0.000	6	0.021	0.019	0.036
Riboflavin	mg	0.014	0.001	6	0.018	0.015	0.030
Niacin	mg	0.077	0.028	6	0.096	0.085	0.163
Pantothenic acid	mg	0.061	0.004	6	0.076	0.067	0.129
Vitamin B-6	mg	0.048	0.004	7	0.060	0.053	0.102
Folate	µg	3	0.611	23	4	3	6
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	53	11.878	6	66	58	112
Vitamin A, RE	µg	5	1.188	6	6	6	11
Vitamin E, α-TE	mg	0.320		0	0.400	0.352	0.678
Lipids:							
Saturated, total	g	0.058		0	0.072	0.064	0.123
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.001		1	0.001	0.001	0.002
14:0	g	0.002		1	0.003	0.002	0.004
15.0	g						
16:0	g	0.048		4	0.060	0.053	0.102
17:0	g						
18:0	g	0.007		4	0.009	0.008	0.015
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.015	0	0.019	0.017	0.032
14:1	g					
16:1	g	0.001	1	0.001	0.001	0.002
18:1	g	0.014	4	0.018	0.015	0.030
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.105	0	0.131	0.116	0.223
18:2	g	0.087	4	0.109	0.096	0.184
18:3	g	0.018	4	0.023	0.020	0.038
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg	12	0	15	13	25
Amino acids:						
Tryptophan	g	0.002	1	0.003	0.002	0.004
Threonine	g	0.007	2	0.009	0.008	0.015
Isoleucine	g	0.008	2	0.010	0.009	0.017
Leucine	g	0.012	2	0.015	0.013	0.025
Lysine	g	0.012	2	0.015	0.013	0.025
Methionine	g	0.002	2	0.003	0.002	0.004
Cystine	g	0.003	1	0.004	0.003	0.006
Phenylalanine	g	0.005	2	0.006	0.006	0.011
Tyrosine	g	0.004	2	0.005	0.004	0.008
Valine	g	0.009	2	0.011	0.010	0.019
Arginine	g	0.006	2	0.008	0.007	0.013
Histidine	g	0.003	2	0.004	0.003	0.006
Alanine	g	0.007	2	0.009	0.008	0.015
Aspartic acid	g	0.034	2	0.043	0.037	0.072
Glutamic acid	g	0.020	2	0.025	0.022	0.042
Glycine	g	0.008	2	0.010	0.009	0.017
Proline	g	0.007	2	0.009	0.008	0.015
Serine	g	0.008	2	0.010	0.009	0.017
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, quartered or chopped
Measure 2: 1 cup, slices
Measure 3: 1 large (3-1/4" dia) (approx 2 per lb)

NDB No. 09004 Apples, raw, without skin

Malus sylvestris

Refuse: 15% 8% core and stem, 7% skin

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 110g	Measure 2* 128g	Measure 3*
Proximates:							
Water	g	84.46	0.121	159	92.91	108.11	
Energy	kcal	57		0	63	73	
Energy	kj	238		0	262	305	
Protein (N x 5.95)	g	0.15	0.003	165	0.17	0.19	
Total lipid (fat)	g	0.31	0.022	12	0.34	0.40	
Carbohydrate, by difference	g	14.84		0	16.32	19.00	
Fiber, total dietary	g	1.9		0	2.1	2.4	
Ash	g	0.24	0.002	159	0.26	0.31	
Sugars, total	g						
Minerals:							
Calcium	mg	4	0.334	19	4	5	
Iron	mg	0.07	0.004	163	0.08	0.09	
Magnesium	mg	3	0.057	163	3	4	
Phosphorus	mg	7	0.453	163	8	9	
Potassium	mg	113	2.285	91	124	145	
Sodium	mg	0	0.025	85	0	0	
Zinc	mg	0.04	0.005	20	0.04	0.05	
Copper	mg	0.031	0.001	164	0.034	0.040	
Manganese	mg	0.023	0.002	163	0.025	0.029	
Selenium	µg	0.3		0	0.3	0.4	
Vitamins:							
Ascorbic acid	mg	4.0		0	4.4	5.1	
Thiamin	mg	0.017	0.000	6	0.019	0.022	
Riboflavin	mg	0.010	0.000	6	0.011	0.013	
Niacin	mg	0.091	0.018	6	0.100	0.116	
Pantothenic acid	mg	0.057	0.004	6	0.063	0.073	
Vitamin B-6	mg	0.046	0.005	9	0.051	0.059	
Folate	µg	0	0.056	6	0	1	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	44	10.594	6	48	56	
Vitamin A, RE	µg	4	1.059	6	4	5	
Vitamin E, α-TE	mg	0.080		0	0.088	0.102	
Lipids:							
Saturated, total	g	0.051		0	0.056	0.065	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.001		0	0.001	0.001	
14:0	g	0.001		0	0.001	0.001	
15.0	g						
16:0	g	0.042		0	0.046	0.054	
17:0	g						
18:0	g	0.006		0	0.007	0.008	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.013	0	0.014	0.017
14:1	g				
16:1	g	0.001	0	0.001	0.001
18:1	g	0.012	0	0.013	0.015
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.091	0	0.100	0.116
18:2	g	0.075	0	0.083	0.096
18:3	g	0.016	0	0.018	0.020
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.001	0	0.001	0.001
Threonine	g	0.005	0	0.006	0.006
Isoleucine	g	0.006	0	0.007	0.008
Leucine	g	0.009	0	0.010	0.012
Lysine	g	0.009	0	0.010	0.012
Methionine	g	0.002	0	0.002	0.003
Cystine	g	0.002	0	0.002	0.003
Phenylalanine	g	0.004	0	0.004	0.005
Tyrosine	g	0.003	0	0.003	0.004
Valine	g	0.007	0	0.008	0.009
Arginine	g	0.005	0	0.006	0.006
Histidine	g	0.002	0	0.002	0.003
Alanine	g	0.005	0	0.006	0.006
Aspartic acid	g	0.026	0	0.029	0.033
Glutamic acid	g	0.016	0	0.018	0.020
Glycine	g	0.006	0	0.007	0.008
Proline	g	0.005	0	0.006	0.006
Serine	g	0.006	0	0.007	0.008
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, slices

Measure 2: 1 medium (2-3/4" dia) (approx 3 per lb)

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

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 171g	Measure 2*	Measure 3*
Proximates:							
Water	g	85.47	0.311	6	146.15		
Energy	kcal	53		0	91		
Energy	kj	222		0	380		
Protein (N x 5.95)	g	0.26	0.015	6	0.44		
Total lipid (fat)	g	0.36	0.052	6	0.62		
Carbohydrate, by difference	g	13.64		0	23.32		
Fiber, total dietary	g	2.4		0	4.1		
Ash	g	0.28	0.012	6	0.48		
Sugars, total	g						
Minerals:							
Calcium	mg	5	0.382	6	9		
Iron	mg	0.19	0.029	6	0.32		
Magnesium	mg	3	0.267	6	5		
Phosphorus	mg	8	0.406	6	14		
Potassium	mg	88	5.548	6	150		
Sodium	mg	1	0.135	6	2		
Zinc	mg	0.04	0.006	6	0.07		
Copper	mg	0.035	0.003	6	0.060		
Manganese	mg	0.118	0.015	6	0.202		
Selenium	µg	0.3		0	0.5		
Vitamins:							
Ascorbic acid	mg	0.2	0.115	6	0.3		
Thiamin	mg	0.016	0.000	6	0.027		
Riboflavin	mg	0.012	0.000	6	0.021		
Niacin	mg	0.095	0.029	6	0.162		
Pantothenic acid	mg	0.046	0.004	6	0.079		
Vitamin B-6	mg	0.044	0.003	6	0.075		
Folate	µg	1	0.033	6	1		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	44	9.674	6	75		
Vitamin A, RE	µg	4	0.967	6	7		
Vitamin E, α-TE	mg	0.010		0	0.017		
Lipids:							
Saturated, total	g	0.058		0	0.099		
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	0.001		0	0.002		
14:0	g	0.002		0	0.003		
15.0	g						
16:0	g	0.048		0	0.082		
17:0	g						
18:0	g	0.007		0	0.012		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.014	0	0.024
14:1	g			
16:1	g	0.001	0	0.002
18:1	g	0.014	0	0.024
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.104	0	0.178
18:2	g	0.086	0	0.147
18:3	g	0.018	0	0.031
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.002	0	0.003
Threonine	g	0.009	0	0.015
Isoleucine	g	0.010	0	0.017
Leucine	g	0.016	0	0.027
Lysine	g	0.016	0	0.027
Methionine	g	0.003	0	0.005
Cystine	g	0.004	0	0.007
Phenylalanine	g	0.007	0	0.012
Tyrosine	g	0.005	0	0.009
Valine	g	0.012	0	0.021
Arginine	g	0.008	0	0.014
Histidine	g	0.004	0	0.007
Alanine	g	0.009	0	0.015
Aspartic acid	g	0.046	0	0.079
Glutamic acid	g	0.027	0	0.046
Glycine	g	0.010	0	0.017
Proline	g	0.009	0	0.015
Serine	g	0.011	0	0.019
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, slices

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

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 170g	Measure 2*	Measure 3*
Proximates:							
Water	g	84.63	0.115	6	143.87		
Energy	kcal	56		0	95		
Energy	kj	234		0	398		
Protein (N x 5.95)	g	0.28	0.022	6	0.48		
Total lipid (fat)	g	0.42	0.067	6	0.71		
Carbohydrate, by difference	g	14.41		0	24.50		
Fiber, total dietary	g	2.8		0	4.8		
Ash	g	0.26	0.005	6	0.44		
Sugars, total	g						
Minerals:							
Calcium	mg	5	0.386	6	9		
Iron	mg	0.17	0.014	6	0.29		
Magnesium	mg	3	0.399	6	5		
Phosphorus	mg	8	0.531	6	14		
Potassium	mg	93	2.222	6	158		
Sodium	mg	1	0.218	6	2		
Zinc	mg	0.04	0.009	6	0.07		
Copper	mg	0.046	0.005	6	0.078		
Manganese	mg	0.142	0.021	6	0.241		
Selenium	µg	0.3		0	0.5		
Vitamins:							
Ascorbic acid	mg	0.3	0.041	6	0.5		
Thiamin	mg	0.017	0.000	6	0.029		
Riboflavin	mg	0.011	0.001	6	0.019		
Niacin	mg	0.061	0.017	6	0.104		
Pantothenic acid	mg	0.046	0.004	6	0.078		
Vitamin B-6	mg	0.046	0.004	6	0.078		
Folate	µg	1	0.051	6	1		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	40	10.694	6	68		
Vitamin A, RE	µg	4	1.069	6	7		
Vitamin E, α-TE	mg	0.010		0	0.017		
Lipids:							
Saturated, total	g	0.068		0	0.116		
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	0.001		0	0.002		
14:0	g	0.002		0	0.003		
15.0	g						
16:0	g	0.056		0	0.095		
17:0	g						
18:0	g	0.009		0	0.015		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.017	0	0.029
14:1	g			
16:1	g	0.001	0	0.002
18:1	g	0.016	0	0.027
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.122	0	0.207
18:2	g	0.101	0	0.172
18:3	g	0.021	0	0.036
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.003	0	0.005
Threonine	g	0.010	0	0.017
Isoleucine	g	0.011	0	0.019
Leucine	g	0.017	0	0.029
Lysine	g	0.018	0	0.031
Methionine	g	0.003	0	0.005
Cystine	g	0.004	0	0.007
Phenylalanine	g	0.008	0	0.014
Tyrosine	g	0.005	0	0.009
Valine	g	0.013	0	0.022
Arginine	g	0.009	0	0.015
Histidine	g	0.004	0	0.007
Alanine	g	0.010	0	0.017
Aspartic acid	g	0.049	0	0.083
Glutamic acid	g	0.029	0	0.049
Glycine	g	0.011	0	0.019
Proline	g	0.010	0	0.017
Serine	g	0.011	0	0.019
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, slices

NDB No. 09007 Apples, canned, sweetened, sliced, drained, unheated

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 204g	Measure 2*	Measure 3*
Proximates:							
Water	g	82.36	0.527	6	168.01		
Energy	kcal	67		0	137		
Energy	kj	280		0	571		
Protein (N x 5.95)	g	0.18	0.000	6	0.37		
Total lipid (fat)	g	0.49	0.035	6	1.00		
Carbohydrate, by difference	g	16.70		0	34.07		
Fiber, total dietary	g	1.7		0	3.5		
Ash	g	0.27	0.005	6	0.55		
Sugars, total	g						
Minerals:							
Calcium	mg	4	0.233	6	8		
Iron	mg	0.23	0.008	6	0.47		
Magnesium	mg	2	0.132	6	4		
Phosphorus	mg	5	0.349	6	10		
Potassium	mg	68	2.752	6	139		
Sodium	mg	3	0.557	6	6		
Zinc	mg	0.03	0.002	6	0.06		
Copper	mg	0.053	0.005	6	0.108		
Manganese	mg	0.153	0.016	6	0.312		
Selenium	µg	0.3		0	0.6		
Vitamins:							
Ascorbic acid	mg	0.4	0.000	6	0.8		
Thiamin	mg	0.009	0.000	6	0.018		
Riboflavin	mg	0.010	0.000	6	0.020		
Niacin	mg	0.073	0.021	6	0.149		
Pantothenic acid	mg	0.031	0.000	6	0.063		
Vitamin B-6	mg	0.044	0.002	6	0.090		
Folate	µg	0	0.052	6	1		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	51	6.826	6	104		
Vitamin A, RE	µg	5	0.683	6	10		
Vitamin E, α-TE	mg	0.010		0	0.020		
Lipids:							
Saturated, total	g	0.080		0	0.163		
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	0.001		0	0.002		
14:0	g	0.002		0	0.004		
15.0	g						
16:0	g	0.066		0	0.135		
17:0	g						
18:0	g	0.010		0	0.020		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.020	0	0.041
14:1	g			
16:1	g	0.001	0	0.002
18:1	g	0.019	0	0.039
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.144	0	0.294
18:2	g	0.119	0	0.243
18:3	g	0.025	0	0.051
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.002	0	0.004
Threonine	g	0.006	0	0.012
Isoleucine	g	0.007	0	0.014
Leucine	g	0.011	0	0.022
Lysine	g	0.011	0	0.022
Methionine	g	0.002	0	0.004
Cystine	g	0.002	0	0.004
Phenylalanine	g	0.005	0	0.010
Tyrosine	g	0.003	0	0.006
Valine	g	0.008	0	0.016
Arginine	g	0.006	0	0.012
Histidine	g	0.003	0	0.006
Alanine	g	0.006	0	0.012
Aspartic acid	g	0.031	0	0.063
Glutamic acid	g	0.018	0	0.037
Glycine	g	0.007	0	0.014
Proline	g	0.006	0	0.012
Serine	g	0.007	0	0.014
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, slices

NDB No. 09008 Apples, canned, sweetened, sliced, drained, 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	Samples	Measure 1* 204g	Measure 2*	Measure 3*
Proximates:							
Water	g	82.28	0.694	6	167.85		
Energy	kcal	67		0	137		
Energy	kj	280		0	571		
Protein (N x 5.95)	g	0.18	0.008	6	0.37		
Total lipid (fat)	g	0.43	0.030	6	0.88		
Carbohydrate, by difference	g	16.84		0	34.35		
Fiber, total dietary	g	2.0		0	4.1		
Ash	g	0.27	0.007	6	0.55		
Sugars, total	g						
Minerals:							
Calcium	mg	4	0.321	6	8		
Iron	mg	0.24	0.013	6	0.49		
Magnesium	mg	3	0.128	6	6		
Phosphorus	mg	6	0.099	6	12		
Potassium	mg	70	2.011	6	143		
Sodium	mg	3	0.380	6	6		
Zinc	mg	0.05	0.007	6	0.10		
Copper	mg	0.051	0.003	6	0.104		
Manganese	mg	0.165	0.021	6	0.337		
Selenium	µg	0.3		0	0.6		
Vitamins:							
Ascorbic acid	mg	0.2	0.074	6	0.4		
Thiamin	mg	0.009	0.000	6	0.018		
Riboflavin	mg	0.010	0.000	6	0.020		
Niacin	mg	0.081	0.028	6	0.165		
Pantothenic acid	mg	0.032	0.001	6	0.065		
Vitamin B-6	mg	0.044	0.004	6	0.090		
Folate	µg	0	0.013	6	0		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	56	6.678	6	114		
Vitamin A, RE	µg	6	0.668	6	12		
Vitamin E, α-TE	mg	0.010		0	0.020		
Lipids:							
Saturated, total	g	0.070		0	0.143		
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	0.001		0	0.002		
14:0	g	0.002		0	0.004		
15.0	g						
16:0	g	0.058		0	0.118		
17:0	g						
18:0	g	0.009		0	0.018		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.017	0	0.035
14:1	g			
16:1	g	0.001	0	0.002
18:1	g	0.016	0	0.033
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.126	0	0.257
18:2	g	0.104	0	0.212
18:3	g	0.022	0	0.045
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.002	0	0.004
Threonine	g	0.007	0	0.014
Isoleucine	g	0.007	0	0.014
Leucine	g	0.011	0	0.022
Lysine	g	0.011	0	0.022
Methionine	g	0.002	0	0.004
Cystine	g	0.002	0	0.004
Phenylalanine	g	0.005	0	0.010
Tyrosine	g	0.003	0	0.006
Valine	g	0.008	0	0.016
Arginine	g	0.006	0	0.012
Histidine	g	0.003	0	0.006
Alanine	g	0.007	0	0.014
Aspartic acid	g	0.032	0	0.065
Glutamic acid	g	0.019	0	0.039
Glycine	g	0.007	0	0.014
Proline	g	0.006	0	0.012
Serine	g	0.007	0	0.014
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, slices

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

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 60g	Measure 2*	Measure 3*
Proximates:							
Water	g	3.00		0	1.80		
Energy	kcal	346		0	208		
Energy	kj	1448		0	869		
Protein (N x 5.95)	g	1.32		0	0.79		
Total lipid (fat)	g	0.58		0	0.35		
Carbohydrate, by difference	g	93.53		0	56.12		
Fiber, total dietary	g	12.4		0	7.4		
Ash	g	1.57		0	0.94		
Sugars, total	g						
Minerals:							
Calcium	mg	19		0	11		
Iron	mg	2.00		0	1.20		
Magnesium	mg	22		0	13		
Phosphorus	mg	55		0	33		
Potassium	mg	640		0	384		
Sodium	mg	124		0	74		
Zinc	mg	0.29		0	0.17		
Copper	mg	0.271		0	0.163		
Manganese	mg	0.128		0	0.077		
Selenium	µg	1.8		0	1.1		
Vitamins:							
Ascorbic acid	mg	2.2	0.615	2	1.3		
Thiamin	mg	0.046	0.000	2	0.028		
Riboflavin	mg	0.130	0.003	2	0.078		
Niacin	mg	0.680	0.090	2	0.408		
Pantothenic acid	mg	0.432	0.054	2	0.259		
Vitamin B-6	mg	0.280	0.037	2	0.168		
Folate	µg	1	0.935	2	1		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	81	3.500	2	49		
Vitamin A, RE	µg	8	0.350	2	5		
Vitamin E, α-TE	mg	3.580		0	2.148		
Lipids:							
Saturated, total	g	0.095		0	0.057		
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	0.002		0	0.001		
14:0	g	0.003		0	0.002		
15.0	g						
16:0	g	0.079		0	0.047		
17:0	g						
18:0	g	0.012		0	0.007		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.024	0	0.014
14:1	g			
16:1	g	0.001	0	0.001
18:1	g	0.022	0	0.013
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.171	0	0.103
18:2	g	0.141	0	0.085
18:3	g	0.030	0	0.018
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.012	0	0.007
Threonine	g	0.047	0	0.028
Isoleucine	g	0.052	0	0.031
Leucine	g	0.081	0	0.049
Lysine	g	0.082	0	0.049
Methionine	g	0.013	0	0.008
Cystine	g	0.018	0	0.011
Phenylalanine	g	0.037	0	0.022
Tyrosine	g	0.025	0	0.015
Valine	g	0.061	0	0.037
Arginine	g	0.042	0	0.025
Histidine	g	0.021	0	0.013
Alanine	g	0.047	0	0.028
Aspartic acid	g	0.230	0	0.138
Glutamic acid	g	0.137	0	0.082
Glycine	g	0.052	0	0.031
Proline	g	0.045	0	0.027
Serine	g	0.054	0	0.032
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 cup

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	Samples	Measure 1* 193g	Measure 2*	Measure 3*
Proximates:							
Water	g	79.36	2.230	2	153.16		
Energy	kcal	74		0	143		
Energy	kj	310		0	598		
Protein (N x 5.95)	g	0.28		0	0.54		
Total lipid (fat)	g	0.12		0	0.23		
Carbohydrate, by difference	g	19.91		0	38.43		
Fiber, total dietary	g	2.6		0	5.0		
Ash	g	0.33		0	0.64		
Sugars, total	g						
Minerals:							
Calcium	mg	4		0	8		
Iron	mg	0.43		0	0.83		
Magnesium	mg	5		0	10		
Phosphorus	mg	12		0	23		
Potassium	mg	136		0	262		
Sodium	mg	26		0	50		
Zinc	mg	0.06		0	0.12		
Copper	mg	0.058		0	0.112		
Manganese	mg	0.027		0	0.052		
Selenium	µg	0.4		0	0.8		
Vitamins:							
Ascorbic acid	mg	0.6	0.000	2	1.2		
Thiamin	mg	0.008	0.000	2	0.015		
Riboflavin	mg	0.029	0.002	2	0.056		
Niacin	mg	0.140	0.015	2	0.270		
Pantothenic acid	mg	0.080	0.011	2	0.154		
Vitamin B-6	mg	0.054	0.011	2	0.104		
Folate	µg	0	0.046	3	0		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	19	4.500	2	37		
Vitamin A, RE	µg	2	0.450	2	4		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.020		0	0.039		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.001		0	0.002		
15.0	g						
16:0	g	0.017		0	0.033		
17:0	g						
18:0	g	0.003		0	0.006		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.005	0	0.010
14:1	g			
16:1	g			
18:1	g	0.005	0	0.010
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.036	0	0.069
18:2	g	0.030	0	0.058
18:3	g	0.006	0	0.012
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.003	0	0.006
Threonine	g	0.010	0	0.019
Isoleucine	g	0.011	0	0.021
Leucine	g	0.017	0	0.033
Lysine	g	0.018	0	0.035
Methionine	g	0.003	0	0.006
Cystine	g	0.004	0	0.008
Phenylalanine	g	0.008	0	0.015
Tyrosine	g	0.005	0	0.010
Valine	g	0.013	0	0.025
Arginine	g	0.009	0	0.017
Histidine	g	0.004	0	0.008
Alanine	g	0.010	0	0.019
Aspartic acid	g	0.049	0	0.095
Glutamic acid	g	0.029	0	0.056
Glycine	g	0.011	0	0.021
Proline	g	0.010	0	0.019
Serine	g	0.011	0	0.021
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 cup

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	Samples	Measure 1* 86g	Measure 2* 6g	Measure 3*
Proximates:							
Water	g	31.76	0.902	22	27.31	2.03	
Energy	kcal	243		0	209	16	
Energy	kj	1017		0	875	65	
Protein (N x 5.95)	g	0.93	0.024	38	0.80	0.06	
Total lipid (fat)	g	0.32	0.065	8	0.28	0.02	
Carbohydrate, by difference	g	65.89		0	56.67	4.22	
Fiber, total dietary	g	8.7		0	7.5	0.6	
Ash	g	1.10	0.031	38	0.95	0.07	
Sugars, total	g						
Minerals:							
Calcium	mg	14	0.648	37	12	1	
Iron	mg	1.40	0.096	37	1.20	0.09	
Magnesium	mg	16	0.766	37	14	1	
Phosphorus	mg	38	2.328	37	33	2	
Potassium	mg	450	17.873	29	387	29	
Sodium	mg	87	12.949	29	75	6	
Zinc	mg	0.20	0.017	21	0.17	0.01	
Copper	mg	0.191	0.009	37	0.164	0.012	
Manganese	mg	0.090	0.012	19	0.077	0.006	
Selenium	µg	1.3		0	1.1	0.1	
Vitamins:							
Ascorbic acid	mg	3.9	0.471	11	3.4	0.2	
Thiamin	mg	0.000	0.000	17	0.000	0.000	
Riboflavin	mg	0.159	0.006	18	0.137	0.010	
Niacin	mg	0.927	0.096	18	0.797	0.059	
Pantothenic acid	mg	0.245		0	0.211	0.016	
Vitamin B-6	mg	0.125		1	0.108	0.008	
Folate	µg	0		0	0	0	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	0	0.000	16	0	0	
Vitamin A, RE	µg	0	0.000	16	0	0	
Vitamin E, α-TE	mg	0.550		0	0.473	0.035	
Lipids:							
Saturated, total	g	0.052		0	0.045	0.003	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.001		0	0.001	0.000	
14:0	g	0.001		0	0.001	0.000	
15.0	g						
16:0	g	0.043		0	0.037	0.003	
17:0	g						
18:0	g	0.007		0	0.006	0.000	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.013	0	0.011	0.001
14:1	g				
16:1	g	0.001	0	0.001	0.000
18:1	g	0.012	0	0.010	0.001
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.093	0	0.080	0.006
18:2	g	0.077	0	0.066	0.005
18:3	g	0.016	0	0.014	0.001
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.009	0	0.008	0.001
Threonine	g	0.033	0	0.028	0.002
Isoleucine	g	0.037	0	0.032	0.002
Leucine	g	0.057	0	0.049	0.004
Lysine	g	0.058	0	0.050	0.004
Methionine	g	0.009	0	0.008	0.001
Cystine	g	0.012	0	0.010	0.001
Phenylalanine	g	0.026	0	0.022	0.002
Tyrosine	g	0.017	0	0.015	0.001
Valine	g	0.043	0	0.037	0.003
Arginine	g	0.029	0	0.025	0.002
Histidine	g	0.015	0	0.013	0.001
Alanine	g	0.033	0	0.028	0.002
Aspartic acid	g	0.162	0	0.139	0.010
Glutamic acid	g	0.097	0	0.083	0.006
Glycine	g	0.037	0	0.032	0.002
Proline	g	0.032	0	0.028	0.002
Serine	g	0.038	0	0.033	0.002
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 ring

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

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 255g	Measure 2*	Measure 3*
Proximates:							
Water	g	84.13		1	214.53		
Energy	kcal	57		0	145		
Energy	kj	238		0	607		
Protein (N x 5.95)	g	0.22		0	0.56		
Total lipid (fat)	g	0.07		0	0.18		
Carbohydrate, by difference	g	15.32		0	39.07		
Fiber, total dietary	g	2.0		0	5.1		
Ash	g	0.26		0	0.66		
Sugars, total	g						
Minerals:							
Calcium	mg	3		0	8		
Iron	mg	0.33		0	0.84		
Magnesium	mg	4		0	10		
Phosphorus	mg	9		0	23		
Potassium	mg	105		0	268		
Sodium	mg	20		0	51		
Zinc	mg	0.05		0	0.13		
Copper	mg	0.044		0	0.112		
Manganese	mg	0.021		0	0.054		
Selenium	µg	0.3		0	0.8		
Vitamins:							
Ascorbic acid	mg	1.0	0.203	3	2.5		
Thiamin	mg	0.006	0.002	3	0.015		
Riboflavin	mg	0.019	0.001	3	0.048		
Niacin	mg	0.129	0.032	3	0.329		
Pantothenic acid	mg	0.057	0.001	3	0.145		
Vitamin B-6	mg	0.050	0.007	3	0.128		
Folate	µg	0		1	0		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	17	6.172	3	43		
Vitamin A, RE	µg	2	0.617	3	5		
Vitamin E, α-TE	mg	0.000		0	0.000		
Lipids:							
Saturated, total	g	0.012		0	0.031		
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		
14:0	g	0.000		0	0.000		
15.0	g						
16:0	g	0.010		0	0.026		
17:0	g						
18:0	g	0.002		0	0.005		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.003	0	0.008
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.003	0	0.008
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.022	0	0.056
18:2	g	0.018	0	0.046
18:3	g	0.004	0	0.010
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.002	0	0.005
Threonine	g	0.008	0	0.020
Isoleucine	g	0.008	0	0.020
Leucine	g	0.013	0	0.033
Lysine	g	0.013	0	0.033
Methionine	g	0.002	0	0.005
Cystine	g	0.003	0	0.008
Phenylalanine	g	0.006	0	0.015
Tyrosine	g	0.004	0	0.010
Valine	g	0.010	0	0.026
Arginine	g	0.007	0	0.018
Histidine	g	0.003	0	0.008
Alanine	g	0.008	0	0.020
Aspartic acid	g	0.037	0	0.094
Glutamic acid	g	0.022	0	0.056
Glycine	g	0.008	0	0.020
Proline	g	0.007	0	0.018
Serine	g	0.009	0	0.023
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 cup

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	Samples	Measure 1* 280g	Measure 2*	Measure 3*
Proximates:							
Water	g	78.76		0	220.53		
Energy	kcal	83		0	232		
Energy	kj	347		0	972		
Protein (N x 5.95)	g	0.20		0	0.56		
Total lipid (fat)	g	0.07		0	0.20		
Carbohydrate, by difference	g	20.73		0	58.04		
Fiber, total dietary	g	1.9		0	5.3		
Ash	g	0.24		0	0.67		
Sugars, total	g						
Minerals:							
Calcium	mg	3		0	8		
Iron	mg	0.31		0	0.87		
Magnesium	mg	3		0	8		
Phosphorus	mg	8		0	22		
Potassium	mg	98		0	274		
Sodium	mg	19		0	53		
Zinc	mg	0.04		0	0.11		
Copper	mg	0.042		0	0.118		
Manganese	mg	0.020		0	0.056		
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.9		0	2.5		
Thiamin	mg	0.006		0	0.017		
Riboflavin	mg	0.018		0	0.050		
Niacin	mg	0.121		0	0.339		
Pantothenic acid	mg	0.054		0	0.151		
Vitamin B-6	mg	0.047		0	0.132		
Folate	µg	0		0	0		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	16		0	45		
Vitamin A, RE	µg	2		0	6		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.011		0	0.031		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g	0.009		0	0.025		
17:0	g						
18:0	g	0.001		0	0.003		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.003	0	0.008
14:1	g			
16:1	g			
18:1	g	0.003	0	0.008
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.020	0	0.056
18:2	g	0.017	0	0.048
18:3	g	0.004	0	0.011
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.002	0	0.006
Threonine	g	0.007	0	0.020
Isoleucine	g	0.008	0	0.022
Leucine	g	0.012	0	0.034
Lysine	g	0.013	0	0.036
Methionine	g	0.002	0	0.006
Cystine	g	0.003	0	0.008
Phenylalanine	g	0.006	0	0.017
Tyrosine	g	0.004	0	0.011
Valine	g	0.009	0	0.025
Arginine	g	0.006	0	0.017
Histidine	g	0.003	0	0.008
Alanine	g	0.007	0	0.020
Aspartic acid	g	0.035	0	0.098
Glutamic acid	g	0.021	0	0.059
Glycine	g	0.008	0	0.022
Proline	g	0.007	0	0.020
Serine	g	0.008	0	0.022
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 cup

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	Samples	Measure 1* 173g	Measure 2*	Measure 3*
Proximates:							
Water	g	86.85	0.154	6	150.25		
Energy	kcal	48		0	83		
Energy	kj	201		0	348		
Protein (N x 5.95)	g	0.28	0.013	6	0.48		
Total lipid (fat)	g	0.32	0.052	6	0.55		
Carbohydrate, by difference	g	12.31		0	21.30		
Fiber, total dietary	g	1.9		0	3.3		
Ash	g	0.24	0.012	6	0.42		
Sugars, total	g						
Minerals:							
Calcium	mg	4	0.487	6	7		
Iron	mg	0.18	0.033	6	0.31		
Magnesium	mg	3	0.326	6	5		
Phosphorus	mg	8	0.242	6	14		
Potassium	mg	77	2.092	6	133		
Sodium	mg	3	0.302	6	5		
Zinc	mg	0.05	0.015	6	0.09		
Copper	mg	0.058	0.004	6	0.100		
Manganese	mg	0.169	0.031	6	0.292		
Selenium	µg	0.2		0	0.3		
Vitamins:							
Ascorbic acid	mg	0.1	0.030	6	0.2		
Thiamin	mg	0.013	0.000	6	0.022		
Riboflavin	mg	0.011	0.001	6	0.019		
Niacin	mg	0.042	0.011	6	0.073		
Pantothenic acid	mg	0.054	0.004	6	0.093		
Vitamin B-6	mg	0.034	0.001	6	0.059		
Folate	µg	1	0.060	6	1		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	34	6.509	6	59		
Vitamin A, RE	µg	3	0.651	6	5		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.053		0	0.092		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.001		0	0.002		
14:0	g	0.001		0	0.002		
15.0	g						
16:0	g	0.044		0	0.076		
17:0	g						
18:0	g	0.007		0	0.012		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.013	0	0.022
14:1	g			
16:1	g	0.001	0	0.002
18:1	g	0.012	0	0.021
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.095	0	0.164
18:2	g	0.078	0	0.135
18:3	g	0.017	0	0.029
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.003	0	0.005
Threonine	g	0.010	0	0.017
Isoleucine	g	0.011	0	0.019
Leucine	g	0.017	0	0.029
Lysine	g	0.017	0	0.029
Methionine	g	0.003	0	0.005
Cystine	g	0.004	0	0.007
Phenylalanine	g	0.008	0	0.014
Tyrosine	g	0.005	0	0.009
Valine	g	0.013	0	0.022
Arginine	g	0.009	0	0.016
Histidine	g	0.004	0	0.007
Alanine	g	0.010	0	0.017
Aspartic acid	g	0.048	0	0.083
Glutamic acid	g	0.029	0	0.050
Glycine	g	0.011	0	0.019
Proline	g	0.009	0	0.016
Serine	g	0.011	0	0.019
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, slices

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	Samples	Measure 1* 206g	Measure 2*	Measure 3*
Proximates:							
Water	g	87.16	0.152	6	179.55		
Energy	kcal	47		0	97		
Energy	kj	197		0	406		
Protein (N x 5.95)	g	0.29	0.022	6	0.60		
Total lipid (fat)	g	0.33	0.032	6	0.68		
Carbohydrate, by difference	g	12.00		0	24.72		
Fiber, total dietary	g	1.9		0	3.9		
Ash	g	0.23	0.006	6	0.47		
Sugars, total	g						
Minerals:							
Calcium	mg	5	0.416	6	10		
Iron	mg	0.19	0.034	6	0.39		
Magnesium	mg	3	0.155	6	6		
Phosphorus	mg	8	0.285	6	16		
Potassium	mg	76	2.374	6	157		
Sodium	mg	3	0.399	6	6		
Zinc	mg	0.05	0.011	6	0.10		
Copper	mg	0.065	0.005	6	0.134		
Manganese	mg	0.146	0.016	6	0.301		
Selenium	µg	0.2		0	0.4		
Vitamins:							
Ascorbic acid	mg	0.4	0.060	6	0.8		
Thiamin	mg	0.014	0.000	6	0.029		
Riboflavin	mg	0.011	0.001	6	0.023		
Niacin	mg	0.043	0.014	6	0.089		
Pantothenic acid	mg	0.057	0.006	6	0.117		
Vitamin B-6	mg	0.032	0.001	6	0.066		
Folate	µg	1	0.037	6	1		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	20	3.757	6	41		
Vitamin A, RE	µg	2	0.376	6	4		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.053		0	0.109		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.001		0	0.002		
14:0	g	0.001		0	0.002		
15.0	g						
16:0	g	0.044		0	0.091		
17:0	g						
18:0	g	0.007		0	0.014		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.013	0	0.027
14:1	g			
16:1	g	0.001	0	0.002
18:1	g	0.012	0	0.025
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.095	0	0.196
18:2	g	0.079	0	0.163
18:3	g	0.017	0	0.035
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.003	0	0.006
Threonine	g	0.010	0	0.021
Isoleucine	g	0.011	0	0.023
Leucine	g	0.018	0	0.037
Lysine	g	0.018	0	0.037
Methionine	g	0.003	0	0.006
Cystine	g	0.004	0	0.008
Phenylalanine	g	0.008	0	0.016
Tyrosine	g	0.005	0	0.010
Valine	g	0.013	0	0.027
Arginine	g	0.009	0	0.019
Histidine	g	0.005	0	0.010
Alanine	g	0.010	0	0.021
Aspartic acid	g	0.050	0	0.103
Glutamic acid	g	0.030	0	0.062
Glycine	g	0.011	0	0.023
Proline	g	0.010	0	0.021
Serine	g	0.012	0	0.025
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, slices

NDB No. 09016 Apple juice, canned or bottled, unsweetened, without added ascorbic acid

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 248g	Measure 2* 31g	Measure 3* 262g
Proximates:							
Water	g	87.93	0.316	10	218.07	27.26	230.38
Energy	kcal	47		0	117	15	123
Energy	kj	197		0	489	61	516
Protein (N x 5.95)	g	0.06	0.006	10	0.15	0.02	0.16
Total lipid (fat)	g	0.11	0.028	8	0.27	0.03	0.29
Carbohydrate, by difference	g	11.68		0	28.97	3.62	30.60
Fiber, total dietary	g	0.1		0	0.2	0.0	0.3
Ash	g	0.22	0.004	31	0.55	0.07	0.58
Sugars, total	g						
Minerals:							
Calcium	mg	7	1.455	8	17	2	18
Iron	mg	0.37	0.034	11	0.92	0.11	0.97
Magnesium	mg	3	0.304	3	7	1	8
Phosphorus	mg	7	1.734	3	17	2	18
Potassium	mg	119	2.208	32	295	37	312
Sodium	mg	3	0.711	11	7	1	8
Zinc	mg	0.03	0.013	2	0.07	0.01	0.08
Copper	mg	0.022	0.002	2	0.055	0.007	0.058
Manganese	mg	0.113	0.097	2	0.280	0.035	0.296
Selenium	µg	0.1	0.045	4	0.2	0.0	0.3
Vitamins:							
Ascorbic acid	mg	0.9	0.179	8	2.2	0.3	2.4
Thiamin	mg	0.021	0.001	9	0.052	0.007	0.055
Riboflavin	mg	0.017	0.011	5	0.042	0.005	0.045
Niacin	mg	0.100		1	0.248	0.031	0.262
Pantothenic acid	mg	0.063		0	0.156	0.020	0.165
Vitamin B-6	mg	0.030		0	0.074	0.009	0.079
Folate	µg	0	0.046	3	0	0	0
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	1		1	2	0	3
Vitamin A, RE	µg	0		1	0	0	0
Vitamin E, α-TE	mg	0.010		0	0.025	0.003	0.026
Lipids:							
Saturated, total	g	0.019		0	0.047	0.006	0.050
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.001		0	0.002	0.000	0.003
15.0	g						
16:0	g	0.015		0	0.037	0.005	0.039
17:0	g						
18:0	g	0.002		0	0.005	0.001	0.005
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.005	0	0.012	0.002	0.013
14:1	g					
16:1	g	0.000	0	0.000	0.000	0.000
18:1	g	0.004	0	0.010	0.001	0.010
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.033	0	0.082	0.010	0.086
18:2	g	0.028	0	0.069	0.009	0.073
18:3	g	0.006	0	0.015	0.002	0.016
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g					
Threonine	g					
Isoleucine	g					
Leucine	g					
Lysine	g					
Methionine	g					
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					
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 fl oz
Measure 3: 1 drink box (8.45 fl oz)

NDB No. 09017 Apple juice, frozen concentrate, unsweetened, undiluted, without added ascorbic acid

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 211g	Measure 2*	Measure 3*
Proximates:							
Water	g	57.00		0	120.27		
Energy	kcal	166		0	350		
Energy	kj	695		0	1466		
Protein (N x 5.95)	g	0.51	0.058	4	1.08		
Total lipid (fat)	g	0.37	0.024	3	0.78		
Carbohydrate, by difference	g	41.00		0	86.51		
Fiber, total dietary	g	0.4		0	0.8		
Ash	g	1.12	0.055	4	2.36		
Sugars, total	g						
Minerals:							
Calcium	mg	20	2.709	4	42		
Iron	mg	0.91	0.192	4	1.92		
Magnesium	mg	17	1.538	4	36		
Phosphorus	mg	25	2.401	4	53		
Potassium	mg	448	26.115	4	945		
Sodium	mg	25	9.540	4	53		
Zinc	mg	0.13	0.020	4	0.27		
Copper	mg	0.050	0.009	4	0.106		
Manganese	mg	0.225	0.047	4	0.475		
Selenium	µg	0.4		0	0.8		
Vitamins:							
Ascorbic acid	mg	2.1	0.512	2	4.4		
Thiamin	mg	0.011	0.003	3	0.023		
Riboflavin	mg	0.054	0.003	3	0.114		
Niacin	mg	0.135	0.008	3	0.285		
Pantothenic acid	mg	0.223	0.061	3	0.471		
Vitamin B-6	mg	0.116	0.009	3	0.245		
Folate	µg	1	0.264	4	2		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	0		3	0		
Vitamin A, RE	µg	0		3	0		
Vitamin E, α-TE	mg	0.036		0	0.076		
Lipids:							
Saturated, total	g	0.060		0	0.127		
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	0.001		0	0.002		
14:0	g	0.002		0	0.004		
15.0	g						
16:0	g	0.050		0	0.106		
17:0	g						
18:0	g	0.008		0	0.017		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.015	0	0.032
14:1	g			
16:1	g	0.001	0	0.002
18:1	g	0.014	0	0.030
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.108	0	0.228
18:2	g	0.089	0	0.188
18:3	g	0.019	0	0.040
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 can (6 fl oz)

NDB No. 09018 Apple juice, frozen concentrate, unsweetened, diluted with 3 volume water without added ascorbic acid

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 239g	Measure 2* 30g	Measure 3*
Proximates:							
Water	g	87.90		0	210.08	26.28	
Energy	kcal	47		0	112	14	
Energy	kj	197		0	471	59	
Protein (N x 5.95)	g	0.14	0.016	4	0.33	0.04	
Total lipid (fat)	g	0.10	0.007	3	0.24	0.03	
Carbohydrate, by difference	g	11.54		0	27.58	3.45	
Fiber, total dietary	g	0.1		0	0.2	0.0	
Ash	g	0.32	0.016	4	0.76	0.10	
Sugars, total	g						
Minerals:							
Calcium	mg	6	0.762	4	14	2	
Iron	mg	0.26	0.054	4	0.62	0.08	
Magnesium	mg	5	0.433	4	12	1	
Phosphorus	mg	7	0.676	4	17	2	
Potassium	mg	126	7.348	4	301	38	
Sodium	mg	7	2.684	4	17	2	
Zinc	mg	0.04	0.006	4	0.10	0.01	
Copper	mg	0.014	0.003	4	0.033	0.004	
Manganese	mg	0.063	0.013	4	0.151	0.019	
Selenium	µg	0.1		0	0.2	0.0	
Vitamins:							
Ascorbic acid	mg	0.6	0.144	2	1.4	0.2	
Thiamin	mg	0.003	0.001	3	0.007	0.001	
Riboflavin	mg	0.015	0.001	3	0.036	0.004	
Niacin	mg	0.038	0.002	3	0.091	0.011	
Pantothenic acid	mg	0.063	0.017	3	0.151	0.019	
Vitamin B-6	mg	0.033	0.002	3	0.079	0.010	
Folate	µg	0	0.074	4	1	0	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.010		0	0.024	0.003	
Lipids:							
Saturated, total	g	0.018		0	0.043	0.005	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.016		0	0.038	0.005	
17:0	g						
18:0	g	0.002		0	0.005	0.001	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.002	0	0.005	0.001
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.002	0	0.005	0.001
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.031	0	0.074	0.009
18:2	g	0.027	0	0.065	0.008
18:3	g	0.004	0	0.010	0.001
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 fl oz

NDB No. 09019 Applesauce, canned, unsweetened, without added ascorbic acid

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 244g	Measure 2*	Measure 3*
Proximates:							
Water	g	88.35	0.243	10	215.57		
Energy	kcal	43		0	105		
Energy	kj	180		0	439		
Protein (N x 5.95)	g	0.17	0.012	18	0.41		
Total lipid (fat)	g	0.05	0.012	18	0.12		
Carbohydrate, by difference	g	11.29		0	27.55		
Fiber, total dietary	g	1.2		0	2.9		
Ash	g	0.15	0.005	10	0.37		
Sugars, total	g						
Minerals:							
Calcium	mg	3	0.082	19	7		
Iron	mg	0.12	0.013	10	0.29		
Magnesium	mg	3	0.068	18	7		
Phosphorus	mg	7	0.461	18	17		
Potassium	mg	75	3.143	18	183		
Sodium	mg	2	0.397	16	5		
Zinc	mg	0.03	0.003	9	0.07		
Copper	mg	0.026	0.002	9	0.063		
Manganese	mg	0.075		0	0.183		
Selenium	µg	0.3		0	0.7		
Vitamins:							
Ascorbic acid	mg	1.2	0.061	3	2.9		
Thiamin	mg	0.013	0.003	4	0.032		
Riboflavin	mg	0.025	0.001	9	0.061		
Niacin	mg	0.188		0	0.459		
Pantothenic acid	mg	0.095	0.011	3	0.232		
Vitamin B-6	mg	0.026		0	0.063		
Folate	µg	1		0	1		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	29	5.696	3	71		
Vitamin A, RE	µg	3	0.570	3	7		
Vitamin E, α-TE	mg	0.010		0	0.024		
Lipids:							
Saturated, total	g	0.008		0	0.020		
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		
14:0	g	0.000		0	0.000		
15.0	g						
16:0	g	0.007		0	0.017		
17:0	g						
18:0	g	0.001		0	0.002		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.002	0	0.005
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.002	0	0.005
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.014	0	0.034
18:2	g	0.012	0	0.029
18:3	g	0.003	0	0.007
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.002	0	0.005
Threonine	g	0.006	0	0.015
Isoleucine	g	0.006	0	0.015
Leucine	g	0.010	0	0.024
Lysine	g	0.010	0	0.024
Methionine	g	0.002	0	0.005
Cystine	g	0.002	0	0.005
Phenylalanine	g	0.005	0	0.012
Tyrosine	g	0.003	0	0.007
Valine	g	0.008	0	0.020
Arginine	g	0.005	0	0.012
Histidine	g	0.003	0	0.007
Alanine	g	0.006	0	0.015
Aspartic acid	g	0.028	0	0.068
Glutamic acid	g	0.017	0	0.041
Glycine	g	0.006	0	0.015
Proline	g	0.006	0	0.015
Serine	g	0.007	0	0.017
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 cup

NDB No. 09020 Applesauce, canned, sweetened, without 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	Samples	Measure 1* 255g	Measure 2* 255g	Measure 3*
Proximates:							
Water	g	79.58	0.340	39	202.93	202.93	
Energy	kcal	76		0	194	194	
Energy	kj	318		0	811	811	
Protein (N x 5.95)	g	0.18	0.008	38	0.46	0.46	
Total lipid (fat)	g	0.18	0.048	39	0.46	0.46	
Carbohydrate, by difference	g	19.91		0	50.77	50.77	
Fiber, total dietary	g	1.2		0	3.1	3.1	
Ash	g	0.14	0.008	39	0.36	0.36	
Sugars, total	g						
Minerals:							
Calcium	mg	4	0.189	40	10	10	
Iron	mg	0.35	0.029	43	0.89	0.89	
Magnesium	mg	3	0.079	27	8	8	
Phosphorus	mg	7	0.444	27	18	18	
Potassium	mg	61	1.948	37	156	156	
Sodium	mg	3	0.436	43	8	8	
Zinc	mg	0.04	0.003	31	0.10	0.10	
Copper	mg	0.043	0.002	31	0.110	0.110	
Manganese	mg	0.075	0.016	10	0.191	0.191	
Selenium	µg	0.3	0.099	2	0.8	0.8	
Vitamins:							
Ascorbic acid	mg	1.7	0.149	30	4.3	4.3	
Thiamin	mg	0.013	0.000	36	0.033	0.033	
Riboflavin	mg	0.028	0.001	51	0.071	0.071	
Niacin	mg	0.188	0.028	31	0.479	0.479	
Pantothenic acid	mg	0.052	0.003	9	0.133	0.133	
Vitamin B-6	mg	0.026	0.003	7	0.066	0.066	
Folate	µg	1	0.015	9	2	2	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	11	1.202	23	28	28	
Vitamin A, RE	µg	1	0.120	23	3	3	
Vitamin E, α-TE	mg	0.010		0	0.026	0.026	
Lipids:							
Saturated, total	g	0.030		0	0.077	0.077	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.001		0	0.003	0.003	
14:0	g	0.001		0	0.003	0.003	
15.0	g						
16:0	g	0.025		0	0.064	0.064	
17:0	g						
18:0	g	0.004		0	0.010	0.010	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.007	0	0.018	0.018
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.007	0	0.018	0.018
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.054	0	0.138	0.138
18:2	g	0.045	0	0.115	0.115
18:3	g	0.009	0	0.023	0.023
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.002	0	0.005	0.005
Threonine	g	0.007	0	0.018	0.018
Isoleucine	g	0.007	0	0.018	0.018
Leucine	g	0.011	0	0.028	0.028
Lysine	g	0.011	0	0.028	0.028
Methionine	g	0.002	0	0.005	0.005
Cystine	g	0.002	0	0.005	0.005
Phenylalanine	g	0.005	0	0.013	0.013
Tyrosine	g	0.003	0	0.008	0.008
Valine	g	0.008	0	0.020	0.020
Arginine	g	0.006	0	0.015	0.015
Histidine	g	0.003	0	0.008	0.008
Alanine	g	0.007	0	0.018	0.018
Aspartic acid	g	0.032	0	0.082	0.082
Glutamic acid	g	0.019	0	0.048	0.048
Glycine	g	0.007	0	0.018	0.018
Proline	g	0.006	0	0.015	0.015
Serine	g	0.007	0	0.018	0.018
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, sauce
Measure 2: 1 cup

NDB No. 09021 Apricots, raw

Prunus armeniaca

Refuse: 7% Pits

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 155g	Measure 2* 165g	Measure 3* 35g
Proximates:							
Water	g	86.35		26	133.84	142.48	30.22
Energy	kcal	48		0	74	79	17
Energy	kj	201		0	312	332	70
Protein (N x 5.95)	g	1.40	0.336	22	2.17	2.31	0.49
Total lipid (fat)	g	0.39	0.170	5	0.60	0.64	0.14
Carbohydrate, by difference	g	11.12		0	17.24	18.35	3.89
Fiber, total dietary	g	2.4		0	3.7	4.0	0.8
Ash	g	0.75	0.054	32	1.16	1.24	0.26
Sugars, total	g						
Minerals:							
Calcium	mg	14	0.587	14	22	23	5
Iron	mg	0.54	0.077	31	0.84	0.89	0.19
Magnesium	mg	8	0.409	26	12	13	3
Phosphorus	mg	19	0.959	26	29	31	7
Potassium	mg	296	12.013	18	459	488	104
Sodium	mg	1	0.036	18	2	2	0
Zinc	mg	0.26	0.097	6	0.40	0.43	0.09
Copper	mg	0.089	0.018	32	0.138	0.147	0.031
Manganese	mg	0.079	0.005	26	0.122	0.130	0.028
Selenium	µg	0.4		0	0.6	0.7	0.1
Vitamins:							
Ascorbic acid	mg	10.0	0.161	4	15.5	16.5	3.5
Thiamin	mg	0.030		0	0.046	0.050	0.011
Riboflavin	mg	0.040		0	0.062	0.066	0.014
Niacin	mg	0.600		0	0.930	0.990	0.210
Pantothenic acid	mg	0.240		0	0.372	0.396	0.084
Vitamin B-6	mg	0.054		1	0.084	0.089	0.019
Folate	µg	9	1.450	4	13	14	3
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	2612	300.225	5	4049	4310	914
Vitamin A, RE	µg	261	30.023	5	405	431	91
Vitamin E, α-TE	mg	0.890		0	1.379	1.468	0.312
Lipids:							
Saturated, total	g	0.027		0	0.042	0.045	0.009
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.000		0	0.000	0.000	0.000
15.0	g						
16:0	g	0.024		4	0.037	0.040	0.008
17:0	g						
18:0	g	0.003		4	0.005	0.005	0.001
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.170	0	0.264	0.281	0.060
14:1	g					
16:1	g	0.000	0	0.000	0.000	0.000
18:1	g	0.170	4	0.264	0.281	0.060
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.077	0	0.119	0.127	0.027
18:2	g	0.077	4	0.119	0.127	0.027
18:3	g	0.000	0	0.000	0.000	0.000
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg	18	0	28	30	6
Amino acids:						
Tryptophan	g	0.015	12	0.023	0.025	0.005
Threonine	g	0.047	12	0.073	0.078	0.016
Isoleucine	g	0.041	12	0.064	0.068	0.014
Leucine	g	0.077	12	0.119	0.127	0.027
Lysine	g	0.097	12	0.150	0.160	0.034
Methionine	g	0.006	12	0.009	0.010	0.002
Cystine	g	0.003	12	0.005	0.005	0.001
Phenylalanine	g	0.052	12	0.081	0.086	0.018
Tyrosine	g	0.029	12	0.045	0.048	0.010
Valine	g	0.047	12	0.073	0.078	0.016
Arginine	g	0.045	12	0.070	0.074	0.016
Histidine	g	0.027	12	0.042	0.045	0.009
Alanine	g	0.068	12	0.105	0.112	0.024
Aspartic acid	g	0.314	12	0.487	0.518	0.110
Glutamic acid	g	0.157	12	0.243	0.259	0.055
Glycine	g	0.040	12	0.062	0.066	0.014
Proline	g	0.101	12	0.157	0.167	0.035
Serine	g	0.083	12	0.129	0.137	0.029
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, halves
Measure 2: 1 cup, sliced
Measure 3: 1 apricot

NDB No. 09022 Apricots, canned, water pack, with skin, solids and liquids

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 243g	Measure 2* 36g	Measure 3*
Proximates:							
Water	g	92.36	0.122	42	224.43	33.25	
Energy	kcal	27		0	66	10	
Energy	kj	113		0	275	41	
Protein (N x 5.95)	g	0.71	0.020	10	1.73	0.26	
Total lipid (fat)	g	0.16	0.027	8	0.39	0.06	
Carbohydrate, by difference	g	6.39		0	15.53	2.30	
Fiber, total dietary	g	1.6		0	3.9	0.6	
Ash	g	0.38		0	0.92	0.14	
Sugars, total	g						
Minerals:							
Calcium	mg	8	0.467	9	19	3	
Iron	mg	0.32		0	0.78	0.12	
Magnesium	mg	7	0.760	8	17	3	
Phosphorus	mg	13	1.564	9	32	5	
Potassium	mg	192	9.989	37	467	69	
Sodium	mg	3	0.161	37	7	1	
Zinc	mg	0.11		0	0.27	0.04	
Copper	mg	0.082		0	0.199	0.030	
Manganese	mg	0.053		0	0.129	0.019	
Selenium	µg	0.3		0	0.7	0.1	
Vitamins:							
Ascorbic acid	mg	3.4	0.161	19	8.3	1.2	
Thiamin	mg	0.021		0	0.051	0.008	
Riboflavin	mg	0.023		0	0.056	0.008	
Niacin	mg	0.395		0	0.960	0.142	
Pantothenic acid	mg	0.092		0	0.224	0.033	
Vitamin B-6	mg	0.054		0	0.131	0.019	
Folate	µg	2		0	4	1	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	1293		0	3142	465	
Vitamin A, RE	µg	129		0	313	46	
Vitamin E, α-TE	mg	0.890		0	2.163	0.320	
Lipids:							
Saturated, total	g	0.011		0	0.027	0.004	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.010		0	0.024	0.004	
17:0	g						
18:0	g	0.001		0	0.002	0.000	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.069	0	0.168	0.025
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.069	0	0.168	0.025
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.031	0	0.075	0.011
18:2	g	0.031	0	0.075	0.011
18:3	g	0.000	0	0.000	0.000
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.013	24	0.032	0.005
Threonine	g	0.026	24	0.063	0.009
Isoleucine	g	0.022	24	0.053	0.008
Leucine	g	0.042	24	0.102	0.015
Lysine	g	0.049	24	0.119	0.018
Methionine	g	0.004	24	0.010	0.001
Cystine	g	0.002	24	0.005	0.001
Phenylalanine	g	0.030	24	0.073	0.011
Tyrosine	g	0.017	24	0.041	0.006
Valine	g	0.026	24	0.063	0.009
Arginine	g	0.028	24	0.068	0.010
Histidine	g	0.012	24	0.029	0.004
Alanine	g	0.035	24	0.085	0.013
Aspartic acid	g	0.163	24	0.396	0.059
Glutamic acid	g	0.072	24	0.175	0.026
Glycine	g	0.022	24	0.053	0.008
Proline	g	0.043	24	0.104	0.015
Serine	g	0.041	24	0.100	0.015
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, halves

Measure 2: 1 apricot half with liquid

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	Samples	Measure 1* 227g	Measure 2*	Measure 3*
Proximates:							
Water	g	93.43	0.292	5	212.09		
Energy	kcal	22		0	50		
Energy	kj	92		0	209		
Protein (N x 5.95)	g	0.69		1	1.57		
Total lipid (fat)	g	0.03		1	0.07		
Carbohydrate, by difference	g	5.48		0	12.44		
Fiber, total dietary	g	1.1		0	2.5		
Ash	g	0.38		1	0.86		
Sugars, total	g						
Minerals:							
Calcium	mg	8		1	18		
Iron	mg	0.54		1	1.23		
Magnesium	mg	9		1	20		
Phosphorus	mg	16		1	36		
Potassium	mg	154	6.205	3	350		
Sodium	mg	11	0.697	3	25		
Zinc	mg	0.11		0	0.25		
Copper	mg	0.068		0	0.154		
Manganese	mg	0.053		0	0.120		
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	1.8	0.279	3	4.1		
Thiamin	mg	0.020		0	0.045		
Riboflavin	mg	0.024		0	0.054		
Niacin	mg	0.437		0	0.992		
Pantothenic acid	mg	0.092		0	0.209		
Vitamin B-6	mg	0.054		0	0.123		
Folate	µg	2		0	4		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	1810		1	4109		
Vitamin A, RE	µg	181		1	411		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.002		0	0.005		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g	0.002		0	0.005		
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.013	0	0.030
14:1	g			
16:1	g			
18:1	g	0.013	0	0.030
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.006	0	0.014
18:2	g	0.006	0	0.014
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.012	0	0.027
Threonine	g	0.025	0	0.057
Isoleucine	g	0.021	0	0.048
Leucine	g	0.040	0	0.091
Lysine	g	0.048	0	0.109
Methionine	g	0.003	0	0.007
Cystine	g	0.002	0	0.005
Phenylalanine	g	0.028	0	0.064
Tyrosine	g	0.016	0	0.036
Valine	g	0.025	0	0.057
Arginine	g	0.027	0	0.061
Histidine	g	0.011	0	0.025
Alanine	g	0.034	0	0.077
Aspartic acid	g	0.157	0	0.356
Glutamic acid	g	0.069	0	0.157
Glycine	g	0.021	0	0.048
Proline	g	0.041	0	0.093
Serine	g	0.039	0	0.089
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup whole, without pits

NDB No. 09024 Apricots, canned, juice pack, with skin, solids and liquids

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 244g	Measure 2* 36g	Measure 3*
Proximates:							
Water	g	86.62	0.102	7	211.35	31.18	
Energy	kcal	48		0	117	17	
Energy	kj	201		0	490	72	
Protein (N x 5.95)	g	0.63	0.023	8	1.54	0.23	
Total lipid (fat)	g	0.04	0.015	7	0.10	0.01	
Carbohydrate, by difference	g	12.34		0	30.11	4.44	
Fiber, total dietary	g	1.6		0	3.9	0.6	
Ash	g	0.37	0.014	7	0.90	0.13	
Sugars, total	g						
Minerals:							
Calcium	mg	12	0.535	8	29	4	
Iron	mg	0.30	0.040	8	0.73	0.11	
Magnesium	mg	10	0.221	6	24	4	
Phosphorus	mg	20	0.954	6	49	7	
Potassium	mg	165	8.920	7	403	59	
Sodium	mg	4	0.367	7	10	1	
Zinc	mg	0.11	0.018	6	0.27	0.04	
Copper	mg	0.054	0.010	6	0.132	0.019	
Manganese	mg	0.052		0	0.127	0.019	
Selenium	µg	0.3		0	0.7	0.1	
Vitamins:							
Ascorbic acid	mg	4.9	0.236	8	12.0	1.8	
Thiamin	mg	0.018	0.003	6	0.044	0.006	
Riboflavin	mg	0.019	0.001	6	0.046	0.007	
Niacin	mg	0.344	0.028	3	0.839	0.124	
Pantothenic acid	mg	0.092		0	0.224	0.033	
Vitamin B-6	mg	0.054		0	0.132	0.019	
Folate	µg	2		0	4	1	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	1691	153.659	7	4126	609	
Vitamin A, RE	µg	169	15.366	7	412	61	
Vitamin E, α-TE	mg	0.890		0	2.172	0.320	
Lipids:							
Saturated, total	g	0.003		0	0.007	0.001	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.002		0	0.005	0.001	
17:0	g						
18:0	g	0.000		0	0.000	0.000	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.017	0	0.041	0.006
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.017	0	0.041	0.006
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.007	0	0.017	0.003
18:2	g	0.007	0	0.017	0.003
18:3	g	0.000	0	0.000	0.000
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.011	0	0.027	0.004
Threonine	g	0.023	0	0.056	0.008
Isoleucine	g	0.019	0	0.046	0.007
Leucine	g	0.037	0	0.090	0.013
Lysine	g	0.044	0	0.107	0.016
Methionine	g	0.003	0	0.007	0.001
Cystine	g	0.002	0	0.005	0.001
Phenylalanine	g	0.026	0	0.063	0.009
Tyrosine	g	0.015	0	0.037	0.005
Valine	g	0.023	0	0.056	0.008
Arginine	g	0.024	0	0.059	0.009
Histidine	g	0.010	0	0.024	0.004
Alanine	g	0.031	0	0.076	0.011
Aspartic acid	g	0.145	0	0.354	0.052
Glutamic acid	g	0.064	0	0.156	0.023
Glycine	g	0.019	0	0.046	0.007
Proline	g	0.038	0	0.093	0.014
Serine	g	0.036	0	0.088	0.013
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, halves

Measure 2: 1 apricot half with liquid

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	Samples	Measure 1* 247g	Measure 2*	Measure 3*
Proximates:							
Water	g	86.30		1	213.16		
Energy	kcal	49		0	121		
Energy	kj	205		0	506		
Protein (N x 5.95)	g	0.60		0	1.48		
Total lipid (fat)	g	0.10		1	0.25		
Carbohydrate, by difference	g	12.50		0	30.88		
Fiber, total dietary	g	1.6		0	4.0		
Ash	g	0.50		1	1.24		
Sugars, total	g						
Minerals:							
Calcium	mg	10		1	25		
Iron	mg	0.30		1	0.74		
Magnesium	mg	6		1	15		
Phosphorus	mg	12		1	30		
Potassium	mg	140		1	346		
Sodium	mg	2		1	5		
Zinc	mg	0.08		1	0.20		
Copper	mg	0.040		1	0.099		
Manganese	mg	0.052		0	0.128		
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	4.0		1	9.9		
Thiamin	mg	0.020		1	0.049		
Riboflavin	mg	0.020		1	0.049		
Niacin	mg	0.600		1	1.482		
Pantothenic acid	mg	0.092		0	0.227		
Vitamin B-6	mg	0.054		0	0.133		
Folate	µg	2		0	4		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	1271		0	3139		
Vitamin A, RE	µg	127		0	314		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.007		0	0.017		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g	0.006		0	0.015		
17:0	g						
18:0	g	0.001		0	0.002		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.043	0	0.106
14:1	g			
16:1	g			
18:1	g	0.043	0	0.106
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.020	0	0.049
18:2	g	0.020	0	0.049
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.011	0	0.027
Threonine	g	0.022	0	0.054
Isoleucine	g	0.018	0	0.044
Leucine	g	0.035	0	0.086
Lysine	g	0.042	0	0.104
Methionine	g	0.003	0	0.007
Cystine	g	0.002	0	0.005
Phenylalanine	g	0.025	0	0.062
Tyrosine	g	0.014	0	0.035
Valine	g	0.022	0	0.054
Arginine	g	0.023	0	0.057
Histidine	g	0.010	0	0.025
Alanine	g	0.030	0	0.074
Aspartic acid	g	0.137	0	0.338
Glutamic acid	g	0.061	0	0.151
Glycine	g	0.019	0	0.047
Proline	g	0.036	0	0.089
Serine	g	0.034	0	0.084
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, halves

NDB No. 09026 Apricots, canned, light syrup pack, with skin, solids and liquids

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 253g	Measure 2* 40g	Measure 3*
Proximates:							
Water	g	82.56	0.135	104	208.88	33.02	
Energy	kcal	63		0	159	25	
Energy	kj	264		0	668	106	
Protein (N x 5.95)	g	0.53	0.016	56	1.34	0.21	
Total lipid (fat)	g	0.05	0.006	10	0.13	0.02	
Carbohydrate, by difference	g	16.49		0	41.72	6.60	
Fiber, total dietary	g	1.6		0	4.0	0.6	
Ash	g	0.37	0.017	25	0.94	0.15	
Sugars, total	g						
Minerals:							
Calcium	mg	11	0.422	28	28	4	
Iron	mg	0.39	0.033	37	0.99	0.16	
Magnesium	mg	8	0.285	36	20	3	
Phosphorus	mg	13	0.590	28	33	5	
Potassium	mg	138	5.540	19	349	55	
Sodium	mg	4	0.418	19	10	2	
Zinc	mg	0.11		0	0.28	0.04	
Copper	mg	0.079		0	0.200	0.032	
Manganese	mg	0.052		0	0.132	0.021	
Selenium	µg	0.3		0	0.8	0.1	
Vitamins:							
Ascorbic acid	mg	2.7	0.087	165	6.8	1.1	
Thiamin	mg	0.016	0.000	36	0.040	0.006	
Riboflavin	mg	0.020	0.001	31	0.051	0.008	
Niacin	mg	0.304	0.009	31	0.769	0.122	
Pantothenic acid	mg	0.092		0	0.233	0.037	
Vitamin B-6	mg	0.054		0	0.137	0.022	
Folate	µg	2		0	4	1	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	1322	30.399	148	3345	529	
Vitamin A, RE	µg	132	3.040	148	334	53	
Vitamin E, α-TE	mg	0.890		0	2.252	0.356	
Lipids:							
Saturated, total	g	0.003		0	0.008	0.001	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.003		0	0.008	0.001	
17:0	g						
18:0	g	0.000		0	0.000	0.000	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.021	0	0.053	0.008
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.021	0	0.053	0.008
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.010	0	0.025	0.004
18:2	g	0.010	0	0.025	0.004
18:3	g	0.000	0	0.000	0.000
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.009	0	0.023	0.004
Threonine	g	0.019	0	0.048	0.008
Isoleucine	g	0.016	0	0.040	0.006
Leucine	g	0.031	0	0.078	0.012
Lysine	g	0.037	0	0.094	0.015
Methionine	g	0.003	0	0.008	0.001
Cystine	g	0.002	0	0.005	0.001
Phenylalanine	g	0.022	0	0.056	0.009
Tyrosine	g	0.012	0	0.030	0.005
Valine	g	0.019	0	0.048	0.008
Arginine	g	0.021	0	0.053	0.008
Histidine	g	0.009	0	0.023	0.004
Alanine	g	0.026	0	0.066	0.010
Aspartic acid	g	0.122	0	0.309	0.049
Glutamic acid	g	0.054	0	0.137	0.022
Glycine	g	0.016	0	0.040	0.006
Proline	g	0.032	0	0.081	0.013
Serine	g	0.031	0	0.078	0.012
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, halves

Measure 2: 1 apricot half with liquid

NDB No. 09027 Apricots, canned, heavy syrup pack, with skin, solids and liquids

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 258g	Measure 2* 240g	Measure 3* 40g
Proximates:							
Water	g	77.56	0.087	217	200.10	186.14	31.02
Energy	kcal	83		0	214	199	33
Energy	kj	347		0	895	833	139
Protein (N x 5.95)	g	0.53	0.009	162	1.37	1.27	0.21
Total lipid (fat)	g	0.08	0.002	105	0.21	0.19	0.03
Carbohydrate, by difference	g	21.47		0	55.39	51.53	8.59
Fiber, total dietary	g	1.6		0	4.1	3.8	0.6
Ash	g	0.37	0.006	130	0.95	0.89	0.15
Sugars, total	g						
Minerals:							
Calcium	mg	9	0.193	129	23	22	4
Iron	mg	0.30	0.011	156	0.77	0.72	0.12
Magnesium	mg	7	0.122	135	18	17	3
Phosphorus	mg	12	0.167	130	31	29	5
Potassium	mg	140	2.659	95	361	336	56
Sodium	mg	4	0.236	107	10	10	2
Zinc	mg	0.11	0.005	58	0.28	0.26	0.04
Copper	mg	0.078	0.003	58	0.201	0.187	0.031
Manganese	mg	0.051		0	0.132	0.122	0.020
Selenium	µg	0.3		0	0.8	0.7	0.1
Vitamins:							
Ascorbic acid	mg	3.1	0.074	225	8.0	7.4	1.2
Thiamin	mg	0.020	0.000	138	0.052	0.048	0.008
Riboflavin	mg	0.022	0.000	133	0.057	0.053	0.009
Niacin	mg	0.376	0.015	134	0.970	0.902	0.150
Pantothenic acid	mg	0.092		0	0.237	0.221	0.037
Vitamin B-6	mg	0.054		0	0.139	0.130	0.022
Folate	µg	2	0.113	3	4	4	1
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	1230	30.285	276	3173	2952	492
Vitamin A, RE	µg	123	3.029	276	317	295	49
Vitamin E, α-TE	mg	0.890		0	2.296	2.136	0.356
Lipids:							
Saturated, total	g	0.005		0	0.013	0.012	0.002
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.000		0	0.000	0.000	0.000
15.0	g						
16:0	g	0.005		0	0.013	0.012	0.002
17:0	g						
18:0	g	0.001		0	0.003	0.002	0.000
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.033	0	0.085	0.079	0.013
14:1	g					
16:1	g	0.000	0	0.000	0.000	0.000
18:1	g	0.033	0	0.085	0.079	0.013
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.015	0	0.039	0.036	0.006
18:2	g	0.015	0	0.039	0.036	0.006
18:3	g	0.000	0	0.000	0.000	0.000
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.009	0	0.023	0.022	0.004
Threonine	g	0.019	0	0.049	0.046	0.008
Isoleucine	g	0.016	0	0.041	0.038	0.006
Leucine	g	0.031	0	0.080	0.074	0.012
Lysine	g	0.037	0	0.095	0.089	0.015
Methionine	g	0.003	0	0.008	0.007	0.001
Cystine	g	0.002	0	0.005	0.005	0.001
Phenylalanine	g	0.022	0	0.057	0.053	0.009
Tyrosine	g	0.012	0	0.031	0.029	0.005
Valine	g	0.019	0	0.049	0.046	0.008
Arginine	g	0.021	0	0.054	0.050	0.008
Histidine	g	0.009	0	0.023	0.022	0.004
Alanine	g	0.026	0	0.067	0.062	0.010
Aspartic acid	g	0.122	0	0.315	0.293	0.049
Glutamic acid	g	0.054	0	0.139	0.130	0.022
Glycine	g	0.016	0	0.041	0.038	0.006
Proline	g	0.032	0	0.083	0.077	0.013
Serine	g	0.031	0	0.080	0.074	0.012
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, halves
Measure 2: 1 cup, whole
Measure 3: 1 apricot half with liquid

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	Samples	Measure 1* 258g	Measure 2*	Measure 3*
Proximates:							
Water	g	77.66	0.124	115	200.36		
Energy	kcal	83		0	214		
Energy	kj	347		0	895		
Protein (N x 5.95)	g	0.51	0.014	58	1.32		
Total lipid (fat)	g	0.09	0.004	42	0.23		
Carbohydrate, by difference	g	21.45		0	55.34		
Fiber, total dietary	g	1.6		0	4.1		
Ash	g	0.29	0.010	58	0.75		
Sugars, total	g						
Minerals:							
Calcium	mg	9	0.199	65	23		
Iron	mg	0.43	0.026	66	1.11		
Magnesium	mg	8	0.181	61	21		
Phosphorus	mg	13	0.320	66	34		
Potassium	mg	134	4.523	65	346		
Sodium	mg	11	1.022	63	28		
Zinc	mg	0.10	0.003	32	0.26		
Copper	mg	0.065	0.003	32	0.168		
Manganese	mg	0.051		0	0.132		
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	2.8	0.104	173	7.2		
Thiamin	mg	0.019	0.000	62	0.049		
Riboflavin	mg	0.023	0.000	66	0.059		
Niacin	mg	0.416	0.019	59	1.073		
Pantothenic acid	mg	0.092		0	0.237		
Vitamin B-6	mg	0.054		0	0.139		
Folate	µg	2		0	4		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	1240	37.667	168	3199		
Vitamin A, RE	µg	124	3.767	168	320		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.006		0	0.015		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g	0.005		0	0.013		
17:0	g						
18:0	g	0.001		0	0.003		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.037	0	0.095
14:1	g			
16:1	g			
18:1	g	0.037	0	0.095
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.017	0	0.044
18:2	g	0.017	0	0.044
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.009	0	0.023
Threonine	g	0.018	0	0.046
Isoleucine	g	0.016	0	0.041
Leucine	g	0.030	0	0.077
Lysine	g	0.036	0	0.093
Methionine	g	0.003	0	0.008
Cystine	g	0.002	0	0.005
Phenylalanine	g	0.021	0	0.054
Tyrosine	g	0.012	0	0.031
Valine	g	0.019	0	0.049
Arginine	g	0.020	0	0.052
Histidine	g	0.008	0	0.021
Alanine	g	0.025	0	0.065
Aspartic acid	g	0.117	0	0.302
Glutamic acid	g	0.052	0	0.134
Glycine	g	0.016	0	0.041
Proline	g	0.031	0	0.080
Serine	g	0.029	0	0.075
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup whole, without pits

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	Samples	Measure 1* 246g	Measure 2*	Measure 3*
Proximates:							
Water	g	74.33	0.191	8	182.85		
Energy	kcal	96		0	236		
Energy	kj	402		0	989		
Protein (N x 5.95)	g	0.55	0.044	4	1.35		
Total lipid (fat)	g	0.04		1	0.10		
Carbohydrate, by difference	g	24.85		0	61.13		
Fiber, total dietary	g	1.6		0	3.9		
Ash	g	0.23	0.040	4	0.57		
Sugars, total	g						
Minerals:							
Calcium	mg	8	1.050	4	20		
Iron	mg	0.62	0.035	4	1.53		
Magnesium	mg	8	0.400	4	20		
Phosphorus	mg	15	1.150	4	37		
Potassium	mg	126	11.500	4	310		
Sodium	mg	13	1.900	4	32		
Zinc	mg	0.10		0	0.25		
Copper	mg	0.064		0	0.157		
Manganese	mg	0.050		0	0.123		
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	2.4	0.389	8	5.9		
Thiamin	mg	0.016	0.002	4	0.039		
Riboflavin	mg	0.022	0.001	4	0.054		
Niacin	mg	0.340	0.030	4	0.836		
Pantothenic acid	mg	0.092		0	0.226		
Vitamin B-6	mg	0.054		0	0.133		
Folate	µg	2		0	4		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	1471	110.940	15	3619		
Vitamin A, RE	µg	147	11.094	15	362		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.003		0	0.007		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g	0.002		0	0.005		
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.017	0	0.042
14:1	g			
16:1	g			
18:1	g	0.017	0	0.042
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.008	0	0.020
18:2	g	0.008	0	0.020
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.010	0	0.025
Threonine	g	0.020	0	0.049
Isoleucine	g	0.017	0	0.042
Leucine	g	0.032	0	0.079
Lysine	g	0.038	0	0.093
Methionine	g	0.003	0	0.007
Cystine	g	0.002	0	0.005
Phenylalanine	g	0.023	0	0.057
Tyrosine	g	0.013	0	0.032
Valine	g	0.020	0	0.049
Arginine	g	0.021	0	0.052
Histidine	g	0.009	0	0.022
Alanine	g	0.027	0	0.066
Aspartic acid	g	0.126	0	0.310
Glutamic acid	g	0.056	0	0.138
Glycine	g	0.017	0	0.042
Proline	g	0.033	0	0.081
Serine	g	0.032	0	0.079
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup whole, without pits

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	Samples	Measure 1* 119g	Measure 2*	Measure 3*
Proximates:							
Water	g	7.50		0	8.93		
Energy	kcal	320		0	381		
Energy	kj	1339		0	1593		
Protein (N x 5.95)	g	4.90		0	5.83		
Total lipid (fat)	g	0.62		0	0.74		
Carbohydrate, by difference	g	82.89		0	98.64		
Fiber, total dietary	g						
Ash	g	4.09		0	4.87		
Sugars, total	g						
Minerals:							
Calcium	mg	61		0	73		
Iron	mg	6.31		0	7.51		
Magnesium	mg	63		0	75		
Phosphorus	mg	157		0	187		
Potassium	mg	1850		0	2202		
Sodium	mg	13		0	15		
Zinc	mg	1.00		0	1.19		
Copper	mg	0.576		0	0.685		
Manganese	mg	0.369		0	0.439		
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	9.5	1.010	2	11.3		
Thiamin	mg	0.043	0.004	2	0.051		
Riboflavin	mg	0.148	0.004	2	0.176		
Niacin	mg	3.580	0.225	2	4.260		
Pantothenic acid	mg	1.067	0.023	2	1.270		
Vitamin B-6	mg	0.520	0.004	2	0.619		
Folate	µg	4	0.018	2	5		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	12669	153.000	2	15076		
Vitamin A, RE	µg	1267	15.300	2	1508		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.043		0	0.051		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g	0.037		0	0.044		
17:0	g						
18:0	g	0.005		0	0.006		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.268	0	0.319
14:1	g			
16:1	g			
18:1	g	0.268	0	0.319
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.121	0	0.144
18:2	g	0.121	0	0.144
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.087	0	0.104
Threonine	g	0.176	0	0.209
Isoleucine	g	0.151	0	0.180
Leucine	g	0.288	0	0.343
Lysine	g	0.339	0	0.403
Methionine	g	0.024	0	0.029
Cystine	g	0.016	0	0.019
Phenylalanine	g	0.203	0	0.242
Tyrosine	g	0.114	0	0.136
Valine	g	0.179	0	0.213
Arginine	g	0.190	0	0.226
Histidine	g	0.081	0	0.096
Alanine	g	0.241	0	0.287
Aspartic acid	g	1.122	0	1.335
Glutamic acid	g	0.495	0	0.589
Glycine	g	0.151	0	0.180
Proline	g	0.293	0	0.349
Serine	g	0.281	0	0.334
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 cup

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	Samples	Measure 1* 249g	Measure 2*	Measure 3*
Proximates:							
Water	g	63.60	1.360	2	158.36		
Energy	kcal	126		0	314		
Energy	kj	527		0	1312		
Protein (N x 5.95)	g	1.93		0	4.81		
Total lipid (fat)	g	0.24		0	0.60		
Carbohydrate, by difference	g	32.62		0	81.22		
Fiber, total dietary	g						
Ash	g	1.61		0	4.01		
Sugars, total	g						
Minerals:							
Calcium	mg	24		0	60		
Iron	mg	2.48		0	6.18		
Magnesium	mg	25		0	62		
Phosphorus	mg	62		0	154		
Potassium	mg	728		0	1813		
Sodium	mg	5		0	12		
Zinc	mg	0.39		0	0.97		
Copper	mg	0.227		0	0.565		
Manganese	mg	0.145		0	0.361		
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	7.1	0.975	2	17.7		
Thiamin	mg	0.013	0.000	2	0.032		
Riboflavin	mg	0.067	0.009	2	0.167		
Niacin	mg	1.630	0.175	2	4.059		
Pantothenic acid	mg	0.468	0.033	2	1.165		
Vitamin B-6	mg	0.161	0.003	2	0.401		
Folate	µg	2	1.000	2	4		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	4407	61.000	2	10973		
Vitamin A, RE	µg	441	6.100	2	1098		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.017		0	0.042		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g	0.015		0	0.037		
17:0	g						
18:0	g	0.002		0	0.005		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.105	0	0.261
14:1	g			
16:1	g			
18:1	g	0.105	0	0.261
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.047	0	0.117
18:2	g	0.047	0	0.117
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.034	0	0.085
Threonine	g	0.070	0	0.174
Isoleucine	g	0.059	0	0.147
Leucine	g	0.113	0	0.281
Lysine	g	0.134	0	0.334
Methionine	g	0.010	0	0.025
Cystine	g	0.006	0	0.015
Phenylalanine	g	0.080	0	0.199
Tyrosine	g	0.045	0	0.112
Valine	g	0.070	0	0.174
Arginine	g	0.075	0	0.187
Histidine	g	0.032	0	0.080
Alanine	g	0.095	0	0.237
Aspartic acid	g	0.442	0	1.101
Glutamic acid	g	0.195	0	0.486
Glycine	g	0.060	0	0.149
Proline	g	0.116	0	0.289
Serine	g	0.111	0	0.276
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 cup

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	Samples	Measure 1* 130g	Measure 2* 4g	Measure 3*
Proximates:							
Water	g	31.09	0.398	25	40.42	1.09	
Energy	kcal	238		0	309	8	
Energy	kj	996		0	1295	35	
Protein (N x 5.95)	g	3.65	0.086	42	4.75	0.13	
Total lipid (fat)	g	0.46	0.020	24	0.60	0.02	
Carbohydrate, by difference	g	61.75		0	80.28	2.16	
Fiber, total dietary	g	9.0		0	11.7	0.3	
Ash	g	3.05	0.077	42	3.96	0.11	
Sugars, total	g						
Minerals:							
Calcium	mg	45	2.079	40	59	2	
Iron	mg	4.70	0.184	26	6.11	0.16	
Magnesium	mg	47	1.475	41	61	2	
Phosphorus	mg	117	3.020	26	152	4	
Potassium	mg	1378	33.588	45	1791	48	
Sodium	mg	10	0.930	33	13	0	
Zinc	mg	0.74	0.035	26	0.96	0.03	
Copper	mg	0.429	0.024	42	0.558	0.015	
Manganese	mg	0.275	0.007	19	0.358	0.010	
Selenium	µg	2.2		0	2.9	0.1	
Vitamins:							
Ascorbic acid	mg	2.4	0.850	3	3.1	0.1	
Thiamin	mg	0.008	0.000	21	0.010	0.000	
Riboflavin	mg	0.151	0.008	22	0.196	0.005	
Niacin	mg	2.998	0.088	34	3.897	0.105	
Pantothenic acid	mg	0.753		0	0.979	0.026	
Vitamin B-6	mg	0.156		1	0.203	0.005	
Folate	µg	10	0.631	4	13	0	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	7240	172.535	36	9412	253	
Vitamin A, RE	µg	724	17.254	36	941	25	
Vitamin E, α-TE	mg	1.500		0	1.950	0.053	
Lipids:							
Saturated, total	g	0.032		0	0.042	0.001	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.028		0	0.036	0.001	
17:0	g						
18:0	g	0.004		0	0.005	0.000	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.200	0	0.260	0.007
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.200	0	0.260	0.007
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.090	0	0.117	0.003
18:2	g	0.090	0	0.117	0.003
18:3	g	0.000	0	0.000	0.000
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.065	0	0.085	0.002
Threonine	g	0.131	0	0.170	0.005
Isoleucine	g	0.112	0	0.146	0.004
Leucine	g	0.214	0	0.278	0.007
Lysine	g	0.253	0	0.329	0.009
Methionine	g	0.018	0	0.023	0.001
Cystine	g	0.012	0	0.016	0.000
Phenylalanine	g	0.151	0	0.196	0.005
Tyrosine	g	0.085	0	0.111	0.003
Valine	g	0.133	0	0.173	0.005
Arginine	g	0.141	0	0.183	0.005
Histidine	g	0.060	0	0.078	0.002
Alanine	g	0.180	0	0.234	0.006
Aspartic acid	g	0.836	0	1.087	0.029
Glutamic acid	g	0.369	0	0.480	0.013
Glycine	g	0.113	0	0.147	0.004
Proline	g	0.218	0	0.283	0.008
Serine	g	0.210	0	0.273	0.007
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, halves
Measure 2: 1 half

NDB No. 09033 Apricots, dried, sulfured, stewed, without added sugar

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 250g	Measure 2*	Measure 3*
Proximates:							
Water	g	75.56		1	188.90		
Energy	kcal	85		0	213		
Energy	kj	356		0	890		
Protein (N x 5.95)	g	1.30		0	3.25		
Total lipid (fat)	g	0.16		0	0.40		
Carbohydrate, by difference	g	21.90		0	54.75		
Fiber, total dietary	g	3.2		0	8.0		
Ash	g	1.08		0	2.70		
Sugars, total	g						
Minerals:							
Calcium	mg	16		0	40		
Iron	mg	1.67		0	4.17		
Magnesium	mg	17		0	43		
Phosphorus	mg	41		0	103		
Potassium	mg	489		0	1223		
Sodium	mg	3		0	8		
Zinc	mg	0.26		0	0.65		
Copper	mg	0.152		0	0.380		
Manganese	mg	0.098		0	0.245		
Selenium	µg	0.4		0	1.0		
Vitamins:							
Ascorbic acid	mg	1.6	0.722	3	4.0		
Thiamin	mg	0.006	0.000	3	0.015		
Riboflavin	mg	0.030	0.002	3	0.075		
Niacin	mg	0.942	0.048	3	2.355		
Pantothenic acid	mg	0.211	0.035	3	0.528		
Vitamin B-6	mg	0.114	0.014	3	0.285		
Folate	µg	0		1	0		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	2363	371.668	3	5908		
Vitamin A, RE	µg	236	37.167	3	590		
Vitamin E, α-TE	mg	0.500		0	1.250		
Lipids:							
Saturated, total	g	0.011		0	0.028		
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		
14:0	g	0.000		0	0.000		
15.0	g						
16:0	g	0.010		0	0.025		
17:0	g						
18:0	g	0.001		0	0.003		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.071	0	0.178
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.071	0	0.178
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.032	0	0.080
18:2	g	0.032	0	0.080
18:3	g	0.000	0	0.000
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.023	0	0.058
Threonine	g	0.047	0	0.118
Isoleucine	g	0.040	0	0.100
Leucine	g	0.076	0	0.190
Lysine	g	0.090	0	0.225
Methionine	g	0.006	0	0.015
Cystine	g	0.004	0	0.010
Phenylalanine	g	0.054	0	0.135
Tyrosine	g	0.030	0	0.075
Valine	g	0.047	0	0.118
Arginine	g	0.050	0	0.125
Histidine	g	0.021	0	0.053
Alanine	g	0.064	0	0.160
Aspartic acid	g	0.296	0	0.740
Glutamic acid	g	0.131	0	0.328
Glycine	g	0.040	0	0.100
Proline	g	0.077	0	0.193
Serine	g	0.074	0	0.185
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, halves

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	Samples	Measure 1* 270g	Measure 2*	Measure 3*
Proximates:							
Water	g	68.45		0	184.81		
Energy	kcal	113		0	305		
Energy	kj	473		0	1277		
Protein (N x 5.95)	g	1.17		0	3.16		
Total lipid (fat)	g	0.15		0	0.41		
Carbohydrate, by difference	g	29.26		0	79.00		
Fiber, total dietary	g	4.1		0	11.1		
Ash	g	0.98		0	2.65		
Sugars, total	g						
Minerals:							
Calcium	mg	15		0	41		
Iron	mg	1.52		0	4.10		
Magnesium	mg	15		0	41		
Phosphorus	mg	38		0	103		
Potassium	mg	443		0	1196		
Sodium	mg	3		0	8		
Zinc	mg	0.24		0	0.65		
Copper	mg	0.138		0	0.373		
Manganese	mg	0.088		0	0.238		
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	1.4		0	3.8		
Thiamin	mg	0.005		0	0.014		
Riboflavin	mg	0.027		0	0.073		
Niacin	mg	0.853		0	2.303		
Pantothenic acid	mg	0.191		0	0.516		
Vitamin B-6	mg	0.103		0	0.278		
Folate	µg	0		0	0		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	2139		0	5775		
Vitamin A, RE	µg	214		0	578		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.010		0	0.027		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g	0.009		0	0.024		
17:0	g						
18:0	g	0.001		0	0.003		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.064	0	0.173
14:1	g			
16:1	g			
18:1	g	0.064	0	0.173
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.029	0	0.078
18:2	g	0.029	0	0.078
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.021	0	0.057
Threonine	g	0.042	0	0.113
Isoleucine	g	0.036	0	0.097
Leucine	g	0.069	0	0.186
Lysine	g	0.081	0	0.219
Methionine	g	0.006	0	0.016
Cystine	g	0.004	0	0.011
Phenylalanine	g	0.049	0	0.132
Tyrosine	g	0.027	0	0.073
Valine	g	0.043	0	0.116
Arginine	g	0.045	0	0.122
Histidine	g	0.019	0	0.051
Alanine	g	0.058	0	0.157
Aspartic acid	g	0.269	0	0.726
Glutamic acid	g	0.119	0	0.321
Glycine	g	0.036	0	0.097
Proline	g	0.070	0	0.189
Serine	g	0.067	0	0.181
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, halves

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	Samples	Measure 1* 242g	Measure 2*	Measure 3*
Proximates:							
Water	g	73.30		0	177.39		
Energy	kcal	98		0	237		
Energy	kj	410		0	992		
Protein (N x 5.95)	g	0.70		0	1.69		
Total lipid (fat)	g	0.10		0	0.24		
Carbohydrate, by difference	g	25.10		0	60.74		
Fiber, total dietary	g	2.2		0	5.3		
Ash	g	0.80		0	1.94		
Sugars, total	g						
Minerals:							
Calcium	mg	10		0	24		
Iron	mg	0.90		0	2.18		
Magnesium	mg	9		0	22		
Phosphorus	mg	19		0	46		
Potassium	mg	229		0	554		
Sodium	mg	4		0	10		
Zinc	mg	0.10		0	0.24		
Copper	mg	0.064		0	0.155		
Manganese	mg	0.050		0	0.121		
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	9.0		0	21.8		
Thiamin	mg	0.020		0	0.048		
Riboflavin	mg	0.040		0	0.097		
Niacin	mg	0.800		0	1.936		
Pantothenic acid	mg	0.200		0	0.484		
Vitamin B-6	mg	0.060		0	0.145		
Folate	µg	2		0	4		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	1680		0	4066		
Vitamin A, RE	µg	168		0	407		
Vitamin E, α-TE	mg	0.890		0	2.154		
Lipids:							
Saturated, total	g	0.007		0	0.017		
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		
14:0	g	0.000		0	0.000		
15.0	g						
16:0	g	0.006		0	0.015		
17:0	g						
18:0	g	0.001		0	0.002		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.044	0	0.106
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.044	0	0.106
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.020	0	0.048
18:2	g	0.020	0	0.048
18:3	g	0.000	0	0.000
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.008	0	0.019
Threonine	g	0.024	0	0.058
Isoleucine	g	0.020	0	0.048
Leucine	g	0.039	0	0.094
Lysine	g	0.049	0	0.119
Methionine	g	0.003	0	0.007
Cystine	g	0.002	0	0.005
Phenylalanine	g	0.026	0	0.063
Tyrosine	g	0.015	0	0.036
Valine	g	0.024	0	0.058
Arginine	g	0.022	0	0.053
Histidine	g	0.013	0	0.031
Alanine	g	0.034	0	0.082
Aspartic acid	g	0.157	0	0.380
Glutamic acid	g	0.079	0	0.191
Glycine	g	0.020	0	0.048
Proline	g	0.051	0	0.123
Serine	g	0.042	0	0.102
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 cup

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

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 251g	Measure 2* 31g	Measure 3*
Proximates:							
Water	g	84.87	0.033	177	213.02	26.65	
Energy	kcal	56		0	141	18	
Energy	kj	234		0	587	73	
Protein (N x 5.95)	g	0.37	0.011	73	0.93	0.12	
Total lipid (fat)	g	0.09	0.004	50	0.23	0.03	
Carbohydrate, by difference	g	14.39		0	36.12	4.52	
Fiber, total dietary	g	0.6		0	1.5	0.2	
Ash	g	0.29	0.006	56	0.73	0.09	
Sugars, total	g						
Minerals:							
Calcium	mg	7	0.226	56	18	2	
Iron	mg	0.38	0.016	68	0.95	0.12	
Magnesium	mg	5	0.095	57	13	2	
Phosphorus	mg	9	0.213	61	23	3	
Potassium	mg	114	2.540	45	286	36	
Sodium	mg	3	0.457	45	8	1	
Zinc	mg	0.09	0.002	46	0.23	0.03	
Copper	mg	0.073	0.003	46	0.183	0.023	
Manganese	mg	0.032		0	0.080	0.010	
Selenium	µg	0.2		0	0.5	0.1	
Vitamins:							
Ascorbic acid	mg	0.6	0.026	184	1.5	0.2	
Thiamin	mg	0.009	0.000	89	0.023	0.003	
Riboflavin	mg	0.014	0.000	101	0.035	0.004	
Niacin	mg	0.260	0.016	84	0.653	0.082	
Pantothenic acid	mg	0.096		0	0.241	0.030	
Vitamin B-6	mg	0.022		0	0.055	0.007	
Folate	µg	1	0.246	5	3	0	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	1316	17.479	262	3303	413	
Vitamin A, RE	µg	132	1.748	262	331	41	
Vitamin E, α-TE	mg	0.080		0	0.201	0.025	
Lipids:							
Saturated, total	g	0.006		0	0.015	0.002	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.005		0	0.013	0.002	
17:0	g						
18:0	g	0.001		0	0.003	0.000	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.038	0	0.095	0.012
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.038	0	0.095	0.012
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.017	0	0.043	0.005
18:2	g	0.017	0	0.043	0.005
18:3	g	0.000	0	0.000	0.000
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 fl oz

NDB No. 09037 Avocados, raw, all commercial varieties

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	Samples	Measure 1* 150g	Measure 2* 230g	Measure 3* 146g
Proximates:							
Water	g	74.27	0.817	58	111.41	170.82	108.43
Energy	kcal	161		0	242	370	235
Energy	kj	674		0	1011	1550	984
Protein (N x 5.95)	g	1.98	0.042	58	2.97	4.55	2.89
Total lipid (fat)	g	15.32		54	22.98	35.24	22.37
Carbohydrate, by difference	g	7.39		0	11.09	17.00	10.79
Fiber, total dietary	g	5.0		0	7.5	11.5	7.3
Ash	g	1.04	0.093	57	1.56	2.39	1.52
Sugars, total	g						
Minerals:							
Calcium	mg	11	1.610	6	17	25	16
Iron	mg	1.02	0.122	54	1.53	2.35	1.49
Magnesium	mg	39	3.062	54	59	90	57
Phosphorus	mg	41	2.996	54	62	94	60
Potassium	mg	599	57.306	30	899	1378	875
Sodium	mg	10	1.146	30	15	23	15
Zinc	mg	0.42		1	0.63	0.97	0.61
Copper	mg	0.262	0.020	54	0.393	0.603	0.383
Manganese	mg	0.226	0.038	54	0.339	0.520	0.330
Selenium	µg	0.4	0.049	2	0.6	0.9	0.6
Vitamins:							
Ascorbic acid	mg	7.9	1.528	6	11.8	18.2	11.5
Thiamin	mg	0.108	0.005	6	0.162	0.248	0.158
Riboflavin	mg	0.122	0.006	6	0.183	0.281	0.178
Niacin	mg	1.921	0.081	6	2.882	4.418	2.805
Pantothenic acid	mg	0.971	0.071	6	1.457	2.233	1.418
Vitamin B-6	mg	0.280		7	0.420	0.644	0.409
Folate	µg	62	10.333	12	93	142	90
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	612	70.839	6	918	1408	894
Vitamin A, RE	µg	61	7.084	6	92	140	89
Vitamin E, α-TE	mg	1.340		0	2.010	3.082	1.956
Lipids:							
Saturated, total	g	2.437		0	3.655	5.605	3.558
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.000		0	0.000	0.000	0.000
15.0	g						
16:0	g	2.402		0	3.603	5.525	3.507
17:0	g						
18:0	g	0.027		0	0.041	0.062	0.039
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	9.608	0	14.412	22.098	14.028
14:1	g					
16:1	g	0.643	0	0.965	1.479	0.939
18:1	g	8.965	0	13.447	20.619	13.089
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	1.955	0	2.933	4.497	2.854
18:2	g	1.840	0	2.760	4.232	2.686
18:3	g	0.111	0	0.166	0.255	0.162
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.004	0	0.006	0.009	0.006
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.021	12	0.032	0.048	0.031
Threonine	g	0.066	4	0.099	0.152	0.096
Isoleucine	g	0.071	4	0.106	0.163	0.104
Leucine	g	0.123	4	0.185	0.283	0.180
Lysine	g	0.094	4	0.141	0.216	0.137
Methionine	g	0.037	4	0.056	0.085	0.054
Cystine	g	0.021	2	0.032	0.048	0.031
Phenylalanine	g	0.068	4	0.102	0.156	0.099
Tyrosine	g	0.049	4	0.074	0.113	0.072
Valine	g	0.097	4	0.146	0.223	0.142
Arginine	g	0.059	4	0.089	0.136	0.086
Histidine	g	0.029	4	0.044	0.067	0.042
Alanine	g	0.119	4	0.179	0.274	0.174
Aspartic acid	g	0.283	4	0.424	0.651	0.413
Glutamic acid	g	0.207	4	0.311	0.476	0.302
Glycine	g	0.083	4	0.125	0.191	0.121
Proline	g	0.077	4	0.116	0.177	0.112
Serine	g	0.081	4	0.122	0.186	0.118
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, cubes
Measure 2: 1 cup, pureed
Measure 3: 1 cup, sliced

NDB No. 09038 Avocados, raw, California

Persea americana

Refuse: 24% 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	Samples	Measure 1* 230g	Measure 2* 173g	Measure 3*
Proximates:							
Water	g	72.56	0.902	41	166.89	125.53	
Energy	kcal	177		0	407	306	
Energy	kj	741		0	1704	1282	
Protein (N x 5.95)	g	2.11	0.053	41	4.85	3.65	
Total lipid (fat)	g	17.33		9	39.86	29.98	
Carbohydrate, by difference	g	6.91		0	15.89	11.95	
Fiber, total dietary	g	4.9		0	11.3	8.5	
Ash	g	1.09	0.121	41	2.51	1.89	
Sugars, total	g						
Minerals:							
Calcium	mg	11	1.610	6	25	19	
Iron	mg	1.18	0.160	38	2.71	2.04	
Magnesium	mg	41	3.976	38	94	71	
Phosphorus	mg	42	3.687	38	97	73	
Potassium	mg	634	73.997	22	1458	1097	
Sodium	mg	12	1.455	22	28	21	
Zinc	mg	0.42		1	0.97	0.73	
Copper	mg	0.266	0.026	38	0.612	0.460	
Manganese	mg	0.244	0.049	38	0.561	0.422	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	7.9	1.528	6	18.2	13.7	
Thiamin	mg	0.108	0.005	6	0.248	0.187	
Riboflavin	mg	0.122	0.006	6	0.281	0.211	
Niacin	mg	1.921	0.081	6	4.418	3.323	
Pantothenic acid	mg	0.971	0.071	6	2.233	1.680	
Vitamin B-6	mg	0.280		7	0.644	0.484	
Folate	µg	66	13.611	9	151	113	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	612	70.839	6	1408	1059	
Vitamin A, RE	µg	61	7.084	6	140	106	
Vitamin E, α-TE	mg	1.340		0	3.082	2.318	
Lipids:							
Saturated, total	g	2.590		0	5.957	4.481	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g	2.576		18	5.925	4.456	
17:0	g						
18:0	g	0.014		18	0.032	0.024	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	11.211	0	25.785	19.395
14:1	g				
16:1	g	0.553	18	1.272	0.957
18:1	g	10.658	18	24.513	18.438
20:1	g				
22.1	g				
Polyunsaturated, total	g	2.041	0	4.694	3.531
18:2	g	1.921	18	4.418	3.323
18:3	g	0.115	18	0.265	0.199
18:4	g				
20:4	g	0.005	6	0.012	0.009
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.022	0	0.051	0.038
Threonine	g	0.070	0	0.161	0.121
Isoleucine	g	0.075	0	0.173	0.130
Leucine	g	0.131	0	0.301	0.227
Lysine	g	0.100	0	0.230	0.173
Methionine	g	0.039	0	0.090	0.067
Cystine	g	0.022	0	0.051	0.038
Phenylalanine	g	0.072	0	0.166	0.125
Tyrosine	g	0.052	0	0.120	0.090
Valine	g	0.103	0	0.237	0.178
Arginine	g	0.063	0	0.145	0.109
Histidine	g	0.030	0	0.069	0.052
Alanine	g	0.127	0	0.292	0.220
Aspartic acid	g	0.301	0	0.692	0.521
Glutamic acid	g	0.220	0	0.506	0.381
Glycine	g	0.088	0	0.202	0.152
Proline	g	0.082	0	0.189	0.142
Serine	g	0.086	0	0.198	0.149
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, pureed

Measure 2: 1 fruit, without skin and seeds

NDB No. 09039 Avocados, raw, Florida

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	Samples	Measure 1* 230g	Measure 2* 304g	Measure 3*
Proximates:							
Water	g	79.73	1.853	17	183.38	242.38	
Energy	kcal	112		0	258	340	
Energy	kj	469		0	1079	1426	
Protein (N x 5.95)	g	1.59	0.053	17	3.66	4.83	
Total lipid (fat)	g	8.87	0.408	45	20.40	26.96	
Carbohydrate, by difference	g	8.91		0	20.49	27.09	
Fiber, total dietary	g	5.3		0	12.2	16.1	
Ash	g	0.90	0.065	16	2.07	2.74	
Sugars, total	g						
Minerals:							
Calcium	mg	11		0	25	33	
Iron	mg	0.53	0.029	16	1.22	1.61	
Magnesium	mg	34	1.875	16	78	103	
Phosphorus	mg	39	4.375	16	90	119	
Potassium	mg	488	43.134	8	1122	1484	
Sodium	mg	5	1.223	8	12	15	
Zinc	mg	0.42		0	0.97	1.28	
Copper	mg	0.251	0.017	16	0.577	0.763	
Manganese	mg	0.170	0.029	16	0.391	0.517	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	7.9		0	18.2	24.0	
Thiamin	mg	0.108		0	0.248	0.328	
Riboflavin	mg	0.122		0	0.281	0.371	
Niacin	mg	1.921		0	4.418	5.840	
Pantothenic acid	mg	0.971		0	2.233	2.952	
Vitamin B-6	mg	0.280		0	0.644	0.851	
Folate	µg	53	12.934	3	123	162	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	612		0	1408	1860	
Vitamin A, RE	µg	61		0	140	185	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.755		0	4.037	5.335	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g	1.682		2	3.869	5.113	
17:0	g						
18:0	g	0.049		2	0.113	0.149	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.868	0	11.196	14.799
14:1	g				
16:1	g	0.728	2	1.674	2.213
18:1	g	4.140	2	9.522	12.586
20:1	g				
22.1	g				
Polyunsaturated, total	g	1.480	0	3.404	4.499
18:2	g	1.395	2	3.209	4.241
18:3	g	0.085	2	0.196	0.258
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.017	0	0.039	0.052
Threonine	g	0.053	0	0.122	0.161
Isoleucine	g	0.057	0	0.131	0.173
Leucine	g	0.099	0	0.228	0.301
Lysine	g	0.075	0	0.173	0.228
Methionine	g	0.029	0	0.067	0.088
Cystine	g	0.017	0	0.039	0.052
Phenylalanine	g	0.054	0	0.124	0.164
Tyrosine	g	0.039	0	0.090	0.119
Valine	g	0.078	0	0.179	0.237
Arginine	g	0.047	0	0.108	0.143
Histidine	g	0.023	0	0.053	0.070
Alanine	g	0.096	0	0.221	0.292
Aspartic acid	g	0.227	0	0.522	0.690
Glutamic acid	g	0.166	0	0.382	0.505
Glycine	g	0.066	0	0.152	0.201
Proline	g	0.062	0	0.143	0.188
Serine	g	0.065	0	0.150	0.198
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, pureed

Measure 2: 1 fruit, without skin and seeds

NDB No. 09040 Bananas, raw

Musa X paradisiaca

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	Samples	Measure 1* 225g	Measure 2* 150g	Measure 3* 101g
Proximates:							
Water	g	74.26	0.381	116	167.09	111.39	75.00
Energy	kcal	92		0	207	138	93
Energy	kj	385		0	866	578	389
Protein (N x 5.95)	g	1.03	0.026	111	2.32	1.54	1.04
Total lipid (fat)	g	0.48	0.135	11	1.08	0.72	0.48
Carbohydrate, by difference	g	23.43		0	52.72	35.15	23.66
Fiber, total dietary	g	2.4		0	5.4	3.6	2.4
Ash	g	0.80	0.016	110	1.80	1.20	0.81
Sugars, total	g						
Minerals:							
Calcium	mg	6	0.374	5	14	9	6
Iron	mg	0.31	0.015	108	0.70	0.47	0.31
Magnesium	mg	29	1.265	103	65	44	29
Phosphorus	mg	20		102	45	30	20
Potassium	mg	396	6.356	55	891	594	400
Sodium	mg	1	0.141	61	2	2	1
Zinc	mg	0.16	0.008	13	0.36	0.24	0.16
Copper	mg	0.104	0.009	109	0.234	0.156	0.105
Manganese	mg	0.152	0.015	103	0.342	0.228	0.154
Selenium	µg	1.1	0.275	19	2.5	1.6	1.1
Vitamins:							
Ascorbic acid	mg	9.1	0.339	14	20.5	13.7	9.2
Thiamin	mg	0.045		6	0.101	0.068	0.045
Riboflavin	mg	0.100		6	0.225	0.150	0.101
Niacin	mg	0.540	0.060	5	1.215	0.810	0.545
Pantothenic acid	mg	0.260		0	0.585	0.390	0.263
Vitamin B-6	mg	0.578		4	1.300	0.867	0.584
Folate	µg	19	2.746	11	43	29	19
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	81	10.050	5	182	122	82
Vitamin A, RE	µg	8	1.005	5	18	12	8
Vitamin E, α-TE	mg	0.270		0	0.608	0.405	0.273
Lipids:							
Saturated, total	g	0.185		0	0.416	0.278	0.187
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.001		4	0.002	0.002	0.001
12:0	g	0.002		4	0.005	0.003	0.002
14:0	g	0.003		4	0.007	0.005	0.003
15.0	g						
16:0	g	0.125		5	0.281	0.188	0.126
17:0	g						
18:0	g	0.006		5	0.014	0.009	0.006
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.041	0	0.092	0.062	0.041
14:1	g					
16:1	g	0.012	5	0.027	0.018	0.012
18:1	g	0.027	5	0.061	0.041	0.027
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.089	0	0.200	0.134	0.090
18:2	g	0.056	5	0.126	0.084	0.057
18:3	g	0.033	5	0.074	0.050	0.033
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg	16	0	36	24	16
Amino acids:						
Tryptophan	g	0.012	4	0.027	0.018	0.012
Threonine	g	0.034	4	0.077	0.051	0.034
Isoleucine	g	0.033	4	0.074	0.050	0.033
Leucine	g	0.071	4	0.160	0.106	0.072
Lysine	g	0.048	4	0.108	0.072	0.048
Methionine	g	0.011	4	0.025	0.017	0.011
Cystine	g	0.017	4	0.038	0.026	0.017
Phenylalanine	g	0.038	4	0.086	0.057	0.038
Tyrosine	g	0.024	4	0.054	0.036	0.024
Valine	g	0.047	4	0.106	0.070	0.047
Arginine	g	0.047	4	0.106	0.070	0.047
Histidine	g	0.081	4	0.182	0.122	0.082
Alanine	g	0.039	3	0.088	0.059	0.039
Aspartic acid	g	0.113	3	0.254	0.170	0.114
Glutamic acid	g	0.111	3	0.250	0.166	0.112
Glycine	g	0.037	3	0.083	0.056	0.037
Proline	g	0.040	2	0.090	0.060	0.040
Serine	g	0.047	3	0.106	0.070	0.047
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, mashed
Measure 2: 1 cup, sliced
Measure 3: 1 small (6" to 6-7/8" long)

NDB No. 09041 Bananas, dehydrated, or banana powder

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 100g	Measure 2* 6g	Measure 3*
Proximates:							
Water	g	3.00		0	3.00	0.19	
Energy	kcal	346		0	346	21	
Energy	kj	1448		0	1448	90	
Protein (N x 5.95)	g	3.89		0	3.89	0.24	
Total lipid (fat)	g	1.81		0	1.81	0.11	
Carbohydrate, by difference	g	88.28		0	88.28	5.47	
Fiber, total dietary	g	7.5		0	7.5	0.5	
Ash	g	3.02		0	3.02	0.19	
Sugars, total	g						
Minerals:							
Calcium	mg	22		0	22	1	
Iron	mg	1.15		0	1.15	0.07	
Magnesium	mg	108		0	108	7	
Phosphorus	mg	74		0	74	5	
Potassium	mg	1491		0	1491	92	
Sodium	mg	3		0	3	0	
Zinc	mg	0.61		0	0.61	0.04	
Copper	mg	0.391		0	0.391	0.024	
Manganese	mg	0.574		0	0.574	0.036	
Selenium	µg	4.1		0	4.1	0.3	
Vitamins:							
Ascorbic acid	mg	7.0		0	7.0	0.4	
Thiamin	mg	0.180		0	0.180	0.011	
Riboflavin	mg	0.240		0	0.240	0.015	
Niacin	mg	2.800		0	2.800	0.174	
Pantothenic acid	mg						
Vitamin B-6	mg	0.440		0	0.440	0.027	
Folate	µg	14		0	14	1	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	305		0	305	19	
Vitamin A, RE	µg	31		0	31	2	
Vitamin E, α-TE	mg	0.000		0	0.000	0.000	
Lipids:							
Saturated, total	g	0.698		0	0.698	0.043	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.001		0	0.001	0.000	
10:0	g	0.005		0	0.005	0.000	
12:0	g	0.006		0	0.006	0.000	
14:0	g	0.013		0	0.013	0.001	
15.0	g						
16:0	g	0.473		0	0.473	0.029	
17:0	g						
18:0	g	0.023		0	0.023	0.001	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.153	0	0.153	0.009
14:1	g				
16:1	g	0.045	0	0.045	0.003
18:1	g	0.102	0	0.102	0.006
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.337	0	0.337	0.021
18:2	g	0.211	0	0.211	0.013
18:3	g	0.126	0	0.126	0.008
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g	0.171	1	0.171	0.011
Isoleucine	g	0.167	1	0.167	0.010
Leucine	g	0.359	1	0.359	0.022
Lysine	g	0.162	1	0.162	0.010
Methionine	g	0.074	1	0.074	0.005
Cystine	g	0.063	1	0.063	0.004
Phenylalanine	g	0.201	1	0.201	0.012
Tyrosine	g	0.121	1	0.121	0.008
Valine	g	0.282	1	0.282	0.017
Arginine	g	0.176	1	0.176	0.011
Histidine	g	0.333	1	0.333	0.021
Alanine	g	0.222	1	0.222	0.014
Aspartic acid	g	0.503	1	0.503	0.031
Glutamic acid	g	0.399	1	0.399	0.025
Glycine	g	0.190	1	0.190	0.012
Proline	g	0.229	1	0.229	0.014
Serine	g	0.226	1	0.226	0.014
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 tablespoon

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	Samples	Measure 1* 144g	Measure 2*	Measure 3*
Proximates:							
Water	g	85.64	0.350	25	123.32		
Energy	kcal	52		0	75		
Energy	kj	218		0	314		
Protein (N x 5.95)	g	0.72	0.046	22	1.04		
Total lipid (fat)	g	0.39	0.110	4	0.56		
Carbohydrate, by difference	g	12.76		0	18.37		
Fiber, total dietary	g	5.3		0	7.6		
Ash	g	0.48	0.016	22	0.69		
Sugars, total	g						
Minerals:							
Calcium	mg	32		0	46		
Iron	mg	0.57	0.044	20	0.82		
Magnesium	mg	20	1.275	16	29		
Phosphorus	mg	21		18	30		
Potassium	mg	196		10	282		
Sodium	mg	0	0.049	8	0		
Zinc	mg	0.27	0.036	4	0.39		
Copper	mg	0.140	0.018	20	0.202		
Manganese	mg	1.291	0.299	18	1.859		
Selenium	µg	0.6		0	0.9		
Vitamins:							
Ascorbic acid	mg	21.0		0	30.2		
Thiamin	mg	0.030		0	0.043		
Riboflavin	mg	0.040		0	0.058		
Niacin	mg	0.400		0	0.576		
Pantothenic acid	mg	0.240		0	0.346		
Vitamin B-6	mg	0.058		1	0.084		
Folate	µg	34		0	49		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	165	67.909	4	238		
Vitamin A, RE	µg	16	6.791	4	23		
Vitamin E, α-TE	mg	0.710		0	1.022		
Lipids:							
Saturated, total	g	0.014		0	0.020		
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		
14:0	g	0.000		0	0.000		
15.0	g						
16:0	g	0.009		0	0.013		
17:0	g						
18:0	g	0.002		0	0.003		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.038	0	0.055
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.035	0	0.050
20:1	g	0.003	0	0.004
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.222	0	0.320
18:2	g	0.148	0	0.213
18:3	g	0.075	0	0.108
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 cup

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

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 256g	Measure 2*	Measure 3*
Proximates:							
Water	g	75.06	0.434	3	192.15		
Energy	kcal	92		0	236		
Energy	kj	385		0	986		
Protein (N x 5.95)	g	1.31	0.060	3	3.35		
Total lipid (fat)	g	0.14	0.012	3	0.36		
Carbohydrate, by difference	g	23.10		0	59.14		
Fiber, total dietary	g	3.4		0	8.7		
Ash	g	0.39	0.009	3	1.00		
Sugars, total	g						
Minerals:							
Calcium	mg	21	1.050	3	54		
Iron	mg	0.65	0.070	3	1.66		
Magnesium	mg	17	0.666	3	44		
Phosphorus	mg	14	0.000	3	36		
Potassium	mg	99	6.119	3	253		
Sodium	mg	3	0.333	3	8		
Zinc	mg	0.18	0.007	3	0.46		
Copper	mg	0.133	0.033	3	0.340		
Manganese	mg	0.697	0.195	3	1.784		
Selenium	µg	0.4		0	1.0		
Vitamins:							
Ascorbic acid	mg	2.8	0.462	3	7.2		
Thiamin	mg	0.027	0.001	3	0.069		
Riboflavin	mg	0.039	0.001	3	0.100		
Niacin	mg	0.287	0.058	3	0.735		
Pantothenic acid	mg	0.151	0.023	3	0.387		
Vitamin B-6	mg	0.036	0.002	3	0.092		
Folate	µg	27	1.317	3	68		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	219	9.539	3	561		
Vitamin A, RE	µg	22	0.954	3	56		
Vitamin E, α-TE	mg	0.710		0	1.818		
Lipids:							
Saturated, total	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		
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						

Monounsaturated, total	g	0.014	0	0.036
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.013	0	0.033
20:1	g	0.001	0	0.003
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.080	0	0.205
18:2	g	0.053	0	0.136
18:3	g	0.027	0	0.069
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 cup

NDB No. 09048 Blackberries, frozen, unsweetened

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 151g	Measure 2* 510g	Measure 3*
Proximates:							
Water	g	82.21	0.468	3	124.14	419.27	
Energy	kcal	64		0	97	326	
Energy	kj	268		0	405	1367	
Protein (N x 5.95)	g	1.18	0.050	3	1.78	6.02	
Total lipid (fat)	g	0.43	0.040	3	0.65	2.19	
Carbohydrate, by difference	g	15.67		0	23.66	79.92	
Fiber, total dietary	g	5.0		0	7.5	25.5	
Ash	g	0.51	0.064	3	0.77	2.60	
Sugars, total	g						
Minerals:							
Calcium	mg	29	4.594	3	44	148	
Iron	mg	0.80	0.068	3	1.21	4.08	
Magnesium	mg	22	2.149	3	33	112	
Phosphorus	mg	30	3.284	3	45	153	
Potassium	mg	140	13.000	3	211	714	
Sodium	mg	1	0.333	3	2	5	
Zinc	mg	0.25	0.018	3	0.38	1.27	
Copper	mg	0.120	0.015	3	0.181	0.612	
Manganese	mg	1.223	0.429	3	1.847	6.237	
Selenium	µg	0.6		0	0.9	3.1	
Vitamins:							
Ascorbic acid	mg	3.1	0.865	3	4.7	15.8	
Thiamin	mg	0.029	0.003	3	0.044	0.148	
Riboflavin	mg	0.046	0.001	3	0.069	0.235	
Niacin	mg	1.207	0.163	3	1.823	6.156	
Pantothenic acid	mg	0.151	0.023	3	0.228	0.770	
Vitamin B-6	mg	0.061	0.003	3	0.092	0.311	
Folate	µg	34	3.043	3	51	173	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	114	23.755	3	172	581	
Vitamin A, RE	µg	11	2.376	3	17	56	
Vitamin E, α-TE	mg	0.710		0	1.072	3.621	
Lipids:							
Saturated, total	g	0.015		0	0.023	0.077	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.010		0	0.015	0.051	
17:0	g						
18:0	g	0.002		0	0.003	0.010	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.041	0	0.062	0.209
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.038	0	0.057	0.194
20:1	g	0.003	0	0.005	0.015
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.245	0	0.370	1.250
18:2	g	0.163	0	0.246	0.831
18:3	g	0.082	0	0.124	0.418
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 18 oz package

NDB No. 09050 Blueberries, raw

Vaccinium spp.

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	Samples	Measure 1* 145g	Measure 2* 402g	Measure 3* 68g
Proximates:							
Water	g	84.61	0.288	40	122.68	340.13	57.53
Energy	kcal	56		0	81	225	38
Energy	kj	234		0	339	941	159
Protein (N x 5.95)	g	0.67	0.018	36	0.97	2.69	0.46
Total lipid (fat)	g	0.38	0.006	2	0.55	1.53	0.26
Carbohydrate, by difference	g	14.13		0	20.49	56.80	9.61
Fiber, total dietary	g	2.7		0	3.9	10.9	1.8
Ash	g	0.21	0.003	36	0.30	0.84	0.14
Sugars, total	g						
Minerals:							
Calcium	mg	6	0.177	82	9	24	4
Iron	mg	0.17	0.005	114	0.25	0.68	0.12
Magnesium	mg	5	0.112	114	7	20	3
Phosphorus	mg	10	0.389	42	15	40	7
Potassium	mg	89	1.137	98	129	358	61
Sodium	mg	6	0.368	98	9	24	4
Zinc	mg	0.11	0.002	82	0.16	0.44	0.07
Copper	mg	0.061	0.005	114	0.088	0.245	0.041
Manganese	mg	0.282	0.018	114	0.409	1.134	0.192
Selenium	µg	0.6		0	0.9	2.4	0.4
Vitamins:							
Ascorbic acid	mg	13.0	0.506	37	18.9	52.3	8.8
Thiamin	mg	0.048	0.000	42	0.070	0.193	0.033
Riboflavin	mg	0.050	0.002	42	0.072	0.201	0.034
Niacin	mg	0.359	0.014	42	0.521	1.443	0.244
Pantothenic acid	mg	0.093	0.003	42	0.135	0.374	0.063
Vitamin B-6	mg	0.036	0.002	44	0.052	0.145	0.024
Folate	µg	6	1.400	4	9	26	4
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	100		0	145	402	68
Vitamin A, RE	µg	10		0	15	40	7
Vitamin E, α-TE	mg	1.000		0	1.450	4.020	0.680
Lipids:							
Saturated, total	g	0.032		0	0.046	0.129	0.022
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.000		0	0.000	0.000	0.000
15.0	g						
16:0	g	0.019		0	0.028	0.076	0.013
17:0	g						
18:0	g	0.007		0	0.010	0.028	0.005
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.054	0	0.078	0.217	0.037
14:1	g					
16:1	g	0.001	0	0.001	0.004	0.001
18:1	g	0.052	0	0.075	0.209	0.035
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.166	0	0.241	0.667	0.113
18:2	g	0.099	0	0.144	0.398	0.067
18:3	g	0.067	0	0.097	0.269	0.046
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.003	1	0.004	0.012	0.002
Threonine	g	0.018	1	0.026	0.072	0.012
Isoleucine	g	0.021	1	0.030	0.084	0.014
Leucine	g	0.040	1	0.058	0.161	0.027
Lysine	g	0.012	1	0.017	0.048	0.008
Methionine	g	0.011	1	0.016	0.044	0.007
Cystine	g	0.007	1	0.010	0.028	0.005
Phenylalanine	g	0.024	1	0.035	0.096	0.016
Tyrosine	g	0.008	1	0.012	0.032	0.005
Valine	g	0.028	1	0.041	0.113	0.019
Arginine	g	0.034	1	0.049	0.137	0.023
Histidine	g	0.010	1	0.015	0.040	0.007
Alanine	g	0.028	1	0.041	0.113	0.019
Aspartic acid	g	0.052	1	0.075	0.209	0.035
Glutamic acid	g	0.083	1	0.120	0.334	0.056
Glycine	g	0.028	1	0.041	0.113	0.019
Proline	g	0.025	1	0.036	0.101	0.017
Serine	g	0.020	1	0.029	0.080	0.014
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, unthawed
Measure 2: 1 pint, as purchased, yields
Measure 3: 50 berries

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

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 256g	Measure 2*	Measure 3*
Proximates:							
Water	g	76.78	0.570	3	196.56		
Energy	kcal	88		0	225		
Energy	kj	368		0	942		
Protein (N x 5.95)	g	0.65	0.054	3	1.66		
Total lipid (fat)	g	0.33	0.037	3	0.84		
Carbohydrate, by difference	g	22.06		0	56.47		
Fiber, total dietary	g	1.5		0	3.8		
Ash	g	0.17	0.006	3	0.44		
Sugars, total	g						
Minerals:							
Calcium	mg	5	0.546	3	13		
Iron	mg	0.33	0.061	3	0.84		
Magnesium	mg	4	0.153	3	10		
Phosphorus	mg	10	0.733	3	26		
Potassium	mg	40	5.568	3	102		
Sodium	mg	3	0.882	3	8		
Zinc	mg	0.07	0.009	3	0.18		
Copper	mg	0.053	0.003	3	0.136		
Manganese	mg	0.203	0.019	3	0.520		
Selenium	µg	0.4		0	1.0		
Vitamins:							
Ascorbic acid	mg	1.1	0.208	3	2.8		
Thiamin	mg	0.034	0.001	3	0.087		
Riboflavin	mg	0.053	0.006	3	0.136		
Niacin	mg	0.113	0.022	3	0.289		
Pantothenic acid	mg	0.089	0.008	3	0.228		
Vitamin B-6	mg	0.036	0.005	3	0.092		
Folate	µg	2	0.120	3	4		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	64	8.020	3	164		
Vitamin A, RE	µg	6	0.802	3	15		
Vitamin E, α-TE	mg	1.000		0	2.560		
Lipids:							
Saturated, total	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		
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						

Monounsaturated, total	g	0.047	0	0.120
14:1	g			
16:1	g	0.001	0	0.003
18:1	g	0.045	0	0.115
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.144	0	0.369
18:2	g	0.086	0	0.220
18:3	g	0.058	0	0.148
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.003	0	0.008
Threonine	g	0.018	0	0.046
Isoleucine	g	0.020	0	0.051
Leucine	g	0.039	0	0.100
Lysine	g	0.012	0	0.031
Methionine	g	0.010	0	0.026
Cystine	g	0.007	0	0.018
Phenylalanine	g	0.023	0	0.059
Tyrosine	g	0.008	0	0.020
Valine	g	0.027	0	0.069
Arginine	g	0.033	0	0.084
Histidine	g	0.010	0	0.026
Alanine	g	0.028	0	0.072
Aspartic acid	g	0.051	0	0.131
Glutamic acid	g	0.081	0	0.207
Glycine	g	0.027	0	0.069
Proline	g	0.024	0	0.061
Serine	g	0.020	0	0.051
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 cup

NDB No. 09054 Blueberries, 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	Samples	Measure 1* 155g	Measure 2* 567g	Measure 3*
Proximates:							
Water	g	86.59	0.573	3	134.21	490.97	
Energy	kcal	51		0	79	289	
Energy	kj	213		0	330	1208	
Protein (N x 5.95)	g	0.42	0.045	3	0.65	2.38	
Total lipid (fat)	g	0.64	0.018	3	0.99	3.63	
Carbohydrate, by difference	g	12.17		0	18.86	69.00	
Fiber, total dietary	g	2.7		0	4.2	15.3	
Ash	g	0.18	0.018	3	0.28	1.02	
Sugars, total	g						
Minerals:							
Calcium	mg	8	2.486	3	12	45	
Iron	mg	0.18	0.076	3	0.28	1.02	
Magnesium	mg	5	0.731	3	8	28	
Phosphorus	mg	11	2.351	3	17	62	
Potassium	mg	54	1.202	3	84	306	
Sodium	mg	1	0.167	3	2	6	
Zinc	mg	0.07	0.012	3	0.11	0.40	
Copper	mg	0.033	0.007	3	0.051	0.187	
Manganese	mg	0.147	0.087	3	0.228	0.833	
Selenium	µg	0.6		0	0.9	3.4	
Vitamins:							
Ascorbic acid	mg	2.5	2.366	3	3.9	14.2	
Thiamin	mg	0.032	0.001	3	0.050	0.181	
Riboflavin	mg	0.037	0.005	3	0.057	0.210	
Niacin	mg	0.520	0.012	3	0.806	2.948	
Pantothenic acid	mg	0.125	0.024	3	0.194	0.709	
Vitamin B-6	mg	0.059	0.002	3	0.091	0.335	
Folate	µg	7	1.257	3	10	38	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	81	13.228	3	126	459	
Vitamin A, RE	µg	8	1.323	3	12	45	
Vitamin E, α-TE	mg	1.000		0	1.550	5.670	
Lipids:							
Saturated, total	g	0.053		0	0.082	0.301	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.031		0	0.048	0.176	
17:0	g						
18:0	g	0.011		0	0.017	0.062	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.091	0	0.141	0.516
14:1	g				
16:1	g	0.002	0	0.003	0.011
18:1	g	0.087	0	0.135	0.493
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.279	0	0.432	1.582
18:2	g	0.167	0	0.259	0.947
18:3	g	0.112	0	0.174	0.635
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.002	0	0.003	0.011
Threonine	g	0.012	0	0.019	0.068
Isoleucine	g	0.013	0	0.020	0.074
Leucine	g	0.025	0	0.039	0.142
Lysine	g	0.008	0	0.012	0.045
Methionine	g	0.007	0	0.011	0.040
Cystine	g	0.004	0	0.006	0.023
Phenylalanine	g	0.015	0	0.023	0.085
Tyrosine	g	0.005	0	0.008	0.028
Valine	g	0.018	0	0.028	0.102
Arginine	g	0.022	0	0.034	0.125
Histidine	g	0.006	0	0.009	0.034
Alanine	g	0.018	0	0.028	0.102
Aspartic acid	g	0.033	0	0.051	0.187
Glutamic acid	g	0.052	0	0.081	0.295
Glycine	g	0.017	0	0.026	0.096
Proline	g	0.015	0	0.023	0.085
Serine	g	0.013	0	0.020	0.074
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, unthawed
Measure 2: 20 oz package

NDB No. 09055 Blueberries, frozen, sweetened

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 230g	Measure 2* 284g	Measure 3*
Proximates:							
Water	g	77.40	0.322	3	178.02	219.82	
Energy	kcal	81		0	186	230	
Energy	kj	339		0	780	963	
Protein (N x 5.95)	g	0.40	0.055	3	0.92	1.14	
Total lipid (fat)	g	0.13	0.033	3	0.30	0.37	
Carbohydrate, by difference	g	21.95		0	50.48	62.34	
Fiber, total dietary	g	2.1		0	4.8	6.0	
Ash	g	0.12	0.044	3	0.28	0.34	
Sugars, total	g						
Minerals:							
Calcium	mg	6	0.058	3	14	17	
Iron	mg	0.39	0.049	3	0.90	1.11	
Magnesium	mg	2	0.961	3	5	6	
Phosphorus	mg	7	0.736	3	16	20	
Potassium	mg	60	9.368	3	138	170	
Sodium	mg	1	0.437	3	2	3	
Zinc	mg	0.06	0.007	3	0.14	0.17	
Copper	mg	0.039	0.002	3	0.090	0.111	
Manganese	mg	0.262	0.107	3	0.603	0.744	
Selenium	µg	0.6		0	1.4	1.7	
Vitamins:							
Ascorbic acid	mg	1.0	0.000	3	2.3	2.8	
Thiamin	mg	0.020	0.000	3	0.046	0.057	
Riboflavin	mg	0.052	0.007	2	0.120	0.148	
Niacin	mg	0.253	0.050	3	0.582	0.719	
Pantothenic acid	mg	0.125		0	0.287	0.355	
Vitamin B-6	mg	0.059		0	0.136	0.168	
Folate	µg	7		0	15	19	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	44	5.667	3	101	125	
Vitamin A, RE	µg	4	0.567	3	9	11	
Vitamin E, α-TE	mg	0.710		0	1.633	2.016	
Lipids:							
Saturated, total	g	0.011		0	0.025	0.031	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.006		0	0.014	0.017	
17:0	g						
18:0	g	0.002		0	0.005	0.006	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.018	0	0.041	0.051
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.018	0	0.041	0.051
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.057	0	0.131	0.162
18:2	g	0.034	0	0.078	0.097
18:3	g	0.023	0	0.053	0.065
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.002	0	0.005	0.006
Threonine	g	0.011	0	0.025	0.031
Isoleucine	g	0.012	0	0.028	0.034
Leucine	g	0.023	0	0.053	0.065
Lysine	g	0.007	0	0.016	0.020
Methionine	g	0.006	0	0.014	0.017
Cystine	g	0.004	0	0.009	0.011
Phenylalanine	g	0.014	0	0.032	0.040
Tyrosine	g	0.005	0	0.012	0.014
Valine	g	0.017	0	0.039	0.048
Arginine	g	0.020	0	0.046	0.057
Histidine	g	0.006	0	0.014	0.017
Alanine	g	0.017	0	0.039	0.048
Aspartic acid	g	0.031	0	0.071	0.088
Glutamic acid	g	0.049	0	0.113	0.139
Glycine	g	0.016	0	0.037	0.045
Proline	g	0.015	0	0.034	0.043
Serine	g	0.012	0	0.028	0.034
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, thawed
Measure 2: 1 package (10 oz)

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	Samples	Measure 1* 256g	Measure 2*	Measure 3*
Proximates:							
Water	g	76.26	1.680	3	195.23		
Energy	kcal	88		0	225		
Energy	kj	368		0	942		
Protein (N x 5.95)	g	0.99	0.025	3	2.53		
Total lipid (fat)	g	0.12	0.051	3	0.31		
Carbohydrate, by difference	g	22.31		0	57.11		
Fiber, total dietary	g	2.6		0	6.7		
Ash	g	0.32	0.014	3	0.82		
Sugars, total	g						
Minerals:							
Calcium	mg	18	0.961	3	46		
Iron	mg	0.43	0.006	3	1.10		
Magnesium	mg	11	0.353	3	28		
Phosphorus	mg	10	0.000	3	26		
Potassium	mg	90	4.372	3	230		
Sodium	mg	3	0.333	3	8		
Zinc	mg	0.19	0.003	3	0.49		
Copper	mg	0.070	0.006	3	0.179		
Manganese	mg	0.250	0.015	3	0.640		
Selenium	µg	0.4		0	1.0		
Vitamins:							
Ascorbic acid	mg	6.2	0.703	3	15.9		
Thiamin	mg	0.026	0.002	3	0.067		
Riboflavin	mg	0.029	0.002	3	0.074		
Niacin	mg	0.230	0.025	3	0.589		
Pantothenic acid	mg	0.131	0.004	3	0.335		
Vitamin B-6	mg	0.038	0.002	3	0.097		
Folate	µg	34	2.919	3	88		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	40	3.786	3	102		
Vitamin A, RE	µg	4	0.379	3	10		
Vitamin E, α-TE	mg	0.710		0	1.818		
Lipids:							
Saturated, total	g	0.004		0	0.010		
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		
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						

Monounsaturated, total	g	0.012	0	0.031
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.011	0	0.028
20:1	g	0.001	0	0.003
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.068	0	0.174
18:2	g	0.045	0	0.115
18:3	g	0.023	0	0.059
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 cup

NDB No. 09057 Boysenberries, frozen, unsweetened

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 132g	Measure 2* 284g	Measure 3*
Proximates:							
Water	g	85.90	0.274	3	113.39	243.96	
Energy	kcal	50		0	66	142	
Energy	kj	209		0	276	594	
Protein (N x 5.95)	g	1.10	0.052	3	1.45	3.12	
Total lipid (fat)	g	0.26	0.037	3	0.34	0.74	
Carbohydrate, by difference	g	12.19		0	16.09	34.62	
Fiber, total dietary	g	3.9		0	5.1	11.1	
Ash	g	0.54	0.018	3	0.71	1.53	
Sugars, total	g						
Minerals:							
Calcium	mg	27	1.041	3	36	77	
Iron	mg	0.85	0.076	3	1.12	2.41	
Magnesium	mg	16	0.609	3	21	45	
Phosphorus	mg	27	0.753	3	36	77	
Potassium	mg	139	5.033	3	183	395	
Sodium	mg	1	0.333	3	1	3	
Zinc	mg	0.22	0.009	3	0.29	0.62	
Copper	mg	0.080	0.006	3	0.106	0.227	
Manganese	mg	0.547	0.057	3	0.722	1.553	
Selenium	µg	0.6		0	0.8	1.7	
Vitamins:							
Ascorbic acid	mg	3.1	0.200	3	4.1	8.8	
Thiamin	mg	0.053	0.001	3	0.070	0.151	
Riboflavin	mg	0.037	0.002	3	0.049	0.105	
Niacin	mg	0.767	0.045	3	1.012	2.178	
Pantothenic acid	mg	0.250	0.010	3	0.330	0.710	
Vitamin B-6	mg	0.056	0.006	3	0.074	0.159	
Folate	µg	63	4.063	3	84	180	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	67	8.110	3	88	190	
Vitamin A, RE	µg	7	0.811	3	9	20	
Vitamin E, α-TE	mg	0.450		0	0.594	1.278	
Lipids:							
Saturated, total	g	0.009		0	0.012	0.026	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.006		0	0.008	0.017	
17:0	g						
18:0	g	0.001		0	0.001	0.003	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.025	0	0.033	0.071
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.023	0	0.030	0.065
20:1	g	0.002	0	0.003	0.006
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.148	0	0.195	0.420
18:2	g	0.098	0	0.129	0.278
18:3	g	0.050	0	0.066	0.142
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 package (10 oz)

NDB No. 09059 Breadfruit, raw

Artocarpus altilis

Refuse: 22% 9% core, 13% skin

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 220g	Measure 2* 96g	Measure 3*
Proximates:							
Water	g	70.65		1	155.43	67.82	
Energy	kcal	103		0	227	99	
Energy	kj	431		0	948	414	
Protein (N x 5.95)	g	1.07	0.154	2	2.35	1.03	
Total lipid (fat)	g	0.23	0.112	2	0.51	0.22	
Carbohydrate, by difference	g	27.12		0	59.66	26.04	
Fiber, total dietary	g	4.9		0	10.8	4.7	
Ash	g	0.93	0.052	2	2.05	0.89	
Sugars, total	g						
Minerals:							
Calcium	mg	17	2.272	2	37	16	
Iron	mg	0.54	0.042	2	1.19	0.52	
Magnesium	mg	25	1.156	2	55	24	
Phosphorus	mg	30	2.850	2	66	29	
Potassium	mg	490	1.312	2	1078	470	
Sodium	mg	2	0.880	2	4	2	
Zinc	mg	0.12		1	0.26	0.12	
Copper	mg	0.084		1	0.185	0.081	
Manganese	mg	0.060		1	0.132	0.058	
Selenium	µg	0.6		0	1.3	0.6	
Vitamins:							
Ascorbic acid	mg	29.0		0	63.8	27.8	
Thiamin	mg	0.110		0	0.242	0.106	
Riboflavin	mg	0.030		0	0.066	0.029	
Niacin	mg	0.900		0	1.980	0.864	
Pantothenic acid	mg	0.457		0	1.005	0.439	
Vitamin B-6	mg	0.100		0	0.220	0.096	
Folate	µg	14		0	31	13	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	40		0	88	38	
Vitamin A, RE	µg	4		0	9	4	
Vitamin E, α-TE	mg	1.120		0	2.464	1.075	
Lipids:							
Saturated, total	g	0.048		0	0.106	0.046	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.031		0	0.068	0.030	
17:0	g						
18:0	g	0.017		0	0.037	0.016	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.034	0	0.075	0.033
14:1	g				
16:1	g	0.002	0	0.004	0.002
18:1	g	0.032	0	0.070	0.031
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.066	0	0.145	0.063
18:2	g	0.048	0	0.106	0.046
18:3	g	0.018	0	0.040	0.017
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g	0.052	1	0.114	0.050
Isoleucine	g	0.064	1	0.141	0.061
Leucine	g	0.065	1	0.143	0.062
Lysine	g	0.037	1	0.081	0.036
Methionine	g	0.010	1	0.022	0.010
Cystine	g	0.009	1	0.020	0.009
Phenylalanine	g	0.026	1	0.057	0.025
Tyrosine	g	0.019	1	0.042	0.018
Valine	g	0.047	1	0.103	0.045
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, unthawed
Measure 2: 1/4 small fruit

NDB No. 09060 Carambola, (starfruit), raw

Averrhoa carambola

Refuse: 5% Seeds

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 137g	Measure 2* 108g	Measure 3* 127g
Proximates:							
Water	g	90.92	0.373	14	124.56	98.19	115.47
Energy	kcal	33		0	45	36	42
Energy	kj	138		0	189	149	175
Protein (N x 5.95)	g	0.54	0.054	11	0.74	0.58	0.69
Total lipid (fat)	g	0.35	0.107	9	0.48	0.38	0.44
Carbohydrate, by difference	g	7.83		0	10.73	8.46	9.94
Fiber, total dietary	g	2.7		0	3.7	2.9	3.4
Ash	g	0.37	0.023	11	0.51	0.40	0.47
Sugars, total	g						
Minerals:							
Calcium	mg	4	1.122	7	5	4	5
Iron	mg	0.26	0.123	3	0.36	0.28	0.33
Magnesium	mg	9	1.426	3	12	10	11
Phosphorus	mg	16	1.989	7	22	17	20
Potassium	mg	163	22.627	5	223	176	207
Sodium	mg	2	0.322	4	3	2	3
Zinc	mg	0.11		1	0.15	0.12	0.14
Copper	mg	0.120	0.020	2	0.164	0.130	0.152
Manganese	mg	0.082	0.018	2	0.112	0.089	0.104
Selenium	µg	0.6		0	0.8	0.6	0.8
Vitamins:							
Ascorbic acid	mg	21.2	1.249	38	29.0	22.9	26.9
Thiamin	mg	0.028	0.006	7	0.038	0.030	0.036
Riboflavin	mg	0.027	0.004	6	0.037	0.029	0.034
Niacin	mg	0.411	0.074	6	0.563	0.444	0.522
Pantothenic acid	mg						
Vitamin B-6	mg	0.100		0	0.137	0.108	0.127
Folate	µg	14		0	19	15	18
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	493	226.523	7	675	532	626
Vitamin A, RE	µg	49	22.652	7	67	53	62
Vitamin E, α-TE	mg	0.370		0	0.507	0.400	0.470
Lipids:							
Saturated, total	g	0.023		0	0.032	0.025	0.029
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.000		0	0.000	0.000	0.000
15.0	g						
16:0	g	0.012		0	0.016	0.013	0.015
17:0	g						
18:0	g	0.008		0	0.011	0.009	0.010
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.031	0	0.042	0.033	0.039
14:1	g					
16:1	g	0.000	0	0.000	0.000	0.000
18:1	g	0.031	0	0.042	0.033	0.039
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.191	0	0.262	0.206	0.243
18:2	g	0.164	0	0.225	0.177	0.208
18:3	g	0.028	0	0.038	0.030	0.036
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.004	1	0.005	0.004	0.005
Threonine	g	0.023	1	0.032	0.025	0.029
Isoleucine	g	0.023	1	0.032	0.025	0.029
Leucine	g	0.040	1	0.055	0.043	0.051
Lysine	g	0.040	1	0.055	0.043	0.051
Methionine	g	0.011	1	0.015	0.012	0.014
Cystine	g					
Phenylalanine	g	0.019	1	0.026	0.021	0.024
Tyrosine	g	0.023	1	0.032	0.025	0.029
Valine	g	0.026	1	0.036	0.028	0.033
Arginine	g	0.011	1	0.015	0.012	0.014
Histidine	g	0.004	1	0.005	0.004	0.005
Alanine	g	0.037	1	0.051	0.040	0.047
Aspartic acid	g	0.051	1	0.070	0.055	0.065
Glutamic acid	g	0.077	1	0.105	0.083	0.098
Glycine	g	0.026	1	0.036	0.028	0.033
Proline	g	0.026	1	0.036	0.028	0.033
Serine	g	0.043	1	0.059	0.046	0.055
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, cubes
Measure 2: 1 cup, sliced
Measure 3: 1 large (4-1/2" long)

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

Carissa macrocarpa

Refuse: 14% 7% seeds, 7% skin

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 150g	Measure 2* 20g	Measure 3*
Proximates:							
Water	g	84.17		1	126.25	16.83	
Energy	kcal	62		0	93	12	
Energy	kj	259		0	389	52	
Protein (N x 5.95)	g	0.50		0	0.75	0.10	
Total lipid (fat)	g	1.30		0	1.95	0.26	
Carbohydrate, by difference	g	13.63		0	20.45	2.73	
Fiber, total dietary	g						
Ash	g	0.40		0	0.60	0.08	
Sugars, total	g						
Minerals:							
Calcium	mg	11		0	17	2	
Iron	mg	1.31		0	1.97	0.26	
Magnesium	mg	16	3.500	2	24	3	
Phosphorus	mg	7		0	11	1	
Potassium	mg	260	37.800	2	390	52	
Sodium	mg	3	1.210	2	5	1	
Zinc	mg						
Copper	mg	0.210		1	0.315	0.042	
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	38.0		0	57.0	7.6	
Thiamin	mg	0.040		0	0.060	0.008	
Riboflavin	mg	0.060		0	0.090	0.012	
Niacin	mg	0.200		0	0.300	0.040	
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	40		0	60	8	
Vitamin A, RE	µg	4		0	6	1	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g						
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g				
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g				
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, slices

Measure 2: 1 fruit, without skin and seeds

NDB No. 09062 Cherimoya, raw

Annona cherimola

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	Samples	Measure 1* 547g	Measure 2*	Measure 3*
Proximates:							
Water	g	73.50		0	402.05		
Energy	kcal	94		0	514		
Energy	kj	393		0	2150		
Protein (N x 5.95)	g	1.30		0	7.11		
Total lipid (fat)	g	0.40		0	2.19		
Carbohydrate, by difference	g	24.00		0	131.28		
Fiber, total dietary	g	2.4		0	13.1		
Ash	g	0.80		0	4.38		
Sugars, total	g						
Minerals:							
Calcium	mg	23		0	126		
Iron	mg	0.50		0	2.73		
Magnesium	mg						
Phosphorus	mg	40		0	219		
Potassium	mg						
Sodium	mg						
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	9.0		0	49.2		
Thiamin	mg	0.100		0	0.547		
Riboflavin	mg	0.110		0	0.602		
Niacin	mg	1.300		0	7.111		
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	10		0	55		
Vitamin A, RE	µg	1		0	5		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g						
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g			
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g			
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 fruit, without skin and seeds

NDB No. 09063 Cherries, sour, red, raw

Prunus cerasus

Refuse: 10% Pits and stems

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 155g	Measure 2* 103g	Measure 3*
Proximates:							
Water	g	86.13		348	133.50	88.71	
Energy	kcal	50		0	78	52	
Energy	kj	209		0	324	215	
Protein (N x 5.95)	g	1.00	0.011	347	1.55	1.03	
Total lipid (fat)	g	0.30		0	0.47	0.31	
Carbohydrate, by difference	g	12.18		0	18.88	12.55	
Fiber, total dietary	g	1.6		0	2.5	1.6	
Ash	g	0.40		348	0.62	0.41	
Sugars, total	g						
Minerals:							
Calcium	mg	16		331	25	16	
Iron	mg	0.32		347	0.50	0.33	
Magnesium	mg	9		347	14	9	
Phosphorus	mg	15		347	23	15	
Potassium	mg	173		339	268	178	
Sodium	mg	3		339	5	3	
Zinc	mg	0.10	0.003	330	0.16	0.10	
Copper	mg	0.104		347	0.161	0.107	
Manganese	mg	0.112		347	0.174	0.115	
Selenium	µg	0.4		0	0.6	0.4	
Vitamins:							
Ascorbic acid	mg	10.0		0	15.5	10.3	
Thiamin	mg	0.030	0.000	330	0.046	0.031	
Riboflavin	mg	0.040	0.000	330	0.062	0.041	
Niacin	mg	0.400		0	0.620	0.412	
Pantothenic acid	mg	0.143		0	0.222	0.147	
Vitamin B-6	mg	0.044		1	0.068	0.045	
Folate	µg	8	0.750	4	12	8	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	1283	18.331	330	1989	1321	
Vitamin A, RE	µg	128	1.833	330	198	132	
Vitamin E, α-TE	mg	0.130		0	0.202	0.134	
Lipids:							
Saturated, total	g	0.068		0	0.105	0.070	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.002		0	0.003	0.002	
15.0	g						
16:0	g	0.048		0	0.074	0.049	
17:0	g						
18:0	g	0.016		0	0.025	0.016	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.082	0	0.127	0.084
14:1	g				
16:1	g	0.001	0	0.002	0.001
18:1	g	0.081	0	0.126	0.083
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.090	0	0.139	0.093
18:2	g	0.046	0	0.071	0.047
18:3	g	0.044	0	0.068	0.045
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, without pits
Measure 2: 1 cup with pits

NDB No. 09064 Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 244g	Measure 2*	Measure 3*
Proximates:							
Water	g	89.93	0.344	5	219.43		
Energy	kcal	36		0	88		
Energy	kj	151		0	368		
Protein (N x 5.95)	g	0.77	0.050	5	1.88		
Total lipid (fat)	g	0.10	0.000	5	0.24		
Carbohydrate, by difference	g	8.94		0	21.81		
Fiber, total dietary	g	1.1		0	2.7		
Ash	g	0.26	0.009	5	0.63		
Sugars, total	g	7.60		1	18.54		
Minerals:							
Calcium	mg	11	0.765	5	27		
Iron	mg	1.37	0.289	6	3.34		
Magnesium	mg	6		0	15		
Phosphorus	mg	10		0	24		
Potassium	mg	98	7.334	5	239		
Sodium	mg	7	1.837	3	17		
Zinc	mg	0.07		0	0.17		
Copper	mg	0.070		0	0.171		
Manganese	mg	0.076		0	0.185		
Selenium	µg	0.3		0	0.7		
Vitamins:							
Ascorbic acid	mg	2.1	0.505	5	5.1		
Thiamin	mg	0.017	0.003	5	0.041		
Riboflavin	mg	0.041	0.009	5	0.100		
Niacin	mg	0.177	0.012	5	0.432		
Pantothenic acid	mg	0.105		0	0.256		
Vitamin B-6	mg	0.044		0	0.107		
Folate	µg	8	1.651	3	20		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	754	40.696	5	1840		
Vitamin A, RE	µg	75	4.070	5	183		
Vitamin E, α-TE	mg	0.130		0	0.317		
Lipids:							
Saturated, total	g	0.023		0	0.056		
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		
14:0	g	0.001		0	0.002		
15.0	g						
16:0	g	0.016		0	0.039		
17:0	g						
18:0	g	0.005		0	0.012		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.027	0	0.066
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.027	0	0.066
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.030	0	0.073
18:2	g	0.015	0	0.037
18:3	g	0.015	0	0.037
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 cup

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	Samples	Measure 1* 252g	Measure 2*	Measure 3*
Proximates:							
Water	g	79.62		0	200.64		
Energy	kcal	75		0	189		
Energy	kj	314		0	791		
Protein (N x 5.95)	g	0.74		0	1.86		
Total lipid (fat)	g	0.10		0	0.25		
Carbohydrate, by difference	g	19.30		0	48.64		
Fiber, total dietary	g	0.8		0	2.0		
Ash	g	0.25		0	0.63		
Sugars, total	g						
Minerals:							
Calcium	mg	10		0	25		
Iron	mg	1.32		0	3.33		
Magnesium	mg	6		0	15		
Phosphorus	mg	10		0	25		
Potassium	mg	95		0	239		
Sodium	mg	7		0	18		
Zinc	mg	0.07		0	0.18		
Copper	mg	0.068		0	0.171		
Manganese	mg	0.073		0	0.184		
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	2.0		0	5.0		
Thiamin	mg	0.016		0	0.040		
Riboflavin	mg	0.039		0	0.098		
Niacin	mg	0.170		0	0.428		
Pantothenic acid	mg	0.105		0	0.265		
Vitamin B-6	mg	0.044		0	0.111		
Folate	µg	8		0	19		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	726		0	1830		
Vitamin A, RE	µg	73		0	184		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.022		0	0.055		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.001		0	0.003		
15.0	g						
16:0	g	0.015		0	0.038		
17:0	g						
18:0	g	0.005		0	0.013		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.026	0	0.066
14:1	g			
16:1	g			
18:1	g	0.026	0	0.066
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.029	0	0.073
18:2	g	0.015	0	0.038
18:3	g	0.014	0	0.035
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 cup

NDB No. 09066 Cherries, sour, red, canned, heavy syrup pack, solids and liquids

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 256g	Measure 2*	Measure 3*
Proximates:							
Water	g	75.66		0	193.69		
Energy	kcal	91		0	233		
Energy	kj	381		0	975		
Protein (N x 5.95)	g	0.73		0	1.87		
Total lipid (fat)	g	0.10		0	0.26		
Carbohydrate, by difference	g	23.27		0	59.57		
Fiber, total dietary	g	1.1		0	2.8		
Ash	g	0.25		0	0.64		
Sugars, total	g						
Minerals:							
Calcium	mg	10		0	26		
Iron	mg	1.30		0	3.33		
Magnesium	mg	6		0	15		
Phosphorus	mg	10		0	26		
Potassium	mg	93		0	238		
Sodium	mg	7		0	18		
Zinc	mg	0.06		0	0.15		
Copper	mg	0.066		0	0.169		
Manganese	mg	0.072		0	0.184		
Selenium	µg	0.3		0	0.8		
Vitamins:							
Ascorbic acid	mg	2.0		0	5.1		
Thiamin	mg	0.016		0	0.041		
Riboflavin	mg	0.039		0	0.100		
Niacin	mg	0.168		0	0.430		
Pantothenic acid	mg	0.105		0	0.269		
Vitamin B-6	mg	0.044		0	0.113		
Folate	µg	8		0	19		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	714		0	1828		
Vitamin A, RE	µg	71		0	182		
Vitamin E, α-TE	mg	0.130		0	0.333		
Lipids:							
Saturated, total	g	0.021		0	0.054		
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		
14:0	g	0.001		0	0.003		
15.0	g						
16:0	g	0.015		0	0.038		
17:0	g						
18:0	g	0.005		0	0.013		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.026	0	0.067
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.026	0	0.067
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.029	0	0.074
18:2	g	0.015	0	0.038
18:3	g	0.014	0	0.036
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 cup

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	Samples	Measure 1* 261g	Measure 2*	Measure 3*
Proximates:							
Water	g	69.73		0	182.00		
Energy	kcal	114		0	298		
Energy	kj	477		0	1245		
Protein (N x 5.95)	g	0.71		0	1.85		
Total lipid (fat)	g	0.09		0	0.23		
Carbohydrate, by difference	g	29.23		0	76.29		
Fiber, total dietary	g	0.8		0	2.1		
Ash	g	0.24		0	0.63		
Sugars, total	g						
Minerals:							
Calcium	mg	10		0	26		
Iron	mg	1.26		0	3.29		
Magnesium	mg	5		0	13		
Phosphorus	mg	9		0	23		
Potassium	mg	91		0	238		
Sodium	mg	7		0	18		
Zinc	mg	0.06		0	0.16		
Copper	mg	0.065		0	0.170		
Manganese	mg	0.070		0	0.183		
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	1.9		0	5.0		
Thiamin	mg	0.016		0	0.042		
Riboflavin	mg	0.038		0	0.099		
Niacin	mg	0.163		0	0.425		
Pantothenic acid	mg	0.105		0	0.274		
Vitamin B-6	mg	0.044		0	0.115		
Folate	µg	7		0	19		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	696		0	1817		
Vitamin A, RE	µg	70		0	183		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.021		0	0.055		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.001		0	0.003		
15.0	g						
16:0	g	0.015		0	0.039		
17:0	g						
18:0	g	0.005		0	0.013		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.025	0	0.065
14:1	g			
16:1	g			
18:1	g	0.025	0	0.065
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.028	0	0.073
18:2	g	0.014	0	0.037
18:3	g	0.014	0	0.037
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 cup

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

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 155g	Measure 2* 510g	Measure 3*
Proximates:							
Water	g	87.20	0.254	3	135.16	444.72	
Energy	kcal	46		0	71	235	
Energy	kj	192		0	298	979	
Protein (N x 5.95)	g	0.92	0.087	3	1.43	4.69	
Total lipid (fat)	g	0.44	0.049	3	0.68	2.24	
Carbohydrate, by difference	g	11.02		0	17.08	56.20	
Fiber, total dietary	g	1.6		0	2.5	8.2	
Ash	g	0.42	0.006	3	0.65	2.14	
Sugars, total	g						
Minerals:							
Calcium	mg	13	0.723	3	20	66	
Iron	mg	0.53	0.047	3	0.82	2.70	
Magnesium	mg	9	0.240	3	14	46	
Phosphorus	mg	16	0.466	3	25	82	
Potassium	mg	124	11.015	3	192	632	
Sodium	mg	1	0.120	3	2	5	
Zinc	mg	0.10	0.018	3	0.16	0.51	
Copper	mg	0.090	0.010	3	0.139	0.459	
Manganese	mg	0.057	0.022	3	0.088	0.291	
Selenium	µg	0.4		0	0.6	2.0	
Vitamins:							
Ascorbic acid	mg	1.7	1.179	3	2.6	8.7	
Thiamin	mg	0.044	0.002	3	0.068	0.224	
Riboflavin	mg	0.034	0.003	3	0.053	0.173	
Niacin	mg	0.137	0.052	3	0.212	0.699	
Pantothenic acid	mg	0.178	0.048	3	0.276	0.908	
Vitamin B-6	mg	0.067	0.001	3	0.104	0.342	
Folate	µg	5	1.245	3	7	23	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	870	203.205	3	1349	4437	
Vitamin A, RE	µg	87	20.321	3	135	444	
Vitamin E, α-TE	mg	0.130		0	0.202	0.663	
Lipids:							
Saturated, total	g	0.100		0	0.155	0.510	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.003		0	0.005	0.015	
15.0	g						
16:0	g	0.070		0	0.109	0.357	
17:0	g						
18:0	g	0.024		0	0.037	0.122	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.120	0	0.186	0.612
14:1	g				
16:1	g	0.001	0	0.002	0.005
18:1	g	0.119	0	0.184	0.607
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.132	0	0.205	0.673
18:2	g	0.067	0	0.104	0.342
18:3	g	0.065	0	0.101	0.331
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, unthawed
Measure 2: 18 oz package

NDB No. 09070 Cherries, sweet, raw

Prunus avium

Refuse: 10% Pits and stems

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 117g	Measure 2* 145g	Measure 3* 7g
Proximates:							
Water	g	80.76		44	94.49	117.10	5.49
Energy	kcal	72		0	84	104	5
Energy	kj	301		0	352	436	20
Protein (N x 5.95)	g	1.20	0.068	42	1.40	1.74	0.08
Total lipid (fat)	g	0.96	0.213	9	1.12	1.39	0.07
Carbohydrate, by difference	g	16.55		0	19.36	24.00	1.13
Fiber, total dietary	g	2.3		0	2.7	3.3	0.2
Ash	g	0.53	0.010	55	0.62	0.77	0.04
Sugars, total	g						
Minerals:							
Calcium	mg	15	0.593	16	18	22	1
Iron	mg	0.39	0.020	57	0.46	0.57	0.03
Magnesium	mg	11	0.423	48	13	16	1
Phosphorus	mg	19	1.535	48	22	28	1
Potassium	mg	224	7.001	32	262	325	15
Sodium	mg	0	0.018	32	0	0	0
Zinc	mg	0.06	0.009	14	0.07	0.09	0.00
Copper	mg	0.095	0.004	59	0.111	0.138	0.006
Manganese	mg	0.092	0.006	57	0.108	0.133	0.006
Selenium	µg	0.6		0	0.7	0.9	0.0
Vitamins:							
Ascorbic acid	mg	7.0		6	8.2	10.2	0.5
Thiamin	mg	0.050		0	0.059	0.072	0.003
Riboflavin	mg	0.060		0	0.070	0.087	0.004
Niacin	mg	0.400		0	0.468	0.580	0.027
Pantothenic acid	mg	0.127	0.002	3	0.149	0.184	0.009
Vitamin B-6	mg	0.036		4	0.042	0.052	0.002
Folate	µg	4	0.690	3	5	6	0
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	214	29.485	3	250	310	15
Vitamin A, RE	µg	21	2.949	3	25	30	1
Vitamin E, α-TE	mg	0.130		0	0.152	0.189	0.009
Lipids:							
Saturated, total	g	0.216		0	0.253	0.313	0.015
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.005		1	0.006	0.007	0.000
15.0	g						
16:0	g	0.152		1	0.178	0.220	0.010
17:0	g						
18:0	g	0.052		1	0.061	0.075	0.004
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.262	0	0.307	0.380	0.018
14:1	g					
16:1	g	0.003	1	0.004	0.004	0.000
18:1	g	0.259	1	0.303	0.376	0.018
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.289	0	0.338	0.419	0.020
18:2	g	0.147	1	0.172	0.213	0.010
18:3	g	0.142	1	0.166	0.206	0.010
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg	12	0	14	17	1
Amino acids:						
Tryptophan	g					
Threonine	g					
Isoleucine	g					
Leucine	g					
Lysine	g					
Methionine	g					
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					
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, with pits, yields
Measure 2: 1 cup, without pits
Measure 3: 1 cherry

NDB No. 09071 Cherries, sweet, canned, water pack, solids and liquids

Refuse: 8% Pits

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 248g	Measure 2*	Measure 3*
Proximates:							
Water	g	87.05		1	215.88		
Energy	kcal	46		0	114		
Energy	kj	192		0	476		
Protein (N x 5.95)	g	0.77	0.024	19	1.91		
Total lipid (fat)	g	0.13	0.009	19	0.32		
Carbohydrate, by difference	g	11.76		0	29.16		
Fiber, total dietary	g	1.5		0	3.7		
Ash	g	0.29		1	0.72		
Sugars, total	g						
Minerals:							
Calcium	mg	11	0.255	18	27		
Iron	mg	0.36		1	0.89		
Magnesium	mg	9	0.276	18	22		
Phosphorus	mg	15	0.463	20	37		
Potassium	mg	131	3.864	19	325		
Sodium	mg	1	0.254	19	2		
Zinc	mg	0.08		1	0.20		
Copper	mg	0.075		1	0.186		
Manganese	mg	0.062		0	0.154		
Selenium	µg	0.3		0	0.7		
Vitamins:							
Ascorbic acid	mg	2.2		1	5.5		
Thiamin	mg	0.022		0	0.055		
Riboflavin	mg	0.041		0	0.102		
Niacin	mg	0.410		0	1.017		
Pantothenic acid	mg	0.127		0	0.315		
Vitamin B-6	mg	0.030		0	0.074		
Folate	µg	4		0	10		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	160		0	397		
Vitamin A, RE	µg	16		0	40		
Vitamin E, α-TE	mg	0.130		0	0.322		
Lipids:							
Saturated, total	g	0.028		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		
14:0	g	0.001		0	0.002		
15.0	g						
16:0	g	0.020		0	0.050		
17:0	g						
18:0	g	0.007		0	0.017		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.034	0	0.084
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.034	0	0.084
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.038	0	0.094
18:2	g	0.019	0	0.047
18:3	g	0.019	0	0.047
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, pitted

NDB No. 09072 Cherries, sweet, canned, juice pack, solids and liquids

Refuse: 8% Pits

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 250g	Measure 2*	Measure 3*
Proximates:							
Water	g	84.95	0.156	6	212.38		
Energy	kcal	54		0	135		
Energy	kj	226		0	565		
Protein (N x 5.95)	g	0.91	0.054	6	2.27		
Total lipid (fat)	g	0.02	0.003	6	0.05		
Carbohydrate, by difference	g	13.81		0	34.52		
Fiber, total dietary	g	1.5		0	3.8		
Ash	g	0.31	0.010	6	0.78		
Sugars, total	g						
Minerals:							
Calcium	mg	14	0.787	6	35		
Iron	mg	0.58	0.121	6	1.45		
Magnesium	mg	12	0.743	6	30		
Phosphorus	mg	22	1.193	6	55		
Potassium	mg	131	8.521	6	328		
Sodium	mg	3	0.400	6	8		
Zinc	mg	0.10	0.009	6	0.25		
Copper	mg	0.073	0.012	6	0.183		
Manganese	mg	0.061		0	0.153		
Selenium	µg	0.3		0	0.8		
Vitamins:							
Ascorbic acid	mg	2.5	0.376	6	6.3		
Thiamin	mg	0.018	0.000	4	0.045		
Riboflavin	mg	0.024	0.003	5	0.060		
Niacin	mg	0.406		0	1.015		
Pantothenic acid	mg	0.127		0	0.318		
Vitamin B-6	mg	0.030		0	0.075		
Folate	µg	4		0	11		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	125	30.483	5	313		
Vitamin A, RE	µg	13	3.048	5	33		
Vitamin E, α-TE	mg	0.100		0	0.250		
Lipids:							
Saturated, total	g	0.004		0	0.010		
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		
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						

Monounsaturated, total	g	0.005	0	0.013
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.005	0	0.013
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.006	0	0.015
18:2	g	0.003	0	0.008
18:3	g	0.003	0	0.008
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, pitted

NDB No. 09073 Cherries, sweet, canned, light syrup pack, solids and liquids

Refuse: 8% Pits

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 252g	Measure 2*	Measure 3*
Proximates:							
Water	g	81.56		0	205.53		
Energy	kcal	67		0	169		
Energy	kj	280		0	706		
Protein (N x 5.95)	g	0.61		0	1.54		
Total lipid (fat)	g	0.15		0	0.38		
Carbohydrate, by difference	g	17.29		0	43.57		
Fiber, total dietary	g	1.5		0	3.8		
Ash	g	0.38		0	0.96		
Sugars, total	g						
Minerals:							
Calcium	mg	9		0	23		
Iron	mg	0.36		0	0.91		
Magnesium	mg	9		0	23		
Phosphorus	mg	18		0	45		
Potassium	mg	148		0	373		
Sodium	mg	3		0	8		
Zinc	mg	0.10		0	0.25		
Copper	mg	0.145		0	0.365		
Manganese	mg	0.060		0	0.151		
Selenium	µg	0.3		0	0.8		
Vitamins:							
Ascorbic acid	mg	3.7		0	9.3		
Thiamin	mg	0.021		0	0.053		
Riboflavin	mg	0.041		0	0.103		
Niacin	mg	0.403		0	1.016		
Pantothenic acid	mg	0.127		0	0.320		
Vitamin B-6	mg	0.030		0	0.076		
Folate	µg	4		0	11		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	157		0	396		
Vitamin A, RE	µg	16		0	40		
Vitamin E, α-TE	mg	0.130		0	0.328		
Lipids:							
Saturated, total	g	0.034		0	0.086		
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		
14:0	g	0.001		0	0.003		
15.0	g						
16:0	g	0.024		0	0.060		
17:0	g						
18:0	g	0.008		0	0.020		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.042	0	0.106
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.041	0	0.103
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.046	0	0.116
18:2	g	0.023	0	0.058
18:3	g	0.023	0	0.058
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, pitted

NDB No. 09074 Cherries, sweet, canned, 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	Samples	Measure 1* 253g	Measure 2*	Measure 3*
Proximates:							
Water	g	77.61	0.079	82	196.35		
Energy	kcal	83		0	210		
Energy	kj	347		0	878		
Protein (N x 5.95)	g	0.60	0.017	82	1.52		
Total lipid (fat)	g	0.15	0.003	82	0.38		
Carbohydrate, by difference	g	21.27		0	53.81		
Fiber, total dietary	g	1.5		0	3.8		
Ash	g	0.38	0.011	82	0.96		
Sugars, total	g						
Minerals:							
Calcium	mg	9	0.233	82	23		
Iron	mg	0.35	0.010	82	0.89		
Magnesium	mg	9	0.133	110	23		
Phosphorus	mg	18	0.259	82	46		
Potassium	mg	145	1.838	82	367		
Sodium	mg	3	0.050	88	8		
Zinc	mg	0.10	0.009	81	0.25		
Copper	mg	0.142	0.008	82	0.359		
Manganese	mg	0.059		0	0.149		
Selenium	µg	0.3		0	0.8		
Vitamins:							
Ascorbic acid	mg	3.6	0.154	85	9.1		
Thiamin	mg	0.021	0.000	124	0.053		
Riboflavin	mg	0.040	0.000	124	0.101		
Niacin	mg	0.396	0.008	136	1.002		
Pantothenic acid	mg	0.127		0	0.321		
Vitamin B-6	mg	0.030		0	0.076		
Folate	µg	4		0	11		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	154	4.506	138	390		
Vitamin A, RE	µg	15	0.451	138	38		
Vitamin E, α-TE	mg	0.060		0	0.152		
Lipids:							
Saturated, total	g	0.034		0	0.086		
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		
14:0	g	0.001		0	0.003		
15.0	g						
16:0	g	0.024		0	0.061		
17:0	g						
18:0	g	0.008		0	0.020		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.041	0	0.104
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.041	0	0.104
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.045	0	0.114
18:2	g	0.023	0	0.058
18:3	g	0.022	0	0.056
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, pitted

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	Samples	Measure 1* 261g	Measure 2*	Measure 3*
Proximates:							
Water	g	72.66		0	189.64		
Energy	kcal	102		0	266		
Energy	kj	427		0	1114		
Protein (N x 5.95)	g	0.59		0	1.54		
Total lipid (fat)	g	0.15		0	0.39		
Carbohydrate, by difference	g	26.23		0	68.46		
Fiber, total dietary	g	1.5		0	3.9		
Ash	g	0.37		0	0.97		
Sugars, total	g						
Minerals:							
Calcium	mg	9		0	23		
Iron	mg	0.35		0	0.91		
Magnesium	mg	8		0	21		
Phosphorus	mg	17		0	44		
Potassium	mg	142		0	371		
Sodium	mg	3		0	8		
Zinc	mg	0.10		0	0.26		
Copper	mg	0.139		0	0.363		
Manganese	mg	0.058		0	0.151		
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	3.6		0	9.4		
Thiamin	mg	0.021		0	0.055		
Riboflavin	mg	0.039		0	0.102		
Niacin	mg	0.388		0	1.013		
Pantothenic acid	mg	0.127		0	0.331		
Vitamin B-6	mg	0.030		0	0.078		
Folate	µg	4		0	11		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	151		0	394		
Vitamin A, RE	µg	15		0	39		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.033		0	0.086		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.001		0	0.003		
15.0	g						
16:0	g	0.023		0	0.060		
17:0	g						
18:0	g	0.008		0	0.021		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.040	0	0.104
14:1	g			
16:1	g			
18:1	g	0.040	0	0.104
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.045	0	0.117
18:2	g	0.023	0	0.060
18:3	g	0.022	0	0.057
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, pitted

NDB No. 09076 Cherries, sweet, frozen, sweetened

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 259g	Measure 2* 284g	Measure 3*
Proximates:							
Water	g	75.53	0.928	3	195.62	214.51	
Energy	kcal	89		0	231	253	
Energy	kj	372		0	963	1056	
Protein (N x 5.95)	g	1.15	0.271	3	2.98	3.27	
Total lipid (fat)	g	0.13	0.033	3	0.34	0.37	
Carbohydrate, by difference	g	22.36		0	57.91	63.50	
Fiber, total dietary	g	2.1		0	5.4	6.0	
Ash	g	0.83	0.353	3	2.15	2.36	
Sugars, total	g						
Minerals:							
Calcium	mg	12	0.977	3	31	34	
Iron	mg	0.35	0.037	3	0.91	0.99	
Magnesium	mg	10	0.751	3	26	28	
Phosphorus	mg	16	1.568	3	41	45	
Potassium	mg	199	9.500	3	515	565	
Sodium	mg	1	0.353	3	3	3	
Zinc	mg	0.04	0.003	3	0.10	0.11	
Copper	mg	0.024	0.006	3	0.062	0.068	
Manganese	mg	0.109	0.018	3	0.282	0.310	
Selenium	µg	0.4		0	1.0	1.1	
Vitamins:							
Ascorbic acid	mg	1.0	0.000	3	2.6	2.8	
Thiamin	mg	0.027	0.003	3	0.070	0.077	
Riboflavin	mg	0.047	0.003	3	0.122	0.133	
Niacin	mg	0.177	0.014	3	0.458	0.503	
Pantothenic acid	mg	0.127		0	0.329	0.361	
Vitamin B-6	mg	0.036		0	0.093	0.102	
Folate	µg	4		0	11	12	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	189	53.061	3	490	537	
Vitamin A, RE	µg	19	5.306	3	49	54	
Vitamin E, α-TE	mg	0.130		0	0.337	0.369	
Lipids:							
Saturated, total	g	0.030		0	0.078	0.085	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.001		0	0.003	0.003	
15.0	g						
16:0	g	0.021		0	0.054	0.060	
17:0	g						
18:0	g	0.007		0	0.018	0.020	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.036	0	0.093	0.102
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.036	0	0.093	0.102
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.040	0	0.104	0.114
18:2	g	0.020	0	0.052	0.057
18:3	g	0.020	0	0.052	0.057
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, thawed
Measure 2: 1 package (10 oz)

NDB No. 09077 Crabapples, raw

Malus spp.

Refuse: 8% Core and stems

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 110g	Measure 2*	Measure 3*
Proximates:							
Water	g	78.94		1	86.83		
Energy	kcal	76		0	84		
Energy	kj	318		0	350		
Protein (N x 5.95)	g	0.40		0	0.44		
Total lipid (fat)	g	0.30		0	0.33		
Carbohydrate, by difference	g	19.95		0	21.95		
Fiber, total dietary	g						
Ash	g	0.42	0.053	3	0.46		
Sugars, total	g						
Minerals:							
Calcium	mg	18	4.373	3	20		
Iron	mg	0.36	0.065	3	0.40		
Magnesium	mg	7	0.279	3	8		
Phosphorus	mg	15	4.093	3	17		
Potassium	mg	194	23.536	3	213		
Sodium	mg	1	0.170	3	1		
Zinc	mg						
Copper	mg	0.067	0.011	3	0.074		
Manganese	mg	0.115	0.025	3	0.127		
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	8.0		0	8.8		
Thiamin	mg	0.030		0	0.033		
Riboflavin	mg	0.020		0	0.022		
Niacin	mg	0.100		0	0.110		
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	40		0	44		
Vitamin A, RE	µg	4		0	4		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.048		0	0.053		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.001		0	0.001		
14:0	g	0.001		0	0.001		
15.0	g						
16:0	g	0.040		0	0.044		
17:0	g						
18:0	g	0.006		0	0.007		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.012	0	0.013
14:1	g			
16:1	g	0.001	0	0.001
18:1	g	0.011	0	0.012
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.088	0	0.097
18:2	g	0.073	0	0.080
18:3	g	0.015	0	0.017
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.004	0	0.004
Threonine	g	0.014	0	0.015
Isoleucine	g	0.016	0	0.018
Leucine	g	0.025	0	0.028
Lysine	g	0.025	0	0.028
Methionine	g	0.004	0	0.004
Cystine	g	0.005	0	0.006
Phenylalanine	g	0.011	0	0.012
Tyrosine	g	0.008	0	0.009
Valine	g	0.019	0	0.021
Arginine	g	0.013	0	0.014
Histidine	g	0.006	0	0.007
Alanine	g	0.014	0	0.015
Aspartic acid	g	0.070	0	0.077
Glutamic acid	g	0.042	0	0.046
Glycine	g	0.016	0	0.018
Proline	g	0.014	0	0.015
Serine	g	0.016	0	0.018
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, slices

NDB No. 09078 Cranberries, raw

Vaccinium macrocarpon

Refuse: 5% 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	Samples	Measure 1* 110g	Measure 2* 95g	Measure 3*
Proximates:							
Water	g	86.54		22	95.19	82.21	
Energy	kcal	49		0	54	47	
Energy	kj	205		0	226	195	
Protein (N x 5.95)	g	0.39		18	0.43	0.37	
Total lipid (fat)	g	0.20		1	0.22	0.19	
Carbohydrate, by difference	g	12.68		0	13.95	12.05	
Fiber, total dietary	g	4.2		0	4.6	4.0	
Ash	g	0.19		18	0.21	0.18	
Sugars, total	g						
Minerals:							
Calcium	mg	7		2	8	7	
Iron	mg	0.20	0.015	16	0.22	0.19	
Magnesium	mg	5		18	6	5	
Phosphorus	mg	9		17	10	9	
Potassium	mg	71		10	78	67	
Sodium	mg	1		9	1	1	
Zinc	mg	0.13		1	0.14	0.12	
Copper	mg	0.058	0.006	16	0.064	0.055	
Manganese	mg	0.157	0.014	16	0.173	0.149	
Selenium	µg	0.6		0	0.7	0.6	
Vitamins:							
Ascorbic acid	mg	13.5		1	14.8	12.8	
Thiamin	mg	0.030		0	0.033	0.029	
Riboflavin	mg	0.020		0	0.022	0.019	
Niacin	mg	0.100		0	0.110	0.095	
Pantothenic acid	mg	0.219		0	0.241	0.208	
Vitamin B-6	mg	0.065	0.008	2	0.072	0.062	
Folate	µg	2	0.350	4	2	2	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	46	8.482	5	51	44	
Vitamin A, RE	µg	5	0.848	5	6	5	
Vitamin E, α-TE	mg	0.100		0	0.110	0.095	
Lipids:							
Saturated, total	g	0.017		0	0.019	0.016	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.010		0	0.011	0.010	
17:0	g						
18:0	g	0.003		0	0.003	0.003	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.028	0	0.031	0.027
14:1	g				
16:1	g	0.001	0	0.001	0.001
18:1	g	0.028	0	0.031	0.027
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.088	0	0.097	0.084
18:2	g	0.053	0	0.058	0.050
18:3	g	0.035	0	0.039	0.033
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, chopped
Measure 2: 1 cup, whole

NDB No. 09081 Cranberry sauce, canned, sweetened

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 277g	Measure 2* 57g	Measure 3*
Proximates:							
Water	g	60.65		2	168.00	34.57	
Energy	kcal	151		0	418	86	
Energy	kj	632		0	1751	360	
Protein (N x 5.95)	g	0.20		2	0.55	0.11	
Total lipid (fat)	g	0.15		2	0.42	0.09	
Carbohydrate, by difference	g	38.90		0	107.75	22.17	
Fiber, total dietary	g	1.0		0	2.8	0.6	
Ash	g	0.10		2	0.28	0.06	
Sugars, total	g						
Minerals:							
Calcium	mg	4		2	11	2	
Iron	mg	0.22		2	0.61	0.13	
Magnesium	mg	3		2	8	2	
Phosphorus	mg	6		2	17	3	
Potassium	mg	26		2	72	15	
Sodium	mg	29		2	80	17	
Zinc	mg	0.05		0	0.14	0.03	
Copper	mg	0.020		2	0.055	0.011	
Manganese	mg	0.060		0	0.166	0.034	
Selenium	µg	0.5		0	1.4	0.3	
Vitamins:							
Ascorbic acid	mg	2.0		0	5.5	1.1	
Thiamin	mg	0.015	0.005	2	0.042	0.009	
Riboflavin	mg	0.021	0.000	2	0.058	0.012	
Niacin	mg	0.100		0	0.277	0.057	
Pantothenic acid	mg						
Vitamin B-6	mg	0.014	0.000	2	0.039	0.008	
Folate	µg	1		0	3	1	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	20		0	55	11	
Vitamin A, RE	µg	2		0	6	1	
Vitamin E, α-TE	mg	0.100		0	0.277	0.057	
Lipids:							
Saturated, total	g	0.013		0	0.036	0.007	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.008		0	0.022	0.005	
17:0	g						
18:0	g	0.002		0	0.006	0.001	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.021	0	0.058	0.012
14:1	g				
16:1	g	0.001	0	0.003	0.001
18:1	g	0.021	0	0.058	0.012
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.066	0	0.183	0.038
18:2	g	0.040	0	0.111	0.023
18:3	g	0.026	0	0.072	0.015
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup

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

NDB No. 09082 Cranberry-orange relish, canned

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 275g	Measure 2*	Measure 3*
Proximates:							
Water	g	53.20		1	146.30		
Energy	kcal	178		0	490		
Energy	kj	745		0	2049		
Protein (N x 5.95)	g	0.30		1	0.83		
Total lipid (fat)	g	0.10		1	0.28		
Carbohydrate, by difference	g	46.20		0	127.05		
Fiber, total dietary	g	0.0		0	0.0		
Ash	g	0.20		1	0.55		
Sugars, total	g						
Minerals:							
Calcium	mg	11		1	30		
Iron	mg	0.20		1	0.55		
Magnesium	mg	4		1	11		
Phosphorus	mg	8		1	22		
Potassium	mg	38		1	105		
Sodium	mg	32		1	88		
Zinc	mg						
Copper	mg	0.040		1	0.110		
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	18.0		0	49.5		
Thiamin	mg	0.030		0	0.083		
Riboflavin	mg	0.020		0	0.055		
Niacin	mg	0.100		0	0.275		
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	70		0	193		
Vitamin A, RE	µg	7		0	19		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.012		0	0.033		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g			
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g			
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 cup

NDB No. 09083 Currants, european black, raw

Ribes nigrum

Refuse: 2% Stems

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 112g	Measure 2*	Measure 3*
Proximates:							
Water	g	81.96	0.438	4	91.80		
Energy	kcal	63		0	71		
Energy	kj	264		0	296		
Protein (N x 5.95)	g	1.40	0.200	2	1.57		
Total lipid (fat)	g	0.41	0.095	2	0.46		
Carbohydrate, by difference	g	15.38		0	17.23		
Fiber, total dietary	g						
Ash	g	0.86	0.055	4	0.96		
Sugars, total	g						
Minerals:							
Calcium	mg	55	4.825	3	62		
Iron	mg	1.54	0.418	4	1.72		
Magnesium	mg	24	0.280	2	27		
Phosphorus	mg	59	1.878	3	66		
Potassium	mg	322	10.827	4	361		
Sodium	mg	2		1	2		
Zinc	mg	0.27	0.008	2	0.30		
Copper	mg	0.086	0.006	4	0.096		
Manganese	mg	0.256	0.074	2	0.287		
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	181.0		1	202.7		
Thiamin	mg	0.050		0	0.056		
Riboflavin	mg	0.050		0	0.056		
Niacin	mg	0.300		0	0.336		
Pantothenic acid	mg	0.398		0	0.446		
Vitamin B-6	mg	0.066		0	0.074		
Folate	µg						
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	230		0	258		
Vitamin A, RE	µg	23		0	26		
Vitamin E, α-TE	mg	0.100		0	0.112		
Lipids:							
Saturated, total	g	0.034		0	0.038		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g	0.020		0	0.022		
17:0	g						
18:0	g	0.007		0	0.008		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.058	0	0.065
14:1	g			
16:1	g	0.001	0	0.001
18:1	g	0.056	0	0.063
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.179	0	0.200
18:2	g	0.107	0	0.120
18:3	g	0.072	0	0.081
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 cup

NDB No. 09084 Currants, red and white, raw

Ribes rubrum

Refuse: 2% Stems

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 112g	Measure 2*	Measure 3*
Proximates:							
Water	g	83.95	0.555	2	94.02		
Energy	kcal	56		0	63		
Energy	kj	234		0	262		
Protein (N x 5.95)	g	1.40		0	1.57		
Total lipid (fat)	g	0.20		0	0.22		
Carbohydrate, by difference	g	13.80		0	15.46		
Fiber, total dietary	g	4.3		0	4.8		
Ash	g	0.66	0.040	5	0.74		
Sugars, total	g						
Minerals:							
Calcium	mg	33	3.247	5	37		
Iron	mg	1.00	0.097	5	1.12		
Magnesium	mg	13	0.822	5	15		
Phosphorus	mg	44	2.125	6	49		
Potassium	mg	275	16.512	6	308		
Sodium	mg	1	0.150	4	1		
Zinc	mg	0.23		1	0.26		
Copper	mg	0.107	0.009	5	0.120		
Manganese	mg	0.186	0.009	5	0.208		
Selenium	µg	0.6		0	0.7		
Vitamins:							
Ascorbic acid	mg	41.0		0	45.9		
Thiamin	mg	0.040		0	0.045		
Riboflavin	mg	0.050		0	0.056		
Niacin	mg	0.100		0	0.112		
Pantothenic acid	mg	0.064		0	0.072		
Vitamin B-6	mg	0.070		1	0.078		
Folate	µg	8		0	9		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	120		0	134		
Vitamin A, RE	µg	12		0	13		
Vitamin E, α-TE	mg	0.100		0	0.112		
Lipids:							
Saturated, total	g	0.017		0	0.019		
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		
14:0	g	0.000		0	0.000		
15.0	g						
16:0	g	0.010		1	0.011		
17:0	g						
18:0	g	0.003		1	0.003		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.028	0	0.031
14:1	g			
16:1	g	0.001	1	0.001
18:1	g	0.028	1	0.031
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.088	0	0.099
18:2	g	0.053	1	0.059
18:3	g	0.035	1	0.039
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 cup

NDB No. 09085 Currants, zante, dried

Vitis vinifera

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 144g	Measure 2*	Measure 3*
Proximates:							
Water	g	19.21	0.536	26	27.66		
Energy	kcal	283		0	408		
Energy	kj	1184		0	1705		
Protein (N x 5.95)	g	4.08	0.135	26	5.88		
Total lipid (fat)	g	0.27	0.039	26	0.39		
Carbohydrate, by difference	g	74.08		0	106.68		
Fiber, total dietary	g	6.8		0	9.8		
Ash	g	2.36	0.079	26	3.40		
Sugars, total	g						
Minerals:							
Calcium	mg	86	2.782	26	124		
Iron	mg	3.26	0.157	37	4.69		
Magnesium	mg	41	0.841	26	59		
Phosphorus	mg	125	3.978	26	180		
Potassium	mg	892	28.091	26	1284		
Sodium	mg	8	0.507	26	12		
Zinc	mg	0.66	0.082	26	0.95		
Copper	mg	0.468	0.023	26	0.674		
Manganese	mg	0.469		1	0.675		
Selenium	µg	0.7		0	1.0		
Vitamins:							
Ascorbic acid	mg	4.7	0.494	36	6.8		
Thiamin	mg	0.160	0.006	25	0.230		
Riboflavin	mg	0.142	0.015	25	0.204		
Niacin	mg	1.615	0.135	25	2.326		
Pantothenic acid	mg	0.045		0	0.065		
Vitamin B-6	mg	0.296		0	0.426		
Folate	µg	10	0.045	4	15		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	73	5.649	23	105		
Vitamin A, RE	µg	7	0.565	23	10		
Vitamin E, α-TE	mg	0.100		0	0.144		
Lipids:							
Saturated, total	g	0.028		0	0.040		
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		
14:0	g	0.000		0	0.000		
15.0	g						
16:0	g	0.019		0	0.027		
17:0	g						
18:0	g	0.009		0	0.013		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.047	0	0.068
14:1	g			
16:1	g	0.002	0	0.003
18:1	g	0.045	0	0.065
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.180	0	0.259
18:2	g	0.180	0	0.259
18:3	g	0.000	0	0.000
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 cup

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

Annona reticulata

Refuse: 42% Seeds and skin

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1*	Measure 2*	Measure 3*
Proximates:							
Water	g	71.50		0			
Energy	kcal	101		0			
Energy	kj	423		0			
Protein (N x 5.95)	g	1.70		0			
Total lipid (fat)	g	0.60		0			
Carbohydrate, by difference	g	25.20		0			
Fiber, total dietary	g						
Ash	g	1.00		0			
Sugars, total	g						
Minerals:							
Calcium	mg	30	6.209	9			
Iron	mg	0.71	0.255	2			
Magnesium	mg	18		1			
Phosphorus	mg	21	2.722	7			
Potassium	mg	382	52.019	4			
Sodium	mg	4	1.500	2			
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	19.2	2.747	15			
Thiamin	mg	0.080		0			
Riboflavin	mg	0.100		0			
Niacin	mg	0.500		0			
Pantothenic acid	mg	0.135		0			
Vitamin B-6	mg	0.221		1			
Folate	µg						
Vitamin B-12	µg	0.00		0			
Vitamin A	IU	33		0			
Vitamin A, RE	µg	3		0			
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g						
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g		
14:1	g		
16:1	g		
18:1	g		
20:1	g		
22.1	g		
Polyunsaturated, total	g		
18:2	g		
18:3	g		
18:4	g		
20:4	g		
20:5	g		
22:5	g		
22:6	g		
Cholesterol	mg	0	0
Phytosterols	mg		
Amino acids:			
Tryptophan	g	0.007	1
Threonine	g		
Isoleucine	g		
Leucine	g		
Lysine	g	0.037	1
Methionine	g	0.004	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		
Other:			
Caffeine	mg		
Theobromine	mg		
Alcohol	g		

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

NDB No. 09087 Dates, domestic, natural and dry

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	Samples	Measure 1* 178g	Measure 2* 8g	Measure 3*
Proximates:							
Water	g	22.50		0	40.05	1.87	
Energy	kcal	275		0	490	23	
Energy	kj	1151		0	2049	96	
Protein (N x 5.95)	g	1.97	0.052	18	3.51	0.16	
Total lipid (fat)	g	0.45		1	0.80	0.04	
Carbohydrate, by difference	g	73.51		0	130.85	6.10	
Fiber, total dietary	g	7.5		0	13.3	0.6	
Ash	g	1.58	0.020	18	2.81	0.13	
Sugars, total	g						
Minerals:							
Calcium	mg	32	2.209	17	57	3	
Iron	mg	1.15	0.193	17	2.05	0.10	
Magnesium	mg	35	2.251	17	62	3	
Phosphorus	mg	40	3.076	17	71	3	
Potassium	mg	652	28.412	9	1161	54	
Sodium	mg	3	1.229	9	5	0	
Zinc	mg	0.29	0.003	11	0.52	0.02	
Copper	mg	0.288	0.013	18	0.513	0.024	
Manganese	mg	0.298	0.014	17	0.530	0.025	
Selenium	µg	1.9	0.264	3	3.4	0.2	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.090		0	0.160	0.007	
Riboflavin	mg	0.100		0	0.178	0.008	
Niacin	mg	2.200		0	3.916	0.183	
Pantothenic acid	mg	0.780		0	1.388	0.065	
Vitamin B-6	mg	0.192		1	0.342	0.016	
Folate	µg	13	4.855	5	22	1	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	50		0	89	4	
Vitamin A, RE	µg	5		0	9	0	
Vitamin E, α-TE	mg	0.100		0	0.178	0.008	
Lipids:							
Saturated, total	g	0.191		0	0.340	0.016	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.001		0	0.002	0.000	
8:0	g	0.001		0	0.002	0.000	
10:0	g	0.009		0	0.016	0.001	
12:0	g	0.058		0	0.103	0.005	
14:0	g	0.038		0	0.068	0.003	
15.0	g						
16:0	g	0.034		0	0.061	0.003	
17:0	g						
18:0	g	0.009		0	0.016	0.001	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.149	0	0.265	0.012
14:1	g				
16:1	g	0.001	0	0.002	0.000
18:1	g	0.148	0	0.263	0.012
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.031	0	0.055	0.003
18:2	g	0.028	0	0.050	0.002
18:3	g	0.002	0	0.004	0.000
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.050	4	0.089	0.004
Threonine	g	0.052	10	0.093	0.004
Isoleucine	g	0.047	10	0.084	0.004
Leucine	g	0.088	10	0.157	0.007
Lysine	g	0.060	10	0.107	0.005
Methionine	g	0.022	10	0.039	0.002
Cystine	g	0.045	10	0.080	0.004
Phenylalanine	g	0.056	10	0.100	0.005
Tyrosine	g	0.030	10	0.053	0.002
Valine	g	0.066	10	0.117	0.005
Arginine	g	0.066	10	0.117	0.005
Histidine	g	0.030	9	0.053	0.002
Alanine	g	0.100	10	0.178	0.008
Aspartic acid	g	0.126	10	0.224	0.010
Glutamic acid	g	0.213	10	0.379	0.018
Glycine	g	0.095	10	0.169	0.008
Proline	g	0.106	10	0.189	0.009
Serine	g	0.066	10	0.117	0.005
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, pitted, chopped
Measure 2: 1 date

NDB No. 09088 Elderberries, raw

Sambucus spp.

Refuse: 0% No info available- assumed no refuse

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 145g	Measure 2*	Measure 3*
Proximates:							
Water	g	79.80		0	115.71		
Energy	kcal	73		0	106		
Energy	kj	305		0	442		
Protein (N x 5.95)	g	0.66	0.042	12	0.96		
Total lipid (fat)	g	0.50		0	0.73		
Carbohydrate, by difference	g	18.40		0	26.68		
Fiber, total dietary	g	7.0		0	10.2		
Ash	g	0.64	0.025	12	0.93		
Sugars, total	g						
Minerals:							
Calcium	mg	38		0	55		
Iron	mg	1.60		0	2.32		
Magnesium	mg	5		0	7		
Phosphorus	mg	39	2.132	12	57		
Potassium	mg	280	10.027	12	406		
Sodium	mg	6		0	9		
Zinc	mg	0.11		0	0.16		
Copper	mg	0.061		0	0.088		
Manganese	mg						
Selenium	µg	0.6		0	0.9		
Vitamins:							
Ascorbic acid	mg	36.0		0	52.2		
Thiamin	mg	0.070		0	0.102		
Riboflavin	mg	0.060		0	0.087		
Niacin	mg	0.500		0	0.725		
Pantothenic acid	mg	0.140		0	0.203		
Vitamin B-6	mg	0.230		0	0.334		
Folate	µg	6		0	9		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	600		0	870		
Vitamin A, RE	µg	60		0	87		
Vitamin E, α-TE	mg	1.000		0	1.450		
Lipids:							
Saturated, total	g	0.023		0	0.033		
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		
14:0	g	0.000		0	0.000		
15.0	g						
16:0	g	0.018		0	0.026		
17:0	g						
18:0	g	0.005		0	0.007		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.080	0	0.116
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.080	0	0.116
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.247	0	0.358
18:2	g	0.162	0	0.235
18:3	g	0.085	0	0.123
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.013	3	0.019
Threonine	g	0.027	3	0.039
Isoleucine	g	0.027	3	0.039
Leucine	g	0.060	3	0.087
Lysine	g	0.026	3	0.038
Methionine	g	0.014	3	0.020
Cystine	g	0.015	3	0.022
Phenylalanine	g	0.040	3	0.058
Tyrosine	g	0.051	3	0.074
Valine	g	0.033	3	0.048
Arginine	g	0.047	3	0.068
Histidine	g	0.015	3	0.022
Alanine	g	0.030	3	0.044
Aspartic acid	g	0.058	3	0.084
Glutamic acid	g	0.096	3	0.139
Glycine	g	0.036	3	0.052
Proline	g	0.025	3	0.036
Serine	g	0.032	3	0.046
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 cup

NDB No. 09089 Figs, raw

Ficus carica

Refuse: 1% Stems

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 64g	Measure 2* 50g	Measure 3* 40g
Proximates:							
Water	g	79.11	0.337	16	50.63	39.55	31.64
Energy	kcal	74		0	47	37	30
Energy	kj	310		0	198	155	124
Protein (N x 5.95)	g	0.75	0.028	16	0.48	0.38	0.30
Total lipid (fat)	g	0.30		0	0.19	0.15	0.12
Carbohydrate, by difference	g	19.18		0	12.28	9.59	7.67
Fiber, total dietary	g	3.3		0	2.1	1.6	1.3
Ash	g	0.66	0.010	16	0.42	0.33	0.26
Sugars, total	g						
Minerals:							
Calcium	mg	35		0	22	18	14
Iron	mg	0.37	0.020	16	0.24	0.19	0.15
Magnesium	mg	17	1.175	16	11	9	7
Phosphorus	mg	14	1.125	16	9	7	6
Potassium	mg	232	10.960	8	148	116	93
Sodium	mg	1	0.041	8	1	1	0
Zinc	mg	0.15		0	0.10	0.08	0.06
Copper	mg	0.070	0.005	16	0.045	0.035	0.028
Manganese	mg	0.128	0.009	16	0.082	0.064	0.051
Selenium	µg	0.6		0	0.4	0.3	0.2
Vitamins:							
Ascorbic acid	mg	2.0		0	1.3	1.0	0.8
Thiamin	mg	0.060		0	0.038	0.030	0.024
Riboflavin	mg	0.050		0	0.032	0.025	0.020
Niacin	mg	0.400		0	0.256	0.200	0.160
Pantothenic acid	mg	0.300		0	0.192	0.150	0.120
Vitamin B-6	mg	0.113		0	0.072	0.057	0.045
Folate	µg	6		0	4	3	2
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	142		1	91	71	57
Vitamin A, RE	µg	14		1	9	7	6
Vitamin E, α-TE	mg	0.890		0	0.570	0.445	0.356
Lipids:							
Saturated, total	g	0.060		0	0.038	0.030	0.024
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.002		0	0.001	0.001	0.001
15.0	g						
16:0	g	0.046		0	0.029	0.023	0.018
17:0	g						
18:0	g	0.012		0	0.008	0.006	0.005
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.066	0	0.042	0.033	0.026
14:1	g					
16:1	g	0.000	0	0.000	0.000	0.000
18:1	g	0.066	0	0.042	0.033	0.026
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.144	0	0.092	0.072	0.058
18:2	g	0.144	0	0.092	0.072	0.058
18:3	g	0.000	0	0.000	0.000	0.000
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg	31	0	20	16	12
Amino acids:						
Tryptophan	g	0.006	1	0.004	0.003	0.002
Threonine	g	0.024	1	0.015	0.012	0.010
Isoleucine	g	0.023	1	0.015	0.012	0.009
Leucine	g	0.033	1	0.021	0.017	0.013
Lysine	g	0.030	1	0.019	0.015	0.012
Methionine	g	0.006	1	0.004	0.003	0.002
Cystine	g	0.012	1	0.008	0.006	0.005
Phenylalanine	g	0.018	1	0.012	0.009	0.007
Tyrosine	g	0.032	1	0.020	0.016	0.013
Valine	g	0.028	1	0.018	0.014	0.011
Arginine	g	0.017	1	0.011	0.009	0.007
Histidine	g	0.011	1	0.007	0.006	0.004
Alanine	g	0.045	1	0.029	0.023	0.018
Aspartic acid	g	0.176	1	0.113	0.088	0.070
Glutamic acid	g	0.072	1	0.046	0.036	0.029
Glycine	g	0.025	1	0.016	0.013	0.010
Proline	g	0.049	1	0.031	0.025	0.020
Serine	g	0.037	1	0.024	0.019	0.015
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 large (2-1/2" dia)
Measure 2: 1 medium (2-1/4" dia)
Measure 3: 1 small (1-1/2" dia)

NDB No. 09090 Figs, 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	Samples	Measure 1* 248g	Measure 2* 27g	Measure 3*
Proximates:							
Water	g	85.21		0	211.32	23.01	
Energy	kcal	53		0	131	14	
Energy	kj	222		0	551	60	
Protein (N x 5.95)	g	0.40		0	0.99	0.11	
Total lipid (fat)	g	0.10		0	0.25	0.03	
Carbohydrate, by difference	g	13.99		0	34.70	3.78	
Fiber, total dietary	g	2.2		0	5.5	0.6	
Ash	g	0.30		0	0.74	0.08	
Sugars, total	g						
Minerals:							
Calcium	mg	28		0	69	8	
Iron	mg	0.29		0	0.72	0.08	
Magnesium	mg	10		0	25	3	
Phosphorus	mg	10		0	25	3	
Potassium	mg	103		0	255	28	
Sodium	mg	1		0	2	0	
Zinc	mg	0.12		0	0.30	0.03	
Copper	mg	0.110		0	0.273	0.030	
Manganese	mg	0.088		0	0.218	0.024	
Selenium	µg	0.4		0	1.0	0.1	
Vitamins:							
Ascorbic acid	mg	1.0		0	2.5	0.3	
Thiamin	mg	0.023		0	0.057	0.006	
Riboflavin	mg	0.038		0	0.094	0.010	
Niacin	mg	0.445		0	1.104	0.120	
Pantothenic acid	mg	0.069		0	0.171	0.019	
Vitamin B-6	mg	0.070		0	0.174	0.019	
Folate	µg	2		0	5	1	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	38		0	94	10	
Vitamin A, RE	µg	4		0	10	1	
Vitamin E, α-TE	mg	0.890		0	2.207	0.240	
Lipids:							
Saturated, total	g	0.020		0	0.050	0.005	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.001		0	0.002	0.000	
15.0	g						
16:0	g	0.015		0	0.037	0.004	
17:0	g						
18:0	g	0.004		0	0.010	0.001	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.022	0	0.055	0.006
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.022	0	0.055	0.006
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.048	0	0.119	0.013
18:2	g	0.048	0	0.119	0.013
18:3	g	0.000	0	0.000	0.000
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.003	0	0.007	0.001
Threonine	g	0.013	0	0.032	0.004
Isoleucine	g	0.012	0	0.030	0.003
Leucine	g	0.017	0	0.042	0.005
Lysine	g	0.016	0	0.040	0.004
Methionine	g	0.003	0	0.007	0.001
Cystine	g	0.007	0	0.017	0.002
Phenylalanine	g	0.010	0	0.025	0.003
Tyrosine	g	0.017	0	0.042	0.005
Valine	g	0.015	0	0.037	0.004
Arginine	g	0.009	0	0.022	0.002
Histidine	g	0.006	0	0.015	0.002
Alanine	g	0.024	0	0.060	0.006
Aspartic acid	g	0.094	0	0.233	0.025
Glutamic acid	g	0.039	0	0.097	0.011
Glycine	g	0.014	0	0.035	0.004
Proline	g	0.026	0	0.064	0.007
Serine	g	0.020	0	0.050	0.005
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 fig with liquid

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

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 252g	Measure 2* 28g	Measure 3*
Proximates:							
Water	g	81.26		0	204.78	22.75	
Energy	kcal	69		0	174	19	
Energy	kj	289		0	728	81	
Protein (N x 5.95)	g	0.39		0	0.98	0.11	
Total lipid (fat)	g	0.10		0	0.25	0.03	
Carbohydrate, by difference	g	17.95		0	45.23	5.03	
Fiber, total dietary	g	1.8		0	4.5	0.5	
Ash	g	0.30		0	0.76	0.08	
Sugars, total	g						
Minerals:							
Calcium	mg	27		0	68	8	
Iron	mg	0.29		0	0.73	0.08	
Magnesium	mg	10		0	25	3	
Phosphorus	mg	10		0	25	3	
Potassium	mg	102		0	257	29	
Sodium	mg	1		0	3	0	
Zinc	mg	0.11		0	0.28	0.03	
Copper	mg	0.108		0	0.272	0.030	
Manganese	mg	0.086		0	0.217	0.024	
Selenium	µg	0.4		0	1.0	0.1	
Vitamins:							
Ascorbic acid	mg	1.0		0	2.5	0.3	
Thiamin	mg	0.022		0	0.055	0.006	
Riboflavin	mg	0.038		0	0.096	0.011	
Niacin	mg	0.437		0	1.101	0.122	
Pantothenic acid	mg	0.069		0	0.174	0.019	
Vitamin B-6	mg	0.070		0	0.176	0.020	
Folate	µg	2		0	5	1	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	37		0	93	10	
Vitamin A, RE	µg	4		0	10	1	
Vitamin E, α-TE	mg	0.890		0	2.243	0.249	
Lipids:							
Saturated, total	g	0.020		0	0.050	0.006	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.001		0	0.003	0.000	
15.0	g						
16:0	g	0.015		0	0.038	0.004	
17:0	g						
18:0	g	0.004		0	0.010	0.001	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.022	0	0.055	0.006
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.022	0	0.055	0.006
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.048	0	0.121	0.013
18:2	g	0.048	0	0.121	0.013
18:3	g	0.000	0	0.000	0.000
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.003	0	0.008	0.001
Threonine	g	0.013	0	0.033	0.004
Isoleucine	g	0.012	0	0.030	0.003
Leucine	g	0.017	0	0.043	0.005
Lysine	g	0.016	0	0.040	0.004
Methionine	g	0.003	0	0.008	0.001
Cystine	g	0.006	0	0.015	0.002
Phenylalanine	g	0.010	0	0.025	0.003
Tyrosine	g	0.017	0	0.043	0.005
Valine	g	0.015	0	0.038	0.004
Arginine	g	0.009	0	0.023	0.003
Histidine	g	0.006	0	0.015	0.002
Alanine	g	0.024	0	0.060	0.007
Aspartic acid	g	0.093	0	0.234	0.026
Glutamic acid	g	0.038	0	0.096	0.011
Glycine	g	0.013	0	0.033	0.004
Proline	g	0.026	0	0.066	0.007
Serine	g	0.019	0	0.048	0.005
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 fig with liquid

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

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 259g	Measure 2* 28g	Measure 3*
Proximates:							
Water	g	76.33	0.146	18	197.69	21.37	
Energy	kcal	88		0	228	25	
Energy	kj	368		0	953	103	
Protein (N x 5.95)	g	0.38	0.012	18	0.98	0.11	
Total lipid (fat)	g	0.10	0.000	18	0.26	0.03	
Carbohydrate, by difference	g	22.90		0	59.31	6.41	
Fiber, total dietary	g	2.2		0	5.7	0.6	
Ash	g	0.29	0.011	18	0.75	0.08	
Sugars, total	g						
Minerals:							
Calcium	mg	27	0.696	18	70	8	
Iron	mg	0.28	0.017	18	0.73	0.08	
Magnesium	mg	10	0.218	17	26	3	
Phosphorus	mg	10	0.297	18	26	3	
Potassium	mg	99	2.949	17	256	28	
Sodium	mg	1	0.076	18	3	0	
Zinc	mg	0.11	0.003	18	0.28	0.03	
Copper	mg	0.106	0.004	18	0.275	0.030	
Manganese	mg	0.084		0	0.218	0.024	
Selenium	µg	0.4		0	1.0	0.1	
Vitamins:							
Ascorbic acid	mg	1.0	0.000	18	2.6	0.3	
Thiamin	mg	0.022	0.000	18	0.057	0.006	
Riboflavin	mg	0.037	0.002	18	0.096	0.010	
Niacin	mg	0.428	0.020	18	1.109	0.120	
Pantothenic acid	mg	0.069		0	0.179	0.019	
Vitamin B-6	mg	0.070		0	0.181	0.020	
Folate	µg	2		0	5	1	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	37	3.838	18	96	10	
Vitamin A, RE	µg	4	0.384	18	10	1	
Vitamin E, α-TE	mg	0.890		0	2.305	0.249	
Lipids:							
Saturated, total	g	0.020		0	0.052	0.006	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.001		0	0.003	0.000	
15.0	g						
16:0	g	0.015		0	0.039	0.004	
17:0	g						
18:0	g	0.004		0	0.010	0.001	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.022	0	0.057	0.006
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.022	0	0.057	0.006
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.048	0	0.124	0.013
18:2	g	0.048	0	0.124	0.013
18:3	g	0.000	0	0.000	0.000
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.003	0	0.008	0.001
Threonine	g	0.012	0	0.031	0.003
Isoleucine	g	0.012	0	0.031	0.003
Leucine	g	0.017	0	0.044	0.005
Lysine	g	0.015	0	0.039	0.004
Methionine	g	0.003	0	0.008	0.001
Cystine	g	0.006	0	0.016	0.002
Phenylalanine	g	0.009	0	0.023	0.003
Tyrosine	g	0.016	0	0.041	0.004
Valine	g	0.014	0	0.036	0.004
Arginine	g	0.009	0	0.023	0.003
Histidine	g	0.005	0	0.013	0.001
Alanine	g	0.023	0	0.060	0.006
Aspartic acid	g	0.090	0	0.233	0.025
Glutamic acid	g	0.037	0	0.096	0.010
Glycine	g	0.013	0	0.034	0.004
Proline	g	0.025	0	0.065	0.007
Serine	g	0.019	0	0.049	0.005
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 fig with liquid

NDB No. 09093 Figs, canned, extra heavy syrup pack, solids and liquids

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 261g	Measure 2*	Measure 3*
Proximates:							
Water	g	71.39		0	186.33		
Energy	kcal	107		0	279		
Energy	kj	448		0	1169		
Protein (N x 5.95)	g	0.38		0	0.99		
Total lipid (fat)	g	0.10		0	0.26		
Carbohydrate, by difference	g	27.86		0	72.71		
Fiber, total dietary	g						
Ash	g	0.28		0	0.73		
Sugars, total	g						
Minerals:							
Calcium	mg	26		0	68		
Iron	mg	0.28		0	0.73		
Magnesium	mg	10		0	26		
Phosphorus	mg	10		0	26		
Potassium	mg	97		0	253		
Sodium	mg	1		0	3		
Zinc	mg	0.11		0	0.29		
Copper	mg	0.103		0	0.269		
Manganese	mg	0.083		0	0.217		
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	1.0		0	2.6		
Thiamin	mg	0.022		0	0.057		
Riboflavin	mg	0.036		0	0.094		
Niacin	mg	0.419		0	1.094		
Pantothenic acid	mg	0.069		0	0.180		
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	36		0	94		
Vitamin A, RE	µg	4		0	10		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.020		0	0.052		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.001		0	0.003		
15.0	g						
16:0	g	0.015		0	0.039		
17:0	g						
18:0	g	0.004		0	0.010		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.022	0	0.057
14:1	g			
16:1	g			
18:1	g	0.022	0	0.057
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.047	0	0.123
18:2	g	0.047	0	0.123
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.003	0	0.008
Threonine	g	0.012	0	0.031
Isoleucine	g	0.011	0	0.029
Leucine	g	0.016	0	0.042
Lysine	g	0.015	0	0.039
Methionine	g	0.003	0	0.008
Cystine	g	0.006	0	0.016
Phenylalanine	g	0.009	0	0.023
Tyrosine	g	0.016	0	0.042
Valine	g	0.014	0	0.037
Arginine	g	0.009	0	0.023
Histidine	g	0.005	0	0.013
Alanine	g	0.023	0	0.060
Aspartic acid	g	0.088	0	0.230
Glutamic acid	g	0.036	0	0.094
Glycine	g	0.013	0	0.034
Proline	g	0.025	0	0.065
Serine	g	0.019	0	0.050
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 cup

NDB No. 09094 Figs, dried, uncooked

Refuse: 1% Stems

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 199g	Measure 2* 19g	Measure 3*
Proximates:							
Water	g	28.43	0.903	16	56.58	5.40	
Energy	kcal	255		0	507	48	
Energy	kj	1067		0	2123	203	
Protein (N x 5.95)	g	3.05	0.105	37	6.07	0.58	
Total lipid (fat)	g	1.17	0.145	20	2.33	0.22	
Carbohydrate, by difference	g	65.35		0	130.05	12.42	
Fiber, total dietary	g	12.2		0	24.3	2.3	
Ash	g	2.01	0.032	37	4.00	0.38	
Sugars, total	g						
Minerals:							
Calcium	mg	144	5.226	36	287	27	
Iron	mg	2.23	0.161	36	4.44	0.42	
Magnesium	mg	59	3.605	36	117	11	
Phosphorus	mg	68	2.350	36	135	13	
Potassium	mg	712	25.577	28	1417	135	
Sodium	mg	11	0.831	28	22	2	
Zinc	mg	0.51	0.023	21	1.01	0.10	
Copper	mg	0.313	0.023	37	0.623	0.059	
Manganese	mg	0.388	0.030	22	0.772	0.074	
Selenium	µg	1.3		0	2.6	0.2	
Vitamins:							
Ascorbic acid	mg	0.8	0.289	14	1.6	0.2	
Thiamin	mg	0.071	0.006	14	0.141	0.013	
Riboflavin	mg	0.088	0.007	14	0.175	0.017	
Niacin	mg	0.694	0.014	14	1.381	0.132	
Pantothenic acid	mg	0.435		0	0.866	0.083	
Vitamin B-6	mg	0.224		1	0.446	0.043	
Folate	µg	8	1.034	4	15	1	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	133	11.806	14	265	25	
Vitamin A, RE	µg	13	1.181	14	26	2	
Vitamin E, α-TE	mg	0.000		0	0.000	0.000	
Lipids:							
Saturated, total	g	0.234		0	0.466	0.044	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.009		0	0.018	0.002	
15.0	g						
16:0	g	0.178		0	0.354	0.034	
17:0	g						
18:0	g	0.047		0	0.094	0.009	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.258	0	0.513	0.049
14:1	g				
16:1	g	0.001	0	0.002	0.000
18:1	g	0.257	0	0.511	0.049
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.559	0	1.112	0.106
18:2	g	0.559	0	1.112	0.106
18:3	g	0.000	0	0.000	0.000
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.026	0	0.052	0.005
Threonine	g	0.100	0	0.199	0.019
Isoleucine	g	0.093	0	0.185	0.018
Leucine	g	0.133	0	0.265	0.025
Lysine	g	0.122	0	0.243	0.023
Methionine	g	0.025	0	0.050	0.005
Cystine	g	0.050	0	0.100	0.010
Phenylalanine	g	0.074	0	0.147	0.014
Tyrosine	g	0.132	0	0.263	0.025
Valine	g	0.115	0	0.229	0.022
Arginine	g	0.070	0	0.139	0.013
Histidine	g	0.043	0	0.086	0.008
Alanine	g	0.184	0	0.366	0.035
Aspartic acid	g	0.717	0	1.427	0.136
Glutamic acid	g	0.295	0	0.587	0.056
Glycine	g	0.103	0	0.205	0.020
Proline	g	0.201	0	0.400	0.038
Serine	g	0.151	0	0.300	0.029
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 fig

NDB No. 09095 Figs, dried, stewed

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 259g	Measure 2*	Measure 3*
Proximates:							
Water	g	69.80		1	180.78		
Energy	kcal	108		0	280		
Energy	kj	452		0	1171		
Protein (N x 5.95)	g	1.29		0	3.34		
Total lipid (fat)	g	0.49		0	1.27		
Carbohydrate, by difference	g	27.57		0	71.41		
Fiber, total dietary	g	5.1		0	13.2		
Ash	g	0.85		0	2.20		
Sugars, total	g						
Minerals:							
Calcium	mg	61		0	158		
Iron	mg	0.94		0	2.43		
Magnesium	mg	25		0	65		
Phosphorus	mg	29		0	75		
Potassium	mg	301		0	780		
Sodium	mg	5		0	13		
Zinc	mg	0.21		0	0.54		
Copper	mg	0.132		0	0.342		
Manganese	mg	0.164		0	0.425		
Selenium	µg	0.9		0	2.3		
Vitamins:							
Ascorbic acid	mg	4.4	0.820	3	11.4		
Thiamin	mg	0.011	0.003	3	0.028		
Riboflavin	mg	0.110	0.025	3	0.285		
Niacin	mg	0.640	0.047	3	1.658		
Pantothenic acid	mg	0.127	0.009	3	0.329		
Vitamin B-6	mg	0.133	0.005	3	0.344		
Folate	µg	1	0.084	3	3		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	159	4.294	3	412		
Vitamin A, RE	µg	16	0.429	3	41		
Vitamin E, α-TE	mg	0.000		0	0.000		
Lipids:							
Saturated, total	g	0.099		0	0.256		
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		
14:0	g	0.004		0	0.010		
15.0	g						
16:0	g	0.075		0	0.194		
17:0	g						
18:0	g	0.020		0	0.052		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.108	0	0.280
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.108	0	0.280
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.236	0	0.611
18:2	g	0.236	0	0.611
18:3	g	0.000	0	0.000
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.011	0	0.028
Threonine	g	0.042	0	0.109
Isoleucine	g	0.039	0	0.101
Leucine	g	0.056	0	0.145
Lysine	g	0.051	0	0.132
Methionine	g	0.011	0	0.028
Cystine	g	0.021	0	0.054
Phenylalanine	g	0.031	0	0.080
Tyrosine	g	0.056	0	0.145
Valine	g	0.049	0	0.127
Arginine	g	0.030	0	0.078
Histidine	g	0.018	0	0.047
Alanine	g	0.078	0	0.202
Aspartic acid	g	0.303	0	0.785
Glutamic acid	g	0.124	0	0.321
Glycine	g	0.044	0	0.114
Proline	g	0.085	0	0.220
Serine	g	0.064	0	0.166
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 cup

NDB No. 09096 Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, water pack, solids and liquids

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 237g	Measure 2*	Measure 3*
Proximates:							
Water	g	90.76	0.070	37	215.10		
Energy	kcal	32		0	76		
Energy	kj	134		0	318		
Protein (N x 5.95)	g	0.42	0.009	12	1.00		
Total lipid (fat)	g	0.05	0.003	9	0.12		
Carbohydrate, by difference	g	8.51		0	20.17		
Fiber, total dietary	g	1.0		0	2.4		
Ash	g	0.26	0.009	13	0.62		
Sugars, total	g						
Minerals:							
Calcium	mg	5	0.142	10	12		
Iron	mg	0.25	0.028	13	0.59		
Magnesium	mg	7	0.194	10	17		
Phosphorus	mg	11	0.327	10	26		
Potassium	mg	94	2.127	31	223		
Sodium	mg	4	0.348	31	9		
Zinc	mg	0.09		0	0.21		
Copper	mg	0.071		0	0.168		
Manganese	mg	0.150		0	0.356		
Selenium	µg	0.5		0	1.2		
Vitamins:							
Ascorbic acid	mg	2.1	0.116	37	5.0		
Thiamin	mg	0.016	0.001	10	0.038		
Riboflavin	mg	0.011	0.000	10	0.026		
Niacin	mg	0.363	0.022	13	0.860		
Pantothenic acid	mg	0.062		0	0.147		
Vitamin B-6	mg	0.052		0	0.123		
Folate	µg	3		0	6		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	250	16.749	12	593		
Vitamin A, RE	µg	25	1.675	12	59		
Vitamin E, α-TE	mg	0.290		0	0.687		
Lipids:							
Saturated, total	g	0.006		0	0.014		
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		
14:0	g	0.000		0	0.000		
15.0	g						
16:0	g	0.005		0	0.012		
17:0	g						
18:0	g	0.002		0	0.005		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.009	0	0.021
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.009	0	0.021
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.020	0	0.047
18:2	g	0.017	0	0.040
18:3	g	0.002	0	0.005
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 cup

NDB No. 09097 Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 237g	Measure 2*	Measure 3*
Proximates:							
Water	g	87.44	0.100	6	207.23		
Energy	kcal	46		0	109		
Energy	kj	192		0	455		
Protein (N x 5.95)	g	0.46	0.011	7	1.09		
Total lipid (fat)	g	0.01	0.000	6	0.02		
Carbohydrate, by difference	g	11.86		0	28.11		
Fiber, total dietary	g	1.0		0	2.4		
Ash	g	0.23	0.002	6	0.55		
Sugars, total	g						
Minerals:							
Calcium	mg	8	0.294	7	19		
Iron	mg	0.21	0.034	7	0.50		
Magnesium	mg	7	0.162	6	17		
Phosphorus	mg	14	1.278	6	33		
Potassium	mg	95	6.143	6	225		
Sodium	mg	4	0.268	6	9		
Zinc	mg	0.09	0.007	6	0.21		
Copper	mg	0.062	0.004	6	0.147		
Manganese	mg	0.146		0	0.346		
Selenium	µg	0.5		0	1.2		
Vitamins:							
Ascorbic acid	mg	2.7	0.096	7	6.4		
Thiamin	mg	0.012	0.002	3	0.028		
Riboflavin	mg	0.016	0.003	2	0.038		
Niacin	mg	0.403	0.033	3	0.955		
Pantothenic acid	mg	0.062		0	0.147		
Vitamin B-6	mg	0.051		0	0.121		
Folate	µg	3		0	6		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	305	47.608	6	723		
Vitamin A, RE	µg	31	4.761	6	73		
Vitamin E, α-TE	mg	0.200		0	0.474		
Lipids:							
Saturated, total	g	0.001		0	0.002		
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		
14:0	g	0.000		0	0.000		
15.0	g						
16:0	g	0.001		0	0.002		
17:0	g						
18:0	g	0.000		0	0.000		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.002	0	0.005
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.002	0	0.005
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.004	0	0.009
18:2	g	0.004	0	0.009
18:3	g	0.000	0	0.000
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 cup

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	Samples	Measure 1* 123g	Measure 2*	Measure 3*
Proximates:							
Water	g	87.70		1	107.87		
Energy	kcal	45		0	55		
Energy	kj	188		0	231		
Protein (N x 5.95)	g	0.40		0	0.49		
Total lipid (fat)	g	0.07		0	0.09		
Carbohydrate, by difference	g	11.63		0	14.30		
Fiber, total dietary	g	1.1		0	1.4		
Ash	g	0.20		1	0.25		
Sugars, total	g						
Minerals:							
Calcium	mg	8		1	10		
Iron	mg	0.30		1	0.37		
Magnesium	mg	6		1	7		
Phosphorus	mg	12		1	15		
Potassium	mg	104		1	128		
Sodium	mg	4		1	5		
Zinc	mg	0.08		1	0.10		
Copper	mg	0.100		1	0.123		
Manganese	mg	0.147		0	0.181		
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	3.0		1	3.7		
Thiamin	mg	0.030		1	0.037		
Riboflavin	mg	0.010		1	0.012		
Niacin	mg	0.500		1	0.615		
Pantothenic acid	mg	0.062		0	0.076		
Vitamin B-6	mg	0.051		0	0.063		
Folate	µg	3		0	3		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	233		1	287		
Vitamin A, RE	µg	23		1	28		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.010		0	0.012		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g	0.007		0	0.009		
17:0	g						
18:0	g	0.003		0	0.004		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.014	0	0.017
14:1	g			
16:1	g			
18:1	g	0.014	0	0.017
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.031	0	0.038
18:2	g	0.028	0	0.034
18:3	g	0.004	0	0.005
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1/2 cup

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	Samples	Measure 1* 242g	Measure 2*	Measure 3*
Proximates:							
Water	g	84.37		0	204.18		
Energy	kcal	57		0	138		
Energy	kj	238		0	576		
Protein (N x 5.95)	g	0.40		0	0.97		
Total lipid (fat)	g	0.07		0	0.17		
Carbohydrate, by difference	g	14.93		0	36.13		
Fiber, total dietary	g	1.0		0	2.4		
Ash	g	0.23		0	0.56		
Sugars, total	g						
Minerals:							
Calcium	mg	6		0	15		
Iron	mg	0.29		0	0.70		
Magnesium	mg	5		0	12		
Phosphorus	mg	11		0	27		
Potassium	mg	89		0	215		
Sodium	mg	6		0	15		
Zinc	mg	0.09		0	0.22		
Copper	mg	0.070		0	0.169		
Manganese	mg	0.147		0	0.356		
Selenium	µg	0.5		0	1.2		
Vitamins:							
Ascorbic acid	mg	1.9		0	4.6		
Thiamin	mg	0.018		0	0.044		
Riboflavin	mg	0.019		0	0.046		
Niacin	mg	0.380		0	0.920		
Pantothenic acid	mg	0.061		0	0.148		
Vitamin B-6	mg	0.051		0	0.123		
Folate	µg	3		0	7		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	208		0	503		
Vitamin A, RE	µg	21		0	51		
Vitamin E, α-TE	mg	0.290		0	0.702		
Lipids:							
Saturated, total	g	0.010		0	0.024		
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		
14:0	g	0.000		0	0.000		
15.0	g						
16:0	g	0.007		0	0.017		
17:0	g						
18:0	g	0.003		0	0.007		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.014	0	0.034
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.014	0	0.034
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.031	0	0.075
18:2	g	0.027	0	0.065
18:3	g	0.004	0	0.010
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 cup

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	Samples	Measure 1* 248g	Measure 2*	Measure 3*
Proximates:							
Water	g	80.40	0.064	204	199.39		
Energy	kcal	73		0	181		
Energy	kj	305		0	756		
Protein (N x 5.95)	g	0.39	0.004	129	0.97		
Total lipid (fat)	g	0.07	0.003	91	0.17		
Carbohydrate, by difference	g	18.91		0	46.90		
Fiber, total dietary	g	1.0		0	2.5		
Ash	g	0.23	0.002	134	0.57		
Sugars, total	g						
Minerals:							
Calcium	mg	6	0.120	102	15		
Iron	mg	0.29	0.010	160	0.72		
Magnesium	mg	5	0.056	85	12		
Phosphorus	mg	11	0.117	105	27		
Potassium	mg	88	1.261	120	218		
Sodium	mg	6	0.241	140	15		
Zinc	mg	0.08	0.002	47	0.20		
Copper	mg	0.069	0.003	47	0.171		
Manganese	mg	0.144		0	0.357		
Selenium	µg	0.5		0	1.2		
Vitamins:							
Ascorbic acid	mg	1.9	0.038	247	4.7		
Thiamin	mg	0.018	0.000	105	0.045		
Riboflavin	mg	0.019	0.000	108	0.047		
Niacin	mg	0.374	0.013	129	0.928		
Pantothenic acid	mg	0.060	0.003	3	0.149		
Vitamin B-6	mg	0.050		1	0.124		
Folate	µg	3		0	6		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	205	3.270	262	508		
Vitamin A, RE	µg	20	0.327	262	50		
Vitamin E, α-TE	mg	0.290		0	0.719		
Lipids:							
Saturated, total	g	0.010		0	0.025		
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		
14:0	g	0.000		0	0.000		
15.0	g						
16:0	g	0.007		0	0.017		
17:0	g						
18:0	g	0.003		0	0.007		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.013	0	0.032
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.013	0	0.032
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.031	0	0.077
18:2	g	0.027	0	0.067
18:3	g	0.004	0	0.010
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 cup

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	Samples	Measure 1* 260g	Measure 2* 130g	Measure 3*
Proximates:							
Water	g	76.43		0	198.72	99.36	
Energy	kcal	88		0	229	114	
Energy	kj	368		0	957	478	
Protein (N x 5.95)	g	0.39		0	1.01	0.51	
Total lipid (fat)	g	0.07		0	0.18	0.09	
Carbohydrate, by difference	g	22.89		0	59.51	29.76	
Fiber, total dietary	g	1.1		0	2.9	1.4	
Ash	g	0.22		0	0.57	0.29	
Sugars, total	g						
Minerals:							
Calcium	mg	6		0	16	8	
Iron	mg	0.28		0	0.73	0.36	
Magnesium	mg	5		0	13	7	
Phosphorus	mg	11		0	29	14	
Potassium	mg	86		0	224	112	
Sodium	mg	6		0	16	8	
Zinc	mg	0.08		0	0.21	0.10	
Copper	mg	0.067		0	0.174	0.087	
Manganese	mg	0.142		0	0.369	0.185	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	1.9		0	4.9	2.5	
Thiamin	mg	0.018		0	0.047	0.023	
Riboflavin	mg	0.019		0	0.049	0.025	
Niacin	mg	0.368		0	0.957	0.478	
Pantothenic acid	mg	0.059		0	0.153	0.077	
Vitamin B-6	mg	0.049		0	0.127	0.064	
Folate	µg	3		0	7	3	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	201		0	523	261	
Vitamin A, RE	µg	20		0	52	26	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.010		0	0.026	0.013	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g	0.007		0	0.018	0.009	
17:0	g						
18:0	g	0.003		0	0.008	0.004	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.013	0	0.034	0.017
14:1	g				
16:1	g				
18:1	g	0.013	0	0.034	0.017
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.030	0	0.078	0.039
18:2	g	0.027	0	0.070	0.035
18:3	g	0.004	0	0.010	0.005
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1/2 cup

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	Samples	Measure 1* 245g	Measure 2*	Measure 3*
Proximates:							
Water	g	91.50	0.293	16	224.18		
Energy	kcal	30		0	74		
Energy	kj	126		0	309		
Protein (N x 5.95)	g	0.35		0	0.86		
Total lipid (fat)	g	0.07		0	0.17		
Carbohydrate, by difference	g	7.87		0	19.28		
Fiber, total dietary	g	1.0		0	2.5		
Ash	g	0.22		0	0.54		
Sugars, total	g						
Minerals:							
Calcium	mg	7		0	17		
Iron	mg	0.30		0	0.74		
Magnesium	mg	5		0	12		
Phosphorus	mg	9		0	22		
Potassium	mg	78	3.476	11	191		
Sodium	mg	3	0.158	10	7		
Zinc	mg	0.08		0	0.20		
Copper	mg	0.067		0	0.164		
Manganese	mg	0.151		0	0.370		
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	1.9	0.121	17	4.7		
Thiamin	mg	0.015		0	0.037		
Riboflavin	mg	0.021		0	0.051		
Niacin	mg	0.374		0	0.916		
Pantothenic acid	mg	0.053		0	0.130		
Vitamin B-6	mg	0.032		0	0.078		
Folate	µg	3		0	6		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	440		0	1078		
Vitamin A, RE	µg	44		0	108		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.009		0	0.022		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g	0.007		0	0.017		
17:0	g						
18:0	g	0.003		0	0.007		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.013	0	0.032
14:1	g			
16:1	g			
18:1	g	0.013	0	0.032
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.028	0	0.069
18:2	g	0.025	0	0.061
18:3	g	0.003	0	0.007
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 cup

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	Samples	Measure 1* 249g	Measure 2*	Measure 3*
Proximates:							
Water	g	86.15	0.187	7	214.51		
Energy	kcal	50		0	125		
Energy	kj	209		0	520		
Protein (N x 5.95)	g	0.51	0.015	7	1.27		
Total lipid (fat)	g	0.03	0.008	7	0.07		
Carbohydrate, by difference	g	13.05		0	32.49		
Fiber, total dietary	g	1.0		0	2.5		
Ash	g	0.26	0.008	7	0.65		
Sugars, total	g						
Minerals:							
Calcium	mg	11	0.383	7	27		
Iron	mg	0.25	0.086	7	0.62		
Magnesium	mg	8	0.191	6	20		
Phosphorus	mg	14	1.518	6	35		
Potassium	mg	116	6.927	7	289		
Sodium	mg	5	0.317	7	12		
Zinc	mg	0.14	0.034	6	0.35		
Copper	mg	0.050	0.005	6	0.125		
Manganese	mg	0.151		0	0.376		
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	3.3	0.224	7	8.2		
Thiamin	mg	0.011	0.001	4	0.027		
Riboflavin	mg	0.014	0.006	2	0.035		
Niacin	mg	0.356	0.050	3	0.886		
Pantothenic acid	mg	0.053		0	0.132		
Vitamin B-6	mg	0.027		0	0.067		
Folate	µg	3		0	6		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	600	42.171	6	1494		
Vitamin A, RE	µg	60	4.217	6	149		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.004		0	0.010		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g	0.003		0	0.007		
17:0	g						
18:0	g	0.001		0	0.002		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.005	0	0.012
14:1	g			
16:1	g			
18:1	g	0.005	0	0.012
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.011	0	0.027
18:2	g	0.010	0	0.025
18:3	g	0.001	0	0.002
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 cup

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	Samples	Measure 1* 252g	Measure 2*	Measure 3*
Proximates:							
Water	g	84.24		0	212.28		
Energy	kcal	58		0	146		
Energy	kj	243		0	612		
Protein (N x 5.95)	g	0.34		0	0.86		
Total lipid (fat)	g	0.07		0	0.18		
Carbohydrate, by difference	g	15.14		0	38.15		
Fiber, total dietary	g	1.0		0	2.5		
Ash	g	0.21		0	0.53		
Sugars, total	g						
Minerals:							
Calcium	mg	7		0	18		
Iron	mg	0.29		0	0.73		
Magnesium	mg	5		0	13		
Phosphorus	mg	9		0	23		
Potassium	mg	82		0	207		
Sodium	mg	6		0	15		
Zinc	mg	0.07		0	0.18		
Copper	mg	0.065		0	0.164		
Manganese	mg	0.148		0	0.373		
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	2.5		0	6.3		
Thiamin	mg	0.014		0	0.035		
Riboflavin	mg	0.020		0	0.050		
Niacin	mg	0.365		0	0.920		
Pantothenic acid	mg	0.053		0	0.134		
Vitamin B-6	mg	0.032		0	0.081		
Folate	µg	3		0	7		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	429		0	1081		
Vitamin A, RE	µg	43		0	108		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.009		0	0.023		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g	0.006		1	0.015		
17:0	g						
18:0	g	0.002		1	0.005		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.012	0	0.030
14:1	g			
16:1	g			
18:1	g	0.012	1	0.030
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.028	0	0.071
18:2	g	0.024	1	0.060
18:3	g	0.003	1	0.008
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 cup

NDB No. 09105 Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, heavy syrup, solids and liquids

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 255g	Measure 2*	Measure 3*
Proximates:							
Water	g	80.26	0.079	97	204.66		
Energy	kcal	73		0	186		
Energy	kj	305		0	778		
Protein (N x 5.95)	g	0.34	0.006	83	0.87		
Total lipid (fat)	g	0.07	0.003	74	0.18		
Carbohydrate, by difference	g	19.11		0	48.73		
Fiber, total dietary	g	1.0		0	2.5		
Ash	g	0.21	0.003	87	0.54		
Sugars, total	g						
Minerals:							
Calcium	mg	6	0.100	92	15		
Iron	mg	0.28	0.013	92	0.71		
Magnesium	mg	5	0.073	69	13		
Phosphorus	mg	9	0.131	83	23		
Potassium	mg	80	1.513	66	204		
Sodium	mg	6	0.270	89	15		
Zinc	mg	0.07	0.003	29	0.18		
Copper	mg	0.064	0.004	29	0.163		
Manganese	mg	0.145		0	0.370		
Selenium	µg	0.5		0	1.3		
Vitamins:							
Ascorbic acid	mg	2.4	0.049	137	6.1		
Thiamin	mg	0.015	0.000	74	0.038		
Riboflavin	mg	0.021	0.001	74	0.054		
Niacin	mg	0.347	0.017	83	0.885		
Pantothenic acid	mg	0.053		0	0.135		
Vitamin B-6	mg	0.032		0	0.082		
Folate	µg	3		0	6		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	504	16.855	158	1285		
Vitamin A, RE	µg	50	1.686	158	128		
Vitamin E, α-TE	mg	0.460		0	1.173		
Lipids:							
Saturated, total	g	0.010		0	0.026		
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		
14:0	g	0.000		0	0.000		
15.0	g						
16:0	g	0.007		0	0.018		
17:0	g						
18:0	g	0.003		0	0.008		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.014	0	0.036
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.014	0	0.036
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.031	0	0.079
18:2	g	0.028	0	0.071
18:3	g	0.004	0	0.010
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 cup

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	Samples	Measure 1* 259g	Measure 2*	Measure 3*
Proximates:							
Water	g	76.64	0.380	10	198.50		
Energy	kcal	88		0	228		
Energy	kj	368		0	953		
Protein (N x 5.95)	g	0.33		0	0.85		
Total lipid (fat)	g	0.06		0	0.16		
Carbohydrate, by difference	g	22.77		0	58.97		
Fiber, total dietary	g	1.0		0	2.6		
Ash	g	0.21		0	0.54		
Sugars, total	g						
Minerals:							
Calcium	mg	6		0	16		
Iron	mg	0.28		0	0.73		
Magnesium	mg	5		0	13		
Phosphorus	mg	9		0	23		
Potassium	mg	80		0	207		
Sodium	mg	5		0	13		
Zinc	mg	0.07		0	0.18		
Copper	mg	0.063		0	0.163		
Manganese	mg	0.143		0	0.370		
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	2.1	0.100	10	5.4		
Thiamin	mg	0.014		0	0.036		
Riboflavin	mg	0.020		0	0.052		
Niacin	mg	0.353		0	0.914		
Pantothenic acid	mg	0.053		0	0.137		
Vitamin B-6	mg	0.032		0	0.083		
Folate	µg	3		0	6		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	637	22.808	5	1650		
Vitamin A, RE	µg	64	2.281	5	166		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.009		0	0.023		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g	0.006		0	0.016		
17:0	g						
18:0	g	0.002		0	0.005		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.012	0	0.031
14:1	g			
16:1	g			
18:1	g	0.012	0	0.031
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.027	0	0.070
18:2	g	0.024	0	0.062
18:3	g	0.003	0	0.008
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 cup

NDB No. 09107 Gooseberries, raw

Ribes spp.

Refuse: 0% No info available- assumed no refuse

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 150g	Measure 2*	Measure 3*
Proximates:							
Water	g	87.87	0.376	15	131.81		
Energy	kcal	44		0	66		
Energy	kj	184		0	276		
Protein (N x 5.95)	g	0.88	0.150	2	1.32		
Total lipid (fat)	g	0.58		1	0.87		
Carbohydrate, by difference	g	10.18		0	15.27		
Fiber, total dietary	g	4.3		0	6.5		
Ash	g	0.49	0.035	5	0.74		
Sugars, total	g						
Minerals:							
Calcium	mg	25	2.966	5	38		
Iron	mg	0.31	0.028	5	0.47		
Magnesium	mg	10	1.382	4	15		
Phosphorus	mg	27	1.589	5	41		
Potassium	mg	198	12.360	6	297		
Sodium	mg	1		1	2		
Zinc	mg	0.12	0.003	3	0.18		
Copper	mg	0.070	0.008	5	0.105		
Manganese	mg	0.144	0.010	4	0.216		
Selenium	µg	0.6		0	0.9		
Vitamins:							
Ascorbic acid	mg	27.7	1.380	11	41.5		
Thiamin	mg	0.040		0	0.060		
Riboflavin	mg	0.030		0	0.045		
Niacin	mg	0.300		0	0.450		
Pantothenic acid	mg	0.286		0	0.429		
Vitamin B-6	mg	0.080		1	0.120		
Folate	µg	6		0	9		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	290		0	435		
Vitamin A, RE	µg	29		0	44		
Vitamin E, α-TE	mg	0.370		0	0.555		
Lipids:							
Saturated, total	g	0.038		0	0.057		
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		
14:0	g	0.000		0	0.000		
15.0	g						
16:0	g	0.019		0	0.029		
17:0	g						
18:0	g	0.013		0	0.020		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.051	0	0.077
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.051	0	0.077
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.317	0	0.476
18:2	g	0.271	0	0.407
18:3	g	0.046	0	0.069
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 cup

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	Samples	Measure 1* 252g	Measure 2*	Measure 3*
Proximates:							
Water	g	80.10	0.510	3	201.85		
Energy	kcal	73		0	184		
Energy	kj	305		0	769		
Protein (N x 5.95)	g	0.65	0.061	3	1.64		
Total lipid (fat)	g	0.20	0.061	3	0.50		
Carbohydrate, by difference	g	18.75		0	47.25		
Fiber, total dietary	g	2.4		0	6.0		
Ash	g	0.29	0.012	3	0.73		
Sugars, total	g						
Minerals:							
Calcium	mg	16	1.517	3	40		
Iron	mg	0.33	0.024	3	0.83		
Magnesium	mg	6	0.120	3	15		
Phosphorus	mg	7	0.700	3	18		
Potassium	mg	77	2.082	3	194		
Sodium	mg	2	0.333	3	5		
Zinc	mg	0.11	0.010	3	0.28		
Copper	mg	0.217	0.028	3	0.547		
Manganese	mg	0.177	0.013	3	0.446		
Selenium	µg	0.4		0	1.0		
Vitamins:							
Ascorbic acid	mg	10.0	0.557	3	25.2		
Thiamin	mg	0.020	0.000	3	0.050		
Riboflavin	mg	0.053	0.003	3	0.134		
Niacin	mg	0.153	0.043	3	0.386		
Pantothenic acid	mg	0.138	0.003	3	0.348		
Vitamin B-6	mg	0.012	0.001	3	0.030		
Folate	µg	3	0.058	3	8		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	138	0.000	3	348		
Vitamin A, RE	µg	14	0.000	3	35		
Vitamin E, α-TE	mg	0.370		0	0.932		
Lipids:							
Saturated, total	g	0.013		0	0.033		
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		
14:0	g	0.000		0	0.000		
15.0	g						
16:0	g	0.007		0	0.018		
17:0	g						
18:0	g	0.004		0	0.010		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.018	0	0.045
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.018	0	0.045
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.110	0	0.277
18:2	g	0.094	0	0.237
18:3	g	0.016	0	0.040
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 cup

NDB No. 09111 Grapefruit, raw, pink and red and white, all areas

Citrus paradisi

Refuse: 50% Peel, seeds, core, and membrane

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 230g	Measure 2* 166g	Measure 3* 128g
Proximates:							
Water	g	90.89	0.048	56	209.05	150.88	116.34
Energy	kcal	32		0	74	53	41
Energy	kj	134		0	308	222	172
Protein (N x 5.95)	g	0.63	0.009	51	1.45	1.05	0.81
Total lipid (fat)	g	0.10		0	0.23	0.17	0.13
Carbohydrate, by difference	g	8.08		0	18.58	13.41	10.34
Fiber, total dietary	g	1.1		0	2.5	1.8	1.4
Ash	g	0.31	0.005	49	0.71	0.51	0.40
Sugars, total	g						
Minerals:							
Calcium	mg	12	0.265	49	28	20	15
Iron	mg	0.09	0.004	35	0.21	0.15	0.12
Magnesium	mg	8	0.313	97	18	13	10
Phosphorus	mg	8	0.376	50	18	13	10
Potassium	mg	139	2.089	73	320	231	178
Sodium	mg	0	0.028	36	0	0	0
Zinc	mg	0.07		1	0.16	0.12	0.09
Copper	mg	0.047	0.002	49	0.108	0.078	0.060
Manganese	mg	0.012	0.001	48	0.028	0.020	0.015
Selenium	µg	1.4	0.315	5	3.2	2.3	1.8
Vitamins:							
Ascorbic acid	mg	34.4	0.710	49	79.1	57.1	44.0
Thiamin	mg	0.036	0.001	49	0.083	0.060	0.046
Riboflavin	mg	0.020		0	0.046	0.033	0.026
Niacin	mg	0.250	0.007	49	0.575	0.415	0.320
Pantothenic acid	mg	0.283		0	0.651	0.470	0.362
Vitamin B-6	mg	0.042	0.002	33	0.097	0.070	0.054
Folate	µg	10	0.753	52	23	17	13
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	124		0	285	206	159
Vitamin A, RE	µg	12		0	28	20	15
Vitamin E, α-TE	mg	0.250		0	0.575	0.415	0.320
Lipids:							
Saturated, total	g	0.014		0	0.032	0.023	0.018
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.000		0	0.000	0.000	0.000
15.0	g						
16:0	g	0.012		0	0.028	0.020	0.015
17:0	g						
18:0	g	0.001		0	0.002	0.002	0.001
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.013	0	0.030	0.022	0.017
14:1	g					
16:1	g	0.001	0	0.002	0.002	0.001
18:1	g	0.012	0	0.028	0.020	0.015
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.024	0	0.055	0.040	0.031
18:2	g	0.019	0	0.044	0.032	0.024
18:3	g	0.005	0	0.012	0.008	0.006
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.002	5	0.005	0.003	0.003
Threonine	g					
Isoleucine	g					
Leucine	g					
Lysine	g	0.016	5	0.037	0.027	0.020
Methionine	g	0.002	4	0.005	0.003	0.003
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					
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup sections with juice
Measure 2: 1/2 large (approx 4-1/2" dia)
Measure 3: 1/2 medium (approx 4" dia)

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	Samples	Measure 1* 230g	Measure 2* 123g	Measure 3*
Proximates:							
Water	g	91.38	0.059	22	210.17	112.40	
Energy	kcal	30		0	69	37	
Energy	kj	126		0	290	155	
Protein (N x 5.95)	g	0.55	0.011	16	1.27	0.68	
Total lipid (fat)	g	0.10		0	0.23	0.12	
Carbohydrate, by difference	g	7.68		0	17.66	9.45	
Fiber, total dietary	g						
Ash	g	0.29	0.005	16	0.67	0.36	
Sugars, total	g						
Minerals:							
Calcium	mg	11	0.437	22	25	14	
Iron	mg	0.12	0.009	3	0.28	0.15	
Magnesium	mg	8	0.575	38	18	10	
Phosphorus	mg	9	0.725	16	21	11	
Potassium	mg	129	3.909	30	297	159	
Sodium	mg	0	0.049	17	0	0	
Zinc	mg	0.07		0	0.16	0.09	
Copper	mg	0.044	0.003	16	0.101	0.054	
Manganese	mg	0.010	0.001	16	0.023	0.012	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	38.1	1.084	22	87.6	46.9	
Thiamin	mg	0.034	0.001	22	0.078	0.042	
Riboflavin	mg	0.020		0	0.046	0.025	
Niacin	mg	0.191	0.008	22	0.439	0.235	
Pantothenic acid	mg	0.283		0	0.651	0.348	
Vitamin B-6	mg	0.042	0.004	14	0.097	0.052	
Folate	µg	12	0.780	22	28	15	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	259		0	596	319	
Vitamin A, RE	µg	26		0	60	32	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.014		0	0.032	0.017	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g	0.012		0	0.028	0.015	
17:0	g						
18:0	g	0.001		0	0.002	0.001	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.013	0	0.030	0.016
14:1	g				
16:1	g	0.001	0	0.002	0.001
18:1	g	0.012	0	0.028	0.015
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.024	0	0.055	0.030
18:2	g	0.019	0	0.044	0.023
18:3	g	0.005	0	0.012	0.006
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.002	0	0.005	0.002
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g	0.014	0	0.032	0.017
Methionine	g	0.002	0	0.005	0.002
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup sections with juice
Measure 2: 1/2 fruit, (3-3/4" dia, sphere)

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	Samples	Measure 1* 230g	Measure 2* 123g	Measure 3*
Proximates:							
Water	g	89.31	0.330	6	205.41	109.85	
Energy	kcal	37		0	85	46	
Energy	kj	155		0	357	191	
Protein (N x 5.95)	g	0.50		0	1.15	0.62	
Total lipid (fat)	g	0.10		0	0.23	0.12	
Carbohydrate, by difference	g	9.69		0	22.29	11.92	
Fiber, total dietary	g						
Ash	g	0.40		0	0.92	0.49	
Sugars, total	g						
Minerals:							
Calcium	mg	11	0.437	22	25	14	
Iron	mg	0.08		0	0.18	0.10	
Magnesium	mg	9	0.229	22	21	11	
Phosphorus	mg	12		0	28	15	
Potassium	mg	147	2.626	22	338	181	
Sodium	mg	1	0.101	9	2	1	
Zinc	mg	0.07		0	0.16	0.09	
Copper	mg	0.032		0	0.074	0.039	
Manganese	mg	0.020		0	0.046	0.025	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	38.1	1.084	22	87.6	46.9	
Thiamin	mg	0.034	0.001	22	0.078	0.042	
Riboflavin	mg	0.020		0	0.046	0.025	
Niacin	mg	0.191	0.008	22	0.439	0.235	
Pantothenic acid	mg	0.283		0	0.651	0.348	
Vitamin B-6	mg	0.042	0.004	14	0.097	0.052	
Folate	µg	12	0.780	22	28	15	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	259		0	596	319	
Vitamin A, RE	µg	26		0	60	32	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.014		0	0.032	0.017	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g	0.012		0	0.028	0.015	
17:0	g						
18:0	g	0.001		0	0.002	0.001	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.013	0	0.030	0.016
14:1	g				
16:1	g	0.001	0	0.002	0.001
18:1	g	0.012	0	0.028	0.015
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.024	0	0.055	0.030
18:2	g	0.019	0	0.044	0.023
18:3	g	0.005	0	0.012	0.006
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.002	0	0.005	0.002
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g	0.013	0	0.030	0.016
Methionine	g	0.002	0	0.005	0.002
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup sections with juice
Measure 2: 1/2 fruit, (3-3/4" dia, sphere)

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	Samples	Measure 1* 230g	Measure 2* 123g	Measure 3*
Proximates:							
Water	g	91.56	0.057	16	210.59	112.62	
Energy	kcal	30		0	69	37	
Energy	kj	126		0	290	155	
Protein (N x 5.95)	g	0.55	0.011	16	1.27	0.68	
Total lipid (fat)	g	0.10		0	0.23	0.12	
Carbohydrate, by difference	g	7.50		0	17.25	9.22	
Fiber, total dietary	g	1.1		0	2.5	1.4	
Ash	g	0.29	0.005	16	0.67	0.36	
Sugars, total	g						
Minerals:							
Calcium	mg	15		0	35	18	
Iron	mg	0.12	0.009	3	0.28	0.15	
Magnesium	mg	8	0.625	16	18	10	
Phosphorus	mg	9	0.725	16	21	11	
Potassium	mg	127	4.243	8	292	156	
Sodium	mg	0	0.052	8	0	0	
Zinc	mg	0.07		0	0.16	0.09	
Copper	mg	0.044	0.003	16	0.101	0.054	
Manganese	mg	0.010	0.001	16	0.023	0.012	
Selenium	µg	1.4	0.315	5	3.2	1.7	
Vitamins:							
Ascorbic acid	mg	37.0		0	85.1	45.5	
Thiamin	mg	0.040		0	0.092	0.049	
Riboflavin	mg	0.020		0	0.046	0.025	
Niacin	mg	0.200		0	0.460	0.246	
Pantothenic acid	mg	0.283		0	0.651	0.348	
Vitamin B-6	mg	0.042		0	0.097	0.052	
Folate	µg	9		0	22	12	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	259	78.263	6	596	319	
Vitamin A, RE	µg	26	7.826	6	60	32	
Vitamin E, α-TE	mg	0.250		0	0.575	0.308	
Lipids:							
Saturated, total	g	0.014		0	0.032	0.017	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.012		0	0.028	0.015	
17:0	g						
18:0	g	0.001		0	0.002	0.001	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.013	0	0.030	0.016
14:1	g				
16:1	g	0.001	0	0.002	0.001
18:1	g	0.012	0	0.028	0.015
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.024	0	0.055	0.030
18:2	g	0.019	0	0.044	0.023
18:3	g	0.005	0	0.012	0.006
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.002	0	0.005	0.002
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g	0.014	0	0.032	0.017
Methionine	g	0.002	0	0.005	0.002
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup sections with juice
Measure 2: 1/2 fruit, (3-3/4" dia, sphere)

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

Citrus paradisi

Refuse: 51% Peel, seeds, core, and membrane

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 230g	Measure 2* 118g	Measure 3*
Proximates:							
Water	g	90.48	0.072	34	208.10	106.77	
Energy	kcal	33		0	76	39	
Energy	kj	138		0	317	163	
Protein (N x 5.95)	g	0.69	0.014	35	1.59	0.81	
Total lipid (fat)	g	0.10		0	0.23	0.12	
Carbohydrate, by difference	g	8.41		0	19.34	9.92	
Fiber, total dietary	g	1.1		0	2.5	1.3	
Ash	g	0.33	0.008	33	0.76	0.39	
Sugars, total	g						
Minerals:							
Calcium	mg	12	0.320	27	28	14	
Iron	mg	0.06	0.004	32	0.14	0.07	
Magnesium	mg	9	0.314	59	21	11	
Phosphorus	mg	8	0.358	34	18	9	
Potassium	mg	148	2.010	43	340	175	
Sodium	mg	0	0.032	19	0	0	
Zinc	mg	0.07		1	0.16	0.08	
Copper	mg	0.050	0.003	33	0.115	0.059	
Manganese	mg	0.013	0.001	32	0.030	0.015	
Selenium	µg	1.4	0.315	5	3.2	1.7	
Vitamins:							
Ascorbic acid	mg	33.3	0.867	27	76.6	39.3	
Thiamin	mg	0.037	0.002	27	0.085	0.044	
Riboflavin	mg	0.020		0	0.046	0.024	
Niacin	mg	0.269	0.009	27	0.619	0.317	
Pantothenic acid	mg	0.283		0	0.651	0.334	
Vitamin B-6	mg	0.043	0.002	19	0.099	0.051	
Folate	µg	10	0.807	30	23	12	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	10		0	23	12	
Vitamin A, RE	µg	1		0	2	1	
Vitamin E, α-TE	mg	0.250		0	0.575	0.295	
Lipids:							
Saturated, total	g	0.014		0	0.032	0.017	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.012		0	0.028	0.014	
17:0	g						
18:0	g	0.001		0	0.002	0.001	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.013	0	0.030	0.015
14:1	g				
16:1	g	0.001	0	0.002	0.001
18:1	g	0.012	0	0.028	0.014
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.024	0	0.055	0.028
18:2	g	0.019	0	0.044	0.022
18:3	g	0.005	0	0.012	0.006
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg	17	0	39	20
Amino acids:					
Tryptophan	g	0.002	0	0.005	0.002
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g	0.018	0	0.041	0.021
Methionine	g	0.002	0	0.005	0.002
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup sections with juice
Measure 2: 1/2 fruit, (3-3/4" dia, sphere)

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	Samples	Measure 1* 230g	Measure 2* 118g	Measure 3*
Proximates:							
Water	g	89.58	0.265	18	206.03	105.70	
Energy	kcal	37		0	85	44	
Energy	kj	155		0	357	183	
Protein (N x 5.95)	g	0.88	0.024	19	2.02	1.04	
Total lipid (fat)	g	0.10		0	0.23	0.12	
Carbohydrate, by difference	g	9.09		0	20.91	10.73	
Fiber, total dietary	g						
Ash	g	0.35	0.010	17	0.81	0.41	
Sugars, total	g						
Minerals:							
Calcium	mg	12	0.320	27	28	14	
Iron	mg	0.08	0.010	16	0.18	0.09	
Magnesium	mg	9	0.328	43	21	11	
Phosphorus	mg	12	0.784	18	28	14	
Potassium	mg	143	2.954	35	329	169	
Sodium	mg	0	0.047	11	0	0	
Zinc	mg	0.07		1	0.16	0.08	
Copper	mg	0.032	0.003	17	0.074	0.038	
Manganese	mg	0.020	0.003	16	0.046	0.024	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	33.3	0.867	27	76.6	39.3	
Thiamin	mg	0.037	0.002	27	0.085	0.044	
Riboflavin	mg	0.020		0	0.046	0.024	
Niacin	mg	0.269	0.009	27	0.619	0.317	
Pantothenic acid	mg	0.283		0	0.651	0.334	
Vitamin B-6	mg	0.043	0.002	19	0.099	0.051	
Folate	µg	12	0.494	27	27	14	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	10		0	23	12	
Vitamin A, RE	µg	1		0	2	1	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.014		0	0.032	0.017	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g	0.012		0	0.028	0.014	
17:0	g						
18:0	g	0.001		0	0.002	0.001	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.013	0	0.030	0.015
14:1	g				
16:1	g	0.001	0	0.002	0.001
18:1	g	0.012	0	0.028	0.014
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.024	0	0.055	0.028
18:2	g	0.019	0	0.044	0.022
18:3	g	0.005	0	0.012	0.006
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.003	0	0.007	0.004
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g	0.023	0	0.053	0.027
Methionine	g	0.003	0	0.007	0.004
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup sections with juice
Measure 2: 1/2 fruit, (3-3/4" dia, sphere)

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	Samples	Measure 1* 230g	Measure 2* 118g	Measure 3*
Proximates:							
Water	g	90.76	0.045	16	208.75	107.10	
Energy	kcal	32		0	74	38	
Energy	kj	134		0	308	158	
Protein (N x 5.95)	g	0.63	0.017	16	1.45	0.74	
Total lipid (fat)	g	0.10		0	0.23	0.12	
Carbohydrate, by difference	g	8.19		0	18.84	9.66	
Fiber, total dietary	g						
Ash	g	0.32	0.010	16	0.74	0.38	
Sugars, total	g						
Minerals:							
Calcium	mg	15		0	35	18	
Iron	mg	0.05	0.004	16	0.12	0.06	
Magnesium	mg	9	0.400	16	21	11	
Phosphorus	mg	7	0.400	16	16	8	
Potassium	mg	150	2.475	8	345	177	
Sodium	mg	0	0.039	8	0	0	
Zinc	mg	0.07		0	0.16	0.08	
Copper	mg	0.056	0.004	16	0.129	0.066	
Manganese	mg	0.011	0.001	16	0.025	0.013	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	37.0		0	85.1	43.7	
Thiamin	mg	0.040		0	0.092	0.047	
Riboflavin	mg	0.020		0	0.046	0.024	
Niacin	mg	0.200		0	0.460	0.236	
Pantothenic acid	mg	0.283		0	0.651	0.334	
Vitamin B-6	mg	0.043		0	0.099	0.051	
Folate	µg	9	1.051	3	22	11	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	10		0	23	12	
Vitamin A, RE	µg	1		0	2	1	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.014		0	0.032	0.017	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g	0.012		0	0.028	0.014	
17:0	g						
18:0	g	0.001		0	0.002	0.001	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.013	0	0.030	0.015
14:1	g				
16:1	g	0.001	0	0.002	0.001
18:1	g	0.012	0	0.028	0.014
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.024	0	0.055	0.028
18:2	g	0.019	0	0.044	0.022
18:3	g	0.005	0	0.012	0.006
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.002	0	0.005	0.002
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g	0.016	0	0.037	0.019
Methionine	g	0.002	0	0.005	0.002
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup sections with juice
Measure 2: 1/2 fruit, (3-3/4" dia, sphere)

NDB No. 09119 Grapefruit, sections, canned, water pack, solids and liquids

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 244g	Measure 2*	Measure 3*
Proximates:							
Water	g	89.85		0	219.23		
Energy	kcal	36		0	88		
Energy	kj	151		0	368		
Protein (N x 5.95)	g	0.58		0	1.42		
Total lipid (fat)	g	0.10		0	0.24		
Carbohydrate, by difference	g	9.15		0	22.33		
Fiber, total dietary	g	0.4		0	1.0		
Ash	g	0.32		0	0.78		
Sugars, total	g						
Minerals:							
Calcium	mg	15		0	37		
Iron	mg	0.41		0	1.00		
Magnesium	mg	10		0	24		
Phosphorus	mg	10		0	24		
Potassium	mg	132		0	322		
Sodium	mg	2		0	5		
Zinc	mg	0.09		0	0.22		
Copper	mg	0.067		0	0.163		
Manganese	mg	0.007		0	0.017		
Selenium	µg	0.9		0	2.2		
Vitamins:							
Ascorbic acid	mg	21.8		0	53.2		
Thiamin	mg	0.039		0	0.095		
Riboflavin	mg	0.021		0	0.051		
Niacin	mg	0.249		0	0.608		
Pantothenic acid	mg	0.120		0	0.293		
Vitamin B-6	mg	0.020		0	0.049		
Folate	µg	9		0	21		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg	0		0	0		
Vitamin E, α-TE	mg	0.250		0	0.610		
Lipids:							
Saturated, total	g	0.014		0	0.034		
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		
14:0	g	0.000		0	0.000		
15.0	g						
16:0	g	0.013		0	0.032		
17:0	g						
18:0	g	0.001		0	0.002		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.014	0	0.034
14:1	g			
16:1	g	0.001	0	0.002
18:1	g	0.012	0	0.029
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.024	0	0.059
18:2	g	0.019	0	0.046
18:3	g	0.005	0	0.012
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.002	0	0.005
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g	0.015	0	0.037
Methionine	g	0.002	0	0.005
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 cup

NDB No. 09120 Grapefruit, sections, canned, juice pack, solids and liquids

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 249g	Measure 2*	Measure 3*
Proximates:							
Water	g	89.67	0.301	5	223.28		
Energy	kcal	37		0	92		
Energy	kj	155		0	386		
Protein (N x 5.95)	g	0.70	0.036	13	1.74		
Total lipid (fat)	g	0.09	0.016	14	0.22		
Carbohydrate, by difference	g	9.21		0	22.93		
Fiber, total dietary	g	0.4		0	1.0		
Ash	g	0.34	0.017	5	0.85		
Sugars, total	g						
Minerals:							
Calcium	mg	15	0.575	14	37		
Iron	mg	0.21	0.053	5	0.52		
Magnesium	mg	11	0.249	13	27		
Phosphorus	mg	12	0.737	14	30		
Potassium	mg	169	7.215	14	421		
Sodium	mg	7	0.666	13	17		
Zinc	mg	0.08	0.011	4	0.20		
Copper	mg	0.037	0.004	4	0.092		
Manganese	mg	0.007		0	0.017		
Selenium	µg	0.9		0	2.2		
Vitamins:							
Ascorbic acid	mg	33.9	1.761	5	84.4		
Thiamin	mg	0.029	0.003	4	0.072		
Riboflavin	mg	0.018	0.002	3	0.045		
Niacin	mg	0.249		0	0.620		
Pantothenic acid	mg	0.120		0	0.299		
Vitamin B-6	mg	0.020		0	0.050		
Folate	µg	9		0	22		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg	0		0	0		
Vitamin E, α-TE	mg	0.250		0	0.623		
Lipids:							
Saturated, total	g	0.012		0	0.030		
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		
14:0	g	0.000		0	0.000		
15.0	g						
16:0	g	0.011		0	0.027		
17:0	g						
18:0	g	0.001		0	0.002		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.012	0	0.030
14:1	g			
16:1	g	0.001	0	0.002
18:1	g	0.010	0	0.025
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.021	0	0.052
18:2	g	0.017	0	0.042
18:3	g	0.004	0	0.010
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.002	0	0.005
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g	0.018	0	0.045
Methionine	g	0.002	0	0.005
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 cup

NDB No. 09121 Grapefruit, sections, canned, light syrup pack, solids and liquids

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 254g	Measure 2*	Measure 3*
Proximates:							
Water	g	83.59	0.210	14	212.32		
Energy	kcal	60		0	152		
Energy	kj	251		0	638		
Protein (N x 5.95)	g	0.56	0.020	14	1.42		
Total lipid (fat)	g	0.10	0.000	14	0.25		
Carbohydrate, by difference	g	15.44		0	39.22		
Fiber, total dietary	g	0.4		0	1.0		
Ash	g	0.31	0.007	14	0.79		
Sugars, total	g						
Minerals:							
Calcium	mg	14	1.012	14	36		
Iron	mg	0.40	0.030	14	1.02		
Magnesium	mg	10	0.378	14	25		
Phosphorus	mg	10	0.257	14	25		
Potassium	mg	129	2.456	14	328		
Sodium	mg	2	0.194	14	5		
Zinc	mg	0.08	0.003	14	0.20		
Copper	mg	0.066	0.005	14	0.168		
Manganese	mg	0.007		0	0.018		
Selenium	µg	0.9		0	2.3		
Vitamins:							
Ascorbic acid	mg	21.3	0.549	14	54.1		
Thiamin	mg	0.038	0.001	14	0.097		
Riboflavin	mg	0.020	0.000	14	0.051		
Niacin	mg	0.243	0.014	14	0.617		
Pantothenic acid	mg	0.120		0	0.305		
Vitamin B-6	mg	0.020		0	0.051		
Folate	µg	9	2.588	3	22		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	0		1	0		
Vitamin A, RE	µg	0		1	0		
Vitamin E, α-TE	mg	0.250		0	0.635		
Lipids:							
Saturated, total	g	0.014		0	0.036		
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		
14:0	g	0.000		0	0.000		
15.0	g						
16:0	g	0.012		0	0.030		
17:0	g						
18:0	g	0.001		0	0.003		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.013	0	0.033
14:1	g			
16:1	g	0.001	0	0.003
18:1	g	0.012	0	0.030
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.024	0	0.061
18:2	g	0.019	0	0.048
18:3	g	0.005	0	0.013
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.002	0	0.005
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g	0.014	0	0.036
Methionine	g	0.002	0	0.005
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 cup

NDB No. 09123 Grapefruit juice, canned, unsweetened

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 247g	Measure 2* 31g	Measure 3*
Proximates:							
Water	g	90.10	0.250	17	222.55	27.84	
Energy	kcal	38		0	94	12	
Energy	kj	159		0	393	49	
Protein (N x 5.95)	g	0.52	0.010	19	1.28	0.16	
Total lipid (fat)	g	0.10	0.000	16	0.25	0.03	
Carbohydrate, by difference	g	8.96		0	22.13	2.77	
Fiber, total dietary	g	0.1		0	0.2	0.0	
Ash	g	0.32	0.010	17	0.79	0.10	
Sugars, total	g						
Minerals:							
Calcium	mg	7	0.200	27	17	2	
Iron	mg	0.20	0.019	17	0.49	0.06	
Magnesium	mg	10	0.235	27	25	3	
Phosphorus	mg	11	0.466	26	27	3	
Potassium	mg	153	3.181	27	378	47	
Sodium	mg	1	0.128	25	2	0	
Zinc	mg	0.09	0.007	16	0.22	0.03	
Copper	mg	0.038	0.003	17	0.094	0.012	
Manganese	mg	0.020		0	0.049	0.006	
Selenium	µg	0.1		0	0.2	0.0	
Vitamins:							
Ascorbic acid	mg	29.2	0.738	17	72.1	9.0	
Thiamin	mg	0.042	0.002	17	0.104	0.013	
Riboflavin	mg	0.020	0.000	17	0.049	0.006	
Niacin	mg	0.231	0.011	17	0.571	0.071	
Pantothenic acid	mg	0.130		0	0.321	0.040	
Vitamin B-6	mg	0.020		0	0.049	0.006	
Folate	µg	10	0.509	3	26	3	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	7	1.844	7	17	2	
Vitamin A, RE	µg	1	0.184	7	2	0	
Vitamin E, α-TE	mg	0.050		0	0.124	0.015	
Lipids:							
Saturated, total	g	0.013		0	0.032	0.004	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.012		0	0.030	0.004	
17:0	g						
18:0	g	0.001		0	0.002	0.000	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.013	0	0.032	0.004
14:1	g				
16:1	g	0.001	0	0.002	0.000
18:1	g	0.012	0	0.030	0.004
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.023	0	0.057	0.007
18:2	g	0.018	0	0.044	0.006
18:3	g	0.005	0	0.012	0.002
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 fl oz

NDB No. 09124 Grapefruit juice, canned, sweetened

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 250g	Measure 2* 31g	Measure 3*
Proximates:							
Water	g	87.38	0.069	16	218.45	27.26	
Energy	kcal	46		0	115	14	
Energy	kj	192		0	480	60	
Protein (N x 5.95)	g	0.58	0.010	16	1.45	0.18	
Total lipid (fat)	g	0.09	0.005	16	0.23	0.03	
Carbohydrate, by difference	g	11.13		0	27.82	3.47	
Fiber, total dietary	g	0.1		0	0.3	0.0	
Ash	g	0.82	0.056	16	2.05	0.26	
Sugars, total	g						
Minerals:							
Calcium	mg	8	0.316	16	20	2	
Iron	mg	0.36	0.026	16	0.90	0.11	
Magnesium	mg	10	0.144	16	25	3	
Phosphorus	mg	11	0.266	16	28	3	
Potassium	mg	162	3.902	16	405	51	
Sodium	mg	2	0.182	16	5	1	
Zinc	mg	0.06	0.003	16	0.15	0.02	
Copper	mg	0.048	0.004	16	0.120	0.015	
Manganese	mg	0.020		0	0.050	0.006	
Selenium	µg	0.1		0	0.3	0.0	
Vitamins:							
Ascorbic acid	mg	26.9	0.461	16	67.3	8.4	
Thiamin	mg	0.040	0.002	17	0.100	0.012	
Riboflavin	mg	0.023	0.001	17	0.058	0.007	
Niacin	mg	0.319	0.023	16	0.798	0.100	
Pantothenic acid	mg	0.130		0	0.325	0.041	
Vitamin B-6	mg	0.020		1	0.050	0.006	
Folate	µg	10		0	26	3	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	0		1	0	0	
Vitamin A, RE	µg	0		1	0	0	
Vitamin E, α-TE	mg	0.050		0	0.125	0.016	
Lipids:							
Saturated, total	g	0.012		0	0.030	0.004	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.011		0	0.028	0.003	
17:0	g						
18:0	g	0.001		0	0.003	0.000	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.012	0	0.030	0.004
14:1	g				
16:1	g	0.001	0	0.003	0.000
18:1	g	0.011	0	0.028	0.003
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.021	0	0.053	0.007
18:2	g	0.017	0	0.043	0.005
18:3	g	0.004	0	0.010	0.001
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 fl oz

NDB No. 09125 Grapefruit 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	Samples	Measure 1* 207g	Measure 2*	Measure 3*
Proximates:							
Water	g	62.00		0	128.34		
Energy	kcal	146		0	302		
Energy	kj	611		0	1265		
Protein (N x 5.95)	g	1.97	0.107	3	4.08		
Total lipid (fat)	g	0.48	0.048	3	0.99		
Carbohydrate, by difference	g	34.56		0	71.54		
Fiber, total dietary	g	0.4		0	0.8		
Ash	g	0.99	0.126	3	2.05		
Sugars, total	g						
Minerals:							
Calcium	mg	27	2.219	3	56		
Iron	mg	0.49	0.210	3	1.01		
Magnesium	mg	38	1.388	3	79		
Phosphorus	mg	49	0.155	3	101		
Potassium	mg	484	8.369	3	1002		
Sodium	mg	3	0.565	3	6		
Zinc	mg	0.18	0.005	3	0.37		
Copper	mg	0.118	0.024	3	0.244		
Manganese	mg	0.070	0.004	3	0.145		
Selenium	µg	0.3		0	0.6		
Vitamins:							
Ascorbic acid	mg	119.8	0.749	3	248.0		
Thiamin	mg	0.145	0.010	3	0.300		
Riboflavin	mg	0.078	0.003	3	0.161		
Niacin	mg	0.772	0.072	3	1.598		
Pantothenic acid	mg	0.672	0.016	3	1.391		
Vitamin B-6	mg	0.154	0.005	3	0.319		
Folate	µg	13	3.631	3	26		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	31	3.569	2	64		
Vitamin A, RE	µg	3	0.357	2	6		
Vitamin E, α-TE	mg	0.178		0	0.368		
Lipids:							
Saturated, total	g	0.064		0	0.132		
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	0.001		0	0.002		
14:0	g	0.001		0	0.002		
15.0	g						
16:0	g	0.059		0	0.122		
17:0	g						
18:0	g	0.002		0	0.004		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.063	0	0.130
14:1	g			
16:1	g	0.007	0	0.014
18:1	g	0.056	0	0.116
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.113	0	0.234
18:2	g	0.089	0	0.184
18:3	g	0.024	0	0.050
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 can (6 fl oz)

NDB No. 09126 Grapefruit juice, frozen concentrate, unsweetened, diluted with 3 volume water

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 247g	Measure 2* 31g	Measure 3*
Proximates:							
Water	g	89.30		0	220.57	27.59	
Energy	kcal	41		0	101	13	
Energy	kj	172		0	425	53	
Protein (N x 5.95)	g	0.55	0.030	3	1.36	0.17	
Total lipid (fat)	g	0.13	0.013	3	0.32	0.04	
Carbohydrate, by difference	g	9.73		0	24.03	3.01	
Fiber, total dietary	g	0.1		0	0.2	0.0	
Ash	g	0.28	0.036	3	0.69	0.09	
Sugars, total	g						
Minerals:							
Calcium	mg	8	0.625	3	20	2	
Iron	mg	0.14	0.059	3	0.35	0.04	
Magnesium	mg	11	0.391	3	27	3	
Phosphorus	mg	14	0.044	3	35	4	
Potassium	mg	136	2.357	3	336	42	
Sodium	mg	1	0.159	3	2	0	
Zinc	mg	0.05	0.002	3	0.12	0.02	
Copper	mg	0.033	0.007	3	0.082	0.010	
Manganese	mg	0.020	0.001	3	0.049	0.006	
Selenium	µg	0.1		0	0.2	0.0	
Vitamins:							
Ascorbic acid	mg	33.7	0.211	3	83.2	10.4	
Thiamin	mg	0.041	0.003	3	0.101	0.013	
Riboflavin	mg	0.022	0.001	3	0.054	0.007	
Niacin	mg	0.217	0.020	3	0.536	0.067	
Pantothenic acid	mg	0.189	0.004	3	0.467	0.058	
Vitamin B-6	mg	0.044	0.002	3	0.109	0.014	
Folate	µg	4	1.022	3	9	1	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	9	1.005	3	22	3	
Vitamin A, RE	µg	1	0.101	3	2	0	
Vitamin E, α-TE	mg	0.050		0	0.124	0.015	
Lipids:							
Saturated, total	g	0.019		0	0.047	0.006	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.001		0	0.002	0.000	
15.0	g						
16:0	g	0.017		0	0.042	0.005	
17:0	g						
18:0	g	0.001		0	0.002	0.000	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.018	0	0.044	0.006
14:1	g				
16:1	g	0.002	0	0.005	0.001
18:1	g	0.016	0	0.040	0.005
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.032	0	0.079	0.010
18:2	g	0.025	0	0.062	0.008
18:3	g	0.007	0	0.017	0.002
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 fl oz

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	Samples	Measure 1* 247g	Measure 2* 31g	Measure 3* 196g
Proximates:							
Water	g	90.00		0	222.30	27.81	176.40
Energy	kcal	39		0	96	12	76
Energy	kj	163		0	403	50	319
Protein (N x 5.95)	g	0.50		0	1.24	0.15	0.98
Total lipid (fat)	g	0.10		0	0.25	0.03	0.20
Carbohydrate, by difference	g	9.20		0	22.72	2.84	18.03
Fiber, total dietary	g	0.1		0	0.2	0.0	0.2
Ash	g	0.20		0	0.49	0.06	0.39
Sugars, total	g						
Minerals:							
Calcium	mg	9		0	22	3	18
Iron	mg	0.20		0	0.49	0.06	0.39
Magnesium	mg	12		0	30	4	24
Phosphorus	mg	15		0	37	5	29
Potassium	mg	162		0	400	50	318
Sodium	mg	1		0	2	0	2
Zinc	mg	0.05		0	0.12	0.02	0.10
Copper	mg	0.033		0	0.082	0.010	0.065
Manganese	mg	0.020		0	0.049	0.006	0.039
Selenium	µg	0.1		0	0.2	0.0	0.2
Vitamins:							
Ascorbic acid	mg	38.0		0	93.9	11.7	74.5
Thiamin	mg	0.040		0	0.099	0.012	0.078
Riboflavin	mg	0.020		0	0.049	0.006	0.039
Niacin	mg	0.200		0	0.494	0.062	0.392
Pantothenic acid	mg	0.189		0	0.467	0.058	0.370
Vitamin B-6	mg	0.044		0	0.109	0.014	0.086
Folate	µg	10		0	25	3	20
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	10		0	25	3	20
Vitamin A, RE	µg	1		0	2	0	2
Vitamin E, α-TE	mg	0.050		0	0.124	0.015	0.098
Lipids:							
Saturated, total	g	0.014		2	0.035	0.004	0.027
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.000		0	0.000	0.000	0.000
15.0	g						
16:0	g	0.012		2	0.030	0.004	0.024
17:0	g						
18:0	g	0.001		2	0.002	0.000	0.002
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.013	2	0.032	0.004	0.025
14:1	g					
16:1	g	0.001	2	0.002	0.000	0.002
18:1	g	0.012	2	0.030	0.004	0.024
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.024	2	0.059	0.007	0.047
18:2	g	0.019	2	0.047	0.006	0.037
18:3	g	0.005	2	0.012	0.002	0.010
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g					
Threonine	g					
Isoleucine	g					
Leucine	g					
Lysine	g					
Methionine	g					
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					
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 fl oz
Measure 3: juice from 1 fruit

NDB No. 09131 Grapes, american type (slip skin), raw

Vitis spp.

Refuse: 42% 6% seeds, 34% skin, 2% stems

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 92g	Measure 2* 2g	Measure 3*
Proximates:							
Water	g	81.30		1	74.80	1.95	
Energy	kcal	67		0	62	2	
Energy	kj	280		0	258	7	
Protein (N x 5.95)	g	0.63		1	0.58	0.02	
Total lipid (fat)	g	0.35		1	0.32	0.01	
Carbohydrate, by difference	g	17.15		0	15.78	0.41	
Fiber, total dietary	g	1.0		0	0.9	0.0	
Ash	g	0.57	0.042	4	0.52	0.01	
Sugars, total	g						
Minerals:							
Calcium	mg	14	1.716	7	13	0	
Iron	mg	0.29	0.063	4	0.27	0.01	
Magnesium	mg	5	0.176	4	5	0	
Phosphorus	mg	10	0.613	4	9	0	
Potassium	mg	191	27.533	5	176	5	
Sodium	mg	2	0.443	12	2	0	
Zinc	mg	0.04	0.006	4	0.04	0.00	
Copper	mg	0.040	0.008	4	0.037	0.001	
Manganese	mg	0.718	0.103	4	0.661	0.017	
Selenium	µg	0.2		0	0.2	0.0	
Vitamins:							
Ascorbic acid	mg	4.0		0	3.7	0.1	
Thiamin	mg	0.092		0	0.085	0.002	
Riboflavin	mg	0.057		0	0.052	0.001	
Niacin	mg	0.300		0	0.276	0.007	
Pantothenic acid	mg	0.024		0	0.022	0.001	
Vitamin B-6	mg	0.110		0	0.101	0.003	
Folate	µg	4		0	4	0	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	100		0	92	2	
Vitamin A, RE	µg	10		0	9	0	
Vitamin E, α-TE	mg	0.340		0	0.313	0.008	
Lipids:							
Saturated, total	g	0.114		0	0.105	0.003	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.003		0	0.003	0.000	
15.0	g						
16:0	g	0.098		0	0.090	0.002	
17:0	g						
18:0	g	0.013		0	0.012	0.000	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.014	0	0.013	0.000
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.014	0	0.013	0.000
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.102	0	0.094	0.002
18:2	g	0.079	0	0.073	0.002
18:3	g	0.024	0	0.022	0.001
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.003	1	0.003	0.000
Threonine	g	0.017	1	0.016	0.000
Isoleucine	g	0.005	1	0.005	0.000
Leucine	g	0.013	1	0.012	0.000
Lysine	g	0.014	1	0.013	0.000
Methionine	g	0.021	1	0.019	0.001
Cystine	g	0.010	1	0.009	0.000
Phenylalanine	g	0.013	1	0.012	0.000
Tyrosine	g	0.011	1	0.010	0.000
Valine	g	0.017	1	0.016	0.000
Arginine	g	0.046	1	0.042	0.001
Histidine	g	0.023	1	0.021	0.001
Alanine	g	0.026	1	0.024	0.001
Aspartic acid	g	0.077	1	0.071	0.002
Glutamic acid	g	0.131	1	0.121	0.003
Glycine	g	0.019	1	0.017	0.000
Proline	g	0.021	1	0.019	0.001
Serine	g	0.030	1	0.028	0.001
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 grape

NDB No. 09132 Grapes, red or green (european type varieties, 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	Samples	Measure 1* 160g	Measure 2* 154g	Measure 3* 5g
Proximates:							
Water	g	80.56	0.367	55	128.90	124.06	4.03
Energy	kcal	71		0	114	109	4
Energy	kj	297		0	475	457	15
Protein (N x 5.95)	g	0.66	0.025	47	1.06	1.02	0.03
Total lipid (fat)	g	0.58	0.079	13	0.93	0.89	0.03
Carbohydrate, by difference	g	17.77		0	28.43	27.37	0.89
Fiber, total dietary	g	1.0		0	1.6	1.5	0.1
Ash	g	0.44	0.011	47	0.70	0.68	0.02
Sugars, total	g						
Minerals:							
Calcium	mg	11		7	18	17	1
Iron	mg	0.26	0.024	44	0.42	0.40	0.01
Magnesium	mg	6	0.210	39	10	9	0
Phosphorus	mg	13	1.334	39	21	20	1
Potassium	mg	185	6.594	23	296	285	9
Sodium	mg	2	0.257	27	3	3	0
Zinc	mg	0.05	0.010	13	0.08	0.08	0.00
Copper	mg	0.090	0.006	45	0.144	0.139	0.004
Manganese	mg	0.058	0.005	44	0.093	0.089	0.003
Selenium	µg	0.2	0.040	4	0.3	0.3	0.0
Vitamins:							
Ascorbic acid	mg	10.8	0.858	6	17.3	16.6	0.5
Thiamin	mg	0.092	0.004	2	0.147	0.142	0.005
Riboflavin	mg	0.057	0.006	2	0.091	0.088	0.003
Niacin	mg	0.300		0	0.480	0.462	0.015
Pantothenic acid	mg	0.024	0.002	6	0.038	0.037	0.001
Vitamin B-6	mg	0.110	0.008	10	0.176	0.169	0.006
Folate	µg	4	0.588	14	6	6	0
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	73		7	117	112	4
Vitamin A, RE	µg	7		7	11	11	0
Vitamin E, α-TE	mg	0.700		0	1.120	1.078	0.035
Lipids:							
Saturated, total	g	0.189		0	0.302	0.291	0.009
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.005		0	0.008	0.008	0.000
15.0	g						
16:0	g	0.162		0	0.259	0.249	0.008
17:0	g						
18:0	g	0.022		0	0.035	0.034	0.001
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.023	0	0.037	0.035	0.001
14:1	g					
16:1	g	0.000	0	0.000	0.000	0.000
18:1	g	0.023	0	0.037	0.035	0.001
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.169	0	0.270	0.260	0.008
18:2	g	0.130	0	0.208	0.200	0.007
18:3	g	0.039	0	0.062	0.060	0.002
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg	4	0	6	6	0
Amino acids:						
Tryptophan	g	0.003	0	0.005	0.005	0.000
Threonine	g	0.018	0	0.029	0.028	0.001
Isoleucine	g	0.005	0	0.008	0.008	0.000
Leucine	g	0.014	0	0.022	0.022	0.001
Lysine	g	0.015	0	0.024	0.023	0.001
Methionine	g	0.022	0	0.035	0.034	0.001
Cystine	g	0.011	0	0.018	0.017	0.001
Phenylalanine	g	0.014	0	0.022	0.022	0.001
Tyrosine	g	0.012	0	0.019	0.018	0.001
Valine	g	0.018	0	0.029	0.028	0.001
Arginine	g	0.049	0	0.078	0.075	0.002
Histidine	g	0.024	0	0.038	0.037	0.001
Alanine	g	0.028	0	0.045	0.043	0.001
Aspartic acid	g	0.081	0	0.130	0.125	0.004
Glutamic acid	g	0.138	0	0.221	0.213	0.007
Glycine	g	0.020	0	0.032	0.031	0.001
Proline	g	0.022	0	0.035	0.034	0.001
Serine	g	0.032	0	0.051	0.049	0.002
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, seedless
Measure 2: 1 cup, with seeds, yields
Measure 3: 1 grape, seedless

NDB No. 09133 Grapes, canned, thompson seedless, water pack, solids and liquids

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 245g	Measure 2*	Measure 3*
Proximates:							
Water	g	88.84		0	217.66		
Energy	kcal	40		0	98		
Energy	kj	167		0	409		
Protein (N x 5.95)	g	0.50		0	1.23		
Total lipid (fat)	g	0.11		0	0.27		
Carbohydrate, by difference	g	10.30		0	25.23		
Fiber, total dietary	g	1.0		0	2.5		
Ash	g	0.25		0	0.61		
Sugars, total	g						
Minerals:							
Calcium	mg	10		0	25		
Iron	mg	0.98		0	2.40		
Magnesium	mg	6		0	15		
Phosphorus	mg	18		0	44		
Potassium	mg	107		0	262		
Sodium	mg	6		0	15		
Zinc	mg	0.05		0	0.12		
Copper	mg	0.056		0	0.137		
Manganese	mg	0.039		0	0.096		
Selenium	µg	0.1		0	0.2		
Vitamins:							
Ascorbic acid	mg	1.0		0	2.5		
Thiamin	mg	0.031		0	0.076		
Riboflavin	mg	0.023		0	0.056		
Niacin	mg	0.130		0	0.319		
Pantothenic acid	mg	0.041		0	0.100		
Vitamin B-6	mg	0.065		0	0.159		
Folate	µg	3		0	6		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	66		0	162		
Vitamin A, RE	µg	7		0	17		
Vitamin E, α-TE	mg	0.700		0	1.715		
Lipids:							
Saturated, total	g	0.035		0	0.086		
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		
14:0	g	0.001		0	0.002		
15.0	g						
16:0	g	0.030		0	0.074		
17:0	g						
18:0	g	0.004		0	0.010		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.004	0	0.010
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.004	0	0.010
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.031	0	0.076
18:2	g	0.024	0	0.059
18:3	g	0.007	0	0.017
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.002	0	0.005
Threonine	g	0.014	0	0.034
Isoleucine	g	0.004	0	0.010
Leucine	g	0.010	0	0.025
Lysine	g	0.011	0	0.027
Methionine	g	0.017	0	0.042
Cystine	g	0.008	0	0.020
Phenylalanine	g	0.010	0	0.025
Tyrosine	g	0.009	0	0.022
Valine	g	0.014	0	0.034
Arginine	g	0.037	0	0.091
Histidine	g	0.018	0	0.044
Alanine	g	0.021	0	0.051
Aspartic acid	g	0.061	0	0.149
Glutamic acid	g	0.104	0	0.255
Glycine	g	0.015	0	0.037
Proline	g	0.017	0	0.042
Serine	g	0.024	0	0.059
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 cup

NDB No. 09134 Grapes, canned, thompson seedless, heavy syrup pack, solids and liquids

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 256g	Measure 2*	Measure 3*
Proximates:							
Water	g	79.53	0.100	2	203.60		
Energy	kcal	73		0	187		
Energy	kj	305		0	781		
Protein (N x 5.95)	g	0.48	0.000	2	1.23		
Total lipid (fat)	g	0.10	0.078	2	0.26		
Carbohydrate, by difference	g	19.65		0	50.30		
Fiber, total dietary	g	0.4		0	1.0		
Ash	g	0.24	0.000	2	0.61		
Sugars, total	g						
Minerals:							
Calcium	mg	10	0.390	2	26		
Iron	mg	0.94	0.640	2	2.41		
Magnesium	mg	6		1	15		
Phosphorus	mg	17		1	44		
Potassium	mg	103		1	264		
Sodium	mg	5		1	13		
Zinc	mg	0.05		1	0.13		
Copper	mg	0.054		1	0.138		
Manganese	mg	0.038		0	0.097		
Selenium	µg	0.1		0	0.3		
Vitamins:							
Ascorbic acid	mg	1.0	0.495	2	2.6		
Thiamin	mg	0.030	0.000	2	0.077		
Riboflavin	mg	0.022	0.004	2	0.056		
Niacin	mg	0.125	0.025	2	0.320		
Pantothenic acid	mg	0.041		0	0.105		
Vitamin B-6	mg	0.065		0	0.166		
Folate	µg	3		0	7		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	64	11.500	2	164		
Vitamin A, RE	µg	6	1.150	2	15		
Vitamin E, α-TE	mg	0.700		0	1.792		
Lipids:							
Saturated, total	g	0.033		0	0.084		
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		
14:0	g	0.001		0	0.003		
15.0	g						
16:0	g	0.029		0	0.074		
17:0	g						
18:0	g	0.004		0	0.010		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.004	0	0.010
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.004	0	0.010
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.030	0	0.077
18:2	g	0.023	0	0.059
18:3	g	0.007	0	0.018
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.002	0	0.005
Threonine	g	0.013	0	0.033
Isoleucine	g	0.004	0	0.010
Leucine	g	0.010	0	0.026
Lysine	g	0.011	0	0.028
Methionine	g	0.016	0	0.041
Cystine	g	0.008	0	0.020
Phenylalanine	g	0.010	0	0.026
Tyrosine	g	0.008	0	0.020
Valine	g	0.013	0	0.033
Arginine	g	0.035	0	0.090
Histidine	g	0.018	0	0.046
Alanine	g	0.020	0	0.051
Aspartic acid	g	0.059	0	0.151
Glutamic acid	g	0.100	0	0.256
Glycine	g	0.015	0	0.038
Proline	g	0.016	0	0.041
Serine	g	0.023	0	0.059
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 cup

NDB No. 09135 Grape juice, canned or bottled, unsweetened, without added 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	Samples	Measure 1* 253g	Measure 2* 32g	Measure 3*
Proximates:							
Water	g	84.12	0.079	13	212.82	26.58	
Energy	kcal	61		0	154	19	
Energy	kj	255		0	645	81	
Protein (N x 5.95)	g	0.56	0.107	4	1.42	0.18	
Total lipid (fat)	g	0.08	0.033	4	0.20	0.03	
Carbohydrate, by difference	g	14.96		0	37.85	4.73	
Fiber, total dietary	g	0.1		0	0.3	0.0	
Ash	g	0.29	0.024	3	0.73	0.09	
Sugars, total	g						
Minerals:							
Calcium	mg	9	0.396	26	23	3	
Iron	mg	0.24	0.033	17	0.61	0.08	
Magnesium	mg	10	0.229	12	25	3	
Phosphorus	mg	11	0.312	23	28	3	
Potassium	mg	132	3.495	26	334	42	
Sodium	mg	3	0.222	32	8	1	
Zinc	mg	0.05	0.004	4	0.13	0.02	
Copper	mg	0.028	0.002	14	0.071	0.009	
Manganese	mg	0.360		1	0.911	0.114	
Selenium	µg	0.1		0	0.3	0.0	
Vitamins:							
Ascorbic acid	mg	0.1		0	0.3	0.0	
Thiamin	mg	0.026	0.004	11	0.066	0.008	
Riboflavin	mg	0.037	0.005	12	0.094	0.012	
Niacin	mg	0.262	0.011	11	0.663	0.083	
Pantothenic acid	mg	0.041		1	0.104	0.013	
Vitamin B-6	mg	0.065	0.002	11	0.164	0.021	
Folate	µg	3	0.274	4	7	1	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	8		0	20	3	
Vitamin A, RE	µg	1		0	3	0	
Vitamin E, α-TE	mg	0.000		0	0.000	0.000	
Lipids:							
Saturated, total	g	0.025		0	0.063	0.008	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.001		1	0.003	0.000	
15.0	g						
16:0	g	0.021		1	0.053	0.007	
17:0	g						
18:0	g	0.003		1	0.008	0.001	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.003	0	0.008	0.001
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.003	1	0.008	0.001
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.022	0	0.056	0.007
18:2	g	0.017	1	0.043	0.005
18:3	g	0.005	1	0.013	0.002
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g	0.016	18	0.040	0.005
Isoleucine	g	0.007	18	0.018	0.002
Leucine	g	0.012	18	0.030	0.004
Lysine	g	0.010	18	0.025	0.003
Methionine	g	0.001	3	0.003	0.000
Cystine	g				
Phenylalanine	g	0.012	18	0.030	0.004
Tyrosine	g	0.003	17	0.008	0.001
Valine	g	0.010	18	0.025	0.003
Arginine	g	0.047	18	0.119	0.015
Histidine	g	0.007	18	0.018	0.002
Alanine	g	0.086	18	0.218	0.027
Aspartic acid	g	0.022	18	0.056	0.007
Glutamic acid	g	0.110	18	0.278	0.035
Glycine	g	0.012	18	0.030	0.004
Proline	g	0.016	18	0.040	0.005
Serine	g	0.013	18	0.033	0.004
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 fl oz

NDB No. 09136 Grape juice, frozen concentrate, sweetened, undiluted, with added 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	Samples	Measure 1* 216g	Measure 2* 216g	Measure 3*
Proximates:							
Water	g	54.40		0	117.50	117.50	
Energy	kcal	179		0	387	387	
Energy	kj	749		0	1618	1618	
Protein (N x 5.95)	g	0.65	0.042	4	1.40	1.40	
Total lipid (fat)	g	0.31	0.072	4	0.67	0.67	
Carbohydrate, by difference	g	44.37		0	95.84	95.84	
Fiber, total dietary	g	0.3		0	0.6	0.6	
Ash	g	0.27	0.038	3	0.58	0.58	
Sugars, total	g						
Minerals:							
Calcium	mg	13	0.792	4	28	28	
Iron	mg	0.36	0.077	4	0.78	0.78	
Magnesium	mg	15	1.577	3	32	32	
Phosphorus	mg	15	1.593	3	32	32	
Potassium	mg	74	6.456	3	160	160	
Sodium	mg	7	3.592	3	15	15	
Zinc	mg	0.13	0.013	3	0.28	0.28	
Copper	mg	0.046	0.005	3	0.099	0.099	
Manganese	mg	0.617	0.150	3	1.333	1.333	
Selenium	µg	0.4		0	0.9	0.9	
Vitamins:							
Ascorbic acid	mg	83.1	29.211	3	179.5	179.5	
Thiamin	mg	0.052	0.004	4	0.112	0.112	
Riboflavin	mg	0.091	0.010	4	0.197	0.197	
Niacin	mg	0.431	0.080	4	0.931	0.931	
Pantothenic acid	mg	0.083	0.044	3	0.179	0.179	
Vitamin B-6	mg	0.147	0.002	3	0.318	0.318	
Folate	µg	4	1.200	4	10	10	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	27	14.001	3	58	58	
Vitamin A, RE	µg	3	1.400	3	6	6	
Vitamin E, α-TE	mg	0.174		0	0.376	0.376	
Lipids:							
Saturated, total	g	0.103		0	0.222	0.222	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.003		0	0.006	0.006	
15.0	g						
16:0	g	0.088		0	0.190	0.190	
17:0	g						
18:0	g	0.012		0	0.026	0.026	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.013	0	0.028	0.028
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.013	0	0.028	0.028
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.092	0	0.199	0.199
18:2	g	0.071	0	0.153	0.153
18:3	g	0.021	0	0.045	0.045
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g	0.019	0	0.041	0.041
Isoleucine	g	0.008	0	0.017	0.017
Leucine	g	0.014	0	0.030	0.030
Lysine	g	0.012	0	0.026	0.026
Methionine	g	0.001	0	0.002	0.002
Cystine	g				
Phenylalanine	g	0.014	0	0.030	0.030
Tyrosine	g	0.003	0	0.006	0.006
Valine	g	0.012	0	0.026	0.026
Arginine	g	0.055	0	0.119	0.119
Histidine	g	0.008	0	0.017	0.017
Alanine	g	0.100	0	0.216	0.216
Aspartic acid	g	0.026	0	0.056	0.056
Glutamic acid	g	0.129	0	0.279	0.279
Glycine	g	0.014	0	0.030	0.030
Proline	g	0.018	0	0.039	0.039
Serine	g	0.015	0	0.032	0.032
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 can (6 fl oz)
Measure 2: 6 fl oz container

NDB No. 09137 Grape juice, frozen concentrate, sweetened, diluted with 3 volume water, with added 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	Samples	Measure 1* 250g	Measure 2* 31g	Measure 3*
Proximates:							
Water	g	86.90		0	217.25	27.11	
Energy	kcal	51		0	128	16	
Energy	kj	213		0	533	66	
Protein (N x 5.95)	g	0.19	0.012	4	0.48	0.06	
Total lipid (fat)	g	0.09	0.021	4	0.23	0.03	
Carbohydrate, by difference	g	12.75		0	31.88	3.98	
Fiber, total dietary	g	0.1		0	0.3	0.0	
Ash	g	0.08	0.011	3	0.20	0.02	
Sugars, total	g						
Minerals:							
Calcium	mg	4	0.228	4	10	1	
Iron	mg	0.10	0.022	4	0.25	0.03	
Magnesium	mg	4	0.453	3	10	1	
Phosphorus	mg	4	0.458	3	10	1	
Potassium	mg	21	1.854	3	53	7	
Sodium	mg	2	1.032	3	5	1	
Zinc	mg	0.04	0.004	3	0.10	0.01	
Copper	mg	0.013	0.001	3	0.033	0.004	
Manganese	mg	0.177	0.043	3	0.443	0.055	
Selenium	µg	0.1		0	0.3	0.0	
Vitamins:							
Ascorbic acid	mg	23.9	8.392	3	59.8	7.5	
Thiamin	mg	0.015	0.001	4	0.038	0.005	
Riboflavin	mg	0.026	0.003	4	0.065	0.008	
Niacin	mg	0.124	0.023	4	0.310	0.039	
Pantothenic acid	mg	0.024	0.013	3	0.060	0.007	
Vitamin B-6	mg	0.042	0.001	3	0.105	0.013	
Folate	µg	1	0.344	4	3	0	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	8	4.022	3	20	2	
Vitamin A, RE	µg	1	0.402	3	3	0	
Vitamin E, α-TE	mg	0.050		0	0.125	0.016	
Lipids:							
Saturated, total	g	0.029		0	0.072	0.009	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.001		0	0.003	0.000	
15.0	g						
16:0	g	0.025		0	0.063	0.008	
17:0	g						
18:0	g	0.003		0	0.008	0.001	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.004	0	0.010	0.001
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.004	0	0.010	0.001
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.026	0	0.065	0.008
18:2	g	0.020	0	0.050	0.006
18:3	g	0.006	0	0.015	0.002
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g	0.005	0	0.013	0.002
Isoleucine	g	0.002	0	0.005	0.001
Leucine	g	0.004	0	0.010	0.001
Lysine	g	0.003	0	0.008	0.001
Methionine	g				
Cystine	g				
Phenylalanine	g	0.004	0	0.010	0.001
Tyrosine	g	0.001	0	0.003	0.000
Valine	g	0.003	0	0.008	0.001
Arginine	g	0.016	0	0.040	0.005
Histidine	g	0.002	0	0.005	0.001
Alanine	g	0.029	0	0.072	0.009
Aspartic acid	g	0.007	0	0.018	0.002
Glutamic acid	g	0.037	0	0.093	0.012
Glycine	g	0.004	0	0.010	0.001
Proline	g	0.005	0	0.013	0.002
Serine	g	0.004	0	0.010	0.001
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 fl oz

NDB No. 09138 Groundcherries, (cape-gooseberries or poha), raw

Physalis spp.

Refuse: 6% Husks

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 140g	Measure 2*	Measure 3*
Proximates:							
Water	g	85.40		0	119.56		
Energy	kcal	53		0	74		
Energy	kj	222		0	311		
Protein (N x 5.95)	g	1.90		0	2.66		
Total lipid (fat)	g	0.70		0	0.98		
Carbohydrate, by difference	g	11.20		0	15.68		
Fiber, total dietary	g						
Ash	g	0.80		0	1.12		
Sugars, total	g						
Minerals:							
Calcium	mg	9		0	13		
Iron	mg	1.00		0	1.40		
Magnesium	mg						
Phosphorus	mg	40		0	56		
Potassium	mg						
Sodium	mg						
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	11.0		0	15.4		
Thiamin	mg	0.110		0	0.154		
Riboflavin	mg	0.040		0	0.056		
Niacin	mg	2.800		0	3.920		
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	720		0	1008		
Vitamin A, RE	µg	72		0	101		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g						
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g			
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g			
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 cup

NDB No. 09139 Guavas, common, raw

Psidium guajava

Refuse: 20% Seeds, stem, and blossom end

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 165g	Measure 2* 90g	Measure 3*
Proximates:							
Water	g	86.10	0.700	2	142.06	77.49	
Energy	kcal	51		0	84	46	
Energy	kj	213		0	351	192	
Protein (N x 5.95)	g	0.82		1	1.35	0.74	
Total lipid (fat)	g	0.60		0	0.99	0.54	
Carbohydrate, by difference	g	11.88		0	19.60	10.69	
Fiber, total dietary	g	5.4		0	8.9	4.9	
Ash	g	0.60		0	0.99	0.54	
Sugars, total	g						
Minerals:							
Calcium	mg	20	1.971	32	33	18	
Iron	mg	0.31	0.022	12	0.51	0.28	
Magnesium	mg	10	0.216	12	17	9	
Phosphorus	mg	25	1.465	33	41	23	
Potassium	mg	284	16.810	16	469	256	
Sodium	mg	3	0.417	15	5	3	
Zinc	mg	0.23	0.047	12	0.38	0.21	
Copper	mg	0.103	0.020	12	0.170	0.093	
Manganese	mg	0.144	0.025	12	0.238	0.130	
Selenium	µg	0.6		0	1.0	0.5	
Vitamins:							
Ascorbic acid	mg	183.5	15.120	112	302.8	165.2	
Thiamin	mg	0.050		0	0.083	0.045	
Riboflavin	mg	0.050		0	0.083	0.045	
Niacin	mg	1.200		0	1.980	1.080	
Pantothenic acid	mg	0.150		0	0.248	0.135	
Vitamin B-6	mg	0.143		1	0.236	0.129	
Folate	µg	14		0	23	13	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	792	285.960	25	1307	713	
Vitamin A, RE	µg	79	28.596	25	130	71	
Vitamin E, α-TE	mg	1.120		0	1.848	1.008	
Lipids:							
Saturated, total	g	0.172		0	0.284	0.155	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.012		0	0.020	0.011	
15.0	g						
16:0	g	0.144		0	0.238	0.130	
17:0	g						
18:0	g	0.016		0	0.026	0.014	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.055	0	0.091	0.050
14:1	g				
16:1	g	0.003	0	0.005	0.003
18:1	g	0.052	0	0.086	0.047
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.253	0	0.417	0.228
18:2	g	0.182	0	0.300	0.164
18:3	g	0.071	0	0.117	0.064
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.007	12	0.012	0.006
Threonine	g	0.031	1	0.051	0.028
Isoleucine	g	0.030	1	0.050	0.027
Leucine	g	0.055	1	0.091	0.050
Lysine	g	0.023	13	0.038	0.021
Methionine	g	0.005	13	0.008	0.005
Cystine	g				
Phenylalanine	g	0.002	1	0.003	0.002
Tyrosine	g	0.010	1	0.017	0.009
Valine	g	0.028	1	0.046	0.025
Arginine	g	0.021	1	0.035	0.019
Histidine	g	0.007	1	0.012	0.006
Alanine	g	0.041	1	0.068	0.037
Aspartic acid	g	0.052	1	0.086	0.047
Glutamic acid	g	0.107	1	0.177	0.096
Glycine	g	0.041	1	0.068	0.037
Proline	g	0.025	1	0.041	0.023
Serine	g	0.024	1	0.040	0.022
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 fruit, without refuse

NDB No. 09140 Guavas, strawberry, raw

Psidium cattleianum

Refuse: 15% Seeds, stem, and blossom end

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 244g	Measure 2* 6g	Measure 3*
Proximates:							
Water	g	80.66	2.340	2	196.81	4.84	
Energy	kcal	69		0	168	4	
Energy	kj	289		0	705	17	
Protein (N x 5.95)	g	0.58		1	1.42	0.03	
Total lipid (fat)	g	0.60		0	1.46	0.04	
Carbohydrate, by difference	g	17.36		0	42.36	1.04	
Fiber, total dietary	g						
Ash	g	0.80		0	1.95	0.05	
Sugars, total	g						
Minerals:							
Calcium	mg	21		0	51	1	
Iron	mg	0.22		0	0.54	0.01	
Magnesium	mg	17		1	41	1	
Phosphorus	mg	27		0	66	2	
Potassium	mg	292		1	712	18	
Sodium	mg	37		1	90	2	
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	37.0		0	90.3	2.2	
Thiamin	mg	0.030		0	0.073	0.002	
Riboflavin	mg	0.030		0	0.073	0.002	
Niacin	mg	0.600		0	1.464	0.036	
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	90		0	220	5	
Vitamin A, RE	µg	9		0	22	1	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.172		0	0.420	0.010	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.012		0	0.029	0.001	
15.0	g						
16:0	g	0.144		0	0.351	0.009	
17:0	g						
18:0	g	0.016		0	0.039	0.001	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.055	0	0.134	0.003
14:1	g				
16:1	g	0.003	0	0.007	0.000
18:1	g	0.052	0	0.127	0.003
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.253	0	0.617	0.015
18:2	g	0.182	0	0.444	0.011
18:3	g	0.071	0	0.173	0.004
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.005	0	0.012	0.000
Threonine	g	0.022	0	0.054	0.001
Isoleucine	g	0.021	0	0.051	0.001
Leucine	g	0.039	0	0.095	0.002
Lysine	g	0.016	0	0.039	0.001
Methionine	g	0.004	0	0.010	0.000
Cystine	g				
Phenylalanine	g	0.001	0	0.002	0.000
Tyrosine	g	0.007	0	0.017	0.000
Valine	g	0.020	0	0.049	0.001
Arginine	g	0.015	0	0.037	0.001
Histidine	g	0.005	0	0.012	0.000
Alanine	g	0.029	0	0.071	0.002
Aspartic acid	g	0.037	0	0.090	0.002
Glutamic acid	g	0.076	0	0.185	0.005
Glycine	g	0.029	0	0.071	0.002
Proline	g	0.018	0	0.044	0.001
Serine	g	0.017	0	0.041	0.001
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup

Measure 2: 1 fruit, without refuse

NDB No. 09143 Guava sauce, cooked

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 238g	Measure 2*	Measure 3*
Proximates:							
Water	g	89.56		1	213.15		
Energy	kcal	36		0	86		
Energy	kj	151		0	359		
Protein (N x 5.95)	g	0.32		1	0.76		
Total lipid (fat)	g	0.14		1	0.33		
Carbohydrate, by difference	g	9.48		0	22.56		
Fiber, total dietary	g	3.6		0	8.6		
Ash	g	0.50		1	1.19		
Sugars, total	g						
Minerals:							
Calcium	mg	7		1	17		
Iron	mg	0.18		1	0.43		
Magnesium	mg	7		1	17		
Phosphorus	mg	11		1	26		
Potassium	mg	225		1	536		
Sodium	mg	4		1	10		
Zinc	mg	0.17		0	0.40		
Copper	mg	0.077		0	0.183		
Manganese	mg	0.108		0	0.257		
Selenium	µg	0.5		0	1.2		
Vitamins:							
Ascorbic acid	mg	146.4		1	348.4		
Thiamin	mg	0.026		1	0.062		
Riboflavin	mg	0.013		1	0.031		
Niacin	mg	0.420		1	1.000		
Pantothenic acid	mg						
Vitamin B-6	mg	0.090		0	0.214		
Folate	µg	5		0	12		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	283		1	674		
Vitamin A, RE	µg	28		1	67		
Vitamin E, α-TE	mg	0.000		0	0.000		
Lipids:							
Saturated, total	g	0.040		0	0.095		
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		
14:0	g	0.003		0	0.007		
15.0	g						
16:0	g	0.034		0	0.081		
17:0	g						
18:0	g	0.004		0	0.010		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.013	0	0.031
14:1	g			
16:1	g	0.001	0	0.002
18:1	g	0.012	0	0.029
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.059	0	0.140
18:2	g	0.042	0	0.100
18:3	g	0.017	0	0.040
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.003	0	0.007
Threonine	g	0.012	0	0.029
Isoleucine	g	0.012	0	0.029
Leucine	g	0.021	0	0.050
Lysine	g	0.009	0	0.021
Methionine	g	0.002	0	0.005
Cystine	g			
Phenylalanine	g	0.001	0	0.002
Tyrosine	g	0.004	0	0.010
Valine	g	0.011	0	0.026
Arginine	g	0.008	0	0.019
Histidine	g	0.003	0	0.007
Alanine	g	0.016	0	0.038
Aspartic acid	g	0.020	0	0.048
Glutamic acid	g	0.042	0	0.100
Glycine	g	0.016	0	0.038
Proline	g	0.010	0	0.024
Serine	g	0.009	0	0.021
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 cup

NDB No. 09144 Jackfruit, raw

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	Samples	Measure 1* 165g	Measure 2*	Measure 3*
Proximates:							
Water	g	73.23	1.956	7	120.83		
Energy	kcal	94		0	155		
Energy	kj	393		0	648		
Protein (N x 5.95)	g	1.47	0.252	6	2.43		
Total lipid (fat)	g	0.30		0	0.50		
Carbohydrate, by difference	g	24.01		0	39.62		
Fiber, total dietary	g	1.6		0	2.6		
Ash	g	1.00		0	1.65		
Sugars, total	g						
Minerals:							
Calcium	mg	34	12.514	4	56		
Iron	mg	0.60		1	0.99		
Magnesium	mg	37		1	61		
Phosphorus	mg	36	10.258	4	59		
Potassium	mg	303	104.000	2	500		
Sodium	mg	3	1.150	2	5		
Zinc	mg	0.42		1	0.69		
Copper	mg	0.187		1	0.309		
Manganese	mg	0.197		1	0.325		
Selenium	µg	0.6		0	1.0		
Vitamins:							
Ascorbic acid	mg	6.7	2.283	5	11.1		
Thiamin	mg	0.030		0	0.050		
Riboflavin	mg	0.110		0	0.182		
Niacin	mg	0.400		0	0.660		
Pantothenic acid	mg						
Vitamin B-6	mg	0.108		1	0.178		
Folate	µg	14		0	23		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	297	70.620	3	490		
Vitamin A, RE	µg	30	7.062	3	50		
Vitamin E, α-TE	mg	0.150		0	0.248		
Lipids:							
Saturated, total	g	0.063		0	0.104		
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		
14:0	g	0.000		0	0.000		
15.0	g						
16:0	g	0.040		0	0.066		
17:0	g						
18:0	g	0.022		0	0.036		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.044	0	0.073
14:1	g			
16:1	g	0.003	0	0.005
18:1	g	0.042	0	0.069
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.086	0	0.142
18:2	g	0.063	0	0.104
18:3	g	0.024	0	0.040
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, sliced

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

Syzygium cumini

Refuse: 19% Seed

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 135g	Measure 2* 9g	Measure 3*
Proximates:							
Water	g	83.13	0.873	8	112.23	7.48	
Energy	kcal	60		0	81	5	
Energy	kj	251		0	339	23	
Protein (N x 5.95)	g	0.72	0.080	6	0.97	0.06	
Total lipid (fat)	g	0.23	0.071	5	0.31	0.02	
Carbohydrate, by difference	g	15.56		0	21.01	1.40	
Fiber, total dietary	g						
Ash	g	0.36	0.091	5	0.49	0.03	
Sugars, total	g						
Minerals:							
Calcium	mg	19	7.887	3	26	2	
Iron	mg	0.19	0.035	2	0.26	0.02	
Magnesium	mg	15		1	20	1	
Phosphorus	mg	17	3.387	3	23	2	
Potassium	mg	79		1	107	7	
Sodium	mg	14		1	19	1	
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	14.3	6.487	3	19.3	1.3	
Thiamin	mg	0.006	0.002	3	0.008	0.001	
Riboflavin	mg	0.012	0.003	3	0.016	0.001	
Niacin	mg	0.260	0.025	4	0.351	0.023	
Pantothenic acid	mg						
Vitamin B-6	mg	0.038		1	0.051	0.003	
Folate	µg						
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	3	3.350	2	4	0	
Vitamin A, RE	µg	0	0.335	2	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g						
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g				
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g				
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 3 fruits

NDB No. 09146 Jujube, raw

Ziziphus jujuba

Refuse: 7% Seeds

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1*	Measure 2*	Measure 3*
Proximates:							
Water	g	77.86	2.104	11			
Energy	kcal	79		0			
Energy	kj	331		0			
Protein (N x 5.95)	g	1.20		0			
Total lipid (fat)	g	0.20		0			
Carbohydrate, by difference	g	20.23		0			
Fiber, total dietary	g						
Ash	g	0.51	0.066	6			
Sugars, total	g						
Minerals:							
Calcium	mg	21	3.970	8			
Iron	mg	0.48	0.165	3			
Magnesium	mg	10		1			
Phosphorus	mg	23	3.605	6			
Potassium	mg	250	20.090	3			
Sodium	mg	3	0.550	2			
Zinc	mg	0.05		1			
Copper	mg	0.073		1			
Manganese	mg	0.084		1			
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	69.0		0			
Thiamin	mg	0.020		0			
Riboflavin	mg	0.040		0			
Niacin	mg	0.900		0			
Pantothenic acid	mg						
Vitamin B-6	mg	0.081		1			
Folate	µg						
Vitamin B-12	µg	0.00		0			
Vitamin A	IU	40		0			
Vitamin A, RE	µg	4		0			
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g						
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g		
14:1	g		
16:1	g		
18:1	g		
20:1	g		
22.1	g		
Polyunsaturated, total	g		
18:2	g		
18:3	g		
18:4	g		
20:4	g		
20:5	g		
22:5	g		
22:6	g		
Cholesterol	mg	0	0
Phytosterols	mg		
Amino acids:			
Tryptophan	g		
Threonine	g		
Isoleucine	g		
Leucine	g		
Lysine	g		
Methionine	g		
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		
Other:			
Caffeine	mg		
Theobromine	mg		
Alcohol	g		

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

NDB No. 09147 Jujube, dried

Refuse: 11% Seeds

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1*	Measure 2*	Measure 3*
Proximates:							
Water	g	19.70		0			
Energy	kcal	287		0			
Energy	kj	1201		0			
Protein (N x 5.95)	g	3.70		0			
Total lipid (fat)	g	1.10		0			
Carbohydrate, by difference	g	73.60		0			
Fiber, total dietary	g						
Ash	g	1.90		0			
Sugars, total	g						
Minerals:							
Calcium	mg	79		0			
Iron	mg	1.80		0			
Magnesium	mg	37		0			
Phosphorus	mg	100		0			
Potassium	mg	531		0			
Sodium	mg	9		0			
Zinc	mg	0.19		0			
Copper	mg	0.265		0			
Manganese	mg	0.305		0			
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	13.0		0			
Thiamin	mg	0.210		0			
Riboflavin	mg	0.360		0			
Niacin	mg	0.500		0			
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg	0.00		0			
Vitamin A	IU						
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g						
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g		
14:1	g		
16:1	g		
18:1	g		
20:1	g		
22.1	g		
Polyunsaturated, total	g		
18:2	g		
18:3	g		
18:4	g		
20:4	g		
20:5	g		
22:5	g		
22:6	g		
Cholesterol	mg	0	0
Phytosterols	mg		
Amino acids:			
Tryptophan	g		
Threonine	g		
Isoleucine	g		
Leucine	g		
Lysine	g		
Methionine	g		
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		
Other:			
Caffeine	mg		
Theobromine	mg		
Alcohol	g		

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

NDB No. 09148 Kiwi fruit, (chinese gooseberries), fresh, raw

Actinidia chinensis

Refuse: 14% Skin

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 177g	Measure 2* 91g	Measure 3* 76g
Proximates:							
Water	g	83.05	0.661	4	147.00	75.58	63.12
Energy	kcal	61		0	108	56	46
Energy	kj	255		0	451	232	194
Protein (N x 5.95)	g	0.99	0.075	4	1.75	0.90	0.75
Total lipid (fat)	g	0.44	0.211	3	0.78	0.40	0.33
Carbohydrate, by difference	g	14.88		0	26.34	13.54	11.31
Fiber, total dietary	g	3.4		0	6.0	3.1	2.6
Ash	g	0.64	0.065	4	1.13	0.58	0.49
Sugars, total	g						
Minerals:							
Calcium	mg	26	6.385	3	46	24	20
Iron	mg	0.41	0.105	2	0.73	0.37	0.31
Magnesium	mg	30		1	53	27	23
Phosphorus	mg	40	11.837	3	71	36	30
Potassium	mg	332		1	588	302	252
Sodium	mg	5		1	9	5	4
Zinc	mg	0.17		0	0.30	0.15	0.13
Copper	mg	0.157		0	0.278	0.143	0.119
Manganese	mg						
Selenium	µg	0.6		0	1.1	0.5	0.5
Vitamins:							
Ascorbic acid	mg	98.0	9.981	10	173.5	89.2	74.5
Thiamin	mg	0.020		1	0.035	0.018	0.015
Riboflavin	mg	0.050		1	0.089	0.046	0.038
Niacin	mg	0.500		1	0.885	0.455	0.380
Pantothenic acid	mg						
Vitamin B-6	mg	0.090		0	0.159	0.082	0.068
Folate	µg	38		0	67	35	29
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	175		1	310	159	133
Vitamin A, RE	µg	18		1	32	16	14
Vitamin E, α-TE	mg	1.120		0	1.982	1.019	0.851
Lipids:							
Saturated, total	g	0.029		0	0.051	0.026	0.022
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.000		0	0.000	0.000	0.000
15.0	g						
16:0	g	0.014		0	0.025	0.013	0.011
17:0	g						
18:0	g	0.010		0	0.018	0.009	0.008
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.039	0	0.069	0.035	0.030
14:1	g					
16:1	g	0.000	0	0.000	0.000	0.000
18:1	g	0.039	0	0.069	0.035	0.030
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.241	0	0.427	0.219	0.183
18:2	g	0.206	0	0.365	0.187	0.157
18:3	g	0.035	0	0.062	0.032	0.027
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g					
Threonine	g					
Isoleucine	g					
Leucine	g					
Lysine	g					
Methionine	g					
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					
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 large fruit, without skin
Measure 3: 1 medium fruit, without skin

NDB No. 09149 Kumquats, raw

Fortunella spp.

Refuse: 7% Seeds

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 19g	Measure 2*	Measure 3*
Proximates:							
Water	g	81.70	1.661	5	15.52		
Energy	kcal	63		0	12		
Energy	kj	264		0	50		
Protein (N x 5.95)	g	0.90		0	0.17		
Total lipid (fat)	g	0.10		0	0.02		
Carbohydrate, by difference	g	16.43		0	3.12		
Fiber, total dietary	g	6.6		0	1.3		
Ash	g	0.87		1	0.17		
Sugars, total	g						
Minerals:							
Calcium	mg	44	19.000	2	8		
Iron	mg	0.39	0.070	3	0.07		
Magnesium	mg	13		1	2		
Phosphorus	mg	19	3.567	3	4		
Potassium	mg	195	40.957	3	37		
Sodium	mg	6	0.980	2	1		
Zinc	mg	0.08		1	0.02		
Copper	mg	0.107		1	0.020		
Manganese	mg	0.086		1	0.016		
Selenium	µg	0.6		0	0.1		
Vitamins:							
Ascorbic acid	mg	37.4	7.307	6	7.1		
Thiamin	mg	0.080		0	0.015		
Riboflavin	mg	0.100		0	0.019		
Niacin	mg	0.500		0	0.095		
Pantothenic acid	mg						
Vitamin B-6	mg	0.060		0	0.011		
Folate	µg	16		0	3		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	302	160.862	3	57		
Vitamin A, RE	µg	30	16.086	3	6		
Vitamin E, α-TE	mg	0.240		0	0.046		
Lipids:							
Saturated, total	g	0.014		0	0.003		
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		
14:0	g	0.000		0	0.000		
15.0	g						
16:0	g	0.012		0	0.002		
17:0	g						
18:0	g	0.001		0	0.000		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.013	0	0.002
14:1	g			
16:1	g	0.001	0	0.000
18:1	g	0.012	0	0.002
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.024	0	0.005
18:2	g	0.019	0	0.004
18:3	g	0.005	0	0.001
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 fruit, without refuse

NDB No. 09150 Lemons, raw, without peel

Citrus limon

Refuse: 47% 45% peel, 2% seeds

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 212g	Measure 2* 58g	Measure 3* 84g
Proximates:							
Water	g	88.98	0.820	5	188.64	51.61	74.74
Energy	kcal	29		0	61	17	24
Energy	kj	121		0	257	70	102
Protein (N x 5.95)	g	1.10		0	2.33	0.64	0.92
Total lipid (fat)	g	0.30		0	0.64	0.17	0.25
Carbohydrate, by difference	g	9.32		0	19.76	5.41	7.83
Fiber, total dietary	g	2.8		0	5.9	1.6	2.4
Ash	g	0.30		0	0.64	0.17	0.25
Sugars, total	g						
Minerals:							
Calcium	mg	26		0	55	15	22
Iron	mg	0.60		0	1.27	0.35	0.50
Magnesium	mg	8		0	17	5	7
Phosphorus	mg	16		0	34	9	13
Potassium	mg	138		0	293	80	116
Sodium	mg	2		0	4	1	2
Zinc	mg	0.06		1	0.13	0.03	0.05
Copper	mg	0.037		1	0.078	0.021	0.031
Manganese	mg	0.030		0	0.064	0.017	0.025
Selenium	µg	0.4		0	0.8	0.2	0.3
Vitamins:							
Ascorbic acid	mg	53.0		0	112.4	30.7	44.5
Thiamin	mg	0.040		0	0.085	0.023	0.034
Riboflavin	mg	0.020		0	0.042	0.012	0.017
Niacin	mg	0.100		0	0.212	0.058	0.084
Pantothenic acid	mg	0.190		0	0.403	0.110	0.160
Vitamin B-6	mg	0.080		0	0.170	0.046	0.067
Folate	µg	11	2.646	7	22	6	9
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	29		1	61	17	24
Vitamin A, RE	µg	3		1	6	2	3
Vitamin E, α-TE	mg	0.240		0	0.509	0.139	0.202
Lipids:							
Saturated, total	g	0.039		0	0.083	0.023	0.033
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.001		0	0.002	0.001	0.001
15.0	g						
16:0	g	0.035		0	0.074	0.020	0.029
17:0	g						
18:0	g	0.002		0	0.004	0.001	0.002
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.011	0	0.023	0.006	0.009
14:1	g					
16:1	g	0.001	0	0.002	0.001	0.001
18:1	g	0.010	0	0.021	0.006	0.008
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.089	0	0.189	0.052	0.075
18:2	g	0.063	0	0.134	0.037	0.053
18:3	g	0.026	0	0.055	0.015	0.022
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g					
Threonine	g					
Isoleucine	g					
Leucine	g					
Lysine	g					
Methionine	g					
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					
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, sections
Measure 2: 1 fruit (2-1/8" dia)
Measure 3: 1 fruit (2-3/8" dia)

NDB No. 09151 Lemons, raw, with peel

Citrus limon

Refuse: 2% Seeds

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 108g	Measure 2*	Measure 3*
Proximates:							
Water	g	87.40		0	94.39		
Energy	kcal	20		0	22		
Energy	kj	84		0	91		
Protein (N x 5.95)	g	1.20		0	1.30		
Total lipid (fat)	g	0.30		0	0.32		
Carbohydrate, by difference	g	10.70		0	11.56		
Fiber, total dietary	g	4.7		0	5.1		
Ash	g	0.40		0	0.43		
Sugars, total	g						
Minerals:							
Calcium	mg	61		0	66		
Iron	mg	0.70		0	0.76		
Magnesium	mg	12		0	13		
Phosphorus	mg	15		0	16		
Potassium	mg	145		0	157		
Sodium	mg	3		0	3		
Zinc	mg	0.10		0	0.11		
Copper	mg	0.260		0	0.281		
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	77.0		0	83.2		
Thiamin	mg	0.050		0	0.054		
Riboflavin	mg	0.040		0	0.043		
Niacin	mg	0.200		0	0.216		
Pantothenic acid	mg	0.232		0	0.251		
Vitamin B-6	mg	0.109		0	0.118		
Folate	µg						
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	30		0	32		
Vitamin A, RE	µg	3		0	3		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.039		0	0.042		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.001		0	0.001		
15.0	g						
16:0	g	0.035		0	0.038		
17:0	g						
18:0	g	0.002		0	0.002		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.011	0	0.012
14:1	g			
16:1	g	0.001	0	0.001
18:1	g	0.010	0	0.011
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.089	0	0.096
18:2	g	0.063	0	0.068
18:3	g	0.026	0	0.028
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg	12	0	13
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 fruit, without seeds

NDB No. 09152 Lemon juice, raw

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 244g	Measure 2* 31g	Measure 3* 47g
Proximates:							
Water	g	90.73	0.166	17	221.38	27.67	42.64
Energy	kcal	25		0	61	8	12
Energy	kj	105		0	256	32	49
Protein (N x 5.95)	g	0.38	0.021	22	0.93	0.12	0.18
Total lipid (fat)	g	0.00		1	0.00	0.00	0.00
Carbohydrate, by difference	g	8.63		0	21.06	2.63	4.06
Fiber, total dietary	g	0.4		0	1.0	0.1	0.2
Ash	g	0.26	0.005	17	0.63	0.08	0.12
Sugars, total	g						
Minerals:							
Calcium	mg	7	0.381	13	17	2	3
Iron	mg	0.03	0.001	16	0.07	0.01	0.01
Magnesium	mg	6	0.364	30	15	2	3
Phosphorus	mg	6	0.460	29	15	2	3
Potassium	mg	124	4.087	18	303	38	58
Sodium	mg	1	0.178	15	2	0	0
Zinc	mg	0.05		0	0.12	0.02	0.02
Copper	mg	0.029	0.004	16	0.071	0.009	0.014
Manganese	mg	0.008	0.001	16	0.020	0.002	0.004
Selenium	µg	0.1		0	0.2	0.0	0.0
Vitamins:							
Ascorbic acid	mg	46.0		0	112.2	14.0	21.6
Thiamin	mg	0.030		0	0.073	0.009	0.014
Riboflavin	mg	0.010		0	0.024	0.003	0.005
Niacin	mg	0.100		0	0.244	0.031	0.047
Pantothenic acid	mg	0.103		0	0.251	0.031	0.048
Vitamin B-6	mg	0.051		1	0.124	0.016	0.024
Folate	µg	13	0.130	3	31	4	6
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	20		0	49	6	9
Vitamin A, RE	µg	2		0	5	1	1
Vitamin E, α-TE	mg	0.090		0	0.220	0.027	0.042
Lipids:							
Saturated, total	g	0.000		0	0.000	0.000	0.000
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.000		0	0.000	0.000	0.000
15.0	g						
16:0	g	0.000		0	0.000	0.000	0.000
17:0	g						
18:0	g	0.000		0	0.000	0.000	0.000
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.000	0	0.000	0.000	0.000
14:1	g					
16:1	g	0.000	0	0.000	0.000	0.000
18:1	g	0.000	0	0.000	0.000	0.000
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.000	0	0.000	0.000	0.000
18:2	g	0.000	0	0.000	0.000	0.000
18:3	g	0.000	0	0.000	0.000	0.000
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g					
Threonine	g					
Isoleucine	g					
Leucine	g					
Lysine	g					
Methionine	g					
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					
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 fl oz
Measure 3: Juice of 1 lemon (2-1/8" dia)

NDB No. 09153 Lemon juice, canned or bottled

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 244g	Measure 2* 15g	Measure 3* 31g
Proximates:							
Water	g	92.46	0.188	3	225.60	14.05	28.20
Energy	kcal	21		0	51	3	6
Energy	kj	88		0	215	13	27
Protein (N x 5.95)	g	0.40	0.084	3	0.98	0.06	0.12
Total lipid (fat)	g	0.29	0.035	3	0.71	0.04	0.09
Carbohydrate, by difference	g	6.48		0	15.81	0.98	1.98
Fiber, total dietary	g	0.4		0	1.0	0.1	0.1
Ash	g	0.36	0.023	3	0.88	0.05	0.11
Sugars, total	g						
Minerals:							
Calcium	mg	11	0.577	3	27	2	3
Iron	mg	0.13	0.012	3	0.32	0.02	0.04
Magnesium	mg	8	0.416	3	20	1	2
Phosphorus	mg	9	1.084	3	22	1	3
Potassium	mg	102	5.698	5	249	16	31
Sodium	mg	21	1.720	5	51	3	6
Zinc	mg	0.06	0.009	3	0.15	0.01	0.02
Copper	mg	0.037	0.003	3	0.090	0.006	0.011
Manganese	mg	0.020	0.000	3	0.049	0.003	0.006
Selenium	µg	0.1		0	0.2	0.0	0.0
Vitamins:							
Ascorbic acid	mg	24.8	2.390	3	60.5	3.8	7.6
Thiamin	mg	0.041	0.002	3	0.100	0.006	0.013
Riboflavin	mg	0.009	0.002	3	0.022	0.001	0.003
Niacin	mg	0.197	0.033	3	0.481	0.030	0.060
Pantothenic acid	mg	0.091	0.004	3	0.222	0.014	0.028
Vitamin B-6	mg	0.043	0.006	3	0.105	0.007	0.013
Folate	µg	10	1.295	6	25	2	3
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	15	5.239	3	37	2	5
Vitamin A, RE	µg	2	0.524	3	5	0	1
Vitamin E, α-TE	mg	0.090		0	0.220	0.014	0.027
Lipids:							
Saturated, total	g	0.038		0	0.093	0.006	0.012
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.001		0	0.002	0.000	0.000
15.0	g						
16:0	g	0.034		0	0.083	0.005	0.010
17:0	g						
18:0	g	0.002		0	0.005	0.000	0.001
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.011	0	0.027	0.002	0.003
14:1	g					
16:1	g	0.001	0	0.002	0.000	0.000
18:1	g	0.010	0	0.024	0.002	0.003
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.085	0	0.207	0.013	0.026
18:2	g	0.060	0	0.146	0.009	0.018
18:3	g	0.025	0	0.061	0.004	0.008
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g					
Threonine	g					
Isoleucine	g					
Leucine	g					
Lysine	g					
Methionine	g					
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					
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 tablespoon
Measure 3: 1 fl oz

NDB No. 09154 Lemon juice, frozen, unsweetened, single strength

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 244g	Measure 2* 31g	Measure 3*
Proximates:							
Water	g	92.39	0.401	3	225.43	28.18	
Energy	kcal	22		0	54	7	
Energy	kj	92		0	224	28	
Protein (N x 5.95)	g	0.46	0.006	3	1.12	0.14	
Total lipid (fat)	g	0.32	0.037	3	0.78	0.10	
Carbohydrate, by difference	g	6.50		0	15.86	1.98	
Fiber, total dietary	g	0.4		0	1.0	0.1	
Ash	g	0.33	0.034	3	0.81	0.10	
Sugars, total	g						
Minerals:							
Calcium	mg	8	1.201	3	20	2	
Iron	mg	0.12	0.018	3	0.29	0.04	
Magnesium	mg	8	0.536	3	20	2	
Phosphorus	mg	8	1.225	3	20	2	
Potassium	mg	89	12.005	3	217	27	
Sodium	mg	1	0.167	3	2	0	
Zinc	mg	0.05	0.006	3	0.12	0.02	
Copper	mg	0.030	0.000	3	0.073	0.009	
Manganese	mg	0.030	0.006	3	0.073	0.009	
Selenium	µg	0.1		0	0.2	0.0	
Vitamins:							
Ascorbic acid	mg	31.5	5.710	3	76.9	9.6	
Thiamin	mg	0.059	0.004	3	0.144	0.018	
Riboflavin	mg	0.013	0.001	3	0.032	0.004	
Niacin	mg	0.137	0.044	3	0.334	0.042	
Pantothenic acid	mg	0.121	0.023	3	0.295	0.037	
Vitamin B-6	mg	0.060	0.005	3	0.146	0.018	
Folate	µg	10	2.155	3	23	3	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	13	5.291	3	32	4	
Vitamin A, RE	µg	1	0.529	3	2	0	
Vitamin E, α-TE	mg	0.090		0	0.220	0.027	
Lipids:							
Saturated, total	g	0.043		0	0.105	0.013	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.001		0	0.002	0.000	
15.0	g						
16:0	g	0.038		0	0.093	0.012	
17:0	g						
18:0	g	0.003		0	0.007	0.001	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.012	0	0.029	0.004
14:1	g				
16:1	g	0.001	0	0.002	0.000
18:1	g	0.011	0	0.027	0.003
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.097	0	0.237	0.030
18:2	g	0.068	0	0.166	0.021
18:3	g	0.029	0	0.071	0.009
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 fl oz

NDB No. 09156 Lemon peel, raw

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 6g	Measure 2* 2g	Measure 3*
Proximates:							
Water	g	81.60		0	4.90	1.63	
Energy	kcal	47		0	3	1	
Energy	kj	197		0	12	4	
Protein (N x 5.95)	g	1.50		0	0.09	0.03	
Total lipid (fat)	g	0.30		0	0.02	0.01	
Carbohydrate, by difference	g	16.00		0	0.96	0.32	
Fiber, total dietary	g	10.6		0	0.6	0.2	
Ash	g	0.60		0	0.04	0.01	
Sugars, total	g						
Minerals:							
Calcium	mg	134		0	8	3	
Iron	mg	0.80		0	0.05	0.02	
Magnesium	mg	15		0	1	0	
Phosphorus	mg	12		0	1	0	
Potassium	mg	160		0	10	3	
Sodium	mg	6		0	0	0	
Zinc	mg	0.25		0	0.02	0.01	
Copper	mg	0.092		0	0.006	0.002	
Manganese	mg						
Selenium	µg	0.7		0	0.0	0.0	
Vitamins:							
Ascorbic acid	mg	129.0		0	7.7	2.6	
Thiamin	mg	0.060		0	0.004	0.001	
Riboflavin	mg	0.080		0	0.005	0.002	
Niacin	mg	0.400		0	0.024	0.008	
Pantothenic acid	mg	0.319		0	0.019	0.006	
Vitamin B-6	mg	0.172		0	0.010	0.003	
Folate	µg	13		0	1	0	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	50		0	3	1	
Vitamin A, RE	µg	5		0	0	0	
Vitamin E, α-TE	mg	0.240		0	0.014	0.005	
Lipids:							
Saturated, total	g	0.039		0	0.002	0.001	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.001		0	0.000	0.000	
15.0	g						
16:0	g	0.035		0	0.002	0.001	
17:0	g						
18:0	g	0.002		0	0.000	0.000	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.011	0	0.001	0.000
14:1	g				
16:1	g	0.001	0	0.000	0.000
18:1	g	0.010	0	0.001	0.000
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.089	0	0.005	0.002
18:2	g	0.063	0	0.004	0.001
18:3	g	0.026	0	0.002	0.001
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg	35	0	2	1
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 tablespoon
Measure 2: 1 teaspoon

NDB No. 09159 Limes, raw

Citrus aurantifolia

Refuse: 16% 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	Samples	Measure 1* 67g	Measure 2*	Measure 3*
Proximates:							
Water	g	88.26	0.877	5	59.13		
Energy	kcal	30		0	20		
Energy	kj	126		0	84		
Protein (N x 5.95)	g	0.70		0	0.47		
Total lipid (fat)	g	0.20		0	0.13		
Carbohydrate, by difference	g	10.54		0	7.06		
Fiber, total dietary	g	2.8		0	1.9		
Ash	g	0.30		0	0.20		
Sugars, total	g						
Minerals:							
Calcium	mg	33		0	22		
Iron	mg	0.60		0	0.40		
Magnesium	mg	6		0	4		
Phosphorus	mg	18		0	12		
Potassium	mg	102		0	68		
Sodium	mg	2		0	1		
Zinc	mg	0.11		1	0.07		
Copper	mg	0.065		1	0.044		
Manganese	mg	0.008		0	0.005		
Selenium	µg	0.4		0	0.3		
Vitamins:							
Ascorbic acid	mg	29.1		1	19.5		
Thiamin	mg	0.030		0	0.020		
Riboflavin	mg	0.020		0	0.013		
Niacin	mg	0.200		0	0.134		
Pantothenic acid	mg	0.217		0	0.145		
Vitamin B-6	mg	0.043		0	0.029		
Folate	µg	8	2.328	7	5		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	10		0	7		
Vitamin A, RE	µg	1		0	1		
Vitamin E, α-TE	mg	0.240		0	0.161		
Lipids:							
Saturated, total	g	0.022		0	0.015		
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		
14:0	g	0.001		0	0.001		
15.0	g						
16:0	g	0.020		0	0.013		
17:0	g						
18:0	g	0.001		0	0.001		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.019	0	0.013
14:1	g			
16:1	g	0.003	0	0.002
18:1	g	0.016	0	0.011
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.055	0	0.037
18:2	g	0.036	0	0.024
18:3	g	0.019	0	0.013
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.003	10	0.002
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g	0.014	10	0.009
Methionine	g	0.002	6	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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 fruit (2" dia)

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	Samples	Measure 1* 246g	Measure 2* 31g	Measure 3* 38g
Proximates:							
Water	g	90.21	0.110	18	221.92	27.78	34.28
Energy	kcal	27		0	66	8	10
Energy	kj	113		0	278	35	43
Protein (N x 5.95)	g	0.44	0.001	17	1.08	0.14	0.17
Total lipid (fat)	g	0.10		0	0.25	0.03	0.04
Carbohydrate, by difference	g	9.01		0	22.16	2.78	3.42
Fiber, total dietary	g	0.4		0	1.0	0.1	0.2
Ash	g	0.24	0.005	17	0.59	0.07	0.09
Sugars, total	g						
Minerals:							
Calcium	mg	9		0	22	3	3
Iron	mg	0.03	0.003	16	0.07	0.01	0.01
Magnesium	mg	6	0.506	17	15	2	2
Phosphorus	mg	7	0.625	16	17	2	3
Potassium	mg	109	2.423	9	268	34	41
Sodium	mg	1	0.379	9	2	0	0
Zinc	mg	0.06		0	0.15	0.02	0.02
Copper	mg	0.030	0.002	16	0.074	0.009	0.011
Manganese	mg	0.008	0.001	16	0.020	0.002	0.003
Selenium	µg	0.1		0	0.2	0.0	0.0
Vitamins:							
Ascorbic acid	mg	29.3	0.478	162	72.1	9.0	11.1
Thiamin	mg	0.020		0	0.049	0.006	0.008
Riboflavin	mg	0.010		0	0.025	0.003	0.004
Niacin	mg	0.100		0	0.246	0.031	0.038
Pantothenic acid	mg	0.138		0	0.339	0.043	0.052
Vitamin B-6	mg	0.043		1	0.106	0.013	0.016
Folate	µg	8		0	20	3	3
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	10		0	25	3	4
Vitamin A, RE	µg	1		0	2	0	0
Vitamin E, α-TE	mg	0.090		0	0.221	0.028	0.034
Lipids:							
Saturated, total	g	0.011		0	0.027	0.003	0.004
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.000		0	0.000	0.000	0.000
15.0	g						
16:0	g	0.010		2	0.025	0.003	0.004
17:0	g						
18:0	g	0.000		0	0.000	0.000	0.000
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.010	0	0.025	0.003	0.004
14:1	g					
16:1	g	0.002	2	0.005	0.001	0.001
18:1	g	0.008	2	0.020	0.002	0.003
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.027	0	0.066	0.008	0.010
18:2	g	0.018	2	0.044	0.006	0.007
18:3	g	0.009	2	0.022	0.003	0.003
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g					
Threonine	g					
Isoleucine	g					
Leucine	g					
Lysine	g					
Methionine	g					
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					
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 fl oz
Measure 3: Juice of 1 lime (2" dia)

NDB No. 09161 Lime juice, canned or bottled, 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	Samples	Measure 1* 246g	Measure 2* 31g	Measure 3*
Proximates:							
Water	g	92.52	0.103	3	227.60	28.50	
Energy	kcal	21		0	52	6	
Energy	kj	88		0	216	27	
Protein (N x 5.95)	g	0.25	0.033	3	0.62	0.08	
Total lipid (fat)	g	0.23	0.035	3	0.57	0.07	
Carbohydrate, by difference	g	6.69		0	16.46	2.06	
Fiber, total dietary	g	0.4		0	1.0	0.1	
Ash	g	0.31	0.015	3	0.76	0.10	
Sugars, total	g						
Minerals:							
Calcium	mg	12	0.385	3	30	4	
Iron	mg	0.23	0.009	3	0.57	0.07	
Magnesium	mg	7	0.088	3	17	2	
Phosphorus	mg	10	0.664	3	25	3	
Potassium	mg	75	7.000	3	185	23	
Sodium	mg	16	2.333	3	39	5	
Zinc	mg	0.06	0.006	3	0.15	0.02	
Copper	mg	0.030	0.006	3	0.074	0.009	
Manganese	mg	0.008	0.002	3	0.020	0.002	
Selenium	µg	0.1		0	0.2	0.0	
Vitamins:							
Ascorbic acid	mg	6.4	2.182	3	15.7	2.0	
Thiamin	mg	0.033	0.002	3	0.081	0.010	
Riboflavin	mg	0.003	0.001	3	0.007	0.001	
Niacin	mg	0.163	0.035	3	0.401	0.050	
Pantothenic acid	mg	0.066	0.006	3	0.162	0.020	
Vitamin B-6	mg	0.027	0.003	3	0.066	0.008	
Folate	µg	8	2.397	6	19	2	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	16	2.333	3	39	5	
Vitamin A, RE	µg	2	0.233	3	5	1	
Vitamin E, α-TE	mg	0.070		0	0.172	0.022	
Lipids:							
Saturated, total	g	0.026		0	0.064	0.008	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.001		0	0.002	0.000	
15.0	g						
16:0	g	0.023		0	0.057	0.007	
17:0	g						
18:0	g	0.001		0	0.002	0.000	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.022	0	0.054	0.007
14:1	g				
16:1	g	0.004	0	0.010	0.001
18:1	g	0.018	0	0.044	0.006
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.064	0	0.157	0.020
18:2	g	0.042	0	0.103	0.013
18:3	g	0.022	0	0.054	0.007
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 fl oz

NDB No. 09164 Litchis, raw

Litchi chinensis

Refuse: 40% Shell and seeds

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 190g	Measure 2* 10g	Measure 3*
Proximates:							
Water	g	81.76	1.019	9	155.34	7.85	
Energy	kcal	66		0	125	6	
Energy	kj	276		0	524	26	
Protein (N x 5.95)	g	0.83	0.046	7	1.58	0.08	
Total lipid (fat)	g	0.44	0.133	7	0.84	0.04	
Carbohydrate, by difference	g	16.53		0	31.41	1.59	
Fiber, total dietary	g	1.3		0	2.5	0.1	
Ash	g	0.44	0.057	6	0.84	0.04	
Sugars, total	g						
Minerals:							
Calcium	mg	5	1.586	7	10	0	
Iron	mg	0.31	0.061	5	0.59	0.03	
Magnesium	mg	10	0.650	2	19	1	
Phosphorus	mg	31	3.387	7	59	3	
Potassium	mg	171	23.479	5	325	16	
Sodium	mg	1	0.151	3	2	0	
Zinc	mg	0.07		1	0.13	0.01	
Copper	mg	0.148		1	0.281	0.014	
Manganese	mg	0.055		1	0.105	0.005	
Selenium	µg	0.6		0	1.1	0.1	
Vitamins:							
Ascorbic acid	mg	71.5	10.286	14	135.8	6.9	
Thiamin	mg	0.011	0.006	2	0.021	0.001	
Riboflavin	mg	0.065	0.009	3	0.124	0.006	
Niacin	mg	0.603	0.147	3	1.146	0.058	
Pantothenic acid	mg						
Vitamin B-6	mg	0.100		0	0.190	0.010	
Folate	µg	14		0	27	1	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	0		1	0	0	
Vitamin A, RE	µg	0		1	0	0	
Vitamin E, α-TE	mg	0.700		0	1.330	0.067	
Lipids:							
Saturated, total	g	0.099		0	0.188	0.010	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.002		0	0.004	0.000	
15.0	g						
16:0	g	0.070		0	0.133	0.007	
17:0	g						
18:0	g	0.024		0	0.046	0.002	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.120	0	0.228	0.012
14:1	g				
16:1	g	0.001	0	0.002	0.000
18:1	g	0.119	0	0.226	0.011
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.132	0	0.251	0.013
18:2	g	0.067	0	0.127	0.006
18:3	g	0.065	0	0.124	0.006
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.007	1	0.013	0.001
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g	0.041	1	0.078	0.004
Methionine	g	0.009	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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 fruit, without refuse

NDB No. 09165 Litchis, dried

Refuse: 46% Shell and seeds

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 3g	Measure 2*	Measure 3*
Proximates:							
Water	g	22.30		0	0.56		
Energy	kcal	277		0	7		
Energy	kj	1159		0	29		
Protein (N x 5.95)	g	3.80		0	0.10		
Total lipid (fat)	g	1.20		0	0.03		
Carbohydrate, by difference	g	70.70		0	1.77		
Fiber, total dietary	g	4.6		0	0.1		
Ash	g	2.00		0	0.05		
Sugars, total	g						
Minerals:							
Calcium	mg	33		0	1		
Iron	mg	1.70		0	0.04		
Magnesium	mg	42		0	1		
Phosphorus	mg	181		0	5		
Potassium	mg	1110		0	28		
Sodium	mg	3		0	0		
Zinc	mg	0.28		0	0.01		
Copper	mg	0.631		0	0.016		
Manganese	mg	0.234		0	0.006		
Selenium	µg	1.3		0	0.0		
Vitamins:							
Ascorbic acid	mg	183.0		1	4.6		
Thiamin	mg	0.010		1	0.000		
Riboflavin	mg	0.570		1	0.014		
Niacin	mg	3.100		1	0.078		
Pantothenic acid	mg						
Vitamin B-6	mg	0.090		0	0.002		
Folate	µg	12		0	0		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg	0		0	0		
Vitamin E, α-TE	mg	0.700		0	0.018		
Lipids:							
Saturated, total	g	0.270		0	0.007		
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		
14:0	g	0.006		0	0.000		
15.0	g						
16:0	g	0.190		0	0.005		
17:0	g						
18:0	g	0.065		0	0.002		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.328	0	0.008
14:1	g			
16:1	g	0.004	0	0.000
18:1	g	0.324	0	0.008
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.361	0	0.009
18:2	g	0.184	0	0.005
18:3	g	0.178	0	0.004
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.033	0	0.001
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g	0.187	0	0.005
Methionine	g	0.042	0	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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 nut

NDB No. 09167 Loganberries, frozen

Rubus ursinus var. loganobaccus

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 147g	Measure 2*	Measure 3*
Proximates:							
Water	g	84.61	0.382	3	124.38		
Energy	kcal	55		0	81		
Energy	kj	230		0	338		
Protein (N x 5.95)	g	1.52	0.152	3	2.23		
Total lipid (fat)	g	0.31	0.014	3	0.46		
Carbohydrate, by difference	g	13.02		0	19.14		
Fiber, total dietary	g	4.9		0	7.2		
Ash	g	0.54	0.000	3	0.79		
Sugars, total	g						
Minerals:							
Calcium	mg	26	0.601	3	38		
Iron	mg	0.64	0.009	3	0.94		
Magnesium	mg	21	0.318	3	31		
Phosphorus	mg	26	1.267	3	38		
Potassium	mg	145	3.786	3	213		
Sodium	mg	1	0.000	3	1		
Zinc	mg	0.34	0.018	3	0.50		
Copper	mg	0.117	0.003	3	0.172		
Manganese	mg	1.247	0.027	3	1.833		
Selenium	µg	0.6		0	0.9		
Vitamins:							
Ascorbic acid	mg	15.3	0.333	3	22.5		
Thiamin	mg	0.050	0.003	3	0.074		
Riboflavin	mg	0.034	0.002	3	0.050		
Niacin	mg	0.840	0.000	3	1.235		
Pantothenic acid	mg	0.244	0.024	3	0.359		
Vitamin B-6	mg	0.065	0.002	3	0.096		
Folate	µg	26	2.914	3	38		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	35	3.180	3	51		
Vitamin A, RE	µg	4	0.318	3	6		
Vitamin E, α-TE	mg	2.210		0	3.249		
Lipids:							
Saturated, total	g	0.011		0	0.016		
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		
14:0	g	0.000		0	0.000		
15.0	g						
16:0	g	0.007		0	0.010		
17:0	g						
18:0	g	0.002		0	0.003		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.030	0	0.044
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.028	0	0.041
20:1	g	0.002	0	0.003
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.176	0	0.259
18:2	g	0.117	0	0.172
18:3	g	0.059	0	0.087
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, unthawed

NDB No. 09172 Longans, raw

Dimocarpus longan

Refuse: 47% Shell and seeds

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 3g	Measure 2*	Measure 3*
Proximates:							
Water	g	82.75	1.750	2	2.65		
Energy	kcal	60		0	2		
Energy	kj	251		0	8		
Protein (N x 5.95)	g	1.31		1	0.04		
Total lipid (fat)	g	0.10		0	0.00		
Carbohydrate, by difference	g	15.14		0	0.48		
Fiber, total dietary	g	1.1		0	0.0		
Ash	g	0.70		0	0.02		
Sugars, total	g						
Minerals:							
Calcium	mg	1		1	0		
Iron	mg	0.13		1	0.00		
Magnesium	mg	10		1	0		
Phosphorus	mg	21		1	1		
Potassium	mg	266		1	9		
Sodium	mg	0		1	0		
Zinc	mg	0.05		1	0.00		
Copper	mg	0.169		1	0.005		
Manganese	mg	0.052		1	0.002		
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	84.0	28.000	2	2.7		
Thiamin	mg	0.031	0.009	2	0.001		
Riboflavin	mg	0.140		1	0.004		
Niacin	mg	0.300		1	0.010		
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU						
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g						
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g			
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g			
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g	0.034	1	0.001
Isoleucine	g	0.026	1	0.001
Leucine	g	0.054	1	0.002
Lysine	g	0.046	1	0.001
Methionine	g	0.013	1	0.000
Cystine	g			
Phenylalanine	g	0.030	1	0.001
Tyrosine	g	0.025	1	0.001
Valine	g	0.058	1	0.002
Arginine	g	0.035	1	0.001
Histidine	g	0.012	1	0.000
Alanine	g	0.157	1	0.005
Aspartic acid	g	0.126	1	0.004
Glutamic acid	g	0.209	1	0.007
Glycine	g	0.042	1	0.001
Proline	g	0.042	1	0.001
Serine	g	0.048	1	0.002
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 fruit, without refuse

NDB No. 09173 Longans, dried

Refuse: 64% Shell and seeds

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1*	Measure 2*	Measure 3*
Proximates:							
Water	g	17.60		0			
Energy	kcal	286		0			
Energy	kj	1197		0			
Protein (N x 5.95)	g	4.90		0			
Total lipid (fat)	g	0.40		0			
Carbohydrate, by difference	g	74.00		0			
Fiber, total dietary	g						
Ash	g	3.10		0			
Sugars, total	g						
Minerals:							
Calcium	mg	45		0			
Iron	mg	5.40		0			
Magnesium	mg	46		0			
Phosphorus	mg	196		0			
Potassium	mg	658		1			
Sodium	mg	48		1			
Zinc	mg	0.22		0			
Copper	mg	0.807		0			
Manganese	mg	0.248		0			
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	28.0		0			
Thiamin	mg	0.040		0			
Riboflavin	mg	0.500		0			
Niacin	mg	1.000		0			
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg	0.00		0			
Vitamin A	IU	0		1			
Vitamin A, RE	µg	0		1			
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g						
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g		
14:1	g		
16:1	g		
18:1	g		
20:1	g		
22.1	g		
Polyunsaturated, total	g		
18:2	g		
18:3	g		
18:4	g		
20:4	g		
20:5	g		
22:5	g		
22:6	g		
Cholesterol	mg	0	0
Phytosterols	mg		
Amino acids:			
Tryptophan	g		
Threonine	g	0.128	0
Isoleucine	g	0.097	0
Leucine	g	0.202	0
Lysine	g	0.172	0
Methionine	g	0.049	0
Cystine	g		
Phenylalanine	g	0.112	0
Tyrosine	g	0.094	0
Valine	g	0.217	0
Arginine	g	0.131	0
Histidine	g	0.045	0
Alanine	g	0.585	0
Aspartic acid	g	0.469	0
Glutamic acid	g	0.780	0
Glycine	g	0.158	0
Proline	g	0.158	0
Serine	g	0.180	0
Other:			
Caffeine	mg		
Theobromine	mg		
Alcohol	g		

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

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	Samples	Measure 1* 149g	Measure 2* 20g	Measure 3* 16g
Proximates:							
Water	g	86.73	1.198	13	129.23	17.35	13.88
Energy	kcal	47		0	70	9	8
Energy	kj	197		0	294	39	32
Protein (N x 5.95)	g	0.43		1	0.64	0.09	0.07
Total lipid (fat)	g	0.20		0	0.30	0.04	0.03
Carbohydrate, by difference	g	12.14		0	18.09	2.43	1.94
Fiber, total dietary	g	1.7		0	2.5	0.3	0.3
Ash	g	0.50		0	0.75	0.10	0.08
Sugars, total	g						
Minerals:							
Calcium	mg	16	5.153	4	24	3	3
Iron	mg	0.28	0.080	3	0.42	0.06	0.04
Magnesium	mg	13	0.800	2	19	3	2
Phosphorus	mg	27	14.372	3	40	5	4
Potassium	mg	266	77.159	4	396	53	43
Sodium	mg	1	0.615	2	1	0	0
Zinc	mg	0.05		1	0.07	0.01	0.01
Copper	mg	0.040		1	0.060	0.008	0.006
Manganese	mg	0.148		1	0.221	0.030	0.024
Selenium	µg	0.6		0	0.9	0.1	0.1
Vitamins:							
Ascorbic acid	mg	1.0		0	1.5	0.2	0.2
Thiamin	mg	0.019		0	0.028	0.004	0.003
Riboflavin	mg	0.024		0	0.036	0.005	0.004
Niacin	mg	0.180		0	0.268	0.036	0.029
Pantothenic acid	mg						
Vitamin B-6	mg	0.100		0	0.149	0.020	0.016
Folate	µg	14		0	21	3	2
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	1528	233.817	5	2277	306	244
Vitamin A, RE	µg	153	23.382	5	228	31	24
Vitamin E, α-TE	mg	0.890		0	1.326	0.178	0.142
Lipids:							
Saturated, total	g	0.040		0	0.060	0.008	0.006
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.001		2	0.001	0.000	0.000
14:0	g	0.001		2	0.001	0.000	0.000
15.0	g						
16:0	g	0.032		2	0.048	0.006	0.005
17:0	g						
18:0	g	0.004		2	0.006	0.001	0.001
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.008	0	0.012	0.002	0.001
14:1	g					
16:1	g	0.000	0	0.000	0.000	0.000
18:1	g	0.008	2	0.012	0.002	0.001
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.091	0	0.136	0.018	0.015
18:2	g	0.077	2	0.115	0.015	0.012
18:3	g	0.013	2	0.019	0.003	0.002
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg	2	0	3	0	0
Amino acids:						
Tryptophan	g	0.005	1	0.007	0.001	0.001
Threonine	g	0.015	2	0.022	0.003	0.002
Isoleucine	g	0.015	2	0.022	0.003	0.002
Leucine	g	0.026	2	0.039	0.005	0.004
Lysine	g	0.023	2	0.034	0.005	0.004
Methionine	g	0.004	2	0.006	0.001	0.001
Cystine	g	0.006	1	0.009	0.001	0.001
Phenylalanine	g	0.014	2	0.021	0.003	0.002
Tyrosine	g	0.013	2	0.019	0.003	0.002
Valine	g	0.021	2	0.031	0.004	0.003
Arginine	g	0.014	2	0.021	0.003	0.002
Histidine	g	0.007	2	0.010	0.001	0.001
Alanine	g	0.024	2	0.036	0.005	0.004
Aspartic acid	g	0.058	2	0.086	0.012	0.009
Glutamic acid	g	0.061	2	0.091	0.012	0.010
Glycine	g	0.020	2	0.030	0.004	0.003
Proline	g	0.027	2	0.040	0.005	0.004
Serine	g	0.020	2	0.030	0.004	0.003
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, cubed
Measure 2: 1 large
Measure 3: 1 medium

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	Samples	Measure 1* 846g	Measure 2*	Measure 3*
Proximates:							
Water	g	86.20		0	729.25		
Energy	kcal	51		0	431		
Energy	kj	213		0	1802		
Protein (N x 5.95)	g	0.50		0	4.23		
Total lipid (fat)	g	0.50		0	4.23		
Carbohydrate, by difference	g	12.50		0	105.75		
Fiber, total dietary	g	3.0		0	25.4		
Ash	g	0.30		0	2.54		
Sugars, total	g						
Minerals:							
Calcium	mg	11		0	93		
Iron	mg	0.70		0	5.92		
Magnesium	mg	16		0	135		
Phosphorus	mg	11		0	93		
Potassium	mg	47		0	398		
Sodium	mg	15		0	127		
Zinc	mg	0.10		0	0.85		
Copper	mg	0.086		0	0.728		
Manganese	mg						
Selenium	µg	0.6		0	5.1		
Vitamins:							
Ascorbic acid	mg	14.0		0	118.4		
Thiamin	mg	0.020		0	0.169		
Riboflavin	mg	0.040		0	0.338		
Niacin	mg	0.400		0	3.384		
Pantothenic acid	mg	0.103		0	0.871		
Vitamin B-6	mg	0.100		0	0.846		
Folate	µg	14		0	118		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	230		0	1946		
Vitamin A, RE	µg	23		0	195		
Vitamin E, α-TE	mg	0.590		0	4.991		
Lipids:							
Saturated, total	g	0.136		0	1.151		
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		
14:0	g	0.000		0	0.000		
15.0	g						
16:0	g	0.042		0	0.355		
17:0	g						
18:0	g	0.094		0	0.795		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.205	0	1.734
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.205	0	1.734
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.079	0	0.668
18:2	g	0.079	0	0.668
18:3	g	0.000	0	0.000
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.005	2	0.042
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g	0.037	2	0.313
Methionine	g	0.006	2	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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 fruit, without refuse

NDB No. 09176 Mangos, raw

Mangifera indica

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	Samples	Measure 1* 165g	Measure 2* 207g	Measure 3*
Proximates:							
Water	g	81.71	0.323	108	134.82	169.14	
Energy	kcal	65		0	107	135	
Energy	kj	272		0	449	563	
Protein (N x 5.95)	g	0.51	0.025	79	0.84	1.06	
Total lipid (fat)	g	0.27	0.039	47	0.45	0.56	
Carbohydrate, by difference	g	17.00		0	28.05	35.19	
Fiber, total dietary	g	1.8		0	3.0	3.7	
Ash	g	0.50	0.033	66	0.83	1.03	
Sugars, total	g						
Minerals:							
Calcium	mg	10	0.850	27	17	21	
Iron	mg	0.13	0.021	21	0.21	0.27	
Magnesium	mg	9	0.580	20	15	19	
Phosphorus	mg	11	0.746	41	18	23	
Potassium	mg	156	8.441	24	257	323	
Sodium	mg	2	0.624	24	3	4	
Zinc	mg	0.04		1	0.07	0.08	
Copper	mg	0.110	0.009	17	0.182	0.228	
Manganese	mg	0.027	0.002	17	0.045	0.056	
Selenium	µg	0.6		0	1.0	1.2	
Vitamins:							
Ascorbic acid	mg	27.7	1.749	162	45.7	57.3	
Thiamin	mg	0.058	0.005	35	0.096	0.120	
Riboflavin	mg	0.057	0.004	36	0.094	0.118	
Niacin	mg	0.584	0.070	36	0.964	1.209	
Pantothenic acid	mg	0.160		0	0.264	0.331	
Vitamin B-6	mg	0.134		1	0.221	0.277	
Folate	µg	14		0	23	29	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	3894	244.166	91	6425	8061	
Vitamin A, RE	µg	389	24.417	91	642	805	
Vitamin E, α-TE	mg	1.120		0	1.848	2.318	
Lipids:							
Saturated, total	g	0.066		0	0.109	0.137	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.001		15	0.002	0.002	
14:0	g	0.009		19	0.015	0.019	
15.0	g						
16:0	g	0.052		19	0.086	0.108	
17:0	g						
18:0	g	0.003		19	0.005	0.006	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.101	0	0.167	0.209
14:1	g				
16:1	g	0.048	19	0.079	0.099
18:1	g	0.054	19	0.089	0.112
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.051	0	0.084	0.106
18:2	g	0.014	19	0.023	0.029
18:3	g	0.037	19	0.061	0.077
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.008	11	0.013	0.017
Threonine	g	0.019	2	0.031	0.039
Isoleucine	g	0.018	2	0.030	0.037
Leucine	g	0.031	2	0.051	0.064
Lysine	g	0.041	13	0.068	0.085
Methionine	g	0.005	13	0.008	0.010
Cystine	g				
Phenylalanine	g	0.017	2	0.028	0.035
Tyrosine	g	0.010	2	0.017	0.021
Valine	g	0.026	2	0.043	0.054
Arginine	g	0.019	2	0.031	0.039
Histidine	g	0.012	2	0.020	0.025
Alanine	g	0.051	2	0.084	0.106
Aspartic acid	g	0.042	2	0.069	0.087
Glutamic acid	g	0.060	2	0.099	0.124
Glycine	g	0.021	2	0.035	0.043
Proline	g	0.018	2	0.030	0.037
Serine	g	0.022	2	0.036	0.046
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, sliced
Measure 2: 1 fruit, without refuse

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	Samples	Measure 1* 196g	Measure 2* 216g	Measure 3*
Proximates:							
Water	g	80.94		2	158.64	174.83	
Energy	kcal	73		0	143	158	
Energy	kj	305		0	598	659	
Protein (N x 5.95)	g	0.41		2	0.80	0.89	
Total lipid (fat)	g	0.58		2	1.14	1.25	
Carbohydrate, by difference	g	17.91		0	35.10	38.69	
Fiber, total dietary	g	1.8		2	3.5	3.9	
Ash	g	0.16		2	0.31	0.35	
Sugars, total	g						
Minerals:							
Calcium	mg	12		2	24	26	
Iron	mg	0.30		2	0.59	0.65	
Magnesium	mg	13		2	25	28	
Phosphorus	mg	8		2	16	17	
Potassium	mg	48		2	94	104	
Sodium	mg	7		2	14	15	
Zinc	mg	0.21		2	0.41	0.45	
Copper	mg	0.069		2	0.135	0.149	
Manganese	mg	0.102		2	0.200	0.220	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	2.9		2	5.7	6.3	
Thiamin	mg	0.054		2	0.106	0.117	
Riboflavin	mg	0.054		2	0.106	0.117	
Niacin	mg	0.286		2	0.561	0.618	
Pantothenic acid	mg	0.032		2	0.063	0.069	
Vitamin B-6	mg	0.018		2	0.035	0.039	
Folate	µg	31		2	61	67	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU						
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g						
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g				
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g				
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, drained
Measure 2: 1 cup

NDB No. 09181 Melons, cantaloupe, raw

Cucumis melo

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	Samples	Measure 1* 177g	Measure 2* 160g	Measure 3* 156g
Proximates:							
Water	g	89.78	0.413	85	158.91	143.65	140.06
Energy	kcal	35		0	62	56	55
Energy	kj	146		0	258	234	228
Protein (N x 5.95)	g	0.88	0.039	81	1.56	1.41	1.37
Total lipid (fat)	g	0.28	0.020	15	0.50	0.45	0.44
Carbohydrate, by difference	g	8.36		0	14.80	13.38	13.04
Fiber, total dietary	g	0.8		0	1.4	1.3	1.2
Ash	g	0.71	0.015	80	1.26	1.14	1.11
Sugars, total	g						
Minerals:							
Calcium	mg	11	1.328	8	19	18	17
Iron	mg	0.21	0.021	77	0.37	0.34	0.33
Magnesium	mg	11	1.753	72	19	18	17
Phosphorus	mg	17	4.848	72	30	27	27
Potassium	mg	309	7.131	43	547	494	482
Sodium	mg	9	2.391	42	16	14	14
Zinc	mg	0.16	0.005	12	0.28	0.26	0.25
Copper	mg	0.042	0.003	76	0.074	0.067	0.066
Manganese	mg	0.047	0.003	75	0.083	0.075	0.073
Selenium	µg	0.4		1	0.7	0.6	0.6
Vitamins:							
Ascorbic acid	mg	42.2	2.458	19	74.7	67.5	65.8
Thiamin	mg	0.036	0.009	6	0.064	0.058	0.056
Riboflavin	mg	0.021	0.004	6	0.037	0.034	0.033
Niacin	mg	0.574	0.118	4	1.016	0.918	0.895
Pantothenic acid	mg	0.128	0.012	9	0.227	0.205	0.200
Vitamin B-6	mg	0.115	0.018	13	0.204	0.184	0.179
Folate	µg	17	2.821	19	30	27	27
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	3224	211.836	10	5706	5158	5029
Vitamin A, RE	µg	322	21.184	10	570	515	502
Vitamin E, α-TE	mg	0.150		0	0.266	0.240	0.234
Lipids:							
Saturated, total	g	0.071		0	0.126	0.114	0.111
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.002		0	0.004	0.003	0.003
14:0	g	0.002		0	0.004	0.003	0.003
15.0	g						
16:0	g	0.058		0	0.103	0.093	0.090
17:0	g						
18:0	g	0.007		0	0.012	0.011	0.011
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.007	0	0.012	0.011	0.011
14:1	g					
16:1	g	0.000	0	0.000	0.000	0.000
18:1	g	0.004	0	0.007	0.006	0.006
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.110	0	0.195	0.176	0.172
18:2	g	0.047	0	0.083	0.075	0.073
18:3	g	0.063	0	0.112	0.101	0.098
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg	10	0	18	16	16
Amino acids:						
Tryptophan	g					
Threonine	g					
Isoleucine	g					
Leucine	g					
Lysine	g					
Methionine	g					
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					
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, balls
Measure 2: 1 cup, cubes
Measure 3: 1 cup, diced

NDB No. 09183 Melons, casaba, raw

Cucumis melo

Refuse: 40% 11% cavity contents, 29% rind

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 170g	Measure 2* 1640g	Measure 3* 164g
Proximates:							
Water	g	92.00		1	156.40	1508.80	150.88
Energy	kcal	26		0	44	426	43
Energy	kj	109		0	185	1788	179
Protein (N x 5.95)	g	0.90	0.300	2	1.53	14.76	1.48
Total lipid (fat)	g	0.10		1	0.17	1.64	0.16
Carbohydrate, by difference	g	6.20		0	10.54	101.68	10.17
Fiber, total dietary	g	0.8		0	1.4	13.1	1.3
Ash	g	0.80		0	1.36	13.12	1.31
Sugars, total	g						
Minerals:							
Calcium	mg	5		1	9	82	8
Iron	mg	0.40		1	0.68	6.56	0.66
Magnesium	mg	8		1	14	131	13
Phosphorus	mg	7		1	12	115	11
Potassium	mg	210		1	357	3444	344
Sodium	mg	12		1	20	197	20
Zinc	mg	0.16		0	0.27	2.62	0.26
Copper	mg	0.040		0	0.068	0.656	0.066
Manganese	mg						
Selenium	µg	0.3		0	0.5	4.9	0.5
Vitamins:							
Ascorbic acid	mg	16.0	3.000	2	27.2	262.4	26.2
Thiamin	mg	0.060		1	0.102	0.984	0.098
Riboflavin	mg	0.020		1	0.034	0.328	0.033
Niacin	mg	0.400		1	0.680	6.560	0.656
Pantothenic acid	mg						
Vitamin B-6	mg	0.120		0	0.204	1.968	0.197
Folate	µg	17		0	29	279	28
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	30		0	51	492	49
Vitamin A, RE	µg	3		0	5	49	5
Vitamin E, α-TE	mg	0.150		0	0.255	2.460	0.246
Lipids:							
Saturated, total	g	0.025		0	0.043	0.410	0.041
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.001		0	0.002	0.016	0.002
14:0	g	0.001		0	0.002	0.016	0.002
15.0	g						
16:0	g	0.021		0	0.036	0.344	0.034
17:0	g						
18:0	g	0.002		0	0.003	0.033	0.003
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.002	0	0.003	0.033	0.003
14:1	g					
16:1	g	0.000	0	0.000	0.000	0.000
18:1	g	0.002	0	0.003	0.033	0.003
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.039	0	0.066	0.640	0.064
18:2	g	0.017	0	0.029	0.279	0.028
18:3	g	0.022	0	0.037	0.361	0.036
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g					
Threonine	g					
Isoleucine	g					
Leucine	g					
Lysine	g					
Methionine	g					
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					
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, cubes
Measure 2: 1 melon
Measure 3: 1/10 fruit

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	Samples	Measure 1* 177g	Measure 2* 170g	Measure 3* 1000g
Proximates:							
Water	g	89.66	0.391	18	158.70	152.42	896.60
Energy	kcal	35		0	62	60	350
Energy	kj	146		0	258	248	1460
Protein (N x 5.95)	g	0.46	0.063	18	0.81	0.78	4.60
Total lipid (fat)	g	0.10		1	0.18	0.17	1.00
Carbohydrate, by difference	g	9.18		0	16.25	15.61	91.80
Fiber, total dietary	g	0.6		0	1.1	1.0	6.0
Ash	g	0.60	0.029	17	1.06	1.02	6.00
Sugars, total	g						
Minerals:							
Calcium	mg	6		1	11	10	60
Iron	mg	0.07	0.009	17	0.12	0.12	0.70
Magnesium	mg	7	0.708	17	12	12	70
Phosphorus	mg	10	1.222	17	18	17	100
Potassium	mg	271	17.229	9	480	461	2710
Sodium	mg	10	1.970	9	18	17	100
Zinc	mg	0.07		0	0.12	0.12	0.70
Copper	mg	0.041	0.006	16	0.073	0.070	0.410
Manganese	mg	0.018	0.001	16	0.032	0.031	0.180
Selenium	µg	0.4		0	0.7	0.7	4.0
Vitamins:							
Ascorbic acid	mg	24.8	4.114	19	43.9	42.2	248.0
Thiamin	mg	0.077	0.018	2	0.136	0.131	0.770
Riboflavin	mg	0.018	0.002	2	0.032	0.031	0.180
Niacin	mg	0.600		1	1.062	1.020	6.000
Pantothenic acid	mg	0.207		0	0.366	0.352	2.070
Vitamin B-6	mg	0.059	0.007	2	0.104	0.100	0.590
Folate	µg	6		0	11	10	60
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	40		0	71	68	400
Vitamin A, RE	µg	4		0	7	7	40
Vitamin E, α-TE	mg	0.150		0	0.266	0.255	1.500
Lipids:							
Saturated, total	g	0.025		0	0.044	0.043	0.250
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.001		0	0.002	0.002	0.010
14:0	g	0.001		0	0.002	0.002	0.010
15.0	g						
16:0	g	0.021		0	0.037	0.036	0.210
17:0	g						
18:0	g	0.002		0	0.004	0.003	0.020
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.002	0	0.004	0.003	0.020
14:1	g					
16:1	g	0.000	0	0.000	0.000	0.000
18:1	g	0.002	0	0.004	0.003	0.020
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.039	0	0.069	0.066	0.390
18:2	g	0.017	0	0.030	0.029	0.170
18:3	g	0.022	0	0.039	0.037	0.220
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g					
Threonine	g					
Isoleucine	g					
Leucine	g					
Lysine	g					
Methionine	g					
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					
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, balls
Measure 2: 1 cup, diced (approx 20 pieces per cup)
Measure 3: 1 melon (5-1/4" dia)

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	Samples	Measure 1* 173g	Measure 2*	Measure 3*
Proximates:							
Water	g	90.26	0.162	3	156.15		
Energy	kcal	33		0	57		
Energy	kj	138		0	239		
Protein (N x 5.95)	g	0.84	0.014	3	1.45		
Total lipid (fat)	g	0.25	0.095	3	0.43		
Carbohydrate, by difference	g	7.94		0	13.74		
Fiber, total dietary	g	0.7		0	1.2		
Ash	g	0.71	0.017	3	1.23		
Sugars, total	g						
Minerals:							
Calcium	mg	10	0.600	3	17		
Iron	mg	0.29	0.038	3	0.50		
Magnesium	mg	14	0.066	3	24		
Phosphorus	mg	12	1.638	3	21		
Potassium	mg	280	8.544	3	484		
Sodium	mg	31	2.028	3	54		
Zinc	mg	0.17	0.007	3	0.29		
Copper	mg	0.060	0.012	3	0.104		
Manganese	mg	0.040	0.000	3	0.069		
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	6.2	3.361	3	10.7		
Thiamin	mg	0.166	0.132	3	0.287		
Riboflavin	mg	0.022	0.002	3	0.038		
Niacin	mg	0.640	0.052	3	1.107		
Pantothenic acid	mg	0.163	0.010	3	0.282		
Vitamin B-6	mg	0.106	0.010	3	0.183		
Folate	µg	26	2.100	3	44		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	1774	52.992	3	3069		
Vitamin A, RE	µg	177	5.299	3	306		
Vitamin E, α-TE	mg	0.150		0	0.260		
Lipids:							
Saturated, total	g	0.064		0	0.111		
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	0.002		0	0.003		
14:0	g	0.002		0	0.003		
15.0	g						
16:0	g	0.052		0	0.090		
17:0	g						
18:0	g	0.006		0	0.010		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.006	0	0.010
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.004	0	0.007
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.098	0	0.170
18:2	g	0.042	0	0.073
18:3	g	0.056	0	0.097
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, unthawed

NDB No. 09187 Fruit, mixed, (peach and pear and pineapple), 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	Samples	Measure 1* 255g	Measure 2*	Measure 3*
Proximates:							
Water	g	80.56	0.175	16	205.43		
Energy	kcal	72		0	184		
Energy	kj	301		0	768		
Protein (N x 5.95)	g	0.37	0.012	16	0.94		
Total lipid (fat)	g	0.10	0.000	16	0.26		
Carbohydrate, by difference	g	18.76		0	47.84		
Fiber, total dietary	g	1.0		0	2.5		
Ash	g	0.21	0.008	16	0.54		
Sugars, total	g						
Minerals:							
Calcium	mg	1	0.352	16	3		
Iron	mg	0.36	0.033	16	0.92		
Magnesium	mg	5	0.125	16	13		
Phosphorus	mg	10	0.368	16	26		
Potassium	mg	84	1.615	16	214		
Sodium	mg	4	0.157	16	10		
Zinc	mg	0.07	0.003	16	0.18		
Copper	mg	0.058	0.004	16	0.148		
Manganese	mg	0.386		0	0.984		
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	69.0	4.383	16	175.9		
Thiamin	mg	0.015	0.005	2	0.038		
Riboflavin	mg	0.040	0.010	2	0.102		
Niacin	mg	0.600	0.200	2	1.530		
Pantothenic acid	mg	0.057		0	0.145		
Vitamin B-6	mg	0.036		0	0.092		
Folate	µg	3		0	8		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	194	11.020	16	495		
Vitamin A, RE	µg	19	1.102	16	48		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.014		0	0.036		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g	0.010		0	0.026		
17:0	g						
18:0	g	0.004		0	0.010		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.019	0	0.048
14:1	g			
16:1	g			
18:1	g	0.019	0	0.048
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.042	0	0.107
18:2	g	0.037	0	0.094
18:3	g	0.005	0	0.013
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 cup

NDB No. 09188 Fruit, mixed, (prune and apricot and pear), dried

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	Samples	Measure 1* 293g	Measure 2*	Measure 3*
Proximates:							
Water	g	31.18		0	91.36		
Energy	kcal	243		0	712		
Energy	kj	1017		0	2980		
Protein (N x 5.95)	g	2.46		0	7.21		
Total lipid (fat)	g	0.49		0	1.44		
Carbohydrate, by difference	g	64.06		0	187.70		
Fiber, total dietary	g	7.8		0	22.9		
Ash	g	1.82		0	5.33		
Sugars, total	g						
Minerals:							
Calcium	mg	38		0	111		
Iron	mg	2.71		0	7.94		
Magnesium	mg	39		0	114		
Phosphorus	mg	77		0	226		
Potassium	mg	796		0	2332		
Sodium	mg	18		0	53		
Zinc	mg	0.50		0	1.47		
Copper	mg	0.385		0	1.128		
Manganese	mg	0.227		0	0.665		
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	3.8		0	11.1		
Thiamin	mg	0.044		0	0.129		
Riboflavin	mg	0.157		0	0.460		
Niacin	mg	1.927		0	5.646		
Pantothenic acid	mg	0.441		0	1.292		
Vitamin B-6	mg	0.159		0	0.466		
Folate	µg	4		0	11		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	2442		0	7155		
Vitamin A, RE	µg	244		0	715		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.040		0	0.117		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g	0.033		0	0.097		
17:0	g						
18:0	g	0.007		0	0.021		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.232	0	0.680
14:1	g			
16:1	g	0.003	0	0.009
18:1	g	0.229	0	0.671
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.110	0	0.322
18:2	g	0.108	0	0.316
18:3	g	0.002	0	0.006
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 package (11 oz)

NDB No. 09189 Fruit, mixed, (peach and cherry-sweet and -sour and raspberry and grape and boysenberry), 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	Samples	Measure 1* 250g	Measure 2* 284g	Measure 3*
Proximates:							
Water	g	73.73	0.240	3	184.32	209.39	
Energy	kcal	98		0	245	278	
Energy	kj	410		0	1025	1164	
Protein (N x 5.95)	g	1.42	0.855	3	3.55	4.03	
Total lipid (fat)	g	0.18	0.109	3	0.45	0.51	
Carbohydrate, by difference	g	24.23		0	60.58	68.81	
Fiber, total dietary	g	1.9		0	4.8	5.4	
Ash	g	0.43	0.185	3	1.07	1.22	
Sugars, total	g						
Minerals:							
Calcium	mg	7	0.666	3	18	20	
Iron	mg	0.28	0.040	3	0.70	0.80	
Magnesium	mg	6	0.351	3	15	17	
Phosphorus	mg	12	1.304	3	30	34	
Potassium	mg	131	15.989	3	328	372	
Sodium	mg	3	1.072	3	8	9	
Zinc	mg	0.05	0.014	3	0.13	0.14	
Copper	mg	0.034	0.004	3	0.085	0.097	
Manganese	mg	0.064	0.010	3	0.160	0.182	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	75.0	0.636	3	187.5	213.0	
Thiamin	mg	0.017	0.003	3	0.043	0.048	
Riboflavin	mg	0.035	0.004	3	0.088	0.099	
Niacin	mg	0.397	0.038	3	0.993	1.127	
Pantothenic acid	mg	0.093		0	0.233	0.264	
Vitamin B-6	mg	0.025		0	0.063	0.071	
Folate	µg	8		0	19	22	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	322	131.130	3	805	914	
Vitamin A, RE	µg	32	13.113	3	80	91	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.025		0	0.063	0.071	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g	0.018		0	0.045	0.051	
17:0	g						
18:0	g	0.007		0	0.018	0.020	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.034	0	0.085	0.097
14:1	g				
16:1	g				
18:1	g	0.034	0	0.085	0.097
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.078	0	0.195	0.222
18:2	g	0.069	0	0.173	0.196
18:3	g	0.009	0	0.023	0.026
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, thawed
Measure 2: 10 oz

NDB No. 09190 Mulberries, raw

Morus nigra

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 140g	Measure 2* 15g	Measure 3*
Proximates:							
Water	g	87.68		1	122.75	13.15	
Energy	kcal	43		0	60	6	
Energy	kj	180		0	252	27	
Protein (N x 5.95)	g	1.44		0	2.02	0.22	
Total lipid (fat)	g	0.39		0	0.55	0.06	
Carbohydrate, by difference	g	9.80		0	13.72	1.47	
Fiber, total dietary	g	1.7		0	2.4	0.3	
Ash	g	0.69		0	0.97	0.10	
Sugars, total	g						
Minerals:							
Calcium	mg	39		0	55	6	
Iron	mg	1.85		0	2.59	0.28	
Magnesium	mg	18		1	25	3	
Phosphorus	mg	38		0	53	6	
Potassium	mg	194		1	272	29	
Sodium	mg	10		1	14	2	
Zinc	mg	0.12		0	0.17	0.02	
Copper	mg	0.060		0	0.084	0.009	
Manganese	mg						
Selenium	µg	0.6		0	0.8	0.1	
Vitamins:							
Ascorbic acid	mg	36.4		0	51.0	5.5	
Thiamin	mg	0.029		0	0.041	0.004	
Riboflavin	mg	0.101		0	0.141	0.015	
Niacin	mg	0.620		0	0.868	0.093	
Pantothenic acid	mg						
Vitamin B-6	mg	0.050		0	0.070	0.008	
Folate	µg	6		0	8	1	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	25		0	35	4	
Vitamin A, RE	µg	3		0	4	0	
Vitamin E, α-TE	mg	0.450		0	0.630	0.068	
Lipids:							
Saturated, total	g	0.027		0	0.038	0.004	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.006		0	0.008	0.001	
17:0	g						
18:0	g	0.020		0	0.028	0.003	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.041	0	0.057	0.006
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.041	0	0.057	0.006
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.207	0	0.290	0.031
18:2	g	0.206	0	0.288	0.031
18:3	g	0.001	0	0.001	0.000
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 10 fruits

NDB No. 09191 Nectarines, raw

Prunus persica var. nectarina

Refuse: 9% Pits

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 138g	Measure 2* 136g	Measure 3*
Proximates:							
Water	g	86.28	0.392	43	119.07	117.34	
Energy	kcal	49		0	68	67	
Energy	kj	205		0	283	279	
Protein (N x 5.95)	g	0.94	0.043	39	1.30	1.28	
Total lipid (fat)	g	0.46	0.079	6	0.63	0.63	
Carbohydrate, by difference	g	11.78		0	16.26	16.02	
Fiber, total dietary	g	1.6		0	2.2	2.2	
Ash	g	0.54	0.018	39	0.75	0.73	
Sugars, total	g						
Minerals:							
Calcium	mg	5	0.414	6	7	7	
Iron	mg	0.15	0.008	38	0.21	0.20	
Magnesium	mg	8	0.266	38	11	11	
Phosphorus	mg	16	0.587	38	22	22	
Potassium	mg	212	4.899	22	293	288	
Sodium	mg	0	0.051	22	0	0	
Zinc	mg	0.09		7	0.12	0.12	
Copper	mg	0.073		39	0.101	0.099	
Manganese	mg	0.044	0.002	38	0.061	0.060	
Selenium	µg	0.4		0	0.6	0.5	
Vitamins:							
Ascorbic acid	mg	5.4	0.409	6	7.5	7.3	
Thiamin	mg	0.017		0	0.023	0.023	
Riboflavin	mg	0.041		0	0.057	0.056	
Niacin	mg	0.990		0	1.366	1.346	
Pantothenic acid	mg	0.158	0.007	6	0.218	0.215	
Vitamin B-6	mg	0.025		7	0.035	0.034	
Folate	µg	4	0.459	10	5	5	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	736	135.657	6	1016	1001	
Vitamin A, RE	µg	74	13.566	6	102	101	
Vitamin E, α-TE	mg	0.890		0	1.228	1.210	
Lipids:							
Saturated, total	g	0.051		0	0.070	0.069	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.046		0	0.063	0.063	
17:0	g						
18:0	g	0.005		0	0.007	0.007	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.174	0	0.240	0.237
14:1	g				
16:1	g	0.005	0	0.007	0.007
18:1	g	0.174	0	0.240	0.237
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.230	0	0.317	0.313
18:2	g	0.225	0	0.311	0.306
18:3	g	0.005	0	0.007	0.007
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, slices
Measure 2: 1 fruit (2-1/2" dia)

NDB No. 09192 Oheloberries, raw

Vaccinium reticulatum

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 140g	Measure 2* 11g	Measure 3*
Proximates:							
Water	g	92.30		1	129.22	10.15	
Energy	kcal	28		0	39	3	
Energy	kj	117		0	164	13	
Protein (N x 5.95)	g	0.38		0	0.53	0.04	
Total lipid (fat)	g	0.22		0	0.31	0.02	
Carbohydrate, by difference	g	6.84		0	9.58	0.75	
Fiber, total dietary	g						
Ash	g	0.26		0	0.36	0.03	
Sugars, total	g						
Minerals:							
Calcium	mg	7		0	10	1	
Iron	mg	0.09		0	0.13	0.01	
Magnesium	mg	6		1	8	1	
Phosphorus	mg	10		0	14	1	
Potassium	mg	38		1	53	4	
Sodium	mg	1		1	1	0	
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	6.0		0	8.4	0.7	
Thiamin	mg	0.017		0	0.024	0.002	
Riboflavin	mg	0.036		0	0.050	0.004	
Niacin	mg	0.270		0	0.378	0.030	
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	830		0	1162	91	
Vitamin A, RE	µg	83		0	116	9	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g						
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g				
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g				
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 10 fruits

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	Samples	Measure 1* 8g	Measure 2* 4g	Measure 3* 3g
Proximates:							
Water	g	79.99		2	6.72	3.52	2.56
Energy	kcal	115		0	10	5	4
Energy	kj	481		0	40	21	15
Protein (N x 5.95)	g	0.84		2	0.07	0.04	0.03
Total lipid (fat)	g	10.68		2	0.90	0.47	0.34
Carbohydrate, by difference	g	6.26		0	0.53	0.28	0.20
Fiber, total dietary	g	3.2		0	0.3	0.1	0.1
Ash	g	2.23		2	0.19	0.10	0.07
Sugars, total	g						
Minerals:							
Calcium	mg	88		2	7	4	3
Iron	mg	3.30		2	0.28	0.15	0.11
Magnesium	mg	4		2	0	0	0
Phosphorus	mg	3		2	0	0	0
Potassium	mg	8		2	1	0	0
Sodium	mg	872		2	73	38	28
Zinc	mg	0.22		2	0.02	0.01	0.01
Copper	mg	0.251		2	0.021	0.011	0.008
Manganese	mg	0.020		2	0.002	0.001	0.001
Selenium	µg	0.9	0.071	2	0.1	0.0	0.0
Vitamins:							
Ascorbic acid	mg	0.9		2	0.1	0.0	0.0
Thiamin	mg	0.003		2	0.000	0.000	0.000
Riboflavin	mg	0.000		2	0.000	0.000	0.000
Niacin	mg	0.037		2	0.003	0.002	0.001
Pantothenic acid	mg	0.015		0	0.001	0.001	0.000
Vitamin B-6	mg	0.009		2	0.001	0.000	0.000
Folate	µg	0		2	0	0	0
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	403		2	34	18	13
Vitamin A, RE	µg	40		0	3	2	1
Vitamin E, α-TE	mg	3.000		0	0.252	0.132	0.096
Lipids:							
Saturated, total	g	1.415		0	0.119	0.062	0.045
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.000		1	0.000	0.000	0.000
15.0	g						
16:0	g	1.179		1	0.099	0.052	0.038
17:0	g						
18:0	g	0.236		1	0.020	0.010	0.008
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	7.888	0	0.663	0.347	0.252
14:1	g					
16:1	g	0.086	1	0.007	0.004	0.003
18:1	g	7.770	1	0.653	0.342	0.249
20:1	g	0.032	1	0.003	0.001	0.001
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.911	0	0.077	0.040	0.029
18:2	g	0.847	1	0.071	0.037	0.027
18:3	g	0.064	1	0.005	0.003	0.002
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g					
Threonine	g	0.026	4	0.002	0.001	0.001
Isoleucine	g	0.031	4	0.003	0.001	0.001
Leucine	g	0.050	4	0.004	0.002	0.002
Lysine	g	0.032	4	0.003	0.001	0.001
Methionine	g	0.012	4	0.001	0.001	0.000
Cystine	g					
Phenylalanine	g	0.029	4	0.002	0.001	0.001
Tyrosine	g	0.023	4	0.002	0.001	0.001
Valine	g	0.038	4	0.003	0.002	0.001
Arginine	g	0.067	4	0.006	0.003	0.002
Histidine	g	0.023	4	0.002	0.001	0.001
Alanine	g	0.043	4	0.004	0.002	0.001
Aspartic acid	g	0.092	4	0.008	0.004	0.003
Glutamic acid	g	0.093	4	0.008	0.004	0.003
Glycine	g	0.049	4	0.004	0.002	0.002
Proline	g	0.040	4	0.003	0.002	0.001
Serine	g	0.031	4	0.003	0.001	0.001
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 tablespoon
Measure 2: 1 large
Measure 3: 1 small

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	Samples	Measure 1* 8g	Measure 2* 15g	Measure 3*
Proximates:							
Water	g	84.34		2	7.00	12.82	
Energy	kcal	81		0	7	12	
Energy	kj	339		0	28	52	
Protein (N x 5.95)	g	0.97		2	0.08	0.15	
Total lipid (fat)	g	6.87		2	0.57	1.04	
Carbohydrate, by difference	g	5.61		0	0.47	0.85	
Fiber, total dietary	g	2.5		0	0.2	0.4	
Ash	g	2.22		2	0.18	0.34	
Sugars, total	g						
Minerals:							
Calcium	mg	94		2	8	14	
Iron	mg	3.32		2	0.28	0.50	
Magnesium	mg	4		0	0	1	
Phosphorus	mg	3		0	0	0	
Potassium	mg	9		2	1	1	
Sodium	mg	898		2	75	136	
Zinc	mg	0.22		0	0.02	0.03	
Copper	mg	0.226		2	0.019	0.034	
Manganese	mg	0.020		0	0.002	0.003	
Selenium	µg	0.9	0.071	2	0.1	0.1	
Vitamins:							
Ascorbic acid	mg	1.5		2	0.1	0.2	
Thiamin	mg	0.003		0	0.000	0.000	
Riboflavin	mg	0.000		0	0.000	0.000	
Niacin	mg	0.022		2	0.002	0.003	
Pantothenic acid	mg	0.015		0	0.001	0.002	
Vitamin B-6	mg	0.012		2	0.001	0.002	
Folate	µg	0		0	0	0	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	346		2	29	53	
Vitamin A, RE	µg	35		0	3	5	
Vitamin E, α-TE	mg	3.000		0	0.249	0.456	
Lipids:							
Saturated, total	g	0.909		0	0.075	0.138	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.000		1	0.000	0.000	
15.0	g						
16:0	g	0.758		1	0.063	0.115	
17:0	g						
18:0	g	0.152		1	0.013	0.023	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.071	0	0.421	0.771
14:1	g				
16:1	g	0.055	1	0.005	0.008
18:1	g	4.995	1	0.415	0.759
20:1	g	0.021	1	0.002	0.003
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.586	0	0.049	0.089
18:2	g	0.544	1	0.045	0.083
18:3	g	0.041	1	0.003	0.006
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g	0.031	0	0.003	0.005
Isoleucine	g	0.036	0	0.003	0.005
Leucine	g	0.058	0	0.005	0.009
Lysine	g	0.038	0	0.003	0.006
Methionine	g	0.014	0	0.001	0.002
Cystine	g				
Phenylalanine	g	0.034	0	0.003	0.005
Tyrosine	g	0.027	0	0.002	0.004
Valine	g	0.044	0	0.004	0.007
Arginine	g	0.078	0	0.006	0.012
Histidine	g	0.027	0	0.002	0.004
Alanine	g	0.050	0	0.004	0.008
Aspartic acid	g	0.107	0	0.009	0.016
Glutamic acid	g	0.108	0	0.009	0.016
Glycine	g	0.057	0	0.005	0.009
Proline	g	0.047	0	0.004	0.007
Serine	g	0.036	0	0.003	0.005
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 jumbo
Measure 2: 1 super colossal

NDB No. 09200 Oranges, raw, all commercial varieties

Citrus sinensis

Refuse: 27% Peel and seeds

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 180g	Measure 2* 184g	Measure 3* 96g
Proximates:							
Water	g	86.75	0.121	88	156.15	159.62	83.28
Energy	kcal	47		0	85	86	45
Energy	kj	197		0	355	362	189
Protein (N x 5.95)	g	0.94	0.014	69	1.69	1.73	0.90
Total lipid (fat)	g	0.12	0.010	4	0.22	0.22	0.12
Carbohydrate, by difference	g	11.75		0	21.15	21.62	11.28
Fiber, total dietary	g	2.4		0	4.3	4.4	2.3
Ash	g	0.44	0.006	70	0.79	0.81	0.42
Sugars, total	g						
Minerals:							
Calcium	mg	40		0	72	74	38
Iron	mg	0.10	0.004	64	0.18	0.18	0.10
Magnesium	mg	10	0.171	212	18	18	10
Phosphorus	mg	14	0.439	68	25	26	13
Potassium	mg	181	1.408	180	326	333	174
Sodium	mg	0	0.029	72	0	0	0
Zinc	mg	0.07		3	0.13	0.13	0.07
Copper	mg	0.045	0.003	64	0.081	0.083	0.043
Manganese	mg	0.025	0.001	64	0.045	0.046	0.024
Selenium	µg	0.5	0.210	5	0.9	0.9	0.5
Vitamins:							
Ascorbic acid	mg	53.2	0.718	145	95.8	97.9	51.1
Thiamin	mg	0.087	0.001	148	0.157	0.160	0.084
Riboflavin	mg	0.040		0	0.072	0.074	0.038
Niacin	mg	0.282	0.005	145	0.508	0.519	0.271
Pantothenic acid	mg	0.250		0	0.450	0.460	0.240
Vitamin B-6	mg	0.060		100	0.108	0.110	0.058
Folate	µg	30	0.808	154	55	56	29
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	205	5.890	148	369	377	197
Vitamin A, RE	µg	21	0.589	148	38	39	20
Vitamin E, α-TE	mg	0.240		0	0.432	0.442	0.230
Lipids:							
Saturated, total	g	0.015		0	0.027	0.028	0.014
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.000		0	0.000	0.000	0.000
15.0	g						
16:0	g	0.013		0	0.023	0.024	0.012
17:0	g						
18:0	g	0.000		0	0.000	0.000	0.000
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.023	0	0.041	0.042	0.022
14:1	g					
16:1	g	0.003	0	0.005	0.006	0.003
18:1	g	0.020	0	0.036	0.037	0.019
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.025	0	0.045	0.046	0.024
18:2	g	0.018	0	0.032	0.033	0.017
18:3	g	0.007	0	0.013	0.013	0.007
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.009	2	0.016	0.017	0.009
Threonine	g	0.015	2	0.027	0.028	0.014
Isoleucine	g	0.025	2	0.045	0.046	0.024
Leucine	g	0.023	2	0.041	0.042	0.022
Lysine	g	0.047	2	0.085	0.086	0.045
Methionine	g	0.020	2	0.036	0.037	0.019
Cystine	g	0.010	2	0.018	0.018	0.010
Phenylalanine	g	0.031	2	0.056	0.057	0.030
Tyrosine	g	0.016	2	0.029	0.029	0.015
Valine	g	0.040	2	0.072	0.074	0.038
Arginine	g	0.065	2	0.117	0.120	0.062
Histidine	g	0.018	2	0.032	0.033	0.017
Alanine	g	0.050	2	0.090	0.092	0.048
Aspartic acid	g	0.114	2	0.205	0.210	0.109
Glutamic acid	g	0.094	2	0.169	0.173	0.090
Glycine	g	0.094	2	0.169	0.173	0.090
Proline	g	0.046	2	0.083	0.085	0.044
Serine	g	0.032	2	0.058	0.059	0.031
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, sections
Measure 2: 1 large (3-1/16" dia)
Measure 3: 1 small (2-3/8" dia)

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	Samples	Measure 1* 180g	Measure 2* 121g	Measure 3*
Proximates:							
Water	g	86.34	0.180	17	155.41	104.47	
Energy	kcal	49		0	88	59	
Energy	kj	205		0	369	248	
Protein (N x 5.95)	g	1.04	0.036	16	1.87	1.26	
Total lipid (fat)	g	0.30		0	0.54	0.36	
Carbohydrate, by difference	g	11.89		0	21.40	14.39	
Fiber, total dietary	g	2.5		0	4.5	3.0	
Ash	g	0.42		17	0.76	0.51	
Sugars, total	g						
Minerals:							
Calcium	mg	40		0	72	48	
Iron	mg	0.09	0.005	16	0.16	0.11	
Magnesium	mg	10	0.431	94	18	12	
Phosphorus	mg	17	0.341	18	31	21	
Potassium	mg	179	2.244	86	322	217	
Sodium	mg	0	0.034	24	0	0	
Zinc	mg	0.06	0.000	2	0.11	0.07	
Copper	mg	0.037	0.005	16	0.067	0.045	
Manganese	mg	0.023	0.002	16	0.041	0.028	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	48.5	1.019	75	87.3	58.7	
Thiamin	mg	0.087	0.001	78	0.157	0.105	
Riboflavin	mg	0.040		0	0.072	0.048	
Niacin	mg	0.274	0.004	75	0.493	0.332	
Pantothenic acid	mg	0.250		0	0.450	0.303	
Vitamin B-6	mg	0.063	0.002	54	0.113	0.076	
Folate	µg	39	5.212	81	69	47	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	230	8.884	78	414	278	
Vitamin A, RE	µg	23	0.888	78	41	28	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.035		0	0.063	0.042	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.001		0	0.002	0.001	
14:0	g	0.001		0	0.002	0.001	
15.0	g						
16:0	g	0.032		0	0.058	0.039	
17:0	g						
18:0	g	0.001		0	0.002	0.001	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.055	0	0.099	0.067
14:1	g				
16:1	g	0.007	0	0.013	0.008
18:1	g	0.048	0	0.086	0.058
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.060	0	0.108	0.073
18:2	g	0.044	0	0.079	0.053
18:3	g	0.016	0	0.029	0.019
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.010	0	0.018	0.012
Threonine	g	0.017	0	0.031	0.021
Isoleucine	g	0.028	0	0.050	0.034
Leucine	g	0.026	0	0.047	0.031
Lysine	g	0.053	0	0.095	0.064
Methionine	g	0.022	0	0.040	0.027
Cystine	g	0.011	0	0.020	0.013
Phenylalanine	g	0.034	0	0.061	0.041
Tyrosine	g	0.018	0	0.032	0.022
Valine	g	0.044	0	0.079	0.053
Arginine	g	0.073	0	0.131	0.088
Histidine	g	0.020	0	0.036	0.024
Alanine	g	0.056	0	0.101	0.068
Aspartic acid	g	0.127	0	0.229	0.154
Glutamic acid	g	0.105	0	0.189	0.127
Glycine	g	0.105	0	0.189	0.127
Proline	g	0.052	0	0.094	0.063
Serine	g	0.036	0	0.065	0.044
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup sections, without membranes
Measure 2: 1 fruit, (2-5/8" dia, sphere)

NDB No. 09202 Oranges, raw, California, 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	Samples	Measure 1* 165g	Measure 2* 140g	Measure 3*
Proximates:							
Water	g	86.81	0.254	36	143.24	121.53	
Energy	kcal	46		0	76	64	
Energy	kj	192		0	317	269	
Protein (N x 5.95)	g	1.03	0.019	18	1.70	1.44	
Total lipid (fat)	g	0.09	0.010	2	0.15	0.13	
Carbohydrate, by difference	g	11.63		0	19.19	16.28	
Fiber, total dietary	g	2.4		0	4.0	3.4	
Ash	g	0.44	0.014	18	0.73	0.62	
Sugars, total	g						
Minerals:							
Calcium	mg	40		0	66	56	
Iron	mg	0.12	0.008	16	0.20	0.17	
Magnesium	mg	10	0.404	86	17	14	
Phosphorus	mg	19	0.650	18	31	27	
Potassium	mg	178	3.245	78	294	249	
Sodium	mg	1	0.044	32	2	1	
Zinc	mg	0.06		0	0.10	0.08	
Copper	mg	0.056	0.008	16	0.092	0.078	
Manganese	mg	0.027	0.002	16	0.045	0.038	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	57.3	1.007	70	94.5	80.2	
Thiamin	mg	0.087	0.002	70	0.144	0.122	
Riboflavin	mg	0.040		0	0.066	0.056	
Niacin	mg	0.290	0.008	70	0.478	0.406	
Pantothenic acid	mg	0.250		0	0.413	0.350	
Vitamin B-6	mg	0.069		45	0.114	0.097	
Folate	µg	34	1.102	70	56	47	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	183	7.847	70	302	256	
Vitamin A, RE	µg	18	0.785	70	30	25	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.011		0	0.018	0.015	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g	0.010		0	0.017	0.014	
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.017	0	0.028	0.024
14:1	g				
16:1	g	0.002	0	0.003	0.003
18:1	g	0.015	0	0.025	0.021
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.018	0	0.030	0.025
18:2	g	0.013	0	0.021	0.018
18:3	g	0.005	0	0.008	0.007
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg	24	0	40	34
Amino acids:					
Tryptophan	g	0.010	0	0.017	0.014
Threonine	g	0.017	0	0.028	0.024
Isoleucine	g	0.028	0	0.046	0.039
Leucine	g	0.026	0	0.043	0.036
Lysine	g	0.052	0	0.086	0.073
Methionine	g	0.022	0	0.036	0.031
Cystine	g	0.011	0	0.018	0.015
Phenylalanine	g	0.034	0	0.056	0.048
Tyrosine	g	0.017	0	0.028	0.024
Valine	g	0.044	0	0.073	0.062
Arginine	g	0.072	0	0.119	0.101
Histidine	g	0.019	0	0.031	0.027
Alanine	g	0.055	0	0.091	0.077
Aspartic acid	g	0.125	0	0.206	0.175
Glutamic acid	g	0.104	0	0.172	0.146
Glycine	g	0.104	0	0.172	0.146
Proline	g	0.051	0	0.084	0.071
Serine	g	0.035	0	0.058	0.049
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup sections, without membranes
Measure 2: 1 fruit (2-7/8" dia)

NDB No. 09203 Oranges, raw, Florida

Citrus sinensis

Refuse: 26% Peel and seeds

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 185g	Measure 2* 141g	Measure 3* 151g
Proximates:							
Water	g	87.14	0.124	35	161.21	122.87	131.58
Energy	kcal	46		0	85	65	69
Energy	kj	192		0	355	271	290
Protein (N x 5.95)	g	0.70	0.009	35	1.29	0.99	1.06
Total lipid (fat)	g	0.21	0.025	2	0.39	0.30	0.32
Carbohydrate, by difference	g	11.54		0	21.35	16.27	17.43
Fiber, total dietary	g	2.4		0	4.4	3.4	3.6
Ash	g	0.41	0.007	35	0.76	0.58	0.62
Sugars, total	g						
Minerals:							
Calcium	mg	43		0	80	61	65
Iron	mg	0.09	0.005	32	0.17	0.13	0.14
Magnesium	mg	10	0.513	32	19	14	15
Phosphorus	mg	12	0.565	32	22	17	18
Potassium	mg	169	2.236	16	313	238	255
Sodium	mg	0	0.048	16	0	0	0
Zinc	mg	0.08		1	0.15	0.11	0.12
Copper	mg	0.039	0.002	32	0.072	0.055	0.059
Manganese	mg	0.024	0.001	32	0.044	0.034	0.036
Selenium	µg	0.5	0.210	5	0.9	0.7	0.8
Vitamins:							
Ascorbic acid	mg	45.0		0	83.3	63.5	68.0
Thiamin	mg	0.100		0	0.185	0.141	0.151
Riboflavin	mg	0.040		0	0.074	0.056	0.060
Niacin	mg	0.400		0	0.740	0.564	0.604
Pantothenic acid	mg	0.250		0	0.463	0.353	0.378
Vitamin B-6	mg	0.051		1	0.094	0.072	0.077
Folate	µg	17	3.265	3	32	24	26
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	200		0	370	282	302
Vitamin A, RE	µg	20		0	37	28	30
Vitamin E, α-TE	mg	0.240		0	0.444	0.338	0.362
Lipids:							
Saturated, total	g	0.025		0	0.046	0.035	0.038
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.001		0	0.002	0.001	0.002
15.0	g						
16:0	g	0.023		0	0.043	0.032	0.035
17:0	g						
18:0	g	0.001		0	0.002	0.001	0.002
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.039	0	0.072	0.055	0.059
14:1	g					
16:1	g	0.005	0	0.009	0.007	0.008
18:1	g	0.034	0	0.063	0.048	0.051
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.042	0	0.078	0.059	0.063
18:2	g	0.031	0	0.057	0.044	0.047
18:3	g	0.011	0	0.020	0.016	0.017
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.007	0	0.013	0.010	0.011
Threonine	g	0.011	0	0.020	0.016	0.017
Isoleucine	g	0.019	0	0.035	0.027	0.029
Leucine	g	0.017	0	0.031	0.024	0.026
Lysine	g	0.035	0	0.065	0.049	0.053
Methionine	g	0.015	0	0.028	0.021	0.023
Cystine	g	0.007	0	0.013	0.010	0.011
Phenylalanine	g	0.023	0	0.043	0.032	0.035
Tyrosine	g	0.012	0	0.022	0.017	0.018
Valine	g	0.030	0	0.056	0.042	0.045
Arginine	g	0.049	0	0.091	0.069	0.074
Histidine	g	0.013	0	0.024	0.018	0.020
Alanine	g	0.038	0	0.070	0.054	0.057
Aspartic acid	g	0.085	0	0.157	0.120	0.128
Glutamic acid	g	0.071	0	0.131	0.100	0.107
Glycine	g	0.071	0	0.131	0.100	0.107
Proline	g	0.035	0	0.065	0.049	0.053
Serine	g	0.024	0	0.044	0.034	0.036
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup sections, without membranes
Measure 2: 1 fruit, (2-5/8" dia, sphere)
Measure 3: 1 fruit (2-11/16 in diam)

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	Samples	Measure 1* 170g	Measure 2* 159g	Measure 3*
Proximates:							
Water	g	82.30		0	139.91	130.86	
Energy	kcal	40		0	68	64	
Energy	kj	167		0	284	266	
Protein (N x 5.95)	g	1.30		0	2.21	2.07	
Total lipid (fat)	g	0.30		0	0.51	0.48	
Carbohydrate, by difference	g	15.50		0	26.35	24.64	
Fiber, total dietary	g	4.5		0	7.7	7.2	
Ash	g	0.60		0	1.02	0.95	
Sugars, total	g						
Minerals:							
Calcium	mg	70		0	119	111	
Iron	mg	0.80		0	1.36	1.27	
Magnesium	mg	14		0	24	22	
Phosphorus	mg	22		0	37	35	
Potassium	mg	196		0	333	312	
Sodium	mg	2		0	3	3	
Zinc	mg	0.11		0	0.19	0.17	
Copper	mg	0.057		0	0.097	0.091	
Manganese	mg						
Selenium	µg	0.7		0	1.2	1.1	
Vitamins:							
Ascorbic acid	mg	71.0		0	120.7	112.9	
Thiamin	mg	0.100		0	0.170	0.159	
Riboflavin	mg	0.050		0	0.085	0.080	
Niacin	mg	0.500		0	0.850	0.795	
Pantothenic acid	mg	0.330		0	0.561	0.525	
Vitamin B-6	mg	0.093		0	0.158	0.148	
Folate	µg	30		0	51	48	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	250		0	425	398	
Vitamin A, RE	µg	25		0	43	40	
Vitamin E, α-TE	mg	0.240		0	0.408	0.382	
Lipids:							
Saturated, total	g	0.035		0	0.060	0.056	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.001		0	0.002	0.002	
14:0	g	0.001		0	0.002	0.002	
15.0	g						
16:0	g	0.032		0	0.054	0.051	
17:0	g						
18:0	g	0.001		0	0.002	0.002	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.055	0	0.094	0.087
14:1	g				
16:1	g	0.007	0	0.012	0.011
18:1	g	0.048	0	0.082	0.076
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.060	0	0.102	0.095
18:2	g	0.044	0	0.075	0.070
18:3	g	0.016	0	0.027	0.025
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.012	0	0.020	0.019
Threonine	g	0.021	0	0.036	0.033
Isoleucine	g	0.035	0	0.060	0.056
Leucine	g	0.032	0	0.054	0.051
Lysine	g	0.066	0	0.112	0.105
Methionine	g	0.027	0	0.046	0.043
Cystine	g	0.014	0	0.024	0.022
Phenylalanine	g	0.043	0	0.073	0.068
Tyrosine	g	0.022	0	0.037	0.035
Valine	g	0.055	0	0.094	0.087
Arginine	g	0.090	0	0.153	0.143
Histidine	g	0.024	0	0.041	0.038
Alanine	g	0.070	0	0.119	0.111
Aspartic acid	g	0.158	0	0.269	0.251
Glutamic acid	g	0.131	0	0.223	0.208
Glycine	g	0.131	0	0.223	0.208
Proline	g	0.064	0	0.109	0.102
Serine	g	0.045	0	0.077	0.072
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup

Measure 2: 1 fruit, without seeds

NDB No. 09206 Orange juice, raw

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 248g	Measure 2* 31g	Measure 3* 86g
Proximates:							
Water	g	88.30		0	218.98	27.37	75.94
Energy	kcal	45		0	112	14	39
Energy	kj	188		0	466	58	162
Protein (N x 5.95)	g	0.70		0	1.74	0.22	0.60
Total lipid (fat)	g	0.20		0	0.50	0.06	0.17
Carbohydrate, by difference	g	10.40		0	25.79	3.22	8.94
Fiber, total dietary	g	0.2		0	0.5	0.1	0.2
Ash	g	0.40		0	0.99	0.12	0.34
Sugars, total	g						
Minerals:							
Calcium	mg	11		0	27	3	9
Iron	mg	0.20		0	0.50	0.06	0.17
Magnesium	mg	11		0	27	3	9
Phosphorus	mg	17		0	42	5	15
Potassium	mg	200		0	496	62	172
Sodium	mg	1		0	2	0	1
Zinc	mg	0.05		0	0.12	0.02	0.04
Copper	mg	0.044		0	0.109	0.014	0.038
Manganese	mg	0.014		0	0.035	0.004	0.012
Selenium	µg	0.1		0	0.2	0.0	0.1
Vitamins:							
Ascorbic acid	mg	50.0		0	124.0	15.5	43.0
Thiamin	mg	0.090		0	0.223	0.028	0.077
Riboflavin	mg	0.030		0	0.074	0.009	0.026
Niacin	mg	0.400		0	0.992	0.124	0.344
Pantothenic acid	mg	0.190		0	0.471	0.059	0.163
Vitamin B-6	mg	0.040		0	0.099	0.012	0.034
Folate	µg	30		0	75	9	26
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	200		0	496	62	172
Vitamin A, RE	µg	20		0	50	6	17
Vitamin E, α-TE	mg	0.090		0	0.223	0.028	0.077
Lipids:							
Saturated, total	g	0.024		0	0.060	0.007	0.021
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.001		2	0.002	0.000	0.001
15.0	g						
16:0	g	0.021		16	0.052	0.007	0.018
17:0	g						
18:0	g	0.001		10	0.002	0.000	0.001
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.036	0	0.089	0.011	0.031
14:1	g					
16:1	g	0.005	16	0.012	0.002	0.004
18:1	g	0.032	16	0.079	0.010	0.028
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.040	0	0.099	0.012	0.034
18:2	g	0.029	16	0.072	0.009	0.025
18:3	g	0.011	16	0.027	0.003	0.009
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.002	0	0.005	0.001	0.002
Threonine	g	0.008	0	0.020	0.002	0.007
Isoleucine	g	0.008	0	0.020	0.002	0.007
Leucine	g	0.013	0	0.032	0.004	0.011
Lysine	g	0.009	0	0.022	0.003	0.008
Methionine	g	0.003	0	0.007	0.001	0.003
Cystine	g	0.005	0	0.012	0.002	0.004
Phenylalanine	g	0.009	0	0.022	0.003	0.008
Tyrosine	g	0.004	0	0.010	0.001	0.003
Valine	g	0.011	0	0.027	0.003	0.009
Arginine	g	0.047	0	0.117	0.015	0.040
Histidine	g	0.003	0	0.007	0.001	0.003
Alanine	g	0.015	0	0.037	0.005	0.013
Aspartic acid	g	0.075	0	0.186	0.023	0.065
Glutamic acid	g	0.033	0	0.082	0.010	0.028
Glycine	g	0.009	0	0.022	0.003	0.008
Proline	g	0.044	0	0.109	0.014	0.038
Serine	g	0.013	0	0.032	0.004	0.011
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 fl oz
Measure 3: juice from 1 fruit

NDB No. 09207 Orange juice, canned, unsweetened

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 249g	Measure 2* 31g	Measure 3* 263g
Proximates:							
Water	g	89.01	0.058	40	221.63	27.68	234.10
Energy	kcal	42		0	105	13	110
Energy	kj	176		0	438	55	463
Protein (N x 5.95)	g	0.59	0.006	40	1.47	0.18	1.55
Total lipid (fat)	g	0.14	0.003	28	0.35	0.04	0.37
Carbohydrate, by difference	g	9.85		0	24.53	3.06	25.91
Fiber, total dietary	g	0.2		0	0.5	0.1	0.5
Ash	g	0.41	0.006	40	1.02	0.13	1.08
Sugars, total	g						
Minerals:							
Calcium	mg	8	0.189	29	20	2	21
Iron	mg	0.44	0.023	27	1.10	0.14	1.16
Magnesium	mg	11	0.092	29	27	3	29
Phosphorus	mg	14	0.134	29	35	4	37
Potassium	mg	175	4.703	29	436	54	460
Sodium	mg	2	0.108	29	5	1	5
Zinc	mg	0.07	0.001	28	0.17	0.02	0.18
Copper	mg	0.057	0.003	28	0.142	0.018	0.150
Manganese	mg	0.014		0	0.035	0.004	0.037
Selenium	µg	0.1		0	0.2	0.0	0.3
Vitamins:							
Ascorbic acid	mg	34.4	0.515	40	85.7	10.7	90.5
Thiamin	mg	0.060	0.001	29	0.149	0.019	0.158
Riboflavin	mg	0.028	0.001	29	0.070	0.009	0.074
Niacin	mg	0.314	0.012	28	0.782	0.098	0.826
Pantothenic acid	mg	0.150		0	0.374	0.047	0.394
Vitamin B-6	mg	0.088		1	0.219	0.027	0.231
Folate	µg	18		0	45	6	48
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	175	5.725	28	436	54	460
Vitamin A, RE	µg	18	0.573	28	45	6	47
Vitamin E, α-TE	mg	0.090		0	0.224	0.028	0.237
Lipids:							
Saturated, total	g	0.018		0	0.045	0.006	0.047
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.000		0	0.000	0.000	0.000
15.0	g						
16:0	g	0.018		0	0.045	0.006	0.047
17:0	g						
18:0	g	0.000		0	0.000	0.000	0.000
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.025	0	0.062	0.008	0.066
14:1	g					
16:1	g	0.004	0	0.010	0.001	0.011
18:1	g	0.021	0	0.052	0.007	0.055
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.034	0	0.085	0.011	0.089
18:2	g	0.027	0	0.067	0.008	0.071
18:3	g	0.007	0	0.017	0.002	0.018
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.002	0	0.005	0.001	0.005
Threonine	g	0.007	0	0.017	0.002	0.018
Isoleucine	g	0.006	0	0.015	0.002	0.016
Leucine	g	0.011	0	0.027	0.003	0.029
Lysine	g	0.008	0	0.020	0.002	0.021
Methionine	g	0.003	0	0.007	0.001	0.008
Cystine	g	0.004	0	0.010	0.001	0.011
Phenylalanine	g	0.007	0	0.017	0.002	0.018
Tyrosine	g	0.003	0	0.007	0.001	0.008
Valine	g	0.009	0	0.022	0.003	0.024
Arginine	g	0.040	0	0.100	0.012	0.105
Histidine	g	0.003	0	0.007	0.001	0.008
Alanine	g	0.013	0	0.032	0.004	0.034
Aspartic acid	g	0.063	0	0.157	0.020	0.166
Glutamic acid	g	0.028	0	0.070	0.009	0.074
Glycine	g	0.008	0	0.020	0.002	0.021
Proline	g	0.037	0	0.092	0.012	0.097
Serine	g	0.011	0	0.027	0.003	0.029
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 fl oz
Measure 3: 1 drink box (8.45 fl oz)

NDB No. 09209 Orange juice, chilled, includes from concentrate

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 249g	Measure 2* 31g	Measure 3*
Proximates:							
Water	g	88.40	0.172	4	220.12	27.49	
Energy	kcal	44		0	110	14	
Energy	kj	184		0	458	57	
Protein (N x 5.95)	g	0.80	0.067	3	1.99	0.25	
Total lipid (fat)	g	0.27	0.017	3	0.67	0.08	
Carbohydrate, by difference	g	10.06		0	25.05	3.13	
Fiber, total dietary	g	0.2		0	0.5	0.1	
Ash	g	0.48	0.018	3	1.20	0.15	
Sugars, total	g						
Minerals:							
Calcium	mg	10	0.227	4	25	3	
Iron	mg	0.17	0.005	4	0.42	0.05	
Magnesium	mg	11	0.637	4	27	3	
Phosphorus	mg	11	2.108	4	27	3	
Potassium	mg	190	2.405	84	473	59	
Sodium	mg	1	0.055	84	2	0	
Zinc	mg	0.04	0.009	3	0.10	0.01	
Copper	mg	0.040	0.006	3	0.100	0.012	
Manganese	mg	0.023	0.009	3	0.057	0.007	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	32.9	0.140	38	81.9	10.2	
Thiamin	mg	0.111	0.006	3	0.276	0.035	
Riboflavin	mg	0.021	0.001	3	0.052	0.007	
Niacin	mg	0.280	0.050	3	0.697	0.087	
Pantothenic acid	mg	0.191	0.001	3	0.476	0.059	
Vitamin B-6	mg	0.054	0.003	3	0.134	0.017	
Folate	µg	18	0.913	3	45	6	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	78	10.440	3	194	24	
Vitamin A, RE	µg	8	1.044	3	20	2	
Vitamin E, α-TE	mg	0.190		0	0.473	0.059	
Lipids:							
Saturated, total	g	0.029		0	0.072	0.009	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.029		0	0.072	0.009	
17:0	g						
18:0	g	0.000		0	0.000	0.000	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.046	0	0.115	0.014
14:1	g				
16:1	g	0.007	0	0.017	0.002
18:1	g	0.039	0	0.097	0.012
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.064	0	0.159	0.020
18:2	g	0.050	0	0.125	0.016
18:3	g	0.014	0	0.035	0.004
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.001	0	0.002	0.000
Threonine	g	0.005	0	0.012	0.002
Isoleucine	g	0.005	0	0.012	0.002
Leucine	g	0.009	0	0.022	0.003
Lysine	g	0.006	0	0.015	0.002
Methionine	g	0.002	0	0.005	0.001
Cystine	g	0.003	0	0.007	0.001
Phenylalanine	g	0.006	0	0.015	0.002
Tyrosine	g	0.003	0	0.007	0.001
Valine	g	0.007	0	0.017	0.002
Arginine	g	0.031	0	0.077	0.010
Histidine	g	0.002	0	0.005	0.001
Alanine	g	0.010	0	0.025	0.003
Aspartic acid	g	0.049	0	0.122	0.015
Glutamic acid	g	0.022	0	0.055	0.007
Glycine	g	0.006	0	0.015	0.002
Proline	g	0.029	0	0.072	0.009
Serine	g	0.009	0	0.022	0.003
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 fl oz

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	Samples	Measure 1* 284g	Measure 2* 36g	Measure 3* 213g
Proximates:							
Water	g	57.85		0	164.29	20.54	123.22
Energy	kcal	159		0	452	56	339
Energy	kj	665		0	1889	236	1416
Protein (N x 5.95)	g	2.39	0.010	2	6.79	0.85	5.09
Total lipid (fat)	g	0.21	0.003	2	0.60	0.07	0.45
Carbohydrate, by difference	g	38.17		0	108.40	13.55	81.30
Fiber, total dietary	g	0.8		0	2.3	0.3	1.7
Ash	g	1.38	0.033	3	3.92	0.49	2.94
Sugars, total	g						
Minerals:							
Calcium	mg	32	0.224	480	91	11	68
Iron	mg	0.35	0.011	457	0.99	0.12	0.75
Magnesium	mg	34	0.144	473	97	12	72
Phosphorus	mg	57	0.378	326	162	20	121
Potassium	mg	674	5.644	413	1914	239	1436
Sodium	mg	3	0.277	412	9	1	6
Zinc	mg	0.18	0.005	471	0.51	0.06	0.38
Copper	mg	0.155	0.001	474	0.440	0.055	0.330
Manganese	mg	0.048	0.008	10	0.136	0.017	0.102
Selenium	µg	0.4		0	1.1	0.1	0.9
Vitamins:							
Ascorbic acid	mg	137.9	0.904	426	391.6	49.0	293.7
Thiamin	mg	0.280	0.002	298	0.795	0.099	0.596
Riboflavin	mg	0.064	0.001	100	0.182	0.023	0.136
Niacin	mg	0.716	0.003	458	2.033	0.254	1.525
Pantothenic acid	mg	0.560	0.003	152	1.590	0.199	1.193
Vitamin B-6	mg	0.156	0.001	215	0.443	0.055	0.332
Folate	µg	155	1.432	381	441	55	331
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	276		0	784	98	588
Vitamin A, RE	µg	28		0	80	10	60
Vitamin E, α-TE	mg	0.319		0	0.906	0.113	0.679
Lipids:							
Saturated, total	g	0.024		0	0.068	0.009	0.051
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.001		0	0.003	0.000	0.002
15.0	g						
16:0	g	0.022		0	0.062	0.008	0.047
17:0	g						
18:0	g	0.001		0	0.003	0.000	0.002
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.038	0	0.108	0.013	0.081
14:1	g					
16:1	g	0.005	0	0.014	0.002	0.011
18:1	g	0.033	0	0.094	0.012	0.070
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.041	0	0.116	0.015	0.087
18:2	g	0.030	0	0.085	0.011	0.064
18:3	g	0.011	0	0.031	0.004	0.023
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.007	4	0.020	0.002	0.015
Threonine	g	0.027	4	0.077	0.010	0.058
Isoleucine	g	0.026	4	0.074	0.009	0.055
Leucine	g	0.046	4	0.131	0.016	0.098
Lysine	g	0.031	4	0.088	0.011	0.066
Methionine	g	0.012	3	0.034	0.004	0.026
Cystine	g	0.018	4	0.051	0.006	0.038
Phenylalanine	g	0.029	4	0.082	0.010	0.062
Tyrosine	g	0.013	4	0.037	0.005	0.028
Valine	g	0.038	4	0.108	0.013	0.081
Arginine	g	0.161	4	0.457	0.057	0.343
Histidine	g	0.010	4	0.028	0.004	0.021
Alanine	g	0.051	4	0.145	0.018	0.109
Aspartic acid	g	0.255	4	0.724	0.091	0.543
Glutamic acid	g	0.114	4	0.324	0.040	0.243
Glycine	g	0.032	4	0.091	0.011	0.068
Proline	g	0.149	4	0.423	0.053	0.317
Serine	g	0.045	4	0.128	0.016	0.096
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 fl oz
Measure 3: 1 can (6 fl oz)

NDB No. 09215 Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 249g	Measure 2* 31g	Measure 3*
Proximates:							
Water	g	88.10		0	219.37	27.40	
Energy	kcal	45		0	112	14	
Energy	kj	188		0	468	58	
Protein (N x 5.95)	g	0.68	0.003	2	1.69	0.21	
Total lipid (fat)	g	0.06	0.001	2	0.15	0.02	
Carbohydrate, by difference	g	10.78		0	26.84	3.35	
Fiber, total dietary	g	0.2		0	0.5	0.1	
Ash	g	0.39	0.007	2	0.97	0.12	
Sugars, total	g						
Minerals:							
Calcium	mg	9	0.063	480	22	3	
Iron	mg	0.10	0.003	457	0.25	0.03	
Magnesium	mg	10	0.041	473	25	3	
Phosphorus	mg	16	0.107	326	40	5	
Potassium	mg	190	1.593	413	473	59	
Sodium	mg	1	0.078	412	2	0	
Zinc	mg	0.05	0.001	471	0.12	0.02	
Copper	mg	0.044	0.000	474	0.110	0.014	
Manganese	mg	0.014	0.002	10	0.035	0.004	
Selenium	µg	0.1	0.023	3	0.2	0.0	
Vitamins:							
Ascorbic acid	mg	38.9	0.255	426	96.9	12.1	
Thiamin	mg	0.079	0.001	298	0.197	0.025	
Riboflavin	mg	0.018	0.000	100	0.045	0.006	
Niacin	mg	0.202	0.001	458	0.503	0.063	
Pantothenic acid	mg	0.158	0.001	152	0.393	0.049	
Vitamin B-6	mg	0.044	0.000	215	0.110	0.014	
Folate	µg	44	0.404	381	109	14	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	78		0	194	24	
Vitamin A, RE	µg	8		0	20	2	
Vitamin E, α-TE	mg	0.190		0	0.473	0.059	
Lipids:							
Saturated, total	g	0.007		0	0.017	0.002	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.007		0	0.017	0.002	
17:0	g						
18:0	g	0.000		0	0.000	0.000	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.010	0	0.025	0.003
14:1	g				
16:1	g	0.001	0	0.002	0.000
18:1	g	0.009	0	0.022	0.003
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.012	0	0.030	0.004
18:2	g	0.009	0	0.022	0.003
18:3	g	0.003	0	0.007	0.001
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.002	0	0.005	0.001
Threonine	g	0.008	0	0.020	0.002
Isoleucine	g	0.007	0	0.017	0.002
Leucine	g	0.013	0	0.032	0.004
Lysine	g	0.009	0	0.022	0.003
Methionine	g	0.003	0	0.007	0.001
Cystine	g	0.005	0	0.012	0.002
Phenylalanine	g	0.008	0	0.020	0.002
Tyrosine	g	0.004	0	0.010	0.001
Valine	g	0.011	0	0.027	0.003
Arginine	g	0.045	0	0.112	0.014
Histidine	g	0.003	0	0.007	0.001
Alanine	g	0.014	0	0.035	0.004
Aspartic acid	g	0.072	0	0.179	0.022
Glutamic acid	g	0.032	0	0.080	0.010
Glycine	g	0.009	0	0.022	0.003
Proline	g	0.042	0	0.105	0.013
Serine	g	0.013	0	0.032	0.004
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 fl oz

NDB No. 09216 Orange peel, raw

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 6g	Measure 2* 2g	Measure 3*
Proximates:							
Water	g	72.50		0	4.35	1.45	
Energy	kcal	97		0	6	2	
Energy	kj	406		0	24	8	
Protein (N x 5.95)	g	1.50		0	0.09	0.03	
Total lipid (fat)	g	0.20		0	0.01	0.00	
Carbohydrate, by difference	g	25.00		0	1.50	0.50	
Fiber, total dietary	g	10.6		0	0.6	0.2	
Ash	g	0.80		0	0.05	0.02	
Sugars, total	g						
Minerals:							
Calcium	mg	161		0	10	3	
Iron	mg	0.80		0	0.05	0.02	
Magnesium	mg	22		0	1	0	
Phosphorus	mg	21		0	1	0	
Potassium	mg	212		0	13	4	
Sodium	mg	3		0	0	0	
Zinc	mg	0.25		0	0.02	0.01	
Copper	mg	0.092		0	0.006	0.002	
Manganese	mg						
Selenium	µg	1.0		0	0.1	0.0	
Vitamins:							
Ascorbic acid	mg	136.0		0	8.2	2.7	
Thiamin	mg	0.120		0	0.007	0.002	
Riboflavin	mg	0.090		0	0.005	0.002	
Niacin	mg	0.900		0	0.054	0.018	
Pantothenic acid	mg	0.490		0	0.029	0.010	
Vitamin B-6	mg	0.176		0	0.011	0.004	
Folate	µg	30		0	2	1	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	420		0	25	8	
Vitamin A, RE	µg	42		0	3	1	
Vitamin E, α-TE	mg	0.240		0	0.014	0.005	
Lipids:							
Saturated, total	g	0.024		0	0.001	0.000	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.001		0	0.000	0.000	
15.0	g						
16:0	g	0.021		0	0.001	0.000	
17:0	g						
18:0	g	0.001		0	0.000	0.000	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.036	0	0.002	0.001
14:1	g				
16:1	g	0.005	0	0.000	0.000
18:1	g	0.032	0	0.002	0.001
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.040	0	0.002	0.001
18:2	g	0.029	0	0.002	0.001
18:3	g	0.011	0	0.001	0.000
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg	34	0	2	1
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 tablespoon
Measure 2: 1 teaspoon

NDB No. 09217 Orange-grapefruit juice, canned, unsweetened

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 247g	Measure 2* 31g	Measure 3*
Proximates:							
Water	g	88.64	0.374	14	218.94	27.39	
Energy	kcal	43		0	106	13	
Energy	kj	180		0	445	56	
Protein (N x 5.95)	g	0.60	0.018	14	1.48	0.19	
Total lipid (fat)	g	0.10	0.003	14	0.25	0.03	
Carbohydrate, by difference	g	10.28		0	25.39	3.18	
Fiber, total dietary	g	0.1		0	0.2	0.0	
Ash	g	0.39	0.014	14	0.96	0.12	
Sugars, total	g						
Minerals:							
Calcium	mg	8	0.289	14	20	2	
Iron	mg	0.46	0.039	14	1.14	0.14	
Magnesium	mg	10	0.169	14	25	3	
Phosphorus	mg	14	0.398	14	35	4	
Potassium	mg	158	5.149	14	390	49	
Sodium	mg	3	0.670	20	7	1	
Zinc	mg	0.07	0.003	14	0.17	0.02	
Copper	mg	0.076	0.006	14	0.188	0.023	
Manganese	mg	0.017		0	0.042	0.005	
Selenium	µg	0.1		0	0.2	0.0	
Vitamins:							
Ascorbic acid	mg	29.1	1.350	18	71.9	9.0	
Thiamin	mg	0.056	0.002	14	0.138	0.017	
Riboflavin	mg	0.030	0.000	14	0.074	0.009	
Niacin	mg	0.336	0.020	14	0.830	0.104	
Pantothenic acid	mg	0.140		0	0.346	0.043	
Vitamin B-6	mg	0.023		0	0.057	0.007	
Folate	µg	14		0	35	4	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	119	4.671	14	294	37	
Vitamin A, RE	µg	12	0.467	14	30	4	
Vitamin E, α-TE	mg	0.070		0	0.173	0.022	
Lipids:							
Saturated, total	g	0.011		0	0.027	0.003	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.010		0	0.025	0.003	
17:0	g						
18:0	g	0.000		0	0.000	0.000	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.017	0	0.042	0.005
14:1	g				
16:1	g	0.002	0	0.005	0.001
18:1	g	0.015	0	0.037	0.005
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.019	0	0.047	0.006
18:2	g	0.014	0	0.035	0.004
18:3	g	0.005	0	0.012	0.002
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 fl oz

NDB No. 09218 Tangerines, (mandarin oranges), raw

Citrus reticulata

Refuse: 28% 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	Samples	Measure 1* 195g	Measure 2* 98g	Measure 3* 84g
Proximates:							
Water	g	87.60	0.372	24	170.82	85.85	73.58
Energy	kcal	44		0	86	43	37
Energy	kj	184		0	359	180	155
Protein (N x 5.95)	g	0.63	0.017	19	1.23	0.62	0.53
Total lipid (fat)	g	0.19	0.000	2	0.37	0.19	0.16
Carbohydrate, by difference	g	11.19		0	21.82	10.97	9.40
Fiber, total dietary	g	2.3		0	4.5	2.3	1.9
Ash	g	0.39	0.004	19	0.76	0.38	0.33
Sugars, total	g						
Minerals:							
Calcium	mg	14		0	27	14	12
Iron	mg	0.10	0.008	16	0.20	0.10	0.08
Magnesium	mg	12	0.876	17	23	12	10
Phosphorus	mg	10	0.525	16	20	10	8
Potassium	mg	157	5.866	9	306	154	132
Sodium	mg	1	0.239	9	2	1	1
Zinc	mg	0.24		0	0.47	0.24	0.20
Copper	mg	0.028	0.002	16	0.055	0.027	0.024
Manganese	mg	0.032	0.002	16	0.062	0.031	0.027
Selenium	µg	0.5		0	1.0	0.5	0.4
Vitamins:							
Ascorbic acid	mg	30.8		0	60.1	30.2	25.9
Thiamin	mg	0.105		0	0.205	0.103	0.088
Riboflavin	mg	0.022		0	0.043	0.022	0.018
Niacin	mg	0.160		0	0.312	0.157	0.134
Pantothenic acid	mg	0.200		0	0.390	0.196	0.168
Vitamin B-6	mg	0.067		1	0.131	0.066	0.056
Folate	µg	20	2.492	11	40	20	17
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	920		1	1794	902	773
Vitamin A, RE	µg	92		1	179	90	77
Vitamin E, α-TE	mg	0.240		0	0.468	0.235	0.202
Lipids:							
Saturated, total	g	0.022		0	0.043	0.022	0.018
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.001		0	0.002	0.001	0.001
15.0	g						
16:0	g	0.020		0	0.039	0.020	0.017
17:0	g						
18:0	g	0.001		0	0.002	0.001	0.001
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.034	0	0.066	0.033	0.029
14:1	g					
16:1	g	0.004	0	0.008	0.004	0.003
18:1	g	0.030	0	0.059	0.029	0.025
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.037	0	0.072	0.036	0.031
18:2	g	0.027	0	0.053	0.026	0.023
18:3	g	0.010	0	0.020	0.010	0.008
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.006	0	0.012	0.006	0.005
Threonine	g	0.010	0	0.020	0.010	0.008
Isoleucine	g	0.017	0	0.033	0.017	0.014
Leucine	g	0.016	0	0.031	0.016	0.013
Lysine	g	0.032	0	0.062	0.031	0.027
Methionine	g	0.013	0	0.025	0.013	0.011
Cystine	g	0.007	0	0.014	0.007	0.006
Phenylalanine	g	0.021	0	0.041	0.021	0.018
Tyrosine	g	0.011	0	0.021	0.011	0.009
Valine	g	0.027	0	0.053	0.026	0.023
Arginine	g	0.044	0	0.086	0.043	0.037
Histidine	g	0.012	0	0.023	0.012	0.010
Alanine	g	0.034	0	0.066	0.033	0.029
Aspartic acid	g	0.077	0	0.150	0.075	0.065
Glutamic acid	g	0.064	0	0.125	0.063	0.054
Glycine	g	0.064	0	0.125	0.063	0.054
Proline	g	0.031	0	0.060	0.030	0.026
Serine	g	0.022	0	0.043	0.022	0.018
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, sections
Measure 2: 1 large (2-1/2" dia)
Measure 3: 1 medium (2-3/8" dia)

NDB No. 09219 Tangerines, (mandarin oranges), canned, juice pack

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 249g	Measure 2*	Measure 3*
Proximates:							
Water	g	89.51	0.025	2	222.88		
Energy	kcal	37		0	92		
Energy	kj	155		0	386		
Protein (N x 5.95)	g	0.62	0.053	2	1.54		
Total lipid (fat)	g	0.03	0.006	2	0.07		
Carbohydrate, by difference	g	9.57		0	23.83		
Fiber, total dietary	g	0.7		0	1.7		
Ash	g	0.28	0.020	2	0.70		
Sugars, total	g						
Minerals:							
Calcium	mg	11	1.345	2	27		
Iron	mg	0.27	0.015	2	0.67		
Magnesium	mg	11	0.245	2	27		
Phosphorus	mg	10	2.750	2	25		
Potassium	mg	133	10.305	2	331		
Sodium	mg	5	1.820	2	12		
Zinc	mg	0.51	0.153	2	1.27		
Copper	mg	0.033	0.000	2	0.082		
Manganese	mg	0.032		0	0.080		
Selenium	µg	0.4		0	1.0		
Vitamins:							
Ascorbic acid	mg	34.2	9.060	2	85.2		
Thiamin	mg	0.082	0.008	2	0.204		
Riboflavin	mg	0.029	0.001	2	0.072		
Niacin	mg	0.445		0	1.108		
Pantothenic acid	mg	0.125		0	0.311		
Vitamin B-6	mg	0.042		0	0.105		
Folate	µg	5		0	11		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	852	462.500	2	2121		
Vitamin A, RE	µg	85	46.250	2	212		
Vitamin E, α-TE	mg	0.500		0	1.245		
Lipids:							
Saturated, total	g	0.003		0	0.007		
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		
14:0	g	0.000		0	0.000		
15.0	g						
16:0	g	0.003		0	0.007		
17:0	g						
18:0	g	0.000		0	0.000		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.005	0	0.012
14:1	g			
16:1	g	0.001	0	0.002
18:1	g	0.004	0	0.010
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.005	0	0.012
18:2	g	0.004	0	0.010
18:3	g	0.001	0	0.002
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.006	0	0.015
Threonine	g	0.010	0	0.025
Isoleucine	g	0.017	0	0.042
Leucine	g	0.015	0	0.037
Lysine	g	0.031	0	0.077
Methionine	g	0.013	0	0.032
Cystine	g	0.006	0	0.015
Phenylalanine	g	0.020	0	0.050
Tyrosine	g	0.010	0	0.025
Valine	g	0.026	0	0.065
Arginine	g	0.043	0	0.107
Histidine	g	0.011	0	0.027
Alanine	g	0.033	0	0.082
Aspartic acid	g	0.074	0	0.184
Glutamic acid	g	0.062	0	0.154
Glycine	g	0.062	0	0.154
Proline	g	0.030	0	0.075
Serine	g	0.021	0	0.052
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 cup

NDB No. 09220 Tangerines, (mandarin oranges), canned, light syrup pack

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 252g	Measure 2*	Measure 3*
Proximates:							
Water	g	83.06	0.069	33	209.31		
Energy	kcal	61		0	154		
Energy	kj	255		0	643		
Protein (N x 5.95)	g	0.45	0.012	33	1.13		
Total lipid (fat)	g	0.10	0.000	33	0.25		
Carbohydrate, by difference	g	16.19		0	40.80		
Fiber, total dietary	g	0.7		0	1.8		
Ash	g	0.19	0.004	33	0.48		
Sugars, total	g						
Minerals:							
Calcium	mg	7	0.262	33	18		
Iron	mg	0.37	0.027	32	0.93		
Magnesium	mg	8	0.109	33	20		
Phosphorus	mg	10	0.131	33	25		
Potassium	mg	78	1.303	33	197		
Sodium	mg	6	0.285	33	15		
Zinc	mg	0.24	0.022	33	0.60		
Copper	mg	0.044	0.002	33	0.111		
Manganese	mg	0.032		0	0.081		
Selenium	µg	0.4		0	1.0		
Vitamins:							
Ascorbic acid	mg	19.8	0.231	33	49.9		
Thiamin	mg	0.053	0.000	33	0.134		
Riboflavin	mg	0.044	0.001	33	0.111		
Niacin	mg	0.445	0.019	33	1.121		
Pantothenic acid	mg	0.125		0	0.315		
Vitamin B-6	mg	0.042		0	0.106		
Folate	µg	5		0	12		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	840	100.438	34	2117		
Vitamin A, RE	µg	84	10.044	34	212		
Vitamin E, α-TE	mg	0.340		0	0.857		
Lipids:							
Saturated, total	g	0.012		0	0.030		
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		
14:0	g	0.000		0	0.000		
15.0	g						
16:0	g	0.011		0	0.028		
17:0	g						
18:0	g	0.000		0	0.000		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.018	0	0.045
14:1	g			
16:1	g	0.002	0	0.005
18:1	g	0.016	0	0.040
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.020	0	0.050
18:2	g	0.015	0	0.038
18:3	g	0.005	0	0.013
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.004	0	0.010
Threonine	g	0.007	0	0.018
Isoleucine	g	0.012	0	0.030
Leucine	g	0.011	0	0.028
Lysine	g	0.023	0	0.058
Methionine	g	0.010	0	0.025
Cystine	g	0.005	0	0.013
Phenylalanine	g	0.015	0	0.038
Tyrosine	g	0.008	0	0.020
Valine	g	0.019	0	0.048
Arginine	g	0.031	0	0.078
Histidine	g	0.008	0	0.020
Alanine	g	0.024	0	0.060
Aspartic acid	g	0.055	0	0.139
Glutamic acid	g	0.045	0	0.113
Glycine	g	0.045	0	0.113
Proline	g	0.022	0	0.055
Serine	g	0.015	0	0.038
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 cup

NDB No. 09221 Tangerine juice, raw

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 247g	Measure 2* 31g	Measure 3*
Proximates:							
Water	g	88.90		0	219.58	27.47	
Energy	kcal	43		0	106	13	
Energy	kj	180		0	445	56	
Protein (N x 5.95)	g	0.50		0	1.24	0.15	
Total lipid (fat)	g	0.20		0	0.49	0.06	
Carbohydrate, by difference	g	10.10		0	24.95	3.12	
Fiber, total dietary	g	0.2		0	0.5	0.1	
Ash	g	0.30		0	0.74	0.09	
Sugars, total	g						
Minerals:							
Calcium	mg	18		0	44	6	
Iron	mg	0.20		0	0.49	0.06	
Magnesium	mg	8		0	20	2	
Phosphorus	mg	14		0	35	4	
Potassium	mg	178		0	440	55	
Sodium	mg	1		0	2	0	
Zinc	mg	0.03		0	0.07	0.01	
Copper	mg	0.025		0	0.062	0.008	
Manganese	mg	0.037		0	0.091	0.011	
Selenium	µg	0.1		0	0.2	0.0	
Vitamins:							
Ascorbic acid	mg	31.0		0	76.6	9.6	
Thiamin	mg	0.060		0	0.148	0.019	
Riboflavin	mg	0.020		0	0.049	0.006	
Niacin	mg	0.100		0	0.247	0.031	
Pantothenic acid	mg	0.125		0	0.309	0.039	
Vitamin B-6	mg	0.042		0	0.104	0.013	
Folate	µg	5		0	11	1	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	420		0	1037	130	
Vitamin A, RE	µg	42		0	104	13	
Vitamin E, α-TE	mg	0.090		0	0.222	0.028	
Lipids:							
Saturated, total	g	0.024		0	0.059	0.007	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.001		0	0.002	0.000	
15.0	g						
16:0	g	0.021		0	0.052	0.006	
17:0	g						
18:0	g	0.001		0	0.002	0.000	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.036	0	0.089	0.011
14:1	g				
16:1	g	0.005	0	0.012	0.002
18:1	g	0.032	0	0.079	0.010
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.040	0	0.099	0.012
18:2	g	0.029	0	0.072	0.009
18:3	g	0.011	0	0.027	0.003
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.001	0	0.002	0.000
Threonine	g	0.006	0	0.015	0.002
Isoleucine	g	0.005	0	0.012	0.002
Leucine	g	0.010	0	0.025	0.003
Lysine	g	0.007	0	0.017	0.002
Methionine	g	0.002	0	0.005	0.001
Cystine	g	0.004	0	0.010	0.001
Phenylalanine	g	0.006	0	0.015	0.002
Tyrosine	g	0.003	0	0.007	0.001
Valine	g	0.008	0	0.020	0.002
Arginine	g	0.034	0	0.084	0.011
Histidine	g	0.002	0	0.005	0.001
Alanine	g	0.011	0	0.027	0.003
Aspartic acid	g	0.053	0	0.131	0.016
Glutamic acid	g	0.024	0	0.059	0.007
Glycine	g	0.007	0	0.017	0.002
Proline	g	0.031	0	0.077	0.010
Serine	g	0.009	0	0.022	0.003
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 fl oz

NDB No. 09223 Tangerine juice, canned, sweetened

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 249g	Measure 2* 31g	Measure 3*
Proximates:							
Water	g	87.00		0	216.63	27.06	
Energy	kcal	50		0	125	16	
Energy	kj	209		0	520	65	
Protein (N x 5.95)	g	0.50		0	1.25	0.16	
Total lipid (fat)	g	0.20		0	0.50	0.06	
Carbohydrate, by difference	g	12.00		0	29.88	3.73	
Fiber, total dietary	g	0.2		0	0.5	0.1	
Ash	g	0.30		0	0.75	0.09	
Sugars, total	g						
Minerals:							
Calcium	mg	18		0	45	6	
Iron	mg	0.20		0	0.50	0.06	
Magnesium	mg	8		0	20	2	
Phosphorus	mg	14		0	35	4	
Potassium	mg	178		0	443	55	
Sodium	mg	1		0	2	0	
Zinc	mg	0.03		0	0.07	0.01	
Copper	mg	0.025		0	0.062	0.008	
Manganese	mg	0.037		0	0.092	0.012	
Selenium	µg	0.1		0	0.2	0.0	
Vitamins:							
Ascorbic acid	mg	22.0		0	54.8	6.8	
Thiamin	mg	0.060		0	0.149	0.019	
Riboflavin	mg	0.020		0	0.050	0.006	
Niacin	mg	0.100		0	0.249	0.031	
Pantothenic acid	mg	0.125		0	0.311	0.039	
Vitamin B-6	mg	0.032		0	0.080	0.010	
Folate	µg	5		0	11	1	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	420		0	1046	131	
Vitamin A, RE	µg	42		0	105	13	
Vitamin E, α-TE	mg	0.090		0	0.224	0.028	
Lipids:							
Saturated, total	g	0.013		0	0.032	0.004	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.013		0	0.032	0.004	
17:0	g						
18:0	g	0.000		0	0.000	0.000	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.018	0	0.045	0.006
14:1	g				
16:1	g	0.003	0	0.007	0.001
18:1	g	0.015	0	0.037	0.005
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.025	0	0.062	0.008
18:2	g	0.020	0	0.050	0.006
18:3	g	0.005	0	0.012	0.002
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.001	0	0.002	0.000
Threonine	g	0.006	0	0.015	0.002
Isoleucine	g	0.005	0	0.012	0.002
Leucine	g	0.010	0	0.025	0.003
Lysine	g	0.007	0	0.017	0.002
Methionine	g	0.002	0	0.005	0.001
Cystine	g	0.004	0	0.010	0.001
Phenylalanine	g	0.006	0	0.015	0.002
Tyrosine	g	0.003	0	0.007	0.001
Valine	g	0.008	0	0.020	0.002
Arginine	g	0.034	0	0.085	0.011
Histidine	g	0.002	0	0.005	0.001
Alanine	g	0.011	0	0.027	0.003
Aspartic acid	g	0.053	0	0.132	0.016
Glutamic acid	g	0.024	0	0.060	0.007
Glycine	g	0.007	0	0.017	0.002
Proline	g	0.031	0	0.077	0.010
Serine	g	0.009	0	0.022	0.003
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 fl oz

NDB No. 09224 Tangerine juice, frozen concentrate, sweetened, undiluted

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 214g	Measure 2*	Measure 3*
Proximates:							
Water	g	58.20		0	124.55		
Energy	kcal	161		0	345		
Energy	kj	674		0	1442		
Protein (N x 5.95)	g	1.50	0.124	3	3.21		
Total lipid (fat)	g	0.39	0.009	3	0.83		
Carbohydrate, by difference	g	38.85		0	83.14		
Fiber, total dietary	g	0.6		0	1.3		
Ash	g	1.07	0.074	3	2.29		
Sugars, total	g						
Minerals:							
Calcium	mg	27	2.088	3	58		
Iron	mg	0.34	0.020	3	0.73		
Magnesium	mg	28	1.861	3	60		
Phosphorus	mg	30	1.165	3	64		
Potassium	mg	397	7.760	3	850		
Sodium	mg	3	0.581	3	6		
Zinc	mg	0.09	0.010	3	0.19		
Copper	mg	0.089	0.005	3	0.190		
Manganese	mg	0.130	0.065	3	0.278		
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	85.1	2.093	3	182.1		
Thiamin	mg	0.183	0.010	3	0.392		
Riboflavin	mg	0.066	0.005	3	0.141		
Niacin	mg	0.328	0.033	3	0.702		
Pantothenic acid	mg	0.438	0.029	3	0.937		
Vitamin B-6	mg	0.146	0.007	3	0.312		
Folate	µg	16	1.508	3	35		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	2014	185.129	3	4310		
Vitamin A, RE	µg	201	18.513	3	430		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.026		0	0.056		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g	0.026		0	0.056		
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.034	0	0.073
14:1	g			
16:1	g	0.005	0	0.011
18:1	g	0.029	0	0.062
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.048	0	0.103
18:2	g	0.038	0	0.081
18:3	g	0.010	0	0.021
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.004	0	0.009
Threonine	g	0.017	0	0.036
Isoleucine	g	0.016	0	0.034
Leucine	g	0.029	0	0.062
Lysine	g	0.020	0	0.043
Methionine	g	0.007	0	0.015
Cystine	g	0.011	0	0.024
Phenylalanine	g	0.018	0	0.039
Tyrosine	g	0.008	0	0.017
Valine	g	0.024	0	0.051
Arginine	g	0.101	0	0.216
Histidine	g	0.006	0	0.013
Alanine	g	0.032	0	0.068
Aspartic acid	g	0.159	0	0.340
Glutamic acid	g	0.071	0	0.152
Glycine	g	0.020	0	0.043
Proline	g	0.093	0	0.199
Serine	g	0.028	0	0.060
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 can (6 fl oz)

NDB No. 09225 Tangerine juice, frozen concentrate, sweetened, diluted with 3 volume water

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 241g	Measure 2* 30g	Measure 3*
Proximates:							
Water	g	88.10		0	212.32	26.52	
Energy	kcal	46		0	111	14	
Energy	kj	192		0	463	58	
Protein (N x 5.95)	g	0.43	0.035	3	1.04	0.13	
Total lipid (fat)	g	0.11	0.002	3	0.27	0.03	
Carbohydrate, by difference	g	11.06		0	26.65	3.33	
Fiber, total dietary	g						
Ash	g	0.30	0.021	3	0.72	0.09	
Sugars, total	g						
Minerals:							
Calcium	mg	8	0.595	3	19	2	
Iron	mg	0.10	0.006	3	0.24	0.03	
Magnesium	mg	8	0.530	3	19	2	
Phosphorus	mg	8	0.331	3	19	2	
Potassium	mg	113	2.209	3	272	34	
Sodium	mg	1	0.166	3	2	0	
Zinc	mg	0.03	0.003	3	0.07	0.01	
Copper	mg	0.025	0.001	3	0.060	0.008	
Manganese	mg	0.037	0.019	3	0.089	0.011	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	24.2	0.596	3	58.3	7.3	
Thiamin	mg	0.052	0.003	3	0.125	0.016	
Riboflavin	mg	0.019	0.002	3	0.046	0.006	
Niacin	mg	0.093	0.010	3	0.224	0.028	
Pantothenic acid	mg	0.125	0.008	3	0.301	0.038	
Vitamin B-6	mg	0.042	0.002	3	0.101	0.013	
Folate	µg	5	0.430	3	11	1	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	573	52.704	3	1381	172	
Vitamin A, RE	µg	57	5.270	3	137	17	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.007		0	0.017	0.002	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g	0.007		0	0.017	0.002	
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.010	0	0.024	0.003
14:1	g				
16:1	g	0.001	0	0.002	0.000
18:1	g	0.008	0	0.019	0.002
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.014	0	0.034	0.004
18:2	g	0.011	0	0.027	0.003
18:3	g	0.003	0	0.007	0.001
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.001	0	0.002	0.000
Threonine	g	0.005	0	0.012	0.002
Isoleucine	g	0.005	0	0.012	0.002
Leucine	g	0.008	0	0.019	0.002
Lysine	g	0.006	0	0.014	0.002
Methionine	g	0.002	0	0.005	0.001
Cystine	g	0.003	0	0.007	0.001
Phenylalanine	g	0.005	0	0.012	0.002
Tyrosine	g	0.002	0	0.005	0.001
Valine	g	0.007	0	0.017	0.002
Arginine	g	0.029	0	0.070	0.009
Histidine	g	0.002	0	0.005	0.001
Alanine	g	0.009	0	0.022	0.003
Aspartic acid	g	0.045	0	0.108	0.014
Glutamic acid	g	0.020	0	0.048	0.006
Glycine	g	0.006	0	0.014	0.002
Proline	g	0.026	0	0.063	0.008
Serine	g	0.008	0	0.019	0.002
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 fl oz

NDB No. 09226 Papayas, raw

Carica papaya

Refuse: 33% Seeds and skin

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 140g	Measure 2* 230g	Measure 3* 380g
Proximates:							
Water	g	88.83	0.300	36	124.36	204.31	337.55
Energy	kcal	39		0	55	90	148
Energy	kj	163		0	228	375	619
Protein (N x 5.95)	g	0.61	0.031	31	0.85	1.40	2.32
Total lipid (fat)	g	0.14	0.042	10	0.20	0.32	0.53
Carbohydrate, by difference	g	9.81		0	13.73	22.56	37.28
Fiber, total dietary	g	1.8		0	2.5	4.1	6.8
Ash	g	0.61	0.030	33	0.85	1.40	2.32
Sugars, total	g						
Minerals:							
Calcium	mg	24	7.198	5	34	55	91
Iron	mg	0.10	0.019	20	0.14	0.23	0.38
Magnesium	mg	10	1.825	20	14	23	38
Phosphorus	mg	5	0.481	20	7	12	19
Potassium	mg	257	27.569	14	360	591	977
Sodium	mg	3	0.355	14	4	7	11
Zinc	mg	0.07	0.045	2	0.10	0.16	0.27
Copper	mg	0.016	0.001	18	0.022	0.037	0.061
Manganese	mg	0.011	0.001	18	0.015	0.025	0.042
Selenium	µg	0.6		0	0.8	1.4	2.3
Vitamins:							
Ascorbic acid	mg	61.8	2.244	89	86.5	142.1	234.8
Thiamin	mg	0.027	0.002	17	0.038	0.062	0.103
Riboflavin	mg	0.032	0.002	19	0.045	0.074	0.122
Niacin	mg	0.338	0.036	15	0.473	0.777	1.284
Pantothenic acid	mg	0.218		0	0.305	0.501	0.828
Vitamin B-6	mg	0.019		1	0.027	0.044	0.072
Folate	µg	38		0	53	87	144
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	284		1	398	653	1079
Vitamin A, RE	µg	28		1	39	64	106
Vitamin E, α-TE	mg	1.120		0	1.568	2.576	4.256
Lipids:							
Saturated, total	g	0.043		0	0.060	0.099	0.163
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.001		2	0.001	0.002	0.004
14:0	g	0.007		3	0.010	0.016	0.027
15.0	g						
16:0	g	0.032		3	0.045	0.074	0.122
17:0	g						
18:0	g	0.002		3	0.003	0.005	0.008
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.038	0	0.053	0.087	0.144
14:1	g					
16:1	g	0.020	3	0.028	0.046	0.076
18:1	g	0.018	3	0.025	0.041	0.068
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.031	0	0.043	0.071	0.118
18:2	g	0.006	3	0.008	0.014	0.023
18:3	g	0.025	3	0.035	0.058	0.095
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.008	6	0.011	0.018	0.030
Threonine	g	0.011	1	0.015	0.025	0.042
Isoleucine	g	0.008	1	0.011	0.018	0.030
Leucine	g	0.016	1	0.022	0.037	0.061
Lysine	g	0.025	7	0.035	0.058	0.095
Methionine	g	0.002	5	0.003	0.005	0.008
Cystine	g					
Phenylalanine	g	0.009	1	0.013	0.021	0.034
Tyrosine	g	0.005	1	0.007	0.012	0.019
Valine	g	0.010	1	0.014	0.023	0.038
Arginine	g	0.010	1	0.014	0.023	0.038
Histidine	g	0.005	1	0.007	0.012	0.019
Alanine	g	0.014	1	0.020	0.032	0.053
Aspartic acid	g	0.049	1	0.069	0.113	0.186
Glutamic acid	g	0.033	1	0.046	0.076	0.125
Glycine	g	0.018	1	0.025	0.041	0.068
Proline	g	0.010	1	0.014	0.023	0.038
Serine	g	0.015	1	0.021	0.034	0.057
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, cubes
Measure 2: 1 cup, mashed
Measure 3: 1 large (5-3/4" long x 3-1/4" dia)

NDB No. 09229 Papaya nectar, canned

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 250g	Measure 2* 31g	Measure 3*
Proximates:							
Water	g	85.02	1.697	3	212.55	26.53	
Energy	kcal	57		0	143	18	
Energy	kj	238		0	595	74	
Protein (N x 5.95)	g	0.17	0.066	3	0.43	0.05	
Total lipid (fat)	g	0.15	0.054	3	0.38	0.05	
Carbohydrate, by difference	g	14.51		0	36.27	4.53	
Fiber, total dietary	g	0.6		0	1.5	0.2	
Ash	g	0.15	0.021	3	0.38	0.05	
Sugars, total	g						
Minerals:							
Calcium	mg	10	1.276	3	25	3	
Iron	mg	0.34	0.024	3	0.85	0.11	
Magnesium	mg	3	0.296	3	8	1	
Phosphorus	mg	0	0.316	3	0	0	
Potassium	mg	31	4.910	3	78	10	
Sodium	mg	5	1.300	3	13	2	
Zinc	mg	0.15	0.064	3	0.38	0.05	
Copper	mg	0.013	0.003	3	0.033	0.004	
Manganese	mg	0.013	0.003	3	0.033	0.004	
Selenium	µg	0.3		0	0.8	0.1	
Vitamins:							
Ascorbic acid	mg	3.0	1.375	3	7.5	0.9	
Thiamin	mg	0.006	0.001	3	0.015	0.002	
Riboflavin	mg	0.004	0.001	3	0.010	0.001	
Niacin	mg	0.150	0.010	3	0.375	0.047	
Pantothenic acid	mg	0.054	0.006	3	0.135	0.017	
Vitamin B-6	mg	0.009	0.001	3	0.023	0.003	
Folate	µg	2	1.094	3	5	1	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	111	47.336	3	278	35	
Vitamin A, RE	µg	11	4.734	3	28	3	
Vitamin E, α-TE	mg	0.020		0	0.050	0.006	
Lipids:							
Saturated, total	g	0.047		0	0.118	0.015	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.002		0	0.005	0.001	
14:0	g	0.008		0	0.020	0.002	
15.0	g						
16:0	g	0.035		0	0.088	0.011	
17:0	g						
18:0	g	0.002		0	0.005	0.001	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.041	0	0.103	0.013
14:1	g				
16:1	g	0.022	0	0.055	0.007
18:1	g	0.019	0	0.048	0.006
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.035	0	0.088	0.011
18:2	g	0.007	0	0.018	0.002
18:3	g	0.028	0	0.070	0.009
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 fl oz

NDB No. 09231 Passion-fruit, (granadilla), purple, raw

Passiflora edulis

Refuse: 48% Shell

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 236g	Measure 2* 18g	Measure 3*
Proximates:							
Water	g	72.93	1.355	4	172.11	13.13	
Energy	kcal	97		0	229	17	
Energy	kj	406		0	958	73	
Protein (N x 5.95)	g	2.20		0	5.19	0.40	
Total lipid (fat)	g	0.70		0	1.65	0.13	
Carbohydrate, by difference	g	23.38		0	55.18	4.21	
Fiber, total dietary	g	10.4		0	24.5	1.9	
Ash	g	0.80		0	1.89	0.14	
Sugars, total	g						
Minerals:							
Calcium	mg	12	4.726	3	28	2	
Iron	mg	1.60		0	3.78	0.29	
Magnesium	mg	29		0	68	5	
Phosphorus	mg	68	4.163	3	160	12	
Potassium	mg	348		0	821	63	
Sodium	mg	28		0	66	5	
Zinc	mg	0.10		0	0.24	0.02	
Copper	mg	0.086		0	0.203	0.015	
Manganese	mg						
Selenium	µg	0.6		0	1.4	0.1	
Vitamins:							
Ascorbic acid	mg	30.0		0	70.8	5.4	
Thiamin	mg	0.000		0	0.000	0.000	
Riboflavin	mg	0.130		0	0.307	0.023	
Niacin	mg	1.500		0	3.540	0.270	
Pantothenic acid	mg						
Vitamin B-6	mg	0.100		0	0.236	0.018	
Folate	µg	14		0	33	3	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	700		0	1652	126	
Vitamin A, RE	µg	70		0	165	13	
Vitamin E, α-TE	mg	1.120		0	2.643	0.202	
Lipids:							
Saturated, total	g	0.059		0	0.139	0.011	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.045		0	0.106	0.008	
17:0	g						
18:0	g	0.014		0	0.033	0.003	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.086	0	0.203	0.015
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.086	0	0.203	0.015
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.411	0	0.970	0.074
18:2	g	0.410	0	0.968	0.074
18:3	g	0.001	0	0.002	0.000
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup

Measure 2: 1 fruit, without refuse

NDB No. 09232 Passion-fruit juice, purple, raw

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 247g	Measure 2* 31g	Measure 3*
Proximates:							
Water	g	85.62		0	211.48	26.46	
Energy	kcal	51		0	126	16	
Energy	kj	213		0	526	66	
Protein (N x 5.95)	g	0.39		0	0.96	0.12	
Total lipid (fat)	g	0.05		0	0.12	0.02	
Carbohydrate, by difference	g	13.60		0	33.59	4.20	
Fiber, total dietary	g	0.2		0	0.5	0.1	
Ash	g	0.34		0	0.84	0.11	
Sugars, total	g						
Minerals:							
Calcium	mg	4		0	10	1	
Iron	mg	0.24		0	0.59	0.07	
Magnesium	mg	17		0	42	5	
Phosphorus	mg	13		0	32	4	
Potassium	mg	278		0	687	86	
Sodium	mg	6		0	15	2	
Zinc	mg	0.05		0	0.12	0.02	
Copper	mg	0.053		0	0.131	0.016	
Manganese	mg						
Selenium	µg	0.1		0	0.2	0.0	
Vitamins:							
Ascorbic acid	mg	29.8		0	73.6	9.2	
Thiamin	mg	0.000		0	0.000	0.000	
Riboflavin	mg	0.131		0	0.324	0.040	
Niacin	mg	1.460		0	3.606	0.451	
Pantothenic acid	mg						
Vitamin B-6	mg	0.050		0	0.124	0.015	
Folate	µg	7		0	17	2	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	717		0	1771	222	
Vitamin A, RE	µg	72		0	178	22	
Vitamin E, α-TE	mg	0.050		0	0.124	0.015	
Lipids:							
Saturated, total	g	0.004		0	0.010	0.001	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.003		0	0.007	0.001	
17:0	g						
18:0	g	0.001		0	0.002	0.000	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.006	0	0.015	0.002
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.006	0	0.015	0.002
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.029	0	0.072	0.009
18:2	g	0.029	0	0.072	0.009
18:3	g	0.000	0	0.000	0.000
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 fl oz

NDB No. 09233 Passion-fruit juice, yellow, raw
Passiflora laurifolia

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 247g	Measure 2* 31g	Measure 3*
Proximates:							
Water	g	84.21	0.730	2	208.00	26.02	
Energy	kcal	60		0	148	19	
Energy	kj	251		0	620	78	
Protein (N x 5.95)	g	0.67		0	1.65	0.21	
Total lipid (fat)	g	0.18		0	0.44	0.06	
Carbohydrate, by difference	g	14.45		0	35.69	4.47	
Fiber, total dietary	g	0.2		0	0.5	0.1	
Ash	g	0.49		0	1.21	0.15	
Sugars, total	g						
Minerals:							
Calcium	mg	4		0	10	1	
Iron	mg	0.36		0	0.89	0.11	
Magnesium	mg	17		1	42	5	
Phosphorus	mg	25		0	62	8	
Potassium	mg	278		1	687	86	
Sodium	mg	6		1	15	2	
Zinc	mg	0.06		0	0.15	0.02	
Copper	mg	0.050		0	0.124	0.015	
Manganese	mg						
Selenium	µg	0.1		0	0.2	0.0	
Vitamins:							
Ascorbic acid	mg	18.2	0.184	51	45.0	5.6	
Thiamin	mg	0.000		0	0.000	0.000	
Riboflavin	mg	0.101		0	0.249	0.031	
Niacin	mg	2.240		0	5.533	0.692	
Pantothenic acid	mg						
Vitamin B-6	mg	0.060		0	0.148	0.019	
Folate	µg	8		0	20	2	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	2410		0	5953	745	
Vitamin A, RE	µg	241		0	595	74	
Vitamin E, α-TE	mg	0.050		0	0.124	0.015	
Lipids:							
Saturated, total	g	0.015		0	0.037	0.005	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.012		0	0.030	0.004	
17:0	g						
18:0	g	0.004		0	0.010	0.001	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.022	0	0.054	0.007
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.022	0	0.054	0.007
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.106	0	0.262	0.033
18:2	g	0.105	0	0.259	0.032
18:3	g	0.000	0	0.000	0.000
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 fl oz

NDB No. 09236 Peaches, raw

Prunus persica

Refuse: 13% Pits and skin

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 170g	Measure 2* 157g	Measure 3* 98g
Proximates:							
Water	g	87.66	0.152	74	149.02	137.63	85.91
Energy	kcal	43		0	73	68	42
Energy	kj	180		0	306	283	176
Protein (N x 5.95)	g	0.70	0.015	87	1.19	1.10	0.69
Total lipid (fat)	g	0.09	0.004	5	0.15	0.14	0.09
Carbohydrate, by difference	g	11.10		0	18.87	17.43	10.88
Fiber, total dietary	g	2.0		0	3.4	3.1	2.0
Ash	g	0.46	0.008	86	0.78	0.72	0.45
Sugars, total	g						
Minerals:							
Calcium	mg	5	1.066	5	9	8	5
Iron	mg	0.11	0.010	84	0.19	0.17	0.11
Magnesium	mg	7	0.207	85	12	11	7
Phosphorus	mg	12	0.356	84	20	19	12
Potassium	mg	197	5.030	45	335	309	193
Sodium	mg	0	0.191	43	0	0	0
Zinc	mg	0.14	0.037	5	0.24	0.22	0.14
Copper	mg	0.068	0.003	84	0.116	0.107	0.067
Manganese	mg	0.047	0.004	84	0.080	0.074	0.046
Selenium	µg	0.4		1	0.7	0.6	0.4
Vitamins:							
Ascorbic acid	mg	6.6	1.115	5	11.2	10.4	6.5
Thiamin	mg	0.017	0.003	4	0.029	0.027	0.017
Riboflavin	mg	0.041	0.004	4	0.070	0.064	0.040
Niacin	mg	0.990	0.025	3	1.683	1.554	0.970
Pantothenic acid	mg	0.170		0	0.289	0.267	0.167
Vitamin B-6	mg	0.018	0.003	2	0.031	0.028	0.018
Folate	µg	3	0.339	8	6	5	3
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	535	31.565	3	910	840	524
Vitamin A, RE	µg	54	3.157	3	92	85	53
Vitamin E, α-TE	mg	0.700		0	1.190	1.099	0.686
Lipids:							
Saturated, total	g	0.010		0	0.017	0.016	0.010
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.000		0	0.000	0.000	0.000
15.0	g						
16:0	g	0.009		1	0.015	0.014	0.009
17:0	g						
18:0	g	0.001		1	0.002	0.002	0.001
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.034	0	0.058	0.053	0.033
14:1	g					
16:1	g	0.001	1	0.002	0.002	0.001
18:1	g	0.034	1	0.058	0.053	0.033
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.045	0	0.077	0.071	0.044
18:2	g	0.044	1	0.075	0.069	0.043
18:3	g	0.001	1	0.002	0.002	0.001
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg	10	0	17	16	10
Amino acids:						
Tryptophan	g	0.002	2	0.003	0.003	0.002
Threonine	g	0.027	2	0.046	0.042	0.026
Isoleucine	g	0.020	2	0.034	0.031	0.020
Leucine	g	0.040	2	0.068	0.063	0.039
Lysine	g	0.023	2	0.039	0.036	0.023
Methionine	g	0.017	2	0.029	0.027	0.017
Cystine	g	0.006	2	0.010	0.009	0.006
Phenylalanine	g	0.022	2	0.037	0.035	0.022
Tyrosine	g	0.018	2	0.031	0.028	0.018
Valine	g	0.038	2	0.065	0.060	0.037
Arginine	g	0.018	2	0.031	0.028	0.018
Histidine	g	0.013	2	0.022	0.020	0.013
Alanine	g	0.042	2	0.071	0.066	0.041
Aspartic acid	g	0.117	2	0.199	0.184	0.115
Glutamic acid	g	0.106	2	0.180	0.166	0.104
Glycine	g	0.024	2	0.041	0.038	0.024
Proline	g	0.029	2	0.049	0.046	0.028
Serine	g	0.032	2	0.054	0.050	0.031
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, slices
Measure 2: 1 large (2-3/4" dia) (approx 2-1/2 per lb)
Measure 3: 1 medium (2-1/2" dia) (approx 4 per lb)

NDB No. 09237 Peaches, canned, water pack, solids and liquids

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 244g	Measure 2* 98g	Measure 3*
Proximates:							
Water	g	93.13	0.080	60	227.24	91.27	
Energy	kcal	24		0	59	24	
Energy	kj	100		0	244	98	
Protein (N x 5.95)	g	0.44	0.009	16	1.07	0.43	
Total lipid (fat)	g	0.06	0.003	12	0.15	0.06	
Carbohydrate, by difference	g	6.11		0	14.91	5.99	
Fiber, total dietary	g	1.3		0	3.2	1.3	
Ash	g	0.27	0.008	16	0.66	0.26	
Sugars, total	g						
Minerals:							
Calcium	mg	2	0.052	12	5	2	
Iron	mg	0.32	0.044	16	0.78	0.31	
Magnesium	mg	5	0.082	12	12	5	
Phosphorus	mg	10	0.181	12	24	10	
Potassium	mg	99	1.530	33	242	97	
Sodium	mg	3	0.331	33	7	3	
Zinc	mg	0.09		0	0.22	0.09	
Copper	mg	0.054		0	0.132	0.053	
Manganese	mg	0.048		0	0.117	0.047	
Selenium	µg	0.3		0	0.7	0.3	
Vitamins:							
Ascorbic acid	mg	2.9	0.137	59	7.1	2.8	
Thiamin	mg	0.009	0.000	12	0.022	0.009	
Riboflavin	mg	0.019	0.000	12	0.046	0.019	
Niacin	mg	0.521	0.015	16	1.271	0.511	
Pantothenic acid	mg	0.050		0	0.122	0.049	
Vitamin B-6	mg	0.019		0	0.046	0.019	
Folate	µg	3		0	8	3	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	532	35.791	29	1298	521	
Vitamin A, RE	µg	53	3.579	29	129	52	
Vitamin E, α-TE	mg	0.890		0	2.172	0.872	
Lipids:							
Saturated, total	g	0.006		0	0.015	0.006	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.005		0	0.012	0.005	
17:0	g						
18:0	g	0.001		0	0.002	0.001	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.021	0	0.051	0.021
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.021	0	0.051	0.021
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.028	0	0.068	0.027
18:2	g	0.027	0	0.066	0.026
18:3	g	0.001	0	0.002	0.001
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.001	0	0.002	0.001
Threonine	g	0.017	0	0.041	0.017
Isoleucine	g	0.013	0	0.032	0.013
Leucine	g	0.025	0	0.061	0.025
Lysine	g	0.014	0	0.034	0.014
Methionine	g	0.011	0	0.027	0.011
Cystine	g	0.004	0	0.010	0.004
Phenylalanine	g	0.014	0	0.034	0.014
Tyrosine	g	0.011	0	0.027	0.011
Valine	g	0.024	0	0.059	0.024
Arginine	g	0.011	0	0.027	0.011
Histidine	g	0.008	0	0.020	0.008
Alanine	g	0.026	0	0.063	0.025
Aspartic acid	g	0.073	0	0.178	0.072
Glutamic acid	g	0.066	0	0.161	0.065
Glycine	g	0.015	0	0.037	0.015
Proline	g	0.018	0	0.044	0.018
Serine	g	0.020	0	0.049	0.020
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup halves or slices
Measure 2: 1 half with liquid

NDB No. 09238 Peaches, 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	Samples	Measure 1* 250g	Measure 2* 248g	Measure 3* 98g
Proximates:							
Water	g	87.49	0.076	18	218.72	216.98	85.74
Energy	kcal	44		0	110	109	43
Energy	kj	184		0	460	456	180
Protein (N x 5.95)	g	0.63	0.017	25	1.57	1.56	0.62
Total lipid (fat)	g	0.03	0.006	24	0.08	0.07	0.03
Carbohydrate, by difference	g	11.57		0	28.93	28.69	11.34
Fiber, total dietary	g	1.3		0	3.3	3.2	1.3
Ash	g	0.27	0.004	18	0.68	0.67	0.26
Sugars, total	g						
Minerals:							
Calcium	mg	6	0.377	23	15	15	6
Iron	mg	0.27	0.033	17	0.68	0.67	0.26
Magnesium	mg	7	0.176	20	18	17	7
Phosphorus	mg	17	0.379	21	43	42	17
Potassium	mg	128	4.648	24	320	317	125
Sodium	mg	4	0.232	25	10	10	4
Zinc	mg	0.11	0.005	14	0.28	0.27	0.11
Copper	mg	0.050	0.003	14	0.125	0.124	0.049
Manganese	mg	0.048		0	0.120	0.119	0.047
Selenium	µg	0.3		0	0.8	0.7	0.3
Vitamins:							
Ascorbic acid	mg	3.6	0.270	17	9.0	8.9	3.5
Thiamin	mg	0.008	0.000	6	0.020	0.020	0.008
Riboflavin	mg	0.017	0.001	12	0.043	0.042	0.017
Niacin	mg	0.582	0.034	6	1.455	1.443	0.570
Pantothenic acid	mg	0.050		0	0.125	0.124	0.049
Vitamin B-6	mg	0.019		0	0.048	0.047	0.019
Folate	µg	3		0	9	8	3
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	381	54.723	17	953	945	373
Vitamin A, RE	µg	38	5.472	17	95	94	37
Vitamin E, α-TE	mg	1.500		0	3.750	3.720	1.470
Lipids:							
Saturated, total	g	0.004		0	0.010	0.010	0.004
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.000		0	0.000	0.000	0.000
15.0	g						
16:0	g	0.003		0	0.008	0.007	0.003
17:0	g						
18:0	g	0.000		0	0.000	0.000	0.000
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.012	0	0.030	0.030	0.012
14:1	g					
16:1	g	0.000	0	0.000	0.000	0.000
18:1	g	0.012	0	0.030	0.030	0.012
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.016	0	0.040	0.040	0.016
18:2	g	0.016	0	0.040	0.040	0.016
18:3	g	0.000	0	0.000	0.000	0.000
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.002	0	0.005	0.005	0.002
Threonine	g	0.025	0	0.063	0.062	0.025
Isoleucine	g	0.018	0	0.045	0.045	0.018
Leucine	g	0.036	0	0.090	0.089	0.035
Lysine	g	0.020	0	0.050	0.050	0.020
Methionine	g	0.015	0	0.038	0.037	0.015
Cystine	g	0.005	0	0.013	0.012	0.005
Phenylalanine	g	0.020	0	0.050	0.050	0.020
Tyrosine	g	0.016	0	0.040	0.040	0.016
Valine	g	0.034	0	0.085	0.084	0.033
Arginine	g	0.016	0	0.040	0.040	0.016
Histidine	g	0.012	0	0.030	0.030	0.012
Alanine	g	0.038	0	0.095	0.094	0.037
Aspartic acid	g	0.105	0	0.263	0.260	0.103
Glutamic acid	g	0.096	0	0.240	0.238	0.094
Glycine	g	0.022	0	0.055	0.055	0.022
Proline	g	0.027	0	0.068	0.067	0.026
Serine	g	0.029	0	0.072	0.072	0.028
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 cup halves or slices
Measure 3: 1 half with liquid

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	Samples	Measure 1* 247g	Measure 2*	Measure 3*
Proximates:							
Water	g	88.20		1	217.85		
Energy	kcal	42		0	104		
Energy	kj	176		0	435		
Protein (N x 5.95)	g	0.40		0	0.99		
Total lipid (fat)	g	0.10		1	0.25		
Carbohydrate, by difference	g	11.10		0	27.42		
Fiber, total dietary	g	1.0		0	2.5		
Ash	g	0.24		0	0.59		
Sugars, total	g						
Minerals:							
Calcium	mg	5		1	12		
Iron	mg	0.30		1	0.74		
Magnesium	mg	5		1	12		
Phosphorus	mg	11		1	27		
Potassium	mg	74		1	183		
Sodium	mg	5		1	12		
Zinc	mg	0.09		1	0.22		
Copper	mg	0.050		1	0.124		
Manganese	mg	0.047		0	0.116		
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	3.0		1	7.4		
Thiamin	mg	0.020		1	0.049		
Riboflavin	mg	0.020		1	0.049		
Niacin	mg	0.800		1	1.976		
Pantothenic acid	mg	0.050		0	0.124		
Vitamin B-6	mg	0.019		0	0.047		
Folate	µg	3		0	8		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	270		1	667		
Vitamin A, RE	µg	27		1	67		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.011		0	0.027		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g	0.009		0	0.022		
17:0	g						
18:0	g	0.001		0	0.002		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.036	0	0.089
14:1	g			
16:1	g	0.001	0	0.002
18:1	g	0.036	0	0.089
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.048	0	0.119
18:2	g	0.047	0	0.116
18:3	g	0.001	0	0.002
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.001	0	0.002
Threonine	g	0.016	0	0.040
Isoleucine	g	0.012	0	0.030
Leucine	g	0.023	0	0.057
Lysine	g	0.013	0	0.032
Methionine	g	0.010	0	0.025
Cystine	g	0.003	0	0.007
Phenylalanine	g	0.013	0	0.032
Tyrosine	g	0.010	0	0.025
Valine	g	0.022	0	0.054
Arginine	g	0.010	0	0.025
Histidine	g	0.007	0	0.017
Alanine	g	0.024	0	0.059
Aspartic acid	g	0.067	0	0.165
Glutamic acid	g	0.061	0	0.151
Glycine	g	0.014	0	0.035
Proline	g	0.017	0	0.042
Serine	g	0.018	0	0.044
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup halves or slices

NDB No. 09240 Peaches, canned, light syrup pack, solids and liquids

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 251g	Measure 2* 98g	Measure 3*
Proximates:							
Water	g	84.72	0.088	71	212.65	83.03	
Energy	kcal	54		0	136	53	
Energy	kj	226		0	567	221	
Protein (N x 5.95)	g	0.45	0.012	19	1.13	0.44	
Total lipid (fat)	g	0.03	0.002	4	0.08	0.03	
Carbohydrate, by difference	g	14.55		0	36.52	14.26	
Fiber, total dietary	g	1.3		0	3.3	1.3	
Ash	g	0.25	0.009	19	0.63	0.25	
Sugars, total	g						
Minerals:							
Calcium	mg	3	0.169	19	8	3	
Iron	mg	0.36	0.033	19	0.90	0.35	
Magnesium	mg	5	0.114	19	13	5	
Phosphorus	mg	11	0.275	19	28	11	
Potassium	mg	97	3.677	11	243	95	
Sodium	mg	5	0.557	11	13	5	
Zinc	mg	0.09		0	0.23	0.09	
Copper	mg	0.052		0	0.131	0.051	
Manganese	mg	0.046		0	0.115	0.045	
Selenium	µg	0.3		0	0.8	0.3	
Vitamins:							
Ascorbic acid	mg	2.4	0.087	117	6.0	2.4	
Thiamin	mg	0.009	0.000	13	0.023	0.009	
Riboflavin	mg	0.025	0.002	19	0.063	0.025	
Niacin	mg	0.593	0.025	19	1.488	0.581	
Pantothenic acid	mg	0.050		0	0.126	0.049	
Vitamin B-6	mg	0.019		0	0.048	0.019	
Folate	µg	3		0	8	3	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	354	8.470	128	889	347	
Vitamin A, RE	µg	35	0.847	128	88	34	
Vitamin E, α-TE	mg	0.890		0	2.234	0.872	
Lipids:							
Saturated, total	g	0.003		0	0.008	0.003	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.003		0	0.008	0.003	
17:0	g						
18:0	g	0.000		0	0.000	0.000	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.012	0	0.030	0.012
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.011	0	0.028	0.011
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.015	0	0.038	0.015
18:2	g	0.015	0	0.038	0.015
18:3	g	0.000	0	0.000	0.000
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.001	0	0.003	0.001
Threonine	g	0.018	0	0.045	0.018
Isoleucine	g	0.013	0	0.033	0.013
Leucine	g	0.025	0	0.063	0.025
Lysine	g	0.014	0	0.035	0.014
Methionine	g	0.011	0	0.028	0.011
Cystine	g	0.004	0	0.010	0.004
Phenylalanine	g	0.014	0	0.035	0.014
Tyrosine	g	0.012	0	0.030	0.012
Valine	g	0.025	0	0.063	0.025
Arginine	g	0.011	0	0.028	0.011
Histidine	g	0.008	0	0.020	0.008
Alanine	g	0.027	0	0.068	0.026
Aspartic acid	g	0.075	0	0.188	0.074
Glutamic acid	g	0.068	0	0.171	0.067
Glycine	g	0.016	0	0.040	0.016
Proline	g	0.019	0	0.048	0.019
Serine	g	0.021	0	0.053	0.021
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup halves or slices
Measure 2: 1 half with liquid

NDB No. 09241 Peaches, canned, heavy syrup pack, solids and liquids

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 262g	Measure 2* 98g	Measure 3*
Proximates:							
Water	g	79.28	0.063	529	207.71	77.69	
Energy	kcal	74		0	194	73	
Energy	kj	310		0	812	304	
Protein (N x 5.95)	g	0.45	0.004	310	1.18	0.44	
Total lipid (fat)	g	0.10	0.003	251	0.26	0.10	
Carbohydrate, by difference	g	19.94		0	52.24	19.54	
Fiber, total dietary	g	1.3		0	3.4	1.3	
Ash	g	0.24	0.004	335	0.63	0.24	
Sugars, total	g						
Minerals:							
Calcium	mg	3	0.061	283	8	3	
Iron	mg	0.27	0.007	316	0.71	0.26	
Magnesium	mg	5	0.062	239	13	5	
Phosphorus	mg	11	0.109	271	29	11	
Potassium	mg	92	1.114	311	241	90	
Sodium	mg	6	0.152	326	16	6	
Zinc	mg	0.09	0.002	178	0.24	0.09	
Copper	mg	0.051	0.002	178	0.134	0.050	
Manganese	mg	0.045	0.001	54	0.118	0.044	
Selenium	µg	0.3		0	0.8	0.3	
Vitamins:							
Ascorbic acid	mg	2.8	0.050	609	7.3	2.7	
Thiamin	mg	0.011	0.000	273	0.029	0.011	
Riboflavin	mg	0.024	0.000	278	0.063	0.024	
Niacin	mg	0.614	0.010	323	1.609	0.602	
Pantothenic acid	mg	0.050		0	0.131	0.049	
Vitamin B-6	mg	0.019		0	0.050	0.019	
Folate	µg	3	0.547	3	8	3	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	332	5.931	597	870	325	
Vitamin A, RE	µg	33	0.593	597	86	32	
Vitamin E, α-TE	mg	0.890		0	2.332	0.872	
Lipids:							
Saturated, total	g	0.010		0	0.026	0.010	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.009		0	0.024	0.009	
17:0	g						
18:0	g	0.001		0	0.003	0.001	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.035	0	0.092	0.034
14:1	g				
16:1	g	0.001	0	0.003	0.001
18:1	g	0.035	0	0.092	0.034
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.047	0	0.123	0.046
18:2	g	0.046	0	0.121	0.045
18:3	g	0.001	0	0.003	0.001
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.001	0	0.003	0.001
Threonine	g	0.018	0	0.047	0.018
Isoleucine	g	0.013	0	0.034	0.013
Leucine	g	0.026	0	0.068	0.025
Lysine	g	0.015	0	0.039	0.015
Methionine	g	0.011	0	0.029	0.011
Cystine	g	0.004	0	0.010	0.004
Phenylalanine	g	0.014	0	0.037	0.014
Tyrosine	g	0.012	0	0.031	0.012
Valine	g	0.025	0	0.066	0.025
Arginine	g	0.012	0	0.031	0.012
Histidine	g	0.008	0	0.021	0.008
Alanine	g	0.027	0	0.071	0.026
Aspartic acid	g	0.076	0	0.199	0.074
Glutamic acid	g	0.069	0	0.181	0.068
Glycine	g	0.016	0	0.042	0.016
Proline	g	0.019	0	0.050	0.019
Serine	g	0.021	0	0.055	0.021
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 half with liquid

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	Samples	Measure 1* 262g	Measure 2*	Measure 3*
Proximates:							
Water	g	73.19	0.192	100	191.76		
Energy	kcal	96		0	252		
Energy	kj	402		0	1053		
Protein (N x 5.95)	g	0.47	0.020	18	1.23		
Total lipid (fat)	g	0.03	0.004	4	0.08		
Carbohydrate, by difference	g	26.06		0	68.28		
Fiber, total dietary	g	1.0		0	2.6		
Ash	g	0.25	0.011	14	0.66		
Sugars, total	g						
Minerals:							
Calcium	mg	3	0.102	14	8		
Iron	mg	0.29	0.053	14	0.76		
Magnesium	mg	5	0.180	14	13		
Phosphorus	mg	11	0.332	14	29		
Potassium	mg	83	1.902	45	217		
Sodium	mg	8	0.619	32	21		
Zinc	mg	0.09		0	0.24		
Copper	mg	0.050		0	0.131		
Manganese	mg	0.044		0	0.115		
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	1.2	0.063	134	3.1		
Thiamin	mg	0.011	0.001	14	0.029		
Riboflavin	mg	0.021	0.001	14	0.055		
Niacin	mg	0.520	0.021	14	1.362		
Pantothenic acid	mg	0.050		0	0.131		
Vitamin B-6	mg	0.019		0	0.050		
Folate	µg	3		0	8		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	131	2.752	148	343		
Vitamin A, RE	µg	13	0.275	148	34		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.003		0	0.008		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g	0.003		0	0.008		
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.011	0	0.029
14:1	g			
16:1	g			
18:1	g	0.011	0	0.029
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.014	0	0.037
18:2	g	0.014	0	0.037
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.001	0	0.003
Threonine	g	0.018	0	0.047
Isoleucine	g	0.013	0	0.034
Leucine	g	0.027	0	0.071
Lysine	g	0.015	0	0.039
Methionine	g	0.011	0	0.029
Cystine	g	0.004	0	0.010
Phenylalanine	g	0.015	0	0.039
Tyrosine	g	0.012	0	0.031
Valine	g	0.026	0	0.068
Arginine	g	0.012	0	0.031
Histidine	g	0.009	0	0.024
Alanine	g	0.028	0	0.073
Aspartic acid	g	0.078	0	0.204
Glutamic acid	g	0.071	0	0.186
Glycine	g	0.016	0	0.042
Proline	g	0.020	0	0.052
Serine	g	0.022	0	0.058
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup halves or slices

NDB No. 09243 Peaches, spiced, canned, heavy syrup pack, solids and liquids

Refuse: 4% Pits

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 242g	Measure 2*	Measure 3*
Proximates:							
Water	g	79.20	0.320	19	191.66		
Energy	kcal	75		0	182		
Energy	kj	314		0	760		
Protein (N x 5.95)	g	0.41	0.020	19	0.99		
Total lipid (fat)	g	0.10	0.000	19	0.24		
Carbohydrate, by difference	g	20.08		0	48.59		
Fiber, total dietary	g	1.3		0	3.1		
Ash	g	0.21	0.007	19	0.51		
Sugars, total	g						
Minerals:							
Calcium	mg	6	0.237	19	15		
Iron	mg	0.28	0.021	19	0.68		
Magnesium	mg	7	0.181	19	17		
Phosphorus	mg	9	0.569	19	22		
Potassium	mg	85	3.095	19	206		
Sodium	mg	4	0.158	19	10		
Zinc	mg	0.08	0.005	19	0.19		
Copper	mg	0.098	0.005	19	0.237		
Manganese	mg						
Selenium	µg	0.3		0	0.7		
Vitamins:							
Ascorbic acid	mg	5.3	2.254	19	12.8		
Thiamin	mg	0.011	0.000	19	0.027		
Riboflavin	mg	0.035	0.001	19	0.085		
Niacin	mg	0.537	0.030	19	1.300		
Pantothenic acid	mg	0.050		0	0.121		
Vitamin B-6	mg	0.019		0	0.046		
Folate	µg	3		0	8		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	317	23.186	19	767		
Vitamin A, RE	µg	32	2.319	19	77		
Vitamin E, α-TE	mg	0.890		0	2.154		
Lipids:							
Saturated, total	g	0.011		0	0.027		
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		
14:0	g	0.000		0	0.000		
15.0	g						
16:0	g	0.009		0	0.022		
17:0	g						
18:0	g	0.001		0	0.002		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.036	0	0.087
14:1	g			
16:1	g	0.001	0	0.002
18:1	g	0.036	0	0.087
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.048	0	0.116
18:2	g	0.047	0	0.114
18:3	g	0.001	0	0.002
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.001	0	0.002
Threonine	g	0.016	0	0.039
Isoleucine	g	0.012	0	0.029
Leucine	g	0.023	0	0.056
Lysine	g	0.013	0	0.031
Methionine	g	0.010	0	0.024
Cystine	g	0.003	0	0.007
Phenylalanine	g	0.013	0	0.031
Tyrosine	g	0.011	0	0.027
Valine	g	0.023	0	0.056
Arginine	g	0.010	0	0.024
Histidine	g	0.008	0	0.019
Alanine	g	0.025	0	0.061
Aspartic acid	g	0.069	0	0.167
Glutamic acid	g	0.063	0	0.152
Glycine	g	0.014	0	0.034
Proline	g	0.017	0	0.041
Serine	g	0.019	0	0.046
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, whole

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	Samples	Measure 1* 116g	Measure 2*	Measure 3*
Proximates:							
Water	g	7.50		0	8.70		
Energy	kcal	325		0	377		
Energy	kj	1360		0	1578		
Protein (N x 5.95)	g	4.89		0	5.67		
Total lipid (fat)	g	1.03		0	1.19		
Carbohydrate, by difference	g	83.18		0	96.49		
Fiber, total dietary	g						
Ash	g	3.39		0	3.93		
Sugars, total	g						
Minerals:							
Calcium	mg	38		0	44		
Iron	mg	5.51		0	6.39		
Magnesium	mg	57		0	66		
Phosphorus	mg	162		0	188		
Potassium	mg	1351		0	1567		
Sodium	mg	10		0	12		
Zinc	mg	0.78		0	0.90		
Copper	mg	0.493		0	0.572		
Manganese	mg	0.413		0	0.479		
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	10.6	0.360	2	12.3		
Thiamin	mg	0.039	0.000	2	0.045		
Riboflavin	mg	0.110	0.004	2	0.128		
Niacin	mg	4.825	0.185	2	5.597		
Pantothenic acid	mg	0.522	0.055	2	0.606		
Vitamin B-6	mg	0.159	0.000	2	0.184		
Folate	µg	7	0.300	2	8		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	1417	130.000	2	1644		
Vitamin A, RE	µg	142	13.000	2	165		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.111		0	0.129		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g	0.097		0	0.113		
17:0	g						
18:0	g	0.014		0	0.016		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.377	0	0.437
14:1	g			
16:1	g	0.008	0	0.009
18:1	g	0.369	0	0.428
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.498	0	0.578
18:2	g	0.486	0	0.564
18:3	g	0.012	0	0.014
18:4	g			
20:4	g	0.003	0	0.003
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.014	0	0.016
Threonine	g	0.192	0	0.223
Isoleucine	g	0.141	0	0.164
Leucine	g	0.277	0	0.321
Lysine	g	0.157	0	0.182
Methionine	g	0.118	0	0.137
Cystine	g	0.040	0	0.046
Phenylalanine	g	0.154	0	0.179
Tyrosine	g	0.128	0	0.148
Valine	g	0.267	0	0.310
Arginine	g	0.124	0	0.144
Histidine	g	0.091	0	0.106
Alanine	g	0.292	0	0.339
Aspartic acid	g	0.817	0	0.948
Glutamic acid	g	0.743	0	0.862
Glycine	g	0.171	0	0.198
Proline	g	0.206	0	0.239
Serine	g	0.226	0	0.262
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 cup

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	Samples	Measure 1* 242g	Measure 2*	Measure 3*
Proximates:							
Water	g	62.04	1.055	2	150.14		
Energy	kcal	133		0	322		
Energy	kj	556		0	1346		
Protein (N x 5.95)	g	2.01		0	4.86		
Total lipid (fat)	g	0.42		0	1.02		
Carbohydrate, by difference	g	34.14		0	82.62		
Fiber, total dietary	g						
Ash	g	1.39		0	3.36		
Sugars, total	g						
Minerals:							
Calcium	mg	16		0	39		
Iron	mg	2.26		0	5.47		
Magnesium	mg	23		0	56		
Phosphorus	mg	66		0	160		
Potassium	mg	554		0	1341		
Sodium	mg	4		0	10		
Zinc	mg	0.32		0	0.77		
Copper	mg	0.202		0	0.489		
Manganese	mg	0.170		0	0.411		
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	6.8	1.800	2	16.5		
Thiamin	mg	0.008	0.000	2	0.019		
Riboflavin	mg	0.060	0.018	2	0.145		
Niacin	mg	2.030	0.070	2	4.913		
Pantothenic acid	mg	0.356	0.040	2	0.862		
Vitamin B-6	mg	0.054	0.000	2	0.131		
Folate	µg	3	1.000	2	7		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	396	12.500	2	958		
Vitamin A, RE	µg	40	1.250	2	97		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.045		0	0.109		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g	0.040		0	0.097		
17:0	g						
18:0	g	0.006		0	0.015		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.154	0	0.373
14:1	g			
16:1	g	0.003	0	0.007
18:1	g	0.151	0	0.365
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.204	0	0.494
18:2	g	0.199	0	0.482
18:3	g	0.005	0	0.012
18:4	g			
20:4	g	0.001	0	0.002
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.006	0	0.015
Threonine	g	0.079	0	0.191
Isoleucine	g	0.058	0	0.140
Leucine	g	0.114	0	0.276
Lysine	g	0.065	0	0.157
Methionine	g	0.048	0	0.116
Cystine	g	0.016	0	0.039
Phenylalanine	g	0.063	0	0.152
Tyrosine	g	0.052	0	0.126
Valine	g	0.109	0	0.264
Arginine	g	0.051	0	0.123
Histidine	g	0.037	0	0.090
Alanine	g	0.120	0	0.290
Aspartic acid	g	0.335	0	0.811
Glutamic acid	g	0.305	0	0.738
Glycine	g	0.070	0	0.169
Proline	g	0.084	0	0.203
Serine	g	0.093	0	0.225
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 cup

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	Samples	Measure 1* 160g	Measure 2* 13g	Measure 3*
Proximates:							
Water	g	31.80	0.515	29	50.88	4.13	
Energy	kcal	239		0	382	31	
Energy	kj	1000		0	1600	130	
Protein (N x 5.95)	g	3.61	0.105	25	5.78	0.47	
Total lipid (fat)	g	0.76	0.020	24	1.22	0.10	
Carbohydrate, by difference	g	61.33		0	98.13	7.97	
Fiber, total dietary	g	8.2		0	13.1	1.1	
Ash	g	2.50	0.103	25	4.00	0.33	
Sugars, total	g						
Minerals:							
Calcium	mg	28	1.039	24	45	4	
Iron	mg	4.06	0.120	24	6.50	0.53	
Magnesium	mg	42	1.113	24	67	5	
Phosphorus	mg	119	7.126	24	190	15	
Potassium	mg	996	12.756	24	1594	129	
Sodium	mg	7	0.682	24	11	1	
Zinc	mg	0.57	0.033	24	0.91	0.07	
Copper	mg	0.364	0.025	24	0.582	0.047	
Manganese	mg	0.305	0.027	3	0.488	0.040	
Selenium	µg	2.2		0	3.5	0.3	
Vitamins:							
Ascorbic acid	mg	4.8	0.685	6	7.7	0.6	
Thiamin	mg	0.002	0.001	21	0.003	0.000	
Riboflavin	mg	0.212	0.009	21	0.339	0.028	
Niacin	mg	4.375	0.072	21	7.000	0.569	
Pantothenic acid	mg	0.564		0	0.902	0.073	
Vitamin B-6	mg	0.067		1	0.107	0.009	
Folate	µg	0		0	0	0	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	2163	133.730	21	3461	281	
Vitamin A, RE	µg	216	13.373	21	346	28	
Vitamin E, α-TE	mg	0.000		0	0.000	0.000	
Lipids:							
Saturated, total	g	0.082		0	0.131	0.011	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.071		0	0.114	0.009	
17:0	g						
18:0	g	0.010		0	0.016	0.001	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.278	0	0.445	0.036
14:1	g				
16:1	g	0.006	0	0.010	0.001
18:1	g	0.272	0	0.435	0.035
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.367	0	0.587	0.048
18:2	g	0.358	0	0.573	0.047
18:3	g	0.009	0	0.014	0.001
18:4	g	0.000	0	0.000	0.000
20:4	g	0.002	0	0.003	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.010	0	0.016	0.001
Threonine	g	0.141	0	0.226	0.018
Isoleucine	g	0.104	0	0.166	0.014
Leucine	g	0.204	0	0.326	0.027
Lysine	g	0.116	0	0.186	0.015
Methionine	g	0.087	0	0.139	0.011
Cystine	g	0.029	0	0.046	0.004
Phenylalanine	g	0.114	0	0.182	0.015
Tyrosine	g	0.094	0	0.150	0.012
Valine	g	0.197	0	0.315	0.026
Arginine	g	0.092	0	0.147	0.012
Histidine	g	0.067	0	0.107	0.009
Alanine	g	0.215	0	0.344	0.028
Aspartic acid	g	0.602	0	0.963	0.078
Glutamic acid	g	0.548	0	0.877	0.071
Glycine	g	0.126	0	0.202	0.016
Proline	g	0.152	0	0.243	0.020
Serine	g	0.167	0	0.267	0.022
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, halves
Measure 2: 1 half

NDB No. 09247 Peaches, dried, sulfured, stewed, without added sugar

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 258g	Measure 2*	Measure 3*
Proximates:							
Water	g	78.10		1	201.50		
Energy	kcal	77		0	199		
Energy	kj	322		0	831		
Protein (N x 5.95)	g	1.16		0	2.99		
Total lipid (fat)	g	0.25		0	0.65		
Carbohydrate, by difference	g	19.69		0	50.80		
Fiber, total dietary	g	2.7		0	7.0		
Ash	g	0.80		0	2.06		
Sugars, total	g						
Minerals:							
Calcium	mg	9		0	23		
Iron	mg	1.31		0	3.38		
Magnesium	mg	13		0	34		
Phosphorus	mg	38		0	98		
Potassium	mg	320		0	826		
Sodium	mg	2		0	5		
Zinc	mg	0.18		0	0.46		
Copper	mg	0.117		0	0.302		
Manganese	mg	0.098		0	0.253		
Selenium	µg	0.7		0	1.8		
Vitamins:							
Ascorbic acid	mg	3.7	1.259	3	9.5		
Thiamin	mg	0.005	0.000	3	0.013		
Riboflavin	mg	0.021	0.002	3	0.054		
Niacin	mg	1.519	0.038	3	3.919		
Pantothenic acid	mg	0.181	0.015	3	0.467		
Vitamin B-6	mg	0.038	0.002	3	0.098		
Folate	µg	0	0.017	3	0		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	197	7.287	3	508		
Vitamin A, RE	µg	20	0.729	3	52		
Vitamin E, α-TE	mg	0.000		0	0.000		
Lipids:							
Saturated, total	g	0.026		0	0.067		
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		
14:0	g	0.000		0	0.000		
15.0	g						
16:0	g	0.023		0	0.059		
17:0	g						
18:0	g	0.003		0	0.008		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.089	0	0.230
14:1	g			
16:1	g	0.002	0	0.005
18:1	g	0.087	0	0.224
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.118	0	0.304
18:2	g	0.115	0	0.297
18:3	g	0.003	0	0.008
18:4	g	0.000	0	0.000
20:4	g	0.001	0	0.003
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.003	0	0.008
Threonine	g	0.045	0	0.116
Isoleucine	g	0.033	0	0.085
Leucine	g	0.065	0	0.168
Lysine	g	0.037	0	0.095
Methionine	g	0.028	0	0.072
Cystine	g	0.009	0	0.023
Phenylalanine	g	0.036	0	0.093
Tyrosine	g	0.030	0	0.077
Valine	g	0.063	0	0.163
Arginine	g	0.029	0	0.075
Histidine	g	0.021	0	0.054
Alanine	g	0.069	0	0.178
Aspartic acid	g	0.193	0	0.498
Glutamic acid	g	0.176	0	0.454
Glycine	g	0.040	0	0.103
Proline	g	0.049	0	0.126
Serine	g	0.053	0	0.137
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 cup

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	Samples	Measure 1* 270g	Measure 2*	Measure 3*
Proximates:							
Water	g	71.38		0	192.73		
Energy	kcal	103		0	278		
Energy	kj	431		0	1164		
Protein (N x 5.95)	g	1.06		0	2.86		
Total lipid (fat)	g	0.22		0	0.59		
Carbohydrate, by difference	g	26.60		0	71.82		
Fiber, total dietary	g	2.4		0	6.5		
Ash	g	0.73		0	1.97		
Sugars, total	g						
Minerals:							
Calcium	mg	8		0	22		
Iron	mg	1.20		0	3.24		
Magnesium	mg	12		0	32		
Phosphorus	mg	35		0	95		
Potassium	mg	292		0	788		
Sodium	mg	2		0	5		
Zinc	mg	0.17		0	0.46		
Copper	mg	0.107		0	0.289		
Manganese	mg	0.089		0	0.240		
Selenium	µg	0.7		0	1.9		
Vitamins:							
Ascorbic acid	mg	3.4		0	9.2		
Thiamin	mg	0.005		0	0.014		
Riboflavin	mg	0.019		0	0.051		
Niacin	mg	1.388		0	3.748		
Pantothenic acid	mg	0.165		0	0.446		
Vitamin B-6	mg	0.035		0	0.095		
Folate	µg	0		0	0		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	180		0	486		
Vitamin A, RE	µg	18		0	49		
Vitamin E, α-TE	mg	0.000		0	0.000		
Lipids:							
Saturated, total	g	0.024		0	0.065		
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		
14:0	g	0.000		0	0.000		
15.0	g						
16:0	g	0.021		0	0.057		
17:0	g						
18:0	g	0.003		0	0.008		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.082	0	0.221
14:1	g			
16:1	g	0.002	0	0.005
18:1	g	0.080	0	0.216
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.108	0	0.292
18:2	g	0.105	0	0.283
18:3	g	0.003	0	0.008
18:4	g	0.000	0	0.000
20:4	g	0.001	0	0.003
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.003	0	0.008
Threonine	g	0.041	0	0.111
Isoleucine	g	0.030	0	0.081
Leucine	g	0.060	0	0.162
Lysine	g	0.034	0	0.092
Methionine	g	0.026	0	0.070
Cystine	g	0.009	0	0.024
Phenylalanine	g	0.033	0	0.089
Tyrosine	g	0.028	0	0.076
Valine	g	0.058	0	0.157
Arginine	g	0.027	0	0.073
Histidine	g	0.020	0	0.054
Alanine	g	0.063	0	0.170
Aspartic acid	g	0.176	0	0.475
Glutamic acid	g	0.160	0	0.432
Glycine	g	0.037	0	0.100
Proline	g	0.044	0	0.119
Serine	g	0.049	0	0.132
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 cup

NDB No. 09250 Peaches, frozen, sliced, sweetened

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 250g	Measure 2* 155g	Measure 3* 284g
Proximates:							
Water	g	74.73	0.267	3	186.82	115.83	212.23
Energy	kcal	94		0	235	146	267
Energy	kj	393		0	983	609	1116
Protein (N x 5.95)	g	0.63	0.125	3	1.57	0.98	1.79
Total lipid (fat)	g	0.13	0.033	3	0.33	0.20	0.37
Carbohydrate, by difference	g	23.98		0	59.95	37.17	68.10
Fiber, total dietary	g	1.8		0	4.5	2.8	5.1
Ash	g	0.53	0.285	3	1.32	0.82	1.51
Sugars, total	g						
Minerals:							
Calcium	mg	3	0.000	3	8	5	9
Iron	mg	0.37	0.070	3	0.93	0.57	1.05
Magnesium	mg	5	0.404	3	13	8	14
Phosphorus	mg	11	1.114	3	28	17	31
Potassium	mg	130	4.782	3	325	202	369
Sodium	mg	6	1.202	3	15	9	17
Zinc	mg	0.05	0.010	3	0.13	0.08	0.14
Copper	mg	0.024	0.006	3	0.060	0.037	0.068
Manganese	mg	0.029	0.004	3	0.072	0.045	0.082
Selenium	µg	0.4		0	1.0	0.6	1.1
Vitamins:							
Ascorbic acid	mg	94.2	2.340	3	235.5	146.0	267.5
Thiamin	mg	0.013	0.003	3	0.033	0.020	0.037
Riboflavin	mg	0.035	0.002	3	0.088	0.054	0.099
Niacin	mg	0.653	0.084	3	1.633	1.012	1.855
Pantothenic acid	mg	0.132		0	0.330	0.205	0.375
Vitamin B-6	mg	0.018		0	0.045	0.028	0.051
Folate	µg	3		0	8	5	9
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	284	16.667	3	710	440	807
Vitamin A, RE	µg	28	1.667	3	70	43	80
Vitamin E, α-TE	mg	0.890		0	2.225	1.379	2.528
Lipids:							
Saturated, total	g	0.014		0	0.035	0.022	0.040
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.000		0	0.000	0.000	0.000
15.0	g						
16:0	g	0.012		0	0.030	0.019	0.034
17:0	g						
18:0	g	0.002		0	0.005	0.003	0.006
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.048	0	0.120	0.074	0.136
14:1	g					
16:1	g	0.001	0	0.003	0.002	0.003
18:1	g	0.047	0	0.118	0.073	0.133
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.064	0	0.160	0.099	0.182
18:2	g	0.063	0	0.158	0.098	0.179
18:3	g	0.002	0	0.005	0.003	0.006
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.002	0	0.005	0.003	0.006
Threonine	g	0.024	0	0.060	0.037	0.068
Isoleucine	g	0.018	0	0.045	0.028	0.051
Leucine	g	0.035	0	0.088	0.054	0.099
Lysine	g	0.020	0	0.050	0.031	0.057
Methionine	g	0.015	0	0.038	0.023	0.043
Cystine	g	0.005	0	0.013	0.008	0.014
Phenylalanine	g	0.020	0	0.050	0.031	0.057
Tyrosine	g	0.016	0	0.040	0.025	0.045
Valine	g	0.034	0	0.085	0.053	0.097
Arginine	g	0.016	0	0.040	0.025	0.045
Histidine	g	0.012	0	0.030	0.019	0.034
Alanine	g	0.037	0	0.093	0.057	0.105
Aspartic acid	g	0.104	0	0.260	0.161	0.295
Glutamic acid	g	0.095	0	0.238	0.147	0.270
Glycine	g	0.022	0	0.055	0.034	0.062
Proline	g	0.026	0	0.065	0.040	0.074
Serine	g	0.029	0	0.072	0.045	0.082
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, thawed
Measure 2: 10 slices
Measure 3: 1 package (10 oz)

NDB No. 09251 Peach nectar, canned, without added ascorbic acid

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 249g	Measure 2* 31g	Measure 3*
Proximates:							
Water	g	85.64	0.107	5	213.24	26.63	
Energy	kcal	54		0	134	17	
Energy	kj	226		0	563	70	
Protein (N x 5.95)	g	0.27	0.025	5	0.67	0.08	
Total lipid (fat)	g	0.02	0.015	5	0.05	0.01	
Carbohydrate, by difference	g	13.92		0	34.66	4.33	
Fiber, total dietary	g	0.6		0	1.5	0.2	
Ash	g	0.15	0.016	5	0.37	0.05	
Sugars, total	g						
Minerals:							
Calcium	mg	5	0.495	5	12	2	
Iron	mg	0.19	0.037	5	0.47	0.06	
Magnesium	mg	4	0.213	4	10	1	
Phosphorus	mg	6	0.288	4	15	2	
Potassium	mg	40	3.228	4	100	12	
Sodium	mg	7	0.607	4	17	2	
Zinc	mg	0.08	0.022	4	0.20	0.02	
Copper	mg	0.069	0.008	4	0.172	0.021	
Manganese	mg	0.019		0	0.047	0.006	
Selenium	µg	0.2		0	0.5	0.1	
Vitamins:							
Ascorbic acid	mg	5.3	3.530	2	13.2	1.6	
Thiamin	mg	0.003	0.000	49	0.007	0.001	
Riboflavin	mg	0.014	0.000	49	0.035	0.004	
Niacin	mg	0.288	0.008	50	0.717	0.090	
Pantothenic acid	mg	0.068		0	0.169	0.021	
Vitamin B-6	mg	0.007		0	0.017	0.002	
Folate	µg	1		0	3	0	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	258	93.980	4	642	80	
Vitamin A, RE	µg	26	9.398	4	65	8	
Vitamin E, α-TE	mg	0.010		0	0.025	0.003	
Lipids:							
Saturated, total	g	0.002		0	0.005	0.001	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.002		0	0.005	0.001	
17:0	g						
18:0	g	0.000		0	0.000	0.000	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.008	0	0.020	0.002
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.008	0	0.020	0.002
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.011	0	0.027	0.003
18:2	g	0.010	0	0.025	0.003
18:3	g	0.000	0	0.000	0.000
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 fl oz

NDB No. 09252 Pears, raw

Pyrus communis

Refuse: 8% Core and stem

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 165g	Measure 2* 209g	Measure 3* 166g
Proximates:							
Water	g	83.81		44	138.29	175.16	139.12
Energy	kcal	59		0	97	123	98
Energy	kj	247		0	408	516	410
Protein (N x 5.95)	g	0.39	0.021	40	0.64	0.82	0.65
Total lipid (fat)	g	0.40	0.121	5	0.66	0.84	0.66
Carbohydrate, by difference	g	15.11		0	24.93	31.58	25.08
Fiber, total dietary	g	2.4		0	4.0	5.0	4.0
Ash	g	0.28	0.008	44	0.46	0.59	0.46
Sugars, total	g						
Minerals:							
Calcium	mg	11		6	18	23	18
Iron	mg	0.25	0.014	42	0.41	0.52	0.42
Magnesium	mg	6	0.287	38	10	13	10
Phosphorus	mg	11	0.269	38	18	23	18
Potassium	mg	125	3.920	22	206	261	208
Sodium	mg	0	0.043	21	0	0	0
Zinc	mg	0.12	0.026	5	0.20	0.25	0.20
Copper	mg	0.113	0.006	42	0.186	0.236	0.188
Manganese	mg	0.076	0.004	41	0.125	0.159	0.126
Selenium	µg	1.0	0.202	3	1.6	2.1	1.7
Vitamins:							
Ascorbic acid	mg	4.0		0	6.6	8.4	6.6
Thiamin	mg	0.020		0	0.033	0.042	0.033
Riboflavin	mg	0.040		0	0.066	0.084	0.066
Niacin	mg	0.100		0	0.165	0.209	0.166
Pantothenic acid	mg	0.070		0	0.116	0.146	0.116
Vitamin B-6	mg	0.018		2	0.030	0.038	0.030
Folate	µg	7	1.208	11	12	15	12
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	20		0	33	42	33
Vitamin A, RE	µg	2		0	3	4	3
Vitamin E, α-TE	mg	0.500		0	0.825	1.045	0.830
Lipids:							
Saturated, total	g	0.022		0	0.036	0.046	0.037
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.000		0	0.000	0.000	0.000
15.0	g						
16:0	g	0.017		1	0.028	0.036	0.028
17:0	g						
18:0	g	0.003		1	0.005	0.006	0.005
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.084	0	0.139	0.176	0.139
14:1	g					
16:1	g	0.002	1	0.003	0.004	0.003
18:1	g	0.081	1	0.134	0.169	0.134
20:1	g	0.001	1	0.002	0.002	0.002
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.094	0	0.155	0.196	0.156
18:2	g	0.093	1	0.153	0.194	0.154
18:3	g	0.001	1	0.002	0.002	0.002
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg	8	0	13	17	13
Amino acids:						
Tryptophan	g					
Threonine	g	0.010	4	0.017	0.021	0.017
Isoleucine	g	0.011	4	0.018	0.023	0.018
Leucine	g	0.020	4	0.033	0.042	0.033
Lysine	g	0.014	4	0.023	0.029	0.023
Methionine	g	0.005	4	0.008	0.010	0.008
Cystine	g	0.004	4	0.007	0.008	0.007
Phenylalanine	g	0.010	4	0.017	0.021	0.017
Tyrosine	g	0.003	4	0.005	0.006	0.005
Valine	g	0.014	4	0.023	0.029	0.023
Arginine	g	0.007	4	0.012	0.015	0.012
Histidine	g	0.004	4	0.007	0.008	0.007
Alanine	g	0.013	4	0.021	0.027	0.022
Aspartic acid	g	0.077	4	0.127	0.161	0.128
Glutamic acid	g	0.028	4	0.046	0.059	0.046
Glycine	g	0.011	4	0.018	0.023	0.018
Proline	g	0.011	4	0.018	0.023	0.018
Serine	g	0.014	4	0.023	0.029	0.023
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, slices
Measure 2: 1 large pear (approx 2 per lb)
Measure 3: 1 medium pear (approx 2-1/2 per lb)

NDB No. 09253 Pears, canned, water pack, solids and liquids

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 244g	Measure 2* 76g	Measure 3*
Proximates:							
Water	g	91.81	0.078	69	224.02	69.78	
Energy	kcal	29		0	71	22	
Energy	kj	121		0	295	92	
Protein (N x 5.95)	g	0.19	0.007	12	0.46	0.14	
Total lipid (fat)	g	0.03	0.002	12	0.07	0.02	
Carbohydrate, by difference	g	7.81		0	19.06	5.94	
Fiber, total dietary	g	1.6		0	3.9	1.2	
Ash	g	0.16	0.008	12	0.39	0.12	
Sugars, total	g						
Minerals:							
Calcium	mg	4	0.245	12	10	3	
Iron	mg	0.21	0.016	12	0.51	0.16	
Magnesium	mg	4	0.062	12	10	3	
Phosphorus	mg	7	0.334	12	17	5	
Potassium	mg	53	1.060	54	129	40	
Sodium	mg	2	0.153	80	5	2	
Zinc	mg	0.09		0	0.22	0.07	
Copper	mg	0.051		0	0.124	0.039	
Manganese	mg	0.034		0	0.083	0.026	
Selenium	µg	0.4		0	1.0	0.3	
Vitamins:							
Ascorbic acid	mg	1.0	0.037	65	2.4	0.8	
Thiamin	mg	0.008	0.001	12	0.020	0.006	
Riboflavin	mg	0.010	0.000	12	0.024	0.008	
Niacin	mg	0.054	0.002	12	0.132	0.041	
Pantothenic acid	mg	0.022		0	0.054	0.017	
Vitamin B-6	mg	0.014		0	0.034	0.011	
Folate	µg	1		0	3	1	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.500		0	1.220	0.380	
Lipids:							
Saturated, total	g	0.002		0	0.005	0.002	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.001		0	0.002	0.001	
17:0	g						
18:0	g	0.000		0	0.000	0.000	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.006	0	0.015	0.005
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.006	0	0.015	0.005
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.007	0	0.017	0.005
18:2	g	0.007	0	0.017	0.005
18:3	g	0.000	0	0.000	0.000
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g	0.005	0	0.012	0.004
Isoleucine	g	0.005	0	0.012	0.004
Leucine	g	0.009	0	0.022	0.007
Lysine	g	0.007	0	0.017	0.005
Methionine	g	0.002	0	0.005	0.002
Cystine	g	0.002	0	0.005	0.002
Phenylalanine	g	0.005	0	0.012	0.004
Tyrosine	g	0.002	0	0.005	0.002
Valine	g	0.007	0	0.017	0.005
Arginine	g	0.003	0	0.007	0.002
Histidine	g	0.002	0	0.005	0.002
Alanine	g	0.006	0	0.015	0.005
Aspartic acid	g	0.037	0	0.090	0.028
Glutamic acid	g	0.013	0	0.032	0.010
Glycine	g	0.005	0	0.012	0.004
Proline	g	0.005	0	0.012	0.004
Serine	g	0.007	0	0.017	0.005
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, halves
Measure 2: 1 half with liquid

NDB No. 09254 Pears, canned, juice pack, solids and liquids

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 248g	Measure 2* 76g	Measure 3*
Proximates:							
Water	g	86.47	0.131	6	214.45	65.72	
Energy	kcal	50		0	124	38	
Energy	kj	209		0	518	159	
Protein (N x 5.95)	g	0.34	0.012	15	0.84	0.26	
Total lipid (fat)	g	0.07	0.014	14	0.17	0.05	
Carbohydrate, by difference	g	12.94		0	32.09	9.83	
Fiber, total dietary	g	1.6		0	4.0	1.2	
Ash	g	0.19	0.001	6	0.47	0.14	
Sugars, total	g						
Minerals:							
Calcium	mg	9	0.396	14	22	7	
Iron	mg	0.29	0.058	7	0.72	0.22	
Magnesium	mg	7	0.364	13	17	5	
Phosphorus	mg	12	0.847	14	30	9	
Potassium	mg	96	8.984	13	238	73	
Sodium	mg	4	0.462	13	10	3	
Zinc	mg	0.09	0.005	6	0.22	0.07	
Copper	mg	0.053	0.005	6	0.131	0.040	
Manganese	mg	0.034		0	0.084	0.026	
Selenium	µg	0.4		0	1.0	0.3	
Vitamins:							
Ascorbic acid	mg	1.6	0.068	7	4.0	1.2	
Thiamin	mg	0.011	0.001	3	0.027	0.008	
Riboflavin	mg	0.011	0.002	3	0.027	0.008	
Niacin	mg	0.200		1	0.496	0.152	
Pantothenic acid	mg	0.022		0	0.055	0.017	
Vitamin B-6	mg	0.014		0	0.035	0.011	
Folate	µg	1		0	3	1	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	6	5.500	2	15	5	
Vitamin A, RE	µg	1	0.550	2	2	1	
Vitamin E, α-TE	mg	0.500		0	1.240	0.380	
Lipids:							
Saturated, total	g	0.004		0	0.010	0.003	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.003		0	0.007	0.002	
17:0	g						
18:0	g	0.000		0	0.000	0.000	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.014	0	0.035	0.011
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.013	0	0.032	0.010
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.015	0	0.037	0.011
18:2	g	0.015	0	0.037	0.011
18:3	g	0.000	0	0.000	0.000
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g	0.009	0	0.022	0.007
Isoleucine	g	0.010	0	0.025	0.008
Leucine	g	0.017	0	0.042	0.013
Lysine	g	0.012	0	0.030	0.009
Methionine	g	0.004	0	0.010	0.003
Cystine	g	0.003	0	0.007	0.002
Phenylalanine	g	0.009	0	0.022	0.007
Tyrosine	g	0.003	0	0.007	0.002
Valine	g	0.012	0	0.030	0.009
Arginine	g	0.006	0	0.015	0.005
Histidine	g	0.004	0	0.010	0.003
Alanine	g	0.011	0	0.027	0.008
Aspartic acid	g	0.068	0	0.169	0.052
Glutamic acid	g	0.025	0	0.062	0.019
Glycine	g	0.010	0	0.025	0.008
Proline	g	0.009	0	0.022	0.007
Serine	g	0.012	0	0.030	0.009
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, halves
Measure 2: 1 half with liquid

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	Samples	Measure 1* 247g	Measure 2* 76g	Measure 3*
Proximates:							
Water	g	87.30	0.100	2	215.63	66.35	
Energy	kcal	47		0	116	36	
Energy	kj	197		0	487	150	
Protein (N x 5.95)	g	0.30		2	0.74	0.23	
Total lipid (fat)	g	0.10	0.000	2	0.25	0.08	
Carbohydrate, by difference	g	12.20		0	30.13	9.27	
Fiber, total dietary	g	1.6		0	4.0	1.2	
Ash	g	0.10	0.000	2	0.25	0.08	
Sugars, total	g						
Minerals:							
Calcium	mg	7	0.000	2	17	5	
Iron	mg	0.20	0.000	2	0.49	0.15	
Magnesium	mg	5	0.500	2	12	4	
Phosphorus	mg	7	0.000	2	17	5	
Potassium	mg	45	0.500	2	111	34	
Sodium	mg	2	0.000	2	5	2	
Zinc	mg	0.07	0.000	2	0.17	0.05	
Copper	mg	0.070	0.010	2	0.173	0.053	
Manganese	mg	0.033		0	0.082	0.025	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	2.0	0.000	2	4.9	1.5	
Thiamin	mg	0.010	0.000	2	0.025	0.008	
Riboflavin	mg	0.020	0.000	2	0.049	0.015	
Niacin	mg	0.400	0.000	2	0.988	0.304	
Pantothenic acid	mg	0.022		0	0.054	0.017	
Vitamin B-6	mg	0.014		0	0.035	0.011	
Folate	µg	1		0	3	1	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.006		0	0.015	0.005	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g	0.004		0	0.010	0.003	
17:0	g						
18:0	g	0.001		0	0.002	0.001	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.021	0	0.052	0.016
14:1	g				
16:1	g				
18:1	g	0.020	0	0.049	0.015
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.023	0	0.057	0.017
18:2	g	0.023	0	0.057	0.017
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g	0.008	0	0.020	0.006
Isoleucine	g	0.009	0	0.022	0.007
Leucine	g	0.015	0	0.037	0.011
Lysine	g	0.011	0	0.027	0.008
Methionine	g	0.004	0	0.010	0.003
Cystine	g	0.003	0	0.007	0.002
Phenylalanine	g	0.008	0	0.020	0.006
Tyrosine	g	0.003	0	0.007	0.002
Valine	g	0.011	0	0.027	0.008
Arginine	g	0.005	0	0.012	0.004
Histidine	g	0.003	0	0.007	0.002
Alanine	g	0.010	0	0.025	0.008
Aspartic acid	g	0.059	0	0.146	0.045
Glutamic acid	g	0.022	0	0.054	0.017
Glycine	g	0.009	0	0.022	0.007
Proline	g	0.008	0	0.020	0.006
Serine	g	0.011	0	0.027	0.008
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, halves
Measure 2: 1 half with liquid

NDB No. 09256 Pears, canned, light syrup pack, solids and liquids

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 251g	Measure 2* 76g	Measure 3*
Proximates:							
Water	g	84.46	0.137	26	211.99	64.19	
Energy	kcal	57		0	143	43	
Energy	kj	238		0	597	181	
Protein (N x 5.95)	g	0.19	0.007	18	0.48	0.14	
Total lipid (fat)	g	0.03	0.003	8	0.08	0.02	
Carbohydrate, by difference	g	15.17		0	38.08	11.53	
Fiber, total dietary	g	1.6		0	4.0	1.2	
Ash	g	0.14	0.004	18	0.35	0.11	
Sugars, total	g						
Minerals:							
Calcium	mg	5	0.156	16	13	4	
Iron	mg	0.28	0.014	20	0.70	0.21	
Magnesium	mg	4	0.095	17	10	3	
Phosphorus	mg	7	0.135	17	18	5	
Potassium	mg	66		0	166	50	
Sodium	mg	5		0	13	4	
Zinc	mg	0.08		0	0.20	0.06	
Copper	mg	0.049		0	0.123	0.037	
Manganese	mg	0.033		0	0.083	0.025	
Selenium	µg	0.4		0	1.0	0.3	
Vitamins:							
Ascorbic acid	mg	0.7	0.032	47	1.8	0.5	
Thiamin	mg	0.010	0.000	17	0.025	0.008	
Riboflavin	mg	0.016	0.001	25	0.040	0.012	
Niacin	mg	0.154	0.009	18	0.387	0.117	
Pantothenic acid	mg	0.022		0	0.055	0.017	
Vitamin B-6	mg	0.014		0	0.035	0.011	
Folate	µg	1		0	3	1	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.500		0	1.255	0.380	
Lipids:							
Saturated, total	g	0.002		0	0.005	0.002	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.001		0	0.003	0.001	
17:0	g						
18:0	g	0.000		0	0.000	0.000	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.006	0	0.015	0.005
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.006	0	0.015	0.005
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.007	0	0.018	0.005
18:2	g	0.007	0	0.018	0.005
18:3	g	0.000	0	0.000	0.000
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g	0.005	0	0.013	0.004
Isoleucine	g	0.006	0	0.015	0.005
Leucine	g	0.010	0	0.025	0.008
Lysine	g	0.007	0	0.018	0.005
Methionine	g	0.002	0	0.005	0.002
Cystine	g	0.002	0	0.005	0.002
Phenylalanine	g	0.005	0	0.013	0.004
Tyrosine	g	0.002	0	0.005	0.002
Valine	g	0.007	0	0.018	0.005
Arginine	g	0.003	0	0.008	0.002
Histidine	g	0.002	0	0.005	0.002
Alanine	g	0.006	0	0.015	0.005
Aspartic acid	g	0.038	0	0.095	0.029
Glutamic acid	g	0.014	0	0.035	0.011
Glycine	g	0.006	0	0.015	0.005
Proline	g	0.005	0	0.013	0.004
Serine	g	0.007	0	0.018	0.005
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, halves
Measure 2: 1 half with liquid

NDB No. 09257 Pears, canned, heavy syrup pack, solids and liquids

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 266g	Measure 2* 76g	Measure 3*
Proximates:							
Water	g	80.35	0.059	207	213.73	61.07	
Energy	kcal	74		0	197	56	
Energy	kj	310		0	825	236	
Protein (N x 5.95)	g	0.20	0.002	143	0.53	0.15	
Total lipid (fat)	g	0.13	0.009	90	0.35	0.10	
Carbohydrate, by difference	g	19.17		0	50.99	14.57	
Fiber, total dietary	g	1.6		0	4.3	1.2	
Ash	g	0.15	0.004	102	0.40	0.11	
Sugars, total	g						
Minerals:							
Calcium	mg	5	0.095	100	13	4	
Iron	mg	0.22	0.008	105	0.59	0.17	
Magnesium	mg	4	0.059	84	11	3	
Phosphorus	mg	7	0.096	102	19	5	
Potassium	mg	65	2.119	63	173	49	
Sodium	mg	5	0.169	83	13	4	
Zinc	mg	0.08	0.008	56	0.21	0.06	
Copper	mg	0.049	0.002	56	0.130	0.037	
Manganese	mg	0.032		0	0.085	0.024	
Selenium	µg	0.4		0	1.1	0.3	
Vitamins:							
Ascorbic acid	mg	1.1	0.049	181	2.9	0.8	
Thiamin	mg	0.010	0.000	97	0.027	0.008	
Riboflavin	mg	0.022	0.001	109	0.059	0.017	
Niacin	mg	0.242	0.013	90	0.644	0.184	
Pantothenic acid	mg	0.022		0	0.059	0.017	
Vitamin B-6	mg	0.014		0	0.037	0.011	
Folate	µg	1	0.273	3	3	1	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	0	0.000	26	0	0	
Vitamin A, RE	µg	0	0.000	26	0	0	
Vitamin E, α-TE	mg	0.500		0	1.330	0.380	
Lipids:							
Saturated, total	g	0.007		0	0.019	0.005	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.006		0	0.016	0.005	
17:0	g						
18:0	g	0.001		0	0.003	0.001	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.027	0	0.072	0.021
14:1	g				
16:1	g	0.001	0	0.003	0.001
18:1	g	0.026	0	0.069	0.020
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.030	0	0.080	0.023
18:2	g	0.030	0	0.080	0.023
18:3	g	0.000	0	0.000	0.000
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g	0.005	0	0.013	0.004
Isoleucine	g	0.006	0	0.016	0.005
Leucine	g	0.010	0	0.027	0.008
Lysine	g	0.007	0	0.019	0.005
Methionine	g	0.002	0	0.005	0.002
Cystine	g	0.002	0	0.005	0.002
Phenylalanine	g	0.005	0	0.013	0.004
Tyrosine	g	0.002	0	0.005	0.002
Valine	g	0.007	0	0.019	0.005
Arginine	g	0.003	0	0.008	0.002
Histidine	g	0.002	0	0.005	0.002
Alanine	g	0.007	0	0.019	0.005
Aspartic acid	g	0.039	0	0.104	0.030
Glutamic acid	g	0.014	0	0.037	0.011
Glycine	g	0.006	0	0.016	0.005
Proline	g	0.005	0	0.013	0.004
Serine	g	0.007	0	0.019	0.005
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 half with liquid

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	Samples	Measure 1* 266g	Measure 2* 79g	Measure 3*
Proximates:							
Water	g	74.28		0	197.58	58.68	
Energy	kcal	97		0	258	77	
Energy	kj	406		0	1080	321	
Protein (N x 5.95)	g	0.19		0	0.51	0.15	
Total lipid (fat)	g	0.13		0	0.35	0.10	
Carbohydrate, by difference	g	25.25		0	67.17	19.95	
Fiber, total dietary	g	1.6		0	4.3	1.3	
Ash	g	0.15		0	0.40	0.12	
Sugars, total	g						
Minerals:							
Calcium	mg	5		0	13	4	
Iron	mg	0.22		0	0.59	0.17	
Magnesium	mg	4		0	11	3	
Phosphorus	mg	7		0	19	6	
Potassium	mg	64		0	170	51	
Sodium	mg	5		0	13	4	
Zinc	mg	0.08		0	0.21	0.06	
Copper	mg	0.048		0	0.128	0.038	
Manganese	mg	0.032		0	0.085	0.025	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	1.1		0	2.9	0.9	
Thiamin	mg	0.010		0	0.027	0.008	
Riboflavin	mg	0.022		0	0.059	0.017	
Niacin	mg	0.238		0	0.633	0.188	
Pantothenic acid	mg	0.022		0	0.059	0.017	
Vitamin B-6	mg	0.014		0	0.037	0.011	
Folate	µg	1		0	3	1	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.007		0	0.019	0.006	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g	0.005		0	0.013	0.004	
17:0	g						
18:0	g	0.001		0	0.003	0.001	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.026	0	0.069	0.021
14:1	g				
16:1	g	0.001	0	0.003	0.001
18:1	g	0.025	0	0.067	0.020
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.030	0	0.080	0.024
18:2	g	0.029	0	0.077	0.023
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g	0.005	0	0.013	0.004
Isoleucine	g	0.006	0	0.016	0.005
Leucine	g	0.010	0	0.027	0.008
Lysine	g	0.007	0	0.019	0.006
Methionine	g	0.002	0	0.005	0.002
Cystine	g	0.002	0	0.005	0.002
Phenylalanine	g	0.005	0	0.013	0.004
Tyrosine	g	0.002	0	0.005	0.002
Valine	g	0.007	0	0.019	0.006
Arginine	g	0.003	0	0.008	0.002
Histidine	g	0.002	0	0.005	0.002
Alanine	g	0.006	0	0.016	0.005
Aspartic acid	g	0.038	0	0.101	0.030
Glutamic acid	g	0.014	0	0.037	0.011
Glycine	g	0.006	0	0.016	0.005
Proline	g	0.005	0	0.013	0.004
Serine	g	0.007	0	0.019	0.006
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, halves

Measure 2: 1 half, 1-3/4 tablespoon liquid

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	Samples	Measure 1* 180g	Measure 2* 18g	Measure 3* 175g
Proximates:							
Water	g	26.69	0.367	21	48.04	4.80	46.71
Energy	kcal	262		0	472	47	459
Energy	kj	1096		0	1973	197	1918
Protein (N x 5.95)	g	1.87	0.056	19	3.37	0.34	3.27
Total lipid (fat)	g	0.63	0.027	19	1.13	0.11	1.10
Carbohydrate, by difference	g	69.70		0	125.46	12.55	121.97
Fiber, total dietary	g	7.5		0	13.5	1.4	13.1
Ash	g	1.11	0.039	19	2.00	0.20	1.94
Sugars, total	g						
Minerals:							
Calcium	mg	34	1.069	19	61	6	60
Iron	mg	2.10	0.089	19	3.78	0.38	3.67
Magnesium	mg	33	0.590	19	59	6	58
Phosphorus	mg	59	1.251	19	106	11	103
Potassium	mg	533	16.424	21	959	96	933
Sodium	mg	6	0.330	21	11	1	11
Zinc	mg	0.39	0.010	19	0.70	0.07	0.68
Copper	mg	0.371	0.011	19	0.668	0.067	0.649
Manganese	mg	0.327	0.038	3	0.589	0.059	0.572
Selenium	µg	4.5		0	8.1	0.8	7.9
Vitamins:							
Ascorbic acid	mg	7.0		0	12.6	1.3	12.3
Thiamin	mg	0.008	0.000	16	0.014	0.001	0.014
Riboflavin	mg	0.145	0.007	16	0.261	0.026	0.254
Niacin	mg	1.372	0.086	16	2.470	0.247	2.401
Pantothenic acid	mg	0.153		0	0.275	0.028	0.268
Vitamin B-6	mg	0.072		0	0.130	0.013	0.126
Folate	µg	0		0	0	0	0
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	3	3.314	15	5	1	5
Vitamin A, RE	µg	0	0.331	15	0	0	0
Vitamin E, α-TE	mg	0.000		0	0.000	0.000	0.000
Lipids:							
Saturated, total	g	0.035		0	0.063	0.006	0.061
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.000		0	0.000	0.000	0.000
15.0	g						
16:0	g	0.027		0	0.049	0.005	0.047
17:0	g						
18:0	g	0.004		0	0.007	0.001	0.007
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.132	0	0.238	0.024	0.231
14:1	g					
16:1	g	0.003	0	0.005	0.001	0.005
18:1	g	0.128	0	0.230	0.023	0.224
20:1	g	0.002	0	0.004	0.000	0.004
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.148	0	0.266	0.027	0.259
18:2	g	0.146	0	0.263	0.026	0.255
18:3	g	0.002	0	0.004	0.000	0.004
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g					
Threonine	g	0.049	0	0.088	0.009	0.086
Isoleucine	g	0.054	0	0.097	0.010	0.094
Leucine	g	0.094	0	0.169	0.017	0.164
Lysine	g	0.066	0	0.119	0.012	0.116
Methionine	g	0.022	0	0.040	0.004	0.039
Cystine	g	0.018	0	0.032	0.003	0.032
Phenylalanine	g	0.049	0	0.088	0.009	0.086
Tyrosine	g	0.016	0	0.029	0.003	0.028
Valine	g	0.066	0	0.119	0.012	0.116
Arginine	g	0.032	0	0.058	0.006	0.056
Histidine	g	0.020	0	0.036	0.004	0.035
Alanine	g	0.062	0	0.112	0.011	0.109
Aspartic acid	g	0.368	0	0.662	0.066	0.644
Glutamic acid	g	0.135	0	0.243	0.024	0.236
Glycine	g	0.054	0	0.097	0.010	0.094
Proline	g	0.051	0	0.092	0.009	0.089
Serine	g	0.067	0	0.121	0.012	0.117
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, halves
Measure 2: 1 half
Measure 3: 10 halves

NDB No. 09260 Pears, dried, sulfured, stewed, without added sugar

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 255g	Measure 2*	Measure 3*
Proximates:							
Water	g	64.44		1	164.32		
Energy	kcal	127		0	324		
Energy	kj	531		0	1354		
Protein (N x 5.95)	g	0.91		0	2.32		
Total lipid (fat)	g	0.31		0	0.79		
Carbohydrate, by difference	g	33.81		0	86.22		
Fiber, total dietary	g	6.4		0	16.3		
Ash	g	0.54		0	1.38		
Sugars, total	g						
Minerals:							
Calcium	mg	16		0	41		
Iron	mg	1.02		0	2.60		
Magnesium	mg	16		0	41		
Phosphorus	mg	28		0	71		
Potassium	mg	258		0	658		
Sodium	mg	3		0	8		
Zinc	mg	0.19		0	0.48		
Copper	mg	0.180		0	0.459		
Manganese	mg	0.159		0	0.405		
Selenium	µg	2.2		0	5.6		
Vitamins:							
Ascorbic acid	mg	4.0	0.635	3	10.2		
Thiamin	mg	0.004	0.002	3	0.010		
Riboflavin	mg	0.020	0.000	3	0.051		
Niacin	mg	0.351	0.014	3	0.895		
Pantothenic acid	mg	0.074	0.012	3	0.189		
Vitamin B-6	mg	0.035	0.002	3	0.089		
Folate	µg	0		1	0		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	42	25.243	3	107		
Vitamin A, RE	µg	4	2.524	3	10		
Vitamin E, α-TE	mg	0.000		0	0.000		
Lipids:							
Saturated, total	g	0.017		0	0.043		
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		
14:0	g	0.000		0	0.000		
15.0	g						
16:0	g	0.013		0	0.033		
17:0	g						
18:0	g	0.002		0	0.005		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.064	0	0.163
14:1	g			
16:1	g	0.001	0	0.003
18:1	g	0.062	0	0.158
20:1	g	0.001	0	0.003
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.072	0	0.184
18:2	g	0.071	0	0.181
18:3	g	0.001	0	0.003
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g	0.023	0	0.059
Isoleucine	g	0.026	0	0.066
Leucine	g	0.046	0	0.117
Lysine	g	0.032	0	0.082
Methionine	g	0.011	0	0.028
Cystine	g	0.009	0	0.023
Phenylalanine	g	0.024	0	0.061
Tyrosine	g	0.008	0	0.020
Valine	g	0.032	0	0.082
Arginine	g	0.016	0	0.041
Histidine	g	0.010	0	0.026
Alanine	g	0.030	0	0.077
Aspartic acid	g	0.178	0	0.454
Glutamic acid	g	0.065	0	0.166
Glycine	g	0.026	0	0.066
Proline	g	0.025	0	0.064
Serine	g	0.032	0	0.082
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, halves

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	Samples	Measure 1* 280g	Measure 2*	Measure 3*
Proximates:							
Water	g	61.20		0	171.36		
Energy	kcal	140		0	392		
Energy	kj	586		0	1641		
Protein (N x 5.95)	g	0.86		0	2.41		
Total lipid (fat)	g	0.29		0	0.81		
Carbohydrate, by difference	g	37.14		0	103.99		
Fiber, total dietary	g	5.8		0	16.2		
Ash	g	0.51		0	1.43		
Sugars, total	g						
Minerals:							
Calcium	mg	15		0	42		
Iron	mg	0.97		0	2.72		
Magnesium	mg	15		0	42		
Phosphorus	mg	27		0	76		
Potassium	mg	245		0	686		
Sodium	mg	3		0	8		
Zinc	mg	0.18		0	0.50		
Copper	mg	0.171		0	0.479		
Manganese	mg	0.151		0	0.423		
Selenium	µg	2.4		0	6.7		
Vitamins:							
Ascorbic acid	mg	3.8		0	10.6		
Thiamin	mg	0.004		0	0.011		
Riboflavin	mg	0.019		0	0.053		
Niacin	mg	0.333		0	0.932		
Pantothenic acid	mg	0.070		0	0.196		
Vitamin B-6	mg	0.033		0	0.092		
Folate	µg	0		0	0		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	40		0	112		
Vitamin A, RE	µg	4		0	11		
Vitamin E, α-TE	mg	0.000		0	0.000		
Lipids:							
Saturated, total	g	0.016		0	0.045		
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		
14:0	g	0.000		0	0.000		
15.0	g						
16:0	g	0.012		0	0.034		
17:0	g						
18:0	g	0.002		0	0.006		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.061	0	0.171
14:1	g			
16:1	g	0.001	0	0.003
18:1	g	0.059	0	0.165
20:1	g	0.001	0	0.003
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.068	0	0.190
18:2	g	0.067	0	0.188
18:3	g	0.001	0	0.003
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g	0.022	0	0.062
Isoleucine	g	0.025	0	0.070
Leucine	g	0.043	0	0.120
Lysine	g	0.030	0	0.084
Methionine	g	0.010	0	0.028
Cystine	g	0.008	0	0.022
Phenylalanine	g	0.023	0	0.064
Tyrosine	g	0.007	0	0.020
Valine	g	0.030	0	0.084
Arginine	g	0.015	0	0.042
Histidine	g	0.009	0	0.025
Alanine	g	0.029	0	0.081
Aspartic acid	g	0.169	0	0.473
Glutamic acid	g	0.062	0	0.174
Glycine	g	0.025	0	0.070
Proline	g	0.023	0	0.064
Serine	g	0.031	0	0.087
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, halves

NDB No. 09262 Pear nectar, canned, without added ascorbic acid

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 250g	Measure 2* 31g	Measure 3*
Proximates:							
Water	g	84.01	0.173	22	210.03	26.21	
Energy	kcal	60		0	150	19	
Energy	kj	251		0	628	78	
Protein (N x 5.95)	g	0.11	0.004	22	0.28	0.03	
Total lipid (fat)	g	0.01	0.006	22	0.03	0.00	
Carbohydrate, by difference	g	15.76		0	39.40	4.92	
Fiber, total dietary	g	0.6		0	1.5	0.2	
Ash	g	0.10	0.001	22	0.25	0.03	
Sugars, total	g						
Minerals:							
Calcium	mg	5	0.238	22	13	2	
Iron	mg	0.26	0.032	8	0.65	0.08	
Magnesium	mg	3	0.191	21	8	1	
Phosphorus	mg	3	0.173	21	8	1	
Potassium	mg	13	2.304	21	33	4	
Sodium	mg	4	0.440	21	10	1	
Zinc	mg	0.07	0.003	21	0.18	0.02	
Copper	mg	0.067	0.004	21	0.168	0.021	
Manganese	mg	0.030		0	0.075	0.009	
Selenium	µg	0.5		0	1.3	0.2	
Vitamins:							
Ascorbic acid	mg	1.1	0.130	2	2.8	0.3	
Thiamin	mg	0.002	0.000	47	0.005	0.001	
Riboflavin	mg	0.013	0.000	47	0.033	0.004	
Niacin	mg	0.128	0.012	47	0.320	0.040	
Pantothenic acid	mg	0.022		0	0.055	0.007	
Vitamin B-6	mg	0.014		0	0.035	0.004	
Folate	µg	1		0	3	0	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	1	0.562	16	3	0	
Vitamin A, RE	µg	0	0.056	16	0	0	
Vitamin E, α-TE	mg	0.101		0	0.253	0.032	
Lipids:							
Saturated, total	g	0.001		0	0.003	0.000	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.001		0	0.003	0.000	
17:0	g						
18:0	g	0.000		0	0.000	0.000	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.003	0	0.008	0.001
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.002	0	0.005	0.001
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.003	0	0.008	0.001
18:2	g	0.003	0	0.008	0.001
18:3	g	0.000	0	0.000	0.000
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 fl oz

NDB No. 09263 Persimmons, japanese, raw

Diospyros kaki

Refuse: 16% 2% calyx, 14% skin

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 168g	Measure 2*	Measure 3*
Proximates:							
Water	g	80.32	0.384	5	134.94		
Energy	kcal	70		0	118		
Energy	kj	293		0	492		
Protein (N x 5.95)	g	0.58	0.025	3	0.97		
Total lipid (fat)	g	0.19	0.003	2	0.32		
Carbohydrate, by difference	g	18.59		0	31.23		
Fiber, total dietary	g	3.6		0	6.0		
Ash	g	0.33	0.055	3	0.55		
Sugars, total	g						
Minerals:							
Calcium	mg	8	2.413	4	13		
Iron	mg	0.15		1	0.25		
Magnesium	mg	9	0.750	2	15		
Phosphorus	mg	17	2.870	2	29		
Potassium	mg	161	28.627	3	270		
Sodium	mg	1	0.331	3	2		
Zinc	mg	0.11		1	0.18		
Copper	mg	0.113		1	0.190		
Manganese	mg	0.355	0.109	3	0.596		
Selenium	µg	0.6		0	1.0		
Vitamins:							
Ascorbic acid	mg	7.5	1.500	2	12.6		
Thiamin	mg	0.030		0	0.050		
Riboflavin	mg	0.020		0	0.034		
Niacin	mg	0.100		0	0.168		
Pantothenic acid	mg						
Vitamin B-6	mg	0.100		0	0.168		
Folate	µg	8	0.750	4	13		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	2167	492.166	5	3641		
Vitamin A, RE	µg	217	49.217	5	365		
Vitamin E, α-TE	mg	0.590		0	0.991		
Lipids:							
Saturated, total	g	0.020		0	0.034		
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		
14:0	g	0.001		0	0.002		
15.0	g						
16:0	g	0.016		0	0.027		
17:0	g						
18:0	g	0.003		0	0.005		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.037	0	0.062
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.037	0	0.062
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.043	0	0.072
18:2	g	0.039	0	0.066
18:3	g	0.004	0	0.007
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg	4	0	7
Amino acids:				
Tryptophan	g	0.010	1	0.017
Threonine	g	0.030	2	0.050
Isoleucine	g	0.025	2	0.042
Leucine	g	0.042	2	0.071
Lysine	g	0.033	2	0.055
Methionine	g	0.005	2	0.008
Cystine	g	0.013	1	0.022
Phenylalanine	g	0.026	2	0.044
Tyrosine	g	0.016	2	0.027
Valine	g	0.030	2	0.050
Arginine	g	0.025	2	0.042
Histidine	g	0.012	2	0.020
Alanine	g	0.029	2	0.049
Aspartic acid	g	0.057	2	0.096
Glutamic acid	g	0.076	2	0.128
Glycine	g	0.025	2	0.042
Proline	g	0.022	2	0.037
Serine	g	0.022	2	0.037
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 fruit (2-1/2" dia)

NDB No. 09264 Persimmons, japanese, dried

Refuse: 8% Stems

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 34g	Measure 2*	Measure 3*
Proximates:							
Water	g	23.01		1	7.82		
Energy	kcal	274		0	93		
Energy	kj	1146		0	390		
Protein (N x 5.95)	g	1.38		1	0.47		
Total lipid (fat)	g	0.59		1	0.20		
Carbohydrate, by difference	g	73.43		0	24.97		
Fiber, total dietary	g	14.5		0	4.9		
Ash	g	1.59		1	0.54		
Sugars, total	g						
Minerals:							
Calcium	mg	25		1	9		
Iron	mg	0.74		1	0.25		
Magnesium	mg	31		1	11		
Phosphorus	mg	81		1	28		
Potassium	mg	802		1	273		
Sodium	mg	2		1	1		
Zinc	mg	0.42		0	0.14		
Copper	mg	0.442		0	0.150		
Manganese	mg	1.390		0	0.473		
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0		
Thiamin	mg						
Riboflavin	mg	0.029		1	0.010		
Niacin	mg	0.180		1	0.061		
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	558		1	190		
Vitamin A, RE	µg	56		1	19		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g						
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g			
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g			
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.024	0	0.008
Threonine	g	0.071	0	0.024
Isoleucine	g	0.060	0	0.020
Leucine	g	0.101	0	0.034
Lysine	g	0.078	0	0.027
Methionine	g	0.012	0	0.004
Cystine	g	0.030	0	0.010
Phenylalanine	g	0.063	0	0.021
Tyrosine	g	0.039	0	0.013
Valine	g	0.072	0	0.024
Arginine	g	0.059	0	0.020
Histidine	g	0.027	0	0.009
Alanine	g	0.068	0	0.023
Aspartic acid	g	0.136	0	0.046
Glutamic acid	g	0.179	0	0.061
Glycine	g	0.060	0	0.020
Proline	g	0.053	0	0.018
Serine	g	0.053	0	0.018
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 fruit, without refuse

NDB No. 09265 Persimmons, native, raw

Diospyros virginiana

Refuse: 18% 2% calyx, 16% seeds

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 25g	Measure 2*	Measure 3*
Proximates:							
Water	g	64.40		0	16.10		
Energy	kcal	127		0	32		
Energy	kj	531		0	133		
Protein (N x 5.95)	g	0.80		0	0.20		
Total lipid (fat)	g	0.40		0	0.10		
Carbohydrate, by difference	g	33.50		0	8.38		
Fiber, total dietary	g						
Ash	g	0.90		0	0.23		
Sugars, total	g						
Minerals:							
Calcium	mg	27		0	7		
Iron	mg	2.50		0	0.63		
Magnesium	mg						
Phosphorus	mg	26		0	7		
Potassium	mg	310		0	78		
Sodium	mg	1		0	0		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	66.0		0	16.5		
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU						
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g						
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g			
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g			
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.014	0	0.004
Threonine	g	0.041	0	0.010
Isoleucine	g	0.035	0	0.009
Leucine	g	0.058	0	0.015
Lysine	g	0.045	0	0.011
Methionine	g	0.007	0	0.002
Cystine	g	0.018	0	0.004
Phenylalanine	g	0.036	0	0.009
Tyrosine	g	0.023	0	0.006
Valine	g	0.042	0	0.011
Arginine	g	0.034	0	0.009
Histidine	g	0.016	0	0.004
Alanine	g	0.039	0	0.010
Aspartic acid	g	0.079	0	0.020
Glutamic acid	g	0.104	0	0.026
Glycine	g	0.035	0	0.009
Proline	g	0.031	0	0.008
Serine	g	0.031	0	0.008
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 fruit, without refuse

NDB No. 09266 Pineapple, raw

Ananus comosus

Refuse: 48% 6% core, 10% crown, 32% parings

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 155g	Measure 2* 472g	Measure 3* 84g
Proximates:							
Water	g	86.50	0.300	37	134.07	408.28	72.66
Energy	kcal	49		0	76	231	41
Energy	kj	205		0	318	968	172
Protein (N x 5.95)	g	0.39	0.012	17	0.60	1.84	0.33
Total lipid (fat)	g	0.43	0.148	15	0.67	2.03	0.36
Carbohydrate, by difference	g	12.39		0	19.20	58.48	10.41
Fiber, total dietary	g	1.2		0	1.9	5.7	1.0
Ash	g	0.29	0.010	32	0.45	1.37	0.24
Sugars, total	g						
Minerals:							
Calcium	mg	7	0.778	10	11	33	6
Iron	mg	0.37	0.025	15	0.57	1.75	0.31
Magnesium	mg	14	0.529	11	22	66	12
Phosphorus	mg	7	0.365	10	11	33	6
Potassium	mg	113	5.626	12	175	533	95
Sodium	mg	1	0.074	11	2	5	1
Zinc	mg	0.08	0.007	15	0.12	0.38	0.07
Copper	mg	0.110	0.009	15	0.171	0.519	0.092
Manganese	mg	1.649	0.438	4	2.556	7.783	1.385
Selenium	µg	0.6		1	0.9	2.8	0.5
Vitamins:							
Ascorbic acid	mg	15.4	0.550	11	23.9	72.7	12.9
Thiamin	mg	0.092	0.007	10	0.143	0.434	0.077
Riboflavin	mg	0.036	0.001	10	0.056	0.170	0.030
Niacin	mg	0.420	0.029	10	0.651	1.982	0.353
Pantothenic acid	mg	0.160		0	0.248	0.755	0.134
Vitamin B-6	mg	0.087	0.001	2	0.135	0.411	0.073
Folate	µg	11	2.800	4	16	50	9
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	23	5.188	22	36	109	19
Vitamin A, RE	µg	2	0.519	22	3	9	2
Vitamin E, α-TE	mg	0.100		0	0.155	0.472	0.084
Lipids:							
Saturated, total	g	0.032		0	0.050	0.151	0.027
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.000		0	0.000	0.000	0.000
15.0	g						
16:0	g	0.019		0	0.029	0.090	0.016
17:0	g						
18:0	g	0.011		0	0.017	0.052	0.009
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.048	0	0.074	0.227	0.040
14:1	g					
16:1	g	0.003	0	0.005	0.014	0.003
18:1	g	0.045	0	0.070	0.212	0.038
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.146	0	0.226	0.689	0.123
18:2	g	0.084	0	0.130	0.396	0.071
18:3	g	0.062	0	0.096	0.293	0.052
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg	6	0	9	28	5
Amino acids:						
Tryptophan	g	0.005	3	0.008	0.024	0.004
Threonine	g	0.012	3	0.019	0.057	0.010
Isoleucine	g	0.013	3	0.020	0.061	0.011
Leucine	g	0.019	3	0.029	0.090	0.016
Lysine	g	0.025	3	0.039	0.118	0.021
Methionine	g	0.011	3	0.017	0.052	0.009
Cystine	g	0.002	3	0.003	0.009	0.002
Phenylalanine	g	0.012	3	0.019	0.057	0.010
Tyrosine	g	0.012	3	0.019	0.057	0.010
Valine	g	0.016	3	0.025	0.076	0.013
Arginine	g	0.018	3	0.028	0.085	0.015
Histidine	g	0.009	3	0.014	0.042	0.008
Alanine	g	0.017	3	0.026	0.080	0.014
Aspartic acid	g	0.057	3	0.088	0.269	0.048
Glutamic acid	g	0.045	3	0.070	0.212	0.038
Glycine	g	0.017	3	0.026	0.080	0.014
Proline	g	0.013	3	0.020	0.061	0.011
Serine	g	0.025	3	0.039	0.118	0.021
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, diced
Measure 2: 1 fruit
Measure 3: 1 slice (3-1/2" dia x 3/4" thick)

NDB No. 09267 Pineapple, canned, water pack, solids and liquids

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 246g	Measure 2* 47g	Measure 3*
Proximates:							
Water	g	90.82		0	223.42	42.69	
Energy	kcal	32		0	79	15	
Energy	kj	134		0	330	63	
Protein (N x 5.95)	g	0.43	0.018	8	1.06	0.20	
Total lipid (fat)	g	0.09	0.008	8	0.22	0.04	
Carbohydrate, by difference	g	8.30		0	20.42	3.90	
Fiber, total dietary	g	0.8		0	2.0	0.4	
Ash	g	0.35		0	0.86	0.16	
Sugars, total	g						
Minerals:							
Calcium	mg	15	1.417	9	37	7	
Iron	mg	0.40		0	0.98	0.19	
Magnesium	mg	18	1.205	8	44	8	
Phosphorus	mg	4	0.160	8	10	2	
Potassium	mg	127	7.709	9	312	60	
Sodium	mg	1	0.113	6	2	0	
Zinc	mg	0.12		0	0.30	0.06	
Copper	mg	0.105		0	0.258	0.049	
Manganese	mg	1.121		0	2.758	0.527	
Selenium	µg	0.4		0	1.0	0.2	
Vitamins:							
Ascorbic acid	mg	7.7		0	18.9	3.6	
Thiamin	mg	0.093		0	0.229	0.044	
Riboflavin	mg	0.026		0	0.064	0.012	
Niacin	mg	0.298		0	0.733	0.140	
Pantothenic acid	mg	0.100		0	0.246	0.047	
Vitamin B-6	mg	0.074		0	0.182	0.035	
Folate	µg	5		0	12	2	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	15		0	37	7	
Vitamin A, RE	µg	2		0	5	1	
Vitamin E, α-TE	mg	0.100		0	0.246	0.047	
Lipids:							
Saturated, total	g	0.006		0	0.015	0.003	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.004		0	0.010	0.002	
17:0	g						
18:0	g	0.002		0	0.005	0.001	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.011	0	0.027	0.005
14:1	g				
16:1	g	0.001	0	0.002	0.000
18:1	g	0.010	0	0.025	0.005
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.031	0	0.076	0.015
18:2	g	0.018	0	0.044	0.008
18:3	g	0.013	0	0.032	0.006
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.006	3	0.015	0.003
Threonine	g	0.011	3	0.027	0.005
Isoleucine	g	0.011	3	0.027	0.005
Leucine	g	0.017	3	0.042	0.008
Lysine	g	0.020	3	0.049	0.009
Methionine	g	0.011	3	0.027	0.005
Cystine	g	0.001	3	0.002	0.000
Phenylalanine	g	0.011	3	0.027	0.005
Tyrosine	g	0.010	3	0.025	0.005
Valine	g	0.014	3	0.034	0.007
Arginine	g	0.015	3	0.037	0.007
Histidine	g	0.009	3	0.022	0.004
Alanine	g	0.022	3	0.054	0.010
Aspartic acid	g	0.099	3	0.244	0.047
Glutamic acid	g	0.050	3	0.123	0.024
Glycine	g	0.017	3	0.042	0.008
Proline	g	0.011	3	0.027	0.005
Serine	g	0.023	3	0.057	0.011
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, crushed, sliced, or chunks
Measure 2: 1 slice or ring (3 " dia) with liquid

NDB No. 09268 Pineapple, 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	Samples	Measure 1* 249g	Measure 2* 47g	Measure 3*
Proximates:							
Water	g	83.51	0.128	86	207.94	39.25	
Energy	kcal	60		0	149	28	
Energy	kj	251		0	625	118	
Protein (N x 5.95)	g	0.42	0.004	679	1.05	0.20	
Total lipid (fat)	g	0.08	0.001	447	0.20	0.04	
Carbohydrate, by difference	g	15.70		0	39.09	7.38	
Fiber, total dietary	g	0.8		0	2.0	0.4	
Ash	g	0.30	0.004	86	0.75	0.14	
Sugars, total	g						
Minerals:							
Calcium	mg	14	0.214	667	35	7	
Iron	mg	0.28	0.007	676	0.70	0.13	
Magnesium	mg	14	0.204	84	35	7	
Phosphorus	mg	6	0.158	84	15	3	
Potassium	mg	122	1.795	456	304	57	
Sodium	mg	1	0.147	627	2	0	
Zinc	mg	0.10	0.003	84	0.25	0.05	
Copper	mg	0.086	0.003	84	0.214	0.040	
Manganese	mg	1.121		0	2.791	0.527	
Selenium	µg	0.4		0	1.0	0.2	
Vitamins:							
Ascorbic acid	mg	9.5	0.119	659	23.7	4.5	
Thiamin	mg	0.095	0.002	98	0.237	0.045	
Riboflavin	mg	0.019	0.000	89	0.047	0.009	
Niacin	mg	0.284	0.009	86	0.707	0.133	
Pantothenic acid	mg	0.100		0	0.249	0.047	
Vitamin B-6	mg	0.074		0	0.184	0.035	
Folate	µg	5		0	12	2	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	38	1.788	75	95	18	
Vitamin A, RE	µg	4	0.179	75	10	2	
Vitamin E, α-TE	mg	0.100		0	0.249	0.047	
Lipids:							
Saturated, total	g	0.006		0	0.015	0.003	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.004		0	0.010	0.002	
17:0	g						
18:0	g	0.002		0	0.005	0.001	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.010	0	0.025	0.005
14:1	g				
16:1	g	0.001	0	0.002	0.000
18:1	g	0.009	0	0.022	0.004
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.029	0	0.072	0.014
18:2	g	0.017	0	0.042	0.008
18:3	g	0.012	0	0.030	0.006
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.005	0	0.012	0.002
Threonine	g	0.010	0	0.025	0.005
Isoleucine	g	0.010	0	0.025	0.005
Leucine	g	0.016	0	0.040	0.008
Lysine	g	0.019	0	0.047	0.009
Methionine	g	0.011	0	0.027	0.005
Cystine	g	0.001	0	0.002	0.000
Phenylalanine	g	0.010	0	0.025	0.005
Tyrosine	g	0.010	0	0.025	0.005
Valine	g	0.013	0	0.032	0.006
Arginine	g	0.014	0	0.035	0.007
Histidine	g	0.009	0	0.022	0.004
Alanine	g	0.021	0	0.052	0.010
Aspartic acid	g	0.095	0	0.237	0.045
Glutamic acid	g	0.048	0	0.120	0.023
Glycine	g	0.016	0	0.040	0.008
Proline	g	0.011	0	0.027	0.005
Serine	g	0.022	0	0.055	0.010
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, crushed, sliced, or chunks
Measure 2: 1 slice or ring (3 " dia) with liquid

NDB No. 09269 Pineapple, canned, light syrup pack, solids and liquids

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 252g	Measure 2* 48g	Measure 3*
Proximates:							
Water	g	85.73		0	216.04	41.15	
Energy	kcal	52		0	131	25	
Energy	kj	218		0	549	105	
Protein (N x 5.95)	g	0.36		0	0.91	0.17	
Total lipid (fat)	g	0.12		0	0.30	0.06	
Carbohydrate, by difference	g	13.45		0	33.89	6.46	
Fiber, total dietary	g	0.8		0	2.0	0.4	
Ash	g	0.35		0	0.88	0.17	
Sugars, total	g						
Minerals:							
Calcium	mg	14		0	35	7	
Iron	mg	0.39		0	0.98	0.19	
Magnesium	mg	16		0	40	8	
Phosphorus	mg	7		0	18	3	
Potassium	mg	105		0	265	50	
Sodium	mg	1		0	3	0	
Zinc	mg	0.12		0	0.30	0.06	
Copper	mg	0.103		0	0.260	0.049	
Manganese	mg	1.097		0	2.764	0.527	
Selenium	µg	0.4		0	1.0	0.2	
Vitamins:							
Ascorbic acid	mg	7.5		0	18.9	3.6	
Thiamin	mg	0.091		0	0.229	0.044	
Riboflavin	mg	0.025		0	0.063	0.012	
Niacin	mg	0.292		0	0.736	0.140	
Pantothenic acid	mg	0.100		0	0.252	0.048	
Vitamin B-6	mg	0.074		0	0.186	0.036	
Folate	µg	5		0	12	2	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	15		0	38	7	
Vitamin A, RE	µg	1		0	3	0	
Vitamin E, α-TE	mg	0.100		0	0.252	0.048	
Lipids:							
Saturated, total	g	0.009		0	0.023	0.004	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.005		0	0.013	0.002	
17:0	g						
18:0	g	0.003		0	0.008	0.001	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.013	0	0.033	0.006
14:1	g				
16:1	g	0.001	0	0.003	0.000
18:1	g	0.012	0	0.030	0.006
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.040	0	0.101	0.019
18:2	g	0.023	0	0.058	0.011
18:3	g	0.017	0	0.043	0.008
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.005	0	0.013	0.002
Threonine	g	0.009	0	0.023	0.004
Isoleucine	g	0.009	0	0.023	0.004
Leucine	g	0.014	0	0.035	0.007
Lysine	g	0.016	0	0.040	0.008
Methionine	g	0.009	0	0.023	0.004
Cystine	g	0.001	0	0.003	0.000
Phenylalanine	g	0.009	0	0.023	0.004
Tyrosine	g	0.009	0	0.023	0.004
Valine	g	0.012	0	0.030	0.006
Arginine	g	0.012	0	0.030	0.006
Histidine	g	0.008	0	0.020	0.004
Alanine	g	0.018	0	0.045	0.009
Aspartic acid	g	0.082	0	0.207	0.039
Glutamic acid	g	0.041	0	0.103	0.020
Glycine	g	0.014	0	0.035	0.007
Proline	g	0.009	0	0.023	0.004
Serine	g	0.019	0	0.048	0.009
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, crushed, sliced, or chunks
Measure 2: 1 slice or ring (3 " dia) with liquid

NDB No. 09270 Pineapple, canned, heavy syrup pack, solids and liquids

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 254g	Measure 2* 49g	Measure 3*
Proximates:							
Water	g	78.99	0.190	110	200.63	38.71	
Energy	kcal	78		0	198	38	
Energy	kj	326		0	828	160	
Protein (N x 5.95)	g	0.35	0.003	186	0.89	0.17	
Total lipid (fat)	g	0.11	0.005	186	0.28	0.05	
Carbohydrate, by difference	g	20.20		0	51.31	9.90	
Fiber, total dietary	g	0.8		0	2.0	0.4	
Ash	g	0.34	0.007	110	0.86	0.17	
Sugars, total	g						
Minerals:							
Calcium	mg	14	0.371	185	36	7	
Iron	mg	0.38	0.009	185	0.97	0.19	
Magnesium	mg	16	0.203	110	41	8	
Phosphorus	mg	7	0.151	110	18	3	
Potassium	mg	104	4.233	123	264	51	
Sodium	mg	1	0.080	123	3	0	
Zinc	mg	0.12	0.003	110	0.30	0.06	
Copper	mg	0.101	0.003	110	0.257	0.049	
Manganese	mg	1.080		0	2.743	0.529	
Selenium	µg	0.4		0	1.0	0.2	
Vitamins:							
Ascorbic acid	mg	7.4	0.151	185	18.8	3.6	
Thiamin	mg	0.090	0.001	183	0.229	0.044	
Riboflavin	mg	0.025	0.000	185	0.064	0.012	
Niacin	mg	0.287	0.007	185	0.729	0.141	
Pantothenic acid	mg	0.100		0	0.254	0.049	
Vitamin B-6	mg	0.074		0	0.188	0.036	
Folate	µg	5	0.595	3	12	2	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	14	2.374	110	36	7	
Vitamin A, RE	µg	1	0.237	110	3	0	
Vitamin E, α-TE	mg	0.100		0	0.254	0.049	
Lipids:							
Saturated, total	g	0.009		0	0.023	0.004	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.005		0	0.013	0.002	
17:0	g						
18:0	g	0.003		0	0.008	0.001	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.013	0	0.033	0.006
14:1	g				
16:1	g	0.001	0	0.003	0.000
18:1	g	0.012	0	0.030	0.006
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.040	0	0.102	0.020
18:2	g	0.023	0	0.058	0.011
18:3	g	0.017	0	0.043	0.008
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.005	0	0.013	0.002
Threonine	g	0.009	0	0.023	0.004
Isoleucine	g	0.009	0	0.023	0.004
Leucine	g	0.013	0	0.033	0.006
Lysine	g	0.016	0	0.041	0.008
Methionine	g	0.009	0	0.023	0.004
Cystine	g	0.001	0	0.003	0.000
Phenylalanine	g	0.009	0	0.023	0.004
Tyrosine	g	0.008	0	0.020	0.004
Valine	g	0.011	0	0.028	0.005
Arginine	g	0.012	0	0.030	0.006
Histidine	g	0.008	0	0.020	0.004
Alanine	g	0.018	0	0.046	0.009
Aspartic acid	g	0.081	0	0.206	0.040
Glutamic acid	g	0.041	0	0.104	0.020
Glycine	g	0.014	0	0.036	0.007
Proline	g	0.009	0	0.023	0.004
Serine	g	0.019	0	0.048	0.009
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, crushed, sliced, or chunks

Measure 2: 1 slice or ring (3 " dia) with liquid

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	Samples	Measure 1* 260g	Measure 2*	Measure 3*
Proximates:							
Water	g	77.71		0	202.05		
Energy	kcal	83		0	216		
Energy	kj	347		0	902		
Protein (N x 5.95)	g	0.34		0	0.88		
Total lipid (fat)	g	0.11		0	0.29		
Carbohydrate, by difference	g	21.50		0	55.90		
Fiber, total dietary	g	0.8		0	2.1		
Ash	g	0.34		0	0.88		
Sugars, total	g						
Minerals:							
Calcium	mg	14		0	36		
Iron	mg	0.38		0	0.99		
Magnesium	mg	15		0	39		
Phosphorus	mg	7		0	18		
Potassium	mg	102		0	265		
Sodium	mg	1		0	3		
Zinc	mg	0.11		0	0.29		
Copper	mg	0.099		0	0.257		
Manganese	mg	1.062		0	2.761		
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	7.3		0	19.0		
Thiamin	mg	0.089		0	0.231		
Riboflavin	mg	0.025		0	0.065		
Niacin	mg	0.282		0	0.733		
Pantothenic acid	mg	0.100		0	0.260		
Vitamin B-6	mg	0.074		0	0.192		
Folate	µg	5		0	12		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	14		0	36		
Vitamin A, RE	µg	1		0	3		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.009		0	0.023		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g	0.005		0	0.013		
17:0	g						
18:0	g	0.003		0	0.008		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.013	0	0.034
14:1	g			
16:1	g	0.001	0	0.003
18:1	g	0.012	0	0.031
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.038	0	0.099
18:2	g	0.022	0	0.057
18:3	g	0.016	0	0.042
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.005	0	0.013
Threonine	g	0.009	0	0.023
Isoleucine	g	0.009	0	0.023
Leucine	g	0.013	0	0.034
Lysine	g	0.016	0	0.042
Methionine	g	0.009	0	0.023
Cystine	g	0.001	0	0.003
Phenylalanine	g	0.009	0	0.023
Tyrosine	g	0.008	0	0.021
Valine	g	0.011	0	0.029
Arginine	g	0.012	0	0.031
Histidine	g	0.007	0	0.018
Alanine	g	0.018	0	0.047
Aspartic acid	g	0.079	0	0.205
Glutamic acid	g	0.040	0	0.104
Glycine	g	0.014	0	0.036
Proline	g	0.009	0	0.023
Serine	g	0.018	0	0.047
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, crushed, sliced, or chunks

NDB No. 09272 Pineapple, frozen, chunks, sweetened

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 245g	Measure 2*	Measure 3*
Proximates:							
Water	g	77.10		0	188.90		
Energy	kcal	85		0	208		
Energy	kj	356		0	872		
Protein (N x 5.95)	g	0.40		0	0.98		
Total lipid (fat)	g	0.10		0	0.25		
Carbohydrate, by difference	g	22.20		0	54.39		
Fiber, total dietary	g	1.1		0	2.7		
Ash	g	0.20		0	0.49		
Sugars, total	g						
Minerals:							
Calcium	mg	9		0	22		
Iron	mg	0.40		0	0.98		
Magnesium	mg	10		0	25		
Phosphorus	mg	4		0	10		
Potassium	mg	100		0	245		
Sodium	mg	2		0	5		
Zinc	mg	0.11		0	0.27		
Copper	mg	0.099		0	0.243		
Manganese	mg	1.062		0	2.602		
Selenium	µg	0.6		0	1.5		
Vitamins:							
Ascorbic acid	mg	8.0		0	19.6		
Thiamin	mg	0.100		0	0.245		
Riboflavin	mg	0.030		0	0.074		
Niacin	mg	0.300		0	0.735		
Pantothenic acid	mg	0.105		0	0.257		
Vitamin B-6	mg	0.075		0	0.184		
Folate	µg	11		0	26		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	30		0	74		
Vitamin A, RE	µg	3		0	7		
Vitamin E, α-TE	mg	0.100		0	0.245		
Lipids:							
Saturated, total	g	0.007		0	0.017		
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		
14:0	g	0.000		0	0.000		
15.0	g						
16:0	g	0.004		0	0.010		
17:0	g						
18:0	g	0.003		0	0.007		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.012	0	0.029
14:1	g			
16:1	g	0.001	0	0.002
18:1	g	0.011	0	0.027
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.035	0	0.086
18:2	g	0.020	0	0.049
18:3	g	0.015	0	0.037
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.005	0	0.012
Threonine	g	0.013	0	0.032
Isoleucine	g	0.013	0	0.032
Leucine	g	0.020	0	0.049
Lysine	g	0.026	0	0.064
Methionine	g	0.011	0	0.027
Cystine	g	0.002	0	0.005
Phenylalanine	g	0.012	0	0.029
Tyrosine	g	0.013	0	0.032
Valine	g	0.016	0	0.039
Arginine	g	0.018	0	0.044
Histidine	g	0.009	0	0.022
Alanine	g	0.018	0	0.044
Aspartic acid	g	0.059	0	0.145
Glutamic acid	g	0.047	0	0.115
Glycine	g	0.018	0	0.044
Proline	g	0.013	0	0.032
Serine	g	0.026	0	0.064
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, chunks

NDB No. 09273 Pineapple juice, canned, unsweetened, without added ascorbic acid

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 250g	Measure 2* 31g	Measure 3*
Proximates:							
Water	g	85.53	0.131	19	213.82	26.77	
Energy	kcal	56		0	140	18	
Energy	kj	234		0	585	73	
Protein (N x 5.95)	g	0.32	0.005	78	0.80	0.10	
Total lipid (fat)	g	0.08	0.006	57	0.20	0.03	
Carbohydrate, by difference	g	13.78		0	34.45	4.31	
Fiber, total dietary	g	0.2		0	0.5	0.1	
Ash	g	0.30	0.000	19	0.75	0.09	
Sugars, total	g						
Minerals:							
Calcium	mg	17	0.488	87	43	5	
Iron	mg	0.26	0.011	77	0.65	0.08	
Magnesium	mg	13	0.294	30	33	4	
Phosphorus	mg	8	0.278	28	20	3	
Potassium	mg	134	2.115	65	335	42	
Sodium	mg	1	0.113	82	3	0	
Zinc	mg	0.11	0.005	20	0.28	0.03	
Copper	mg	0.090	0.007	20	0.225	0.028	
Manganese	mg	0.990		1	2.475	0.310	
Selenium	µg	0.1		0	0.3	0.0	
Vitamins:							
Ascorbic acid	mg	10.7	0.410	52	26.8	3.3	
Thiamin	mg	0.055	0.001	63	0.138	0.017	
Riboflavin	mg	0.022	0.001	63	0.055	0.007	
Niacin	mg	0.257	0.008	63	0.642	0.080	
Pantothenic acid	mg	0.100		0	0.250	0.031	
Vitamin B-6	mg	0.096		0	0.240	0.030	
Folate	µg	23	1.570	3	58	7	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	5	4.643	14	13	2	
Vitamin A, RE	µg	0	0.464	14	0	0	
Vitamin E, α-TE	mg	0.020		0	0.050	0.006	
Lipids:							
Saturated, total	g	0.005		0	0.013	0.002	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.003		0	0.008	0.001	
17:0	g						
18:0	g	0.002		0	0.005	0.001	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.009	0	0.023	0.003
14:1	g				
16:1	g	0.001	0	0.003	0.000
18:1	g	0.008	0	0.020	0.003
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.028	0	0.070	0.009
18:2	g	0.016	0	0.040	0.005
18:3	g	0.012	0	0.030	0.004
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 fl oz

NDB No. 09274 Pineapple juice, frozen concentrate, unsweetened, undiluted

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 216g	Measure 2*	Measure 3*
Proximates:							
Water	g	53.10		0	114.70		
Energy	kcal	179		0	387		
Energy	kj	749		0	1618		
Protein (N x 5.95)	g	1.30		0	2.81		
Total lipid (fat)	g	0.10		0	0.22		
Carbohydrate, by difference	g	44.30		0	95.69		
Fiber, total dietary	g	0.7		0	1.5		
Ash	g	1.20		0	2.59		
Sugars, total	g						
Minerals:							
Calcium	mg	39		0	84		
Iron	mg	0.90		0	1.94		
Magnesium	mg	35		0	76		
Phosphorus	mg	28		0	60		
Potassium	mg	472		0	1020		
Sodium	mg	3		0	6		
Zinc	mg	0.40		0	0.86		
Copper	mg	0.313		0	0.676		
Manganese	mg	3.439		0	7.428		
Selenium	µg	0.4		0	0.9		
Vitamins:							
Ascorbic acid	mg	42.0		0	90.7		
Thiamin	mg	0.230		0	0.497		
Riboflavin	mg	0.060		0	0.130		
Niacin	mg	0.900		0	1.944		
Pantothenic acid	mg	0.430		0	0.929		
Vitamin B-6	mg	0.255		0	0.551		
Folate	µg	37		0	79		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	50		0	108		
Vitamin A, RE	µg	5		0	11		
Vitamin E, α-TE	mg	0.035		0	0.076		
Lipids:							
Saturated, total	g	0.007		0	0.015		
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		
14:0	g	0.000		0	0.000		
15.0	g						
16:0	g	0.004		0	0.009		
17:0	g						
18:0	g	0.003		0	0.006		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.012	0	0.026
14:1	g			
16:1	g	0.001	0	0.002
18:1	g	0.011	0	0.024
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.035	0	0.076
18:2	g	0.020	0	0.043
18:3	g	0.015	0	0.032
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 can (6 fl oz)

NDB No. 09275 Pineapple juice, frozen concentrate, unsweetened, diluted with 3 volume water

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 250g	Measure 2* 31g	Measure 3*
Proximates:							
Water	g	86.50		0	216.25	26.99	
Energy	kcal	52		0	130	16	
Energy	kj	218		0	545	68	
Protein (N x 5.95)	g	0.40		0	1.00	0.12	
Total lipid (fat)	g	0.03		0	0.08	0.01	
Carbohydrate, by difference	g	12.77		0	31.93	3.98	
Fiber, total dietary	g	0.2		0	0.5	0.1	
Ash	g	0.30		0	0.75	0.09	
Sugars, total	g						
Minerals:							
Calcium	mg	11		0	28	3	
Iron	mg	0.30		0	0.75	0.09	
Magnesium	mg	9		0	23	3	
Phosphorus	mg	8		0	20	2	
Potassium	mg	136		0	340	42	
Sodium	mg	1		0	3	0	
Zinc	mg	0.11		0	0.28	0.03	
Copper	mg	0.090		0	0.225	0.028	
Manganese	mg	0.990		0	2.475	0.309	
Selenium	µg	0.1		0	0.3	0.0	
Vitamins:							
Ascorbic acid	mg	12.0		0	30.0	3.7	
Thiamin	mg	0.070		0	0.175	0.022	
Riboflavin	mg	0.020		0	0.050	0.006	
Niacin	mg	0.200		0	0.500	0.062	
Pantothenic acid	mg	0.125		0	0.313	0.039	
Vitamin B-6	mg	0.074		0	0.185	0.023	
Folate	µg	11		0	27	3	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	10		0	25	3	
Vitamin A, RE	µg	1		0	3	0	
Vitamin E, α-TE	mg	0.010		0	0.025	0.003	
Lipids:							
Saturated, total	g	0.002		0	0.005	0.001	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.001		0	0.003	0.000	
17:0	g						
18:0	g	0.001		0	0.003	0.000	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.003	0	0.008	0.001
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.003	0	0.008	0.001
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.010	0	0.025	0.003
18:2	g	0.006	0	0.015	0.002
18:3	g	0.004	0	0.010	0.001
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 fl oz

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

Eugenia uniflora

Refuse: 12% Seed, stem, and blossom end

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 173g	Measure 2* 7g	Measure 3*
Proximates:							
Water	g	90.81	1.780	2	157.10	6.36	
Energy	kcal	33		0	57	2	
Energy	kj	138		0	239	10	
Protein (N x 5.95)	g	0.80		0	1.38	0.06	
Total lipid (fat)	g	0.40		0	0.69	0.03	
Carbohydrate, by difference	g	7.49		0	12.96	0.52	
Fiber, total dietary	g						
Ash	g	0.50		0	0.87	0.04	
Sugars, total	g						
Minerals:							
Calcium	mg	9		0	16	1	
Iron	mg	0.20		0	0.35	0.01	
Magnesium	mg	12		1	21	1	
Phosphorus	mg	11		0	19	1	
Potassium	mg	103		1	178	7	
Sodium	mg	3		1	5	0	
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	26.3	2.947	6	45.5	1.8	
Thiamin	mg	0.030		0	0.052	0.002	
Riboflavin	mg	0.040		0	0.069	0.003	
Niacin	mg	0.300		0	0.519	0.021	
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	1500		0	2595	105	
Vitamin A, RE	µg	150		0	260	11	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g						
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g				
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g				
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup

Measure 2: 1 fruit, without refuse

NDB No. 09277 Plantains, raw

Musa X paradisiaca

Refuse: 35% Skin and stems

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 148g	Measure 2* 179g	Measure 3*
Proximates:							
Water	g	65.28	1.063	19	96.61	116.85	
Energy	kcal	122		0	181	218	
Energy	kj	510		0	755	913	
Protein (N x 5.95)	g	1.30	0.138	15	1.92	2.33	
Total lipid (fat)	g	0.37	0.073	15	0.55	0.66	
Carbohydrate, by difference	g	31.89		0	47.20	57.08	
Fiber, total dietary	g	2.3		0	3.4	4.1	
Ash	g	1.17	0.161	15	1.73	2.09	
Sugars, total	g						
Minerals:							
Calcium	mg	3	0.289	3	4	5	
Iron	mg	0.60	0.004	3	0.89	1.07	
Magnesium	mg	37	1.510	6	55	66	
Phosphorus	mg	34	2.148	3	50	61	
Potassium	mg	499	43.068	8	739	893	
Sodium	mg	4	2.667	6	6	7	
Zinc	mg	0.14	0.017	3	0.21	0.25	
Copper	mg	0.081	0.005	3	0.120	0.145	
Manganese	mg						
Selenium	µg	1.5		0	2.2	2.7	
Vitamins:							
Ascorbic acid	mg	18.4	2.282	15	27.2	32.9	
Thiamin	mg	0.052	0.004	3	0.077	0.093	
Riboflavin	mg	0.054	0.013	3	0.080	0.097	
Niacin	mg	0.686	0.008	3	1.015	1.228	
Pantothenic acid	mg	0.260	0.008	3	0.385	0.465	
Vitamin B-6	mg	0.299	0.004	3	0.443	0.535	
Folate	µg	22	1.000	6	33	39	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	1127	62.933	3	1668	2017	
Vitamin A, RE	µg	113	6.293	3	167	202	
Vitamin E, α-TE	mg	0.270		0	0.400	0.483	
Lipids:							
Saturated, total	g	0.143		0	0.212	0.256	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.001		0	0.001	0.002	
12:0	g	0.002		0	0.003	0.004	
14:0	g	0.002		0	0.003	0.004	
15.0	g						
16:0	g	0.096		0	0.142	0.172	
17:0	g						
18:0	g	0.005		0	0.007	0.009	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.032	0	0.047	0.057
14:1	g				
16:1	g	0.009	0	0.013	0.016
18:1	g	0.021	0	0.031	0.038
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.069	0	0.102	0.124
18:2	g	0.043	0	0.064	0.077
18:3	g	0.025	0	0.037	0.045
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.015	2	0.022	0.027
Threonine	g	0.034	2	0.050	0.061
Isoleucine	g	0.036	2	0.053	0.064
Leucine	g	0.059	2	0.087	0.106
Lysine	g	0.060	4	0.089	0.107
Methionine	g	0.017	4	0.025	0.030
Cystine	g	0.020	3	0.030	0.036
Phenylalanine	g	0.044	2	0.065	0.079
Tyrosine	g	0.032	2	0.047	0.057
Valine	g	0.046	2	0.068	0.082
Arginine	g	0.108	2	0.160	0.193
Histidine	g	0.064	2	0.095	0.115
Alanine	g	0.051	2	0.075	0.091
Aspartic acid	g	0.108	2	0.160	0.193
Glutamic acid	g	0.116	2	0.172	0.208
Glycine	g	0.045	2	0.067	0.081
Proline	g	0.050	2	0.074	0.090
Serine	g	0.041	2	0.061	0.073
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, sliced
Measure 2: 1 medium

NDB No. 09278 Plantains, cooked

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 200g	Measure 2* 154g	Measure 3*
Proximates:							
Water	g	67.30	1.106	6	134.60	103.64	
Energy	kcal	116		0	232	179	
Energy	kj	485		0	970	747	
Protein (N x 5.95)	g	0.79	0.042	3	1.58	1.22	
Total lipid (fat)	g	0.18	0.029	3	0.36	0.28	
Carbohydrate, by difference	g	31.15		0	62.30	47.97	
Fiber, total dietary	g	2.3		0	4.6	3.5	
Ash	g	0.58	0.035	3	1.16	0.89	
Sugars, total	g						
Minerals:							
Calcium	mg	2	0.289	3	4	3	
Iron	mg	0.58	0.029	3	1.16	0.89	
Magnesium	mg	32	2.921	3	64	49	
Phosphorus	mg	28	1.397	3	56	43	
Potassium	mg	465	24.884	3	930	716	
Sodium	mg	5	0.312	3	10	8	
Zinc	mg	0.13	0.007	3	0.26	0.20	
Copper	mg	0.066	0.003	3	0.132	0.102	
Manganese	mg						
Selenium	µg	1.4		0	2.8	2.2	
Vitamins:							
Ascorbic acid	mg	10.9	1.611	3	21.8	16.8	
Thiamin	mg	0.046	0.002	3	0.092	0.071	
Riboflavin	mg	0.052	0.009	3	0.104	0.080	
Niacin	mg	0.756	0.039	3	1.512	1.164	
Pantothenic acid	mg	0.233	0.004	3	0.466	0.359	
Vitamin B-6	mg	0.240	0.013	3	0.480	0.370	
Folate	µg	26	0.817	6	52	40	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	909	116.625	3	1818	1400	
Vitamin A, RE	µg	91	11.663	3	182	140	
Vitamin E, α-TE	mg	0.140		0	0.280	0.216	
Lipids:							
Saturated, total	g	0.069		0	0.138	0.106	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.001		0	0.002	0.002	
14:0	g	0.001		0	0.002	0.002	
15.0	g						
16:0	g	0.047		0	0.094	0.072	
17:0	g						
18:0	g	0.002		0	0.004	0.003	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.015	0	0.030	0.023
14:1	g				
16:1	g	0.005	0	0.010	0.008
18:1	g	0.010	0	0.020	0.015
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.033	0	0.066	0.051
18:2	g	0.021	0	0.042	0.032
18:3	g	0.012	0	0.024	0.018
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.009	0	0.018	0.014
Threonine	g	0.021	0	0.042	0.032
Isoleucine	g	0.022	0	0.044	0.034
Leucine	g	0.036	0	0.072	0.055
Lysine	g	0.037	0	0.074	0.057
Methionine	g	0.010	0	0.020	0.015
Cystine	g	0.012	0	0.024	0.018
Phenylalanine	g	0.027	0	0.054	0.042
Tyrosine	g	0.020	0	0.040	0.031
Valine	g	0.028	0	0.056	0.043
Arginine	g	0.066	0	0.132	0.102
Histidine	g	0.039	0	0.078	0.060
Alanine	g	0.031	0	0.062	0.048
Aspartic acid	g	0.065	0	0.130	0.100
Glutamic acid	g	0.070	0	0.140	0.108
Glycine	g	0.027	0	0.054	0.042
Proline	g	0.030	0	0.060	0.046
Serine	g	0.025	0	0.050	0.039
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, mashed
Measure 2: 1 cup, slices

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	Samples	Measure 1* 165g	Measure 2* 66g	Measure 3*
Proximates:							
Water	g	85.20	0.369	45	140.58	56.23	
Energy	kcal	55		0	91	36	
Energy	kj	230		0	380	152	
Protein (N x 5.95)	g	0.79	0.024	41	1.30	0.52	
Total lipid (fat)	g	0.62	0.020	5	1.02	0.41	
Carbohydrate, by difference	g	13.01		0	21.47	8.59	
Fiber, total dietary	g	1.5		0	2.5	1.0	
Ash	g	0.39	0.009	41	0.64	0.26	
Sugars, total	g						
Minerals:							
Calcium	mg	4	0.166	5	7	3	
Iron	mg	0.10	0.011	37	0.17	0.07	
Magnesium	mg	7	0.152	37	12	5	
Phosphorus	mg	10	0.845	37	17	7	
Potassium	mg	172	4.254	21	284	114	
Sodium	mg	0	0.059	21	0	0	
Zinc	mg	0.10	0.012	5	0.17	0.07	
Copper	mg	0.043	0.004	37	0.071	0.028	
Manganese	mg	0.049	0.004	37	0.081	0.032	
Selenium	µg	0.5		0	0.8	0.3	
Vitamins:							
Ascorbic acid	mg	9.5	0.847	5	15.7	6.3	
Thiamin	mg	0.043		1	0.071	0.028	
Riboflavin	mg	0.096		1	0.158	0.063	
Niacin	mg	0.500		0	0.825	0.330	
Pantothenic acid	mg	0.182	0.006	5	0.300	0.120	
Vitamin B-6	mg	0.081	0.008	10	0.134	0.053	
Folate	µg	2	0.282	23	4	1	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	323	80.587	5	533	213	
Vitamin A, RE	µg	32	8.059	5	53	21	
Vitamin E, α-TE	mg	0.600		0	0.990	0.396	
Lipids:							
Saturated, total	g	0.049		0	0.081	0.032	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.041		0	0.068	0.027	
17:0	g						
18:0	g	0.009		0	0.015	0.006	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.406	0	0.670	0.268
14:1	g				
16:1	g	0.005	0	0.008	0.003
18:1	g	0.400	0	0.660	0.264
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.134	0	0.221	0.088
18:2	g	0.134	0	0.221	0.088
18:3	g	0.000	0	0.000	0.000
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg	7	0	12	5
Amino acids:					
Tryptophan	g				
Threonine	g	0.016	6	0.026	0.011
Isoleucine	g	0.016	6	0.026	0.011
Leucine	g	0.021	6	0.035	0.014
Lysine	g	0.017	6	0.028	0.011
Methionine	g	0.006	6	0.010	0.004
Cystine	g	0.004	6	0.007	0.003
Phenylalanine	g	0.017	6	0.028	0.011
Tyrosine	g	0.006	6	0.010	0.004
Valine	g	0.019	6	0.031	0.013
Arginine	g	0.013	6	0.021	0.009
Histidine	g	0.013	6	0.021	0.009
Alanine	g	0.029	6	0.048	0.019
Aspartic acid	g	0.249	6	0.411	0.164
Glutamic acid	g	0.037	6	0.061	0.024
Glycine	g	0.012	6	0.020	0.008
Proline	g	0.034	6	0.056	0.022
Serine	g	0.020	6	0.033	0.013
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, sliced
Measure 2: 1 fruit (2-1/8" dia)

NDB No. 09281 Plums, canned, purple, water pack, solids and liquids

Refuse: 5% Pits

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 249g	Measure 2* 46g	Measure 3*
Proximates:							
Water	g	88.35		1	219.99	40.64	
Energy	kcal	41		0	102	19	
Energy	kj	172		0	428	79	
Protein (N x 5.95)	g	0.39		1	0.97	0.18	
Total lipid (fat)	g	0.01		1	0.02	0.00	
Carbohydrate, by difference	g	11.03		0	27.46	5.07	
Fiber, total dietary	g	1.0		0	2.5	0.5	
Ash	g	0.23		1	0.57	0.11	
Sugars, total	g						
Minerals:							
Calcium	mg	7		1	17	3	
Iron	mg	0.16		1	0.40	0.07	
Magnesium	mg	5		1	12	2	
Phosphorus	mg	13		1	32	6	
Potassium	mg	126		1	314	58	
Sodium	mg	1		1	2	0	
Zinc	mg	0.08		1	0.20	0.04	
Copper	mg	0.039		1	0.097	0.018	
Manganese	mg	0.033		0	0.082	0.015	
Selenium	µg	0.3		0	0.7	0.1	
Vitamins:							
Ascorbic acid	mg	2.7		1	6.7	1.2	
Thiamin	mg	0.021		1	0.052	0.010	
Riboflavin	mg	0.041		1	0.102	0.019	
Niacin	mg	0.370		1	0.921	0.170	
Pantothenic acid	mg	0.072		0	0.179	0.033	
Vitamin B-6	mg	0.027		0	0.067	0.012	
Folate	µg	3		0	6	1	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	914		1	2276	420	
Vitamin A, RE	µg	91		1	227	42	
Vitamin E, α-TE	mg	0.700		0	1.743	0.322	
Lipids:							
Saturated, total	g	0.001		0	0.002	0.000	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.001		0	0.002	0.000	
17:0	g						
18:0	g	0.000		0	0.000	0.000	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.005	0	0.012	0.002
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.005	0	0.012	0.002
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.002	0	0.005	0.001
18:2	g	0.002	0	0.005	0.001
18:3	g	0.000	0	0.000	0.000
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g	0.008	0	0.020	0.004
Isoleucine	g	0.008	0	0.020	0.004
Leucine	g	0.010	0	0.025	0.005
Lysine	g	0.008	0	0.020	0.004
Methionine	g	0.003	0	0.007	0.001
Cystine	g	0.002	0	0.005	0.001
Phenylalanine	g	0.008	0	0.020	0.004
Tyrosine	g	0.003	0	0.007	0.001
Valine	g	0.009	0	0.022	0.004
Arginine	g	0.006	0	0.015	0.003
Histidine	g	0.006	0	0.015	0.003
Alanine	g	0.014	0	0.035	0.006
Aspartic acid	g	0.122	0	0.304	0.056
Glutamic acid	g	0.018	0	0.045	0.008
Glycine	g	0.006	0	0.015	0.003
Proline	g	0.017	0	0.042	0.008
Serine	g	0.010	0	0.025	0.005
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, pitted
Measure 2: 1 plum with liquid

NDB No. 09282 Plums, canned, purple, juice pack, solids and liquids

Refuse: 5% Pits

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 252g	Measure 2* 46g	Measure 3*
Proximates:							
Water	g	84.02	0.327	6	211.73	38.65	
Energy	kcal	58		0	146	27	
Energy	kj	243		0	612	112	
Protein (N x 5.95)	g	0.51	0.031	6	1.29	0.23	
Total lipid (fat)	g	0.02	0.003	6	0.05	0.01	
Carbohydrate, by difference	g	15.15		0	38.18	6.97	
Fiber, total dietary	g	1.0		0	2.5	0.5	
Ash	g	0.30	0.009	6	0.76	0.14	
Sugars, total	g						
Minerals:							
Calcium	mg	10	0.139	6	25	5	
Iron	mg	0.34	0.040	6	0.86	0.16	
Magnesium	mg	8	0.157	6	20	4	
Phosphorus	mg	15	1.009	6	38	7	
Potassium	mg	154	6.983	6	388	71	
Sodium	mg	1	0.126	6	3	0	
Zinc	mg	0.11	0.005	6	0.28	0.05	
Copper	mg	0.054	0.004	6	0.136	0.025	
Manganese	mg	0.033		0	0.083	0.015	
Selenium	µg	0.3		0	0.8	0.1	
Vitamins:							
Ascorbic acid	mg	2.8	0.445	6	7.1	1.3	
Thiamin	mg	0.023	0.001	6	0.058	0.011	
Riboflavin	mg	0.059	0.006	6	0.149	0.027	
Niacin	mg	0.473	0.065	3	1.192	0.218	
Pantothenic acid	mg	0.072		0	0.181	0.033	
Vitamin B-6	mg	0.027		0	0.068	0.012	
Folate	µg	3		0	7	1	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	1009	43.675	6	2543	464	
Vitamin A, RE	µg	101	4.368	6	255	46	
Vitamin E, α-TE	mg	0.700		0	1.764	0.322	
Lipids:							
Saturated, total	g	0.002		0	0.005	0.001	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.001		0	0.003	0.000	
17:0	g						
18:0	g	0.000		0	0.000	0.000	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.014	0	0.035	0.006
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.014	0	0.035	0.006
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.005	0	0.013	0.002
18:2	g	0.005	0	0.013	0.002
18:3	g	0.000	0	0.000	0.000
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g	0.011	0	0.028	0.005
Isoleucine	g	0.010	0	0.025	0.005
Leucine	g	0.014	0	0.035	0.006
Lysine	g	0.011	0	0.028	0.005
Methionine	g	0.004	0	0.010	0.002
Cystine	g	0.003	0	0.008	0.001
Phenylalanine	g	0.011	0	0.028	0.005
Tyrosine	g	0.004	0	0.010	0.002
Valine	g	0.012	0	0.030	0.006
Arginine	g	0.009	0	0.023	0.004
Histidine	g	0.008	0	0.020	0.004
Alanine	g	0.019	0	0.048	0.009
Aspartic acid	g	0.162	0	0.408	0.075
Glutamic acid	g	0.024	0	0.060	0.011
Glycine	g	0.008	0	0.020	0.004
Proline	g	0.022	0	0.055	0.010
Serine	g	0.013	0	0.033	0.006
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, pitted

Measure 2: 1 plum with liquid

NDB No. 09283 Plums, canned, purple, light syrup pack, solids and liquids

Refuse: 5% Pits

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 252g	Measure 2* 46g	Measure 3*
Proximates:							
Water	g	83.00		0	209.16	38.18	
Energy	kcal	63		0	159	29	
Energy	kj	264		0	665	121	
Protein (N x 5.95)	g	0.37		0	0.93	0.17	
Total lipid (fat)	g	0.10		0	0.25	0.05	
Carbohydrate, by difference	g	16.28		0	41.03	7.49	
Fiber, total dietary	g	1.0		0	2.5	0.5	
Ash	g	0.25		0	0.63	0.12	
Sugars, total	g						
Minerals:							
Calcium	mg	9		0	23	4	
Iron	mg	0.86		0	2.17	0.40	
Magnesium	mg	5		0	13	2	
Phosphorus	mg	13		0	33	6	
Potassium	mg	93		0	234	43	
Sodium	mg	20		0	50	9	
Zinc	mg	0.08		0	0.20	0.04	
Copper	mg	0.038		0	0.096	0.017	
Manganese	mg	0.032		0	0.081	0.015	
Selenium	µg	0.3		0	0.8	0.1	
Vitamins:							
Ascorbic acid	mg	0.4		0	1.0	0.2	
Thiamin	mg	0.016		0	0.040	0.007	
Riboflavin	mg	0.039		0	0.098	0.018	
Niacin	mg	0.297		0	0.748	0.137	
Pantothenic acid	mg	0.072		0	0.181	0.033	
Vitamin B-6	mg	0.027		0	0.068	0.012	
Folate	µg	3		0	7	1	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	264		0	665	121	
Vitamin A, RE	µg	26		0	66	12	
Vitamin E, α-TE	mg	0.700		0	1.764	0.322	
Lipids:							
Saturated, total	g	0.008		0	0.020	0.004	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.007		0	0.018	0.003	
17:0	g						
18:0	g	0.001		0	0.003	0.000	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.069	0	0.174	0.032
14:1	g				
16:1	g	0.001	0	0.003	0.000
18:1	g	0.068	0	0.171	0.031
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.023	0	0.058	0.011
18:2	g	0.023	0	0.058	0.011
18:3	g	0.000	0	0.000	0.000
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g	0.008	0	0.020	0.004
Isoleucine	g	0.007	0	0.018	0.003
Leucine	g	0.010	0	0.025	0.005
Lysine	g	0.008	0	0.020	0.004
Methionine	g	0.003	0	0.008	0.001
Cystine	g	0.002	0	0.005	0.001
Phenylalanine	g	0.008	0	0.020	0.004
Tyrosine	g	0.003	0	0.008	0.001
Valine	g	0.009	0	0.023	0.004
Arginine	g	0.006	0	0.015	0.003
Histidine	g	0.006	0	0.015	0.003
Alanine	g	0.014	0	0.035	0.006
Aspartic acid	g	0.116	0	0.292	0.053
Glutamic acid	g	0.017	0	0.043	0.008
Glycine	g	0.006	0	0.015	0.003
Proline	g	0.016	0	0.040	0.007
Serine	g	0.009	0	0.023	0.004
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, pitted

Measure 2: 1 plum with liquid

NDB No. 09284 Plums, canned, purple, heavy syrup pack, solids and liquids

Refuse: 5% Pits

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 258g	Measure 2* 46g	Measure 3*
Proximates:							
Water	g	76.06	0.226	8	196.23	34.99	
Energy	kcal	89		0	230	41	
Energy	kj	372		0	960	171	
Protein (N x 5.95)	g	0.36	0.011	8	0.93	0.17	
Total lipid (fat)	g	0.10	0.000	8	0.26	0.05	
Carbohydrate, by difference	g	23.24		0	59.96	10.69	
Fiber, total dietary	g	1.0		0	2.6	0.5	
Ash	g	0.24	0.011	8	0.62	0.11	
Sugars, total	g						
Minerals:							
Calcium	mg	9	0.633	8	23	4	
Iron	mg	0.84	0.177	8	2.17	0.39	
Magnesium	mg	5		0	13	2	
Phosphorus	mg	13		0	34	6	
Potassium	mg	91	5.127	8	235	42	
Sodium	mg	19	1.945	8	49	9	
Zinc	mg	0.07		0	0.18	0.03	
Copper	mg	0.037		0	0.095	0.017	
Manganese	mg	0.031		0	0.080	0.014	
Selenium	µg	0.3		0	0.8	0.1	
Vitamins:							
Ascorbic acid	mg	0.4	0.060	7	1.0	0.2	
Thiamin	mg	0.016	0.001	7	0.041	0.007	
Riboflavin	mg	0.038	0.004	7	0.098	0.017	
Niacin	mg	0.291	0.013	8	0.751	0.134	
Pantothenic acid	mg	0.072		0	0.186	0.033	
Vitamin B-6	mg	0.027		0	0.070	0.012	
Folate	µg	3	0.938	3	6	1	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	259	63.286	8	668	119	
Vitamin A, RE	µg	26	6.329	8	67	12	
Vitamin E, α-TE	mg	0.700		0	1.806	0.322	
Lipids:							
Saturated, total	g	0.008		0	0.021	0.004	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.007		0	0.018	0.003	
17:0	g						
18:0	g	0.001		0	0.003	0.000	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.066	0	0.170	0.030
14:1	g				
16:1	g	0.001	0	0.003	0.000
18:1	g	0.065	0	0.168	0.030
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.022	0	0.057	0.010
18:2	g	0.022	0	0.057	0.010
18:3	g	0.000	0	0.000	0.000
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g	0.008	0	0.021	0.004
Isoleucine	g	0.007	0	0.018	0.003
Leucine	g	0.010	0	0.026	0.005
Lysine	g	0.008	0	0.021	0.004
Methionine	g	0.003	0	0.008	0.001
Cystine	g	0.002	0	0.005	0.001
Phenylalanine	g	0.008	0	0.021	0.004
Tyrosine	g	0.003	0	0.008	0.001
Valine	g	0.009	0	0.023	0.004
Arginine	g	0.006	0	0.015	0.003
Histidine	g	0.006	0	0.015	0.003
Alanine	g	0.013	0	0.034	0.006
Aspartic acid	g	0.114	0	0.294	0.052
Glutamic acid	g	0.017	0	0.044	0.008
Glycine	g	0.006	0	0.015	0.003
Proline	g	0.016	0	0.041	0.007
Serine	g	0.009	0	0.023	0.004
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, pitted

Measure 2: 1 plum with liquid

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	Samples	Measure 1* 261g	Measure 2*	Measure 3*
Proximates:							
Water	g	73.00		0	190.53		
Energy	kcal	101		0	264		
Energy	kj	423		0	1104		
Protein (N x 5.95)	g	0.36		0	0.94		
Total lipid (fat)	g	0.10		0	0.26		
Carbohydrate, by difference	g	26.31		0	68.67		
Fiber, total dietary	g	1.0		0	2.6		
Ash	g	0.24		0	0.63		
Sugars, total	g						
Minerals:							
Calcium	mg	9		0	23		
Iron	mg	0.82		0	2.14		
Magnesium	mg	5		0	13		
Phosphorus	mg	12		0	31		
Potassium	mg	89		0	232		
Sodium	mg	19		0	50		
Zinc	mg	0.07		0	0.18		
Copper	mg	0.036		0	0.094		
Manganese	mg	0.031		0	0.081		
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.4		0	1.0		
Thiamin	mg	0.016		0	0.042		
Riboflavin	mg	0.037		0	0.097		
Niacin	mg	0.285		0	0.744		
Pantothenic acid	mg	0.072		0	0.188		
Vitamin B-6	mg	0.027		0	0.070		
Folate	µg	3		0	7		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	254		0	663		
Vitamin A, RE	µg	25		0	65		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.008		0	0.021		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g	0.006		0	0.016		
17:0	g						
18:0	g	0.001		0	0.003		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.065	0	0.170
14:1	g			
16:1	g	0.001	0	0.003
18:1	g	0.064	0	0.167
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.021	0	0.055
18:2	g	0.021	0	0.055
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g	0.007	0	0.018
Isoleucine	g	0.007	0	0.018
Leucine	g	0.010	0	0.026
Lysine	g	0.008	0	0.021
Methionine	g	0.003	0	0.008
Cystine	g	0.002	0	0.005
Phenylalanine	g	0.008	0	0.021
Tyrosine	g	0.003	0	0.008
Valine	g	0.009	0	0.023
Arginine	g	0.006	0	0.016
Histidine	g	0.006	0	0.016
Alanine	g	0.013	0	0.034
Aspartic acid	g	0.113	0	0.295
Glutamic acid	g	0.017	0	0.044
Glycine	g	0.005	0	0.013
Proline	g	0.016	0	0.042
Serine	g	0.009	0	0.023
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, pitted

NDB No. 09286 Pomegranates, raw

Punica granatum

Refuse: 44% 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	Samples	Measure 1* 154g	Measure 2*	Measure 3*
Proximates:							
Water	g	80.97	1.352	9	124.69		
Energy	kcal	68		0	105		
Energy	kj	285		0	439		
Protein (N x 5.95)	g	0.95	0.180	7	1.46		
Total lipid (fat)	g	0.30		0	0.46		
Carbohydrate, by difference	g	17.17		0	26.44		
Fiber, total dietary	g	0.6		0	0.9		
Ash	g	0.61	0.073	9	0.94		
Sugars, total	g						
Minerals:							
Calcium	mg	3		0	5		
Iron	mg	0.30		0	0.46		
Magnesium	mg	3		0	5		
Phosphorus	mg	8		0	12		
Potassium	mg	259		0	399		
Sodium	mg	3		0	5		
Zinc	mg	0.12		0	0.18		
Copper	mg	0.070		0	0.108		
Manganese	mg						
Selenium	µg	0.6		0	0.9		
Vitamins:							
Ascorbic acid	mg	6.1	0.710	11	9.4		
Thiamin	mg	0.030		0	0.046		
Riboflavin	mg	0.030		0	0.046		
Niacin	mg	0.300		0	0.462		
Pantothenic acid	mg	0.596		0	0.918		
Vitamin B-6	mg	0.105		1	0.162		
Folate	µg	6		0	9		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg	0		0	0		
Vitamin E, α-TE	mg	0.550		0	0.847		
Lipids:							
Saturated, total	g	0.038		0	0.059		
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	0.002		0	0.003		
14:0	g	0.002		0	0.003		
15.0	g						
16:0	g	0.022		0	0.034		
17:0	g						
18:0	g	0.012		0	0.018		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.046	0	0.071
14:1	g			
16:1	g	0.006	0	0.009
18:1	g	0.039	0	0.060
20:1	g	0.002	0	0.003
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.063	0	0.097
18:2	g	0.063	0	0.097
18:3	g	0.000	0	0.000
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg	17	0	26
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 pomegranate (3-3/8" dia)

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	Samples	Measure 1* 149g	Measure 2* 103g	Measure 3*
Proximates:							
Water	g	87.55	2.791	4	130.45	90.18	
Energy	kcal	41		0	61	42	
Energy	kj	172		0	256	177	
Protein (N x 5.95)	g	0.73	0.103	3	1.09	0.75	
Total lipid (fat)	g	0.51	0.090	2	0.76	0.53	
Carbohydrate, by difference	g	9.57		0	14.26	9.86	
Fiber, total dietary	g	3.6		0	5.4	3.7	
Ash	g	1.64	0.586	3	2.44	1.69	
Sugars, total	g						
Minerals:							
Calcium	mg	56		1	83	58	
Iron	mg	0.30		0	0.45	0.31	
Magnesium	mg	85	56.650	2	127	88	
Phosphorus	mg	24		1	36	25	
Potassium	mg	220	40.250	2	328	227	
Sodium	mg	5	3.600	2	7	5	
Zinc	mg	0.12		0	0.18	0.12	
Copper	mg	0.080		0	0.119	0.082	
Manganese	mg						
Selenium	µg	0.6		0	0.9	0.6	
Vitamins:							
Ascorbic acid	mg	14.0		1	20.9	14.4	
Thiamin	mg	0.014		1	0.021	0.014	
Riboflavin	mg	0.060		1	0.089	0.062	
Niacin	mg	0.460		1	0.685	0.474	
Pantothenic acid	mg						
Vitamin B-6	mg	0.060		0	0.089	0.062	
Folate	µg	6		0	9	6	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	51	1.000	2	76	53	
Vitamin A, RE	µg	5	0.100	2	7	5	
Vitamin E, α-TE	mg	0.010		0	0.015	0.010	
Lipids:							
Saturated, total	g	0.067		0	0.100	0.069	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.052		0	0.077	0.054	
17:0	g						
18:0	g	0.010		0	0.015	0.010	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.075	0	0.112	0.077
14:1	g				
16:1	g	0.002	0	0.003	0.002
18:1	g	0.072	0	0.107	0.074
20:1	g	0.001	0	0.001	0.001
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.213	0	0.317	0.219
18:2	g	0.186	0	0.277	0.192
18:3	g	0.023	0	0.034	0.024
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 fruit, without refuse

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	Samples	Measure 1* 234g	Measure 2* 86g	Measure 3*
Proximates:							
Water	g	70.67	0.250	20	165.37	60.78	
Energy	kcal	105		0	246	90	
Energy	kj	439		0	1027	378	
Protein (N x 5.95)	g	0.87	0.016	20	2.04	0.75	
Total lipid (fat)	g	0.20	0.010	20	0.47	0.17	
Carbohydrate, by difference	g	27.80		0	65.05	23.91	
Fiber, total dietary	g	3.8		0	8.9	3.3	
Ash	g	0.46	0.011	20	1.08	0.40	
Sugars, total	g						
Minerals:							
Calcium	mg	17	0.391	20	40	15	
Iron	mg	0.41	0.026	20	0.96	0.35	
Magnesium	mg	15	0.398	20	35	13	
Phosphorus	mg	26	0.470	20	61	22	
Potassium	mg	226	5.121	20	529	194	
Sodium	mg	3	0.532	26	7	3	
Zinc	mg	0.19	0.005	20	0.44	0.16	
Copper	mg	0.118	0.005	20	0.276	0.101	
Manganese	mg	0.098		0	0.229	0.084	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	2.8	0.184	21	6.6	2.4	
Thiamin	mg	0.034	0.001	20	0.080	0.029	
Riboflavin	mg	0.122	0.006	21	0.285	0.105	
Niacin	mg	0.866	0.036	21	2.026	0.745	
Pantothenic acid	mg	0.100		0	0.234	0.086	
Vitamin B-6	mg	0.203		0	0.475	0.175	
Folate	µg	0		0	0	0	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	797	74.628	21	1865	685	
Vitamin A, RE	µg	80	7.463	21	187	69	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.016		0	0.037	0.014	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g	0.013		0	0.030	0.011	
17:0	g						
18:0	g	0.003		0	0.007	0.003	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.130	0	0.304	0.112
14:1	g				
16:1	g	0.002	0	0.005	0.002
18:1	g	0.128	0	0.300	0.110
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.043	0	0.101	0.037
18:2	g	0.043	0	0.101	0.037
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 5 fruits, 2 tablespoons liquid

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	Samples	Measure 1* 132g	Measure 2*	Measure 3*
Proximates:							
Water	g	4.00		0	5.28		
Energy	kcal	339		0	447		
Energy	kj	1418		0	1872		
Protein (N x 5.95)	g	3.70		0	4.88		
Total lipid (fat)	g	0.73		0	0.96		
Carbohydrate, by difference	g	89.07		0	117.57		
Fiber, total dietary	g						
Ash	g	2.50		0	3.30		
Sugars, total	g						
Minerals:							
Calcium	mg	72		0	95		
Iron	mg	3.52		0	4.65		
Magnesium	mg	64		0	84		
Phosphorus	mg	112		0	148		
Potassium	mg	1058		0	1397		
Sodium	mg	5		0	7		
Zinc	mg	0.75		0	0.99		
Copper	mg	0.611		0	0.807		
Manganese	mg	0.312		0	0.412		
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0	0.000	2	0.0		
Thiamin	mg	0.118	0.010	2	0.156		
Riboflavin	mg	0.165	0.005	2	0.218		
Niacin	mg	2.995	0.085	2	3.953		
Pantothenic acid	mg	0.418	0.011	2	0.552		
Vitamin B-6	mg	0.745	0.047	2	0.983		
Folate	µg	2	0.300	2	3		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	1762	48.500	2	2326		
Vitamin A, RE	µg	176	4.850	2	232		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.059		0	0.078		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g	0.048		0	0.063		
17:0	g						
18:0	g	0.010		0	0.013		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.483	0	0.638
14:1	g			
16:1	g	0.006	0	0.008
18:1	g	0.477	0	0.630
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.159	0	0.210
18:2	g	0.159	0	0.210
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 cup

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	Samples	Measure 1* 280g	Measure 2*	Measure 3*
Proximates:							
Water	g	67.99	0.535	2	190.37		
Energy	kcal	113		0	316		
Energy	kj	473		0	1324		
Protein (N x 5.95)	g	1.23		0	3.44		
Total lipid (fat)	g	0.24		0	0.67		
Carbohydrate, by difference	g	29.70		0	83.16		
Fiber, total dietary	g						
Ash	g	0.83		0	2.32		
Sugars, total	g						
Minerals:							
Calcium	mg	24		0	67		
Iron	mg	1.17		0	3.28		
Magnesium	mg	21		0	59		
Phosphorus	mg	37		0	104		
Potassium	mg	353		0	988		
Sodium	mg	2		0	6		
Zinc	mg	0.25		0	0.70		
Copper	mg	0.204		0	0.571		
Manganese	mg	0.104		0	0.291		
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0	0.000	2	0.0		
Thiamin	mg	0.046	0.007	2	0.129		
Riboflavin	mg	0.030	0.010	2	0.084		
Niacin	mg	0.985	0.015	2	2.758		
Pantothenic acid	mg	0.108	0.000	2	0.302		
Vitamin B-6	mg	0.191	0.000	2	0.535		
Folate	µg	0	0.013	2	1		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	523	59.000	2	1464		
Vitamin A, RE	µg	52	5.900	2	146		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.020		0	0.056		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g	0.016		0	0.045		
17:0	g						
18:0	g	0.003		0	0.008		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.161	0	0.451
14:1	g			
16:1	g	0.002	0	0.006
18:1	g	0.159	0	0.445
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.053	0	0.148
18:2	g	0.053	0	0.148
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 cup

NDB No. 09291 Prunes, dried, 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	Samples	Measure 1* 170g	Measure 2* 8g	Measure 3*
Proximates:							
Water	g	32.39	0.231	193	55.06	2.72	
Energy	kcal	239		0	406	20	
Energy	kj	1000		0	1700	84	
Protein (N x 5.95)	g	2.61	0.025	194	4.44	0.22	
Total lipid (fat)	g	0.52	0.012	177	0.88	0.04	
Carbohydrate, by difference	g	62.73		0	106.64	5.27	
Fiber, total dietary	g	7.1		0	12.1	0.6	
Ash	g	1.76	0.024	194	2.99	0.15	
Sugars, total	g						
Minerals:							
Calcium	mg	51	1.115	193	87	4	
Iron	mg	2.48	0.066	193	4.22	0.21	
Magnesium	mg	45	0.622	191	77	4	
Phosphorus	mg	79	1.094	193	134	7	
Potassium	mg	745	7.580	159	1267	63	
Sodium	mg	4	0.131	159	7	0	
Zinc	mg	0.53	0.007	151	0.90	0.04	
Copper	mg	0.430	0.013	167	0.731	0.036	
Manganese	mg	0.220	0.016	23	0.374	0.018	
Selenium	µg	2.3		0	3.9	0.2	
Vitamins:							
Ascorbic acid	mg	3.3	0.126	129	5.6	0.3	
Thiamin	mg	0.081	0.001	157	0.138	0.007	
Riboflavin	mg	0.162	0.007	33	0.275	0.014	
Niacin	mg	1.961	0.027	155	3.334	0.165	
Pantothenic acid	mg	0.460		0	0.782	0.039	
Vitamin B-6	mg	0.264		1	0.449	0.022	
Folate	µg	4	0.291	4	6	0	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	1987	47.577	202	3378	167	
Vitamin A, RE	µg	199	4.758	202	338	17	
Vitamin E, α-TE	mg	1.450		0	2.465	0.122	
Lipids:							
Saturated, total	g	0.041		0	0.070	0.003	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.034		0	0.058	0.003	
17:0	g						
18:0	g	0.007		0	0.012	0.001	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.340	0	0.578	0.029
14:1	g				
16:1	g	0.004	0	0.007	0.000
18:1	g	0.335	0	0.570	0.028
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.112	0	0.190	0.009
18:2	g	0.112	0	0.190	0.009
18:3	g	0.000	0	0.000	0.000
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, pitted
Measure 2: 1 prune

NDB No. 09292 Prunes, dried, stewed, without added sugar

Refuse: 15% Pits

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 248g	Measure 2*	Measure 3*
Proximates:							
Water	g	69.73	1.031	3	172.93		
Energy	kcal	107		0	265		
Energy	kj	448		0	1111		
Protein (N x 5.95)	g	1.17		0	2.90		
Total lipid (fat)	g	0.23		0	0.57		
Carbohydrate, by difference	g	28.08		0	69.64		
Fiber, total dietary	g	6.6		0	16.4		
Ash	g	0.79		0	1.96		
Sugars, total	g						
Minerals:							
Calcium	mg	23		0	57		
Iron	mg	1.11		0	2.75		
Magnesium	mg	20		0	50		
Phosphorus	mg	35		0	87		
Potassium	mg	334		0	828		
Sodium	mg	2		0	5		
Zinc	mg	0.24		0	0.60		
Copper	mg	0.193		0	0.479		
Manganese	mg	0.098		0	0.243		
Selenium	µg	1.0		0	2.5		
Vitamins:							
Ascorbic acid	mg	2.9	0.043	3	7.2		
Thiamin	mg	0.024	0.002	3	0.060		
Riboflavin	mg	0.100	0.012	3	0.248		
Niacin	mg	0.723	0.039	3	1.793		
Pantothenic acid	mg	0.107	0.003	3	0.265		
Vitamin B-6	mg	0.218	0.009	3	0.541		
Folate	µg	0	0.017	3	0		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	306	58.706	3	759		
Vitamin A, RE	µg	31	5.871	3	77		
Vitamin E, α-TE	mg	0.001		0	0.002		
Lipids:							
Saturated, total	g	0.019		0	0.047		
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		
14:0	g	0.000		0	0.000		
15.0	g						
16:0	g	0.015		0	0.037		
17:0	g						
18:0	g	0.003		0	0.007		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.152	0	0.377
14:1	g			
16:1	g	0.002	0	0.005
18:1	g	0.150	0	0.372
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.050	0	0.124
18:2	g	0.050	0	0.124
18:3	g	0.000	0	0.000
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, pitted

NDB No. 09293 Prunes, dried, 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	Samples	Measure 1* 248g	Measure 2*	Measure 3*
Proximates:							
Water	g	65.08		0	161.40		
Energy	kcal	124		0	308		
Energy	kj	519		0	1287		
Protein (N x 5.95)	g	1.09		0	2.70		
Total lipid (fat)	g	0.22		0	0.55		
Carbohydrate, by difference	g	32.88		0	81.54		
Fiber, total dietary	g	3.8		0	9.4		
Ash	g	0.73		0	1.81		
Sugars, total	g						
Minerals:							
Calcium	mg	21		0	52		
Iron	mg	1.04		0	2.58		
Magnesium	mg	19		0	47		
Phosphorus	mg	33		0	82		
Potassium	mg	312		0	774		
Sodium	mg	2		0	5		
Zinc	mg	0.22		0	0.55		
Copper	mg	0.180		0	0.446		
Manganese	mg	0.092		0	0.228		
Selenium	µg	1.0		0	2.5		
Vitamins:							
Ascorbic acid	mg	2.7		0	6.7		
Thiamin	mg	0.022		0	0.055		
Riboflavin	mg	0.093		0	0.231		
Niacin	mg	0.675		0	1.674		
Pantothenic acid	mg	0.100		0	0.248		
Vitamin B-6	mg	0.203		0	0.503		
Folate	µg	0		0	0		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	285		0	707		
Vitamin A, RE	µg	29		0	72		
Vitamin E, α-TE	mg	0.001		0	0.002		
Lipids:							
Saturated, total	g	0.017		0	0.042		
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		
14:0	g	0.000		0	0.000		
15.0	g						
16:0	g	0.014		0	0.035		
17:0	g						
18:0	g	0.003		0	0.007		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.142	0	0.352
14:1	g			
16:1	g	0.002	0	0.005
18:1	g	0.140	0	0.347
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.047	0	0.117
18:2	g	0.047	0	0.117
18:3	g	0.000	0	0.000
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, pitted

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	Samples	Measure 1* 256g	Measure 2* 32g	Measure 3*
Proximates:							
Water	g	81.24	0.119	30	207.97	26.00	
Energy	kcal	71		0	182	23	
Energy	kj	297		0	760	95	
Protein (N x 5.95)	g	0.61	0.013	31	1.56	0.20	
Total lipid (fat)	g	0.03	0.011	25	0.08	0.01	
Carbohydrate, by difference	g	17.45		0	44.67	5.58	
Fiber, total dietary	g	1.0		0	2.6	0.3	
Ash	g	0.68	0.056	30	1.74	0.22	
Sugars, total	g						
Minerals:							
Calcium	mg	12	0.863	30	31	4	
Iron	mg	1.18	0.196	30	3.02	0.38	
Magnesium	mg	14	0.786	23	36	4	
Phosphorus	mg	25	0.613	23	64	8	
Potassium	mg	276	11.612	22	707	88	
Sodium	mg	4	1.165	22	10	1	
Zinc	mg	0.21	0.009	17	0.54	0.07	
Copper	mg	0.068	0.007	17	0.174	0.022	
Manganese	mg	0.151		1	0.387	0.048	
Selenium	µg	0.6		0	1.5	0.2	
Vitamins:							
Ascorbic acid	mg	4.1	0.769	47	10.5	1.3	
Thiamin	mg	0.016	0.000	42	0.041	0.005	
Riboflavin	mg	0.070	0.009	43	0.179	0.022	
Niacin	mg	0.785	0.023	30	2.010	0.251	
Pantothenic acid	mg	0.107		0	0.274	0.034	
Vitamin B-6	mg	0.218		0	0.558	0.070	
Folate	µg	0	0.042	3	1	0	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	3	1.338	26	8	1	
Vitamin A, RE	µg	0	0.134	26	0	0	
Vitamin E, α-TE	mg	0.010		0	0.026	0.003	
Lipids:							
Saturated, total	g	0.003		0	0.008	0.001	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.002		1	0.005	0.001	
17:0	g						
18:0	g	0.000		0	0.000	0.000	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.021	0	0.054	0.007
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.021	1	0.054	0.007
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.007	0	0.018	0.002
18:2	g	0.007	1	0.018	0.002
18:3	g	0.000	0	0.000	0.000
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 fl oz

NDB No. 09295 Pummelo, raw

Citrus grandis

Refuse: 44% Seeds, skin, and membrane

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 190g	Measure 2* 609g	Measure 3*
Proximates:							
Water	g	89.10	0.765	3	169.29	542.62	
Energy	kcal	38		0	72	231	
Energy	kj	159		0	302	968	
Protein (N x 5.95)	g	0.76		0	1.44	4.63	
Total lipid (fat)	g	0.04		0	0.08	0.24	
Carbohydrate, by difference	g	9.62		0	18.28	58.59	
Fiber, total dietary	g	1.0		0	1.9	6.1	
Ash	g	0.48		0	0.91	2.92	
Sugars, total	g						
Minerals:							
Calcium	mg	4	2.945	2	8	24	
Iron	mg	0.11	0.027	2	0.21	0.67	
Magnesium	mg	6	0.995	3	11	37	
Phosphorus	mg	17	0.750	2	32	104	
Potassium	mg	216	24.547	3	410	1315	
Sodium	mg	1	0.382	3	2	6	
Zinc	mg	0.08	0.045	2	0.15	0.49	
Copper	mg	0.048	0.026	2	0.091	0.292	
Manganese	mg	0.017	0.007	2	0.032	0.104	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	61.0	3.365	13	115.9	371.5	
Thiamin	mg	0.034		0	0.065	0.207	
Riboflavin	mg	0.027		0	0.051	0.164	
Niacin	mg	0.220		0	0.418	1.340	
Pantothenic acid	mg						
Vitamin B-6	mg	0.036		1	0.068	0.219	
Folate	µg						
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g						
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g				
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g				
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, sections
Measure 2: 1 fruit, without refuse

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	Samples	Measure 1* 92g	Measure 2*	Measure 3*
Proximates:							
Water	g	83.80		0	77.10		
Energy	kcal	57		0	52		
Energy	kj	238		0	219		
Protein (N x 5.95)	g	0.40		0	0.37		
Total lipid (fat)	g	0.10		0	0.09		
Carbohydrate, by difference	g	15.30		0	14.08		
Fiber, total dietary	g	1.9		0	1.7		
Ash	g	0.40		0	0.37		
Sugars, total	g						
Minerals:							
Calcium	mg	11		0	10		
Iron	mg	0.70		0	0.64		
Magnesium	mg	8	1.500	2	7		
Phosphorus	mg	17		0	16		
Potassium	mg	197		0	181		
Sodium	mg	4		0	4		
Zinc	mg	0.04		0	0.04		
Copper	mg	0.130		1	0.120		
Manganese	mg						
Selenium	µg	0.6		0	0.6		
Vitamins:							
Ascorbic acid	mg	15.0		0	13.8		
Thiamin	mg	0.020		0	0.018		
Riboflavin	mg	0.030		0	0.028		
Niacin	mg	0.200		0	0.184		
Pantothenic acid	mg	0.081		0	0.075		
Vitamin B-6	mg	0.040		0	0.037		
Folate	µg	3		0	3		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	40		0	37		
Vitamin A, RE	µg	4		0	4		
Vitamin E, α-TE	mg	0.550		0	0.506		
Lipids:							
Saturated, total	g	0.010		0	0.009		
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		
14:0	g	0.000		0	0.000		
15.0	g						
16:0	g	0.007		1	0.006		
17:0	g						
18:0	g	0.002		1	0.002		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.036	0	0.033
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.036	1	0.033
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.050	0	0.046
18:2	g	0.049	1	0.045
18:3	g	0.000	0	0.000
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 fruit, without refuse

NDB No. 09297 Raisins, golden seedless

Vitis vinifera

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 165g	Measure 2* 145g	Measure 3*
Proximates:							
Water	g	14.97	0.196	26	24.70	21.71	
Energy	kcal	302		0	498	438	
Energy	kj	1264		0	2086	1833	
Protein (N x 5.95)	g	3.39	0.056	27	5.59	4.92	
Total lipid (fat)	g	0.46	0.027	22	0.76	0.67	
Carbohydrate, by difference	g	79.52		0	131.21	115.30	
Fiber, total dietary	g	4.0		0	6.6	5.8	
Ash	g	1.66	0.025	27	2.74	2.41	
Sugars, total	g						
Minerals:							
Calcium	mg	53	0.920	22	87	77	
Iron	mg	1.79	0.026	22	2.95	2.60	
Magnesium	mg	35	0.292	22	58	51	
Phosphorus	mg	115	2.155	26	190	167	
Potassium	mg	746	12.570	22	1231	1082	
Sodium	mg	12	1.228	22	20	17	
Zinc	mg	0.32	0.017	22	0.53	0.46	
Copper	mg	0.363	0.006	22	0.599	0.526	
Manganese	mg	0.308		0	0.508	0.447	
Selenium	µg	0.7		0	1.2	1.0	
Vitamins:							
Ascorbic acid	mg	3.2	1.034	7	5.3	4.6	
Thiamin	mg	0.008	0.000	26	0.013	0.012	
Riboflavin	mg	0.191	0.012	26	0.315	0.277	
Niacin	mg	1.142	0.082	26	1.884	1.656	
Pantothenic acid	mg	0.140		0	0.231	0.203	
Vitamin B-6	mg	0.323		1	0.533	0.468	
Folate	µg	3		0	5	5	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	44	33.161	17	73	64	
Vitamin A, RE	µg	4	3.316	17	7	6	
Vitamin E, α-TE	mg	0.700		0	1.155	1.015	
Lipids:							
Saturated, total	g	0.151		0	0.249	0.219	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.004		0	0.007	0.006	
15.0	g						
16:0	g	0.129		0	0.213	0.187	
17:0	g						
18:0	g	0.018		0	0.030	0.026	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.019	0	0.031	0.028
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.019	0	0.031	0.028
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.135	0	0.223	0.196
18:2	g	0.104	0	0.172	0.151
18:3	g	0.031	0	0.051	0.045
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, packed
Measure 2: 1 cup (not packed)

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	Samples	Measure 1* 165g	Measure 2* 145g	Measure 3* 14g
Proximates:							
Water	g	15.42	0.179	52	25.44	22.36	2.16
Energy	kcal	300		0	495	435	42
Energy	kj	1255		0	2071	1820	176
Protein (N x 5.95)	g	3.22	0.053	52	5.31	4.67	0.45
Total lipid (fat)	g	0.46	0.023	35	0.76	0.67	0.06
Carbohydrate, by difference	g	79.13		0	130.56	114.74	11.08
Fiber, total dietary	g	4.0		0	6.6	5.8	0.6
Ash	g	1.77	0.023	52	2.92	2.57	0.25
Sugars, total	g						
Minerals:							
Calcium	mg	49	1.685	51	81	71	7
Iron	mg	2.08	0.088	51	3.43	3.02	0.29
Magnesium	mg	33	0.988	51	54	48	5
Phosphorus	mg	97	3.499	51	160	141	14
Potassium	mg	751	11.298	43	1239	1089	105
Sodium	mg	12	0.796	43	20	17	2
Zinc	mg	0.27	0.012	35	0.45	0.39	0.04
Copper	mg	0.309	0.015	51	0.510	0.448	0.043
Manganese	mg	0.308	0.021	18	0.508	0.447	0.043
Selenium	µg	0.7	0.114	6	1.2	1.0	0.1
Vitamins:							
Ascorbic acid	mg	3.3	0.493	45	5.4	4.8	0.5
Thiamin	mg	0.156	0.004	33	0.257	0.226	0.022
Riboflavin	mg	0.088	0.009	33	0.145	0.128	0.012
Niacin	mg	0.818	0.053	33	1.350	1.186	0.115
Pantothenic acid	mg	0.045		0	0.074	0.065	0.006
Vitamin B-6	mg	0.249		1	0.411	0.361	0.035
Folate	µg	3	0.132	4	5	5	0
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	8	2.350	25	13	12	1
Vitamin A, RE	µg	1	0.235	25	2	1	0
Vitamin E, α-TE	mg	0.700		0	1.155	1.015	0.098
Lipids:							
Saturated, total	g	0.150		0	0.248	0.218	0.021
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.004		0	0.007	0.006	0.001
15.0	g						
16:0	g	0.129		0	0.213	0.187	0.018
17:0	g						
18:0	g	0.018		0	0.030	0.026	0.003
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.018	0	0.030	0.026	0.003
14:1	g					
16:1	g	0.000	0	0.000	0.000	0.000
18:1	g	0.018	0	0.030	0.026	0.003
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.135	0	0.223	0.196	0.019
18:2	g	0.104	0	0.172	0.151	0.015
18:3	g	0.031	0	0.051	0.045	0.004
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g					
Threonine	g					
Isoleucine	g					
Leucine	g					
Lysine	g					
Methionine	g					
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					
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, packed
Measure 2: 1 cup (not packed)
Measure 3: 1 miniature box (.5 oz)

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	Samples	Measure 1* 165g	Measure 2* 145g	Measure 3*
Proximates:							
Water	g	16.57	0.201	35	27.34	24.03	
Energy	kcal	296		0	488	429	
Energy	kj	1238		0	2043	1795	
Protein (N x 5.95)	g	2.52	0.043	35	4.16	3.65	
Total lipid (fat)	g	0.54	0.025	18	0.89	0.78	
Carbohydrate, by difference	g	78.47		0	129.48	113.78	
Fiber, total dietary	g	6.8		0	11.2	9.9	
Ash	g	1.89	0.055	35	3.12	2.74	
Sugars, total	g						
Minerals:							
Calcium	mg	28	1.389	34	46	41	
Iron	mg	2.59	0.287	34	4.27	3.76	
Magnesium	mg	30	0.993	34	50	44	
Phosphorus	mg	75	3.591	34	124	109	
Potassium	mg	825	14.341	26	1361	1196	
Sodium	mg	28	1.356	26	46	41	
Zinc	mg	0.18	0.010	18	0.30	0.26	
Copper	mg	0.302	0.017	34	0.498	0.438	
Manganese	mg	0.267	0.016	16	0.441	0.387	
Selenium	µg	0.6		1	1.0	0.9	
Vitamins:							
Ascorbic acid	mg	5.4	0.347	18	8.9	7.8	
Thiamin	mg	0.112	0.003	18	0.185	0.162	
Riboflavin	mg	0.182	0.023	18	0.300	0.264	
Niacin	mg	1.114	0.089	18	1.838	1.615	
Pantothenic acid	mg	0.045		0	0.074	0.065	
Vitamin B-6	mg	0.188		1	0.310	0.273	
Folate	µg	3		0	5	5	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	0	0.000	14	0	0	
Vitamin A, RE	µg	0	0.000	14	0	0	
Vitamin E, α-TE	mg	0.700		0	1.155	1.015	
Lipids:							
Saturated, total	g	0.178		0	0.294	0.258	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.004		0	0.007	0.006	
15.0	g						
16:0	g	0.153		0	0.252	0.222	
17:0	g						
18:0	g	0.021		0	0.035	0.030	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.022	0	0.036	0.032
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.022	0	0.036	0.032
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.159	0	0.262	0.231
18:2	g	0.122	0	0.201	0.177
18:3	g	0.037	0	0.061	0.054
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, packed
Measure 2: 1 cup (not packed)

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	Samples	Measure 1* 150g	Measure 2* 214g	Measure 3* 9g
Proximates:							
Water	g	78.04		2	117.06	167.01	7.02
Energy	kcal	82		0	123	175	7
Energy	kj	343		0	515	734	31
Protein (N x 5.95)	g	0.65		2	0.98	1.39	0.06
Total lipid (fat)	g	0.21		2	0.32	0.45	0.02
Carbohydrate, by difference	g	20.87		0	31.30	44.66	1.88
Fiber, total dietary	g	0.9		2	1.4	1.9	0.1
Ash	g	0.23		2	0.35	0.49	0.02
Sugars, total	g						
Minerals:							
Calcium	mg	22		2	33	47	2
Iron	mg	0.35		2	0.53	0.75	0.03
Magnesium	mg	7		2	11	15	1
Phosphorus	mg	9		2	14	19	1
Potassium	mg	42		2	63	90	4
Sodium	mg	11		2	17	24	1
Zinc	mg	0.08		2	0.12	0.17	0.01
Copper	mg	0.066		2	0.099	0.141	0.006
Manganese	mg	0.343		2	0.515	0.734	0.031
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	4.9		2	7.3	10.5	0.4
Thiamin	mg	0.013		2	0.020	0.028	0.001
Riboflavin	mg	0.022		2	0.033	0.047	0.002
Niacin	mg	1.352		2	2.028	2.893	0.122
Pantothenic acid	mg	0.018		2	0.027	0.039	0.002
Vitamin B-6	mg	0.020		2	0.030	0.043	0.002
Folate	µg	8		2	12	17	1
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	3		2	5	6	0
Vitamin A, RE	µg	0		2	0	0	0
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g						
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g					
14:1	g					
16:1	g					
18:1	g					
20:1	g					
22.1	g					
Polyunsaturated, total	g					
18:2	g					
18:3	g					
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g					
Threonine	g					
Isoleucine	g					
Leucine	g					
Lysine	g					
Methionine	g					
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					
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, drained
Measure 2: 1 cup
Measure 3: 1 fruit

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	Samples	Measure 1* 123g	Measure 2* 312g	Measure 3* 19g
Proximates:							
Water	g	86.57	0.350	20	106.48	270.10	16.45
Energy	kcal	49		0	60	153	9
Energy	kj	205		0	252	640	39
Protein (N x 5.95)	g	0.91	0.033	20	1.12	2.84	0.17
Total lipid (fat)	g	0.55	0.040	3	0.68	1.72	0.10
Carbohydrate, by difference	g	11.57		0	14.23	36.10	2.20
Fiber, total dietary	g	6.8		0	8.4	21.2	1.3
Ash	g	0.40	0.012	20	0.49	1.25	0.08
Sugars, total	g						
Minerals:							
Calcium	mg	22		0	27	69	4
Iron	mg	0.57	0.029	19	0.70	1.78	0.11
Magnesium	mg	18	0.700	16	22	56	3
Phosphorus	mg	12	0.775	16	15	37	2
Potassium	mg	152	3.536	8	187	474	29
Sodium	mg	0	0.020	8	0	0	0
Zinc	mg	0.46	0.053	3	0.57	1.44	0.09
Copper	mg	0.074	0.009	19	0.091	0.231	0.014
Manganese	mg	1.013	0.077	19	1.246	3.161	0.192
Selenium	µg	0.6		0	0.7	1.9	0.1
Vitamins:							
Ascorbic acid	mg	25.0		0	30.8	78.0	4.8
Thiamin	mg	0.030		0	0.037	0.094	0.006
Riboflavin	mg	0.090		0	0.111	0.281	0.017
Niacin	mg	0.900		0	1.107	2.808	0.171
Pantothenic acid	mg	0.240		0	0.295	0.749	0.046
Vitamin B-6	mg	0.057		1	0.070	0.178	0.011
Folate	µg	26		0	32	81	5
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	130		0	160	406	25
Vitamin A, RE	µg	13		0	16	41	2
Vitamin E, α-TE	mg	0.450		0	0.554	1.404	0.086
Lipids:							
Saturated, total	g	0.019		0	0.023	0.059	0.004
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.000		0	0.000	0.000	0.000
15.0	g						
16:0	g	0.013		2	0.016	0.041	0.002
17:0	g						
18:0	g	0.003		2	0.004	0.009	0.001
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.053	0	0.065	0.165	0.010
14:1	g					
16:1	g	0.000	0	0.000	0.000	0.000
18:1	g	0.049	2	0.060	0.153	0.009
20:1	g	0.004	2	0.005	0.012	0.001
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.313	0	0.385	0.977	0.059
18:2	g	0.208	2	0.256	0.649	0.040
18:3	g	0.105	2	0.129	0.328	0.020
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g					
Threonine	g					
Isoleucine	g					
Leucine	g					
Lysine	g					
Methionine	g					
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					
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 pint, as purchased, yields
Measure 3: 10 raspberries

NDB No. 09304 Raspberries, canned, red, heavy syrup pack, solids and liquids

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 256g	Measure 2*	Measure 3*
Proximates:							
Water	g	75.33	0.255	3	192.84		
Energy	kcal	91		0	233		
Energy	kj	381		0	975		
Protein (N x 5.95)	g	0.83	0.095	3	2.12		
Total lipid (fat)	g	0.12	0.045	3	0.31		
Carbohydrate, by difference	g	23.36		0	59.80		
Fiber, total dietary	g	3.3		0	8.4		
Ash	g	0.36	0.015	3	0.92		
Sugars, total	g						
Minerals:							
Calcium	mg	11	1.257	3	28		
Iron	mg	0.42	0.074	3	1.08		
Magnesium	mg	12	0.524	3	31		
Phosphorus	mg	9	0.733	3	23		
Potassium	mg	94	10.016	3	241		
Sodium	mg	3	0.333	3	8		
Zinc	mg	0.16	0.026	3	0.41		
Copper	mg	0.057	0.018	3	0.146		
Manganese	mg	0.233	0.055	3	0.596		
Selenium	µg	0.4		0	1.0		
Vitamins:							
Ascorbic acid	mg	8.7	0.441	3	22.3		
Thiamin	mg	0.020	0.001	3	0.051		
Riboflavin	mg	0.031	0.003	3	0.079		
Niacin	mg	0.443	0.058	3	1.134		
Pantothenic acid	mg	0.245	0.014	3	0.627		
Vitamin B-6	mg	0.042	0.005	3	0.108		
Folate	µg	11	0.145	3	27		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	33	14.970	3	84		
Vitamin A, RE	µg	3	1.497	3	8		
Vitamin E, α-TE	mg	0.450		0	1.152		
Lipids:							
Saturated, total	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		
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						

Monounsaturated, total	g	0.011	0	0.028
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.011	0	0.028
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.068	0	0.174
18:2	g	0.045	0	0.115
18:3	g	0.023	0	0.059
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 cup

NDB No. 09306 Raspberries, frozen, red, sweetened

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 250g	Measure 2* 284g	Measure 3*
Proximates:							
Water	g	72.75	0.050	2	181.88	206.61	
Energy	kcal	103		0	258	293	
Energy	kj	431		0	1078	1224	
Protein (N x 5.95)	g	0.70		3	1.75	1.99	
Total lipid (fat)	g	0.16		3	0.40	0.45	
Carbohydrate, by difference	g	26.16		0	65.40	74.29	
Fiber, total dietary	g	4.4		0	11.0	12.5	
Ash	g	0.24	0.040	2	0.60	0.68	
Sugars, total	g						
Minerals:							
Calcium	mg	15		3	38	43	
Iron	mg	0.65		3	1.63	1.85	
Magnesium	mg	13		1	33	37	
Phosphorus	mg	17	3.200	2	43	48	
Potassium	mg	114		1	285	324	
Sodium	mg	1		1	3	3	
Zinc	mg	0.18		1	0.45	0.51	
Copper	mg	0.105		1	0.263	0.298	
Manganese	mg	0.650		1	1.625	1.846	
Selenium	µg	0.6		0	1.5	1.7	
Vitamins:							
Ascorbic acid	mg	16.5		3	41.3	46.9	
Thiamin	mg	0.019		3	0.048	0.054	
Riboflavin	mg	0.045		3	0.113	0.128	
Niacin	mg	0.230		3	0.575	0.653	
Pantothenic acid	mg	0.150		1	0.375	0.426	
Vitamin B-6	mg	0.034	0.011	2	0.085	0.097	
Folate	µg	26		1	65	74	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	60		3	150	170	
Vitamin A, RE	µg	6		3	15	17	
Vitamin E, α-TE	mg	0.450		0	1.125	1.278	
Lipids:							
Saturated, total	g	0.005		0	0.013	0.014	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.004		0	0.010	0.011	
17:0	g						
18:0	g	0.001		0	0.003	0.003	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.015	0	0.038	0.043
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.014	0	0.035	0.040
20:1	g	0.001	0	0.003	0.003
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.089	0	0.223	0.253
18:2	g	0.059	0	0.148	0.168
18:3	g	0.030	0	0.075	0.085
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, unthawed
Measure 2: 1 package (10 oz)

NDB No. 09307 Rhubarb, raw

Rheum rhabarbarum

Refuse: 25% 19% ends, 6% leaves

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 122g	Measure 2* 51g	Measure 3*
Proximates:							
Water	g	93.61	0.278	38	114.20	47.74	
Energy	kcal	21		0	26	11	
Energy	kj	88		0	107	45	
Protein (N x 5.95)	g	0.90	0.034	34	1.10	0.46	
Total lipid (fat)	g	0.20		1	0.24	0.10	
Carbohydrate, by difference	g	4.54		0	5.54	2.32	
Fiber, total dietary	g	1.8		0	2.2	0.9	
Ash	g	0.76	0.054	33	0.93	0.39	
Sugars, total	g						
Minerals:							
Calcium	mg	86	6.096	9	105	44	
Iron	mg	0.22	0.019	33	0.27	0.11	
Magnesium	mg	12	0.619	33	15	6	
Phosphorus	mg	14	1.337	33	17	7	
Potassium	mg	288	21.449	17	351	147	
Sodium	mg	4	1.467	17	5	2	
Zinc	mg	0.10		0	0.12	0.05	
Copper	mg	0.021	0.002	32	0.026	0.011	
Manganese	mg	0.196	0.031	32	0.239	0.100	
Selenium	µg	1.1		0	1.3	0.6	
Vitamins:							
Ascorbic acid	mg	8.0		1	9.8	4.1	
Thiamin	mg	0.020		1	0.024	0.010	
Riboflavin	mg	0.030		1	0.037	0.015	
Niacin	mg	0.300		1	0.366	0.153	
Pantothenic acid	mg	0.085		0	0.104	0.043	
Vitamin B-6	mg	0.024		1	0.029	0.012	
Folate	µg	7	0.850	4	9	4	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	100		1	122	51	
Vitamin A, RE	µg	10		1	12	5	
Vitamin E, α-TE	mg	0.200		0	0.244	0.102	
Lipids:							
Saturated, total	g	0.053		0	0.065	0.027	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.001		0	0.001	0.001	
15.0	g						
16:0	g	0.046		0	0.056	0.023	
17:0	g						
18:0	g	0.004		0	0.005	0.002	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.039	0	0.048	0.020
14:1	g				
16:1	g	0.001	0	0.001	0.001
18:1	g	0.037	0	0.045	0.019
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.099	0	0.121	0.050
18:2	g	0.099	0	0.121	0.050
18:3	g	0.000	0	0.000	0.000
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, diced
Measure 2: 1 stalk

NDB No. 09309 Rhubarb, frozen, 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	Samples	Measure 1* 137g	Measure 2*	Measure 3*
Proximates:							
Water	g	93.51	0.338	3	128.11		
Energy	kcal	21		0	29		
Energy	kj	88		0	121		
Protein (N x 5.95)	g	0.55	0.003	3	0.75		
Total lipid (fat)	g	0.11	0.018	3	0.15		
Carbohydrate, by difference	g	5.10		0	6.99		
Fiber, total dietary	g	1.8		0	2.5		
Ash	g	0.72	0.060	3	0.99		
Sugars, total	g						
Minerals:							
Calcium	mg	194	16.773	3	266		
Iron	mg	0.29	0.007	3	0.40		
Magnesium	mg	18	1.189	3	25		
Phosphorus	mg	12	1.466	3	16		
Potassium	mg	108	10.016	3	148		
Sodium	mg	2	0.333	3	3		
Zinc	mg	0.10	0.003	3	0.14		
Copper	mg	0.023	0.003	3	0.032		
Manganese	mg	0.097	0.009	3	0.133		
Selenium	µg	1.1		0	1.5		
Vitamins:							
Ascorbic acid	mg	4.8	0.173	3	6.6		
Thiamin	mg	0.031	0.001	3	0.042		
Riboflavin	mg	0.029	0.000	3	0.040		
Niacin	mg	0.203	0.023	3	0.278		
Pantothenic acid	mg	0.065	0.018	3	0.089		
Vitamin B-6	mg	0.025	0.000	3	0.034		
Folate	µg	8	0.850	3	11		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	107	7.211	3	147		
Vitamin A, RE	µg	11	0.721	3	15		
Vitamin E, α-TE	mg	0.200		0	0.274		
Lipids:							
Saturated, total	g	0.029		0	0.040		
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		
14:0	g	0.001		0	0.001		
15.0	g						
16:0	g	0.025		0	0.034		
17:0	g						
18:0	g	0.002		0	0.003		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.021	0	0.029
14:1	g			
16:1	g	0.001	0	0.001
18:1	g	0.020	0	0.027
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.054	0	0.074
18:2	g	0.054	0	0.074
18:3	g	0.000	0	0.000
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, diced

NDB No. 09310 Rhubarb, frozen, cooked, with sugar

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 240g	Measure 2*	Measure 3*
Proximates:							
Water	g	67.79	1.207	3	162.70		
Energy	kcal	116		0	278		
Energy	kj	485		0	1164		
Protein (N x 5.95)	g	0.39	0.033	3	0.94		
Total lipid (fat)	g	0.05	0.009	3	0.12		
Carbohydrate, by difference	g	31.20		0	74.88		
Fiber, total dietary	g	2.0		0	4.8		
Ash	g	0.56	0.022	3	1.34		
Sugars, total	g						
Minerals:							
Calcium	mg	145	5.033	3	348		
Iron	mg	0.21	0.006	3	0.50		
Magnesium	mg	12	0.484	3	29		
Phosphorus	mg	8	0.733	3	19		
Potassium	mg	96	3.528	3	230		
Sodium	mg	1	0.333	3	2		
Zinc	mg	0.08	0.003	3	0.19		
Copper	mg	0.027	0.007	3	0.065		
Manganese	mg	0.073	0.003	3	0.175		
Selenium	µg	0.9		0	2.2		
Vitamins:							
Ascorbic acid	mg	3.3	0.203	3	7.9		
Thiamin	mg	0.018	0.001	3	0.043		
Riboflavin	mg	0.023	0.002	3	0.055		
Niacin	mg	0.200		0	0.480		
Pantothenic acid	mg	0.050	0.006	3	0.120		
Vitamin B-6	mg	0.020	0.001	3	0.048		
Folate	µg	5	1.097	3	13		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	69	10.837	3	166		
Vitamin A, RE	µg	7	1.084	3	17		
Vitamin E, α-TE	mg	0.200		0	0.480		
Lipids:							
Saturated, total	g	0.014		0	0.034		
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		
14:0	g	0.000		0	0.000		
15.0	g						
16:0	g	0.012		0	0.029		
17:0	g						
18:0	g	0.001		0	0.002		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.010	0	0.024
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.010	0	0.024
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.025	0	0.060
18:2	g	0.025	0	0.060
18:3	g	0.000	0	0.000
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 cup

NDB No. 09311 Roselle, raw
Hibiscus sabdariffa

Refuse: 39% Seed pods and stem

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 57g	Measure 2*	Measure 3*
Proximates:							
Water	g	86.58		1	49.35		
Energy	kcal	49		0	28		
Energy	kj	205		0	117		
Protein (N x 5.95)	g	0.96		0	0.55		
Total lipid (fat)	g	0.64		0	0.36		
Carbohydrate, by difference	g	11.31		0	6.45		
Fiber, total dietary	g						
Ash	g	0.51		0	0.29		
Sugars, total	g						
Minerals:							
Calcium	mg	215		1	123		
Iron	mg	1.48		1	0.84		
Magnesium	mg	51		1	29		
Phosphorus	mg	37		1	21		
Potassium	mg	208		1	119		
Sodium	mg	6		1	3		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	12.0		0	6.8		
Thiamin	mg	0.011		0	0.006		
Riboflavin	mg	0.028		0	0.016		
Niacin	mg	0.310		0	0.177		
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	287		0	164		
Vitamin A, RE	µg	29		0	17		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g						
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g			
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g			
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, without refuse

NDB No. 09312 Rose-apples, raw

Syzygium jambos

Refuse: 33% Caps and pits

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1*	Measure 2*	Measure 3*
Proximates:							
Water	g	93.00		1			
Energy	kcal	25		0			
Energy	kj	105		0			
Protein (N x 5.95)	g	0.60		0			
Total lipid (fat)	g	0.30		0			
Carbohydrate, by difference	g	5.70		0			
Fiber, total dietary	g						
Ash	g	0.40		0			
Sugars, total	g						
Minerals:							
Calcium	mg	29		1			
Iron	mg	0.07		1			
Magnesium	mg	5		1			
Phosphorus	mg	8		1			
Potassium	mg	123		1			
Sodium	mg	0		1			
Zinc	mg	0.06		1			
Copper	mg	0.016		1			
Manganese	mg	0.029		1			
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	22.3	3.196	4			
Thiamin	mg	0.020		0			
Riboflavin	mg	0.030		0			
Niacin	mg	0.800		0			
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg	0.00		0			
Vitamin A	IU	339	214.209	3			
Vitamin A, RE	µg	34	21.421	3			
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g						
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g		
14:1	g		
16:1	g		
18:1	g		
20:1	g		
22.1	g		
Polyunsaturated, total	g		
18:2	g		
18:3	g		
18:4	g		
20:4	g		
20:5	g		
22:5	g		
22:6	g		
Cholesterol	mg	0	0
Phytosterols	mg		
Amino acids:			
Tryptophan	g		
Threonine	g		
Isoleucine	g		
Leucine	g		
Lysine	g		
Methionine	g		
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		
Other:			
Caffeine	mg		
Theobromine	mg		
Alcohol	g		

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

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	Samples	Measure 1* 241g	Measure 2* 170g	Measure 3*
Proximates:							
Water	g	78.00		1	187.98	132.60	
Energy	kcal	83		0	200	141	
Energy	kj	347		0	836	590	
Protein (N x 5.95)	g	0.44		1	1.06	0.75	
Total lipid (fat)	g	1.10		0	2.65	1.87	
Carbohydrate, by difference	g	19.96		0	48.10	33.93	
Fiber, total dietary	g	5.3		0	12.8	9.0	
Ash	g	0.50		0	1.21	0.85	
Sugars, total	g						
Minerals:							
Calcium	mg	21		0	51	36	
Iron	mg	0.80		0	1.93	1.36	
Magnesium	mg	12		0	29	20	
Phosphorus	mg	12		0	29	20	
Potassium	mg	193		0	465	328	
Sodium	mg	12		0	29	20	
Zinc	mg	0.10		0	0.24	0.17	
Copper	mg	0.086		0	0.207	0.146	
Manganese	mg						
Selenium	µg	0.6		0	1.4	1.0	
Vitamins:							
Ascorbic acid	mg	14.7	2.301	12	35.4	25.0	
Thiamin	mg	0.000		0	0.000	0.000	
Riboflavin	mg	0.020		0	0.048	0.034	
Niacin	mg	0.200		0	0.482	0.340	
Pantothenic acid	mg	0.252		0	0.607	0.428	
Vitamin B-6	mg	0.037		1	0.089	0.063	
Folate	µg	14		0	34	24	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	60		0	145	102	
Vitamin A, RE	µg	6		0	14	10	
Vitamin E, α-TE	mg	0.250		0	0.603	0.425	
Lipids:							
Saturated, total	g	0.194		0	0.468	0.330	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.100		0	0.241	0.170	
17:0	g						
18:0	g	0.094		0	0.227	0.160	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.521	0	1.256	0.886
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.521	0	1.256	0.886
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.011	0	0.027	0.019
18:2	g	0.011	0	0.027	0.019
18:3	g	0.000	0	0.000	0.000
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.005	2	0.012	0.009
Threonine	g	0.012	1	0.029	0.020
Isoleucine	g	0.015	1	0.036	0.026
Leucine	g	0.024	1	0.058	0.041
Lysine	g	0.039	3	0.094	0.066
Methionine	g	0.003	3	0.007	0.005
Cystine	g				
Phenylalanine	g	0.013	1	0.031	0.022
Tyrosine	g	0.014	1	0.034	0.024
Valine	g	0.016	1	0.039	0.027
Arginine	g	0.017	1	0.041	0.029
Histidine	g	0.016	1	0.039	0.027
Alanine	g	0.014	1	0.034	0.024
Aspartic acid	g	0.032	1	0.077	0.054
Glutamic acid	g	0.038	1	0.092	0.065
Glycine	g	0.017	1	0.041	0.029
Proline	g	0.036	1	0.087	0.061
Serine	g	0.018	1	0.043	0.031
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, pulp
Measure 2: 1 sapodilla

NDB No. 09314 Sapotes, (marmalade plum), raw

Pouteria sapota

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	Samples	Measure 1* 225g	Measure 2*	Measure 3*
Proximates:							
Water	g	62.43	3.575	2	140.47		
Energy	kcal	134		0	302		
Energy	kj	561		0	1262		
Protein (N x 5.95)	g	2.12		1	4.77		
Total lipid (fat)	g	0.60		0	1.35		
Carbohydrate, by difference	g	33.76		0	75.96		
Fiber, total dietary	g	2.6		0	5.8		
Ash	g	1.10		0	2.48		
Sugars, total	g						
Minerals:							
Calcium	mg	39		0	88		
Iron	mg	1.00		0	2.25		
Magnesium	mg	30		1	68		
Phosphorus	mg	28		0	63		
Potassium	mg	344	119.953	4	774		
Sodium	mg	10	3.250	4	23		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	20.0		0	45.0		
Thiamin	mg	0.010		0	0.023		
Riboflavin	mg	0.020		0	0.045		
Niacin	mg	1.800		0	4.050		
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	410		0	923		
Vitamin A, RE	µg	41		0	92		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g						
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g			
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g			
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.023	2	0.052
Threonine	g	0.058	1	0.131
Isoleucine	g	0.046	1	0.104
Leucine	g	0.084	1	0.189
Lysine	g	0.096	3	0.216
Methionine	g	0.016	3	0.036
Cystine	g			
Phenylalanine	g	0.053	1	0.119
Tyrosine	g	0.055	1	0.124
Valine	g	0.077	1	0.173
Arginine	g	0.055	1	0.124
Histidine	g	0.042	1	0.095
Alanine	g	0.115	1	0.259
Aspartic acid	g	0.532	1	1.197
Glutamic acid	g	0.216	1	0.486
Glycine	g	0.057	1	0.128
Proline	g	0.057	1	0.128
Serine	g	0.227	1	0.511
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 fruit, without refuse

NDB No. 09315 Soursop, raw

Annona muricata

Refuse: 33% Seeds and skin

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 225g	Measure 2* 625g	Measure 3*
Proximates:							
Water	g	81.16		1	182.61	507.25	
Energy	kcal	66		0	149	413	
Energy	kj	276		0	621	1725	
Protein (N x 5.95)	g	1.00		0	2.25	6.25	
Total lipid (fat)	g	0.30		0	0.68	1.88	
Carbohydrate, by difference	g	16.84		0	37.89	105.25	
Fiber, total dietary	g	3.3		0	7.4	20.6	
Ash	g	0.70		0	1.57	4.38	
Sugars, total	g						
Minerals:							
Calcium	mg	14		0	32	88	
Iron	mg	0.60		0	1.35	3.75	
Magnesium	mg	21		1	47	131	
Phosphorus	mg	27		0	61	169	
Potassium	mg	278	12.676	3	626	1738	
Sodium	mg	14	5.526	3	32	88	
Zinc	mg	0.10		0	0.23	0.63	
Copper	mg	0.086		0	0.194	0.538	
Manganese	mg						
Selenium	µg	0.6		0	1.4	3.8	
Vitamins:							
Ascorbic acid	mg	20.6	1.503	16	46.4	128.8	
Thiamin	mg	0.070		0	0.158	0.438	
Riboflavin	mg	0.050		0	0.113	0.313	
Niacin	mg	0.900		0	2.025	5.625	
Pantothenic acid	mg	0.253		0	0.569	1.581	
Vitamin B-6	mg	0.059		1	0.133	0.369	
Folate	µg	14		0	32	88	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	2	1.476	6	5	13	
Vitamin A, RE	µg	0	0.148	6	0	0	
Vitamin E, α-TE	mg	0.400		0	0.900	2.500	
Lipids:							
Saturated, total	g	0.051		0	0.115	0.319	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.040		0	0.090	0.250	
17:0	g						
18:0	g	0.011		0	0.025	0.069	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.090	0	0.203	0.563
14:1	g				
16:1	g	0.004	0	0.009	0.025
18:1	g	0.085	0	0.191	0.531
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.069	0	0.155	0.431
18:2	g	0.069	0	0.155	0.431
18:3	g	0.000	0	0.000	0.000
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.011	1	0.025	0.069
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g	0.060	1	0.135	0.375
Methionine	g	0.007	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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, pulp
Measure 2: 1 fruit (7" x 5-1/4" dia)

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	Samples	Measure 1* 152g	Measure 2* 232g	Measure 3* 166g
Proximates:							
Water	g	91.57	0.136	100	139.19	212.44	152.01
Energy	kcal	30		0	46	70	50
Energy	kj	126		0	192	292	209
Protein (N x 5.95)	g	0.61	0.026	91	0.93	1.42	1.01
Total lipid (fat)	g	0.37	0.135	6	0.56	0.86	0.61
Carbohydrate, by difference	g	7.02		0	10.67	16.29	11.65
Fiber, total dietary	g	2.3		0	3.5	5.3	3.8
Ash	g	0.43	0.009	81	0.65	1.00	0.71
Sugars, total	g						
Minerals:							
Calcium	mg	14	0.504	10	21	32	23
Iron	mg	0.38	0.042	84	0.58	0.88	0.63
Magnesium	mg	10	0.227	74	15	23	17
Phosphorus	mg	19	0.464	81	29	44	32
Potassium	mg	166	2.916	49	252	385	276
Sodium	mg	1	0.225	32	2	2	2
Zinc	mg	0.13	0.004	19	0.20	0.30	0.22
Copper	mg	0.049	0.005	78	0.074	0.114	0.081
Manganese	mg	0.290	0.031	76	0.441	0.673	0.481
Selenium	µg	0.7		0	1.1	1.6	1.2
Vitamins:							
Ascorbic acid	mg	56.7	1.882	85	86.2	131.5	94.1
Thiamin	mg	0.020		1	0.030	0.046	0.033
Riboflavin	mg	0.066		1	0.100	0.153	0.110
Niacin	mg	0.230		1	0.350	0.534	0.382
Pantothenic acid	mg	0.340		0	0.517	0.789	0.564
Vitamin B-6	mg	0.059	0.003	3	0.090	0.137	0.098
Folate	µg	18	1.729	8	27	41	29
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	27	3.480	3	41	63	45
Vitamin A, RE	µg	3	0.348	3	5	7	5
Vitamin E, α-TE	mg	0.140		0	0.213	0.325	0.232
Lipids:							
Saturated, total	g	0.020		0	0.030	0.046	0.033
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.000		0	0.000	0.000	0.000
15.0	g						
16:0	g	0.014		2	0.021	0.032	0.023
17:0	g						
18:0	g	0.004		2	0.006	0.009	0.007
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.052	0	0.079	0.121	0.086
14:1	g					
16:1	g	0.001	2	0.002	0.002	0.002
18:1	g	0.051	2	0.078	0.118	0.085
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.186	0	0.283	0.432	0.309
18:2	g	0.108	2	0.164	0.251	0.179
18:3	g	0.078	2	0.119	0.181	0.129
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg	12	0	18	28	20
Amino acids:						
Tryptophan	g	0.007	1	0.011	0.016	0.012
Threonine	g	0.019	1	0.029	0.044	0.032
Isoleucine	g	0.014	1	0.021	0.032	0.023
Leucine	g	0.031	1	0.047	0.072	0.051
Lysine	g	0.025	1	0.038	0.058	0.042
Methionine	g	0.001	1	0.002	0.002	0.002
Cystine	g	0.005	1	0.008	0.012	0.008
Phenylalanine	g	0.018	1	0.027	0.042	0.030
Tyrosine	g	0.021	1	0.032	0.049	0.035
Valine	g	0.018	1	0.027	0.042	0.030
Arginine	g	0.026	1	0.040	0.060	0.043
Histidine	g	0.012	1	0.018	0.028	0.020
Alanine	g	0.031	1	0.047	0.072	0.051
Aspartic acid	g	0.138	1	0.210	0.320	0.229
Glutamic acid	g	0.090	1	0.137	0.209	0.149
Glycine	g	0.024	1	0.036	0.056	0.040
Proline	g	0.019	1	0.029	0.044	0.032
Serine	g	0.023	1	0.035	0.053	0.038
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, halves
Measure 2: 1 cup, pureed
Measure 3: 1 cup, sliced

NDB No. 09317 Strawberries, canned, heavy syrup pack, solids and liquids

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 254g	Measure 2*	Measure 3*
Proximates:							
Water	g	75.35	0.993	3	191.39		
Energy	kcal	92		0	234		
Energy	kj	385		0	978		
Protein (N x 5.95)	g	0.56	0.015	3	1.42		
Total lipid (fat)	g	0.26	0.070	3	0.66		
Carbohydrate, by difference	g	23.53		0	59.77		
Fiber, total dietary	g	1.7		0	4.3		
Ash	g	0.30	0.006	3	0.76		
Sugars, total	g						
Minerals:							
Calcium	mg	13	3.339	3	33		
Iron	mg	0.49	0.060	3	1.24		
Magnesium	mg	8	0.589	3	20		
Phosphorus	mg	12	0.939	3	30		
Potassium	mg	86	4.359	3	218		
Sodium	mg	4	0.333	3	10		
Zinc	mg	0.09	0.018	3	0.23		
Copper	mg	0.063	0.003	3	0.160		
Manganese	mg	0.200	0.006	3	0.508		
Selenium	µg	0.4		0	1.0		
Vitamins:							
Ascorbic acid	mg	31.7	0.882	3	80.5		
Thiamin	mg	0.021	0.001	3	0.053		
Riboflavin	mg	0.034	0.002	3	0.086		
Niacin	mg	0.057	0.003	3	0.145		
Pantothenic acid	mg	0.179	0.035	3	0.455		
Vitamin B-6	mg	0.049	0.009	3	0.124		
Folate	µg	28	8.122	3	71		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	26	5.206	3	66		
Vitamin A, RE	µg	3	0.521	3	8		
Vitamin E, α-TE	mg	0.140		0	0.356		
Lipids:							
Saturated, total	g	0.014		0	0.036		
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		
14:0	g	0.000		0	0.000		
15.0	g						
16:0	g	0.010		0	0.025		
17:0	g						
18:0	g	0.002		0	0.005		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.036	0	0.091
14:1	g			
16:1	g	0.001	0	0.003
18:1	g	0.035	0	0.089
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.129	0	0.328
18:2	g	0.075	0	0.191
18:3	g	0.054	0	0.137
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.006	0	0.015
Threonine	g	0.017	0	0.043
Isoleucine	g	0.013	0	0.033
Leucine	g	0.029	0	0.074
Lysine	g	0.023	0	0.058
Methionine	g	0.001	0	0.003
Cystine	g	0.005	0	0.013
Phenylalanine	g	0.016	0	0.041
Tyrosine	g	0.019	0	0.048
Valine	g	0.016	0	0.041
Arginine	g	0.024	0	0.061
Histidine	g	0.011	0	0.028
Alanine	g	0.028	0	0.071
Aspartic acid	g	0.127	0	0.323
Glutamic acid	g	0.083	0	0.211
Glycine	g	0.022	0	0.056
Proline	g	0.018	0	0.046
Serine	g	0.021	0	0.053
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 cup

NDB No. 09318 Strawberries, frozen, unsweetened

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 221g	Measure 2* 149g	Measure 3* 11g
Proximates:							
Water	g	89.97	0.303	4	198.83	134.06	9.54
Energy	kcal	35		0	77	52	4
Energy	kj	146		0	323	218	15
Protein (N x 5.95)	g	0.43	0.054	12	0.95	0.64	0.05
Total lipid (fat)	g	0.11	0.015	6	0.24	0.16	0.01
Carbohydrate, by difference	g	9.13		0	20.18	13.60	0.97
Fiber, total dietary	g	2.1		0	4.6	3.1	0.2
Ash	g	0.37	0.022	10	0.82	0.55	0.04
Sugars, total	g						
Minerals:							
Calcium	mg	16	0.772	6	35	24	2
Iron	mg	0.75	0.280	6	1.66	1.12	0.08
Magnesium	mg	11		1	24	16	1
Phosphorus	mg	13	1.063	7	29	19	1
Potassium	mg	148	9.619	6	327	221	16
Sodium	mg	2		1	4	3	0
Zinc	mg	0.13		0	0.29	0.19	0.01
Copper	mg	0.049		0	0.108	0.073	0.005
Manganese	mg	0.290		0	0.641	0.432	0.031
Selenium	µg	0.7		0	1.5	1.0	0.1
Vitamins:							
Ascorbic acid	mg	41.2	9.062	6	91.1	61.4	4.4
Thiamin	mg	0.022	0.002	5	0.049	0.033	0.002
Riboflavin	mg	0.037	0.006	6	0.082	0.055	0.004
Niacin	mg	0.462	0.082	6	1.021	0.688	0.049
Pantothenic acid	mg	0.108		0	0.239	0.161	0.011
Vitamin B-6	mg	0.028		0	0.062	0.042	0.003
Folate	µg	17	5.357	3	37	25	2
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	45	10.176	5	99	67	5
Vitamin A, RE	µg	4	1.018	5	9	6	0
Vitamin E, α-TE	mg	0.270		0	0.597	0.402	0.029
Lipids:							
Saturated, total	g	0.006		0	0.013	0.009	0.001
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.000		0	0.000	0.000	0.000
15.0	g						
16:0	g	0.004		0	0.009	0.006	0.000
17:0	g						
18:0	g	0.001		0	0.002	0.001	0.000
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.015	0	0.033	0.022	0.002
14:1	g					
16:1	g	0.000	0	0.000	0.000	0.000
18:1	g	0.015	0	0.033	0.022	0.002
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.054	0	0.119	0.080	0.006
18:2	g	0.031	0	0.069	0.046	0.003
18:3	g	0.023	0	0.051	0.034	0.002
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.005	0	0.011	0.007	0.001
Threonine	g	0.013	0	0.029	0.019	0.001
Isoleucine	g	0.010	0	0.022	0.015	0.001
Leucine	g	0.022	0	0.049	0.033	0.002
Lysine	g	0.017	0	0.038	0.025	0.002
Methionine	g	0.001	0	0.002	0.001	0.000
Cystine	g	0.004	0	0.009	0.006	0.000
Phenylalanine	g	0.012	0	0.027	0.018	0.001
Tyrosine	g	0.014	0	0.031	0.021	0.001
Valine	g	0.012	0	0.027	0.018	0.001
Arginine	g	0.018	0	0.040	0.027	0.002
Histidine	g	0.008	0	0.018	0.012	0.001
Alanine	g	0.021	0	0.046	0.031	0.002
Aspartic acid	g	0.096	0	0.212	0.143	0.010
Glutamic acid	g	0.063	0	0.139	0.094	0.007
Glycine	g	0.017	0	0.038	0.025	0.002
Proline	g	0.013	0	0.029	0.019	0.001
Serine	g	0.016	0	0.035	0.024	0.002
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, thawed
Measure 2: 1 cup, unthawed
Measure 3: 1 berry

NDB No. 09319 Strawberries, frozen, sweetened, whole

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 255g	Measure 2* 284g	Measure 3*
Proximates:							
Water	g	78.05	0.931	7	199.03	221.66	
Energy	kcal	78		0	199	222	
Energy	kj	326		0	831	926	
Protein (N x 5.95)	g	0.52	0.059	7	1.33	1.48	
Total lipid (fat)	g	0.14	0.015	7	0.36	0.40	
Carbohydrate, by difference	g	21.00		0	53.55	59.64	
Fiber, total dietary	g	1.9		0	4.8	5.4	
Ash	g	0.30	0.071	7	0.77	0.85	
Sugars, total	g						
Minerals:							
Calcium	mg	11	1.048	7	28	31	
Iron	mg	0.47	0.041	7	1.20	1.33	
Magnesium	mg	6	0.606	3	15	17	
Phosphorus	mg	12	0.915	5	31	34	
Potassium	mg	98	7.340	3	250	278	
Sodium	mg	1	0.100	3	3	3	
Zinc	mg	0.05	0.009	3	0.13	0.14	
Copper	mg	0.019	0.005	3	0.048	0.054	
Manganese	mg	0.249	0.051	3	0.635	0.707	
Selenium	µg	0.7	0.170	2	1.8	2.0	
Vitamins:							
Ascorbic acid	mg	39.5	6.876	7	100.7	112.2	
Thiamin	mg	0.015	0.003	7	0.038	0.043	
Riboflavin	mg	0.077	0.023	7	0.196	0.219	
Niacin	mg	0.293	0.022	7	0.747	0.832	
Pantothenic acid	mg	0.108		0	0.275	0.307	
Vitamin B-6	mg	0.028	0.003	2	0.071	0.080	
Folate	µg	4	0.700	2	10	11	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	27	2.448	7	69	77	
Vitamin A, RE	µg	3	0.245	7	8	9	
Vitamin E, α-TE	mg	0.270		0	0.689	0.767	
Lipids:							
Saturated, total	g	0.007		0	0.018	0.020	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.005		0	0.013	0.014	
17:0	g						
18:0	g	0.001		0	0.003	0.003	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.019	0	0.048	0.054
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.019	0	0.048	0.054
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.068	0	0.173	0.193
18:2	g	0.040	0	0.102	0.114
18:3	g	0.029	0	0.074	0.082
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.006	0	0.015	0.017
Threonine	g	0.016	0	0.041	0.045
Isoleucine	g	0.012	0	0.031	0.034
Leucine	g	0.026	0	0.066	0.074
Lysine	g	0.021	0	0.054	0.060
Methionine	g	0.001	0	0.003	0.003
Cystine	g	0.004	0	0.010	0.011
Phenylalanine	g	0.015	0	0.038	0.043
Tyrosine	g	0.017	0	0.043	0.048
Valine	g	0.015	0	0.038	0.043
Arginine	g	0.022	0	0.056	0.062
Histidine	g	0.010	0	0.026	0.028
Alanine	g	0.026	0	0.066	0.074
Aspartic acid	g	0.116	0	0.296	0.329
Glutamic acid	g	0.076	0	0.194	0.216
Glycine	g	0.020	0	0.051	0.057
Proline	g	0.016	0	0.041	0.045
Serine	g	0.019	0	0.048	0.054
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, thawed
Measure 2: 1 package (10 oz)

NDB No. 09320 Strawberries, frozen, sweetened, sliced

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 255g	Measure 2* 284g	Measure 3*
Proximates:							
Water	g	73.18	1.348	16	186.61	207.83	
Energy	kcal	96		0	245	273	
Energy	kj	402		0	1025	1142	
Protein (N x 5.95)	g	0.53	0.045	18	1.35	1.51	
Total lipid (fat)	g	0.13	0.024	18	0.33	0.37	
Carbohydrate, by difference	g	25.92		0	66.10	73.61	
Fiber, total dietary	g	1.9		0	4.8	5.4	
Ash	g	0.24	0.023	15	0.61	0.68	
Sugars, total	g						
Minerals:							
Calcium	mg	11	0.426	18	28	31	
Iron	mg	0.59	0.038	18	1.50	1.68	
Magnesium	mg	7	0.384	12	18	20	
Phosphorus	mg	13	0.861	13	33	37	
Potassium	mg	98	3.122	10	250	278	
Sodium	mg	3	0.572	10	8	9	
Zinc	mg	0.06	0.007	10	0.15	0.17	
Copper	mg	0.020	0.004	10	0.051	0.057	
Manganese	mg	0.250	0.016	10	0.637	0.710	
Selenium	µg	0.7	0.170	2	1.8	2.0	
Vitamins:							
Ascorbic acid	mg	41.4	2.889	17	105.6	117.6	
Thiamin	mg	0.016	0.001	18	0.041	0.045	
Riboflavin	mg	0.051	0.004	18	0.130	0.145	
Niacin	mg	0.401	0.047	18	1.023	1.139	
Pantothenic acid	mg	0.108		1	0.275	0.307	
Vitamin B-6	mg	0.030	0.006	5	0.077	0.085	
Folate	µg	15	9.450	2	38	42	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	24	2.759	18	61	68	
Vitamin A, RE	µg	2	0.276	18	5	6	
Vitamin E, α-TE	mg	0.140		0	0.357	0.398	
Lipids:							
Saturated, total	g	0.007		0	0.018	0.020	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.005		0	0.013	0.014	
17:0	g						
18:0	g	0.001		0	0.003	0.003	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.018	0	0.046	0.051
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.018	0	0.046	0.051
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.064	0	0.163	0.182
18:2	g	0.037	0	0.094	0.105
18:3	g	0.027	0	0.069	0.077
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.006	0	0.015	0.017
Threonine	g	0.016	0	0.041	0.045
Isoleucine	g	0.012	0	0.031	0.034
Leucine	g	0.027	0	0.069	0.077
Lysine	g	0.022	0	0.056	0.062
Methionine	g	0.001	0	0.003	0.003
Cystine	g	0.005	0	0.013	0.014
Phenylalanine	g	0.015	0	0.038	0.043
Tyrosine	g	0.018	0	0.046	0.051
Valine	g	0.015	0	0.038	0.043
Arginine	g	0.023	0	0.059	0.065
Histidine	g	0.010	0	0.026	0.028
Alanine	g	0.027	0	0.069	0.077
Aspartic acid	g	0.120	0	0.306	0.341
Glutamic acid	g	0.078	0	0.199	0.222
Glycine	g	0.021	0	0.054	0.060
Proline	g	0.017	0	0.043	0.048
Serine	g	0.020	0	0.051	0.057
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, thawed
Measure 2: 1 package (10 oz)

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	Samples	Measure 1* 250g	Measure 2* 155g	Measure 3*
Proximates:							
Water	g	73.23	1.078	12	183.07	113.51	
Energy	kcal	94		0	235	146	
Energy	kj	393		0	983	609	
Protein (N x 5.95)	g	2.06	0.258	9	5.15	3.19	
Total lipid (fat)	g	0.29	0.083	8	0.73	0.45	
Carbohydrate, by difference	g	23.64		0	59.10	36.64	
Fiber, total dietary	g	4.4		0	11.0	6.8	
Ash	g	0.78	0.083	9	1.95	1.21	
Sugars, total	g						
Minerals:							
Calcium	mg	24	3.403	10	60	37	
Iron	mg	0.60		0	1.50	0.93	
Magnesium	mg	21		1	53	33	
Phosphorus	mg	32	5.054	8	80	50	
Potassium	mg	247	28.408	5	618	383	
Sodium	mg	9	3.230	5	23	14	
Zinc	mg	0.10		0	0.25	0.16	
Copper	mg	0.086		0	0.215	0.133	
Manganese	mg						
Selenium	µg	0.6		0	1.5	0.9	
Vitamins:							
Ascorbic acid	mg	36.3	4.906	9	90.8	56.3	
Thiamin	mg	0.110	0.012	7	0.275	0.171	
Riboflavin	mg	0.113	0.014	7	0.282	0.175	
Niacin	mg	0.883	0.082	7	2.208	1.369	
Pantothenic acid	mg	0.226		0	0.565	0.350	
Vitamin B-6	mg	0.200		1	0.500	0.310	
Folate	µg	14		0	35	22	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	6	2.533	9	15	9	
Vitamin A, RE	µg	1	0.253	9	3	2	
Vitamin E, α-TE	mg	0.590		0	1.475	0.914	
Lipids:							
Saturated, total	g	0.048		0	0.120	0.074	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.028		0	0.070	0.043	
17:0	g						
18:0	g	0.020		0	0.050	0.031	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.114	0	0.285	0.177
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.114	0	0.285	0.177
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.040	0	0.100	0.062
18:2	g	0.040	0	0.100	0.062
18:3	g	0.000	0	0.000	0.000
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.010	4	0.025	0.016
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g	0.055	4	0.138	0.085
Methionine	g	0.007	4	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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, pulp
Measure 2: 1 fruit (2-7/8" dia)

NDB No. 09322 Tamarinds, raw

Tamarindus indica

Refuse: 66% Pods and seeds

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 120g	Measure 2* 2g	Measure 3*
Proximates:							
Water	g	31.40		0	37.68	0.63	
Energy	kcal	239		0	287	5	
Energy	kj	1000		0	1200	20	
Protein (N x 5.95)	g	2.80		0	3.36	0.06	
Total lipid (fat)	g	0.60		0	0.72	0.01	
Carbohydrate, by difference	g	62.50		0	75.00	1.25	
Fiber, total dietary	g	5.1		0	6.1	0.1	
Ash	g	2.70		0	3.24	0.05	
Sugars, total	g						
Minerals:							
Calcium	mg	74		0	89	1	
Iron	mg	2.80		0	3.36	0.06	
Magnesium	mg	92		1	110	2	
Phosphorus	mg	113		0	136	2	
Potassium	mg	628	106.529	3	754	13	
Sodium	mg	28	17.205	3	34	1	
Zinc	mg	0.10		0	0.12	0.00	
Copper	mg	0.086		0	0.103	0.002	
Manganese	mg						
Selenium	µg	1.3		0	1.6	0.0	
Vitamins:							
Ascorbic acid	mg	3.5	1.102	6	4.2	0.1	
Thiamin	mg	0.428	0.199	6	0.514	0.009	
Riboflavin	mg	0.152	0.029	5	0.182	0.003	
Niacin	mg	1.938	0.330	5	2.326	0.039	
Pantothenic acid	mg	0.143		0	0.172	0.003	
Vitamin B-6	mg	0.066		1	0.079	0.001	
Folate	µg	14		0	17	0	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	30		0	36	1	
Vitamin A, RE	µg	3		0	4	0	
Vitamin E, α-TE	mg	0.700		0	0.840	0.014	
Lipids:							
Saturated, total	g	0.272		0	0.326	0.005	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.007		1	0.008	0.000	
15.0	g						
16:0	g	0.168		1	0.202	0.003	
17:0	g						
18:0	g	0.060		1	0.072	0.001	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.181	0	0.217	0.004
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.181	1	0.217	0.004
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.059	0	0.071	0.001
18:2	g	0.059	1	0.071	0.001
18:3	g	0.000	0	0.000	0.000
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.018	1	0.022	0.000
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g	0.139	1	0.167	0.003
Methionine	g	0.014	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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, pulp
Measure 2: 1 fruit, (3" x 1")

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	Samples	Measure 1* 257g	Measure 2*	Measure 3*
Proximates:							
Water	g	76.78	0.322	26	197.32		
Energy	kcal	86		0	221		
Energy	kj	360		0	925		
Protein (N x 5.95)	g	0.41	0.005	26	1.05		
Total lipid (fat)	g	0.10	0.000	26	0.26		
Carbohydrate, by difference	g	22.36		0	57.47		
Fiber, total dietary	g	1.3		0	3.3		
Ash	g	0.35	0.010	26	0.90		
Sugars, total	g						
Minerals:							
Calcium	mg	13	0.585	26	33		
Iron	mg	0.52	0.021	25	1.34		
Magnesium	mg	13	0.195	26	33		
Phosphorus	mg	7	0.149	26	18		
Potassium	mg	131	2.850	26	337		
Sodium	mg	2	0.111	26	5		
Zinc	mg	0.11	0.003	26	0.28		
Copper	mg	0.080	0.004	26	0.206		
Manganese	mg						
Selenium	µg	0.5		0	1.3		
Vitamins:							
Ascorbic acid	mg	17.5	0.478	26	45.0		
Thiamin	mg	0.054	0.002	26	0.139		
Riboflavin	mg	0.045	0.002	26	0.116		
Niacin	mg	0.562	0.023	26	1.444		
Pantothenic acid	mg						
Vitamin B-6	mg	0.120		0	0.308		
Folate	µg	9		0	23		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	127	10.220	40	326		
Vitamin A, RE	µg	13	1.022	40	33		
Vitamin E, α-TE	mg	0.500		0	1.285		
Lipids:							
Saturated, total	g	0.019		0	0.049		
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		
14:0	g	0.002		0	0.005		
15.0	g						
16:0	g	0.014		0	0.036		
17:0	g						
18:0	g	0.003		0	0.008		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.018	0	0.046
14:1	g			
16:1	g	0.004	0	0.010
18:1	g	0.013	0	0.033
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.032	0	0.082
18:2	g	0.018	0	0.046
18:3	g	0.014	0	0.036
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 cup

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	Samples	Measure 1* 154g	Measure 2* 152g	Measure 3* 4518g
Proximates:							
Water	g	91.51	0.208	49	140.93	139.10	4134.42
Energy	kcal	32		0	49	49	1446
Energy	kj	134		0	206	204	6054
Protein (N x 5.95)	g	0.62	0.018	45	0.95	0.94	28.01
Total lipid (fat)	g	0.43	0.048	12	0.66	0.65	19.43
Carbohydrate, by difference	g	7.18		0	11.06	10.91	324.39
Fiber, total dietary	g	0.5		0	0.8	0.8	22.6
Ash	g	0.26	0.010	44	0.40	0.40	11.75
Sugars, total	g						
Minerals:							
Calcium	mg	8	2.303	8	12	12	361
Iron	mg	0.17	0.009	45	0.26	0.26	7.68
Magnesium	mg	11	0.263	40	17	17	497
Phosphorus	mg	9	0.506	40	14	14	407
Potassium	mg	116	4.439	24	179	176	5241
Sodium	mg	2	0.278	27	3	3	90
Zinc	mg	0.07	0.006	12	0.11	0.11	3.16
Copper	mg	0.032	0.002	44	0.049	0.049	1.446
Manganese	mg	0.037	0.003	43	0.057	0.056	1.672
Selenium	µg	0.1	0.007	2	0.2	0.2	4.5
Vitamins:							
Ascorbic acid	mg	9.6	0.879	8	14.8	14.6	433.7
Thiamin	mg	0.080		1	0.123	0.122	3.614
Riboflavin	mg	0.020		1	0.031	0.030	0.904
Niacin	mg	0.200		1	0.308	0.304	9.036
Pantothenic acid	mg	0.212	0.026	6	0.326	0.322	9.578
Vitamin B-6	mg	0.144		7	0.222	0.219	6.506
Folate	µg	2	0.342	14	3	3	99
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	366		7	564	556	16536
Vitamin A, RE	µg	37		7	57	56	1672
Vitamin E, α-TE	mg	0.150		0	0.231	0.228	6.777
Lipids:							
Saturated, total	g	0.048		0	0.074	0.073	2.169
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.001		0	0.002	0.002	0.045
10:0	g	0.003		0	0.005	0.005	0.136
12:0	g	0.002		0	0.003	0.003	0.090
14:0	g	0.001		0	0.002	0.002	0.045
15.0	g						
16:0	g	0.023		0	0.035	0.035	1.039
17:0	g						
18:0	g	0.018		0	0.028	0.027	0.813
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.107	0	0.165	0.163	4.834
14:1	g					
16:1	g	0.000	0	0.000	0.000	0.000
18:1	g	0.107	0	0.165	0.163	4.834
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.146	0	0.225	0.222	6.596
18:2	g	0.146	0	0.225	0.222	6.596
18:3	g	0.000	0	0.000	0.000	0.000
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg	2	0	3	3	90
Amino acids:						
Tryptophan	g	0.007	1	0.011	0.011	0.316
Threonine	g	0.027	1	0.042	0.041	1.220
Isoleucine	g	0.019	1	0.029	0.029	0.858
Leucine	g	0.018	1	0.028	0.027	0.813
Lysine	g	0.062	1	0.095	0.094	2.801
Methionine	g	0.006	1	0.009	0.009	0.271
Cystine	g	0.002	1	0.003	0.003	0.090
Phenylalanine	g	0.015	1	0.023	0.023	0.678
Tyrosine	g	0.012	1	0.018	0.018	0.542
Valine	g	0.016	1	0.025	0.024	0.723
Arginine	g	0.059	1	0.091	0.090	2.666
Histidine	g	0.006	1	0.009	0.009	0.271
Alanine	g	0.017	1	0.026	0.026	0.768
Aspartic acid	g	0.039	1	0.060	0.059	1.762
Glutamic acid	g	0.063	1	0.097	0.096	2.846
Glycine	g	0.010	1	0.015	0.015	0.452
Proline	g	0.024	1	0.037	0.036	1.084
Serine	g	0.016	1	0.025	0.024	0.723
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, balls
Measure 2: 1 cup, diced
Measure 3: 1 long melon (15" long x 7-1/2" dia)

NDB No. 09334 Feijoa, raw

Feijoa sellowiana (O. Berg)

Refuse: 25% Skin

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 243g	Measure 2* 50g	Measure 3*
Proximates:							
Water	g	86.60	1.199	2	210.44	43.30	
Energy	kcal	49		0	119	25	
Energy	kj	205		0	498	103	
Protein (N x 5.95)	g	1.24	0.075	2	3.01	0.62	
Total lipid (fat)	g	0.78	0.085	2	1.90	0.39	
Carbohydrate, by difference	g	10.63		0	25.83	5.32	
Fiber, total dietary	g						
Ash	g	0.74	0.030	2	1.80	0.37	
Sugars, total	g						
Minerals:							
Calcium	mg	17	2.000	2	41	9	
Iron	mg	0.08	0.020	2	0.19	0.04	
Magnesium	mg	9	0.350	2	22	5	
Phosphorus	mg	20	0.700	2	49	10	
Potassium	mg	155	5.703	2	377	78	
Sodium	mg	3	1.000	2	7	2	
Zinc	mg	0.04	0.045	2	0.10	0.02	
Copper	mg	0.055	0.045	2	0.134	0.028	
Manganese	mg	0.085	0.005	2	0.207	0.043	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	20.3		0	49.3	10.2	
Thiamin	mg	0.008	0.001	2	0.019	0.004	
Riboflavin	mg	0.032	0.004	2	0.078	0.016	
Niacin	mg	0.289	0.038	2	0.702	0.144	
Pantothenic acid	mg	0.228	0.007	2	0.554	0.114	
Vitamin B-6	mg	0.050	0.007	2	0.122	0.025	
Folate	µg	38	4.740	2	92	19	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	0	0.000	2	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g						
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g				
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g				
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, pureed
Measure 2: 1 fruit, without refuse

NDB No. 09340 Pears, asian, raw

Pyrus pyrifolia (Burman f.) Nakai

Refuse: 9% Core and stem

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 122g	Measure 2* 275g	Measure 3*
Proximates:							
Water	g	88.25	0.250	2	107.67	242.69	
Energy	kcal	42		0	51	116	
Energy	kj	176		0	215	484	
Protein (N x 5.95)	g	0.50	0.013	2	0.61	1.38	
Total lipid (fat)	g	0.23	0.150	2	0.28	0.63	
Carbohydrate, by difference	g	10.65		0	12.99	29.29	
Fiber, total dietary	g	3.6		0	4.4	9.9	
Ash	g	0.37	0.000	2	0.45	1.02	
Sugars, total	g						
Minerals:							
Calcium	mg	4	1.100	2	5	11	
Iron	mg	0.00	0.000	2	0.00	0.00	
Magnesium	mg	8	2.350	2	10	22	
Phosphorus	mg	11	0.200	2	13	30	
Potassium	mg	121	32.550	2	148	333	
Sodium	mg	0	0.065	2	0	0	
Zinc	mg	0.02	0.020	2	0.02	0.06	
Copper	mg	0.050	0.010	2	0.061	0.138	
Manganese	mg	0.060	0.010	2	0.073	0.165	
Selenium	µg	0.6		0	0.7	1.6	
Vitamins:							
Ascorbic acid	mg	3.8		0	4.6	10.4	
Thiamin	mg	0.009	0.001	2	0.011	0.025	
Riboflavin	mg	0.010	0.000	2	0.012	0.028	
Niacin	mg	0.219	0.091	2	0.267	0.602	
Pantothenic acid	mg	0.070	0.005	2	0.085	0.193	
Vitamin B-6	mg	0.022	0.001	2	0.027	0.061	
Folate	µg	8	0.575	2	10	22	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	0	0.000	2	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.500		0	0.610	1.375	
Lipids:							
Saturated, total	g	0.012		0	0.015	0.033	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.010		1	0.012	0.028	
17:0	g						
18:0	g	0.002		1	0.002	0.006	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.049	0	0.060	0.135
14:1	g				
16:1	g	0.001	1	0.001	0.003
18:1	g	0.047	1	0.057	0.129
20:1	g	0.001	1	0.001	0.003
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.055	0	0.067	0.151
18:2	g	0.054	1	0.066	0.149
18:3	g	0.001	1	0.001	0.003
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.005	0	0.006	0.014
Threonine	g	0.013	0	0.016	0.036
Isoleucine	g	0.014	0	0.017	0.039
Leucine	g	0.025	0	0.031	0.069
Lysine	g	0.017	0	0.021	0.047
Methionine	g	0.006	0	0.007	0.017
Cystine	g	0.005	0	0.006	0.014
Phenylalanine	g	0.013	0	0.016	0.036
Tyrosine	g	0.004	0	0.005	0.011
Valine	g	0.018	0	0.022	0.050
Arginine	g	0.009	0	0.011	0.025
Histidine	g	0.005	0	0.006	0.014
Alanine	g	0.017	0	0.021	0.047
Aspartic acid	g	0.098	0	0.120	0.270
Glutamic acid	g	0.036	0	0.044	0.099
Glycine	g	0.014	0	0.017	0.039
Proline	g	0.016	0	0.020	0.044
Serine	g	0.018	0	0.022	0.050
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 fruit, 2-1/4 in high x 2-1/2 in dia

Measure 2: 1 fruit, 3-3/8 in high x 3 in dia

NDB No. 09400 Apple juice, canned or bottled, unsweetened, with added ascorbic acid

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 248g	Measure 2* 31g	Measure 3*
Proximates:							
Water	g	87.93	0.316	10	218.07	27.26	
Energy	kcal	47		0	117	15	
Energy	kj	197		0	489	61	
Protein (N x 5.95)	g	0.06	0.006	10	0.15	0.02	
Total lipid (fat)	g	0.11	0.028	8	0.27	0.03	
Carbohydrate, by difference	g	11.68		0	28.97	3.62	
Fiber, total dietary	g	0.1		0	0.2	0.0	
Ash	g	0.22	0.004	31	0.55	0.07	
Sugars, total	g						
Minerals:							
Calcium	mg	7	1.455	8	17	2	
Iron	mg	0.37	0.034	11	0.92	0.11	
Magnesium	mg	3	0.304	3	7	1	
Phosphorus	mg	7	1.734	3	17	2	
Potassium	mg	119	2.208	32	295	37	
Sodium	mg	3	0.711	11	7	1	
Zinc	mg	0.03	0.013	2	0.07	0.01	
Copper	mg	0.022	0.002	2	0.055	0.007	
Manganese	mg	0.113	0.097	2	0.280	0.035	
Selenium	µg	0.1	0.045	4	0.2	0.0	
Vitamins:							
Ascorbic acid	mg	41.6		1	103.2	12.9	
Thiamin	mg	0.021	0.001	9	0.052	0.007	
Riboflavin	mg	0.017	0.011	5	0.042	0.005	
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg	0.030		0	0.074	0.009	
Folate	µg	0	0.046	3	0	0	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	1		1	2	0	
Vitamin A, RE	µg	0		1	0	0	
Vitamin E, α-TE	mg	0.010		0	0.025	0.003	
Lipids:							
Saturated, total	g	0.019		0	0.047	0.006	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.001		0	0.002	0.000	
15.0	g						
16:0	g	0.015		0	0.037	0.005	
17:0	g						
18:0	g	0.002		0	0.005	0.001	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.005	0	0.012	0.002
14:1	g				
16:1	g				
18:1	g	0.004	0	0.010	0.001
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.033	0	0.082	0.010
18:2	g	0.028	0	0.069	0.009
18:3	g	0.006	0	0.015	0.002
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 fl oz

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	Samples	Measure 1* 244g	Measure 2*	Measure 3*
Proximates:							
Water	g	88.35	0.243	10	215.57		
Energy	kcal	43		0	105		
Energy	kj	180		0	439		
Protein (N x 5.95)	g	0.17	0.012	18	0.41		
Total lipid (fat)	g	0.05	0.012	18	0.12		
Carbohydrate, by difference	g	11.29		0	27.55		
Fiber, total dietary	g	1.2		0	2.9		
Ash	g	0.15	0.005	10	0.37		
Sugars, total	g						
Minerals:							
Calcium	mg	3	0.082	19	7		
Iron	mg	0.12	0.013	10	0.29		
Magnesium	mg	3	0.068	18	7		
Phosphorus	mg	7	0.461	18	17		
Potassium	mg	75	3.143	18	183		
Sodium	mg	2	0.397	16	5		
Zinc	mg	0.03	0.003	9	0.07		
Copper	mg	0.026	0.002	9	0.063		
Manganese	mg	0.075		0	0.183		
Selenium	µg	0.3		0	0.7		
Vitamins:							
Ascorbic acid	mg	21.2	4.346	7	51.7		
Thiamin	mg	0.013	0.003	4	0.032		
Riboflavin	mg	0.025	0.001	9	0.061		
Niacin	mg	0.188		0	0.459		
Pantothenic acid	mg	0.095	0.011	3	0.232		
Vitamin B-6	mg	0.026		0	0.063		
Folate	µg	1		0	1		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	29	5.696	3	71		
Vitamin A, RE	µg	3	0.570	3	7		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.008		0	0.020		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g	0.007		0	0.017		
17:0	g						
18:0	g	0.001		0	0.002		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.002	0	0.005
14:1	g			
16:1	g			
18:1	g	0.002	0	0.005
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.014	0	0.034
18:2	g	0.012	0	0.029
18:3	g	0.003	0	0.007
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.002	0	0.005
Threonine	g	0.006	0	0.015
Isoleucine	g	0.006	0	0.015
Leucine	g	0.010	0	0.024
Lysine	g	0.010	0	0.024
Methionine	g	0.002	0	0.005
Cystine	g	0.002	0	0.005
Phenylalanine	g	0.005	0	0.012
Tyrosine	g	0.003	0	0.007
Valine	g	0.008	0	0.020
Arginine	g	0.005	0	0.012
Histidine	g	0.003	0	0.007
Alanine	g	0.006	0	0.015
Aspartic acid	g	0.028	0	0.068
Glutamic acid	g	0.017	0	0.041
Glycine	g	0.006	0	0.015
Proline	g	0.006	0	0.015
Serine	g	0.007	0	0.017
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 cup

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	Samples	Measure 1* 255g	Measure 2*	Measure 3*
Proximates:							
Water	g	79.58	0.340	39	202.93		
Energy	kcal	76		0	194		
Energy	kj	318		0	811		
Protein (N x 5.95)	g	0.18	0.008	38	0.46		
Total lipid (fat)	g	0.18	0.048	39	0.46		
Carbohydrate, by difference	g	19.91		0	50.77		
Fiber, total dietary	g	1.2		0	3.1		
Ash	g	0.14	0.008	39	0.36		
Sugars, total	g						
Minerals:							
Calcium	mg	4	0.189	40	10		
Iron	mg	0.35	0.029	43	0.89		
Magnesium	mg	3	0.079	27	8		
Phosphorus	mg	7	0.444	27	18		
Potassium	mg	61	1.948	37	156		
Sodium	mg	28	4.467	9	71		
Zinc	mg	0.04	0.003	31	0.10		
Copper	mg	0.043	0.002	31	0.110		
Manganese	mg	0.075	0.016	10	0.191		
Selenium	µg	0.3	0.099	2	0.8		
Vitamins:							
Ascorbic acid	mg	1.7	0.149	30	4.3		
Thiamin	mg	0.013	0.000	36	0.033		
Riboflavin	mg	0.028	0.001	51	0.071		
Niacin	mg	0.188	0.028	31	0.479		
Pantothenic acid	mg	0.052	0.003	9	0.133		
Vitamin B-6	mg	0.026	0.003	7	0.066		
Folate	µg	1	0.015	9	2		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	11	1.202	23	28		
Vitamin A, RE	µg	1	0.120	23	3		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.030		0	0.077		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.001		0	0.003		
14:0	g	0.001		0	0.003		
15.0	g						
16:0	g	0.025		0	0.064		
17:0	g						
18:0	g	0.004		0	0.010		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.007	0	0.018
14:1	g			
16:1	g			
18:1	g	0.007	0	0.018
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.054	0	0.138
18:2	g	0.045	0	0.115
18:3	g	0.009	0	0.023
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.002	0	0.005
Threonine	g	0.007	0	0.018
Isoleucine	g	0.007	0	0.018
Leucine	g	0.011	0	0.028
Lysine	g	0.011	0	0.028
Methionine	g	0.002	0	0.005
Cystine	g	0.002	0	0.005
Phenylalanine	g	0.005	0	0.013
Tyrosine	g	0.003	0	0.008
Valine	g	0.008	0	0.020
Arginine	g	0.006	0	0.015
Histidine	g	0.003	0	0.008
Alanine	g	0.007	0	0.018
Aspartic acid	g	0.032	0	0.082
Glutamic acid	g	0.019	0	0.048
Glycine	g	0.007	0	0.018
Proline	g	0.006	0	0.015
Serine	g	0.007	0	0.018
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 cup

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	Samples	Measure 1* 251g	Measure 2* 31g	Measure 3*
Proximates:							
Water	g	84.87	0.033	177	213.02	26.65	
Energy	kcal	56		0	141	18	
Energy	kj	234		0	587	73	
Protein (N x 5.95)	g	0.37	0.011	73	0.93	0.12	
Total lipid (fat)	g	0.09	0.004	50	0.23	0.03	
Carbohydrate, by difference	g	14.39		0	36.12	4.52	
Fiber, total dietary	g	0.6		0	1.5	0.2	
Ash	g	0.29	0.006	56	0.73	0.09	
Sugars, total	g						
Minerals:							
Calcium	mg	7	0.226	56	18	2	
Iron	mg	0.38	0.016	68	0.95	0.12	
Magnesium	mg	5	0.095	57	13	2	
Phosphorus	mg	9	0.213	61	23	3	
Potassium	mg	114	2.540	45	286	36	
Sodium	mg	3	0.457	45	8	1	
Zinc	mg	0.09	0.002	46	0.23	0.03	
Copper	mg	0.073	0.003	46	0.183	0.023	
Manganese	mg	0.032		0	0.080	0.010	
Selenium	µg	0.2		0	0.5	0.1	
Vitamins:							
Ascorbic acid	mg	54.4	7.739	44	136.5	17.1	
Thiamin	mg	0.009	0.000	89	0.023	0.003	
Riboflavin	mg	0.014	0.000	101	0.035	0.004	
Niacin	mg	0.260	0.016	84	0.653	0.082	
Pantothenic acid	mg	0.096		0	0.241	0.030	
Vitamin B-6	mg	0.022		0	0.055	0.007	
Folate	µg	1	0.246	5	3	0	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	1316	17.479	262	3303	413	
Vitamin A, RE	µg	132	1.748	262	331	41	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.006		0	0.015	0.002	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g	0.005		0	0.013	0.002	
17:0	g						
18:0	g	0.001		0	0.003	0.000	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.038	0	0.095	0.012
14:1	g				
16:1	g				
18:1	g	0.038	0	0.095	0.012
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.017	0	0.043	0.005
18:2	g	0.017	0	0.043	0.005
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 fl oz

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	Samples	Measure 1* 247g	Measure 2* 196g	Measure 3*
Proximates:							
Water	g	90.00		0	222.30	176.40	
Energy	kcal	39		0	96	76	
Energy	kj	163		0	403	319	
Protein (N x 5.95)	g	0.50		0	1.24	0.98	
Total lipid (fat)	g	0.10		0	0.25	0.20	
Carbohydrate, by difference	g	9.20		0	22.72	18.03	
Fiber, total dietary	g						
Ash	g	0.20		0	0.49	0.39	
Sugars, total	g						
Minerals:							
Calcium	mg	9		0	22	18	
Iron	mg	0.20		0	0.49	0.39	
Magnesium	mg	12		0	30	24	
Phosphorus	mg	15		0	37	29	
Potassium	mg	162		0	400	318	
Sodium	mg	1		0	2	2	
Zinc	mg	0.05		0	0.12	0.10	
Copper	mg	0.033		0	0.082	0.065	
Manganese	mg	0.020		0	0.049	0.039	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	38.0		0	93.9	74.5	
Thiamin	mg	0.040		0	0.099	0.078	
Riboflavin	mg	0.020		0	0.049	0.039	
Niacin	mg	0.200		0	0.494	0.392	
Pantothenic acid	mg	0.189		0	0.467	0.370	
Vitamin B-6	mg	0.044		0	0.109	0.086	
Folate	µg	10		0	25	20	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	440		0	1087	862	
Vitamin A, RE	µg	44		0	109	86	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.014		0	0.035	0.027	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g	0.012		0	0.030	0.024	
17:0	g						
18:0	g	0.001		0	0.002	0.002	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.013	0	0.032	0.025
14:1	g				
16:1	g	0.001	0	0.002	0.002
18:1	g	0.012	0	0.030	0.024
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.024	0	0.059	0.047
18:2	g	0.019	0	0.047	0.037
18:3	g	0.005	0	0.012	0.010
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: juice from 1 fruit

NDB No. 09405 Kiwifruit, (chinese gooseberries), held in storage, raw

Refuse: 14% Skin

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 91g	Measure 2* 76g	Measure 3*
Proximates:							
Water	g	83.05	0.661	4	75.58	63.12	
Energy	kcal	61		0	56	46	
Energy	kj	255		0	232	194	
Protein (N x 5.95)	g	0.99	0.075	4	0.90	0.75	
Total lipid (fat)	g	0.44	0.211	3	0.40	0.33	
Carbohydrate, by difference	g	14.88		0	13.54	11.31	
Fiber, total dietary	g	3.4		0	3.1	2.6	
Ash	g	0.64	0.065	4	0.58	0.49	
Sugars, total	g						
Minerals:							
Calcium	mg	26	6.385	3	24	20	
Iron	mg	0.41	0.105	2	0.37	0.31	
Magnesium	mg	30		1	27	23	
Phosphorus	mg	40	11.837	3	36	30	
Potassium	mg	332		1	302	252	
Sodium	mg	5		1	5	4	
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	75.0		0	68.3	57.0	
Thiamin	mg	0.020		1	0.018	0.015	
Riboflavin	mg	0.050		1	0.046	0.038	
Niacin	mg	0.500		1	0.455	0.380	
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	175		1	159	133	
Vitamin A, RE	µg	18		1	16	14	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g						
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g				
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g				
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 large fruit, without skin
Measure 2: 1 medium fruit, without skin

NDB No. 09406 Orange juice, California, chilled, includes from concentrate

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 249g	Measure 2* 31g	Measure 3*
Proximates:							
Water	g	88.40	0.172	4	220.12	27.49	
Energy	kcal	44		0	110	14	
Energy	kj	184		0	458	57	
Protein (N x 5.95)	g	0.80	0.067	3	1.99	0.25	
Total lipid (fat)	g	0.27	0.017	3	0.67	0.08	
Carbohydrate, by difference	g	10.06		0	25.05	3.13	
Fiber, total dietary	g						
Ash	g	0.48	0.018	3	1.20	0.15	
Sugars, total	g						
Minerals:							
Calcium	mg	10	0.227	4	25	3	
Iron	mg	0.17	0.005	4	0.42	0.05	
Magnesium	mg	11	0.637	4	27	3	
Phosphorus	mg	11	2.108	4	27	3	
Potassium	mg	190	2.405	84	473	59	
Sodium	mg	1	0.055	84	2	0	
Zinc	mg	0.04	0.009	3	0.10	0.01	
Copper	mg	0.040	0.006	3	0.100	0.012	
Manganese	mg	0.023	0.009	3	0.057	0.007	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	42.7	0.377	34	106.3	13.3	
Thiamin	mg	0.111	0.006	3	0.276	0.035	
Riboflavin	mg	0.021	0.001	3	0.052	0.007	
Niacin	mg	0.280	0.050	3	0.697	0.087	
Pantothenic acid	mg	0.191	0.001	3	0.476	0.059	
Vitamin B-6	mg	0.054	0.003	3	0.134	0.017	
Folate	µg	29	1.567	33	72	9	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	146	6.174	34	364	45	
Vitamin A, RE	µg	15	0.617	34	37	5	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.029		0	0.072	0.009	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g	0.029		0	0.072	0.009	
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.046	0	0.115	0.014
14:1	g				
16:1	g	0.007	0	0.017	0.002
18:1	g	0.039	0	0.097	0.012
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.064	0	0.159	0.020
18:2	g	0.050	0	0.125	0.016
18:3	g	0.014	0	0.035	0.004
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.001	0	0.002	0.000
Threonine	g	0.005	0	0.012	0.002
Isoleucine	g	0.005	0	0.012	0.002
Leucine	g	0.009	0	0.022	0.003
Lysine	g	0.006	0	0.015	0.002
Methionine	g	0.002	0	0.005	0.001
Cystine	g	0.003	0	0.007	0.001
Phenylalanine	g	0.006	0	0.015	0.002
Tyrosine	g	0.003	0	0.007	0.001
Valine	g	0.007	0	0.017	0.002
Arginine	g	0.031	0	0.077	0.010
Histidine	g	0.002	0	0.005	0.001
Alanine	g	0.010	0	0.025	0.003
Aspartic acid	g	0.049	0	0.122	0.015
Glutamic acid	g	0.022	0	0.055	0.007
Glycine	g	0.006	0	0.015	0.002
Proline	g	0.029	0	0.072	0.009
Serine	g	0.009	0	0.022	0.003
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 fl oz

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	Samples	Measure 1* 249g	Measure 2* 31g	Measure 3*
Proximates:							
Water	g	85.64	0.107	5	213.24	26.63	
Energy	kcal	54		0	134	17	
Energy	kj	226		0	563	70	
Protein (N x 5.95)	g	0.27	0.025	5	0.67	0.08	
Total lipid (fat)	g	0.02	0.015	5	0.05	0.01	
Carbohydrate, by difference	g	13.92		0	34.66	4.33	
Fiber, total dietary	g	0.6		0	1.5	0.2	
Ash	g	0.15	0.016	5	0.37	0.05	
Sugars, total	g						
Minerals:							
Calcium	mg	5	0.495	5	12	2	
Iron	mg	0.19	0.037	5	0.47	0.06	
Magnesium	mg	4	0.213	4	10	1	
Phosphorus	mg	6	0.288	4	15	2	
Potassium	mg	40	3.228	4	100	12	
Sodium	mg	7	0.607	4	17	2	
Zinc	mg	0.08	0.022	4	0.20	0.02	
Copper	mg	0.069	0.008	4	0.172	0.021	
Manganese	mg	0.019		0	0.047	0.006	
Selenium	µg	0.2		0	0.5	0.1	
Vitamins:							
Ascorbic acid	mg	26.8	1.903	3	66.7	8.3	
Thiamin	mg	0.003	0.000	49	0.007	0.001	
Riboflavin	mg	0.014	0.000	49	0.035	0.004	
Niacin	mg	0.288	0.008	50	0.717	0.090	
Pantothenic acid	mg	0.068		0	0.169	0.021	
Vitamin B-6	mg	0.007		0	0.017	0.002	
Folate	µg	1		0	3	0	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	258	93.980	4	642	80	
Vitamin A, RE	µg	26	9.398	4	65	8	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.002		0	0.005	0.001	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g	0.002		0	0.005	0.001	
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.008	0	0.020	0.002
14:1	g				
16:1	g				
18:1	g	0.008	0	0.020	0.002
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.011	0	0.027	0.003
18:2	g	0.010	0	0.025	0.003
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 fl oz

NDB No. 09408 Pear nectar, canned, with added ascorbic acid

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 250g	Measure 2* 31g	Measure 3*
Proximates:							
Water	g	84.01	0.173	22	210.03	26.21	
Energy	kcal	60		0	150	19	
Energy	kj	251		0	628	78	
Protein (N x 5.95)	g	0.11	0.004	22	0.28	0.03	
Total lipid (fat)	g	0.01	0.006	22	0.03	0.00	
Carbohydrate, by difference	g	15.76		0	39.40	4.92	
Fiber, total dietary	g	0.6		0	1.5	0.2	
Ash	g	0.10	0.001	22	0.25	0.03	
Sugars, total	g						
Minerals:							
Calcium	mg	5	0.238	22	13	2	
Iron	mg	0.26	0.032	8	0.65	0.08	
Magnesium	mg	3	0.191	21	8	1	
Phosphorus	mg	3	0.173	21	8	1	
Potassium	mg	13	2.304	21	33	4	
Sodium	mg	4	0.440	21	10	1	
Zinc	mg	0.07	0.003	21	0.18	0.02	
Copper	mg	0.067	0.004	21	0.168	0.021	
Manganese	mg	0.030		0	0.075	0.009	
Selenium	µg	0.5		0	1.3	0.2	
Vitamins:							
Ascorbic acid	mg	27.0	1.159	20	67.5	8.4	
Thiamin	mg	0.002	0.000	47	0.005	0.001	
Riboflavin	mg	0.013	0.000	47	0.033	0.004	
Niacin	mg	0.128	0.012	47	0.320	0.040	
Pantothenic acid	mg	0.022		0	0.055	0.007	
Vitamin B-6	mg	0.014		0	0.035	0.004	
Folate	µg	1		0	3	0	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	1	0.562	16	3	0	
Vitamin A, RE	µg	0	0.056	16	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.001		0	0.003	0.000	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g	0.001		0	0.003	0.000	
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.003	0	0.008	0.001
14:1	g				
16:1	g				
18:1	g	0.002	0	0.005	0.001
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.003	0	0.008	0.001
18:2	g	0.003	0	0.008	0.001
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 fl oz

NDB No. 09409 Pineapple juice, canned, with added ascorbic acid, 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	Samples	Measure 1* 250g	Measure 2* 31g	Measure 3*
Proximates:							
Water	g	85.53	0.131	19	213.82	26.77	
Energy	kcal	56		0	140	18	
Energy	kj	234		0	585	73	
Protein (N x 5.95)	g	0.32	0.005	78	0.80	0.10	
Total lipid (fat)	g	0.08	0.006	57	0.20	0.03	
Carbohydrate, by difference	g	13.78		0	34.45	4.31	
Fiber, total dietary	g	0.2		0	0.5	0.1	
Ash	g	0.30	0.000	19	0.75	0.09	
Sugars, total	g						
Minerals:							
Calcium	mg	17	0.488	87	43	5	
Iron	mg	0.26	0.011	77	0.65	0.08	
Magnesium	mg	13	0.294	30	33	4	
Phosphorus	mg	8	0.278	28	20	3	
Potassium	mg	134	2.115	65	335	42	
Sodium	mg	1	0.113	82	3	0	
Zinc	mg	0.11	0.005	20	0.28	0.03	
Copper	mg	0.090	0.007	20	0.225	0.028	
Manganese	mg	0.990		1	2.475	0.310	
Selenium	µg	0.1		0	0.3	0.0	
Vitamins:							
Ascorbic acid	mg	24.0		0	60.0	7.5	
Thiamin	mg	0.055	0.001	63	0.138	0.017	
Riboflavin	mg	0.022	0.001	63	0.055	0.007	
Niacin	mg	0.257	0.008	63	0.642	0.080	
Pantothenic acid	mg	0.100		0	0.250	0.031	
Vitamin B-6	mg	0.096		0	0.240	0.030	
Folate	µg	23	1.570	3	58	7	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	5	4.643	14	13	2	
Vitamin A, RE	µg	0	0.464	14	0	0	
Vitamin E, α-TE	mg	0.020		0	0.050	0.006	
Lipids:							
Saturated, total	g	0.005		0	0.013	0.002	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.003		0	0.008	0.001	
17:0	g						
18:0	g	0.002		0	0.005	0.001	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.009	0	0.023	0.003
14:1	g				
16:1	g	0.001	0	0.003	0.000
18:1	g	0.008	0	0.020	0.003
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.028	0	0.070	0.009
18:2	g	0.016	0	0.040	0.005
18:3	g	0.012	0	0.030	0.004
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 fl oz

NDB No. 09410 Apple juice, frozen concentrate, unsweetened, undiluted, with added ascorbic acid

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 211g	Measure 2*	Measure 3*
Proximates:							
Water	g	57.00		0	120.27		
Energy	kcal	166		0	350		
Energy	kj	695		0	1466		
Protein (N x 5.95)	g	0.51	0.058	4	1.08		
Total lipid (fat)	g	0.37	0.024	3	0.78		
Carbohydrate, by difference	g	41.00		0	86.51		
Fiber, total dietary	g						
Ash	g	1.12	0.055	4	2.36		
Sugars, total	g						
Minerals:							
Calcium	mg	20	2.709	4	42		
Iron	mg	0.91	0.192	4	1.92		
Magnesium	mg	17	1.538	4	36		
Phosphorus	mg	25	2.401	4	53		
Potassium	mg	448	26.115	4	945		
Sodium	mg	25	9.540	4	53		
Zinc	mg	0.13	0.020	4	0.27		
Copper	mg	0.050	0.009	4	0.106		
Manganese	mg	0.225	0.047	4	0.475		
Selenium	µg	0.4		0	0.8		
Vitamins:							
Ascorbic acid	mg	88.9		1	187.6		
Thiamin	mg	0.011	0.003	3	0.023		
Riboflavin	mg	0.054	0.003	3	0.114		
Niacin	mg	0.135	0.008	3	0.285		
Pantothenic acid	mg	0.223	0.061	3	0.471		
Vitamin B-6	mg	0.116	0.009	3	0.245		
Folate	µg	1	0.264	4	2		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	0		3	0		
Vitamin A, RE	µg	0		3	0		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.060		0	0.127		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.001		0	0.002		
14:0	g	0.002		0	0.004		
15.0	g						
16:0	g	0.050		0	0.106		
17:0	g						
18:0	g	0.008		0	0.017		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.015	0	0.032
14:1	g			
16:1	g	0.001	0	0.002
18:1	g	0.014	0	0.030
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.108	0	0.228
18:2	g	0.089	0	0.188
18:3	g	0.019	0	0.040
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 can (6 fl oz)

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	Samples	Measure 1* 239g	Measure 2* 30g	Measure 3*
Proximates:							
Water	g	87.90		0	210.08	26.28	
Energy	kcal	47		0	112	14	
Energy	kj	197		0	471	59	
Protein (N x 5.95)	g	0.14	0.016	4	0.33	0.04	
Total lipid (fat)	g	0.10	0.007	3	0.24	0.03	
Carbohydrate, by difference	g	11.54		0	27.58	3.45	
Fiber, total dietary	g	0.1		0	0.2	0.0	
Ash	g	0.32	0.016	4	0.76	0.10	
Sugars, total	g						
Minerals:							
Calcium	mg	6	0.762	4	14	2	
Iron	mg	0.26	0.054	4	0.62	0.08	
Magnesium	mg	5	0.433	4	12	1	
Phosphorus	mg	7	0.676	4	17	2	
Potassium	mg	126	7.348	4	301	38	
Sodium	mg	7	2.684	4	17	2	
Zinc	mg	0.04	0.006	4	0.10	0.01	
Copper	mg	0.014	0.003	4	0.033	0.004	
Manganese	mg	0.063	0.013	4	0.151	0.019	
Selenium	µg	0.1		0	0.2	0.0	
Vitamins:							
Ascorbic acid	mg	25.0		1	59.8	7.5	
Thiamin	mg	0.003	0.001	3	0.007	0.001	
Riboflavin	mg	0.015	0.001	3	0.036	0.004	
Niacin	mg	0.038	0.002	3	0.091	0.011	
Pantothenic acid	mg	0.063	0.017	3	0.151	0.019	
Vitamin B-6	mg	0.033	0.002	3	0.079	0.010	
Folate	µg	0	0.074	4	1	0	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.018		0	0.043	0.005	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g	0.016		0	0.038	0.005	
17:0	g						
18:0	g	0.002		0	0.005	0.001	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.002	0	0.005	0.001
14:1	g				
16:1	g				
18:1	g	0.002	0	0.005	0.001
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.031	0	0.074	0.009
18:2	g	0.027	0	0.065	0.008
18:3	g	0.004	0	0.010	0.001
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 fl oz

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	Samples	Measure 1* 178g	Measure 2*	Measure 3*
Proximates:							
Water	g	75.28		2	134.00		
Energy	kcal	92		0	164		
Energy	kj	385		0	685		
Protein (N x 5.95)	g	0.36		2	0.64		
Total lipid (fat)	g	0.14		2	0.25		
Carbohydrate, by difference	g	23.94		0	42.61		
Fiber, total dietary	g	0.9		2	1.6		
Ash	g	0.28		2	0.50		
Sugars, total	g						
Minerals:							
Calcium	mg	44		2	78		
Iron	mg	0.29		2	0.52		
Magnesium	mg	10		2	18		
Phosphorus	mg	6		2	11		
Potassium	mg	96		2	171		
Sodium	mg	11		2	20		
Zinc	mg	0.11		2	0.20		
Copper	mg	0.050		2	0.089		
Manganese	mg	0.078		2	0.139		
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.5		2	0.9		
Thiamin	mg	0.033		2	0.059		
Riboflavin	mg	0.036		2	0.064		
Niacin	mg	0.677		2	1.205		
Pantothenic acid	mg	0.072		2	0.128		
Vitamin B-6	mg	0.044		2	0.078		
Folate	µg	14		2	25		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	2		2	4		
Vitamin A, RE	µg	0		2	0		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g						
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g			
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g			
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, drained

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	Samples	Measure 1* 243g	Measure 2* 602g	Measure 3*
Proximates:							
Water	g	64.99		2	157.93	391.24	
Energy	kcal	147		0	357	885	
Energy	kj	615		0	1494	3702	
Protein (N x 5.95)	g	1.47		2	3.57	8.85	
Total lipid (fat)	g	5.33		2	12.95	32.09	
Carbohydrate, by difference	g	27.09		0	65.83	163.08	
Fiber, total dietary	g	3.8		2	9.2	22.9	
Ash	g	1.12		2	2.72	6.74	
Sugars, total	g						
Minerals:							
Calcium	mg	6		2	15	36	
Iron	mg	0.43		2	1.04	2.59	
Magnesium	mg	30		2	73	181	
Phosphorus	mg	38		2	92	229	
Potassium	mg	436		2	1059	2625	
Sodium	mg	1		2	2	6	
Zinc	mg	0.28		2	0.68	1.69	
Copper	mg	0.207		2	0.503	1.246	
Manganese	mg	0.324		2	0.787	1.950	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	19.7		2	47.9	118.6	
Thiamin	mg	0.374		2	0.909	2.251	
Riboflavin	mg	0.200		2	0.486	1.204	
Niacin	mg	1.074		2	2.610	6.465	
Pantothenic acid	mg	0.230		2	0.559	1.385	
Vitamin B-6	mg	0.316		2	0.768	1.902	
Folate	µg						
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	45		2	109	271	
Vitamin A, RE	µg	5		2	12	30	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g						
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g				
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g				
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, chopped or diced
Measure 2: 1 fruit

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	Samples	Measure 1*	Measure 2*	Measure 3*
Proximates:							
Water	g	30.00		0			
Energy	kcal	257		0			
Energy	kj	1075		0			
Protein (N x 5.95)	g	2.10		0			
Total lipid (fat)	g	0.20		0			
Carbohydrate, by difference	g	65.10		0			
Fiber, total dietary	g	3.3		0			
Ash	g	2.60		0			
Sugars, total	g	39.00		0			
Minerals:							
Calcium	mg	31		0			
Iron	mg	2.80		0			
Magnesium	mg						
Phosphorus	mg	72		0			
Potassium	mg	852		0			
Sodium	mg	23		0			
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	4.3		0			
Thiamin	mg	0.040		0			
Riboflavin	mg						
Niacin	mg	2.500		0			
Pantothenic acid	mg	0.430		0			
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	2000		0			
Vitamin A, RE	µg	200		0			
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g						
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g		
14:1	g		
16:1	g		
18:1	g		
20:1	g		
22.1	g		
Polyunsaturated, total	g		
18:2	g		
18:3	g		
18:4	g		
20:4	g		
20:5	g		
22:5	g		
22:6	g		
Cholesterol	mg	0	0
Phytosterols	mg		
Amino acids:			
Tryptophan	g		
Threonine	g		
Isoleucine	g		
Leucine	g		
Lysine	g		
Methionine	g		
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		
Other:			
Caffeine	mg		
Theobromine	mg		
Alcohol	g		

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.