## 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 | :g | 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 | :g | 14 | | 0 | 14 | 1 | |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | 0.00 | |
| Vitamin A | IU | 767 | 216.610 | 3 | 752 | 37 | |
| Vitamin A, RE | :g | 77 | 21.661 | 3 | 75 | 4 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 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 | :g | 14 | | 0 | 34 | 4 | |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | 0.00 | |
| Vitamin A | IU | 509 | | 0 | 1232 | 154 | |
| Vitamin A, RE | :g | 51 | | 0 | 123 | 15 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 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 | :g | 3 | 0.611 | 23 | 4 | 3 | 6 |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | 0.00 | 0.00 |
| Vitamin A | IU | 53 | 11.878 | 6 | 66 | 58 | 112 |
| Vitamin A, RE | :g | 5 | 1.188 | 6 | 6 | 6 | 11 |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 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 | :g | 0 | 0.056 | 6 | 0 | 1 | |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | 0.00 | |
| Vitamin A | IU | 44 | 10.594 | 6 | 48 | 56 | |
| Vitamin A, RE | :g | 4 | 1.059 | 6 | 4 | 5 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | ：g | 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 | ：g | 1 | 0.033 | 6 | 1 | | |
| Vitamin B-12 | ：g | 0.00 | | 0 | 0.00 | | |
| Vitamin A | IU | 44 | 9.674 | 6 | 75 | | |
| Vitamin A, RE | ：g | 4 | 0.967 | 6 | 7 | | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | ：g | 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 | ：g | 1 | 0.051 | 6 | 1 | | |
| Vitamin B-12 | ：g | 0.00 | | 0 | 0.00 | | |
| Vitamin A | IU | 40 | 10.694 | 6 | 68 | | |
| Vitamin A, RE | ：g | 4 | 1.069 | 6 | 7 | | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | ：g | 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 | ：g | 0 | 0.052 | 6 | 1 | | |
| Vitamin B-12 | ：g | 0.00 | | 0 | 0.00 | | |
| Vitamin A | IU | 51 | 6.826 | 6 | 104 | | |
| Vitamin A, RE | ：g | 5 | 0.683 | 6 | 10 | | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | ：g | 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 | ：g | 0 | 0.013 | 6 | 0 | | |
| Vitamin B-12 | ：g | 0.00 | | 0 | 0.00 | | |
| Vitamin A | IU | 56 | 6.678 | 6 | 114 | | |
| Vitamin A, RE | ：g | 6 | 0.668 | 6 | 12 | | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 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 | :g | 1 | 0.935 | 2 | 1 | | |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | | |
| Vitamin A | IU | 81 | 3.500 | 2 | 49 | | |
| Vitamin A, RE | :g | 8 | 0.350 | 2 | 5 | | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 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 | :g | 0 | 0.046 | 3 | 0 | | |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | | |
| Vitamin A | IU | 19 | 4.500 | 2 | 37 | | |
| Vitamin A, RE | :g | 2 | 0.450 | 2 | 4 | | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | ：g | 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 | ：g | 0 | | 0 | 0 | 0 | |
| Vitamin B-12 | ：g | 0.00 | | 0 | 0.00 | 0.00 | |
| Vitamin A | IU | 0 | 0.000 | 16 | 0 | 0 | |
| Vitamin A, RE | ：g | 0 | 0.000 | 16 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | ：g | 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 | ：g | 0 | | 1 | 0 | | |
| Vitamin B-12 | ：g | 0.00 | | 0 | 0.00 | | |
| Vitamin A | IU | 17 | 6.172 | 3 | 43 | | |
| Vitamin A, RE | ：g | 2 | 0.617 | 3 | 5 | | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | | | | | | |
| **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 | :g | 0 | | 0 | 0 | | |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | | |
| Vitamin A | IU | 16 | | 0 | 45 | | |
| Vitamin A, RE | :g | 2 | | 0 | 6 | | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | ：g | 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 | ：g | 1 | 0.060 | 6 | 1 | | |
| Vitamin B-12 | ：g | 0.00 | | 0 | 0.00 | | |
| Vitamin A | IU | 34 | 6.509 | 6 | 59 | | |
| Vitamin A, RE | ：g | 3 | 0.651 | 6 | 5 | | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | ：g | 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 | ：g | 1 | 0.037 | 6 | 1 | | |
| Vitamin B-12 | ：g | 0.00 | | 0 | 0.00 | | |
| Vitamin A | IU | 20 | 3.757 | 6 | 41 | | |
| Vitamin A, RE | ：g | 2 | 0.376 | 6 | 4 | | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 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 | :g | 0 | 0.046 | 3 | 0 | 0 | 0 |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | 0.00 | 0.00 |
| Vitamin A | IU | 1 | | 1 | 2 | 0 | 3 |
| Vitamin A, RE | :g | 0 | | 1 | 0 | 0 | 0 |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 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 | :g | 1 | 0.264 | 4 | 2 | | |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | | |
| Vitamin A | IU | 0 | | 3 | 0 | | |
| Vitamin A, RE | :g | 0 | | 3 | 0 | | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 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 | :g | 0 | 0.074 | 4 | 1 | 0 | |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | 0.00 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | ΄g | 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 | ΄g | 1 | | 0 | 1 | | |
| Vitamin B-12 | ΄g | 0.00 | | 0 | 0.00 | | |
| Vitamin A | IU | 29 | 5.696 | 3 | 71 | | |
| Vitamin A, RE | ΄g | 3 | 0.570 | 3 | 7 | | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 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 | :g | 1 | 0.015 | 9 | 2 | 2 | |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | 0.00 | |
| Vitamin A | IU | 11 | 1.202 | 23 | 28 | 28 | |
| Vitamin A, RE | :g | 1 | 0.120 | 23 | 3 | 3 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 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 | :g | 9 | 1.450 | 4 | 13 | 14 | 3 |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | 0.00 | 0.00 |
| Vitamin A | IU | 2612 | 300.225 | 5 | 4049 | 4310 | 914 |
| Vitamin A, RE | :g | 261 | 30.023 | 5 | 405 | 431 | 91 |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 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 | :g | 2 | | 0 | 4 | 1 | |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | 0.00 | |
| Vitamin A | IU | 1293 | | 0 | 3142 | 465 | |
| Vitamin A, RE | :g | 129 | | 0 | 313 | 46 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | ：g | | | | | | |
| **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 | ：g | 2 | | 0 | 4 | | |
| Vitamin B-12 | ：g | 0.00 | | 0 | 0.00 | | |
| Vitamin A | IU | 1810 | | 1 | 4109 | | |
| Vitamin A, RE | ：g | 181 | | 1 | 411 | | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | ΄g | 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 | ΄g | 2 | | 0 | 4 | 1 | |
| Vitamin B-12 | ΄g | 0.00 | | 0 | 0.00 | 0.00 | |
| Vitamin A | IU | 1691 | 153.659 | 7 | 4126 | 609 | |
| Vitamin A, RE | ΄g | 169 | 15.366 | 7 | 412 | 61 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | ：g | | | | | | |
| **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 | ：g | 2 | | 0 | 4 | | |
| Vitamin B-12 | ：g | 0.00 | | 0 | 0.00 | | |
| Vitamin A | IU | 1271 | | 0 | 3139 | | |
| Vitamin A, RE | ：g | 127 | | 0 | 314 | | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | ：g | 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 | ：g | 2 | | 0 | 4 | 1 | |
| Vitamin B-12 | ：g | 0.00 | | 0 | 0.00 | 0.00 | |
| Vitamin A | IU | 1322 | 30.399 | 148 | 3345 | 529 | |
| Vitamin A, RE | ：g | 132 | 3.040 | 148 | 334 | 53 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 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 | :g | 2 | 0.113 | 3 | 4 | 4 | 1 |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | 0.00 | 0.00 |
| Vitamin A | IU | 1230 | 30.285 | 276 | 3173 | 2952 | 492 |
| Vitamin A, RE | :g | 123 | 3.029 | 276 | 317 | 295 | 49 |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | | | | | | |
| **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 | :g | 2 | | 0 | 4 | | |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | | |
| Vitamin A | IU | 1240 | 37.667 | 168 | 3199 | | |
| Vitamin A, RE | :g | 124 | 3.767 | 168 | 320 | | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | ‡g | | | | | | |
| **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 | ‡g | 2 | | 0 | 4 | | |
| Vitamin B-12 | ‡g | 0.00 | | 0 | 0.00 | | |
| Vitamin A | IU | 1471 | 110.940 | 15 | 3619 | | |
| Vitamin A, RE | ‡g | 147 | 11.094 | 15 | 362 | | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | | | | | | |
| **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 | :g | 4 | 0.018 | 2 | 5 | | |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | | |
| Vitamin A | IU | 12669 | 153.000 | 2 | 15076 | | |
| Vitamin A, RE | :g | 1267 | 15.300 | 2 | 1508 | | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | ‚g | | | | | | |
| **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 | ‚g | 2 | 1.000 | 2 | 4 | | |
| Vitamin B-12 | ‚g | 0.00 | | 0 | 0.00 | | |
| Vitamin A | IU | 4407 | 61.000 | 2 | 10973 | | |
| Vitamin A, RE | ‚g | 441 | 6.100 | 2 | 1098 | | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 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 | :g | 10 | 0.631 | 4 | 13 | 0 | |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | 0.00 | |
| Vitamin A | IU | 7240 | 172.535 | 36 | 9412 | 253 | |
| Vitamin A, RE | :g | 724 | 17.254 | 36 | 941 | 25 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | ：g | 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 | ：g | 0 | | 1 | 0 | | |
| Vitamin B-12 | ：g | 0.00 | | 0 | 0.00 | | |
| Vitamin A | IU | 2363 | 371.668 | 3 | 5908 | | |
| Vitamin A, RE | ：g | 236 | 37.167 | 3 | 590 | | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | ：g | | | | | | |
| **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 | ：g | 0 | | 0 | 0 | | |
| Vitamin B-12 | ：g | 0.00 | | 0 | 0.00 | | |
| Vitamin A | IU | 2139 | | 0 | 5775 | | |
| Vitamin A, RE | ：g | 214 | | 0 | 578 | | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | ΄g | 0.4 | | 0 | 1.0 | | |
| **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 | ΄g | 2 | | 0 | 4 | | |
| Vitamin B-12 | ΄g | 0.00 | | 0 | 0.00 | | |
| Vitamin A | IU | 1680 | | 0 | 4066 | | |
| Vitamin A, RE | ΄g | 168 | | 0 | 407 | | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | ：g | 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 | ：g | 1 | 0.246 | 5 | 3 | 0 | |
| Vitamin B-12 | ：g | 0.00 | | 0 | 0.00 | 0.00 | |
| Vitamin A | IU | 1316 | 17.479 | 262 | 3303 | 413 | |
| Vitamin A, RE | ：g | 132 | 1.748 | 262 | 331 | 41 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 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 | :g | 62 | 10.333 | 12 | 93 | 142 | 90 |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | 0.00 | 0.00 |
| Vitamin A | IU | 612 | 70.839 | 6 | 918 | 1408 | 894 |
| Vitamin A, RE | :g | 61 | 7.084 | 6 | 92 | 140 | 89 |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | | | | | | |
| **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 | :g | 66 | 13.611 | 9 | 151 | 113 | |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | 0.00 | |
| Vitamin A | IU | 612 | 70.839 | 6 | 1408 | 1059 | |
| Vitamin A, RE | :g | 61 | 7.084 | 6 | 140 | 106 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | | | | | | |
| **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 | :g | 53 | 12.934 | 3 | 123 | 162 | |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | 0.00 | |
| Vitamin A | IU | 612 | | 0 | 1408 | 1860 | |
| Vitamin A, RE | :g | 61 | | 0 | 140 | 185 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 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 | :g | 19 | 2.746 | 11 | 43 | 29 | 19 |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | 0.00 | 0.00 |
| Vitamin A | IU | 81 | 10.050 | 5 | 182 | 122 | 82 |
| Vitamin A, RE | :g | 8 | 1.005 | 5 | 18 | 12 | 8 |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 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 | :g | 14 | | 0 | 14 | 1 | |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | 0.00 | |
| Vitamin A | IU | 305 | | 0 | 305 | 19 | |
| Vitamin A, RE | :g | 31 | | 0 | 31 | 2 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 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 | :g | 34 | | 0 | 49 | | |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | | |
| Vitamin A | IU | 165 | 67.909 | 4 | 238 | | |
| Vitamin A, RE | :g | 16 | 6.791 | 4 | 23 | | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | ：g | 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 | ：g | 27 | 1.317 | 3 | 68 | | |
| Vitamin B-12 | ：g | 0.00 | | 0 | 0.00 | | |
| Vitamin A | IU | 219 | 9.539 | 3 | 561 | | |
| Vitamin A, RE | ：g | 22 | 0.954 | 3 | 56 | | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 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 | :g | 34 | 3.043 | 3 | 51 | 173 | |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | 0.00 | |
| Vitamin A | IU | 114 | 23.755 | 3 | 172 | 581 | |
| Vitamin A, RE | :g | 11 | 2.376 | 3 | 17 | 56 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 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 | :g | 6 | 1.400 | 4 | 9 | 26 | 4 |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | 0.00 | 0.00 |
| Vitamin A | IU | 100 | | 0 | 145 | 402 | 68 |
| Vitamin A, RE | :g | 10 | | 0 | 15 | 40 | 7 |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 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 | :g | 2 | 0.120 | 3 | 4 | | |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | | |
| Vitamin A | IU | 64 | 8.020 | 3 | 164 | | |
| Vitamin A, RE | :g | 6 | 0.802 | 3 | 15 | | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 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 | :g | 7 | 1.257 | 3 | 10 | 38 | |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | 0.00 | |
| Vitamin A | IU | 81 | 13.228 | 3 | 126 | 459 | |
| Vitamin A, RE | :g | 8 | 1.323 | 3 | 12 | 45 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | ：g | 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 | ：g | 7 | | 0 | 15 | 19 | |
| Vitamin B-12 | ：g | 0.00 | | 0 | 0.00 | 0.00 | |
| Vitamin A | IU | 44 | 5.667 | 3 | 101 | 125 | |
| Vitamin A, RE | ：g | 4 | 0.567 | 3 | 9 | 11 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 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 | :g | 34 | 2.919 | 3 | 88 | | |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | | |
| Vitamin A | IU | 40 | 3.786 | 3 | 102 | | |
| Vitamin A, RE | :g | 4 | 0.379 | 3 | 10 | | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | ：g | 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 | ：g | 63 | 4.063 | 3 | 84 | 180 | |
| Vitamin B-12 | ：g | 0.00 | | 0 | 0.00 | 0.00 | |
| Vitamin A | IU | 67 | 8.110 | 3 | 88 | 190 | |
| Vitamin A, RE | ：g | 7 | 0.811 | 3 | 9 | 20 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 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 | :g | 14 | | 0 | 31 | 13 | |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | 0.00 | |
| Vitamin A | IU | 40 | | 0 | 88 | 38 | |
| Vitamin A, RE | :g | 4 | | 0 | 9 | 4 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 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 | :g | 14 | | 0 | 19 | 15 | 18 |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | 0.00 | 0.00 |
| Vitamin A | IU | 493 | 226.523 | 7 | 675 | 532 | 626 |
| Vitamin A, RE | :g | 49 | 22.652 | 7 | 67 | 53 | 62 |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | | | | | | |
| **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 | :g | | | | | | |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | 0.00 | |
| Vitamin A | IU | 40 | | 0 | 60 | 8 | |
| Vitamin A, RE | :g | 4 | | 0 | 6 | 1 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | | | | | | |
| **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 | :g | | | | | | |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | | |
| Vitamin A | IU | 10 | | 0 | 55 | | |
| Vitamin A, RE | :g | 1 | | 0 | 5 | | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 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 | :g | 8 | 0.750 | 4 | 12 | 8 | |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | 0.00 | |
| Vitamin A | IU | 1283 | 18.331 | 330 | 1989 | 1321 | |
| Vitamin A, RE | :g | 128 | 1.833 | 330 | 198 | 132 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 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 | :g | 8 | 1.651 | 3 | 20 | | |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | | |
| Vitamin A | IU | 754 | 40.696 | 5 | 1840 | | |
| Vitamin A, RE | :g | 75 | 4.070 | 5 | 183 | | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | ：g | | | | | | |
| **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 | ：g | 8 | | 0 | 19 | | |
| Vitamin B-12 | ：g | 0.00 | | 0 | 0.00 | | |
| Vitamin A | IU | 726 | | 0 | 1830 | | |
| Vitamin A, RE | ：g | 73 | | 0 | 184 | | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | ‡g | 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 | ‡g | 8 | | 0 | 19 | | |
| Vitamin B-12 | ‡g | 0.00 | | 0 | 0.00 | | |
| Vitamin A | IU | 714 | | 0 | 1828 | | |
| Vitamin A, RE | ‡g | 71 | | 0 | 182 | | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | ：g | | | | | | |
| **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 | ：g | 7 | | 0 | 19 | | |
| Vitamin B-12 | ：g | 0.00 | | 0 | 0.00 | | |
| Vitamin A | IU | 696 | | 0 | 1817 | | |
| Vitamin A, RE | ：g | 70 | | 0 | 183 | | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 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 | :g | 5 | 1.245 | 3 | 7 | 23 | |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | 0.00 | |
| Vitamin A | IU | 870 | 203.205 | 3 | 1349 | 4437 | |
| Vitamin A, RE | :g | 87 | 20.321 | 3 | 135 | 444 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 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 | :g | 4 | 0.690 | 3 | 5 | 6 | 0 |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | 0.00 | 0.00 |
| Vitamin A | IU | 214 | 29.485 | 3 | 250 | 310 | 15 |
| Vitamin A, RE | :g | 21 | 2.949 | 3 | 25 | 30 | 1 |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 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 | :g | 4 | | 0 | 10 | | |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | | |
| Vitamin A | IU | 160 | | 0 | 397 | | |
| Vitamin A, RE | :g | 16 | | 0 | 40 | | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 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 | :g | 4 | | 0 | 11 | | |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | | |
| Vitamin A | IU | 125 | 30.483 | 5 | 313 | | |
| Vitamin A, RE | :g | 13 | 3.048 | 5 | 33 | | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 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 | :g | 4 | | 0 | 11 | | |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | | |
| Vitamin A | IU | 157 | | 0 | 396 | | |
| Vitamin A, RE | :g | 16 | | 0 | 40 | | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | ：g | 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 | ：g | 4 | | 0 | 11 | | |
| Vitamin B-12 | ：g | 0.00 | | 0 | 0.00 | | |
| Vitamin A | IU | 154 | 4.506 | 138 | 390 | | |
| Vitamin A, RE | ：g | 15 | 0.451 | 138 | 38 | | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | ：g | | | | | | |
| **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 | ：g | 4 | | 0 | 11 | | |
| Vitamin B-12 | ：g | 0.00 | | 0 | 0.00 | | |
| Vitamin A | IU | 151 | | 0 | 394 | | |
| Vitamin A, RE | ：g | 15 | | 0 | 39 | | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 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 | :g | 4 | | 0 | 11 | 12 | |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | 0.00 | |
| Vitamin A | IU | 189 | 53.061 | 3 | 490 | 537 | |
| Vitamin A, RE | :g | 19 | 5.306 | 3 | 49 | 54 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | | | | | | |
| **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 | :g | | | | | | |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | | |
| Vitamin A | IU | 40 | | 0 | 44 | | |
| Vitamin A, RE | :g | 4 | | 0 | 4 | | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 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 | :g | 2 | 0.350 | 4 | 2 | 2 | |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | 0.00 | |
| Vitamin A | IU | 46 | 8.482 | 5 | 51 | 44 | |
| Vitamin A, RE | :g | 5 | 0.848 | 5 | 6 | 5 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 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 | :g | 1 | | 0 | 3 | 1 | |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | 0.00 | |
| Vitamin A | IU | 20 | | 0 | 55 | 11 | |
| Vitamin A, RE | :g | 2 | | 0 | 6 | 1 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | ：g | | | | | | |
| **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 | ：g | | | | | | |
| Vitamin B-12 | ：g | 0.00 | | 0 | 0.00 | | |
| Vitamin A | IU | 70 | | 0 | 193 | | |
| Vitamin A, RE | ：g | 7 | | 0 | 19 | | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | | | | | | |
| **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 | :g | | | | | | |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | | |
| Vitamin A | IU | 230 | | 0 | 258 | | |
| Vitamin A, RE | :g | 23 | | 0 | 26 | | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 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 | :g | 8 | | 0 | 9 | | |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | | |
| Vitamin A | IU | 120 | | 0 | 134 | | |
| Vitamin A, RE | :g | 12 | | 0 | 13 | | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 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 | :g | 10 | 0.045 | 4 | 15 | | |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | | |
| Vitamin A | IU | 73 | 5.649 | 23 | 105 | | |
| Vitamin A, RE | :g | 7 | 0.565 | 23 | 10 | | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | 2.4 | | 0 | | | |
| 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 | :g | | | | | | |
| **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 | :g | | | | | | |
| Vitamin B-12 | :g | 0.00 | | 0 | | | |
| Vitamin A | IU | 33 | | 0 | | | |
| Vitamin A, RE | :g | 3 | | 0 | | | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 0.231 | | 0 | | | |
| 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 | :g | 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 | :g | 13 | 4.855 | 5 | 22 | 1 | |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | 0.00 | |
| Vitamin A | IU | 50 | | 0 | 89 | 4 | |
| Vitamin A, RE | :g | 5 | | 0 | 9 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 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 | :g | 6 | | 0 | 9 | | |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | | |
| Vitamin A | IU | 600 | | 0 | 870 | | |
| Vitamin A, RE | :g | 60 | | 0 | 87 | | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 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 | :g | 6 | | 0 | 4 | 3 | 2 |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | 0.00 | 0.00 |
| Vitamin A | IU | 142 | | 1 | 91 | 71 | 57 |
| Vitamin A, RE | :g | 14 | | 1 | 9 | 7 | 6 |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 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 | :g | 2 | | 0 | 5 | 1 | |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | 0.00 | |
| Vitamin A | IU | 38 | | 0 | 94 | 10 | |
| Vitamin A, RE | :g | 4 | | 0 | 10 | 1 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 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 | :g | 2 | | 0 | 5 | 1 | |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | 0.00 | |
| Vitamin A | IU | 37 | | 0 | 93 | 10 | |
| Vitamin A, RE | :g | 4 | | 0 | 10 | 1 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | ΄g | 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 | ΄g | 2 | | 0 | 5 | 1 | |
| Vitamin B-12 | ΄g | 0.00 | | 0 | 0.00 | 0.00 | |
| Vitamin A | IU | 37 | 3.838 | 18 | 96 | 10 | |
| Vitamin A, RE | ΄g | 4 | 0.384 | 18 | 10 | 1 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | | | | | | |
| **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 | :g | | | | | | |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | | |
| Vitamin A | IU | 36 | | 0 | 94 | | |
| Vitamin A, RE | :g | 4 | | 0 | 10 | | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | ：g | 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 | ：g | 8 | 1.034 | 4 | 15 | 1 | |
| Vitamin B-12 | ：g | 0.00 | | 0 | 0.00 | 0.00 | |
| Vitamin A | IU | 133 | 11.806 | 14 | 265 | 25 | |
| Vitamin A, RE | ：g | 13 | 1.181 | 14 | 26 | 2 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | ：g | 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 | ：g | 1 | 0.084 | 3 | 3 | | |
| Vitamin B-12 | ：g | 0.00 | | 0 | 0.00 | | |
| Vitamin A | IU | 159 | 4.294 | 3 | 412 | | |
| Vitamin A, RE | ：g | 16 | 0.429 | 3 | 41 | | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 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 | :g | 3 | | 0 | 6 | | |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | | |
| Vitamin A | IU | 250 | 16.749 | 12 | 593 | | |
| Vitamin A, RE | :g | 25 | 1.675 | 12 | 59 | | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 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 | :g | 3 | | 0 | 6 | | |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | | |
| Vitamin A | IU | 305 | 47.608 | 6 | 723 | | |
| Vitamin A, RE | :g | 31 | 4.761 | 6 | 73 | | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | | | | | | |
| **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 | :g | 3 | | 0 | 3 | | |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | | |
| Vitamin A | IU | 233 | | 1 | 287 | | |
| Vitamin A, RE | :g | 23 | | 1 | 28 | | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 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 | :g | 3 | | 0 | 7 | | |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | | |
| Vitamin A | IU | 208 | | 0 | 503 | | |
| Vitamin A, RE | :g | 21 | | 0 | 51 | | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | ：g | 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 | ：g | 3 | | 0 | 6 | | |
| Vitamin B-12 | ：g | 0.00 | | 0 | 0.00 | | |
| Vitamin A | IU | 205 | 3.270 | 262 | 508 | | |
| Vitamin A, RE | ：g | 20 | 0.327 | 262 | 50 | | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | | | | | | |
| **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 | :g | 3 | | 0 | 7 | 3 | |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | 0.00 | |
| Vitamin A | IU | 201 | | 0 | 523 | 261 | |
| Vitamin A, RE | :g | 20 | | 0 | 52 | 26 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | | | | | | |
| **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 | :g | 3 | | 0 | 6 | | |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | | |
| Vitamin A | IU | 440 | | 0 | 1078 | | |
| Vitamin A, RE | :g | 44 | | 0 | 108 | | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | | | | | | |
| **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 | :g | 3 | | 0 | 6 | | |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | | |
| Vitamin A | IU | 600 | 42.171 | 6 | 1494 | | |
| Vitamin A, RE | :g | 60 | 4.217 | 6 | 149 | | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | | | | | | |
| **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 | :g | 3 | | 0 | 7 | | |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | | |
| Vitamin A | IU | 429 | | 0 | 1081 | | |
| Vitamin A, RE | :g | 43 | | 0 | 108 | | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 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 | :g | 3 | | 0 | 6 | | |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | | |
| Vitamin A | IU | 504 | 16.855 | 158 | 1285 | | |
| Vitamin A, RE | :g | 50 | 1.686 | 158 | 128 | | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | | | | | | |
| **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 | :g | 3 | | 0 | 6 | | |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | | |
| Vitamin A | IU | 637 | 22.808 | 5 | 1650 | | |
| Vitamin A, RE | :g | 64 | 2.281 | 5 | 166 | | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | ：g | 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 | ：g | 6 | | 0 | 9 | | |
| Vitamin B-12 | ：g | 0.00 | | 0 | 0.00 | | |
| Vitamin A | IU | 290 | | 0 | 435 | | |
| Vitamin A, RE | ：g | 29 | | 0 | 44 | | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | ：g | 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 | ：g | 3 | 0.058 | 3 | 8 | | |
| Vitamin B-12 | ：g | 0.00 | | 0 | 0.00 | | |
| Vitamin A | IU | 138 | 0.000 | 3 | 348 | | |
| Vitamin A, RE | ：g | 14 | 0.000 | 3 | 35 | | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 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 | :g | 10 | 0.753 | 52 | 23 | 17 | 13 |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | 0.00 | 0.00 |
| Vitamin A | IU | 124 | | 0 | 285 | 206 | 159 |
| Vitamin A, RE | :g | 12 | | 0 | 28 | 20 | 15 |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | | | | | | |
| **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 | :g | 12 | 0.780 | 22 | 28 | 15 | |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | 0.00 | |
| Vitamin A | IU | 259 | | 0 | 596 | 319 | |
| Vitamin A, RE | :g | 26 | | 0 | 60 | 32 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | | | | | | |
| **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 | :g | 12 | 0.780 | 22 | 28 | 15 | |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | 0.00 | |
| Vitamin A | IU | 259 | | 0 | 596 | 319 | |
| Vitamin A, RE | :g | 26 | | 0 | 60 | 32 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 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 | :g | 9 | | 0 | 22 | 12 | |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | 0.00 | |
| Vitamin A | IU | 259 | 78.263 | 6 | 596 | 319 | |
| Vitamin A, RE | :g | 26 | 7.826 | 6 | 60 | 32 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 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 | :g | 10 | 0.807 | 30 | 23 | 12 | |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | 0.00 | |
| Vitamin A | IU | 10 | | 0 | 23 | 12 | |
| Vitamin A, RE | :g | 1 | | 0 | 2 | 1 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | | | | | | |
| **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 | :g | 12 | 0.494 | 27 | 27 | 14 | |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | 0.00 | |
| Vitamin A | IU | 10 | | 0 | 23 | 12 | |
| Vitamin A, RE | :g | 1 | | 0 | 2 | 1 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | | | | | | |
| **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 | :g | 9 | 1.051 | 3 | 22 | 11 | |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | 0.00 | |
| Vitamin A | IU | 10 | | 0 | 23 | 12 | |
| Vitamin A, RE | :g | 1 | | 0 | 2 | 1 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 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 | :g | 9 | | 0 | 21 | | |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | | |
| Vitamin A | IU | 0 | | 0 | 0 | | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | ΄g | 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 | ΄g | 9 | | 0 | 22 | | |
| Vitamin B-12 | ΄g | 0.00 | | 0 | 0.00 | | |
| Vitamin A | IU | 0 | | 0 | 0 | | |
| Vitamin A, RE | ΄g | 0 | | 0 | 0 | | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | ：g | 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 | ：g | 9 | 2.588 | 3 | 22 | | |
| Vitamin B-12 | ：g | 0.00 | | 0 | 0.00 | | |
| Vitamin A | IU | 0 | | 1 | 0 | | |
| Vitamin A, RE | ：g | 0 | | 1 | 0 | | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 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 | :g | 10 | 0.509 | 3 | 26 | 3 | |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | 0.00 | |
| Vitamin A | IU | 7 | 1.844 | 7 | 17 | 2 | |
| Vitamin A, RE | :g | 1 | 0.184 | 7 | 2 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | ：g | 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 | ：g | 10 | | 0 | 26 | 3 | |
| Vitamin B-12 | ：g | 0.00 | | 0 | 0.00 | 0.00 | |
| Vitamin A | IU | 0 | | 1 | 0 | 0 | |
| Vitamin A, RE | ：g | 0 | | 1 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | ：g | 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 | ：g | 13 | 3.631 | 3 | 26 | | |
| Vitamin B-12 | ：g | 0.00 | | 0 | 0.00 | | |
| Vitamin A | IU | 31 | 3.569 | 2 | 64 | | |
| Vitamin A, RE | ：g | 3 | 0.357 | 2 | 6 | | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | ΄g | 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 | ΄g | 4 | 1.022 | 3 | 9 | 1 | |
| Vitamin B-12 | ΄g | 0.00 | | 0 | 0.00 | 0.00 | |
| Vitamin A | IU | 9 | 1.005 | 3 | 22 | 3 | |
| Vitamin A, RE | ΄g | 1 | 0.101 | 3 | 2 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | ΄g | 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 | ΄g | 10 | | 0 | 25 | 3 | 20 |
| Vitamin B-12 | ΄g | 0.00 | | 0 | 0.00 | 0.00 | 0.00 |
| Vitamin A | IU | 10 | | 0 | 25 | 3 | 20 |
| Vitamin A, RE | ΄g | 1 | | 0 | 2 | 0 | 2 |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 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 | :g | 4 | | 0 | 4 | 0 | |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | 0.00 | |
| Vitamin A | IU | 100 | | 0 | 92 | 2 | |
| Vitamin A, RE | :g | 10 | | 0 | 9 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 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 | :g | 4 | 0.588 | 14 | 6 | 6 | 0 |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | 0.00 | 0.00 |
| Vitamin A | IU | 73 | | 7 | 117 | 112 | 4 |
| Vitamin A, RE | :g | 7 | | 7 | 11 | 11 | 0 |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | ΄g | 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 | ΄g | 3 | | 0 | 6 | | |
| Vitamin B-12 | ΄g | 0.00 | | 0 | 0.00 | | |
| Vitamin A | IU | 66 | | 0 | 162 | | |
| Vitamin A, RE | ΄g | 7 | | 0 | 17 | | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 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 | :g | 3 | | 0 | 7 | | |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | | |
| Vitamin A | IU | 64 | 11.500 | 2 | 164 | | |
| Vitamin A, RE | :g | 6 | 1.150 | 2 | 15 | | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | ：g | 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 | ：g | 3 | 0.274 | 4 | 7 | 1 | |
| Vitamin B-12 | ：g | 0.00 | | 0 | 0.00 | 0.00 | |
| Vitamin A | IU | 8 | | 0 | 20 | 3 | |
| Vitamin A, RE | ：g | 1 | | 0 | 3 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | ：g | 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 | ：g | 4 | 1.200 | 4 | 10 | 10 | |
| Vitamin B-12 | ：g | 0.00 | | 0 | 0.00 | 0.00 | |
| Vitamin A | IU | 27 | 14.001 | 3 | 58 | 58 | |
| Vitamin A, RE | ：g | 3 | 1.400 | 3 | 6 | 6 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 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 | :g | 1 | 0.344 | 4 | 3 | 0 | |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | 0.00 | |
| Vitamin A | IU | 8 | 4.022 | 3 | 20 | 2 | |
| Vitamin A, RE | :g | 1 | 0.402 | 3 | 3 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | | | | | | |
| **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 | :g | | | | | | |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | | |
| Vitamin A | IU | 720 | | 0 | 1008 | | |
| Vitamin A, RE | :g | 72 | | 0 | 101 | | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 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 | :g | 14 | | 0 | 23 | 13 | |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | 0.00 | |
| Vitamin A | IU | 792 | 285.960 | 25 | 1307 | 713 | |
| Vitamin A, RE | :g | 79 | 28.596 | 25 | 130 | 71 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | 5.4 | | 0 | 13.2 | 0.3 | |
| 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 | :g | | | | | | |
| **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 | :g | | | | | | |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | 0.00 | |
| Vitamin A | IU | 90 | | 0 | 220 | 5 | |
| Vitamin A, RE | :g | 9 | | 0 | 22 | 1 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 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 | :g | 5 | | 0 | 12 | | |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | | |
| Vitamin A | IU | 283 | | 1 | 674 | | |
| Vitamin A, RE | :g | 28 | | 1 | 67 | | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 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 | :g | 14 | | 0 | 23 | | |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | | |
| Vitamin A | IU | 297 | 70.620 | 3 | 490 | | |
| Vitamin A, RE | :g | 30 | 7.062 | 3 | 50 | | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | | | | | | |
| **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 | :g | | | | | | |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | 0.00 | |
| Vitamin A | IU | 3 | 3.350 | 2 | 4 | 0 | |
| Vitamin A, RE | :g | 0 | 0.335 | 2 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | | | | | | |
| **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 | :g | | | | | | |
| Vitamin B-12 | :g | 0.00 | | 0 | | | |
| Vitamin A | IU | 40 | | 0 | | | |
| Vitamin A, RE | :g | 4 | | 0 | | | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | | | | | | |
| **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 | :g | | | | | | |
| Vitamin B-12 | :g | 0.00 | | 0 | | | |
| Vitamin A | IU | | | | | | |
| Vitamin A, RE | :g | | | | | | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 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 | :g | 38 | | 0 | 67 | 35 | 29 |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | 0.00 | 0.00 |
| Vitamin A | IU | 175 | | 1 | 310 | 159 | 133 |
| Vitamin A, RE | :g | 18 | | 1 | 32 | 16 | 14 |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 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 | :g | 16 | | 0 | 3 | | |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | | |
| Vitamin A | IU | 302 | 160.862 | 3 | 57 | | |
| Vitamin A, RE | :g | 30 | 16.086 | 3 | 6 | | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 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 | :g | 11 | 2.646 | 7 | 22 | 6 | 9 |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | 0.00 | 0.00 |
| Vitamin A | IU | 29 | | 1 | 61 | 17 | 24 |
| Vitamin A, RE | :g | 3 | | 1 | 6 | 2 | 3 |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | | | | | | |
| **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 | :g | | | | | | |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | | |
| Vitamin A | IU | 30 | | 0 | 32 | | |
| Vitamin A, RE | :g | 3 | | 0 | 3 | | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 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 | :g | 13 | 0.130 | 3 | 31 | 4 | 6 |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | 0.00 | 0.00 |
| Vitamin A | IU | 20 | | 0 | 49 | 6 | 9 |
| Vitamin A, RE | :g | 2 | | 0 | 5 | 1 | 1 |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 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 | :g | 10 | 1.295 | 6 | 25 | 2 | 3 |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | 0.00 | 0.00 |
| Vitamin A | IU | 15 | 5.239 | 3 | 37 | 2 | 5 |
| Vitamin A, RE | :g | 2 | 0.524 | 3 | 5 | 0 | 1 |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 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 | :g | 10 | 2.155 | 3 | 23 | 3 | |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | 0.00 | |
| Vitamin A | IU | 13 | 5.291 | 3 | 32 | 4 | |
| Vitamin A, RE | :g | 1 | 0.529 | 3 | 2 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 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 | :g | 13 | | 0 | 1 | 0 | |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | 0.00 | |
| Vitamin A | IU | 50 | | 0 | 3 | 1 | |
| Vitamin A, RE | :g | 5 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 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 | :g | 8 | 2.328 | 7 | 5 | | |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | | |
| Vitamin A | IU | 10 | | 0 | 7 | | |
| Vitamin A, RE | :g | 1 | | 0 | 1 | | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | ˙g | 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 | ˙g | 8 | | 0 | 20 | 3 | 3 |
| Vitamin B-12 | ˙g | 0.00 | | 0 | 0.00 | 0.00 | 0.00 |
| Vitamin A | IU | 10 | | 0 | 25 | 3 | 4 |
| Vitamin A, RE | ˙g | 1 | | 0 | 2 | 0 | 0 |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 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 | :g | 8 | 2.397 | 6 | 19 | 2 | |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | 0.00 | |
| Vitamin A | IU | 16 | 2.333 | 3 | 39 | 5 | |
| Vitamin A, RE | :g | 2 | 0.233 | 3 | 5 | 1 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | | | | | | |

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|---|---|---|---|---|---|
| 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 | :g | 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 | :g | 14 | | 0 | 27 | 1 | |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | 0.00 | |
| Vitamin A | IU | 0 | | 1 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 1 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | ΄g | 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 | ΄g | 12 | | 0 | 0 | | |
| Vitamin B-12 | ΄g | 0.00 | | 0 | 0.00 | | |
| Vitamin A | IU | 0 | | 0 | 0 | | |
| Vitamin A, RE | ΄g | 0 | | 0 | 0 | | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 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 | :g | 26 | 2.914 | 3 | 38 | | |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | | |
| Vitamin A | IU | 35 | 3.180 | 3 | 51 | | |
| Vitamin A, RE | :g | 4 | 0.318 | 3 | 6 | | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | | | | | | |
| **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 | :g | | | | | | |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | | |
| Vitamin A | IU | | | | | | |
| Vitamin A, RE | :g | | | | | | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | ：g | | | | | | |
| **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 | ：g | | | | | | |
| Vitamin B-12 | ：g | 0.00 | | 0 | | | |
| Vitamin A | IU | 0 | | 1 | | | |
| Vitamin A, RE | ：g | 0 | | 1 | | | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 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 | :g | 14 | | 0 | 21 | 3 | 2 |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | 0.00 | 0.00 |
| Vitamin A | IU | 1528 | 233.817 | 5 | 2277 | 306 | 244 |
| Vitamin A, RE | :g | 153 | 23.382 | 5 | 228 | 31 | 24 |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 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 | :g | 14 | | 0 | 118 | | |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | | |
| Vitamin A | IU | 230 | | 0 | 1946 | | |
| Vitamin A, RE | :g | 23 | | 0 | 195 | | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 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 | :g | 14 | | 0 | 23 | 29 | |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | 0.00 | |
| Vitamin A | IU | 3894 | 244.166 | 91 | 6425 | 8061 | |
| Vitamin A, RE | :g | 389 | 24.417 | 91 | 642 | 805 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | | | | | | |
| **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 | :g | 31 | | 2 | 61 | 67 | |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | 0.00 | |
| Vitamin A | IU | | | | | | |
| Vitamin A, RE | :g | | | | | | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 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 | :g | 17 | 2.821 | 19 | 30 | 27 | 27 |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | 0.00 | 0.00 |
| Vitamin A | IU | 3224 | 211.836 | 10 | 5706 | 5158 | 5029 |
| Vitamin A, RE | :g | 322 | 21.184 | 10 | 570 | 515 | 502 |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 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 | :g | 17 | | 0 | 29 | 279 | 28 |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | 0.00 | 0.00 |
| Vitamin A | IU | 30 | | 0 | 51 | 492 | 49 |
| Vitamin A, RE | :g | 3 | | 0 | 5 | 49 | 5 |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 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 | :g | 6 | | 0 | 11 | 10 | 60 |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | 0.00 | 0.00 |
| Vitamin A | IU | 40 | | 0 | 71 | 68 | 400 |
| Vitamin A, RE | :g | 4 | | 0 | 7 | 7 | 40 |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | ：g | | | | | | |
| **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 | ：g | 26 | 2.100 | 3 | 44 | | |
| Vitamin B-12 | ：g | 0.00 | | 0 | 0.00 | | |
| Vitamin A | IU | 1774 | 52.992 | 3 | 3069 | | |
| Vitamin A, RE | ：g | 177 | 5.299 | 3 | 306 | | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | | | | | | |
| **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 | :g | 3 | | 0 | 8 | | |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | | |
| Vitamin A | IU | 194 | 11.020 | 16 | 495 | | |
| Vitamin A, RE | :g | 19 | 1.102 | 16 | 48 | | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | ：g | | | | | | |
| **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 | ：g | 4 | | 0 | 11 | | |
| Vitamin B-12 | ：g | 0.00 | | 0 | 0.00 | | |
| Vitamin A | IU | 2442 | | 0 | 7155 | | |
| Vitamin A, RE | ：g | 244 | | 0 | 715 | | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | | | | | | |
| **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 | :g | 8 | | 0 | 19 | 22 | |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | 0.00 | |
| Vitamin A | IU | 322 | 131.130 | 3 | 805 | 914 | |
| Vitamin A, RE | :g | 32 | 13.113 | 3 | 80 | 91 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 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 | :g | 6 | | 0 | 8 | 1 | |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | 0.00 | |
| Vitamin A | IU | 25 | | 0 | 35 | 4 | |
| Vitamin A, RE | :g | 3 | | 0 | 4 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 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 | :g | 4 | 0.459 | 10 | 5 | 5 | |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | 0.00 | |
| Vitamin A | IU | 736 | 135.657 | 6 | 1016 | 1001 | |
| Vitamin A, RE | :g | 74 | 13.566 | 6 | 102 | 101 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | | | | | | |
| **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 | :g | | | | | | |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | 0.00 | |
| Vitamin A | IU | 830 | | 0 | 1162 | 91 | |
| Vitamin A, RE | :g | 83 | | 0 | 116 | 9 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 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 | :g | 0 | | 2 | 0 | 0 | 0 |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | 0.00 | 0.00 |
| Vitamin A | IU | 403 | | 2 | 34 | 18 | 13 |
| Vitamin A, RE | :g | 40 | | 0 | 3 | 2 | 1 |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 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 | :g | 0 | | 0 | 0 | 0 | |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | 0.00 | |
| Vitamin A | IU | 346 | | 2 | 29 | 53 | |
| Vitamin A, RE | :g | 35 | | 0 | 3 | 5 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 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 | :g | 30 | 0.808 | 154 | 55 | 56 | 29 |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | 0.00 | 0.00 |
| Vitamin A | IU | 205 | 5.890 | 148 | 369 | 377 | 197 |
| Vitamin A, RE | :g | 21 | 0.589 | 148 | 38 | 39 | 20 |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | | | | | | |
| **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 | :g | 39 | 5.212 | 81 | 69 | 47 | |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | 0.00 | |
| Vitamin A | IU | 230 | 8.884 | 78 | 414 | 278 | |
| Vitamin A, RE | :g | 23 | 0.888 | 78 | 41 | 28 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | | | | | | |
| **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 | :g | 34 | 1.102 | 70 | 56 | 47 | |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | 0.00 | |
| Vitamin A | IU | 183 | 7.847 | 70 | 302 | 256 | |
| Vitamin A, RE | :g | 18 | 0.785 | 70 | 30 | 25 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 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 | :g | 17 | 3.265 | 3 | 32 | 24 | 26 |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | 0.00 | 0.00 |
| Vitamin A | IU | 200 | | 0 | 370 | 282 | 302 |
| Vitamin A, RE | :g | 20 | | 0 | 37 | 28 | 30 |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 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 | :g | 30 | | 0 | 51 | 48 | |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | 0.00 | |
| Vitamin A | IU | 250 | | 0 | 425 | 398 | |
| Vitamin A, RE | :g | 25 | | 0 | 43 | 40 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 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 | :g | 30 | | 0 | 75 | 9 | 26 |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | 0.00 | 0.00 |
| Vitamin A | IU | 200 | | 0 | 496 | 62 | 172 |
| Vitamin A, RE | :g | 20 | | 0 | 50 | 6 | 17 |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | ：g | 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 | ：g | 18 | | 0 | 45 | 6 | 48 |
| Vitamin B-12 | ：g | 0.00 | | 0 | 0.00 | 0.00 | 0.00 |
| Vitamin A | IU | 175 | 5.725 | 28 | 436 | 54 | 460 |
| Vitamin A, RE | ：g | 18 | 0.573 | 28 | 45 | 6 | 47 |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | ：g | 0.1 | | 0 | 0.2 | 0.0 | |
| **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 | ：g | 18 | 0.913 | 3 | 45 | 6 | |
| Vitamin B-12 | ：g | 0.00 | | 0 | 0.00 | 0.00 | |
| Vitamin A | IU | 78 | 10.440 | 3 | 194 | 24 | |
| Vitamin A, RE | ：g | 8 | 1.044 | 3 | 20 | 2 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | ：g | 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 | ：g | 155 | 1.432 | 381 | 441 | 55 | 331 |
| Vitamin B-12 | ：g | 0.00 | | 0 | 0.00 | 0.00 | 0.00 |
| Vitamin A | IU | 276 | | 0 | 784 | 98 | 588 |
| Vitamin A, RE | ：g | 28 | | 0 | 80 | 10 | 60 |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 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 | :g | 44 | 0.404 | 381 | 109 | 14 | |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | 0.00 | |
| Vitamin A | IU | 78 | | 0 | 194 | 24 | |
| Vitamin A, RE | :g | 8 | | 0 | 20 | 2 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 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 | :g | 30 | | 0 | 2 | 1 | |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | 0.00 | |
| Vitamin A | IU | 420 | | 0 | 25 | 8 | |
| Vitamin A, RE | :g | 42 | | 0 | 3 | 1 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | ：g | 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 | ：g | 14 | | 0 | 35 | 4 | |
| Vitamin B-12 | ：g | 0.00 | | 0 | 0.00 | 0.00 | |
| Vitamin A | IU | 119 | 4.671 | 14 | 294 | 37 | |
| Vitamin A, RE | ：g | 12 | 0.467 | 14 | 30 | 4 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | ：g | 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 | ：g | 20 | 2.492 | 11 | 40 | 20 | 17 |
| Vitamin B-12 | ：g | 0.00 | | 0 | 0.00 | 0.00 | 0.00 |
| Vitamin A | IU | 920 | | 1 | 1794 | 902 | 773 |
| Vitamin A, RE | ：g | 92 | | 1 | 179 | 90 | 77 |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | ：g | 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 | ：g | 5 | | 0 | 11 | | |
| Vitamin B-12 | ：g | 0.00 | | 0 | 0.00 | | |
| Vitamin A | IU | 852 | 462.500 | 2 | 2121 | | |
| Vitamin A, RE | ：g | 85 | 46.250 | 2 | 212 | | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | ：g | 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 | ：g | 5 | | 0 | 12 | | |
| Vitamin B-12 | ：g | 0.00 | | 0 | 0.00 | | |
| Vitamin A | IU | 840 | 100.438 | 34 | 2117 | | |
| Vitamin A, RE | ：g | 84 | 10.044 | 34 | 212 | | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 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 | :g | 5 | | 0 | 11 | 1 | |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | 0.00 | |
| Vitamin A | IU | 420 | | 0 | 1037 | 130 | |
| Vitamin A, RE | :g | 42 | | 0 | 104 | 13 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 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 | :g | 5 | | 0 | 11 | 1 | |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | 0.00 | |
| Vitamin A | IU | 420 | | 0 | 1046 | 131 | |
| Vitamin A, RE | :g | 42 | | 0 | 105 | 13 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | ：g | | | | | | |
| **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 | ：g | 16 | 1.508 | 3 | 35 | | |
| Vitamin B-12 | ：g | 0.00 | | 0 | 0.00 | | |
| Vitamin A | IU | 2014 | 185.129 | 3 | 4310 | | |
| Vitamin A, RE | ：g | 201 | 18.513 | 3 | 430 | | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | | | | | | |
| **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 | :g | 5 | 0.430 | 3 | 11 | 1 | |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | 0.00 | |
| Vitamin A | IU | 573 | 52.704 | 3 | 1381 | 172 | |
| Vitamin A, RE | :g | 57 | 5.270 | 3 | 137 | 17 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 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 | :g | 38 | | 0 | 53 | 87 | 144 |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | 0.00 | 0.00 |
| Vitamin A | IU | 284 | | 1 | 398 | 653 | 1079 |
| Vitamin A, RE | :g | 28 | | 1 | 39 | 64 | 106 |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | ΄g | 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 | ΄g | 2 | 1.094 | 3 | 5 | 1 | |
| Vitamin B-12 | ΄g | 0.00 | | 0 | 0.00 | 0.00 | |
| Vitamin A | IU | 111 | 47.336 | 3 | 278 | 35 | |
| Vitamin A, RE | ΄g | 11 | 4.734 | 3 | 28 | 3 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 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 | :g | 14 | | 0 | 33 | 3 | |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | 0.00 | |
| Vitamin A | IU | 700 | | 0 | 1652 | 126 | |
| Vitamin A, RE | :g | 70 | | 0 | 165 | 13 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 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 | :g | 7 | | 0 | 17 | 2 | |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | 0.00 | |
| Vitamin A | IU | 717 | | 0 | 1771 | 222 | |
| Vitamin A, RE | :g | 72 | | 0 | 178 | 22 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 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 | :g | 8 | | 0 | 20 | 2 | |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | 0.00 | |
| Vitamin A | IU | 2410 | | 0 | 5953 | 745 | |
| Vitamin A, RE | :g | 241 | | 0 | 595 | 74 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 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 | :g | 3 | 0.339 | 8 | 6 | 5 | 3 |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | 0.00 | 0.00 |
| Vitamin A | IU | 535 | 31.565 | 3 | 910 | 840 | 524 |
| Vitamin A, RE | :g | 54 | 3.157 | 3 | 92 | 85 | 53 |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 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 | :g | 3 | | 0 | 8 | 3 | |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | 0.00 | |
| Vitamin A | IU | 532 | 35.791 | 29 | 1298 | 521 | |
| Vitamin A, RE | :g | 53 | 3.579 | 29 | 129 | 52 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | ΐg | 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 | ΐg | 3 | | 0 | 9 | 8 | 3 |
| Vitamin B-12 | ΐg | 0.00 | | 0 | 0.00 | 0.00 | 0.00 |
| Vitamin A | IU | 381 | 54.723 | 17 | 953 | 945 | 373 |
| Vitamin A, RE | ΐg | 38 | 5.472 | 17 | 95 | 94 | 37 |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | ΄g | | | | | | |
| **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 | ΄g | 3 | | 0 | 8 | | |
| Vitamin B-12 | ΄g | 0.00 | | 0 | 0.00 | | |
| Vitamin A | IU | 270 | | 1 | 667 | | |
| Vitamin A, RE | ΄g | 27 | | 1 | 67 | | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 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 | :g | 3 | | 0 | 8 | 3 | |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | 0.00 | |
| Vitamin A | IU | 354 | 8.470 | 128 | 889 | 347 | |
| Vitamin A, RE | :g | 35 | 0.847 | 128 | 88 | 34 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 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 | :g | 3 | 0.547 | 3 | 8 | 3 | |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | 0.00 | |
| Vitamin A | IU | 332 | 5.931 | 597 | 870 | 325 | |
| Vitamin A, RE | :g | 33 | 0.593 | 597 | 86 | 32 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | | | | | | |
| **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 | :g | 3 | | 0 | 8 | | |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | | |
| Vitamin A | IU | 131 | 2.752 | 148 | 343 | | |
| Vitamin A, RE | :g | 13 | 0.275 | 148 | 34 | | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 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 | :g | 3 | | 0 | 8 | | |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | | |
| Vitamin A | IU | 317 | 23.186 | 19 | 767 | | |
| Vitamin A, RE | :g | 32 | 2.319 | 19 | 77 | | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | ：g | | | | | | |
| **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 | ：g | 7 | 0.300 | 2 | 8 | | |
| Vitamin B-12 | ：g | 0.00 | | 0 | 0.00 | | |
| Vitamin A | IU | 1417 | 130.000 | 2 | 1644 | | |
| Vitamin A, RE | ：g | 142 | 13.000 | 2 | 165 | | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | ‡g | | | | | | |
| **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 | ‡g | 3 | 1.000 | 2 | 7 | | |
| Vitamin B-12 | ‡g | 0.00 | | 0 | 0.00 | | |
| Vitamin A | IU | 396 | 12.500 | 2 | 958 | | |
| Vitamin A, RE | ‡g | 40 | 1.250 | 2 | 97 | | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | ΄g | 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 | ΄g | 0 | | 0 | 0 | 0 | |
| Vitamin B-12 | ΄g | 0.00 | | 0 | 0.00 | 0.00 | |
| Vitamin A | IU | 2163 | 133.730 | 21 | 3461 | 281 | |
| Vitamin A, RE | ΄g | 216 | 13.373 | 21 | 346 | 28 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 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 | :g | 0 | 0.017 | 3 | 0 | | |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | | |
| Vitamin A | IU | 197 | 7.287 | 3 | 508 | | |
| Vitamin A, RE | :g | 20 | 0.729 | 3 | 52 | | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 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 | :g | 0 | | 0 | 0 | | |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | | |
| Vitamin A | IU | 180 | | 0 | 486 | | |
| Vitamin A, RE | :g | 18 | | 0 | 49 | | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 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 | :g | 3 | | 0 | 8 | 5 | 9 |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | 0.00 | 0.00 |
| Vitamin A | IU | 284 | 16.667 | 3 | 710 | 440 | 807 |
| Vitamin A, RE | :g | 28 | 1.667 | 3 | 70 | 43 | 80 |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | ：g | 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 | ：g | 1 | | 0 | 3 | 0 | |
| Vitamin B-12 | ：g | 0.00 | | 0 | 0.00 | 0.00 | |
| Vitamin A | IU | 258 | 93.980 | 4 | 642 | 80 | |
| Vitamin A, RE | ：g | 26 | 9.398 | 4 | 65 | 8 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 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 | :g | 7 | 1.208 | 11 | 12 | 15 | 12 |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | 0.00 | 0.00 |
| Vitamin A | IU | 20 | | 0 | 33 | 42 | 33 |
| Vitamin A, RE | :g | 2 | | 0 | 3 | 4 | 3 |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | ‡g | 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 | ‡g | 1 | | 0 | 3 | 1 | |
| Vitamin B-12 | ‡g | 0.00 | | 0 | 0.00 | 0.00 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | ‡g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | ΐg | 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 | ΐg | 1 | | 0 | 3 | 1 | |
| Vitamin B-12 | ΐg | 0.00 | | 0 | 0.00 | 0.00 | |
| Vitamin A | IU | 6 | 5.500 | 2 | 15 | 5 | |
| Vitamin A, RE | ΐg | 1 | 0.550 | 2 | 2 | 1 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | | | | | | |
| **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 | :g | 1 | | 0 | 3 | 1 | |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | 0.00 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 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 | :g | 1 | | 0 | 3 | 1 | |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | 0.00 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | ：g | 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 | ：g | 1 | 0.273 | 3 | 3 | 1 | |
| Vitamin B-12 | ：g | 0.00 | | 0 | 0.00 | 0.00 | |
| Vitamin A | IU | 0 | 0.000 | 26 | 0 | 0 | |
| Vitamin A, RE | ：g | 0 | 0.000 | 26 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | ：g | | | | | | |
| **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 | ：g | 1 | | 0 | 3 | 1 | |
| Vitamin B-12 | ：g | 0.00 | | 0 | 0.00 | 0.00 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | ：g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 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 | :g | 0 | | 0 | 0 | 0 | 0 |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | 0.00 | 0.00 |
| Vitamin A | IU | 3 | 3.314 | 15 | 5 | 1 | 5 |
| Vitamin A, RE | :g | 0 | 0.331 | 15 | 0 | 0 | 0 |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | ：g | 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 | ：g | 0 | | 1 | 0 | | |
| Vitamin B-12 | ：g | 0.00 | | 0 | 0.00 | | |
| Vitamin A | IU | 42 | 25.243 | 3 | 107 | | |
| Vitamin A, RE | ：g | 4 | 2.524 | 3 | 10 | | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 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 | :g | 0 | | 0 | 0 | | |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | | |
| Vitamin A | IU | 40 | | 0 | 112 | | |
| Vitamin A, RE | :g | 4 | | 0 | 11 | | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | ：g | 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 | ：g | 1 | | 0 | 3 | 0 | |
| Vitamin B-12 | ：g | 0.00 | | 0 | 0.00 | 0.00 | |
| Vitamin A | IU | 1 | 0.562 | 16 | 3 | 0 | |
| Vitamin A, RE | ：g | 0 | 0.056 | 16 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 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 | :g | 8 | 0.750 | 4 | 13 | | |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | | |
| Vitamin A | IU | 2167 | 492.166 | 5 | 3641 | | |
| Vitamin A, RE | :g | 217 | 49.217 | 5 | 365 | | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | ：g | | | | | | |
| **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 | ：g | | | | | | |
| Vitamin B-12 | ：g | 0.00 | | 0 | 0.00 | | |
| Vitamin A | IU | 558 | | 1 | 190 | | |
| Vitamin A, RE | ：g | 56 | | 1 | 19 | | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | | | | | | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 66.0 | | 0 | 16.5 | | |
| Thiamin | mg | | | | | | |
| Riboflavin | mg | | | | | | |
| Niacin | mg | | | | | | |
| Pantothenic acid | mg | | | | | | |
| Vitamin B-6 | mg | | | | | | |
| Folate | :g | | | | | | |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | | |
| Vitamin A | IU | | | | | | |
| Vitamin A, RE | :g | | | | | | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 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 | :g | 11 | 2.800 | 4 | 16 | 50 | 9 |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | 0.00 | 0.00 |
| Vitamin A | IU | 23 | 5.188 | 22 | 36 | 109 | 19 |
| Vitamin A, RE | :g | 2 | 0.519 | 22 | 3 | 9 | 2 |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 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 | :g | 5 | | 0 | 12 | 2 | |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | 0.00 | |
| Vitamin A | IU | 15 | | 0 | 37 | 7 | |
| Vitamin A, RE | :g | 2 | | 0 | 5 | 1 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 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 | :g | 5 | | 0 | 12 | 2 | |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | 0.00 | |
| Vitamin A | IU | 38 | 1.788 | 75 | 95 | 18 | |
| Vitamin A, RE | :g | 4 | 0.179 | 75 | 10 | 2 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 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 | :g | 5 | | 0 | 12 | 2 | |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | 0.00 | |
| Vitamin A | IU | 15 | | 0 | 38 | 7 | |
| Vitamin A, RE | :g | 1 | | 0 | 3 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | ：g | 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 | ：g | 5 | 0.595 | 3 | 12 | 2 | |
| Vitamin B-12 | ：g | 0.00 | | 0 | 0.00 | 0.00 | |
| Vitamin A | IU | 14 | 2.374 | 110 | 36 | 7 | |
| Vitamin A, RE | ：g | 1 | 0.237 | 110 | 3 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | ΄g | | | | | | |
| **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 | ΄g | 5 | | 0 | 12 | | |
| Vitamin B-12 | ΄g | 0.00 | | 0 | 0.00 | | |
| Vitamin A | IU | 14 | | 0 | 36 | | |
| Vitamin A, RE | ΄g | 1 | | 0 | 3 | | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | ：g | 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 | ：g | 11 | | 0 | 26 | | |
| Vitamin B-12 | ：g | 0.00 | | 0 | 0.00 | | |
| Vitamin A | IU | 30 | | 0 | 74 | | |
| Vitamin A, RE | ：g | 3 | | 0 | 7 | | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 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 | :g | 23 | 1.570 | 3 | 58 | 7 | |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | 0.00 | |
| Vitamin A | IU | 5 | 4.643 | 14 | 13 | 2 | |
| Vitamin A, RE | :g | 0 | 0.464 | 14 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | ：g | 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 | ：g | 37 | | 0 | 79 | | |
| Vitamin B-12 | ：g | 0.00 | | 0 | 0.00 | | |
| Vitamin A | IU | 50 | | 0 | 108 | | |
| Vitamin A, RE | ：g | 5 | | 0 | 11 | | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 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 | :g | 11 | | 0 | 27 | 3 | |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | 0.00 | |
| Vitamin A | IU | 10 | | 0 | 25 | 3 | |
| Vitamin A, RE | :g | 1 | | 0 | 3 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | | | | | | |
| **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 | :g | | | | | | |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | 0.00 | |
| Vitamin A | IU | 1500 | | 0 | 2595 | 105 | |
| Vitamin A, RE | :g | 150 | | 0 | 260 | 11 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 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 | :g | 22 | 1.000 | 6 | 33 | 39 | |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | 0.00 | |
| Vitamin A | IU | 1127 | 62.933 | 3 | 1668 | 2017 | |
| Vitamin A, RE | :g | 113 | 6.293 | 3 | 167 | 202 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 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 | :g | 26 | 0.817 | 6 | 52 | 40 | |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | 0.00 | |
| Vitamin A | IU | 909 | 116.625 | 3 | 1818 | 1400 | |
| Vitamin A, RE | :g | 91 | 11.663 | 3 | 182 | 140 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 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 | :g | 2 | 0.282 | 23 | 4 | 1 | |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | 0.00 | |
| Vitamin A | IU | 323 | 80.587 | 5 | 533 | 213 | |
| Vitamin A, RE | :g | 32 | 8.059 | 5 | 53 | 21 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 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 | :g | 3 | | 0 | 6 | 1 | |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | 0.00 | |
| Vitamin A | IU | 914 | | 1 | 2276 | 420 | |
| Vitamin A, RE | :g | 91 | | 1 | 227 | 42 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 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 | :g | 3 | | 0 | 7 | 1 | |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | 0.00 | |
| Vitamin A | IU | 1009 | 43.675 | 6 | 2543 | 464 | |
| Vitamin A, RE | :g | 101 | 4.368 | 6 | 255 | 46 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 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 | :g | 3 | | 0 | 7 | 1 | |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | 0.00 | |
| Vitamin A | IU | 264 | | 0 | 665 | 121 | |
| Vitamin A, RE | :g | 26 | | 0 | 66 | 12 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 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 | :g | 3 | 0.938 | 3 | 6 | 1 | |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | 0.00 | |
| Vitamin A | IU | 259 | 63.286 | 8 | 668 | 119 | |
| Vitamin A, RE | :g | 26 | 6.329 | 8 | 67 | 12 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | ΄g | | | | | | |
| **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 | ΄g | 3 | | 0 | 7 | | |
| Vitamin B-12 | ΄g | 0.00 | | 0 | 0.00 | | |
| Vitamin A | IU | 254 | | 0 | 663 | | |
| Vitamin A, RE | ΄g | 25 | | 0 | 65 | | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 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 | :g | 6 | | 0 | 9 | | |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | | |
| Vitamin A | IU | 0 | | 0 | 0 | | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 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 | :g | 6 | | 0 | 9 | 6 | |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | 0.00 | |
| Vitamin A | IU | 51 | 1.000 | 2 | 76 | 53 | |
| Vitamin A, RE | :g | 5 | 0.100 | 2 | 7 | 5 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | | | | | | |
| **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 | :g | 0 | | 0 | 0 | 0 | |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | 0.00 | |
| Vitamin A | IU | 797 | 74.628 | 21 | 1865 | 685 | |
| Vitamin A, RE | :g | 80 | 7.463 | 21 | 187 | 69 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | ：g | | | | | | |
| **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 | ：g | 2 | 0.300 | 2 | 3 | | |
| Vitamin B-12 | ：g | 0.00 | | 0 | 0.00 | | |
| Vitamin A | IU | 1762 | 48.500 | 2 | 2326 | | |
| Vitamin A, RE | ：g | 176 | 4.850 | 2 | 232 | | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | ΄g | | | | | | |
| **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 | ΄g | 0 | 0.013 | 2 | 1 | | |
| Vitamin B-12 | ΄g | 0.00 | | 0 | 0.00 | | |
| Vitamin A | IU | 523 | 59.000 | 2 | 1464 | | |
| Vitamin A, RE | ΄g | 52 | 5.900 | 2 | 146 | | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 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 | :g | 4 | 0.291 | 4 | 6 | 0 | |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | 0.00 | |
| Vitamin A | IU | 1987 | 47.577 | 202 | 3378 | 167 | |
| Vitamin A, RE | :g | 199 | 4.758 | 202 | 338 | 17 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | ΄g | 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 | ΄g | 0 | 0.017 | 3 | 0 | | |
| Vitamin B-12 | ΄g | 0.00 | | 0 | 0.00 | | |
| Vitamin A | IU | 306 | 58.706 | 3 | 759 | | |
| Vitamin A, RE | ΄g | 31 | 5.871 | 3 | 77 | | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 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 | :g | 0 | | 0 | 0 | | |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | | |
| Vitamin A | IU | 285 | | 0 | 707 | | |
| Vitamin A, RE | :g | 29 | | 0 | 72 | | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | ΄g | 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 | ΄g | 0 | 0.042 | 3 | 1 | 0 | |
| Vitamin B-12 | ΄g | 0.00 | | 0 | 0.00 | 0.00 | |
| Vitamin A | IU | 3 | 1.338 | 26 | 8 | 1 | |
| Vitamin A, RE | ΄g | 0 | 0.134 | 26 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | | | | | | |
| **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 | :g | | | | | | |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | 0.00 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 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 | :g | 3 | | 0 | 3 | | |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | | |
| Vitamin A | IU | 40 | | 0 | 37 | | |
| Vitamin A, RE | :g | 4 | | 0 | 4 | | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 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 | :g | 3 | | 0 | 5 | 5 | |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | 0.00 | |
| Vitamin A | IU | 44 | 33.161 | 17 | 73 | 64 | |
| Vitamin A, RE | :g | 4 | 3.316 | 17 | 7 | 6 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 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 | :g | 3 | 0.132 | 4 | 5 | 5 | 0 |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | 0.00 | 0.00 |
| Vitamin A | IU | 8 | 2.350 | 25 | 13 | 12 | 1 |
| Vitamin A, RE | :g | 1 | 0.235 | 25 | 2 | 1 | 0 |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 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 | :g | 3 | | 0 | 5 | 5 | |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | 0.00 | |
| Vitamin A | IU | 0 | 0.000 | 14 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | 0.000 | 14 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | | | | | | |
| **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 | :g | 8 | | 2 | 12 | 17 | 1 |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | 0.00 | 0.00 |
| Vitamin A | IU | 3 | | 2 | 5 | 6 | 0 |
| Vitamin A, RE | :g | 0 | | 2 | 0 | 0 | 0 |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 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 | :g | 26 | | 0 | 32 | 81 | 5 |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | 0.00 | 0.00 |
| Vitamin A | IU | 130 | | 0 | 160 | 406 | 25 |
| Vitamin A, RE | :g | 13 | | 0 | 16 | 41 | 2 |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | ：g | 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 | ：g | 11 | 0.145 | 3 | 27 | | |
| Vitamin B-12 | ：g | 0.00 | | 0 | 0.00 | | |
| Vitamin A | IU | 33 | 14.970 | 3 | 84 | | |
| Vitamin A, RE | ：g | 3 | 1.497 | 3 | 8 | | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 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 | :g | 26 | | 1 | 65 | 74 | |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | 0.00 | |
| Vitamin A | IU | 60 | | 3 | 150 | 170 | |
| Vitamin A, RE | :g | 6 | | 3 | 15 | 17 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 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 | :g | 7 | 0.850 | 4 | 9 | 4 | |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | 0.00 | |
| Vitamin A | IU | 100 | | 1 | 122 | 51 | |
| Vitamin A, RE | :g | 10 | | 1 | 12 | 5 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 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 | :g | 8 | 0.850 | 3 | 11 | | |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | | |
| Vitamin A | IU | 107 | 7.211 | 3 | 147 | | |
| Vitamin A, RE | :g | 11 | 0.721 | 3 | 15 | | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 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 | :g | 5 | 1.097 | 3 | 13 | | |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | | |
| Vitamin A | IU | 69 | 10.837 | 3 | 166 | | |
| Vitamin A, RE | :g | 7 | 1.084 | 3 | 17 | | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | | | | | | |
| **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 | :g | | | | | | |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | | |
| Vitamin A | IU | 287 | | 0 | 164 | | |
| Vitamin A, RE | :g | 29 | | 0 | 17 | | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | | | | | | |
| **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 | :g | | | | | | |
| Vitamin B-12 | :g | 0.00 | | 0 | | | |
| Vitamin A | IU | 339 | 214.209 | 3 | | | |
| Vitamin A, RE | :g | 34 | 21.421 | 3 | | | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 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 | :g | 14 | | 0 | 34 | 24 | |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | 0.00 | |
| Vitamin A | IU | 60 | | 0 | 145 | 102 | |
| Vitamin A, RE | :g | 6 | | 0 | 14 | 10 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | | | | | | |
| **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 | :g | | | | | | |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | | |
| Vitamin A | IU | 410 | | 0 | 923 | | |
| Vitamin A, RE | :g | 41 | | 0 | 92 | | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 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 | :g | 14 | | 0 | 32 | 88 | |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | 0.00 | |
| Vitamin A | IU | 2 | 1.476 | 6 | 5 | 13 | |
| Vitamin A, RE | :g | 0 | 0.148 | 6 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 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 | :g | 18 | 1.729 | 8 | 27 | 41 | 29 |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | 0.00 | 0.00 |
| Vitamin A | IU | 27 | 3.480 | 3 | 41 | 63 | 45 |
| Vitamin A, RE | :g | 3 | 0.348 | 3 | 5 | 7 | 5 |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 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 | :g | 28 | 8.122 | 3 | 71 | | |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | | |
| Vitamin A | IU | 26 | 5.206 | 3 | 66 | | |
| Vitamin A, RE | :g | 3 | 0.521 | 3 | 8 | | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 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 | :g | 17 | 5.357 | 3 | 37 | 25 | 2 |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | 0.00 | 0.00 |
| Vitamin A | IU | 45 | 10.176 | 5 | 99 | 67 | 5 |
| Vitamin A, RE | :g | 4 | 1.018 | 5 | 9 | 6 | 0 |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 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 | :g | 4 | 0.700 | 2 | 10 | 11 | |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | 0.00 | |
| Vitamin A | IU | 27 | 2.448 | 7 | 69 | 77 | |
| Vitamin A, RE | :g | 3 | 0.245 | 7 | 8 | 9 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 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 | :g | 15 | 9.450 | 2 | 38 | 42 | |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | 0.00 | |
| Vitamin A | IU | 24 | 2.759 | 18 | 61 | 68 | |
| Vitamin A, RE | :g | 2 | 0.276 | 18 | 5 | 6 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 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 | :g | 14 | | 0 | 35 | 22 | |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | 0.00 | |
| Vitamin A | IU | 6 | 2.533 | 9 | 15 | 9 | |
| Vitamin A, RE | :g | 1 | 0.253 | 9 | 3 | 2 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 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 | :g | 14 | | 0 | 17 | 0 | |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | 0.00 | |
| Vitamin A | IU | 30 | | 0 | 36 | 1 | |
| Vitamin A, RE | :g | 3 | | 0 | 4 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 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 | :g | 9 | | 0 | 23 | | |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | | |
| Vitamin A | IU | 127 | 10.220 | 40 | 326 | | |
| Vitamin A, RE | :g | 13 | 1.022 | 40 | 33 | | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 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 | :g | 2 | 0.342 | 14 | 3 | 3 | 99 |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | 0.00 | 0.00 |
| Vitamin A | IU | 366 | | 7 | 564 | 556 | 16536 |
| Vitamin A, RE | :g | 37 | | 7 | 57 | 56 | 1672 |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | ：g | | | | | | |
| **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 | ：g | 38 | 4.740 | 2 | 92 | 19 | |
| Vitamin B-12 | ：g | 0.00 | | 0 | 0.00 | 0.00 | |
| Vitamin A | IU | 0 | 0.000 | 2 | 0 | 0 | |
| Vitamin A, RE | ：g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 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 | :g | 8 | 0.575 | 2 | 10 | 22 | |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | 0.00 | |
| Vitamin A | IU | 0 | 0.000 | 2 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 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 | :g | 0 | 0.046 | 3 | 0 | 0 | |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | 0.00 | |
| Vitamin A | IU | 1 | | 1 | 2 | 0 | |
| Vitamin A, RE | :g | 0 | | 1 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 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 | :g | 1 | | 0 | 1 | | |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | | |
| Vitamin A | IU | 29 | 5.696 | 3 | 71 | | |
| Vitamin A, RE | :g | 3 | 0.570 | 3 | 7 | | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | ：g | 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 | ：g | 1 | 0.015 | 9 | 2 | | |
| Vitamin B-12 | ：g | 0.00 | | 0 | 0.00 | | |
| Vitamin A | IU | 11 | 1.202 | 23 | 28 | | |
| Vitamin A, RE | ：g | 1 | 0.120 | 23 | 3 | | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | ：g | 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 | ：g | 1 | 0.246 | 5 | 3 | 0 | |
| Vitamin B-12 | ：g | 0.00 | | 0 | 0.00 | 0.00 | |
| Vitamin A | IU | 1316 | 17.479 | 262 | 3303 | 413 | |
| Vitamin A, RE | ：g | 132 | 1.748 | 262 | 331 | 41 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | | | | | | |
| **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 | :g | 10 | | 0 | 25 | 20 | |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | 0.00 | |
| Vitamin A | IU | 440 | | 0 | 1087 | 862 | |
| Vitamin A, RE | :g | 44 | | 0 | 109 | 86 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | | | | | | |
| **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 | :g | | | | | | |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | 0.00 | |
| Vitamin A | IU | 175 | | 1 | 159 | 133 | |
| Vitamin A, RE | :g | 18 | | 1 | 16 | 14 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | | | | | | |
| **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 | :g | 29 | 1.567 | 33 | 72 | 9 | |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | 0.00 | |
| Vitamin A | IU | 146 | 6.174 | 34 | 364 | 45 | |
| Vitamin A, RE | :g | 15 | 0.617 | 34 | 37 | 5 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | ΄g | 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 | ΄g | 1 | | 0 | 3 | 0 | |
| Vitamin B-12 | ΄g | 0.00 | | 0 | 0.00 | 0.00 | |
| Vitamin A | IU | 258 | 93.980 | 4 | 642 | 80 | |
| Vitamin A, RE | ΄g | 26 | 9.398 | 4 | 65 | 8 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | ：g | 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 | ：g | 1 | | 0 | 3 | 0 | |
| Vitamin B-12 | ：g | 0.00 | | 0 | 0.00 | 0.00 | |
| Vitamin A | IU | 1 | 0.562 | 16 | 3 | 0 | |
| Vitamin A, RE | ：g | 0 | 0.056 | 16 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 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 | :g | 23 | 1.570 | 3 | 58 | 7 | |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | 0.00 | |
| Vitamin A | IU | 5 | 4.643 | 14 | 13 | 2 | |
| Vitamin A, RE | :g | 0 | 0.464 | 14 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 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 | :g | 1 | 0.264 | 4 | 2 | | |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | | |
| Vitamin A | IU | 0 | | 3 | 0 | | |
| Vitamin A, RE | :g | 0 | | 3 | 0 | | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 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 | :g | 0 | 0.074 | 4 | 1 | 0 | |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | 0.00 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | | | | | | |
| **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 | :g | 14 | | 2 | 25 | | |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | | |
| Vitamin A | IU | 2 | | 2 | 4 | | |
| Vitamin A, RE | :g | 0 | | 2 | 0 | | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | | | | | | |
| **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 | :g | | | | | | |
| Vitamin B-12 | :g | 0.00 | | 0 | 0.00 | 0.00 | |
| Vitamin A | IU | 45 | | 2 | 109 | 271 | |
| Vitamin A, RE | :g | 5 | | 2 | 12 | 30 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | | | | | | |
| **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 | :g | | | | | | |
| Vitamin B-12 | :g | | | | | | |
| Vitamin A | IU | 2000 | | 0 | | | |
| Vitamin A, RE | :g | 200 | | 0 | | | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 0.016 | | 0 | | | |
| 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 | | |

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