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	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	91.41		1	1		89.58	4.39	
Energy....kcal	32		0	4		31	2	
Energy....kj	134			4		131	6	
Protein (N x 6.25)....g	0.40		0	1		0.39	0.02	
Total lipid (fat)....g	0.30		0	1		0.29	0.01	
Ash....g	0.20		0	1		0.20	0.01	
Carbohydrate, by difference....g	7.69		0	4		7.54	0.37	
Fiber, total dietary....g	1.1		0	4		1.1	0.1	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	12		0	1		12	1	
Iron, Fe....mg	0.20		0	1		0.20	0.01	
Magnesium, Mg....mg	18		1	1		18	1	
Phosphorus, P....mg	11		0	1		11	1	
Potassium, K....mg	146		2	1		143	7	
Sodium, Na....mg	7	3.470	3	1		7	0	
Zinc, Zn....mg	0.10		0	4		0.10	0.00	
Copper, Cu....mg	0.086		0	4		0.084	0.004	
Manganese, Mn....mg								
Selenium, Se....mcg	0.6		0	4		0.6	0.0	
Vitamins:								
Vitamin C, total ascorbic acid....mg	1677.6	44.711	80	1		1644.0	80.5	
Thiamin....mg	0.020		0	1		0.020	0.001	
Riboflavin....mg	0.060		0	1		0.059	0.003	
Niacin....mg	0.400		0	1		0.392	0.019	
Pantothenic acid....mg	0.309		0	1		0.303	0.015	
Vitamin B-6....mg	0.009		0	1		0.009	0.000	
Folate, total....mcg	14		0	4		14	1	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	14		0	4		14	1	
Folate, DFE....mcg_DFE	14		0	4		14	1	
Vitamin B-12....mcg	0.00		0	7		0.00	0.00	
Vitamin A, IU....IU	767	216.610	3	1		752	37	
Vitamin A, RE....mcg_RE	77	21.661	3	1		75	4	
Vitamin E....mg_ATE	0.130		0	4		0.127	0.006	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.068		0	4		0.067	0.003	
4:0....g	0.000		0	4		0.000	0.000	
6:0....g	0.000		0	4		0.000	0.000	
8:0....g	0.000		0	4		0.000	0.000	
10:0....g	0.000		0	4		0.000	0.000	
11:0....g								
12:0....g	0.000		0	4		0.000	0.000	
13:0....g								
14:0....g	0.002		0	4		0.002	0.000	
15:0....g								
16:0....g	0.048		0	4		0.047	0.002	
17:0....g								
18:0....g	0.016		0	4		0.016	0.001	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.082		0	4		0.080	0.004	
14:1....g								
15:1....g								

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.001		0	4		0.001	0.000	
17:1....g								
18:1 undifferentiated....g	0.081		0	4		0.079	0.004	
20:1....g	0.000		0	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	4		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.090		0	4		0.088	0.004	
18:2 undifferentiated....g	0.046		0	4		0.045	0.002	
18:3 undifferentiated....g	0.044		0	4		0.043	0.002	
18:4....g	0.000		0	4		0.000	0.000	
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	4		0.000	0.000	
20:5 n-3....g	0.000		0	4		0.000	0.000	
22:2....g								
22:5 n-3....g	0.000		0	4		0.000	0.000	
22:6 n-3....g	0.000		0	4		0.000	0.000	
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0	0	
Phytosterols....mg								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 98.000g: 1 cup

Measure 2 = 4.800g: 1 fruit without refuse

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 09002
Acerola juice, raw

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	94.30		0	1		228.21	28.48	
Energy....kcal	23		0	4		56	7	
Energy....kj	96			4		233	29	
Protein (N x 6.25)....g	0.40		0	1		0.97	0.12	
Total lipid (fat)....g	0.30		0	1		0.73	0.09	
Ash....g	0.20		0	1		0.48	0.06	
Carbohydrate, by difference....g	4.80		0	4		11.62	1.45	
Fiber, total dietary....g	0.3		0	4		0.7	0.1	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	10		0	1		24	3	
Iron, Fe....mg	0.50		0	1		1.21	0.15	
Magnesium, Mg....mg	12		0	1		29	4	
Phosphorus, P....mg	9		0	1		22	3	
Potassium, K....mg	97		0	1		235	29	
Sodium, Na....mg	3		0	1		7	1	
Zinc, Zn....mg	0.10		0	4		0.24	0.03	
Copper, Cu....mg	0.086		0	4		0.208	0.026	
Manganese, Mn....mg								
Selenium, Se....mcg	0.1		0	4		0.2	0.0	
Vitamins:								
Vitamin C, total ascorbic acid....mg	1600.0		0	1		3872.0	483.2	
Thiamin....mg	0.020		0	1		0.048	0.006	
Riboflavin....mg	0.060		0	1		0.145	0.018	
Niacin....mg	0.400		0	1		0.968	0.121	
Pantothenic acid....mg	0.205		0	1		0.496	0.062	
Vitamin B-6....mg	0.004		0	1		0.010	0.001	
Folate, total....mcg	14		0	4		34	4	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	14		0	4		34	4	
Folate, DFE....mcg_DFE	14		0	4		34	4	
Vitamin B-12....mcg	0.00		0	7		0.00	0.00	
Vitamin A, IU....IU	509		0	1		1232	154	
Vitamin A, RE....mcg_RE	51		0	1		123	15	
Vitamin E....mg_ATE	0.040		0	4		0.097	0.012	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.068		0	4		0.165	0.021	
4:0....g	0.000		0	4		0.000	0.000	
6:0....g	0.000		0	4		0.000	0.000	
8:0....g	0.000		0	4		0.000	0.000	
10:0....g	0.000		0	4		0.000	0.000	
11:0....g								
12:0....g	0.000		0	4		0.000	0.000	
13:0....g								
14:0....g	0.002		0	4		0.005	0.001	
15:0....g								
16:0....g	0.048		0	4		0.116	0.014	
17:0....g								
18:0....g	0.016		0	4		0.039	0.005	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.082		0	4		0.198	0.025	
14:1....g								
15:1....g								

NDB No. 09002
Acerola juice, raw

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.001		0	4		0.002	0.000	
17:1....g								
18:1 undifferentiated....g	0.081		0	4		0.196	0.024	
20:1....g	0.000		0	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	4		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.090		0	4		0.218	0.027	
18:2 undifferentiated....g	0.046		0	4		0.111	0.014	
18:3 undifferentiated....g	0.044		0	4		0.106	0.013	
18:4....g	0.000		0	4		0.000	0.000	
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	4		0.000	0.000	
20:5 n-3....g	0.000		0	4		0.000	0.000	
22:2....g								
22:5 n-3....g	0.000		0	4		0.000	0.000	
22:6 n-3....g	0.000		0	4		0.000	0.000	
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0	0	
Phytosterols....mg								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 242.000g: 1 cup

Measure 2 = 30.200g: 1 fl oz

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

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	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	83.93	0.189	126	1		104.91	92.32	177.93
Energy....kcal	59		0	4		74	65	125
Energy....kj	247			4		309	272	523
Protein (N x 6.25)....g	0.19	0.003	119	1		0.24	0.21	0.40
Total lipid (fat)....g	0.36	0.039	35	1		0.45	0.40	0.76
Ash....g	0.26	0.005	116	1		0.33	0.29	0.55
Carbohydrate, by difference....g	15.25		0	4		19.06	16.78	32.33
Fiber, total dietary....g	2.7		0	1		3.4	3.0	5.7
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	7	0.519	34	1		9	8	15
Iron, Fe....mg	0.18	0.019	119	1		0.23	0.20	0.38
Magnesium, Mg....mg	5	0.100	114	1		6	6	11
Phosphorus, P....mg	7	0.232	114	1		9	8	15
Potassium, K....mg	115	2.561	74	1		144	127	244
Sodium, Na....mg	0	0.064	47	1		0	0	0
Zinc, Zn....mg	0.04	0.007	15	1		0.05	0.04	0.08
Copper, Cu....mg	0.041	0.002	119	1		0.051	0.045	0.087
Manganese, Mn....mg	0.045	0.003	119	1		0.056	0.050	0.095
Selenium, Se....mcg	0.3	0.076	7	1		0.4	0.3	0.6
Vitamins:								
Vitamin C, total ascorbic acid....mg	5.7	0.766	25	1		7.1	6.3	12.1
Thiamin....mg	0.017	0.000	6	1		0.021	0.019	0.036
Riboflavin....mg	0.014	0.001	6	1		0.018	0.015	0.030
Niacin....mg	0.077	0.028	6	1		0.096	0.085	0.163
Pantothenic acid....mg	0.061	0.004	6	1		0.076	0.067	0.129
Vitamin B-6....mg	0.048	0.004	7	1		0.060	0.053	0.102
Folate, total....mcg	3	0.611	23	1		4	3	6
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	3	0.611	23	1		4	3	6
Folate, DFE....mcg_DFE	3		0	4		4	3	6
Vitamin B-12....mcg	0.00		0	7		0.00	0.00	0.00
Vitamin A, IU....IU	53	11.878	6	1		66	58	112
Vitamin A, RE....mcg_RE	5	1.188	6	1		6	6	11
Vitamin E....mg_ATE	0.320		0	1		0.400	0.352	0.678
Tocopherol, alpha....mg	0.32		0	1		0.40	0.35	0.68
Tocopherol, beta....mg								
Tocopherol, gamma....mg								
Tocopherol, delta....mg								
Tocotrienol, alpha....mg								
Tocotrienol, beta....mg								
Tocotrienol, gamma....mg								
Tocotrienol, delta....mg								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.058		0	1		0.073	0.064	0.123
4:0....g	0.000		0	1		0.000	0.000	0.000
6:0....g	0.000		0	1		0.000	0.000	0.000
8:0....g	0.000		0	1		0.000	0.000	0.000
10:0....g	0.000		0	1		0.000	0.000	0.000
11:0....g								
12:0....g	0.001		1	1		0.001	0.001	0.002
13:0....g								
14:0....g	0.002		1	1		0.003	0.002	0.004
15:0....g								
16:0....g	0.048		4	1		0.060	0.053	0.102
17:0....g								

NDB No. 09003
Apples, raw, with skin

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
18:0 ... g	0.007		4	1		0.009	0.008	0.015
19:0 ... g								
20:0 ... g								
22:0 ... g								
24:0 ... g								
Fatty acids, total monounsaturated ... g	0.015		0	1		0.019	0.017	0.032
14:1 ... g								
15:1 ... g								
16:1 undifferentiated ... g	0.001		1	1		0.001	0.001	0.002
17:1 ... g								
18:1 undifferentiated ... g	0.014		4	1		0.018	0.015	0.030
20:1 ... g	0.000		0	1		0.000	0.000	0.000
22:1 undifferentiated ... g	0.000		0	1		0.000	0.000	0.000
24:1 c ... g								
Fatty acids, total polyunsaturated ... g	0.105		0	1		0.131	0.116	0.223
18:2 undifferentiated ... g	0.087		4	1		0.109	0.096	0.184
18:3 undifferentiated ... g	0.018		4	1		0.023	0.020	0.038
18:4 ... g	0.000		0	1		0.000	0.000	0.000
20:2 n-6 c,c ... g								
20:3 undifferentiated ... g								
20:4 undifferentiated ... g	0.000		0	1		0.000	0.000	0.000
20:5 n-3 ... g	0.000		0	1		0.000	0.000	0.000
22:2 ... g								
22:5 n-3 ... g	0.000		0	1		0.000	0.000	0.000
22:6 n-3 ... g	0.000		0	1		0.000	0.000	0.000
Fatty acids, total trans ... g								
Cholesterol ... mg	0		0	7		0	0	0
Phytosterols ... mg	12		0	1		15	13	25
Amino Acids:								
Tryptophan ... g	0.002		1	1		0.003	0.002	0.004
Threonine ... g	0.007		2	1		0.009	0.008	0.015
Isoleucine ... g	0.008		2	1		0.010	0.009	0.017
Leucine ... g	0.012		2	1		0.015	0.013	0.025
Lysine ... g	0.012		2	1		0.015	0.013	0.025
Methionine ... g	0.002		2	1		0.003	0.002	0.004
Cystine ... g	0.003		1	1		0.004	0.003	0.006
Phenylalanine ... g	0.005		2	1		0.006	0.006	0.011
Tyrosine ... g	0.004		2	1		0.005	0.004	0.008
Valine ... g	0.009		2	1		0.011	0.010	0.019
Arginine ... g	0.006		2	1		0.008	0.007	0.013
Histidine ... g	0.003		2	1		0.004	0.003	0.006
Alanine ... g	0.007		2	1		0.009	0.008	0.015
Aspartic acid ... g	0.034		2	1		0.043	0.037	0.072
Glutamic acid ... g	0.020		2	1		0.025	0.022	0.042
Glycine ... g	0.008		2	1		0.010	0.009	0.017
Proline ... g	0.007		2	1		0.009	0.008	0.015
Serine ... g	0.008		2	1		0.010	0.009	0.017
Hydroxyproline ... g								
Others:								
Alcohol, ethyl ... g	0.0		0	7		0.0	0.0	0.0
Caffeine ... mg	0		0	7		0	0	0
Theobromine ... mg	0		0	7		0	0	0

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

Common Measures:

Measure 1 = 125.000g: 1 cup, quartered or chopped

Measure 2 = 110.000g: 1 cup slices

Measure 3 = 212.000g: 1 large (3-1/4" dia) (approx 2 per lb)

NDB No. 09003
Apples, raw, with skin

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

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	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	84.46	0.121	159	1		92.91	108.11	
Energy....kcal	57		0	4		63	73	
Energy....kj	238			4		262	305	
Protein (N x 6.25)....g	0.15	0.003	165	1		0.17	0.19	
Total lipid (fat)....g	0.31	0.022	12	1		0.34	0.40	
Ash....g	0.24	0.002	159	1		0.26	0.31	
Carbohydrate, by difference....g	14.84		0	4		16.32	19.00	
Fiber, total dietary....g	1.9		0	1		2.1	2.4	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	4	0.334	19	1		4	5	
Iron, Fe....mg	0.07	0.004	163	1		0.08	0.09	
Magnesium, Mg....mg	3	0.057	163	1		3	4	
Phosphorus, P....mg	7	0.453	163	1		8	9	
Potassium, K....mg	113	2.285	91	1		124	145	
Sodium, Na....mg	0	0.025	85	1		0	0	
Zinc, Zn....mg	0.04	0.005	20	1		0.04	0.05	
Copper, Cu....mg	0.031	0.001	164	1		0.034	0.040	
Manganese, Mn....mg	0.023	0.002	163	1		0.025	0.029	
Selenium, Se....mcg	0.3		0	4		0.3	0.4	
Vitamins:								
Vitamin C, total ascorbic acid....mg	4.0		0	1		4.4	5.1	
Thiamin....mg	0.017	0.000	6	1		0.019	0.022	
Riboflavin....mg	0.010	0.000	6	1		0.011	0.013	
Niacin....mg	0.091	0.018	6	1		0.100	0.116	
Pantothenic acid....mg	0.057	0.004	6	1		0.063	0.073	
Vitamin B-6....mg	0.046	0.005	9	1		0.051	0.059	
Folate, total....mcg	0	0.056	6	1		0	1	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	0	0.056	6	1		0	1	
Folate, DFE....mcg_DFE	0		0	4		0	1	
Vitamin B-12....mcg	0.00		0	7		0.00	0.00	
Vitamin A, IU....IU	44	10.594	6	1		48	56	
Vitamin A, RE....mcg_RE	4	1.059	6	1		4	5	
Vitamin E....mg_ATE	0.080		0	1		0.088	0.102	
Tocopherol, alpha....mg	0.27		0	1		0.30	0.35	
Tocopherol, beta....mg								
Tocopherol, gamma....mg								
Tocopherol, delta....mg								
Tocotrienol, alpha....mg								
Tocotrienol, beta....mg								
Tocotrienol, gamma....mg								
Tocotrienol, delta....mg								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.051		0	1		0.056	0.065	
4:0....g	0.000		0	1		0.000	0.000	
6:0....g	0.000		0	1		0.000	0.000	
8:0....g	0.000		0	1		0.000	0.000	
10:0....g	0.000		0	1		0.000	0.000	
11:0....g								
12:0....g	0.001		0	1		0.001	0.001	
13:0....g								
14:0....g	0.001		0	1		0.001	0.001	
15:0....g								
16:0....g	0.042		0	1		0.046	0.054	
17:0....g								

NDB No. 09004
Apples, raw, without skin

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
18:0 ... g	0.006		0	1		0.007	0.008	
19:0 ... g								
20:0 ... g								
22:0 ... g								
24:0 ... g								
Fatty acids, total monounsaturated ... g	0.013		0	1		0.014	0.017	
14:1 ... g								
15:1 ... g								
16:1 undifferentiated ... g	0.001		0	1		0.001	0.001	
17:1 ... g								
18:1 undifferentiated ... g	0.012		0	1		0.013	0.015	
20:1 ... g	0.000		0	1		0.000	0.000	
22:1 undifferentiated ... g	0.000		0	1		0.000	0.000	
24:1 c ... g								
Fatty acids, total polyunsaturated ... g	0.091		0	1		0.100	0.116	
18:2 undifferentiated ... g	0.075		0	1		0.083	0.096	
18:3 undifferentiated ... g	0.016		0	1		0.018	0.020	
18:4 ... g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c ... g								
20:3 undifferentiated ... g								
20:4 undifferentiated ... g	0.000		0	1		0.000	0.000	
20:5 n-3 ... g	0.000		0	1		0.000	0.000	
22:2 ... g								
22:5 n-3 ... g	0.000		0	1		0.000	0.000	
22:6 n-3 ... g	0.000		0	1		0.000	0.000	
Fatty acids, total trans ... g								
Cholesterol ... mg	0		0	7		0	0	
Phytosterols ... mg								
Amino Acids:								
Tryptophan ... g	0.001		0	1		0.001	0.001	
Threonine ... g	0.005		0	1		0.006	0.006	
Isoleucine ... g	0.006		0	1		0.007	0.008	
Leucine ... g	0.009		0	1		0.010	0.012	
Lysine ... g	0.009		0	1		0.010	0.012	
Methionine ... g	0.002		0	1		0.002	0.003	
Cystine ... g	0.002		0	1		0.002	0.003	
Phenylalanine ... g	0.004		0	1		0.004	0.005	
Tyrosine ... g	0.003		0	1		0.003	0.004	
Valine ... g	0.007		0	1		0.008	0.009	
Arginine ... g	0.005		0	1		0.006	0.006	
Histidine ... g	0.002		0	1		0.002	0.003	
Alanine ... g	0.005		0	1		0.006	0.006	
Aspartic acid ... g	0.026		0	1		0.029	0.033	
Glutamic acid ... g	0.016		0	1		0.018	0.020	
Glycine ... g	0.006		0	1		0.007	0.008	
Proline ... g	0.005		0	1		0.006	0.006	
Serine ... g	0.006		0	1		0.007	0.008	
Hydroxyproline ... g								
Others:								
Alcohol, ethyl ... g	0.0		0	7		0.0	0.0	
Caffeine ... mg								
Theobromine ... mg								

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

Common Measures:

Measure 1 = 110.000g: 1 cup slices

Measure 2 = 128.000g: 1 medium (2-3/4" dia) (approx 3 per lb)

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

NDB No. 09004
Apples, raw, without skin

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	85.47	0.311	6	1		146.15		
Energy....kcal	53		0	4		91		
Energy....kj	222			4		379		
Protein (N x 6.25)....g	0.26	0.015	6	1		0.44		
Total lipid (fat)....g	0.36	0.052	6	1		0.62		
Ash....g	0.28	0.012	6	1		0.48		
Carbohydrate, by difference....g	13.64		0	4		23.32		
Fiber, total dietary....g	2.4		0	4		4.1		
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	5	0.382	6	1		9		
Iron, Fe....mg	0.19	0.029	6	1		0.32		
Magnesium, Mg....mg	3	0.267	6	1		5		
Phosphorus, P....mg	8	0.406	6	1		14		
Potassium, K....mg	88	5.548	6	1		150		
Sodium, Na....mg	1	0.135	6	1		2		
Zinc, Zn....mg	0.04	0.006	6	1		0.07		
Copper, Cu....mg	0.035	0.003	6	1		0.060		
Manganese, Mn....mg	0.118	0.015	6	1		0.202		
Selenium, Se....mcg	0.3		0	4		0.5		
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.2	0.115	6	1		0.3		
Thiamin....mg	0.016	0.000	6	1		0.027		
Riboflavin....mg	0.012	0.000	6	1		0.021		
Niacin....mg	0.095	0.029	6	1		0.162		
Pantothenic acid....mg	0.046	0.004	6	1		0.079		
Vitamin B-6....mg	0.044	0.003	6	1		0.075		
Folate, total....mcg	1	0.033	6	1		1		
Folic acid....mcg	0		0	7		0		
Folate, food....mcg	1	0.033	6	1		1		
Folate, DFE....mcg_DFE	1		0	4		1		
Vitamin B-12....mcg	0.00		0	7		0.00		
Vitamin A, IU....IU	44	9.674	6	1		75		
Vitamin A, RE....mcg_RE	4	0.967	6	1		7		
Vitamin E....mg_ATE	0.010		0	4		0.017		
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.058		0	1		0.099		
4:0....g	0.000		0	1		0.000		
6:0....g	0.000		0	1		0.000		
8:0....g	0.000		0	1		0.000		
10:0....g	0.000		0	1		0.000		
11:0....g								
12:0....g	0.001		0	1		0.002		
13:0....g								
14:0....g	0.002		0	1		0.003		
15:0....g								
16:0....g	0.048		0	1		0.082		
17:0....g								
18:0....g	0.007		0	1		0.012		
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.014		0	1		0.024		
14:1....g								
15:1....g								

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.001		0	1		0.002		
17:1....g								
18:1 undifferentiated....g	0.014		0	1		0.024		
20:1....g	0.000		0	1		0.000		
22:1 undifferentiated....g	0.000		0	1		0.000		
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.104		0	1		0.178		
18:2 undifferentiated....g	0.086		0	1		0.147		
18:3 undifferentiated....g	0.018		0	1		0.031		
18:4....g	0.000		0	1		0.000		
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000		
20:5 n-3....g	0.000		0	1		0.000		
22:2....g								
22:5 n-3....g	0.000		0	1		0.000		
22:6 n-3....g	0.000		0	1		0.000		
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0		
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.002		0	1		0.003		
Threonine....g	0.009		0	1		0.015		
Isoleucine....g	0.010		0	1		0.017		
Leucine....g	0.016		0	1		0.027		
Lysine....g	0.016		0	1		0.027		
Methionine....g	0.003		0	1		0.005		
Cystine....g	0.004		0	1		0.007		
Phenylalanine....g	0.007		0	1		0.012		
Tyrosine....g	0.005		0	1		0.009		
Valine....g	0.012		0	1		0.021		
Arginine....g	0.008		0	1		0.014		
Histidine....g	0.004		0	1		0.007		
Alanine....g	0.009		0	1		0.015		
Aspartic acid....g	0.046		0	1		0.079		
Glutamic acid....g	0.027		0	1		0.046		
Glycine....g	0.010		0	1		0.017		
Proline....g	0.009		0	1		0.015		
Serine....g	0.011		0	1		0.019		
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0		
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 171.000g: 1 cup slices

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	84.63	0.115	6	1		143.87		
Energy....kcal	56		0	4		95		
Energy....kj	234			4		398		
Protein (N x 6.25)....g	0.28	0.022	6	1		0.48		
Total lipid (fat)....g	0.42	0.067	6	1		0.71		
Ash....g	0.26	0.005	6	1		0.44		
Carbohydrate, by difference....g	14.41		0	4		24.50		
Fiber, total dietary....g	2.8		0	4		4.8		
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	5	0.386	6	1		9		
Iron, Fe....mg	0.17	0.014	6	1		0.29		
Magnesium, Mg....mg	3	0.399	6	1		5		
Phosphorus, P....mg	8	0.531	6	1		14		
Potassium, K....mg	93	2.222	6	1		158		
Sodium, Na....mg	1	0.218	6	1		2		
Zinc, Zn....mg	0.04	0.009	6	1		0.07		
Copper, Cu....mg	0.046	0.005	6	1		0.078		
Manganese, Mn....mg	0.142	0.021	6	1		0.241		
Selenium, Se....mcg	0.3		0	4		0.5		
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.3	0.041	6	1		0.5		
Thiamin....mg	0.017	0.000	6	1		0.029		
Riboflavin....mg	0.011	0.001	6	1		0.019		
Niacin....mg	0.061	0.017	6	1		0.104		
Pantothenic acid....mg	0.046	0.004	6	1		0.078		
Vitamin B-6....mg	0.046	0.004	6	1		0.078		
Folate, total....mcg	1	0.051	6	1		1		
Folic acid....mcg	0		0	7		0		
Folate, food....mcg	1	0.051	6	1		1		
Folate, DFE....mcg_DFE	1		0	4		1		
Vitamin B-12....mcg	0.00		0	7		0.00		
Vitamin A, IU....IU	40	10.694	6	1		68		
Vitamin A, RE....mcg_RE	4	1.069	6	1		7		
Vitamin E....mg_ATE	0.010		0	4		0.017		
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.068		0	1		0.116		
4:0....g	0.000		0	1		0.000		
6:0....g	0.000		0	1		0.000		
8:0....g	0.000		0	1		0.000		
10:0....g	0.000		0	1		0.000		
11:0....g								
12:0....g	0.001		0	1		0.002		
13:0....g								
14:0....g	0.002		0	1		0.003		
15:0....g								
16:0....g	0.056		0	1		0.095		
17:0....g								
18:0....g	0.009		0	1		0.015		
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.017		0	1		0.029		
14:1....g								
15:1....g								

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

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

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

Common Measures:

Measure 1 = 170.000g: 1 cup slices

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	82.36	0.527	6	1		168.01		
Energy....kcal	67		0	4		137		
Energy....kj	280			4		572		
Protein (N x 6.25)....g	0.18	0.000	6	1		0.37		
Total lipid (fat)....g	0.49	0.035	6	1		1.00		
Ash....g	0.27	0.005	6	1		0.55		
Carbohydrate, by difference....g	16.70		0	4		34.07		
Fiber, total dietary....g	1.7		0	4		3.5		
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	4	0.233	6	1		8		
Iron, Fe....mg	0.23	0.008	6	1		0.47		
Magnesium, Mg....mg	2	0.132	6	1		4		
Phosphorus, P....mg	5	0.349	6	1		10		
Potassium, K....mg	68	2.752	6	1		139		
Sodium, Na....mg	3	0.557	6	1		6		
Zinc, Zn....mg	0.03	0.002	6	1		0.06		
Copper, Cu....mg	0.053	0.005	6	1		0.108		
Manganese, Mn....mg	0.153	0.016	6	1		0.312		
Selenium, Se....mcg	0.3		0	4		0.6		
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.4	0.000	6	1		0.8		
Thiamin....mg	0.009	0.000	6	1		0.018		
Riboflavin....mg	0.010	0.000	6	1		0.020		
Niacin....mg	0.073	0.021	6	1		0.149		
Pantothenic acid....mg	0.031	0.000	6	1		0.063		
Vitamin B-6....mg	0.044	0.002	6	1		0.090		
Folate, total....mcg	0	0.052	6	1		1		
Folic acid....mcg	0		0	7		0		
Folate, food....mcg	0	0.052	6	1		1		
Folate, DFE....mcg_DFE	0		0	4		1		
Vitamin B-12....mcg	0.00		0	7		0.00		
Vitamin A, IU....IU	51	6.826	6	1		104		
Vitamin A, RE....mcg_RE	5	0.683	6	1		10		
Vitamin E....mg_ATE	0.010		0	4		0.020		
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.080		0	1		0.163		
4:0....g	0.000		0	1		0.000		
6:0....g	0.000		0	1		0.000		
8:0....g	0.000		0	1		0.000		
10:0....g	0.000		0	1		0.000		
11:0....g								
12:0....g	0.001		0	1		0.002		
13:0....g								
14:0....g	0.002		0	1		0.004		
15:0....g								
16:0....g	0.066		0	1		0.135		
17:0....g								
18:0....g	0.010		0	1		0.020		
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.020		0	1		0.041		
14:1....g								
15:1....g								

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

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

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

Common Measures:

Measure 1 = 204.000g: 1 cup slices

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

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	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	82.28	0.694	6	1		167.85		
Energy....kcal	67		0	4		137		
Energy....kj	280			4		572		
Protein (N x 6.25)....g	0.18	0.008	6	1		0.37		
Total lipid (fat)....g	0.43	0.030	6	1		0.88		
Ash....g	0.27	0.007	6	1		0.55		
Carbohydrate, by difference....g	16.84		0	4		34.35		
Fiber, total dietary....g	2.0		0	4		4.1		
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	4	0.321	6	1		8		
Iron, Fe....mg	0.24	0.013	6	1		0.49		
Magnesium, Mg....mg	3	0.128	6	1		6		
Phosphorus, P....mg	6	0.099	6	1		12		
Potassium, K....mg	70	2.011	6	1		143		
Sodium, Na....mg	3	0.380	6	1		6		
Zinc, Zn....mg	0.05	0.007	6	1		0.10		
Copper, Cu....mg	0.051	0.003	6	1		0.104		
Manganese, Mn....mg	0.165	0.021	6	1		0.337		
Selenium, Se....mcg	0.3		0	4		0.6		
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.2	0.074	6	1		0.4		
Thiamin....mg	0.009	0.000	6	1		0.018		
Riboflavin....mg	0.010	0.000	6	1		0.020		
Niacin....mg	0.081	0.028	6	1		0.165		
Pantothenic acid....mg	0.032	0.001	6	1		0.065		
Vitamin B-6....mg	0.044	0.004	6	1		0.090		
Folate, total....mcg	0	0.013	6	1		0		
Folic acid....mcg	0		0	7		0		
Folate, food....mcg	0	0.013	6	1		0		
Folate, DFE....mcg_DFE	0		0	4		0		
Vitamin B-12....mcg	0.00		0	7		0.00		
Vitamin A, IU....IU	56	6.678	6	1		114		
Vitamin A, RE....mcg_RE	6	0.668	6	1		12		
Vitamin E....mg_ATE	0.010		0	4		0.020		
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.070		0	1		0.143		
4:0....g	0.000		0	1		0.000		
6:0....g	0.000		0	1		0.000		
8:0....g	0.000		0	1		0.000		
10:0....g	0.000		0	1		0.000		
11:0....g								
12:0....g	0.001		0	1		0.002		
13:0....g								
14:0....g	0.002		0	1		0.004		
15:0....g								
16:0....g	0.058		0	1		0.118		
17:0....g								
18:0....g	0.009		0	1		0.018		
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.017		0	1		0.035		
14:1....g								
15:1....g								

NDB No. 09008
Apples, canned, sweetened, sliced, drained, heated

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

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

Common Measures:

Measure 1 = 204.000g: 1 cup slices

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	3.00		0	1		1.80		
Energy	kcal	346		0	4		208		
Energy	kj	1448			4		869		
Protein (N x 6.25)	g	1.32		0	1		0.79		
Total lipid (fat)	g	0.58		0	1		0.35		
Ash	g	1.57		0	1		0.94		
Carbohydrate, by difference	g	93.53		0	4		56.12		
Fiber, total dietary	g	12.4		0	4		7.4		
Sugars, total	g								
Starch	g								
Minerals:									
Calcium, Ca	mg	19		0	1		11		
Iron, Fe	mg	2.00		0	1		1.20		
Magnesium, Mg	mg	22		0	1		13		
Phosphorus, P	mg	55		0	1		33		
Potassium, K	mg	640		0	1		384		
Sodium, Na	mg	124		0	1		74		
Zinc, Zn	mg	0.29		0	1		0.17		
Copper, Cu	mg	0.271		0	1		0.163		
Manganese, Mn	mg	0.128		0	1		0.077		
Selenium, Se	mcg	1.8		0	4		1.1		
Vitamins:									
Vitamin C, total ascorbic acid	mg	2.2		2	1		1.3		
Thiamin	mg	0.046		2	1		0.028		
Riboflavin	mg	0.130		2	1		0.078		
Niacin	mg	0.680		2	1		0.408		
Pantothenic acid	mg	0.432		2	1		0.259		
Vitamin B-6	mg	0.280		2	1		0.168		
Folate, total	mcg	1		2	1		1		
Folic acid	mcg	0		0	7		0		
Folate, food	mcg	1		2	1		1		
Folate, DFE	mcg_DFE	1		0	4		1		
Vitamin B-12	mcg	0.00		0	7		0.00		
Vitamin A, IU	IU	81		2	1		49		
Vitamin A, RE	mcg_RE	8		2	1		5		
Vitamin E	mg_ATE	3.580		0	4		2.148		
Vitamin D	IU								
Lipids:									
Fatty acids, total saturated	g	0.095		0	1		0.057		
4:0	g	0.000		0	1		0.000		
6:0	g	0.000		0	1		0.000		
8:0	g	0.000		0	1		0.000		
10:0	g	0.000		0	1		0.000		
11:0	g								
12:0	g	0.002		0	1		0.001		
13:0	g								
14:0	g	0.003		0	1		0.002		
15:0	g								
16:0	g	0.079		0	1		0.047		
17:0	g								
18:0	g	0.012		0	1		0.007		
19:0	g								
20:0	g								
22:0	g								
24:0	g								
Fatty acids, total monounsaturated	g	0.024		0	1		0.014		
14:1	g								
15:1	g								

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

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

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

Common Measures:

Measure 1 = 60.000g: 1 cup

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	79.36		2	1		153.16		
Energy....kcal	74		0	4		143		
Energy....kj	310			4		598		
Protein (N x 6.25)....g	0.28		0	1		0.54		
Total lipid (fat)....g	0.12		0	1		0.23		
Ash....g	0.33		0	1		0.64		
Carbohydrate, by difference....g	19.91		0	4		38.43		
Fiber, total dietary....g	2.6		0	4		5.0		
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	4		0	1		8		
Iron, Fe....mg	0.43		0	1		0.83		
Magnesium, Mg....mg	5		0	1		10		
Phosphorus, P....mg	12		0	1		23		
Potassium, K....mg	136		0	1		262		
Sodium, Na....mg	26		0	1		50		
Zinc, Zn....mg	0.06		0	1		0.12		
Copper, Cu....mg	0.058		0	1		0.112		
Manganese, Mn....mg	0.027		0	1		0.052		
Selenium, Se....mcg	0.4		0	4		0.8		
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.6		2	1		1.2		
Thiamin....mg	0.008		2	1		0.015		
Riboflavin....mg	0.029		2	1		0.056		
Niacin....mg	0.140		2	1		0.270		
Pantothenic acid....mg	0.080		2	1		0.154		
Vitamin B-6....mg	0.054		2	1		0.104		
Folate, total....mcg	0	0.046	3	1		0		
Folic acid....mcg	0		0	7		0		
Folate, food....mcg	0	0.046	3	1		0		
Folate, DFE....mcg_DFE	0		0	4		0		
Vitamin B-12....mcg	0.00		0	7		0.00		
Vitamin A, IU....IU	19		2	1		37		
Vitamin A, RE....mcg_RE	2		2	1		4		
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.020		0	1		0.039		
4:0....g								
6:0....g								
8:0....g								
10:0....g								
11:0....g								
12:0....g								
13:0....g								
14:0....g	0.001		0	1		0.002		
15:0....g								
16:0....g	0.017		0	1		0.033		
17:0....g								
18:0....g	0.003		0	1		0.006		
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.005		0	1		0.010		
14:1....g								
15:1....g								

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

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

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

Common Measures:

Measure 1 = 193.000g: 1 cup

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 09011
Apples, dried, sulfured, uncooked

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	31.76	0.902	22	1		27.31	2.03	
Energy....kcal	243		0	4		209	16	
Energy....kj	1017			4		874	65	
Protein (N x 6.25)....g	0.93	0.024	38	1		0.80	0.06	
Total lipid (fat)....g	0.32	0.065	8	1		0.28	0.02	
Ash....g	1.10	0.031	38	1		0.95	0.07	
Carbohydrate, by difference....g	65.89		0	4		56.67	4.22	
Fiber, total dietary....g	8.7		0	4		7.5	0.6	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	14	0.648	37	1		12	1	
Iron, Fe....mg	1.40	0.096	37	1		1.20	0.09	
Magnesium, Mg....mg	16	0.766	37	1		14	1	
Phosphorus, P....mg	38	2.328	37	1		33	2	
Potassium, K....mg	450	17.873	29	1		387	29	
Sodium, Na....mg	87	12.949	29	1		75	6	
Zinc, Zn....mg	0.20	0.017	21	1		0.17	0.01	
Copper, Cu....mg	0.191	0.009	37	1		0.164	0.012	
Manganese, Mn....mg	0.090	0.012	19	1		0.077	0.006	
Selenium, Se....mcg	1.3		0	4		1.1	0.1	
Vitamins:								
Vitamin C, total ascorbic acid....mg	3.9	0.471	11	1		3.4	0.2	
Thiamin....mg	0.000	0.000	17	1		0.000	0.000	
Riboflavin....mg	0.159	0.006	18	1		0.137	0.010	
Niacin....mg	0.927	0.096	18	1		0.797	0.059	
Pantothenic acid....mg	0.245		0	4		0.211	0.016	
Vitamin B-6....mg	0.125		1	1		0.108	0.008	
Folate, total....mcg	0		0	4		0	0	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	0		0	4		0	0	
Folate, DFE....mcg_DFE	0		0	4		0	0	
Vitamin B-12....mcg	0.00		0	7		0.00	0.00	
Vitamin A, IU....IU	0	0.000	16	1		0	0	
Vitamin A, RE....mcg_RE	0	0.000	16	1		0	0	
Vitamin E....mg_ATE	0.550		0	1		0.473	0.035	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.052		0	1		0.045	0.003	
4:0....g	0.000		0	1		0.000	0.000	
6:0....g	0.000		0	1		0.000	0.000	
8:0....g	0.000		0	1		0.000	0.000	
10:0....g	0.000		0	1		0.000	0.000	
11:0....g								
12:0....g	0.001		0	1		0.001	0.000	
13:0....g								
14:0....g	0.001		0	1		0.001	0.000	
15:0....g								
16:0....g	0.043		0	1		0.037	0.003	
17:0....g								
18:0....g	0.007		0	1		0.006	0.000	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.013		0	1		0.011	0.001	
14:1....g								
15:1....g								

NDB No. 09011
Apples, dried, sulfured, uncooked

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

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

Common Measures:

Measure 1 = 86.000g: 1 cup

Measure 2 = 6.400g: 1 ring

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	84.13		1	1		214.53		
Energy....kcal	57		0	4		145		
Energy....kj	238			4		608		
Protein (N x 6.25)....g	0.22		0	1		0.56		
Total lipid (fat)....g	0.07		0	1		0.18		
Ash....g	0.26		0	1		0.66		
Carbohydrate, by difference....g	15.32		0	4		39.07		
Fiber, total dietary....g	2.0		0	4		5.1		
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	3		0	1		8		
Iron, Fe....mg	0.33		0	1		0.84		
Magnesium, Mg....mg	4		0	1		10		
Phosphorus, P....mg	9		0	1		23		
Potassium, K....mg	105		0	1		268		
Sodium, Na....mg	20		0	1		51		
Zinc, Zn....mg	0.05		0	1		0.13		
Copper, Cu....mg	0.044		0	1		0.112		
Manganese, Mn....mg	0.021		0	1		0.054		
Selenium, Se....mcg	0.3		0	4		0.8		
Vitamins:								
Vitamin C, total ascorbic acid....mg	1.0	0.203	3	1		2.6		
Thiamin....mg	0.006	0.002	3	1		0.015		
Riboflavin....mg	0.019	0.001	3	1		0.048		
Niacin....mg	0.129	0.032	3	1		0.329		
Pantothenic acid....mg	0.057	0.001	3	1		0.145		
Vitamin B-6....mg	0.050	0.007	3	1		0.128		
Folate, total....mcg	0		1	1		0		
Folic acid....mcg	0		0	7		0		
Folate, food....mcg	0		1	1		0		
Folate, DFE....mcg_DFE	0		0	4		0		
Vitamin B-12....mcg	0.00		0	7		0.00		
Vitamin A, IU....IU	17	6.172	3	1		43		
Vitamin A, RE....mcg_RE	2	0.617	3	1		5		
Vitamin E....mg_ATE	0.000		0	4		0.000		
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.012		0	1		0.031		
4:0....g	0.000		0	1		0.000		
6:0....g	0.000		0	1		0.000		
8:0....g	0.000		0	1		0.000		
10:0....g	0.000		0	1		0.000		
11:0....g								
12:0....g	0.000		0	1		0.000		
13:0....g								
14:0....g	0.000		0	1		0.000		
15:0....g								
16:0....g	0.010		0	1		0.026		
17:0....g								
18:0....g	0.002		0	1		0.005		
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.003		0	1		0.008		
14:1....g								
15:1....g								

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

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

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

Common Measures:

Measure 1 = 255.000g: 1 cup

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	78.76		0	1		220.53		
Energy....kcal	83		0	4		232		
Energy....kj	347			4		972		
Protein (N x 6.25)....g	0.20		0	1		0.56		
Total lipid (fat)....g	0.07		0	1		0.20		
Ash....g	0.24		0	1		0.67		
Carbohydrate, by difference....g	20.73		0	4		58.04		
Fiber, total dietary....g	1.9		0	4		5.3		
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	3		0	1		8		
Iron, Fe....mg	0.31		0	1		0.87		
Magnesium, Mg....mg	3		0	1		8		
Phosphorus, P....mg	8		0	1		22		
Potassium, K....mg	98		0	1		274		
Sodium, Na....mg	19		0	1		53		
Zinc, Zn....mg	0.04		0	1		0.11		
Copper, Cu....mg	0.042		0	1		0.118		
Manganese, Mn....mg	0.020		0	1		0.056		
Selenium, Se....mcg								
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.9		0	1		2.5		
Thiamin....mg	0.006		0	1		0.017		
Riboflavin....mg	0.018		0	1		0.050		
Niacin....mg	0.121		0	1		0.339		
Pantothenic acid....mg	0.054		0	1		0.151		
Vitamin B-6....mg	0.047		0	1		0.132		
Folate, total....mcg	0		0	4		0		
Folic acid....mcg	0		0	7		0		
Folate, food....mcg	0		0	4		0		
Folate, DFE....mcg_DFE	0		0	4		0		
Vitamin B-12....mcg	0.00		0	7		0.00		
Vitamin A, IU....IU	16		0	1		45		
Vitamin A, RE....mcg_RE	2		0	1		6		
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.011		0	1		0.031		
4:0....g								
6:0....g								
8:0....g								
10:0....g								
11:0....g								
12:0....g								
13:0....g								
14:0....g								
15:0....g								
16:0....g	0.009		0	1		0.025		
17:0....g								
18:0....g	0.001		0	1		0.003		
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.003		0	1		0.008		
14:1....g								
15:1....g								

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

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

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

Common Measures:

Measure 1 = 280.000g: 1 cup

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 09014
Apples, frozen, unsweetened, unheated

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	86.85	0.154	6	1		150.25		
Energy....kcal	48		0	4		83		
Energy....kj	201			4		347		
Protein (N x 6.25)....g	0.28	0.013	6	1		0.48		
Total lipid (fat)....g	0.32	0.052	6	1		0.55		
Ash....g	0.24	0.012	6	1		0.42		
Carbohydrate, by difference....g	12.31		0	4		21.30		
Fiber, total dietary....g	1.9		0	4		3.3		
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	4	0.487	6	1		7		
Iron, Fe....mg	0.18	0.033	6	1		0.31		
Magnesium, Mg....mg	3	0.326	6	1		5		
Phosphorus, P....mg	8	0.242	6	1		14		
Potassium, K....mg	77	2.092	6	1		133		
Sodium, Na....mg	3	0.302	6	1		5		
Zinc, Zn....mg	0.05	0.015	6	1		0.09		
Copper, Cu....mg	0.058	0.004	6	1		0.100		
Manganese, Mn....mg	0.169	0.031	6	1		0.292		
Selenium, Se....mcg	0.2		0	4		0.3		
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.1	0.030	6	1		0.2		
Thiamin....mg	0.013	0.000	6	1		0.022		
Riboflavin....mg	0.011	0.001	6	1		0.019		
Niacin....mg	0.042	0.011	6	1		0.073		
Pantothenic acid....mg	0.054	0.004	6	1		0.093		
Vitamin B-6....mg	0.034	0.001	6	1		0.059		
Folate, total....mcg	1	0.060	6	1		1		
Folic acid....mcg	0		0	7		0		
Folate, food....mcg	1	0.060	6	1		1		
Folate, DFE....mcg_DFE	1		0	4		1		
Vitamin B-12....mcg	0.00		0	7		0.00		
Vitamin A, IU....IU	34	6.509	6	1		59		
Vitamin A, RE....mcg_RE	3	0.651	6	1		5		
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.053		0	1		0.092		
4:0....g								
6:0....g								
8:0....g								
10:0....g								
11:0....g								
12:0....g	0.001		0	1		0.002		
13:0....g								
14:0....g	0.001		0	1		0.002		
15:0....g								
16:0....g	0.044		0	1		0.076		
17:0....g								
18:0....g	0.007		0	1		0.012		
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.013		0	1		0.022		
14:1....g								
15:1....g								

NDB No. 09014
Apples, frozen, unsweetened, unheated

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

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

Common Measures:

Measure 1 = 173.000g: 1 cup slices

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 09015
Apples, frozen, unsweetened, heated

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	87.16	0.152	6	1		179.55		
Energy....kcal	47		0	4		97		
Energy....kj	197			4		405		
Protein (N x 6.25)....g	0.29	0.022	6	1		0.60		
Total lipid (fat)....g	0.33	0.032	6	1		0.68		
Ash....g	0.23	0.006	6	1		0.47		
Carbohydrate, by difference....g	12.00		0	4		24.72		
Fiber, total dietary....g	1.9		0	4		3.9		
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	5	0.416	6	1		10		
Iron, Fe....mg	0.19	0.034	6	1		0.39		
Magnesium, Mg....mg	3	0.155	6	1		6		
Phosphorus, P....mg	8	0.285	6	1		16		
Potassium, K....mg	76	2.374	6	1		157		
Sodium, Na....mg	3	0.399	6	1		6		
Zinc, Zn....mg	0.05	0.011	6	1		0.10		
Copper, Cu....mg	0.065	0.005	6	1		0.134		
Manganese, Mn....mg	0.146	0.016	6	1		0.301		
Selenium, Se....mcg	0.2		0	4		0.4		
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.4	0.060	6	1		0.8		
Thiamin....mg	0.014	0.000	6	1		0.029		
Riboflavin....mg	0.011	0.001	6	1		0.023		
Niacin....mg	0.043	0.014	6	1		0.089		
Pantothenic acid....mg	0.057	0.006	6	1		0.117		
Vitamin B-6....mg	0.032	0.001	6	1		0.066		
Folate, total....mcg	1	0.037	6	1		1		
Folic acid....mcg	0		0	7		0		
Folate, food....mcg	1	0.037	6	1		1		
Folate, DFE....mcg_DFE	1		0	4		1		
Vitamin B-12....mcg	0.00		0	7		0.00		
Vitamin A, IU....IU	20	3.757	6	1		41		
Vitamin A, RE....mcg_RE	2	0.376	6	1		4		
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.053		0	1		0.109		
4:0....g								
6:0....g								
8:0....g								
10:0....g								
11:0....g								
12:0....g	0.001		0	1		0.002		
13:0....g								
14:0....g	0.001		0	1		0.002		
15:0....g								
16:0....g	0.044		0	1		0.091		
17:0....g								
18:0....g	0.007		0	1		0.014		
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.013		0	1		0.027		
14:1....g								
15:1....g								

NDB No. 09015
Apples, frozen, unsweetened, heated

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

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

Common Measures:

Measure 1 = 206.000g: 1 cup slices

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

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	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	87.93	0.316	10	1		218.07	27.26	230.38
Energy....kcal	47		0	4		117	15	123
Energy....kj	197			4		488	61	515
Protein (N x 6.25)....g	0.06	0.006	10	1		0.15	0.02	0.16
Total lipid (fat)....g	0.11	0.028	8	1		0.27	0.03	0.29
Ash....g	0.22	0.004	31	1		0.55	0.07	0.58
Carbohydrate, by difference....g	11.68		0	4		28.97	3.62	30.60
Fiber, total dietary....g	0.1		0	4		0.2	0.0	0.3
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	7	1.455	8	1		17	2	18
Iron, Fe....mg	0.37	0.034	11	1		0.92	0.11	0.97
Magnesium, Mg....mg	3	0.304	3	1		7	1	8
Phosphorus, P....mg	7	1.734	3	1		17	2	18
Potassium, K....mg	119	2.208	32	1		295	37	312
Sodium, Na....mg	3	0.711	11	1		7	1	8
Zinc, Zn....mg	0.03		2	1		0.07	0.01	0.08
Copper, Cu....mg	0.022		2	1		0.055	0.007	0.058
Manganese, Mn....mg	0.113		2	1		0.280	0.035	0.296
Selenium, Se....mcg	0.1	0.045	4	1		0.2	0.0	0.3
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.9	0.179	8	1		2.2	0.3	2.4
Thiamin....mg	0.021	0.001	9	1		0.052	0.007	0.055
Riboflavin....mg	0.017	0.011	5	1		0.042	0.005	0.045
Niacin....mg	0.100		1	1		0.248	0.031	0.262
Pantothenic acid....mg	0.063		0	4		0.156	0.020	0.165
Vitamin B-6....mg	0.030		0	1		0.074	0.009	0.079
Folate, total....mcg	0	0.046	3	1		0	0	0
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	0	0.046	3	1		0	0	0
Folate, DFE....mcg_DFE	0		0	4		0	0	0
Vitamin B-12....mcg	0.00		0	7		0.00	0.00	0.00
Vitamin A, IU....IU	1		1	1		2	0	3
Vitamin A, RE....mcg_RE	0		1	1		0	0	0
Vitamin E....mg_ATE	0.010		0	1		0.025	0.003	0.026
Tocopherol, alpha....mg	0.01		0	1		0.02	0.00	0.03
Tocopherol, beta....mg								
Tocopherol, gamma....mg								
Tocopherol, delta....mg								
Tocotrienol, alpha....mg								
Tocotrienol, beta....mg								
Tocotrienol, gamma....mg								
Tocotrienol, delta....mg								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.019		0	1		0.047	0.006	0.050
4:0....g	0.000		0	1		0.000	0.000	0.000
6:0....g	0.000		0	1		0.000	0.000	0.000
8:0....g	0.000		0	1		0.000	0.000	0.000
10:0....g	0.000		0	1		0.000	0.000	0.000
11:0....g								
12:0....g	0.000		0	1		0.000	0.000	0.000
13:0....g								
14:0....g	0.001		0	1		0.002	0.000	0.003
15:0....g								
16:0....g	0.015		0	1		0.037	0.005	0.039
17:0....g								

NDB No. 09016

Apple juice, canned or bottled, unsweetened, without added ascorbic acid

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
18:0 g	0.002		0	1		0.005	0.001	0.005
19:0 g								
20:0 g								
22:0 g								
24:0 g								
Fatty acids, total monounsaturated g	0.005		0	1		0.012	0.002	0.013
14:1 g								
15:1 g								
16:1 undifferentiated g	0.000		0	1		0.000	0.000	0.000
17:1 g								
18:1 undifferentiated g	0.004		0	1		0.010	0.001	0.010
20:1 g	0.000		0	1		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0	1		0.000	0.000	0.000
24:1 c g								
Fatty acids, total polyunsaturated g	0.033		0	1		0.082	0.010	0.086
18:2 undifferentiated g	0.028		0	1		0.069	0.009	0.073
18:3 undifferentiated g	0.006		0	1		0.015	0.002	0.016
18:4 g	0.000		0	1		0.000	0.000	0.000
20:2 n-6 c,c g								
20:3 undifferentiated g								
20:4 undifferentiated g	0.000		0	1		0.000	0.000	0.000
20:5 n-3 g	0.000		0	1		0.000	0.000	0.000
22:2 g								
22:5 n-3 g	0.000		0	1		0.000	0.000	0.000
22:6 n-3 g	0.000		0	1		0.000	0.000	0.000
Fatty acids, total trans g								
Cholesterol mg	0		0	7		0	0	0
Phytosterols mg								
Others:								
Alcohol, ethyl g	0.0		0	7		0.0	0.0	0.0
Caffeine mg								
Theobromine mg								

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

Common Measures:

Measure 1 = 248.000g: 1 cup

Measure 2 = 31.000g: 1 fl oz

Measure 3 = 262.000g: 1 drink box (8.45 fl oz)

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 09017

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	57.00		0	1		120.27		
Energy....kcal	166		0	4		350		
Energy....kj	695			4		1465		
Protein (N x 6.25)....g	0.51	0.058	4	1		1.08		
Total lipid (fat)....g	0.37	0.024	3	1		0.78		
Ash....g	1.12	0.055	4	1		2.36		
Carbohydrate, by difference....g	41.00		0	4		86.51		
Fiber, total dietary....g	0.4		0	4		0.8		
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	20	2.709	4	1		42		
Iron, Fe....mg	0.91	0.192	4	1		1.92		
Magnesium, Mg....mg	17	1.538	4	1		36		
Phosphorus, P....mg	25	2.401	4	1		53		
Potassium, K....mg	448	26.115	4	1		945		
Sodium, Na....mg	25	9.540	4	1		53		
Zinc, Zn....mg	0.13	0.020	4	1		0.27		
Copper, Cu....mg	0.050	0.009	4	1		0.106		
Manganese, Mn....mg	0.225	0.047	4	1		0.475		
Selenium, Se....mcg	0.4		0	4		0.8		
Vitamins:								
Vitamin C, total ascorbic acid....mg	2.1		2	1		4.4		
Thiamin....mg	0.011	0.003	3	1		0.023		
Riboflavin....mg	0.054	0.003	3	1		0.114		
Niacin....mg	0.135	0.008	3	1		0.285		
Pantothenic acid....mg	0.223	0.061	3	1		0.471		
Vitamin B-6....mg	0.116	0.009	3	1		0.245		
Folate, total....mcg	1	0.264	4	1		2		
Folic acid....mcg	0		0	7		0		
Folate, food....mcg	1	0.264	4	1		2		
Folate, DFE....mcg_DFE	1		0	4		2		
Vitamin B-12....mcg	0.00		0	7		0.00		
Vitamin A, IU....IU	0		3	1		0		
Vitamin A, RE....mcg_RE	0		3	1		0		
Vitamin E....mg_ATE	0.036		0	4		0.076		
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.060		0	1		0.127		
4:0....g	0.000		0	1		0.000		
6:0....g	0.000		0	1		0.000		
8:0....g	0.000		0	1		0.000		
10:0....g	0.000		0	1		0.000		
11:0....g								
12:0....g	0.001		0	1		0.002		
13:0....g								
14:0....g	0.002		0	1		0.004		
15:0....g								
16:0....g	0.050		0	1		0.106		
17:0....g								
18:0....g	0.008		0	1		0.017		
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.015		0	1		0.032		
14:1....g								
15:1....g								

NDB No. 09017

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.001		0	1		0.002		
17:1....g								
18:1 undifferentiated....g	0.014		0	1		0.030		
20:1....g	0.000		0	1		0.000		
22:1 undifferentiated....g	0.000		0	1		0.000		
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.108		0	1		0.228		
18:2 undifferentiated....g	0.089		0	1		0.188		
18:3 undifferentiated....g	0.019		0	1		0.040		
18:4....g	0.000		0	1		0.000		
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000		
20:5 n-3....g	0.000		0	1		0.000		
22:2....g								
22:5 n-3....g	0.000		0	1		0.000		
22:6 n-3....g	0.000		0	1		0.000		
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0		
Phytosterols....mg								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0		
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 211.000g: 1 can (6 fl oz)

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 09018

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	87.90		0	1		210.08	26.28	
Energy....kcal	47		0	4		112	14	
Energy....kj	197			4		470	59	
Protein (N x 6.25)....g	0.14	0.016	4	1		0.33	0.04	
Total lipid (fat)....g	0.10	0.007	3	1		0.24	0.03	
Ash....g	0.32	0.016	4	1		0.76	0.10	
Carbohydrate, by difference....g	11.54		0	4		27.58	3.45	
Fiber, total dietary....g	0.1		0	4		0.2	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	6	0.762	4	1		14	2	
Iron, Fe....mg	0.26	0.054	4	1		0.62	0.08	
Magnesium, Mg....mg	5	0.433	4	1		12	1	
Phosphorus, P....mg	7	0.676	4	1		17	2	
Potassium, K....mg	126	7.348	4	1		301	38	
Sodium, Na....mg	7	2.684	4	1		17	2	
Zinc, Zn....mg	0.04	0.006	4	1		0.10	0.01	
Copper, Cu....mg	0.014	0.003	4	1		0.033	0.004	
Manganese, Mn....mg	0.063	0.013	4	1		0.151	0.019	
Selenium, Se....mcg	0.1		0	4		0.2	0.0	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.6		2	1		1.4	0.2	
Thiamin....mg	0.003	0.001	3	1		0.007	0.001	
Riboflavin....mg	0.015	0.001	3	1		0.036	0.004	
Niacin....mg	0.038	0.002	3	1		0.091	0.011	
Pantothenic acid....mg	0.063	0.017	3	1		0.151	0.019	
Vitamin B-6....mg	0.033	0.002	3	1		0.079	0.010	
Folate, total....mcg	0	0.074	4	1		1	0	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	0	0.074	4	1		1	0	
Folate, DFE....mcg_DFE	0		0	4		1	0	
Vitamin B-12....mcg	0.00		0	7		0.00	0.00	
Vitamin A, IU....IU	0		0	4		0	0	
Vitamin A, RE....mcg_RE	0		0	4		0	0	
Vitamin E....mg_ATE	0.010		0	1		0.024	0.003	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.018		0	1		0.043	0.005	
4:0....g	0.000		0	1		0.000	0.000	
6:0....g	0.000		0	1		0.000	0.000	
8:0....g	0.000		0	1		0.000	0.000	
10:0....g	0.000		0	1		0.000	0.000	
11:0....g								
12:0....g	0.000		0	1		0.000	0.000	
13:0....g								
14:0....g	0.000		0	1		0.000	0.000	
15:0....g								
16:0....g	0.016		0	1		0.038	0.005	
17:0....g								
18:0....g	0.002		0	1		0.005	0.001	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.002		0	1		0.005	0.001	
14:1....g								
15:1....g								

NDB No. 09018

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.000		0	1		0.000	0.000	
17:1....g								
18:1 undifferentiated....g	0.002		0	1		0.005	0.001	
20:1....g	0.000		0	1		0.000	0.000	
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.031		0	1		0.074	0.009	
18:2 undifferentiated....g	0.027		0	1		0.065	0.008	
18:3 undifferentiated....g	0.004		0	1		0.010	0.001	
18:4....g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	
20:5 n-3....g	0.000		0	1		0.000	0.000	
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	
22:6 n-3....g	0.000		0	1		0.000	0.000	
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0	0	
Phytosterols....mg								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 239.000g: 1 cup

Measure 2 = 29.900g: 1 fl oz

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

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	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	88.35	0.243	10	1		215.57		
Energy....kcal	43		0	4		105		
Energy....kj	180			4		439		
Protein (N x 6.25)....g	0.17	0.012	18	1		0.41		
Total lipid (fat)....g	0.05	0.012	18	1		0.12		
Ash....g	0.15	0.005	10	1		0.37		
Carbohydrate, by difference....g	11.29		0	4		27.55		
Fiber, total dietary....g	1.2		0	1		2.9		
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	3	0.082	19	1		7		
Iron, Fe....mg	0.12	0.013	10	1		0.29		
Magnesium, Mg....mg	3	0.068	18	1		7		
Phosphorus, P....mg	7	0.461	18	1		17		
Potassium, K....mg	75	3.143	18	1		183		
Sodium, Na....mg	2	0.397	16	1		5		
Zinc, Zn....mg	0.03	0.003	9	1		0.07		
Copper, Cu....mg	0.026	0.002	9	1		0.063		
Manganese, Mn....mg	0.075		0	1		0.183		
Selenium, Se....mcg	0.3		0	4		0.7		
Vitamins:								
Vitamin C, total ascorbic acid....mg	1.2	0.061	3	1		2.9		
Thiamin....mg	0.013	0.003	4	1		0.032		
Riboflavin....mg	0.025	0.001	9	1		0.061		
Niacin....mg	0.188		0	1		0.459		
Pantothenic acid....mg	0.095	0.011	3	1		0.232		
Vitamin B-6....mg	0.026		0	1		0.063		
Folate, total....mcg	1		0	1		1		
Folic acid....mcg	0		0	7		0		
Folate, food....mcg	1		0	1		1		
Folate, DFE....mcg_DFE	1		0	4		1		
Vitamin B-12....mcg	0.00		0	7		0.00		
Vitamin A, IU....IU	29	5.696	3	1		71		
Vitamin A, RE....mcg_RE	3	0.570	3	1		7		
Vitamin E....mg_ATE	0.010		0	4		0.024		
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.008		0	1		0.020		
4:0....g	0.000		0	1		0.000		
6:0....g	0.000		0	1		0.000		
8:0....g	0.000		0	1		0.000		
10:0....g	0.000		0	1		0.000		
11:0....g								
12:0....g	0.000		0	1		0.000		
13:0....g								
14:0....g	0.000		0	1		0.000		
15:0....g								
16:0....g	0.007		0	1		0.017		
17:0....g								
18:0....g	0.001		0	1		0.002		
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.002		0	1		0.005		
14:1....g								
15:1....g								

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.000		0	1		0.000		
17:1....g								
18:1 undifferentiated....g	0.002		0	1		0.005		
20:1....g	0.000		0	1		0.000		
22:1 undifferentiated....g	0.000		0	1		0.000		
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.014		0	1		0.034		
18:2 undifferentiated....g	0.012		0	1		0.029		
18:3 undifferentiated....g	0.003		0	1		0.007		
18:4....g	0.000		0	1		0.000		
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000		
20:5 n-3....g	0.000		0	1		0.000		
22:2....g								
22:5 n-3....g	0.000		0	1		0.000		
22:6 n-3....g	0.000		0	1		0.000		
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0		
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.002		0	1		0.005		
Threonine....g	0.006		0	1		0.015		
Isoleucine....g	0.006		0	1		0.015		
Leucine....g	0.010		0	1		0.024		
Lysine....g	0.010		0	1		0.024		
Methionine....g	0.002		0	1		0.005		
Cystine....g	0.002		0	1		0.005		
Phenylalanine....g	0.005		0	1		0.012		
Tyrosine....g	0.003		0	1		0.007		
Valine....g	0.008		0	1		0.020		
Arginine....g	0.005		0	1		0.012		
Histidine....g	0.003		0	1		0.007		
Alanine....g	0.006		0	1		0.015		
Aspartic acid....g	0.028		0	1		0.068		
Glutamic acid....g	0.017		0	1		0.041		
Glycine....g	0.006		0	1		0.015		
Proline....g	0.006		0	1		0.015		
Serine....g	0.007		0	1		0.017		
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0		
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 244.000g: 1 cup

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

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	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	79.58	0.340	39	1		202.93		
Energy....kcal	76		0	4		194		
Energy....kj	318			4		811		
Protein (N x 6.25)....g	0.18	0.008	38	1		0.46		
Total lipid (fat)....g	0.18	0.048	39	1		0.46		
Ash....g	0.14	0.008	39	1		0.36		
Carbohydrate, by difference....g	19.91		0	4		50.77		
Fiber, total dietary....g	1.2		0	1		3.1		
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	4	0.189	40	1		10		
Iron, Fe....mg	0.35	0.029	43	1		0.89		
Magnesium, Mg....mg	3	0.079	27	1		8		
Phosphorus, P....mg	7	0.444	27	1		18		
Potassium, K....mg	61	1.948	37	1		156		
Sodium, Na....mg	3	0.436	43	1		8		
Zinc, Zn....mg	0.04	0.003	31	1		0.10		
Copper, Cu....mg	0.043	0.002	31	1		0.110		
Manganese, Mn....mg	0.075	0.016	10	1		0.191		
Selenium, Se....mcg	0.3		2	1		0.8		
Vitamins:								
Vitamin C, total ascorbic acid....mg	1.7	0.149	30	1		4.3		
Thiamin....mg	0.013	0.000	36	1		0.033		
Riboflavin....mg	0.028	0.001	51	1		0.071		
Niacin....mg	0.188	0.028	31	1		0.479		
Pantothenic acid....mg	0.052	0.003	9	1		0.133		
Vitamin B-6....mg	0.026	0.003	7	1		0.066		
Folate, total....mcg	1	0.015	9	1		2		
Folic acid....mcg	0		0	7		0		
Folate, food....mcg	1	0.015	9	1		2		
Folate, DFE....mcg_DFE	1		0	4		2		
Vitamin B-12....mcg	0.00		0	7		0.00		
Vitamin A, IU....IU	11	1.202	23	1		28		
Vitamin A, RE....mcg_RE	1	0.120	23	1		3		
Vitamin E....mg_ATE	0.010		0	4		0.026		
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.030		0	1		0.077		
4:0....g	0.000		0	1		0.000		
6:0....g	0.000		0	1		0.000		
8:0....g	0.000		0	1		0.000		
10:0....g	0.000		0	1		0.000		
11:0....g								
12:0....g	0.001		0	1		0.003		
13:0....g								
14:0....g	0.001		0	1		0.003		
15:0....g								
16:0....g	0.025		0	1		0.064		
17:0....g								
18:0....g	0.004		0	1		0.010		
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.007		0	1		0.018		
14:1....g								
15:1....g								

NDB No. 09020
Applesauce, canned, sweetened, without salt

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.000		0	1		0.000		
17:1....g								
18:1 undifferentiated....g	0.007		0	1		0.018		
20:1....g	0.000		0	1		0.000		
22:1 undifferentiated....g	0.000		0	1		0.000		
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.054		0	1		0.138		
18:2 undifferentiated....g	0.045		0	1		0.115		
18:3 undifferentiated....g	0.009		0	1		0.023		
18:4....g	0.000		0	1		0.000		
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000		
20:5 n-3....g	0.000		0	1		0.000		
22:2....g								
22:5 n-3....g	0.000		0	1		0.000		
22:6 n-3....g	0.000		0	1		0.000		
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0		
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.002		0	1		0.005		
Threonine....g	0.007		0	1		0.018		
Isoleucine....g	0.007		0	1		0.018		
Leucine....g	0.011		0	1		0.028		
Lysine....g	0.011		0	1		0.028		
Methionine....g	0.002		0	1		0.005		
Cystine....g	0.002		0	1		0.005		
Phenylalanine....g	0.005		0	1		0.013		
Tyrosine....g	0.003		0	1		0.008		
Valine....g	0.008		0	1		0.020		
Arginine....g	0.006		0	1		0.015		
Histidine....g	0.003		0	1		0.008		
Alanine....g	0.007		0	1		0.018		
Aspartic acid....g	0.032		0	1		0.082		
Glutamic acid....g	0.019		0	1		0.048		
Glycine....g	0.007		0	1		0.018		
Proline....g	0.006		0	1		0.015		
Serine....g	0.007		0	1		0.018		
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0		
Caffeine....mg	0		0	7		0		
Theobromine....mg	0		0	7		0		

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

Common Measures:

Measure 1 = 255.000g: 1 cup

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

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	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	86.35		26	1		133.84	142.48	30.22
Energy....kcal	48		0	4		74	79	17
Energy....kj	201			4		311	331	70
Protein (N x 6.25)....g	1.40	0.336	22	1		2.17	2.31	0.49
Total lipid (fat)....g	0.39	0.170	5	1		0.60	0.64	0.14
Ash....g	0.75	0.054	32	1		1.16	1.24	0.26
Carbohydrate, by difference....g	11.12		0	4		17.24	18.35	3.89
Fiber, total dietary....g	2.4		0	1		3.7	4.0	0.8
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	14	0.587	14	1		22	23	5
Iron, Fe....mg	0.54	0.077	31	1		0.84	0.89	0.19
Magnesium, Mg....mg	8	0.409	26	1		12	13	3
Phosphorus, P....mg	19	0.959	26	1		29	31	7
Potassium, K....mg	296	12.013	18	1		459	488	104
Sodium, Na....mg	1	0.036	18	1		2	2	0
Zinc, Zn....mg	0.26	0.097	6	1		0.40	0.43	0.09
Copper, Cu....mg	0.089	0.018	32	1		0.138	0.147	0.031
Manganese, Mn....mg	0.079	0.005	26	1		0.122	0.130	0.028
Selenium, Se....mcg	0.4		0	4		0.6	0.7	0.1
Vitamins:								
Vitamin C, total ascorbic acid....mg	10.0	0.161	4	1		15.5	16.5	3.5
Thiamin....mg	0.030		0	1		0.047	0.050	0.011
Riboflavin....mg	0.040		0	1		0.062	0.066	0.014
Niacin....mg	0.600		0	1		0.930	0.990	0.210
Pantothenic acid....mg	0.240		0	1		0.372	0.396	0.084
Vitamin B-6....mg	0.054		1	1		0.084	0.089	0.019
Folate, total....mcg	9	1.450	4	1		13	14	3
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	9	1.450	4	1		13	14	3
Folate, DFE....mcg_DFE	9		0	4		13	14	3
Vitamin B-12....mcg	0.00		0	7		0.00	0.00	0.00
Vitamin A, IU....IU	2612	300.225	5	1		4049	4310	914
Vitamin A, RE....mcg_RE	261	30.023	5	1		405	431	91
Vitamin E....mg_ATE	0.890		0	4		1.380	1.469	0.312
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.027		0	1		0.042	0.045	0.009
4:0....g	0.000		0	1		0.000	0.000	0.000
6:0....g	0.000		0	1		0.000	0.000	0.000
8:0....g	0.000		0	1		0.000	0.000	0.000
10:0....g	0.000		0	1		0.000	0.000	0.000
11:0....g								
12:0....g	0.000		0	1		0.000	0.000	0.000
13:0....g								
14:0....g	0.000		0	1		0.000	0.000	0.000
15:0....g								
16:0....g	0.024		4	1		0.037	0.040	0.008
17:0....g								
18:0....g	0.003		4	1		0.005	0.005	0.001
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.170		0	1		0.264	0.281	0.060
14:1....g								
15:1....g								

NDB No. 09021
Apricots, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
17:1....g								
18:1 undifferentiated....g	0.170		4	1		0.264	0.281	0.060
20:1....g	0.000		0	1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.077		0	1		0.119	0.127	0.027
18:2 undifferentiated....g	0.077		4	1		0.119	0.127	0.027
18:3 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
18:4....g	0.000		0	1		0.000	0.000	0.000
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
20:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:6 n-3....g	0.000		0	1		0.000	0.000	0.000
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0	0	0
Phytosterols....mg	18		0	1		28	30	6
Amino Acids:								
Tryptophan....g	0.015		12	1		0.023	0.025	0.005
Threonine....g	0.047		12	1		0.073	0.078	0.016
Isoleucine....g	0.041		12	1		0.064	0.068	0.014
Leucine....g	0.077		12	1		0.119	0.127	0.027
Lysine....g	0.097		12	1		0.150	0.160	0.034
Methionine....g	0.006		12	1		0.009	0.010	0.002
Cystine....g	0.003		12	1		0.005	0.005	0.001
Phenylalanine....g	0.052		12	1		0.081	0.086	0.018
Tyrosine....g	0.029		12	1		0.045	0.048	0.010
Valine....g	0.047		12	1		0.073	0.078	0.016
Arginine....g	0.045		12	1		0.070	0.074	0.016
Histidine....g	0.027		12	1		0.042	0.045	0.009
Alanine....g	0.068		12	1		0.105	0.112	0.024
Aspartic acid....g	0.314		12	1		0.487	0.518	0.110
Glutamic acid....g	0.157		12	1		0.243	0.259	0.055
Glycine....g	0.040		12	1		0.062	0.066	0.014
Proline....g	0.101		12	1		0.157	0.167	0.035
Serine....g	0.083		12	1		0.129	0.137	0.029
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	0.0
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 155.000g: 1 cup, halves

Measure 2 = 165.000g: 1 cup, sliced

Measure 3 = 35.000g: 1 apricot

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	92.36	0.122	42	1		224.43	33.25	
Energy....kcal	27		0	4		66	10	
Energy....kj	113			4		275	41	
Protein (N x 6.25)....g	0.71	0.020	10	1		1.73	0.26	
Total lipid (fat)....g	0.16	0.027	8	1		0.39	0.06	
Ash....g	0.38		0	1		0.92	0.14	
Carbohydrate, by difference....g	6.39		0	4		15.53	2.30	
Fiber, total dietary....g	1.6		0	4		3.9	0.6	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	8	0.467	9	1		19	3	
Iron, Fe....mg	0.32		0	1		0.78	0.12	
Magnesium, Mg....mg	7	0.760	8	1		17	3	
Phosphorus, P....mg	13	1.564	9	1		32	5	
Potassium, K....mg	192	9.989	37	1		467	69	
Sodium, Na....mg	3	0.161	37	1		7	1	
Zinc, Zn....mg	0.11		0	1		0.27	0.04	
Copper, Cu....mg	0.082		0	1		0.199	0.030	
Manganese, Mn....mg	0.053		0	1		0.129	0.019	
Selenium, Se....mcg	0.3		0	4		0.7	0.1	
Vitamins:								
Vitamin C, total ascorbic acid....mg	3.4	0.161	19	1		8.3	1.2	
Thiamin....mg	0.021		0	1		0.051	0.008	
Riboflavin....mg	0.023		0	1		0.056	0.008	
Niacin....mg	0.395		0	1		0.960	0.142	
Pantothenic acid....mg	0.092		0	1		0.224	0.033	
Vitamin B-6....mg	0.054		0	1		0.131	0.019	
Folate, total....mcg	2		0	1		4	1	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	2		0	1		4	1	
Folate, DFE....mcg_DFE	2		0	4		4	1	
Vitamin B-12....mcg	0.00		0	7		0.00	0.00	
Vitamin A, IU....IU	1293		0	1		3142	465	
Vitamin A, RE....mcg_RE	129		0	1		313	46	
Vitamin E....mg_ATE	0.890		0	1		2.163	0.320	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.011		0	1		0.027	0.004	
4:0....g	0.000		0	1		0.000	0.000	
6:0....g	0.000		0	1		0.000	0.000	
8:0....g	0.000		0	1		0.000	0.000	
10:0....g	0.000		0	1		0.000	0.000	
11:0....g								
12:0....g	0.000		0	1		0.000	0.000	
13:0....g								
14:0....g	0.000		0	1		0.000	0.000	
15:0....g								
16:0....g	0.010		0	1		0.024	0.004	
17:0....g								
18:0....g	0.001		0	1		0.002	0.000	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.069		0	1		0.168	0.025	
14:1....g								
15:1....g								

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

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

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

Common Measures:

Measure 1 = 243.000g: 1 cup, halves

Measure 2 = 36.000g: 1 apricot half with liquid

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

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: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	93.43	0.292	5	1		212.09		
Energy	kcal	22		0	4		50		
Energy	kj	92			4		209		
Protein (N x 6.25)	g	0.69		1	1		1.57		
Total lipid (fat)	g	0.03		1	1		0.07		
Ash	g	0.38		1	1		0.86		
Carbohydrate, by difference	g	5.48		0	4		12.44		
Fiber, total dietary	g	1.1		0	4		2.5		
Sugars, total	g								
Starch	g								
Minerals:									
Calcium, Ca	mg	8		1	1		18		
Iron, Fe	mg	0.54		1	1		1.23		
Magnesium, Mg	mg	9		1	1		20		
Phosphorus, P	mg	16		1	1		36		
Potassium, K	mg	154	6.205	3	1		350		
Sodium, Na	mg	11	0.697	3	1		25		
Zinc, Zn	mg	0.11		0	1		0.25		
Copper, Cu	mg	0.068		0	1		0.154		
Manganese, Mn	mg	0.053		0	1		0.120		
Selenium, Se	mcg								
Vitamins:									
Vitamin C, total ascorbic acid	mg	1.8	0.279	3	1		4.1		
Thiamin	mg	0.020		0	1		0.045		
Riboflavin	mg	0.024		0	1		0.054		
Niacin	mg	0.437		0	1		0.992		
Pantothenic acid	mg	0.092		0	1		0.209		
Vitamin B-6	mg	0.054		0	1		0.123		
Folate, total	mcg	2		0	1		4		
Folic acid	mcg	0		0	7		0		
Folate, food	mcg	2		0	1		4		
Folate, DFE	mcg_DFE	2		0	4		4		
Vitamin B-12	mcg	0.00		0	7		0.00		
Vitamin A, IU	IU	1810		1	1		4109		
Vitamin A, RE	mcg_RE	181		1	1		411		
Vitamin E	mg_ATE								
Vitamin D	IU								
Lipids:									
Fatty acids, total saturated	g	0.002		0	1		0.005		
4:0	g								
6:0	g								
8:0	g								
10:0	g								
11:0	g								
12:0	g								
13:0	g								
14:0	g								
15:0	g								
16:0	g	0.002		0	1		0.005		
17:0	g								
18:0	g								
19:0	g								
20:0	g								
22:0	g								
24:0	g								
Fatty acids, total monounsaturated	g	0.013		0	1		0.030		
14:1	g								
15:1	g								

NDB No. 09023

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

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

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

Common Measures:

Measure 1 = 227.000g: 1 cup, whole, without pits

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	86.62	0.102	7	1		211.35	31.18	
Energy....kcal	48		0	4		117	17	
Energy....kj	201			4		490	72	
Protein (N x 6.25)....g	0.63	0.023	8	1		1.54	0.23	
Total lipid (fat)....g	0.04	0.015	7	1		0.10	0.01	
Ash....g	0.37	0.014	7	1		0.90	0.13	
Carbohydrate, by difference....g	12.34		0	4		30.11	4.44	
Fiber, total dietary....g	1.6		0	4		3.9	0.6	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	12	0.535	8	1		29	4	
Iron, Fe....mg	0.30	0.040	8	1		0.73	0.11	
Magnesium, Mg....mg	10	0.221	6	1		24	4	
Phosphorus, P....mg	20	0.954	6	1		49	7	
Potassium, K....mg	165	8.920	7	1		403	59	
Sodium, Na....mg	4	0.367	7	1		10	1	
Zinc, Zn....mg	0.11	0.018	6	1		0.27	0.04	
Copper, Cu....mg	0.054	0.010	6	1		0.132	0.019	
Manganese, Mn....mg	0.052		0	1		0.127	0.019	
Selenium, Se....mcg	0.3		0	4		0.7	0.1	
Vitamins:								
Vitamin C, total ascorbic acid....mg	4.9	0.236	8	1		12.0	1.8	
Thiamin....mg	0.018	0.003	6	1		0.044	0.006	
Riboflavin....mg	0.019	0.001	6	1		0.046	0.007	
Niacin....mg	0.344	0.028	3	1		0.839	0.124	
Pantothenic acid....mg	0.092		0	4		0.224	0.033	
Vitamin B-6....mg	0.054		0	4		0.132	0.019	
Folate, total....mcg	2		0	4		4	1	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	2		0	4		4	1	
Folate, DFE....mcg_DFE	2		0	4		4	1	
Vitamin B-12....mcg	0.00		0	7		0.00	0.00	
Vitamin A, IU....IU	1691	153.659	7	1		4126	609	
Vitamin A, RE....mcg_RE	169	15.366	7	1		412	61	
Vitamin E....mg_ATE	0.890		0	1		2.172	0.320	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.003		0	1		0.007	0.001	
4:0....g	0.000		0	1		0.000	0.000	
6:0....g	0.000		0	1		0.000	0.000	
8:0....g	0.000		0	1		0.000	0.000	
10:0....g	0.000		0	1		0.000	0.000	
11:0....g								
12:0....g	0.000		0	1		0.000	0.000	
13:0....g								
14:0....g	0.000		0	1		0.000	0.000	
15:0....g								
16:0....g	0.002		0	1		0.005	0.001	
17:0....g								
18:0....g	0.000		0	1		0.000	0.000	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.017		0	1		0.041	0.006	
14:1....g								
15:1....g								

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

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

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

Common Measures:

Measure 1 = 244.000g: 1 cup, halves

Measure 2 = 36.000g: 1 apricot half with liquid

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

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: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	86.30		1	1		213.16		
Energy	kcal	49		0	4		121		
Energy	kj	205			4		506		
Protein (N x 6.25)	g	0.60		0	1		1.48		
Total lipid (fat)	g	0.10		1	1		0.25		
Ash	g	0.50		1	1		1.24		
Carbohydrate, by difference	g	12.50		0	4		30.88		
Fiber, total dietary	g	1.6		0	4		4.0		
Sugars, total	g								
Starch	g								
Minerals:									
Calcium, Ca	mg	10		1	1		25		
Iron, Fe	mg	0.30		1	1		0.74		
Magnesium, Mg	mg	6		1	1		15		
Phosphorus, P	mg	12		1	1		30		
Potassium, K	mg	140		1	1		346		
Sodium, Na	mg	2		1	1		5		
Zinc, Zn	mg	0.08		1	1		0.20		
Copper, Cu	mg	0.040		1	1		0.099		
Manganese, Mn	mg	0.052		0	1		0.128		
Selenium, Se	mcg								
Vitamins:									
Vitamin C, total ascorbic acid	mg	4.0		1	1		9.9		
Thiamin	mg	0.020		1	1		0.049		
Riboflavin	mg	0.020		1	1		0.049		
Niacin	mg	0.600		1	1		1.482		
Pantothenic acid	mg	0.092		0	1		0.227		
Vitamin B-6	mg	0.054		0	1		0.133		
Folate, total	mcg	2		0	1		4		
Folic acid	mcg	0		0	7		0		
Folate, food	mcg	2		0	1		4		
Folate, DFE	mcg_DFE	2		0	4		4		
Vitamin B-12	mcg	0.00		0	7		0.00		
Vitamin A, IU	IU	1271		0	1		3139		
Vitamin A, RE	mcg_RE	127		0	1		314		
Vitamin E	mg_ATE								
Vitamin D	IU								
Lipids:									
Fatty acids, total saturated	g	0.007		0	1		0.017		
4:0	g								
6:0	g								
8:0	g								
10:0	g								
11:0	g								
12:0	g								
13:0	g								
14:0	g								
15:0	g								
16:0	g	0.006		0	1		0.015		
17:0	g								
18:0	g	0.001		0	1		0.002		
19:0	g								
20:0	g								
22:0	g								
24:0	g								
Fatty acids, total monounsaturated	g	0.043		0	1		0.106		
14:1	g								
15:1	g								

NDB No. 09025
Apricots, canned, extra light syrup pack, with skin, solids and liquids

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

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

Common Measures:

Measure 1 = 247.000g: 1 cup, halves

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	82.56	0.135	104	1		208.88	33.02	
Energy....kcal	63		0	4		159	25	
Energy....kj	264			4		667	105	
Protein (N x 6.25)....g	0.53	0.016	56	1		1.34	0.21	
Total lipid (fat)....g	0.05	0.006	10	1		0.13	0.02	
Ash....g	0.37	0.017	25	1		0.94	0.15	
Carbohydrate, by difference....g	16.49		0	4		41.72	6.60	
Fiber, total dietary....g	1.6		0	4		4.0	0.6	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	11	0.422	28	1		28	4	
Iron, Fe....mg	0.39	0.033	37	1		0.99	0.16	
Magnesium, Mg....mg	8	0.285	36	1		20	3	
Phosphorus, P....mg	13	0.590	28	1		33	5	
Potassium, K....mg	138	5.540	19	1		349	55	
Sodium, Na....mg	4	0.418	19	1		10	2	
Zinc, Zn....mg	0.11		0	1		0.28	0.04	
Copper, Cu....mg	0.079		0	1		0.200	0.032	
Manganese, Mn....mg	0.052		0	1		0.132	0.021	
Selenium, Se....mcg	0.3		0	4		0.8	0.1	
Vitamins:								
Vitamin C, total ascorbic acid....mg	2.7	0.087	165	1		6.8	1.1	
Thiamin....mg	0.016	0.000	36	1		0.040	0.006	
Riboflavin....mg	0.020	0.001	31	1		0.051	0.008	
Niacin....mg	0.304	0.009	31	1		0.769	0.122	
Pantothenic acid....mg	0.092		0	1		0.233	0.037	
Vitamin B-6....mg	0.054		0	1		0.137	0.022	
Folate, total....mcg	2		0	1		4	1	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	2		0	1		4	1	
Folate, DFE....mcg_DFE	2		0	4		4	1	
Vitamin B-12....mcg	0.00		0	7		0.00	0.00	
Vitamin A, IU....IU	1322	30.399	148	1		3345	529	
Vitamin A, RE....mcg_RE	132	3.040	148	1		334	53	
Vitamin E....mg_ATE	0.890		0	1		2.252	0.356	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.003		0	1		0.008	0.001	
4:0....g	0.000		0	1		0.000	0.000	
6:0....g	0.000		0	1		0.000	0.000	
8:0....g	0.000		0	1		0.000	0.000	
10:0....g	0.000		0	1		0.000	0.000	
11:0....g								
12:0....g	0.000		0	1		0.000	0.000	
13:0....g								
14:0....g	0.000		0	1		0.000	0.000	
15:0....g								
16:0....g	0.003		0	1		0.008	0.001	
17:0....g								
18:0....g	0.000		0	1		0.000	0.000	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.021		0	1		0.053	0.008	
14:1....g								
15:1....g								

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

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

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

Common Measures:

Measure 1 = 253.000g: 1 cup, halves

Measure 2 = 40.000g: 1 apricot half with liquid

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	77.56	0.087	217	1		200.10	186.14	31.02
Energy....kcal	83		0	4		214	199	33
Energy....kj	347			4		896	833	139
Protein (N x 6.25)....g	0.53	0.009	162	1		1.37	1.27	0.21
Total lipid (fat)....g	0.08	0.002	105	1		0.21	0.19	0.03
Ash....g	0.37	0.006	130	1		0.95	0.89	0.15
Carbohydrate, by difference....g	21.47		0	4		55.39	51.53	8.59
Fiber, total dietary....g	1.6		0	4		4.1	3.8	0.6
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	9	0.193	129	1		23	22	4
Iron, Fe....mg	0.30	0.011	156	1		0.77	0.72	0.12
Magnesium, Mg....mg	7	0.122	135	1		18	17	3
Phosphorus, P....mg	12	0.167	130	1		31	29	5
Potassium, K....mg	140	2.659	95	1		361	336	56
Sodium, Na....mg	4	0.236	107	1		10	10	2
Zinc, Zn....mg	0.11	0.005	58	1		0.28	0.26	0.04
Copper, Cu....mg	0.078	0.003	58	1		0.201	0.187	0.031
Manganese, Mn....mg	0.051		0	1		0.132	0.122	0.020
Selenium, Se....mcg	0.3		0	4		0.8	0.7	0.1
Vitamins:								
Vitamin C, total ascorbic acid....mg	3.1	0.074	225	1		8.0	7.4	1.2
Thiamin....mg	0.020	0.000	138	1		0.052	0.048	0.008
Riboflavin....mg	0.022	0.000	133	1		0.057	0.053	0.009
Niacin....mg	0.376	0.015	134	1		0.970	0.902	0.150
Pantothenic acid....mg	0.092		0	1		0.237	0.221	0.037
Vitamin B-6....mg	0.054		0	1		0.139	0.130	0.022
Folate, total....mcg	2	0.113	3	1		4	4	1
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	2	0.113	3	1		4	4	1
Folate, DFE....mcg_DFE	2		0	4		4	4	1
Vitamin B-12....mcg	0.00		0	7		0.00	0.00	0.00
Vitamin A, IU....IU	1230	30.285	276	1		3173	2952	492
Vitamin A, RE....mcg_RE	123	3.029	276	1		317	295	49
Vitamin E....mg_ATE	0.890		0	1		2.296	2.136	0.356
Tocopherol, alpha....mg	0.89		0	1		2.30	2.14	0.36
Tocopherol, beta....mg								
Tocopherol, gamma....mg								
Tocopherol, delta....mg								
Tocotrienol, alpha....mg								
Tocotrienol, beta....mg								
Tocotrienol, gamma....mg								
Tocotrienol, delta....mg								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.005		0	1		0.013	0.012	0.002
4:0....g	0.000		0	1		0.000	0.000	0.000
6:0....g	0.000		0	1		0.000	0.000	0.000
8:0....g	0.000		0	1		0.000	0.000	0.000
10:0....g	0.000		0	1		0.000	0.000	0.000
11:0....g								
12:0....g	0.000		0	1		0.000	0.000	0.000
13:0....g								
14:0....g	0.000		0	1		0.000	0.000	0.000
15:0....g								
16:0....g	0.005		0	1		0.013	0.012	0.002
17:0....g								

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
18:0 g	0.001		0	1		0.003	0.002	0.000
19:0 g								
20:0 g								
22:0 g								
24:0 g								
Fatty acids, total monounsaturated g	0.033		0	1		0.085	0.079	0.013
14:1 g								
15:1 g								
16:1 undifferentiated g	0.000		0	1		0.000	0.000	0.000
17:1 g								
18:1 undifferentiated g	0.033		0	1		0.085	0.079	0.013
20:1 g	0.000		0	1		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0	1		0.000	0.000	0.000
24:1 c g								
Fatty acids, total polyunsaturated g	0.015		0	1		0.039	0.036	0.006
18:2 undifferentiated g	0.015		0	1		0.039	0.036	0.006
18:3 undifferentiated g	0.000		0	1		0.000	0.000	0.000
18:4 g	0.000		0	1		0.000	0.000	0.000
20:2 n-6 c,c g								
20:3 undifferentiated g								
20:4 undifferentiated g	0.000		0	1		0.000	0.000	0.000
20:5 n-3 g	0.000		0	1		0.000	0.000	0.000
22:2 g								
22:5 n-3 g	0.000		0	1		0.000	0.000	0.000
22:6 n-3 g	0.000		0	1		0.000	0.000	0.000
Fatty acids, total trans g								
Cholesterol mg	0		0	7		0	0	0
Phytosterols mg								
Amino Acids:								
Tryptophan g	0.009		0	1		0.023	0.022	0.004
Threonine g	0.019		0	1		0.049	0.046	0.008
Isoleucine g	0.016		0	1		0.041	0.038	0.006
Leucine g	0.031		0	1		0.080	0.074	0.012
Lysine g	0.037		0	1		0.095	0.089	0.015
Methionine g	0.003		0	1		0.008	0.007	0.001
Cystine g	0.002		0	1		0.005	0.005	0.001
Phenylalanine g	0.022		0	1		0.057	0.053	0.009
Tyrosine g	0.012		0	1		0.031	0.029	0.005
Valine g	0.019		0	1		0.049	0.046	0.008
Arginine g	0.021		0	1		0.054	0.050	0.008
Histidine g	0.009		0	1		0.023	0.022	0.004
Alanine g	0.026		0	1		0.067	0.062	0.010
Aspartic acid g	0.122		0	1		0.315	0.293	0.049
Glutamic acid g	0.054		0	1		0.139	0.130	0.022
Glycine g	0.016		0	1		0.041	0.038	0.006
Proline g	0.032		0	1		0.083	0.077	0.013
Serine g	0.031		0	1		0.080	0.074	0.012
Hydroxyproline g								
Others:								
Alcohol, ethyl g	0.0		0	7		0.0	0.0	0.0
Caffeine mg								
Theobromine mg								

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

Common Measures:

Measure 1 = 258.000g: 1 cup, halves

Measure 2 = 240.000g: 1 cup, whole

Measure 3 = 40.000g: 1 apricot half with liquid

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

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

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: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	77.66	0.124	115	1		200.36		
Energy	kcal	83		0	4		214		
Energy	kj	347			4		896		
Protein (N x 6.25)	g	0.51	0.014	58	1		1.32		
Total lipid (fat)	g	0.09	0.004	42	1		0.23		
Ash	g	0.29	0.010	58	1		0.75		
Carbohydrate, by difference	g	21.45		0	4		55.34		
Fiber, total dietary	g	1.6		0	4		4.1		
Sugars, total	g								
Starch	g								
Minerals:									
Calcium, Ca	mg	9	0.199	65	1		23		
Iron, Fe	mg	0.43	0.026	66	1		1.11		
Magnesium, Mg	mg	8	0.181	61	1		21		
Phosphorus, P	mg	13	0.320	66	1		34		
Potassium, K	mg	134	4.523	65	1		346		
Sodium, Na	mg	11	1.022	63	1		28		
Zinc, Zn	mg	0.10	0.003	32	1		0.26		
Copper, Cu	mg	0.065	0.003	32	1		0.168		
Manganese, Mn	mg	0.051		0	1		0.132		
Selenium, Se	mcg								
Vitamins:									
Vitamin C, total ascorbic acid	mg	2.8	0.104	173	1		7.2		
Thiamin	mg	0.019	0.000	62	1		0.049		
Riboflavin	mg	0.023	0.000	66	1		0.059		
Niacin	mg	0.416	0.019	59	1		1.073		
Pantothenic acid	mg	0.092		0	1		0.237		
Vitamin B-6	mg	0.054		0	1		0.139		
Folate, total	mcg	2		0	1		4		
Folic acid	mcg	0		0	7		0		
Folate, food	mcg	2		0	1		4		
Folate, DFE	mcg_DFE	2		0	4		4		
Vitamin B-12	mcg	0.00		0	7		0.00		
Vitamin A, IU	IU	1240	37.667	168	1		3199		
Vitamin A, RE	mcg_RE	124	3.767	168	1		320		
Vitamin E	mg_ATE								
Vitamin D	IU								
Lipids:									
Fatty acids, total saturated	g	0.006		0	1		0.015		
4:0	g								
6:0	g								
8:0	g								
10:0	g								
11:0	g								
12:0	g								
13:0	g								
14:0	g								
15:0	g								
16:0	g	0.005		0	1		0.013		
17:0	g								
18:0	g	0.001		0	1		0.003		
19:0	g								
20:0	g								
22:0	g								
24:0	g								
Fatty acids, total monounsaturated	g	0.037		0	1		0.095		
14:1	g								
15:1	g								

NDB No. 09028
Apricots, canned, heavy syrup pack, without skin, solids and liquids

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

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

Common Measures:

Measure 1 = 258.000g: 1 cup, whole, without pits

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

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: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	74.33	0.191	8	1		182.85		
Energy	kcal	96		0	4		236		
Energy	kj	402			4		988		
Protein (N x 6.25)	g	0.55	0.044	4	1		1.35		
Total lipid (fat)	g	0.04		1	1		0.10		
Ash	g	0.23	0.040	4	1		0.57		
Carbohydrate, by difference	g	24.85		0	4		61.13		
Fiber, total dietary	g	1.6		0	4		3.9		
Sugars, total	g								
Starch	g								
Minerals:									
Calcium, Ca	mg	8	1.050	4	1		20		
Iron, Fe	mg	0.62	0.035	4	1		1.53		
Magnesium, Mg	mg	8	0.400	4	1		20		
Phosphorus, P	mg	15	1.150	4	1		37		
Potassium, K	mg	126	11.500	4	1		310		
Sodium, Na	mg	13	1.900	4	1		32		
Zinc, Zn	mg	0.10		0	1		0.25		
Copper, Cu	mg	0.064		0	1		0.157		
Manganese, Mn	mg	0.050		0	1		0.123		
Selenium, Se	mcg								
Vitamins:									
Vitamin C, total ascorbic acid	mg	2.4	0.389	8	1		5.9		
Thiamin	mg	0.016	0.002	4	1		0.039		
Riboflavin	mg	0.022	0.001	4	1		0.054		
Niacin	mg	0.340	0.030	4	1		0.836		
Pantothenic acid	mg	0.092		0	1		0.226		
Vitamin B-6	mg	0.054		0	1		0.133		
Folate, total	mcg	2		0	1		4		
Folic acid	mcg	0		0	7		0		
Folate, food	mcg	2		0	1		4		
Folate, DFE	mcg_DFE	2		0	4		4		
Vitamin B-12	mcg	0.00		0	7		0.00		
Vitamin A, IU	IU	1471	110.940	15	1		3619		
Vitamin A, RE	mcg_RE	147	11.094	15	1		362		
Vitamin E	mg_ATE								
Vitamin D	IU								
Lipids:									
Fatty acids, total saturated	g	0.003		0	1		0.007		
4:0	g								
6:0	g								
8:0	g								
10:0	g								
11:0	g								
12:0	g								
13:0	g								
14:0	g								
15:0	g								
16:0	g	0.002		0	1		0.005		
17:0	g								
18:0	g								
19:0	g								
20:0	g								
22:0	g								
24:0	g								
Fatty acids, total monounsaturated	g	0.017		0	1		0.042		
14:1	g								
15:1	g								

NDB No. 09029

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

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

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

Common Measures:

Measure 1 = 246.000g: 1 cup, whole, without pits

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	7.50		0	1		8.93		
Energy	kcal	320		0	4		381		
Energy	kj	1339			4		1593		
Protein (N x 6.25)	g	4.90		0	1		5.83		
Total lipid (fat)	g	0.62		0	1		0.74		
Ash	g	4.09		0	1		4.87		
Carbohydrate, by difference	g	82.89		0	4		98.64		
Fiber, total dietary	g								
Sugars, total	g								
Starch	g								
Minerals:									
Calcium, Ca	mg	61		0	1		73		
Iron, Fe	mg	6.31		0	1		7.51		
Magnesium, Mg	mg	63		0	1		75		
Phosphorus, P	mg	157		0	1		187		
Potassium, K	mg	1850		0	1		2202		
Sodium, Na	mg	13		0	1		15		
Zinc, Zn	mg	1.00		0	1		1.19		
Copper, Cu	mg	0.576		0	1		0.685		
Manganese, Mn	mg	0.369		0	1		0.439		
Selenium, Se	mcg								
Vitamins:									
Vitamin C, total ascorbic acid	mg	9.5		2	1		11.3		
Thiamin	mg	0.043		2	1		0.051		
Riboflavin	mg	0.148		2	1		0.176		
Niacin	mg	3.580		2	1		4.260		
Pantothenic acid	mg	1.067		2	1		1.270		
Vitamin B-6	mg	0.520		2	1		0.619		
Folate, total	mcg	4		2	1		5		
Folic acid	mcg	0		0	7		0		
Folate, food	mcg	4		2	1		5		
Folate, DFE	mcg_DFE	4		0	4		5		
Vitamin B-12	mcg	0.00		0	7		0.00		
Vitamin A, IU	IU	12669		2	1		15076		
Vitamin A, RE	mcg_RE	1267		2	1		1508		
Vitamin E	mg_ATE								
Vitamin D	IU								
Lipids:									
Fatty acids, total saturated	g	0.043		0	1		0.051		
4:0	g								
6:0	g								
8:0	g								
10:0	g								
11:0	g								
12:0	g								
13:0	g								
14:0	g								
15:0	g								
16:0	g	0.037		0	1		0.044		
17:0	g								
18:0	g	0.005		0	1		0.006		
19:0	g								
20:0	g								
22:0	g								
24:0	g								
Fatty acids, total monounsaturated	g	0.268		0	1		0.319		
14:1	g								
15:1	g								

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

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

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

Common Measures:

Measure 1 = 119.000g: 1 cup

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	63.60		2	1		158.36		
Energy	kcal	126		0	4		314		
Energy	kj	527			4		1313		
Protein (N x 6.25)	g	1.93		0	1		4.81		
Total lipid (fat)	g	0.24		0	1		0.60		
Ash	g	1.61		0	1		4.01		
Carbohydrate, by difference	g	32.62		0	4		81.22		
Fiber, total dietary	g								
Sugars, total	g								
Starch	g								
Minerals:									
Calcium, Ca	mg	24		0	1		60		
Iron, Fe	mg	2.48		0	1		6.18		
Magnesium, Mg	mg	25		0	1		62		
Phosphorus, P	mg	62		0	1		154		
Potassium, K	mg	728		0	1		1813		
Sodium, Na	mg	5		0	1		12		
Zinc, Zn	mg	0.39		0	1		0.97		
Copper, Cu	mg	0.227		0	1		0.565		
Manganese, Mn	mg	0.145		0	1		0.361		
Selenium, Se	mcg								
Vitamins:									
Vitamin C, total ascorbic acid	mg	7.1		2	1		17.7		
Thiamin	mg	0.013		2	1		0.032		
Riboflavin	mg	0.067		2	1		0.167		
Niacin	mg	1.630		2	1		4.059		
Pantothenic acid	mg	0.468		2	1		1.165		
Vitamin B-6	mg	0.161		2	1		0.401		
Folate, total	mcg	2		2	1		4		
Folic acid	mcg	0		0	7		0		
Folate, food	mcg	2		2	1		4		
Folate, DFE	mcg_DFE	2		0	4		4		
Vitamin B-12	mcg	0.00		0	7		0.00		
Vitamin A, IU	IU	4407		2	1		10973		
Vitamin A, RE	mcg_RE	441		2	1		1098		
Vitamin E	mg_ATE								
Vitamin D	IU								
Lipids:									
Fatty acids, total saturated	g	0.017		0	1		0.042		
4:0	g								
6:0	g								
8:0	g								
10:0	g								
11:0	g								
12:0	g								
13:0	g								
14:0	g								
15:0	g								
16:0	g	0.015		0	1		0.037		
17:0	g								
18:0	g	0.002		0	1		0.005		
19:0	g								
20:0	g								
22:0	g								
24:0	g								
Fatty acids, total monounsaturated	g	0.105		0	1		0.261		
14:1	g								
15:1	g								

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

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

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

Common Measures:

Measure 1 = 249.000g: 1 cup

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 09032
Apricots, dried, sulfured, uncooked

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	31.09	0.398	25	1		40.42	1.09	
Energy....kcal	238		0	4		309	8	
Energy....kj	996			4		1295	35	
Protein (N x 6.25)....g	3.65	0.086	42	1		4.75	0.13	
Total lipid (fat)....g	0.46	0.020	24	1		0.60	0.02	
Ash....g	3.05	0.077	42	1		3.97	0.11	
Carbohydrate, by difference....g	61.75		0	4		80.28	2.16	
Fiber, total dietary....g	9.0		0	1		11.7	0.3	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	45	2.079	40	1		59	2	
Iron, Fe....mg	4.70	0.184	26	1		6.11	0.16	
Magnesium, Mg....mg	47	1.475	41	1		61	2	
Phosphorus, P....mg	117	3.020	26	1		152	4	
Potassium, K....mg	1378	33.588	45	1		1791	48	
Sodium, Na....mg	10	0.930	33	1		13	0	
Zinc, Zn....mg	0.74	0.035	26	1		0.96	0.03	
Copper, Cu....mg	0.429	0.024	42	1		0.558	0.015	
Manganese, Mn....mg	0.275	0.007	19	1		0.358	0.010	
Selenium, Se....mcg	2.2		0	4		2.9	0.1	
Vitamins:								
Vitamin C, total ascorbic acid....mg	2.4	0.850	3	1		3.1	0.1	
Thiamin....mg	0.008	0.000	21	1		0.010	0.000	
Riboflavin....mg	0.151	0.008	22	1		0.196	0.005	
Niacin....mg	2.998	0.088	34	1		3.897	0.105	
Pantothenic acid....mg	0.753		0	1		0.979	0.026	
Vitamin B-6....mg	0.156		1	1		0.203	0.005	
Folate, total....mcg	10	0.631	4	1		13	0	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	10	0.631	4	1		13	0	
Folate, DFE....mcg_DFE	10		0	4		13	0	
Vitamin B-12....mcg	0.00		0	7		0.00	0.00	
Vitamin A, IU....IU	7240	172.535	36	1		9412	253	
Vitamin A, RE....mcg_RE	724	17.254	36	1		941	25	
Vitamin E....mg_ATE	1.500		0	4		1.950	0.053	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.032		0	1		0.042	0.001	
4:0....g	0.000		0	1		0.000	0.000	
6:0....g	0.000		0	1		0.000	0.000	
8:0....g	0.000		0	1		0.000	0.000	
10:0....g	0.000		0	1		0.000	0.000	
11:0....g								
12:0....g	0.000		0	1		0.000	0.000	
13:0....g								
14:0....g	0.000		0	1		0.000	0.000	
15:0....g								
16:0....g	0.028		0	1		0.036	0.001	
17:0....g								
18:0....g	0.004		0	1		0.005	0.000	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.200		0	1		0.260	0.007	
14:1....g								
15:1....g								

NDB No. 09032
Apricots, dried, sulfured, uncooked

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.000		0	1		0.000	0.000	
17:1....g								
18:1 undifferentiated....g	0.200		0	1		0.260	0.007	
20:1....g	0.000		0	1		0.000	0.000	
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.090		0	1		0.117	0.003	
18:2 undifferentiated....g	0.090		0	1		0.117	0.003	
18:3 undifferentiated....g	0.000		0	1		0.000	0.000	
18:4....g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	
20:5 n-3....g	0.000		0	1		0.000	0.000	
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	
22:6 n-3....g	0.000		0	1		0.000	0.000	
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0	0	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.065		0	1		0.085	0.002	
Threonine....g	0.131		0	1		0.170	0.005	
Isoleucine....g	0.112		0	1		0.146	0.004	
Leucine....g	0.214		0	1		0.278	0.007	
Lysine....g	0.253		0	1		0.329	0.009	
Methionine....g	0.018		0	1		0.023	0.001	
Cystine....g	0.012		0	1		0.016	0.000	
Phenylalanine....g	0.151		0	1		0.196	0.005	
Tyrosine....g	0.085		0	1		0.111	0.003	
Valine....g	0.133		0	1		0.173	0.005	
Arginine....g	0.141		0	1		0.183	0.005	
Histidine....g	0.060		0	1		0.078	0.002	
Alanine....g	0.180		0	1		0.234	0.006	
Aspartic acid....g	0.836		0	1		1.087	0.029	
Glutamic acid....g	0.369		0	1		0.480	0.013	
Glycine....g	0.113		0	1		0.147	0.004	
Proline....g	0.218		0	1		0.283	0.008	
Serine....g	0.210		0	1		0.273	0.007	
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	
Caffeine....mg	0		0	7		0	0	
Theobromine....mg	0		0	7		0	0	

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

Common Measures:

Measure 1 = 130.000g: 1 cup, halves

Measure 2 = 3.500g: 1 half

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	75.56		1	1		188.90		
Energy	kcal	85		0	4		213		
Energy	kj	356			4		889		
Protein (N x 6.25)	g	1.30		0	1		3.25		
Total lipid (fat)	g	0.16		0	1		0.40		
Ash	g	1.08		0	1		2.70		
Carbohydrate, by difference	g	21.90		0	4		54.75		
Fiber, total dietary	g	3.2		0	4		8.0		
Sugars, total	g								
Starch	g								
Minerals:									
Calcium, Ca	mg	16		0	1		40		
Iron, Fe	mg	1.67		0	1		4.18		
Magnesium, Mg	mg	17		0	1		43		
Phosphorus, P	mg	41		0	1		103		
Potassium, K	mg	489		0	1		1223		
Sodium, Na	mg	3		0	1		8		
Zinc, Zn	mg	0.26		0	1		0.65		
Copper, Cu	mg	0.152		0	1		0.380		
Manganese, Mn	mg	0.098		0	1		0.245		
Selenium, Se	mcg	0.4		0	4		1.0		
Vitamins:									
Vitamin C, total ascorbic acid	mg	1.6	0.722	3	1		4.0		
Thiamin	mg	0.006	0.000	3	1		0.015		
Riboflavin	mg	0.030	0.002	3	1		0.075		
Niacin	mg	0.942	0.048	3	1		2.355		
Pantothenic acid	mg	0.211	0.035	3	1		0.528		
Vitamin B-6	mg	0.114	0.014	3	1		0.285		
Folate, total	mcg	0		1	1		0		
Folic acid	mcg	0		0	7		0		
Folate, food	mcg	0		1	1		0		
Folate, DFE	mcg_DFE	0		0	4		0		
Vitamin B-12	mcg	0.00		0	7		0.00		
Vitamin A, IU	IU	2363	371.668	3	1		5908		
Vitamin A, RE	mcg_RE	236	37.167	3	1		590		
Vitamin E	mg_ATE	0.500		0	4		1.250		
Vitamin D	IU								
Lipids:									
Fatty acids, total saturated	g	0.011		0	1		0.028		
4:0	g	0.000		0	1		0.000		
6:0	g	0.000		0	1		0.000		
8:0	g	0.000		0	1		0.000		
10:0	g	0.000		0	1		0.000		
11:0	g								
12:0	g	0.000		0	1		0.000		
13:0	g								
14:0	g	0.000		0	1		0.000		
15:0	g								
16:0	g	0.010		0	1		0.025		
17:0	g								
18:0	g	0.001		0	1		0.003		
19:0	g								
20:0	g								
22:0	g								
24:0	g								
Fatty acids, total monounsaturated	g	0.071		0	1		0.178		
14:1	g								
15:1	g								

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.000		0	1		0.000		
17:1....g								
18:1 undifferentiated....g	0.071		0	1		0.178		
20:1....g	0.000		0	1		0.000		
22:1 undifferentiated....g	0.000		0	1		0.000		
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.032		0	1		0.080		
18:2 undifferentiated....g	0.032		0	1		0.080		
18:3 undifferentiated....g	0.000		0	1		0.000		
18:4....g	0.000		0	1		0.000		
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000		
20:5 n-3....g	0.000		0	1		0.000		
22:2....g								
22:5 n-3....g	0.000		0	1		0.000		
22:6 n-3....g	0.000		0	1		0.000		
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0		
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.023		0	1		0.058		
Threonine....g	0.047		0	1		0.118		
Isoleucine....g	0.040		0	1		0.100		
Leucine....g	0.076		0	1		0.190		
Lysine....g	0.090		0	1		0.225		
Methionine....g	0.006		0	1		0.015		
Cystine....g	0.004		0	1		0.010		
Phenylalanine....g	0.054		0	1		0.135		
Tyrosine....g	0.030		0	1		0.075		
Valine....g	0.047		0	1		0.118		
Arginine....g	0.050		0	1		0.125		
Histidine....g	0.021		0	1		0.053		
Alanine....g	0.064		0	1		0.160		
Aspartic acid....g	0.296		0	1		0.740		
Glutamic acid....g	0.131		0	1		0.328		
Glycine....g	0.040		0	1		0.100		
Proline....g	0.077		0	1		0.193		
Serine....g	0.074		0	1		0.185		
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0		
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 250.000g: 1 cup, halves

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	68.45		0	1		184.82		
Energy	kcal	113		0	4		305		
Energy	kj	473			4		1277		
Protein (N x 6.25)	g	1.17		0	1		3.16		
Total lipid (fat)	g	0.15		0	1		0.41		
Ash	g	0.98		0	1		2.65		
Carbohydrate, by difference	g	29.26		0	4		79.00		
Fiber, total dietary	g	4.1		0	4		11.1		
Sugars, total	g								
Starch	g								
Minerals:									
Calcium, Ca	mg	15		0	1		41		
Iron, Fe	mg	1.52		0	1		4.10		
Magnesium, Mg	mg	15		0	1		41		
Phosphorus, P	mg	38		0	1		103		
Potassium, K	mg	443		0	1		1196		
Sodium, Na	mg	3		0	1		8		
Zinc, Zn	mg	0.24		0	1		0.65		
Copper, Cu	mg	0.138		0	1		0.373		
Manganese, Mn	mg	0.088		0	1		0.238		
Selenium, Se	mcg								
Vitamins:									
Vitamin C, total ascorbic acid	mg	1.4		0	1		3.8		
Thiamin	mg	0.005		0	1		0.014		
Riboflavin	mg	0.027		0	1		0.073		
Niacin	mg	0.853		0	1		2.303		
Pantothenic acid	mg	0.191		0	1		0.516		
Vitamin B-6	mg	0.103		0	1		0.278		
Folate, total	mcg	0		0	1		0		
Folic acid	mcg	0		0	7		0		
Folate, food	mcg	0		0	1		0		
Folate, DFE	mcg_DFE	0		0	4		0		
Vitamin B-12	mcg	0.00		0	7		0.00		
Vitamin A, IU	IU	2139		0	1		5775		
Vitamin A, RE	mcg_RE	214		0	1		578		
Vitamin E	mg_ATE								
Vitamin D	IU								
Lipids:									
Fatty acids, total saturated	g	0.010		0	1		0.027		
4:0	g								
6:0	g								
8:0	g								
10:0	g								
11:0	g								
12:0	g								
13:0	g								
14:0	g								
15:0	g								
16:0	g	0.009		0	1		0.024		
17:0	g								
18:0	g	0.001		0	1		0.003		
19:0	g								
20:0	g								
22:0	g								
24:0	g								
Fatty acids, total monounsaturated	g	0.064		0	1		0.173		
14:1	g								
15:1	g								

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

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

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

Common Measures:

Measure 1 = 270.000g: 1 cup, halves

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 09035
Apricots, frozen, sweetened

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	73.30		0	1		177.39		
Energy	kcal	98		0	4		237		
Energy	kj	410			4		992		
Protein (N x 6.25)	g	0.70		0	1		1.69		
Total lipid (fat)	g	0.10		0	1		0.24		
Ash	g	0.80		0	1		1.94		
Carbohydrate, by difference	g	25.10		0	4		60.74		
Fiber, total dietary	g	2.2		0	4		5.3		
Sugars, total	g								
Starch	g								
Minerals:									
Calcium, Ca	mg	10		0	1		24		
Iron, Fe	mg	0.90		0	1		2.18		
Magnesium, Mg	mg	9		0	1		22		
Phosphorus, P	mg	19		0	1		46		
Potassium, K	mg	229		0	1		554		
Sodium, Na	mg	4		0	1		10		
Zinc, Zn	mg	0.10		0	1		0.24		
Copper, Cu	mg	0.064		0	1		0.155		
Manganese, Mn	mg	0.050		0	1		0.121		
Selenium, Se	mcg	0.4		0	4		1.0		
Vitamins:									
Vitamin C, total ascorbic acid	mg	9.0		0	1		21.8		
Thiamin	mg	0.020		0	1		0.048		
Riboflavin	mg	0.040		0	1		0.097		
Niacin	mg	0.800		0	1		1.936		
Pantothenic acid	mg	0.200		0	1		0.484		
Vitamin B-6	mg	0.060		0	1		0.145		
Folate, total	mcg	2		0	4		4		
Folic acid	mcg	0		0	7		0		
Folate, food	mcg	2		0	4		4		
Folate, DFE	mcg_DFE	2		0	4		4		
Vitamin B-12	mcg	0.00		0	7		0.00		
Vitamin A, IU	IU	1680		0	1		4066		
Vitamin A, RE	mcg_RE	168		0	1		407		
Vitamin E	mg_ATE	0.890		0	4		2.154		
Vitamin D	IU								
Lipids:									
Fatty acids, total saturated	g	0.007		0	1		0.017		
4:0	g	0.000		0	1		0.000		
6:0	g	0.000		0	1		0.000		
8:0	g	0.000		0	1		0.000		
10:0	g	0.000		0	1		0.000		
11:0	g								
12:0	g	0.000		0	1		0.000		
13:0	g								
14:0	g	0.000		0	1		0.000		
15:0	g								
16:0	g	0.006		0	1		0.015		
17:0	g								
18:0	g	0.001		0	1		0.002		
19:0	g								
20:0	g								
22:0	g								
24:0	g								
Fatty acids, total monounsaturated	g	0.044		0	1		0.106		
14:1	g								
15:1	g								

NDB No. 09035
Apricots, frozen, sweetened

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

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

Common Measures:

Measure 1 = 242.000g: 1 cup

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	84.87	0.033	177	1		213.02	26.65	
Energy....kcal	56		0	4		141	18	
Energy....kj	234			4		588	74	
Protein (N x 6.25)....g	0.37	0.011	73	1		0.93	0.12	
Total lipid (fat)....g	0.09	0.004	50	1		0.23	0.03	
Ash....g	0.29	0.006	56	1		0.73	0.09	
Carbohydrate, by difference....g	14.39		0	4		36.12	4.52	
Fiber, total dietary....g	0.6		0	1		1.5	0.2	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	7	0.226	56	1		18	2	
Iron, Fe....mg	0.38	0.016	68	1		0.95	0.12	
Magnesium, Mg....mg	5	0.095	57	1		13	2	
Phosphorus, P....mg	9	0.213	61	1		23	3	
Potassium, K....mg	114	2.540	45	1		286	36	
Sodium, Na....mg	3	0.457	45	1		8	1	
Zinc, Zn....mg	0.09	0.002	46	1		0.23	0.03	
Copper, Cu....mg	0.073	0.003	46	1		0.183	0.023	
Manganese, Mn....mg	0.032		0	4		0.080	0.010	
Selenium, Se....mcg	0.2		0	4		0.5	0.1	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.6	0.026	184	1		1.5	0.2	
Thiamin....mg	0.009	0.000	89	1		0.023	0.003	
Riboflavin....mg	0.014	0.000	101	1		0.035	0.004	
Niacin....mg	0.260	0.016	84	1		0.653	0.082	
Pantothenic acid....mg	0.096		0	4		0.241	0.030	
Vitamin B-6....mg	0.022		0	4		0.055	0.007	
Folate, total....mcg	1	0.246	5	1		3	0	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	1	0.246	5	1		3	0	
Folate, DFE....mcg_DFE	1		0	4		3	0	
Vitamin B-12....mcg	0.00		0	7		0.00	0.00	
Vitamin A, IU....IU	1316	17.479	262	1		3303	413	
Vitamin A, RE....mcg_RE	132	1.748	262	1		331	41	
Vitamin E....mg_ATE	0.080		0	1		0.201	0.025	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.006		0	1		0.015	0.002	
4:0....g	0.000		0	1		0.000	0.000	
6:0....g	0.000		0	1		0.000	0.000	
8:0....g	0.000		0	1		0.000	0.000	
10:0....g	0.000		0	1		0.000	0.000	
11:0....g								
12:0....g	0.000		0	1		0.000	0.000	
13:0....g								
14:0....g	0.000		0	1		0.000	0.000	
15:0....g								
16:0....g	0.005		0	1		0.013	0.002	
17:0....g								
18:0....g	0.001		0	1		0.003	0.000	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.038		0	1		0.095	0.012	
14:1....g								
15:1....g								

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.000		0	1		0.000	0.000	
17:1....g								
18:1 undifferentiated....g	0.038		0	1		0.095	0.012	
20:1....g	0.000		0	1		0.000	0.000	
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.017		0	1		0.043	0.005	
18:2 undifferentiated....g	0.017		0	1		0.043	0.005	
18:3 undifferentiated....g	0.000		0	1		0.000	0.000	
18:4....g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	
20:5 n-3....g	0.000		0	1		0.000	0.000	
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	
22:6 n-3....g	0.000		0	1		0.000	0.000	
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0	0	
Phytosterols....mg								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 251.000g: 1 cup

Measure 2 = 31.400g: 1 fl oz

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

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	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	74.27	0.817	58	1		111.41	170.82	108.43
Energy....kcal	161		0	4		242	370	235
Energy....kj	674			4		1010	1549	983
Protein (N x 6.25)....g	1.98	0.042	58	1		2.97	4.55	2.89
Total lipid (fat)....g	15.32		54	1		22.98	35.24	22.37
Ash....g	1.04	0.093	57	1		1.56	2.39	1.52
Carbohydrate, by difference....g	7.39		0	4		11.09	17.00	10.79
Fiber, total dietary....g	5.0		0	4		7.5	11.5	7.3
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	11	1.610	6	1		17	25	16
Iron, Fe....mg	1.02	0.122	54	1		1.53	2.35	1.49
Magnesium, Mg....mg	39	3.062	54	1		59	90	57
Phosphorus, P....mg	41	2.996	54	1		62	94	60
Potassium, K....mg	599	57.306	30	1		899	1378	875
Sodium, Na....mg	10	1.146	30	1		15	23	15
Zinc, Zn....mg	0.42		1	1		0.63	0.97	0.61
Copper, Cu....mg	0.262	0.020	54	1		0.393	0.603	0.383
Manganese, Mn....mg	0.226	0.038	54	1		0.339	0.520	0.330
Selenium, Se....mcg	0.4		2	1		0.6	0.9	0.6
Vitamins:								
Vitamin C, total ascorbic acid....mg	7.9	1.528	6	1		11.9	18.2	11.5
Thiamin....mg	0.108	0.005	6	1		0.162	0.248	0.158
Riboflavin....mg	0.122	0.006	6	1		0.183	0.281	0.178
Niacin....mg	1.921	0.081	6	1		2.882	4.418	2.805
Pantothenic acid....mg	0.971	0.071	6	1		1.457	2.233	1.418
Vitamin B-6....mg	0.280		7	1		0.420	0.644	0.409
Folate, total....mcg	62	10.333	12	1		93	142	90
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	62	10.333	12	1		93	142	90
Folate, DFE....mcg_DFE	62		0	4		93	142	90
Vitamin B-12....mcg	0.00		0	7		0.00	0.00	0.00
Vitamin A, IU....IU	612	70.839	6	1		918	1408	894
Vitamin A, RE....mcg_RE	61	7.084	6	1		92	140	89
Vitamin E....mg_ATE	1.340		0	1		2.010	3.082	1.956
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	2.437		0	1		3.656	5.605	3.558
4:0....g	0.000		0	1		0.000	0.000	0.000
6:0....g	0.000		0	1		0.000	0.000	0.000
8:0....g	0.000		0	1		0.000	0.000	0.000
10:0....g	0.000		0	1		0.000	0.000	0.000
11:0....g								
12:0....g	0.000		0	1		0.000	0.000	0.000
13:0....g								
14:0....g	0.000		0	1		0.000	0.000	0.000
15:0....g								
16:0....g	2.402		0	1		3.603	5.525	3.507
17:0....g								
18:0....g	0.027		0	1		0.041	0.062	0.039
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	9.608		0	1		14.412	22.098	14.028
14:1....g								
15:1....g								

NDB No. 09037
Avocados, raw, all commercial varieties

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.643		0	1		0.965	1.479	0.939
17:1....g								
18:1 undifferentiated....g	8.965		0	1		13.448	20.620	13.089
20:1....g	0.000		0	1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
24:1 c....g								
Fatty acids, total polyunsaturated....g	1.955		0	1		2.933	4.497	2.854
18:2 undifferentiated....g	1.840		0	1		2.760	4.232	2.686
18:3 undifferentiated....g	0.111		0	1		0.167	0.255	0.162
18:4....g	0.000		0	1		0.000	0.000	0.000
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.004		0	1		0.006	0.009	0.006
20:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:6 n-3....g	0.000		0	1		0.000	0.000	0.000
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0	0	0
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.021		12	1		0.032	0.048	0.031
Threonine....g	0.066		4	1		0.099	0.152	0.096
Isoleucine....g	0.071		4	1		0.107	0.163	0.104
Leucine....g	0.123		4	1		0.185	0.283	0.180
Lysine....g	0.094		4	1		0.141	0.216	0.137
Methionine....g	0.037		4	1		0.056	0.085	0.054
Cystine....g	0.021		2	1		0.032	0.048	0.031
Phenylalanine....g	0.068		4	1		0.102	0.156	0.099
Tyrosine....g	0.049		4	1		0.074	0.113	0.072
Valine....g	0.097		4	1		0.146	0.223	0.142
Arginine....g	0.059		4	1		0.089	0.136	0.086
Histidine....g	0.029		4	1		0.044	0.067	0.042
Alanine....g	0.119		4	1		0.179	0.274	0.174
Aspartic acid....g	0.283		4	1		0.425	0.651	0.413
Glutamic acid....g	0.207		4	1		0.311	0.476	0.302
Glycine....g	0.083		4	1		0.125	0.191	0.121
Proline....g	0.077		4	1		0.116	0.177	0.112
Serine....g	0.081		4	1		0.122	0.186	0.118
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	0.0
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 150.000g: 1 cup, cubes

Measure 2 = 230.000g: 1 cup, pureed

Measure 3 = 146.000g: 1 cup, sliced

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

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	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	72.56	0.902	41	1		166.89	125.53	
Energy....kcal	177		0	4		407	306	
Energy....kj	741			4		1703	1281	
Protein (N x 6.25)....g	2.11	0.053	41	1		4.85	3.65	
Total lipid (fat)....g	17.33		9	1		39.86	29.98	
Ash....g	1.09	0.121	41	1		2.51	1.89	
Carbohydrate, by difference....g	6.91		0	4		15.89	11.95	
Fiber, total dietary....g	4.9		0	1		11.3	8.5	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	11	1.610	6	1		25	19	
Iron, Fe....mg	1.18	0.160	38	1		2.71	2.04	
Magnesium, Mg....mg	41	3.976	38	1		94	71	
Phosphorus, P....mg	42	3.687	38	1		97	73	
Potassium, K....mg	634	73.997	22	1		1458	1097	
Sodium, Na....mg	12	1.455	22	1		28	21	
Zinc, Zn....mg	0.42		1	1		0.97	0.73	
Copper, Cu....mg	0.266	0.026	38	1		0.612	0.460	
Manganese, Mn....mg	0.244	0.049	38	1		0.561	0.422	
Selenium, Se....mcg								
Vitamins:								
Vitamin C, total ascorbic acid....mg	7.9	1.528	6	1		18.2	13.7	
Thiamin....mg	0.108	0.005	6	1		0.248	0.187	
Riboflavin....mg	0.122	0.006	6	1		0.281	0.211	
Niacin....mg	1.921	0.081	6	1		4.418	3.323	
Pantothenic acid....mg	0.971	0.071	6	1		2.233	1.680	
Vitamin B-6....mg	0.280		7	1		0.644	0.484	
Folate, total....mcg	66	13.611	9	1		151	113	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	66	13.611	9	1		151	113	
Folate, DFE....mcg_DFE	66		0	4		151	113	
Vitamin B-12....mcg	0.00		0	7		0.00	0.00	
Vitamin A, IU....IU	612	70.839	6	1		1408	1059	
Vitamin A, RE....mcg_RE	61	7.084	6	1		140	106	
Vitamin E....mg_ATE	1.340		0	4		3.082	2.318	
Tocopherol, alpha....mg	1.34		0	1		3.08	2.32	
Tocopherol, beta....mg								
Tocopherol, gamma....mg								
Tocopherol, delta....mg								
Tocotrienol, alpha....mg								
Tocotrienol, beta....mg								
Tocotrienol, gamma....mg								
Tocotrienol, delta....mg								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	2.590		0	1		5.957	4.481	
4:0....g								
6:0....g								
8:0....g								
10:0....g								
11:0....g								
12:0....g								
13:0....g								
14:0....g								
15:0....g								
16:0....g	2.576		18	1		5.925	4.456	
17:0....g								

NDB No. 09038
Avocados, raw, California

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
18:0 g	0.014		18	1		0.032	0.024	
19:0 g								
20:0 g								
22:0 g								
24:0 g								
Fatty acids, total monounsaturated g	11.211		0	1		25.785	19.395	
14:1 g								
15:1 g								
16:1 undifferentiated g	0.553		18	1		1.272	0.957	
17:1 g								
18:1 undifferentiated g	10.658		18	1		24.513	18.438	
20:1 g								
22:1 undifferentiated g								
24:1 c g								
Fatty acids, total polyunsaturated g	2.041		0	1		4.694	3.531	
18:2 undifferentiated g	1.921		18	1		4.418	3.323	
18:3 undifferentiated g	0.115		18	1		0.265	0.199	
18:4 g								
20:2 n-6 c,c g								
20:3 undifferentiated g								
20:4 undifferentiated g	0.005		6	1		0.012	0.009	
20:5 n-3 g								
22:2 g								
22:5 n-3 g								
22:6 n-3 g								
Fatty acids, total trans g								
Cholesterol mg	0		0	7		0	0	
Phytosterols mg								
Amino Acids:								
Tryptophan g	0.022		0	1		0.051	0.038	
Threonine g	0.070		0	1		0.161	0.121	
Isoleucine g	0.075		0	1		0.173	0.130	
Leucine g	0.131		0	1		0.301	0.227	
Lysine g	0.100		0	1		0.230	0.173	
Methionine g	0.039		0	1		0.090	0.067	
Cystine g	0.022		0	1		0.051	0.038	
Phenylalanine g	0.072		0	1		0.166	0.125	
Tyrosine g	0.052		0	1		0.120	0.090	
Valine g	0.103		0	1		0.237	0.178	
Arginine g	0.063		0	1		0.145	0.109	
Histidine g	0.030		0	1		0.069	0.052	
Alanine g	0.127		0	1		0.292	0.220	
Aspartic acid g	0.301		0	1		0.692	0.521	
Glutamic acid g	0.220		0	1		0.506	0.381	
Glycine g	0.088		0	1		0.202	0.152	
Proline g	0.082		0	1		0.189	0.142	
Serine g	0.086		0	1		0.198	0.149	
Hydroxyproline g								

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

Common Measures:

Measure 1 = 230.000g: 1 cup, pureed

Measure 2 = 173.000g: 1 fruit without skin and seeds

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 09039
Avocados, raw, Florida
Persea americana

Refuse: 33% Seed and skin

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	79.73	1.853	17	1		183.38	242.38	
Energy....kcal	112		0	4		258	340	
Energy....kj	469			4		1078	1425	
Protein (N x 6.25)....g	1.59	0.053	17	1		3.66	4.83	
Total lipid (fat)....g	8.87	0.408	45	1		20.40	26.96	
Ash....g	0.90	0.065	16	1		2.07	2.74	
Carbohydrate, by difference....g	8.91		0	4		20.49	27.09	
Fiber, total dietary....g	5.3		0	1		12.2	16.1	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	11		0	1		25	33	
Iron, Fe....mg	0.53	0.029	16	1		1.22	1.61	
Magnesium, Mg....mg	34	1.875	16	1		78	103	
Phosphorus, P....mg	39	4.375	16	1		90	119	
Potassium, K....mg	488	43.134	8	1		1122	1484	
Sodium, Na....mg	5	1.223	8	1		12	15	
Zinc, Zn....mg	0.42		0	1		0.97	1.28	
Copper, Cu....mg	0.251	0.017	16	1		0.577	0.763	
Manganese, Mn....mg	0.170	0.029	16	1		0.391	0.517	
Selenium, Se....mcg								
Vitamins:								
Vitamin C, total ascorbic acid....mg	7.9		0	1		18.2	24.0	
Thiamin....mg	0.108		0	1		0.248	0.328	
Riboflavin....mg	0.122		0	1		0.281	0.371	
Niacin....mg	1.921		0	1		4.418	5.840	
Pantothenic acid....mg	0.971		0	1		2.233	2.952	
Vitamin B-6....mg	0.280		0	1		0.644	0.851	
Folate, total....mcg	53	12.934	3	1		123	162	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	53	12.934	3	1		123	162	
Folate, DFE....mcg_DFE	53		0	4		123	162	
Vitamin B-12....mcg	0.00		0	7		0.00	0.00	
Vitamin A, IU....IU	612		0	1		1408	1860	
Vitamin A, RE....mcg_RE	61		0	1		140	185	
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	1.755		0	1		4.037	5.335	
4:0....g								
6:0....g								
8:0....g								
10:0....g								
11:0....g								
12:0....g								
13:0....g								
14:0....g								
15:0....g								
16:0....g	1.682		2	1		3.869	5.113	
17:0....g								
18:0....g	0.049		2	1		0.113	0.149	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	4.868		0	1		11.196	14.799	
14:1....g								
15:1....g								

NDB No. 09039
Avocados, raw, Florida

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.728		2	1		1.674	2.213	
17:1....g								
18:1 undifferentiated....g	4.140		2	1		9.522	12.586	
20:1....g								
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	1.480		0	1		3.404	4.499	
18:2 undifferentiated....g	1.395		2	1		3.209	4.241	
18:3 undifferentiated....g	0.085		2	1		0.196	0.258	
18:4....g								
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g								
20:5 n-3....g								
22:2....g								
22:5 n-3....g								
22:6 n-3....g								
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0	0	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.017		0	1		0.039	0.052	
Threonine....g	0.053		0	1		0.122	0.161	
Isoleucine....g	0.057		0	1		0.131	0.173	
Leucine....g	0.099		0	1		0.228	0.301	
Lysine....g	0.075		0	1		0.173	0.228	
Methionine....g	0.029		0	1		0.067	0.088	
Cystine....g	0.017		0	1		0.039	0.052	
Phenylalanine....g	0.054		0	1		0.124	0.164	
Tyrosine....g	0.039		0	1		0.090	0.119	
Valine....g	0.078		0	1		0.179	0.237	
Arginine....g	0.047		0	1		0.108	0.143	
Histidine....g	0.023		0	1		0.053	0.070	
Alanine....g	0.096		0	1		0.221	0.292	
Aspartic acid....g	0.227		0	1		0.522	0.690	
Glutamic acid....g	0.166		0	1		0.382	0.505	
Glycine....g	0.066		0	1		0.152	0.201	
Proline....g	0.062		0	1		0.143	0.188	
Serine....g	0.065		0	1		0.150	0.198	
Hydroxyproline....g								

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

Common Measures:

Measure 1 = 230.000g: 1 cup, pureed

Measure 2 = 304.000g: 1 fruit without skin and seeds

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

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	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	74.26	0.381	116	1		167.09	111.39	60.15
Energy....kcal	92		0	4		207	138	75
Energy....kj	385			4		866	577	312
Protein (N x 6.25)....g	1.03	0.026	111	1		2.32	1.55	0.83
Total lipid (fat)....g	0.48	0.135	11	1		1.08	0.72	0.39
Ash....g	0.80	0.016	110	1		1.80	1.20	0.65
Carbohydrate, by difference....g	23.43		0	4		52.72	35.15	18.98
Fiber, total dietary....g	2.4		0	1		5.4	3.6	1.9
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	6	0.374	5	1		14	9	5
Iron, Fe....mg	0.31	0.015	108	1		0.70	0.47	0.25
Magnesium, Mg....mg	29	1.265	103	1		65	44	23
Phosphorus, P....mg	20		102	1		45	30	16
Potassium, K....mg	396	6.356	55	1		891	594	321
Sodium, Na....mg	1	0.141	61	1		2	2	1
Zinc, Zn....mg	0.16	0.008	13	1		0.36	0.24	0.13
Copper, Cu....mg	0.104	0.009	109	1		0.234	0.156	0.084
Manganese, Mn....mg	0.152	0.015	103	1		0.342	0.228	0.123
Selenium, Se....mcg	1.1	0.275	19	1		2.5	1.7	0.9
Vitamins:								
Vitamin C, total ascorbic acid....mg	9.1	0.339	14	1		20.5	13.7	7.4
Thiamin....mg	0.045		6	1		0.101	0.068	0.036
Riboflavin....mg	0.100		6	1		0.225	0.150	0.081
Niacin....mg	0.540	0.060	5	1		1.215	0.810	0.437
Pantothenic acid....mg	0.260		0	1		0.585	0.390	0.211
Vitamin B-6....mg	0.578		4	1		1.301	0.867	0.468
Folate, total....mcg	19	2.746	11	1		43	29	15
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	19	2.746	11	1		43	29	15
Folate, DFE....mcg_DFE	19		0	4		43	29	15
Vitamin B-12....mcg	0.00		0	7		0.00	0.00	0.00
Vitamin A, IU....IU	81	10.050	5	1		182	122	66
Vitamin A, RE....mcg_RE	8	1.005	5	1		18	12	6
Vitamin E....mg_ATE	0.270		0	1		0.608	0.405	0.219
Tocopherol, alpha....mg	0.27		0	1		0.61	0.41	0.22
Tocopherol, beta....mg								
Tocopherol, gamma....mg								
Tocopherol, delta....mg								
Tocotrienol, alpha....mg								
Tocotrienol, beta....mg								
Tocotrienol, gamma....mg								
Tocotrienol, delta....mg								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.185		0	1		0.416	0.278	0.150
4:0....g	0.000		0	1		0.000	0.000	0.000
6:0....g	0.000		0	1		0.000	0.000	0.000
8:0....g	0.000		0	1		0.000	0.000	0.000
10:0....g	0.001		4	1		0.002	0.002	0.001
11:0....g								
12:0....g	0.002		4	1		0.005	0.003	0.002
13:0....g								
14:0....g	0.003		4	1		0.007	0.005	0.002
15:0....g								
16:0....g	0.125		5	1		0.281	0.188	0.101
17:0....g								

NDB No. 09040
Bananas, raw

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
18:0 g	0.006		5	1		0.014	0.009	0.005
19:0 g								
20:0 g								
22:0 g								
24:0 g								
Fatty acids, total monounsaturated g	0.041		0	1		0.092	0.062	0.033
14:1 g								
15:1 g								
16:1 undifferentiated g	0.012		5	1		0.027	0.018	0.010
17:1 g								
18:1 undifferentiated g	0.027		5	1		0.061	0.041	0.022
20:1 g	0.000		0	1		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0	1		0.000	0.000	0.000
24:1 c g								
Fatty acids, total polyunsaturated g	0.089		0	1		0.200	0.134	0.072
18:2 undifferentiated g	0.056		5	1		0.126	0.084	0.045
18:3 undifferentiated g	0.033		5	1		0.074	0.050	0.027
18:4 g	0.000		0	1		0.000	0.000	0.000
20:2 n-6 c,c g								
20:3 undifferentiated g								
20:4 undifferentiated g	0.000		0	1		0.000	0.000	0.000
20:5 n-3 g	0.000		0	1		0.000	0.000	0.000
22:2 g								
22:5 n-3 g	0.000		0	1		0.000	0.000	0.000
22:6 n-3 g	0.000		0	1		0.000	0.000	0.000
Fatty acids, total trans g								
Cholesterol mg	0		0	7		0	0	0
Phytosterols mg	16		0	1		36	24	13
Amino Acids:								
Tryptophan g	0.012		4	1		0.027	0.018	0.010
Threonine g	0.034		4	1		0.077	0.051	0.028
Isoleucine g	0.033		4	1		0.074	0.050	0.027
Leucine g	0.071		4	1		0.160	0.107	0.058
Lysine g	0.048		4	1		0.108	0.072	0.039
Methionine g	0.011		4	1		0.025	0.017	0.009
Cystine g	0.017		4	1		0.038	0.026	0.014
Phenylalanine g	0.038		4	1		0.086	0.057	0.031
Tyrosine g	0.024		4	1		0.054	0.036	0.019
Valine g	0.047		4	1		0.106	0.071	0.038
Arginine g	0.047		4	1		0.106	0.071	0.038
Histidine g	0.081		4	1		0.182	0.122	0.066
Alanine g	0.039		3	1		0.088	0.059	0.032
Aspartic acid g	0.113		3	1		0.254	0.170	0.092
Glutamic acid g	0.111		3	1		0.250	0.167	0.090
Glycine g	0.037		3	1		0.083	0.056	0.030
Proline g	0.040		2	1		0.090	0.060	0.032
Serine g	0.047		3	1		0.106	0.071	0.038
Hydroxyproline g								
Others:								
Alcohol, ethyl g	0.0		0	7		0.0	0.0	0.0
Caffeine mg	0		0	7		0	0	0
Theobromine mg	0		0	7		0	0	0

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

Common Measures:

Measure 1 = 225.000g: 1 cup, mashed

Measure 2 = 150.000g: 1 cup, sliced

Measure 3 = 81.000g: 1 extra small (less than 6" long)

NDB No. 09040
Bananas, raw

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 09041
Bananas, dehydrated, or banana powder

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	3.00		0	1		3.00	0.19	
Energy....kcal	346		0	4		346	21	
Energy....kj	1448			4		1448	90	
Protein (N x 6.25)....g	3.89		0	1		3.89	0.24	
Total lipid (fat)....g	1.81		0	1		1.81	0.11	
Ash....g	3.02		0	1		3.02	0.19	
Carbohydrate, by difference....g	88.28		0	4		88.28	5.47	
Fiber, total dietary....g	7.5		0	4		7.5	0.5	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	22		0	1		22	1	
Iron, Fe....mg	1.15		0	1		1.15	0.07	
Magnesium, Mg....mg	108		0	1		108	7	
Phosphorus, P....mg	74		0	1		74	5	
Potassium, K....mg	1491		0	1		1491	92	
Sodium, Na....mg	3		0	1		3	0	
Zinc, Zn....mg	0.61		0	1		0.61	0.04	
Copper, Cu....mg	0.391		0	1		0.391	0.024	
Manganese, Mn....mg	0.574		0	1		0.574	0.036	
Selenium, Se....mcg	4.1		0	4		4.1	0.3	
Vitamins:								
Vitamin C, total ascorbic acid....mg	7.0		0	1		7.0	0.4	
Thiamin....mg	0.180		0	1		0.180	0.011	
Riboflavin....mg	0.240		0	1		0.240	0.015	
Niacin....mg	2.800		0	1		2.800	0.174	
Pantothenic acid....mg								
Vitamin B-6....mg	0.440		0	4		0.440	0.027	
Folate, total....mcg	14		0	4		14	1	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	14		0	4		14	1	
Folate, DFE....mcg_DFE	14		0	4		14	1	
Vitamin B-12....mcg	0.00		0	7		0.00	0.00	
Vitamin A, IU....IU	305		0	1		305	19	
Vitamin A, RE....mcg_RE	31		0	1		31	2	
Vitamin E....mg_ATE	0.000		0	4		0.000	0.000	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.698		0	1		0.698	0.043	
4:0....g	0.000		0	1		0.000	0.000	
6:0....g	0.000		0	1		0.000	0.000	
8:0....g	0.001		0	1		0.001	0.000	
10:0....g	0.005		0	1		0.005	0.000	
11:0....g								
12:0....g	0.006		0	1		0.006	0.000	
13:0....g								
14:0....g	0.013		0	1		0.013	0.001	
15:0....g								
16:0....g	0.473		0	1		0.473	0.029	
17:0....g								
18:0....g	0.023		0	1		0.023	0.001	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.153		0	1		0.153	0.009	
14:1....g								
15:1....g								

NDB No. 09041
Bananas, dehydrated, or banana powder

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

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

Common Measures:

Measure 1 = 100.000g: 1 cup

Measure 2 = 6.200g: 1 tbsp

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 09042
Blackberries, raw
Rubus spp.

Refuse: 4% Caps and spoiled berries

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	85.64	0.350	25	1		123.32		
Energy	kcal	52		0	4		75		
Energy	kj	218			4		313		
Protein (N x 6.25)	g	0.72	0.046	22	1		1.04		
Total lipid (fat)	g	0.39	0.110	4	1		0.56		
Ash	g	0.48	0.016	22	1		0.69		
Carbohydrate, by difference	g	12.76		0	4		18.37		
Fiber, total dietary	g	5.3		0	4		7.6		
Sugars, total	g								
Starch	g								
Minerals:									
Calcium, Ca	mg	32		0	1		46		
Iron, Fe	mg	0.57	0.044	20	1		0.82		
Magnesium, Mg	mg	20	1.275	16	1		29		
Phosphorus, P	mg	21		18	1		30		
Potassium, K	mg	196		10	1		282		
Sodium, Na	mg	0	0.049	8	1		0		
Zinc, Zn	mg	0.27	0.036	4	1		0.39		
Copper, Cu	mg	0.140	0.018	20	1		0.202		
Manganese, Mn	mg	1.291	0.299	18	1		1.859		
Selenium, Se	mcg	0.6		0	4		0.9		
Vitamins:									
Vitamin C, total ascorbic acid	mg	21.0		0	1		30.2		
Thiamin	mg	0.030		0	1		0.043		
Riboflavin	mg	0.040		0	1		0.058		
Niacin	mg	0.400		0	1		0.576		
Pantothenic acid	mg	0.240		0	1		0.346		
Vitamin B-6	mg	0.058		1	1		0.084		
Folate, total	mcg	34		0	4		49		
Folic acid	mcg	0		0	7		0		
Folate, food	mcg	34		0	4		49		
Folate, DFE	mcg_DFE	34		0	4		49		
Vitamin B-12	mcg	0.00		0	7		0.00		
Vitamin A, IU	IU	165	67.909	4	1		238		
Vitamin A, RE	mcg_RE	16	6.791	4	1		23		
Vitamin E	mg_ATE	0.710		0	1		1.022		
Tocopherol, alpha	mg	0.60		0	1		0.86		
Tocopherol, beta	mg								
Tocopherol, gamma	mg								
Tocopherol, delta	mg								
Tocotrienol, alpha	mg								
Tocotrienol, beta	mg								
Tocotrienol, gamma	mg								
Tocotrienol, delta	mg								
Vitamin D	IU								
Lipids:									
Fatty acids, total saturated	g	0.014		0	4		0.020		
4:0	g	0.000		0	4		0.000		
6:0	g	0.000		0	4		0.000		
8:0	g	0.000		0	4		0.000		
10:0	g	0.000		0	4		0.000		
11:0	g								
12:0	g	0.000		0	4		0.000		
13:0	g								
14:0	g	0.000		0	4		0.000		
15:0	g								
16:0	g	0.009		0	4		0.013		
17:0	g								

NDB No. 09042
Blackberries, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
18:0 ... g	0.002		0	4		0.003		
19:0 ... g								
20:0 ... g								
22:0 ... g								
24:0 ... g								
Fatty acids, total monounsaturated ... g	0.038		0	4		0.055		
14:1 ... g								
15:1 ... g								
16:1 undifferentiated ... g	0.000		0	4		0.000		
17:1 ... g								
18:1 undifferentiated ... g	0.035		0	4		0.050		
20:1 ... g	0.003		0	4		0.004		
22:1 undifferentiated ... g	0.000		0	4		0.000		
24:1 c ... g								
Fatty acids, total polyunsaturated ... g	0.222		0	4		0.320		
18:2 undifferentiated ... g	0.148		0	4		0.213		
18:3 undifferentiated ... g	0.075		0	4		0.108		
18:4 ... g	0.000		0	4		0.000		
20:2 n-6 c,c ... g								
20:3 undifferentiated ... g								
20:4 undifferentiated ... g	0.000		0	4		0.000		
20:5 n-3 ... g	0.000		0	4		0.000		
22:2 ... g								
22:5 n-3 ... g	0.000		0	4		0.000		
22:6 n-3 ... g	0.000		0	4		0.000		
Fatty acids, total trans ... g								
Cholesterol ... mg	0		0	7		0		
Phytosterols ... mg								
Others:								
Alcohol, ethyl ... g	0.0		0	7		0.0		
Caffeine ... mg								
Theobromine ... mg								

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

Common Measures:

Measure 1 = 144.000g: 1 cup

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	75.06	0.434	3	1		192.15		
Energy....kcal	92		0	4		236		
Energy....kj	385			4		985		
Protein (N x 6.25)....g	1.31	0.060	3	1		3.35		
Total lipid (fat)....g	0.14	0.012	3	1		0.36		
Ash....g	0.39	0.009	3	1		1.00		
Carbohydrate, by difference....g	23.10		0	4		59.14		
Fiber, total dietary....g	3.4		0	4		8.7		
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	21	1.050	3	1		54		
Iron, Fe....mg	0.65	0.070	3	1		1.66		
Magnesium, Mg....mg	17	0.666	3	1		44		
Phosphorus, P....mg	14	0.000	3	1		36		
Potassium, K....mg	99	6.119	3	1		253		
Sodium, Na....mg	3	0.333	3	1		8		
Zinc, Zn....mg	0.18	0.007	3	1		0.46		
Copper, Cu....mg	0.133	0.033	3	1		0.340		
Manganese, Mn....mg	0.697	0.195	3	1		1.784		
Selenium, Se....mcg	0.4		0	4		1.0		
Vitamins:								
Vitamin C, total ascorbic acid....mg	2.8	0.462	3	1		7.2		
Thiamin....mg	0.027	0.001	3	1		0.069		
Riboflavin....mg	0.039	0.001	3	1		0.100		
Niacin....mg	0.287	0.058	3	1		0.735		
Pantothenic acid....mg	0.151	0.023	3	1		0.387		
Vitamin B-6....mg	0.036	0.002	3	1		0.092		
Folate, total....mcg	27	1.317	3	1		68		
Folic acid....mcg	0		0	7		0		
Folate, food....mcg	27	1.317	3	1		68		
Folate, DFE....mcg_DFE	27		0	4		68		
Vitamin B-12....mcg	0.00		0	7		0.00		
Vitamin A, IU....IU	219	9.539	3	1		561		
Vitamin A, RE....mcg_RE	22	0.954	3	1		56		
Vitamin E....mg_ATE	0.710		0	4		1.818		
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.005		0	4		0.013		
4:0....g	0.000		0	4		0.000		
6:0....g	0.000		0	4		0.000		
8:0....g	0.000		0	4		0.000		
10:0....g	0.000		0	4		0.000		
11:0....g								
12:0....g	0.000		0	4		0.000		
13:0....g								
14:0....g	0.000		0	4		0.000		
15:0....g								
16:0....g	0.003		0	4		0.008		
17:0....g								
18:0....g	0.001		0	4		0.003		
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.014		0	4		0.036		
14:1....g								
15:1....g								

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.000		0	4		0.000		
17:1....g								
18:1 undifferentiated....g	0.013		0	4		0.033		
20:1....g	0.001		0	4		0.003		
22:1 undifferentiated....g	0.000		0	4		0.000		
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.080		0	4		0.205		
18:2 undifferentiated....g	0.053		0	4		0.136		
18:3 undifferentiated....g	0.027		0	4		0.069		
18:4....g	0.000		0	4		0.000		
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	4		0.000		
20:5 n-3....g	0.000		0	4		0.000		
22:2....g								
22:5 n-3....g	0.000		0	4		0.000		
22:6 n-3....g	0.000		0	4		0.000		
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0		
Phytosterols....mg								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0		
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 256.000g: 1 cup

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 09048
Blackberries, frozen, unsweetened

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	82.21	0.468	3	1		124.14	419.27	
Energy....kcal	64		0	4		97	326	
Energy....kj	268			4		404	1366	
Protein (N x 6.25)....g	1.18	0.050	3	1		1.78	6.02	
Total lipid (fat)....g	0.43	0.040	3	1		0.65	2.19	
Ash....g	0.51	0.064	3	1		0.77	2.60	
Carbohydrate, by difference....g	15.67		0	4		23.66	79.92	
Fiber, total dietary....g	5.0		0	4		7.6	25.5	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	29	4.594	3	1		44	148	
Iron, Fe....mg	0.80	0.068	3	1		1.21	4.08	
Magnesium, Mg....mg	22	2.149	3	1		33	112	
Phosphorus, P....mg	30	3.284	3	1		45	153	
Potassium, K....mg	140	13.000	3	1		211	714	
Sodium, Na....mg	1	0.333	3	1		2	5	
Zinc, Zn....mg	0.25	0.018	3	1		0.38	1.28	
Copper, Cu....mg	0.120	0.015	3	1		0.181	0.612	
Manganese, Mn....mg	1.223	0.429	3	1		1.847	6.237	
Selenium, Se....mcg	0.6		0	4		0.9	3.1	
Vitamins:								
Vitamin C, total ascorbic acid....mg	3.1	0.865	3	1		4.7	15.8	
Thiamin....mg	0.029	0.003	3	1		0.044	0.148	
Riboflavin....mg	0.046	0.001	3	1		0.069	0.235	
Niacin....mg	1.207	0.163	3	1		1.823	6.156	
Pantothenic acid....mg	0.151	0.023	3	1		0.228	0.770	
Vitamin B-6....mg	0.061	0.003	3	1		0.092	0.311	
Folate, total....mcg	34	3.043	3	1		51	173	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	34	3.043	3	1		51	173	
Folate, DFE....mcg_DFE	34		0	4		51	173	
Vitamin B-12....mcg	0.00		0	7		0.00	0.00	
Vitamin A, IU....IU	114	23.755	3	1		172	581	
Vitamin A, RE....mcg_RE	11	2.376	3	1		17	56	
Vitamin E....mg_ATE	0.710		0	1		1.072	3.621	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.015		0	4		0.023	0.077	
4:0....g	0.000		0	4		0.000	0.000	
6:0....g	0.000		0	4		0.000	0.000	
8:0....g	0.000		0	4		0.000	0.000	
10:0....g	0.000		0	4		0.000	0.000	
11:0....g								
12:0....g	0.000		0	4		0.000	0.000	
13:0....g								
14:0....g	0.000		0	4		0.000	0.000	
15:0....g								
16:0....g	0.010		0	4		0.015	0.051	
17:0....g								
18:0....g	0.002		0	4		0.003	0.010	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.041		0	4		0.062	0.209	
14:1....g								
15:1....g								

NDB No. 09048
Blackberries, frozen, unsweetened

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.000		0	4		0.000	0.000	
17:1....g								
18:1 undifferentiated....g	0.038		0	4		0.057	0.194	
20:1....g	0.003		0	4		0.005	0.015	
22:1 undifferentiated....g	0.000		0	4		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.245		0	4		0.370	1.250	
18:2 undifferentiated....g	0.163		0	4		0.246	0.831	
18:3 undifferentiated....g	0.082		0	4		0.124	0.418	
18:4....g	0.000		0	4		0.000	0.000	
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	4		0.000	0.000	
20:5 n-3....g	0.000		0	4		0.000	0.000	
22:2....g								
22:5 n-3....g	0.000		0	4		0.000	0.000	
22:6 n-3....g	0.000		0	4		0.000	0.000	
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0	0	
Phytosterols....mg								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	
Caffeine....mg	0		0	7		0	0	
Theobromine....mg	0		0	7		0	0	

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

Common Measures:

Measure 1 = 151.000g: 1 cup, unthawed

Measure 2 = 510.000g: 1 package (18 oz)

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

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	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	84.61	0.288	40	1		122.68	340.13	57.53
Energy....kcal	56		0	4		81	225	38
Energy....kj	234			4		340	942	159
Protein (N x 6.25)....g	0.67	0.018	36	1		0.97	2.69	0.46
Total lipid (fat)....g	0.38		2	1		0.55	1.53	0.26
Ash....g	0.21	0.003	36	1		0.30	0.84	0.14
Carbohydrate, by difference....g	14.13		0	4		20.49	56.80	9.61
Fiber, total dietary....g	2.7		0	1		3.9	10.9	1.8
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	6	0.177	82	1		9	24	4
Iron, Fe....mg	0.17	0.005	114	1		0.25	0.68	0.12
Magnesium, Mg....mg	5	0.112	114	1		7	20	3
Phosphorus, P....mg	10	0.389	42	1		15	40	7
Potassium, K....mg	89	1.137	98	1		129	358	61
Sodium, Na....mg	6	0.368	98	1		9	24	4
Zinc, Zn....mg	0.11	0.002	82	1		0.16	0.44	0.07
Copper, Cu....mg	0.061	0.005	114	1		0.088	0.245	0.041
Manganese, Mn....mg	0.282	0.018	114	1		0.409	1.134	0.192
Selenium, Se....mcg	0.6		0	4		0.9	2.4	0.4
Vitamins:								
Vitamin C, total ascorbic acid....mg	13.0	0.506	37	1		18.9	52.3	8.8
Thiamin....mg	0.048	0.000	42	1		0.070	0.193	0.033
Riboflavin....mg	0.050	0.002	42	1		0.073	0.201	0.034
Niacin....mg	0.359	0.014	42	1		0.521	1.443	0.244
Pantothenic acid....mg	0.093	0.003	42	1		0.135	0.374	0.063
Vitamin B-6....mg	0.036	0.002	44	1		0.052	0.145	0.024
Folate, total....mcg	6	1.400	4	1		9	26	4
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	6	1.400	4	1		9	26	4
Folate, DFE....mcg_DFE	6		0	4		9	26	4
Vitamin B-12....mcg	0.00		0	7		0.00	0.00	0.00
Vitamin A, IU....IU	100		0	1		145	402	68
Vitamin A, RE....mcg_RE	10		0	1		15	40	7
Vitamin E....mg_ATE	1.000		0	4		1.450	4.020	0.680
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.032		0	4		0.046	0.129	0.022
4:0....g	0.000		0	4		0.000	0.000	0.000
6:0....g	0.000		0	4		0.000	0.000	0.000
8:0....g	0.000		0	4		0.000	0.000	0.000
10:0....g	0.000		0	4		0.000	0.000	0.000
11:0....g								
12:0....g	0.000		0	4		0.000	0.000	0.000
13:0....g								
14:0....g	0.000		0	4		0.000	0.000	0.000
15:0....g								
16:0....g	0.019		0	4		0.028	0.076	0.013
17:0....g								
18:0....g	0.007		0	4		0.010	0.028	0.005
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.054		0	4		0.078	0.217	0.037
14:1....g								
15:1....g								

NDB No. 09050
Blueberries, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.001		0	4		0.001	0.004	0.001
17:1....g								
18:1 undifferentiated....g	0.052		0	4		0.075	0.209	0.035
20:1....g	0.000		0	4		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0	4		0.000	0.000	0.000
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.166		0	4		0.241	0.667	0.113
18:2 undifferentiated....g	0.099		0	4		0.144	0.398	0.067
18:3 undifferentiated....g	0.067		0	4		0.097	0.269	0.046
18:4....g	0.000		0	4		0.000	0.000	0.000
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	4		0.000	0.000	0.000
20:5 n-3....g	0.000		0	4		0.000	0.000	0.000
22:2....g								
22:5 n-3....g	0.000		0	4		0.000	0.000	0.000
22:6 n-3....g	0.000		0	4		0.000	0.000	0.000
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0	0	0
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.003		1	1		0.004	0.012	0.002
Threonine....g	0.018		1	1		0.026	0.072	0.012
Isoleucine....g	0.021		1	1		0.030	0.084	0.014
Leucine....g	0.040		1	1		0.058	0.161	0.027
Lysine....g	0.012		1	1		0.017	0.048	0.008
Methionine....g	0.011		1	1		0.016	0.044	0.007
Cystine....g	0.007		1	1		0.010	0.028	0.005
Phenylalanine....g	0.024		1	1		0.035	0.096	0.016
Tyrosine....g	0.008		1	1		0.012	0.032	0.005
Valine....g	0.028		1	1		0.041	0.113	0.019
Arginine....g	0.034		1	1		0.049	0.137	0.023
Histidine....g	0.010		1	1		0.015	0.040	0.007
Alanine....g	0.028		1	1		0.041	0.113	0.019
Aspartic acid....g	0.052		1	1		0.075	0.209	0.035
Glutamic acid....g	0.083		1	1		0.120	0.334	0.056
Glycine....g	0.028		1	1		0.041	0.113	0.019
Proline....g	0.025		1	1		0.036	0.101	0.017
Serine....g	0.020		1	1		0.029	0.080	0.014
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	0.0
Caffeine....mg	0		0	7		0	0	0
Theobromine....mg	0		0	7		0	0	0

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

Common Measures:

Measure 1 = 145.000g: 1 cup

Measure 2 = 402.000g: 1 pint as purchased, yields

Measure 3 = 68.000g: 50 berries

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	76.78	0.570	3	1		196.56		
Energy....kcal	88		0	4		225		
Energy....kj	368			4		943		
Protein (N x 6.25)....g	0.65	0.054	3	1		1.66		
Total lipid (fat)....g	0.33	0.037	3	1		0.84		
Ash....g	0.17	0.006	3	1		0.44		
Carbohydrate, by difference....g	22.06		0	4		56.47		
Fiber, total dietary....g	1.5		0	4		3.8		
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	5	0.546	3	1		13		
Iron, Fe....mg	0.33	0.061	3	1		0.84		
Magnesium, Mg....mg	4	0.153	3	1		10		
Phosphorus, P....mg	10	0.733	3	1		26		
Potassium, K....mg	40	5.568	3	1		102		
Sodium, Na....mg	3	0.882	3	1		8		
Zinc, Zn....mg	0.07	0.009	3	1		0.18		
Copper, Cu....mg	0.053	0.003	3	1		0.136		
Manganese, Mn....mg	0.203	0.019	3	1		0.520		
Selenium, Se....mcg	0.4		0	4		1.0		
Vitamins:								
Vitamin C, total ascorbic acid....mg	1.1	0.208	3	1		2.8		
Thiamin....mg	0.034	0.001	3	1		0.087		
Riboflavin....mg	0.053	0.006	3	1		0.136		
Niacin....mg	0.113	0.022	3	1		0.289		
Pantothenic acid....mg	0.089	0.008	3	1		0.228		
Vitamin B-6....mg	0.036	0.005	3	1		0.092		
Folate, total....mcg	2	0.120	3	1		4		
Folic acid....mcg	0		0	7		0		
Folate, food....mcg	2	0.120	3	1		4		
Folate, DFE....mcg_DFE	2		0	4		4		
Vitamin B-12....mcg	0.00		0	7		0.00		
Vitamin A, IU....IU	64	8.020	3	1		164		
Vitamin A, RE....mcg_RE	6	0.802	3	1		15		
Vitamin E....mg_ATE	1.000		0	4		2.560		
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.027		0	4		0.069		
4:0....g	0.000		0	4		0.000		
6:0....g	0.000		0	4		0.000		
8:0....g	0.000		0	4		0.000		
10:0....g	0.000		0	4		0.000		
11:0....g								
12:0....g	0.000		0	4		0.000		
13:0....g								
14:0....g	0.000		0	4		0.000		
15:0....g								
16:0....g	0.016		0	4		0.041		
17:0....g								
18:0....g	0.006		0	4		0.015		
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.047		0	4		0.120		
14:1....g								
15:1....g								

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

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

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

Common Measures:

Measure 1 = 256.000g: 1 cup

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

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	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	86.59	0.573	3	1		134.21	490.97	
Energy....kcal	51		0	4		79	289	
Energy....kj	213			4		331	1210	
Protein (N x 6.25)....g	0.42	0.045	3	1		0.65	2.38	
Total lipid (fat)....g	0.64	0.018	3	1		0.99	3.63	
Ash....g	0.18	0.018	3	1		0.28	1.02	
Carbohydrate, by difference....g	12.17		0	4		18.86	69.00	
Fiber, total dietary....g	2.7		0	4		4.2	15.3	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	8	2.486	3	1		12	45	
Iron, Fe....mg	0.18	0.076	3	1		0.28	1.02	
Magnesium, Mg....mg	5	0.731	3	1		8	28	
Phosphorus, P....mg	11	2.351	3	1		17	62	
Potassium, K....mg	54	1.202	3	1		84	306	
Sodium, Na....mg	1	0.167	3	1		2	6	
Zinc, Zn....mg	0.07	0.012	3	1		0.11	0.40	
Copper, Cu....mg	0.033	0.007	3	1		0.051	0.187	
Manganese, Mn....mg	0.147	0.087	3	1		0.228	0.833	
Selenium, Se....mcg	0.6		0	4		0.9	3.4	
Vitamins:								
Vitamin C, total ascorbic acid....mg	2.5	2.366	3	1		3.9	14.2	
Thiamin....mg	0.032	0.001	3	1		0.050	0.181	
Riboflavin....mg	0.037	0.005	3	1		0.057	0.210	
Niacin....mg	0.520	0.012	3	1		0.806	2.948	
Pantothenic acid....mg	0.125	0.024	3	1		0.194	0.709	
Vitamin B-6....mg	0.059	0.002	3	1		0.091	0.335	
Folate, total....mcg	7	1.257	3	1		10	38	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	7	1.257	3	1		10	38	
Folate, DFE....mcg_DFE	7		0	4		10	38	
Vitamin B-12....mcg	0.00		0	7		0.00	0.00	
Vitamin A, IU....IU	81	13.228	3	1		126	459	
Vitamin A, RE....mcg_RE	8	1.323	3	1		12	45	
Vitamin E....mg_ATE	1.000		0	4		1.550	5.670	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.053		0	4		0.082	0.301	
4:0....g	0.000		0	4		0.000	0.000	
6:0....g	0.000		0	4		0.000	0.000	
8:0....g	0.000		0	4		0.000	0.000	
10:0....g	0.000		0	4		0.000	0.000	
11:0....g								
12:0....g	0.000		0	4		0.000	0.000	
13:0....g								
14:0....g	0.000		0	4		0.000	0.000	
15:0....g								
16:0....g	0.031		0	4		0.048	0.176	
17:0....g								
18:0....g	0.011		0	4		0.017	0.062	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.091		0	4		0.141	0.516	
14:1....g								
15:1....g								

NDB No. 09054
Blueberries, frozen, unsweetened

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

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

Common Measures:

Measure 1 = 155.000g: 1 cup, unthawed

Measure 2 = 567.000g: 1 package (20 oz)

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 09055
Blueberries, frozen, sweetened

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	77.40	0.322	3	1		178.02	219.82	
Energy....kcal	81		0	4		186	230	
Energy....kj	339			4		779	962	
Protein (N x 6.25)....g	0.40	0.055	3	1		0.92	1.14	
Total lipid (fat)....g	0.13	0.033	3	1		0.30	0.37	
Ash....g	0.12	0.044	3	1		0.28	0.34	
Carbohydrate, by difference....g	21.95		0	4		50.49	62.34	
Fiber, total dietary....g	2.1		0	4		4.8	6.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	6	0.058	3	1		14	17	
Iron, Fe....mg	0.39	0.049	3	1		0.90	1.11	
Magnesium, Mg....mg	2	0.961	3	1		5	6	
Phosphorus, P....mg	7	0.736	3	1		16	20	
Potassium, K....mg	60	9.368	3	1		138	170	
Sodium, Na....mg	1	0.437	3	1		2	3	
Zinc, Zn....mg	0.06	0.007	3	1		0.14	0.17	
Copper, Cu....mg	0.039	0.002	3	1		0.090	0.111	
Manganese, Mn....mg	0.262	0.107	3	1		0.603	0.744	
Selenium, Se....mcg	0.6		0	4		1.4	1.7	
Vitamins:								
Vitamin C, total ascorbic acid....mg	1.0	0.000	3	1		2.3	2.8	
Thiamin....mg	0.020	0.000	3	1		0.046	0.057	
Riboflavin....mg	0.052		2	1		0.120	0.148	
Niacin....mg	0.253	0.050	3	1		0.582	0.719	
Pantothenic acid....mg	0.125		0	1		0.288	0.355	
Vitamin B-6....mg	0.059		0	1		0.136	0.168	
Folate, total....mcg	7		0	1		15	19	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	7		0	1		15	19	
Folate, DFE....mcg_DFE	7		0	4		15	19	
Vitamin B-12....mcg	0.00		0	7		0.00	0.00	
Vitamin A, IU....IU	44	5.667	3	1		101	125	
Vitamin A, RE....mcg_RE	4	0.567	3	1		9	11	
Vitamin E....mg_ATE	0.710		0	4		1.633	2.016	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.011		0	4		0.025	0.031	
4:0....g	0.000		0	4		0.000	0.000	
6:0....g	0.000		0	4		0.000	0.000	
8:0....g	0.000		0	4		0.000	0.000	
10:0....g	0.000		0	4		0.000	0.000	
11:0....g								
12:0....g	0.000		0	4		0.000	0.000	
13:0....g								
14:0....g	0.000		0	4		0.000	0.000	
15:0....g								
16:0....g	0.006		0	4		0.014	0.017	
17:0....g								
18:0....g	0.002		0	4		0.005	0.006	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.018		0	4		0.041	0.051	
14:1....g								
15:1....g								

NDB No. 09055
Blueberries, frozen, sweetened

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

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

Common Measures:

Measure 1 = 230.000g: 1 cup, thawed

Measure 2 = 284.000g: 1 package (10 oz)

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 09056

Boysenberries, canned, heavy syrup

Rubus ursinus var. loganobaccus

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	76.26	1.680	3	1		195.23		
Energy....kcal	88		0	4		225		
Energy....kj	368			4		943		
Protein (N x 6.25)....g	0.99	0.025	3	1		2.53		
Total lipid (fat)....g	0.12	0.051	3	1		0.31		
Ash....g	0.32	0.014	3	1		0.82		
Carbohydrate, by difference....g	22.31		0	4		57.11		
Fiber, total dietary....g	2.6		0	4		6.7		
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	18	0.961	3	1		46		
Iron, Fe....mg	0.43	0.006	3	1		1.10		
Magnesium, Mg....mg	11	0.353	3	1		28		
Phosphorus, P....mg	10	0.000	3	1		26		
Potassium, K....mg	90	4.372	3	1		230		
Sodium, Na....mg	3	0.333	3	1		8		
Zinc, Zn....mg	0.19	0.003	3	1		0.49		
Copper, Cu....mg	0.070	0.006	3	1		0.179		
Manganese, Mn....mg	0.250	0.015	3	1		0.640		
Selenium, Se....mcg	0.4		0	4		1.0		
Vitamins:								
Vitamin C, total ascorbic acid....mg	6.2	0.703	3	1		15.9		
Thiamin....mg	0.026	0.002	3	1		0.067		
Riboflavin....mg	0.029	0.002	3	1		0.074		
Niacin....mg	0.230	0.025	3	1		0.589		
Pantothenic acid....mg	0.131	0.004	3	1		0.335		
Vitamin B-6....mg	0.038	0.002	3	1		0.097		
Folate, total....mcg	34	2.919	3	1		88		
Folic acid....mcg	0		0	7		0		
Folate, food....mcg	34	2.919	3	1		88		
Folate, DFE....mcg_DFE	34		0	4		88		
Vitamin B-12....mcg	0.00		0	7		0.00		
Vitamin A, IU....IU	40	3.786	3	1		102		
Vitamin A, RE....mcg_RE	4	0.379	3	1		10		
Vitamin E....mg_ATE	0.710		0	4		1.818		
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.004		0	4		0.010		
4:0....g	0.000		0	4		0.000		
6:0....g	0.000		0	4		0.000		
8:0....g	0.000		0	4		0.000		
10:0....g	0.000		0	4		0.000		
11:0....g								
12:0....g	0.000		0	4		0.000		
13:0....g								
14:0....g	0.000		0	4		0.000		
15:0....g								
16:0....g	0.003		0	4		0.008		
17:0....g								
18:0....g	0.001		0	4		0.003		
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.012		0	4		0.031		
14:1....g								
15:1....g								

NDB No. 09056
Boysenberries, canned, heavy syrup

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

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

Common Measures:

Measure 1 = 256.000g: 1 cup

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 09057
Boysenberries, frozen, unsweetened

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	85.90	0.274	3	1		113.39	243.96	
Energy....kcal	50		0	4		66	142	
Energy....kj	209			4		276	594	
Protein (N x 6.25)....g	1.10	0.052	3	1		1.45	3.12	
Total lipid (fat)....g	0.26	0.037	3	1		0.34	0.74	
Ash....g	0.54	0.018	3	1		0.71	1.53	
Carbohydrate, by difference....g	12.19		0	4		16.09	34.62	
Fiber, total dietary....g	3.9		0	4		5.1	11.1	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	27	1.041	3	1		36	77	
Iron, Fe....mg	0.85	0.076	3	1		1.12	2.41	
Magnesium, Mg....mg	16	0.609	3	1		21	45	
Phosphorus, P....mg	27	0.753	3	1		36	77	
Potassium, K....mg	139	5.033	3	1		183	395	
Sodium, Na....mg	1	0.333	3	1		1	3	
Zinc, Zn....mg	0.22	0.009	3	1		0.29	0.62	
Copper, Cu....mg	0.080	0.006	3	1		0.106	0.227	
Manganese, Mn....mg	0.547	0.057	3	1		0.722	1.553	
Selenium, Se....mcg	0.6		0	4		0.8	1.7	
Vitamins:								
Vitamin C, total ascorbic acid....mg	3.1	0.200	3	1		4.1	8.8	
Thiamin....mg	0.053	0.001	3	1		0.070	0.151	
Riboflavin....mg	0.037	0.002	3	1		0.049	0.105	
Niacin....mg	0.767	0.045	3	1		1.012	2.178	
Pantothenic acid....mg	0.250	0.010	3	1		0.330	0.710	
Vitamin B-6....mg	0.056	0.006	3	1		0.074	0.159	
Folate, total....mcg	63	4.063	3	1		84	180	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	63	4.063	3	1		84	180	
Folate, DFE....mcg_DFE	63		0	4		84	180	
Vitamin B-12....mcg	0.00		0	7		0.00	0.00	
Vitamin A, IU....IU	67	8.110	3	1		88	190	
Vitamin A, RE....mcg_RE	7	0.811	3	1		9	20	
Vitamin E....mg_ATE	0.450		0	4		0.594	1.278	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.009		0	4		0.012	0.026	
4:0....g	0.000		0	4		0.000	0.000	
6:0....g	0.000		0	4		0.000	0.000	
8:0....g	0.000		0	4		0.000	0.000	
10:0....g	0.000		0	4		0.000	0.000	
11:0....g								
12:0....g	0.000		0	4		0.000	0.000	
13:0....g								
14:0....g	0.000		0	4		0.000	0.000	
15:0....g								
16:0....g	0.006		0	4		0.008	0.017	
17:0....g								
18:0....g	0.001		0	4		0.001	0.003	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.025		0	4		0.033	0.071	
14:1....g								
15:1....g								

NDB No. 09057
Boysenberries, frozen, unsweetened

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.000		0	4		0.000	0.000	
17:1....g								
18:1 undifferentiated....g	0.023		0	4		0.030	0.065	
20:1....g	0.002		0	4		0.003	0.006	
22:1 undifferentiated....g	0.000		0	4		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.148		0	4		0.195	0.420	
18:2 undifferentiated....g	0.098		0	4		0.129	0.278	
18:3 undifferentiated....g	0.050		0	4		0.066	0.142	
18:4....g	0.000		0	4		0.000	0.000	
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	4		0.000	0.000	
20:5 n-3....g	0.000		0	4		0.000	0.000	
22:2....g								
22:5 n-3....g	0.000		0	4		0.000	0.000	
22:6 n-3....g	0.000		0	4		0.000	0.000	
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0	0	
Phytosterols....mg								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	
Caffeine....mg	0		0	7		0	0	
Theobromine....mg	0		0	7		0	0	

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

Common Measures:

Measure 1 = 132.000g: 1 cup, unthawed

Measure 2 = 284.000g: 1 package (10 oz)

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 09059
Breadfruit, raw
Artocarpus altilis

Refuse: 22% 9% core, 13% skin

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	70.65		1	1		155.43	67.82	
Energy....kcal	103		0	4		227	99	
Energy....kj	431			4		948	414	
Protein (N x 6.25)....g	1.07		2	1		2.35	1.03	
Total lipid (fat)....g	0.23		2	1		0.51	0.22	
Ash....g	0.93		2	1		2.05	0.89	
Carbohydrate, by difference....g	27.12		0	4		59.66	26.04	
Fiber, total dietary....g	4.9		0	1		10.8	4.7	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	17		2	1		37	16	
Iron, Fe....mg	0.54		2	1		1.19	0.52	
Magnesium, Mg....mg	25		2	1		55	24	
Phosphorus, P....mg	30		2	1		66	29	
Potassium, K....mg	490		2	1		1078	470	
Sodium, Na....mg	2		2	1		4	2	
Zinc, Zn....mg	0.12		1	1		0.26	0.12	
Copper, Cu....mg	0.084		1	1		0.185	0.081	
Manganese, Mn....mg	0.060		1	1		0.132	0.058	
Selenium, Se....mcg	0.6		0	4		1.3	0.6	
Vitamins:								
Vitamin C, total ascorbic acid....mg	29.0		0	1		63.8	27.8	
Thiamin....mg	0.110		0	1		0.242	0.106	
Riboflavin....mg	0.030		0	1		0.066	0.029	
Niacin....mg	0.900		0	1		1.980	0.864	
Pantothenic acid....mg	0.457		0	1		1.005	0.439	
Vitamin B-6....mg	0.100		0	4		0.220	0.096	
Folate, total....mcg	14		0	4		31	13	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	14		0	4		31	13	
Folate, DFE....mcg_DFE	14		0	4		31	13	
Vitamin B-12....mcg	0.00		0	7		0.00	0.00	
Vitamin A, IU....IU	40		0	1		88	38	
Vitamin A, RE....mcg_RE	4		0	1		9	4	
Vitamin E....mg_ATE	1.120		0	4		2.464	1.075	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.048		0	4		0.106	0.046	
4:0....g	0.000		0	4		0.000	0.000	
6:0....g	0.000		0	4		0.000	0.000	
8:0....g	0.000		0	4		0.000	0.000	
10:0....g	0.000		0	4		0.000	0.000	
11:0....g								
12:0....g	0.000		0	4		0.000	0.000	
13:0....g								
14:0....g	0.000		0	4		0.000	0.000	
15:0....g								
16:0....g	0.031		0	4		0.068	0.030	
17:0....g								
18:0....g	0.017		0	4		0.037	0.016	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.034		0	4		0.075	0.033	
14:1....g								
15:1....g								

NDB No. 09059
Breadfruit, raw

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

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

Common Measures:

Measure 1 = 220.000g: 1 cup, unthawed

Measure 2 = 96.000g: .25 fruit, small

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

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	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	90.92	0.373	14	1		124.56	98.19	115.47
Energy....kcal	33		0	4		45	36	42
Energy....kj	138			4		189	149	175
Protein (N x 6.25)....g	0.54	0.054	11	1		0.74	0.58	0.69
Total lipid (fat)....g	0.35	0.107	9	1		0.48	0.38	0.44
Ash....g	0.37	0.023	11	1		0.51	0.40	0.47
Carbohydrate, by difference....g	7.83		0	4		10.73	8.46	9.94
Fiber, total dietary....g	2.7		0	1		3.7	2.9	3.4
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	4	1.122	7	1		5	4	5
Iron, Fe....mg	0.26	0.123	3	1		0.36	0.28	0.33
Magnesium, Mg....mg	9	1.426	3	1		12	10	11
Phosphorus, P....mg	16	1.989	7	1		22	17	20
Potassium, K....mg	163	22.627	5	1		223	176	207
Sodium, Na....mg	2	0.322	4	1		3	2	3
Zinc, Zn....mg	0.11		1	1		0.15	0.12	0.14
Copper, Cu....mg	0.120		2	1		0.164	0.130	0.152
Manganese, Mn....mg	0.082		2	1		0.112	0.089	0.104
Selenium, Se....mcg	0.6		0	4		0.8	0.6	0.8
Vitamins:								
Vitamin C, total ascorbic acid....mg	21.2	1.249	38	1		29.0	22.9	26.9
Thiamin....mg	0.028	0.006	7	1		0.038	0.030	0.036
Riboflavin....mg	0.027	0.004	6	1		0.037	0.029	0.034
Niacin....mg	0.411	0.074	6	1		0.563	0.444	0.522
Pantothenic acid....mg								
Vitamin B-6....mg	0.100		0	4		0.137	0.108	0.127
Folate, total....mcg	14		0	4		19	15	18
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	14		0	4		19	15	18
Folate, DFE....mcg_DFE	14		0	4		19	15	18
Vitamin B-12....mcg	0.00		0	7		0.00	0.00	0.00
Vitamin A, IU....IU	493	226.523	7	1		675	532	626
Vitamin A, RE....mcg_RE	49	22.652	7	1		67	53	62
Vitamin E....mg_ATE	0.370		0	4		0.507	0.400	0.470
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.023		0	4		0.032	0.025	0.029
4:0....g	0.000		0	4		0.000	0.000	0.000
6:0....g	0.000		0	4		0.000	0.000	0.000
8:0....g	0.000		0	4		0.000	0.000	0.000
10:0....g	0.000		0	4		0.000	0.000	0.000
11:0....g								
12:0....g	0.000		0	4		0.000	0.000	0.000
13:0....g								
14:0....g	0.000		0	4		0.000	0.000	0.000
15:0....g								
16:0....g	0.012		0	4		0.016	0.013	0.015
17:0....g								
18:0....g	0.008		0	4		0.011	0.009	0.010
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.031		0	4		0.042	0.033	0.039
14:1....g								
15:1....g								

NDB No. 09060
Carambola, (starfruit), raw

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.000		0	4		0.000	0.000	0.000
17:1....g								
18:1 undifferentiated....g	0.031		0	4		0.042	0.033	0.039
20:1....g	0.000		0	4		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0	4		0.000	0.000	0.000
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.191		0	4		0.262	0.206	0.243
18:2 undifferentiated....g	0.164		0	4		0.225	0.177	0.208
18:3 undifferentiated....g	0.028		0	4		0.038	0.030	0.036
18:4....g	0.000		0	4		0.000	0.000	0.000
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	4		0.000	0.000	0.000
20:5 n-3....g	0.000		0	4		0.000	0.000	0.000
22:2....g								
22:5 n-3....g	0.000		0	4		0.000	0.000	0.000
22:6 n-3....g	0.000		0	4		0.000	0.000	0.000
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0	0	0
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.004		1	1		0.005	0.004	0.005
Threonine....g	0.023		1	1		0.032	0.025	0.029
Isoleucine....g	0.023		1	1		0.032	0.025	0.029
Leucine....g	0.040		1	1		0.055	0.043	0.051
Lysine....g	0.040		1	1		0.055	0.043	0.051
Methionine....g	0.011		1	1		0.015	0.012	0.014
Cystine....g								
Phenylalanine....g	0.019		1	1		0.026	0.021	0.024
Tyrosine....g	0.023		1	1		0.032	0.025	0.029
Valine....g	0.026		1	1		0.036	0.028	0.033
Arginine....g	0.011		1	1		0.015	0.012	0.014
Histidine....g	0.004		1	1		0.005	0.004	0.005
Alanine....g	0.037		1	1		0.051	0.040	0.047
Aspartic acid....g	0.051		1	1		0.070	0.055	0.065
Glutamic acid....g	0.077		1	1		0.105	0.083	0.098
Glycine....g	0.026		1	1		0.036	0.028	0.033
Proline....g	0.026		1	1		0.036	0.028	0.033
Serine....g	0.043		1	1		0.059	0.046	0.055
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	0.0
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 137.000g: 1 cup, cubes

Measure 2 = 108.000g: 1 cup, sliced

Measure 3 = 127.000g: 1 large (4-1/2" long)

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

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

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

Common Measures:

Measure 1 = 150.000g: 1 cup slices

Measure 2 = 20.000g: 1 fruit without skin and seeds

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 09062
Cherimoya, raw
Annona cherimola

Refuse: 35% Seeds and skin

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	73.50		0	1		402.05		
Energy....kcal	94		0	4		514		
Energy....kj	393			4		2151		
Protein (N x 6.25)....g	1.30		0	1		7.11		
Total lipid (fat)....g	0.40		0	1		2.19		
Ash....g	0.80		0	1		4.38		
Carbohydrate, by difference....g	24.00		0	4		131.28		
Fiber, total dietary....g	2.4		0	1		13.1		
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	23		0	1		126		
Iron, Fe....mg	0.50		0	1		2.74		
Magnesium, Mg....mg								
Phosphorus, P....mg	40		0	1		219		
Potassium, K....mg								
Sodium, Na....mg								
Zinc, Zn....mg								
Copper, Cu....mg								
Manganese, Mn....mg								
Selenium, Se....mcg								
Vitamins:								
Vitamin C, total ascorbic acid....mg	9.0		0	1		49.2		
Thiamin....mg	0.100		0	1		0.547		
Riboflavin....mg	0.110		0	1		0.602		
Niacin....mg	1.300		0	1		7.111		
Pantothenic acid....mg								
Vitamin B-6....mg								
Folate, total....mcg								
Folate, DFE....mcg_DFE								
Vitamin B-12....mcg	0.00		0	7		0.00		
Vitamin A, IU....IU	10		0	1		55		
Vitamin A, RE....mcg_RE	1		0	1		5		
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g								
Fatty acids, total monounsaturated....g								
Fatty acids, total polyunsaturated....g								
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0		
Phytosterols....mg								

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

Common Measures:

Measure 1 = 547.000g: 1 fruit without skin and seeds

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 09063
Cherries, sour, red, raw
Prunus cerasus

Refuse: 10% Pits and stems

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	86.13		348	1		133.50	88.71	
Energy....kcal	50		0	4		78	52	
Energy....kj	209			4		324	215	
Protein (N x 6.25)....g	1.00	0.011	347	1		1.55	1.03	
Total lipid (fat)....g	0.30		0	1		0.47	0.31	
Ash....g	0.40		348	1		0.62	0.41	
Carbohydrate, by difference....g	12.18		0	4		18.88	12.55	
Fiber, total dietary....g	1.6		0	1		2.5	1.6	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	16		331	1		25	16	
Iron, Fe....mg	0.32		347	1		0.50	0.33	
Magnesium, Mg....mg	9		347	1		14	9	
Phosphorus, P....mg	15		347	1		23	15	
Potassium, K....mg	173		339	1		268	178	
Sodium, Na....mg	3		339	1		5	3	
Zinc, Zn....mg	0.10	0.003	330	1		0.16	0.10	
Copper, Cu....mg	0.104		347	1		0.161	0.107	
Manganese, Mn....mg	0.112		347	1		0.174	0.115	
Selenium, Se....mcg	0.4		0	4		0.6	0.4	
Vitamins:								
Vitamin C, total ascorbic acid....mg	10.0		0	1		15.5	10.3	
Thiamin....mg	0.030	0.000	330	1		0.047	0.031	
Riboflavin....mg	0.040	0.000	330	1		0.062	0.041	
Niacin....mg	0.400		0	1		0.620	0.412	
Pantothenic acid....mg	0.143		0	1		0.222	0.147	
Vitamin B-6....mg	0.044		1	1		0.068	0.045	
Folate, total....mcg	8	0.750	4	1		12	8	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	8	0.750	4	1		12	8	
Folate, DFE....mcg_DFE	8		0	4		12	8	
Vitamin B-12....mcg	0.00		0	7		0.00	0.00	
Vitamin A, IU....IU	1283	18.331	330	1		1989	1321	
Vitamin A, RE....mcg_RE	128	1.833	330	1		198	132	
Vitamin E....mg_ATE	0.130		0	1		0.202	0.134	
Tocopherol, alpha....mg	0.13		0	1		0.20	0.13	
Tocopherol, beta....mg								
Tocopherol, gamma....mg								
Tocopherol, delta....mg								
Tocotrienol, alpha....mg								
Tocotrienol, beta....mg								
Tocotrienol, gamma....mg								
Tocotrienol, delta....mg								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.068		0	1		0.105	0.070	
4:0....g	0.000		0	1		0.000	0.000	
6:0....g	0.000		0	1		0.000	0.000	
8:0....g	0.000		0	1		0.000	0.000	
10:0....g	0.000		0	1		0.000	0.000	
11:0....g								
12:0....g	0.000		0	1		0.000	0.000	
13:0....g								
14:0....g	0.002		0	1		0.003	0.002	
15:0....g								
16:0....g	0.048		0	1		0.074	0.049	
17:0....g								

NDB No. 09063
Cherries, sour, red, raw

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
18:0 g	0.016		0	1		0.025	0.016	
19:0 g								
20:0 g								
22:0 g								
24:0 g								
Fatty acids, total monounsaturated g	0.082		0	1		0.127	0.084	
14:1 g								
15:1 g								
16:1 undifferentiated g	0.001		0	1		0.002	0.001	
17:1 g								
18:1 undifferentiated g	0.081		0	1		0.126	0.083	
20:1 g	0.000		0	1		0.000	0.000	
22:1 undifferentiated g	0.000		0	1		0.000	0.000	
24:1 c g								
Fatty acids, total polyunsaturated g	0.090		0	1		0.140	0.093	
18:2 undifferentiated g	0.046		0	1		0.071	0.047	
18:3 undifferentiated g	0.044		0	1		0.068	0.045	
18:4 g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c g								
20:3 undifferentiated g								
20:4 undifferentiated g	0.000		0	1		0.000	0.000	
20:5 n-3 g	0.000		0	1		0.000	0.000	
22:2 g								
22:5 n-3 g	0.000		0	1		0.000	0.000	
22:6 n-3 g	0.000		0	1		0.000	0.000	
Fatty acids, total trans g								
Cholesterol mg	0		0	7		0	0	
Phytosterols mg								
Others:								
Alcohol, ethyl g	0.0		0	7		0.0	0.0	
Caffeine mg	0		0	7		0	0	
Theobromine mg	0		0	7		0	0	

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

Common Measures:

Measure 1 = 155.000g: 1 cup, without pits

Measure 2 = 103.000g: 1 cup, with pits, yields

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

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: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	89.93	0.344	5	1		219.43		
Energy	kcal	36		0	4		88		
Energy	kj	151			4		368		
Protein (N x 6.25)	g	0.77	0.050	5	1		1.88		
Total lipid (fat)	g	0.10	0.000	5	1		0.24		
Ash	g	0.26	0.009	5	1		0.63		
Carbohydrate, by difference	g	8.94		0	4		21.81		
Fiber, total dietary	g	1.1		0	4		2.7		
Sugars, total	g	7.60		1	1		18.54		
Sucrose	g	1.00		1	1		2.44		
Glucose (dextrose)	g	3.90		1	1		9.52		
Fructose	g	2.70		1	1		6.59		
Lactose	g								
Maltose	g								
Galactose	g								
Starch	g								
Minerals:									
Calcium, Ca	mg	11	0.765	5	1		27		
Iron, Fe	mg	1.37	0.289	6	1		3.34		
Magnesium, Mg	mg	6		0	1		15		
Phosphorus, P	mg	10		0	1		24		
Potassium, K	mg	98	7.334	5	1		239		
Sodium, Na	mg	7	1.837	3	1		17		
Zinc, Zn	mg	0.07		0	1		0.17		
Copper, Cu	mg	0.070		0	1		0.171		
Manganese, Mn	mg	0.076		0	1		0.185		
Selenium, Se	mcg	0.3		0	4		0.7		
Vitamins:									
Vitamin C, total ascorbic acid	mg	2.1	0.505	5	1		5.1		
Thiamin	mg	0.017	0.003	5	1		0.041		
Riboflavin	mg	0.041	0.009	5	1		0.100		
Niacin	mg	0.177	0.012	5	1		0.432		
Pantothenic acid	mg	0.105		0	1		0.256		
Vitamin B-6	mg	0.044		0	1		0.107		
Folate, total	mcg	8	1.651	3	1		20		
Folic acid	mcg	0		0	7		0		
Folate, food	mcg	8	1.651	3	1		20		
Folate, DFE	mcg_DFE	8		0	4		20		
Vitamin B-12	mcg	0.00		0	7		0.00		
Vitamin A, IU	IU	754	40.696	5	1		1840		
Vitamin A, RE	mcg_RE	75	4.070	5	1		183		
Vitamin E	mg_ATE	0.130		0	1		0.317		
Vitamin D	IU								
Lipids:									
Fatty acids, total saturated	g	0.023		0	1		0.056		
4:0	g	0.000		0	1		0.000		
6:0	g	0.000		0	1		0.000		
8:0	g	0.000		0	1		0.000		
10:0	g	0.000		0	1		0.000		
11:0	g								
12:0	g	0.000		0	1		0.000		
13:0	g								
14:0	g	0.001		0	1		0.002		
15:0	g								
16:0	g	0.016		0	1		0.039		
17:0	g								
18:0	g	0.005		0	1		0.012		
19:0	g								

NDB No. 09064

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
20:0 g								
22:0 g								
24:0 g								
Fatty acids, total monounsaturated g	0.027		0	1		0.066		
14:1 g								
15:1 g								
16:1 undifferentiated g	0.000		0	1		0.000		
17:1 g								
18:1 undifferentiated g	0.027		0	1		0.066		
20:1 g	0.000		0	1		0.000		
22:1 undifferentiated g	0.000		0	1		0.000		
24:1 c g								
Fatty acids, total polyunsaturated g	0.030		0	1		0.073		
18:2 undifferentiated g	0.015		0	1		0.037		
18:3 undifferentiated g	0.015		0	1		0.037		
18:4 g	0.000		0	1		0.000		
20:2 n-6 c,c g								
20:3 undifferentiated g								
20:4 undifferentiated g	0.000		0	1		0.000		
20:5 n-3 g	0.000		0	1		0.000		
22:2 g								
22:5 n-3 g	0.000		0	1		0.000		
22:6 n-3 g	0.000		0	1		0.000		
Fatty acids, total trans g								
Cholesterol mg	0		0	7		0		
Phytosterols mg								
Others:								
Alcohol, ethyl g	0.0		0	7		0.0		
Caffeine mg								
Theobromine mg								

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

Common Measures:

Measure 1 = 244.000g: 1 cup

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

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: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	79.62		0	1		200.64		
Energy	kcal	75		0	4		189		
Energy	kj	314			4		791		
Protein (N x 6.25)	g	0.74		0	1		1.86		
Total lipid (fat)	g	0.10		0	1		0.25		
Ash	g	0.25		0	1		0.63		
Carbohydrate, by difference	g	19.30		0	4		48.64		
Fiber, total dietary	g	0.8		0	4		2.0		
Sugars, total	g								
Starch	g								
Minerals:									
Calcium, Ca	mg	10		0	1		25		
Iron, Fe	mg	1.32		0	1		3.33		
Magnesium, Mg	mg	6		0	1		15		
Phosphorus, P	mg	10		0	1		25		
Potassium, K	mg	95		0	1		239		
Sodium, Na	mg	7		0	1		18		
Zinc, Zn	mg	0.07		0	1		0.18		
Copper, Cu	mg	0.068		0	1		0.171		
Manganese, Mn	mg	0.073		0	1		0.184		
Selenium, Se	mcg								
Vitamins:									
Vitamin C, total ascorbic acid	mg	2.0		0	1		5.0		
Thiamin	mg	0.016		0	1		0.040		
Riboflavin	mg	0.039		0	1		0.098		
Niacin	mg	0.170		0	1		0.428		
Pantothenic acid	mg	0.105		0	1		0.265		
Vitamin B-6	mg	0.044		0	1		0.111		
Folate, total	mcg	8		0	1		19		
Folic acid	mcg	0		0	7		0		
Folate, food	mcg	8		0	1		19		
Folate, DFE	mcg_DFE	8		0	4		19		
Vitamin B-12	mcg	0.00		0	7		0.00		
Vitamin A, IU	IU	726		0	1		1830		
Vitamin A, RE	mcg_RE	73		0	1		184		
Vitamin E	mg_ATE								
Vitamin D	IU								
Lipids:									
Fatty acids, total saturated	g	0.022		0	1		0.055		
4:0	g								
6:0	g								
8:0	g								
10:0	g								
11:0	g								
12:0	g								
13:0	g								
14:0	g	0.001		0	1		0.003		
15:0	g								
16:0	g	0.015		0	1		0.038		
17:0	g								
18:0	g	0.005		0	1		0.013		
19:0	g								
20:0	g								
22:0	g								
24:0	g								
Fatty acids, total monounsaturated	g	0.026		0	1		0.066		
14:1	g								
15:1	g								

NDB No. 09065
Cherries, sour, red, canned, light syrup pack, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g								
17:1....g								
18:1 undifferentiated....g	0.026		0	1		0.066		
20:1....g								
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.029		0	1		0.073		
18:2 undifferentiated....g	0.015		0	1		0.038		
18:3 undifferentiated....g	0.014		0	1		0.035		
18:4....g								
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g								
20:5 n-3....g								
22:2....g								
22:5 n-3....g								
22:6 n-3....g								
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0		
Phytosterols....mg								

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

Common Measures:

Measure 1 = 252.000g: 1 cup

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

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: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	75.66		0	1		193.69		
Energy	kcal	91		0	4		233		
Energy	kj	381			4		975		
Protein (N x 6.25)	g	0.73		0	1		1.87		
Total lipid (fat)	g	0.10		0	1		0.26		
Ash	g	0.25		0	1		0.64		
Carbohydrate, by difference	g	23.27		0	4		59.57		
Fiber, total dietary	g	1.1		0	4		2.8		
Sugars, total	g								
Starch	g								
Minerals:									
Calcium, Ca	mg	10		0	1		26		
Iron, Fe	mg	1.30		0	1		3.33		
Magnesium, Mg	mg	6		0	1		15		
Phosphorus, P	mg	10		0	1		26		
Potassium, K	mg	93		0	1		238		
Sodium, Na	mg	7		0	1		18		
Zinc, Zn	mg	0.06		0	1		0.15		
Copper, Cu	mg	0.066		0	1		0.169		
Manganese, Mn	mg	0.072		0	1		0.184		
Selenium, Se	mcg	0.3		0	4		0.8		
Vitamins:									
Vitamin C, total ascorbic acid	mg	2.0		0	1		5.1		
Thiamin	mg	0.016		0	1		0.041		
Riboflavin	mg	0.039		0	1		0.100		
Niacin	mg	0.168		0	1		0.430		
Pantothenic acid	mg	0.105		0	1		0.269		
Vitamin B-6	mg	0.044		0	1		0.113		
Folate, total	mcg	8		0	1		19		
Folic acid	mcg	0		0	7		0		
Folate, food	mcg	8		0	1		19		
Folate, DFE	mcg_DFE	8		0	4		19		
Vitamin B-12	mcg	0.00		0	7		0.00		
Vitamin A, IU	IU	714		0	1		1828		
Vitamin A, RE	mcg_RE	71		0	1		182		
Vitamin E	mg_ATE	0.130		0	4		0.333		
Vitamin D	IU								
Lipids:									
Fatty acids, total saturated	g	0.021		0	1		0.054		
4:0	g	0.000		0	1		0.000		
6:0	g	0.000		0	1		0.000		
8:0	g	0.000		0	1		0.000		
10:0	g	0.000		0	1		0.000		
11:0	g								
12:0	g	0.000		0	1		0.000		
13:0	g								
14:0	g	0.001		0	1		0.003		
15:0	g								
16:0	g	0.015		0	1		0.038		
17:0	g								
18:0	g	0.005		0	1		0.013		
19:0	g								
20:0	g								
22:0	g								
24:0	g								
Fatty acids, total monounsaturated	g	0.026		0	1		0.067		
14:1	g								
15:1	g								

NDB No. 09066

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.000		0	1		0.000		
17:1....g								
18:1 undifferentiated....g	0.026		0	1		0.067		
20:1....g	0.000		0	1		0.000		
22:1 undifferentiated....g	0.000		0	1		0.000		
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.029		0	1		0.074		
18:2 undifferentiated....g	0.015		0	1		0.038		
18:3 undifferentiated....g	0.014		0	1		0.036		
18:4....g	0.000		0	1		0.000		
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000		
20:5 n-3....g	0.000		0	1		0.000		
22:2....g								
22:5 n-3....g	0.000		0	1		0.000		
22:6 n-3....g	0.000		0	1		0.000		
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0		
Phytosterols....mg								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0		
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 256.000g: 1 cup

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

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: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	69.73		0	1		182.00		
Energy	kcal	114		0	4		298		
Energy	kj	477			4		1245		
Protein (N x 6.25)	g	0.71		0	1		1.85		
Total lipid (fat)	g	0.09		0	1		0.23		
Ash	g	0.24		0	1		0.63		
Carbohydrate, by difference	g	29.23		0	4		76.29		
Fiber, total dietary	g	0.8		0	4		2.1		
Sugars, total	g								
Starch	g								
Minerals:									
Calcium, Ca	mg	10		0	1		26		
Iron, Fe	mg	1.26		0	1		3.29		
Magnesium, Mg	mg	5		0	1		13		
Phosphorus, P	mg	9		0	1		23		
Potassium, K	mg	91		0	1		238		
Sodium, Na	mg	7		0	1		18		
Zinc, Zn	mg	0.06		0	1		0.16		
Copper, Cu	mg	0.065		0	1		0.170		
Manganese, Mn	mg	0.070		0	1		0.183		
Selenium, Se	mcg								
Vitamins:									
Vitamin C, total ascorbic acid	mg	1.9		0	1		5.0		
Thiamin	mg	0.016		0	1		0.042		
Riboflavin	mg	0.038		0	1		0.099		
Niacin	mg	0.163		0	1		0.425		
Pantothenic acid	mg	0.105		0	1		0.274		
Vitamin B-6	mg	0.044		0	1		0.115		
Folate, total	mcg	7		0	1		19		
Folic acid	mcg	0		0	7		0		
Folate, food	mcg	7		0	1		19		
Folate, DFE	mcg_DFE	7		0	4		19		
Vitamin B-12	mcg	0.00		0	7		0.00		
Vitamin A, IU	IU	696		0	1		1817		
Vitamin A, RE	mcg_RE	70		0	1		183		
Vitamin E	mg_ATE								
Vitamin D	IU								
Lipids:									
Fatty acids, total saturated	g	0.021		0	1		0.055		
4:0	g								
6:0	g								
8:0	g								
10:0	g								
11:0	g								
12:0	g								
13:0	g								
14:0	g	0.001		0	1		0.003		
15:0	g								
16:0	g	0.015		0	1		0.039		
17:0	g								
18:0	g	0.005		0	1		0.013		
19:0	g								
20:0	g								
22:0	g								
24:0	g								
Fatty acids, total monounsaturated	g	0.025		0	1		0.065		
14:1	g								
15:1	g								

NDB No. 09067

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g								
17:1....g								
18:1 undifferentiated....g	0.025		0	1		0.065		
20:1....g								
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.028		0	1		0.073		
18:2 undifferentiated....g	0.014		0	1		0.037		
18:3 undifferentiated....g	0.014		0	1		0.037		
18:4....g								
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g								
20:5 n-3....g								
22:2....g								
22:5 n-3....g								
22:6 n-3....g								
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0		
Phytosterols....mg								

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

Common Measures:

Measure 1 = 261.000g: 1 cup

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	87.20	0.254	3	1		135.16	444.72	
Energy....kcal	46		0	4		71	235	
Energy....kj	192			4		298	982	
Protein (N x 6.25)....g	0.92	0.087	3	1		1.43	4.69	
Total lipid (fat)....g	0.44	0.049	3	1		0.68	2.24	
Ash....g	0.42	0.006	3	1		0.65	2.14	
Carbohydrate, by difference....g	11.02		0	4		17.08	56.20	
Fiber, total dietary....g	1.6		0	1		2.5	8.2	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	13	0.723	3	1		20	66	
Iron, Fe....mg	0.53	0.047	3	1		0.82	2.70	
Magnesium, Mg....mg	9	0.240	3	1		14	46	
Phosphorus, P....mg	16	0.466	3	1		25	82	
Potassium, K....mg	124	11.015	3	1		192	632	
Sodium, Na....mg	1	0.120	3	1		2	5	
Zinc, Zn....mg	0.10	0.018	3	1		0.16	0.51	
Copper, Cu....mg	0.090	0.010	3	1		0.140	0.459	
Manganese, Mn....mg	0.057	0.022	3	1		0.088	0.291	
Selenium, Se....mcg	0.4		0	4		0.6	2.0	
Vitamins:								
Vitamin C, total ascorbic acid....mg	1.7	1.179	3	1		2.6	8.7	
Thiamin....mg	0.044	0.002	3	1		0.068	0.224	
Riboflavin....mg	0.034	0.003	3	1		0.053	0.173	
Niacin....mg	0.137	0.052	3	1		0.212	0.699	
Pantothenic acid....mg	0.178	0.048	3	1		0.276	0.908	
Vitamin B-6....mg	0.067	0.001	3	1		0.104	0.342	
Folate, total....mcg	5	1.245	3	1		7	23	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	5	1.245	3	1		7	23	
Folate, DFE....mcg_DFE	5		0	4		7	23	
Vitamin B-12....mcg	0.00		0	7		0.00	0.00	
Vitamin A, IU....IU	870	203.205	3	1		1349	4437	
Vitamin A, RE....mcg_RE	87	20.321	3	1		135	444	
Vitamin E....mg_ATE	0.130		0	4		0.202	0.663	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.100		0	1		0.155	0.510	
4:0....g	0.000		0	7		0.000	0.000	
6:0....g	0.000		0	7		0.000	0.000	
8:0....g	0.000		0	7		0.000	0.000	
10:0....g	0.000		0	7		0.000	0.000	
11:0....g								
12:0....g	0.000		0	7		0.000	0.000	
13:0....g								
14:0....g	0.003		0	1		0.005	0.015	
15:0....g								
16:0....g	0.070		0	1		0.109	0.357	
17:0....g								
18:0....g	0.024		0	1		0.037	0.122	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.120		0	1		0.186	0.612	
14:1....g								
15:1....g								

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.001		0	1		0.002	0.005	
17:1....g								
18:1 undifferentiated....g	0.119		0	1		0.184	0.607	
20:1....g	0.000		0	7		0.000	0.000	
22:1 undifferentiated....g	0.000		0	7		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.132		0	1		0.205	0.673	
18:2 undifferentiated....g	0.067		0	1		0.104	0.342	
18:3 undifferentiated....g	0.065		0	1		0.101	0.332	
18:4....g	0.000		0	7		0.000	0.000	
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	7		0.000	0.000	
20:5 n-3....g	0.000		0	7		0.000	0.000	
22:2....g								
22:5 n-3....g	0.000		0	7		0.000	0.000	
22:6 n-3....g	0.000		0	7		0.000	0.000	
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0	0	
Phytosterols....mg								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 155.000g: 1 cup, unthawed

Measure 2 = 510.000g: 1 package (18 oz)

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

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	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	80.76		44	1		94.49	117.10	5.49
Energy....kcal	72		0	4		84	104	5
Energy....kj	301			4		352	437	20
Protein (N x 6.25)....g	1.20	0.068	42	1		1.40	1.74	0.08
Total lipid (fat)....g	0.96	0.213	9	1		1.12	1.39	0.07
Ash....g	0.53	0.010	55	1		0.62	0.77	0.04
Carbohydrate, by difference....g	16.55		0	4		19.36	24.00	1.13
Fiber, total dietary....g	2.3		0	1		2.7	3.3	0.2
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	15	0.593	16	1		18	22	1
Iron, Fe....mg	0.39	0.020	57	1		0.46	0.57	0.03
Magnesium, Mg....mg	11	0.423	48	1		13	16	1
Phosphorus, P....mg	19	1.535	48	1		22	28	1
Potassium, K....mg	224	7.001	32	1		262	325	15
Sodium, Na....mg	0	0.018	32	1		0	0	0
Zinc, Zn....mg	0.06	0.009	14	1		0.07	0.09	0.00
Copper, Cu....mg	0.095	0.004	59	1		0.111	0.138	0.006
Manganese, Mn....mg	0.092	0.006	57	1		0.108	0.133	0.006
Selenium, Se....mcg	0.6		0	4		0.7	0.9	0.0
Vitamins:								
Vitamin C, total ascorbic acid....mg	7.0		6	1		8.2	10.2	0.5
Thiamin....mg	0.050		0	1		0.059	0.073	0.003
Riboflavin....mg	0.060		0	1		0.070	0.087	0.004
Niacin....mg	0.400		0	1		0.468	0.580	0.027
Pantothenic acid....mg	0.127	0.002	3	1		0.149	0.184	0.009
Vitamin B-6....mg	0.036		4	1		0.042	0.052	0.002
Folate, total....mcg	4	0.690	3	1		5	6	0
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	4	0.690	3	1		5	6	0
Folate, DFE....mcg_DFE	4		0	4		5	6	0
Vitamin B-12....mcg	0.00		0	7		0.00	0.00	0.00
Vitamin A, IU....IU	214	29.485	3	1		250	310	15
Vitamin A, RE....mcg_RE	21	2.949	3	1		25	30	1
Vitamin E....mg_ATE	0.130		0	1		0.152	0.189	0.009
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.216		0	1		0.253	0.313	0.015
4:0....g	0.000		0	1		0.000	0.000	0.000
6:0....g	0.000		0	1		0.000	0.000	0.000
8:0....g	0.000		0	1		0.000	0.000	0.000
10:0....g	0.000		0	1		0.000	0.000	0.000
11:0....g								
12:0....g	0.000		0	1		0.000	0.000	0.000
13:0....g								
14:0....g	0.005		1	1		0.006	0.007	0.000
15:0....g								
16:0....g	0.152		1	1		0.178	0.220	0.010
17:0....g								
18:0....g	0.052		1	1		0.061	0.075	0.004
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.262		0	1		0.307	0.380	0.018
14:1....g								
15:1....g								

NDB No. 09070
Cherries, sweet, raw

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.003		1	1		0.004	0.004	0.000
17:1....g								
18:1 undifferentiated....g	0.259		1	1		0.303	0.376	0.018
20:1....g	0.000		0	1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.289		0	1		0.338	0.419	0.020
18:2 undifferentiated....g	0.147		1	1		0.172	0.213	0.010
18:3 undifferentiated....g	0.142		1	1		0.166	0.206	0.010
18:4....g	0.000		0	1		0.000	0.000	0.000
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
20:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:6 n-3....g	0.000		0	1		0.000	0.000	0.000
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0	0	0
Phytosterols....mg	12		0	1		14	17	1
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	0.0
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 117.000g: 1 cup, with pits, yields

Measure 2 = 145.000g: 1 cup, without pits

Measure 3 = 6.800g: 1 cherry

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

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

Refuse: 8% Pits

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	87.05		1	1		215.88		
Energy....kcal	46		0	4		114		
Energy....kj	192			4		477		
Protein (N x 6.25)....g	0.77	0.024	19	1		1.91		
Total lipid (fat)....g	0.13	0.009	19	1		0.32		
Ash....g	0.29		1	1		0.72		
Carbohydrate, by difference....g	11.76		0	4		29.16		
Fiber, total dietary....g	1.5		0	4		3.7		
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	11	0.255	18	1		27		
Iron, Fe....mg	0.36		1	1		0.89		
Magnesium, Mg....mg	9	0.276	18	1		22		
Phosphorus, P....mg	15	0.463	20	1		37		
Potassium, K....mg	131	3.864	19	1		325		
Sodium, Na....mg	1	0.254	19	1		2		
Zinc, Zn....mg	0.08		1	1		0.20		
Copper, Cu....mg	0.075		1	1		0.186		
Manganese, Mn....mg	0.062		0	1		0.154		
Selenium, Se....mcg	0.3		0	4		0.7		
Vitamins:								
Vitamin C, total ascorbic acid....mg	2.2		1	1		5.5		
Thiamin....mg	0.022		0	1		0.055		
Riboflavin....mg	0.041		0	1		0.102		
Niacin....mg	0.410		0	1		1.017		
Pantothenic acid....mg	0.127		0	4		0.315		
Vitamin B-6....mg	0.030		0	1		0.074		
Folate, total....mcg	4		0	4		10		
Folic acid....mcg	0		0	7		0		
Folate, food....mcg	4		0	4		10		
Folate, DFE....mcg_DFE	4		0	4		10		
Vitamin B-12....mcg	0.00		0	7		0.00		
Vitamin A, IU....IU	160		0	1		397		
Vitamin A, RE....mcg_RE	16		0	1		40		
Vitamin E....mg_ATE	0.130		0	4		0.322		
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.028		0	1		0.069		
4:0....g	0.000		0	1		0.000		
6:0....g	0.000		0	1		0.000		
8:0....g	0.000		0	1		0.000		
10:0....g	0.000		0	1		0.000		
11:0....g								
12:0....g	0.000		0	1		0.000		
13:0....g								
14:0....g	0.001		0	1		0.002		
15:0....g								
16:0....g	0.020		0	1		0.050		
17:0....g								
18:0....g	0.007		0	1		0.017		
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.034		0	1		0.084		
14:1....g								
15:1....g								

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.000		0	1		0.000		
17:1....g								
18:1 undifferentiated....g	0.034		0	1		0.084		
20:1....g	0.000		0	1		0.000		
22:1 undifferentiated....g	0.000		0	1		0.000		
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.038		0	1		0.094		
18:2 undifferentiated....g	0.019		0	1		0.047		
18:3 undifferentiated....g	0.019		0	1		0.047		
18:4....g	0.000		0	1		0.000		
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000		
20:5 n-3....g	0.000		0	1		0.000		
22:2....g								
22:5 n-3....g	0.000		0	1		0.000		
22:6 n-3....g	0.000		0	1		0.000		
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0		
Phytosterols....mg								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0		
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 248.000g: 1 cup, pitted

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

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

Refuse: 8% Pits

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	84.95	0.156	6	1		212.38		
Energy....kcal	54		0	4		135		
Energy....kj	226			4		565		
Protein (N x 6.25)....g	0.91	0.054	6	1		2.28		
Total lipid (fat)....g	0.02	0.003	6	1		0.05		
Ash....g	0.31	0.010	6	1		0.78		
Carbohydrate, by difference....g	13.81		0	4		34.53		
Fiber, total dietary....g	1.5		0	4		3.8		
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	14	0.787	6	1		35		
Iron, Fe....mg	0.58	0.121	6	1		1.45		
Magnesium, Mg....mg	12	0.743	6	1		30		
Phosphorus, P....mg	22	1.193	6	1		55		
Potassium, K....mg	131	8.521	6	1		328		
Sodium, Na....mg	3	0.400	6	1		8		
Zinc, Zn....mg	0.10	0.009	6	1		0.25		
Copper, Cu....mg	0.073	0.012	6	1		0.183		
Manganese, Mn....mg	0.061		0	1		0.153		
Selenium, Se....mcg	0.3		0	4		0.8		
Vitamins:								
Vitamin C, total ascorbic acid....mg	2.5	0.376	6	1		6.3		
Thiamin....mg	0.018	0.000	4	1		0.045		
Riboflavin....mg	0.024	0.003	5	1		0.060		
Niacin....mg	0.406		0	1		1.015		
Pantothenic acid....mg	0.127		0	4		0.318		
Vitamin B-6....mg	0.030		0	4		0.075		
Folate, total....mcg	4		0	4		11		
Folic acid....mcg	0		0	7		0		
Folate, food....mcg	4		0	4		11		
Folate, DFE....mcg_DFE	4		0	4		11		
Vitamin B-12....mcg	0.00		0	7		0.00		
Vitamin A, IU....IU	125	30.483	5	1		313		
Vitamin A, RE....mcg_RE	13	3.048	5	1		33		
Vitamin E....mg_ATE	0.100		0	4		0.250		
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.004		0	1		0.010		
4:0....g	0.000		0	1		0.000		
6:0....g	0.000		0	1		0.000		
8:0....g	0.000		0	1		0.000		
10:0....g	0.000		0	1		0.000		
11:0....g								
12:0....g	0.000		0	1		0.000		
13:0....g								
14:0....g	0.000		0	1		0.000		
15:0....g								
16:0....g	0.003		0	1		0.008		
17:0....g								
18:0....g	0.001		0	1		0.003		
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.005		0	1		0.013		
14:1....g								
15:1....g								

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.000		0	1		0.000		
17:1....g								
18:1 undifferentiated....g	0.005		0	1		0.013		
20:1....g	0.000		0	1		0.000		
22:1 undifferentiated....g	0.000		0	1		0.000		
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.006		0	1		0.015		
18:2 undifferentiated....g	0.003		0	1		0.008		
18:3 undifferentiated....g	0.003		0	1		0.008		
18:4....g	0.000		0	1		0.000		
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000		
20:5 n-3....g	0.000		0	1		0.000		
22:2....g								
22:5 n-3....g	0.000		0	1		0.000		
22:6 n-3....g	0.000		0	1		0.000		
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0		
Phytosterols....mg								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0		
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 250.000g: 1 cup, pitted

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

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: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	81.56		0	1		205.53		
Energy....kcal	67		0	4		169		
Energy....kj	280			4		706		
Protein (N x 6.25)....g	0.61		0	1		1.54		
Total lipid (fat)....g	0.15		0	1		0.38		
Ash....g	0.38		0	1		0.96		
Carbohydrate, by difference....g	17.29		0	4		43.57		
Fiber, total dietary....g	1.5		0	4		3.8		
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	9		0	1		23		
Iron, Fe....mg	0.36		0	1		0.91		
Magnesium, Mg....mg	9		0	1		23		
Phosphorus, P....mg	18		0	1		45		
Potassium, K....mg	148		0	1		373		
Sodium, Na....mg	3		0	1		8		
Zinc, Zn....mg	0.10		0	1		0.25		
Copper, Cu....mg	0.145		0	1		0.365		
Manganese, Mn....mg	0.060		0	1		0.151		
Selenium, Se....mcg	0.3		0	4		0.8		
Vitamins:								
Vitamin C, total ascorbic acid....mg	3.7		0	1		9.3		
Thiamin....mg	0.021		0	1		0.053		
Riboflavin....mg	0.041		0	1		0.103		
Niacin....mg	0.403		0	1		1.016		
Pantothenic acid....mg	0.127		0	4		0.320		
Vitamin B-6....mg	0.030		0	1		0.076		
Folate, total....mcg	4		0	4		11		
Folic acid....mcg	0		0	7		0		
Folate, food....mcg	4		0	4		11		
Folate, DFE....mcg_DFE	4		0	4		11		
Vitamin B-12....mcg	0.00		0	7		0.00		
Vitamin A, IU....IU	157		0	1		396		
Vitamin A, RE....mcg_RE	16		0	1		40		
Vitamin E....mg_ATE	0.130		0	4		0.328		
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.034		0	1		0.086		
4:0....g	0.000		0	1		0.000		
6:0....g	0.000		0	1		0.000		
8:0....g	0.000		0	1		0.000		
10:0....g	0.000		0	1		0.000		
11:0....g								
12:0....g	0.000		0	1		0.000		
13:0....g								
14:0....g	0.001		0	1		0.003		
15:0....g								
16:0....g	0.024		0	1		0.060		
17:0....g								
18:0....g	0.008		0	1		0.020		
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.042		0	1		0.106		
14:1....g								
15:1....g								

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.000		0	1		0.000		
17:1....g								
18:1 undifferentiated....g	0.041		0	1		0.103		
20:1....g	0.000		0	1		0.000		
22:1 undifferentiated....g	0.000		0	1		0.000		
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.046		0	1		0.116		
18:2 undifferentiated....g	0.023		0	1		0.058		
18:3 undifferentiated....g	0.023		0	1		0.058		
18:4....g	0.000		0	1		0.000		
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000		
20:5 n-3....g	0.000		0	1		0.000		
22:2....g								
22:5 n-3....g	0.000		0	1		0.000		
22:6 n-3....g	0.000		0	1		0.000		
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0		
Phytosterols....mg								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0		
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 252.000g: 1 cup, pitted

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

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	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	77.61	0.079	82	1		196.35		
Energy....kcal	83		0	4		210		
Energy....kj	347			4		879		
Protein (N x 6.25)....g	0.60	0.017	82	1		1.52		
Total lipid (fat)....g	0.15	0.003	82	1		0.38		
Ash....g	0.38	0.011	82	1		0.96		
Carbohydrate, by difference....g	21.27		0	4		53.81		
Fiber, total dietary....g	1.5		0	4		3.8		
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	9	0.233	82	1		23		
Iron, Fe....mg	0.35	0.010	82	1		0.89		
Magnesium, Mg....mg	9	0.133	110	1		23		
Phosphorus, P....mg	18	0.259	82	1		46		
Potassium, K....mg	145	1.838	82	1		367		
Sodium, Na....mg	3	0.050	88	1		8		
Zinc, Zn....mg	0.10	0.009	81	1		0.25		
Copper, Cu....mg	0.142	0.008	82	1		0.359		
Manganese, Mn....mg	0.059		0	1		0.149		
Selenium, Se....mcg	0.3		0	4		0.8		
Vitamins:								
Vitamin C, total ascorbic acid....mg	3.6	0.154	85	1		9.1		
Thiamin....mg	0.021	0.000	124	1		0.053		
Riboflavin....mg	0.040	0.000	124	1		0.101		
Niacin....mg	0.396	0.008	136	1		1.002		
Pantothenic acid....mg	0.127		0	4		0.321		
Vitamin B-6....mg	0.030		0	1		0.076		
Folate, total....mcg	4		0	4		11		
Folic acid....mcg	0		0	7		0		
Folate, food....mcg	4		0	4		11		
Folate, DFE....mcg_DFE	4		0	4		11		
Vitamin B-12....mcg	0.00		0	7		0.00		
Vitamin A, IU....IU	154	4.506	138	1		390		
Vitamin A, RE....mcg_RE	15	0.451	138	1		38		
Vitamin E....mg_ATE	0.060		0	1		0.152		
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.034		0	1		0.086		
4:0....g	0.000		0	1		0.000		
6:0....g	0.000		0	1		0.000		
8:0....g	0.000		0	1		0.000		
10:0....g	0.000		0	1		0.000		
11:0....g								
12:0....g	0.000		0	1		0.000		
13:0....g								
14:0....g	0.001		0	1		0.003		
15:0....g								
16:0....g	0.024		0	1		0.061		
17:0....g								
18:0....g	0.008		0	1		0.020		
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.041		0	1		0.104		
14:1....g								
15:1....g								

NDB No. 09074
Cherries, sweet, canned, heavy syrup pack, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.000		0	1		0.000		
17:1....g								
18:1 undifferentiated....g	0.041		0	1		0.104		
20:1....g	0.000		0	1		0.000		
22:1 undifferentiated....g	0.000		0	1		0.000		
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.045		0	1		0.114		
18:2 undifferentiated....g	0.023		0	1		0.058		
18:3 undifferentiated....g	0.022		0	1		0.056		
18:4....g	0.000		0	1		0.000		
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000		
20:5 n-3....g	0.000		0	1		0.000		
22:2....g								
22:5 n-3....g	0.000		0	1		0.000		
22:6 n-3....g	0.000		0	1		0.000		
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0		
Phytosterols....mg								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0		
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 253.000g: 1 cup, pitted

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 09075
Cherries, sweet, canned, extra heavy syrup pack, solids and liquids

Refuse: 8% Pits

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	72.66		0	1		189.64		
Energy....kcal	102		0	4		266		
Energy....kj	427			4		1114		
Protein (N x 6.25)....g	0.59		0	1		1.54		
Total lipid (fat)....g	0.15		0	1		0.39		
Ash....g	0.37		0	1		0.97		
Carbohydrate, by difference....g	26.23		0	4		68.46		
Fiber, total dietary....g	1.5		0	4		3.9		
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	9		0	1		23		
Iron, Fe....mg	0.35		0	1		0.91		
Magnesium, Mg....mg	8		0	1		21		
Phosphorus, P....mg	17		0	1		44		
Potassium, K....mg	142		0	1		371		
Sodium, Na....mg	3		0	1		8		
Zinc, Zn....mg	0.10		0	1		0.26		
Copper, Cu....mg	0.139		0	1		0.363		
Manganese, Mn....mg	0.058		0	1		0.151		
Selenium, Se....mcg								
Vitamins:								
Vitamin C, total ascorbic acid....mg	3.6		0	1		9.4		
Thiamin....mg	0.021		0	1		0.055		
Riboflavin....mg	0.039		0	1		0.102		
Niacin....mg	0.388		0	1		1.013		
Pantothenic acid....mg	0.127		0	4		0.331		
Vitamin B-6....mg	0.030		0	1		0.078		
Folate, total....mcg	4		0	4		11		
Folic acid....mcg	0		0	7		0		
Folate, food....mcg	4		0	4		11		
Folate, DFE....mcg_DFE	4		0	4		11		
Vitamin B-12....mcg	0.00		0	7		0.00		
Vitamin A, IU....IU	151		0	1		394		
Vitamin A, RE....mcg_RE	15		0	1		39		
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.033		0	1		0.086		
4:0....g								
6:0....g								
8:0....g								
10:0....g								
11:0....g								
12:0....g								
13:0....g								
14:0....g	0.001		0	1		0.003		
15:0....g								
16:0....g	0.023		0	1		0.060		
17:0....g								
18:0....g	0.008		0	1		0.021		
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.040		0	1		0.104		
14:1....g								
15:1....g								

NDB No. 09075

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g								
17:1....g								
18:1 undifferentiated....g	0.040		0	1		0.104		
20:1....g								
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.045		0	1		0.117		
18:2 undifferentiated....g	0.023		0	1		0.060		
18:3 undifferentiated....g	0.022		0	1		0.057		
18:4....g								
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g								
20:5 n-3....g								
22:2....g								
22:5 n-3....g								
22:6 n-3....g								
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0		
Phytosterols....mg								

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

Common Measures:

Measure 1 = 261.000g: 1 cup, pitted

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 09076
Cherries, sweet, frozen, sweetened

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	75.53	0.928	3	1		195.62	214.51	
Energy....kcal	89		0	4		231	253	
Energy....kj	372			4		964	1058	
Protein (N x 6.25)....g	1.15	0.271	3	1		2.98	3.27	
Total lipid (fat)....g	0.13	0.033	3	1		0.34	0.37	
Ash....g	0.83	0.353	3	1		2.15	2.36	
Carbohydrate, by difference....g	22.36		0	4		57.91	63.50	
Fiber, total dietary....g	2.1		0	4		5.4	6.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	12	0.977	3	1		31	34	
Iron, Fe....mg	0.35	0.037	3	1		0.91	0.99	
Magnesium, Mg....mg	10	0.751	3	1		26	28	
Phosphorus, P....mg	16	1.568	3	1		41	45	
Potassium, K....mg	199	9.500	3	1		515	565	
Sodium, Na....mg	1	0.353	3	1		3	3	
Zinc, Zn....mg	0.04	0.003	3	1		0.10	0.11	
Copper, Cu....mg	0.024	0.006	3	1		0.062	0.068	
Manganese, Mn....mg	0.109	0.018	3	1		0.282	0.310	
Selenium, Se....mcg	0.4		0	4		1.0	1.1	
Vitamins:								
Vitamin C, total ascorbic acid....mg	1.0	0.000	3	1		2.6	2.8	
Thiamin....mg	0.027	0.003	3	1		0.070	0.077	
Riboflavin....mg	0.047	0.003	3	1		0.122	0.133	
Niacin....mg	0.177	0.014	3	1		0.458	0.503	
Pantothenic acid....mg	0.127		0	4		0.329	0.361	
Vitamin B-6....mg	0.036		0	4		0.093	0.102	
Folate, total....mcg	4		0	4		11	12	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	4		0	4		11	12	
Folate, DFE....mcg_DFE	4		0	4		11	12	
Vitamin B-12....mcg	0.00		0	7		0.00	0.00	
Vitamin A, IU....IU	189	53.061	3	1		490	537	
Vitamin A, RE....mcg_RE	19	5.306	3	1		49	54	
Vitamin E....mg_ATE	0.130		0	4		0.337	0.369	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.030		0	1		0.078	0.085	
4:0....g	0.000		0	1		0.000	0.000	
6:0....g	0.000		0	1		0.000	0.000	
8:0....g	0.000		0	1		0.000	0.000	
10:0....g	0.000		0	1		0.000	0.000	
11:0....g								
12:0....g	0.000		0	1		0.000	0.000	
13:0....g								
14:0....g	0.001		0	1		0.003	0.003	
15:0....g								
16:0....g	0.021		0	1		0.054	0.060	
17:0....g								
18:0....g	0.007		0	1		0.018	0.020	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.036		0	1		0.093	0.102	
14:1....g								
15:1....g								

NDB No. 09076
Cherries, sweet, frozen, sweetened

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.000		0	1		0.000	0.000	
17:1....g								
18:1 undifferentiated....g	0.036		0	1		0.093	0.102	
20:1....g	0.000		0	1		0.000	0.000	
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.040		0	1		0.104	0.114	
18:2 undifferentiated....g	0.020		0	1		0.052	0.057	
18:3 undifferentiated....g	0.020		0	1		0.052	0.057	
18:4....g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	
20:5 n-3....g	0.000		0	1		0.000	0.000	
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	
22:6 n-3....g	0.000		0	1		0.000	0.000	
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0	0	
Phytosterols....mg								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 259.000g: 1 cup, thawed

Measure 2 = 284.000g: 1 package (10 oz)

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 09077
Crabapples, raw
Malus spp.

Refuse: 8% Core and stems

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	78.94		1	1		86.83		
Energy....kcal	76		0	4		84		
Energy....kj	318			4		350		
Protein (N x 6.25)....g	0.40		0	1		0.44		
Total lipid (fat)....g	0.30		0	1		0.33		
Ash....g	0.42	0.053	3	1		0.46		
Carbohydrate, by difference....g	19.95		0	4		21.95		
Fiber, total dietary....g								
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	18	4.373	3	1		20		
Iron, Fe....mg	0.36	0.065	3	1		0.40		
Magnesium, Mg....mg	7	0.279	3	1		8		
Phosphorus, P....mg	15	4.093	3	1		17		
Potassium, K....mg	194	23.536	3	1		213		
Sodium, Na....mg	1	0.170	3	1		1		
Zinc, Zn....mg								
Copper, Cu....mg	0.067	0.011	3	1		0.074		
Manganese, Mn....mg	0.115	0.025	3	1		0.127		
Selenium, Se....mcg								
Vitamins:								
Vitamin C, total ascorbic acid....mg	8.0		0	1		8.8		
Thiamin....mg	0.030		0	1		0.033		
Riboflavin....mg	0.020		0	1		0.022		
Niacin....mg	0.100		0	1		0.110		
Pantothenic acid....mg								
Vitamin B-6....mg								
Folate, total....mcg								
Folate, DFE....mcg_DFE								
Vitamin B-12....mcg	0.00		0	7		0.00		
Vitamin A, IU....IU	40		0	1		44		
Vitamin A, RE....mcg_RE	4		0	1		4		
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.048		0	1		0.053		
4:0....g								
6:0....g								
8:0....g								
10:0....g								
11:0....g								
12:0....g	0.001		0	1		0.001		
13:0....g								
14:0....g	0.001		0	1		0.001		
15:0....g								
16:0....g	0.040		0	1		0.044		
17:0....g								
18:0....g	0.006		0	1		0.007		
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.012		0	1		0.013		
14:1....g								
15:1....g								
16:1 undifferentiated....g	0.001		0	1		0.001		
17:1....g								

NDB No. 09077
Crabapples, raw

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

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

Common Measures:

Measure 1 = 110.000g: 1 cup slices

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

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	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	86.54		22	1		95.19	82.21	
Energy....kcal	49		0	4		54	47	
Energy....kj	205			4		226	195	
Protein (N x 6.25)....g	0.39		18	1		0.43	0.37	
Total lipid (fat)....g	0.20		1	1		0.22	0.19	
Ash....g	0.19		18	1		0.21	0.18	
Carbohydrate, by difference....g	12.68		0	4		13.95	12.05	
Fiber, total dietary....g	4.2		0	4		4.6	4.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	7		2	1		8	7	
Iron, Fe....mg	0.20	0.015	16	1		0.22	0.19	
Magnesium, Mg....mg	5		18	1		6	5	
Phosphorus, P....mg	9		17	1		10	9	
Potassium, K....mg	71		10	1		78	67	
Sodium, Na....mg	1		9	1		1	1	
Zinc, Zn....mg	0.13		1	1		0.14	0.12	
Copper, Cu....mg	0.058	0.006	16	1		0.064	0.055	
Manganese, Mn....mg	0.157	0.014	16	1		0.173	0.149	
Selenium, Se....mcg	0.6		0	4		0.7	0.6	
Vitamins:								
Vitamin C, total ascorbic acid....mg	13.5		1	1		14.9	12.8	
Thiamin....mg	0.030		0	1		0.033	0.029	
Riboflavin....mg	0.020		0	1		0.022	0.019	
Niacin....mg	0.100		0	1		0.110	0.095	
Pantothenic acid....mg	0.219		0	1		0.241	0.208	
Vitamin B-6....mg	0.065		2	1		0.072	0.062	
Folate, total....mcg	2	0.350	4	1		2	2	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	2	0.350	4	1		2	2	
Folate, DFE....mcg_DFE	2		0	4		2	2	
Vitamin B-12....mcg	0.00		0	7		0.00	0.00	
Vitamin A, IU....IU	46	8.482	5	1		51	44	
Vitamin A, RE....mcg_RE	5	0.848	5	1		6	5	
Vitamin E....mg_ATE	0.100		0	4		0.110	0.095	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.017		0	4		0.019	0.016	
4:0....g	0.000		0	4		0.000	0.000	
6:0....g	0.000		0	4		0.000	0.000	
8:0....g	0.000		0	4		0.000	0.000	
10:0....g	0.000		0	4		0.000	0.000	
11:0....g								
12:0....g	0.000		0	4		0.000	0.000	
13:0....g								
14:0....g	0.000		0	4		0.000	0.000	
15:0....g								
16:0....g	0.010		0	4		0.011	0.010	
17:0....g								
18:0....g	0.003		0	4		0.003	0.003	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.028		0	4		0.031	0.027	
14:1....g								
15:1....g								

NDB No. 09078
Cranberries, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.001		0	4		0.001	0.001	
17:1....g								
18:1 undifferentiated....g	0.028		0	4		0.031	0.027	
20:1....g	0.000		0	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	4		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.088		0	4		0.097	0.084	
18:2 undifferentiated....g	0.053		0	4		0.058	0.050	
18:3 undifferentiated....g	0.035		0	4		0.039	0.033	
18:4....g	0.000		0	4		0.000	0.000	
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	4		0.000	0.000	
20:5 n-3....g	0.000		0	4		0.000	0.000	
22:2....g								
22:5 n-3....g	0.000		0	4		0.000	0.000	
22:6 n-3....g	0.000		0	4		0.000	0.000	
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0	0	
Phytosterols....mg								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 110.000g: 1 cup, chopped

Measure 2 = 95.000g: 1 cup, whole

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

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	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	60.65		2	1		168.00	34.57	
Energy....kcal	151		0	4		418	86	
Energy....kj	632			4		1750	360	
Protein (N x 6.25)....g	0.20		2	1		0.55	0.11	
Total lipid (fat)....g	0.15		2	1		0.42	0.09	
Ash....g	0.10		2	1		0.28	0.06	
Carbohydrate, by difference....g	38.90		0	4		107.75	22.17	
Fiber, total dietary....g	1.0		0	1		2.8	0.6	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	4		2	1		11	2	
Iron, Fe....mg	0.22		2	1		0.61	0.13	
Magnesium, Mg....mg	3		2	1		8	2	
Phosphorus, P....mg	6		2	1		17	3	
Potassium, K....mg	26		2	1		72	15	
Sodium, Na....mg	29		2	1		80	17	
Zinc, Zn....mg	0.05		0	1		0.14	0.03	
Copper, Cu....mg	0.020		2	1		0.055	0.011	
Manganese, Mn....mg	0.060		0	1		0.166	0.034	
Selenium, Se....mcg	0.5		0	4		1.4	0.3	
Vitamins:								
Vitamin C, total ascorbic acid....mg	2.0		0	1		5.5	1.1	
Thiamin....mg	0.015		2	1		0.042	0.009	
Riboflavin....mg	0.021		2	1		0.058	0.012	
Niacin....mg	0.100		0	1		0.277	0.057	
Pantothenic acid....mg								
Vitamin B-6....mg	0.014		2	1		0.039	0.008	
Folate, total....mcg	1		0	4		3	1	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	1		0	4		3	1	
Folate, DFE....mcg_DFE	1		0	4		3	1	
Vitamin B-12....mcg	0.00		0	7		0.00	0.00	
Vitamin A, IU....IU	20		0	1		55	11	
Vitamin A, RE....mcg_RE	2		0	1		6	1	
Vitamin E....mg_ATE	0.100		0	4		0.277	0.057	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.013		0	4		0.036	0.007	
4:0....g	0.000		0	4		0.000	0.000	
6:0....g	0.000		0	4		0.000	0.000	
8:0....g	0.000		0	4		0.000	0.000	
10:0....g	0.000		0	4		0.000	0.000	
11:0....g								
12:0....g	0.000		0	4		0.000	0.000	
13:0....g								
14:0....g	0.000		0	4		0.000	0.000	
15:0....g								
16:0....g	0.008		0	4		0.022	0.005	
17:0....g								
18:0....g	0.002		0	4		0.006	0.001	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.021		0	4		0.058	0.012	
14:1....g								
15:1....g								

NDB No. 09081
Cranberry sauce, canned, sweetened

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.001		0	4		0.003	0.001	
17:1....g								
18:1 undifferentiated....g	0.021		0	4		0.058	0.012	
20:1....g	0.000		0	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	4		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.066		0	4		0.183	0.038	
18:2 undifferentiated....g	0.040		0	4		0.111	0.023	
18:3 undifferentiated....g	0.026		0	4		0.072	0.015	
18:4....g	0.000		0	4		0.000	0.000	
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	4		0.000	0.000	
20:5 n-3....g	0.000		0	4		0.000	0.000	
22:2....g								
22:5 n-3....g	0.000		0	4		0.000	0.000	
22:6 n-3....g	0.000		0	4		0.000	0.000	
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0	0	
Phytosterols....mg								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 277.000g: 1 cup

Measure 2 = 57.000g: 1 slice (1/2" thick, approx 8 slices per can)

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 09082
Cranberry-orange relish, canned

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	53.20		1	1		146.30		
Energy....kcal	178		0	4		490		
Energy....kj	745			4		2048		
Protein (N x 6.25)....g	0.30		1	1		0.83		
Total lipid (fat)....g	0.10		1	1		0.28		
Ash....g	0.20		1	1		0.55		
Carbohydrate, by difference....g	46.20		0	4		127.05		
Fiber, total dietary....g	0.0		0	4		0.0		
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	11		1	1		30		
Iron, Fe....mg	0.20		1	1		0.55		
Magnesium, Mg....mg	4		1	1		11		
Phosphorus, P....mg	8		1	1		22		
Potassium, K....mg	38		1	1		105		
Sodium, Na....mg	32		1	1		88		
Zinc, Zn....mg								
Copper, Cu....mg	0.040		1	1		0.110		
Manganese, Mn....mg								
Selenium, Se....mcg								
Vitamins:								
Vitamin C, total ascorbic acid....mg	18.0		0	1		49.5		
Thiamin....mg	0.030		0	1		0.083		
Riboflavin....mg	0.020		0	1		0.055		
Niacin....mg	0.100		0	1		0.275		
Pantothenic acid....mg								
Vitamin B-6....mg								
Folate, total....mcg								
Folate, DFE....mcg_DFE								
Vitamin B-12....mcg	0.00		0	7		0.00		
Vitamin A, IU....IU	70		0	1		193		
Vitamin A, RE....mcg_RE	7		0	1		19		
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.012		0	1		0.033		
Fatty acids, total monounsaturated....g								
Fatty acids, total polyunsaturated....g								
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0		
Phytosterols....mg								

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

Common Measures:

Measure 1 = 275.000g: 1 cup

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 09083
Currants, european black, raw
Ribes nigrum

Refuse: 2% Stems

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	81.96	0.438	4	1		91.80		
Energy....kcal	63		0	4		71		
Energy....kj	264			4		295		
Protein (N x 6.25)....g	1.40		2	1		1.57		
Total lipid (fat)....g	0.41		2	1		0.46		
Ash....g	0.86	0.055	4	1		0.96		
Carbohydrate, by difference....g	15.38		0	4		17.23		
Fiber, total dietary....g								
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	55	4.825	3	1		62		
Iron, Fe....mg	1.54	0.418	4	1		1.72		
Magnesium, Mg....mg	24		2	1		27		
Phosphorus, P....mg	59	1.878	3	1		66		
Potassium, K....mg	322	10.827	4	1		361		
Sodium, Na....mg	2		1	1		2		
Zinc, Zn....mg	0.27		2	1		0.30		
Copper, Cu....mg	0.086	0.006	4	1		0.096		
Manganese, Mn....mg	0.256		2	1		0.287		
Selenium, Se....mcg								
Vitamins:								
Vitamin C, total ascorbic acid....mg	181.0		1	1		202.7		
Thiamin....mg	0.050		0	1		0.056		
Riboflavin....mg	0.050		0	1		0.056		
Niacin....mg	0.300		0	1		0.336		
Pantothenic acid....mg	0.398		0	1		0.446		
Vitamin B-6....mg	0.066		0	1		0.074		
Folate, total....mcg								
Folate, DFE....mcg_DFE								
Vitamin B-12....mcg	0.00		0	7		0.00		
Vitamin A, IU....IU	230		0	1		258		
Vitamin A, RE....mcg_RE	23		0	1		26		
Vitamin E....mg_ATE	1.000		0	1		1.120		
Tocopherol, alpha....mg	1.00		0	1		1.12		
Tocopherol, beta....mg								
Tocopherol, gamma....mg								
Tocopherol, delta....mg								
Tocotrienol, alpha....mg								
Tocotrienol, beta....mg								
Tocotrienol, gamma....mg								
Tocotrienol, delta....mg								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.034		0	1		0.038		
4:0....g								
6:0....g								
8:0....g								
10:0....g								
11:0....g								
12:0....g								
13:0....g								
14:0....g								
15:0....g								
16:0....g	0.020		0	1		0.022		
17:0....g								
18:0....g	0.007		0	1		0.008		
19:0....g								

NDB No. 09083
Currants, european black, raw

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

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

Common Measures:

Measure 1 = 112.000g: 1 cup

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

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

Refuse: 2% Stems

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	83.95		2	1		94.02		
Energy....kcal	56		0	4		63		
Energy....kj	234			4		262		
Protein (N x 6.25)....g	1.40		0	1		1.57		
Total lipid (fat)....g	0.20		0	1		0.22		
Ash....g	0.66	0.040	5	1		0.74		
Carbohydrate, by difference....g	13.80		0	4		15.46		
Fiber, total dietary....g	4.3		0	4		4.8		
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	33	3.247	5	1		37		
Iron, Fe....mg	1.00	0.097	5	1		1.12		
Magnesium, Mg....mg	13	0.822	5	1		15		
Phosphorus, P....mg	44	2.125	6	1		49		
Potassium, K....mg	275	16.512	6	1		308		
Sodium, Na....mg	1	0.150	4	1		1		
Zinc, Zn....mg	0.23		1	1		0.26		
Copper, Cu....mg	0.107	0.009	5	1		0.120		
Manganese, Mn....mg	0.186	0.009	5	1		0.208		
Selenium, Se....mcg	0.6		0	4		0.7		
Vitamins:								
Vitamin C, total ascorbic acid....mg	41.0		0	1		45.9		
Thiamin....mg	0.040		0	1		0.045		
Riboflavin....mg	0.050		0	1		0.056		
Niacin....mg	0.100		0	1		0.112		
Pantothenic acid....mg	0.064		0	1		0.072		
Vitamin B-6....mg	0.070		1	1		0.078		
Folate, total....mcg	8		0	4		9		
Folic acid....mcg	0		0	7		0		
Folate, food....mcg	8		0	4		9		
Folate, DFE....mcg_DFE	8		0	4		9		
Vitamin B-12....mcg	0.00		0	7		0.00		
Vitamin A, IU....IU	120		0	1		134		
Vitamin A, RE....mcg_RE	12		0	1		13		
Vitamin E....mg_ATE	0.100		0	1		0.112		
Tocopherol, alpha....mg	0.10		0	1		0.11		
Tocopherol, beta....mg								
Tocopherol, gamma....mg								
Tocopherol, delta....mg								
Tocotrienol, alpha....mg								
Tocotrienol, beta....mg								
Tocotrienol, gamma....mg								
Tocotrienol, delta....mg								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.017		0	1		0.019		
4:0....g	0.000		0	1		0.000		
6:0....g	0.000		0	1		0.000		
8:0....g	0.000		0	1		0.000		
10:0....g	0.000		0	1		0.000		
11:0....g								
12:0....g	0.000		0	1		0.000		
13:0....g								
14:0....g	0.000		0	1		0.000		
15:0....g								
16:0....g	0.010		1	1		0.011		
17:0....g								

NDB No. 09084
Currants, red and white, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
18:0 ... g	0.003		1	1		0.003		
19:0 ... g								
20:0 ... g								
22:0 ... g								
24:0 ... g								
Fatty acids, total monounsaturated ... g	0.028		0	1		0.031		
14:1 ... g								
15:1 ... g								
16:1 undifferentiated ... g	0.001		1	1		0.001		
17:1 ... g								
18:1 undifferentiated ... g	0.028		1	1		0.031		
20:1 ... g	0.000		0	1		0.000		
22:1 undifferentiated ... g	0.000		0	1		0.000		
24:1 c ... g								
Fatty acids, total polyunsaturated ... g	0.088		0	1		0.099		
18:2 undifferentiated ... g	0.053		1	1		0.059		
18:3 undifferentiated ... g	0.035		1	1		0.039		
18:4 ... g	0.000		0	1		0.000		
20:2 n-6 c,c ... g								
20:3 undifferentiated ... g								
20:4 undifferentiated ... g	0.000		0	1		0.000		
20:5 n-3 ... g	0.000		0	1		0.000		
22:2 ... g								
22:5 n-3 ... g	0.000		0	1		0.000		
22:6 n-3 ... g	0.000		0	1		0.000		
Fatty acids, total trans ... g								
Cholesterol ... mg	0		0	7		0		
Phytosterols ... mg								
Others:								
Alcohol, ethyl ... g	0.0		0	7		0.0		
Caffeine ... mg								
Theobromine ... mg								

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

Common Measures:

Measure 1 = 112.000g: 1 cup

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 09085
Currants, zante, dried
Vitis vinifera

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	19.21	0.536	26	1		27.66		
Energy....kcal	283		0	4		408		
Energy....kj	1184			4		1705		
Protein (N x 6.25)....g	4.08	0.135	26	1		5.88		
Total lipid (fat)....g	0.27	0.039	26	1		0.39		
Ash....g	2.36	0.079	26	1		3.40		
Carbohydrate, by difference....g	74.08		0	4		106.68		
Fiber, total dietary....g	6.8		0	4		9.8		
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	86	2.782	26	1		124		
Iron, Fe....mg	3.26	0.157	37	1		4.69		
Magnesium, Mg....mg	41	0.841	26	1		59		
Phosphorus, P....mg	125	3.978	26	1		180		
Potassium, K....mg	892	28.091	26	1		1284		
Sodium, Na....mg	8	0.507	26	1		12		
Zinc, Zn....mg	0.66	0.082	26	1		0.95		
Copper, Cu....mg	0.468	0.023	26	1		0.674		
Manganese, Mn....mg	0.469		1	1		0.675		
Selenium, Se....mcg	0.7		0	4		1.0		
Vitamins:								
Vitamin C, total ascorbic acid....mg	4.7	0.494	36	1		6.8		
Thiamin....mg	0.160	0.006	25	1		0.230		
Riboflavin....mg	0.142	0.015	25	1		0.204		
Niacin....mg	1.615	0.135	25	1		2.326		
Pantothenic acid....mg	0.045		0	1		0.065		
Vitamin B-6....mg	0.296		0	1		0.426		
Folate, total....mcg	10	0.045	4	1		15		
Folic acid....mcg	0		0	7		0		
Folate, food....mcg	10	0.045	4	1		15		
Folate, DFE....mcg_DFE	10		0	4		15		
Vitamin B-12....mcg	0.00		0	7		0.00		
Vitamin A, IU....IU	73	5.649	23	1		105		
Vitamin A, RE....mcg_RE	7	0.565	23	1		10		
Vitamin E....mg_ATE	0.100		0	4		0.144		
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.028		0	1		0.040		
4:0....g	0.000		0	1		0.000		
6:0....g	0.000		0	1		0.000		
8:0....g	0.000		0	1		0.000		
10:0....g	0.000		0	1		0.000		
11:0....g								
12:0....g	0.000		0	1		0.000		
13:0....g								
14:0....g	0.000		0	1		0.000		
15:0....g								
16:0....g	0.019		0	1		0.027		
17:0....g								
18:0....g	0.009		0	1		0.013		
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.047		0	1		0.068		
14:1....g								
15:1....g								

NDB No. 09085
Currants, zante, dried

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.002		0	1		0.003		
17:1....g								
18:1 undifferentiated....g	0.045		0	1		0.065		
20:1....g	0.000		0	1		0.000		
22:1 undifferentiated....g	0.000		0	1		0.000		
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.180		0	1		0.259		
18:2 undifferentiated....g	0.180		0	1		0.259		
18:3 undifferentiated....g	0.000		0	1		0.000		
18:4....g	0.000		0	1		0.000		
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000		
20:5 n-3....g	0.000		0	1		0.000		
22:2....g								
22:5 n-3....g	0.000		0	1		0.000		
22:6 n-3....g	0.000		0	1		0.000		
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0		
Phytosterols....mg								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0		
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 144.000g: 1 cup

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

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

Refuse: 42% Seeds and skin

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	71.50		0	1				
Energy....kcal	101		0	4				
Energy....kj	423			4				
Protein (N x 6.25)....g	1.70		0	1				
Total lipid (fat)....g	0.60		0	1				
Ash....g	1.00		0	1				
Carbohydrate, by difference....g	25.20		0	4				
Fiber, total dietary....g	2.4		0	4				
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	30	6.209	9	1				
Iron, Fe....mg	0.71		2	1				
Magnesium, Mg....mg	18		1	1				
Phosphorus, P....mg	21	2.722	7	1				
Potassium, K....mg	382	52.019	4	1				
Sodium, Na....mg	4		2	1				
Zinc, Zn....mg								
Copper, Cu....mg								
Manganese, Mn....mg								
Selenium, Se....mcg								
Vitamins:								
Vitamin C, total ascorbic acid....mg	19.2	2.747	15	1				
Thiamin....mg	0.080		0	1				
Riboflavin....mg	0.100		0	1				
Niacin....mg	0.500		0	1				
Pantothenic acid....mg	0.135		0	1				
Vitamin B-6....mg	0.221		1	1				
Folate, total....mcg								
Folate, DFE....mcg_DFE								
Vitamin B-12....mcg	0.00		0	7				
Vitamin A, IU....IU	33		0	4				
Vitamin A, RE....mcg_RE	3		0	4				
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.231		0	4				
Fatty acids, total monounsaturated....g								
Fatty acids, total polyunsaturated....g								
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7				
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.007		1	1				
Threonine....g								
Isoleucine....g								
Leucine....g								
Lysine....g	0.037		1	1				
Methionine....g	0.004		1	1				
Cystine....g								
Phenylalanine....g								
Tyrosine....g								
Valine....g								
Arginine....g								
Histidine....g								
Alanine....g								
Aspartic acid....g								
Glutamic acid....g								

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

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

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

Common Measures:

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

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	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	22.50		0	1		40.05	1.87	
Energy....kcal	275		0	4		490	23	
Energy....kj	1151			4		2048	95	
Protein (N x 6.25)....g	1.97	0.052	18	1		3.51	0.16	
Total lipid (fat)....g	0.45		1	1		0.80	0.04	
Ash....g	1.58	0.020	18	1		2.81	0.13	
Carbohydrate, by difference....g	73.51		0	4		130.85	6.10	
Fiber, total dietary....g	7.5		0	1		13.4	0.6	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	32	2.209	17	1		57	3	
Iron, Fe....mg	1.15	0.193	17	1		2.05	0.10	
Magnesium, Mg....mg	35	2.251	17	1		62	3	
Phosphorus, P....mg	40	3.076	17	1		71	3	
Potassium, K....mg	652	28.412	9	1		1161	54	
Sodium, Na....mg	3	1.229	9	1		5	0	
Zinc, Zn....mg	0.29	0.003	11	1		0.52	0.02	
Copper, Cu....mg	0.288	0.013	18	1		0.513	0.024	
Manganese, Mn....mg	0.298	0.014	17	1		0.530	0.025	
Selenium, Se....mcg	1.9	0.264	3	1		3.4	0.2	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0	0.0	
Thiamin....mg	0.090		0	1		0.160	0.007	
Riboflavin....mg	0.100		0	1		0.178	0.008	
Niacin....mg	2.200		0	1		3.916	0.183	
Pantothenic acid....mg	0.780		0	1		1.388	0.065	
Vitamin B-6....mg	0.192		1	1		0.342	0.016	
Folate, total....mcg	13	4.855	5	1		22	1	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	13	4.855	5	1		22	1	
Folate, DFE....mcg_DFE	13		0	4		22	1	
Vitamin B-12....mcg	0.00		0	7		0.00	0.00	
Vitamin A, IU....IU	50		0	1		89	4	
Vitamin A, RE....mcg_RE	5		0	1		9	0	
Vitamin E....mg_ATE	0.100		0	4		0.178	0.008	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.191		0	4		0.340	0.016	
4:0....g	0.000		0	4		0.000	0.000	
6:0....g	0.001		0	4		0.002	0.000	
8:0....g	0.001		0	4		0.002	0.000	
10:0....g	0.009		0	4		0.016	0.001	
11:0....g								
12:0....g	0.058		0	4		0.103	0.005	
13:0....g								
14:0....g	0.038		0	4		0.068	0.003	
15:0....g								
16:0....g	0.034		0	4		0.061	0.003	
17:0....g								
18:0....g	0.009		0	4		0.016	0.001	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.149		0	4		0.265	0.012	
14:1....g								
15:1....g								

NDB No. 09087
Dates, domestic, natural and dry

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.001		0	4		0.002	0.000	
17:1....g								
18:1 undifferentiated....g	0.148		0	4		0.263	0.012	
20:1....g	0.000		0	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	4		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.031		0	4		0.055	0.003	
18:2 undifferentiated....g	0.028		0	4		0.050	0.002	
18:3 undifferentiated....g	0.002		0	4		0.004	0.000	
18:4....g	0.000		0	4		0.000	0.000	
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	4		0.000	0.000	
20:5 n-3....g	0.000		0	4		0.000	0.000	
22:2....g								
22:5 n-3....g	0.000		0	4		0.000	0.000	
22:6 n-3....g	0.000		0	4		0.000	0.000	
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0	0	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.050		4	1		0.089	0.004	
Threonine....g	0.052		10	1		0.093	0.004	
Isoleucine....g	0.047		10	1		0.084	0.004	
Leucine....g	0.088		10	1		0.157	0.007	
Lysine....g	0.060		10	1		0.107	0.005	
Methionine....g	0.022		10	1		0.039	0.002	
Cystine....g	0.045		10	1		0.080	0.004	
Phenylalanine....g	0.056		10	1		0.100	0.005	
Tyrosine....g	0.030		10	1		0.053	0.002	
Valine....g	0.066		10	1		0.117	0.005	
Arginine....g	0.066		10	1		0.117	0.005	
Histidine....g	0.030		9	1		0.053	0.002	
Alanine....g	0.100		10	1		0.178	0.008	
Aspartic acid....g	0.126		10	1		0.224	0.010	
Glutamic acid....g	0.213		10	1		0.379	0.018	
Glycine....g	0.095		10	1		0.169	0.008	
Proline....g	0.106		10	1		0.189	0.009	
Serine....g	0.066		10	1		0.117	0.005	
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 178.000g: 1 cup, pitted, chopped

Measure 2 = 8.300g: 1 date

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 09088
Elderberries, raw
Sambucus spp.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	79.80		0	1		115.71		
Energy....kcal	73		0	4		106		
Energy....kj	305			4		443		
Protein (N x 6.25)....g	0.66	0.042	12	1		0.96		
Total lipid (fat)....g	0.50		0	1		0.73		
Ash....g	0.64	0.025	12	1		0.93		
Carbohydrate, by difference....g	18.40		0	4		26.68		
Fiber, total dietary....g	7.0		0	4		10.2		
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	38		0	1		55		
Iron, Fe....mg	1.60		0	1		2.32		
Magnesium, Mg....mg	5		0	4		7		
Phosphorus, P....mg	39	2.132	12	1		57		
Potassium, K....mg	280	10.027	12	1		406		
Sodium, Na....mg	6		0	1		9		
Zinc, Zn....mg	0.11		0	4		0.16		
Copper, Cu....mg	0.061		0	4		0.088		
Manganese, Mn....mg								
Selenium, Se....mcg	0.6		0	4		0.9		
Vitamins:								
Vitamin C, total ascorbic acid....mg	36.0		0	1		52.2		
Thiamin....mg	0.070		0	1		0.102		
Riboflavin....mg	0.060		0	1		0.087		
Niacin....mg	0.500		0	1		0.725		
Pantothenic acid....mg	0.140		0	1		0.203		
Vitamin B-6....mg	0.230		0	1		0.334		
Folate, total....mcg	6		0	4		9		
Folic acid....mcg	0		0	7		0		
Folate, food....mcg	6		0	4		9		
Folate, DFE....mcg_DFE	6		0	4		9		
Vitamin B-12....mcg	0.00		0	7		0.00		
Vitamin A, IU....IU	600		0	1		870		
Vitamin A, RE....mcg_RE	60		0	1		87		
Vitamin E....mg_ATE	1.000		0	4		1.450		
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.023		0	1		0.033		
4:0....g	0.000		0	4		0.000		
6:0....g	0.000		0	4		0.000		
8:0....g	0.000		0	4		0.000		
10:0....g	0.000		0	4		0.000		
11:0....g								
12:0....g	0.000		0	4		0.000		
13:0....g								
14:0....g	0.000		0	4		0.000		
15:0....g								
16:0....g	0.018		0	4		0.026		
17:0....g								
18:0....g	0.005		0	4		0.007		
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.080		0	1		0.116		
14:1....g								
15:1....g								

NDB No. 09088
Elderberries, raw

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

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

Common Measures:

Measure 1 = 145.000g: 1 cup

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 09089
Figs, raw
Ficus carica

Refuse: 1% Stems

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	79.11	0.337	16	1		50.63	39.56	31.64
Energy....kcal	74		0	4		47	37	30
Energy....kj	310			4		198	155	124
Protein (N x 6.25)....g	0.75	0.028	16	1		0.48	0.38	0.30
Total lipid (fat)....g	0.30		0	1		0.19	0.15	0.12
Ash....g	0.66	0.010	16	1		0.42	0.33	0.26
Carbohydrate, by difference....g	19.18		0	4		12.28	9.59	7.67
Fiber, total dietary....g	3.3		0	4		2.1	1.7	1.3
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	35		0	1		22	18	14
Iron, Fe....mg	0.37	0.020	16	1		0.24	0.19	0.15
Magnesium, Mg....mg	17	1.175	16	1		11	9	7
Phosphorus, P....mg	14	1.125	16	1		9	7	6
Potassium, K....mg	232	10.960	8	1		148	116	93
Sodium, Na....mg	1	0.041	8	1		1	1	0
Zinc, Zn....mg	0.15		0	1		0.10	0.08	0.06
Copper, Cu....mg	0.070	0.005	16	1		0.045	0.035	0.028
Manganese, Mn....mg	0.128	0.009	16	1		0.082	0.064	0.051
Selenium, Se....mcg	0.6		0	4		0.4	0.3	0.2
Vitamins:								
Vitamin C, total ascorbic acid....mg	2.0		0	1		1.3	1.0	0.8
Thiamin....mg	0.060		0	1		0.038	0.030	0.024
Riboflavin....mg	0.050		0	1		0.032	0.025	0.020
Niacin....mg	0.400		0	1		0.256	0.200	0.160
Pantothenic acid....mg	0.300		0	1		0.192	0.150	0.120
Vitamin B-6....mg	0.113		0	1		0.072	0.057	0.045
Folate, total....mcg	6		0	4		4	3	2
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	6		0	4		4	3	2
Folate, DFE....mcg_DFE	6		0	4		4	3	2
Vitamin B-12....mcg	0.00		0	7		0.00	0.00	0.00
Vitamin A, IU....IU	142		1	1		91	71	57
Vitamin A, RE....mcg_RE	14		1	1		9	7	6
Vitamin E....mg_ATE	0.890		0	4		0.570	0.445	0.356
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.060		0	1		0.038	0.030	0.024
4:0....g	0.000		0	1		0.000	0.000	0.000
6:0....g	0.000		0	1		0.000	0.000	0.000
8:0....g	0.000		0	1		0.000	0.000	0.000
10:0....g	0.000		0	1		0.000	0.000	0.000
11:0....g								
12:0....g	0.000		0	1		0.000	0.000	0.000
13:0....g								
14:0....g	0.002		0	1		0.001	0.001	0.001
15:0....g								
16:0....g	0.046		0	1		0.029	0.023	0.018
17:0....g								
18:0....g	0.012		0	1		0.008	0.006	0.005
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.066		0	1		0.042	0.033	0.026
14:1....g								
15:1....g								

NDB No. 09089
Figs, raw

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
17:1....g								
18:1 undifferentiated....g	0.066		0	1		0.042	0.033	0.026
20:1....g	0.000		0	1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.144		0	1		0.092	0.072	0.058
18:2 undifferentiated....g	0.144		0	1		0.092	0.072	0.058
18:3 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
18:4....g	0.000		0	1		0.000	0.000	0.000
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
20:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:6 n-3....g	0.000		0	1		0.000	0.000	0.000
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0	0	0
Phytosterols....mg	31		0	1		20	16	12
Amino Acids:								
Tryptophan....g	0.006		1	1		0.004	0.003	0.002
Threonine....g	0.024		1	1		0.015	0.012	0.010
Isoleucine....g	0.023		1	1		0.015	0.012	0.009
Leucine....g	0.033		1	1		0.021	0.017	0.013
Lysine....g	0.030		1	1		0.019	0.015	0.012
Methionine....g	0.006		1	1		0.004	0.003	0.002
Cystine....g	0.012		1	1		0.008	0.006	0.005
Phenylalanine....g	0.018		1	1		0.012	0.009	0.007
Tyrosine....g	0.032		1	1		0.020	0.016	0.013
Valine....g	0.028		1	1		0.018	0.014	0.011
Arginine....g	0.017		1	1		0.011	0.009	0.007
Histidine....g	0.011		1	1		0.007	0.006	0.004
Alanine....g	0.045		1	1		0.029	0.023	0.018
Aspartic acid....g	0.176		1	1		0.113	0.088	0.070
Glutamic acid....g	0.072		1	1		0.046	0.036	0.029
Glycine....g	0.025		1	1		0.016	0.013	0.010
Proline....g	0.049		1	1		0.031	0.025	0.020
Serine....g	0.037		1	1		0.024	0.019	0.015
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	0.0
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 64.000g: 1 large (2-1/2" dia)

Measure 2 = 50.000g: 1 medium (2-1/4" dia)

Measure 3 = 40.000g: 1 small (1-1/2" dia)

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

Food Group: 09 Fruits and Fruit Juices

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	85.21		0	1		211.32	23.01	
Energy....kcal	53		0	4		131	14	
Energy....kj	222			4		550	60	
Protein (N x 6.25)....g	0.40		0	1		0.99	0.11	
Total lipid (fat)....g	0.10		0	1		0.25	0.03	
Ash....g	0.30		0	1		0.74	0.08	
Carbohydrate, by difference....g	13.99		0	4		34.70	3.78	
Fiber, total dietary....g	2.2		0	4		5.5	0.6	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	28		0	1		69	8	
Iron, Fe....mg	0.29		0	1		0.72	0.08	
Magnesium, Mg....mg	10		0	1		25	3	
Phosphorus, P....mg	10		0	1		25	3	
Potassium, K....mg	103		0	1		255	28	
Sodium, Na....mg	1		0	1		2	0	
Zinc, Zn....mg	0.12		0	1		0.30	0.03	
Copper, Cu....mg	0.110		0	1		0.273	0.030	
Manganese, Mn....mg	0.088		0	1		0.218	0.024	
Selenium, Se....mcg	0.4		0	4		1.0	0.1	
Vitamins:								
Vitamin C, total ascorbic acid....mg	1.0		0	1		2.5	0.3	
Thiamin....mg	0.023		0	1		0.057	0.006	
Riboflavin....mg	0.038		0	1		0.094	0.010	
Niacin....mg	0.445		0	1		1.104	0.120	
Pantothenic acid....mg	0.069		0	1		0.171	0.019	
Vitamin B-6....mg	0.070		0	4		0.174	0.019	
Folate, total....mcg	2		0	4		5	1	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	2		0	4		5	1	
Folate, DFE....mcg_DFE	2		0	4		5	1	
Vitamin B-12....mcg	0.00		0	7		0.00	0.00	
Vitamin A, IU....IU	38		0	1		94	10	
Vitamin A, RE....mcg_RE	4		0	1		10	1	
Vitamin E....mg_ATE	0.890		0	4		2.207	0.240	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.020		0	1		0.050	0.005	
4:0....g	0.000		0	1		0.000	0.000	
6:0....g	0.000		0	1		0.000	0.000	
8:0....g	0.000		0	1		0.000	0.000	
10:0....g	0.000		0	1		0.000	0.000	
11:0....g								
12:0....g	0.000		0	1		0.000	0.000	
13:0....g								
14:0....g	0.001		0	1		0.002	0.000	
15:0....g								
16:0....g	0.015		0	1		0.037	0.004	
17:0....g								
18:0....g	0.004		0	1		0.010	0.001	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.022		0	1		0.055	0.006	
14:1....g								
15:1....g								

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

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

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

Common Measures:

Measure 1 = 248.000g: 1 cup

Measure 2 = 27.000g: 1 fig with liquid

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	81.26		0	1		204.78	22.75	
Energy....kcal	69		0	4		174	19	
Energy....kj	289			4		728	81	
Protein (N x 6.25)....g	0.39		0	1		0.98	0.11	
Total lipid (fat)....g	0.10		0	1		0.25	0.03	
Ash....g	0.30		0	1		0.76	0.08	
Carbohydrate, by difference....g	17.95		0	4		45.23	5.03	
Fiber, total dietary....g	1.8		0	4		4.5	0.5	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	27		0	1		68	8	
Iron, Fe....mg	0.29		0	1		0.73	0.08	
Magnesium, Mg....mg	10		0	1		25	3	
Phosphorus, P....mg	10		0	1		25	3	
Potassium, K....mg	102		0	1		257	29	
Sodium, Na....mg	1		0	1		3	0	
Zinc, Zn....mg	0.11		0	1		0.28	0.03	
Copper, Cu....mg	0.108		0	1		0.272	0.030	
Manganese, Mn....mg	0.086		0	1		0.217	0.024	
Selenium, Se....mcg	0.4		0	4		1.0	0.1	
Vitamins:								
Vitamin C, total ascorbic acid....mg	1.0		0	1		2.5	0.3	
Thiamin....mg	0.022		0	1		0.055	0.006	
Riboflavin....mg	0.038		0	1		0.096	0.011	
Niacin....mg	0.437		0	1		1.101	0.122	
Pantothenic acid....mg	0.069		0	1		0.174	0.019	
Vitamin B-6....mg	0.070		0	4		0.176	0.020	
Folate, total....mcg	2		0	4		5	1	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	2		0	4		5	1	
Folate, DFE....mcg_DFE	2		0	4		5	1	
Vitamin B-12....mcg	0.00		0	7		0.00	0.00	
Vitamin A, IU....IU	37		0	1		93	10	
Vitamin A, RE....mcg_RE	4		0	1		10	1	
Vitamin E....mg_ATE	0.890		0	4		2.243	0.249	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.020		0	1		0.050	0.006	
4:0....g	0.000		0	1		0.000	0.000	
6:0....g	0.000		0	1		0.000	0.000	
8:0....g	0.000		0	1		0.000	0.000	
10:0....g	0.000		0	1		0.000	0.000	
11:0....g								
12:0....g	0.000		0	1		0.000	0.000	
13:0....g								
14:0....g	0.001		0	1		0.003	0.000	
15:0....g								
16:0....g	0.015		0	1		0.038	0.004	
17:0....g								
18:0....g	0.004		0	1		0.010	0.001	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.022		0	1		0.055	0.006	
14:1....g								
15:1....g								

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

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

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

Common Measures:

Measure 1 = 252.000g: 1 cup

Measure 2 = 28.000g: 1 fig with liquid

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	76.33	0.146	18	1		197.69	21.37	
Energy....kcal	88		0	4		228	25	
Energy....kj	368			4		954	103	
Protein (N x 6.25)....g	0.38	0.012	18	1		0.98	0.11	
Total lipid (fat)....g	0.10	0.000	18	1		0.26	0.03	
Ash....g	0.29	0.011	18	1		0.75	0.08	
Carbohydrate, by difference....g	22.90		0	4		59.31	6.41	
Fiber, total dietary....g	2.2		0	4		5.7	0.6	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	27	0.696	18	1		70	8	
Iron, Fe....mg	0.28	0.017	18	1		0.73	0.08	
Magnesium, Mg....mg	10	0.218	17	1		26	3	
Phosphorus, P....mg	10	0.297	18	1		26	3	
Potassium, K....mg	99	2.949	17	1		256	28	
Sodium, Na....mg	1	0.076	18	1		3	0	
Zinc, Zn....mg	0.11	0.003	18	1		0.28	0.03	
Copper, Cu....mg	0.106	0.004	18	1		0.275	0.030	
Manganese, Mn....mg	0.084		0	1		0.218	0.024	
Selenium, Se....mcg	0.4		0	4		1.0	0.1	
Vitamins:								
Vitamin C, total ascorbic acid....mg	1.0	0.000	18	1		2.6	0.3	
Thiamin....mg	0.022	0.000	18	1		0.057	0.006	
Riboflavin....mg	0.037	0.002	18	1		0.096	0.010	
Niacin....mg	0.428	0.020	18	1		1.109	0.120	
Pantothenic acid....mg	0.069		0	1		0.179	0.019	
Vitamin B-6....mg	0.070		0	4		0.181	0.020	
Folate, total....mcg	2		0	4		5	1	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	2		0	4		5	1	
Folate, DFE....mcg_DFE	2		0	4		5	1	
Vitamin B-12....mcg	0.00		0	7		0.00	0.00	
Vitamin A, IU....IU	37	3.838	18	1		96	10	
Vitamin A, RE....mcg_RE	4	0.384	18	1		10	1	
Vitamin E....mg_ATE	0.890		0	4		2.305	0.249	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.020		0	1		0.052	0.006	
4:0....g	0.000		0	1		0.000	0.000	
6:0....g	0.000		0	1		0.000	0.000	
8:0....g	0.000		0	1		0.000	0.000	
10:0....g	0.000		0	1		0.000	0.000	
11:0....g								
12:0....g	0.000		0	1		0.000	0.000	
13:0....g								
14:0....g	0.001		0	1		0.003	0.000	
15:0....g								
16:0....g	0.015		0	1		0.039	0.004	
17:0....g								
18:0....g	0.004		0	1		0.010	0.001	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.022		0	1		0.057	0.006	
14:1....g								
15:1....g								

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

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

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

Common Measures:

Measure 1 = 259.000g: 1 cup

Measure 2 = 28.000g: 1 fig with liquid

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	71.39		0	1		186.33		
Energy....kcal	107		0	4		279		
Energy....kj	448			4		1168		
Protein (N x 6.25)....g	0.38		0	1		0.99		
Total lipid (fat)....g	0.10		0	1		0.26		
Ash....g	0.28		0	1		0.73		
Carbohydrate, by difference....g	27.86		0	4		72.71		
Fiber, total dietary....g								
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	26		0	1		68		
Iron, Fe....mg	0.28		0	1		0.73		
Magnesium, Mg....mg	10		0	1		26		
Phosphorus, P....mg	10		0	1		26		
Potassium, K....mg	97		0	1		253		
Sodium, Na....mg	1		0	1		3		
Zinc, Zn....mg	0.11		0	1		0.29		
Copper, Cu....mg	0.103		0	1		0.269		
Manganese, Mn....mg	0.083		0	1		0.217		
Selenium, Se....mcg								
Vitamins:								
Vitamin C, total ascorbic acid....mg	1.0		0	1		2.6		
Thiamin....mg	0.022		0	1		0.057		
Riboflavin....mg	0.036		0	1		0.094		
Niacin....mg	0.419		0	1		1.094		
Pantothenic acid....mg	0.069		0	1		0.180		
Vitamin B-6....mg								
Folate, total....mcg								
Folate, DFE....mcg_DFE								
Vitamin B-12....mcg	0.00		0	7		0.00		
Vitamin A, IU....IU	36		0	1		94		
Vitamin A, RE....mcg_RE	4		0	1		10		
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.020		0	1		0.052		
4:0....g								
6:0....g								
8:0....g								
10:0....g								
11:0....g								
12:0....g								
13:0....g								
14:0....g	0.001		0	1		0.003		
15:0....g								
16:0....g	0.015		0	1		0.039		
17:0....g								
18:0....g	0.004		0	1		0.010		
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.022		0	1		0.057		
14:1....g								
15:1....g								
16:1 undifferentiated....g								
17:1....g								

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

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

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

Common Measures:

Measure 1 = 261.000g: 1 cup

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

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	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	28.43	0.903	16	1		56.58	5.40	
Energy....kcal	255		0	4		507	48	
Energy....kj	1067			4		2123	203	
Protein (N x 6.25)....g	3.05	0.105	37	1		6.07	0.58	
Total lipid (fat)....g	1.17	0.145	20	1		2.33	0.22	
Ash....g	2.01	0.032	37	1		4.00	0.38	
Carbohydrate, by difference....g	65.35		0	4		130.05	12.42	
Fiber, total dietary....g	12.2		0	12		24.3	2.3	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	144	5.226	36	1		287	27	
Iron, Fe....mg	2.23	0.161	36	1		4.44	0.42	
Magnesium, Mg....mg	59	3.605	36	1		117	11	
Phosphorus, P....mg	68	2.350	36	1		135	13	
Potassium, K....mg	712	25.577	28	1		1417	135	
Sodium, Na....mg	11	0.831	28	1		22	2	
Zinc, Zn....mg	0.51	0.023	21	1		1.01	0.10	
Copper, Cu....mg	0.313	0.023	37	1		0.623	0.059	
Manganese, Mn....mg	0.388	0.030	22	1		0.772	0.074	
Selenium, Se....mcg	1.3		0	4		2.6	0.2	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.8	0.289	14	1		1.6	0.2	
Thiamin....mg	0.071	0.006	14	1		0.141	0.013	
Riboflavin....mg	0.088	0.007	14	1		0.175	0.017	
Niacin....mg	0.694	0.014	14	1		1.381	0.132	
Pantothenic acid....mg	0.435		0	1		0.866	0.083	
Vitamin B-6....mg	0.224		1	1		0.446	0.043	
Folate, total....mcg	8	1.034	4	1		15	1	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	8	1.034	4	1		15	1	
Folate, DFE....mcg_DFE	8		0	4		15	1	
Vitamin B-12....mcg	0.00		0	7		0.00	0.00	
Vitamin A, IU....IU	133	11.806	14	1		265	25	
Vitamin A, RE....mcg_RE	13	1.181	14	1		26	2	
Vitamin E....mg_ATE	0.000		0	4		0.000	0.000	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.234		0	1		0.466	0.044	
4:0....g	0.000		0	1		0.000	0.000	
6:0....g	0.000		0	1		0.000	0.000	
8:0....g	0.000		0	1		0.000	0.000	
10:0....g	0.000		0	1		0.000	0.000	
11:0....g								
12:0....g	0.000		0	1		0.000	0.000	
13:0....g								
14:0....g	0.009		0	1		0.018	0.002	
15:0....g								
16:0....g	0.178		0	1		0.354	0.034	
17:0....g								
18:0....g	0.047		0	1		0.094	0.009	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.258		0	1		0.513	0.049	
14:1....g								
15:1....g								

NDB No. 09094
Figs, dried, uncooked

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.001		0	1		0.002	0.000	
17:1....g								
18:1 undifferentiated....g	0.257		0	1		0.511	0.049	
20:1....g	0.000		0	1		0.000	0.000	
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.559		0	1		1.112	0.106	
18:2 undifferentiated....g	0.559		0	1		1.112	0.106	
18:3 undifferentiated....g	0.000		0	1		0.000	0.000	
18:4....g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	
20:5 n-3....g	0.000		0	1		0.000	0.000	
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	
22:6 n-3....g	0.000		0	1		0.000	0.000	
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0	0	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.026		0	1		0.052	0.005	
Threonine....g	0.100		0	1		0.199	0.019	
Isoleucine....g	0.093		0	1		0.185	0.018	
Leucine....g	0.133		0	1		0.265	0.025	
Lysine....g	0.122		0	1		0.243	0.023	
Methionine....g	0.025		0	1		0.050	0.005	
Cystine....g	0.050		0	1		0.100	0.010	
Phenylalanine....g	0.074		0	1		0.147	0.014	
Tyrosine....g	0.132		0	1		0.263	0.025	
Valine....g	0.115		0	1		0.229	0.022	
Arginine....g	0.070		0	1		0.139	0.013	
Histidine....g	0.043		0	1		0.086	0.008	
Alanine....g	0.184		0	1		0.366	0.035	
Aspartic acid....g	0.717		0	1		1.427	0.136	
Glutamic acid....g	0.295		0	1		0.587	0.056	
Glycine....g	0.103		0	1		0.205	0.020	
Proline....g	0.201		0	1		0.400	0.038	
Serine....g	0.151		0	1		0.300	0.029	
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 199.000g: 1 cup

Measure 2 = 19.000g: 1 fig

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 09095
Figs, dried, stewed

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	69.80		1	1		180.78		
Energy....kcal	108		0	4		280		
Energy....kj	452			4		1170		
Protein (N x 6.25)....g	1.29		0	1		3.34		
Total lipid (fat)....g	0.49		0	1		1.27		
Ash....g	0.85		0	1		2.20		
Carbohydrate, by difference....g	27.57		0	4		71.41		
Fiber, total dietary....g	5.1		0	4		13.2		
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	61		0	1		158		
Iron, Fe....mg	0.94		0	1		2.43		
Magnesium, Mg....mg	25		0	1		65		
Phosphorus, P....mg	29		0	1		75		
Potassium, K....mg	301		0	1		780		
Sodium, Na....mg	5		0	1		13		
Zinc, Zn....mg	0.21		0	1		0.54		
Copper, Cu....mg	0.132		0	1		0.342		
Manganese, Mn....mg	0.164		0	1		0.425		
Selenium, Se....mcg	0.9		0	4		2.3		
Vitamins:								
Vitamin C, total ascorbic acid....mg	4.4	0.820	3	1		11.4		
Thiamin....mg	0.011	0.003	3	1		0.028		
Riboflavin....mg	0.110	0.025	3	1		0.285		
Niacin....mg	0.640	0.047	3	1		1.658		
Pantothenic acid....mg	0.127	0.009	3	1		0.329		
Vitamin B-6....mg	0.133	0.005	3	1		0.344		
Folate, total....mcg	1	0.084	3	1		3		
Folic acid....mcg	0		0	7		0		
Folate, food....mcg	1	0.084	3	1		3		
Folate, DFE....mcg_DFE	1		0	4		3		
Vitamin B-12....mcg	0.00		0	7		0.00		
Vitamin A, IU....IU	159	4.294	3	1		412		
Vitamin A, RE....mcg_RE	16	0.429	3	1		41		
Vitamin E....mg_ATE	0.000		0	4		0.000		
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.099		0	1		0.256		
4:0....g	0.000		0	1		0.000		
6:0....g	0.000		0	1		0.000		
8:0....g	0.000		0	1		0.000		
10:0....g	0.000		0	1		0.000		
11:0....g								
12:0....g	0.000		0	1		0.000		
13:0....g								
14:0....g	0.004		0	1		0.010		
15:0....g								
16:0....g	0.075		0	1		0.194		
17:0....g								
18:0....g	0.020		0	1		0.052		
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.108		0	1		0.280		
14:1....g								
15:1....g								

NDB No. 09095
Figs, dried, stewed

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.000		0	1		0.000		
17:1....g								
18:1 undifferentiated....g	0.108		0	1		0.280		
20:1....g	0.000		0	1		0.000		
22:1 undifferentiated....g	0.000		0	1		0.000		
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.236		0	1		0.611		
18:2 undifferentiated....g	0.236		0	1		0.611		
18:3 undifferentiated....g	0.000		0	1		0.000		
18:4....g	0.000		0	1		0.000		
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000		
20:5 n-3....g	0.000		0	1		0.000		
22:2....g								
22:5 n-3....g	0.000		0	1		0.000		
22:6 n-3....g	0.000		0	1		0.000		
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0		
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.011		0	1		0.028		
Threonine....g	0.042		0	1		0.109		
Isoleucine....g	0.039		0	1		0.101		
Leucine....g	0.056		0	1		0.145		
Lysine....g	0.051		0	1		0.132		
Methionine....g	0.011		0	1		0.028		
Cystine....g	0.021		0	1		0.054		
Phenylalanine....g	0.031		0	1		0.080		
Tyrosine....g	0.056		0	1		0.145		
Valine....g	0.049		0	1		0.127		
Arginine....g	0.030		0	1		0.078		
Histidine....g	0.018		0	1		0.047		
Alanine....g	0.078		0	1		0.202		
Aspartic acid....g	0.303		0	1		0.785		
Glutamic acid....g	0.124		0	1		0.321		
Glycine....g	0.044		0	1		0.114		
Proline....g	0.085		0	1		0.220		
Serine....g	0.064		0	1		0.166		
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0		
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 259.000g: 1 cup

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 09096

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	90.76	0.070	37	1		215.10		
Energy....kcal	32		0	4		76		
Energy....kj	134			4		317		
Protein (N x 6.25)....g	0.42	0.009	12	1		1.00		
Total lipid (fat)....g	0.05	0.003	9	1		0.12		
Ash....g	0.26	0.009	13	1		0.62		
Carbohydrate, by difference....g	8.51		0	4		20.17		
Fiber, total dietary....g	1.0		0	4		2.4		
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	5	0.142	10	1		12		
Iron, Fe....mg	0.25	0.028	13	1		0.59		
Magnesium, Mg....mg	7	0.194	10	1		17		
Phosphorus, P....mg	11	0.327	10	1		26		
Potassium, K....mg	94	2.127	31	1		223		
Sodium, Na....mg	4	0.348	31	1		9		
Zinc, Zn....mg	0.09		0	1		0.21		
Copper, Cu....mg	0.071		0	1		0.168		
Manganese, Mn....mg	0.150		0	4		0.356		
Selenium, Se....mcg	0.5		0	4		1.2		
Vitamins:								
Vitamin C, total ascorbic acid....mg	2.1	0.116	37	1		5.0		
Thiamin....mg	0.016	0.001	10	1		0.038		
Riboflavin....mg	0.011	0.000	10	1		0.026		
Niacin....mg	0.363	0.022	13	1		0.860		
Pantothenic acid....mg	0.062		0	1		0.147		
Vitamin B-6....mg	0.052		0	1		0.123		
Folate, total....mcg	3		0	4		6		
Folic acid....mcg	0		0	7		0		
Folate, food....mcg	3		0	4		6		
Folate, DFE....mcg_DFE	3		0	4		6		
Vitamin B-12....mcg	0.00		0	7		0.00		
Vitamin A, IU....IU	250	16.749	12	1		593		
Vitamin A, RE....mcg_RE	25	1.675	12	1		59		
Vitamin E....mg_ATE	0.290		0	4		0.687		
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.006		0	1		0.014		
4:0....g	0.000		0	1		0.000		
6:0....g	0.000		0	1		0.000		
8:0....g	0.000		0	1		0.000		
10:0....g	0.000		0	1		0.000		
11:0....g								
12:0....g	0.000		0	1		0.000		
13:0....g								
14:0....g	0.000		0	1		0.000		
15:0....g								
16:0....g	0.005		0	1		0.012		
17:0....g								
18:0....g	0.002		0	1		0.005		
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.009		0	1		0.021		
14:1....g								
15:1....g								

NDB No. 09096

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.000		0	1		0.000		
17:1....g								
18:1 undifferentiated....g	0.009		0	1		0.021		
20:1....g	0.000		0	1		0.000		
22:1 undifferentiated....g	0.000		0	1		0.000		
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.020		0	1		0.047		
18:2 undifferentiated....g	0.017		0	1		0.040		
18:3 undifferentiated....g	0.002		0	1		0.005		
18:4....g	0.000		0	1		0.000		
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000		
20:5 n-3....g	0.000		0	1		0.000		
22:2....g								
22:5 n-3....g	0.000		0	1		0.000		
22:6 n-3....g	0.000		0	1		0.000		
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0		
Phytosterols....mg								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0		
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 237.000g: 1 cup

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 09097

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	87.44	0.100	6	1		207.23		
Energy....kcal	46		0	4		109		
Energy....kj	192			4		456		
Protein (N x 6.25)....g	0.46	0.011	7	1		1.09		
Total lipid (fat)....g	0.01	0.000	6	1		0.02		
Ash....g	0.23	0.002	6	1		0.55		
Carbohydrate, by difference....g	11.86		0	4		28.11		
Fiber, total dietary....g	1.0		0	4		2.4		
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	8	0.294	7	1		19		
Iron, Fe....mg	0.21	0.034	7	1		0.50		
Magnesium, Mg....mg	7	0.162	6	1		17		
Phosphorus, P....mg	14	1.278	6	1		33		
Potassium, K....mg	95	6.143	6	1		225		
Sodium, Na....mg	4	0.268	6	1		9		
Zinc, Zn....mg	0.09	0.007	6	1		0.21		
Copper, Cu....mg	0.062	0.004	6	1		0.147		
Manganese, Mn....mg	0.146		0	4		0.346		
Selenium, Se....mcg	0.5		0	4		1.2		
Vitamins:								
Vitamin C, total ascorbic acid....mg	2.7	0.096	7	1		6.4		
Thiamin....mg	0.012	0.002	3	1		0.028		
Riboflavin....mg	0.016		2	1		0.038		
Niacin....mg	0.403	0.033	3	1		0.955		
Pantothenic acid....mg	0.062		0	4		0.147		
Vitamin B-6....mg	0.051		0	4		0.121		
Folate, total....mcg	3		0	4		6		
Folic acid....mcg	0		0	7		0		
Folate, food....mcg	3		0	4		6		
Folate, DFE....mcg_DFE	3		0	4		6		
Vitamin B-12....mcg	0.00		0	7		0.00		
Vitamin A, IU....IU	305	47.608	6	1		723		
Vitamin A, RE....mcg_RE	31	4.761	6	1		73		
Vitamin E....mg_ATE	0.200		0	4		0.474		
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.001		0	1		0.002		
4:0....g	0.000		0	4		0.000		
6:0....g	0.000		0	4		0.000		
8:0....g	0.000		0	4		0.000		
10:0....g	0.000		0	4		0.000		
11:0....g								
12:0....g	0.000		0	4		0.000		
13:0....g								
14:0....g	0.000		0	4		0.000		
15:0....g								
16:0....g	0.001		0	1		0.002		
17:0....g								
18:0....g	0.000		0	4		0.000		
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.002		0	1		0.005		
14:1....g								
15:1....g								

NDB No. 09097

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

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

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

Common Measures:

Measure 1 = 237.000g: 1 cup

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

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: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	87.70		1	1		107.87		
Energy	kcal	45		0	4		55		
Energy	kj	188			4		232		
Protein (N x 6.25)	g	0.40		0	1		0.49		
Total lipid (fat)	g	0.07		0	1		0.09		
Ash	g	0.20		1	1		0.25		
Carbohydrate, by difference	g	11.63		0	4		14.30		
Fiber, total dietary	g	1.1		0	4		1.4		
Sugars, total	g								
Starch	g								
Minerals:									
Calcium, Ca	mg	8		1	1		10		
Iron, Fe	mg	0.30		1	1		0.37		
Magnesium, Mg	mg	6		1	1		7		
Phosphorus, P	mg	12		1	1		15		
Potassium, K	mg	104		1	1		128		
Sodium, Na	mg	4		1	1		5		
Zinc, Zn	mg	0.08		1	1		0.10		
Copper, Cu	mg	0.100		1	1		0.123		
Manganese, Mn	mg	0.147		0	4		0.181		
Selenium, Se	mcg								
Vitamins:									
Vitamin C, total ascorbic acid	mg	3.0		1	1		3.7		
Thiamin	mg	0.030		1	1		0.037		
Riboflavin	mg	0.010		1	1		0.012		
Niacin	mg	0.500		1	1		0.615		
Pantothenic acid	mg	0.062		0	1		0.076		
Vitamin B-6	mg	0.051		0	1		0.063		
Folate, total	mcg	3		0	4		3		
Folic acid	mcg	0		0	7		0		
Folate, food	mcg	3		0	4		3		
Folate, DFE	mcg_DFE	3		0	4		3		
Vitamin B-12	mcg	0.00		0	7		0.00		
Vitamin A, IU	IU	233		1	1		287		
Vitamin A, RE	mcg_RE	23		1	1		28		
Vitamin E	mg_ATE								
Vitamin D	IU								
Lipids:									
Fatty acids, total saturated	g	0.010		0	1		0.012		
4:0	g								
6:0	g								
8:0	g								
10:0	g								
11:0	g								
12:0	g								
13:0	g								
14:0	g								
15:0	g								
16:0	g	0.007		0	1		0.009		
17:0	g								
18:0	g	0.003		0	1		0.004		
19:0	g								
20:0	g								
22:0	g								
24:0	g								
Fatty acids, total monounsaturated	g	0.014		0	1		0.017		
14:1	g								
15:1	g								

NDB No. 09098

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g								
17:1....g								
18:1 undifferentiated....g	0.014		0	1		0.017		
20:1....g								
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.031		0	1		0.038		
18:2 undifferentiated....g	0.028		0	1		0.034		
18:3 undifferentiated....g	0.004		0	1		0.005		
18:4....g								
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g								
20:5 n-3....g								
22:2....g								
22:5 n-3....g								
22:6 n-3....g								
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0		
Phytosterols....mg								

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

Common Measures:

Measure 1 = 123.000g: .5 cup

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 09099

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	84.37		0	1		204.18		
Energy....kcal	57		0	4		138		
Energy....kj	238			4		577		
Protein (N x 6.25)....g	0.40		0	1		0.97		
Total lipid (fat)....g	0.07		0	1		0.17		
Ash....g	0.23		0	1		0.56		
Carbohydrate, by difference....g	14.93		0	4		36.13		
Fiber, total dietary....g	1.0		0	4		2.4		
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	6		0	1		15		
Iron, Fe....mg	0.29		0	1		0.70		
Magnesium, Mg....mg	5		0	1		12		
Phosphorus, P....mg	11		0	1		27		
Potassium, K....mg	89		0	1		215		
Sodium, Na....mg	6		0	1		15		
Zinc, Zn....mg	0.09		0	1		0.22		
Copper, Cu....mg	0.070		0	1		0.169		
Manganese, Mn....mg	0.147		0	4		0.356		
Selenium, Se....mcg	0.5		0	4		1.2		
Vitamins:								
Vitamin C, total ascorbic acid....mg	1.9		0	1		4.6		
Thiamin....mg	0.018		0	1		0.044		
Riboflavin....mg	0.019		0	1		0.046		
Niacin....mg	0.380		0	1		0.920		
Pantothenic acid....mg	0.061		0	1		0.148		
Vitamin B-6....mg	0.051		0	1		0.123		
Folate, total....mcg	3		0	4		7		
Folic acid....mcg	0		0	7		0		
Folate, food....mcg	3		0	4		7		
Folate, DFE....mcg_DFE	3		0	4		7		
Vitamin B-12....mcg	0.00		0	7		0.00		
Vitamin A, IU....IU	208		0	1		503		
Vitamin A, RE....mcg_RE	21		0	1		51		
Vitamin E....mg_ATE	0.290		0	4		0.702		
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.010		0	1		0.024		
4:0....g	0.000		0	1		0.000		
6:0....g	0.000		0	1		0.000		
8:0....g	0.000		0	1		0.000		
10:0....g	0.000		0	1		0.000		
11:0....g								
12:0....g	0.000		0	1		0.000		
13:0....g								
14:0....g	0.000		0	1		0.000		
15:0....g								
16:0....g	0.007		0	1		0.017		
17:0....g								
18:0....g	0.003		0	1		0.007		
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.014		0	1		0.034		
14:1....g								
15:1....g								

NDB No. 09099

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.000		0	1		0.000		
17:1....g								
18:1 undifferentiated....g	0.014		0	1		0.034		
20:1....g	0.000		0	1		0.000		
22:1 undifferentiated....g	0.000		0	1		0.000		
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.031		0	1		0.075		
18:2 undifferentiated....g	0.027		0	1		0.065		
18:3 undifferentiated....g	0.004		0	1		0.010		
18:4....g	0.000		0	1		0.000		
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000		
20:5 n-3....g	0.000		0	1		0.000		
22:2....g								
22:5 n-3....g	0.000		0	1		0.000		
22:6 n-3....g	0.000		0	1		0.000		
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0		
Phytosterols....mg								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0		
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 242.000g: 1 cup

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 09100

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	80.40	0.064	204	1		199.39		
Energy....kcal	73		0	4		181		
Energy....kj	305			4		757		
Protein (N x 6.25)....g	0.39	0.004	129	1		0.97		
Total lipid (fat)....g	0.07	0.003	91	1		0.17		
Ash....g	0.23	0.002	134	1		0.57		
Carbohydrate, by difference....g	18.91		0	4		46.90		
Fiber, total dietary....g	1.0		0	4		2.5		
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	6	0.120	102	1		15		
Iron, Fe....mg	0.29	0.010	160	1		0.72		
Magnesium, Mg....mg	5	0.056	85	1		12		
Phosphorus, P....mg	11	0.117	105	1		27		
Potassium, K....mg	88	1.261	120	1		218		
Sodium, Na....mg	6	0.241	140	1		15		
Zinc, Zn....mg	0.08	0.002	47	1		0.20		
Copper, Cu....mg	0.069	0.003	47	1		0.171		
Manganese, Mn....mg	0.144		0	4		0.357		
Selenium, Se....mcg	0.5		0	4		1.2		
Vitamins:								
Vitamin C, total ascorbic acid....mg	1.9	0.038	247	1		4.7		
Thiamin....mg	0.018	0.000	105	1		0.045		
Riboflavin....mg	0.019	0.000	108	1		0.047		
Niacin....mg	0.374	0.013	129	1		0.928		
Pantothenic acid....mg	0.060	0.003	3	1		0.149		
Vitamin B-6....mg	0.050		1	1		0.124		
Folate, total....mcg	3		0	4		6		
Folic acid....mcg	0		0	7		0		
Folate, food....mcg	3		0	4		6		
Folate, DFE....mcg_DFE	3		0	4		6		
Vitamin B-12....mcg	0.00		0	7		0.00		
Vitamin A, IU....IU	205	3.270	262	1		508		
Vitamin A, RE....mcg_RE	20	0.327	262	1		50		
Vitamin E....mg_ATE	0.290		0	4		0.719		
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.010		0	1		0.025		
4:0....g	0.000		0	1		0.000		
6:0....g	0.000		0	1		0.000		
8:0....g	0.000		0	1		0.000		
10:0....g	0.000		0	1		0.000		
11:0....g								
12:0....g	0.000		0	1		0.000		
13:0....g								
14:0....g	0.000		0	1		0.000		
15:0....g								
16:0....g	0.007		0	1		0.017		
17:0....g								
18:0....g	0.003		0	1		0.007		
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.013		0	1		0.032		
14:1....g								
15:1....g								

NDB No. 09100

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.000		0	1		0.000		
17:1....g								
18:1 undifferentiated....g	0.013		0	1		0.032		
20:1....g	0.000		0	1		0.000		
22:1 undifferentiated....g	0.000		0	1		0.000		
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.031		0	1		0.077		
18:2 undifferentiated....g	0.027		0	1		0.067		
18:3 undifferentiated....g	0.004		0	1		0.010		
18:4....g	0.000		0	1		0.000		
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000		
20:5 n-3....g	0.000		0	1		0.000		
22:2....g								
22:5 n-3....g	0.000		0	1		0.000		
22:6 n-3....g	0.000		0	1		0.000		
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0		
Phytosterols....mg								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0		
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 248.000g: 1 cup

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 09101

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	76.43		0	1		198.72	99.36	
Energy....kcal	88		0	4		229	114	
Energy....kj	368			4		957	479	
Protein (N x 6.25)....g	0.39		0	1		1.01	0.51	
Total lipid (fat)....g	0.07		0	1		0.18	0.09	
Ash....g	0.22		0	1		0.57	0.29	
Carbohydrate, by difference....g	22.89		0	4		59.51	29.76	
Fiber, total dietary....g	1.1		0	4		2.9	1.4	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	6		0	1		16	8	
Iron, Fe....mg	0.28		0	1		0.73	0.36	
Magnesium, Mg....mg	5		0	1		13	7	
Phosphorus, P....mg	11		0	1		29	14	
Potassium, K....mg	86		0	1		224	112	
Sodium, Na....mg	6		0	1		16	8	
Zinc, Zn....mg	0.08		0	1		0.21	0.10	
Copper, Cu....mg	0.067		0	1		0.174	0.087	
Manganese, Mn....mg	0.142		0	4		0.369	0.185	
Selenium, Se....mcg								
Vitamins:								
Vitamin C, total ascorbic acid....mg	1.9		0	1		4.9	2.5	
Thiamin....mg	0.018		0	1		0.047	0.023	
Riboflavin....mg	0.019		0	1		0.049	0.025	
Niacin....mg	0.368		0	1		0.957	0.478	
Pantothenic acid....mg	0.059		0	1		0.153	0.077	
Vitamin B-6....mg	0.049		0	1		0.127	0.064	
Folate, total....mcg	3		0	4		7	3	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	3		0	4		7	3	
Folate, DFE....mcg_DFE	3		0	4		7	3	
Vitamin B-12....mcg	0.00		0	7		0.00	0.00	
Vitamin A, IU....IU	201		0	1		523	261	
Vitamin A, RE....mcg_RE	20		0	1		52	26	
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.010		0	1		0.026	0.013	
4:0....g								
6:0....g								
8:0....g								
10:0....g								
11:0....g								
12:0....g								
13:0....g								
14:0....g								
15:0....g								
16:0....g	0.007		0	1		0.018	0.009	
17:0....g								
18:0....g	0.003		0	1		0.008	0.004	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.013		0	1		0.034	0.017	
14:1....g								
15:1....g								

NDB No. 09101

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g								
17:1....g								
18:1 undifferentiated....g	0.013		0	1		0.034	0.017	
20:1....g								
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.030		0	1		0.078	0.039	
18:2 undifferentiated....g	0.027		0	1		0.070	0.035	
18:3 undifferentiated....g	0.004		0	1		0.010	0.005	
18:4....g								
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g								
20:5 n-3....g								
22:2....g								
22:5 n-3....g								
22:6 n-3....g								
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0	0	
Phytosterols....mg								

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

Common Measures:

Measure 1 = 260.000g: 1 cup

Measure 2 = 130.000g: .5 cup

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 09102

Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, water pack, solids and liquids

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	91.50	0.293	16	1		224.18		
Energy....kcal	30		0	4		74		
Energy....kj	126			4		308		
Protein (N x 6.25)....g	0.35		0	1		0.86		
Total lipid (fat)....g	0.07		0	1		0.17		
Ash....g	0.22		0	1		0.54		
Carbohydrate, by difference....g	7.87		0	4		19.28		
Fiber, total dietary....g	1.0		0	4		2.5		
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	7		0	1		17		
Iron, Fe....mg	0.30		0	1		0.74		
Magnesium, Mg....mg	5		0	1		12		
Phosphorus, P....mg	9		0	1		22		
Potassium, K....mg	78	3.476	11	1		191		
Sodium, Na....mg	3	0.158	10	1		7		
Zinc, Zn....mg	0.08		0	1		0.20		
Copper, Cu....mg	0.067		0	1		0.164		
Manganese, Mn....mg	0.151		0	4		0.370		
Selenium, Se....mcg								
Vitamins:								
Vitamin C, total ascorbic acid....mg	1.9	0.121	17	1		4.7		
Thiamin....mg	0.015		0	1		0.037		
Riboflavin....mg	0.021		0	1		0.051		
Niacin....mg	0.374		0	1		0.916		
Pantothenic acid....mg	0.053		0	4		0.130		
Vitamin B-6....mg	0.032		0	1		0.078		
Folate, total....mcg	3		0	4		6		
Folic acid....mcg	0		0	7		0		
Folate, food....mcg	3		0	4		6		
Folate, DFE....mcg_DFE	3		0	4		6		
Vitamin B-12....mcg	0.00		0	7		0.00		
Vitamin A, IU....IU	440		0	1		1078		
Vitamin A, RE....mcg_RE	44		0	1		108		
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.009		0	1		0.022		
4:0....g								
6:0....g								
8:0....g								
10:0....g								
11:0....g								
12:0....g								
13:0....g								
14:0....g								
15:0....g								
16:0....g	0.007		0	1		0.017		
17:0....g								
18:0....g	0.003		0	1		0.007		
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.013		0	1		0.032		
14:1....g								
15:1....g								

NDB No. 09102

Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, water pack, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g								
17:1....g								
18:1 undifferentiated....g	0.013		0	1		0.032		
20:1....g								
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.028		0	1		0.069		
18:2 undifferentiated....g	0.025		0	1		0.061		
18:3 undifferentiated....g	0.003		0	1		0.007		
18:4....g								
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g								
20:5 n-3....g								
22:2....g								
22:5 n-3....g								
22:6 n-3....g								
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0		
Phytosterols....mg								

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

Common Measures:

Measure 1 = 245.000g: 1 cup

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

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: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	86.15	0.187	7	1		214.51		
Energy	kcal	50		0	4		125		
Energy	kj	209			4		521		
Protein (N x 6.25)	g	0.51	0.015	7	1		1.27		
Total lipid (fat)	g	0.03	0.008	7	1		0.07		
Ash	g	0.26	0.008	7	1		0.65		
Carbohydrate, by difference	g	13.05		0	4		32.49		
Fiber, total dietary	g	1.0		0	4		2.5		
Sugars, total	g								
Starch	g								
Minerals:									
Calcium, Ca	mg	11	0.383	7	1		27		
Iron, Fe	mg	0.25	0.086	7	1		0.62		
Magnesium, Mg	mg	8	0.191	6	1		20		
Phosphorus, P	mg	14	1.518	6	1		35		
Potassium, K	mg	116	6.927	7	1		289		
Sodium, Na	mg	5	0.317	7	1		12		
Zinc, Zn	mg	0.14	0.034	6	1		0.35		
Copper, Cu	mg	0.050	0.005	6	1		0.125		
Manganese, Mn	mg	0.151		0	4		0.376		
Selenium, Se	mcg								
Vitamins:									
Vitamin C, total ascorbic acid	mg	3.3	0.224	7	1		8.2		
Thiamin	mg	0.011	0.001	4	1		0.027		
Riboflavin	mg	0.014		2	1		0.035		
Niacin	mg	0.356	0.050	3	1		0.886		
Pantothenic acid	mg	0.053		0	4		0.132		
Vitamin B-6	mg	0.027		0	4		0.067		
Folate, total	mcg	3		0	4		6		
Folic acid	mcg	0		0	7		0		
Folate, food	mcg	3		0	4		6		
Folate, DFE	mcg_DFE	3		0	4		6		
Vitamin B-12	mcg	0.00		0	7		0.00		
Vitamin A, IU	IU	600	42.171	6	1		1494		
Vitamin A, RE	mcg_RE	60	4.217	6	1		149		
Vitamin E	mg_ATE								
Vitamin D	IU								
Lipids:									
Fatty acids, total saturated	g	0.004		0	1		0.010		
4:0	g								
6:0	g								
8:0	g								
10:0	g								
11:0	g								
12:0	g								
13:0	g								
14:0	g								
15:0	g								
16:0	g	0.003		0	1		0.007		
17:0	g								
18:0	g	0.001		0	1		0.002		
19:0	g								
20:0	g								
22:0	g								
24:0	g								
Fatty acids, total monounsaturated	g	0.005		0	1		0.012		
14:1	g								
15:1	g								

NDB No. 09103

Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, juice pack, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g								
17:1....g								
18:1 undifferentiated....g	0.005		0	1		0.012		
20:1....g								
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.011		0	1		0.027		
18:2 undifferentiated....g	0.010		0	1		0.025		
18:3 undifferentiated....g	0.001		0	1		0.002		
18:4....g								
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g								
20:5 n-3....g								
22:2....g								
22:5 n-3....g								
22:6 n-3....g								
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0		
Phytosterols....mg								

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

Common Measures:

Measure 1 = 249.000g: 1 cup

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

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: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	84.24		0	1		212.28		
Energy	kcal	58		0	4		146		
Energy	kj	243			4		612		
Protein (N x 6.25)	g	0.34		0	1		0.86		
Total lipid (fat)	g	0.07		0	1		0.18		
Ash	g	0.21		0	1		0.53		
Carbohydrate, by difference	g	15.14		0	4		38.15		
Fiber, total dietary	g	1.0		0	4		2.5		
Sugars, total	g								
Starch	g								
Minerals:									
Calcium, Ca	mg	7		0	1		18		
Iron, Fe	mg	0.29		0	1		0.73		
Magnesium, Mg	mg	5		0	1		13		
Phosphorus, P	mg	9		0	1		23		
Potassium, K	mg	82		0	1		207		
Sodium, Na	mg	6		0	1		15		
Zinc, Zn	mg	0.07		0	1		0.18		
Copper, Cu	mg	0.065		0	1		0.164		
Manganese, Mn	mg	0.148		0	4		0.373		
Selenium, Se	mcg								
Vitamins:									
Vitamin C, total ascorbic acid	mg	2.5		0	1		6.3		
Thiamin	mg	0.014		0	1		0.035		
Riboflavin	mg	0.020		0	1		0.050		
Niacin	mg	0.365		0	1		0.920		
Pantothenic acid	mg	0.053		0	4		0.134		
Vitamin B-6	mg	0.032		0	1		0.081		
Folate, total	mcg	3		0	4		7		
Folic acid	mcg	0		0	7		0		
Folate, food	mcg	3		0	4		7		
Folate, DFE	mcg_DFE	3		0	4		7		
Vitamin B-12	mcg	0.00		0	7		0.00		
Vitamin A, IU	IU	429		0	1		1081		
Vitamin A, RE	mcg_RE	43		0	1		108		
Vitamin E	mg_ATE								
Vitamin D	IU								
Lipids:									
Fatty acids, total saturated	g	0.009		0	1		0.023		
4:0	g								
6:0	g								
8:0	g								
10:0	g								
11:0	g								
12:0	g								
13:0	g								
14:0	g								
15:0	g								
16:0	g	0.006		1	1		0.015		
17:0	g								
18:0	g	0.002		1	1		0.005		
19:0	g								
20:0	g								
22:0	g								
24:0	g								
Fatty acids, total monounsaturated	g	0.012		0	1		0.030		
14:1	g								
15:1	g								

NDB No. 09104

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g								
17:1....g								
18:1 undifferentiated....g	0.012		1	1		0.030		
20:1....g								
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.028		0	1		0.071		
18:2 undifferentiated....g	0.024		1	1		0.060		
18:3 undifferentiated....g	0.003		1	1		0.008		
18:4....g								
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g								
20:5 n-3....g								
22:2....g								
22:5 n-3....g								
22:6 n-3....g								
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0		
Phytosterols....mg								

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

Common Measures:

Measure 1 = 252.000g: 1 cup

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 09105

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	80.26	0.079	97	1		204.66		
Energy....kcal	73		0	4		186		
Energy....kj	305			4		779		
Protein (N x 6.25)....g	0.34	0.006	83	1		0.87		
Total lipid (fat)....g	0.07	0.003	74	1		0.18		
Ash....g	0.21	0.003	87	1		0.54		
Carbohydrate, by difference....g	19.11		0	4		48.73		
Fiber, total dietary....g	1.0		0	4		2.6		
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	6	0.100	92	1		15		
Iron, Fe....mg	0.28	0.013	92	1		0.71		
Magnesium, Mg....mg	5	0.073	69	1		13		
Phosphorus, P....mg	9	0.131	83	1		23		
Potassium, K....mg	80	1.513	66	1		204		
Sodium, Na....mg	6	0.270	89	1		15		
Zinc, Zn....mg	0.07	0.003	29	1		0.18		
Copper, Cu....mg	0.064	0.004	29	1		0.163		
Manganese, Mn....mg	0.145		0	4		0.370		
Selenium, Se....mcg	0.5		0	4		1.3		
Vitamins:								
Vitamin C, total ascorbic acid....mg	2.4	0.049	137	1		6.1		
Thiamin....mg	0.015	0.000	74	1		0.038		
Riboflavin....mg	0.021	0.001	74	1		0.054		
Niacin....mg	0.347	0.017	83	1		0.885		
Pantothenic acid....mg	0.053		0	4		0.135		
Vitamin B-6....mg	0.032		0	1		0.082		
Folate, total....mcg	3		0	4		6		
Folic acid....mcg	0		0	7		0		
Folate, food....mcg	3		0	4		6		
Folate, DFE....mcg_DFE	3		0	4		6		
Vitamin B-12....mcg	0.00		0	7		0.00		
Vitamin A, IU....IU	504	16.855	158	1		1285		
Vitamin A, RE....mcg_RE	50	1.686	158	1		128		
Vitamin E....mg_ATE	0.460		0	4		1.173		
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.010		0	1		0.026		
4:0....g	0.000		0	1		0.000		
6:0....g	0.000		0	1		0.000		
8:0....g	0.000		0	1		0.000		
10:0....g	0.000		0	1		0.000		
11:0....g								
12:0....g	0.000		0	1		0.000		
13:0....g								
14:0....g	0.000		0	1		0.000		
15:0....g								
16:0....g	0.007		0	1		0.018		
17:0....g								
18:0....g	0.003		0	1		0.008		
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.014		0	1		0.036		
14:1....g								
15:1....g								

NDB No. 09105

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.000		0	1		0.000		
17:1....g								
18:1 undifferentiated....g	0.014		0	1		0.036		
20:1....g	0.000		0	1		0.000		
22:1 undifferentiated....g	0.000		0	1		0.000		
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.031		0	1		0.079		
18:2 undifferentiated....g	0.028		0	1		0.071		
18:3 undifferentiated....g	0.004		0	1		0.010		
18:4....g	0.000		0	1		0.000		
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000		
20:5 n-3....g	0.000		0	1		0.000		
22:2....g								
22:5 n-3....g	0.000		0	1		0.000		
22:6 n-3....g	0.000		0	1		0.000		
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0		
Phytosterols....mg								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0		
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 255.000g: 1 cup

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

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: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	76.64	0.380	10	1		198.50		
Energy	kcal	88		0	4		228		
Energy	kj	368			4		954		
Protein (N x 6.25)	g	0.33		0	1		0.85		
Total lipid (fat)	g	0.06		0	1		0.16		
Ash	g	0.21		0	1		0.54		
Carbohydrate, by difference	g	22.77		0	4		58.97		
Fiber, total dietary	g	1.0		0	4		2.6		
Sugars, total	g								
Starch	g								
Minerals:									
Calcium, Ca	mg	6		0	1		16		
Iron, Fe	mg	0.28		0	1		0.73		
Magnesium, Mg	mg	5		0	1		13		
Phosphorus, P	mg	9		0	1		23		
Potassium, K	mg	80		0	1		207		
Sodium, Na	mg	5		0	1		13		
Zinc, Zn	mg	0.07		0	1		0.18		
Copper, Cu	mg	0.063		0	1		0.163		
Manganese, Mn	mg	0.143		0	4		0.370		
Selenium, Se	mcg								
Vitamins:									
Vitamin C, total ascorbic acid	mg	2.1	0.100	10	1		5.4		
Thiamin	mg	0.014		0	1		0.036		
Riboflavin	mg	0.020		0	1		0.052		
Niacin	mg	0.353		0	1		0.914		
Pantothenic acid	mg	0.053		0	4		0.137		
Vitamin B-6	mg	0.032		0	1		0.083		
Folate, total	mcg	3		0	4		6		
Folic acid	mcg	0		0	7		0		
Folate, food	mcg	3		0	4		6		
Folate, DFE	mcg_DFE	3		0	4		6		
Vitamin B-12	mcg	0.00		0	7		0.00		
Vitamin A, IU	IU	637	22.808	5	1		1650		
Vitamin A, RE	mcg_RE	64	2.281	5	1		166		
Vitamin E	mg_ATE								
Vitamin D	IU								
Lipids:									
Fatty acids, total saturated	g	0.009		0	1		0.023		
4:0	g								
6:0	g								
8:0	g								
10:0	g								
11:0	g								
12:0	g								
13:0	g								
14:0	g								
15:0	g								
16:0	g	0.006		0	1		0.016		
17:0	g								
18:0	g	0.002		0	1		0.005		
19:0	g								
20:0	g								
22:0	g								
24:0	g								
Fatty acids, total monounsaturated	g	0.012		0	1		0.031		
14:1	g								
15:1	g								

NDB No. 09106

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g								
17:1....g								
18:1 undifferentiated....g	0.012		0	1		0.031		
20:1....g								
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.027		0	1		0.070		
18:2 undifferentiated....g	0.024		0	1		0.062		
18:3 undifferentiated....g	0.003		0	1		0.008		
18:4....g								
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g								
20:5 n-3....g								
22:2....g								
22:5 n-3....g								
22:6 n-3....g								
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0		
Phytosterols....mg								

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

Common Measures:

Measure 1 = 259.000g: 1 cup

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 09107
Gooseberries, raw
Ribes spp.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	87.87	0.376	15	1		131.81		
Energy....kcal	44		0	4		66		
Energy....kj	184			4		276		
Protein (N x 6.25)....g	0.88		2	1		1.32		
Total lipid (fat)....g	0.58		1	1		0.87		
Ash....g	0.49	0.035	5	1		0.74		
Carbohydrate, by difference....g	10.18		0	4		15.27		
Fiber, total dietary....g	4.3		0	4		6.5		
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	25	2.966	5	1		38		
Iron, Fe....mg	0.31	0.028	5	1		0.47		
Magnesium, Mg....mg	10	1.382	4	1		15		
Phosphorus, P....mg	27	1.589	5	1		41		
Potassium, K....mg	198	12.360	6	1		297		
Sodium, Na....mg	1		1	1		2		
Zinc, Zn....mg	0.12	0.003	3	1		0.18		
Copper, Cu....mg	0.070	0.008	5	1		0.105		
Manganese, Mn....mg	0.144	0.010	4	1		0.216		
Selenium, Se....mcg	0.6		0	4		0.9		
Vitamins:								
Vitamin C, total ascorbic acid....mg	27.7	1.380	11	1		41.6		
Thiamin....mg	0.040		0	1		0.060		
Riboflavin....mg	0.030		0	1		0.045		
Niacin....mg	0.300		0	1		0.450		
Pantothenic acid....mg	0.286		0	1		0.429		
Vitamin B-6....mg	0.080		1	1		0.120		
Folate, total....mcg	6		0	4		9		
Folic acid....mcg	0		0	7		0		
Folate, food....mcg	6		0	4		9		
Folate, DFE....mcg_DFE	6		0	4		9		
Vitamin B-12....mcg	0.00		0	7		0.00		
Vitamin A, IU....IU	290		0	1		435		
Vitamin A, RE....mcg_RE	29		0	1		44		
Vitamin E....mg_ATE	0.370		0	1		0.555		
Tocopherol, alpha....mg	0.37		0	1		0.56		
Tocopherol, beta....mg								
Tocopherol, gamma....mg								
Tocopherol, delta....mg								
Tocotrienol, alpha....mg								
Tocotrienol, beta....mg								
Tocotrienol, gamma....mg								
Tocotrienol, delta....mg								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.038		0	1		0.057		
4:0....g	0.000		0	1		0.000		
6:0....g	0.000		0	1		0.000		
8:0....g	0.000		0	1		0.000		
10:0....g	0.000		0	1		0.000		
11:0....g								
12:0....g	0.000		0	1		0.000		
13:0....g								
14:0....g	0.000		0	1		0.000		
15:0....g								
16:0....g	0.019		0	1		0.029		
17:0....g								

NDB No. 09107
Gooseberries, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
18:0 ... g	0.013		0	1		0.020		
19:0 ... g								
20:0 ... g								
22:0 ... g								
24:0 ... g								
Fatty acids, total monounsaturated ... g	0.051		0	1		0.077		
14:1 ... g								
15:1 ... g								
16:1 undifferentiated ... g	0.000		0	1		0.000		
17:1 ... g								
18:1 undifferentiated ... g	0.051		0	1		0.077		
20:1 ... g	0.000		0	1		0.000		
22:1 undifferentiated ... g	0.000		0	1		0.000		
24:1 c ... g								
Fatty acids, total polyunsaturated ... g	0.317		0	1		0.476		
18:2 undifferentiated ... g	0.271		0	1		0.407		
18:3 undifferentiated ... g	0.046		0	1		0.069		
18:4 ... g	0.000		0	1		0.000		
20:2 n-6 c,c ... g								
20:3 undifferentiated ... g								
20:4 undifferentiated ... g	0.000		0	1		0.000		
20:5 n-3 ... g	0.000		0	1		0.000		
22:2 ... g								
22:5 n-3 ... g	0.000		0	1		0.000		
22:6 n-3 ... g	0.000		0	1		0.000		
Fatty acids, total trans ... g								
Cholesterol ... mg	0		0	7		0		
Phytosterols ... mg								
Others:								
Alcohol, ethyl ... g	0.0		0	7		0.0		
Caffeine ... mg								
Theobromine ... mg								

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

Common Measures:

Measure 1 = 150.000g: 1 cup

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 09109
Gooseberries, canned, light syrup pack, solids and liquids

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	80.10	0.510	3	1		201.85		
Energy....kcal	73		0	4		184		
Energy....kj	305			4		770		
Protein (N x 6.25)....g	0.65	0.061	3	1		1.64		
Total lipid (fat)....g	0.20	0.061	3	1		0.50		
Ash....g	0.29	0.012	3	1		0.73		
Carbohydrate, by difference....g	18.75		0	4		47.25		
Fiber, total dietary....g	2.4		0	4		6.0		
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	16	1.517	3	1		40		
Iron, Fe....mg	0.33	0.024	3	1		0.83		
Magnesium, Mg....mg	6	0.120	3	1		15		
Phosphorus, P....mg	7	0.700	3	1		18		
Potassium, K....mg	77	2.082	3	1		194		
Sodium, Na....mg	2	0.333	3	1		5		
Zinc, Zn....mg	0.11	0.010	3	1		0.28		
Copper, Cu....mg	0.217	0.028	3	1		0.547		
Manganese, Mn....mg	0.177	0.013	3	1		0.446		
Selenium, Se....mcg	0.4		0	4		1.0		
Vitamins:								
Vitamin C, total ascorbic acid....mg	10.0	0.557	3	1		25.2		
Thiamin....mg	0.020	0.000	3	1		0.050		
Riboflavin....mg	0.053	0.003	3	1		0.134		
Niacin....mg	0.153	0.043	3	1		0.386		
Pantothenic acid....mg	0.138	0.003	3	1		0.348		
Vitamin B-6....mg	0.012	0.001	3	1		0.030		
Folate, total....mcg	3	0.058	3	1		8		
Folic acid....mcg	0		0	7		0		
Folate, food....mcg	3	0.058	3	1		8		
Folate, DFE....mcg_DFE	3		0	4		8		
Vitamin B-12....mcg	0.00		0	7		0.00		
Vitamin A, IU....IU	138	0.000	3	1		348		
Vitamin A, RE....mcg_RE	14	0.000	3	1		35		
Vitamin E....mg_ATE	0.370		0	4		0.932		
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.013		0	1		0.033		
4:0....g	0.000		0	1		0.000		
6:0....g	0.000		0	1		0.000		
8:0....g	0.000		0	1		0.000		
10:0....g	0.000		0	1		0.000		
11:0....g								
12:0....g	0.000		0	1		0.000		
13:0....g								
14:0....g	0.000		0	1		0.000		
15:0....g								
16:0....g	0.007		0	1		0.018		
17:0....g								
18:0....g	0.004		0	1		0.010		
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.018		0	1		0.045		
14:1....g								
15:1....g								

NDB No. 09109
Gooseberries, canned, light syrup pack, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.000		0	1		0.000		
17:1....g								
18:1 undifferentiated....g	0.018		0	1		0.045		
20:1....g	0.000		0	1		0.000		
22:1 undifferentiated....g	0.000		0	1		0.000		
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.110		0	1		0.277		
18:2 undifferentiated....g	0.094		0	1		0.237		
18:3 undifferentiated....g	0.016		0	1		0.040		
18:4....g	0.000		0	1		0.000		
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000		
20:5 n-3....g	0.000		0	1		0.000		
22:2....g								
22:5 n-3....g	0.000		0	1		0.000		
22:6 n-3....g	0.000		0	1		0.000		
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0		
Phytosterols....mg								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0		
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 252.000g: 1 cup

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 09111

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

Citrus paradisi

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	90.89	0.048	56	1		209.05	150.88	116.34
Energy....kcal	32		0	4		74	53	41
Energy....kj	134			4		308	222	171
Protein (N x 6.25)....g	0.63	0.009	51	1		1.45	1.05	0.81
Total lipid (fat)....g	0.10		0	1		0.23	0.17	0.13
Ash....g	0.31	0.005	49	1		0.71	0.51	0.40
Carbohydrate, by difference....g	8.08		0	4		18.58	13.41	10.34
Fiber, total dietary....g	1.1		0	1		2.5	1.8	1.4
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	12	0.265	49	1		28	20	15
Iron, Fe....mg	0.09	0.004	35	1		0.21	0.15	0.12
Magnesium, Mg....mg	8	0.313	97	1		18	13	10
Phosphorus, P....mg	8	0.376	50	1		18	13	10
Potassium, K....mg	139	2.089	73	1		320	231	178
Sodium, Na....mg	0	0.028	36	1		0	0	0
Zinc, Zn....mg	0.07		1	1		0.16	0.12	0.09
Copper, Cu....mg	0.047	0.002	49	1		0.108	0.078	0.060
Manganese, Mn....mg	0.012	0.001	48	1		0.028	0.020	0.015
Selenium, Se....mcg	1.4	0.315	5	1		3.2	2.3	1.8
Vitamins:								
Vitamin C, total ascorbic acid....mg	34.4	0.710	49	1		79.1	57.1	44.0
Thiamin....mg	0.036	0.001	49	1		0.083	0.060	0.046
Riboflavin....mg	0.020		0	1		0.046	0.033	0.026
Niacin....mg	0.250	0.007	49	1		0.575	0.415	0.320
Pantothenic acid....mg	0.283		0	1		0.651	0.470	0.362
Vitamin B-6....mg	0.042	0.002	33	1		0.097	0.070	0.054
Folate, total....mcg	10	0.753	52	1		23	17	13
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	10	0.753	52	1		23	17	13
Folate, DFE....mcg_DFE	10		0	4		23	17	13
Vitamin B-12....mcg	0.00		0	7		0.00	0.00	0.00
Vitamin A, IU....IU	124		0	1		285	206	159
Vitamin A, RE....mcg_RE	12		0	1		28	20	15
Vitamin E....mg_ATE	0.250		0	1		0.575	0.415	0.320
Tocopherol, alpha....mg	0.25		0	1		0.58	0.42	0.32
Tocopherol, beta....mg								
Tocopherol, gamma....mg								
Tocopherol, delta....mg								
Tocotrienol, alpha....mg								
Tocotrienol, beta....mg								
Tocotrienol, gamma....mg								
Tocotrienol, delta....mg								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.014		0	1		0.032	0.023	0.018
4:0....g	0.000		0	1		0.000	0.000	0.000
6:0....g	0.000		0	1		0.000	0.000	0.000
8:0....g	0.000		0	1		0.000	0.000	0.000
10:0....g	0.000		0	1		0.000	0.000	0.000
11:0....g								
12:0....g	0.000		0	1		0.000	0.000	0.000
13:0....g								
14:0....g	0.000		0	1		0.000	0.000	0.000
15:0....g								
16:0....g	0.012		0	1		0.028	0.020	0.015
17:0....g								

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
18:0 g	0.001		0	1		0.002	0.002	0.001
19:0 g								
20:0 g								
22:0 g								
24:0 g								
Fatty acids, total monounsaturated g	0.013		0	1		0.030	0.022	0.017
14:1 g								
15:1 g								
16:1 undifferentiated g	0.001		0	1		0.002	0.002	0.001
17:1 g								
18:1 undifferentiated g	0.012		0	1		0.028	0.020	0.015
20:1 g	0.000		0	1		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0	1		0.000	0.000	0.000
24:1 c g								
Fatty acids, total polyunsaturated g	0.024		0	1		0.055	0.040	0.031
18:2 undifferentiated g	0.019		0	1		0.044	0.032	0.024
18:3 undifferentiated g	0.005		0	1		0.012	0.008	0.006
18:4 g	0.000		0	1		0.000	0.000	0.000
20:2 n-6 c,c g								
20:3 undifferentiated g								
20:4 undifferentiated g	0.000		0	1		0.000	0.000	0.000
20:5 n-3 g	0.000		0	1		0.000	0.000	0.000
22:2 g								
22:5 n-3 g	0.000		0	1		0.000	0.000	0.000
22:6 n-3 g	0.000		0	1		0.000	0.000	0.000
Fatty acids, total trans g								
Cholesterol mg	0		0	7		0	0	0
Phytosterols mg								
Amino Acids:								
Tryptophan g	0.002		5	1		0.005	0.003	0.003
Threonine g								
Isoleucine g								
Leucine g								
Lysine g	0.016		5	1		0.037	0.027	0.020
Methionine g	0.002		4	1		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								
Hydroxyproline g								
Others:								
Alcohol, ethyl g	0.0		0	7		0.0	0.0	0.0
Caffeine mg								
Theobromine mg								

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

Common Measures:

Measure 1 = 230.000g: 1 cup sections, with juice

Measure 2 = 166.000g: .5 large (approx 4-1/2" dia)

Measure 3 = 128.000g: .5 medium (approx 4" dia)

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

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 09112

Grapefruit, raw, pink and red, all areas

Citrus paradisi

Refuse: 49% Peel, seeds, core, and membrane

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	91.38	0.059	22	1		210.17	112.40	
Energy....kcal	30		0	4		69	37	
Energy....kj	126			4		289	154	
Protein (N x 6.25)....g	0.55	0.011	16	1		1.27	0.68	
Total lipid (fat)....g	0.10		0	1		0.23	0.12	
Ash....g	0.29	0.005	16	1		0.67	0.36	
Carbohydrate, by difference....g	7.68		0	4		17.66	9.45	
Fiber, total dietary....g								
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	11	0.437	22	1		25	14	
Iron, Fe....mg	0.12	0.009	3	1		0.28	0.15	
Magnesium, Mg....mg	8	0.575	38	1		18	10	
Phosphorus, P....mg	9	0.725	16	1		21	11	
Potassium, K....mg	129	3.909	30	1		297	159	
Sodium, Na....mg	0	0.049	17	1		0	0	
Zinc, Zn....mg	0.07		0	1		0.16	0.09	
Copper, Cu....mg	0.044	0.003	16	1		0.101	0.054	
Manganese, Mn....mg	0.010	0.001	16	1		0.023	0.012	
Selenium, Se....mcg								
Vitamins:								
Vitamin C, total ascorbic acid....mg	38.1	1.084	22	1		87.6	46.9	
Thiamin....mg	0.034	0.001	22	1		0.078	0.042	
Riboflavin....mg	0.020		0	1		0.046	0.025	
Niacin....mg	0.191	0.008	22	1		0.439	0.235	
Pantothenic acid....mg	0.283		0	1		0.651	0.348	
Vitamin B-6....mg	0.042	0.004	14	1		0.097	0.052	
Folate, total....mcg	12	0.780	22	1		28	15	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	12	0.780	22	1		28	15	
Folate, DFE....mcg_DFE	12		0	4		28	15	
Vitamin B-12....mcg	0.00		0	7		0.00	0.00	
Vitamin A, IU....IU	259		0	1		596	319	
Vitamin A, RE....mcg_RE	26		0	1		60	32	
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.014		0	1		0.032	0.017	
4:0....g								
6:0....g								
8:0....g								
10:0....g								
11:0....g								
12:0....g								
13:0....g								
14:0....g								
15:0....g								
16:0....g	0.012		0	1		0.028	0.015	
17:0....g								
18:0....g	0.001		0	1		0.002	0.001	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.013		0	1		0.030	0.016	
14:1....g								
15:1....g								

NDB No. 09112
Grapefruit, raw, pink and red, all areas

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.001		0	1		0.002	0.001	
17:1....g								
18:1 undifferentiated....g	0.012		0	1		0.028	0.015	
20:1....g								
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.024		0	1		0.055	0.030	
18:2 undifferentiated....g	0.019		0	1		0.044	0.023	
18:3 undifferentiated....g	0.005		0	1		0.012	0.006	
18:4....g								
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g								
20:5 n-3....g								
22:2....g								
22:5 n-3....g								
22:6 n-3....g								
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0	0	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.002		0	1		0.005	0.002	
Threonine....g								
Isoleucine....g								
Leucine....g								
Lysine....g	0.014		0	1		0.032	0.017	
Methionine....g	0.002		0	1		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								
Hydroxyproline....g								

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

Common Measures:

Measure 1 = 230.000g: 1 cup sections, with juice

Measure 2 = 123.000g: .5 fruit (3-3/4" dia)

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 09113

Grapefruit, raw, pink and red, California and Arizona

Citrus paradisi

Refuse: 49% Peel, seeds, core, and membrane

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	89.31	0.330	6	1		205.41	109.85	
Energy....kcal	37		0	4		85	46	
Energy....kj	155			4		356	190	
Protein (N x 6.25)....g	0.50		0	1		1.15	0.62	
Total lipid (fat)....g	0.10		0	1		0.23	0.12	
Ash....g	0.40		0	1		0.92	0.49	
Carbohydrate, by difference....g	9.69		0	4		22.29	11.92	
Fiber, total dietary....g								
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	11	0.437	22	1		25	14	
Iron, Fe....mg	0.08		0	1		0.18	0.10	
Magnesium, Mg....mg	9	0.229	22	1		21	11	
Phosphorus, P....mg	12		0	1		28	15	
Potassium, K....mg	147	2.626	22	1		338	181	
Sodium, Na....mg	1	0.101	9	1		2	1	
Zinc, Zn....mg	0.07		0	1		0.16	0.09	
Copper, Cu....mg	0.032		0	1		0.074	0.039	
Manganese, Mn....mg	0.020		0	1		0.046	0.025	
Selenium, Se....mcg								
Vitamins:								
Vitamin C, total ascorbic acid....mg	38.1	1.084	22	1		87.6	46.9	
Thiamin....mg	0.034	0.001	22	1		0.078	0.042	
Riboflavin....mg	0.020		0	1		0.046	0.025	
Niacin....mg	0.191	0.008	22	1		0.439	0.235	
Pantothenic acid....mg	0.283		0	1		0.651	0.348	
Vitamin B-6....mg	0.042	0.004	14	1		0.097	0.052	
Folate, total....mcg	12	0.780	22	1		28	15	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	12	0.780	22	1		28	15	
Folate, DFE....mcg_DFE	12		0	4		28	15	
Vitamin B-12....mcg	0.00		0	7		0.00	0.00	
Vitamin A, IU....IU	259		0	1		596	319	
Vitamin A, RE....mcg_RE	26		0	1		60	32	
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.014		0	1		0.032	0.017	
4:0....g								
6:0....g								
8:0....g								
10:0....g								
11:0....g								
12:0....g								
13:0....g								
14:0....g								
15:0....g								
16:0....g	0.012		0	1		0.028	0.015	
17:0....g								
18:0....g	0.001		0	1		0.002	0.001	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.013		0	1		0.030	0.016	
14:1....g								
15:1....g								

NDB No. 09113
Grapefruit, raw, pink and red, California and Arizona

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.001		0	1		0.002	0.001	
17:1....g								
18:1 undifferentiated....g	0.012		0	1		0.028	0.015	
20:1....g								
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.024		0	1		0.055	0.030	
18:2 undifferentiated....g	0.019		0	1		0.044	0.023	
18:3 undifferentiated....g	0.005		0	1		0.012	0.006	
18:4....g								
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g								
20:5 n-3....g								
22:2....g								
22:5 n-3....g								
22:6 n-3....g								
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0	0	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.002		0	1		0.005	0.002	
Threonine....g								
Isoleucine....g								
Leucine....g								
Lysine....g	0.013		0	1		0.030	0.016	
Methionine....g	0.002		0	1		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								
Hydroxyproline....g								

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

Common Measures:

Measure 1 = 230.000g: 1 cup sections, with juice

Measure 2 = 123.000g: .5 fruit (3-3/4" dia)

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 09114
Grapefruit, raw, pink and red, Florida
Citrus paradisi

Refuse: 49% Peel, seeds, core, and membrane

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	91.56	0.057	16	1		210.59	112.62	
Energy....kcal	30		0	4		69	37	
Energy....kj	126			4		289	154	
Protein (N x 6.25)....g	0.55	0.011	16	1		1.27	0.68	
Total lipid (fat)....g	0.10		0	1		0.23	0.12	
Ash....g	0.29	0.005	16	1		0.67	0.36	
Carbohydrate, by difference....g	7.50		0	4		17.25	9.23	
Fiber, total dietary....g	1.1		0	4		2.5	1.4	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	15		0	1		35	18	
Iron, Fe....mg	0.12	0.009	3	1		0.28	0.15	
Magnesium, Mg....mg	8	0.625	16	1		18	10	
Phosphorus, P....mg	9	0.725	16	1		21	11	
Potassium, K....mg	127	4.243	8	1		292	156	
Sodium, Na....mg	0	0.052	8	1		0	0	
Zinc, Zn....mg	0.07		0	1		0.16	0.09	
Copper, Cu....mg	0.044	0.003	16	1		0.101	0.054	
Manganese, Mn....mg	0.010	0.001	16	1		0.023	0.012	
Selenium, Se....mcg	1.4	0.315	5	1		3.2	1.7	
Vitamins:								
Vitamin C, total ascorbic acid....mg	37.0		0	1		85.1	45.5	
Thiamin....mg	0.040		0	1		0.092	0.049	
Riboflavin....mg	0.020		0	1		0.046	0.025	
Niacin....mg	0.200		0	1		0.460	0.246	
Pantothenic acid....mg	0.283		0	1		0.651	0.348	
Vitamin B-6....mg	0.042		0	1		0.097	0.052	
Folate, total....mcg	9		0	1		22	12	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	9		0	1		22	12	
Folate, DFE....mcg_DFE	9		0	4		22	12	
Vitamin B-12....mcg	0.00		0	7		0.00	0.00	
Vitamin A, IU....IU	259	78.263	6	1		596	319	
Vitamin A, RE....mcg_RE	26	7.826	6	1		60	32	
Vitamin E....mg_ATE	0.250		0	1		0.575	0.308	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.014		0	1		0.032	0.017	
4:0....g	0.000		0	1		0.000	0.000	
6:0....g	0.000		0	1		0.000	0.000	
8:0....g	0.000		0	1		0.000	0.000	
10:0....g	0.000		0	1		0.000	0.000	
11:0....g								
12:0....g	0.000		0	1		0.000	0.000	
13:0....g								
14:0....g	0.000		0	1		0.000	0.000	
15:0....g								
16:0....g	0.012		0	1		0.028	0.015	
17:0....g								
18:0....g	0.001		0	1		0.002	0.001	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.013		0	1		0.030	0.016	
14:1....g								
15:1....g								

NDB No. 09114
Grapefruit, raw, pink and red, Florida

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.001		0	1		0.002	0.001	
17:1....g								
18:1 undifferentiated....g	0.012		0	1		0.028	0.015	
20:1....g	0.000		0	1		0.000	0.000	
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.024		0	1		0.055	0.030	
18:2 undifferentiated....g	0.019		0	1		0.044	0.023	
18:3 undifferentiated....g	0.005		0	1		0.012	0.006	
18:4....g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	
20:5 n-3....g	0.000		0	1		0.000	0.000	
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	
22:6 n-3....g	0.000		0	1		0.000	0.000	
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0	0	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.002		0	1		0.005	0.002	
Threonine....g								
Isoleucine....g								
Leucine....g								
Lysine....g	0.014		0	1		0.032	0.017	
Methionine....g	0.002		0	1		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								
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 230.000g: 1 cup sections, with juice

Measure 2 = 123.000g: .5 fruit (3-3/4" dia)

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

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

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	90.48	0.072	34	1		208.10	106.77	
Energy....kcal	33		0	4		76	39	
Energy....kj	138			4		318	163	
Protein (N x 6.25)....g	0.69	0.014	35	1		1.59	0.81	
Total lipid (fat)....g	0.10		0	1		0.23	0.12	
Ash....g	0.33	0.008	33	1		0.76	0.39	
Carbohydrate, by difference....g	8.41		0	4		19.34	9.92	
Fiber, total dietary....g	1.1		0	4		2.5	1.3	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	12	0.320	27	1		28	14	
Iron, Fe....mg	0.06	0.004	32	1		0.14	0.07	
Magnesium, Mg....mg	9	0.314	59	1		21	11	
Phosphorus, P....mg	8	0.358	34	1		18	9	
Potassium, K....mg	148	2.010	43	1		340	175	
Sodium, Na....mg	0	0.032	19	1		0	0	
Zinc, Zn....mg	0.07		1	1		0.16	0.08	
Copper, Cu....mg	0.050	0.003	33	1		0.115	0.059	
Manganese, Mn....mg	0.013	0.001	32	1		0.030	0.015	
Selenium, Se....mcg	1.4	0.315	5	1		3.2	1.7	
Vitamins:								
Vitamin C, total ascorbic acid....mg	33.3	0.867	27	1		76.6	39.3	
Thiamin....mg	0.037	0.002	27	1		0.085	0.044	
Riboflavin....mg	0.020		0	1		0.046	0.024	
Niacin....mg	0.269	0.009	27	1		0.619	0.317	
Pantothenic acid....mg	0.283		0	1		0.651	0.334	
Vitamin B-6....mg	0.043	0.002	19	1		0.099	0.051	
Folate, total....mcg	10	0.807	30	1		23	12	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	10	0.807	30	1		23	12	
Folate, DFE....mcg_DFE	10		0	4		23	12	
Vitamin B-12....mcg	0.00		0	7		0.00	0.00	
Vitamin A, IU....IU	10		0	1		23	12	
Vitamin A, RE....mcg_RE	1		0	1		2	1	
Vitamin E....mg_ATE	0.250		0	1		0.575	0.295	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.014		0	1		0.032	0.017	
4:0....g	0.000		0	1		0.000	0.000	
6:0....g	0.000		0	1		0.000	0.000	
8:0....g	0.000		0	1		0.000	0.000	
10:0....g	0.000		0	1		0.000	0.000	
11:0....g								
12:0....g	0.000		0	1		0.000	0.000	
13:0....g								
14:0....g	0.000		0	1		0.000	0.000	
15:0....g								
16:0....g	0.012		0	1		0.028	0.014	
17:0....g								
18:0....g	0.001		0	1		0.002	0.001	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.013		0	1		0.030	0.015	
14:1....g								
15:1....g								

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.001		0	1		0.002	0.001	
17:1....g								
18:1 undifferentiated....g	0.012		0	1		0.028	0.014	
20:1....g	0.000		0	1		0.000	0.000	
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.024		0	1		0.055	0.028	
18:2 undifferentiated....g	0.019		0	1		0.044	0.022	
18:3 undifferentiated....g	0.005		0	1		0.012	0.006	
18:4....g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	
20:5 n-3....g	0.000		0	1		0.000	0.000	
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	
22:6 n-3....g	0.000		0	1		0.000	0.000	
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0	0	
Phytosterols....mg	17		0	1		39	20	
Amino Acids:								
Tryptophan....g	0.002		0	1		0.005	0.002	
Threonine....g								
Isoleucine....g								
Leucine....g								
Lysine....g	0.018		0	1		0.041	0.021	
Methionine....g	0.002		0	1		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								
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 230.000g: 1 cup sections, with juice

Measure 2 = 118.000g: .5 fruit (3-3/4" dia)

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 09117
Grapefruit, raw, white, California
Citrus paradisi

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	89.58	0.265	18	1		206.03	105.70	
Energy....kcal	37		0	4		85	44	
Energy....kj	155			4		356	183	
Protein (N x 6.25)....g	0.88	0.024	19	1		2.02	1.04	
Total lipid (fat)....g	0.10		0	1		0.23	0.12	
Ash....g	0.35	0.010	17	1		0.81	0.41	
Carbohydrate, by difference....g	9.09		0	4		20.91	10.73	
Fiber, total dietary....g								
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	12	0.320	27	1		28	14	
Iron, Fe....mg	0.08	0.010	16	1		0.18	0.09	
Magnesium, Mg....mg	9	0.328	43	1		21	11	
Phosphorus, P....mg	12	0.784	18	1		28	14	
Potassium, K....mg	143	2.954	35	1		329	169	
Sodium, Na....mg	0	0.047	11	1		0	0	
Zinc, Zn....mg	0.07		1	1		0.16	0.08	
Copper, Cu....mg	0.032	0.003	17	1		0.074	0.038	
Manganese, Mn....mg	0.020	0.003	16	1		0.046	0.024	
Selenium, Se....mcg								
Vitamins:								
Vitamin C, total ascorbic acid....mg	33.3	0.867	27	1		76.6	39.3	
Thiamin....mg	0.037	0.002	27	1		0.085	0.044	
Riboflavin....mg	0.020		0	1		0.046	0.024	
Niacin....mg	0.269	0.009	27	1		0.619	0.317	
Pantothenic acid....mg	0.283		0	1		0.651	0.334	
Vitamin B-6....mg	0.043	0.002	19	1		0.099	0.051	
Folate, total....mcg	12	0.494	27	1		27	14	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	12	0.494	27	1		27	14	
Folate, DFE....mcg_DFE	12		0	4		27	14	
Vitamin B-12....mcg	0.00		0	7		0.00	0.00	
Vitamin A, IU....IU	10		0	1		23	12	
Vitamin A, RE....mcg_RE	1		0	1		2	1	
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.014		0	1		0.032	0.017	
4:0....g								
6:0....g								
8:0....g								
10:0....g								
11:0....g								
12:0....g								
13:0....g								
14:0....g								
15:0....g								
16:0....g	0.012		0	1		0.028	0.014	
17:0....g								
18:0....g	0.001		0	1		0.002	0.001	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.013		0	1		0.030	0.015	
14:1....g								
15:1....g								

NDB No. 09117
Grapefruit, raw, white, California

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.001		0	1		0.002	0.001	
17:1....g								
18:1 undifferentiated....g	0.012		0	1		0.028	0.014	
20:1....g								
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.024		0	1		0.055	0.028	
18:2 undifferentiated....g	0.019		0	1		0.044	0.022	
18:3 undifferentiated....g	0.005		0	1		0.012	0.006	
18:4....g								
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g								
20:5 n-3....g								
22:2....g								
22:5 n-3....g								
22:6 n-3....g								
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0	0	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.003		0	1		0.007	0.004	
Threonine....g								
Isoleucine....g								
Leucine....g								
Lysine....g	0.023		0	1		0.053	0.027	
Methionine....g	0.003		0	1		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								
Hydroxyproline....g								

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

Common Measures:

Measure 1 = 230.000g: 1 cup sections, with juice

Measure 2 = 118.000g: .5 fruit (3-3/4" dia)

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 09118
Grapefruit, raw, white, Florida
Citrus paradisi

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	90.76	0.045	16	1		208.75	107.10	
Energy....kcal	32		0	4		74	38	
Energy....kj	134			4		308	158	
Protein (N x 6.25)....g	0.63	0.017	16	1		1.45	0.74	
Total lipid (fat)....g	0.10		0	1		0.23	0.12	
Ash....g	0.32	0.010	16	1		0.74	0.38	
Carbohydrate, by difference....g	8.19		0	4		18.84	9.66	
Fiber, total dietary....g								
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	15		0	1		35	18	
Iron, Fe....mg	0.05	0.004	16	1		0.12	0.06	
Magnesium, Mg....mg	9	0.400	16	1		21	11	
Phosphorus, P....mg	7	0.400	16	1		16	8	
Potassium, K....mg	150	2.475	8	1		345	177	
Sodium, Na....mg	0	0.039	8	1		0	0	
Zinc, Zn....mg	0.07		0	1		0.16	0.08	
Copper, Cu....mg	0.056	0.004	16	1		0.129	0.066	
Manganese, Mn....mg	0.011	0.001	16	1		0.025	0.013	
Selenium, Se....mcg								
Vitamins:								
Vitamin C, total ascorbic acid....mg	37.0		0	1		85.1	43.7	
Thiamin....mg	0.040		0	1		0.092	0.047	
Riboflavin....mg	0.020		0	1		0.046	0.024	
Niacin....mg	0.200		0	1		0.460	0.236	
Pantothenic acid....mg	0.283		0	1		0.651	0.334	
Vitamin B-6....mg	0.043		0	1		0.099	0.051	
Folate, total....mcg	9	1.051	3	1		22	11	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	9	1.051	3	1		22	11	
Folate, DFE....mcg_DFE	9		0	4		22	11	
Vitamin B-12....mcg	0.00		0	7		0.00	0.00	
Vitamin A, IU....IU	10		0	1		23	12	
Vitamin A, RE....mcg_RE	1		0	1		2	1	
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.014		0	1		0.032	0.017	
4:0....g								
6:0....g								
8:0....g								
10:0....g								
11:0....g								
12:0....g								
13:0....g								
14:0....g								
15:0....g								
16:0....g	0.012		0	1		0.028	0.014	
17:0....g								
18:0....g	0.001		0	1		0.002	0.001	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.013		0	1		0.030	0.015	
14:1....g								
15:1....g								

NDB No. 09118
Grapefruit, raw, white, Florida

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.001		0	1		0.002	0.001	
17:1....g								
18:1 undifferentiated....g	0.012		0	1		0.028	0.014	
20:1....g								
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.024		0	1		0.055	0.028	
18:2 undifferentiated....g	0.019		0	1		0.044	0.022	
18:3 undifferentiated....g	0.005		0	1		0.012	0.006	
18:4....g								
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g								
20:5 n-3....g								
22:2....g								
22:5 n-3....g								
22:6 n-3....g								
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0	0	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.002		0	1		0.005	0.002	
Threonine....g								
Isoleucine....g								
Leucine....g								
Lysine....g	0.016		0	1		0.037	0.019	
Methionine....g	0.002		0	1		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								
Hydroxyproline....g								

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

Common Measures:

Measure 1 = 230.000g: 1 cup sections, with juice

Measure 2 = 118.000g: .5 fruit (3-3/4" dia)

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	89.85		0	1		219.23		
Energy....kcal	36		0	4		88		
Energy....kj	151			4		368		
Protein (N x 6.25)....g	0.58		0	1		1.42		
Total lipid (fat)....g	0.10		0	1		0.24		
Ash....g	0.32		0	1		0.78		
Carbohydrate, by difference....g	9.15		0	4		22.33		
Fiber, total dietary....g	0.4		0	4		1.0		
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	15		0	1		37		
Iron, Fe....mg	0.41		0	1		1.00		
Magnesium, Mg....mg	10		0	1		24		
Phosphorus, P....mg	10		0	1		24		
Potassium, K....mg	132		0	1		322		
Sodium, Na....mg	2		0	1		5		
Zinc, Zn....mg	0.09		0	1		0.22		
Copper, Cu....mg	0.067		0	1		0.163		
Manganese, Mn....mg	0.007		0	1		0.017		
Selenium, Se....mcg	0.9		0	4		2.2		
Vitamins:								
Vitamin C, total ascorbic acid....mg	21.8		0	1		53.2		
Thiamin....mg	0.039		0	1		0.095		
Riboflavin....mg	0.021		0	1		0.051		
Niacin....mg	0.249		0	1		0.608		
Pantothenic acid....mg	0.120		0	1		0.293		
Vitamin B-6....mg	0.020		0	1		0.049		
Folate, total....mcg	9		0	1		21		
Folic acid....mcg	0		0	7		0		
Folate, food....mcg	9		0	1		21		
Folate, DFE....mcg_DFE	9		0	4		21		
Vitamin B-12....mcg	0.00		0	7		0.00		
Vitamin A, IU....IU	0		0	1		0		
Vitamin A, RE....mcg_RE	0		0	1		0		
Vitamin E....mg_ATE	0.250		0	4		0.610		
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.014		0	1		0.034		
4:0....g	0.000		0	1		0.000		
6:0....g	0.000		0	1		0.000		
8:0....g	0.000		0	1		0.000		
10:0....g	0.000		0	1		0.000		
11:0....g								
12:0....g	0.000		0	1		0.000		
13:0....g								
14:0....g	0.000		0	1		0.000		
15:0....g								
16:0....g	0.013		0	1		0.032		
17:0....g								
18:0....g	0.001		0	1		0.002		
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.014		0	1		0.034		
14:1....g								
15:1....g								

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.001		0	1		0.002		
17:1....g								
18:1 undifferentiated....g	0.012		0	1		0.029		
20:1....g	0.000		0	1		0.000		
22:1 undifferentiated....g	0.000		0	1		0.000		
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.024		0	1		0.059		
18:2 undifferentiated....g	0.019		0	1		0.046		
18:3 undifferentiated....g	0.005		0	1		0.012		
18:4....g	0.000		0	1		0.000		
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000		
20:5 n-3....g	0.000		0	1		0.000		
22:2....g								
22:5 n-3....g	0.000		0	1		0.000		
22:6 n-3....g	0.000		0	1		0.000		
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0		
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.002		0	1		0.005		
Threonine....g								
Isoleucine....g								
Leucine....g								
Lysine....g	0.015		0	1		0.037		
Methionine....g	0.002		0	1		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								
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0		
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 244.000g: 1 cup

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	89.67	0.301	5	1		223.28		
Energy....kcal	37		0	4		92		
Energy....kj	155			4		385		
Protein (N x 6.25)....g	0.70	0.036	13	1		1.74		
Total lipid (fat)....g	0.09	0.016	14	1		0.22		
Ash....g	0.34	0.017	5	1		0.85		
Carbohydrate, by difference....g	9.21		0	4		22.93		
Fiber, total dietary....g	0.4		0	4		1.0		
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	15	0.575	14	1		37		
Iron, Fe....mg	0.21	0.053	5	1		0.52		
Magnesium, Mg....mg	11	0.249	13	1		27		
Phosphorus, P....mg	12	0.737	14	1		30		
Potassium, K....mg	169	7.215	14	1		421		
Sodium, Na....mg	7	0.666	13	1		17		
Zinc, Zn....mg	0.08	0.011	4	1		0.20		
Copper, Cu....mg	0.037	0.004	4	1		0.092		
Manganese, Mn....mg	0.007		0	1		0.017		
Selenium, Se....mcg	0.9		0	4		2.2		
Vitamins:								
Vitamin C, total ascorbic acid....mg	33.9	1.761	5	1		84.4		
Thiamin....mg	0.029	0.003	4	1		0.072		
Riboflavin....mg	0.018	0.002	3	1		0.045		
Niacin....mg	0.249		0	4		0.620		
Pantothenic acid....mg	0.120		0	4		0.299		
Vitamin B-6....mg	0.020		0	4		0.050		
Folate, total....mcg	9		0	4		22		
Folic acid....mcg	0		0	7		0		
Folate, food....mcg	9		0	4		22		
Folate, DFE....mcg_DFE	9		0	4		22		
Vitamin B-12....mcg	0.00		0	7		0.00		
Vitamin A, IU....IU	0		0	1		0		
Vitamin A, RE....mcg_RE	0		0	1		0		
Vitamin E....mg_ATE	0.250		0	1		0.623		
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.012		0	1		0.030		
4:0....g	0.000		0	1		0.000		
6:0....g	0.000		0	1		0.000		
8:0....g	0.000		0	1		0.000		
10:0....g	0.000		0	1		0.000		
11:0....g								
12:0....g	0.000		0	1		0.000		
13:0....g								
14:0....g	0.000		0	1		0.000		
15:0....g								
16:0....g	0.011		0	1		0.027		
17:0....g								
18:0....g	0.001		0	1		0.002		
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.012		0	1		0.030		
14:1....g								
15:1....g								

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.001		0	1		0.002		
17:1....g								
18:1 undifferentiated....g	0.010		0	1		0.025		
20:1....g	0.000		0	1		0.000		
22:1 undifferentiated....g	0.000		0	1		0.000		
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.021		0	1		0.052		
18:2 undifferentiated....g	0.017		0	1		0.042		
18:3 undifferentiated....g	0.004		0	1		0.010		
18:4....g	0.000		0	1		0.000		
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000		
20:5 n-3....g	0.000		0	1		0.000		
22:2....g								
22:5 n-3....g	0.000		0	1		0.000		
22:6 n-3....g	0.000		0	1		0.000		
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0		
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.002		0	1		0.005		
Threonine....g								
Isoleucine....g								
Leucine....g								
Lysine....g	0.018		0	1		0.045		
Methionine....g	0.002		0	1		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								
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0		
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 249.000g: 1 cup

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	83.59	0.210	14	1		212.32		
Energy....kcal	60		0	4		152		
Energy....kj	251			4		638		
Protein (N x 6.25)....g	0.56	0.020	14	1		1.42		
Total lipid (fat)....g	0.10	0.000	14	1		0.25		
Ash....g	0.31	0.007	14	1		0.79		
Carbohydrate, by difference....g	15.44		0	4		39.22		
Fiber, total dietary....g	0.4		0	4		1.0		
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	14	1.012	14	1		36		
Iron, Fe....mg	0.40	0.030	14	1		1.02		
Magnesium, Mg....mg	10	0.378	14	1		25		
Phosphorus, P....mg	10	0.257	14	1		25		
Potassium, K....mg	129	2.456	14	1		328		
Sodium, Na....mg	2	0.194	14	1		5		
Zinc, Zn....mg	0.08	0.003	14	1		0.20		
Copper, Cu....mg	0.066	0.005	14	1		0.168		
Manganese, Mn....mg	0.007		0	1		0.018		
Selenium, Se....mcg	0.9		0	4		2.3		
Vitamins:								
Vitamin C, total ascorbic acid....mg	21.3	0.549	14	1		54.1		
Thiamin....mg	0.038	0.001	14	1		0.097		
Riboflavin....mg	0.020	0.000	14	1		0.051		
Niacin....mg	0.243	0.014	14	1		0.617		
Pantothenic acid....mg	0.120		0	1		0.305		
Vitamin B-6....mg	0.020		0	1		0.051		
Folate, total....mcg	9	2.588	3	1		22		
Folic acid....mcg	0		0	7		0		
Folate, food....mcg	9	2.588	3	1		22		
Folate, DFE....mcg_DFE	9		0	4		22		
Vitamin B-12....mcg	0.00		0	7		0.00		
Vitamin A, IU....IU	0		1	1		0		
Vitamin A, RE....mcg_RE	0		1	1		0		
Vitamin E....mg_ATE	0.250		0	4		0.635		
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.014		0	1		0.036		
4:0....g	0.000		0	1		0.000		
6:0....g	0.000		0	1		0.000		
8:0....g	0.000		0	1		0.000		
10:0....g	0.000		0	1		0.000		
11:0....g								
12:0....g	0.000		0	1		0.000		
13:0....g								
14:0....g	0.000		0	1		0.000		
15:0....g								
16:0....g	0.012		0	1		0.030		
17:0....g								
18:0....g	0.001		0	1		0.003		
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.013		0	1		0.033		
14:1....g								
15:1....g								

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.001		0	1		0.003		
17:1....g								
18:1 undifferentiated....g	0.012		0	1		0.030		
20:1....g	0.000		0	1		0.000		
22:1 undifferentiated....g	0.000		0	1		0.000		
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.024		0	1		0.061		
18:2 undifferentiated....g	0.019		0	1		0.048		
18:3 undifferentiated....g	0.005		0	1		0.013		
18:4....g	0.000		0	1		0.000		
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000		
20:5 n-3....g	0.000		0	1		0.000		
22:2....g								
22:5 n-3....g	0.000		0	1		0.000		
22:6 n-3....g	0.000		0	1		0.000		
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0		
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.002		0	1		0.005		
Threonine....g								
Isoleucine....g								
Leucine....g								
Lysine....g	0.014		0	1		0.036		
Methionine....g	0.002		0	1		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								
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0		
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 254.000g: 1 cup

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

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	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	90.10	0.250	17	1		222.55	27.84	
Energy....kcal	38		0	4		94	12	
Energy....kj	159			4		393	49	
Protein (N x 6.25)....g	0.52	0.010	19	1		1.28	0.16	
Total lipid (fat)....g	0.10	0.000	16	1		0.25	0.03	
Ash....g	0.32	0.010	17	1		0.79	0.10	
Carbohydrate, by difference....g	8.96		0	4		22.13	2.77	
Fiber, total dietary....g	0.1		0	4		0.2	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	7	0.200	27	1		17	2	
Iron, Fe....mg	0.20	0.019	17	1		0.49	0.06	
Magnesium, Mg....mg	10	0.235	27	1		25	3	
Phosphorus, P....mg	11	0.466	26	1		27	3	
Potassium, K....mg	153	3.181	27	1		378	47	
Sodium, Na....mg	1	0.128	25	1		2	0	
Zinc, Zn....mg	0.09	0.007	16	1		0.22	0.03	
Copper, Cu....mg	0.038	0.003	17	1		0.094	0.012	
Manganese, Mn....mg	0.020		0	1		0.049	0.006	
Selenium, Se....mcg	0.1		0	4		0.2	0.0	
Vitamins:								
Vitamin C, total ascorbic acid....mg	29.2	0.738	17	1		72.1	9.0	
Thiamin....mg	0.042	0.002	17	1		0.104	0.013	
Riboflavin....mg	0.020	0.000	17	1		0.049	0.006	
Niacin....mg	0.231	0.011	17	1		0.571	0.071	
Pantothenic acid....mg	0.130		0	1		0.321	0.040	
Vitamin B-6....mg	0.020		0	1		0.049	0.006	
Folate, total....mcg	10	0.509	3	1		26	3	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	10	0.509	3	1		26	3	
Folate, DFE....mcg_DFE	10		0	4		26	3	
Vitamin B-12....mcg	0.00		0	7		0.00	0.00	
Vitamin A, IU....IU	7	1.844	7	1		17	2	
Vitamin A, RE....mcg_RE	1	0.184	7	1		2	0	
Vitamin E....mg_ATE	0.050		0	1		0.124	0.015	
Tocopherol, alpha....mg	0.04		0	1		0.10	0.01	
Tocopherol, beta....mg								
Tocopherol, gamma....mg								
Tocopherol, delta....mg								
Tocotrienol, alpha....mg								
Tocotrienol, beta....mg								
Tocotrienol, gamma....mg								
Tocotrienol, delta....mg								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.013		0	1		0.032	0.004	
4:0....g	0.000		0	1		0.000	0.000	
6:0....g	0.000		0	1		0.000	0.000	
8:0....g	0.000		0	1		0.000	0.000	
10:0....g	0.000		0	1		0.000	0.000	
11:0....g								
12:0....g	0.000		0	1		0.000	0.000	
13:0....g								
14:0....g	0.000		0	1		0.000	0.000	
15:0....g								
16:0....g	0.012		0	1		0.030	0.004	
17:0....g								

NDB No. 09123
Grapefruit juice, canned, unsweetened

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
18:0 g	0.001		0	1		0.002	0.000	
19:0 g								
20:0 g								
22:0 g								
24:0 g								
Fatty acids, total monounsaturated g	0.013		0	1		0.032	0.004	
14:1 g								
15:1 g								
16:1 undifferentiated g	0.001		0	1		0.002	0.000	
17:1 g								
18:1 undifferentiated g	0.012		0	1		0.030	0.004	
20:1 g	0.000		0	1		0.000	0.000	
22:1 undifferentiated g	0.000		0	1		0.000	0.000	
24:1 c g								
Fatty acids, total polyunsaturated g	0.023		0	1		0.057	0.007	
18:2 undifferentiated g	0.018		0	1		0.044	0.006	
18:3 undifferentiated g	0.005		0	1		0.012	0.002	
18:4 g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c g								
20:3 undifferentiated g								
20:4 undifferentiated g	0.000		0	1		0.000	0.000	
20:5 n-3 g	0.000		0	1		0.000	0.000	
22:2 g								
22:5 n-3 g	0.000		0	1		0.000	0.000	
22:6 n-3 g	0.000		0	1		0.000	0.000	
Fatty acids, total trans g								
Cholesterol mg	0		0	7		0	0	
Phytosterols mg								
Others:								
Alcohol, ethyl g	0.0		0	7		0.0	0.0	
Caffeine mg								
Theobromine mg								

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

Common Measures:

Measure 1 = 247.000g: 1 cup

Measure 2 = 30.900g: 1 fl oz

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

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	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	87.38	0.069	16	1		218.45	27.26	
Energy....kcal	46		0	4		115	14	
Energy....kj	192			4		481	60	
Protein (N x 6.25)....g	0.58	0.010	16	1		1.45	0.18	
Total lipid (fat)....g	0.09	0.005	16	1		0.23	0.03	
Ash....g	0.82	0.056	16	1		2.05	0.26	
Carbohydrate, by difference....g	11.13		0	4		27.83	3.47	
Fiber, total dietary....g	0.1		0	4		0.3	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	8	0.316	16	1		20	2	
Iron, Fe....mg	0.36	0.026	16	1		0.90	0.11	
Magnesium, Mg....mg	10	0.144	16	1		25	3	
Phosphorus, P....mg	11	0.266	16	1		28	3	
Potassium, K....mg	162	3.902	16	1		405	51	
Sodium, Na....mg	2	0.182	16	1		5	1	
Zinc, Zn....mg	0.06	0.003	16	1		0.15	0.02	
Copper, Cu....mg	0.048	0.004	16	1		0.120	0.015	
Manganese, Mn....mg	0.020		0	1		0.050	0.006	
Selenium, Se....mcg	0.1		0	4		0.3	0.0	
Vitamins:								
Vitamin C, total ascorbic acid....mg	26.9	0.461	16	1		67.3	8.4	
Thiamin....mg	0.040	0.002	17	1		0.100	0.012	
Riboflavin....mg	0.023	0.001	17	1		0.058	0.007	
Niacin....mg	0.319	0.023	16	1		0.798	0.100	
Pantothenic acid....mg	0.130		0	1		0.325	0.041	
Vitamin B-6....mg	0.020		1	1		0.050	0.006	
Folate, total....mcg	10		0	1		26	3	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	10		0	1		26	3	
Folate, DFE....mcg_DFE	10		0	4		26	3	
Vitamin B-12....mcg	0.00		0	7		0.00	0.00	
Vitamin A, IU....IU	0		1	1		0	0	
Vitamin A, RE....mcg_RE	0		1	1		0	0	
Vitamin E....mg_ATE	0.050		0	1		0.125	0.016	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.012		0	1		0.030	0.004	
4:0....g	0.000		0	1		0.000	0.000	
6:0....g	0.000		0	1		0.000	0.000	
8:0....g	0.000		0	1		0.000	0.000	
10:0....g	0.000		0	1		0.000	0.000	
11:0....g								
12:0....g	0.000		0	1		0.000	0.000	
13:0....g								
14:0....g	0.000		0	1		0.000	0.000	
15:0....g								
16:0....g	0.011		0	1		0.028	0.003	
17:0....g								
18:0....g	0.001		0	1		0.003	0.000	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.012		0	1		0.030	0.004	
14:1....g								
15:1....g								

NDB No. 09124
Grapefruit juice, canned, sweetened

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.001		0	1		0.003	0.000	
17:1....g								
18:1 undifferentiated....g	0.011		0	1		0.028	0.003	
20:1....g	0.000		0	1		0.000	0.000	
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.021		0	1		0.053	0.007	
18:2 undifferentiated....g	0.017		0	1		0.043	0.005	
18:3 undifferentiated....g	0.004		0	1		0.010	0.001	
18:4....g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	
20:5 n-3....g	0.000		0	1		0.000	0.000	
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	
22:6 n-3....g	0.000		0	1		0.000	0.000	
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0	0	
Phytosterols....mg								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 250.000g: 1 cup

Measure 2 = 31.200g: 1 fl oz

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 09125
Grapefruit juice, frozen concentrate, unsweetened, undiluted

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	62.00		0	1		128.34		
Energy	kcal	146		0	4		302		
Energy	kj	611			4		1264		
Protein (N x 6.25)	g	1.97	0.107	3	1		4.08		
Total lipid (fat)	g	0.48	0.048	3	1		0.99		
Ash	g	0.99	0.126	3	1		2.05		
Carbohydrate, by difference	g	34.56		0	4		71.54		
Fiber, total dietary	g	0.4		0	4		0.8		
Sugars, total	g								
Starch	g								
Minerals:									
Calcium, Ca	mg	27	2.219	3	1		56		
Iron, Fe	mg	0.49	0.210	3	1		1.01		
Magnesium, Mg	mg	38	1.388	3	1		79		
Phosphorus, P	mg	49	0.155	3	1		101		
Potassium, K	mg	484	8.369	3	1		1002		
Sodium, Na	mg	3	0.565	3	1		6		
Zinc, Zn	mg	0.18	0.005	3	1		0.37		
Copper, Cu	mg	0.118	0.024	3	1		0.244		
Manganese, Mn	mg	0.070	0.004	3	1		0.145		
Selenium, Se	mcg	0.3		0	4		0.6		
Vitamins:									
Vitamin C, total ascorbic acid	mg	119.8	0.749	3	1		248.0		
Thiamin	mg	0.145	0.010	3	1		0.300		
Riboflavin	mg	0.078	0.003	3	1		0.161		
Niacin	mg	0.772	0.072	3	1		1.598		
Pantothenic acid	mg	0.672	0.016	3	1		1.391		
Vitamin B-6	mg	0.154	0.005	3	1		0.319		
Folate, total	mcg	13	3.631	3	1		26		
Folic acid	mcg	0		0	7		0		
Folate, food	mcg	13	3.631	3	1		26		
Folate, DFE	mcg_DFE	13		0	4		26		
Vitamin B-12	mcg	0.00		0	7		0.00		
Vitamin A, IU	IU	31		2	1		64		
Vitamin A, RE	mcg_RE	3		2	1		6		
Vitamin E	mg_ATE	0.178		0	4		0.368		
Vitamin D	IU								
Lipids:									
Fatty acids, total saturated	g	0.064		0	1		0.132		
4:0	g	0.000		0	1		0.000		
6:0	g	0.000		0	1		0.000		
8:0	g	0.000		0	1		0.000		
10:0	g	0.000		0	1		0.000		
11:0	g								
12:0	g	0.001		0	1		0.002		
13:0	g								
14:0	g	0.001		0	1		0.002		
15:0	g								
16:0	g	0.059		0	1		0.122		
17:0	g								
18:0	g	0.002		0	1		0.004		
19:0	g								
20:0	g								
22:0	g								
24:0	g								
Fatty acids, total monounsaturated	g	0.063		0	1		0.130		
14:1	g								
15:1	g								

NDB No. 09125
Grapefruit juice, frozen concentrate, unsweetened, undiluted

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.007		0	1		0.014		
17:1....g								
18:1 undifferentiated....g	0.056		0	1		0.116		
20:1....g	0.000		0	1		0.000		
22:1 undifferentiated....g	0.000		0	1		0.000		
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.113		0	1		0.234		
18:2 undifferentiated....g	0.089		0	1		0.184		
18:3 undifferentiated....g	0.024		0	1		0.050		
18:4....g	0.000		0	1		0.000		
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000		
20:5 n-3....g	0.000		0	1		0.000		
22:2....g								
22:5 n-3....g	0.000		0	1		0.000		
22:6 n-3....g	0.000		0	1		0.000		
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0		
Phytosterols....mg								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0		
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 207.000g: 1 can (6 fl oz)

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

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	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	89.30		0	1		220.57	27.59	
Energy....kcal	41		0	4		101	13	
Energy....kj	172			4		424	53	
Protein (N x 6.25)....g	0.55	0.030	3	1		1.36	0.17	
Total lipid (fat)....g	0.13	0.013	3	1		0.32	0.04	
Ash....g	0.28	0.036	3	1		0.69	0.09	
Carbohydrate, by difference....g	9.73		0	4		24.03	3.01	
Fiber, total dietary....g	0.1		0	4		0.2	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	8	0.625	3	1		20	2	
Iron, Fe....mg	0.14	0.059	3	1		0.35	0.04	
Magnesium, Mg....mg	11	0.391	3	1		27	3	
Phosphorus, P....mg	14	0.044	3	1		35	4	
Potassium, K....mg	136	2.357	3	1		336	42	
Sodium, Na....mg	1	0.159	3	1		2	0	
Zinc, Zn....mg	0.05	0.002	3	1		0.12	0.02	
Copper, Cu....mg	0.033	0.007	3	1		0.082	0.010	
Manganese, Mn....mg	0.020	0.001	3	1		0.049	0.006	
Selenium, Se....mcg	0.1		0	4		0.2	0.0	
Vitamins:								
Vitamin C, total ascorbic acid....mg	33.7	0.211	3	1		83.2	10.4	
Thiamin....mg	0.041	0.003	3	1		0.101	0.013	
Riboflavin....mg	0.022	0.001	3	1		0.054	0.007	
Niacin....mg	0.217	0.020	3	1		0.536	0.067	
Pantothenic acid....mg	0.189	0.004	3	1		0.467	0.058	
Vitamin B-6....mg	0.044	0.002	3	1		0.109	0.014	
Folate, total....mcg	4	1.022	3	1		9	1	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	4	1.022	3	1		9	1	
Folate, DFE....mcg_DFE	4		0	4		9	1	
Vitamin B-12....mcg	0.00		0	7		0.00	0.00	
Vitamin A, IU....IU	9	1.005	3	1		22	3	
Vitamin A, RE....mcg_RE	1	0.101	3	1		2	0	
Vitamin E....mg_ATE	0.050		0	4		0.124	0.015	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.019		0	1		0.047	0.006	
4:0....g	0.000		0	1		0.000	0.000	
6:0....g	0.000		0	1		0.000	0.000	
8:0....g	0.000		0	1		0.000	0.000	
10:0....g	0.000		0	1		0.000	0.000	
11:0....g								
12:0....g	0.000		0	1		0.000	0.000	
13:0....g								
14:0....g	0.001		0	1		0.002	0.000	
15:0....g								
16:0....g	0.017		0	1		0.042	0.005	
17:0....g								
18:0....g	0.001		0	1		0.002	0.000	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.018		0	1		0.044	0.006	
14:1....g								
15:1....g								

NDB No. 09126

Grapefruit juice, frozen concentrate, unsweetened, diluted with 3 volume water

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.002		0	1		0.005	0.001	
17:1....g								
18:1 undifferentiated....g	0.016		0	1		0.040	0.005	
20:1....g	0.000		0	1		0.000	0.000	
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.032		0	1		0.079	0.010	
18:2 undifferentiated....g	0.025		0	1		0.062	0.008	
18:3 undifferentiated....g	0.007		0	1		0.017	0.002	
18:4....g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	
20:5 n-3....g	0.000		0	1		0.000	0.000	
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	
22:6 n-3....g	0.000		0	1		0.000	0.000	
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0	0	
Phytosterols....mg								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 247.000g: 1 cup

Measure 2 = 30.900g: 1 fl oz

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 09128
Grapefruit juice, white, raw

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	90.00		0	1		222.30	27.81	176.40
Energy....kcal	39		0	4		96	12	76
Energy....kj	163			4		403	50	320
Protein (N x 6.25)....g	0.50		0	1		1.24	0.15	0.98
Total lipid (fat)....g	0.10		0	1		0.25	0.03	0.20
Ash....g	0.20		0	1		0.49	0.06	0.39
Carbohydrate, by difference....g	9.20		0	4		22.72	2.84	18.03
Fiber, total dietary....g	0.1		0	4		0.2	0.0	0.2
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	9		0	1		22	3	18
Iron, Fe....mg	0.20		0	1		0.49	0.06	0.39
Magnesium, Mg....mg	12		0	1		30	4	24
Phosphorus, P....mg	15		0	1		37	5	29
Potassium, K....mg	162		0	1		400	50	318
Sodium, Na....mg	1		0	1		2	0	2
Zinc, Zn....mg	0.05		0	1		0.12	0.02	0.10
Copper, Cu....mg	0.033		0	1		0.082	0.010	0.065
Manganese, Mn....mg	0.020		0	1		0.049	0.006	0.039
Selenium, Se....mcg	0.1		0	4		0.2	0.0	0.2
Vitamins:								
Vitamin C, total ascorbic acid....mg	38.0		0	1		93.9	11.7	74.5
Thiamin....mg	0.040		0	1		0.099	0.012	0.078
Riboflavin....mg	0.020		0	1		0.049	0.006	0.039
Niacin....mg	0.200		0	1		0.494	0.062	0.392
Pantothenic acid....mg	0.189		0	4		0.467	0.058	0.370
Vitamin B-6....mg	0.044		0	4		0.109	0.014	0.086
Folate, total....mcg	10		0	4		25	3	20
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	10		0	4		25	3	20
Folate, DFE....mcg_DFE	10		0	4		25	3	20
Vitamin B-12....mcg	0.00		0	7		0.00	0.00	0.00
Vitamin A, IU....IU	10		0	1		25	3	20
Vitamin A, RE....mcg_RE	1		0	1		2	0	2
Vitamin E....mg_ATE	0.050		0	1		0.124	0.015	0.098
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.014		2	1		0.035	0.004	0.027
4:0....g	0.000		0	1		0.000	0.000	0.000
6:0....g	0.000		0	1		0.000	0.000	0.000
8:0....g	0.000		0	1		0.000	0.000	0.000
10:0....g	0.000		0	1		0.000	0.000	0.000
11:0....g								
12:0....g	0.000		0	1		0.000	0.000	0.000
13:0....g								
14:0....g	0.000		0	1		0.000	0.000	0.000
15:0....g								
16:0....g	0.012		2	1		0.030	0.004	0.024
17:0....g								
18:0....g	0.001		2	1		0.002	0.000	0.002
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.013		2	1		0.032	0.004	0.025
14:1....g								
15:1....g								

NDB No. 09128
Grapefruit juice, white, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.001		2	1		0.002	0.000	0.002
17:1....g								
18:1 undifferentiated....g	0.012		2	1		0.030	0.004	0.024
20:1....g	0.000		0	1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.024		2	1		0.059	0.007	0.047
18:2 undifferentiated....g	0.019		2	1		0.047	0.006	0.037
18:3 undifferentiated....g	0.005		2	1		0.012	0.002	0.010
18:4....g	0.000		0	1		0.000	0.000	0.000
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
20:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:6 n-3....g	0.000		0	1		0.000	0.000	0.000
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0	0	0
Phytosterols....mg								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	0.0
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 247.000g: 1 cup

Measure 2 = 30.900g: 1 fl oz

Measure 3 = 196.000g: 1 fruit yields

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 09131

Grapes, american type (slip skin), raw

Vitis spp.

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	81.30		1	1		74.80	1.95	
Energy....kcal	67		0	4		62	2	
Energy....kj	280			4		258	7	
Protein (N x 6.25)....g	0.63		1	1		0.58	0.02	
Total lipid (fat)....g	0.35		1	1		0.32	0.01	
Ash....g	0.57	0.042	4	1		0.52	0.01	
Carbohydrate, by difference....g	17.15		0	4		15.78	0.41	
Fiber, total dietary....g	1.0		0	4		0.9	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	14	1.716	7	1		13	0	
Iron, Fe....mg	0.29	0.063	4	1		0.27	0.01	
Magnesium, Mg....mg	5	0.176	4	1		5	0	
Phosphorus, P....mg	10	0.613	4	1		9	0	
Potassium, K....mg	191	27.533	5	1		176	5	
Sodium, Na....mg	2	0.443	12	1		2	0	
Zinc, Zn....mg	0.04	0.006	4	1		0.04	0.00	
Copper, Cu....mg	0.040	0.008	4	1		0.037	0.001	
Manganese, Mn....mg	0.718	0.103	4	1		0.661	0.017	
Selenium, Se....mcg	0.2		0	4		0.2	0.0	
Vitamins:								
Vitamin C, total ascorbic acid....mg	4.0		0	1		3.7	0.1	
Thiamin....mg	0.092		0	1		0.085	0.002	
Riboflavin....mg	0.057		0	1		0.052	0.001	
Niacin....mg	0.300		0	1		0.276	0.007	
Pantothenic acid....mg	0.024		0	1		0.022	0.001	
Vitamin B-6....mg	0.110		0	1		0.101	0.003	
Folate, total....mcg	4		0	1		4	0	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	4		0	1		4	0	
Folate, DFE....mcg_DFE	4		0	4		4	0	
Vitamin B-12....mcg	0.00		0	7		0.00	0.00	
Vitamin A, IU....IU	100		0	1		92	2	
Vitamin A, RE....mcg_RE	10		0	1		9	0	
Vitamin E....mg_ATE	0.340		0	1		0.313	0.008	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.114		0	1		0.105	0.003	
4:0....g	0.000		0	1		0.000	0.000	
6:0....g	0.000		0	1		0.000	0.000	
8:0....g	0.000		0	1		0.000	0.000	
10:0....g	0.000		0	1		0.000	0.000	
11:0....g								
12:0....g	0.000		0	1		0.000	0.000	
13:0....g								
14:0....g	0.003		0	1		0.003	0.000	
15:0....g								
16:0....g	0.098		0	1		0.090	0.002	
17:0....g								
18:0....g	0.013		0	1		0.012	0.000	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.014		0	1		0.013	0.000	
14:1....g								
15:1....g								

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.000		0	1		0.000	0.000	
17:1....g								
18:1 undifferentiated....g	0.014		0	1		0.013	0.000	
20:1....g	0.000		0	1		0.000	0.000	
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.102		0	1		0.094	0.002	
18:2 undifferentiated....g	0.079		0	1		0.073	0.002	
18:3 undifferentiated....g	0.024		0	1		0.022	0.001	
18:4....g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	
20:5 n-3....g	0.000		0	1		0.000	0.000	
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	
22:6 n-3....g	0.000		0	1		0.000	0.000	
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0	0	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.003		1	1		0.003	0.000	
Threonine....g	0.017		1	1		0.016	0.000	
Isoleucine....g	0.005		1	1		0.005	0.000	
Leucine....g	0.013		1	1		0.012	0.000	
Lysine....g	0.014		1	1		0.013	0.000	
Methionine....g	0.021		1	1		0.019	0.001	
Cystine....g	0.010		1	1		0.009	0.000	
Phenylalanine....g	0.013		1	1		0.012	0.000	
Tyrosine....g	0.011		1	1		0.010	0.000	
Valine....g	0.017		1	1		0.016	0.000	
Arginine....g	0.046		1	1		0.042	0.001	
Histidine....g	0.023		1	1		0.021	0.001	
Alanine....g	0.026		1	1		0.024	0.001	
Aspartic acid....g	0.077		1	1		0.071	0.002	
Glutamic acid....g	0.131		1	1		0.121	0.003	
Glycine....g	0.019		1	1		0.017	0.000	
Proline....g	0.021		1	1		0.019	0.001	
Serine....g	0.030		1	1		0.028	0.001	
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 92.000g: 1 cup

Measure 2 = 2.400g: 1 grape

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

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	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	80.56	0.367	55	1		128.90	124.06	4.03
Energy....kcal	71		0	4		114	109	4
Energy....kj	297			4		475	457	15
Protein (N x 6.25)....g	0.66	0.025	47	1		1.06	1.02	0.03
Total lipid (fat)....g	0.58	0.079	13	1		0.93	0.89	0.03
Ash....g	0.44	0.011	47	1		0.70	0.68	0.02
Carbohydrate, by difference....g	17.77		0	4		28.43	27.37	0.89
Fiber, total dietary....g	1.0		0	4		1.6	1.5	0.1
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	11		7	1		18	17	1
Iron, Fe....mg	0.26	0.024	44	1		0.42	0.40	0.01
Magnesium, Mg....mg	6	0.210	39	1		10	9	0
Phosphorus, P....mg	13	1.334	39	1		21	20	1
Potassium, K....mg	185	6.594	23	1		296	285	9
Sodium, Na....mg	2	0.257	27	1		3	3	0
Zinc, Zn....mg	0.05	0.010	13	1		0.08	0.08	0.00
Copper, Cu....mg	0.090	0.006	45	1		0.144	0.139	0.005
Manganese, Mn....mg	0.058	0.005	44	1		0.093	0.089	0.003
Selenium, Se....mcg	0.2	0.040	4	1		0.3	0.3	0.0
Vitamins:								
Vitamin C, total ascorbic acid....mg	10.8	0.858	6	1		17.3	16.6	0.5
Thiamin....mg	0.092		2	1		0.147	0.142	0.005
Riboflavin....mg	0.057		2	1		0.091	0.088	0.003
Niacin....mg	0.300		0	1		0.480	0.462	0.015
Pantothenic acid....mg	0.024	0.002	6	1		0.038	0.037	0.001
Vitamin B-6....mg	0.110	0.008	10	1		0.176	0.169	0.006
Folate, total....mcg	4	0.588	14	1		6	6	0
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	4	0.588	14	1		6	6	0
Folate, DFE....mcg_DFE	4		0	4		6	6	0
Vitamin B-12....mcg	0.00		0	7		0.00	0.00	0.00
Vitamin A, IU....IU	73		7	1		117	112	4
Vitamin A, RE....mcg_RE	7		7	1		11	11	0
Vitamin E....mg_ATE	0.700		0	4		1.120	1.078	0.035
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.189		0	1		0.302	0.291	0.009
4:0....g	0.000		0	1		0.000	0.000	0.000
6:0....g	0.000		0	1		0.000	0.000	0.000
8:0....g	0.000		0	1		0.000	0.000	0.000
10:0....g	0.000		0	1		0.000	0.000	0.000
11:0....g								
12:0....g	0.000		0	1		0.000	0.000	0.000
13:0....g								
14:0....g	0.005		0	1		0.008	0.008	0.000
15:0....g								
16:0....g	0.162		0	1		0.259	0.249	0.008
17:0....g								
18:0....g	0.022		0	1		0.035	0.034	0.001
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.023		0	1		0.037	0.035	0.001
14:1....g								
15:1....g								

NDB No. 09132

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
17:1....g								
18:1 undifferentiated....g	0.023		0	1		0.037	0.035	0.001
20:1....g	0.000		0	1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.169		0	1		0.270	0.260	0.008
18:2 undifferentiated....g	0.130		0	1		0.208	0.200	0.007
18:3 undifferentiated....g	0.039		0	1		0.062	0.060	0.002
18:4....g	0.000		0	1		0.000	0.000	0.000
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
20:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:6 n-3....g	0.000		0	1		0.000	0.000	0.000
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0	0	0
Phytosterols....mg	4		0	1		6	6	0
Amino Acids:								
Tryptophan....g	0.003		0	1		0.005	0.005	0.000
Threonine....g	0.018		0	1		0.029	0.028	0.001
Isoleucine....g	0.005		0	1		0.008	0.008	0.000
Leucine....g	0.014		0	1		0.022	0.022	0.001
Lysine....g	0.015		0	1		0.024	0.023	0.001
Methionine....g	0.022		0	1		0.035	0.034	0.001
Cystine....g	0.011		0	1		0.018	0.017	0.001
Phenylalanine....g	0.014		0	1		0.022	0.022	0.001
Tyrosine....g	0.012		0	1		0.019	0.018	0.001
Valine....g	0.018		0	1		0.029	0.028	0.001
Arginine....g	0.049		0	1		0.078	0.075	0.002
Histidine....g	0.024		0	1		0.038	0.037	0.001
Alanine....g	0.028		0	1		0.045	0.043	0.001
Aspartic acid....g	0.081		0	1		0.130	0.125	0.004
Glutamic acid....g	0.138		0	1		0.221	0.213	0.007
Glycine....g	0.020		0	1		0.032	0.031	0.001
Proline....g	0.022		0	1		0.035	0.034	0.001
Serine....g	0.032		0	1		0.051	0.049	0.002
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	0.0
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 160.000g: 1 cup, seedless

Measure 2 = 154.000g: 1 cup, with seeds, yields

Measure 3 = 5.000g: 1 grape, seedless

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	88.84		0	1		217.66		
Energy....kcal	40		0	4		98		
Energy....kj	167			4		410		
Protein (N x 6.25)....g	0.50		0	1		1.23		
Total lipid (fat)....g	0.11		0	1		0.27		
Ash....g	0.25		0	1		0.61		
Carbohydrate, by difference....g	10.30		0	4		25.24		
Fiber, total dietary....g	1.0		0	4		2.5		
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	10		0	1		25		
Iron, Fe....mg	0.98		0	1		2.40		
Magnesium, Mg....mg	6		0	1		15		
Phosphorus, P....mg	18		0	1		44		
Potassium, K....mg	107		0	1		262		
Sodium, Na....mg	6		0	1		15		
Zinc, Zn....mg	0.05		0	1		0.12		
Copper, Cu....mg	0.056		0	1		0.137		
Manganese, Mn....mg	0.039		0	1		0.096		
Selenium, Se....mcg	0.1		0	4		0.2		
Vitamins:								
Vitamin C, total ascorbic acid....mg	1.0		0	1		2.5		
Thiamin....mg	0.031		0	1		0.076		
Riboflavin....mg	0.023		0	1		0.056		
Niacin....mg	0.130		0	1		0.319		
Pantothenic acid....mg	0.041		0	4		0.100		
Vitamin B-6....mg	0.065		0	4		0.159		
Folate, total....mcg	3		0	4		6		
Folic acid....mcg	0		0	7		0		
Folate, food....mcg	3		0	4		6		
Folate, DFE....mcg_DFE	3		0	4		6		
Vitamin B-12....mcg	0.00		0	7		0.00		
Vitamin A, IU....IU	66		0	1		162		
Vitamin A, RE....mcg_RE	7		0	1		17		
Vitamin E....mg_ATE	0.700		0	4		1.715		
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.035		0	1		0.086		
4:0....g	0.000		0	1		0.000		
6:0....g	0.000		0	1		0.000		
8:0....g	0.000		0	1		0.000		
10:0....g	0.000		0	1		0.000		
11:0....g								
12:0....g	0.000		0	1		0.000		
13:0....g								
14:0....g	0.001		0	1		0.002		
15:0....g								
16:0....g	0.030		0	1		0.074		
17:0....g								
18:0....g	0.004		0	1		0.010		
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.004		0	1		0.010		
14:1....g								
15:1....g								

NDB No. 09133

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.000		0	1		0.000		
17:1....g								
18:1 undifferentiated....g	0.004		0	1		0.010		
20:1....g	0.000		0	1		0.000		
22:1 undifferentiated....g	0.000		0	1		0.000		
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.031		0	1		0.076		
18:2 undifferentiated....g	0.024		0	1		0.059		
18:3 undifferentiated....g	0.007		0	1		0.017		
18:4....g	0.000		0	1		0.000		
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000		
20:5 n-3....g	0.000		0	1		0.000		
22:2....g								
22:5 n-3....g	0.000		0	1		0.000		
22:6 n-3....g	0.000		0	1		0.000		
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0		
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.002		0	1		0.005		
Threonine....g	0.014		0	1		0.034		
Isoleucine....g	0.004		0	1		0.010		
Leucine....g	0.010		0	1		0.025		
Lysine....g	0.011		0	1		0.027		
Methionine....g	0.017		0	1		0.042		
Cystine....g	0.008		0	1		0.020		
Phenylalanine....g	0.010		0	1		0.025		
Tyrosine....g	0.009		0	1		0.022		
Valine....g	0.014		0	1		0.034		
Arginine....g	0.037		0	1		0.091		
Histidine....g	0.018		0	1		0.044		
Alanine....g	0.021		0	1		0.051		
Aspartic acid....g	0.061		0	1		0.149		
Glutamic acid....g	0.104		0	1		0.255		
Glycine....g	0.015		0	1		0.037		
Proline....g	0.017		0	1		0.042		
Serine....g	0.024		0	1		0.059		
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0		
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 245.000g: 1 cup

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

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: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	79.53		2	1		203.60		
Energy	kcal	73		0	4		187		
Energy	kj	305			4		782		
Protein (N x 6.25)	g	0.48		2	1		1.23		
Total lipid (fat)	g	0.10		2	1		0.26		
Ash	g	0.24		2	1		0.61		
Carbohydrate, by difference	g	19.65		0	4		50.30		
Fiber, total dietary	g	0.4		0	4		1.0		
Sugars, total	g								
Starch	g								
Minerals:									
Calcium, Ca	mg	10		2	1		26		
Iron, Fe	mg	0.94		2	1		2.41		
Magnesium, Mg	mg	6		1	1		15		
Phosphorus, P	mg	17		1	1		44		
Potassium, K	mg	103		1	1		264		
Sodium, Na	mg	5		1	1		13		
Zinc, Zn	mg	0.05		1	1		0.13		
Copper, Cu	mg	0.054		1	1		0.138		
Manganese, Mn	mg	0.038		0	1		0.097		
Selenium, Se	mcg	0.1		0	4		0.3		
Vitamins:									
Vitamin C, total ascorbic acid	mg	1.0		2	1		2.6		
Thiamin	mg	0.030		2	1		0.077		
Riboflavin	mg	0.022		2	1		0.056		
Niacin	mg	0.125		2	1		0.320		
Pantothenic acid	mg	0.041		0	4		0.105		
Vitamin B-6	mg	0.065		0	4		0.166		
Folate, total	mcg	3		0	4		7		
Folic acid	mcg	0		0	7		0		
Folate, food	mcg	3		0	4		7		
Folate, DFE	mcg_DFE	3		0	4		7		
Vitamin B-12	mcg	0.00		0	7		0.00		
Vitamin A, IU	IU	64		2	1		164		
Vitamin A, RE	mcg_RE	6		2	1		15		
Vitamin E	mg_ATE	0.700		0	4		1.792		
Vitamin D	IU								
Lipids:									
Fatty acids, total saturated	g	0.033		0	1		0.084		
4:0	g	0.000		0	1		0.000		
6:0	g	0.000		0	1		0.000		
8:0	g	0.000		0	1		0.000		
10:0	g	0.000		0	1		0.000		
11:0	g								
12:0	g	0.000		0	1		0.000		
13:0	g								
14:0	g	0.001		0	1		0.003		
15:0	g								
16:0	g	0.029		0	1		0.074		
17:0	g								
18:0	g	0.004		0	1		0.010		
19:0	g								
20:0	g								
22:0	g								
24:0	g								
Fatty acids, total monounsaturated	g	0.004		0	1		0.010		
14:1	g								
15:1	g								

NDB No. 09134

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.000		0	1		0.000		
17:1....g								
18:1 undifferentiated....g	0.004		0	1		0.010		
20:1....g	0.000		0	1		0.000		
22:1 undifferentiated....g	0.000		0	1		0.000		
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.030		0	1		0.077		
18:2 undifferentiated....g	0.023		0	1		0.059		
18:3 undifferentiated....g	0.007		0	1		0.018		
18:4....g	0.000		0	1		0.000		
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000		
20:5 n-3....g	0.000		0	1		0.000		
22:2....g								
22:5 n-3....g	0.000		0	1		0.000		
22:6 n-3....g	0.000		0	1		0.000		
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0		
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.002		0	1		0.005		
Threonine....g	0.013		0	1		0.033		
Isoleucine....g	0.004		0	1		0.010		
Leucine....g	0.010		0	1		0.026		
Lysine....g	0.011		0	1		0.028		
Methionine....g	0.016		0	1		0.041		
Cystine....g	0.008		0	1		0.020		
Phenylalanine....g	0.010		0	1		0.026		
Tyrosine....g	0.008		0	1		0.020		
Valine....g	0.013		0	1		0.033		
Arginine....g	0.035		0	1		0.090		
Histidine....g	0.018		0	1		0.046		
Alanine....g	0.020		0	1		0.051		
Aspartic acid....g	0.059		0	1		0.151		
Glutamic acid....g	0.100		0	1		0.256		
Glycine....g	0.015		0	1		0.038		
Proline....g	0.016		0	1		0.041		
Serine....g	0.023		0	1		0.059		
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0		
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 256.000g: 1 cup

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

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	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	84.12	0.079	13	1		212.82	26.58	
Energy....kcal	61		0	4		154	19	
Energy....kj	255			4		646	81	
Protein (N x 6.25)....g	0.56	0.107	4	1		1.42	0.18	
Total lipid (fat)....g	0.08	0.033	4	1		0.20	0.03	
Ash....g	0.29	0.024	3	1		0.73	0.09	
Carbohydrate, by difference....g	14.96		0	4		37.85	4.73	
Fiber, total dietary....g	0.1		0	4		0.3	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	9	0.396	26	1		23	3	
Iron, Fe....mg	0.24	0.033	17	1		0.61	0.08	
Magnesium, Mg....mg	10	0.229	12	1		25	3	
Phosphorus, P....mg	11	0.312	23	1		28	3	
Potassium, K....mg	132	3.495	26	1		334	42	
Sodium, Na....mg	3	0.222	32	1		8	1	
Zinc, Zn....mg	0.05	0.004	4	1		0.13	0.02	
Copper, Cu....mg	0.028	0.002	14	1		0.071	0.009	
Manganese, Mn....mg	0.360		1	1		0.911	0.114	
Selenium, Se....mcg	0.1		0	4		0.3	0.0	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.1		0	1		0.3	0.0	
Thiamin....mg	0.026	0.004	11	1		0.066	0.008	
Riboflavin....mg	0.037	0.005	12	1		0.094	0.012	
Niacin....mg	0.262	0.011	11	1		0.663	0.083	
Pantothenic acid....mg	0.041		1	1		0.104	0.013	
Vitamin B-6....mg	0.065	0.002	11	1		0.164	0.021	
Folate, total....mcg	3	0.274	4	1		7	1	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	3	0.274	4	1		7	1	
Folate, DFE....mcg_DFE	3		0	4		7	1	
Vitamin B-12....mcg	0.00		0	7		0.00	0.00	
Vitamin A, IU....IU	8		0	1		20	3	
Vitamin A, RE....mcg_RE	1		0	1		3	0	
Vitamin E....mg_ATE	0.000		0	1		0.000	0.000	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.025		0	1		0.063	0.008	
4:0....g	0.000		0	1		0.000	0.000	
6:0....g	0.000		0	1		0.000	0.000	
8:0....g	0.000		0	1		0.000	0.000	
10:0....g	0.000		0	1		0.000	0.000	
11:0....g								
12:0....g	0.000		0	1		0.000	0.000	
13:0....g								
14:0....g	0.001		1	1		0.003	0.000	
15:0....g								
16:0....g	0.021		1	1		0.053	0.007	
17:0....g								
18:0....g	0.003		1	1		0.008	0.001	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.003		0	1		0.008	0.001	
14:1....g								
15:1....g								

NDB No. 09135
Grape juice, canned or bottled, unsweetened, without added vitamin C

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.000		0	1		0.000	0.000	
17:1....g								
18:1 undifferentiated....g	0.003		1	1		0.008	0.001	
20:1....g	0.000		0	1		0.000	0.000	
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.022		0	1		0.056	0.007	
18:2 undifferentiated....g	0.017		1	1		0.043	0.005	
18:3 undifferentiated....g	0.005		1	1		0.013	0.002	
18:4....g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	
20:5 n-3....g	0.000		0	1		0.000	0.000	
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	
22:6 n-3....g	0.000		0	1		0.000	0.000	
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0	0	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g								
Threonine....g	0.016		18	1		0.040	0.005	
Isoleucine....g	0.007		18	1		0.018	0.002	
Leucine....g	0.012		18	1		0.030	0.004	
Lysine....g	0.010		18	1		0.025	0.003	
Methionine....g	0.001		3	1		0.003	0.000	
Cystine....g								
Phenylalanine....g	0.012		18	1		0.030	0.004	
Tyrosine....g	0.003		17	1		0.008	0.001	
Valine....g	0.010		18	1		0.025	0.003	
Arginine....g	0.047		18	1		0.119	0.015	
Histidine....g	0.007		18	1		0.018	0.002	
Alanine....g	0.086		18	1		0.218	0.027	
Aspartic acid....g	0.022		18	1		0.056	0.007	
Glutamic acid....g	0.110		18	1		0.278	0.035	
Glycine....g	0.012		18	1		0.030	0.004	
Proline....g	0.016		18	1		0.040	0.005	
Serine....g	0.013		18	1		0.033	0.004	
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 253.000g: 1 cup

Measure 2 = 31.600g: 1 fl oz

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

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	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	54.40		0	1		117.50		
Energy....kcal	179		0	4		387		
Energy....kj	749			4		1618		
Protein (N x 6.25)....g	0.65	0.042	4	1		1.40		
Total lipid (fat)....g	0.31	0.072	4	1		0.67		
Ash....g	0.27	0.038	3	1		0.58		
Carbohydrate, by difference....g	44.37		0	4		95.84		
Fiber, total dietary....g	0.3		0	4		0.6		
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	13	0.792	4	1		28		
Iron, Fe....mg	0.36	0.077	4	1		0.78		
Magnesium, Mg....mg	15	1.577	3	1		32		
Phosphorus, P....mg	15	1.593	3	1		32		
Potassium, K....mg	74	6.456	3	1		160		
Sodium, Na....mg	7	3.592	3	1		15		
Zinc, Zn....mg	0.13	0.013	3	1		0.28		
Copper, Cu....mg	0.046	0.005	3	1		0.099		
Manganese, Mn....mg	0.617	0.150	3	1		1.333		
Selenium, Se....mcg	0.4		0	4		0.9		
Vitamins:								
Vitamin C, total ascorbic acid....mg	83.1	29.211	3	1		179.5		
Thiamin....mg	0.052	0.004	4	1		0.112		
Riboflavin....mg	0.091	0.010	4	1		0.197		
Niacin....mg	0.431	0.080	4	1		0.931		
Pantothenic acid....mg	0.083	0.044	3	1		0.179		
Vitamin B-6....mg	0.147	0.002	3	1		0.318		
Folate, total....mcg	4	1.200	4	1		10		
Folic acid....mcg	0		0	7		0		
Folate, food....mcg	4	1.200	4	1		10		
Folate, DFE....mcg_DFE	4		0	4		10		
Vitamin B-12....mcg	0.00		0	7		0.00		
Vitamin A, IU....IU	27	14.001	3	1		58		
Vitamin A, RE....mcg_RE	3	1.400	3	1		6		
Vitamin E....mg_ATE	0.174		0	4		0.376		
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.103		0	1		0.222		
4:0....g	0.000		0	1		0.000		
6:0....g	0.000		0	1		0.000		
8:0....g	0.000		0	1		0.000		
10:0....g	0.000		0	1		0.000		
11:0....g								
12:0....g	0.000		0	1		0.000		
13:0....g								
14:0....g	0.003		0	1		0.006		
15:0....g								
16:0....g	0.088		0	1		0.190		
17:0....g								
18:0....g	0.012		0	1		0.026		
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.013		0	1		0.028		
14:1....g								
15:1....g								

NDB No. 09136

Grape juice, frozen concentrate, sweetened, undiluted, with added vitamin C

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.000		0	1		0.000		
17:1....g								
18:1 undifferentiated....g	0.013		0	1		0.028		
20:1....g	0.000		0	1		0.000		
22:1 undifferentiated....g	0.000		0	1		0.000		
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.092		0	1		0.199		
18:2 undifferentiated....g	0.071		0	1		0.153		
18:3 undifferentiated....g	0.021		0	1		0.045		
18:4....g	0.000		0	1		0.000		
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000		
20:5 n-3....g	0.000		0	1		0.000		
22:2....g								
22:5 n-3....g	0.000		0	1		0.000		
22:6 n-3....g	0.000		0	1		0.000		
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0		
Phytosterols....mg								
Amino Acids:								
Tryptophan....g								
Threonine....g	0.019		0	1		0.041		
Isoleucine....g	0.008		0	1		0.017		
Leucine....g	0.014		0	1		0.030		
Lysine....g	0.012		0	1		0.026		
Methionine....g	0.001		0	1		0.002		
Cystine....g								
Phenylalanine....g	0.014		0	1		0.030		
Tyrosine....g	0.003		0	1		0.006		
Valine....g	0.012		0	1		0.026		
Arginine....g	0.055		0	1		0.119		
Histidine....g	0.008		0	1		0.017		
Alanine....g	0.100		0	1		0.216		
Aspartic acid....g	0.026		0	1		0.056		
Glutamic acid....g	0.129		0	1		0.279		
Glycine....g	0.014		0	1		0.030		
Proline....g	0.018		0	1		0.039		
Serine....g	0.015		0	1		0.032		
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0		
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 216.000g: 1 can (6 fl oz)

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

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	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	86.90		0	1		217.25	27.11	
Energy....kcal	51		0	4		128	16	
Energy....kj	213			4		533	67	
Protein (N x 6.25)....g	0.19	0.012	4	1		0.48	0.06	
Total lipid (fat)....g	0.09	0.021	4	1		0.23	0.03	
Ash....g	0.08	0.011	3	1		0.20	0.02	
Carbohydrate, by difference....g	12.75		0	4		31.88	3.98	
Fiber, total dietary....g	0.1		0	4		0.3	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	4	0.228	4	1		10	1	
Iron, Fe....mg	0.10	0.022	4	1		0.25	0.03	
Magnesium, Mg....mg	4	0.453	3	1		10	1	
Phosphorus, P....mg	4	0.458	3	1		10	1	
Potassium, K....mg	21	1.854	3	1		53	7	
Sodium, Na....mg	2	1.032	3	1		5	1	
Zinc, Zn....mg	0.04	0.004	3	1		0.10	0.01	
Copper, Cu....mg	0.013	0.001	3	1		0.033	0.004	
Manganese, Mn....mg	0.177	0.043	3	1		0.443	0.055	
Selenium, Se....mcg	0.1		0	4		0.3	0.0	
Vitamins:								
Vitamin C, total ascorbic acid....mg	23.9	8.392	3	1		59.8	7.5	
Thiamin....mg	0.015	0.001	4	1		0.038	0.005	
Riboflavin....mg	0.026	0.003	4	1		0.065	0.008	
Niacin....mg	0.124	0.023	4	1		0.310	0.039	
Pantothenic acid....mg	0.024	0.013	3	1		0.060	0.007	
Vitamin B-6....mg	0.042	0.001	3	1		0.105	0.013	
Folate, total....mcg	1	0.344	4	1		3	0	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	1	0.344	4	1		3	0	
Folate, DFE....mcg_DFE	1		0	4		3	0	
Vitamin B-12....mcg	0.00		0	7		0.00	0.00	
Vitamin A, IU....IU	8	4.022	3	1		20	2	
Vitamin A, RE....mcg_RE	1	0.402	3	1		3	0	
Vitamin E....mg_ATE	0.050		0	4		0.125	0.016	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.029		0	1		0.073	0.009	
4:0....g	0.000		0	1		0.000	0.000	
6:0....g	0.000		0	1		0.000	0.000	
8:0....g	0.000		0	1		0.000	0.000	
10:0....g	0.000		0	1		0.000	0.000	
11:0....g								
12:0....g	0.000		0	1		0.000	0.000	
13:0....g								
14:0....g	0.001		0	1		0.003	0.000	
15:0....g								
16:0....g	0.025		0	1		0.063	0.008	
17:0....g								
18:0....g	0.003		0	1		0.008	0.001	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.004		0	1		0.010	0.001	
14:1....g								
15:1....g								

NDB No. 09137

Grape juice, frozen concentrate, sweetened, diluted with 3 volume water, with added vitamin C

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.000		0	1		0.000	0.000	
17:1....g								
18:1 undifferentiated....g	0.004		0	1		0.010	0.001	
20:1....g	0.000		0	1		0.000	0.000	
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.026		0	1		0.065	0.008	
18:2 undifferentiated....g	0.020		0	1		0.050	0.006	
18:3 undifferentiated....g	0.006		0	1		0.015	0.002	
18:4....g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	
20:5 n-3....g	0.000		0	1		0.000	0.000	
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	
22:6 n-3....g	0.000		0	1		0.000	0.000	
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0	0	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g								
Threonine....g	0.005		0	1		0.013	0.002	
Isoleucine....g	0.002		0	1		0.005	0.001	
Leucine....g	0.004		0	1		0.010	0.001	
Lysine....g	0.003		0	1		0.008	0.001	
Methionine....g								
Cystine....g								
Phenylalanine....g	0.004		0	1		0.010	0.001	
Tyrosine....g	0.001		0	1		0.003	0.000	
Valine....g	0.003		0	1		0.008	0.001	
Arginine....g	0.016		0	1		0.040	0.005	
Histidine....g	0.002		0	1		0.005	0.001	
Alanine....g	0.029		0	1		0.073	0.009	
Aspartic acid....g	0.007		0	1		0.018	0.002	
Glutamic acid....g	0.037		0	1		0.093	0.012	
Glycine....g	0.004		0	1		0.010	0.001	
Proline....g	0.005		0	1		0.013	0.002	
Serine....g	0.004		0	1		0.010	0.001	
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 250.000g: 1 cup

Measure 2 = 31.200g: 1 fl oz

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 09138

Groundcherries, (cape-gooseberries or poha), raw

Physalis spp.

Refuse: 6% Husks

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	85.40		0	1		119.56		
Energy....kcal	53		0	4		74		
Energy....kj	222			4		310		
Protein (N x 6.25)....g	1.90		0	1		2.66		
Total lipid (fat)....g	0.70		0	1		0.98		
Ash....g	0.80		0	1		1.12		
Carbohydrate, by difference....g	11.20		0	4		15.68		
Fiber, total dietary....g								
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	9		0	1		13		
Iron, Fe....mg	1.00		0	1		1.40		
Magnesium, Mg....mg								
Phosphorus, P....mg	40		0	1		56		
Potassium, K....mg								
Sodium, Na....mg								
Zinc, Zn....mg								
Copper, Cu....mg								
Manganese, Mn....mg								
Selenium, Se....mcg								
Vitamins:								
Vitamin C, total ascorbic acid....mg	11.0		0	1		15.4		
Thiamin....mg	0.110		0	1		0.154		
Riboflavin....mg	0.040		0	1		0.056		
Niacin....mg	2.800		0	1		3.920		
Pantothenic acid....mg								
Vitamin B-6....mg								
Folate, total....mcg								
Folate, DFE....mcg_DFE								
Vitamin B-12....mcg	0.00		0	7		0.00		
Vitamin A, IU....IU	720		0	1		1008		
Vitamin A, RE....mcg_RE	72		0	1		101		
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g								
Fatty acids, total monounsaturated....g								
Fatty acids, total polyunsaturated....g								
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0		
Phytosterols....mg								

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

Common Measures:

Measure 1 = 140.000g: 1 cup

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

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	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	86.10		2	1		142.07	77.49	
Energy....kcal	51		0	4		84	46	
Energy....kj	213			4		352	192	
Protein (N x 6.25)....g	0.82		1	1		1.35	0.74	
Total lipid (fat)....g	0.60		0	1		0.99	0.54	
Ash....g	0.60		0	1		0.99	0.54	
Carbohydrate, by difference....g	11.88		0	4		19.60	10.69	
Fiber, total dietary....g	5.4		0	4		8.9	4.9	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	20	1.971	32	1		33	18	
Iron, Fe....mg	0.31	0.022	12	1		0.51	0.28	
Magnesium, Mg....mg	10	0.216	12	1		17	9	
Phosphorus, P....mg	25	1.465	33	1		41	23	
Potassium, K....mg	284	16.810	16	1		469	256	
Sodium, Na....mg	3	0.417	15	1		5	3	
Zinc, Zn....mg	0.23	0.047	12	1		0.38	0.21	
Copper, Cu....mg	0.103	0.020	12	1		0.170	0.093	
Manganese, Mn....mg	0.144	0.025	12	1		0.238	0.130	
Selenium, Se....mcg	0.6		0	4		1.0	0.5	
Vitamins:								
Vitamin C, total ascorbic acid....mg	183.5	15.120	112	1		302.8	165.2	
Thiamin....mg	0.050		0	1		0.083	0.045	
Riboflavin....mg	0.050		0	1		0.083	0.045	
Niacin....mg	1.200		0	1		1.980	1.080	
Pantothenic acid....mg	0.150		0	1		0.248	0.135	
Vitamin B-6....mg	0.143		1	1		0.236	0.129	
Folate, total....mcg	14		0	4		23	13	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	14		0	4		23	13	
Folate, DFE....mcg_DFE	14		0	4		23	13	
Vitamin B-12....mcg	0.00		0	7		0.00	0.00	
Vitamin A, IU....IU	792	285.960	25	1		1307	713	
Vitamin A, RE....mcg_RE	79	28.596	25	1		130	71	
Vitamin E....mg_ATE	1.120		0	4		1.848	1.008	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.172		0	1		0.284	0.155	
4:0....g	0.000		0	1		0.000	0.000	
6:0....g	0.000		0	1		0.000	0.000	
8:0....g	0.000		0	1		0.000	0.000	
10:0....g	0.000		0	1		0.000	0.000	
11:0....g								
12:0....g	0.000		0	1		0.000	0.000	
13:0....g								
14:0....g	0.012		0	1		0.020	0.011	
15:0....g								
16:0....g	0.144		0	1		0.238	0.130	
17:0....g								
18:0....g	0.016		0	1		0.026	0.014	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.055		0	1		0.091	0.050	
14:1....g								
15:1....g								

NDB No. 09139
Guavas, common, raw

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.003		0	1		0.005	0.003	
17:1....g								
18:1 undifferentiated....g	0.052		0	1		0.086	0.047	
20:1....g	0.000		0	1		0.000	0.000	
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.253		0	1		0.417	0.228	
18:2 undifferentiated....g	0.182		0	1		0.300	0.164	
18:3 undifferentiated....g	0.071		0	1		0.117	0.064	
18:4....g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	
20:5 n-3....g	0.000		0	1		0.000	0.000	
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	
22:6 n-3....g	0.000		0	1		0.000	0.000	
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0	0	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.007		12	1		0.012	0.006	
Threonine....g	0.031		1	1		0.051	0.028	
Isoleucine....g	0.030		1	1		0.050	0.027	
Leucine....g	0.055		1	1		0.091	0.050	
Lysine....g	0.023		13	1		0.038	0.021	
Methionine....g	0.005		13	1		0.008	0.005	
Cystine....g								
Phenylalanine....g	0.002		1	1		0.003	0.002	
Tyrosine....g	0.010		1	1		0.017	0.009	
Valine....g	0.028		1	1		0.046	0.025	
Arginine....g	0.021		1	1		0.035	0.019	
Histidine....g	0.007		1	1		0.012	0.006	
Alanine....g	0.041		1	1		0.068	0.037	
Aspartic acid....g	0.052		1	1		0.086	0.047	
Glutamic acid....g	0.107		1	1		0.177	0.096	
Glycine....g	0.041		1	1		0.068	0.037	
Proline....g	0.025		1	1		0.041	0.023	
Serine....g	0.024		1	1		0.040	0.022	
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 165.000g: 1 cup

Measure 2 = 90.000g: 1 fruit without refuse

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

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: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	80.66		2	1		196.81	4.84	
Energy	kcal	69		0	4		168	4	
Energy	kj	289			4		704	17	
Protein (N x 6.25)	g	0.58		1	1		1.42	0.03	
Total lipid (fat)	g	0.60		0	1		1.46	0.04	
Ash	g	0.80		0	1		1.95	0.05	
Carbohydrate, by difference	g	17.36		0	4		42.36	1.04	
Fiber, total dietary	g	5.4		0	4		13.2	0.3	
Sugars, total	g								
Starch	g								
Minerals:									
Calcium, Ca	mg	21		0	1		51	1	
Iron, Fe	mg	0.22		0	1		0.54	0.01	
Magnesium, Mg	mg	17		1	1		41	1	
Phosphorus, P	mg	27		0	1		66	2	
Potassium, K	mg	292		1	1		712	18	
Sodium, Na	mg	37		1	1		90	2	
Zinc, Zn	mg								
Copper, Cu	mg								
Manganese, Mn	mg								
Selenium, Se	mcg								
Vitamins:									
Vitamin C, total ascorbic acid	mg	37.0		0	1		90.3	2.2	
Thiamin	mg	0.030		0	1		0.073	0.002	
Riboflavin	mg	0.030		0	1		0.073	0.002	
Niacin	mg	0.600		0	1		1.464	0.036	
Pantothenic acid	mg								
Vitamin B-6	mg								
Folate, total	mcg								
Folate, DFE	mcg_DFE								
Vitamin B-12	mcg	0.00		0	7		0.00	0.00	
Vitamin A, IU	IU	90		0	1		220	5	
Vitamin A, RE	mcg_RE	9		0	1		22	1	
Vitamin E	mg_ATE								
Vitamin D	IU								
Lipids:									
Fatty acids, total saturated	g	0.172		0	1		0.420	0.010	
4:0	g								
6:0	g								
8:0	g								
10:0	g								
11:0	g								
12:0	g								
13:0	g								
14:0	g	0.012		0	1		0.029	0.001	
15:0	g								
16:0	g	0.144		0	1		0.351	0.009	
17:0	g								
18:0	g	0.016		0	1		0.039	0.001	
19:0	g								
20:0	g								
22:0	g								
24:0	g								
Fatty acids, total monounsaturated	g	0.055		0	1		0.134	0.003	
14:1	g								
15:1	g								
16:1 undifferentiated	g	0.003		0	1		0.007	0.000	
17:1	g								

NDB No. 09140
Guavas, strawberry, raw

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
18:1 undifferentiated....g	0.052		0	1		0.127	0.003	
20:1....g								
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.253		0	1		0.617	0.015	
18:2 undifferentiated....g	0.182		0	1		0.444	0.011	
18:3 undifferentiated....g	0.071		0	1		0.173	0.004	
18:4....g								
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g								
20:5 n-3....g								
22:2....g								
22:5 n-3....g								
22:6 n-3....g								
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0	0	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.005		0	1		0.012	0.000	
Threonine....g	0.022		0	1		0.054	0.001	
Isoleucine....g	0.021		0	1		0.051	0.001	
Leucine....g	0.039		0	1		0.095	0.002	
Lysine....g	0.016		0	1		0.039	0.001	
Methionine....g	0.004		0	1		0.010	0.000	
Cystine....g								
Phenylalanine....g	0.001		0	1		0.002	0.000	
Tyrosine....g	0.007		0	1		0.017	0.000	
Valine....g	0.020		0	1		0.049	0.001	
Arginine....g	0.015		0	1		0.037	0.001	
Histidine....g	0.005		0	1		0.012	0.000	
Alanine....g	0.029		0	1		0.071	0.002	
Aspartic acid....g	0.037		0	1		0.090	0.002	
Glutamic acid....g	0.076		0	1		0.185	0.005	
Glycine....g	0.029		0	1		0.071	0.002	
Proline....g	0.018		0	1		0.044	0.001	
Serine....g	0.017		0	1		0.041	0.001	
Hydroxyproline....g								

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

Common Measures:

Measure 1 = 244.000g: 1 cup

Measure 2 = 6.000g: 1 fruit without refuse

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 09143
Guava sauce, cooked

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	89.56		1	1		213.15		
Energy	kcal	36		0	4		86		
Energy	kj	151			4		358		
Protein (N x 6.25)	g	0.32		1	1		0.76		
Total lipid (fat)	g	0.14		1	1		0.33		
Ash	g	0.50		1	1		1.19		
Carbohydrate, by difference	g	9.48		0	4		22.56		
Fiber, total dietary	g	3.6		0	4		8.6		
Sugars, total	g								
Starch	g								
Minerals:									
Calcium, Ca	mg	7		1	1		17		
Iron, Fe	mg	0.18		1	1		0.43		
Magnesium, Mg	mg	7		1	1		17		
Phosphorus, P	mg	11		1	1		26		
Potassium, K	mg	225		1	1		536		
Sodium, Na	mg	4		1	1		10		
Zinc, Zn	mg	0.17		0	1		0.40		
Copper, Cu	mg	0.077		0	1		0.183		
Manganese, Mn	mg	0.108		0	1		0.257		
Selenium, Se	mcg	0.5		0	4		1.2		
Vitamins:									
Vitamin C, total ascorbic acid	mg	146.4		1	1		348.4		
Thiamin	mg	0.026		1	1		0.062		
Riboflavin	mg	0.013		1	1		0.031		
Niacin	mg	0.420		1	1		1.000		
Pantothenic acid	mg								
Vitamin B-6	mg	0.090		0	4		0.214		
Folate, total	mcg	5		0	4		12		
Folic acid	mcg	0		0	7		0		
Folate, food	mcg	5		0	4		12		
Folate, DFE	mcg_DFE	5		0	4		12		
Vitamin B-12	mcg	0.00		0	7		0.00		
Vitamin A, IU	IU	283		1	1		674		
Vitamin A, RE	mcg_RE	28		1	1		67		
Vitamin E	mg_ATE	0.000		0	4		0.000		
Vitamin D	IU								
Lipids:									
Fatty acids, total saturated	g	0.040		0	1		0.095		
4:0	g	0.000		0	1		0.000		
6:0	g	0.000		0	1		0.000		
8:0	g	0.000		0	1		0.000		
10:0	g	0.000		0	1		0.000		
11:0	g								
12:0	g	0.000		0	1		0.000		
13:0	g								
14:0	g	0.003		0	1		0.007		
15:0	g								
16:0	g	0.034		0	1		0.081		
17:0	g								
18:0	g	0.004		0	1		0.010		
19:0	g								
20:0	g								
22:0	g								
24:0	g								
Fatty acids, total monounsaturated	g	0.013		0	1		0.031		
14:1	g								
15:1	g								

NDB No. 09143
Guava sauce, cooked

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.001		0	1		0.002		
17:1....g								
18:1 undifferentiated....g	0.012		0	1		0.029		
20:1....g	0.000		0	1		0.000		
22:1 undifferentiated....g	0.000		0	1		0.000		
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.059		0	1		0.140		
18:2 undifferentiated....g	0.042		0	1		0.100		
18:3 undifferentiated....g	0.017		0	1		0.040		
18:4....g	0.000		0	1		0.000		
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000		
20:5 n-3....g	0.000		0	1		0.000		
22:2....g								
22:5 n-3....g	0.000		0	1		0.000		
22:6 n-3....g	0.000		0	1		0.000		
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0		
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.003		0	1		0.007		
Threonine....g	0.012		0	1		0.029		
Isoleucine....g	0.012		0	1		0.029		
Leucine....g	0.021		0	1		0.050		
Lysine....g	0.009		0	1		0.021		
Methionine....g	0.002		0	1		0.005		
Cystine....g								
Phenylalanine....g	0.001		0	1		0.002		
Tyrosine....g	0.004		0	1		0.010		
Valine....g	0.011		0	1		0.026		
Arginine....g	0.008		0	1		0.019		
Histidine....g	0.003		0	1		0.007		
Alanine....g	0.016		0	1		0.038		
Aspartic acid....g	0.020		0	1		0.048		
Glutamic acid....g	0.042		0	1		0.100		
Glycine....g	0.016		0	1		0.038		
Proline....g	0.010		0	1		0.024		
Serine....g	0.009		0	1		0.021		
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0		
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 238.000g: 1 cup

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

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	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	73.23	1.956	7	1		120.83		
Energy....kcal	94		0	4		155		
Energy....kj	393			4		649		
Protein (N x 6.25)....g	1.47	0.252	6	1		2.43		
Total lipid (fat)....g	0.30		0	1		0.50		
Ash....g	1.00		0	1		1.65		
Carbohydrate, by difference....g	24.01		0	4		39.62		
Fiber, total dietary....g	1.6		0	4		2.6		
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	34	12.514	4	1		56		
Iron, Fe....mg	0.60		1	1		0.99		
Magnesium, Mg....mg	37		1	1		61		
Phosphorus, P....mg	36	10.258	4	1		59		
Potassium, K....mg	303		2	1		500		
Sodium, Na....mg	3		2	1		5		
Zinc, Zn....mg	0.42		1	1		0.69		
Copper, Cu....mg	0.187		1	1		0.309		
Manganese, Mn....mg	0.197		1	1		0.325		
Selenium, Se....mcg	0.6		0	4		1.0		
Vitamins:								
Vitamin C, total ascorbic acid....mg	6.7	2.283	5	1		11.1		
Thiamin....mg	0.030		0	1		0.050		
Riboflavin....mg	0.110		0	4		0.182		
Niacin....mg	0.400		0	1		0.660		
Pantothenic acid....mg								
Vitamin B-6....mg	0.108		1	1		0.178		
Folate, total....mcg	14		0	4		23		
Folic acid....mcg	0		0	7		0		
Folate, food....mcg	14		0	4		23		
Folate, DFE....mcg_DFE	14		0	4		23		
Vitamin B-12....mcg	0.00		0	7		0.00		
Vitamin A, IU....IU	297	70.620	3	1		490		
Vitamin A, RE....mcg_RE	30	7.062	3	1		50		
Vitamin E....mg_ATE	0.150		0	4		0.248		
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.063		0	4		0.104		
4:0....g	0.000		0	4		0.000		
6:0....g	0.000		0	4		0.000		
8:0....g	0.000		0	4		0.000		
10:0....g	0.000		0	4		0.000		
11:0....g								
12:0....g	0.000		0	4		0.000		
13:0....g								
14:0....g	0.000		0	4		0.000		
15:0....g								
16:0....g	0.040		0	4		0.066		
17:0....g								
18:0....g	0.022		0	4		0.036		
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.044		0	4		0.073		
14:1....g								
15:1....g								

NDB No. 09144
Jackfruit, raw

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.003		0	4		0.005		
17:1....g								
18:1 undifferentiated....g	0.042		0	4		0.069		
20:1....g	0.000		0	4		0.000		
22:1 undifferentiated....g	0.000		0	4		0.000		
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.086		0	4		0.142		
18:2 undifferentiated....g	0.063		0	4		0.104		
18:3 undifferentiated....g	0.024		0	4		0.040		
18:4....g	0.000		0	4		0.000		
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	4		0.000		
20:5 n-3....g	0.000		0	4		0.000		
22:2....g								
22:5 n-3....g	0.000		0	4		0.000		
22:6 n-3....g	0.000		0	4		0.000		
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0		
Phytosterols....mg								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0		
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 165.000g: 1 cup, sliced

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

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

Refuse: 19% Seed

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	83.13	0.873	8	1		112.23	7.48	
Energy....kcal	60		0	4		81	5	
Energy....kj	251			4		339	23	
Protein (N x 6.25)....g	0.72	0.080	6	1		0.97	0.06	
Total lipid (fat)....g	0.23	0.071	5	1		0.31	0.02	
Ash....g	0.36	0.091	5	1		0.49	0.03	
Carbohydrate, by difference....g	15.56		0	4		21.01	1.40	
Fiber, total dietary....g								
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	19	7.887	3	1		26	2	
Iron, Fe....mg	0.19		2	1		0.26	0.02	
Magnesium, Mg....mg	15		1	1		20	1	
Phosphorus, P....mg	17	3.387	3	1		23	2	
Potassium, K....mg	79		1	1		107	7	
Sodium, Na....mg	14		1	1		19	1	
Zinc, Zn....mg								
Copper, Cu....mg								
Manganese, Mn....mg								
Selenium, Se....mcg								
Vitamins:								
Vitamin C, total ascorbic acid....mg	14.3	6.487	3	1		19.3	1.3	
Thiamin....mg	0.006	0.002	3	1		0.008	0.001	
Riboflavin....mg	0.012	0.003	3	1		0.016	0.001	
Niacin....mg	0.260	0.025	4	1		0.351	0.023	
Pantothenic acid....mg								
Vitamin B-6....mg	0.038		1	1		0.051	0.003	
Folate, total....mcg								
Folate, DFE....mcg_DFE								
Vitamin B-12....mcg	0.00		0	7		0.00	0.00	
Vitamin A, IU....IU	3		2	1		4	0	
Vitamin A, RE....mcg_RE	0		2	1		0	0	
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g								
Fatty acids, total monounsaturated....g								
Fatty acids, total polyunsaturated....g								
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0	0	
Phytosterols....mg								

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

Common Measures:

Measure 1 = 135.000g: 1 cup

Measure 2 = 9.000g: 3 fruit

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 09146
Jujube, raw
Ziziphus jujuba

Refuse: 7% Seeds

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	77.86	2.104	11	1				
Energy....kcal	79		0	4				
Energy....kj	331			4				
Protein (N x 6.25)....g	1.20		0	1				
Total lipid (fat)....g	0.20		0	1				
Ash....g	0.51	0.066	6	1				
Carbohydrate, by difference....g	20.23		0	4				
Fiber, total dietary....g								
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	21	3.970	8	1				
Iron, Fe....mg	0.48	0.165	3	1				
Magnesium, Mg....mg	10		1	1				
Phosphorus, P....mg	23	3.605	6	1				
Potassium, K....mg	250	20.090	3	1				
Sodium, Na....mg	3		2	1				
Zinc, Zn....mg	0.05		1	1				
Copper, Cu....mg	0.073		1	1				
Manganese, Mn....mg	0.084		1	1				
Selenium, Se....mcg								
Vitamins:								
Vitamin C, total ascorbic acid....mg	69.0		0	1				
Thiamin....mg	0.020		0	1				
Riboflavin....mg	0.040		0	1				
Niacin....mg	0.900		0	1				
Pantothenic acid....mg								
Vitamin B-6....mg	0.081		1	1				
Folate, total....mcg								
Folate, DFE....mcg_DFE								
Vitamin B-12....mcg	0.00		0	7				
Vitamin A, IU....IU	40		0	1				
Vitamin A, RE....mcg_RE	4		0	1				
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g								
Fatty acids, total monounsaturated....g								
Fatty acids, total polyunsaturated....g								
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7				
Phytosterols....mg								

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

Common Measures:

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 09147
Jujube, dried

Refuse: 11% Seeds

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	19.70		0	1				
Energy....kcal	287		0	4				
Energy....kj	1201			4				
Protein (N x 6.25)....g	3.70		0	1				
Total lipid (fat)....g	1.10		0	1				
Ash....g	1.90		0	1				
Carbohydrate, by difference....g	73.60		0	4				
Fiber, total dietary....g								
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	79		0	1				
Iron, Fe....mg	1.80		0	1				
Magnesium, Mg....mg	37		0	1				
Phosphorus, P....mg	100		0	1				
Potassium, K....mg	531		0	1				
Sodium, Na....mg	9		0	1				
Zinc, Zn....mg	0.19		0	1				
Copper, Cu....mg	0.265		0	1				
Manganese, Mn....mg	0.305		0	1				
Selenium, Se....mcg								
Vitamins:								
Vitamin C, total ascorbic acid....mg	13.0		0	1				
Thiamin....mg	0.210		0	1				
Riboflavin....mg	0.360		0	1				
Niacin....mg	0.500		0	1				
Pantothenic acid....mg								
Vitamin B-6....mg								
Folate, total....mcg								
Folate, DFE....mcg_DFE								
Vitamin B-12....mcg	0.00		0	7				
Vitamin A, IU....IU								
Vitamin A, RE....mcg_RE								
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g								
Fatty acids, total monounsaturated....g								
Fatty acids, total polyunsaturated....g								
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7				
Phytosterols....mg								

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

Common Measures:

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

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	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	83.05	0.661	4	1		147.00	75.58	63.12
Energy....kcal	61		0	4		108	56	46
Energy....kj	255			4		452	232	194
Protein (N x 6.25)....g	0.99	0.075	4	1		1.75	0.90	0.75
Total lipid (fat)....g	0.44	0.211	3	1		0.78	0.40	0.33
Ash....g	0.64	0.065	4	1		1.13	0.58	0.49
Carbohydrate, by difference....g	14.88		0	4		26.34	13.54	11.31
Fiber, total dietary....g	3.4		0	1		6.0	3.1	2.6
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	26	6.385	3	1		46	24	20
Iron, Fe....mg	0.41		2	1		0.73	0.37	0.31
Magnesium, Mg....mg	30		1	1		53	27	23
Phosphorus, P....mg	40	11.837	3	1		71	36	30
Potassium, K....mg	332		1	1		588	302	252
Sodium, Na....mg	5		1	1		9	5	4
Zinc, Zn....mg	0.17		0	1		0.30	0.15	0.13
Copper, Cu....mg	0.157		0	1		0.278	0.143	0.119
Manganese, Mn....mg								
Selenium, Se....mcg	0.6		0	4		1.1	0.5	0.5
Vitamins:								
Vitamin C, total ascorbic acid....mg	98.0	9.981	10	1		173.5	89.2	74.5
Thiamin....mg	0.020		1	1		0.035	0.018	0.015
Riboflavin....mg	0.050		1	1		0.089	0.046	0.038
Niacin....mg	0.500		1	1		0.885	0.455	0.380
Pantothenic acid....mg								
Vitamin B-6....mg	0.090		0	1		0.159	0.082	0.068
Folate, total....mcg	38		0	1		67	35	29
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	38		0	1		67	35	29
Folate, DFE....mcg_DFE	38		0	4		67	35	29
Vitamin B-12....mcg	0.00		0	7		0.00	0.00	0.00
Vitamin A, IU....IU	175		1	1		310	159	133
Vitamin A, RE....mcg_RE	18		1	1		32	16	14
Vitamin E....mg_ATE	1.120		0	4		1.982	1.019	0.851
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.029		0	4		0.051	0.026	0.022
4:0....g	0.000		0	4		0.000	0.000	0.000
6:0....g	0.000		0	4		0.000	0.000	0.000
8:0....g	0.000		0	4		0.000	0.000	0.000
10:0....g	0.000		0	4		0.000	0.000	0.000
11:0....g								
12:0....g	0.000		0	4		0.000	0.000	0.000
13:0....g								
14:0....g	0.000		0	4		0.000	0.000	0.000
15:0....g								
16:0....g	0.014		0	4		0.025	0.013	0.011
17:0....g								
18:0....g	0.010		0	4		0.018	0.009	0.008
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.039		0	4		0.069	0.035	0.030
14:1....g								
15:1....g								

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.000		0	4		0.000	0.000	0.000
17:1....g								
18:1 undifferentiated....g	0.039		0	4		0.069	0.035	0.030
20:1....g	0.000		0	4		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0	4		0.000	0.000	0.000
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.241		0	4		0.427	0.219	0.183
18:2 undifferentiated....g	0.206		0	4		0.365	0.187	0.157
18:3 undifferentiated....g	0.035		0	4		0.062	0.032	0.027
18:4....g	0.000		0	4		0.000	0.000	0.000
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	4		0.000	0.000	0.000
20:5 n-3....g	0.000		0	4		0.000	0.000	0.000
22:2....g								
22:5 n-3....g	0.000		0	4		0.000	0.000	0.000
22:6 n-3....g	0.000		0	4		0.000	0.000	0.000
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0	0	0
Phytosterols....mg								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	0.0
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 177.000g: 1 cup

Measure 2 = 91.000g: 1 fruit without skin, large

Measure 3 = 76.000g: 1 fruit without skin, medium

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 09149
Kumquats, raw
Fortunella spp.

Refuse: 7% Seeds

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	81.70	1.661	5	1		15.52		
Energy....kcal	63		0	4		12		
Energy....kj	264			4		50		
Protein (N x 6.25)....g	0.90		0	1		0.17		
Total lipid (fat)....g	0.10		0	1		0.02		
Ash....g	0.87		1	1		0.17		
Carbohydrate, by difference....g	16.43		0	4		3.12		
Fiber, total dietary....g	6.6		0	1		1.3		
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	44		2	1		8		
Iron, Fe....mg	0.39	0.070	3	1		0.07		
Magnesium, Mg....mg	13		1	1		2		
Phosphorus, P....mg	19	3.567	3	1		4		
Potassium, K....mg	195	40.957	3	1		37		
Sodium, Na....mg	6		2	1		1		
Zinc, Zn....mg	0.08		1	1		0.02		
Copper, Cu....mg	0.107		1	1		0.020		
Manganese, Mn....mg	0.086		1	1		0.016		
Selenium, Se....mcg	0.6		0	4		0.1		
Vitamins:								
Vitamin C, total ascorbic acid....mg	37.4	7.307	6	1		7.1		
Thiamin....mg	0.080		0	1		0.015		
Riboflavin....mg	0.100		0	1		0.019		
Niacin....mg	0.500		0	4		0.095		
Pantothenic acid....mg								
Vitamin B-6....mg	0.060		0	4		0.011		
Folate, total....mcg	16		0	4		3		
Folic acid....mcg	0		0	7		0		
Folate, food....mcg	16		0	4		3		
Folate, DFE....mcg_DFE	16		0	4		3		
Vitamin B-12....mcg	0.00		0	7		0.00		
Vitamin A, IU....IU	302	160.862	3	1		57		
Vitamin A, RE....mcg_RE	30	16.086	3	1		6		
Vitamin E....mg_ATE	0.240		0	4		0.046		
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.014		0	4		0.003		
4:0....g	0.000		0	4		0.000		
6:0....g	0.000		0	4		0.000		
8:0....g	0.000		0	4		0.000		
10:0....g	0.000		0	4		0.000		
11:0....g								
12:0....g	0.000		0	4		0.000		
13:0....g								
14:0....g	0.000		0	4		0.000		
15:0....g								
16:0....g	0.012		0	4		0.002		
17:0....g								
18:0....g	0.001		0	4		0.000		
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.013		0	4		0.002		
14:1....g								
15:1....g								

NDB No. 09149
Kumquats, raw

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.001		0	4		0.000		
17:1....g								
18:1 undifferentiated....g	0.012		0	4		0.002		
20:1....g	0.000		0	4		0.000		
22:1 undifferentiated....g	0.000		0	4		0.000		
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.024		0	4		0.005		
18:2 undifferentiated....g	0.019		0	4		0.004		
18:3 undifferentiated....g	0.005		0	4		0.001		
18:4....g	0.000		0	4		0.000		
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	4		0.000		
20:5 n-3....g	0.000		0	4		0.000		
22:2....g								
22:5 n-3....g	0.000		0	4		0.000		
22:6 n-3....g	0.000		0	4		0.000		
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0		
Phytosterols....mg								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0		
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 19.000g: 1 fruit without refuse

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

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	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	88.98	0.820	5	1		188.64	51.61	74.74
Energy....kcal	29		0	4		61	17	24
Energy....kj	121			4		257	70	102
Protein (N x 6.25)....g	1.10		0	1		2.33	0.64	0.92
Total lipid (fat)....g	0.30		0	1		0.64	0.17	0.25
Ash....g	0.30		0	1		0.64	0.17	0.25
Carbohydrate, by difference....g	9.32		0	4		19.76	5.41	7.83
Fiber, total dietary....g	2.8		0	1		5.9	1.6	2.4
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	26		0	1		55	15	22
Iron, Fe....mg	0.60		0	1		1.27	0.35	0.50
Magnesium, Mg....mg	8		0	4		17	5	7
Phosphorus, P....mg	16		0	1		34	9	13
Potassium, K....mg	138		0	1		293	80	116
Sodium, Na....mg	2		0	1		4	1	2
Zinc, Zn....mg	0.06		1	1		0.13	0.03	0.05
Copper, Cu....mg	0.037		1	1		0.078	0.021	0.031
Manganese, Mn....mg	0.030		0	4		0.064	0.017	0.025
Selenium, Se....mcg	0.4		0	4		0.8	0.2	0.3
Vitamins:								
Vitamin C, total ascorbic acid....mg	53.0		0	1		112.4	30.7	44.5
Thiamin....mg	0.040		0	1		0.085	0.023	0.034
Riboflavin....mg	0.020		0	1		0.042	0.012	0.017
Niacin....mg	0.100		0	1		0.212	0.058	0.084
Pantothenic acid....mg	0.190		0	1		0.403	0.110	0.160
Vitamin B-6....mg	0.080		0	1		0.170	0.046	0.067
Folate, total....mcg	11	2.646	7	1		22	6	9
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	11	2.646	7	1		22	6	9
Folate, DFE....mcg_DFE	11		0	4		22	6	9
Vitamin B-12....mcg	0.00		0	7		0.00	0.00	0.00
Vitamin A, IU....IU	29		1	1		61	17	24
Vitamin A, RE....mcg_RE	3		1	1		6	2	3
Vitamin E....mg_ATE	0.240		0	4		0.509	0.139	0.202
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.039		0	1		0.083	0.023	0.033
4:0....g	0.000		0	1		0.000	0.000	0.000
6:0....g	0.000		0	1		0.000	0.000	0.000
8:0....g	0.000		0	1		0.000	0.000	0.000
10:0....g	0.000		0	1		0.000	0.000	0.000
11:0....g								
12:0....g	0.000		0	1		0.000	0.000	0.000
13:0....g								
14:0....g	0.001		0	1		0.002	0.001	0.001
15:0....g								
16:0....g	0.035		0	1		0.074	0.020	0.029
17:0....g								
18:0....g	0.002		0	1		0.004	0.001	0.002
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.011		0	1		0.023	0.006	0.009
14:1....g								
15:1....g								

NDB No. 09150
Lemons, raw, without peel

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.001		0	1		0.002	0.001	0.001
17:1....g								
18:1 undifferentiated....g	0.010		0	1		0.021	0.006	0.008
20:1....g	0.000		0	1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.089		0	1		0.189	0.052	0.075
18:2 undifferentiated....g	0.063		0	1		0.134	0.037	0.053
18:3 undifferentiated....g	0.026		0	1		0.055	0.015	0.022
18:4....g	0.000		0	1		0.000	0.000	0.000
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
20:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:6 n-3....g	0.000		0	1		0.000	0.000	0.000
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0	0	0
Phytosterols....mg								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	0.0
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 212.000g: 1 cup, sections

Measure 2 = 58.000g: 1 fruit (2-1/8" dia)

Measure 3 = 84.000g: 1 fruit (2-3/8" dia)

Calories Factors: **Protein** 3.36 **Fat** 8.37 **Carbohydrate** 2.48

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 09151
Lemons, raw, with peel
Citrus limon

Refuse: 2% Seeds

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	87.40		0	1		94.39		
Energy....kcal	20		0	4		22		
Energy....kj	84			4		90		
Protein (N x 6.25)....g	1.20		0	1		1.30		
Total lipid (fat)....g	0.30		0	1		0.32		
Ash....g	0.40		0	1		0.43		
Carbohydrate, by difference....g	10.70		0	4		11.56		
Fiber, total dietary....g	4.7		0	4		5.1		
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	61		0	1		66		
Iron, Fe....mg	0.70		0	1		0.76		
Magnesium, Mg....mg	12		0	1		13		
Phosphorus, P....mg	15		0	1		16		
Potassium, K....mg	145		0	1		157		
Sodium, Na....mg	3		0	1		3		
Zinc, Zn....mg	0.10		0	1		0.11		
Copper, Cu....mg	0.260		0	1		0.281		
Manganese, Mn....mg								
Selenium, Se....mcg								
Vitamins:								
Vitamin C, total ascorbic acid....mg	77.0		0	1		83.2		
Thiamin....mg	0.050		0	1		0.054		
Riboflavin....mg	0.040		0	1		0.043		
Niacin....mg	0.200		0	1		0.216		
Pantothenic acid....mg	0.232		0	1		0.251		
Vitamin B-6....mg	0.109		0	1		0.118		
Folate, total....mcg								
Folate, DFE....mcg_DFE								
Vitamin B-12....mcg	0.00		0	7		0.00		
Vitamin A, IU....IU	30		0	1		32		
Vitamin A, RE....mcg_RE	3		0	1		3		
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.039		0	1		0.042		
4:0....g								
6:0....g								
8:0....g								
10:0....g								
11:0....g								
12:0....g								
13:0....g								
14:0....g	0.001		0	1		0.001		
15:0....g								
16:0....g	0.035		0	1		0.038		
17:0....g								
18:0....g	0.002		0	1		0.002		
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.011		0	1		0.012		
14:1....g								
15:1....g								
16:1 undifferentiated....g	0.001		0	1		0.001		
17:1....g								

NDB No. 09151
Lemons, raw, with peel

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
18:1 undifferentiated....g	0.010		0	1		0.011		
20:1....g								
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.089		0	1		0.096		
18:2 undifferentiated....g	0.063		0	1		0.068		
18:3 undifferentiated....g	0.026		0	1		0.028		
18:4....g								
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g								
20:5 n-3....g								
22:2....g								
22:5 n-3....g								
22:6 n-3....g								
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0		
Phytosterols....mg	12		0	1		13		

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

Common Measures:

Measure 1 = 108.000g: 1 fruit without seeds

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 09152
Lemon juice, raw

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	90.73	0.166	17	1		221.38	27.67	42.64
Energy....kcal	25		0	4		61	8	12
Energy....kj	105			4		255	32	49
Protein (N x 6.25)....g	0.38	0.021	22	1		0.93	0.12	0.18
Total lipid (fat)....g	0.00		1	1		0.00	0.00	0.00
Ash....g	0.26	0.005	17	1		0.63	0.08	0.12
Carbohydrate, by difference....g	8.63		0	4		21.06	2.63	4.06
Fiber, total dietary....g	0.4		0	1		1.0	0.1	0.2
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	7	0.381	13	1		17	2	3
Iron, Fe....mg	0.03	0.001	16	1		0.07	0.01	0.01
Magnesium, Mg....mg	6	0.364	30	1		15	2	3
Phosphorus, P....mg	6	0.460	29	1		15	2	3
Potassium, K....mg	124	4.087	18	1		303	38	58
Sodium, Na....mg	1	0.178	15	1		2	0	0
Zinc, Zn....mg	0.05		0	1		0.12	0.02	0.02
Copper, Cu....mg	0.029	0.004	16	1		0.071	0.009	0.014
Manganese, Mn....mg	0.008	0.001	16	1		0.020	0.002	0.004
Selenium, Se....mcg	0.1		0	4		0.2	0.0	0.0
Vitamins:								
Vitamin C, total ascorbic acid....mg	46.0		0	1		112.2	14.0	21.6
Thiamin....mg	0.030		0	1		0.073	0.009	0.014
Riboflavin....mg	0.010		0	1		0.024	0.003	0.005
Niacin....mg	0.100		0	1		0.244	0.031	0.047
Pantothenic acid....mg	0.103		0	1		0.251	0.031	0.048
Vitamin B-6....mg	0.051		1	1		0.124	0.016	0.024
Folate, total....mcg	13	0.130	3	1		31	4	6
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	13	0.130	3	1		31	4	6
Folate, DFE....mcg_DFE	13		0	4		31	4	6
Vitamin B-12....mcg	0.00		0	7		0.00	0.00	0.00
Vitamin A, IU....IU	20		0	1		49	6	9
Vitamin A, RE....mcg_RE	2		0	1		5	1	1
Vitamin E....mg_ATE	0.090		0	4		0.220	0.027	0.042
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.000		0	4		0.000	0.000	0.000
4:0....g	0.000		0	4		0.000	0.000	0.000
6:0....g	0.000		0	4		0.000	0.000	0.000
8:0....g	0.000		0	4		0.000	0.000	0.000
10:0....g	0.000		0	4		0.000	0.000	0.000
11:0....g								
12:0....g	0.000		0	4		0.000	0.000	0.000
13:0....g								
14:0....g	0.000		0	4		0.000	0.000	0.000
15:0....g								
16:0....g	0.000		0	4		0.000	0.000	0.000
17:0....g								
18:0....g	0.000		0	4		0.000	0.000	0.000
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.000		0	4		0.000	0.000	0.000
14:1....g								
15:1....g								

NDB No. 09152
Lemon juice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.000		0	4		0.000	0.000	0.000
17:1....g								
18:1 undifferentiated....g	0.000		0	4		0.000	0.000	0.000
20:1....g	0.000		0	4		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0	4		0.000	0.000	0.000
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.000		0	4		0.000	0.000	0.000
18:2 undifferentiated....g	0.000		0	4		0.000	0.000	0.000
18:3 undifferentiated....g	0.000		0	4		0.000	0.000	0.000
18:4....g	0.000		0	4		0.000	0.000	0.000
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	4		0.000	0.000	0.000
20:5 n-3....g	0.000		0	4		0.000	0.000	0.000
22:2....g								
22:5 n-3....g	0.000		0	4		0.000	0.000	0.000
22:6 n-3....g	0.000		0	4		0.000	0.000	0.000
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0	0	0
Phytosterols....mg								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	0.0
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 244.000g: 1 cup

Measure 2 = 30.500g: 1 fl oz

Measure 3 = 47.000g: 1 lemon yields

Calories Factors: **Protein** 3.36 **Fat** 8.37 **Carbohydrate** 2.7

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 09153
Lemon juice, canned or bottled

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	92.46	0.188	3	1		225.60	14.05	28.20
Energy....kcal	21		0	4		51	3	6
Energy....kj	88			4		214	13	27
Protein (N x 6.25)....g	0.40	0.084	3	1		0.98	0.06	0.12
Total lipid (fat)....g	0.29	0.035	3	1		0.71	0.04	0.09
Ash....g	0.36	0.023	3	1		0.88	0.05	0.11
Carbohydrate, by difference....g	6.48		0	4		15.81	0.98	1.98
Fiber, total dietary....g	0.4		0	4		1.0	0.1	0.1
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	11	0.577	3	1		27	2	3
Iron, Fe....mg	0.13	0.012	3	1		0.32	0.02	0.04
Magnesium, Mg....mg	8	0.416	3	1		20	1	2
Phosphorus, P....mg	9	1.084	3	1		22	1	3
Potassium, K....mg	102	5.698	5	1		249	16	31
Sodium, Na....mg	21	1.720	5	1		51	3	6
Zinc, Zn....mg	0.06	0.009	3	1		0.15	0.01	0.02
Copper, Cu....mg	0.037	0.003	3	1		0.090	0.006	0.011
Manganese, Mn....mg	0.020	0.000	3	1		0.049	0.003	0.006
Selenium, Se....mcg	0.1		0	4		0.2	0.0	0.0
Vitamins:								
Vitamin C, total ascorbic acid....mg	24.8	2.390	3	1		60.5	3.8	7.6
Thiamin....mg	0.041	0.002	3	1		0.100	0.006	0.013
Riboflavin....mg	0.009	0.002	3	1		0.022	0.001	0.003
Niacin....mg	0.197	0.033	3	1		0.481	0.030	0.060
Pantothenic acid....mg	0.091	0.004	3	1		0.222	0.014	0.028
Vitamin B-6....mg	0.043	0.006	3	1		0.105	0.007	0.013
Folate, total....mcg	10	1.295	6	1		25	2	3
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	10	1.295	6	1		25	2	3
Folate, DFE....mcg_DFE	10		0	4		25	2	3
Vitamin B-12....mcg	0.00		0	7		0.00	0.00	0.00
Vitamin A, IU....IU	15	5.239	3	1		37	2	5
Vitamin A, RE....mcg_RE	2	0.524	3	1		5	0	1
Vitamin E....mg_ATE	0.090		0	4		0.220	0.014	0.027
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.038		0	1		0.093	0.006	0.012
4:0....g	0.000		0	1		0.000	0.000	0.000
6:0....g	0.000		0	1		0.000	0.000	0.000
8:0....g	0.000		0	1		0.000	0.000	0.000
10:0....g	0.000		0	1		0.000	0.000	0.000
11:0....g								
12:0....g	0.000		0	1		0.000	0.000	0.000
13:0....g								
14:0....g	0.001		0	1		0.002	0.000	0.000
15:0....g								
16:0....g	0.034		0	1		0.083	0.005	0.010
17:0....g								
18:0....g	0.002		0	1		0.005	0.000	0.001
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.011		0	1		0.027	0.002	0.003
14:1....g								
15:1....g								

NDB No. 09153
Lemon juice, canned or bottled

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.001		0	1		0.002	0.000	0.000
17:1....g								
18:1 undifferentiated....g	0.010		0	1		0.024	0.002	0.003
20:1....g	0.000		0	1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.085		0	1		0.207	0.013	0.026
18:2 undifferentiated....g	0.060		0	1		0.146	0.009	0.018
18:3 undifferentiated....g	0.025		0	1		0.061	0.004	0.008
18:4....g	0.000		0	1		0.000	0.000	0.000
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
20:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:6 n-3....g	0.000		0	1		0.000	0.000	0.000
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0	0	0
Phytosterols....mg								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	0.0
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 244.000g: 1 cup
Measure 2 = 15.200g: 1 tbsp
Measure 3 = 30.500g: 1 fl oz

Calories Factors: **Protein** 3.36 **Fat** 8.37 **Carbohydrate** 2.7

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	92.39	0.401	3	1		225.43	28.18	
Energy....kcal	22		0	4		54	7	
Energy....kj	92			4		225	28	
Protein (N x 6.25)....g	0.46	0.006	3	1		1.12	0.14	
Total lipid (fat)....g	0.32	0.037	3	1		0.78	0.10	
Ash....g	0.33	0.034	3	1		0.81	0.10	
Carbohydrate, by difference....g	6.50		0	4		15.86	1.98	
Fiber, total dietary....g	0.4		0	4		1.0	0.1	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	8	1.201	3	1		20	2	
Iron, Fe....mg	0.12	0.018	3	1		0.29	0.04	
Magnesium, Mg....mg	8	0.536	3	1		20	2	
Phosphorus, P....mg	8	1.225	3	1		20	2	
Potassium, K....mg	89	12.005	3	1		217	27	
Sodium, Na....mg	1	0.167	3	1		2	0	
Zinc, Zn....mg	0.05	0.006	3	1		0.12	0.02	
Copper, Cu....mg	0.030	0.000	3	1		0.073	0.009	
Manganese, Mn....mg	0.030	0.006	3	1		0.073	0.009	
Selenium, Se....mcg	0.1		0	4		0.2	0.0	
Vitamins:								
Vitamin C, total ascorbic acid....mg	31.5	5.710	3	1		76.9	9.6	
Thiamin....mg	0.059	0.004	3	1		0.144	0.018	
Riboflavin....mg	0.013	0.001	3	1		0.032	0.004	
Niacin....mg	0.137	0.044	3	1		0.334	0.042	
Pantothenic acid....mg	0.121	0.023	3	1		0.295	0.037	
Vitamin B-6....mg	0.060	0.005	3	1		0.146	0.018	
Folate, total....mcg	10	2.155	3	1		23	3	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	10	2.155	3	1		23	3	
Folate, DFE....mcg_DFE	10		0	4		23	3	
Vitamin B-12....mcg	0.00		0	7		0.00	0.00	
Vitamin A, IU....IU	13	5.291	3	1		32	4	
Vitamin A, RE....mcg_RE	1	0.529	3	1		2	0	
Vitamin E....mg_ATE	0.090		0	4		0.220	0.027	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.043		0	1		0.105	0.013	
4:0....g	0.000		0	1		0.000	0.000	
6:0....g	0.000		0	1		0.000	0.000	
8:0....g	0.000		0	1		0.000	0.000	
10:0....g	0.000		0	1		0.000	0.000	
11:0....g								
12:0....g	0.000		0	1		0.000	0.000	
13:0....g								
14:0....g	0.001		0	1		0.002	0.000	
15:0....g								
16:0....g	0.038		0	1		0.093	0.012	
17:0....g								
18:0....g	0.003		0	1		0.007	0.001	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.012		0	1		0.029	0.004	
14:1....g								
15:1....g								

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.001		0	1		0.002	0.000	
17:1....g								
18:1 undifferentiated....g	0.011		0	1		0.027	0.003	
20:1....g	0.000		0	1		0.000	0.000	
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.097		0	1		0.237	0.030	
18:2 undifferentiated....g	0.068		0	1		0.166	0.021	
18:3 undifferentiated....g	0.029		0	1		0.071	0.009	
18:4....g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	
20:5 n-3....g	0.000		0	1		0.000	0.000	
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	
22:6 n-3....g	0.000		0	1		0.000	0.000	
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0	0	
Phytosterols....mg								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 244.000g: 1 cup

Measure 2 = 30.500g: 1 fl oz

Calories Factors: **Protein** 3.36 **Fat** 8.37 **Carbohydrate** 2.7

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 09156
Lemon peel, raw

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	81.60		0	1		4.90	1.63	
Energy....kcal	47		0	4		3	1	
Energy....kj	197			4		12	4	
Protein (N x 6.25)....g	1.50		0	1		0.09	0.03	
Total lipid (fat)....g	0.30		0	1		0.02	0.01	
Ash....g	0.60		0	1		0.04	0.01	
Carbohydrate, by difference....g	16.00		0	4		0.96	0.32	
Fiber, total dietary....g	10.6		0	4		0.6	0.2	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	134		0	1		8	3	
Iron, Fe....mg	0.80		0	1		0.05	0.02	
Magnesium, Mg....mg	15		0	1		1	0	
Phosphorus, P....mg	12		0	1		1	0	
Potassium, K....mg	160		0	1		10	3	
Sodium, Na....mg	6		0	1		0	0	
Zinc, Zn....mg	0.25		0	4		0.02	0.01	
Copper, Cu....mg	0.092		0	4		0.006	0.002	
Manganese, Mn....mg								
Selenium, Se....mcg	0.7		0	4		0.0	0.0	
Vitamins:								
Vitamin C, total ascorbic acid....mg	129.0		0	1		7.7	2.6	
Thiamin....mg	0.060		0	1		0.004	0.001	
Riboflavin....mg	0.080		0	1		0.005	0.002	
Niacin....mg	0.400		0	1		0.024	0.008	
Pantothenic acid....mg	0.319		0	1		0.019	0.006	
Vitamin B-6....mg	0.172		0	1		0.010	0.003	
Folate, total....mcg	13		0	4		1	0	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	13		0	4		1	0	
Folate, DFE....mcg_DFE	13		0	4		1	0	
Vitamin B-12....mcg	0.00		0	7		0.00	0.00	
Vitamin A, IU....IU	50		0	1		3	1	
Vitamin A, RE....mcg_RE	5		0	1		0	0	
Vitamin E....mg_ATE	0.240		0	4		0.014	0.005	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.039		0	1		0.002	0.001	
4:0....g	0.000		0	1		0.000	0.000	
6:0....g	0.000		0	1		0.000	0.000	
8:0....g	0.000		0	1		0.000	0.000	
10:0....g	0.000		0	1		0.000	0.000	
11:0....g								
12:0....g	0.000		0	1		0.000	0.000	
13:0....g								
14:0....g	0.001		0	1		0.000	0.000	
15:0....g								
16:0....g	0.035		0	1		0.002	0.001	
17:0....g								
18:0....g	0.002		0	1		0.000	0.000	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.011		0	1		0.001	0.000	
14:1....g								
15:1....g								

NDB No. 09156
Lemon peel, raw

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.001		0	1		0.000	0.000	
17:1....g								
18:1 undifferentiated....g	0.010		0	1		0.001	0.000	
20:1....g	0.000		0	1		0.000	0.000	
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.089		0	1		0.005	0.002	
18:2 undifferentiated....g	0.063		0	1		0.004	0.001	
18:3 undifferentiated....g	0.026		0	1		0.002	0.001	
18:4....g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	
20:5 n-3....g	0.000		0	1		0.000	0.000	
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	
22:6 n-3....g	0.000		0	1		0.000	0.000	
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0	0	
Phytosterols....mg	35		0	1		2	1	
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 6.000g: 1 tbsp

Measure 2 = 2.000g: 1 tsp

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 09159
Limes, raw
Citrus aurantifolia

Refuse: 16% Peel and seeds

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	88.26	0.877	5	1		59.13		
Energy....kcal	30		0	4		20		
Energy....kj	126			4		84		
Protein (N x 6.25)....g	0.70		0	1		0.47		
Total lipid (fat)....g	0.20		0	1		0.13		
Ash....g	0.30		0	1		0.20		
Carbohydrate, by difference....g	10.54		0	4		7.06		
Fiber, total dietary....g	2.8		0	1		1.9		
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	33		0	1		22		
Iron, Fe....mg	0.60		0	1		0.40		
Magnesium, Mg....mg	6		0	4		4		
Phosphorus, P....mg	18		0	1		12		
Potassium, K....mg	102		0	1		68		
Sodium, Na....mg	2		0	1		1		
Zinc, Zn....mg	0.11		1	1		0.07		
Copper, Cu....mg	0.065		1	1		0.044		
Manganese, Mn....mg	0.008		0	4		0.005		
Selenium, Se....mcg	0.4		0	4		0.3		
Vitamins:								
Vitamin C, total ascorbic acid....mg	29.1		1	1		19.5		
Thiamin....mg	0.030		0	1		0.020		
Riboflavin....mg	0.020		0	1		0.013		
Niacin....mg	0.200		0	1		0.134		
Pantothenic acid....mg	0.217		0	1		0.145		
Vitamin B-6....mg	0.043		0	4		0.029		
Folate, total....mcg	8	2.328	7	1		5		
Folic acid....mcg	0		0	7		0		
Folate, food....mcg	8	2.328	7	1		5		
Folate, DFE....mcg_DFE	8		0	4		5		
Vitamin B-12....mcg	0.00		0	7		0.00		
Vitamin A, IU....IU	10		0	1		7		
Vitamin A, RE....mcg_RE	1		0	1		1		
Vitamin E....mg_ATE	0.240		0	4		0.161		
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.022		0	1		0.015		
4:0....g	0.000		0	1		0.000		
6:0....g	0.000		0	1		0.000		
8:0....g	0.000		0	1		0.000		
10:0....g	0.000		0	1		0.000		
11:0....g								
12:0....g	0.000		0	1		0.000		
13:0....g								
14:0....g	0.001		0	1		0.001		
15:0....g								
16:0....g	0.020		0	1		0.013		
17:0....g								
18:0....g	0.001		0	1		0.001		
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.019		0	1		0.013		
14:1....g								
15:1....g								

NDB No. 09159
Limes, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.003		0	1		0.002		
17:1....g								
18:1 undifferentiated....g	0.016		0	1		0.011		
20:1....g	0.000		0	1		0.000		
22:1 undifferentiated....g	0.000		0	1		0.000		
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.055		0	1		0.037		
18:2 undifferentiated....g	0.036		0	1		0.024		
18:3 undifferentiated....g	0.019		0	1		0.013		
18:4....g	0.000		0	1		0.000		
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000		
20:5 n-3....g	0.000		0	1		0.000		
22:2....g								
22:5 n-3....g	0.000		0	1		0.000		
22:6 n-3....g	0.000		0	1		0.000		
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0		
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.003		10	1		0.002		
Threonine....g								
Isoleucine....g								
Leucine....g								
Lysine....g	0.014		10	1		0.009		
Methionine....g	0.002		6	1		0.001		
Cystine....g								
Phenylalanine....g								
Tyrosine....g								
Valine....g								
Arginine....g								
Histidine....g								
Alanine....g								
Aspartic acid....g								
Glutamic acid....g								
Glycine....g								
Proline....g								
Serine....g								
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0		
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 67.000g: 1 fruit (2" dia)

Calories Factors: **Protein** 3.36 **Fat** 8.37 **Carbohydrate** 2.48

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 09160
Lime juice, raw

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	90.21	0.110	18	1		221.92	27.78	34.28
Energy....kcal	27		0	4		66	8	10
Energy....kj	113			4		278	35	43
Protein (N x 6.25)....g	0.44	0.001	17	1		1.08	0.14	0.17
Total lipid (fat)....g	0.10		0	1		0.25	0.03	0.04
Ash....g	0.24	0.005	17	1		0.59	0.07	0.09
Carbohydrate, by difference....g	9.01		0	4		22.16	2.78	3.42
Fiber, total dietary....g	0.4		0	4		1.0	0.1	0.2
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	9		0	1		22	3	3
Iron, Fe....mg	0.03	0.003	16	1		0.07	0.01	0.01
Magnesium, Mg....mg	6	0.506	17	1		15	2	2
Phosphorus, P....mg	7	0.625	16	1		17	2	3
Potassium, K....mg	109	2.423	9	1		268	34	41
Sodium, Na....mg	1	0.379	9	1		2	0	0
Zinc, Zn....mg	0.06		0	1		0.15	0.02	0.02
Copper, Cu....mg	0.030	0.002	16	1		0.074	0.009	0.011
Manganese, Mn....mg	0.008	0.001	16	1		0.020	0.002	0.003
Selenium, Se....mcg	0.1		0	4		0.2	0.0	0.0
Vitamins:								
Vitamin C, total ascorbic acid....mg	29.3	0.478	162	1		72.1	9.0	11.1
Thiamin....mg	0.020		0	1		0.049	0.006	0.008
Riboflavin....mg	0.010		0	1		0.025	0.003	0.004
Niacin....mg	0.100		0	1		0.246	0.031	0.038
Pantothenic acid....mg	0.138		0	1		0.339	0.043	0.052
Vitamin B-6....mg	0.043		1	1		0.106	0.013	0.016
Folate, total....mcg	8		0	4		20	3	3
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	8		0	4		20	3	3
Folate, DFE....mcg_DFE	8		0	4		20	3	3
Vitamin B-12....mcg	0.00		0	7		0.00	0.00	0.00
Vitamin A, IU....IU	10		0	1		25	3	4
Vitamin A, RE....mcg_RE	1		0	1		2	0	0
Vitamin E....mg_ATE	0.090		0	4		0.221	0.028	0.034
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.011		0	1		0.027	0.003	0.004
4:0....g	0.000		0	1		0.000	0.000	0.000
6:0....g	0.000		0	1		0.000	0.000	0.000
8:0....g	0.000		0	1		0.000	0.000	0.000
10:0....g	0.000		0	1		0.000	0.000	0.000
11:0....g								
12:0....g	0.000		0	1		0.000	0.000	0.000
13:0....g								
14:0....g	0.000		0	1		0.000	0.000	0.000
15:0....g								
16:0....g	0.010		2	1		0.025	0.003	0.004
17:0....g								
18:0....g	0.000		0	1		0.000	0.000	0.000
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.010		0	1		0.025	0.003	0.004
14:1....g								
15:1....g								

NDB No. 09160
Lime juice, raw

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.002		2	1		0.005	0.001	0.001
17:1....g								
18:1 undifferentiated....g	0.008		2	1		0.020	0.002	0.003
20:1....g	0.000		0	1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.027		0	1		0.066	0.008	0.010
18:2 undifferentiated....g	0.018		2	1		0.044	0.006	0.007
18:3 undifferentiated....g	0.009		2	1		0.022	0.003	0.003
18:4....g	0.000		0	1		0.000	0.000	0.000
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
20:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:6 n-3....g	0.000		0	1		0.000	0.000	0.000
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0	0	0
Phytosterols....mg								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	0.0
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 246.000g: 1 cup

Measure 2 = 30.800g: 1 fl oz

Measure 3 = 38.000g: 1 lime yields

Calories Factors: **Protein** 3.36 **Fat** 8.37 **Carbohydrate** 2.7

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

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	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	92.52	0.103	3	1		227.60	28.50	
Energy....kcal	21		0	4		52	6	
Energy....kj	88			4		216	27	
Protein (N x 6.25)....g	0.25	0.033	3	1		0.62	0.08	
Total lipid (fat)....g	0.23	0.035	3	1		0.57	0.07	
Ash....g	0.31	0.015	3	1		0.76	0.10	
Carbohydrate, by difference....g	6.69		0	4		16.46	2.06	
Fiber, total dietary....g	0.4		0	4		1.0	0.1	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	12	0.385	3	1		30	4	
Iron, Fe....mg	0.23	0.009	3	1		0.57	0.07	
Magnesium, Mg....mg	7	0.088	3	1		17	2	
Phosphorus, P....mg	10	0.664	3	1		25	3	
Potassium, K....mg	75	7.000	3	1		185	23	
Sodium, Na....mg	16	2.333	3	1		39	5	
Zinc, Zn....mg	0.06	0.006	3	1		0.15	0.02	
Copper, Cu....mg	0.030	0.006	3	1		0.074	0.009	
Manganese, Mn....mg	0.008	0.002	3	1		0.020	0.002	
Selenium, Se....mcg	0.1		0	4		0.2	0.0	
Vitamins:								
Vitamin C, total ascorbic acid....mg	6.4	2.182	3	1		15.7	2.0	
Thiamin....mg	0.033	0.002	3	1		0.081	0.010	
Riboflavin....mg	0.003	0.001	3	1		0.007	0.001	
Niacin....mg	0.163	0.035	3	1		0.401	0.050	
Pantothenic acid....mg	0.066	0.006	3	1		0.162	0.020	
Vitamin B-6....mg	0.027	0.003	3	1		0.066	0.008	
Folate, total....mcg	8	2.397	6	1		19	2	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	8	2.397	6	1		19	2	
Folate, DFE....mcg_DFE	8		0	4		19	2	
Vitamin B-12....mcg	0.00		0	7		0.00	0.00	
Vitamin A, IU....IU	16	2.333	3	1		39	5	
Vitamin A, RE....mcg_RE	2	0.233	3	1		5	1	
Vitamin E....mg_ATE	0.070		0	4		0.172	0.022	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.026		0	1		0.064	0.008	
4:0....g	0.000		0	1		0.000	0.000	
6:0....g	0.000		0	1		0.000	0.000	
8:0....g	0.000		0	1		0.000	0.000	
10:0....g	0.000		0	1		0.000	0.000	
11:0....g								
12:0....g	0.000		0	1		0.000	0.000	
13:0....g								
14:0....g	0.001		0	1		0.002	0.000	
15:0....g								
16:0....g	0.023		0	1		0.057	0.007	
17:0....g								
18:0....g	0.001		0	1		0.002	0.000	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.022		0	1		0.054	0.007	
14:1....g								
15:1....g								

NDB No. 09161
Lime juice, canned or bottled, unsweetened

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.004		0	1		0.010	0.001	
17:1....g								
18:1 undifferentiated....g	0.018		0	1		0.044	0.006	
20:1....g	0.000		0	1		0.000	0.000	
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.064		0	1		0.157	0.020	
18:2 undifferentiated....g	0.042		0	1		0.103	0.013	
18:3 undifferentiated....g	0.022		0	1		0.054	0.007	
18:4....g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	
20:5 n-3....g	0.000		0	1		0.000	0.000	
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	
22:6 n-3....g	0.000		0	1		0.000	0.000	
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0	0	
Phytosterols....mg								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 246.000g: 1 cup

Measure 2 = 30.800g: 1 fl oz

Calories Factors: **Protein** 3.36 **Fat** 8.37 **Carbohydrate** 2.7

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

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	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	81.76	1.019	9	1		155.34	7.85	
Energy....kcal	66		0	4		125	6	
Energy....kj	276			4		525	27	
Protein (N x 6.25)....g	0.83	0.046	7	1		1.58	0.08	
Total lipid (fat)....g	0.44	0.133	7	1		0.84	0.04	
Ash....g	0.44	0.057	6	1		0.84	0.04	
Carbohydrate, by difference....g	16.53		0	4		31.41	1.59	
Fiber, total dietary....g	1.3		0	1		2.5	0.1	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	5	1.586	7	1		10	0	
Iron, Fe....mg	0.31	0.061	5	1		0.59	0.03	
Magnesium, Mg....mg	10		2	1		19	1	
Phosphorus, P....mg	31	3.387	7	1		59	3	
Potassium, K....mg	171	23.479	5	1		325	16	
Sodium, Na....mg	1	0.151	3	1		2	0	
Zinc, Zn....mg	0.07		1	1		0.13	0.01	
Copper, Cu....mg	0.148		1	1		0.281	0.014	
Manganese, Mn....mg	0.055		1	1		0.105	0.005	
Selenium, Se....mcg	0.6		0	4		1.1	0.1	
Vitamins:								
Vitamin C, total ascorbic acid....mg	71.5	10.286	14	1		135.9	6.9	
Thiamin....mg	0.011		2	1		0.021	0.001	
Riboflavin....mg	0.065	0.009	3	1		0.124	0.006	
Niacin....mg	0.603	0.147	3	1		1.146	0.058	
Pantothenic acid....mg								
Vitamin B-6....mg	0.100		0	4		0.190	0.010	
Folate, total....mcg	14		0	4		27	1	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	14		0	4		27	1	
Folate, DFE....mcg_DFE	14		0	4		27	1	
Vitamin B-12....mcg	0.00		0	7		0.00	0.00	
Vitamin A, IU....IU	0		1	1		0	0	
Vitamin A, RE....mcg_RE	0		1	1		0	0	
Vitamin E....mg_ATE	0.700		0	4		1.330	0.067	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.099		0	4		0.188	0.010	
4:0....g	0.000		0	4		0.000	0.000	
6:0....g	0.000		0	4		0.000	0.000	
8:0....g	0.000		0	4		0.000	0.000	
10:0....g	0.000		0	4		0.000	0.000	
11:0....g								
12:0....g	0.000		0	4		0.000	0.000	
13:0....g								
14:0....g	0.002		0	4		0.004	0.000	
15:0....g								
16:0....g	0.070		0	4		0.133	0.007	
17:0....g								
18:0....g	0.024		0	4		0.046	0.002	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.120		0	4		0.228	0.012	
14:1....g								
15:1....g								

NDB No. 09164
Litchis, raw

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.001		0	4		0.002	0.000	
17:1....g								
18:1 undifferentiated....g	0.119		0	4		0.226	0.011	
20:1....g	0.000		0	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	4		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.132		0	4		0.251	0.013	
18:2 undifferentiated....g	0.067		0	4		0.127	0.006	
18:3 undifferentiated....g	0.065		0	4		0.124	0.006	
18:4....g	0.000		0	4		0.000	0.000	
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	4		0.000	0.000	
20:5 n-3....g	0.000		0	4		0.000	0.000	
22:2....g								
22:5 n-3....g	0.000		0	4		0.000	0.000	
22:6 n-3....g	0.000		0	4		0.000	0.000	
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0	0	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.007		1	1		0.013	0.001	
Threonine....g								
Isoleucine....g								
Leucine....g								
Lysine....g	0.041		1	1		0.078	0.004	
Methionine....g	0.009		1	1		0.017	0.001	
Cystine....g								
Phenylalanine....g								
Tyrosine....g								
Valine....g								
Arginine....g								
Histidine....g								
Alanine....g								
Aspartic acid....g								
Glutamic acid....g								
Glycine....g								
Proline....g								
Serine....g								
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 190.000g: 1 cup

Measure 2 = 9.600g: 1 fruit without refuse

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

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	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	22.30		0	1		0.56		
Energy....kcal	277		0	4		7		
Energy....kj	1159			4		29		
Protein (N x 6.25)....g	3.80		0	1		0.10		
Total lipid (fat)....g	1.20		0	1		0.03		
Ash....g	2.00		0	1		0.05		
Carbohydrate, by difference....g	70.70		0	4		1.77		
Fiber, total dietary....g	4.6		0	1		0.1		
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	33		0	1		1		
Iron, Fe....mg	1.70		0	1		0.04		
Magnesium, Mg....mg	42		0	1		1		
Phosphorus, P....mg	181		0	1		5		
Potassium, K....mg	1110		0	1		28		
Sodium, Na....mg	3		0	1		0		
Zinc, Zn....mg	0.28		0	1		0.01		
Copper, Cu....mg	0.631		0	1		0.016		
Manganese, Mn....mg	0.234		0	1		0.006		
Selenium, Se....mcg	1.3		0	4		0.0		
Vitamins:								
Vitamin C, total ascorbic acid....mg	183.0		1	1		4.6		
Thiamin....mg	0.010		1	1		0.000		
Riboflavin....mg	0.570		1	1		0.014		
Niacin....mg	3.100		1	1		0.078		
Pantothenic acid....mg								
Vitamin B-6....mg	0.090		0	4		0.002		
Folate, total....mcg	12		0	4		0		
Folic acid....mcg	0		0	7		0		
Folate, food....mcg	12		0	4		0		
Folate, DFE....mcg_DFE	12		0	4		0		
Vitamin B-12....mcg	0.00		0	7		0.00		
Vitamin A, IU....IU	0		0	1		0		
Vitamin A, RE....mcg_RE	0		0	1		0		
Vitamin E....mg_ATE	0.700		0	4		0.018		
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.270		0	4		0.007		
4:0....g	0.000		0	4		0.000		
6:0....g	0.000		0	4		0.000		
8:0....g	0.000		0	4		0.000		
10:0....g	0.000		0	4		0.000		
11:0....g								
12:0....g	0.000		0	4		0.000		
13:0....g								
14:0....g	0.006		0	4		0.000		
15:0....g								
16:0....g	0.190		0	4		0.005		
17:0....g								
18:0....g	0.065		0	4		0.002		
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.328		0	4		0.008		
14:1....g								
15:1....g								

NDB No. 09165
Litchis, dried

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.004		0	4		0.000		
17:1....g								
18:1 undifferentiated....g	0.324		0	4		0.008		
20:1....g	0.000		0	4		0.000		
22:1 undifferentiated....g	0.000		0	4		0.000		
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.361		0	4		0.009		
18:2 undifferentiated....g	0.184		0	4		0.005		
18:3 undifferentiated....g	0.178		0	4		0.004		
18:4....g	0.000		0	4		0.000		
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	4		0.000		
20:5 n-3....g	0.000		0	4		0.000		
22:2....g								
22:5 n-3....g	0.000		0	4		0.000		
22:6 n-3....g	0.000		0	4		0.000		
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0		
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.033		0	1		0.001		
Threonine....g								
Isoleucine....g								
Leucine....g								
Lysine....g	0.187		0	1		0.005		
Methionine....g	0.042		0	1		0.001		
Cystine....g								
Phenylalanine....g								
Tyrosine....g								
Valine....g								
Arginine....g								
Histidine....g								
Alanine....g								
Aspartic acid....g								
Glutamic acid....g								
Glycine....g								
Proline....g								
Serine....g								
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0		
Caffeine....mg	0		0	7		0		
Theobromine....mg	0		0	7		0		

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

Common Measures:

Measure 1 = 2.500g: 1 fruit

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 09167
Loganberries, frozen
Rubus ursinus var. loganobaccus

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	84.61	0.382	3	1		124.38		
Energy....kcal	55		0	4		81		
Energy....kj	230			4		338		
Protein (N x 6.25)....g	1.52	0.152	3	1		2.23		
Total lipid (fat)....g	0.31	0.014	3	1		0.46		
Ash....g	0.54	0.000	3	1		0.79		
Carbohydrate, by difference....g	13.02		0	4		19.14		
Fiber, total dietary....g	4.9		0	4		7.2		
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	26	0.601	3	1		38		
Iron, Fe....mg	0.64	0.009	3	1		0.94		
Magnesium, Mg....mg	21	0.318	3	1		31		
Phosphorus, P....mg	26	1.267	3	1		38		
Potassium, K....mg	145	3.786	3	1		213		
Sodium, Na....mg	1	0.000	3	1		1		
Zinc, Zn....mg	0.34	0.018	3	1		0.50		
Copper, Cu....mg	0.117	0.003	3	1		0.172		
Manganese, Mn....mg	1.247	0.027	3	1		1.833		
Selenium, Se....mcg	0.6		0	4		0.9		
Vitamins:								
Vitamin C, total ascorbic acid....mg	15.3	0.333	3	1		22.5		
Thiamin....mg	0.050	0.003	3	1		0.074		
Riboflavin....mg	0.034	0.002	3	1		0.050		
Niacin....mg	0.840	0.000	3	1		1.235		
Pantothenic acid....mg	0.244	0.024	3	1		0.359		
Vitamin B-6....mg	0.065	0.002	3	1		0.096		
Folate, total....mcg	26	2.914	3	1		38		
Folic acid....mcg	0		0	7		0		
Folate, food....mcg	26	2.914	3	1		38		
Folate, DFE....mcg_DFE	26		0	4		38		
Vitamin B-12....mcg	0.00		0	7		0.00		
Vitamin A, IU....IU	35	3.180	3	1		51		
Vitamin A, RE....mcg_RE	4	0.318	3	1		6		
Vitamin E....mg_ATE	2.210		0	4		3.249		
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.011		0	4		0.016		
4:0....g	0.000		0	4		0.000		
6:0....g	0.000		0	4		0.000		
8:0....g	0.000		0	4		0.000		
10:0....g	0.000		0	4		0.000		
11:0....g								
12:0....g	0.000		0	4		0.000		
13:0....g								
14:0....g	0.000		0	4		0.000		
15:0....g								
16:0....g	0.007		0	4		0.010		
17:0....g								
18:0....g	0.002		0	4		0.003		
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.030		0	4		0.044		
14:1....g								
15:1....g								

NDB No. 09167
Loganberries, frozen

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.000		0	4		0.000		
17:1....g								
18:1 undifferentiated....g	0.028		0	4		0.041		
20:1....g	0.002		0	4		0.003		
22:1 undifferentiated....g	0.000		0	4		0.000		
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.176		0	4		0.259		
18:2 undifferentiated....g	0.117		0	4		0.172		
18:3 undifferentiated....g	0.059		0	4		0.087		
18:4....g	0.000		0	4		0.000		
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	4		0.000		
20:5 n-3....g	0.000		0	4		0.000		
22:2....g								
22:5 n-3....g	0.000		0	4		0.000		
22:6 n-3....g	0.000		0	4		0.000		
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0		
Phytosterols....mg								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0		
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 147.000g: 1 cup, unthawed

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 09172
Longans, raw
Dimocarpus longan

Refuse: 47% Shell and seeds

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	82.75		2	1		2.65		
Energy....kcal	60		0	4		2		
Energy....kj	251			4		8		
Protein (N x 6.25)....g	1.31		1	1		0.04		
Total lipid (fat)....g	0.10		0	1		0.00		
Ash....g	0.70		0	1		0.02		
Carbohydrate, by difference....g	15.14		0	4		0.48		
Fiber, total dietary....g	1.1		0	4		0.0		
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	1		1	1		0		
Iron, Fe....mg	0.13		1	1		0.00		
Magnesium, Mg....mg	10		1	1		0		
Phosphorus, P....mg	21		1	1		1		
Potassium, K....mg	266		1	1		9		
Sodium, Na....mg	0		1	1		0		
Zinc, Zn....mg	0.05		1	1		0.00		
Copper, Cu....mg	0.169		1	1		0.005		
Manganese, Mn....mg	0.052		1	1		0.002		
Selenium, Se....mcg								
Vitamins:								
Vitamin C, total ascorbic acid....mg	84.0		2	1		2.7		
Thiamin....mg	0.031		2	1		0.001		
Riboflavin....mg	0.140		1	1		0.004		
Niacin....mg	0.300		1	1		0.010		
Pantothenic acid....mg								
Vitamin B-6....mg								
Folate, total....mcg								
Folate, DFE....mcg_DFE								
Vitamin B-12....mcg	0.00		0	7		0.00		
Vitamin A, IU....IU								
Vitamin A, RE....mcg_RE								
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g								
Fatty acids, total monounsaturated....g								
Fatty acids, total polyunsaturated....g								
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0		
Phytosterols....mg								
Amino Acids:								
Tryptophan....g								
Threonine....g	0.034		1	1		0.001		
Isoleucine....g	0.026		1	1		0.001		
Leucine....g	0.054		1	1		0.002		
Lysine....g	0.046		1	1		0.001		
Methionine....g	0.013		1	1		0.000		
Cystine....g								
Phenylalanine....g	0.030		1	1		0.001		
Tyrosine....g	0.025		1	1		0.001		
Valine....g	0.058		1	1		0.002		
Arginine....g	0.035		1	1		0.001		
Histidine....g	0.012		1	1		0.000		
Alanine....g	0.157		1	1		0.005		
Aspartic acid....g	0.126		1	1		0.004		
Glutamic acid....g	0.209		1	1		0.007		

NDB No. 09172
Longans, raw

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Glycine.....g	0.042		1	1		0.001		
Proline.....g	0.042		1	1		0.001		
Serine.....g	0.048		1	1		0.002		
Hydroxyproline.....g								

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

Common Measures:

Measure 1 = 3.200g: 1 fruit without refuse

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 09173
Longans, dried

Refuse: 64% Shell and seeds

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	17.60		0	1				
Energy....kcal	286		0	4				
Energy....kj	1197			4				
Protein (N x 6.25)....g	4.90		0	1				
Total lipid (fat)....g	0.40		0	1				
Ash....g	3.10		0	1				
Carbohydrate, by difference....g	74.00		0	4				
Fiber, total dietary....g								
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	45		0	1				
Iron, Fe....mg	5.40		0	1				
Magnesium, Mg....mg	46		0	1				
Phosphorus, P....mg	196		0	1				
Potassium, K....mg	658		1	1				
Sodium, Na....mg	48		1	1				
Zinc, Zn....mg	0.22		0	1				
Copper, Cu....mg	0.807		0	1				
Manganese, Mn....mg	0.248		0	1				
Selenium, Se....mcg								
Vitamins:								
Vitamin C, total ascorbic acid....mg	28.0		0	1				
Thiamin....mg	0.040		0	1				
Riboflavin....mg	0.500		0	1				
Niacin....mg	1.000		0	1				
Pantothenic acid....mg								
Vitamin B-6....mg								
Folate, total....mcg								
Folate, DFE....mcg_DFE								
Vitamin B-12....mcg	0.00		0	7				
Vitamin A, IU....IU	0		1	1				
Vitamin A, RE....mcg_RE	0		1	1				
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g								
Fatty acids, total monounsaturated....g								
Fatty acids, total polyunsaturated....g								
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7				
Phytosterols....mg								
Amino Acids:								
Tryptophan....g								
Threonine....g	0.128		0	1				
Isoleucine....g	0.097		0	1				
Leucine....g	0.202		0	1				
Lysine....g	0.172		0	1				
Methionine....g	0.049		0	1				
Cystine....g								
Phenylalanine....g	0.112		0	1				
Tyrosine....g	0.094		0	1				
Valine....g	0.217		0	1				
Arginine....g	0.131		0	1				
Histidine....g	0.045		0	1				
Alanine....g	0.585		0	1				
Aspartic acid....g	0.469		0	1				
Glutamic acid....g	0.780		0	1				

NDB No. 09173
Longans, dried

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Glutamic acid.....g	0.780			1				
Glycine.....g	0.158		0	1				
Proline.....g	0.158		0	1				
Serine.....g	0.180		0	1				
Hydroxyproline.....g								

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

Common Measures:

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 09174
Loquats, raw
Eriobotrya japonica

Refuse: 35% Seeds and skin

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	86.73	1.198	13	1		129.23	17.35	13.88
Energy....kcal	47		0	4		70	9	8
Energy....kj	197			4		293	39	31
Protein (N x 6.25)....g	0.43		1	1		0.64	0.09	0.07
Total lipid (fat)....g	0.20		0	1		0.30	0.04	0.03
Ash....g	0.50		0	1		0.75	0.10	0.08
Carbohydrate, by difference....g	12.14		0	4		18.09	2.43	1.94
Fiber, total dietary....g	1.7		0	4		2.5	0.3	0.3
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	16	5.153	4	1		24	3	3
Iron, Fe....mg	0.28	0.080	3	1		0.42	0.06	0.04
Magnesium, Mg....mg	13		2	1		19	3	2
Phosphorus, P....mg	27	14.372	3	1		40	5	4
Potassium, K....mg	266	77.159	4	1		396	53	43
Sodium, Na....mg	1		2	1		1	0	0
Zinc, Zn....mg	0.05		1	1		0.07	0.01	0.01
Copper, Cu....mg	0.040		1	1		0.060	0.008	0.006
Manganese, Mn....mg	0.148		1	1		0.221	0.030	0.024
Selenium, Se....mcg	0.6		0	4		0.9	0.1	0.1
Vitamins:								
Vitamin C, total ascorbic acid....mg	1.0		0	1		1.5	0.2	0.2
Thiamin....mg	0.019		0	1		0.028	0.004	0.003
Riboflavin....mg	0.024		0	1		0.036	0.005	0.004
Niacin....mg	0.180		0	1		0.268	0.036	0.029
Pantothenic acid....mg								
Vitamin B-6....mg	0.100		0	4		0.149	0.020	0.016
Folate, total....mcg	14		0	4		21	3	2
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	14		0	4		21	3	2
Folate, DFE....mcg_DFE	14		0	4		21	3	2
Vitamin B-12....mcg	0.00		0	7		0.00	0.00	0.00
Vitamin A, IU....IU	1528	233.817	5	1		2277	306	244
Vitamin A, RE....mcg_RE	153	23.382	5	1		228	31	24
Vitamin E....mg_ATE	0.890		0	4		1.326	0.178	0.142
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.040		0	1		0.060	0.008	0.006
4:0....g	0.000		0	1		0.000	0.000	0.000
6:0....g	0.000		0	1		0.000	0.000	0.000
8:0....g	0.000		0	1		0.000	0.000	0.000
10:0....g	0.000		0	1		0.000	0.000	0.000
11:0....g								
12:0....g	0.001		2	1		0.001	0.000	0.000
13:0....g								
14:0....g	0.001		2	1		0.001	0.000	0.000
15:0....g								
16:0....g	0.032		2	1		0.048	0.006	0.005
17:0....g								
18:0....g	0.004		2	1		0.006	0.001	0.001
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.008		0	1		0.012	0.002	0.001
14:1....g								
15:1....g								

NDB No. 09174
Loquats, raw

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
17:1....g								
18:1 undifferentiated....g	0.008		2	1		0.012	0.002	0.001
20:1....g	0.000		0	1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.091		0	1		0.136	0.018	0.015
18:2 undifferentiated....g	0.077		2	1		0.115	0.015	0.012
18:3 undifferentiated....g	0.013		2	1		0.019	0.003	0.002
18:4....g	0.000		0	1		0.000	0.000	0.000
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
20:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:6 n-3....g	0.000		0	1		0.000	0.000	0.000
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0	0	0
Phytosterols....mg	2		0	1		3	0	0
Amino Acids:								
Tryptophan....g	0.005		1	1		0.007	0.001	0.001
Threonine....g	0.015		2	1		0.022	0.003	0.002
Isoleucine....g	0.015		2	1		0.022	0.003	0.002
Leucine....g	0.026		2	1		0.039	0.005	0.004
Lysine....g	0.023		2	1		0.034	0.005	0.004
Methionine....g	0.004		2	1		0.006	0.001	0.001
Cystine....g	0.006		1	1		0.009	0.001	0.001
Phenylalanine....g	0.014		2	1		0.021	0.003	0.002
Tyrosine....g	0.013		2	1		0.019	0.003	0.002
Valine....g	0.021		2	1		0.031	0.004	0.003
Arginine....g	0.014		2	1		0.021	0.003	0.002
Histidine....g	0.007		2	1		0.010	0.001	0.001
Alanine....g	0.024		2	1		0.036	0.005	0.004
Aspartic acid....g	0.058		2	1		0.086	0.012	0.009
Glutamic acid....g	0.061		2	1		0.091	0.012	0.010
Glycine....g	0.020		2	1		0.030	0.004	0.003
Proline....g	0.027		2	1		0.040	0.005	0.004
Serine....g	0.020		2	1		0.030	0.004	0.003
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	0.0
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 149.000g: 1 cup, cubed

Measure 2 = 20.000g: 1 large

Measure 3 = 16.000g: 1 medium

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

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

Refuse: 40% Seeds and skin

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	86.20		0	1		729.25		
Energy....kcal	51		0	4		431		
Energy....kj	213			4		1805		
Protein (N x 6.25)....g	0.50		0	1		4.23		
Total lipid (fat)....g	0.50		0	1		4.23		
Ash....g	0.30		0	1		2.54		
Carbohydrate, by difference....g	12.50		0	4		105.75		
Fiber, total dietary....g	3.0		0	4		25.4		
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	11		0	1		93		
Iron, Fe....mg	0.70		0	1		5.92		
Magnesium, Mg....mg	16		0	4		135		
Phosphorus, P....mg	11		0	1		93		
Potassium, K....mg	47		0	1		398		
Sodium, Na....mg	15		0	1		127		
Zinc, Zn....mg	0.10		0	4		0.85		
Copper, Cu....mg	0.086		0	4		0.728		
Manganese, Mn....mg								
Selenium, Se....mcg	0.6		0	4		5.1		
Vitamins:								
Vitamin C, total ascorbic acid....mg	14.0		0	1		118.4		
Thiamin....mg	0.020		0	1		0.169		
Riboflavin....mg	0.040		0	1		0.338		
Niacin....mg	0.400		0	1		3.384		
Pantothenic acid....mg	0.103		0	1		0.871		
Vitamin B-6....mg	0.100		0	4		0.846		
Folate, total....mcg	14		0	4		118		
Folic acid....mcg	0		0	7		0		
Folate, food....mcg	14		0	4		118		
Folate, DFE....mcg_DFE	14		0	4		118		
Vitamin B-12....mcg	0.00		0	7		0.00		
Vitamin A, IU....IU	230		0	1		1946		
Vitamin A, RE....mcg_RE	23		0	1		195		
Vitamin E....mg_ATE	0.590		0	4		4.991		
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.136		0	4		1.151		
4:0....g	0.000		0	4		0.000		
6:0....g	0.000		0	4		0.000		
8:0....g	0.000		0	4		0.000		
10:0....g	0.000		0	4		0.000		
11:0....g								
12:0....g	0.000		0	4		0.000		
13:0....g								
14:0....g	0.000		0	4		0.000		
15:0....g								
16:0....g	0.042		0	4		0.355		
17:0....g								
18:0....g	0.094		0	4		0.795		
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.205		0	4		1.734		
14:1....g								
15:1....g								

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.000		0	4		0.000		
17:1....g								
18:1 undifferentiated....g	0.205		0	4		1.734		
20:1....g	0.000		0	4		0.000		
22:1 undifferentiated....g	0.000		0	4		0.000		
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.079		0	4		0.668		
18:2 undifferentiated....g	0.079		0	4		0.668		
18:3 undifferentiated....g	0.000		0	4		0.000		
18:4....g	0.000		0	4		0.000		
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	4		0.000		
20:5 n-3....g	0.000		0	4		0.000		
22:2....g								
22:5 n-3....g	0.000		0	4		0.000		
22:6 n-3....g	0.000		0	4		0.000		
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0		
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.005		2	1		0.042		
Threonine....g								
Isoleucine....g								
Leucine....g								
Lysine....g	0.037		2	1		0.313		
Methionine....g	0.006		2	1		0.051		
Cystine....g								
Phenylalanine....g								
Tyrosine....g								
Valine....g								
Arginine....g								
Histidine....g								
Alanine....g								
Aspartic acid....g								
Glutamic acid....g								
Glycine....g								
Proline....g								
Serine....g								
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0		
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 846.000g: 1 fruit without refuse

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

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	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	81.71	0.323	108	1		134.82	169.14	
Energy....kcal	65		0	4		107	135	
Energy....kj	272			4		449	563	
Protein (N x 6.25)....g	0.51	0.025	79	1		0.84	1.06	
Total lipid (fat)....g	0.27	0.039	47	1		0.45	0.56	
Ash....g	0.50	0.033	66	1		0.83	1.04	
Carbohydrate, by difference....g	17.00		0	4		28.05	35.19	
Fiber, total dietary....g	1.8		0	1		3.0	3.7	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	10	0.850	27	1		17	21	
Iron, Fe....mg	0.13	0.021	21	1		0.21	0.27	
Magnesium, Mg....mg	9	0.580	20	1		15	19	
Phosphorus, P....mg	11	0.746	41	1		18	23	
Potassium, K....mg	156	8.441	24	1		257	323	
Sodium, Na....mg	2	0.624	24	1		3	4	
Zinc, Zn....mg	0.04		1	1		0.07	0.08	
Copper, Cu....mg	0.110	0.009	17	1		0.182	0.228	
Manganese, Mn....mg	0.027	0.002	17	1		0.045	0.056	
Selenium, Se....mcg	0.6		0	4		1.0	1.2	
Vitamins:								
Vitamin C, total ascorbic acid....mg	27.7	1.749	162	1		45.7	57.3	
Thiamin....mg	0.058	0.005	35	1		0.096	0.120	
Riboflavin....mg	0.057	0.004	36	1		0.094	0.118	
Niacin....mg	0.584	0.070	36	1		0.964	1.209	
Pantothenic acid....mg	0.160		0	1		0.264	0.331	
Vitamin B-6....mg	0.134		1	1		0.221	0.277	
Folate, total....mcg	14		0	4		23	29	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	14		0	4		23	29	
Folate, DFE....mcg_DFE	14		0	4		23	29	
Vitamin B-12....mcg	0.00		0	7		0.00	0.00	
Vitamin A, IU....IU	3894	244.166	91	1		6425	8061	
Vitamin A, RE....mcg_RE	389	24.417	91	1		642	805	
Vitamin E....mg_ATE	1.120		0	1		1.848	2.318	
Tocopherol, alpha....mg	1.12		0	1		1.85	2.32	
Tocopherol, beta....mg								
Tocopherol, gamma....mg								
Tocopherol, delta....mg								
Tocotrienol, alpha....mg								
Tocotrienol, beta....mg								
Tocotrienol, gamma....mg								
Tocotrienol, delta....mg								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.066		0	1		0.109	0.137	
4:0....g	0.000		0	1		0.000	0.000	
6:0....g	0.000		0	1		0.000	0.000	
8:0....g	0.000		0	1		0.000	0.000	
10:0....g	0.000		0	1		0.000	0.000	
11:0....g								
12:0....g	0.001		15	1		0.002	0.002	
13:0....g								
14:0....g	0.009		19	1		0.015	0.019	
15:0....g								
16:0....g	0.052		19	1		0.086	0.108	
17:0....g								

NDB No. 09176
Mangos, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
18:0 g	0.003		19	1		0.005	0.006	
19:0 g								
20:0 g								
22:0 g								
24:0 g								
Fatty acids, total monounsaturated g	0.101		0	1		0.167	0.209	
14:1 g								
15:1 g								
16:1 undifferentiated g	0.048		19	1		0.079	0.099	
17:1 g								
18:1 undifferentiated g	0.054		19	1		0.089	0.112	
20:1 g	0.000		0	1		0.000	0.000	
22:1 undifferentiated g	0.000		0	1		0.000	0.000	
24:1 c g								
Fatty acids, total polyunsaturated g	0.051		0	1		0.084	0.106	
18:2 undifferentiated g	0.014		19	1		0.023	0.029	
18:3 undifferentiated g	0.037		19	1		0.061	0.077	
18:4 g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c g								
20:3 undifferentiated g								
20:4 undifferentiated g	0.000		0	1		0.000	0.000	
20:5 n-3 g	0.000		0	1		0.000	0.000	
22:2 g								
22:5 n-3 g	0.000		0	1		0.000	0.000	
22:6 n-3 g	0.000		0	1		0.000	0.000	
Fatty acids, total trans g								
Cholesterol mg	0		0	7		0	0	
Phytosterols mg								
Amino Acids:								
Tryptophan g	0.008		11	1		0.013	0.017	
Threonine g	0.019		2	1		0.031	0.039	
Isoleucine g	0.018		2	1		0.030	0.037	
Leucine g	0.031		2	1		0.051	0.064	
Lysine g	0.041		13	1		0.068	0.085	
Methionine g	0.005		13	1		0.008	0.010	
Cystine g								
Phenylalanine g	0.017		2	1		0.028	0.035	
Tyrosine g	0.010		2	1		0.017	0.021	
Valine g	0.026		2	1		0.043	0.054	
Arginine g	0.019		2	1		0.031	0.039	
Histidine g	0.012		2	1		0.020	0.025	
Alanine g	0.051		2	1		0.084	0.106	
Aspartic acid g	0.042		2	1		0.069	0.087	
Glutamic acid g	0.060		2	1		0.099	0.124	
Glycine g	0.021		2	1		0.035	0.043	
Proline g	0.018		2	1		0.030	0.037	
Serine g	0.022		2	1		0.036	0.046	
Hydroxyproline g								
Others:								
Alcohol, ethyl g	0.0		0	7		0.0	0.0	
Caffeine mg								
Theobromine mg								

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

Common Measures:

Measure 1 = 165.000g: 1 cup, sliced

Measure 2 = 207.000g: 1 fruit without refuse

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

NDB No. 09176
Mangos, raw

Food Group: 09 Fruits and Fruit Juices
USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 09177

Mangosteen, canned, syrup pack

Garcinia mangostana

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	80.94		2	1		158.64	174.83	
Energy....kcal	73		0	4		143	158	
Energy....kj	305			4		599	660	
Protein (N x 6.25)....g	0.41		2	1		0.80	0.89	
Total lipid (fat)....g	0.58		2	1		1.14	1.25	
Ash....g	0.16		2	1		0.31	0.35	
Carbohydrate, by difference....g	17.91		0	4		35.10	38.69	
Fiber, total dietary....g	1.8		2	1		3.5	3.9	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	12		2	1		24	26	
Iron, Fe....mg	0.30		2	1		0.59	0.65	
Magnesium, Mg....mg	13		2	1		25	28	
Phosphorus, P....mg	8		2	1		16	17	
Potassium, K....mg	48		2	1		94	104	
Sodium, Na....mg	7		2	1		14	15	
Zinc, Zn....mg	0.21		2	1		0.41	0.45	
Copper, Cu....mg	0.069		2	1		0.135	0.149	
Manganese, Mn....mg	0.102		2	1		0.200	0.220	
Selenium, Se....mcg								
Vitamins:								
Vitamin C, total ascorbic acid....mg	2.9		2	1		5.7	6.3	
Thiamin....mg	0.054		2	1		0.106	0.117	
Riboflavin....mg	0.054		2	1		0.106	0.117	
Niacin....mg	0.286		2	1		0.561	0.618	
Pantothenic acid....mg	0.032		2	1		0.063	0.069	
Vitamin B-6....mg	0.018		2	1		0.035	0.039	
Folate, total....mcg	31		2	1		61	67	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	31		2	1		61	67	
Folate, DFE....mcg_DFE	31		0	4		61	67	
Vitamin B-12....mcg	0.00		0	7		0.00	0.00	
Vitamin A, IU....IU								
Vitamin A, RE....mcg_RE								
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g								
Fatty acids, total monounsaturated....g								
Fatty acids, total polyunsaturated....g								
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0	0	
Phytosterols....mg								

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

Common Measures:

Measure 1 = 196.000g: 1 cup, drained

Measure 2 = 216.000g: 1 cup

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

NDB No. 09177
Mangosteen, canned, syrup pack

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

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	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	89.78	0.413	85	1		158.91	143.65	140.06
Energy....kcal	35		0	4		62	56	55
Energy....kj	146			4		259	234	228
Protein (N x 6.25)....g	0.88	0.039	81	1		1.56	1.41	1.37
Total lipid (fat)....g	0.28	0.020	15	1		0.50	0.45	0.44
Ash....g	0.71	0.015	80	1		1.26	1.14	1.11
Carbohydrate, by difference....g	8.36		0	4		14.80	13.38	13.04
Fiber, total dietary....g	0.8		0	1		1.4	1.3	1.2
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	11	1.328	8	1		19	18	17
Iron, Fe....mg	0.21	0.021	77	1		0.37	0.34	0.33
Magnesium, Mg....mg	11	1.753	72	1		19	18	17
Phosphorus, P....mg	17	4.848	72	1		30	27	27
Potassium, K....mg	309	7.131	43	1		547	494	482
Sodium, Na....mg	9	2.391	42	1		16	14	14
Zinc, Zn....mg	0.16	0.005	12	1		0.28	0.26	0.25
Copper, Cu....mg	0.042	0.003	76	1		0.074	0.067	0.066
Manganese, Mn....mg	0.047	0.003	75	1		0.083	0.075	0.073
Selenium, Se....mcg	0.4		1	1		0.7	0.6	0.6
Vitamins:								
Vitamin C, total ascorbic acid....mg	42.2	2.458	19	1		74.7	67.5	65.8
Thiamin....mg	0.036	0.009	6	1		0.064	0.058	0.056
Riboflavin....mg	0.021	0.004	6	1		0.037	0.034	0.033
Niacin....mg	0.574	0.118	4	1		1.016	0.918	0.895
Pantothenic acid....mg	0.128	0.012	9	1		0.227	0.205	0.200
Vitamin B-6....mg	0.115	0.018	13	1		0.204	0.184	0.179
Folate, total....mcg	17	2.821	19	1		30	27	27
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	17	2.821	19	1		30	27	27
Folate, DFE....mcg_DFE	17		0	4		30	27	27
Vitamin B-12....mcg	0.00		0	7		0.00	0.00	0.00
Vitamin A, IU....IU	3224	211.836	10	1		5706	5158	5029
Vitamin A, RE....mcg_RE	322	21.184	10	1		570	515	502
Vitamin E....mg_ATE	0.150		0	4		0.266	0.240	0.234
Tocopherol, alpha....mg	0.14		0	1		0.25	0.22	0.22
Tocopherol, beta....mg								
Tocopherol, gamma....mg								
Tocopherol, delta....mg								
Tocotrienol, alpha....mg								
Tocotrienol, beta....mg								
Tocotrienol, gamma....mg								
Tocotrienol, delta....mg								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.071		0	4		0.126	0.114	0.111
4:0....g	0.000		0	4		0.000	0.000	0.000
6:0....g	0.000		0	4		0.000	0.000	0.000
8:0....g	0.000		0	4		0.000	0.000	0.000
10:0....g	0.000		0	4		0.000	0.000	0.000
11:0....g								
12:0....g	0.002		0	4		0.004	0.003	0.003
13:0....g								
14:0....g	0.002		0	4		0.004	0.003	0.003
15:0....g								
16:0....g	0.058		0	4		0.103	0.093	0.090
17:0....g								

NDB No. 09181
Melons, cantaloupe, raw

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
18:0 ... g	0.007		0	4		0.012	0.011	0.011
19:0 ... g								
20:0 ... g								
22:0 ... g								
24:0 ... g								
Fatty acids, total monounsaturated ... g	0.007		0	4		0.012	0.011	0.011
14:1 ... g								
15:1 ... g								
16:1 undifferentiated ... g	0.000		0	4		0.000	0.000	0.000
17:1 ... g								
18:1 undifferentiated ... g	0.004		0	4		0.007	0.006	0.006
20:1 ... g	0.000		0	4		0.000	0.000	0.000
22:1 undifferentiated ... g	0.000		0	4		0.000	0.000	0.000
24:1 c ... g								
Fatty acids, total polyunsaturated ... g	0.110		0	4		0.195	0.176	0.172
18:2 undifferentiated ... g	0.047		0	4		0.083	0.075	0.073
18:3 undifferentiated ... g	0.063		0	4		0.112	0.101	0.098
18:4 ... g	0.000		0	4		0.000	0.000	0.000
20:2 n-6 c,c ... g								
20:3 undifferentiated ... g								
20:4 undifferentiated ... g	0.000		0	4		0.000	0.000	0.000
20:5 n-3 ... g	0.000		0	4		0.000	0.000	0.000
22:2 ... g								
22:5 n-3 ... g	0.000		0	4		0.000	0.000	0.000
22:6 n-3 ... g	0.000		0	4		0.000	0.000	0.000
Fatty acids, total trans ... g								
Cholesterol ... mg	0		0	7		0	0	0
Phytosterols ... mg	10		0	1		18	16	16
Others:								
Alcohol, ethyl ... g	0.0		0	7		0.0	0.0	0.0
Caffeine ... mg								
Theobromine ... mg								

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

Common Measures:

Measure 1 = 177.000g: 1 cup, balls

Measure 2 = 160.000g: 1 cup, cubes

Measure 3 = 156.000g: 1 cup, diced

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 09183
Melons, casaba, raw
Cucumis melo

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	92.00		1	1		156.40	1508.80	150.88
Energy....kcal	26		0	4		44	426	43
Energy....kj	109			4		185	1784	178
Protein (N x 6.25)....g	0.90		2	1		1.53	14.76	1.48
Total lipid (fat)....g	0.10		1	1		0.17	1.64	0.16
Ash....g	0.80		0	1		1.36	13.12	1.31
Carbohydrate, by difference....g	6.20		0	4		10.54	101.68	10.17
Fiber, total dietary....g	0.8		0	1		1.4	13.1	1.3
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	5		1	1		9	82	8
Iron, Fe....mg	0.40		1	1		0.68	6.56	0.66
Magnesium, Mg....mg	8		1	1		14	131	13
Phosphorus, P....mg	7		1	1		12	115	11
Potassium, K....mg	210		1	1		357	3444	344
Sodium, Na....mg	12		1	1		20	197	20
Zinc, Zn....mg	0.16		0	4		0.27	2.62	0.26
Copper, Cu....mg	0.040		0	4		0.068	0.656	0.066
Manganese, Mn....mg								
Selenium, Se....mcg	0.3		0	4		0.5	4.9	0.5
Vitamins:								
Vitamin C, total ascorbic acid....mg	16.0		2	1		27.2	262.4	26.2
Thiamin....mg	0.060		1	1		0.102	0.984	0.098
Riboflavin....mg	0.020		1	1		0.034	0.328	0.033
Niacin....mg	0.400		1	1		0.680	6.560	0.656
Pantothenic acid....mg								
Vitamin B-6....mg	0.120		0	4		0.204	1.968	0.197
Folate, total....mcg	17		0	4		29	279	28
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	17		0	4		29	279	28
Folate, DFE....mcg_DFE	17		0	4		29	279	28
Vitamin B-12....mcg	0.00		0	7		0.00	0.00	0.00
Vitamin A, IU....IU	30		0	1		51	492	49
Vitamin A, RE....mcg_RE	3		0	1		5	49	5
Vitamin E....mg_ATE	0.150		0	4		0.255	2.460	0.246
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.025		0	4		0.043	0.410	0.041
4:0....g	0.000		0	4		0.000	0.000	0.000
6:0....g	0.000		0	4		0.000	0.000	0.000
8:0....g	0.000		0	4		0.000	0.000	0.000
10:0....g	0.000		0	4		0.000	0.000	0.000
11:0....g								
12:0....g	0.001		0	4		0.002	0.016	0.002
13:0....g								
14:0....g	0.001		0	4		0.002	0.016	0.002
15:0....g								
16:0....g	0.021		0	4		0.036	0.344	0.034
17:0....g								
18:0....g	0.002		0	4		0.003	0.033	0.003
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.002		0	4		0.003	0.033	0.003
14:1....g								
15:1....g								

NDB No. 09183
Melons, casaba, raw

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.000		0	4		0.000	0.000	0.000
17:1....g								
18:1 undifferentiated....g	0.002		0	4		0.003	0.033	0.003
20:1....g	0.000		0	4		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0	4		0.000	0.000	0.000
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.039		0	4		0.066	0.640	0.064
18:2 undifferentiated....g	0.017		0	4		0.029	0.279	0.028
18:3 undifferentiated....g	0.022		0	4		0.037	0.361	0.036
18:4....g	0.000		0	4		0.000	0.000	0.000
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	4		0.000	0.000	0.000
20:5 n-3....g	0.000		0	4		0.000	0.000	0.000
22:2....g								
22:5 n-3....g	0.000		0	4		0.000	0.000	0.000
22:6 n-3....g	0.000		0	4		0.000	0.000	0.000
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0	0	0
Phytosterols....mg								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	0.0
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 170.000g: 1 cup, cubes

Measure 2 = 1640.000g: 1 melon

Measure 3 = 164.000g: .1 fruit

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 09184
Melons, honeydew, raw
Cucumis melo

Refuse: 54% 5% cavity contents, rind 49%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	89.66	0.391	18	1		158.70	152.42	896.60
Energy....kcal	35		0	4		62	60	350
Energy....kj	146			4		259	249	1464
Protein (N x 6.25)....g	0.46	0.063	18	1		0.81	0.78	4.60
Total lipid (fat)....g	0.10		1	1		0.18	0.17	1.00
Ash....g	0.60	0.029	17	1		1.06	1.02	6.00
Carbohydrate, by difference....g	9.18		0	4		16.25	15.61	91.80
Fiber, total dietary....g	0.6		0	1		1.1	1.0	6.0
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	6		1	1		11	10	60
Iron, Fe....mg	0.07	0.009	17	1		0.12	0.12	0.70
Magnesium, Mg....mg	7	0.708	17	1		12	12	70
Phosphorus, P....mg	10	1.222	17	1		18	17	100
Potassium, K....mg	271	17.229	9	1		480	461	2710
Sodium, Na....mg	10	1.970	9	1		18	17	100
Zinc, Zn....mg	0.07		0	1		0.12	0.12	0.70
Copper, Cu....mg	0.041	0.006	16	1		0.073	0.070	0.410
Manganese, Mn....mg	0.018	0.001	16	1		0.032	0.031	0.180
Selenium, Se....mcg	0.4		0	4		0.7	0.7	4.0
Vitamins:								
Vitamin C, total ascorbic acid....mg	24.8	4.114	19	1		43.9	42.2	248.0
Thiamin....mg	0.077		2	1		0.136	0.131	0.770
Riboflavin....mg	0.018		2	1		0.032	0.031	0.180
Niacin....mg	0.600		1	1		1.062	1.020	6.000
Pantothenic acid....mg	0.207		0	1		0.366	0.352	2.070
Vitamin B-6....mg	0.059		2	1		0.104	0.100	0.590
Folate, total....mcg	6		0	1		11	10	60
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	6		0	1		11	10	60
Folate, DFE....mcg_DFE	6		0	4		11	10	60
Vitamin B-12....mcg	0.00		0	7		0.00	0.00	0.00
Vitamin A, IU....IU	40		0	1		71	68	400
Vitamin A, RE....mcg_RE	4		0	1		7	7	40
Vitamin E....mg_ATE	0.150		0	4		0.266	0.255	1.500
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.025		0	4		0.044	0.043	0.250
4:0....g	0.000		0	4		0.000	0.000	0.000
6:0....g	0.000		0	4		0.000	0.000	0.000
8:0....g	0.000		0	4		0.000	0.000	0.000
10:0....g	0.000		0	4		0.000	0.000	0.000
11:0....g								
12:0....g	0.001		0	4		0.002	0.002	0.010
13:0....g								
14:0....g	0.001		0	4		0.002	0.002	0.010
15:0....g								
16:0....g	0.021		0	4		0.037	0.036	0.210
17:0....g								
18:0....g	0.002		0	4		0.004	0.003	0.020
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.002		0	4		0.004	0.003	0.020
14:1....g								
15:1....g								

NDB No. 09184
Melons, honeydew, raw

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.000		0	4		0.000	0.000	0.000
17:1....g								
18:1 undifferentiated....g	0.002		0	4		0.004	0.003	0.020
20:1....g	0.000		0	4		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0	4		0.000	0.000	0.000
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.039		0	4		0.069	0.066	0.390
18:2 undifferentiated....g	0.017		0	4		0.030	0.029	0.170
18:3 undifferentiated....g	0.022		0	4		0.039	0.037	0.220
18:4....g	0.000		0	4		0.000	0.000	0.000
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	4		0.000	0.000	0.000
20:5 n-3....g	0.000		0	4		0.000	0.000	0.000
22:2....g								
22:5 n-3....g	0.000		0	4		0.000	0.000	0.000
22:6 n-3....g	0.000		0	4		0.000	0.000	0.000
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0	0	0
Phytosterols....mg								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	0.0
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 177.000g: 1 cup, balls

Measure 2 = 170.000g: 1 cup, diced (approx 20 pieces per cup)

Measure 3 = 1000.000g: 1 melon (5-1/4" dia)

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 09185
Melon balls, frozen

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	90.26	0.162	3	1		156.15		
Energy....kcal	33		0	4		57		
Energy....kj	138			4		239		
Protein (N x 6.25)....g	0.84	0.014	3	1		1.45		
Total lipid (fat)....g	0.25	0.095	3	1		0.43		
Ash....g	0.71	0.017	3	1		1.23		
Carbohydrate, by difference....g	7.94		0	4		13.74		
Fiber, total dietary....g	0.7		0	4		1.2		
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	10	0.600	3	1		17		
Iron, Fe....mg	0.29	0.038	3	1		0.50		
Magnesium, Mg....mg	14	0.066	3	1		24		
Phosphorus, P....mg	12	1.638	3	1		21		
Potassium, K....mg	280	8.544	3	1		484		
Sodium, Na....mg	31	2.028	3	1		54		
Zinc, Zn....mg	0.17	0.007	3	1		0.29		
Copper, Cu....mg	0.060	0.012	3	1		0.104		
Manganese, Mn....mg	0.040	0.000	3	1		0.069		
Selenium, Se....mcg								
Vitamins:								
Vitamin C, total ascorbic acid....mg	6.2	3.361	3	1		10.7		
Thiamin....mg	0.166	0.132	3	1		0.287		
Riboflavin....mg	0.022	0.002	3	1		0.038		
Niacin....mg	0.640	0.052	3	1		1.107		
Pantothenic acid....mg	0.163	0.010	3	1		0.282		
Vitamin B-6....mg	0.106	0.010	3	1		0.183		
Folate, total....mcg	26	2.100	3	1		44		
Folic acid....mcg	0		0	7		0		
Folate, food....mcg	26	2.100	3	1		44		
Folate, DFE....mcg_DFE	26		0	4		44		
Vitamin B-12....mcg	0.00		0	7		0.00		
Vitamin A, IU....IU	1774	52.992	3	1		3069		
Vitamin A, RE....mcg_RE	177	5.299	3	1		306		
Vitamin E....mg_ATE	0.150		0	1		0.260		
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.064		0	4		0.111		
4:0....g	0.000		0	4		0.000		
6:0....g	0.000		0	4		0.000		
8:0....g	0.000		0	4		0.000		
10:0....g	0.000		0	4		0.000		
11:0....g								
12:0....g	0.002		0	4		0.003		
13:0....g								
14:0....g	0.002		0	4		0.003		
15:0....g								
16:0....g	0.052		0	4		0.090		
17:0....g								
18:0....g	0.006		0	4		0.010		
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.006		0	4		0.010		
14:1....g								
15:1....g								

NDB No. 09185
Melon balls, frozen

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.000		0	4		0.000		
17:1....g								
18:1 undifferentiated....g	0.004		0	4		0.007		
20:1....g	0.000		0	4		0.000		
22:1 undifferentiated....g	0.000		0	4		0.000		
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.098		0	4		0.170		
18:2 undifferentiated....g	0.042		0	4		0.073		
18:3 undifferentiated....g	0.056		0	4		0.097		
18:4....g	0.000		0	4		0.000		
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	4		0.000		
20:5 n-3....g	0.000		0	4		0.000		
22:2....g								
22:5 n-3....g	0.000		0	4		0.000		
22:6 n-3....g	0.000		0	4		0.000		
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0		
Phytosterols....mg								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0		
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 173.000g: 1 cup, unthawed

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

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	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	80.56	0.175	16	1		205.43		
Energy....kcal	72		0	4		184		
Energy....kj	301			4		768		
Protein (N x 6.25)....g	0.37	0.012	16	1		0.94		
Total lipid (fat)....g	0.10	0.000	16	1		0.26		
Ash....g	0.21	0.008	16	1		0.54		
Carbohydrate, by difference....g	18.76		0	4		47.84		
Fiber, total dietary....g	1.0		0	4		2.6		
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	1	0.352	16	1		3		
Iron, Fe....mg	0.36	0.033	16	1		0.92		
Magnesium, Mg....mg	5	0.125	16	1		13		
Phosphorus, P....mg	10	0.368	16	1		26		
Potassium, K....mg	84	1.615	16	1		214		
Sodium, Na....mg	4	0.157	16	1		10		
Zinc, Zn....mg	0.07	0.003	16	1		0.18		
Copper, Cu....mg	0.058	0.004	16	1		0.148		
Manganese, Mn....mg	0.386		0	4		0.984		
Selenium, Se....mcg								
Vitamins:								
Vitamin C, total ascorbic acid....mg	69.0	4.383	16	1		176.0		
Thiamin....mg	0.015		2	1		0.038		
Riboflavin....mg	0.040		2	1		0.102		
Niacin....mg	0.600		2	1		1.530		
Pantothenic acid....mg	0.057		0	4		0.145		
Vitamin B-6....mg	0.036		0	4		0.092		
Folate, total....mcg	3		0	4		8		
Folic acid....mcg	0		0	7		0		
Folate, food....mcg	3		0	4		8		
Folate, DFE....mcg_DFE	3		0	4		8		
Vitamin B-12....mcg	0.00		0	7		0.00		
Vitamin A, IU....IU	194	11.020	16	1		495		
Vitamin A, RE....mcg_RE	19	1.102	16	1		48		
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.014		0	1		0.036		
4:0....g								
6:0....g								
8:0....g								
10:0....g								
11:0....g								
12:0....g								
13:0....g								
14:0....g								
15:0....g								
16:0....g	0.010		0	1		0.026		
17:0....g								
18:0....g	0.004		0	1		0.010		
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.019		0	1		0.048		
14:1....g								
15:1....g								

NDB No. 09187

Fruit, mixed, (peach and pear and pineapple), canned, heavy syrup, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g								
17:1....g								
18:1 undifferentiated....g	0.019		0	1		0.048		
20:1....g								
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.042		0	1		0.107		
18:2 undifferentiated....g	0.037		0	1		0.094		
18:3 undifferentiated....g	0.005		0	1		0.013		
18:4....g								
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g								
20:5 n-3....g								
22:2....g								
22:5 n-3....g								
22:6 n-3....g								
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0		
Phytosterols....mg								

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

Common Measures:

Measure 1 = 255.000g: 1 cup

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

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	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	31.18		0	1		91.36		
Energy....kcal	243		0	4		712		
Energy....kj	1017			4		2979		
Protein (N x 6.25)....g	2.46		0	1		7.21		
Total lipid (fat)....g	0.49		0	1		1.44		
Ash....g	1.82		0	1		5.33		
Carbohydrate, by difference....g	64.06		0	4		187.70		
Fiber, total dietary....g	7.8		0	4		22.9		
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	38		0	1		111		
Iron, Fe....mg	2.71		0	1		7.94		
Magnesium, Mg....mg	39		0	1		114		
Phosphorus, P....mg	77		0	1		226		
Potassium, K....mg	796		0	1		2332		
Sodium, Na....mg	18		0	1		53		
Zinc, Zn....mg	0.50		0	1		1.47		
Copper, Cu....mg	0.385		0	1		1.128		
Manganese, Mn....mg	0.227		0	1		0.665		
Selenium, Se....mcg								
Vitamins:								
Vitamin C, total ascorbic acid....mg	3.8		0	1		11.1		
Thiamin....mg	0.044		0	1		0.129		
Riboflavin....mg	0.157		0	1		0.460		
Niacin....mg	1.927		0	1		5.646		
Pantothenic acid....mg	0.441		0	4		1.292		
Vitamin B-6....mg	0.159		0	1		0.466		
Folate, total....mcg	4		0	4		11		
Folic acid....mcg	0		0	7		0		
Folate, food....mcg	4		0	4		11		
Folate, DFE....mcg_DFE	4		0	4		11		
Vitamin B-12....mcg	0.00		0	7		0.00		
Vitamin A, IU....IU	2442		0	1		7155		
Vitamin A, RE....mcg_RE	244		0	1		715		
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.040		0	1		0.117		
4:0....g								
6:0....g								
8:0....g								
10:0....g								
11:0....g								
12:0....g								
13:0....g								
14:0....g								
15:0....g								
16:0....g	0.033		0	1		0.097		
17:0....g								
18:0....g	0.007		0	1		0.021		
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.232		0	1		0.680		
14:1....g								
15:1....g								

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.003		0	1		0.009		
17:1....g								
18:1 undifferentiated....g	0.229		0	1		0.671		
20:1....g								
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.110		0	1		0.322		
18:2 undifferentiated....g	0.108		0	1		0.316		
18:3 undifferentiated....g	0.002		0	1		0.006		
18:4....g								
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g								
20:5 n-3....g								
22:2....g								
22:5 n-3....g								
22:6 n-3....g								
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0		
Phytosterols....mg								

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

Common Measures:

Measure 1 = 293.000g: 1 package (11 oz)

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

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: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	73.73	0.240	3	1		184.33	209.39	
Energy	kcal	98		0	4		245	278	
Energy	kj	410			4		1025	1164	
Protein (N x 6.25)	g	1.42	0.855	3	1		3.55	4.03	
Total lipid (fat)	g	0.18	0.109	3	1		0.45	0.51	
Ash	g	0.43	0.185	3	1		1.08	1.22	
Carbohydrate, by difference	g	24.23		0	4		60.58	68.81	
Fiber, total dietary	g	1.9		0	4		4.8	5.4	
Sugars, total	g								
Starch	g								
Minerals:									
Calcium, Ca	mg	7	0.666	3	1		18	20	
Iron, Fe	mg	0.28	0.040	3	1		0.70	0.80	
Magnesium, Mg	mg	6	0.351	3	1		15	17	
Phosphorus, P	mg	12	1.304	3	1		30	34	
Potassium, K	mg	131	15.989	3	1		328	372	
Sodium, Na	mg	3	1.072	3	1		8	9	
Zinc, Zn	mg	0.05	0.014	3	1		0.13	0.14	
Copper, Cu	mg	0.034	0.004	3	1		0.085	0.097	
Manganese, Mn	mg	0.064	0.010	3	1		0.160	0.182	
Selenium, Se	mcg								
Vitamins:									
Vitamin C, total ascorbic acid	mg	75.0	0.636	3	1		187.5	213.0	
Thiamin	mg	0.017	0.003	3	1		0.043	0.048	
Riboflavin	mg	0.035	0.004	3	1		0.088	0.099	
Niacin	mg	0.397	0.038	3	1		0.993	1.127	
Pantothenic acid	mg	0.093		0	4		0.233	0.264	
Vitamin B-6	mg	0.025		0	4		0.063	0.071	
Folate, total	mcg	8		0	4		19	22	
Folic acid	mcg	0		0	7		0	0	
Folate, food	mcg	8		0	4		19	22	
Folate, DFE	mcg_DFE	8		0	4		19	22	
Vitamin B-12	mcg	0.00		0	7		0.00	0.00	
Vitamin A, IU	IU	322	131.130	3	1		805	914	
Vitamin A, RE	mcg_RE	32	13.113	3	1		80	91	
Vitamin E	mg_ATE								
Vitamin D	IU								
Lipids:									
Fatty acids, total saturated	g	0.025		0	1		0.063	0.071	
4:0	g								
6:0	g								
8:0	g								
10:0	g								
11:0	g								
12:0	g								
13:0	g								
14:0	g								
15:0	g								
16:0	g	0.018		0	1		0.045	0.051	
17:0	g								
18:0	g	0.007		0	1		0.018	0.020	
19:0	g								
20:0	g								
22:0	g								
24:0	g								
Fatty acids, total monounsaturated	g	0.034		0	1		0.085	0.097	
14:1	g								
15:1	g								

NDB No. 09189

Fruit, mixed, (peach and cherry-sweet and -sour and raspberry and grape and boysenberry), frozen, sweetened

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g								
17:1....g								
18:1 undifferentiated....g	0.034		0	1		0.085	0.097	
20:1....g								
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.078		0	1		0.195	0.222	
18:2 undifferentiated....g	0.069		0	1		0.173	0.196	
18:3 undifferentiated....g	0.009		0	1		0.023	0.026	
18:4....g								
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g								
20:5 n-3....g								
22:2....g								
22:5 n-3....g								
22:6 n-3....g								
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0	0	
Phytosterols....mg								

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

Common Measures:

Measure 1 = 250.000g: 1 cup, thawed

Measure 2 = 284.000g: 1 package (10 oz)

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 09190
Mulberries, raw
Morus nigra

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	87.68		1	1		122.75	13.15	
Energy....kcal	43		0	4		60	6	
Energy....kj	180			4		252	27	
Protein (N x 6.25)....g	1.44		0	1		2.02	0.22	
Total lipid (fat)....g	0.39		0	1		0.55	0.06	
Ash....g	0.69		0	1		0.97	0.10	
Carbohydrate, by difference....g	9.80		0	4		13.72	1.47	
Fiber, total dietary....g	1.7		0	4		2.4	0.3	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	39		0	1		55	6	
Iron, Fe....mg	1.85		0	1		2.59	0.28	
Magnesium, Mg....mg	18		1	1		25	3	
Phosphorus, P....mg	38		0	1		53	6	
Potassium, K....mg	194		1	1		272	29	
Sodium, Na....mg	10		1	1		14	2	
Zinc, Zn....mg	0.12		0	4		0.17	0.02	
Copper, Cu....mg	0.060		0	1		0.084	0.009	
Manganese, Mn....mg								
Selenium, Se....mcg	0.6		0	4		0.8	0.1	
Vitamins:								
Vitamin C, total ascorbic acid....mg	36.4		0	1		51.0	5.5	
Thiamin....mg	0.029		0	1		0.041	0.004	
Riboflavin....mg	0.101		0	1		0.141	0.015	
Niacin....mg	0.620		0	1		0.868	0.093	
Pantothenic acid....mg								
Vitamin B-6....mg	0.050		0	1		0.070	0.008	
Folate, total....mcg	6		0	4		8	1	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	6		0	4		8	1	
Folate, DFE....mcg_DFE	6		0	4		8	1	
Vitamin B-12....mcg	0.00		0	7		0.00	0.00	
Vitamin A, IU....IU	25		0	1		35	4	
Vitamin A, RE....mcg_RE	3		0	1		4	0	
Vitamin E....mg_ATE	0.450		0	4		0.630	0.068	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.027		0	4		0.038	0.004	
4:0....g	0.000		0	4		0.000	0.000	
6:0....g	0.000		0	4		0.000	0.000	
8:0....g	0.000		0	4		0.000	0.000	
10:0....g	0.000		0	4		0.000	0.000	
11:0....g								
12:0....g	0.000		0	4		0.000	0.000	
13:0....g								
14:0....g	0.000		0	4		0.000	0.000	
15:0....g								
16:0....g	0.006		0	4		0.008	0.001	
17:0....g								
18:0....g	0.020		0	4		0.028	0.003	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.041		0	4		0.057	0.006	
14:1....g								
15:1....g								

NDB No. 09190
Mulberries, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.000		0	4		0.000	0.000	
17:1....g								
18:1 undifferentiated....g	0.041		0	4		0.057	0.006	
20:1....g	0.000		0	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	4		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.207		0	4		0.290	0.031	
18:2 undifferentiated....g	0.206		0	4		0.288	0.031	
18:3 undifferentiated....g	0.001		0	4		0.001	0.000	
18:4....g	0.000		0	4		0.000	0.000	
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	4		0.000	0.000	
20:5 n-3....g	0.000		0	4		0.000	0.000	
22:2....g								
22:5 n-3....g	0.000		0	4		0.000	0.000	
22:6 n-3....g	0.000		0	4		0.000	0.000	
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0	0	
Phytosterols....mg								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 140.000g: 1 cup

Measure 2 = 15.000g: 10 fruit

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

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	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	86.28	0.392	43	1		119.07	117.34	
Energy....kcal	49		0	4		68	67	
Energy....kj	205			4		283	279	
Protein (N x 6.25)....g	0.94	0.043	39	1		1.30	1.28	
Total lipid (fat)....g	0.46	0.079	6	1		0.63	0.63	
Ash....g	0.54	0.018	39	1		0.75	0.73	
Carbohydrate, by difference....g	11.78		0	4		16.26	16.02	
Fiber, total dietary....g	1.6		0	1		2.2	2.2	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	5	0.414	6	1		7	7	
Iron, Fe....mg	0.15	0.008	38	1		0.21	0.20	
Magnesium, Mg....mg	8	0.266	38	1		11	11	
Phosphorus, P....mg	16	0.587	38	1		22	22	
Potassium, K....mg	212	4.899	22	1		293	288	
Sodium, Na....mg	0	0.051	22	1		0	0	
Zinc, Zn....mg	0.09		7	1		0.12	0.12	
Copper, Cu....mg	0.073		39	1		0.101	0.099	
Manganese, Mn....mg	0.044	0.002	38	1		0.061	0.060	
Selenium, Se....mcg	0.4		0	4		0.6	0.5	
Vitamins:								
Vitamin C, total ascorbic acid....mg	5.4	0.409	6	1		7.5	7.3	
Thiamin....mg	0.017		0	1		0.023	0.023	
Riboflavin....mg	0.041		0	1		0.057	0.056	
Niacin....mg	0.990		0	1		1.366	1.346	
Pantothenic acid....mg	0.158	0.007	6	1		0.218	0.215	
Vitamin B-6....mg	0.025		7	1		0.035	0.034	
Folate, total....mcg	4	0.459	10	1		5	5	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	4	0.459	10	1		5	5	
Folate, DFE....mcg_DFE	4		0	4		5	5	
Vitamin B-12....mcg	0.00		0	7		0.00	0.00	
Vitamin A, IU....IU	736	135.657	6	1		1016	1001	
Vitamin A, RE....mcg_RE	74	13.566	6	1		102	101	
Vitamin E....mg_ATE	0.890		0	4		1.228	1.210	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.051		0	4		0.070	0.069	
4:0....g	0.000		0	4		0.000	0.000	
6:0....g	0.000		0	4		0.000	0.000	
8:0....g	0.000		0	4		0.000	0.000	
10:0....g	0.000		0	4		0.000	0.000	
11:0....g								
12:0....g	0.000		0	4		0.000	0.000	
13:0....g								
14:0....g	0.000		0	4		0.000	0.000	
15:0....g								
16:0....g	0.046		0	4		0.063	0.063	
17:0....g								
18:0....g	0.005		0	4		0.007	0.007	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.174		0	4		0.240	0.237	
14:1....g								
15:1....g								

NDB No. 09191
Nectarines, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.005		0	4		0.007	0.007	
17:1....g								
18:1 undifferentiated....g	0.174		0	4		0.240	0.237	
20:1....g	0.000		0	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	4		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.230		0	4		0.317	0.313	
18:2 undifferentiated....g	0.225		0	4		0.311	0.306	
18:3 undifferentiated....g	0.005		0	4		0.007	0.007	
18:4....g	0.000		0	4		0.000	0.000	
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	4		0.000	0.000	
20:5 n-3....g	0.000		0	4		0.000	0.000	
22:2....g								
22:5 n-3....g	0.000		0	4		0.000	0.000	
22:6 n-3....g	0.000		0	4		0.000	0.000	
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0	0	
Phytosterols....mg								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 138.000g: 1 cup slices

Measure 2 = 136.000g: 1 fruit (2-1/2" dia)

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 09192
Oheloberries, raw
Vaccinium reticulatum

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	92.30		1	1		129.22	10.15	
Energy....kcal	28		0	4		39	3	
Energy....kj	117			4		164	13	
Protein (N x 6.25)....g	0.38		0	1		0.53	0.04	
Total lipid (fat)....g	0.22		0	1		0.31	0.02	
Ash....g	0.26		0	1		0.36	0.03	
Carbohydrate, by difference....g	6.84		0	4		9.58	0.75	
Fiber, total dietary....g								
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	7		0	1		10	1	
Iron, Fe....mg	0.09		0	1		0.13	0.01	
Magnesium, Mg....mg	6		1	1		8	1	
Phosphorus, P....mg	10		0	1		14	1	
Potassium, K....mg	38		1	1		53	4	
Sodium, Na....mg	1		1	1		1	0	
Zinc, Zn....mg								
Copper, Cu....mg								
Manganese, Mn....mg								
Selenium, Se....mcg								
Vitamins:								
Vitamin C, total ascorbic acid....mg	6.0		0	1		8.4	0.7	
Thiamin....mg	0.017		0	1		0.024	0.002	
Riboflavin....mg	0.036		0	1		0.050	0.004	
Niacin....mg	0.270		0	1		0.378	0.030	
Pantothenic acid....mg								
Vitamin B-6....mg								
Folate, total....mcg								
Folate, DFE....mcg_DFE								
Vitamin B-12....mcg	0.00		0	7		0.00	0.00	
Vitamin A, IU....IU	830		0	1		1162	91	
Vitamin A, RE....mcg_RE	83		0	1		116	9	
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g								
Fatty acids, total monounsaturated....g								
Fatty acids, total polyunsaturated....g								
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0	0	
Phytosterols....mg								

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

Common Measures:

Measure 1 = 140.000g: 1 cup

Measure 2 = 11.000g: 10 fruit

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 09193

Olives, ripe, canned (small-extra large)

Olea europaea

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	79.99		2	1		6.72	3.52	2.56
Energy....kcal	115		0	4		10	5	4
Energy....kj	481			4		40	21	15
Protein (N x 6.25)....g	0.84		2	1		0.07	0.04	0.03
Total lipid (fat)....g	10.68		2	1		0.90	0.47	0.34
Ash....g	2.23		2	1		0.19	0.10	0.07
Carbohydrate, by difference....g	6.26		0	4		0.53	0.28	0.20
Fiber, total dietary....g	3.2		0	1		0.3	0.1	0.1
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	88		2	1		7	4	3
Iron, Fe....mg	3.30		2	1		0.28	0.15	0.11
Magnesium, Mg....mg	4		2	1		0	0	0
Phosphorus, P....mg	3		2	1		0	0	0
Potassium, K....mg	8		2	1		1	0	0
Sodium, Na....mg	872		2	1		73	38	28
Zinc, Zn....mg	0.22		2	1		0.02	0.01	0.01
Copper, Cu....mg	0.251		2	1		0.021	0.011	0.008
Manganese, Mn....mg	0.020		2	1		0.002	0.001	0.001
Selenium, Se....mcg	0.9		2	1		0.1	0.0	0.0
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.9		2	1		0.1	0.0	0.0
Thiamin....mg	0.003		2	1		0.000	0.000	0.000
Riboflavin....mg	0.000		2	1		0.000	0.000	0.000
Niacin....mg	0.037		2	1		0.003	0.002	0.001
Pantothenic acid....mg	0.015		0	1		0.001	0.001	0.000
Vitamin B-6....mg	0.009		2	1		0.001	0.000	0.000
Folate, total....mcg	0		2	1		0	0	0
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	0		2	1		0	0	0
Folate, DFE....mcg_DFE	0		0	4		0	0	0
Vitamin B-12....mcg	0.00		0	7		0.00	0.00	0.00
Vitamin A, IU....IU	403		2	1		34	18	13
Vitamin A, RE....mcg_RE	40		0	1		3	2	1
Vitamin E....mg_ATE	3.000		0	4		0.252	0.132	0.096
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	1.415		0	1		0.119	0.062	0.045
4:0....g	0.000		0	1		0.000	0.000	0.000
6:0....g	0.000		0	1		0.000	0.000	0.000
8:0....g	0.000		0	1		0.000	0.000	0.000
10:0....g	0.000		0	1		0.000	0.000	0.000
11:0....g								
12:0....g	0.000		0	1		0.000	0.000	0.000
13:0....g								
14:0....g	0.000		1	1		0.000	0.000	0.000
15:0....g								
16:0....g	1.179		1	1		0.099	0.052	0.038
17:0....g								
18:0....g	0.236		1	1		0.020	0.010	0.008
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	7.888		0	1		0.663	0.347	0.252
14:1....g								
15:1....g								

NDB No. 09193
Olives, ripe, canned (small-extra large)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.086		1	1		0.007	0.004	0.003
17:1....g								
18:1 undifferentiated....g	7.770		1	1		0.653	0.342	0.249
20:1....g	0.032		1	1		0.003	0.001	0.001
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.911		0	1		0.077	0.040	0.029
18:2 undifferentiated....g	0.847		1	1		0.071	0.037	0.027
18:3 undifferentiated....g	0.064		1	1		0.005	0.003	0.002
18:4....g	0.000		0	1		0.000	0.000	0.000
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
20:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:6 n-3....g	0.000		0	1		0.000	0.000	0.000
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0	0	0
Phytosterols....mg								
Amino Acids:								
Tryptophan....g								
Threonine....g	0.026		4	1		0.002	0.001	0.001
Isoleucine....g	0.031		4	1		0.003	0.001	0.001
Leucine....g	0.050		4	1		0.004	0.002	0.002
Lysine....g	0.032		4	1		0.003	0.001	0.001
Methionine....g	0.012		4	1		0.001	0.001	0.000
Cystine....g								
Phenylalanine....g	0.029		4	1		0.002	0.001	0.001
Tyrosine....g	0.023		4	1		0.002	0.001	0.001
Valine....g	0.038		4	1		0.003	0.002	0.001
Arginine....g	0.067		4	1		0.006	0.003	0.002
Histidine....g	0.023		4	1		0.002	0.001	0.001
Alanine....g	0.043		4	1		0.004	0.002	0.001
Aspartic acid....g	0.092		4	1		0.008	0.004	0.003
Glutamic acid....g	0.093		4	1		0.008	0.004	0.003
Glycine....g	0.049		4	1		0.004	0.002	0.002
Proline....g	0.040		4	1		0.003	0.002	0.001
Serine....g	0.031		4	1		0.003	0.001	0.001
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	0.0
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 8.400g: 1 tbsp
Measure 2 = 4.400g: 1 large
Measure 3 = 3.200g: 1 small

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

Food Group: 09 Fruits and Fruit Juices

NDB No. 09194
Olives, ripe, canned (jumbo-super colossal)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	84.34		2	1		7.00	12.82	
Energy....kcal	81		0	4		7	12	
Energy....kj	339			4		28	52	
Protein (N x 6.25)....g	0.97		2	1		0.08	0.15	
Total lipid (fat)....g	6.87		2	1		0.57	1.04	
Ash....g	2.22		2	1		0.18	0.34	
Carbohydrate, by difference....g	5.61		0	4		0.47	0.85	
Fiber, total dietary....g	2.5		0	1		0.2	0.4	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	94		2	1		8	14	
Iron, Fe....mg	3.32		2	1		0.28	0.50	
Magnesium, Mg....mg	4		0	4		0	1	
Phosphorus, P....mg	3		0	4		0	0	
Potassium, K....mg	9		2	1		1	1	
Sodium, Na....mg	898		2	1		75	136	
Zinc, Zn....mg	0.22		0	4		0.02	0.03	
Copper, Cu....mg	0.226		2	1		0.019	0.034	
Manganese, Mn....mg	0.020		0	4		0.002	0.003	
Selenium, Se....mcg	0.9		2	1		0.1	0.1	
Vitamins:								
Vitamin C, total ascorbic acid....mg	1.5		2	1		0.1	0.2	
Thiamin....mg	0.003		0	4		0.000	0.000	
Riboflavin....mg	0.000		0	4		0.000	0.000	
Niacin....mg	0.022		2	1		0.002	0.003	
Pantothenic acid....mg	0.015		0	4		0.001	0.002	
Vitamin B-6....mg	0.012		2	1		0.001	0.002	
Folate, total....mcg	0		0	4		0	0	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	0		0	4		0	0	
Folate, DFE....mcg_DFE	0		0	4		0	0	
Vitamin B-12....mcg	0.00		0	7		0.00	0.00	
Vitamin A, IU....IU	346		2	1		29	53	
Vitamin A, RE....mcg_RE	35		0	1		3	5	
Vitamin E....mg_ATE	3.000		0	4		0.249	0.456	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.909		0	1		0.075	0.138	
4:0....g	0.000		0	1		0.000	0.000	
6:0....g	0.000		0	1		0.000	0.000	
8:0....g	0.000		0	1		0.000	0.000	
10:0....g	0.000		0	1		0.000	0.000	
11:0....g								
12:0....g	0.000		0	1		0.000	0.000	
13:0....g								
14:0....g	0.000		1	1		0.000	0.000	
15:0....g								
16:0....g	0.758		1	1		0.063	0.115	
17:0....g								
18:0....g	0.152		1	1		0.013	0.023	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	5.071		0	1		0.421	0.771	
14:1....g								
15:1....g								

NDB No. 09194
Olives, ripe, canned (jumbo-super colossal)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.055		1	1		0.005	0.008	
17:1....g								
18:1 undifferentiated....g	4.995		1	1		0.415	0.759	
20:1....g	0.021		1	1		0.002	0.003	
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.586		0	1		0.049	0.089	
18:2 undifferentiated....g	0.544		1	1		0.045	0.083	
18:3 undifferentiated....g	0.041		1	1		0.003	0.006	
18:4....g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	
20:5 n-3....g	0.000		0	1		0.000	0.000	
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	
22:6 n-3....g	0.000		0	1		0.000	0.000	
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0	0	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g								
Threonine....g	0.031		0	1		0.003	0.005	
Isoleucine....g	0.036		0	1		0.003	0.005	
Leucine....g	0.058		0	1		0.005	0.009	
Lysine....g	0.038		0	1		0.003	0.006	
Methionine....g	0.014		0	1		0.001	0.002	
Cystine....g								
Phenylalanine....g	0.034		0	1		0.003	0.005	
Tyrosine....g	0.027		0	1		0.002	0.004	
Valine....g	0.044		0	1		0.004	0.007	
Arginine....g	0.078		0	1		0.006	0.012	
Histidine....g	0.027		0	1		0.002	0.004	
Alanine....g	0.050		0	1		0.004	0.008	
Aspartic acid....g	0.107		0	1		0.009	0.016	
Glutamic acid....g	0.108		0	1		0.009	0.016	
Glycine....g	0.057		0	1		0.005	0.009	
Proline....g	0.047		0	1		0.004	0.007	
Serine....g	0.036		0	1		0.003	0.005	
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 8.300g: 1 jumbo

Measure 2 = 15.200g: 1 super colossal

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 09200

Oranges, raw, all commercial varieties

Citrus sinensis

Refuse: 27% Peel and seeds

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	86.75	0.121	88	1		156.15	159.62	83.28
Energy....kcal	47		0	4		85	86	45
Energy....kj	197			4		354	362	189
Protein (N x 6.25)....g	0.94	0.014	69	1		1.69	1.73	0.90
Total lipid (fat)....g	0.12	0.010	4	1		0.22	0.22	0.12
Ash....g	0.44	0.006	70	1		0.79	0.81	0.42
Carbohydrate, by difference....g	11.75		0	4		21.15	21.62	11.28
Fiber, total dietary....g	2.4		0	1		4.3	4.4	2.3
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	40		0	1		72	74	38
Iron, Fe....mg	0.10	0.004	64	1		0.18	0.18	0.10
Magnesium, Mg....mg	10	0.171	212	1		18	18	10
Phosphorus, P....mg	14	0.439	68	1		25	26	13
Potassium, K....mg	181	1.408	180	1		326	333	174
Sodium, Na....mg	0	0.029	72	1		0	0	0
Zinc, Zn....mg	0.07		3	1		0.13	0.13	0.07
Copper, Cu....mg	0.045	0.003	64	1		0.081	0.083	0.043
Manganese, Mn....mg	0.025	0.001	64	1		0.045	0.046	0.024
Selenium, Se....mcg	0.5	0.210	5	1		0.9	0.9	0.5
Vitamins:								
Vitamin C, total ascorbic acid....mg	53.2	0.718	145	1		95.8	97.9	51.1
Thiamin....mg	0.087	0.001	148	1		0.157	0.160	0.084
Riboflavin....mg	0.040		0	1		0.072	0.074	0.038
Niacin....mg	0.282	0.005	145	1		0.508	0.519	0.271
Pantothenic acid....mg	0.250		0	1		0.450	0.460	0.240
Vitamin B-6....mg	0.060		100	1		0.108	0.110	0.058
Folate, total....mcg	30	0.808	154	1		55	56	29
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	30	0.808	154	1		55	56	29
Folate, DFE....mcg_DFE	30		0	4		55	56	29
Vitamin B-12....mcg	0.00		0	7		0.00	0.00	0.00
Vitamin A, IU....IU	205	5.890	148	1		369	377	197
Vitamin A, RE....mcg_RE	21	0.589	148	1		38	39	20
Vitamin E....mg_ATE	0.240		0	1		0.432	0.442	0.230
Tocopherol, alpha....mg	0.24		0	1		0.43	0.44	0.23
Tocopherol, beta....mg								
Tocopherol, gamma....mg								
Tocopherol, delta....mg								
Tocotrienol, alpha....mg								
Tocotrienol, beta....mg								
Tocotrienol, gamma....mg								
Tocotrienol, delta....mg								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.015		0	1		0.027	0.028	0.014
4:0....g	0.000		0	1		0.000	0.000	0.000
6:0....g	0.000		0	1		0.000	0.000	0.000
8:0....g	0.000		0	1		0.000	0.000	0.000
10:0....g	0.000		0	1		0.000	0.000	0.000
11:0....g								
12:0....g	0.000		0	1		0.000	0.000	0.000
13:0....g								
14:0....g	0.000		0	1		0.000	0.000	0.000
15:0....g								
16:0....g	0.013		0	1		0.023	0.024	0.012
17:0....g								

NDB No. 09200
Oranges, raw, all commercial varieties

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
18:0 g	0.000		0	1		0.000	0.000	0.000
19:0 g								
20:0 g								
22:0 g								
24:0 g								
Fatty acids, total monounsaturated g	0.023		0	1		0.041	0.042	0.022
14:1 g								
15:1 g								
16:1 undifferentiated g	0.003		0	1		0.005	0.006	0.003
17:1 g								
18:1 undifferentiated g	0.020		0	1		0.036	0.037	0.019
20:1 g	0.000		0	1		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0	1		0.000	0.000	0.000
24:1 c g								
Fatty acids, total polyunsaturated g	0.025		0	1		0.045	0.046	0.024
18:2 undifferentiated g	0.018		0	1		0.032	0.033	0.017
18:3 undifferentiated g	0.007		0	1		0.013	0.013	0.007
18:4 g	0.000		0	1		0.000	0.000	0.000
20:2 n-6 c,c g								
20:3 undifferentiated g								
20:4 undifferentiated g	0.000		0	1		0.000	0.000	0.000
20:5 n-3 g	0.000		0	1		0.000	0.000	0.000
22:2 g								
22:5 n-3 g	0.000		0	1		0.000	0.000	0.000
22:6 n-3 g	0.000		0	1		0.000	0.000	0.000
Fatty acids, total trans g								
Cholesterol mg	0		0	7		0	0	0
Phytosterols mg								
Amino Acids:								
Tryptophan g	0.009		2	1		0.016	0.017	0.009
Threonine g	0.015		2	1		0.027	0.028	0.014
Isoleucine g	0.025		2	1		0.045	0.046	0.024
Leucine g	0.023		2	1		0.041	0.042	0.022
Lysine g	0.047		2	1		0.085	0.086	0.045
Methionine g	0.020		2	1		0.036	0.037	0.019
Cystine g	0.010		2	1		0.018	0.018	0.010
Phenylalanine g	0.031		2	1		0.056	0.057	0.030
Tyrosine g	0.016		2	1		0.029	0.029	0.015
Valine g	0.040		2	1		0.072	0.074	0.038
Arginine g	0.065		2	1		0.117	0.120	0.062
Histidine g	0.018		2	1		0.032	0.033	0.017
Alanine g	0.050		2	1		0.090	0.092	0.048
Aspartic acid g	0.114		2	1		0.205	0.210	0.109
Glutamic acid g	0.094		2	1		0.169	0.173	0.090
Glycine g	0.094		2	1		0.169	0.173	0.090
Proline g	0.046		2	1		0.083	0.085	0.044
Serine g	0.032		2	1		0.058	0.059	0.031
Hydroxyproline g								
Others:								
Alcohol, ethyl g	0.0		0	7		0.0	0.0	0.0
Caffeine mg								
Theobromine mg								

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

Common Measures:

Measure 1 = 180.000g: 1 cup, sections

Measure 2 = 184.000g: 1 large (3-1/16" dia)

Measure 3 = 96.000g: 1 small (2-3/8" dia)

NDB No. 09200
Oranges, raw, all commercial varieties

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 09201
Oranges, raw, California, valencias
Citrus sinensis

Refuse: 25% Peel and seeds

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	86.34	0.180	17	1		155.41	104.47	
Energy....kcal	49		0	4		88	59	
Energy....kj	205			4		369	248	
Protein (N x 6.25)....g	1.04	0.036	16	1		1.87	1.26	
Total lipid (fat)....g	0.30		0	1		0.54	0.36	
Ash....g	0.42		17	1		0.76	0.51	
Carbohydrate, by difference....g	11.89		0	4		21.40	14.39	
Fiber, total dietary....g	2.5		0	4		4.5	3.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	40		0	1		72	48	
Iron, Fe....mg	0.09	0.005	16	1		0.16	0.11	
Magnesium, Mg....mg	10	0.431	94	1		18	12	
Phosphorus, P....mg	17	0.341	18	1		31	21	
Potassium, K....mg	179	2.244	86	1		322	217	
Sodium, Na....mg	0	0.034	24	1		0	0	
Zinc, Zn....mg	0.06		2	1		0.11	0.07	
Copper, Cu....mg	0.037	0.005	16	1		0.067	0.045	
Manganese, Mn....mg	0.023	0.002	16	1		0.041	0.028	
Selenium, Se....mcg								
Vitamins:								
Vitamin C, total ascorbic acid....mg	48.5	1.019	75	1		87.3	58.7	
Thiamin....mg	0.087	0.001	78	1		0.157	0.105	
Riboflavin....mg	0.040		0	1		0.072	0.048	
Niacin....mg	0.274	0.004	75	1		0.493	0.332	
Pantothenic acid....mg	0.250		0	1		0.450	0.303	
Vitamin B-6....mg	0.063	0.002	54	1		0.113	0.076	
Folate, total....mcg	39	5.212	81	1		69	47	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	39	5.212	81	1		69	47	
Folate, DFE....mcg_DFE	39		0	4		69	47	
Vitamin B-12....mcg	0.00		0	7		0.00	0.00	
Vitamin A, IU....IU	230	8.884	78	1		414	278	
Vitamin A, RE....mcg_RE	23	0.888	78	1		41	28	
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.035		0	1		0.063	0.042	
4:0....g								
6:0....g								
8:0....g								
10:0....g								
11:0....g								
12:0....g	0.001		0	1		0.002	0.001	
13:0....g								
14:0....g	0.001		0	1		0.002	0.001	
15:0....g								
16:0....g	0.032		0	1		0.058	0.039	
17:0....g								
18:0....g	0.001		0	1		0.002	0.001	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.055		0	1		0.099	0.067	
14:1....g								
15:1....g								

NDB No. 09201
Oranges, raw, California, valencias

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.007		0	1		0.013	0.008	
17:1....g								
18:1 undifferentiated....g	0.048		0	1		0.086	0.058	
20:1....g								
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.060		0	1		0.108	0.073	
18:2 undifferentiated....g	0.044		0	1		0.079	0.053	
18:3 undifferentiated....g	0.016		0	1		0.029	0.019	
18:4....g								
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g								
20:5 n-3....g								
22:2....g								
22:5 n-3....g								
22:6 n-3....g								
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0	0	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.010		0	1		0.018	0.012	
Threonine....g	0.017		0	1		0.031	0.021	
Isoleucine....g	0.028		0	1		0.050	0.034	
Leucine....g	0.026		0	1		0.047	0.031	
Lysine....g	0.053		0	1		0.095	0.064	
Methionine....g	0.022		0	1		0.040	0.027	
Cystine....g	0.011		0	1		0.020	0.013	
Phenylalanine....g	0.034		0	1		0.061	0.041	
Tyrosine....g	0.018		0	1		0.032	0.022	
Valine....g	0.044		0	1		0.079	0.053	
Arginine....g	0.073		0	1		0.131	0.088	
Histidine....g	0.020		0	1		0.036	0.024	
Alanine....g	0.056		0	1		0.101	0.068	
Aspartic acid....g	0.127		0	1		0.229	0.154	
Glutamic acid....g	0.105		0	1		0.189	0.127	
Glycine....g	0.105		0	1		0.189	0.127	
Proline....g	0.052		0	1		0.094	0.063	
Serine....g	0.036		0	1		0.065	0.044	
Hydroxyproline....g								

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

Common Measures:

Measure 1 = 180.000g: 1 cup sections, without membranes

Measure 2 = 121.000g: 1 fruit (2-5/8" dia)

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

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	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	86.81	0.254	36	1		143.24	121.53	
Energy....kcal	46		0	4		76	64	
Energy....kj	192			4		318	269	
Protein (N x 6.25)....g	1.03	0.019	18	1		1.70	1.44	
Total lipid (fat)....g	0.09		2	1		0.15	0.13	
Ash....g	0.44	0.014	18	1		0.73	0.62	
Carbohydrate, by difference....g	11.63		0	4		19.19	16.28	
Fiber, total dietary....g	2.4		0	4		4.0	3.4	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	40		0	1		66	56	
Iron, Fe....mg	0.12	0.008	16	1		0.20	0.17	
Magnesium, Mg....mg	10	0.404	86	1		17	14	
Phosphorus, P....mg	19	0.650	18	1		31	27	
Potassium, K....mg	178	3.245	78	1		294	249	
Sodium, Na....mg	1	0.044	32	1		2	1	
Zinc, Zn....mg	0.06		0	1		0.10	0.08	
Copper, Cu....mg	0.056	0.008	16	1		0.092	0.078	
Manganese, Mn....mg	0.027	0.002	16	1		0.045	0.038	
Selenium, Se....mcg								
Vitamins:								
Vitamin C, total ascorbic acid....mg	57.3	1.007	70	1		94.5	80.2	
Thiamin....mg	0.087	0.002	70	1		0.144	0.122	
Riboflavin....mg	0.040		0	1		0.066	0.056	
Niacin....mg	0.290	0.008	70	1		0.479	0.406	
Pantothenic acid....mg	0.250		0	1		0.413	0.350	
Vitamin B-6....mg	0.069		45	1		0.114	0.097	
Folate, total....mcg	34	1.102	70	1		56	47	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	34	1.102	70	1		56	47	
Folate, DFE....mcg_DFE	34		0	4		56	47	
Vitamin B-12....mcg	0.00		0	7		0.00	0.00	
Vitamin A, IU....IU	183	7.847	70	1		302	256	
Vitamin A, RE....mcg_RE	18	0.785	70	1		30	25	
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.011		0	1		0.018	0.015	
4:0....g								
6:0....g								
8:0....g								
10:0....g								
11:0....g								
12:0....g								
13:0....g								
14:0....g								
15:0....g								
16:0....g	0.010		0	1		0.017	0.014	
17:0....g								
18:0....g								
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.017		0	1		0.028	0.024	
14:1....g								
15:1....g								

NDB No. 09202
Oranges, raw, California, navels

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.002		0	1		0.003	0.003	
17:1....g								
18:1 undifferentiated....g	0.015		0	1		0.025	0.021	
20:1....g								
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.018		0	1		0.030	0.025	
18:2 undifferentiated....g	0.013		0	1		0.021	0.018	
18:3 undifferentiated....g	0.005		0	1		0.008	0.007	
18:4....g								
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g								
20:5 n-3....g								
22:2....g								
22:5 n-3....g								
22:6 n-3....g								
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0	0	
Phytosterols....mg	24		0	1		40	34	
Amino Acids:								
Tryptophan....g	0.010		0	1		0.017	0.014	
Threonine....g	0.017		0	1		0.028	0.024	
Isoleucine....g	0.028		0	1		0.046	0.039	
Leucine....g	0.026		0	1		0.043	0.036	
Lysine....g	0.052		0	1		0.086	0.073	
Methionine....g	0.022		0	1		0.036	0.031	
Cystine....g	0.011		0	1		0.018	0.015	
Phenylalanine....g	0.034		0	1		0.056	0.048	
Tyrosine....g	0.017		0	1		0.028	0.024	
Valine....g	0.044		0	1		0.073	0.062	
Arginine....g	0.072		0	1		0.119	0.101	
Histidine....g	0.019		0	1		0.031	0.027	
Alanine....g	0.055		0	1		0.091	0.077	
Aspartic acid....g	0.125		0	1		0.206	0.175	
Glutamic acid....g	0.104		0	1		0.172	0.146	
Glycine....g	0.104		0	1		0.172	0.146	
Proline....g	0.051		0	1		0.084	0.071	
Serine....g	0.035		0	1		0.058	0.049	
Hydroxyproline....g								

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

Common Measures:

Measure 1 = 165.000g: 1 cup sections, without membranes

Measure 2 = 140.000g: 1 fruit (2-7/8" dia)

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 09203
Oranges, raw, Florida
Citrus sinensis

Refuse: 26% Peel and seeds

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	87.14	0.124	35	1		161.21	122.87	131.58
Energy....kcal	46		0	4		85	65	69
Energy....kj	192			4		356	271	291
Protein (N x 6.25)....g	0.70	0.009	35	1		1.30	0.99	1.06
Total lipid (fat)....g	0.21		2	1		0.39	0.30	0.32
Ash....g	0.41	0.007	35	1		0.76	0.58	0.62
Carbohydrate, by difference....g	11.54		0	4		21.35	16.27	17.43
Fiber, total dietary....g	2.4		0	1		4.4	3.4	3.6
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	43		0	1		80	61	65
Iron, Fe....mg	0.09	0.005	32	1		0.17	0.13	0.14
Magnesium, Mg....mg	10	0.513	32	1		19	14	15
Phosphorus, P....mg	12	0.565	32	1		22	17	18
Potassium, K....mg	169	2.236	16	1		313	238	255
Sodium, Na....mg	0	0.048	16	1		0	0	0
Zinc, Zn....mg	0.08		1	1		0.15	0.11	0.12
Copper, Cu....mg	0.039	0.002	32	1		0.072	0.055	0.059
Manganese, Mn....mg	0.024	0.001	32	1		0.044	0.034	0.036
Selenium, Se....mcg	0.5	0.210	5	1		0.9	0.7	0.8
Vitamins:								
Vitamin C, total ascorbic acid....mg	45.0		0	1		83.3	63.5	68.0
Thiamin....mg	0.100		0	1		0.185	0.141	0.151
Riboflavin....mg	0.040		0	1		0.074	0.056	0.060
Niacin....mg	0.400		0	1		0.740	0.564	0.604
Pantothenic acid....mg	0.250		0	1		0.463	0.353	0.378
Vitamin B-6....mg	0.051		1	1		0.094	0.072	0.077
Folate, total....mcg	17	3.265	3	1		32	24	26
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	17	3.265	3	1		32	24	26
Folate, DFE....mcg_DFE	17		0	4		32	24	26
Vitamin B-12....mcg	0.00		0	7		0.00	0.00	0.00
Vitamin A, IU....IU	200		0	1		370	282	302
Vitamin A, RE....mcg_RE	20		0	1		37	28	30
Vitamin E....mg_ATE	0.240		0	1		0.444	0.338	0.362
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.025		0	1		0.046	0.035	0.038
4:0....g	0.000		0	1		0.000	0.000	0.000
6:0....g	0.000		0	1		0.000	0.000	0.000
8:0....g	0.000		0	1		0.000	0.000	0.000
10:0....g	0.000		0	1		0.000	0.000	0.000
11:0....g								
12:0....g	0.000		0	1		0.000	0.000	0.000
13:0....g								
14:0....g	0.001		0	1		0.002	0.001	0.002
15:0....g								
16:0....g	0.023		0	1		0.043	0.032	0.035
17:0....g								
18:0....g	0.001		0	1		0.002	0.001	0.002
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.039		0	1		0.072	0.055	0.059
14:1....g								
15:1....g								

NDB No. 09203
Oranges, raw, Florida

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.005		0	1		0.009	0.007	0.008
17:1....g								
18:1 undifferentiated....g	0.034		0	1		0.063	0.048	0.051
20:1....g	0.000		0	1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.042		0	1		0.078	0.059	0.063
18:2 undifferentiated....g	0.031		0	1		0.057	0.044	0.047
18:3 undifferentiated....g	0.011		0	1		0.020	0.016	0.017
18:4....g	0.000		0	1		0.000	0.000	0.000
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
20:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:6 n-3....g	0.000		0	1		0.000	0.000	0.000
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0	0	0
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.007		0	1		0.013	0.010	0.011
Threonine....g	0.011		0	1		0.020	0.016	0.017
Isoleucine....g	0.019		0	1		0.035	0.027	0.029
Leucine....g	0.017		0	1		0.031	0.024	0.026
Lysine....g	0.035		0	1		0.065	0.049	0.053
Methionine....g	0.015		0	1		0.028	0.021	0.023
Cystine....g	0.007		0	1		0.013	0.010	0.011
Phenylalanine....g	0.023		0	1		0.043	0.032	0.035
Tyrosine....g	0.012		0	1		0.022	0.017	0.018
Valine....g	0.030		0	1		0.056	0.042	0.045
Arginine....g	0.049		0	1		0.091	0.069	0.074
Histidine....g	0.013		0	1		0.024	0.018	0.020
Alanine....g	0.038		0	1		0.070	0.054	0.057
Aspartic acid....g	0.085		0	1		0.157	0.120	0.128
Glutamic acid....g	0.071		0	1		0.131	0.100	0.107
Glycine....g	0.071		0	1		0.131	0.100	0.107
Proline....g	0.035		0	1		0.065	0.049	0.053
Serine....g	0.024		0	1		0.044	0.034	0.036
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	0.0
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 185.000g: 1 cup sections, without membranes

Measure 2 = 141.000g: 1 fruit (2-5/8" dia)

Measure 3 = 151.000g: 1 fruit (2-11/16" diam)

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 09205
Oranges, raw, with peel
Citrus sinensis

Refuse: 1% Seeds

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	82.30		0	1		139.91	130.86	
Energy....kcal	40		0	4		68	64	
Energy....kj	167			4		285	266	
Protein (N x 6.25)....g	1.30		0	1		2.21	2.07	
Total lipid (fat)....g	0.30		0	1		0.51	0.48	
Ash....g	0.60		0	1		1.02	0.95	
Carbohydrate, by difference....g	15.50		0	4		26.35	24.65	
Fiber, total dietary....g	4.5		0	4		7.7	7.2	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	70		0	1		119	111	
Iron, Fe....mg	0.80		0	1		1.36	1.27	
Magnesium, Mg....mg	14		0	1		24	22	
Phosphorus, P....mg	22		0	1		37	35	
Potassium, K....mg	196		0	1		333	312	
Sodium, Na....mg	2		0	1		3	3	
Zinc, Zn....mg	0.11		0	4		0.19	0.17	
Copper, Cu....mg	0.057		0	4		0.097	0.091	
Manganese, Mn....mg								
Selenium, Se....mcg	0.7		0	4		1.2	1.1	
Vitamins:								
Vitamin C, total ascorbic acid....mg	71.0		0	1		120.7	112.9	
Thiamin....mg	0.100		0	1		0.170	0.159	
Riboflavin....mg	0.050		0	1		0.085	0.080	
Niacin....mg	0.500		0	1		0.850	0.795	
Pantothenic acid....mg	0.330		0	1		0.561	0.525	
Vitamin B-6....mg	0.093		0	1		0.158	0.148	
Folate, total....mcg	30		0	4		51	48	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	30		0	4		51	48	
Folate, DFE....mcg_DFE	30		0	4		51	48	
Vitamin B-12....mcg	0.00		0	7		0.00	0.00	
Vitamin A, IU....IU	250		0	1		425	398	
Vitamin A, RE....mcg_RE	25		0	1		43	40	
Vitamin E....mg_ATE	0.240		0	4		0.408	0.382	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.035		0	1		0.060	0.056	
4:0....g	0.000		0	1		0.000	0.000	
6:0....g	0.000		0	1		0.000	0.000	
8:0....g	0.000		0	1		0.000	0.000	
10:0....g	0.000		0	1		0.000	0.000	
11:0....g								
12:0....g	0.001		0	1		0.002	0.002	
13:0....g								
14:0....g	0.001		0	1		0.002	0.002	
15:0....g								
16:0....g	0.032		0	1		0.054	0.051	
17:0....g								
18:0....g	0.001		0	1		0.002	0.002	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.055		0	1		0.094	0.087	
14:1....g								
15:1....g								

NDB No. 09205
Oranges, raw, with peel

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.007		0	1		0.012	0.011	
17:1....g								
18:1 undifferentiated....g	0.048		0	1		0.082	0.076	
20:1....g	0.000		0	1		0.000	0.000	
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.060		0	1		0.102	0.095	
18:2 undifferentiated....g	0.044		0	1		0.075	0.070	
18:3 undifferentiated....g	0.016		0	1		0.027	0.025	
18:4....g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	
20:5 n-3....g	0.000		0	1		0.000	0.000	
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	
22:6 n-3....g	0.000		0	1		0.000	0.000	
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0	0	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.012		0	1		0.020	0.019	
Threonine....g	0.021		0	1		0.036	0.033	
Isoleucine....g	0.035		0	1		0.060	0.056	
Leucine....g	0.032		0	1		0.054	0.051	
Lysine....g	0.066		0	1		0.112	0.105	
Methionine....g	0.027		0	1		0.046	0.043	
Cystine....g	0.014		0	1		0.024	0.022	
Phenylalanine....g	0.043		0	1		0.073	0.068	
Tyrosine....g	0.022		0	1		0.037	0.035	
Valine....g	0.055		0	1		0.094	0.087	
Arginine....g	0.090		0	1		0.153	0.143	
Histidine....g	0.024		0	1		0.041	0.038	
Alanine....g	0.070		0	1		0.119	0.111	
Aspartic acid....g	0.158		0	1		0.269	0.251	
Glutamic acid....g	0.131		0	1		0.223	0.208	
Glycine....g	0.131		0	1		0.223	0.208	
Proline....g	0.064		0	1		0.109	0.102	
Serine....g	0.045		0	1		0.077	0.072	
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 170.000g: 1 cup

Measure 2 = 159.000g: 1 fruit without seeds

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 09206
Orange juice, raw

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	88.30		0	1		218.98	27.37	75.94
Energy....kcal	45		0	4		112	14	39
Energy....kj	188			4		467	58	162
Protein (N x 6.25)....g	0.70		0	1		1.74	0.22	0.60
Total lipid (fat)....g	0.20		0	1		0.50	0.06	0.17
Ash....g	0.40		0	1		0.99	0.12	0.34
Carbohydrate, by difference....g	10.40		0	4		25.79	3.22	8.94
Fiber, total dietary....g	0.2		0	4		0.5	0.1	0.2
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	11		0	1		27	3	9
Iron, Fe....mg	0.20		0	1		0.50	0.06	0.17
Magnesium, Mg....mg	11		0	1		27	3	9
Phosphorus, P....mg	17		0	1		42	5	15
Potassium, K....mg	200		0	1		496	62	172
Sodium, Na....mg	1		0	1		2	0	1
Zinc, Zn....mg	0.05		0	1		0.12	0.02	0.04
Copper, Cu....mg	0.044		0	1		0.109	0.014	0.038
Manganese, Mn....mg	0.014		0	1		0.035	0.004	0.012
Selenium, Se....mcg	0.1		0	4		0.2	0.0	0.1
Vitamins:								
Vitamin C, total ascorbic acid....mg	50.0		0	1		124.0	15.5	43.0
Thiamin....mg	0.090		0	1		0.223	0.028	0.077
Riboflavin....mg	0.030		0	1		0.074	0.009	0.026
Niacin....mg	0.400		0	1		0.992	0.124	0.344
Pantothenic acid....mg	0.190		0	1		0.471	0.059	0.163
Vitamin B-6....mg	0.040		0	1		0.099	0.012	0.034
Folate, total....mcg	30		0	4		75	9	26
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	30		0	4		75	9	26
Folate, DFE....mcg_DFE	30		0	4		75	9	26
Vitamin B-12....mcg	0.00		0	7		0.00	0.00	0.00
Vitamin A, IU....IU	200		0	1		496	62	172
Vitamin A, RE....mcg_RE	20		0	1		50	6	17
Vitamin E....mg_ATE	0.090		0	1		0.223	0.028	0.077
Tocopherol, alpha....mg	0.04		0	1		0.10	0.01	0.03
Tocopherol, beta....mg								
Tocopherol, gamma....mg								
Tocopherol, delta....mg								
Tocotrienol, alpha....mg								
Tocotrienol, beta....mg								
Tocotrienol, gamma....mg								
Tocotrienol, delta....mg								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.024		0	1		0.060	0.007	0.021
4:0....g	0.000		0	1		0.000	0.000	0.000
6:0....g	0.000		0	1		0.000	0.000	0.000
8:0....g	0.000		0	1		0.000	0.000	0.000
10:0....g	0.000		0	1		0.000	0.000	0.000
11:0....g								
12:0....g	0.000		0	1		0.000	0.000	0.000
13:0....g								
14:0....g	0.001		2	1		0.002	0.000	0.001
15:0....g								
16:0....g	0.021		16	1		0.052	0.007	0.018
17:0....g								

NDB No. 09206
Orange juice, raw

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
18:0 g	0.001		10	1		0.002	0.000	0.001
19:0 g								
20:0 g								
22:0 g								
24:0 g								
Fatty acids, total monounsaturated g	0.036		0	1		0.089	0.011	0.031
14:1 g								
15:1 g								
16:1 undifferentiated g	0.005		16	1		0.012	0.002	0.004
17:1 g								
18:1 undifferentiated g	0.032		16	1		0.079	0.010	0.028
20:1 g	0.000		0	1		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0	1		0.000	0.000	0.000
24:1 c g								
Fatty acids, total polyunsaturated g	0.040		0	1		0.099	0.012	0.034
18:2 undifferentiated g	0.029		16	1		0.072	0.009	0.025
18:3 undifferentiated g	0.011		16	1		0.027	0.003	0.009
18:4 g	0.000		0	1		0.000	0.000	0.000
20:2 n-6 c,c g								
20:3 undifferentiated g								
20:4 undifferentiated g	0.000		0	1		0.000	0.000	0.000
20:5 n-3 g	0.000		0	1		0.000	0.000	0.000
22:2 g								
22:5 n-3 g	0.000		0	1		0.000	0.000	0.000
22:6 n-3 g	0.000		0	1		0.000	0.000	0.000
Fatty acids, total trans g								
Cholesterol mg	0		0	7		0	0	0
Phytosterols mg								
Amino Acids:								
Tryptophan g	0.002		0	1		0.005	0.001	0.002
Threonine g	0.008		0	1		0.020	0.002	0.007
Isoleucine g	0.008		0	1		0.020	0.002	0.007
Leucine g	0.013		0	1		0.032	0.004	0.011
Lysine g	0.009		0	1		0.022	0.003	0.008
Methionine g	0.003		0	1		0.007	0.001	0.003
Cystine g	0.005		0	1		0.012	0.002	0.004
Phenylalanine g	0.009		0	1		0.022	0.003	0.008
Tyrosine g	0.004		0	1		0.010	0.001	0.003
Valine g	0.011		0	1		0.027	0.003	0.009
Arginine g	0.047		0	1		0.117	0.015	0.040
Histidine g	0.003		0	1		0.007	0.001	0.003
Alanine g	0.015		0	1		0.037	0.005	0.013
Aspartic acid g	0.075		0	1		0.186	0.023	0.065
Glutamic acid g	0.033		0	1		0.082	0.010	0.028
Glycine g	0.009		0	1		0.022	0.003	0.008
Proline g	0.044		0	1		0.109	0.014	0.038
Serine g	0.013		0	1		0.032	0.004	0.011
Hydroxyproline g								
Others:								
Alcohol, ethyl g	0.0		0	7		0.0	0.0	0.0
Caffeine mg								
Theobromine mg								

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

Common Measures:

Measure 1 = 248.000g: 1 cup

Measure 2 = 31.000g: 1 fl oz

Measure 3 = 86.000g: 1 fruit yields

NDB No. 09206
Orange juice, raw

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

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	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	89.01	0.058	40	1		221.63	27.68	234.10
Energy....kcal	42		0	4		105	13	110
Energy....kj	176			4		438	55	462
Protein (N x 6.25)....g	0.59	0.006	40	1		1.47	0.18	1.55
Total lipid (fat)....g	0.14	0.003	28	1		0.35	0.04	0.37
Ash....g	0.41	0.006	40	1		1.02	0.13	1.08
Carbohydrate, by difference....g	9.85		0	4		24.53	3.06	25.91
Fiber, total dietary....g	0.2		0	4		0.5	0.1	0.5
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	8	0.189	29	1		20	2	21
Iron, Fe....mg	0.44	0.023	27	1		1.10	0.14	1.16
Magnesium, Mg....mg	11	0.092	29	1		27	3	29
Phosphorus, P....mg	14	0.134	29	1		35	4	37
Potassium, K....mg	175	4.703	29	1		436	54	460
Sodium, Na....mg	2	0.108	29	1		5	1	5
Zinc, Zn....mg	0.07	0.001	28	1		0.17	0.02	0.18
Copper, Cu....mg	0.057	0.003	28	1		0.142	0.018	0.150
Manganese, Mn....mg	0.014		0	1		0.035	0.004	0.037
Selenium, Se....mcg	0.1		0	4		0.2	0.0	0.3
Vitamins:								
Vitamin C, total ascorbic acid....mg	34.4	0.515	40	1		85.7	10.7	90.5
Thiamin....mg	0.060	0.001	29	1		0.149	0.019	0.158
Riboflavin....mg	0.028	0.001	29	1		0.070	0.009	0.074
Niacin....mg	0.314	0.012	28	1		0.782	0.098	0.826
Pantothenic acid....mg	0.150		0	1		0.374	0.047	0.395
Vitamin B-6....mg	0.088		1	1		0.219	0.027	0.231
Folate, total....mcg	18		0	4		45	6	48
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	18		0	4		45	6	48
Folate, DFE....mcg_DFE	18		0	4		45	6	48
Vitamin B-12....mcg	0.00		0	7		0.00	0.00	0.00
Vitamin A, IU....IU	175	5.725	28	1		436	54	460
Vitamin A, RE....mcg_RE	18	0.573	28	1		45	6	47
Vitamin E....mg_ATE	0.090		0	1		0.224	0.028	0.237
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.018		0	1		0.045	0.006	0.047
4:0....g	0.000		0	1		0.000	0.000	0.000
6:0....g	0.000		0	1		0.000	0.000	0.000
8:0....g	0.000		0	1		0.000	0.000	0.000
10:0....g	0.000		0	1		0.000	0.000	0.000
11:0....g								
12:0....g	0.000		0	1		0.000	0.000	0.000
13:0....g								
14:0....g	0.000		0	1		0.000	0.000	0.000
15:0....g								
16:0....g	0.018		0	1		0.045	0.006	0.047
17:0....g								
18:0....g	0.000		0	1		0.000	0.000	0.000
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.025		0	1		0.062	0.008	0.066
14:1....g								
15:1....g								

NDB No. 09207
Orange juice, canned, unsweetened

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.004		0	1		0.010	0.001	0.011
17:1....g								
18:1 undifferentiated....g	0.021		0	1		0.052	0.007	0.055
20:1....g	0.000		0	1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.034		0	1		0.085	0.011	0.089
18:2 undifferentiated....g	0.027		0	1		0.067	0.008	0.071
18:3 undifferentiated....g	0.007		0	1		0.017	0.002	0.018
18:4....g	0.000		0	1		0.000	0.000	0.000
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
20:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:6 n-3....g	0.000		0	1		0.000	0.000	0.000
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0	0	0
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.002		0	1		0.005	0.001	0.005
Threonine....g	0.007		0	1		0.017	0.002	0.018
Isoleucine....g	0.006		0	1		0.015	0.002	0.016
Leucine....g	0.011		0	1		0.027	0.003	0.029
Lysine....g	0.008		0	1		0.020	0.002	0.021
Methionine....g	0.003		0	1		0.007	0.001	0.008
Cystine....g	0.004		0	1		0.010	0.001	0.011
Phenylalanine....g	0.007		0	1		0.017	0.002	0.018
Tyrosine....g	0.003		0	1		0.007	0.001	0.008
Valine....g	0.009		0	1		0.022	0.003	0.024
Arginine....g	0.040		0	1		0.100	0.012	0.105
Histidine....g	0.003		0	1		0.007	0.001	0.008
Alanine....g	0.013		0	1		0.032	0.004	0.034
Aspartic acid....g	0.063		0	1		0.157	0.020	0.166
Glutamic acid....g	0.028		0	1		0.070	0.009	0.074
Glycine....g	0.008		0	1		0.020	0.002	0.021
Proline....g	0.037		0	1		0.092	0.012	0.097
Serine....g	0.011		0	1		0.027	0.003	0.029
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	0.0
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 249.000g: 1 cup

Measure 2 = 31.100g: 1 fl oz

Measure 3 = 263.000g: 1 drink box (8.45 fl oz)

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

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	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	88.40	0.172	4	1		220.12	27.49	
Energy....kcal	44		0	4		110	14	
Energy....kj	184			4		458	57	
Protein (N x 6.25)....g	0.80	0.067	3	1		1.99	0.25	
Total lipid (fat)....g	0.27	0.017	3	1		0.67	0.08	
Ash....g	0.48	0.018	3	1		1.20	0.15	
Carbohydrate, by difference....g	10.06		0	4		25.05	3.13	
Fiber, total dietary....g	0.2		0	4		0.5	0.1	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	10	0.227	4	1		25	3	
Iron, Fe....mg	0.17	0.005	4	1		0.42	0.05	
Magnesium, Mg....mg	11	0.637	4	1		27	3	
Phosphorus, P....mg	11	2.108	4	1		27	3	
Potassium, K....mg	190	2.405	84	1		473	59	
Sodium, Na....mg	1	0.055	84	1		2	0	
Zinc, Zn....mg	0.04	0.009	3	1		0.10	0.01	
Copper, Cu....mg	0.040	0.006	3	1		0.100	0.012	
Manganese, Mn....mg	0.023	0.009	3	1		0.057	0.007	
Selenium, Se....mcg	0.1		0	4		0.2	0.0	
Vitamins:								
Vitamin C, total ascorbic acid....mg	32.9	0.140	38	1		81.9	10.2	
Thiamin....mg	0.111	0.006	3	1		0.276	0.035	
Riboflavin....mg	0.021	0.001	3	1		0.052	0.007	
Niacin....mg	0.280	0.050	3	1		0.697	0.087	
Pantothenic acid....mg	0.191	0.001	3	1		0.476	0.059	
Vitamin B-6....mg	0.054	0.003	3	1		0.134	0.017	
Folate, total....mcg	18	0.913	3	1		45	6	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	18	0.913	3	1		45	6	
Folate, DFE....mcg_DFE	18		0	4		45	6	
Vitamin B-12....mcg	0.00		0	7		0.00	0.00	
Vitamin A, IU....IU	78	10.440	3	1		194	24	
Vitamin A, RE....mcg_RE	8	1.044	3	1		20	2	
Vitamin E....mg_ATE	0.190		0	4		0.473	0.059	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.029		0	1		0.072	0.009	
4:0....g	0.000		0	1		0.000	0.000	
6:0....g	0.000		0	1		0.000	0.000	
8:0....g	0.000		0	1		0.000	0.000	
10:0....g	0.000		0	1		0.000	0.000	
11:0....g								
12:0....g	0.000		0	1		0.000	0.000	
13:0....g								
14:0....g	0.000		0	1		0.000	0.000	
15:0....g								
16:0....g	0.029		0	1		0.072	0.009	
17:0....g								
18:0....g	0.000		0	1		0.000	0.000	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.046		0	1		0.115	0.014	
14:1....g								
15:1....g								

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.007		0	1		0.017	0.002	
17:1....g								
18:1 undifferentiated....g	0.039		0	1		0.097	0.012	
20:1....g	0.000		0	1		0.000	0.000	
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.064		0	1		0.159	0.020	
18:2 undifferentiated....g	0.050		0	1		0.125	0.016	
18:3 undifferentiated....g	0.014		0	1		0.035	0.004	
18:4....g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	
20:5 n-3....g	0.000		0	1		0.000	0.000	
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	
22:6 n-3....g	0.000		0	1		0.000	0.000	
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0	0	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.001		0	1		0.002	0.000	
Threonine....g	0.005		0	1		0.012	0.002	
Isoleucine....g	0.005		0	1		0.012	0.002	
Leucine....g	0.009		0	1		0.022	0.003	
Lysine....g	0.006		0	1		0.015	0.002	
Methionine....g	0.002		0	1		0.005	0.001	
Cystine....g	0.003		0	1		0.007	0.001	
Phenylalanine....g	0.006		0	1		0.015	0.002	
Tyrosine....g	0.003		0	1		0.007	0.001	
Valine....g	0.007		0	1		0.017	0.002	
Arginine....g	0.031		0	1		0.077	0.010	
Histidine....g	0.002		0	1		0.005	0.001	
Alanine....g	0.010		0	1		0.025	0.003	
Aspartic acid....g	0.049		0	1		0.122	0.015	
Glutamic acid....g	0.022		0	1		0.055	0.007	
Glycine....g	0.006		0	1		0.015	0.002	
Proline....g	0.029		0	1		0.072	0.009	
Serine....g	0.009		0	1		0.022	0.003	
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 249.000g: 1 cup

Measure 2 = 31.100g: 1 fl oz

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 09214
Orange juice, frozen concentrate, unsweetened, undiluted

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	57.85		0	1		164.29	20.54	123.22
Energy....kcal	159		0	4		452	56	339
Energy....kj	665			4		1889	236	1417
Protein (N x 6.25)....g	2.39		2	1		6.79	0.85	5.09
Total lipid (fat)....g	0.21		2	1		0.60	0.07	0.45
Ash....g	1.38	0.033	3	1		3.92	0.49	2.94
Carbohydrate, by difference....g	38.17		0	4		108.40	13.55	81.30
Fiber, total dietary....g	0.8		0	4		2.3	0.3	1.7
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	32	0.224	480	1		91	11	68
Iron, Fe....mg	0.35	0.011	457	1		0.99	0.12	0.75
Magnesium, Mg....mg	34	0.144	473	1		97	12	72
Phosphorus, P....mg	57	0.378	326	1		162	20	121
Potassium, K....mg	674	5.644	413	1		1914	239	1436
Sodium, Na....mg	3	0.277	412	1		9	1	6
Zinc, Zn....mg	0.18	0.005	471	1		0.51	0.06	0.38
Copper, Cu....mg	0.155	0.001	474	1		0.440	0.055	0.330
Manganese, Mn....mg	0.048	0.008	10	1		0.136	0.017	0.102
Selenium, Se....mcg	0.4		0	4		1.1	0.1	0.9
Vitamins:								
Vitamin C, total ascorbic acid....mg	137.9	0.904	426	1		391.6	49.0	293.7
Thiamin....mg	0.280	0.002	298	1		0.795	0.099	0.596
Riboflavin....mg	0.064	0.001	100	1		0.182	0.023	0.136
Niacin....mg	0.716	0.003	458	1		2.033	0.254	1.525
Pantothenic acid....mg	0.560	0.003	152	1		1.590	0.199	1.193
Vitamin B-6....mg	0.156	0.001	215	1		0.443	0.055	0.332
Folate, total....mcg	155	1.432	381	1		441	55	331
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	155	1.432	381	1		441	55	331
Folate, DFE....mcg_DFE	155		0	4		441	55	331
Vitamin B-12....mcg	0.00		0	7		0.00	0.00	0.00
Vitamin A, IU....IU	276		0	1		784	98	588
Vitamin A, RE....mcg_RE	28		0	1		80	10	60
Vitamin E....mg_ATE	0.319		0	4		0.906	0.113	0.679
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.024		0	1		0.068	0.009	0.051
4:0....g	0.000		0	1		0.000	0.000	0.000
6:0....g	0.000		0	1		0.000	0.000	0.000
8:0....g	0.000		0	1		0.000	0.000	0.000
10:0....g	0.000		0	1		0.000	0.000	0.000
11:0....g								
12:0....g	0.000		0	1		0.000	0.000	0.000
13:0....g								
14:0....g	0.001		0	1		0.003	0.000	0.002
15:0....g								
16:0....g	0.022		0	1		0.062	0.008	0.047
17:0....g								
18:0....g	0.001		0	1		0.003	0.000	0.002
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.038		0	1		0.108	0.013	0.081
14:1....g								
15:1....g								

NDB No. 09214
Orange juice, frozen concentrate, unsweetened, undiluted

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.005		0	1		0.014	0.002	0.011
17:1....g								
18:1 undifferentiated....g	0.033		0	1		0.094	0.012	0.070
20:1....g	0.000		0	1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.041		0	1		0.116	0.015	0.087
18:2 undifferentiated....g	0.030		0	1		0.085	0.011	0.064
18:3 undifferentiated....g	0.011		0	1		0.031	0.004	0.023
18:4....g	0.000		0	1		0.000	0.000	0.000
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
20:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:6 n-3....g	0.000		0	1		0.000	0.000	0.000
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0	0	0
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.007		4	1		0.020	0.002	0.015
Threonine....g	0.027		4	1		0.077	0.010	0.058
Isoleucine....g	0.026		4	1		0.074	0.009	0.055
Leucine....g	0.046		4	1		0.131	0.016	0.098
Lysine....g	0.031		4	1		0.088	0.011	0.066
Methionine....g	0.012		3	1		0.034	0.004	0.026
Cystine....g	0.018		4	1		0.051	0.006	0.038
Phenylalanine....g	0.029		4	1		0.082	0.010	0.062
Tyrosine....g	0.013		4	1		0.037	0.005	0.028
Valine....g	0.038		4	1		0.108	0.013	0.081
Arginine....g	0.161		4	1		0.457	0.057	0.343
Histidine....g	0.010		4	1		0.028	0.004	0.021
Alanine....g	0.051		4	1		0.145	0.018	0.109
Aspartic acid....g	0.255		4	1		0.724	0.091	0.543
Glutamic acid....g	0.114		4	1		0.324	0.040	0.243
Glycine....g	0.032		4	1		0.091	0.011	0.068
Proline....g	0.149		4	1		0.423	0.053	0.317
Serine....g	0.045		4	1		0.128	0.016	0.096
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	0.0
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 284.000g: 1 cup

Measure 2 = 35.500g: 1 fl oz

Measure 3 = 213.000g: 1 can (6 fl oz)

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

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	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	88.10		0	1		219.37	27.40	
Energy....kcal	45		0	4		112	14	
Energy....kj	188			4		469	59	
Protein (N x 6.25)....g	0.68		2	1		1.69	0.21	
Total lipid (fat)....g	0.06		2	1		0.15	0.02	
Ash....g	0.39		2	1		0.97	0.12	
Carbohydrate, by difference....g	10.78		0	4		26.84	3.35	
Fiber, total dietary....g	0.2		0	1		0.5	0.1	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	9	0.063	480	1		22	3	
Iron, Fe....mg	0.10	0.003	457	1		0.25	0.03	
Magnesium, Mg....mg	10	0.041	473	1		25	3	
Phosphorus, P....mg	16	0.107	326	1		40	5	
Potassium, K....mg	190	1.593	413	1		473	59	
Sodium, Na....mg	1	0.078	412	1		2	0	
Zinc, Zn....mg	0.05	0.001	471	1		0.12	0.02	
Copper, Cu....mg	0.044	0.000	474	1		0.110	0.014	
Manganese, Mn....mg	0.014	0.002	10	1		0.035	0.004	
Selenium, Se....mcg	0.1	0.023	3	1		0.2	0.0	
Vitamins:								
Vitamin C, total ascorbic acid....mg	38.9	0.255	426	1		96.9	12.1	
Thiamin....mg	0.079	0.001	298	1		0.197	0.025	
Riboflavin....mg	0.018	0.000	100	1		0.045	0.006	
Niacin....mg	0.202	0.001	458	1		0.503	0.063	
Pantothenic acid....mg	0.158	0.001	152	1		0.393	0.049	
Vitamin B-6....mg	0.044	0.000	215	1		0.110	0.014	
Folate, total....mcg	44	0.404	381	1		109	14	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	44	0.404	381	1		109	14	
Folate, DFE....mcg_DFE	44		0	4		109	14	
Vitamin B-12....mcg	0.00		0	7		0.00	0.00	
Vitamin A, IU....IU	78		0	1		194	24	
Vitamin A, RE....mcg_RE	8		0	1		20	2	
Vitamin E....mg_ATE	0.190		0	1		0.473	0.059	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.007		0	1		0.017	0.002	
4:0....g	0.000		0	1		0.000	0.000	
6:0....g	0.000		0	1		0.000	0.000	
8:0....g	0.000		0	1		0.000	0.000	
10:0....g	0.000		0	1		0.000	0.000	
11:0....g								
12:0....g	0.000		0	1		0.000	0.000	
13:0....g								
14:0....g	0.000		0	1		0.000	0.000	
15:0....g								
16:0....g	0.007		0	1		0.017	0.002	
17:0....g								
18:0....g	0.000		0	1		0.000	0.000	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.010		0	1		0.025	0.003	
14:1....g								
15:1....g								

NDB No. 09215

Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.001		0	1		0.002	0.000	
17:1....g								
18:1 undifferentiated....g	0.009		0	1		0.022	0.003	
20:1....g	0.000		0	1		0.000	0.000	
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.012		0	1		0.030	0.004	
18:2 undifferentiated....g	0.009		0	1		0.022	0.003	
18:3 undifferentiated....g	0.003		0	1		0.007	0.001	
18:4....g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	
20:5 n-3....g	0.000		0	1		0.000	0.000	
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	
22:6 n-3....g	0.000		0	1		0.000	0.000	
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0	0	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.002		0	1		0.005	0.001	
Threonine....g	0.008		0	1		0.020	0.002	
Isoleucine....g	0.007		0	1		0.017	0.002	
Leucine....g	0.013		0	1		0.032	0.004	
Lysine....g	0.009		0	1		0.022	0.003	
Methionine....g	0.003		0	1		0.007	0.001	
Cystine....g	0.005		0	1		0.012	0.002	
Phenylalanine....g	0.008		0	1		0.020	0.002	
Tyrosine....g	0.004		0	1		0.010	0.001	
Valine....g	0.011		0	1		0.027	0.003	
Arginine....g	0.045		0	1		0.112	0.014	
Histidine....g	0.003		0	1		0.007	0.001	
Alanine....g	0.014		0	1		0.035	0.004	
Aspartic acid....g	0.072		0	1		0.179	0.022	
Glutamic acid....g	0.032		0	1		0.080	0.010	
Glycine....g	0.009		0	1		0.022	0.003	
Proline....g	0.042		0	1		0.105	0.013	
Serine....g	0.013		0	1		0.032	0.004	
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 249.000g: 1 cup

Measure 2 = 31.100g: 1 fl oz

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 09216
Orange peel, raw

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	72.50		0	1		4.35	1.45	
Energy....kcal	97		0	4		6	2	
Energy....kj	406			4		24	8	
Protein (N x 6.25)....g	1.50		0	1		0.09	0.03	
Total lipid (fat)....g	0.20		0	1		0.01	0.00	
Ash....g	0.80		0	1		0.05	0.02	
Carbohydrate, by difference....g	25.00		0	4		1.50	0.50	
Fiber, total dietary....g	10.6		0	4		0.6	0.2	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	161		0	1		10	3	
Iron, Fe....mg	0.80		0	1		0.05	0.02	
Magnesium, Mg....mg	22		0	1		1	0	
Phosphorus, P....mg	21		0	1		1	0	
Potassium, K....mg	212		0	1		13	4	
Sodium, Na....mg	3		0	1		0	0	
Zinc, Zn....mg	0.25		0	4		0.02	0.01	
Copper, Cu....mg	0.092		0	4		0.006	0.002	
Manganese, Mn....mg								
Selenium, Se....mcg	1.0		0	4		0.1	0.0	
Vitamins:								
Vitamin C, total ascorbic acid....mg	136.0		0	1		8.2	2.7	
Thiamin....mg	0.120		0	1		0.007	0.002	
Riboflavin....mg	0.090		0	1		0.005	0.002	
Niacin....mg	0.900		0	1		0.054	0.018	
Pantothenic acid....mg	0.490		0	1		0.029	0.010	
Vitamin B-6....mg	0.176		0	1		0.011	0.004	
Folate, total....mcg	30		0	4		2	1	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	30		0	4		2	1	
Folate, DFE....mcg_DFE	30		0	4		2	1	
Vitamin B-12....mcg	0.00		0	7		0.00	0.00	
Vitamin A, IU....IU	420		0	1		25	8	
Vitamin A, RE....mcg_RE	42		0	1		3	1	
Vitamin E....mg_ATE	0.240		0	4		0.014	0.005	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.024		0	1		0.001	0.000	
4:0....g	0.000		0	1		0.000	0.000	
6:0....g	0.000		0	1		0.000	0.000	
8:0....g	0.000		0	1		0.000	0.000	
10:0....g	0.000		0	1		0.000	0.000	
11:0....g								
12:0....g	0.000		0	1		0.000	0.000	
13:0....g								
14:0....g	0.001		0	1		0.000	0.000	
15:0....g								
16:0....g	0.021		0	1		0.001	0.000	
17:0....g								
18:0....g	0.001		0	1		0.000	0.000	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.036		0	1		0.002	0.001	
14:1....g								
15:1....g								

NDB No. 09216
Orange peel, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.005		0	1		0.000	0.000	
17:1....g								
18:1 undifferentiated....g	0.032		0	1		0.002	0.001	
20:1....g	0.000		0	1		0.000	0.000	
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.040		0	1		0.002	0.001	
18:2 undifferentiated....g	0.029		0	1		0.002	0.001	
18:3 undifferentiated....g	0.011		0	1		0.001	0.000	
18:4....g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	
20:5 n-3....g	0.000		0	1		0.000	0.000	
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	
22:6 n-3....g	0.000		0	1		0.000	0.000	
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0	0	
Phytosterols....mg	34		0	1		2	1	
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 6.000g: 1 tbsp

Measure 2 = 2.000g: 1 tsp

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

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	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	88.64	0.374	14	1		218.94	27.39	
Energy....kcal	43		0	4		106	13	
Energy....kj	180			4		444	56	
Protein (N x 6.25)....g	0.60	0.018	14	1		1.48	0.19	
Total lipid (fat)....g	0.10	0.003	14	1		0.25	0.03	
Ash....g	0.39	0.014	14	1		0.96	0.12	
Carbohydrate, by difference....g	10.28		0	4		25.39	3.18	
Fiber, total dietary....g	0.1		0	4		0.2	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	8	0.289	14	1		20	2	
Iron, Fe....mg	0.46	0.039	14	1		1.14	0.14	
Magnesium, Mg....mg	10	0.169	14	1		25	3	
Phosphorus, P....mg	14	0.398	14	1		35	4	
Potassium, K....mg	158	5.149	14	1		390	49	
Sodium, Na....mg	3	0.670	20	1		7	1	
Zinc, Zn....mg	0.07	0.003	14	1		0.17	0.02	
Copper, Cu....mg	0.076	0.006	14	1		0.188	0.023	
Manganese, Mn....mg	0.017		0	1		0.042	0.005	
Selenium, Se....mcg	0.1		0	4		0.2	0.0	
Vitamins:								
Vitamin C, total ascorbic acid....mg	29.1	1.350	18	1		71.9	9.0	
Thiamin....mg	0.056	0.002	14	1		0.138	0.017	
Riboflavin....mg	0.030	0.000	14	1		0.074	0.009	
Niacin....mg	0.336	0.020	14	1		0.830	0.104	
Pantothenic acid....mg	0.140		0	1		0.346	0.043	
Vitamin B-6....mg	0.023		0	1		0.057	0.007	
Folate, total....mcg	14		0	4		35	4	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	14		0	4		35	4	
Folate, DFE....mcg_DFE	14		0	4		35	4	
Vitamin B-12....mcg	0.00		0	7		0.00	0.00	
Vitamin A, IU....IU	119	4.671	14	1		294	37	
Vitamin A, RE....mcg_RE	12	0.467	14	1		30	4	
Vitamin E....mg_ATE	0.070		0	4		0.173	0.022	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.011		0	1		0.027	0.003	
4:0....g	0.000		0	1		0.000	0.000	
6:0....g	0.000		0	1		0.000	0.000	
8:0....g	0.000		0	1		0.000	0.000	
10:0....g	0.000		0	1		0.000	0.000	
11:0....g								
12:0....g	0.000		0	1		0.000	0.000	
13:0....g								
14:0....g	0.000		0	1		0.000	0.000	
15:0....g								
16:0....g	0.010		0	1		0.025	0.003	
17:0....g								
18:0....g	0.000		0	1		0.000	0.000	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.017		0	1		0.042	0.005	
14:1....g								
15:1....g								

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.002		0	1		0.005	0.001	
17:1....g								
18:1 undifferentiated....g	0.015		0	1		0.037	0.005	
20:1....g	0.000		0	1		0.000	0.000	
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.019		0	1		0.047	0.006	
18:2 undifferentiated....g	0.014		0	1		0.035	0.004	
18:3 undifferentiated....g	0.005		0	1		0.012	0.002	
18:4....g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	
20:5 n-3....g	0.000		0	1		0.000	0.000	
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	
22:6 n-3....g	0.000		0	1		0.000	0.000	
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0	0	
Phytosterols....mg								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 247.000g: 1 cup

Measure 2 = 30.900g: 1 fl oz

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

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	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	87.60	0.372	24	1		170.82	85.85	73.58
Energy....kcal	44		0	4		86	43	37
Energy....kj	184			4		359	180	155
Protein (N x 6.25)....g	0.63	0.017	19	1		1.23	0.62	0.53
Total lipid (fat)....g	0.19		2	1		0.37	0.19	0.16
Ash....g	0.39	0.004	19	1		0.76	0.38	0.33
Carbohydrate, by difference....g	11.19		0	4		21.82	10.97	9.40
Fiber, total dietary....g	2.3		0	1		4.5	2.3	1.9
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	14		0	1		27	14	12
Iron, Fe....mg	0.10	0.008	16	1		0.20	0.10	0.08
Magnesium, Mg....mg	12	0.876	17	1		23	12	10
Phosphorus, P....mg	10	0.525	16	1		20	10	8
Potassium, K....mg	157	5.866	9	1		306	154	132
Sodium, Na....mg	1	0.239	9	1		2	1	1
Zinc, Zn....mg	0.24		0	4		0.47	0.24	0.20
Copper, Cu....mg	0.028	0.002	16	1		0.055	0.027	0.024
Manganese, Mn....mg	0.032	0.002	16	1		0.062	0.031	0.027
Selenium, Se....mcg	0.5		0	4		1.0	0.5	0.4
Vitamins:								
Vitamin C, total ascorbic acid....mg	30.8		0	1		60.1	30.2	25.9
Thiamin....mg	0.105		0	1		0.205	0.103	0.088
Riboflavin....mg	0.022		0	1		0.043	0.022	0.018
Niacin....mg	0.160		0	1		0.312	0.157	0.134
Pantothenic acid....mg	0.200		0	1		0.390	0.196	0.168
Vitamin B-6....mg	0.067		1	1		0.131	0.066	0.056
Folate, total....mcg	20	2.492	11	1		40	20	17
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	20	2.492	11	1		40	20	17
Folate, DFE....mcg_DFE	20		0	4		40	20	17
Vitamin B-12....mcg	0.00		0	7		0.00	0.00	0.00
Vitamin A, IU....IU	920		1	1		1794	902	773
Vitamin A, RE....mcg_RE	92		1	1		179	90	77
Vitamin E....mg_ATE	0.240		0	4		0.468	0.235	0.202
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.022		0	1		0.043	0.022	0.018
4:0....g	0.000		0	1		0.000	0.000	0.000
6:0....g	0.000		0	1		0.000	0.000	0.000
8:0....g	0.000		0	1		0.000	0.000	0.000
10:0....g	0.000		0	1		0.000	0.000	0.000
11:0....g								
12:0....g	0.000		0	1		0.000	0.000	0.000
13:0....g								
14:0....g	0.001		0	1		0.002	0.001	0.001
15:0....g								
16:0....g	0.020		0	1		0.039	0.020	0.017
17:0....g								
18:0....g	0.001		0	1		0.002	0.001	0.001
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.034		0	1		0.066	0.033	0.029
14:1....g								
15:1....g								

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.004		0	1		0.008	0.004	0.003
17:1....g								
18:1 undifferentiated....g	0.030		0	1		0.059	0.029	0.025
20:1....g	0.000		0	1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.037		0	1		0.072	0.036	0.031
18:2 undifferentiated....g	0.027		0	1		0.053	0.026	0.023
18:3 undifferentiated....g	0.010		0	1		0.020	0.010	0.008
18:4....g	0.000		0	1		0.000	0.000	0.000
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
20:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:6 n-3....g	0.000		0	1		0.000	0.000	0.000
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0	0	0
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.006		0	1		0.012	0.006	0.005
Threonine....g	0.010		0	1		0.020	0.010	0.008
Isoleucine....g	0.017		0	1		0.033	0.017	0.014
Leucine....g	0.016		0	1		0.031	0.016	0.013
Lysine....g	0.032		0	1		0.062	0.031	0.027
Methionine....g	0.013		0	1		0.025	0.013	0.011
Cystine....g	0.007		0	1		0.014	0.007	0.006
Phenylalanine....g	0.021		0	1		0.041	0.021	0.018
Tyrosine....g	0.011		0	1		0.021	0.011	0.009
Valine....g	0.027		0	1		0.053	0.026	0.023
Arginine....g	0.044		0	1		0.086	0.043	0.037
Histidine....g	0.012		0	1		0.023	0.012	0.010
Alanine....g	0.034		0	1		0.066	0.033	0.029
Aspartic acid....g	0.077		0	1		0.150	0.075	0.065
Glutamic acid....g	0.064		0	1		0.125	0.063	0.054
Glycine....g	0.064		0	1		0.125	0.063	0.054
Proline....g	0.031		0	1		0.060	0.030	0.026
Serine....g	0.022		0	1		0.043	0.022	0.018
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	0.0
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 195.000g: 1 cup, sections

Measure 2 = 98.000g: 1 large (2-1/2" dia)

Measure 3 = 84.000g: 1 medium (2-3/8" dia)

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

Food Group: 09 Fruits and Fruit Juices

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	89.51		2	1		222.88		
Energy	kcal	37		0	4		92		
Energy	kj	155			4		385		
Protein (N x 6.25)	g	0.62		2	1		1.54		
Total lipid (fat)	g	0.03		2	1		0.07		
Ash	g	0.28		2	1		0.70		
Carbohydrate, by difference	g	9.57		0	4		23.83		
Fiber, total dietary	g	0.7		0	4		1.7		
Sugars, total	g								
Starch	g								
Minerals:									
Calcium, Ca	mg	11		2	1		27		
Iron, Fe	mg	0.27		2	1		0.67		
Magnesium, Mg	mg	11		2	1		27		
Phosphorus, P	mg	10		2	1		25		
Potassium, K	mg	133		2	1		331		
Sodium, Na	mg	5		2	1		12		
Zinc, Zn	mg	0.51		2	1		1.27		
Copper, Cu	mg	0.033		2	1		0.082		
Manganese, Mn	mg	0.032		0	4		0.080		
Selenium, Se	mcg	0.4		0	4		1.0		
Vitamins:									
Vitamin C, total ascorbic acid	mg	34.2		2	1		85.2		
Thiamin	mg	0.082		2	1		0.204		
Riboflavin	mg	0.029		2	1		0.072		
Niacin	mg	0.445		0	4		1.108		
Pantothenic acid	mg	0.125		0	4		0.311		
Vitamin B-6	mg	0.042		0	4		0.105		
Folate, total	mcg	5		0	4		11		
Folic acid	mcg	0		0	7		0		
Folate, food	mcg	5		0	4		11		
Folate, DFE	mcg_DFE	5		0	4		11		
Vitamin B-12	mcg	0.00		0	7		0.00		
Vitamin A, IU	IU	852		2	1		2121		
Vitamin A, RE	mcg_RE	85		2	1		212		
Vitamin E	mg_ATE	0.500		0	1		1.245		
Vitamin D	IU								
Lipids:									
Fatty acids, total saturated	g	0.003		0	1		0.007		
4:0	g	0.000		0	1		0.000		
6:0	g	0.000		0	1		0.000		
8:0	g	0.000		0	1		0.000		
10:0	g	0.000		0	1		0.000		
11:0	g								
12:0	g	0.000		0	1		0.000		
13:0	g								
14:0	g	0.000		0	1		0.000		
15:0	g								
16:0	g	0.003		0	1		0.007		
17:0	g								
18:0	g	0.000		0	1		0.000		
19:0	g								
20:0	g								
22:0	g								
24:0	g								
Fatty acids, total monounsaturated	g	0.005		0	1		0.012		
14:1	g								
15:1	g								

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.001		0	1		0.002		
17:1....g								
18:1 undifferentiated....g	0.004		0	1		0.010		
20:1....g	0.000		0	1		0.000		
22:1 undifferentiated....g	0.000		0	1		0.000		
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.005		0	1		0.012		
18:2 undifferentiated....g	0.004		0	1		0.010		
18:3 undifferentiated....g	0.001		0	1		0.002		
18:4....g	0.000		0	1		0.000		
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000		
20:5 n-3....g	0.000		0	1		0.000		
22:2....g								
22:5 n-3....g	0.000		0	1		0.000		
22:6 n-3....g	0.000		0	1		0.000		
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0		
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.006		0	1		0.015		
Threonine....g	0.010		0	1		0.025		
Isoleucine....g	0.017		0	1		0.042		
Leucine....g	0.015		0	1		0.037		
Lysine....g	0.031		0	1		0.077		
Methionine....g	0.013		0	1		0.032		
Cystine....g	0.006		0	1		0.015		
Phenylalanine....g	0.020		0	1		0.050		
Tyrosine....g	0.010		0	1		0.025		
Valine....g	0.026		0	1		0.065		
Arginine....g	0.043		0	1		0.107		
Histidine....g	0.011		0	1		0.027		
Alanine....g	0.033		0	1		0.082		
Aspartic acid....g	0.074		0	1		0.184		
Glutamic acid....g	0.062		0	1		0.154		
Glycine....g	0.062		0	1		0.154		
Proline....g	0.030		0	1		0.075		
Serine....g	0.021		0	1		0.052		
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0		
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 249.000g: 1 cup

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	83.06	0.069	33	1		209.31		
Energy....kcal	61		0	4		154		
Energy....kj	255			4		643		
Protein (N x 6.25)....g	0.45	0.012	33	1		1.13		
Total lipid (fat)....g	0.10	0.000	33	1		0.25		
Ash....g	0.19	0.004	33	1		0.48		
Carbohydrate, by difference....g	16.19		0	4		40.80		
Fiber, total dietary....g	0.7		0	4		1.8		
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	7	0.262	33	1		18		
Iron, Fe....mg	0.37	0.027	32	1		0.93		
Magnesium, Mg....mg	8	0.109	33	1		20		
Phosphorus, P....mg	10	0.131	33	1		25		
Potassium, K....mg	78	1.303	33	1		197		
Sodium, Na....mg	6	0.285	33	1		15		
Zinc, Zn....mg	0.24	0.022	33	1		0.60		
Copper, Cu....mg	0.044	0.002	33	1		0.111		
Manganese, Mn....mg	0.032		0	4		0.081		
Selenium, Se....mcg	0.4		0	4		1.0		
Vitamins:								
Vitamin C, total ascorbic acid....mg	19.8	0.231	33	1		49.9		
Thiamin....mg	0.053	0.000	33	1		0.134		
Riboflavin....mg	0.044	0.001	33	1		0.111		
Niacin....mg	0.445	0.019	33	1		1.121		
Pantothenic acid....mg	0.125		0	4		0.315		
Vitamin B-6....mg	0.042		0	4		0.106		
Folate, total....mcg	5		0	4		12		
Folic acid....mcg	0		0	7		0		
Folate, food....mcg	5		0	4		12		
Folate, DFE....mcg_DFE	5		0	4		12		
Vitamin B-12....mcg	0.00		0	7		0.00		
Vitamin A, IU....IU	840	100.438	34	1		2117		
Vitamin A, RE....mcg_RE	84	10.044	34	1		212		
Vitamin E....mg_ATE	0.340		0	4		0.857		
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.012		0	1		0.030		
4:0....g	0.000		0	1		0.000		
6:0....g	0.000		0	1		0.000		
8:0....g	0.000		0	1		0.000		
10:0....g	0.000		0	1		0.000		
11:0....g								
12:0....g	0.000		0	1		0.000		
13:0....g								
14:0....g	0.000		0	1		0.000		
15:0....g								
16:0....g	0.011		0	1		0.028		
17:0....g								
18:0....g	0.000		0	1		0.000		
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.018		0	1		0.045		
14:1....g								
15:1....g								

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.002		0	1		0.005		
17:1....g								
18:1 undifferentiated....g	0.016		0	1		0.040		
20:1....g	0.000		0	1		0.000		
22:1 undifferentiated....g	0.000		0	1		0.000		
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.020		0	1		0.050		
18:2 undifferentiated....g	0.015		0	1		0.038		
18:3 undifferentiated....g	0.005		0	1		0.013		
18:4....g	0.000		0	1		0.000		
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000		
20:5 n-3....g	0.000		0	1		0.000		
22:2....g								
22:5 n-3....g	0.000		0	1		0.000		
22:6 n-3....g	0.000		0	1		0.000		
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0		
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.004		0	1		0.010		
Threonine....g	0.007		0	1		0.018		
Isoleucine....g	0.012		0	1		0.030		
Leucine....g	0.011		0	1		0.028		
Lysine....g	0.023		0	1		0.058		
Methionine....g	0.010		0	1		0.025		
Cystine....g	0.005		0	1		0.013		
Phenylalanine....g	0.015		0	1		0.038		
Tyrosine....g	0.008		0	1		0.020		
Valine....g	0.019		0	1		0.048		
Arginine....g	0.031		0	1		0.078		
Histidine....g	0.008		0	1		0.020		
Alanine....g	0.024		0	1		0.060		
Aspartic acid....g	0.055		0	1		0.139		
Glutamic acid....g	0.045		0	1		0.113		
Glycine....g	0.045		0	1		0.113		
Proline....g	0.022		0	1		0.055		
Serine....g	0.015		0	1		0.038		
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0		
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 252.000g: 1 cup

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 09221
Tangerine juice, raw

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	88.90		0	1		219.58	27.47	
Energy....kcal	43		0	4		106	13	
Energy....kj	180			4		444	56	
Protein (N x 6.25)....g	0.50		0	1		1.24	0.15	
Total lipid (fat)....g	0.20		0	1		0.49	0.06	
Ash....g	0.30		0	1		0.74	0.09	
Carbohydrate, by difference....g	10.10		0	4		24.95	3.12	
Fiber, total dietary....g	0.2		0	4		0.5	0.1	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	18		0	1		44	6	
Iron, Fe....mg	0.20		0	1		0.49	0.06	
Magnesium, Mg....mg	8		0	1		20	2	
Phosphorus, P....mg	14		0	1		35	4	
Potassium, K....mg	178		0	1		440	55	
Sodium, Na....mg	1		0	1		2	0	
Zinc, Zn....mg	0.03		0	1		0.07	0.01	
Copper, Cu....mg	0.025		0	1		0.062	0.008	
Manganese, Mn....mg	0.037		0	1		0.091	0.011	
Selenium, Se....mcg	0.1		0	4		0.2	0.0	
Vitamins:								
Vitamin C, total ascorbic acid....mg	31.0		0	1		76.6	9.6	
Thiamin....mg	0.060		0	1		0.148	0.019	
Riboflavin....mg	0.020		0	1		0.049	0.006	
Niacin....mg	0.100		0	1		0.247	0.031	
Pantothenic acid....mg	0.125		0	4		0.309	0.039	
Vitamin B-6....mg	0.042		0	4		0.104	0.013	
Folate, total....mcg	5		0	4		11	1	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	5		0	4		11	1	
Folate, DFE....mcg_DFE	5		0	4		11	1	
Vitamin B-12....mcg	0.00		0	7		0.00	0.00	
Vitamin A, IU....IU	420		0	1		1037	130	
Vitamin A, RE....mcg_RE	42		0	1		104	13	
Vitamin E....mg_ATE	0.090		0	4		0.222	0.028	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.024		0	1		0.059	0.007	
4:0....g	0.000		0	1		0.000	0.000	
6:0....g	0.000		0	1		0.000	0.000	
8:0....g	0.000		0	1		0.000	0.000	
10:0....g	0.000		0	1		0.000	0.000	
11:0....g								
12:0....g	0.000		0	1		0.000	0.000	
13:0....g								
14:0....g	0.001		0	1		0.002	0.000	
15:0....g								
16:0....g	0.021		0	1		0.052	0.006	
17:0....g								
18:0....g	0.001		0	1		0.002	0.000	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.036		0	1		0.089	0.011	
14:1....g								
15:1....g								

NDB No. 09221
Tangerine juice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.005		0	1		0.012	0.002	
17:1....g								
18:1 undifferentiated....g	0.032		0	1		0.079	0.010	
20:1....g	0.000		0	1		0.000	0.000	
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.040		0	1		0.099	0.012	
18:2 undifferentiated....g	0.029		0	1		0.072	0.009	
18:3 undifferentiated....g	0.011		0	1		0.027	0.003	
18:4....g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	
20:5 n-3....g	0.000		0	1		0.000	0.000	
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	
22:6 n-3....g	0.000		0	1		0.000	0.000	
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0	0	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.001		0	1		0.002	0.000	
Threonine....g	0.006		0	1		0.015	0.002	
Isoleucine....g	0.005		0	1		0.012	0.002	
Leucine....g	0.010		0	1		0.025	0.003	
Lysine....g	0.007		0	1		0.017	0.002	
Methionine....g	0.002		0	1		0.005	0.001	
Cystine....g	0.004		0	1		0.010	0.001	
Phenylalanine....g	0.006		0	1		0.015	0.002	
Tyrosine....g	0.003		0	1		0.007	0.001	
Valine....g	0.008		0	1		0.020	0.002	
Arginine....g	0.034		0	1		0.084	0.011	
Histidine....g	0.002		0	1		0.005	0.001	
Alanine....g	0.011		0	1		0.027	0.003	
Aspartic acid....g	0.053		0	1		0.131	0.016	
Glutamic acid....g	0.024		0	1		0.059	0.007	
Glycine....g	0.007		0	1		0.017	0.002	
Proline....g	0.031		0	1		0.077	0.010	
Serine....g	0.009		0	1		0.022	0.003	
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 247.000g: 1 cup

Measure 2 = 30.900g: 1 fl oz

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

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	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	87.00		0	1		216.63	27.06	
Energy....kcal	50		0	4		125	16	
Energy....kj	209			4		521	65	
Protein (N x 6.25)....g	0.50		0	1		1.25	0.16	
Total lipid (fat)....g	0.20		0	1		0.50	0.06	
Ash....g	0.30		0	1		0.75	0.09	
Carbohydrate, by difference....g	12.00		0	4		29.88	3.73	
Fiber, total dietary....g	0.2		0	4		0.5	0.1	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	18		0	1		45	6	
Iron, Fe....mg	0.20		0	1		0.50	0.06	
Magnesium, Mg....mg	8		0	1		20	2	
Phosphorus, P....mg	14		0	1		35	4	
Potassium, K....mg	178		0	1		443	55	
Sodium, Na....mg	1		0	1		2	0	
Zinc, Zn....mg	0.03		0	1		0.07	0.01	
Copper, Cu....mg	0.025		0	1		0.062	0.008	
Manganese, Mn....mg	0.037		0	1		0.092	0.012	
Selenium, Se....mcg	0.1		0	4		0.2	0.0	
Vitamins:								
Vitamin C, total ascorbic acid....mg	22.0		0	1		54.8	6.8	
Thiamin....mg	0.060		0	1		0.149	0.019	
Riboflavin....mg	0.020		0	1		0.050	0.006	
Niacin....mg	0.100		0	1		0.249	0.031	
Pantothenic acid....mg	0.125		0	4		0.311	0.039	
Vitamin B-6....mg	0.032		0	1		0.080	0.010	
Folate, total....mcg	5		0	4		11	1	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	5		0	4		11	1	
Folate, DFE....mcg_DFE	5		0	4		11	1	
Vitamin B-12....mcg	0.00		0	7		0.00	0.00	
Vitamin A, IU....IU	420		0	1		1046	131	
Vitamin A, RE....mcg_RE	42		0	1		105	13	
Vitamin E....mg_ATE	0.090		0	4		0.224	0.028	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.013		0	1		0.032	0.004	
4:0....g	0.000		0	1		0.000	0.000	
6:0....g	0.000		0	1		0.000	0.000	
8:0....g	0.000		0	1		0.000	0.000	
10:0....g	0.000		0	1		0.000	0.000	
11:0....g								
12:0....g	0.000		0	1		0.000	0.000	
13:0....g								
14:0....g	0.000		0	1		0.000	0.000	
15:0....g								
16:0....g	0.013		0	1		0.032	0.004	
17:0....g								
18:0....g	0.000		0	1		0.000	0.000	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.018		0	1		0.045	0.006	
14:1....g								
15:1....g								

NDB No. 09223
Tangerine juice, canned, sweetened

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.003		0	1		0.007	0.001	
17:1....g								
18:1 undifferentiated....g	0.015		0	1		0.037	0.005	
20:1....g	0.000		0	1		0.000	0.000	
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.025		0	1		0.062	0.008	
18:2 undifferentiated....g	0.020		0	1		0.050	0.006	
18:3 undifferentiated....g	0.005		0	1		0.012	0.002	
18:4....g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	
20:5 n-3....g	0.000		0	1		0.000	0.000	
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	
22:6 n-3....g	0.000		0	1		0.000	0.000	
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0	0	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.001		0	1		0.002	0.000	
Threonine....g	0.006		0	1		0.015	0.002	
Isoleucine....g	0.005		0	1		0.012	0.002	
Leucine....g	0.010		0	1		0.025	0.003	
Lysine....g	0.007		0	1		0.017	0.002	
Methionine....g	0.002		0	1		0.005	0.001	
Cystine....g	0.004		0	1		0.010	0.001	
Phenylalanine....g	0.006		0	1		0.015	0.002	
Tyrosine....g	0.003		0	1		0.007	0.001	
Valine....g	0.008		0	1		0.020	0.002	
Arginine....g	0.034		0	1		0.085	0.011	
Histidine....g	0.002		0	1		0.005	0.001	
Alanine....g	0.011		0	1		0.027	0.003	
Aspartic acid....g	0.053		0	1		0.132	0.016	
Glutamic acid....g	0.024		0	1		0.060	0.007	
Glycine....g	0.007		0	1		0.017	0.002	
Proline....g	0.031		0	1		0.077	0.010	
Serine....g	0.009		0	1		0.022	0.003	
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 249.000g: 1 cup

Measure 2 = 31.100g: 1 fl oz

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	58.20		0	1		124.55		
Energy....kcal	161		0	4		345		
Energy....kj	674			4		1442		
Protein (N x 6.25)....g	1.50	0.124	3	1		3.21		
Total lipid (fat)....g	0.39	0.009	3	1		0.83		
Ash....g	1.07	0.074	3	1		2.29		
Carbohydrate, by difference....g	38.85		0	4		83.14		
Fiber, total dietary....g	0.6		0	4		1.3		
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	27	2.088	3	1		58		
Iron, Fe....mg	0.34	0.020	3	1		0.73		
Magnesium, Mg....mg	28	1.861	3	1		60		
Phosphorus, P....mg	30	1.165	3	1		64		
Potassium, K....mg	397	7.760	3	1		850		
Sodium, Na....mg	3	0.581	3	1		6		
Zinc, Zn....mg	0.09	0.010	3	1		0.19		
Copper, Cu....mg	0.089	0.005	3	1		0.190		
Manganese, Mn....mg	0.130	0.065	3	1		0.278		
Selenium, Se....mcg								
Vitamins:								
Vitamin C, total ascorbic acid....mg	85.1	2.093	3	1		182.1		
Thiamin....mg	0.183	0.010	3	1		0.392		
Riboflavin....mg	0.066	0.005	3	1		0.141		
Niacin....mg	0.328	0.033	3	1		0.702		
Pantothenic acid....mg	0.438	0.029	3	1		0.937		
Vitamin B-6....mg	0.146	0.007	3	1		0.312		
Folate, total....mcg	16	1.508	3	1		35		
Folic acid....mcg	0		0	7		0		
Folate, food....mcg	16	1.508	3	1		35		
Folate, DFE....mcg_DFE	16		0	4		35		
Vitamin B-12....mcg	0.00		0	7		0.00		
Vitamin A, IU....IU	2014	185.129	3	1		4310		
Vitamin A, RE....mcg_RE	201	18.513	3	1		430		
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.026		0	1		0.056		
4:0....g								
6:0....g								
8:0....g								
10:0....g								
11:0....g								
12:0....g								
13:0....g								
14:0....g								
15:0....g								
16:0....g	0.026		0	1		0.056		
17:0....g								
18:0....g								
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.034		0	1		0.073		
14:1....g								
15:1....g								

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.005		0	1		0.011		
17:1....g								
18:1 undifferentiated....g	0.029		0	1		0.062		
20:1....g								
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.048		0	1		0.103		
18:2 undifferentiated....g	0.038		0	1		0.081		
18:3 undifferentiated....g	0.010		0	1		0.021		
18:4....g								
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g								
20:5 n-3....g								
22:2....g								
22:5 n-3....g								
22:6 n-3....g								
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0		
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.004		0	1		0.009		
Threonine....g	0.017		0	1		0.036		
Isoleucine....g	0.016		0	1		0.034		
Leucine....g	0.029		0	1		0.062		
Lysine....g	0.020		0	1		0.043		
Methionine....g	0.007		0	1		0.015		
Cystine....g	0.011		0	1		0.024		
Phenylalanine....g	0.018		0	1		0.039		
Tyrosine....g	0.008		0	1		0.017		
Valine....g	0.024		0	1		0.051		
Arginine....g	0.101		0	1		0.216		
Histidine....g	0.006		0	1		0.013		
Alanine....g	0.032		0	1		0.068		
Aspartic acid....g	0.159		0	1		0.340		
Glutamic acid....g	0.071		0	1		0.152		
Glycine....g	0.020		0	1		0.043		
Proline....g	0.093		0	1		0.199		
Serine....g	0.028		0	1		0.060		
Hydroxyproline....g								

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

Common Measures:

Measure 1 = 214.000g: 1 can (6 fl oz)

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	88.10		0	1		212.32	26.52	
Energy....kcal	46		0	4		111	14	
Energy....kj	192			4		464	58	
Protein (N x 6.25)....g	0.43	0.035	3	1		1.04	0.13	
Total lipid (fat)....g	0.11	0.002	3	1		0.27	0.03	
Ash....g	0.30	0.021	3	1		0.72	0.09	
Carbohydrate, by difference....g	11.06		0	4		26.65	3.33	
Fiber, total dietary....g								
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	8	0.595	3	1		19	2	
Iron, Fe....mg	0.10	0.006	3	1		0.24	0.03	
Magnesium, Mg....mg	8	0.530	3	1		19	2	
Phosphorus, P....mg	8	0.331	3	1		19	2	
Potassium, K....mg	113	2.209	3	1		272	34	
Sodium, Na....mg	1	0.166	3	1		2	0	
Zinc, Zn....mg	0.03	0.003	3	1		0.07	0.01	
Copper, Cu....mg	0.025	0.001	3	1		0.060	0.008	
Manganese, Mn....mg	0.037	0.019	3	1		0.089	0.011	
Selenium, Se....mcg								
Vitamins:								
Vitamin C, total ascorbic acid....mg	24.2	0.596	3	1		58.3	7.3	
Thiamin....mg	0.052	0.003	3	1		0.125	0.016	
Riboflavin....mg	0.019	0.002	3	1		0.046	0.006	
Niacin....mg	0.093	0.010	3	1		0.224	0.028	
Pantothenic acid....mg	0.125	0.008	3	1		0.301	0.038	
Vitamin B-6....mg	0.042	0.002	3	1		0.101	0.013	
Folate, total....mcg	5	0.430	3	1		11	1	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	5	0.430	3	1		11	1	
Folate, DFE....mcg_DFE	5		0	4		11	1	
Vitamin B-12....mcg	0.00		0	7		0.00	0.00	
Vitamin A, IU....IU	573	52.704	3	1		1381	172	
Vitamin A, RE....mcg_RE	57	5.270	3	1		137	17	
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.007		0	1		0.017	0.002	
4:0....g								
6:0....g								
8:0....g								
10:0....g								
11:0....g								
12:0....g								
13:0....g								
14:0....g								
15:0....g								
16:0....g	0.007		0	1		0.017	0.002	
17:0....g								
18:0....g								
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.010		0	1		0.024	0.003	
14:1....g								
15:1....g								

NDB No. 09225

Tangerine juice, frozen concentrate, sweetened, diluted with 3 volume water

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.001		0	1		0.002	0.000	
17:1....g								
18:1 undifferentiated....g	0.008		0	1		0.019	0.002	
20:1....g								
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.014		0	1		0.034	0.004	
18:2 undifferentiated....g	0.011		0	1		0.027	0.003	
18:3 undifferentiated....g	0.003		0	1		0.007	0.001	
18:4....g								
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g								
20:5 n-3....g								
22:2....g								
22:5 n-3....g								
22:6 n-3....g								
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0	0	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.001		0	1		0.002	0.000	
Threonine....g	0.005		0	1		0.012	0.002	
Isoleucine....g	0.005		0	1		0.012	0.002	
Leucine....g	0.008		0	1		0.019	0.002	
Lysine....g	0.006		0	1		0.014	0.002	
Methionine....g	0.002		0	1		0.005	0.001	
Cystine....g	0.003		0	1		0.007	0.001	
Phenylalanine....g	0.005		0	1		0.012	0.002	
Tyrosine....g	0.002		0	1		0.005	0.001	
Valine....g	0.007		0	1		0.017	0.002	
Arginine....g	0.029		0	1		0.070	0.009	
Histidine....g	0.002		0	1		0.005	0.001	
Alanine....g	0.009		0	1		0.022	0.003	
Aspartic acid....g	0.045		0	1		0.108	0.014	
Glutamic acid....g	0.020		0	1		0.048	0.006	
Glycine....g	0.006		0	1		0.014	0.002	
Proline....g	0.026		0	1		0.063	0.008	
Serine....g	0.008		0	1		0.019	0.002	
Hydroxyproline....g								

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

Common Measures:

Measure 1 = 241.000g: 1 cup

Measure 2 = 30.100g: 1 fl oz

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

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	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	88.83	0.300	36	1		124.36	204.31	337.55
Energy....kcal	39		0	4		55	90	148
Energy....kj	163			4		228	375	620
Protein (N x 6.25)....g	0.61	0.031	31	1		0.85	1.40	2.32
Total lipid (fat)....g	0.14	0.042	10	1		0.20	0.32	0.53
Ash....g	0.61	0.030	33	1		0.85	1.40	2.32
Carbohydrate, by difference....g	9.81		0	4		13.73	22.56	37.28
Fiber, total dietary....g	1.8		0	1		2.5	4.1	6.8
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	24	7.198	5	1		34	55	91
Iron, Fe....mg	0.10	0.019	20	1		0.14	0.23	0.38
Magnesium, Mg....mg	10	1.825	20	1		14	23	38
Phosphorus, P....mg	5	0.481	20	1		7	12	19
Potassium, K....mg	257	27.569	14	1		360	591	977
Sodium, Na....mg	3	0.355	14	1		4	7	11
Zinc, Zn....mg	0.07		2	1		0.10	0.16	0.27
Copper, Cu....mg	0.016	0.001	18	1		0.022	0.037	0.061
Manganese, Mn....mg	0.011	0.001	18	1		0.015	0.025	0.042
Selenium, Se....mcg	0.6		0	4		0.8	1.4	2.3
Vitamins:								
Vitamin C, total ascorbic acid....mg	61.8	2.244	89	1		86.5	142.1	234.8
Thiamin....mg	0.027	0.002	17	1		0.038	0.062	0.103
Riboflavin....mg	0.032	0.002	19	1		0.045	0.074	0.122
Niacin....mg	0.338	0.036	15	1		0.473	0.777	1.284
Pantothenic acid....mg	0.218		0	1		0.305	0.501	0.828
Vitamin B-6....mg	0.019		1	1		0.027	0.044	0.072
Folate, total....mcg	38		0	4		53	87	144
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	38		0	4		53	87	144
Folate, DFE....mcg_DFE	38		0	4		53	87	144
Vitamin B-12....mcg	0.00		0	7		0.00	0.00	0.00
Vitamin A, IU....IU	284		1	1		398	653	1079
Vitamin A, RE....mcg_RE	28		1	1		39	64	106
Vitamin E....mg_ATE	1.120		0	4		1.568	2.576	4.256
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.043		0	1		0.060	0.099	0.163
4:0....g	0.000		0	1		0.000	0.000	0.000
6:0....g	0.000		0	1		0.000	0.000	0.000
8:0....g	0.000		0	1		0.000	0.000	0.000
10:0....g	0.000		0	1		0.000	0.000	0.000
11:0....g								
12:0....g	0.001		2	1		0.001	0.002	0.004
13:0....g								
14:0....g	0.007		3	1		0.010	0.016	0.027
15:0....g								
16:0....g	0.032		3	1		0.045	0.074	0.122
17:0....g								
18:0....g	0.002		3	1		0.003	0.005	0.008
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.038		0	1		0.053	0.087	0.144
14:1....g								
15:1....g								

NDB No. 09226
Papayas, raw

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.020		3	1		0.028	0.046	0.076
17:1....g								
18:1 undifferentiated....g	0.018		3	1		0.025	0.041	0.068
20:1....g	0.000		0	1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.031		0	1		0.043	0.071	0.118
18:2 undifferentiated....g	0.006		3	1		0.008	0.014	0.023
18:3 undifferentiated....g	0.025		3	1		0.035	0.058	0.095
18:4....g	0.000		0	1		0.000	0.000	0.000
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
20:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:6 n-3....g	0.000		0	1		0.000	0.000	0.000
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0	0	0
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.008		6	1		0.011	0.018	0.030
Threonine....g	0.011		1	1		0.015	0.025	0.042
Isoleucine....g	0.008		1	1		0.011	0.018	0.030
Leucine....g	0.016		1	1		0.022	0.037	0.061
Lysine....g	0.025		7	1		0.035	0.058	0.095
Methionine....g	0.002		5	1		0.003	0.005	0.008
Cystine....g								
Phenylalanine....g	0.009		1	1		0.013	0.021	0.034
Tyrosine....g	0.005		1	1		0.007	0.012	0.019
Valine....g	0.010		1	1		0.014	0.023	0.038
Arginine....g	0.010		1	1		0.014	0.023	0.038
Histidine....g	0.005		1	1		0.007	0.012	0.019
Alanine....g	0.014		1	1		0.020	0.032	0.053
Aspartic acid....g	0.049		1	1		0.069	0.113	0.186
Glutamic acid....g	0.033		1	1		0.046	0.076	0.125
Glycine....g	0.018		1	1		0.025	0.041	0.068
Proline....g	0.010		1	1		0.014	0.023	0.038
Serine....g	0.015		1	1		0.021	0.035	0.057
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	0.0
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 140.000g: 1 cup, cubes

Measure 2 = 230.000g: 1 cup, mashed

Measure 3 = 380.000g: 1 large (5-3/4" long x 3-1/4" dia)

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 09229
Papaya nectar, canned

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	85.02	1.697	3	1		212.55	26.53	
Energy....kcal	57		0	4		143	18	
Energy....kj	238			4		596	74	
Protein (N x 6.25)....g	0.17	0.066	3	1		0.43	0.05	
Total lipid (fat)....g	0.15	0.054	3	1		0.38	0.05	
Ash....g	0.15	0.021	3	1		0.38	0.05	
Carbohydrate, by difference....g	14.51		0	4		36.28	4.53	
Fiber, total dietary....g	0.6		0	4		1.5	0.2	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	10	1.276	3	1		25	3	
Iron, Fe....mg	0.34	0.024	3	1		0.85	0.11	
Magnesium, Mg....mg	3	0.296	3	1		8	1	
Phosphorus, P....mg	0	0.316	3	1		0	0	
Potassium, K....mg	31	4.910	3	1		78	10	
Sodium, Na....mg	5	1.300	3	1		13	2	
Zinc, Zn....mg	0.15	0.064	3	1		0.38	0.05	
Copper, Cu....mg	0.013	0.003	3	1		0.033	0.004	
Manganese, Mn....mg	0.013	0.003	3	1		0.033	0.004	
Selenium, Se....mcg	0.3		0	4		0.8	0.1	
Vitamins:								
Vitamin C, total ascorbic acid....mg	3.0	1.375	3	1		7.5	0.9	
Thiamin....mg	0.006	0.001	3	1		0.015	0.002	
Riboflavin....mg	0.004	0.001	3	1		0.010	0.001	
Niacin....mg	0.150	0.010	3	1		0.375	0.047	
Pantothenic acid....mg	0.054	0.006	3	1		0.135	0.017	
Vitamin B-6....mg	0.009	0.001	3	1		0.023	0.003	
Folate, total....mcg	2	1.094	3	1		5	1	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	2	1.094	3	1		5	1	
Folate, DFE....mcg_DFE	2		0	4		5	1	
Vitamin B-12....mcg	0.00		0	7		0.00	0.00	
Vitamin A, IU....IU	111	47.336	3	1		278	35	
Vitamin A, RE....mcg_RE	11	4.734	3	1		28	3	
Vitamin E....mg_ATE	0.020		0	4		0.050	0.006	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.047		0	1		0.118	0.015	
4:0....g	0.000		0	1		0.000	0.000	
6:0....g	0.000		0	1		0.000	0.000	
8:0....g	0.000		0	1		0.000	0.000	
10:0....g	0.000		0	1		0.000	0.000	
11:0....g								
12:0....g	0.002		0	1		0.005	0.001	
13:0....g								
14:0....g	0.008		0	1		0.020	0.002	
15:0....g								
16:0....g	0.035		0	1		0.088	0.011	
17:0....g								
18:0....g	0.002		0	1		0.005	0.001	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.041		0	1		0.103	0.013	
14:1....g								
15:1....g								

NDB No. 09229
Papaya nectar, canned

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.022		0	1		0.055	0.007	
17:1....g								
18:1 undifferentiated....g	0.019		0	1		0.048	0.006	
20:1....g	0.000		0	1		0.000	0.000	
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.035		0	1		0.088	0.011	
18:2 undifferentiated....g	0.007		0	1		0.018	0.002	
18:3 undifferentiated....g	0.028		0	1		0.070	0.009	
18:4....g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	
20:5 n-3....g	0.000		0	1		0.000	0.000	
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	
22:6 n-3....g	0.000		0	1		0.000	0.000	
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0	0	
Phytosterols....mg								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 250.000g: 1 cup

Measure 2 = 31.200g: 1 fl oz

Calories Factors: **Protein** 3.36 **Fat** 8.37 **Carbohydrate** 3.8

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

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

Refuse: 48% Shell

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	72.93	1.355	4	1		172.11	13.13	
Energy....kcal	97		0	4		229	17	
Energy....kj	406			4		958	73	
Protein (N x 6.25)....g	2.20		0	1		5.19	0.40	
Total lipid (fat)....g	0.70		0	1		1.65	0.13	
Ash....g	0.80		0	1		1.89	0.14	
Carbohydrate, by difference....g	23.38		0	4		55.18	4.21	
Fiber, total dietary....g	10.4		0	4		24.5	1.9	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	12	4.726	3	1		28	2	
Iron, Fe....mg	1.60		0	1		3.78	0.29	
Magnesium, Mg....mg	29		0	1		68	5	
Phosphorus, P....mg	68	4.163	3	1		160	12	
Potassium, K....mg	348		0	1		821	63	
Sodium, Na....mg	28		0	1		66	5	
Zinc, Zn....mg	0.10		0	4		0.24	0.02	
Copper, Cu....mg	0.086		0	4		0.203	0.015	
Manganese, Mn....mg								
Selenium, Se....mcg	0.6		0	4		1.4	0.1	
Vitamins:								
Vitamin C, total ascorbic acid....mg	30.0		0	1		70.8	5.4	
Thiamin....mg	0.000		0	4		0.000	0.000	
Riboflavin....mg	0.130		0	1		0.307	0.023	
Niacin....mg	1.500		0	1		3.540	0.270	
Pantothenic acid....mg								
Vitamin B-6....mg	0.100		0	4		0.236	0.018	
Folate, total....mcg	14		0	4		33	3	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	14		0	4		33	3	
Folate, DFE....mcg_DFE	14		0	4		33	3	
Vitamin B-12....mcg	0.00		0	7		0.00	0.00	
Vitamin A, IU....IU	700		0	1		1652	126	
Vitamin A, RE....mcg_RE	70		0	1		165	13	
Vitamin E....mg_ATE	1.120		0	4		2.643	0.202	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.059		0	4		0.139	0.011	
4:0....g	0.000		0	4		0.000	0.000	
6:0....g	0.000		0	4		0.000	0.000	
8:0....g	0.000		0	4		0.000	0.000	
10:0....g	0.000		0	4		0.000	0.000	
11:0....g								
12:0....g	0.000		0	4		0.000	0.000	
13:0....g								
14:0....g	0.000		0	4		0.000	0.000	
15:0....g								
16:0....g	0.045		0	4		0.106	0.008	
17:0....g								
18:0....g	0.014		0	4		0.033	0.003	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.086		0	4		0.203	0.015	
14:1....g								
15:1....g								

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.000		0	4		0.000	0.000	
17:1....g								
18:1 undifferentiated....g	0.086		0	4		0.203	0.015	
20:1....g	0.000		0	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	4		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.411		0	4		0.970	0.074	
18:2 undifferentiated....g	0.410		0	4		0.968	0.074	
18:3 undifferentiated....g	0.001		0	4		0.002	0.000	
18:4....g	0.000		0	4		0.000	0.000	
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	4		0.000	0.000	
20:5 n-3....g	0.000		0	4		0.000	0.000	
22:2....g								
22:5 n-3....g	0.000		0	4		0.000	0.000	
22:6 n-3....g	0.000		0	4		0.000	0.000	
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0	0	
Phytosterols....mg								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 236.000g: 1 cup

Measure 2 = 18.000g: 1 fruit without refuse

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	85.62		0	1		211.48	26.46	
Energy....kcal	51		0	4		126	16	
Energy....kj	213			4		527	66	
Protein (N x 6.25)....g	0.39		0	1		0.96	0.12	
Total lipid (fat)....g	0.05		0	1		0.12	0.02	
Ash....g	0.34		0	1		0.84	0.11	
Carbohydrate, by difference....g	13.60		0	4		33.59	4.20	
Fiber, total dietary....g	0.2		0	4		0.5	0.1	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	4		0	1		10	1	
Iron, Fe....mg	0.24		0	1		0.59	0.07	
Magnesium, Mg....mg	17		0	4		42	5	
Phosphorus, P....mg	13		0	1		32	4	
Potassium, K....mg	278		0	4		687	86	
Sodium, Na....mg	6		0	4		15	2	
Zinc, Zn....mg	0.05		0	4		0.12	0.02	
Copper, Cu....mg	0.053		0	4		0.131	0.016	
Manganese, Mn....mg								
Selenium, Se....mcg	0.1		0	4		0.2	0.0	
Vitamins:								
Vitamin C, total ascorbic acid....mg	29.8		0	1		73.6	9.2	
Thiamin....mg	0.000		0	4		0.000	0.000	
Riboflavin....mg	0.131		0	1		0.324	0.040	
Niacin....mg	1.460		0	1		3.606	0.451	
Pantothenic acid....mg								
Vitamin B-6....mg	0.050		0	4		0.124	0.015	
Folate, total....mcg	7		0	4		17	2	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	7		0	4		17	2	
Folate, DFE....mcg_DFE	7		0	4		17	2	
Vitamin B-12....mcg	0.00		0	7		0.00	0.00	
Vitamin A, IU....IU	717		0	1		1771	222	
Vitamin A, RE....mcg_RE	72		0	1		178	22	
Vitamin E....mg_ATE	0.050		0	4		0.124	0.015	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.004		0	4		0.010	0.001	
4:0....g	0.000		0	4		0.000	0.000	
6:0....g	0.000		0	4		0.000	0.000	
8:0....g	0.000		0	4		0.000	0.000	
10:0....g	0.000		0	4		0.000	0.000	
11:0....g								
12:0....g	0.000		0	4		0.000	0.000	
13:0....g								
14:0....g	0.000		0	4		0.000	0.000	
15:0....g								
16:0....g	0.003		0	4		0.007	0.001	
17:0....g								
18:0....g	0.001		0	4		0.002	0.000	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.006		0	4		0.015	0.002	
14:1....g								
15:1....g								

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.000		0	4		0.000	0.000	
17:1....g								
18:1 undifferentiated....g	0.006		0	4		0.015	0.002	
20:1....g	0.000		0	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	4		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.029		0	4		0.072	0.009	
18:2 undifferentiated....g	0.029		0	4		0.072	0.009	
18:3 undifferentiated....g	0.000		0	4		0.000	0.000	
18:4....g	0.000		0	4		0.000	0.000	
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	4		0.000	0.000	
20:5 n-3....g	0.000		0	4		0.000	0.000	
22:2....g								
22:5 n-3....g	0.000		0	4		0.000	0.000	
22:6 n-3....g	0.000		0	4		0.000	0.000	
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0	0	
Phytosterols....mg								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 247.000g: 1 cup

Measure 2 = 30.900g: 1 fl oz

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

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	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	84.21		2	1		208.00	26.02	
Energy....kcal	60		0	4		148	19	
Energy....kj	251			4		620	78	
Protein (N x 6.25)....g	0.67		0	1		1.65	0.21	
Total lipid (fat)....g	0.18		0	1		0.44	0.06	
Ash....g	0.49		0	1		1.21	0.15	
Carbohydrate, by difference....g	14.45		0	4		35.69	4.47	
Fiber, total dietary....g	0.2		0	4		0.5	0.1	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	4		0	1		10	1	
Iron, Fe....mg	0.36		0	1		0.89	0.11	
Magnesium, Mg....mg	17		1	1		42	5	
Phosphorus, P....mg	25		0	1		62	8	
Potassium, K....mg	278		1	1		687	86	
Sodium, Na....mg	6		1	1		15	2	
Zinc, Zn....mg	0.06		0	4		0.15	0.02	
Copper, Cu....mg	0.050		0	4		0.124	0.015	
Manganese, Mn....mg								
Selenium, Se....mcg	0.1		0	4		0.2	0.0	
Vitamins:								
Vitamin C, total ascorbic acid....mg	18.2	0.184	51	1		45.0	5.6	
Thiamin....mg	0.000		0	4		0.000	0.000	
Riboflavin....mg	0.101		0	1		0.249	0.031	
Niacin....mg	2.240		0	1		5.533	0.692	
Pantothenic acid....mg								
Vitamin B-6....mg	0.060		0	4		0.148	0.019	
Folate, total....mcg	8		0	4		20	2	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	8		0	4		20	2	
Folate, DFE....mcg_DFE	8		0	4		20	2	
Vitamin B-12....mcg	0.00		0	7		0.00	0.00	
Vitamin A, IU....IU	2410		0	1		5953	745	
Vitamin A, RE....mcg_RE	241		0	1		595	74	
Vitamin E....mg_ATE	0.050		0	4		0.124	0.015	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.015		0	4		0.037	0.005	
4:0....g	0.000		0	4		0.000	0.000	
6:0....g	0.000		0	4		0.000	0.000	
8:0....g	0.000		0	4		0.000	0.000	
10:0....g	0.000		0	4		0.000	0.000	
11:0....g								
12:0....g	0.000		0	4		0.000	0.000	
13:0....g								
14:0....g	0.000		0	4		0.000	0.000	
15:0....g								
16:0....g	0.012		0	4		0.030	0.004	
17:0....g								
18:0....g	0.004		0	4		0.010	0.001	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.022		0	4		0.054	0.007	
14:1....g								
15:1....g								

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.000		0	4		0.000	0.000	
17:1....g								
18:1 undifferentiated....g	0.022		0	4		0.054	0.007	
20:1....g	0.000		0	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	4		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.106		0	4		0.262	0.033	
18:2 undifferentiated....g	0.105		0	4		0.259	0.032	
18:3 undifferentiated....g	0.000		0	4		0.000	0.000	
18:4....g	0.000		0	4		0.000	0.000	
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	4		0.000	0.000	
20:5 n-3....g	0.000		0	4		0.000	0.000	
22:2....g								
22:5 n-3....g	0.000		0	4		0.000	0.000	
22:6 n-3....g	0.000		0	4		0.000	0.000	
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0	0	
Phytosterols....mg								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 247.000g: 1 cup

Measure 2 = 30.900g: 1 fl oz

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

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	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	87.66	0.152	74	1		149.02	137.63	85.91
Energy....kcal	43		0	4		73	68	42
Energy....kj	180			4		306	282	176
Protein (N x 6.25)....g	0.70	0.015	87	1		1.19	1.10	0.69
Total lipid (fat)....g	0.09	0.004	5	1		0.15	0.14	0.09
Ash....g	0.46	0.008	86	1		0.78	0.72	0.45
Carbohydrate, by difference....g	11.10		0	4		18.87	17.43	10.88
Fiber, total dietary....g	2.0		0	1		3.4	3.1	2.0
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	5	1.066	5	1		9	8	5
Iron, Fe....mg	0.11	0.010	84	1		0.19	0.17	0.11
Magnesium, Mg....mg	7	0.207	85	1		12	11	7
Phosphorus, P....mg	12	0.356	84	1		20	19	12
Potassium, K....mg	197	5.030	45	1		335	309	193
Sodium, Na....mg	0	0.191	43	1		0	0	0
Zinc, Zn....mg	0.14	0.037	5	1		0.24	0.22	0.14
Copper, Cu....mg	0.068	0.003	84	1		0.116	0.107	0.067
Manganese, Mn....mg	0.047	0.004	84	1		0.080	0.074	0.046
Selenium, Se....mcg	0.4		1	1		0.7	0.6	0.4
Vitamins:								
Vitamin C, total ascorbic acid....mg	6.6	1.115	5	1		11.2	10.4	6.5
Thiamin....mg	0.017	0.003	4	1		0.029	0.027	0.017
Riboflavin....mg	0.041	0.004	4	1		0.070	0.064	0.040
Niacin....mg	0.990	0.025	3	1		1.683	1.554	0.970
Pantothenic acid....mg	0.170		0	1		0.289	0.267	0.167
Vitamin B-6....mg	0.018		2	1		0.031	0.028	0.018
Folate, total....mcg	3	0.339	8	1		6	5	3
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	3	0.339	8	1		6	5	3
Folate, DFE....mcg_DFE	3		0	4		6	5	3
Vitamin B-12....mcg	0.00		0	7		0.00	0.00	0.00
Vitamin A, IU....IU	535	31.565	3	1		910	840	524
Vitamin A, RE....mcg_RE	54	3.157	3	1		92	85	53
Vitamin E....mg_ATE	0.700		0	4		1.190	1.099	0.686
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.010		0	1		0.017	0.016	0.010
4:0....g	0.000		0	1		0.000	0.000	0.000
6:0....g	0.000		0	1		0.000	0.000	0.000
8:0....g	0.000		0	1		0.000	0.000	0.000
10:0....g	0.000		0	1		0.000	0.000	0.000
11:0....g								
12:0....g	0.000		0	1		0.000	0.000	0.000
13:0....g								
14:0....g	0.000		0	1		0.000	0.000	0.000
15:0....g								
16:0....g	0.009		1	1		0.015	0.014	0.009
17:0....g								
18:0....g	0.001		1	1		0.002	0.002	0.001
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.034		0	1		0.058	0.053	0.033
14:1....g								
15:1....g								

NDB No. 09236
Peaches, raw

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.001		1	1		0.002	0.002	0.001
17:1....g								
18:1 undifferentiated....g	0.034		1	1		0.058	0.053	0.033
20:1....g	0.000		0	1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.045		0	1		0.077	0.071	0.044
18:2 undifferentiated....g	0.044		1	1		0.075	0.069	0.043
18:3 undifferentiated....g	0.001		1	1		0.002	0.002	0.001
18:4....g	0.000		0	1		0.000	0.000	0.000
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
20:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:6 n-3....g	0.000		0	1		0.000	0.000	0.000
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0	0	0
Phytosterols....mg	10		0	1		17	16	10
Amino Acids:								
Tryptophan....g	0.002		2	1		0.003	0.003	0.002
Threonine....g	0.027		2	1		0.046	0.042	0.026
Isoleucine....g	0.020		2	1		0.034	0.031	0.020
Leucine....g	0.040		2	1		0.068	0.063	0.039
Lysine....g	0.023		2	1		0.039	0.036	0.023
Methionine....g	0.017		2	1		0.029	0.027	0.017
Cystine....g	0.006		2	1		0.010	0.009	0.006
Phenylalanine....g	0.022		2	1		0.037	0.035	0.022
Tyrosine....g	0.018		2	1		0.031	0.028	0.018
Valine....g	0.038		2	1		0.065	0.060	0.037
Arginine....g	0.018		2	1		0.031	0.028	0.018
Histidine....g	0.013		2	1		0.022	0.020	0.013
Alanine....g	0.042		2	1		0.071	0.066	0.041
Aspartic acid....g	0.117		2	1		0.199	0.184	0.115
Glutamic acid....g	0.106		2	1		0.180	0.166	0.104
Glycine....g	0.024		2	1		0.041	0.038	0.024
Proline....g	0.029		2	1		0.049	0.046	0.028
Serine....g	0.032		2	1		0.054	0.050	0.031
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	0.0
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 170.000g: 1 cup slices

Measure 2 = 157.000g: 1 large (2-3/4" dia) (approx 2-1/2 per lb)

Measure 3 = 98.000g: 1 medium (2-1/2" dia) (approx 4 per lb)

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	93.13	0.080	60	1		227.24	91.27	
Energy....kcal	24		0	4		59	24	
Energy....kj	100			4		245	98	
Protein (N x 6.25)....g	0.44	0.009	16	1		1.07	0.43	
Total lipid (fat)....g	0.06	0.003	12	1		0.15	0.06	
Ash....g	0.27	0.008	16	1		0.66	0.26	
Carbohydrate, by difference....g	6.11		0	4		14.91	5.99	
Fiber, total dietary....g	1.3		0	4		3.2	1.3	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	2	0.052	12	1		5	2	
Iron, Fe....mg	0.32	0.044	16	1		0.78	0.31	
Magnesium, Mg....mg	5	0.082	12	1		12	5	
Phosphorus, P....mg	10	0.181	12	1		24	10	
Potassium, K....mg	99	1.530	33	1		242	97	
Sodium, Na....mg	3	0.331	33	1		7	3	
Zinc, Zn....mg	0.09		0	1		0.22	0.09	
Copper, Cu....mg	0.054		0	1		0.132	0.053	
Manganese, Mn....mg	0.048		0	1		0.117	0.047	
Selenium, Se....mcg	0.3		0	4		0.7	0.3	
Vitamins:								
Vitamin C, total ascorbic acid....mg	2.9	0.137	59	1		7.1	2.8	
Thiamin....mg	0.009	0.000	12	1		0.022	0.009	
Riboflavin....mg	0.019	0.000	12	1		0.046	0.019	
Niacin....mg	0.521	0.015	16	1		1.271	0.511	
Pantothenic acid....mg	0.050		0	1		0.122	0.049	
Vitamin B-6....mg	0.019		0	1		0.046	0.019	
Folate, total....mcg	3		0	1		8	3	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	3		0	1		8	3	
Folate, DFE....mcg_DFE	3		0	4		8	3	
Vitamin B-12....mcg	0.00		0	7		0.00	0.00	
Vitamin A, IU....IU	532	35.791	29	1		1298	521	
Vitamin A, RE....mcg_RE	53	3.579	29	1		129	52	
Vitamin E....mg_ATE	0.890		0	4		2.172	0.872	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.006		0	1		0.015	0.006	
4:0....g	0.000		0	1		0.000	0.000	
6:0....g	0.000		0	1		0.000	0.000	
8:0....g	0.000		0	1		0.000	0.000	
10:0....g	0.000		0	1		0.000	0.000	
11:0....g								
12:0....g	0.000		0	1		0.000	0.000	
13:0....g								
14:0....g	0.000		0	1		0.000	0.000	
15:0....g								
16:0....g	0.005		0	1		0.012	0.005	
17:0....g								
18:0....g	0.001		0	1		0.002	0.001	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.021		0	1		0.051	0.021	
14:1....g								
15:1....g								

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.000		0	1		0.000	0.000	
17:1....g								
18:1 undifferentiated....g	0.021		0	1		0.051	0.021	
20:1....g	0.000		0	1		0.000	0.000	
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.028		0	1		0.068	0.027	
18:2 undifferentiated....g	0.027		0	1		0.066	0.026	
18:3 undifferentiated....g	0.001		0	1		0.002	0.001	
18:4....g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	
20:5 n-3....g	0.000		0	1		0.000	0.000	
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	
22:6 n-3....g	0.000		0	1		0.000	0.000	
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0	0	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.001		0	1		0.002	0.001	
Threonine....g	0.017		0	1		0.041	0.017	
Isoleucine....g	0.013		0	1		0.032	0.013	
Leucine....g	0.025		0	1		0.061	0.025	
Lysine....g	0.014		0	1		0.034	0.014	
Methionine....g	0.011		0	1		0.027	0.011	
Cystine....g	0.004		0	1		0.010	0.004	
Phenylalanine....g	0.014		0	1		0.034	0.014	
Tyrosine....g	0.011		0	1		0.027	0.011	
Valine....g	0.024		0	1		0.059	0.024	
Arginine....g	0.011		0	1		0.027	0.011	
Histidine....g	0.008		0	1		0.020	0.008	
Alanine....g	0.026		0	1		0.063	0.025	
Aspartic acid....g	0.073		0	1		0.178	0.072	
Glutamic acid....g	0.066		0	1		0.161	0.065	
Glycine....g	0.015		0	1		0.037	0.015	
Proline....g	0.018		0	1		0.044	0.018	
Serine....g	0.020		0	1		0.049	0.020	
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 244.000g: 1 cup, halves or slices

Measure 2 = 98.000g: 1 half, with liquid

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

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	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	87.49	0.076	18	1		218.73	216.98	85.74
Energy....kcal	44		0	4		110	109	43
Energy....kj	184			4		460	457	180
Protein (N x 6.25)....g	0.63	0.017	25	1		1.58	1.56	0.62
Total lipid (fat)....g	0.03	0.006	24	1		0.08	0.07	0.03
Ash....g	0.27	0.004	18	1		0.68	0.67	0.26
Carbohydrate, by difference....g	11.57		0	4		28.93	28.69	11.34
Fiber, total dietary....g	1.3		0	4		3.3	3.2	1.3
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	6	0.377	23	1		15	15	6
Iron, Fe....mg	0.27	0.033	17	1		0.68	0.67	0.26
Magnesium, Mg....mg	7	0.176	20	1		18	17	7
Phosphorus, P....mg	17	0.379	21	1		43	42	17
Potassium, K....mg	128	4.648	24	1		320	317	125
Sodium, Na....mg	4	0.232	25	1		10	10	4
Zinc, Zn....mg	0.11	0.005	14	1		0.28	0.27	0.11
Copper, Cu....mg	0.050	0.003	14	1		0.125	0.124	0.049
Manganese, Mn....mg	0.048		0	4		0.120	0.119	0.047
Selenium, Se....mcg	0.3		0	4		0.8	0.7	0.3
Vitamins:								
Vitamin C, total ascorbic acid....mg	3.6	0.270	17	1		9.0	8.9	3.5
Thiamin....mg	0.008	0.000	6	1		0.020	0.020	0.008
Riboflavin....mg	0.017	0.001	12	1		0.043	0.042	0.017
Niacin....mg	0.582	0.034	6	1		1.455	1.443	0.570
Pantothenic acid....mg	0.050		0	4		0.125	0.124	0.049
Vitamin B-6....mg	0.019		0	4		0.048	0.047	0.019
Folate, total....mcg	3		0	4		9	8	3
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	3		0	4		9	8	3
Folate, DFE....mcg_DFE	3		0	4		9	8	3
Vitamin B-12....mcg	0.00		0	7		0.00	0.00	0.00
Vitamin A, IU....IU	381	54.723	17	1		953	945	373
Vitamin A, RE....mcg_RE	38	5.472	17	1		95	94	37
Vitamin E....mg_ATE	1.500		0	1		3.750	3.720	1.470
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.004		0	1		0.010	0.010	0.004
4:0....g	0.000		0	1		0.000	0.000	0.000
6:0....g	0.000		0	1		0.000	0.000	0.000
8:0....g	0.000		0	1		0.000	0.000	0.000
10:0....g	0.000		0	1		0.000	0.000	0.000
11:0....g								
12:0....g	0.000		0	1		0.000	0.000	0.000
13:0....g								
14:0....g	0.000		0	1		0.000	0.000	0.000
15:0....g								
16:0....g	0.003		0	1		0.008	0.007	0.003
17:0....g								
18:0....g	0.000		0	1		0.000	0.000	0.000
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.012		0	1		0.030	0.030	0.012
14:1....g								
15:1....g								

NDB No. 09238
Peaches, canned, juice pack, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
17:1....g								
18:1 undifferentiated....g	0.012		0	1		0.030	0.030	0.012
20:1....g	0.000		0	1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.016		0	1		0.040	0.040	0.016
18:2 undifferentiated....g	0.016		0	1		0.040	0.040	0.016
18:3 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
18:4....g	0.000		0	1		0.000	0.000	0.000
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
20:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:6 n-3....g	0.000		0	1		0.000	0.000	0.000
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0	0	0
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.002		0	1		0.005	0.005	0.002
Threonine....g	0.025		0	1		0.063	0.062	0.025
Isoleucine....g	0.018		0	1		0.045	0.045	0.018
Leucine....g	0.036		0	1		0.090	0.089	0.035
Lysine....g	0.020		0	1		0.050	0.050	0.020
Methionine....g	0.015		0	1		0.038	0.037	0.015
Cystine....g	0.005		0	1		0.013	0.012	0.005
Phenylalanine....g	0.020		0	1		0.050	0.050	0.020
Tyrosine....g	0.016		0	1		0.040	0.040	0.016
Valine....g	0.034		0	1		0.085	0.084	0.033
Arginine....g	0.016		0	1		0.040	0.040	0.016
Histidine....g	0.012		0	1		0.030	0.030	0.012
Alanine....g	0.038		0	1		0.095	0.094	0.037
Aspartic acid....g	0.105		0	1		0.263	0.260	0.103
Glutamic acid....g	0.096		0	1		0.240	0.238	0.094
Glycine....g	0.022		0	1		0.055	0.055	0.022
Proline....g	0.027		0	1		0.068	0.067	0.026
Serine....g	0.029		0	1		0.073	0.072	0.028
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	0.0
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 250.000g: 1 cup

Measure 2 = 248.000g: 1 cup, halves or slices

Measure 3 = 98.000g: 1 half, with liquid

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 09239
Peaches, canned, extra light syrup, solids and liquids

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	88.20		1	1		217.85		
Energy....kcal	42		0	4		104		
Energy....kj	176			4		434		
Protein (N x 6.25)....g	0.40		0	1		0.99		
Total lipid (fat)....g	0.10		1	1		0.25		
Ash....g	0.24		0	1		0.59		
Carbohydrate, by difference....g	11.10		0	4		27.42		
Fiber, total dietary....g	1.0		0	4		2.5		
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	5		1	1		12		
Iron, Fe....mg	0.30		1	1		0.74		
Magnesium, Mg....mg	5		1	1		12		
Phosphorus, P....mg	11		1	1		27		
Potassium, K....mg	74		1	1		183		
Sodium, Na....mg	5		1	1		12		
Zinc, Zn....mg	0.09		1	1		0.22		
Copper, Cu....mg	0.050		1	1		0.124		
Manganese, Mn....mg	0.047		0	1		0.116		
Selenium, Se....mcg								
Vitamins:								
Vitamin C, total ascorbic acid....mg	3.0		1	1		7.4		
Thiamin....mg	0.020		1	1		0.049		
Riboflavin....mg	0.020		1	1		0.049		
Niacin....mg	0.800		1	1		1.976		
Pantothenic acid....mg	0.050		0	1		0.124		
Vitamin B-6....mg	0.019		0	1		0.047		
Folate, total....mcg	3		0	1		8		
Folic acid....mcg	0		0	7		0		
Folate, food....mcg	3		0	1		8		
Folate, DFE....mcg_DFE	3		0	4		8		
Vitamin B-12....mcg	0.00		0	7		0.00		
Vitamin A, IU....IU	270		1	1		667		
Vitamin A, RE....mcg_RE	27		1	1		67		
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.011		0	1		0.027		
4:0....g								
6:0....g								
8:0....g								
10:0....g								
11:0....g								
12:0....g								
13:0....g								
14:0....g								
15:0....g								
16:0....g	0.009		0	1		0.022		
17:0....g								
18:0....g	0.001		0	1		0.002		
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.036		0	1		0.089		
14:1....g								
15:1....g								

NDB No. 09239
Peaches, canned, extra light syrup, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.001		0	1		0.002		
17:1....g								
18:1 undifferentiated....g	0.036		0	1		0.089		
20:1....g								
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.048		0	1		0.119		
18:2 undifferentiated....g	0.047		0	1		0.116		
18:3 undifferentiated....g	0.001		0	1		0.002		
18:4....g								
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g								
20:5 n-3....g								
22:2....g								
22:5 n-3....g								
22:6 n-3....g								
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0		
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.001		0	1		0.002		
Threonine....g	0.016		0	1		0.040		
Isoleucine....g	0.012		0	1		0.030		
Leucine....g	0.023		0	1		0.057		
Lysine....g	0.013		0	1		0.032		
Methionine....g	0.010		0	1		0.025		
Cystine....g	0.003		0	1		0.007		
Phenylalanine....g	0.013		0	1		0.032		
Tyrosine....g	0.010		0	1		0.025		
Valine....g	0.022		0	1		0.054		
Arginine....g	0.010		0	1		0.025		
Histidine....g	0.007		0	1		0.017		
Alanine....g	0.024		0	1		0.059		
Aspartic acid....g	0.067		0	1		0.165		
Glutamic acid....g	0.061		0	1		0.151		
Glycine....g	0.014		0	1		0.035		
Proline....g	0.017		0	1		0.042		
Serine....g	0.018		0	1		0.044		
Hydroxyproline....g								

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

Common Measures:

Measure 1 = 247.000g: 1 cup, halves or slices

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	84.72	0.088	71	1		212.65	83.03	
Energy....kcal	54		0	4		136	53	
Energy....kj	226			4		567	221	
Protein (N x 6.25)....g	0.45	0.012	19	1		1.13	0.44	
Total lipid (fat)....g	0.03	0.002	4	1		0.08	0.03	
Ash....g	0.25	0.009	19	1		0.63	0.25	
Carbohydrate, by difference....g	14.55		0	4		36.52	14.26	
Fiber, total dietary....g	1.3		0	4		3.3	1.3	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	3	0.169	19	1		8	3	
Iron, Fe....mg	0.36	0.033	19	1		0.90	0.35	
Magnesium, Mg....mg	5	0.114	19	1		13	5	
Phosphorus, P....mg	11	0.275	19	1		28	11	
Potassium, K....mg	97	3.677	11	1		243	95	
Sodium, Na....mg	5	0.557	11	1		13	5	
Zinc, Zn....mg	0.09		0	1		0.23	0.09	
Copper, Cu....mg	0.052		0	1		0.131	0.051	
Manganese, Mn....mg	0.046		0	1		0.115	0.045	
Selenium, Se....mcg	0.3		0	4		0.8	0.3	
Vitamins:								
Vitamin C, total ascorbic acid....mg	2.4	0.087	117	1		6.0	2.4	
Thiamin....mg	0.009	0.000	13	1		0.023	0.009	
Riboflavin....mg	0.025	0.002	19	1		0.063	0.025	
Niacin....mg	0.593	0.025	19	1		1.488	0.581	
Pantothenic acid....mg	0.050		0	1		0.126	0.049	
Vitamin B-6....mg	0.019		0	1		0.048	0.019	
Folate, total....mcg	3		0	1		8	3	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	3		0	1		8	3	
Folate, DFE....mcg_DFE	3		0	4		8	3	
Vitamin B-12....mcg	0.00		0	7		0.00	0.00	
Vitamin A, IU....IU	354	8.470	128	1		889	347	
Vitamin A, RE....mcg_RE	35	0.847	128	1		88	34	
Vitamin E....mg_ATE	0.890		0	4		2.234	0.872	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.003		0	1		0.008	0.003	
4:0....g	0.000		0	1		0.000	0.000	
6:0....g	0.000		0	1		0.000	0.000	
8:0....g	0.000		0	1		0.000	0.000	
10:0....g	0.000		0	1		0.000	0.000	
11:0....g								
12:0....g	0.000		0	1		0.000	0.000	
13:0....g								
14:0....g	0.000		0	1		0.000	0.000	
15:0....g								
16:0....g	0.003		0	1		0.008	0.003	
17:0....g								
18:0....g	0.000		0	1		0.000	0.000	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.012		0	1		0.030	0.012	
14:1....g								
15:1....g								

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.000		0	1		0.000	0.000	
17:1....g								
18:1 undifferentiated....g	0.011		0	1		0.028	0.011	
20:1....g	0.000		0	1		0.000	0.000	
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.015		0	1		0.038	0.015	
18:2 undifferentiated....g	0.015		0	1		0.038	0.015	
18:3 undifferentiated....g	0.000		0	1		0.000	0.000	
18:4....g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	
20:5 n-3....g	0.000		0	1		0.000	0.000	
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	
22:6 n-3....g	0.000		0	1		0.000	0.000	
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0	0	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.001		0	1		0.003	0.001	
Threonine....g	0.018		0	1		0.045	0.018	
Isoleucine....g	0.013		0	1		0.033	0.013	
Leucine....g	0.025		0	1		0.063	0.025	
Lysine....g	0.014		0	1		0.035	0.014	
Methionine....g	0.011		0	1		0.028	0.011	
Cystine....g	0.004		0	1		0.010	0.004	
Phenylalanine....g	0.014		0	1		0.035	0.014	
Tyrosine....g	0.012		0	1		0.030	0.012	
Valine....g	0.025		0	1		0.063	0.025	
Arginine....g	0.011		0	1		0.028	0.011	
Histidine....g	0.008		0	1		0.020	0.008	
Alanine....g	0.027		0	1		0.068	0.026	
Aspartic acid....g	0.075		0	1		0.188	0.074	
Glutamic acid....g	0.068		0	1		0.171	0.067	
Glycine....g	0.016		0	1		0.040	0.016	
Proline....g	0.019		0	1		0.048	0.019	
Serine....g	0.021		0	1		0.053	0.021	
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 251.000g: 1 cup, halves or slices

Measure 2 = 98.000g: 1 half, with liquid

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	79.28	0.063	529	1		207.71	77.69	
Energy....kcal	74		0	4		194	73	
Energy....kj	310			4		811	303	
Protein (N x 6.25)....g	0.45	0.004	310	1		1.18	0.44	
Total lipid (fat)....g	0.10	0.003	251	1		0.26	0.10	
Ash....g	0.24	0.004	335	1		0.63	0.24	
Carbohydrate, by difference....g	19.94		0	4		52.24	19.54	
Fiber, total dietary....g	1.3		0	4		3.4	1.3	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	3	0.061	283	1		8	3	
Iron, Fe....mg	0.27	0.007	316	1		0.71	0.26	
Magnesium, Mg....mg	5	0.062	239	1		13	5	
Phosphorus, P....mg	11	0.109	271	1		29	11	
Potassium, K....mg	92	1.114	311	1		241	90	
Sodium, Na....mg	6	0.152	326	1		16	6	
Zinc, Zn....mg	0.09	0.002	178	1		0.24	0.09	
Copper, Cu....mg	0.051	0.002	178	1		0.134	0.050	
Manganese, Mn....mg	0.045	0.001	54	1		0.118	0.044	
Selenium, Se....mcg	0.3		0	4		0.8	0.3	
Vitamins:								
Vitamin C, total ascorbic acid....mg	2.8	0.050	609	1		7.3	2.7	
Thiamin....mg	0.011	0.000	273	1		0.029	0.011	
Riboflavin....mg	0.024	0.000	278	1		0.063	0.024	
Niacin....mg	0.614	0.010	323	1		1.609	0.602	
Pantothenic acid....mg	0.050		0	1		0.131	0.049	
Vitamin B-6....mg	0.019		0	1		0.050	0.019	
Folate, total....mcg	3	0.547	3	1		8	3	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	3	0.547	3	1		8	3	
Folate, DFE....mcg_DFE	3		0	4		8	3	
Vitamin B-12....mcg	0.00		0	7		0.00	0.00	
Vitamin A, IU....IU	332	5.931	597	1		870	325	
Vitamin A, RE....mcg_RE	33	0.593	597	1		86	32	
Vitamin E....mg_ATE	0.890		0	4		2.332	0.872	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.010		0	1		0.026	0.010	
4:0....g	0.000		0	1		0.000	0.000	
6:0....g	0.000		0	1		0.000	0.000	
8:0....g	0.000		0	1		0.000	0.000	
10:0....g	0.000		0	1		0.000	0.000	
11:0....g								
12:0....g	0.000		0	1		0.000	0.000	
13:0....g								
14:0....g	0.000		0	1		0.000	0.000	
15:0....g								
16:0....g	0.009		0	1		0.024	0.009	
17:0....g								
18:0....g	0.001		0	1		0.003	0.001	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.035		0	1		0.092	0.034	
14:1....g								
15:1....g								

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.001		0	1		0.003	0.001	
17:1....g								
18:1 undifferentiated....g	0.035		0	1		0.092	0.034	
20:1....g	0.000		0	1		0.000	0.000	
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.047		0	1		0.123	0.046	
18:2 undifferentiated....g	0.046		0	1		0.121	0.045	
18:3 undifferentiated....g	0.001		0	1		0.003	0.001	
18:4....g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	
20:5 n-3....g	0.000		0	1		0.000	0.000	
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	
22:6 n-3....g	0.000		0	1		0.000	0.000	
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0	0	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.001		0	1		0.003	0.001	
Threonine....g	0.018		0	1		0.047	0.018	
Isoleucine....g	0.013		0	1		0.034	0.013	
Leucine....g	0.026		0	1		0.068	0.025	
Lysine....g	0.015		0	1		0.039	0.015	
Methionine....g	0.011		0	1		0.029	0.011	
Cystine....g	0.004		0	1		0.010	0.004	
Phenylalanine....g	0.014		0	1		0.037	0.014	
Tyrosine....g	0.012		0	1		0.031	0.012	
Valine....g	0.025		0	1		0.066	0.025	
Arginine....g	0.012		0	1		0.031	0.012	
Histidine....g	0.008		0	1		0.021	0.008	
Alanine....g	0.027		0	1		0.071	0.026	
Aspartic acid....g	0.076		0	1		0.199	0.074	
Glutamic acid....g	0.069		0	1		0.181	0.068	
Glycine....g	0.016		0	1		0.042	0.016	
Proline....g	0.019		0	1		0.050	0.019	
Serine....g	0.021		0	1		0.055	0.021	
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 262.000g: 1 cup

Measure 2 = 98.000g: 1 half, with liquid

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 09242
Peaches, canned, extra heavy syrup pack, solids and liquids

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	73.19	0.192	100	1		191.76		
Energy	kcal	96		0	4		252		
Energy	kj	402			4		1052		
Protein (N x 6.25)	g	0.47	0.020	18	1		1.23		
Total lipid (fat)	g	0.03	0.004	4	1		0.08		
Ash	g	0.25	0.011	14	1		0.66		
Carbohydrate, by difference	g	26.06		0	4		68.28		
Fiber, total dietary	g	1.0		0	4		2.6		
Sugars, total	g								
Starch	g								
Minerals:									
Calcium, Ca	mg	3	0.102	14	1		8		
Iron, Fe	mg	0.29	0.053	14	1		0.76		
Magnesium, Mg	mg	5	0.180	14	1		13		
Phosphorus, P	mg	11	0.332	14	1		29		
Potassium, K	mg	83	1.902	45	1		217		
Sodium, Na	mg	8	0.619	32	1		21		
Zinc, Zn	mg	0.09		0	1		0.24		
Copper, Cu	mg	0.050		0	1		0.131		
Manganese, Mn	mg	0.044		0	1		0.115		
Selenium, Se	mcg								
Vitamins:									
Vitamin C, total ascorbic acid	mg	1.2	0.063	134	1		3.1		
Thiamin	mg	0.011	0.001	14	1		0.029		
Riboflavin	mg	0.021	0.001	14	1		0.055		
Niacin	mg	0.520	0.021	14	1		1.362		
Pantothenic acid	mg	0.050		0	1		0.131		
Vitamin B-6	mg	0.019		0	1		0.050		
Folate, total	mcg	3		0	1		8		
Folic acid	mcg	0		0	7		0		
Folate, food	mcg	3		0	1		8		
Folate, DFE	mcg_DFE	3		0	4		8		
Vitamin B-12	mcg	0.00		0	7		0.00		
Vitamin A, IU	IU	131	2.752	148	1		343		
Vitamin A, RE	mcg_RE	13	0.275	148	1		34		
Vitamin E	mg_ATE								
Vitamin D	IU								
Lipids:									
Fatty acids, total saturated	g	0.003		0	1		0.008		
4:0	g								
6:0	g								
8:0	g								
10:0	g								
11:0	g								
12:0	g								
13:0	g								
14:0	g								
15:0	g								
16:0	g	0.003		0	1		0.008		
17:0	g								
18:0	g								
19:0	g								
20:0	g								
22:0	g								
24:0	g								
Fatty acids, total monounsaturated	g	0.011		0	1		0.029		
14:1	g								
15:1	g								

NDB No. 09242
Peaches, canned, extra heavy syrup pack, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g								
17:1....g								
18:1 undifferentiated....g	0.011		0	1		0.029		
20:1....g								
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.014		0	1		0.037		
18:2 undifferentiated....g	0.014		0	1		0.037		
18:3 undifferentiated....g								
18:4....g								
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g								
20:5 n-3....g								
22:2....g								
22:5 n-3....g								
22:6 n-3....g								
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0		
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.001		0	1		0.003		
Threonine....g	0.018		0	1		0.047		
Isoleucine....g	0.013		0	1		0.034		
Leucine....g	0.027		0	1		0.071		
Lysine....g	0.015		0	1		0.039		
Methionine....g	0.011		0	1		0.029		
Cystine....g	0.004		0	1		0.010		
Phenylalanine....g	0.015		0	1		0.039		
Tyrosine....g	0.012		0	1		0.031		
Valine....g	0.026		0	1		0.068		
Arginine....g	0.012		0	1		0.031		
Histidine....g	0.009		0	1		0.024		
Alanine....g	0.028		0	1		0.073		
Aspartic acid....g	0.078		0	1		0.204		
Glutamic acid....g	0.071		0	1		0.186		
Glycine....g	0.016		0	1		0.042		
Proline....g	0.020		0	1		0.052		
Serine....g	0.022		0	1		0.058		
Hydroxyproline....g								

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

Common Measures:

Measure 1 = 262.000g: 1 cup, halves or slices

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

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

Refuse: 4% Pits

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	79.20	0.320	19	1		191.66		
Energy....kcal	75		0	4		182		
Energy....kj	314			4		759		
Protein (N x 6.25)....g	0.41	0.020	19	1		0.99		
Total lipid (fat)....g	0.10	0.000	19	1		0.24		
Ash....g	0.21	0.007	19	1		0.51		
Carbohydrate, by difference....g	20.08		0	4		48.59		
Fiber, total dietary....g	1.3		0	4		3.1		
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	6	0.237	19	1		15		
Iron, Fe....mg	0.28	0.021	19	1		0.68		
Magnesium, Mg....mg	7	0.181	19	1		17		
Phosphorus, P....mg	9	0.569	19	1		22		
Potassium, K....mg	85	3.095	19	1		206		
Sodium, Na....mg	4	0.158	19	1		10		
Zinc, Zn....mg	0.08	0.005	19	1		0.19		
Copper, Cu....mg	0.098	0.005	19	1		0.237		
Manganese, Mn....mg								
Selenium, Se....mcg	0.3		0	4		0.7		
Vitamins:								
Vitamin C, total ascorbic acid....mg	5.3	2.254	19	1		12.8		
Thiamin....mg	0.011	0.000	19	1		0.027		
Riboflavin....mg	0.035	0.001	19	1		0.085		
Niacin....mg	0.537	0.030	19	1		1.300		
Pantothenic acid....mg	0.050		0	4		0.121		
Vitamin B-6....mg	0.019		0	4		0.046		
Folate, total....mcg	3		0	4		8		
Folic acid....mcg	0		0	7		0		
Folate, food....mcg	3		0	4		8		
Folate, DFE....mcg_DFE	3		0	4		8		
Vitamin B-12....mcg	0.00		0	7		0.00		
Vitamin A, IU....IU	317	23.186	19	1		767		
Vitamin A, RE....mcg_RE	32	2.319	19	1		77		
Vitamin E....mg_ATE	0.890		0	4		2.154		
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.011		0	1		0.027		
4:0....g	0.000		0	1		0.000		
6:0....g	0.000		0	1		0.000		
8:0....g	0.000		0	1		0.000		
10:0....g	0.000		0	1		0.000		
11:0....g								
12:0....g	0.000		0	1		0.000		
13:0....g								
14:0....g	0.000		0	1		0.000		
15:0....g								
16:0....g	0.009		0	1		0.022		
17:0....g								
18:0....g	0.001		0	1		0.002		
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.036		0	1		0.087		
14:1....g								
15:1....g								

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.001		0	1		0.002		
17:1....g								
18:1 undifferentiated....g	0.036		0	1		0.087		
20:1....g	0.000		0	1		0.000		
22:1 undifferentiated....g	0.000		0	1		0.000		
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.048		0	1		0.116		
18:2 undifferentiated....g	0.047		0	1		0.114		
18:3 undifferentiated....g	0.001		0	1		0.002		
18:4....g	0.000		0	1		0.000		
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000		
20:5 n-3....g	0.000		0	1		0.000		
22:2....g								
22:5 n-3....g	0.000		0	1		0.000		
22:6 n-3....g	0.000		0	1		0.000		
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0		
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.001		0	1		0.002		
Threonine....g	0.016		0	1		0.039		
Isoleucine....g	0.012		0	1		0.029		
Leucine....g	0.023		0	1		0.056		
Lysine....g	0.013		0	1		0.031		
Methionine....g	0.010		0	1		0.024		
Cystine....g	0.003		0	1		0.007		
Phenylalanine....g	0.013		0	1		0.031		
Tyrosine....g	0.011		0	1		0.027		
Valine....g	0.023		0	1		0.056		
Arginine....g	0.010		0	1		0.024		
Histidine....g	0.008		0	1		0.019		
Alanine....g	0.025		0	1		0.061		
Aspartic acid....g	0.069		0	1		0.167		
Glutamic acid....g	0.063		0	1		0.152		
Glycine....g	0.014		0	1		0.034		
Proline....g	0.017		0	1		0.041		
Serine....g	0.019		0	1		0.046		
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0		
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 242.000g: 1 cup, whole

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 09244
Peaches, dehydrated (low-moisture), sulfured, uncooked

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	7.50		0	1		8.70		
Energy	kcal	325		0	4		377		
Energy	kj	1360			4		1577		
Protein (N x 6.25)	g	4.89		0	1		5.67		
Total lipid (fat)	g	1.03		0	1		1.19		
Ash	g	3.39		0	1		3.93		
Carbohydrate, by difference	g	83.18		0	4		96.49		
Fiber, total dietary	g								
Sugars, total	g								
Starch	g								
Minerals:									
Calcium, Ca	mg	38		0	1		44		
Iron, Fe	mg	5.51		0	1		6.39		
Magnesium, Mg	mg	57		0	1		66		
Phosphorus, P	mg	162		0	1		188		
Potassium, K	mg	1351		0	1		1567		
Sodium, Na	mg	10		0	1		12		
Zinc, Zn	mg	0.78		0	1		0.90		
Copper, Cu	mg	0.493		0	1		0.572		
Manganese, Mn	mg	0.413		0	1		0.479		
Selenium, Se	mcg								
Vitamins:									
Vitamin C, total ascorbic acid	mg	10.6		2	1		12.3		
Thiamin	mg	0.039		2	1		0.045		
Riboflavin	mg	0.110		2	1		0.128		
Niacin	mg	4.825		2	1		5.597		
Pantothenic acid	mg	0.522		2	1		0.606		
Vitamin B-6	mg	0.159		2	1		0.184		
Folate, total	mcg	7		2	1		8		
Folic acid	mcg	0		0	7		0		
Folate, food	mcg	7		2	1		8		
Folate, DFE	mcg_DFE	7		0	4		8		
Vitamin B-12	mcg	0.00		0	7		0.00		
Vitamin A, IU	IU	1417		2	1		1644		
Vitamin A, RE	mcg_RE	142		2	1		165		
Vitamin E	mg_ATE								
Vitamin D	IU								
Lipids:									
Fatty acids, total saturated	g	0.111		0	1		0.129		
4:0	g								
6:0	g								
8:0	g								
10:0	g								
11:0	g								
12:0	g								
13:0	g								
14:0	g								
15:0	g								
16:0	g	0.097		0	1		0.113		
17:0	g								
18:0	g	0.014		0	1		0.016		
19:0	g								
20:0	g								
22:0	g								
24:0	g								
Fatty acids, total monounsaturated	g	0.377		0	1		0.437		
14:1	g								
15:1	g								

NDB No. 09244
Peaches, dehydrated (low-moisture), sulfured, uncooked

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.008		0	1		0.009		
17:1....g								
18:1 undifferentiated....g	0.369		0	1		0.428		
20:1....g								
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.498		0	1		0.578		
18:2 undifferentiated....g	0.486		0	1		0.564		
18:3 undifferentiated....g	0.012		0	1		0.014		
18:4....g								
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.003		0	1		0.003		
20:5 n-3....g								
22:2....g								
22:5 n-3....g								
22:6 n-3....g								
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0		
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.014		0	1		0.016		
Threonine....g	0.192		0	1		0.223		
Isoleucine....g	0.141		0	1		0.164		
Leucine....g	0.277		0	1		0.321		
Lysine....g	0.157		0	1		0.182		
Methionine....g	0.118		0	1		0.137		
Cystine....g	0.040		0	1		0.046		
Phenylalanine....g	0.154		0	1		0.179		
Tyrosine....g	0.128		0	1		0.148		
Valine....g	0.267		0	1		0.310		
Arginine....g	0.124		0	1		0.144		
Histidine....g	0.091		0	1		0.106		
Alanine....g	0.292		0	1		0.339		
Aspartic acid....g	0.817		0	1		0.948		
Glutamic acid....g	0.743		0	1		0.862		
Glycine....g	0.171		0	1		0.198		
Proline....g	0.206		0	1		0.239		
Serine....g	0.226		0	1		0.262		
Hydroxyproline....g								

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

Common Measures:

Measure 1 = 116.000g: 1 cup

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 09245
Peaches, dehydrated (low-moisture), sulfured, stewed

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	62.04		2	1		150.14		
Energy....kcal	133		0	4		322		
Energy....kj	556			4		1347		
Protein (N x 6.25)....g	2.01		0	1		4.86		
Total lipid (fat)....g	0.42		0	1		1.02		
Ash....g	1.39		0	1		3.36		
Carbohydrate, by difference....g	34.14		0	4		82.62		
Fiber, total dietary....g								
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	16		0	1		39		
Iron, Fe....mg	2.26		0	1		5.47		
Magnesium, Mg....mg	23		0	1		56		
Phosphorus, P....mg	66		0	1		160		
Potassium, K....mg	554		0	1		1341		
Sodium, Na....mg	4		0	1		10		
Zinc, Zn....mg	0.32		0	1		0.77		
Copper, Cu....mg	0.202		0	1		0.489		
Manganese, Mn....mg	0.170		0	1		0.411		
Selenium, Se....mcg								
Vitamins:								
Vitamin C, total ascorbic acid....mg	6.8		2	1		16.5		
Thiamin....mg	0.008		2	1		0.019		
Riboflavin....mg	0.060		2	1		0.145		
Niacin....mg	2.030		2	1		4.913		
Pantothenic acid....mg	0.356		2	1		0.862		
Vitamin B-6....mg	0.054		2	1		0.131		
Folate, total....mcg	3		2	1		7		
Folic acid....mcg	0		0	7		0		
Folate, food....mcg	3		2	1		7		
Folate, DFE....mcg_DFE	3		0	4		7		
Vitamin B-12....mcg	0.00		0	7		0.00		
Vitamin A, IU....IU	396		2	1		958		
Vitamin A, RE....mcg_RE	40		2	1		97		
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.045		0	1		0.109		
4:0....g								
6:0....g								
8:0....g								
10:0....g								
11:0....g								
12:0....g								
13:0....g								
14:0....g								
15:0....g								
16:0....g	0.040		0	1		0.097		
17:0....g								
18:0....g	0.006		0	1		0.015		
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.154		0	1		0.373		
14:1....g								
15:1....g								

NDB No. 09245
Peaches, dehydrated (low-moisture), sulfured, stewed

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.003		0	1		0.007		
17:1....g								
18:1 undifferentiated....g	0.151		0	1		0.365		
20:1....g								
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.204		0	1		0.494		
18:2 undifferentiated....g	0.199		0	1		0.482		
18:3 undifferentiated....g	0.005		0	1		0.012		
18:4....g								
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.001		0	1		0.002		
20:5 n-3....g								
22:2....g								
22:5 n-3....g								
22:6 n-3....g								
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0		
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.006		0	1		0.015		
Threonine....g	0.079		0	1		0.191		
Isoleucine....g	0.058		0	1		0.140		
Leucine....g	0.114		0	1		0.276		
Lysine....g	0.065		0	1		0.157		
Methionine....g	0.048		0	1		0.116		
Cystine....g	0.016		0	1		0.039		
Phenylalanine....g	0.063		0	1		0.152		
Tyrosine....g	0.052		0	1		0.126		
Valine....g	0.109		0	1		0.264		
Arginine....g	0.051		0	1		0.123		
Histidine....g	0.037		0	1		0.090		
Alanine....g	0.120		0	1		0.290		
Aspartic acid....g	0.335		0	1		0.811		
Glutamic acid....g	0.305		0	1		0.738		
Glycine....g	0.070		0	1		0.169		
Proline....g	0.084		0	1		0.203		
Serine....g	0.093		0	1		0.225		
Hydroxyproline....g								

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

Common Measures:

Measure 1 = 242.000g: 1 cup

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 09246
Peaches, dried, sulfured, uncooked

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	31.80	0.515	29	1		50.88	4.13	
Energy....kcal	239		0	4		382	31	
Energy....kj	1000			4		1600	130	
Protein (N x 6.25)....g	3.61	0.105	25	1		5.78	0.47	
Total lipid (fat)....g	0.76	0.020	24	1		1.22	0.10	
Ash....g	2.50	0.103	25	1		4.00	0.33	
Carbohydrate, by difference....g	61.33		0	4		98.13	7.97	
Fiber, total dietary....g	8.2		0	1		13.1	1.1	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	28	1.039	24	1		45	4	
Iron, Fe....mg	4.06	0.120	24	1		6.50	0.53	
Magnesium, Mg....mg	42	1.113	24	1		67	5	
Phosphorus, P....mg	119	7.126	24	1		190	15	
Potassium, K....mg	996	12.756	24	1		1594	129	
Sodium, Na....mg	7	0.682	24	1		11	1	
Zinc, Zn....mg	0.57	0.033	24	1		0.91	0.07	
Copper, Cu....mg	0.364	0.025	24	1		0.582	0.047	
Manganese, Mn....mg	0.305	0.027	3	1		0.488	0.040	
Selenium, Se....mcg	2.2		0	4		3.5	0.3	
Vitamins:								
Vitamin C, total ascorbic acid....mg	4.8	0.685	6	1		7.7	0.6	
Thiamin....mg	0.002	0.001	21	1		0.003	0.000	
Riboflavin....mg	0.212	0.009	21	1		0.339	0.028	
Niacin....mg	4.375	0.072	21	1		7.000	0.569	
Pantothenic acid....mg	0.564		0	4		0.902	0.073	
Vitamin B-6....mg	0.067		1	1		0.107	0.009	
Folate, total....mcg	0		0	4		0	0	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	0		0	4		0	0	
Folate, DFE....mcg_DFE	0		0	4		0	0	
Vitamin B-12....mcg	0.00		0	7		0.00	0.00	
Vitamin A, IU....IU	2163	133.730	21	1		3461	281	
Vitamin A, RE....mcg_RE	216	13.373	21	1		346	28	
Vitamin E....mg_ATE	0.000		0	4		0.000	0.000	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.082		0	1		0.131	0.011	
4:0....g	0.000		0	1		0.000	0.000	
6:0....g	0.000		0	1		0.000	0.000	
8:0....g	0.000		0	1		0.000	0.000	
10:0....g	0.000		0	1		0.000	0.000	
11:0....g								
12:0....g	0.000		0	1		0.000	0.000	
13:0....g								
14:0....g	0.000		0	1		0.000	0.000	
15:0....g								
16:0....g	0.071		0	1		0.114	0.009	
17:0....g								
18:0....g	0.010		0	1		0.016	0.001	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.278		0	1		0.445	0.036	
14:1....g								
15:1....g								

NDB No. 09246
Peaches, dried, sulfured, uncooked

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.006		0	1		0.010	0.001	
17:1....g								
18:1 undifferentiated....g	0.272		0	1		0.435	0.035	
20:1....g	0.000		0	1		0.000	0.000	
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.367		0	1		0.587	0.048	
18:2 undifferentiated....g	0.358		0	1		0.573	0.047	
18:3 undifferentiated....g	0.009		0	1		0.014	0.001	
18:4....g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.002		0	1		0.003	0.000	
20:5 n-3....g	0.000		0	1		0.000	0.000	
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	
22:6 n-3....g	0.000		0	1		0.000	0.000	
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0	0	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.010		0	1		0.016	0.001	
Threonine....g	0.141		0	1		0.226	0.018	
Isoleucine....g	0.104		0	1		0.166	0.014	
Leucine....g	0.204		0	1		0.326	0.027	
Lysine....g	0.116		0	1		0.186	0.015	
Methionine....g	0.087		0	1		0.139	0.011	
Cystine....g	0.029		0	1		0.046	0.004	
Phenylalanine....g	0.114		0	1		0.182	0.015	
Tyrosine....g	0.094		0	1		0.150	0.012	
Valine....g	0.197		0	1		0.315	0.026	
Arginine....g	0.092		0	1		0.147	0.012	
Histidine....g	0.067		0	1		0.107	0.009	
Alanine....g	0.215		0	1		0.344	0.028	
Aspartic acid....g	0.602		0	1		0.963	0.078	
Glutamic acid....g	0.548		0	1		0.877	0.071	
Glycine....g	0.126		0	1		0.202	0.016	
Proline....g	0.152		0	1		0.243	0.020	
Serine....g	0.167		0	1		0.267	0.022	
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	
Caffeine....mg	0		0	7		0	0	
Theobromine....mg	0		0	7		0	0	

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

Common Measures:

Measure 1 = 160.000g: 1 cup, halves

Measure 2 = 13.000g: 1 half

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	78.10		1	1		201.50		
Energy....kcal	77		0	4		199		
Energy....kj	322			4		831		
Protein (N x 6.25)....g	1.16		0	1		2.99		
Total lipid (fat)....g	0.25		0	1		0.65		
Ash....g	0.80		0	1		2.06		
Carbohydrate, by difference....g	19.69		0	4		50.80		
Fiber, total dietary....g	2.7		0	4		7.0		
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	9		0	1		23		
Iron, Fe....mg	1.31		0	1		3.38		
Magnesium, Mg....mg	13		0	1		34		
Phosphorus, P....mg	38		0	1		98		
Potassium, K....mg	320		0	1		826		
Sodium, Na....mg	2		0	1		5		
Zinc, Zn....mg	0.18		0	1		0.46		
Copper, Cu....mg	0.117		0	1		0.302		
Manganese, Mn....mg	0.098		0	1		0.253		
Selenium, Se....mcg	0.7		0	4		1.8		
Vitamins:								
Vitamin C, total ascorbic acid....mg	3.7	1.259	3	1		9.5		
Thiamin....mg	0.005	0.000	3	1		0.013		
Riboflavin....mg	0.021	0.002	3	1		0.054		
Niacin....mg	1.519	0.038	3	1		3.919		
Pantothenic acid....mg	0.181	0.015	3	1		0.467		
Vitamin B-6....mg	0.038	0.002	3	1		0.098		
Folate, total....mcg	0	0.017	3	1		0		
Folic acid....mcg	0		0	7		0		
Folate, food....mcg	0	0.017	3	1		0		
Folate, DFE....mcg_DFE	0		0	4		0		
Vitamin B-12....mcg	0.00		0	7		0.00		
Vitamin A, IU....IU	197	7.287	3	1		508		
Vitamin A, RE....mcg_RE	20	0.729	3	1		52		
Vitamin E....mg_ATE	0.000		0	4		0.000		
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.026		0	1		0.067		
4:0....g	0.000		0	1		0.000		
6:0....g	0.000		0	1		0.000		
8:0....g	0.000		0	1		0.000		
10:0....g	0.000		0	1		0.000		
11:0....g								
12:0....g	0.000		0	1		0.000		
13:0....g								
14:0....g	0.000		0	1		0.000		
15:0....g								
16:0....g	0.023		0	1		0.059		
17:0....g								
18:0....g	0.003		0	1		0.008		
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.089		0	1		0.230		
14:1....g								
15:1....g								

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.002		0	1		0.005		
17:1....g								
18:1 undifferentiated....g	0.087		0	1		0.224		
20:1....g	0.000		0	1		0.000		
22:1 undifferentiated....g	0.000		0	1		0.000		
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.118		0	1		0.304		
18:2 undifferentiated....g	0.115		0	1		0.297		
18:3 undifferentiated....g	0.003		0	1		0.008		
18:4....g	0.000		0	1		0.000		
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.001		0	1		0.003		
20:5 n-3....g	0.000		0	1		0.000		
22:2....g								
22:5 n-3....g	0.000		0	1		0.000		
22:6 n-3....g	0.000		0	1		0.000		
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0		
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.003		0	1		0.008		
Threonine....g	0.045		0	1		0.116		
Isoleucine....g	0.033		0	1		0.085		
Leucine....g	0.065		0	1		0.168		
Lysine....g	0.037		0	1		0.095		
Methionine....g	0.028		0	1		0.072		
Cystine....g	0.009		0	1		0.023		
Phenylalanine....g	0.036		0	1		0.093		
Tyrosine....g	0.030		0	1		0.077		
Valine....g	0.063		0	1		0.163		
Arginine....g	0.029		0	1		0.075		
Histidine....g	0.021		0	1		0.054		
Alanine....g	0.069		0	1		0.178		
Aspartic acid....g	0.193		0	1		0.498		
Glutamic acid....g	0.176		0	1		0.454		
Glycine....g	0.040		0	1		0.103		
Proline....g	0.049		0	1		0.126		
Serine....g	0.053		0	1		0.137		
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0		
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 258.000g: 1 cup

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 09248
Peaches, dried, sulfured, stewed, with added sugar

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	71.38		0	1		192.73		
Energy....kcal	103		0	4		278		
Energy....kj	431			4		1164		
Protein (N x 6.25)....g	1.06		0	1		2.86		
Total lipid (fat)....g	0.22		0	1		0.59		
Ash....g	0.73		0	1		1.97		
Carbohydrate, by difference....g	26.60		0	4		71.82		
Fiber, total dietary....g	2.4		0	4		6.5		
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	8		0	1		22		
Iron, Fe....mg	1.20		0	1		3.24		
Magnesium, Mg....mg	12		0	1		32		
Phosphorus, P....mg	35		0	1		95		
Potassium, K....mg	292		0	1		788		
Sodium, Na....mg	2		0	1		5		
Zinc, Zn....mg	0.17		0	1		0.46		
Copper, Cu....mg	0.107		0	1		0.289		
Manganese, Mn....mg	0.089		0	1		0.240		
Selenium, Se....mcg	0.7		0	4		1.9		
Vitamins:								
Vitamin C, total ascorbic acid....mg	3.4		0	1		9.2		
Thiamin....mg	0.005		0	1		0.014		
Riboflavin....mg	0.019		0	1		0.051		
Niacin....mg	1.388		0	1		3.748		
Pantothenic acid....mg	0.165		0	1		0.446		
Vitamin B-6....mg	0.035		0	1		0.095		
Folate, total....mcg	0		0	1		0		
Folic acid....mcg	0		0	7		0		
Folate, food....mcg	0		0	1		0		
Folate, DFE....mcg_DFE	0		0	4		0		
Vitamin B-12....mcg	0.00		0	7		0.00		
Vitamin A, IU....IU	180		0	1		486		
Vitamin A, RE....mcg_RE	18		0	1		49		
Vitamin E....mg_ATE	0.000		0	4		0.000		
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.024		0	1		0.065		
4:0....g	0.000		0	1		0.000		
6:0....g	0.000		0	1		0.000		
8:0....g	0.000		0	1		0.000		
10:0....g	0.000		0	1		0.000		
11:0....g								
12:0....g	0.000		0	1		0.000		
13:0....g								
14:0....g	0.000		0	1		0.000		
15:0....g								
16:0....g	0.021		0	1		0.057		
17:0....g								
18:0....g	0.003		0	1		0.008		
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.082		0	1		0.221		
14:1....g								
15:1....g								

NDB No. 09248
Peaches, dried, sulfured, stewed, with added sugar

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.002		0	1		0.005		
17:1....g								
18:1 undifferentiated....g	0.080		0	1		0.216		
20:1....g	0.000		0	1		0.000		
22:1 undifferentiated....g	0.000		0	1		0.000		
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.108		0	1		0.292		
18:2 undifferentiated....g	0.105		0	1		0.284		
18:3 undifferentiated....g	0.003		0	1		0.008		
18:4....g	0.000		0	1		0.000		
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.001		0	1		0.003		
20:5 n-3....g	0.000		0	1		0.000		
22:2....g								
22:5 n-3....g	0.000		0	1		0.000		
22:6 n-3....g	0.000		0	1		0.000		
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0		
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.003		0	1		0.008		
Threonine....g	0.041		0	1		0.111		
Isoleucine....g	0.030		0	1		0.081		
Leucine....g	0.060		0	1		0.162		
Lysine....g	0.034		0	1		0.092		
Methionine....g	0.026		0	1		0.070		
Cystine....g	0.009		0	1		0.024		
Phenylalanine....g	0.033		0	1		0.089		
Tyrosine....g	0.028		0	1		0.076		
Valine....g	0.058		0	1		0.157		
Arginine....g	0.027		0	1		0.073		
Histidine....g	0.020		0	1		0.054		
Alanine....g	0.063		0	1		0.170		
Aspartic acid....g	0.176		0	1		0.475		
Glutamic acid....g	0.160		0	1		0.432		
Glycine....g	0.037		0	1		0.100		
Proline....g	0.044		0	1		0.119		
Serine....g	0.049		0	1		0.132		
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0		
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 270.000g: 1 cup

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 09250
Peaches, frozen, sliced, sweetened

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	74.73	0.267	3	1		186.83	115.83	212.23
Energy....kcal	94		0	4		235	146	267
Energy....kj	393			4		983	610	1117
Protein (N x 6.25)....g	0.63	0.125	3	1		1.58	0.98	1.79
Total lipid (fat)....g	0.13	0.033	3	1		0.33	0.20	0.37
Ash....g	0.53	0.285	3	1		1.33	0.82	1.51
Carbohydrate, by difference....g	23.98		0	4		59.95	37.17	68.10
Fiber, total dietary....g	1.8		0	4		4.5	2.8	5.1
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	3	0.000	3	1		8	5	9
Iron, Fe....mg	0.37	0.070	3	1		0.93	0.57	1.05
Magnesium, Mg....mg	5	0.404	3	1		13	8	14
Phosphorus, P....mg	11	1.114	3	1		28	17	31
Potassium, K....mg	130	4.782	3	1		325	202	369
Sodium, Na....mg	6	1.202	3	1		15	9	17
Zinc, Zn....mg	0.05	0.010	3	1		0.13	0.08	0.14
Copper, Cu....mg	0.024	0.006	3	1		0.060	0.037	0.068
Manganese, Mn....mg	0.029	0.004	3	1		0.073	0.045	0.082
Selenium, Se....mcg	0.4		0	4		1.0	0.6	1.1
Vitamins:								
Vitamin C, total ascorbic acid....mg	94.2	2.340	3	1		235.5	146.0	267.5
Thiamin....mg	0.013	0.003	3	1		0.033	0.020	0.037
Riboflavin....mg	0.035	0.002	3	1		0.088	0.054	0.099
Niacin....mg	0.653	0.084	3	1		1.633	1.012	1.855
Pantothenic acid....mg	0.132		0	1		0.330	0.205	0.375
Vitamin B-6....mg	0.018		0	1		0.045	0.028	0.051
Folate, total....mcg	3		0	4		8	5	9
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	3		0	4		8	5	9
Folate, DFE....mcg_DFE	3		0	4		8	5	9
Vitamin B-12....mcg	0.00		0	7		0.00	0.00	0.00
Vitamin A, IU....IU	284	16.667	3	1		710	440	807
Vitamin A, RE....mcg_RE	28	1.667	3	1		70	43	80
Vitamin E....mg_ATE	0.890		0	4		2.225	1.380	2.528
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.014		0	1		0.035	0.022	0.040
4:0....g	0.000		0	1		0.000	0.000	0.000
6:0....g	0.000		0	1		0.000	0.000	0.000
8:0....g	0.000		0	1		0.000	0.000	0.000
10:0....g	0.000		0	1		0.000	0.000	0.000
11:0....g								
12:0....g	0.000		0	1		0.000	0.000	0.000
13:0....g								
14:0....g	0.000		0	1		0.000	0.000	0.000
15:0....g								
16:0....g	0.012		0	1		0.030	0.019	0.034
17:0....g								
18:0....g	0.002		0	1		0.005	0.003	0.006
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.048		0	1		0.120	0.074	0.136
14:1....g								
15:1....g								

NDB No. 09250
Peaches, frozen, sliced, sweetened

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.001		0	1		0.003	0.002	0.003
17:1....g								
18:1 undifferentiated....g	0.047		0	1		0.118	0.073	0.133
20:1....g	0.000		0	1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.064		0	1		0.160	0.099	0.182
18:2 undifferentiated....g	0.063		0	1		0.158	0.098	0.179
18:3 undifferentiated....g	0.002		0	1		0.005	0.003	0.006
18:4....g	0.000		0	1		0.000	0.000	0.000
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
20:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:6 n-3....g	0.000		0	1		0.000	0.000	0.000
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0	0	0
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.002		0	1		0.005	0.003	0.006
Threonine....g	0.024		0	1		0.060	0.037	0.068
Isoleucine....g	0.018		0	1		0.045	0.028	0.051
Leucine....g	0.035		0	1		0.088	0.054	0.099
Lysine....g	0.020		0	1		0.050	0.031	0.057
Methionine....g	0.015		0	1		0.038	0.023	0.043
Cystine....g	0.005		0	1		0.013	0.008	0.014
Phenylalanine....g	0.020		0	1		0.050	0.031	0.057
Tyrosine....g	0.016		0	1		0.040	0.025	0.045
Valine....g	0.034		0	1		0.085	0.053	0.097
Arginine....g	0.016		0	1		0.040	0.025	0.045
Histidine....g	0.012		0	1		0.030	0.019	0.034
Alanine....g	0.037		0	1		0.093	0.057	0.105
Aspartic acid....g	0.104		0	1		0.260	0.161	0.295
Glutamic acid....g	0.095		0	1		0.238	0.147	0.270
Glycine....g	0.022		0	1		0.055	0.034	0.062
Proline....g	0.026		0	1		0.065	0.040	0.074
Serine....g	0.029		0	1		0.073	0.045	0.082
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	0.0
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 250.000g: 1 cup, thawed

Measure 2 = 155.000g: 10 slices

Measure 3 = 284.000g: 1 package (10 oz)

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	85.64	0.107	5	1		213.24	26.63	
Energy....kcal	54		0	4		134	17	
Energy....kj	226			4		563	70	
Protein (N x 6.25)....g	0.27	0.025	5	1		0.67	0.08	
Total lipid (fat)....g	0.02	0.015	5	1		0.05	0.01	
Ash....g	0.15	0.016	5	1		0.37	0.05	
Carbohydrate, by difference....g	13.92		0	4		34.66	4.33	
Fiber, total dietary....g	0.6		0	4		1.5	0.2	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	5	0.495	5	1		12	2	
Iron, Fe....mg	0.19	0.037	5	1		0.47	0.06	
Magnesium, Mg....mg	4	0.213	4	1		10	1	
Phosphorus, P....mg	6	0.288	4	1		15	2	
Potassium, K....mg	40	3.228	4	1		100	12	
Sodium, Na....mg	7	0.607	4	1		17	2	
Zinc, Zn....mg	0.08	0.022	4	1		0.20	0.02	
Copper, Cu....mg	0.069	0.008	4	1		0.172	0.021	
Manganese, Mn....mg	0.019		0	1		0.047	0.006	
Selenium, Se....mcg	0.2		0	4		0.5	0.1	
Vitamins:								
Vitamin C, total ascorbic acid....mg	5.3		2	1		13.2	1.6	
Thiamin....mg	0.003	0.000	49	1		0.007	0.001	
Riboflavin....mg	0.014	0.000	49	1		0.035	0.004	
Niacin....mg	0.288	0.008	50	1		0.717	0.090	
Pantothenic acid....mg	0.068		0	4		0.169	0.021	
Vitamin B-6....mg	0.007		0	4		0.017	0.002	
Folate, total....mcg	1		0	4		3	0	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	1		0	4		3	0	
Folate, DFE....mcg_DFE	1		0	4		3	0	
Vitamin B-12....mcg	0.00		0	7		0.00	0.00	
Vitamin A, IU....IU	258	93.980	4	1		642	80	
Vitamin A, RE....mcg_RE	26	9.398	4	1		65	8	
Vitamin E....mg_ATE	0.010		0	4		0.025	0.003	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.002		0	1		0.005	0.001	
4:0....g	0.000		0	1		0.000	0.000	
6:0....g	0.000		0	1		0.000	0.000	
8:0....g	0.000		0	1		0.000	0.000	
10:0....g	0.000		0	1		0.000	0.000	
11:0....g								
12:0....g	0.000		0	1		0.000	0.000	
13:0....g								
14:0....g	0.000		0	1		0.000	0.000	
15:0....g								
16:0....g	0.002		0	1		0.005	0.001	
17:0....g								
18:0....g	0.000		0	1		0.000	0.000	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.008		0	1		0.020	0.002	
14:1....g								
15:1....g								

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.000		0	1		0.000	0.000	
17:1....g								
18:1 undifferentiated....g	0.008		0	1		0.020	0.002	
20:1....g	0.000		0	1		0.000	0.000	
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.011		0	1		0.027	0.003	
18:2 undifferentiated....g	0.010		0	1		0.025	0.003	
18:3 undifferentiated....g	0.000		0	1		0.000	0.000	
18:4....g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	
20:5 n-3....g	0.000		0	1		0.000	0.000	
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	
22:6 n-3....g	0.000		0	1		0.000	0.000	
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0	0	
Phytosterols....mg								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 249.000g: 1 cup

Measure 2 = 31.100g: 1 fl oz

Calories Factors: **Protein** 3.36 **Fat** 8.37 **Carbohydrate** 3.79

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

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	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	83.81		44	1		138.29	175.16	139.12
Energy....kcal	59		0	4		97	123	98
Energy....kj	247			4		407	516	410
Protein (N x 6.25)....g	0.39	0.021	40	1		0.64	0.82	0.65
Total lipid (fat)....g	0.40	0.121	5	1		0.66	0.84	0.66
Ash....g	0.28	0.008	44	1		0.46	0.59	0.46
Carbohydrate, by difference....g	15.11		0	4		24.93	31.58	25.08
Fiber, total dietary....g	2.4		0	1		4.0	5.0	4.0
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	11		6	1		18	23	18
Iron, Fe....mg	0.25	0.014	42	1		0.41	0.52	0.42
Magnesium, Mg....mg	6	0.287	38	1		10	13	10
Phosphorus, P....mg	11	0.269	38	1		18	23	18
Potassium, K....mg	125	3.920	22	1		206	261	208
Sodium, Na....mg	0	0.043	21	1		0	0	0
Zinc, Zn....mg	0.12	0.026	5	1		0.20	0.25	0.20
Copper, Cu....mg	0.113	0.006	42	1		0.186	0.236	0.188
Manganese, Mn....mg	0.076	0.004	41	1		0.125	0.159	0.126
Selenium, Se....mcg	1.0	0.202	3	1		1.7	2.1	1.7
Vitamins:								
Vitamin C, total ascorbic acid....mg	4.0		0	1		6.6	8.4	6.6
Thiamin....mg	0.020		0	1		0.033	0.042	0.033
Riboflavin....mg	0.040		0	1		0.066	0.084	0.066
Niacin....mg	0.100		0	1		0.165	0.209	0.166
Pantothenic acid....mg	0.070		0	1		0.116	0.146	0.116
Vitamin B-6....mg	0.018		2	1		0.030	0.038	0.030
Folate, total....mcg	7	1.208	11	1		12	15	12
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	7	1.208	11	1		12	15	12
Folate, DFE....mcg_DFE	7		0	4		12	15	12
Vitamin B-12....mcg	0.00		0	7		0.00	0.00	0.00
Vitamin A, IU....IU	20		0	1		33	42	33
Vitamin A, RE....mcg_RE	2		0	1		3	4	3
Vitamin E....mg_ATE	0.500		0	1		0.825	1.045	0.830
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.022		0	1		0.036	0.046	0.037
4:0....g	0.000		0	1		0.000	0.000	0.000
6:0....g	0.000		0	1		0.000	0.000	0.000
8:0....g	0.000		0	1		0.000	0.000	0.000
10:0....g	0.000		0	1		0.000	0.000	0.000
11:0....g								
12:0....g	0.000		0	1		0.000	0.000	0.000
13:0....g								
14:0....g	0.000		0	1		0.000	0.000	0.000
15:0....g								
16:0....g	0.017		1	1		0.028	0.036	0.028
17:0....g								
18:0....g	0.003		1	1		0.005	0.006	0.005
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.084		0	1		0.139	0.176	0.139
14:1....g								
15:1....g								

NDB No. 09252
Pears, raw

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.002		1	1		0.003	0.004	0.003
17:1....g								
18:1 undifferentiated....g	0.081		1	1		0.134	0.169	0.134
20:1....g	0.001		1	1		0.002	0.002	0.002
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.094		0	1		0.155	0.196	0.156
18:2 undifferentiated....g	0.093		1	1		0.153	0.194	0.154
18:3 undifferentiated....g	0.001		1	1		0.002	0.002	0.002
18:4....g	0.000		0	1		0.000	0.000	0.000
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
20:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:6 n-3....g	0.000		0	1		0.000	0.000	0.000
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0	0	0
Phytosterols....mg	8		0	1		13	17	13
Amino Acids:								
Tryptophan....g								
Threonine....g	0.010		4	1		0.017	0.021	0.017
Isoleucine....g	0.011		4	1		0.018	0.023	0.018
Leucine....g	0.020		4	1		0.033	0.042	0.033
Lysine....g	0.014		4	1		0.023	0.029	0.023
Methionine....g	0.005		4	1		0.008	0.010	0.008
Cystine....g	0.004		4	1		0.007	0.008	0.007
Phenylalanine....g	0.010		4	1		0.017	0.021	0.017
Tyrosine....g	0.003		4	1		0.005	0.006	0.005
Valine....g	0.014		4	1		0.023	0.029	0.023
Arginine....g	0.007		4	1		0.012	0.015	0.012
Histidine....g	0.004		4	1		0.007	0.008	0.007
Alanine....g	0.013		4	1		0.021	0.027	0.022
Aspartic acid....g	0.077		4	1		0.127	0.161	0.128
Glutamic acid....g	0.028		4	1		0.046	0.059	0.046
Glycine....g	0.011		4	1		0.018	0.023	0.018
Proline....g	0.011		4	1		0.018	0.023	0.018
Serine....g	0.014		4	1		0.023	0.029	0.023
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	0.0
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 165.000g: 1 cup slices

Measure 2 = 209.000g: 1 pear, large (approx 2 per lb)

Measure 3 = 166.000g: 1 pear, medium (approx 2-1/2 per lb)

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	91.81	0.078	69	1		224.02	69.78	
Energy....kcal	29		0	4		71	22	
Energy....kj	121			4		296	92	
Protein (N x 6.25)....g	0.19	0.007	12	1		0.46	0.14	
Total lipid (fat)....g	0.03	0.002	12	1		0.07	0.02	
Ash....g	0.16	0.008	12	1		0.39	0.12	
Carbohydrate, by difference....g	7.81		0	4		19.06	5.94	
Fiber, total dietary....g	1.6		0	4		3.9	1.2	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	4	0.245	12	1		10	3	
Iron, Fe....mg	0.21	0.016	12	1		0.51	0.16	
Magnesium, Mg....mg	4	0.062	12	1		10	3	
Phosphorus, P....mg	7	0.334	12	1		17	5	
Potassium, K....mg	53	1.060	54	1		129	40	
Sodium, Na....mg	2	0.153	80	1		5	2	
Zinc, Zn....mg	0.09		0	1		0.22	0.07	
Copper, Cu....mg	0.051		0	1		0.124	0.039	
Manganese, Mn....mg	0.034		0	1		0.083	0.026	
Selenium, Se....mcg	0.4		0	4		1.0	0.3	
Vitamins:								
Vitamin C, total ascorbic acid....mg	1.0	0.037	65	1		2.4	0.8	
Thiamin....mg	0.008	0.001	12	1		0.020	0.006	
Riboflavin....mg	0.010	0.000	12	1		0.024	0.008	
Niacin....mg	0.054	0.002	12	1		0.132	0.041	
Pantothenic acid....mg	0.022		0	1		0.054	0.017	
Vitamin B-6....mg	0.014		0	1		0.034	0.011	
Folate, total....mcg	1		0	1		3	1	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	1		0	1		3	1	
Folate, DFE....mcg_DFE	1		0	4		3	1	
Vitamin B-12....mcg	0.00		0	7		0.00	0.00	
Vitamin A, IU....IU	0		0	1		0	0	
Vitamin A, RE....mcg_RE	0		0	1		0	0	
Vitamin E....mg_ATE	0.500		0	4		1.220	0.380	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.002		0	1		0.005	0.002	
4:0....g	0.000		0	1		0.000	0.000	
6:0....g	0.000		0	1		0.000	0.000	
8:0....g	0.000		0	1		0.000	0.000	
10:0....g	0.000		0	1		0.000	0.000	
11:0....g								
12:0....g	0.000		0	1		0.000	0.000	
13:0....g								
14:0....g	0.000		0	1		0.000	0.000	
15:0....g								
16:0....g	0.001		0	1		0.002	0.001	
17:0....g								
18:0....g	0.000		0	1		0.000	0.000	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.006		0	1		0.015	0.005	
14:1....g								
15:1....g								

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.000		0	1		0.000	0.000	
17:1....g								
18:1 undifferentiated....g	0.006		0	1		0.015	0.005	
20:1....g	0.000		0	1		0.000	0.000	
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.007		0	1		0.017	0.005	
18:2 undifferentiated....g	0.007		0	1		0.017	0.005	
18:3 undifferentiated....g	0.000		0	1		0.000	0.000	
18:4....g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	
20:5 n-3....g	0.000		0	1		0.000	0.000	
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	
22:6 n-3....g	0.000		0	1		0.000	0.000	
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0	0	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g								
Threonine....g	0.005		0	1		0.012	0.004	
Isoleucine....g	0.005		0	1		0.012	0.004	
Leucine....g	0.009		0	1		0.022	0.007	
Lysine....g	0.007		0	1		0.017	0.005	
Methionine....g	0.002		0	1		0.005	0.002	
Cystine....g	0.002		0	1		0.005	0.002	
Phenylalanine....g	0.005		0	1		0.012	0.004	
Tyrosine....g	0.002		0	1		0.005	0.002	
Valine....g	0.007		0	1		0.017	0.005	
Arginine....g	0.003		0	1		0.007	0.002	
Histidine....g	0.002		0	1		0.005	0.002	
Alanine....g	0.006		0	1		0.015	0.005	
Aspartic acid....g	0.037		0	1		0.090	0.028	
Glutamic acid....g	0.013		0	1		0.032	0.010	
Glycine....g	0.005		0	1		0.012	0.004	
Proline....g	0.005		0	1		0.012	0.004	
Serine....g	0.007		0	1		0.017	0.005	
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 244.000g: 1 cup, halves

Measure 2 = 76.000g: 1 half, with liquid

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	86.47	0.131	6	1		214.45	65.72	
Energy....kcal	50		0	4		124	38	
Energy....kj	209			4		519	159	
Protein (N x 6.25)....g	0.34	0.012	15	1		0.84	0.26	
Total lipid (fat)....g	0.07	0.014	14	1		0.17	0.05	
Ash....g	0.19	0.001	6	1		0.47	0.14	
Carbohydrate, by difference....g	12.94		0	4		32.09	9.83	
Fiber, total dietary....g	1.6		0	4		4.0	1.2	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	9	0.396	14	1		22	7	
Iron, Fe....mg	0.29	0.058	7	1		0.72	0.22	
Magnesium, Mg....mg	7	0.364	13	1		17	5	
Phosphorus, P....mg	12	0.847	14	1		30	9	
Potassium, K....mg	96	8.984	13	1		238	73	
Sodium, Na....mg	4	0.462	13	1		10	3	
Zinc, Zn....mg	0.09	0.005	6	1		0.22	0.07	
Copper, Cu....mg	0.053	0.005	6	1		0.131	0.040	
Manganese, Mn....mg	0.034		0	4		0.084	0.026	
Selenium, Se....mcg	0.4		0	4		1.0	0.3	
Vitamins:								
Vitamin C, total ascorbic acid....mg	1.6	0.068	7	1		4.0	1.2	
Thiamin....mg	0.011	0.001	3	1		0.027	0.008	
Riboflavin....mg	0.011	0.002	3	1		0.027	0.008	
Niacin....mg	0.200		1	1		0.496	0.152	
Pantothenic acid....mg	0.022		0	4		0.055	0.017	
Vitamin B-6....mg	0.014		0	4		0.035	0.011	
Folate, total....mcg	1		0	4		3	1	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	1		0	4		3	1	
Folate, DFE....mcg_DFE	1		0	4		3	1	
Vitamin B-12....mcg	0.00		0	7		0.00	0.00	
Vitamin A, IU....IU	6		2	1		15	5	
Vitamin A, RE....mcg_RE	1		2	1		2	1	
Vitamin E....mg_ATE	0.500		0	4		1.240	0.380	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.004		0	1		0.010	0.003	
4:0....g	0.000		0	1		0.000	0.000	
6:0....g	0.000		0	1		0.000	0.000	
8:0....g	0.000		0	1		0.000	0.000	
10:0....g	0.000		0	1		0.000	0.000	
11:0....g								
12:0....g	0.000		0	1		0.000	0.000	
13:0....g								
14:0....g	0.000		0	1		0.000	0.000	
15:0....g								
16:0....g	0.003		0	1		0.007	0.002	
17:0....g								
18:0....g	0.000		0	1		0.000	0.000	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.014		0	1		0.035	0.011	
14:1....g								
15:1....g								

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.000		0	1		0.000	0.000	
17:1....g								
18:1 undifferentiated....g	0.013		0	1		0.032	0.010	
20:1....g	0.000		0	1		0.000	0.000	
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.015		0	1		0.037	0.011	
18:2 undifferentiated....g	0.015		0	1		0.037	0.011	
18:3 undifferentiated....g	0.000		0	1		0.000	0.000	
18:4....g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	
20:5 n-3....g	0.000		0	1		0.000	0.000	
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	
22:6 n-3....g	0.000		0	1		0.000	0.000	
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0	0	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g								
Threonine....g	0.009		0	1		0.022	0.007	
Isoleucine....g	0.010		0	1		0.025	0.008	
Leucine....g	0.017		0	1		0.042	0.013	
Lysine....g	0.012		0	1		0.030	0.009	
Methionine....g	0.004		0	1		0.010	0.003	
Cystine....g	0.003		0	1		0.007	0.002	
Phenylalanine....g	0.009		0	1		0.022	0.007	
Tyrosine....g	0.003		0	1		0.007	0.002	
Valine....g	0.012		0	1		0.030	0.009	
Arginine....g	0.006		0	1		0.015	0.005	
Histidine....g	0.004		0	1		0.010	0.003	
Alanine....g	0.011		0	1		0.027	0.008	
Aspartic acid....g	0.068		0	1		0.169	0.052	
Glutamic acid....g	0.025		0	1		0.062	0.019	
Glycine....g	0.010		0	1		0.025	0.008	
Proline....g	0.009		0	1		0.022	0.007	
Serine....g	0.012		0	1		0.030	0.009	
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 248.000g: 1 cup, halves

Measure 2 = 76.000g: 1 half, with liquid

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 09255
Pears, canned, extra light syrup pack, solids and liquids

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	87.30		2	1		215.63	66.35	
Energy....kcal	47		0	4		116	36	
Energy....kj	197			4		486	149	
Protein (N x 6.25)....g	0.30		2	1		0.74	0.23	
Total lipid (fat)....g	0.10		2	1		0.25	0.08	
Ash....g	0.10		2	1		0.25	0.08	
Carbohydrate, by difference....g	12.20		0	4		30.13	9.27	
Fiber, total dietary....g	1.6		0	4		4.0	1.2	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	7		2	1		17	5	
Iron, Fe....mg	0.20		2	1		0.49	0.15	
Magnesium, Mg....mg	5		2	1		12	4	
Phosphorus, P....mg	7		2	1		17	5	
Potassium, K....mg	45		2	1		111	34	
Sodium, Na....mg	2		2	1		5	2	
Zinc, Zn....mg	0.07		2	1		0.17	0.05	
Copper, Cu....mg	0.070		2	1		0.173	0.053	
Manganese, Mn....mg	0.033		0	1		0.082	0.025	
Selenium, Se....mcg								
Vitamins:								
Vitamin C, total ascorbic acid....mg	2.0		2	1		4.9	1.5	
Thiamin....mg	0.010		2	1		0.025	0.008	
Riboflavin....mg	0.020		2	1		0.049	0.015	
Niacin....mg	0.400		2	1		0.988	0.304	
Pantothenic acid....mg	0.022		0	1		0.054	0.017	
Vitamin B-6....mg	0.014		0	1		0.035	0.011	
Folate, total....mcg	1		0	1		3	1	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	1		0	1		3	1	
Folate, DFE....mcg_DFE	1		0	4		3	1	
Vitamin B-12....mcg	0.00		0	7		0.00	0.00	
Vitamin A, IU....IU	0		0	1		0	0	
Vitamin A, RE....mcg_RE	0		0	1		0	0	
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.006		0	1		0.015	0.005	
4:0....g								
6:0....g								
8:0....g								
10:0....g								
11:0....g								
12:0....g								
13:0....g								
14:0....g								
15:0....g								
16:0....g	0.004		0	1		0.010	0.003	
17:0....g								
18:0....g	0.001		0	1		0.002	0.001	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.021		0	1		0.052	0.016	
14:1....g								
15:1....g								

NDB No. 09255
Pears, canned, extra light syrup pack, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g								
17:1....g								
18:1 undifferentiated....g	0.020		0	1		0.049	0.015	
20:1....g								
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.023		0	1		0.057	0.017	
18:2 undifferentiated....g	0.023		0	1		0.057	0.017	
18:3 undifferentiated....g								
18:4....g								
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g								
20:5 n-3....g								
22:2....g								
22:5 n-3....g								
22:6 n-3....g								
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0	0	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g								
Threonine....g	0.008		0	1		0.020	0.006	
Isoleucine....g	0.009		0	1		0.022	0.007	
Leucine....g	0.015		0	1		0.037	0.011	
Lysine....g	0.011		0	1		0.027	0.008	
Methionine....g	0.004		0	1		0.010	0.003	
Cystine....g	0.003		0	1		0.007	0.002	
Phenylalanine....g	0.008		0	1		0.020	0.006	
Tyrosine....g	0.003		0	1		0.007	0.002	
Valine....g	0.011		0	1		0.027	0.008	
Arginine....g	0.005		0	1		0.012	0.004	
Histidine....g	0.003		0	1		0.007	0.002	
Alanine....g	0.010		0	1		0.025	0.008	
Aspartic acid....g	0.059		0	1		0.146	0.045	
Glutamic acid....g	0.022		0	1		0.054	0.017	
Glycine....g	0.009		0	1		0.022	0.007	
Proline....g	0.008		0	1		0.020	0.006	
Serine....g	0.011		0	1		0.027	0.008	
Hydroxyproline....g								

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

Common Measures:

Measure 1 = 247.000g: 1 cup, halves

Measure 2 = 76.000g: 1 half, with liquid

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	84.46	0.137	26	1		211.99	64.19	
Energy....kcal	57		0	4		143	43	
Energy....kj	238			4		599	181	
Protein (N x 6.25)....g	0.19	0.007	18	1		0.48	0.14	
Total lipid (fat)....g	0.03	0.003	8	1		0.08	0.02	
Ash....g	0.14	0.004	18	1		0.35	0.11	
Carbohydrate, by difference....g	15.17		0	4		38.08	11.53	
Fiber, total dietary....g	1.6		0	4		4.0	1.2	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	5	0.156	16	1		13	4	
Iron, Fe....mg	0.28	0.014	20	1		0.70	0.21	
Magnesium, Mg....mg	4	0.095	17	1		10	3	
Phosphorus, P....mg	7	0.135	17	1		18	5	
Potassium, K....mg	66		0	1		166	50	
Sodium, Na....mg	5		0	1		13	4	
Zinc, Zn....mg	0.08		0	1		0.20	0.06	
Copper, Cu....mg	0.049		0	1		0.123	0.037	
Manganese, Mn....mg	0.033		0	1		0.083	0.025	
Selenium, Se....mcg	0.4		0	4		1.0	0.3	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.7	0.032	47	1		1.8	0.5	
Thiamin....mg	0.010	0.000	17	1		0.025	0.008	
Riboflavin....mg	0.016	0.001	25	1		0.040	0.012	
Niacin....mg	0.154	0.009	18	1		0.387	0.117	
Pantothenic acid....mg	0.022		0	1		0.055	0.017	
Vitamin B-6....mg	0.014		0	1		0.035	0.011	
Folate, total....mcg	1		0	1		3	1	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	1		0	1		3	1	
Folate, DFE....mcg_DFE	1		0	4		3	1	
Vitamin B-12....mcg	0.00		0	7		0.00	0.00	
Vitamin A, IU....IU	0		0	1		0	0	
Vitamin A, RE....mcg_RE	0		0	1		0	0	
Vitamin E....mg_ATE	0.500		0	4		1.255	0.380	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.002		0	1		0.005	0.002	
4:0....g	0.000		0	1		0.000	0.000	
6:0....g	0.000		0	1		0.000	0.000	
8:0....g	0.000		0	1		0.000	0.000	
10:0....g	0.000		0	1		0.000	0.000	
11:0....g								
12:0....g	0.000		0	1		0.000	0.000	
13:0....g								
14:0....g	0.000		0	1		0.000	0.000	
15:0....g								
16:0....g	0.001		0	1		0.003	0.001	
17:0....g								
18:0....g	0.000		0	1		0.000	0.000	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.006		0	1		0.015	0.005	
14:1....g								
15:1....g								

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.000		0	1		0.000	0.000	
17:1....g								
18:1 undifferentiated....g	0.006		0	1		0.015	0.005	
20:1....g	0.000		0	1		0.000	0.000	
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.007		0	1		0.018	0.005	
18:2 undifferentiated....g	0.007		0	1		0.018	0.005	
18:3 undifferentiated....g	0.000		0	1		0.000	0.000	
18:4....g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	
20:5 n-3....g	0.000		0	1		0.000	0.000	
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	
22:6 n-3....g	0.000		0	1		0.000	0.000	
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0	0	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g								
Threonine....g	0.005		0	1		0.013	0.004	
Isoleucine....g	0.006		0	1		0.015	0.005	
Leucine....g	0.010		0	1		0.025	0.008	
Lysine....g	0.007		0	1		0.018	0.005	
Methionine....g	0.002		0	1		0.005	0.002	
Cystine....g	0.002		0	1		0.005	0.002	
Phenylalanine....g	0.005		0	1		0.013	0.004	
Tyrosine....g	0.002		0	1		0.005	0.002	
Valine....g	0.007		0	1		0.018	0.005	
Arginine....g	0.003		0	1		0.008	0.002	
Histidine....g	0.002		0	1		0.005	0.002	
Alanine....g	0.006		0	1		0.015	0.005	
Aspartic acid....g	0.038		0	1		0.095	0.029	
Glutamic acid....g	0.014		0	1		0.035	0.011	
Glycine....g	0.006		0	1		0.015	0.005	
Proline....g	0.005		0	1		0.013	0.004	
Serine....g	0.007		0	1		0.018	0.005	
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 251.000g: 1 cup, halves

Measure 2 = 76.000g: 1 half, with liquid

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 09257
Pears, canned, heavy syrup pack, solids and liquids

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	80.35	0.059	207	1		213.73	61.07	
Energy....kcal	74		0	4		197	56	
Energy....kj	310			4		824	235	
Protein (N x 6.25)....g	0.20	0.002	143	1		0.53	0.15	
Total lipid (fat)....g	0.13	0.009	90	1		0.35	0.10	
Ash....g	0.15	0.004	102	1		0.40	0.11	
Carbohydrate, by difference....g	19.17		0	4		50.99	14.57	
Fiber, total dietary....g	1.6		0	4		4.3	1.2	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	5	0.095	100	1		13	4	
Iron, Fe....mg	0.22	0.008	105	1		0.59	0.17	
Magnesium, Mg....mg	4	0.059	84	1		11	3	
Phosphorus, P....mg	7	0.096	102	1		19	5	
Potassium, K....mg	65	2.119	63	1		173	49	
Sodium, Na....mg	5	0.169	83	1		13	4	
Zinc, Zn....mg	0.08	0.008	56	1		0.21	0.06	
Copper, Cu....mg	0.049	0.002	56	1		0.130	0.037	
Manganese, Mn....mg	0.032		0	1		0.085	0.024	
Selenium, Se....mcg	0.4		0	4		1.1	0.3	
Vitamins:								
Vitamin C, total ascorbic acid....mg	1.1	0.049	181	1		2.9	0.8	
Thiamin....mg	0.010	0.000	97	1		0.027	0.008	
Riboflavin....mg	0.022	0.001	109	1		0.059	0.017	
Niacin....mg	0.242	0.013	90	1		0.644	0.184	
Pantothenic acid....mg	0.022		0	1		0.059	0.017	
Vitamin B-6....mg	0.014		0	1		0.037	0.011	
Folate, total....mcg	1	0.273	3	1		3	1	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	1	0.273	3	1		3	1	
Folate, DFE....mcg_DFE	1		0	4		3	1	
Vitamin B-12....mcg	0.00		0	7		0.00	0.00	
Vitamin A, IU....IU	0	0.000	26	1		0	0	
Vitamin A, RE....mcg_RE	0	0.000	26	1		0	0	
Vitamin E....mg_ATE	0.500		0	4		1.330	0.380	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.007		0	1		0.019	0.005	
4:0....g	0.000		0	1		0.000	0.000	
6:0....g	0.000		0	1		0.000	0.000	
8:0....g	0.000		0	1		0.000	0.000	
10:0....g	0.000		0	1		0.000	0.000	
11:0....g								
12:0....g	0.000		0	1		0.000	0.000	
13:0....g								
14:0....g	0.000		0	1		0.000	0.000	
15:0....g								
16:0....g	0.006		0	1		0.016	0.005	
17:0....g								
18:0....g	0.001		0	1		0.003	0.001	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.027		0	1		0.072	0.021	
14:1....g								
15:1....g								

NDB No. 09257
Pears, canned, heavy syrup pack, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.001		0	1		0.003	0.001	
17:1....g								
18:1 undifferentiated....g	0.026		0	1		0.069	0.020	
20:1....g	0.000		0	1		0.000	0.000	
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.030		0	1		0.080	0.023	
18:2 undifferentiated....g	0.030		0	1		0.080	0.023	
18:3 undifferentiated....g	0.000		0	1		0.000	0.000	
18:4....g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	
20:5 n-3....g	0.000		0	1		0.000	0.000	
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	
22:6 n-3....g	0.000		0	1		0.000	0.000	
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0	0	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g								
Threonine....g	0.005		0	1		0.013	0.004	
Isoleucine....g	0.006		0	1		0.016	0.005	
Leucine....g	0.010		0	1		0.027	0.008	
Lysine....g	0.007		0	1		0.019	0.005	
Methionine....g	0.002		0	1		0.005	0.002	
Cystine....g	0.002		0	1		0.005	0.002	
Phenylalanine....g	0.005		0	1		0.013	0.004	
Tyrosine....g	0.002		0	1		0.005	0.002	
Valine....g	0.007		0	1		0.019	0.005	
Arginine....g	0.003		0	1		0.008	0.002	
Histidine....g	0.002		0	1		0.005	0.002	
Alanine....g	0.007		0	1		0.019	0.005	
Aspartic acid....g	0.039		0	1		0.104	0.030	
Glutamic acid....g	0.014		0	1		0.037	0.011	
Glycine....g	0.006		0	1		0.016	0.005	
Proline....g	0.005		0	1		0.013	0.004	
Serine....g	0.007		0	1		0.019	0.005	
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 266.000g: 1 cup

Measure 2 = 76.000g: 1 half, with liquid

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 09258
Pears, canned, extra heavy syrup pack, solids and liquids

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	74.28		0	1		197.58	58.68	
Energy....kcal	97		0	4		258	77	
Energy....kj	406			4		1080	321	
Protein (N x 6.25)....g	0.19		0	1		0.51	0.15	
Total lipid (fat)....g	0.13		0	1		0.35	0.10	
Ash....g	0.15		0	1		0.40	0.12	
Carbohydrate, by difference....g	25.25		0	4		67.17	19.95	
Fiber, total dietary....g	1.6		0	4		4.3	1.3	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	5		0	1		13	4	
Iron, Fe....mg	0.22		0	1		0.59	0.17	
Magnesium, Mg....mg	4		0	1		11	3	
Phosphorus, P....mg	7		0	1		19	6	
Potassium, K....mg	64		0	1		170	51	
Sodium, Na....mg	5		0	1		13	4	
Zinc, Zn....mg	0.08		0	1		0.21	0.06	
Copper, Cu....mg	0.048		0	1		0.128	0.038	
Manganese, Mn....mg	0.032		0	1		0.085	0.025	
Selenium, Se....mcg								
Vitamins:								
Vitamin C, total ascorbic acid....mg	1.1		0	1		2.9	0.9	
Thiamin....mg	0.010		0	1		0.027	0.008	
Riboflavin....mg	0.022		0	1		0.059	0.017	
Niacin....mg	0.238		0	1		0.633	0.188	
Pantothenic acid....mg	0.022		0	1		0.059	0.017	
Vitamin B-6....mg	0.014		0	1		0.037	0.011	
Folate, total....mcg	1		0	1		3	1	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	1		0	1		3	1	
Folate, DFE....mcg_DFE	1		0	4		3	1	
Vitamin B-12....mcg	0.00		0	7		0.00	0.00	
Vitamin A, IU....IU	0		0	1		0	0	
Vitamin A, RE....mcg_RE	0		0	1		0	0	
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.007		0	1		0.019	0.006	
4:0....g								
6:0....g								
8:0....g								
10:0....g								
11:0....g								
12:0....g								
13:0....g								
14:0....g								
15:0....g								
16:0....g	0.005		0	1		0.013	0.004	
17:0....g								
18:0....g	0.001		0	1		0.003	0.001	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.026		0	1		0.069	0.021	
14:1....g								
15:1....g								

NDB No. 09258
Pears, canned, extra heavy syrup pack, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.001		0	1		0.003	0.001	
17:1....g								
18:1 undifferentiated....g	0.025		0	1		0.067	0.020	
20:1....g								
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.030		0	1		0.080	0.024	
18:2 undifferentiated....g	0.029		0	1		0.077	0.023	
18:3 undifferentiated....g								
18:4....g								
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g								
20:5 n-3....g								
22:2....g								
22:5 n-3....g								
22:6 n-3....g								
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0	0	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g								
Threonine....g	0.005		0	1		0.013	0.004	
Isoleucine....g	0.006		0	1		0.016	0.005	
Leucine....g	0.010		0	1		0.027	0.008	
Lysine....g	0.007		0	1		0.019	0.006	
Methionine....g	0.002		0	1		0.005	0.002	
Cystine....g	0.002		0	1		0.005	0.002	
Phenylalanine....g	0.005		0	1		0.013	0.004	
Tyrosine....g	0.002		0	1		0.005	0.002	
Valine....g	0.007		0	1		0.019	0.006	
Arginine....g	0.003		0	1		0.008	0.002	
Histidine....g	0.002		0	1		0.005	0.002	
Alanine....g	0.006		0	1		0.016	0.005	
Aspartic acid....g	0.038		0	1		0.101	0.030	
Glutamic acid....g	0.014		0	1		0.037	0.011	
Glycine....g	0.006		0	1		0.016	0.005	
Proline....g	0.005		0	1		0.013	0.004	
Serine....g	0.007		0	1		0.019	0.006	
Hydroxyproline....g								

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

Common Measures:

Measure 1 = 266.000g: 1 cup, halves

Measure 2 = 79.000g: 1 half, with liquid

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 09259
Pears, dried, sulfured, uncooked

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	26.69	0.367	21	1		48.04	4.80	46.71
Energy....kcal	262		0	4		472	47	459
Energy....kj	1096			4		1973	197	1918
Protein (N x 6.25)....g	1.87	0.056	19	1		3.37	0.34	3.27
Total lipid (fat)....g	0.63	0.027	19	1		1.13	0.11	1.10
Ash....g	1.11	0.039	19	1		2.00	0.20	1.94
Carbohydrate, by difference....g	69.70		0	4		125.46	12.55	121.98
Fiber, total dietary....g	7.5		0	4		13.5	1.4	13.1
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	34	1.069	19	1		61	6	60
Iron, Fe....mg	2.10	0.089	19	1		3.78	0.38	3.68
Magnesium, Mg....mg	33	0.590	19	1		59	6	58
Phosphorus, P....mg	59	1.251	19	1		106	11	103
Potassium, K....mg	533	16.424	21	1		959	96	933
Sodium, Na....mg	6	0.330	21	1		11	1	11
Zinc, Zn....mg	0.39	0.010	19	1		0.70	0.07	0.68
Copper, Cu....mg	0.371	0.011	19	1		0.668	0.067	0.649
Manganese, Mn....mg	0.327	0.038	3	1		0.589	0.059	0.572
Selenium, Se....mcg	4.5		0	4		8.1	0.8	7.9
Vitamins:								
Vitamin C, total ascorbic acid....mg	7.0		0	1		12.6	1.3	12.3
Thiamin....mg	0.008	0.000	16	1		0.014	0.001	0.014
Riboflavin....mg	0.145	0.007	16	1		0.261	0.026	0.254
Niacin....mg	1.372	0.086	16	1		2.470	0.247	2.401
Pantothenic acid....mg	0.153		0	4		0.275	0.028	0.268
Vitamin B-6....mg	0.072		0	4		0.130	0.013	0.126
Folate, total....mcg	0		0	4		0	0	0
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	0		0	4		0	0	0
Folate, DFE....mcg_DFE	0		0	4		0	0	0
Vitamin B-12....mcg	0.00		0	7		0.00	0.00	0.00
Vitamin A, IU....IU	3	3.314	15	1		5	1	5
Vitamin A, RE....mcg_RE	0	0.331	15	1		0	0	0
Vitamin E....mg_ATE	0.000		0	4		0.000	0.000	0.000
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.035		0	1		0.063	0.006	0.061
4:0....g	0.000		0	1		0.000	0.000	0.000
6:0....g	0.000		0	1		0.000	0.000	0.000
8:0....g	0.000		0	1		0.000	0.000	0.000
10:0....g	0.000		0	1		0.000	0.000	0.000
11:0....g								
12:0....g	0.000		0	1		0.000	0.000	0.000
13:0....g								
14:0....g	0.000		0	1		0.000	0.000	0.000
15:0....g								
16:0....g	0.027		0	1		0.049	0.005	0.047
17:0....g								
18:0....g	0.004		0	1		0.007	0.001	0.007
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.132		0	1		0.238	0.024	0.231
14:1....g								
15:1....g								

NDB No. 09259
Pears, dried, sulfured, uncooked

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.003		0	1		0.005	0.001	0.005
17:1....g								
18:1 undifferentiated....g	0.128		0	1		0.230	0.023	0.224
20:1....g	0.002		0	1		0.004	0.000	0.004
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.148		0	1		0.266	0.027	0.259
18:2 undifferentiated....g	0.146		0	1		0.263	0.026	0.256
18:3 undifferentiated....g	0.002		0	1		0.004	0.000	0.004
18:4....g	0.000		0	1		0.000	0.000	0.000
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
20:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:6 n-3....g	0.000		0	1		0.000	0.000	0.000
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0	0	0
Phytosterols....mg								
Amino Acids:								
Tryptophan....g								
Threonine....g	0.049		0	1		0.088	0.009	0.086
Isoleucine....g	0.054		0	1		0.097	0.010	0.095
Leucine....g	0.094		0	1		0.169	0.017	0.165
Lysine....g	0.066		0	1		0.119	0.012	0.116
Methionine....g	0.022		0	1		0.040	0.004	0.039
Cystine....g	0.018		0	1		0.032	0.003	0.032
Phenylalanine....g	0.049		0	1		0.088	0.009	0.086
Tyrosine....g	0.016		0	1		0.029	0.003	0.028
Valine....g	0.066		0	1		0.119	0.012	0.116
Arginine....g	0.032		0	1		0.058	0.006	0.056
Histidine....g	0.020		0	1		0.036	0.004	0.035
Alanine....g	0.062		0	1		0.112	0.011	0.109
Aspartic acid....g	0.368		0	1		0.662	0.066	0.644
Glutamic acid....g	0.135		0	1		0.243	0.024	0.236
Glycine....g	0.054		0	1		0.097	0.010	0.095
Proline....g	0.051		0	1		0.092	0.009	0.089
Serine....g	0.067		0	1		0.121	0.012	0.117
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	0.0
Caffeine....mg	0		0	7		0	0	0
Theobromine....mg	0		0	7		0	0	0

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

Common Measures:

Measure 1 = 180.000g: 1 cup, halves

Measure 2 = 18.000g: 1 half

Measure 3 = 175.000g: 10 halves

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 09260
Pears, dried, sulfured, stewed, without added sugar

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	64.44		1	1		164.32		
Energy....kcal	127		0	4		324		
Energy....kj	531			4		1355		
Protein (N x 6.25)....g	0.91		0	1		2.32		
Total lipid (fat)....g	0.31		0	1		0.79		
Ash....g	0.54		0	1		1.38		
Carbohydrate, by difference....g	33.81		0	4		86.22		
Fiber, total dietary....g	6.4		0	4		16.3		
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	16		0	1		41		
Iron, Fe....mg	1.02		0	1		2.60		
Magnesium, Mg....mg	16		0	1		41		
Phosphorus, P....mg	28		0	1		71		
Potassium, K....mg	258		0	1		658		
Sodium, Na....mg	3		0	1		8		
Zinc, Zn....mg	0.19		0	1		0.48		
Copper, Cu....mg	0.180		0	1		0.459		
Manganese, Mn....mg	0.159		0	1		0.405		
Selenium, Se....mcg	2.2		0	4		5.6		
Vitamins:								
Vitamin C, total ascorbic acid....mg	4.0	0.635	3	1		10.2		
Thiamin....mg	0.004	0.002	3	1		0.010		
Riboflavin....mg	0.020	0.000	3	1		0.051		
Niacin....mg	0.351	0.014	3	1		0.895		
Pantothenic acid....mg	0.074	0.012	3	1		0.189		
Vitamin B-6....mg	0.035	0.002	3	1		0.089		
Folate, total....mcg	0		1	1		0		
Folic acid....mcg	0		0	7		0		
Folate, food....mcg	0		1	1		0		
Folate, DFE....mcg_DFE	0		0	4		0		
Vitamin B-12....mcg	0.00		0	7		0.00		
Vitamin A, IU....IU	42	25.243	3	1		107		
Vitamin A, RE....mcg_RE	4	2.524	3	1		10		
Vitamin E....mg_ATE	0.000		0	4		0.000		
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.017		0	1		0.043		
4:0....g	0.000		0	1		0.000		
6:0....g	0.000		0	1		0.000		
8:0....g	0.000		0	1		0.000		
10:0....g	0.000		0	1		0.000		
11:0....g								
12:0....g	0.000		0	1		0.000		
13:0....g								
14:0....g	0.000		0	1		0.000		
15:0....g								
16:0....g	0.013		0	1		0.033		
17:0....g								
18:0....g	0.002		0	1		0.005		
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.064		0	1		0.163		
14:1....g								
15:1....g								

NDB No. 09260
Pears, dried, sulfured, stewed, without added sugar

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.001		0	1		0.003		
17:1....g								
18:1 undifferentiated....g	0.062		0	1		0.158		
20:1....g	0.001		0	1		0.003		
22:1 undifferentiated....g	0.000		0	1		0.000		
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.072		0	1		0.184		
18:2 undifferentiated....g	0.071		0	1		0.181		
18:3 undifferentiated....g	0.001		0	1		0.003		
18:4....g	0.000		0	1		0.000		
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000		
20:5 n-3....g	0.000		0	1		0.000		
22:2....g								
22:5 n-3....g	0.000		0	1		0.000		
22:6 n-3....g	0.000		0	1		0.000		
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0		
Phytosterols....mg								
Amino Acids:								
Tryptophan....g								
Threonine....g	0.023		0	1		0.059		
Isoleucine....g	0.026		0	1		0.066		
Leucine....g	0.046		0	1		0.117		
Lysine....g	0.032		0	1		0.082		
Methionine....g	0.011		0	1		0.028		
Cystine....g	0.009		0	1		0.023		
Phenylalanine....g	0.024		0	1		0.061		
Tyrosine....g	0.008		0	1		0.020		
Valine....g	0.032		0	1		0.082		
Arginine....g	0.016		0	1		0.041		
Histidine....g	0.010		0	1		0.026		
Alanine....g	0.030		0	1		0.077		
Aspartic acid....g	0.178		0	1		0.454		
Glutamic acid....g	0.065		0	1		0.166		
Glycine....g	0.026		0	1		0.066		
Proline....g	0.025		0	1		0.064		
Serine....g	0.032		0	1		0.082		
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0		
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 255.000g: 1 cup, halves

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 09261
Pears, dried, sulfured, stewed, with added sugar

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	61.20		0	1		171.36		
Energy....kcal	140		0	4		392		
Energy....kj	586			4		1640		
Protein (N x 6.25)....g	0.86		0	1		2.41		
Total lipid (fat)....g	0.29		0	1		0.81		
Ash....g	0.51		0	1		1.43		
Carbohydrate, by difference....g	37.14		0	4		103.99		
Fiber, total dietary....g	5.8		0	4		16.2		
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	15		0	1		42		
Iron, Fe....mg	0.97		0	1		2.72		
Magnesium, Mg....mg	15		0	1		42		
Phosphorus, P....mg	27		0	1		76		
Potassium, K....mg	245		0	1		686		
Sodium, Na....mg	3		0	1		8		
Zinc, Zn....mg	0.18		0	1		0.50		
Copper, Cu....mg	0.171		0	1		0.479		
Manganese, Mn....mg	0.151		0	1		0.423		
Selenium, Se....mcg	2.4		0	4		6.7		
Vitamins:								
Vitamin C, total ascorbic acid....mg	3.8		0	1		10.6		
Thiamin....mg	0.004		0	1		0.011		
Riboflavin....mg	0.019		0	1		0.053		
Niacin....mg	0.333		0	1		0.932		
Pantothenic acid....mg	0.070		0	1		0.196		
Vitamin B-6....mg	0.033		0	1		0.092		
Folate, total....mcg	0		0	1		0		
Folic acid....mcg	0		0	7		0		
Folate, food....mcg	0		0	1		0		
Folate, DFE....mcg_DFE	0		0	4		0		
Vitamin B-12....mcg	0.00		0	7		0.00		
Vitamin A, IU....IU	40		0	1		112		
Vitamin A, RE....mcg_RE	4		0	1		11		
Vitamin E....mg_ATE	0.000		0	4		0.000		
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.016		0	1		0.045		
4:0....g	0.000		0	1		0.000		
6:0....g	0.000		0	1		0.000		
8:0....g	0.000		0	1		0.000		
10:0....g	0.000		0	1		0.000		
11:0....g								
12:0....g	0.000		0	1		0.000		
13:0....g								
14:0....g	0.000		0	1		0.000		
15:0....g								
16:0....g	0.012		0	1		0.034		
17:0....g								
18:0....g	0.002		0	1		0.006		
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.061		0	1		0.171		
14:1....g								
15:1....g								

NDB No. 09261
Pears, dried, sulfured, stewed, with added sugar

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.001		0	1		0.003		
17:1....g								
18:1 undifferentiated....g	0.059		0	1		0.165		
20:1....g	0.001		0	1		0.003		
22:1 undifferentiated....g	0.000		0	1		0.000		
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.068		0	1		0.190		
18:2 undifferentiated....g	0.067		0	1		0.188		
18:3 undifferentiated....g	0.001		0	1		0.003		
18:4....g	0.000		0	1		0.000		
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000		
20:5 n-3....g	0.000		0	1		0.000		
22:2....g								
22:5 n-3....g	0.000		0	1		0.000		
22:6 n-3....g	0.000		0	1		0.000		
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0		
Phytosterols....mg								
Amino Acids:								
Tryptophan....g								
Threonine....g	0.022		0	1		0.062		
Isoleucine....g	0.025		0	1		0.070		
Leucine....g	0.043		0	1		0.120		
Lysine....g	0.030		0	1		0.084		
Methionine....g	0.010		0	1		0.028		
Cystine....g	0.008		0	1		0.022		
Phenylalanine....g	0.023		0	1		0.064		
Tyrosine....g	0.007		0	1		0.020		
Valine....g	0.030		0	1		0.084		
Arginine....g	0.015		0	1		0.042		
Histidine....g	0.009		0	1		0.025		
Alanine....g	0.029		0	1		0.081		
Aspartic acid....g	0.169		0	1		0.473		
Glutamic acid....g	0.062		0	1		0.174		
Glycine....g	0.025		0	1		0.070		
Proline....g	0.023		0	1		0.064		
Serine....g	0.031		0	1		0.087		
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0		
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 280.000g: 1 cup, halves

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 09262
Pear nectar, canned, without added ascorbic acid

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	84.01	0.173	22	1		210.03	26.21	
Energy....kcal	60		0	4		150	19	
Energy....kj	251			4		628	78	
Protein (N x 6.25)....g	0.11	0.004	22	1		0.28	0.03	
Total lipid (fat)....g	0.01	0.006	22	1		0.03	0.00	
Ash....g	0.10	0.001	22	1		0.25	0.03	
Carbohydrate, by difference....g	15.76		0	4		39.40	4.92	
Fiber, total dietary....g	0.6		0	4		1.5	0.2	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	5	0.238	22	1		13	2	
Iron, Fe....mg	0.26	0.032	8	1		0.65	0.08	
Magnesium, Mg....mg	3	0.191	21	1		8	1	
Phosphorus, P....mg	3	0.173	21	1		8	1	
Potassium, K....mg	13	2.304	21	1		33	4	
Sodium, Na....mg	4	0.440	21	1		10	1	
Zinc, Zn....mg	0.07	0.003	21	1		0.18	0.02	
Copper, Cu....mg	0.067	0.004	21	1		0.168	0.021	
Manganese, Mn....mg	0.030		0	1		0.075	0.009	
Selenium, Se....mcg	0.5		0	4		1.3	0.2	
Vitamins:								
Vitamin C, total ascorbic acid....mg	1.1		2	1		2.8	0.3	
Thiamin....mg	0.002	0.000	47	1		0.005	0.001	
Riboflavin....mg	0.013	0.000	47	1		0.033	0.004	
Niacin....mg	0.128	0.012	47	1		0.320	0.040	
Pantothenic acid....mg	0.022		0	4		0.055	0.007	
Vitamin B-6....mg	0.014		0	4		0.035	0.004	
Folate, total....mcg	1		0	4		3	0	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	1		0	4		3	0	
Folate, DFE....mcg_DFE	1		0	4		3	0	
Vitamin B-12....mcg	0.00		0	7		0.00	0.00	
Vitamin A, IU....IU	1	0.562	16	1		3	0	
Vitamin A, RE....mcg_RE	0	0.056	16	1		0	0	
Vitamin E....mg_ATE	0.101		0	1		0.253	0.032	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.001		0	1		0.003	0.000	
4:0....g	0.000		0	1		0.000	0.000	
6:0....g	0.000		0	1		0.000	0.000	
8:0....g	0.000		0	1		0.000	0.000	
10:0....g	0.000		0	1		0.000	0.000	
11:0....g								
12:0....g	0.000		0	1		0.000	0.000	
13:0....g								
14:0....g	0.000		0	1		0.000	0.000	
15:0....g								
16:0....g	0.001		0	1		0.003	0.000	
17:0....g								
18:0....g	0.000		0	1		0.000	0.000	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.003		0	1		0.008	0.001	
14:1....g								
15:1....g								

NDB No. 09262
Pear nectar, canned, without added ascorbic acid

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.000		0	1		0.000	0.000	
17:1....g								
18:1 undifferentiated....g	0.002		0	1		0.005	0.001	
20:1....g	0.000		0	1		0.000	0.000	
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.003		0	1		0.008	0.001	
18:2 undifferentiated....g	0.003		0	1		0.008	0.001	
18:3 undifferentiated....g	0.000		0	1		0.000	0.000	
18:4....g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	
20:5 n-3....g	0.000		0	1		0.000	0.000	
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	
22:6 n-3....g	0.000		0	1		0.000	0.000	
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0	0	
Phytosterols....mg								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 250.000g: 1 cup

Measure 2 = 31.200g: 1 fl oz

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 09263
Persimmons, japanese, raw
Diospyros kaki

Refuse: 16% 2% calyx, 14% skin

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	80.32	0.384	5	1		134.94		
Energy	kcal	70		0	4		118		
Energy	kj	293			4		492		
Protein (N x 6.25)	g	0.58	0.025	3	1		0.97		
Total lipid (fat)	g	0.19		2	1		0.32		
Ash	g	0.33	0.055	3	1		0.55		
Carbohydrate, by difference	g	18.59		0	4		31.23		
Fiber, total dietary	g	3.6		0	1		6.0		
Sugars, total	g								
Starch	g								
Minerals:									
Calcium, Ca	mg	8	2.413	4	1		13		
Iron, Fe	mg	0.15		1	1		0.25		
Magnesium, Mg	mg	9		2	1		15		
Phosphorus, P	mg	17		2	1		29		
Potassium, K	mg	161	28.627	3	1		270		
Sodium, Na	mg	1	0.331	3	1		2		
Zinc, Zn	mg	0.11		1	1		0.18		
Copper, Cu	mg	0.113		1	1		0.190		
Manganese, Mn	mg	0.355	0.109	3	1		0.596		
Selenium, Se	mcg	0.6		0	4		1.0		
Vitamins:									
Vitamin C, total ascorbic acid	mg	7.5		2	1		12.6		
Thiamin	mg	0.030		0	1		0.050		
Riboflavin	mg	0.020		0	1		0.034		
Niacin	mg	0.100		0	1		0.168		
Pantothenic acid	mg								
Vitamin B-6	mg	0.100		0	4		0.168		
Folate, total	mcg	8	0.750	4	1		13		
Folic acid	mcg	0		0	7		0		
Folate, food	mcg	8	0.750	4	1		13		
Folate, DFE	mcg_DFE	8		0	4		13		
Vitamin B-12	mcg	0.00		0	7		0.00		
Vitamin A, IU	IU	2167	492.166	5	1		3641		
Vitamin A, RE	mcg_RE	217	49.217	5	1		365		
Vitamin E	mg_ATE	0.590		0	4		0.991		
Vitamin D	IU								
Lipids:									
Fatty acids, total saturated	g	0.020		0	4		0.034		
4:0	g	0.000		0	4		0.000		
6:0	g	0.000		0	4		0.000		
8:0	g	0.000		0	4		0.000		
10:0	g	0.000		0	4		0.000		
11:0	g								
12:0	g	0.000		0	4		0.000		
13:0	g								
14:0	g	0.001		0	4		0.002		
15:0	g								
16:0	g	0.016		0	4		0.027		
17:0	g								
18:0	g	0.003		0	4		0.005		
19:0	g								
20:0	g								
22:0	g								
24:0	g								
Fatty acids, total monounsaturated	g	0.037		0	4		0.062		
14:1	g								
15:1	g								

NDB No. 09263
Persimmons, japanese, raw

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.000		0	4		0.000		
17:1....g								
18:1 undifferentiated....g	0.037		0	4		0.062		
20:1....g	0.000		0	4		0.000		
22:1 undifferentiated....g	0.000		0	4		0.000		
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.043		0	4		0.072		
18:2 undifferentiated....g	0.039		0	4		0.066		
18:3 undifferentiated....g	0.004		0	4		0.007		
18:4....g	0.000		0	4		0.000		
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	4		0.000		
20:5 n-3....g	0.000		0	4		0.000		
22:2....g								
22:5 n-3....g	0.000		0	4		0.000		
22:6 n-3....g	0.000		0	4		0.000		
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0		
Phytosterols....mg	4		0	1		7		
Amino Acids:								
Tryptophan....g	0.010		1	1		0.017		
Threonine....g	0.030		2	1		0.050		
Isoleucine....g	0.025		2	1		0.042		
Leucine....g	0.042		2	1		0.071		
Lysine....g	0.033		2	1		0.055		
Methionine....g	0.005		2	1		0.008		
Cystine....g	0.013		1	1		0.022		
Phenylalanine....g	0.026		2	1		0.044		
Tyrosine....g	0.016		2	1		0.027		
Valine....g	0.030		2	1		0.050		
Arginine....g	0.025		2	1		0.042		
Histidine....g	0.012		2	1		0.020		
Alanine....g	0.029		2	1		0.049		
Aspartic acid....g	0.057		2	1		0.096		
Glutamic acid....g	0.076		2	1		0.128		
Glycine....g	0.025		2	1		0.042		
Proline....g	0.022		2	1		0.037		
Serine....g	0.022		2	1		0.037		
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0		
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 168.000g: 1 fruit (2-1/2" dia)

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 09264
Persimmons, japanese, dried

Refuse: 8% Stems

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	23.01		1	1		7.82		
Energy....kcal	274		0	4		93		
Energy....kj	1146			4		390		
Protein (N x 6.25)....g	1.38		1	1		0.47		
Total lipid (fat)....g	0.59		1	1		0.20		
Ash....g	1.59		1	1		0.54		
Carbohydrate, by difference....g	73.43		0	4		24.97		
Fiber, total dietary....g	14.5		0	1		4.9		
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	25		1	1		9		
Iron, Fe....mg	0.74		1	1		0.25		
Magnesium, Mg....mg	31		1	1		11		
Phosphorus, P....mg	81		1	1		28		
Potassium, K....mg	802		1	1		273		
Sodium, Na....mg	2		1	1		1		
Zinc, Zn....mg	0.42		0	1		0.14		
Copper, Cu....mg	0.442		0	1		0.150		
Manganese, Mn....mg	1.390		0	1		0.473		
Selenium, Se....mcg								
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		1	1		0.0		
Thiamin....mg								
Riboflavin....mg	0.029		1	1		0.010		
Niacin....mg	0.180		1	1		0.061		
Pantothenic acid....mg								
Vitamin B-6....mg								
Folate, total....mcg								
Folate, DFE....mcg_DFE								
Vitamin B-12....mcg	0.00		0	7		0.00		
Vitamin A, IU....IU	558		1	1		190		
Vitamin A, RE....mcg_RE	56		1	1		19		
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g								
Fatty acids, total monounsaturated....g								
Fatty acids, total polyunsaturated....g								
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0		
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.024		0	1		0.008		
Threonine....g	0.071		0	1		0.024		
Isoleucine....g	0.060		0	1		0.020		
Leucine....g	0.101		0	1		0.034		
Lysine....g	0.078		0	1		0.027		
Methionine....g	0.012		0	1		0.004		
Cystine....g	0.030		0	1		0.010		
Phenylalanine....g	0.063		0	1		0.021		
Tyrosine....g	0.039		0	1		0.013		
Valine....g	0.072		0	1		0.024		
Arginine....g	0.059		0	1		0.020		
Histidine....g	0.027		0	1		0.009		
Alanine....g	0.068		0	1		0.023		
Aspartic acid....g	0.136		0	1		0.046		

NDB No. 09264
Persimmons, japanese, dried

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Glutamic acid.....g	0.179		0	1		0.061		
Glycine.....g	0.060		0	1		0.020		
Proline.....g	0.053		0	1		0.018		
Serine.....g	0.053		0	1		0.018		
Hydroxyproline.....g								

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

Common Measures:

Measure 1 = 34.000g: 1 fruit without refuse

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 09265
Persimmons, native, raw
Diospyros virginiana

Refuse: 18% 2% calyx, 16% seeds

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	64.40		0	1		16.10		
Energy....kcal	127		0	4		32		
Energy....kj	531			4		133		
Protein (N x 6.25)....g	0.80		0	1		0.20		
Total lipid (fat)....g	0.40		0	1		0.10		
Ash....g	0.90		0	1		0.23		
Carbohydrate, by difference....g	33.50		0	4		8.38		
Fiber, total dietary....g								
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	27		0	1		7		
Iron, Fe....mg	2.50		0	1		0.63		
Magnesium, Mg....mg								
Phosphorus, P....mg	26		0	1		7		
Potassium, K....mg	310		0	1		78		
Sodium, Na....mg	1		0	1		0		
Zinc, Zn....mg								
Copper, Cu....mg								
Manganese, Mn....mg								
Selenium, Se....mcg								
Vitamins:								
Vitamin C, total ascorbic acid....mg	66.0		0	1		16.5		
Thiamin....mg								
Riboflavin....mg								
Niacin....mg								
Pantothenic acid....mg								
Vitamin B-6....mg								
Folate, total....mcg								
Folate, DFE....mcg_DFE								
Vitamin B-12....mcg	0.00		0	7		0.00		
Vitamin A, IU....IU								
Vitamin A, RE....mcg_RE								
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g								
Fatty acids, total monounsaturated....g								
Fatty acids, total polyunsaturated....g								
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0		
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.014		0	1		0.004		
Threonine....g	0.041		0	1		0.010		
Isoleucine....g	0.035		0	1		0.009		
Leucine....g	0.058		0	1		0.015		
Lysine....g	0.045		0	1		0.011		
Methionine....g	0.007		0	1		0.002		
Cystine....g	0.018		0	1		0.005		
Phenylalanine....g	0.036		0	1		0.009		
Tyrosine....g	0.023		0	1		0.006		
Valine....g	0.042		0	1		0.011		
Arginine....g	0.034		0	1		0.009		
Histidine....g	0.016		0	1		0.004		
Alanine....g	0.039		0	1		0.010		
Aspartic acid....g	0.079		0	1		0.020		
Glutamic acid....g	0.104		0	1		0.026		

NDB No. 09265
Persimmons, native, raw

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Glycine.....g	0.035		0	1		0.009		
Proline.....g	0.031		0	1		0.008		
Serine.....g	0.031		0	1		0.008		
Hydroxyproline.....g								

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

Common Measures:

Measure 1 = 25.000g: 1 fruit without refuse

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

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	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	86.50	0.300	37	1		134.08	408.28	72.66
Energy....kcal	49		0	4		76	231	41
Energy....kj	205			4		318	968	172
Protein (N x 6.25)....g	0.39	0.012	17	1		0.60	1.84	0.33
Total lipid (fat)....g	0.43	0.148	15	1		0.67	2.03	0.36
Ash....g	0.29	0.010	32	1		0.45	1.37	0.24
Carbohydrate, by difference....g	12.39		0	4		19.20	58.48	10.41
Fiber, total dietary....g	1.2		0	1		1.9	5.7	1.0
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	7	0.778	10	1		11	33	6
Iron, Fe....mg	0.37	0.025	15	1		0.57	1.75	0.31
Magnesium, Mg....mg	14	0.529	11	1		22	66	12
Phosphorus, P....mg	7	0.365	10	1		11	33	6
Potassium, K....mg	113	5.626	12	1		175	533	95
Sodium, Na....mg	1	0.074	11	1		2	5	1
Zinc, Zn....mg	0.08	0.007	15	1		0.12	0.38	0.07
Copper, Cu....mg	0.110	0.009	15	1		0.171	0.519	0.092
Manganese, Mn....mg	1.649	0.438	4	1		2.556	7.783	1.385
Selenium, Se....mcg	0.6		1	1		0.9	2.8	0.5
Vitamins:								
Vitamin C, total ascorbic acid....mg	15.4	0.550	11	1		23.9	72.7	12.9
Thiamin....mg	0.092	0.007	10	1		0.143	0.434	0.077
Riboflavin....mg	0.036	0.001	10	1		0.056	0.170	0.030
Niacin....mg	0.420	0.029	10	1		0.651	1.982	0.353
Pantothenic acid....mg	0.160		0	1		0.248	0.755	0.134
Vitamin B-6....mg	0.087		2	1		0.135	0.411	0.073
Folate, total....mcg	11	2.800	4	1		16	50	9
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	11	2.800	4	1		16	50	9
Folate, DFE....mcg_DFE	11		0	4		16	50	9
Vitamin B-12....mcg	0.00		0	7		0.00	0.00	0.00
Vitamin A, IU....IU	23	5.188	22	1		36	109	19
Vitamin A, RE....mcg_RE	2	0.519	22	1		3	9	2
Vitamin E....mg_ATE	0.100		0	1		0.155	0.472	0.084
Tocopherol, alpha....mg	0.10		0	1		0.16	0.47	0.08
Tocopherol, beta....mg								
Tocopherol, gamma....mg								
Tocopherol, delta....mg								
Tocotrienol, alpha....mg								
Tocotrienol, beta....mg								
Tocotrienol, gamma....mg								
Tocotrienol, delta....mg								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.032		0	1		0.050	0.151	0.027
4:0....g	0.000		0	1		0.000	0.000	0.000
6:0....g	0.000		0	1		0.000	0.000	0.000
8:0....g	0.000		0	1		0.000	0.000	0.000
10:0....g	0.000		0	1		0.000	0.000	0.000
11:0....g								
12:0....g	0.000		0	1		0.000	0.000	0.000
13:0....g								
14:0....g	0.000		0	1		0.000	0.000	0.000
15:0....g								
16:0....g	0.019		0	1		0.029	0.090	0.016
17:0....g								

NDB No. 09266
Pineapple, raw

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
18:0 g	0.011		0	1		0.017	0.052	0.009
19:0 g								
20:0 g								
22:0 g								
24:0 g								
Fatty acids, total monounsaturated g	0.048		0	1		0.074	0.227	0.040
14:1 g								
15:1 g								
16:1 undifferentiated g	0.003		0	1		0.005	0.014	0.003
17:1 g								
18:1 undifferentiated g	0.045		0	1		0.070	0.212	0.038
20:1 g	0.000		0	1		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0	1		0.000	0.000	0.000
24:1 c g								
Fatty acids, total polyunsaturated g	0.146		0	1		0.226	0.689	0.123
18:2 undifferentiated g	0.084		0	1		0.130	0.396	0.071
18:3 undifferentiated g	0.062		0	1		0.096	0.293	0.052
18:4 g	0.000		0	1		0.000	0.000	0.000
20:2 n-6 c,c g								
20:3 undifferentiated g								
20:4 undifferentiated g	0.000		0	1		0.000	0.000	0.000
20:5 n-3 g	0.000		0	1		0.000	0.000	0.000
22:2 g								
22:5 n-3 g	0.000		0	1		0.000	0.000	0.000
22:6 n-3 g	0.000		0	1		0.000	0.000	0.000
Fatty acids, total trans g								
Cholesterol mg	0		0	7		0	0	0
Phytosterols mg	6		0	1		9	28	5
Amino Acids:								
Tryptophan g	0.005		3	1		0.008	0.024	0.004
Threonine g	0.012		3	1		0.019	0.057	0.010
Isoleucine g	0.013		3	1		0.020	0.061	0.011
Leucine g	0.019		3	1		0.029	0.090	0.016
Lysine g	0.025		3	1		0.039	0.118	0.021
Methionine g	0.011		3	1		0.017	0.052	0.009
Cystine g	0.002		3	1		0.003	0.009	0.002
Phenylalanine g	0.012		3	1		0.019	0.057	0.010
Tyrosine g	0.012		3	1		0.019	0.057	0.010
Valine g	0.016		3	1		0.025	0.076	0.013
Arginine g	0.018		3	1		0.028	0.085	0.015
Histidine g	0.009		3	1		0.014	0.042	0.008
Alanine g	0.017		3	1		0.026	0.080	0.014
Aspartic acid g	0.057		3	1		0.088	0.269	0.048
Glutamic acid g	0.045		3	1		0.070	0.212	0.038
Glycine g	0.017		3	1		0.026	0.080	0.014
Proline g	0.013		3	1		0.020	0.061	0.011
Serine g	0.025		3	1		0.039	0.118	0.021
Hydroxyproline g								
Others:								
Alcohol, ethyl g	0.0		0	7		0.0	0.0	0.0
Caffeine mg								
Theobromine mg								

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

Common Measures:

Measure 1 = 155.000g: 1 cup, diced

Measure 2 = 472.000g: 1 fruit

Measure 3 = 84.000g: 1 slice (3-1/2" dia x 3/4" thick)

NDB No. 09266
Pineapple, raw

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 09267
Pineapple, canned, water pack, solids and liquids

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	90.82		0	1		223.42	42.69	
Energy....kcal	32		0	4		79	15	
Energy....kj	134			4		329	63	
Protein (N x 6.25)....g	0.43	0.018	8	1		1.06	0.20	
Total lipid (fat)....g	0.09	0.008	8	1		0.22	0.04	
Ash....g	0.35		0	1		0.86	0.16	
Carbohydrate, by difference....g	8.30		0	4		20.42	3.90	
Fiber, total dietary....g	0.8		0	4		2.0	0.4	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	15	1.417	9	1		37	7	
Iron, Fe....mg	0.40		0	1		0.98	0.19	
Magnesium, Mg....mg	18	1.205	8	1		44	8	
Phosphorus, P....mg	4	0.160	8	1		10	2	
Potassium, K....mg	127	7.709	9	1		312	60	
Sodium, Na....mg	1	0.113	6	1		2	0	
Zinc, Zn....mg	0.12		0	1		0.30	0.06	
Copper, Cu....mg	0.105		0	1		0.258	0.049	
Manganese, Mn....mg	1.121		0	1		2.758	0.527	
Selenium, Se....mcg	0.4		0	4		1.0	0.2	
Vitamins:								
Vitamin C, total ascorbic acid....mg	7.7		0	1		18.9	3.6	
Thiamin....mg	0.093		0	1		0.229	0.044	
Riboflavin....mg	0.026		0	1		0.064	0.012	
Niacin....mg	0.298		0	1		0.733	0.140	
Pantothenic acid....mg	0.100		0	1		0.246	0.047	
Vitamin B-6....mg	0.074		0	1		0.182	0.035	
Folate, total....mcg	5		0	1		12	2	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	5		0	1		12	2	
Folate, DFE....mcg_DFE	5		0	4		12	2	
Vitamin B-12....mcg	0.00		0	7		0.00	0.00	
Vitamin A, IU....IU	15		0	1		37	7	
Vitamin A, RE....mcg_RE	2		0	1		5	1	
Vitamin E....mg_ATE	0.100		0	4		0.246	0.047	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.006		0	1		0.015	0.003	
4:0....g	0.000		0	1		0.000	0.000	
6:0....g	0.000		0	1		0.000	0.000	
8:0....g	0.000		0	1		0.000	0.000	
10:0....g	0.000		0	1		0.000	0.000	
11:0....g								
12:0....g	0.000		0	1		0.000	0.000	
13:0....g								
14:0....g	0.000		0	1		0.000	0.000	
15:0....g								
16:0....g	0.004		0	1		0.010	0.002	
17:0....g								
18:0....g	0.002		0	1		0.005	0.001	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.011		0	1		0.027	0.005	
14:1....g								
15:1....g								

NDB No. 09267
Pineapple, canned, water pack, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.001		0	1		0.002	0.000	
17:1....g								
18:1 undifferentiated....g	0.010		0	1		0.025	0.005	
20:1....g	0.000		0	1		0.000	0.000	
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.031		0	1		0.076	0.015	
18:2 undifferentiated....g	0.018		0	1		0.044	0.008	
18:3 undifferentiated....g	0.013		0	1		0.032	0.006	
18:4....g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	
20:5 n-3....g	0.000		0	1		0.000	0.000	
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	
22:6 n-3....g	0.000		0	1		0.000	0.000	
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0	0	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.006		3	1		0.015	0.003	
Threonine....g	0.011		3	1		0.027	0.005	
Isoleucine....g	0.011		3	1		0.027	0.005	
Leucine....g	0.017		3	1		0.042	0.008	
Lysine....g	0.020		3	1		0.049	0.009	
Methionine....g	0.011		3	1		0.027	0.005	
Cystine....g	0.001		3	1		0.002	0.000	
Phenylalanine....g	0.011		3	1		0.027	0.005	
Tyrosine....g	0.010		3	1		0.025	0.005	
Valine....g	0.014		3	1		0.034	0.007	
Arginine....g	0.015		3	1		0.037	0.007	
Histidine....g	0.009		3	1		0.022	0.004	
Alanine....g	0.022		3	1		0.054	0.010	
Aspartic acid....g	0.099		3	1		0.244	0.047	
Glutamic acid....g	0.050		3	1		0.123	0.024	
Glycine....g	0.017		3	1		0.042	0.008	
Proline....g	0.011		3	1		0.027	0.005	
Serine....g	0.023		3	1		0.057	0.011	
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 246.000g: 1 cup, crushed, sliced, or chunks

Measure 2 = 47.000g: 1 slice or ring (3" dia) with liquid

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

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	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	83.51	0.128	86	1		207.94	39.25	
Energy....kcal	60		0	4		149	28	
Energy....kj	251			4		625	118	
Protein (N x 6.25)....g	0.42	0.004	679	1		1.05	0.20	
Total lipid (fat)....g	0.08	0.001	447	1		0.20	0.04	
Ash....g	0.30	0.004	86	1		0.75	0.14	
Carbohydrate, by difference....g	15.70		0	4		39.09	7.38	
Fiber, total dietary....g	0.8		0	4		2.0	0.4	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	14	0.214	667	1		35	7	
Iron, Fe....mg	0.28	0.007	676	1		0.70	0.13	
Magnesium, Mg....mg	14	0.204	84	1		35	7	
Phosphorus, P....mg	6	0.158	84	1		15	3	
Potassium, K....mg	122	1.795	456	1		304	57	
Sodium, Na....mg	1	0.147	627	1		2	0	
Zinc, Zn....mg	0.10	0.003	84	1		0.25	0.05	
Copper, Cu....mg	0.086	0.003	84	1		0.214	0.040	
Manganese, Mn....mg	1.121		0	4		2.791	0.527	
Selenium, Se....mcg	0.4		0	4		1.0	0.2	
Vitamins:								
Vitamin C, total ascorbic acid....mg	9.5	0.119	659	1		23.7	4.5	
Thiamin....mg	0.095	0.002	98	1		0.237	0.045	
Riboflavin....mg	0.019	0.000	89	1		0.047	0.009	
Niacin....mg	0.284	0.009	86	1		0.707	0.133	
Pantothenic acid....mg	0.100		0	4		0.249	0.047	
Vitamin B-6....mg	0.074		0	4		0.184	0.035	
Folate, total....mcg	5		0	4		12	2	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	5		0	4		12	2	
Folate, DFE....mcg_DFE	5		0	4		12	2	
Vitamin B-12....mcg	0.00		0	7		0.00	0.00	
Vitamin A, IU....IU	38	1.788	75	1		95	18	
Vitamin A, RE....mcg_RE	4	0.179	75	1		10	2	
Vitamin E....mg_ATE	0.100		0	4		0.249	0.047	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.006		0	1		0.015	0.003	
4:0....g	0.000		0	1		0.000	0.000	
6:0....g	0.000		0	1		0.000	0.000	
8:0....g	0.000		0	1		0.000	0.000	
10:0....g	0.000		0	1		0.000	0.000	
11:0....g								
12:0....g	0.000		0	1		0.000	0.000	
13:0....g								
14:0....g	0.000		0	1		0.000	0.000	
15:0....g								
16:0....g	0.004		0	1		0.010	0.002	
17:0....g								
18:0....g	0.002		0	1		0.005	0.001	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.010		0	1		0.025	0.005	
14:1....g								
15:1....g								

NDB No. 09268
Pineapple, canned, juice pack, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.001		0	1		0.002	0.000	
17:1....g								
18:1 undifferentiated....g	0.009		0	1		0.022	0.004	
20:1....g	0.000		0	1		0.000	0.000	
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.029		0	1		0.072	0.014	
18:2 undifferentiated....g	0.017		0	1		0.042	0.008	
18:3 undifferentiated....g	0.012		0	1		0.030	0.006	
18:4....g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	
20:5 n-3....g	0.000		0	1		0.000	0.000	
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	
22:6 n-3....g	0.000		0	1		0.000	0.000	
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0	0	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.005		0	1		0.012	0.002	
Threonine....g	0.010		0	1		0.025	0.005	
Isoleucine....g	0.010		0	1		0.025	0.005	
Leucine....g	0.016		0	1		0.040	0.008	
Lysine....g	0.019		0	1		0.047	0.009	
Methionine....g	0.011		0	1		0.027	0.005	
Cystine....g	0.001		0	1		0.002	0.000	
Phenylalanine....g	0.010		0	1		0.025	0.005	
Tyrosine....g	0.010		0	1		0.025	0.005	
Valine....g	0.013		0	1		0.032	0.006	
Arginine....g	0.014		0	1		0.035	0.007	
Histidine....g	0.009		0	1		0.022	0.004	
Alanine....g	0.021		0	1		0.052	0.010	
Aspartic acid....g	0.095		0	1		0.237	0.045	
Glutamic acid....g	0.048		0	1		0.120	0.023	
Glycine....g	0.016		0	1		0.040	0.008	
Proline....g	0.011		0	1		0.027	0.005	
Serine....g	0.022		0	1		0.055	0.010	
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 249.000g: 1 cup, crushed, sliced, or chunks

Measure 2 = 47.000g: 1 slice or ring (3" dia) with liquid

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 09269
Pineapple, canned, light syrup pack, solids and liquids

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	85.73		0	1		216.04	41.15	
Energy....kcal	52		0	4		131	25	
Energy....kj	218			4		548	104	
Protein (N x 6.25)....g	0.36		0	1		0.91	0.17	
Total lipid (fat)....g	0.12		0	1		0.30	0.06	
Ash....g	0.35		0	1		0.88	0.17	
Carbohydrate, by difference....g	13.45		0	4		33.89	6.46	
Fiber, total dietary....g	0.8		0	4		2.0	0.4	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	14		0	1		35	7	
Iron, Fe....mg	0.39		0	1		0.98	0.19	
Magnesium, Mg....mg	16		0	1		40	8	
Phosphorus, P....mg	7		0	1		18	3	
Potassium, K....mg	105		0	1		265	50	
Sodium, Na....mg	1		0	1		3	0	
Zinc, Zn....mg	0.12		0	1		0.30	0.06	
Copper, Cu....mg	0.103		0	1		0.260	0.049	
Manganese, Mn....mg	1.097		0	1		2.764	0.527	
Selenium, Se....mcg	0.4		0	4		1.0	0.2	
Vitamins:								
Vitamin C, total ascorbic acid....mg	7.5		0	1		18.9	3.6	
Thiamin....mg	0.091		0	1		0.229	0.044	
Riboflavin....mg	0.025		0	1		0.063	0.012	
Niacin....mg	0.292		0	1		0.736	0.140	
Pantothenic acid....mg	0.100		0	1		0.252	0.048	
Vitamin B-6....mg	0.074		0	1		0.186	0.036	
Folate, total....mcg	5		0	1		12	2	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	5		0	1		12	2	
Folate, DFE....mcg_DFE	5		0	4		12	2	
Vitamin B-12....mcg	0.00		0	7		0.00	0.00	
Vitamin A, IU....IU	15		0	1		38	7	
Vitamin A, RE....mcg_RE	1		0	1		3	0	
Vitamin E....mg_ATE	0.100		0	4		0.252	0.048	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.009		0	1		0.023	0.004	
4:0....g	0.000		0	1		0.000	0.000	
6:0....g	0.000		0	1		0.000	0.000	
8:0....g	0.000		0	1		0.000	0.000	
10:0....g	0.000		0	1		0.000	0.000	
11:0....g								
12:0....g	0.000		0	1		0.000	0.000	
13:0....g								
14:0....g	0.000		0	1		0.000	0.000	
15:0....g								
16:0....g	0.005		0	1		0.013	0.002	
17:0....g								
18:0....g	0.003		0	1		0.008	0.001	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.013		0	1		0.033	0.006	
14:1....g								
15:1....g								

NDB No. 09269
Pineapple, canned, light syrup pack, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.001		0	1		0.003	0.000	
17:1....g								
18:1 undifferentiated....g	0.012		0	1		0.030	0.006	
20:1....g	0.000		0	1		0.000	0.000	
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.040		0	1		0.101	0.019	
18:2 undifferentiated....g	0.023		0	1		0.058	0.011	
18:3 undifferentiated....g	0.017		0	1		0.043	0.008	
18:4....g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	
20:5 n-3....g	0.000		0	1		0.000	0.000	
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	
22:6 n-3....g	0.000		0	1		0.000	0.000	
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0	0	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.005		0	1		0.013	0.002	
Threonine....g	0.009		0	1		0.023	0.004	
Isoleucine....g	0.009		0	1		0.023	0.004	
Leucine....g	0.014		0	1		0.035	0.007	
Lysine....g	0.016		0	1		0.040	0.008	
Methionine....g	0.009		0	1		0.023	0.004	
Cystine....g	0.001		0	1		0.003	0.000	
Phenylalanine....g	0.009		0	1		0.023	0.004	
Tyrosine....g	0.009		0	1		0.023	0.004	
Valine....g	0.012		0	1		0.030	0.006	
Arginine....g	0.012		0	1		0.030	0.006	
Histidine....g	0.008		0	1		0.020	0.004	
Alanine....g	0.018		0	1		0.045	0.009	
Aspartic acid....g	0.082		0	1		0.207	0.039	
Glutamic acid....g	0.041		0	1		0.103	0.020	
Glycine....g	0.014		0	1		0.035	0.007	
Proline....g	0.009		0	1		0.023	0.004	
Serine....g	0.019		0	1		0.048	0.009	
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 252.000g: 1 cup, crushed, sliced, or chunks

Measure 2 = 48.000g: 1 slice or ring (3" dia) with liquid

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 09270
Pineapple, canned, heavy syrup pack, solids and liquids

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	78.99	0.190	110	1		200.63	38.71	
Energy....kcal	78		0	4		198	38	
Energy....kj	326			4		829	160	
Protein (N x 6.25)....g	0.35	0.003	186	1		0.89	0.17	
Total lipid (fat)....g	0.11	0.005	186	1		0.28	0.05	
Ash....g	0.34	0.007	110	1		0.86	0.17	
Carbohydrate, by difference....g	20.20		0	4		51.31	9.90	
Fiber, total dietary....g	0.8		0	4		2.0	0.4	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	14	0.371	185	1		36	7	
Iron, Fe....mg	0.38	0.009	185	1		0.97	0.19	
Magnesium, Mg....mg	16	0.203	110	1		41	8	
Phosphorus, P....mg	7	0.151	110	1		18	3	
Potassium, K....mg	104	4.233	123	1		264	51	
Sodium, Na....mg	1	0.080	123	1		3	0	
Zinc, Zn....mg	0.12	0.003	110	1		0.30	0.06	
Copper, Cu....mg	0.101	0.003	110	1		0.257	0.049	
Manganese, Mn....mg	1.080		0	1		2.743	0.529	
Selenium, Se....mcg	0.4		0	4		1.0	0.2	
Vitamins:								
Vitamin C, total ascorbic acid....mg	7.4	0.151	185	1		18.8	3.6	
Thiamin....mg	0.090	0.001	183	1		0.229	0.044	
Riboflavin....mg	0.025	0.000	185	1		0.064	0.012	
Niacin....mg	0.287	0.007	185	1		0.729	0.141	
Pantothenic acid....mg	0.100		0	1		0.254	0.049	
Vitamin B-6....mg	0.074		0	1		0.188	0.036	
Folate, total....mcg	5	0.595	3	1		12	2	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	5	0.595	3	1		12	2	
Folate, DFE....mcg_DFE	5		0	4		12	2	
Vitamin B-12....mcg	0.00		0	7		0.00	0.00	
Vitamin A, IU....IU	14	2.374	110	1		36	7	
Vitamin A, RE....mcg_RE	1	0.237	110	1		3	0	
Vitamin E....mg_ATE	0.100		0	4		0.254	0.049	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.009		0	1		0.023	0.004	
4:0....g	0.000		0	1		0.000	0.000	
6:0....g	0.000		0	1		0.000	0.000	
8:0....g	0.000		0	1		0.000	0.000	
10:0....g	0.000		0	1		0.000	0.000	
11:0....g								
12:0....g	0.000		0	1		0.000	0.000	
13:0....g								
14:0....g	0.000		0	1		0.000	0.000	
15:0....g								
16:0....g	0.005		0	1		0.013	0.002	
17:0....g								
18:0....g	0.003		0	1		0.008	0.001	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.013		0	1		0.033	0.006	
14:1....g								
15:1....g								

NDB No. 09270
Pineapple, canned, heavy syrup pack, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.001		0	1		0.003	0.000	
17:1....g								
18:1 undifferentiated....g	0.012		0	1		0.030	0.006	
20:1....g	0.000		0	1		0.000	0.000	
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.040		0	1		0.102	0.020	
18:2 undifferentiated....g	0.023		0	1		0.058	0.011	
18:3 undifferentiated....g	0.017		0	1		0.043	0.008	
18:4....g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	
20:5 n-3....g	0.000		0	1		0.000	0.000	
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	
22:6 n-3....g	0.000		0	1		0.000	0.000	
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0	0	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.005		0	1		0.013	0.002	
Threonine....g	0.009		0	1		0.023	0.004	
Isoleucine....g	0.009		0	1		0.023	0.004	
Leucine....g	0.013		0	1		0.033	0.006	
Lysine....g	0.016		0	1		0.041	0.008	
Methionine....g	0.009		0	1		0.023	0.004	
Cystine....g	0.001		0	1		0.003	0.000	
Phenylalanine....g	0.009		0	1		0.023	0.004	
Tyrosine....g	0.008		0	1		0.020	0.004	
Valine....g	0.011		0	1		0.028	0.005	
Arginine....g	0.012		0	1		0.030	0.006	
Histidine....g	0.008		0	1		0.020	0.004	
Alanine....g	0.018		0	1		0.046	0.009	
Aspartic acid....g	0.081		0	1		0.206	0.040	
Glutamic acid....g	0.041		0	1		0.104	0.020	
Glycine....g	0.014		0	1		0.036	0.007	
Proline....g	0.009		0	1		0.023	0.004	
Serine....g	0.019		0	1		0.048	0.009	
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 254.000g: 1 cup, crushed, sliced, or chunks

Measure 2 = 49.000g: 1 slice or ring (3" dia) with liquid

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 09271
Pineapple, canned, extra heavy syrup pack, solids and liquids

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	77.71		0	1		202.05		
Energy....kcal	83		0	4		216		
Energy....kj	347			4		903		
Protein (N x 6.25)....g	0.34		0	1		0.88		
Total lipid (fat)....g	0.11		0	1		0.29		
Ash....g	0.34		0	1		0.88		
Carbohydrate, by difference....g	21.50		0	4		55.90		
Fiber, total dietary....g	0.8		0	4		2.1		
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	14		0	1		36		
Iron, Fe....mg	0.38		0	1		0.99		
Magnesium, Mg....mg	15		0	1		39		
Phosphorus, P....mg	7		0	1		18		
Potassium, K....mg	102		0	1		265		
Sodium, Na....mg	1		0	1		3		
Zinc, Zn....mg	0.11		0	1		0.29		
Copper, Cu....mg	0.099		0	1		0.257		
Manganese, Mn....mg	1.062		0	1		2.761		
Selenium, Se....mcg								
Vitamins:								
Vitamin C, total ascorbic acid....mg	7.3		0	1		19.0		
Thiamin....mg	0.089		0	1		0.231		
Riboflavin....mg	0.025		0	1		0.065		
Niacin....mg	0.282		0	1		0.733		
Pantothenic acid....mg	0.100		0	1		0.260		
Vitamin B-6....mg	0.074		0	1		0.192		
Folate, total....mcg	5		0	1		12		
Folic acid....mcg	0		0	7		0		
Folate, food....mcg	5		0	1		12		
Folate, DFE....mcg_DFE	5		0	4		12		
Vitamin B-12....mcg	0.00		0	7		0.00		
Vitamin A, IU....IU	14		0	1		36		
Vitamin A, RE....mcg_RE	1		0	1		3		
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.009		0	1		0.023		
4:0....g								
6:0....g								
8:0....g								
10:0....g								
11:0....g								
12:0....g								
13:0....g								
14:0....g								
15:0....g								
16:0....g	0.005		0	1		0.013		
17:0....g								
18:0....g	0.003		0	1		0.008		
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.013		0	1		0.034		
14:1....g								
15:1....g								

NDB No. 09271
Pineapple, canned, extra heavy syrup pack, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.001		0	1		0.003		
17:1....g								
18:1 undifferentiated....g	0.012		0	1		0.031		
20:1....g								
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.038		0	1		0.099		
18:2 undifferentiated....g	0.022		0	1		0.057		
18:3 undifferentiated....g	0.016		0	1		0.042		
18:4....g								
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g								
20:5 n-3....g								
22:2....g								
22:5 n-3....g								
22:6 n-3....g								
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0		
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.005		0	1		0.013		
Threonine....g	0.009		0	1		0.023		
Isoleucine....g	0.009		0	1		0.023		
Leucine....g	0.013		0	1		0.034		
Lysine....g	0.016		0	1		0.042		
Methionine....g	0.009		0	1		0.023		
Cystine....g	0.001		0	1		0.003		
Phenylalanine....g	0.009		0	1		0.023		
Tyrosine....g	0.008		0	1		0.021		
Valine....g	0.011		0	1		0.029		
Arginine....g	0.012		0	1		0.031		
Histidine....g	0.007		0	1		0.018		
Alanine....g	0.018		0	1		0.047		
Aspartic acid....g	0.079		0	1		0.205		
Glutamic acid....g	0.040		0	1		0.104		
Glycine....g	0.014		0	1		0.036		
Proline....g	0.009		0	1		0.023		
Serine....g	0.018		0	1		0.047		
Hydroxyproline....g								

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

Common Measures:

Measure 1 = 260.000g: 1 cup, crushed, sliced, or chunks

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 09272
Pineapple, frozen, chunks, sweetened

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	77.10		0	1		188.90		
Energy....kcal	85		0	4		208		
Energy....kj	356			4		871		
Protein (N x 6.25)....g	0.40		0	1		0.98		
Total lipid (fat)....g	0.10		0	1		0.25		
Ash....g	0.20		0	1		0.49		
Carbohydrate, by difference....g	22.20		0	4		54.39		
Fiber, total dietary....g	1.1		0	4		2.7		
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	9		0	1		22		
Iron, Fe....mg	0.40		0	1		0.98		
Magnesium, Mg....mg	10		0	1		25		
Phosphorus, P....mg	4		0	1		10		
Potassium, K....mg	100		0	1		245		
Sodium, Na....mg	2		0	1		5		
Zinc, Zn....mg	0.11		0	1		0.27		
Copper, Cu....mg	0.099		0	1		0.243		
Manganese, Mn....mg	1.062		0	1		2.602		
Selenium, Se....mcg	0.6		0	4		1.5		
Vitamins:								
Vitamin C, total ascorbic acid....mg	8.0		0	1		19.6		
Thiamin....mg	0.100		0	1		0.245		
Riboflavin....mg	0.030		0	1		0.074		
Niacin....mg	0.300		0	1		0.735		
Pantothenic acid....mg	0.105		0	1		0.257		
Vitamin B-6....mg	0.075		0	1		0.184		
Folate, total....mcg	11		0	4		26		
Folic acid....mcg	0		0	7		0		
Folate, food....mcg	11		0	4		26		
Folate, DFE....mcg_DFE	11		0	4		26		
Vitamin B-12....mcg	0.00		0	7		0.00		
Vitamin A, IU....IU	30		0	1		74		
Vitamin A, RE....mcg_RE	3		0	1		7		
Vitamin E....mg_ATE	0.100		0	4		0.245		
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.007		0	1		0.017		
4:0....g	0.000		0	1		0.000		
6:0....g	0.000		0	1		0.000		
8:0....g	0.000		0	1		0.000		
10:0....g	0.000		0	1		0.000		
11:0....g								
12:0....g	0.000		0	1		0.000		
13:0....g								
14:0....g	0.000		0	1		0.000		
15:0....g								
16:0....g	0.004		0	1		0.010		
17:0....g								
18:0....g	0.003		0	1		0.007		
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.012		0	1		0.029		
14:1....g								
15:1....g								

NDB No. 09272
Pineapple, frozen, chunks, sweetened

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.001		0	1		0.002		
17:1....g								
18:1 undifferentiated....g	0.011		0	1		0.027		
20:1....g	0.000		0	1		0.000		
22:1 undifferentiated....g	0.000		0	1		0.000		
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.035		0	1		0.086		
18:2 undifferentiated....g	0.020		0	1		0.049		
18:3 undifferentiated....g	0.015		0	1		0.037		
18:4....g	0.000		0	1		0.000		
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000		
20:5 n-3....g	0.000		0	1		0.000		
22:2....g								
22:5 n-3....g	0.000		0	1		0.000		
22:6 n-3....g	0.000		0	1		0.000		
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0		
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.005		0	1		0.012		
Threonine....g	0.013		0	1		0.032		
Isoleucine....g	0.013		0	1		0.032		
Leucine....g	0.020		0	1		0.049		
Lysine....g	0.026		0	1		0.064		
Methionine....g	0.011		0	1		0.027		
Cystine....g	0.002		0	1		0.005		
Phenylalanine....g	0.012		0	1		0.029		
Tyrosine....g	0.013		0	1		0.032		
Valine....g	0.016		0	1		0.039		
Arginine....g	0.018		0	1		0.044		
Histidine....g	0.009		0	1		0.022		
Alanine....g	0.018		0	1		0.044		
Aspartic acid....g	0.059		0	1		0.145		
Glutamic acid....g	0.047		0	1		0.115		
Glycine....g	0.018		0	1		0.044		
Proline....g	0.013		0	1		0.032		
Serine....g	0.026		0	1		0.064		
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0		
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 245.000g: 1 cup, chunks

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 09273
Pineapple juice, canned, unsweetened, without added ascorbic acid

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	85.53	0.131	19	1		213.83	26.77	
Energy....kcal	56		0	4		140	18	
Energy....kj	234			4		586	73	
Protein (N x 6.25)....g	0.32	0.005	78	1		0.80	0.10	
Total lipid (fat)....g	0.08	0.006	57	1		0.20	0.03	
Ash....g	0.30	0.000	19	1		0.75	0.09	
Carbohydrate, by difference....g	13.78		0	4		34.45	4.31	
Fiber, total dietary....g	0.2		0	4		0.5	0.1	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	17	0.488	87	1		43	5	
Iron, Fe....mg	0.26	0.011	77	1		0.65	0.08	
Magnesium, Mg....mg	13	0.294	30	1		33	4	
Phosphorus, P....mg	8	0.278	28	1		20	3	
Potassium, K....mg	134	2.115	65	1		335	42	
Sodium, Na....mg	1	0.113	82	1		3	0	
Zinc, Zn....mg	0.11	0.005	20	1		0.28	0.03	
Copper, Cu....mg	0.090	0.007	20	1		0.225	0.028	
Manganese, Mn....mg	0.990		1	1		2.475	0.310	
Selenium, Se....mcg	0.1		0	4		0.3	0.0	
Vitamins:								
Vitamin C, total ascorbic acid....mg	10.7	0.410	52	1		26.8	3.3	
Thiamin....mg	0.055	0.001	63	1		0.138	0.017	
Riboflavin....mg	0.022	0.001	63	1		0.055	0.007	
Niacin....mg	0.257	0.008	63	1		0.643	0.080	
Pantothenic acid....mg	0.100		0	1		0.250	0.031	
Vitamin B-6....mg	0.096		0	1		0.240	0.030	
Folate, total....mcg	23	1.570	3	1		58	7	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	23	1.570	3	1		58	7	
Folate, DFE....mcg_DFE	23		0	4		58	7	
Vitamin B-12....mcg	0.00		0	7		0.00	0.00	
Vitamin A, IU....IU	5	4.643	14	1		13	2	
Vitamin A, RE....mcg_RE	0	0.464	14	1		0	0	
Vitamin E....mg_ATE	0.020		0	1		0.050	0.006	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.005		0	1		0.013	0.002	
4:0....g	0.000		0	1		0.000	0.000	
6:0....g	0.000		0	1		0.000	0.000	
8:0....g	0.000		0	1		0.000	0.000	
10:0....g	0.000		0	1		0.000	0.000	
11:0....g								
12:0....g	0.000		0	1		0.000	0.000	
13:0....g								
14:0....g	0.000		0	1		0.000	0.000	
15:0....g								
16:0....g	0.003		0	1		0.008	0.001	
17:0....g								
18:0....g	0.002		0	1		0.005	0.001	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.009		0	1		0.023	0.003	
14:1....g								
15:1....g								

NDB No. 09273
Pineapple juice, canned, unsweetened, without added ascorbic acid

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.001		0	1		0.003	0.000	
17:1....g								
18:1 undifferentiated....g	0.008		0	1		0.020	0.003	
20:1....g	0.000		0	1		0.000	0.000	
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.028		0	1		0.070	0.009	
18:2 undifferentiated....g	0.016		0	1		0.040	0.005	
18:3 undifferentiated....g	0.012		0	1		0.030	0.004	
18:4....g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	
20:5 n-3....g	0.000		0	1		0.000	0.000	
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	
22:6 n-3....g	0.000		0	1		0.000	0.000	
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0	0	
Phytosterols....mg								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 250.000g: 1 cup

Measure 2 = 31.300g: 1 fl oz

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 09274
Pineapple juice, frozen concentrate, unsweetened, undiluted

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	53.10		0	1		114.70		
Energy	kcal	179		0	4		387		
Energy	kj	749			4		1618		
Protein (N x 6.25)	g	1.30		0	1		2.81		
Total lipid (fat)	g	0.10		0	1		0.22		
Ash	g	1.20		0	1		2.59		
Carbohydrate, by difference	g	44.30		0	4		95.69		
Fiber, total dietary	g	0.7		0	4		1.5		
Sugars, total	g								
Starch	g								
Minerals:									
Calcium, Ca	mg	39		0	1		84		
Iron, Fe	mg	0.90		0	1		1.94		
Magnesium, Mg	mg	35		0	1		76		
Phosphorus, P	mg	28		0	1		60		
Potassium, K	mg	472		0	1		1020		
Sodium, Na	mg	3		0	1		6		
Zinc, Zn	mg	0.40		0	1		0.86		
Copper, Cu	mg	0.313		0	1		0.676		
Manganese, Mn	mg	3.439		0	1		7.428		
Selenium, Se	mcg	0.4		0	4		0.9		
Vitamins:									
Vitamin C, total ascorbic acid	mg	42.0		0	1		90.7		
Thiamin	mg	0.230		0	1		0.497		
Riboflavin	mg	0.060		0	1		0.130		
Niacin	mg	0.900		0	1		1.944		
Pantothenic acid	mg	0.430		0	1		0.929		
Vitamin B-6	mg	0.255		0	1		0.551		
Folate, total	mcg	37		0	4		79		
Folic acid	mcg	0		0	7		0		
Folate, food	mcg	37		0	4		79		
Folate, DFE	mcg_DFE	37		0	4		79		
Vitamin B-12	mcg	0.00		0	7		0.00		
Vitamin A, IU	IU	50		0	1		108		
Vitamin A, RE	mcg_RE	5		0	1		11		
Vitamin E	mg_ATE	0.035		0	4		0.076		
Vitamin D	IU								
Lipids:									
Fatty acids, total saturated	g	0.007		0	1		0.015		
4:0	g	0.000		0	1		0.000		
6:0	g	0.000		0	1		0.000		
8:0	g	0.000		0	1		0.000		
10:0	g	0.000		0	1		0.000		
11:0	g								
12:0	g	0.000		0	1		0.000		
13:0	g								
14:0	g	0.000		0	1		0.000		
15:0	g								
16:0	g	0.004		0	1		0.009		
17:0	g								
18:0	g	0.003		0	1		0.006		
19:0	g								
20:0	g								
22:0	g								
24:0	g								
Fatty acids, total monounsaturated	g	0.012		0	1		0.026		
14:1	g								
15:1	g								

NDB No. 09274
Pineapple juice, frozen concentrate, unsweetened, undiluted

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.001		0	1		0.002		
17:1....g								
18:1 undifferentiated....g	0.011		0	1		0.024		
20:1....g	0.000		0	1		0.000		
22:1 undifferentiated....g	0.000		0	1		0.000		
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.035		0	1		0.076		
18:2 undifferentiated....g	0.020		0	1		0.043		
18:3 undifferentiated....g	0.015		0	1		0.032		
18:4....g	0.000		0	1		0.000		
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000		
20:5 n-3....g	0.000		0	1		0.000		
22:2....g								
22:5 n-3....g	0.000		0	1		0.000		
22:6 n-3....g	0.000		0	1		0.000		
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0		
Phytosterols....mg								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0		
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 216.000g: 1 can (6 fl oz)

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 09275
Pineapple juice, frozen concentrate, unsweetened, diluted with 3 volume water

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	86.50		0	1		216.25	26.99	
Energy....kcal	52		0	4		130	16	
Energy....kj	218			4		544	68	
Protein (N x 6.25)....g	0.40		0	1		1.00	0.12	
Total lipid (fat)....g	0.03		0	1		0.08	0.01	
Ash....g	0.30		0	1		0.75	0.09	
Carbohydrate, by difference....g	12.77		0	4		31.93	3.98	
Fiber, total dietary....g	0.2		0	4		0.5	0.1	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	11		0	1		28	3	
Iron, Fe....mg	0.30		0	1		0.75	0.09	
Magnesium, Mg....mg	9		0	1		23	3	
Phosphorus, P....mg	8		0	1		20	2	
Potassium, K....mg	136		0	1		340	42	
Sodium, Na....mg	1		0	1		3	0	
Zinc, Zn....mg	0.11		0	1		0.28	0.03	
Copper, Cu....mg	0.090		0	1		0.225	0.028	
Manganese, Mn....mg	0.990		0	1		2.475	0.309	
Selenium, Se....mcg	0.1		0	4		0.3	0.0	
Vitamins:								
Vitamin C, total ascorbic acid....mg	12.0		0	1		30.0	3.7	
Thiamin....mg	0.070		0	1		0.175	0.022	
Riboflavin....mg	0.020		0	1		0.050	0.006	
Niacin....mg	0.200		0	1		0.500	0.062	
Pantothenic acid....mg	0.125		0	1		0.313	0.039	
Vitamin B-6....mg	0.074		0	1		0.185	0.023	
Folate, total....mcg	11		0	4		27	3	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	11		0	4		27	3	
Folate, DFE....mcg_DFE	11		0	4		27	3	
Vitamin B-12....mcg	0.00		0	7		0.00	0.00	
Vitamin A, IU....IU	10		0	1		25	3	
Vitamin A, RE....mcg_RE	1		0	1		3	0	
Vitamin E....mg_ATE	0.010		0	4		0.025	0.003	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.002		0	1		0.005	0.001	
4:0....g	0.000		0	1		0.000	0.000	
6:0....g	0.000		0	1		0.000	0.000	
8:0....g	0.000		0	1		0.000	0.000	
10:0....g	0.000		0	1		0.000	0.000	
11:0....g								
12:0....g	0.000		0	1		0.000	0.000	
13:0....g								
14:0....g	0.000		0	1		0.000	0.000	
15:0....g								
16:0....g	0.001		0	1		0.003	0.000	
17:0....g								
18:0....g	0.001		0	1		0.003	0.000	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.003		0	1		0.008	0.001	
14:1....g								
15:1....g								

NDB No. 09275

Pineapple juice, frozen concentrate, unsweetened, diluted with 3 volume water

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.000		0	1		0.000	0.000	
17:1....g								
18:1 undifferentiated....g	0.003		0	1		0.008	0.001	
20:1....g	0.000		0	1		0.000	0.000	
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.010		0	1		0.025	0.003	
18:2 undifferentiated....g	0.006		0	1		0.015	0.002	
18:3 undifferentiated....g	0.004		0	1		0.010	0.001	
18:4....g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	
20:5 n-3....g	0.000		0	1		0.000	0.000	
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	
22:6 n-3....g	0.000		0	1		0.000	0.000	
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0	0	
Phytosterols....mg								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 250.000g: 1 cup

Measure 2 = 31.200g: 1 fl oz

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

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: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	90.81		2	1		157.10	6.36	
Energy....kcal	33		0	4		57	2	
Energy....kj	138			4		239	10	
Protein (N x 6.25)....g	0.80		0	1		1.38	0.06	
Total lipid (fat)....g	0.40		0	1		0.69	0.03	
Ash....g	0.50		0	1		0.87	0.04	
Carbohydrate, by difference....g	7.49		0	4		12.96	0.52	
Fiber, total dietary....g								
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	9		0	1		16	1	
Iron, Fe....mg	0.20		0	1		0.35	0.01	
Magnesium, Mg....mg	12		1	1		21	1	
Phosphorus, P....mg	11		0	1		19	1	
Potassium, K....mg	103		1	1		178	7	
Sodium, Na....mg	3		1	1		5	0	
Zinc, Zn....mg								
Copper, Cu....mg								
Manganese, Mn....mg								
Selenium, Se....mcg								
Vitamins:								
Vitamin C, total ascorbic acid....mg	26.3	2.947	6	1		45.5	1.8	
Thiamin....mg	0.030		0	1		0.052	0.002	
Riboflavin....mg	0.040		0	1		0.069	0.003	
Niacin....mg	0.300		0	1		0.519	0.021	
Pantothenic acid....mg								
Vitamin B-6....mg								
Folate, total....mcg								
Folate, DFE....mcg_DFE								
Vitamin B-12....mcg	0.00		0	7		0.00	0.00	
Vitamin A, IU....IU	1500		0	1		2595	105	
Vitamin A, RE....mcg_RE	150		0	1		260	11	
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g								
Fatty acids, total monounsaturated....g								
Fatty acids, total polyunsaturated....g								
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0	0	
Phytosterols....mg								

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

Common Measures:

Measure 1 = 173.000g: 1 cup

Measure 2 = 7.000g: 1 fruit without refuse

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 09277
Plantains, raw
Musa X paradisiaca

Refuse: 35% Skin and stems

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	65.28	1.063	19	1		96.61	116.85	
Energy....kcal	122		0	4		181	218	
Energy....kj	510			4		755	914	
Protein (N x 6.25)....g	1.30	0.138	15	1		1.92	2.33	
Total lipid (fat)....g	0.37	0.073	15	1		0.55	0.66	
Ash....g	1.17	0.161	15	1		1.73	2.09	
Carbohydrate, by difference....g	31.89		0	4		47.20	57.08	
Fiber, total dietary....g	2.3		0	4		3.4	4.1	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	3	0.289	3	1		4	5	
Iron, Fe....mg	0.60	0.004	3	1		0.89	1.07	
Magnesium, Mg....mg	37	1.510	6	1		55	66	
Phosphorus, P....mg	34	2.148	3	1		50	61	
Potassium, K....mg	499	43.068	8	1		739	893	
Sodium, Na....mg	4	2.667	6	1		6	7	
Zinc, Zn....mg	0.14	0.017	3	1		0.21	0.25	
Copper, Cu....mg	0.081	0.005	3	1		0.120	0.145	
Manganese, Mn....mg								
Selenium, Se....mcg	1.5		0	4		2.2	2.7	
Vitamins:								
Vitamin C, total ascorbic acid....mg	18.4	2.282	15	1		27.2	32.9	
Thiamin....mg	0.052	0.004	3	1		0.077	0.093	
Riboflavin....mg	0.054	0.013	3	1		0.080	0.097	
Niacin....mg	0.686	0.008	3	1		1.015	1.228	
Pantothenic acid....mg	0.260	0.008	3	1		0.385	0.465	
Vitamin B-6....mg	0.299	0.004	3	1		0.443	0.535	
Folate, total....mcg	22	1.000	6	1		33	39	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	22	1.000	6	1		33	39	
Folate, DFE....mcg_DFE	22		0	4		33	39	
Vitamin B-12....mcg	0.00		0	7		0.00	0.00	
Vitamin A, IU....IU	1127	62.933	3	1		1668	2017	
Vitamin A, RE....mcg_RE	113	6.293	3	1		167	202	
Vitamin E....mg_ATE	0.270		0	4		0.400	0.483	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.143		0	4		0.212	0.256	
4:0....g	0.000		0	4		0.000	0.000	
6:0....g	0.000		0	4		0.000	0.000	
8:0....g	0.000		0	4		0.000	0.000	
10:0....g	0.001		0	4		0.001	0.002	
11:0....g								
12:0....g	0.002		0	4		0.003	0.004	
13:0....g								
14:0....g	0.002		0	4		0.003	0.004	
15:0....g								
16:0....g	0.096		0	4		0.142	0.172	
17:0....g								
18:0....g	0.005		0	4		0.007	0.009	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.032		0	4		0.047	0.057	
14:1....g								
15:1....g								

NDB No. 09277
Plantains, raw

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.009		0	4		0.013	0.016	
17:1....g								
18:1 undifferentiated....g	0.021		0	4		0.031	0.038	
20:1....g	0.000		0	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	4		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.069		0	4		0.102	0.124	
18:2 undifferentiated....g	0.043		0	4		0.064	0.077	
18:3 undifferentiated....g	0.025		0	4		0.037	0.045	
18:4....g	0.000		0	4		0.000	0.000	
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	4		0.000	0.000	
20:5 n-3....g	0.000		0	4		0.000	0.000	
22:2....g								
22:5 n-3....g	0.000		0	4		0.000	0.000	
22:6 n-3....g	0.000		0	4		0.000	0.000	
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0	0	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.015		2	1		0.022	0.027	
Threonine....g	0.034		2	1		0.050	0.061	
Isoleucine....g	0.036		2	1		0.053	0.064	
Leucine....g	0.059		2	1		0.087	0.106	
Lysine....g	0.060		4	1		0.089	0.107	
Methionine....g	0.017		4	1		0.025	0.030	
Cystine....g	0.020		3	1		0.030	0.036	
Phenylalanine....g	0.044		2	1		0.065	0.079	
Tyrosine....g	0.032		2	1		0.047	0.057	
Valine....g	0.046		2	1		0.068	0.082	
Arginine....g	0.108		2	1		0.160	0.193	
Histidine....g	0.064		2	1		0.095	0.115	
Alanine....g	0.051		2	1		0.075	0.091	
Aspartic acid....g	0.108		2	1		0.160	0.193	
Glutamic acid....g	0.116		2	1		0.172	0.208	
Glycine....g	0.045		2	1		0.067	0.081	
Proline....g	0.050		2	1		0.074	0.090	
Serine....g	0.041		2	1		0.061	0.073	
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 148.000g: 1 cup, sliced

Measure 2 = 179.000g: 1 medium

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 09278
Plantains, cooked

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	67.30	1.106	6	1		134.60	103.64	
Energy....kcal	116		0	4		232	179	
Energy....kj	485			4		971	747	
Protein (N x 6.25)....g	0.79	0.042	3	1		1.58	1.22	
Total lipid (fat)....g	0.18	0.029	3	1		0.36	0.28	
Ash....g	0.58	0.035	3	1		1.16	0.89	
Carbohydrate, by difference....g	31.15		0	4		62.30	47.97	
Fiber, total dietary....g	2.3		0	4		4.6	3.5	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	2	0.289	3	1		4	3	
Iron, Fe....mg	0.58	0.029	3	1		1.16	0.89	
Magnesium, Mg....mg	32	2.921	3	1		64	49	
Phosphorus, P....mg	28	1.397	3	1		56	43	
Potassium, K....mg	465	24.884	3	1		930	716	
Sodium, Na....mg	5	0.312	3	1		10	8	
Zinc, Zn....mg	0.13	0.007	3	1		0.26	0.20	
Copper, Cu....mg	0.066	0.003	3	1		0.132	0.102	
Manganese, Mn....mg								
Selenium, Se....mcg	1.4		0	4		2.8	2.2	
Vitamins:								
Vitamin C, total ascorbic acid....mg	10.9	1.611	3	1		21.8	16.8	
Thiamin....mg	0.046	0.002	3	1		0.092	0.071	
Riboflavin....mg	0.052	0.009	3	1		0.104	0.080	
Niacin....mg	0.756	0.039	3	1		1.512	1.164	
Pantothenic acid....mg	0.233	0.004	3	1		0.466	0.359	
Vitamin B-6....mg	0.240	0.013	3	1		0.480	0.370	
Folate, total....mcg	26	0.817	6	1		52	40	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	26	0.817	6	1		52	40	
Folate, DFE....mcg_DFE	26		0	4		52	40	
Vitamin B-12....mcg	0.00		0	7		0.00	0.00	
Vitamin A, IU....IU	909	116.625	3	1		1818	1400	
Vitamin A, RE....mcg_RE	91	11.663	3	1		182	140	
Vitamin E....mg_ATE	0.140		0	4		0.280	0.216	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.069		0	4		0.138	0.106	
4:0....g	0.000		0	4		0.000	0.000	
6:0....g	0.000		0	4		0.000	0.000	
8:0....g	0.000		0	4		0.000	0.000	
10:0....g	0.000		0	4		0.000	0.000	
11:0....g								
12:0....g	0.001		0	4		0.002	0.002	
13:0....g								
14:0....g	0.001		0	4		0.002	0.002	
15:0....g								
16:0....g	0.047		0	4		0.094	0.072	
17:0....g								
18:0....g	0.002		0	4		0.004	0.003	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.015		0	4		0.030	0.023	
14:1....g								
15:1....g								

NDB No. 09278
Plantains, cooked

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.005		0	4		0.010	0.008	
17:1....g								
18:1 undifferentiated....g	0.010		0	4		0.020	0.015	
20:1....g	0.000		0	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	4		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.033		0	4		0.066	0.051	
18:2 undifferentiated....g	0.021		0	4		0.042	0.032	
18:3 undifferentiated....g	0.012		0	4		0.024	0.018	
18:4....g	0.000		0	4		0.000	0.000	
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	4		0.000	0.000	
20:5 n-3....g	0.000		0	4		0.000	0.000	
22:2....g								
22:5 n-3....g	0.000		0	4		0.000	0.000	
22:6 n-3....g	0.000		0	4		0.000	0.000	
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0	0	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.009		0	1		0.018	0.014	
Threonine....g	0.021		0	1		0.042	0.032	
Isoleucine....g	0.022		0	1		0.044	0.034	
Leucine....g	0.036		0	1		0.072	0.055	
Lysine....g	0.037		0	1		0.074	0.057	
Methionine....g	0.010		0	1		0.020	0.015	
Cystine....g	0.012		0	1		0.024	0.018	
Phenylalanine....g	0.027		0	1		0.054	0.042	
Tyrosine....g	0.020		0	1		0.040	0.031	
Valine....g	0.028		0	1		0.056	0.043	
Arginine....g	0.066		0	1		0.132	0.102	
Histidine....g	0.039		0	1		0.078	0.060	
Alanine....g	0.031		0	1		0.062	0.048	
Aspartic acid....g	0.065		0	1		0.130	0.100	
Glutamic acid....g	0.070		0	1		0.140	0.108	
Glycine....g	0.027		0	1		0.054	0.042	
Proline....g	0.030		0	1		0.060	0.046	
Serine....g	0.025		0	1		0.050	0.039	
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 200.000g: 1 cup, mashed

Measure 2 = 154.000g: 1 cup slices

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 09279
Plums, raw
Prunus spp.

Refuse: 6% Pits

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	85.20	0.369	45	1		140.58	56.23	
Energy....kcal	55		0	4		91	36	
Energy....kj	230			4		380	152	
Protein (N x 6.25)....g	0.79	0.024	41	1		1.30	0.52	
Total lipid (fat)....g	0.62	0.020	5	1		1.02	0.41	
Ash....g	0.39	0.009	41	1		0.64	0.26	
Carbohydrate, by difference....g	13.01		0	4		21.47	8.59	
Fiber, total dietary....g	1.5		0	1		2.5	1.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	4	0.166	5	1		7	3	
Iron, Fe....mg	0.10	0.011	37	1		0.17	0.07	
Magnesium, Mg....mg	7	0.152	37	1		12	5	
Phosphorus, P....mg	10	0.845	37	1		17	7	
Potassium, K....mg	172	4.254	21	1		284	114	
Sodium, Na....mg	0	0.059	21	1		0	0	
Zinc, Zn....mg	0.10	0.012	5	1		0.17	0.07	
Copper, Cu....mg	0.043	0.004	37	1		0.071	0.028	
Manganese, Mn....mg	0.049	0.004	37	1		0.081	0.032	
Selenium, Se....mcg	0.5		0	4		0.8	0.3	
Vitamins:								
Vitamin C, total ascorbic acid....mg	9.5	0.847	5	1		15.7	6.3	
Thiamin....mg	0.043		1	1		0.071	0.028	
Riboflavin....mg	0.096		1	1		0.158	0.063	
Niacin....mg	0.500		0	1		0.825	0.330	
Pantothenic acid....mg	0.182	0.006	5	1		0.300	0.120	
Vitamin B-6....mg	0.081	0.008	10	1		0.134	0.053	
Folate, total....mcg	2	0.282	23	1		4	1	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	2	0.282	23	1		4	1	
Folate, DFE....mcg_DFE	2		0	4		4	1	
Vitamin B-12....mcg	0.00		0	7		0.00	0.00	
Vitamin A, IU....IU	323	80.587	5	1		533	213	
Vitamin A, RE....mcg_RE	32	8.059	5	1		53	21	
Vitamin E....mg_ATE	0.600		0	1		0.990	0.396	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.049		0	1		0.081	0.032	
4:0....g	0.000		0	1		0.000	0.000	
6:0....g	0.000		0	1		0.000	0.000	
8:0....g	0.000		0	1		0.000	0.000	
10:0....g	0.000		0	1		0.000	0.000	
11:0....g								
12:0....g	0.000		0	1		0.000	0.000	
13:0....g								
14:0....g	0.000		0	1		0.000	0.000	
15:0....g								
16:0....g	0.041		0	1		0.068	0.027	
17:0....g								
18:0....g	0.009		0	1		0.015	0.006	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.406		0	1		0.670	0.268	
14:1....g								
15:1....g								

NDB No. 09279
Plums, raw

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.005		0	1		0.008	0.003	
17:1....g								
18:1 undifferentiated....g	0.400		0	1		0.660	0.264	
20:1....g	0.000		0	1		0.000	0.000	
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.134		0	1		0.221	0.088	
18:2 undifferentiated....g	0.134		0	1		0.221	0.088	
18:3 undifferentiated....g	0.000		0	1		0.000	0.000	
18:4....g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	
20:5 n-3....g	0.000		0	1		0.000	0.000	
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	
22:6 n-3....g	0.000		0	1		0.000	0.000	
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0	0	
Phytosterols....mg	7		0	1		12	5	
Amino Acids:								
Tryptophan....g								
Threonine....g	0.016		6	1		0.026	0.011	
Isoleucine....g	0.016		6	1		0.026	0.011	
Leucine....g	0.021		6	1		0.035	0.014	
Lysine....g	0.017		6	1		0.028	0.011	
Methionine....g	0.006		6	1		0.010	0.004	
Cystine....g	0.004		6	1		0.007	0.003	
Phenylalanine....g	0.017		6	1		0.028	0.011	
Tyrosine....g	0.006		6	1		0.010	0.004	
Valine....g	0.019		6	1		0.031	0.013	
Arginine....g	0.013		6	1		0.021	0.009	
Histidine....g	0.013		6	1		0.021	0.009	
Alanine....g	0.029		6	1		0.048	0.019	
Aspartic acid....g	0.249		6	1		0.411	0.164	
Glutamic acid....g	0.037		6	1		0.061	0.024	
Glycine....g	0.012		6	1		0.020	0.008	
Proline....g	0.034		6	1		0.056	0.022	
Serine....g	0.020		6	1		0.033	0.013	
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 165.000g: 1 cup, sliced

Measure 2 = 66.000g: 1 fruit (2-1/8" dia)

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 09281
Plums, canned, purple, water pack, solids and liquids

Refuse: 5% Pits

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	88.35		1	1		219.99	40.64	
Energy....kcal	41		0	4		102	19	
Energy....kj	172			4		427	79	
Protein (N x 6.25)....g	0.39		1	1		0.97	0.18	
Total lipid (fat)....g	0.01		1	1		0.02	0.00	
Ash....g	0.23		1	1		0.57	0.11	
Carbohydrate, by difference....g	11.03		0	4		27.46	5.07	
Fiber, total dietary....g	1.0		0	4		2.5	0.5	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	7		1	1		17	3	
Iron, Fe....mg	0.16		1	1		0.40	0.07	
Magnesium, Mg....mg	5		1	1		12	2	
Phosphorus, P....mg	13		1	1		32	6	
Potassium, K....mg	126		1	1		314	58	
Sodium, Na....mg	1		1	1		2	0	
Zinc, Zn....mg	0.08		1	1		0.20	0.04	
Copper, Cu....mg	0.039		1	1		0.097	0.018	
Manganese, Mn....mg	0.033		0	1		0.082	0.015	
Selenium, Se....mcg	0.3		0	4		0.7	0.1	
Vitamins:								
Vitamin C, total ascorbic acid....mg	2.7		1	1		6.7	1.2	
Thiamin....mg	0.021		1	1		0.052	0.010	
Riboflavin....mg	0.041		1	1		0.102	0.019	
Niacin....mg	0.370		1	1		0.921	0.170	
Pantothenic acid....mg	0.072		0	1		0.179	0.033	
Vitamin B-6....mg	0.027		0	1		0.067	0.012	
Folate, total....mcg	3		0	1		6	1	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	3		0	1		6	1	
Folate, DFE....mcg_DFE	3		0	4		6	1	
Vitamin B-12....mcg	0.00		0	7		0.00	0.00	
Vitamin A, IU....IU	914		1	1		2276	420	
Vitamin A, RE....mcg_RE	91		1	1		227	42	
Vitamin E....mg_ATE	0.700		0	4		1.743	0.322	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.001		0	1		0.002	0.000	
4:0....g	0.000		0	1		0.000	0.000	
6:0....g	0.000		0	1		0.000	0.000	
8:0....g	0.000		0	1		0.000	0.000	
10:0....g	0.000		0	1		0.000	0.000	
11:0....g								
12:0....g	0.000		0	1		0.000	0.000	
13:0....g								
14:0....g	0.000		0	1		0.000	0.000	
15:0....g								
16:0....g	0.001		0	1		0.002	0.000	
17:0....g								
18:0....g	0.000		0	1		0.000	0.000	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.005		0	1		0.012	0.002	
14:1....g								
15:1....g								

NDB No. 09281
Plums, canned, purple, water pack, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.000		0	1		0.000	0.000	
17:1....g								
18:1 undifferentiated....g	0.005		0	1		0.012	0.002	
20:1....g	0.000		0	1		0.000	0.000	
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.002		0	1		0.005	0.001	
18:2 undifferentiated....g	0.002		0	1		0.005	0.001	
18:3 undifferentiated....g	0.000		0	1		0.000	0.000	
18:4....g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	
20:5 n-3....g	0.000		0	1		0.000	0.000	
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	
22:6 n-3....g	0.000		0	1		0.000	0.000	
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0	0	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g								
Threonine....g	0.008		0	1		0.020	0.004	
Isoleucine....g	0.008		0	1		0.020	0.004	
Leucine....g	0.010		0	1		0.025	0.005	
Lysine....g	0.008		0	1		0.020	0.004	
Methionine....g	0.003		0	1		0.007	0.001	
Cystine....g	0.002		0	1		0.005	0.001	
Phenylalanine....g	0.008		0	1		0.020	0.004	
Tyrosine....g	0.003		0	1		0.007	0.001	
Valine....g	0.009		0	1		0.022	0.004	
Arginine....g	0.006		0	1		0.015	0.003	
Histidine....g	0.006		0	1		0.015	0.003	
Alanine....g	0.014		0	1		0.035	0.006	
Aspartic acid....g	0.122		0	1		0.304	0.056	
Glutamic acid....g	0.018		0	1		0.045	0.008	
Glycine....g	0.006		0	1		0.015	0.003	
Proline....g	0.017		0	1		0.042	0.008	
Serine....g	0.010		0	1		0.025	0.005	
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 249.000g: 1 cup, pitted

Measure 2 = 46.000g: 1 plum with liquid

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 09282
Plums, canned, purple, juice pack, solids and liquids

Refuse: 5% Pits

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	84.02	0.327	6	1		211.73	38.65	
Energy....kcal	58		0	4		146	27	
Energy....kj	243			4		612	112	
Protein (N x 6.25)....g	0.51	0.031	6	1		1.29	0.23	
Total lipid (fat)....g	0.02	0.003	6	1		0.05	0.01	
Ash....g	0.30	0.009	6	1		0.76	0.14	
Carbohydrate, by difference....g	15.15		0	4		38.18	6.97	
Fiber, total dietary....g	1.0		0	4		2.5	0.5	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	10	0.139	6	1		25	5	
Iron, Fe....mg	0.34	0.040	6	1		0.86	0.16	
Magnesium, Mg....mg	8	0.157	6	1		20	4	
Phosphorus, P....mg	15	1.009	6	1		38	7	
Potassium, K....mg	154	6.983	6	1		388	71	
Sodium, Na....mg	1	0.126	6	1		3	0	
Zinc, Zn....mg	0.11	0.005	6	1		0.28	0.05	
Copper, Cu....mg	0.054	0.004	6	1		0.136	0.025	
Manganese, Mn....mg	0.033		0	4		0.083	0.015	
Selenium, Se....mcg	0.3		0	4		0.8	0.1	
Vitamins:								
Vitamin C, total ascorbic acid....mg	2.8	0.445	6	1		7.1	1.3	
Thiamin....mg	0.023	0.001	6	1		0.058	0.011	
Riboflavin....mg	0.059	0.006	6	1		0.149	0.027	
Niacin....mg	0.473	0.065	3	1		1.192	0.218	
Pantothenic acid....mg	0.072		0	4		0.181	0.033	
Vitamin B-6....mg	0.027		0	4		0.068	0.012	
Folate, total....mcg	3		0	4		7	1	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	3		0	4		7	1	
Folate, DFE....mcg_DFE	3		0	4		7	1	
Vitamin B-12....mcg	0.00		0	7		0.00	0.00	
Vitamin A, IU....IU	1009	43.675	6	1		2543	464	
Vitamin A, RE....mcg_RE	101	4.368	6	1		255	46	
Vitamin E....mg_ATE	0.700		0	4		1.764	0.322	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.002		0	1		0.005	0.001	
4:0....g	0.000		0	1		0.000	0.000	
6:0....g	0.000		0	1		0.000	0.000	
8:0....g	0.000		0	1		0.000	0.000	
10:0....g	0.000		0	1		0.000	0.000	
11:0....g								
12:0....g	0.000		0	1		0.000	0.000	
13:0....g								
14:0....g	0.000		0	1		0.000	0.000	
15:0....g								
16:0....g	0.001		0	1		0.003	0.000	
17:0....g								
18:0....g	0.000		0	1		0.000	0.000	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.014		0	1		0.035	0.006	
14:1....g								
15:1....g								

NDB No. 09282
Plums, canned, purple, juice pack, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.000		0	1		0.000	0.000	
17:1....g								
18:1 undifferentiated....g	0.014		0	1		0.035	0.006	
20:1....g	0.000		0	1		0.000	0.000	
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.005		0	1		0.013	0.002	
18:2 undifferentiated....g	0.005		0	1		0.013	0.002	
18:3 undifferentiated....g	0.000		0	1		0.000	0.000	
18:4....g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	
20:5 n-3....g	0.000		0	1		0.000	0.000	
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	
22:6 n-3....g	0.000		0	1		0.000	0.000	
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0	0	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g								
Threonine....g	0.011		0	1		0.028	0.005	
Isoleucine....g	0.010		0	1		0.025	0.005	
Leucine....g	0.014		0	1		0.035	0.006	
Lysine....g	0.011		0	1		0.028	0.005	
Methionine....g	0.004		0	1		0.010	0.002	
Cystine....g	0.003		0	1		0.008	0.001	
Phenylalanine....g	0.011		0	1		0.028	0.005	
Tyrosine....g	0.004		0	1		0.010	0.002	
Valine....g	0.012		0	1		0.030	0.006	
Arginine....g	0.009		0	1		0.023	0.004	
Histidine....g	0.008		0	1		0.020	0.004	
Alanine....g	0.019		0	1		0.048	0.009	
Aspartic acid....g	0.162		0	1		0.408	0.075	
Glutamic acid....g	0.024		0	1		0.060	0.011	
Glycine....g	0.008		0	1		0.020	0.004	
Proline....g	0.022		0	1		0.055	0.010	
Serine....g	0.013		0	1		0.033	0.006	
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 252.000g: 1 cup, pitted

Measure 2 = 46.000g: 1 plum with liquid

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 09283
Plums, canned, purple, light syrup pack, solids and liquids

Refuse: 5% Pits

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	83.00		0	1		209.16	38.18	
Energy....kcal	63		0	4		159	29	
Energy....kj	264			4		664	121	
Protein (N x 6.25)....g	0.37		0	1		0.93	0.17	
Total lipid (fat)....g	0.10		0	1		0.25	0.05	
Ash....g	0.25		0	1		0.63	0.12	
Carbohydrate, by difference....g	16.28		0	4		41.03	7.49	
Fiber, total dietary....g	1.0		0	4		2.5	0.5	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	9		0	1		23	4	
Iron, Fe....mg	0.86		0	1		2.17	0.40	
Magnesium, Mg....mg	5		0	1		13	2	
Phosphorus, P....mg	13		0	1		33	6	
Potassium, K....mg	93		0	1		234	43	
Sodium, Na....mg	20		0	1		50	9	
Zinc, Zn....mg	0.08		0	1		0.20	0.04	
Copper, Cu....mg	0.038		0	1		0.096	0.017	
Manganese, Mn....mg	0.032		0	1		0.081	0.015	
Selenium, Se....mcg	0.3		0	4		0.8	0.1	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.4		0	1		1.0	0.2	
Thiamin....mg	0.016		0	1		0.040	0.007	
Riboflavin....mg	0.039		0	1		0.098	0.018	
Niacin....mg	0.297		0	1		0.748	0.137	
Pantothenic acid....mg	0.072		0	1		0.181	0.033	
Vitamin B-6....mg	0.027		0	1		0.068	0.012	
Folate, total....mcg	3		0	1		7	1	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	3		0	1		7	1	
Folate, DFE....mcg_DFE	3		0	4		7	1	
Vitamin B-12....mcg	0.00		0	7		0.00	0.00	
Vitamin A, IU....IU	264		0	1		665	121	
Vitamin A, RE....mcg_RE	26		0	1		66	12	
Vitamin E....mg_ATE	0.700		0	4		1.764	0.322	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.008		0	1		0.020	0.004	
4:0....g	0.000		0	1		0.000	0.000	
6:0....g	0.000		0	1		0.000	0.000	
8:0....g	0.000		0	1		0.000	0.000	
10:0....g	0.000		0	1		0.000	0.000	
11:0....g								
12:0....g	0.000		0	1		0.000	0.000	
13:0....g								
14:0....g	0.000		0	1		0.000	0.000	
15:0....g								
16:0....g	0.007		0	1		0.018	0.003	
17:0....g								
18:0....g	0.001		0	1		0.003	0.000	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.069		0	1		0.174	0.032	
14:1....g								
15:1....g								

NDB No. 09283
Plums, canned, purple, light syrup pack, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.001		0	1		0.003	0.000	
17:1....g								
18:1 undifferentiated....g	0.068		0	1		0.171	0.031	
20:1....g	0.000		0	1		0.000	0.000	
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.023		0	1		0.058	0.011	
18:2 undifferentiated....g	0.023		0	1		0.058	0.011	
18:3 undifferentiated....g	0.000		0	1		0.000	0.000	
18:4....g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	
20:5 n-3....g	0.000		0	1		0.000	0.000	
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	
22:6 n-3....g	0.000		0	1		0.000	0.000	
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0	0	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g								
Threonine....g	0.008		0	1		0.020	0.004	
Isoleucine....g	0.007		0	1		0.018	0.003	
Leucine....g	0.010		0	1		0.025	0.005	
Lysine....g	0.008		0	1		0.020	0.004	
Methionine....g	0.003		0	1		0.008	0.001	
Cystine....g	0.002		0	1		0.005	0.001	
Phenylalanine....g	0.008		0	1		0.020	0.004	
Tyrosine....g	0.003		0	1		0.008	0.001	
Valine....g	0.009		0	1		0.023	0.004	
Arginine....g	0.006		0	1		0.015	0.003	
Histidine....g	0.006		0	1		0.015	0.003	
Alanine....g	0.014		0	1		0.035	0.006	
Aspartic acid....g	0.116		0	1		0.292	0.053	
Glutamic acid....g	0.017		0	1		0.043	0.008	
Glycine....g	0.006		0	1		0.015	0.003	
Proline....g	0.016		0	1		0.040	0.007	
Serine....g	0.009		0	1		0.023	0.004	
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 252.000g: 1 cup, pitted

Measure 2 = 46.000g: 1 plum with liquid

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

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: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	76.06	0.226	8	1		196.23	34.99	
Energy....kcal	89		0	4		230	41	
Energy....kj	372			4		961	171	
Protein (N x 6.25)....g	0.36	0.011	8	1		0.93	0.17	
Total lipid (fat)....g	0.10	0.000	8	1		0.26	0.05	
Ash....g	0.24	0.011	8	1		0.62	0.11	
Carbohydrate, by difference....g	23.24		0	4		59.96	10.69	
Fiber, total dietary....g	1.0		0	4		2.6	0.5	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	9	0.633	8	1		23	4	
Iron, Fe....mg	0.84	0.177	8	1		2.17	0.39	
Magnesium, Mg....mg	5		0	1		13	2	
Phosphorus, P....mg	13		0	1		34	6	
Potassium, K....mg	91	5.127	8	1		235	42	
Sodium, Na....mg	19	1.945	8	1		49	9	
Zinc, Zn....mg	0.07		0	1		0.18	0.03	
Copper, Cu....mg	0.037		0	1		0.095	0.017	
Manganese, Mn....mg	0.031		0	1		0.080	0.014	
Selenium, Se....mcg	0.3		0	4		0.8	0.1	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.4	0.060	7	1		1.0	0.2	
Thiamin....mg	0.016	0.001	7	1		0.041	0.007	
Riboflavin....mg	0.038	0.004	7	1		0.098	0.017	
Niacin....mg	0.291	0.013	8	1		0.751	0.134	
Pantothenic acid....mg	0.072		0	1		0.186	0.033	
Vitamin B-6....mg	0.027		0	1		0.070	0.012	
Folate, total....mcg	3	0.938	3	1		6	1	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	3	0.938	3	1		6	1	
Folate, DFE....mcg_DFE	3		0	4		6	1	
Vitamin B-12....mcg	0.00		0	7		0.00	0.00	
Vitamin A, IU....IU	259	63.286	8	1		668	119	
Vitamin A, RE....mcg_RE	26	6.329	8	1		67	12	
Vitamin E....mg_ATE	0.700		0	4		1.806	0.322	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.008		0	1		0.021	0.004	
4:0....g	0.000		0	1		0.000	0.000	
6:0....g	0.000		0	1		0.000	0.000	
8:0....g	0.000		0	1		0.000	0.000	
10:0....g	0.000		0	1		0.000	0.000	
11:0....g								
12:0....g	0.000		0	1		0.000	0.000	
13:0....g								
14:0....g	0.000		0	1		0.000	0.000	
15:0....g								
16:0....g	0.007		0	1		0.018	0.003	
17:0....g								
18:0....g	0.001		0	1		0.003	0.000	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.066		0	1		0.170	0.030	
14:1....g								
15:1....g								

NDB No. 09284
Plums, canned, purple, heavy syrup pack, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.001		0	1		0.003	0.000	
17:1....g								
18:1 undifferentiated....g	0.065		0	1		0.168	0.030	
20:1....g	0.000		0	1		0.000	0.000	
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.022		0	1		0.057	0.010	
18:2 undifferentiated....g	0.022		0	1		0.057	0.010	
18:3 undifferentiated....g	0.000		0	1		0.000	0.000	
18:4....g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	
20:5 n-3....g	0.000		0	1		0.000	0.000	
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	
22:6 n-3....g	0.000		0	1		0.000	0.000	
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0	0	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g								
Threonine....g	0.008		0	1		0.021	0.004	
Isoleucine....g	0.007		0	1		0.018	0.003	
Leucine....g	0.010		0	1		0.026	0.005	
Lysine....g	0.008		0	1		0.021	0.004	
Methionine....g	0.003		0	1		0.008	0.001	
Cystine....g	0.002		0	1		0.005	0.001	
Phenylalanine....g	0.008		0	1		0.021	0.004	
Tyrosine....g	0.003		0	1		0.008	0.001	
Valine....g	0.009		0	1		0.023	0.004	
Arginine....g	0.006		0	1		0.015	0.003	
Histidine....g	0.006		0	1		0.015	0.003	
Alanine....g	0.013		0	1		0.034	0.006	
Aspartic acid....g	0.114		0	1		0.294	0.052	
Glutamic acid....g	0.017		0	1		0.044	0.008	
Glycine....g	0.006		0	1		0.015	0.003	
Proline....g	0.016		0	1		0.041	0.007	
Serine....g	0.009		0	1		0.023	0.004	
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 258.000g: 1 cup, pitted

Measure 2 = 46.000g: 1 plum with liquid

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

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: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	73.00		0	1		190.53		
Energy	kcal	101		0	4		264		
Energy	kj	423			4		1103		
Protein (N x 6.25)	g	0.36		0	1		0.94		
Total lipid (fat)	g	0.10		0	1		0.26		
Ash	g	0.24		0	1		0.63		
Carbohydrate, by difference	g	26.31		0	4		68.67		
Fiber, total dietary	g	1.0		0	4		2.6		
Sugars, total	g								
Starch	g								
Minerals:									
Calcium, Ca	mg	9		0	1		23		
Iron, Fe	mg	0.82		0	1		2.14		
Magnesium, Mg	mg	5		0	1		13		
Phosphorus, P	mg	12		0	1		31		
Potassium, K	mg	89		0	1		232		
Sodium, Na	mg	19		0	1		50		
Zinc, Zn	mg	0.07		0	1		0.18		
Copper, Cu	mg	0.036		0	1		0.094		
Manganese, Mn	mg	0.031		0	1		0.081		
Selenium, Se	mcg								
Vitamins:									
Vitamin C, total ascorbic acid	mg	0.4		0	1		1.0		
Thiamin	mg	0.016		0	1		0.042		
Riboflavin	mg	0.037		0	1		0.097		
Niacin	mg	0.285		0	1		0.744		
Pantothenic acid	mg	0.072		0	1		0.188		
Vitamin B-6	mg	0.027		0	1		0.070		
Folate, total	mcg	3		0	1		7		
Folic acid	mcg	0		0	7		0		
Folate, food	mcg	3		0	1		7		
Folate, DFE	mcg_DFE	3		0	4		7		
Vitamin B-12	mcg	0.00		0	7		0.00		
Vitamin A, IU	IU	254		0	1		663		
Vitamin A, RE	mcg_RE	25		0	1		65		
Vitamin E	mg_ATE								
Vitamin D	IU								
Lipids:									
Fatty acids, total saturated	g	0.008		0	1		0.021		
4:0	g								
6:0	g								
8:0	g								
10:0	g								
11:0	g								
12:0	g								
13:0	g								
14:0	g								
15:0	g								
16:0	g	0.006		0	1		0.016		
17:0	g								
18:0	g	0.001		0	1		0.003		
19:0	g								
20:0	g								
22:0	g								
24:0	g								
Fatty acids, total monounsaturated	g	0.065		0	1		0.170		
14:1	g								
15:1	g								

NDB No. 09285
Plums, canned, purple, extra heavy syrup pack, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.001		0	1		0.003		
17:1....g								
18:1 undifferentiated....g	0.064		0	1		0.167		
20:1....g								
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.021		0	1		0.055		
18:2 undifferentiated....g	0.021		0	1		0.055		
18:3 undifferentiated....g								
18:4....g								
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g								
20:5 n-3....g								
22:2....g								
22:5 n-3....g								
22:6 n-3....g								
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0		
Phytosterols....mg								
Amino Acids:								
Tryptophan....g								
Threonine....g	0.007		0	1		0.018		
Isoleucine....g	0.007		0	1		0.018		
Leucine....g	0.010		0	1		0.026		
Lysine....g	0.008		0	1		0.021		
Methionine....g	0.003		0	1		0.008		
Cystine....g	0.002		0	1		0.005		
Phenylalanine....g	0.008		0	1		0.021		
Tyrosine....g	0.003		0	1		0.008		
Valine....g	0.009		0	1		0.023		
Arginine....g	0.006		0	1		0.016		
Histidine....g	0.006		0	1		0.016		
Alanine....g	0.013		0	1		0.034		
Aspartic acid....g	0.113		0	1		0.295		
Glutamic acid....g	0.017		0	1		0.044		
Glycine....g	0.005		0	1		0.013		
Proline....g	0.016		0	1		0.042		
Serine....g	0.009		0	1		0.023		
Hydroxyproline....g								

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

Common Measures:

Measure 1 = 261.000g: 1 cup, pitted

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

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	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	80.97	1.352	9	1		124.69		
Energy....kcal	68		0	4		105		
Energy....kj	285			4		438		
Protein (N x 6.25)....g	0.95	0.180	7	1		1.46		
Total lipid (fat)....g	0.30		0	1		0.46		
Ash....g	0.61	0.073	9	1		0.94		
Carbohydrate, by difference....g	17.17		0	4		26.44		
Fiber, total dietary....g	0.6		0	4		0.9		
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	3		0	1		5		
Iron, Fe....mg	0.30		0	1		0.46		
Magnesium, Mg....mg	3		0	1		5		
Phosphorus, P....mg	8		0	1		12		
Potassium, K....mg	259		0	1		399		
Sodium, Na....mg	3		0	1		5		
Zinc, Zn....mg	0.12		0	4		0.18		
Copper, Cu....mg	0.070		0	1		0.108		
Manganese, Mn....mg								
Selenium, Se....mcg	0.6		0	4		0.9		
Vitamins:								
Vitamin C, total ascorbic acid....mg	6.1	0.710	11	1		9.4		
Thiamin....mg	0.030		0	1		0.046		
Riboflavin....mg	0.030		0	1		0.046		
Niacin....mg	0.300		0	1		0.462		
Pantothenic acid....mg	0.596		0	1		0.918		
Vitamin B-6....mg	0.105		1	1		0.162		
Folate, total....mcg	6		0	4		9		
Folic acid....mcg	0		0	7		0		
Folate, food....mcg	6		0	4		9		
Folate, DFE....mcg_DFE	6		0	4		9		
Vitamin B-12....mcg	0.00		0	7		0.00		
Vitamin A, IU....IU	0		0	4		0		
Vitamin A, RE....mcg_RE	0		0	4		0		
Vitamin E....mg_ATE	0.550		0	4		0.847		
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.038		0	4		0.059		
4:0....g	0.000		0	4		0.000		
6:0....g	0.000		0	4		0.000		
8:0....g	0.000		0	4		0.000		
10:0....g	0.000		0	4		0.000		
11:0....g								
12:0....g	0.002		0	4		0.003		
13:0....g								
14:0....g	0.002		0	4		0.003		
15:0....g								
16:0....g	0.022		0	4		0.034		
17:0....g								
18:0....g	0.012		0	4		0.018		
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.046		0	4		0.071		
14:1....g								
15:1....g								

NDB No. 09286
Pomegranates, raw

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.006		0	4		0.009		
17:1....g								
18:1 undifferentiated....g	0.039		0	4		0.060		
20:1....g	0.002		0	4		0.003		
22:1 undifferentiated....g	0.000		0	4		0.000		
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.063		0	4		0.097		
18:2 undifferentiated....g	0.063		0	4		0.097		
18:3 undifferentiated....g	0.000		0	4		0.000		
18:4....g	0.000		0	4		0.000		
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	4		0.000		
20:5 n-3....g	0.000		0	4		0.000		
22:2....g								
22:5 n-3....g	0.000		0	4		0.000		
22:6 n-3....g	0.000		0	4		0.000		
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0		
Phytosterols....mg	17		0	1		26		
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0		
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 154.000g: 1 pomegranate (3-3/8" dia)

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

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: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	87.55	2.791	4	1		130.45	90.18	
Energy....kcal	41		0	4		61	42	
Energy....kj	172			4		256	177	
Protein (N x 6.25)....g	0.73	0.103	3	1		1.09	0.75	
Total lipid (fat)....g	0.51		2	1		0.76	0.53	
Ash....g	1.64	0.586	3	1		2.44	1.69	
Carbohydrate, by difference....g	9.57		0	4		14.26	9.86	
Fiber, total dietary....g	3.6		0	4		5.4	3.7	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	56		1	1		83	58	
Iron, Fe....mg	0.30		0	1		0.45	0.31	
Magnesium, Mg....mg	85		2	1		127	88	
Phosphorus, P....mg	24		1	1		36	25	
Potassium, K....mg	220		2	1		328	227	
Sodium, Na....mg	5		2	1		7	5	
Zinc, Zn....mg	0.12		0	4		0.18	0.12	
Copper, Cu....mg	0.080		0	4		0.119	0.082	
Manganese, Mn....mg								
Selenium, Se....mcg	0.6		0	4		0.9	0.6	
Vitamins:								
Vitamin C, total ascorbic acid....mg	14.0		1	1		20.9	14.4	
Thiamin....mg	0.014		1	1		0.021	0.014	
Riboflavin....mg	0.060		1	1		0.089	0.062	
Niacin....mg	0.460		1	1		0.685	0.474	
Pantothenic acid....mg								
Vitamin B-6....mg	0.060		0	4		0.089	0.062	
Folate, total....mcg	6		0	4		9	6	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	6		0	4		9	6	
Folate, DFE....mcg_DFE	6		0	4		9	6	
Vitamin B-12....mcg	0.00		0	7		0.00	0.00	
Vitamin A, IU....IU	51		2	1		76	53	
Vitamin A, RE....mcg_RE	5		2	1		7	5	
Vitamin E....mg_ATE	0.010		0	4		0.015	0.010	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.067		0	1		0.100	0.069	
4:0....g	0.000		0	1		0.000	0.000	
6:0....g	0.000		0	1		0.000	0.000	
8:0....g	0.000		0	1		0.000	0.000	
10:0....g	0.000		0	1		0.000	0.000	
11:0....g								
12:0....g	0.000		0	1		0.000	0.000	
13:0....g								
14:0....g	0.000		0	1		0.000	0.000	
15:0....g								
16:0....g	0.052		0	1		0.077	0.054	
17:0....g								
18:0....g	0.010		0	1		0.015	0.010	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.075		0	1		0.112	0.077	
14:1....g								
15:1....g								

NDB No. 09287
Prickly pears, raw

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.002		0	1		0.003	0.002	
17:1....g								
18:1 undifferentiated....g	0.072		0	1		0.107	0.074	
20:1....g	0.001		0	1		0.001	0.001	
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.213		0	1		0.317	0.219	
18:2 undifferentiated....g	0.186		0	1		0.277	0.192	
18:3 undifferentiated....g	0.023		0	1		0.034	0.024	
18:4....g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	
20:5 n-3....g	0.000		0	1		0.000	0.000	
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	
22:6 n-3....g	0.000		0	1		0.000	0.000	
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0	0	
Phytosterols....mg								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 149.000g: 1 cup

Measure 2 = 103.000g: 1 fruit without refuse

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 09288

Prunes, canned, heavy syrup pack, solids and liquids

Prunus domestica

Refuse: 12% Pits

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	70.67	0.250	20	1		165.37	60.78	
Energy....kcal	105		0	4		246	90	
Energy....kj	439			4		1028	378	
Protein (N x 6.25)....g	0.87	0.016	20	1		2.04	0.75	
Total lipid (fat)....g	0.20	0.010	20	1		0.47	0.17	
Ash....g	0.46	0.011	20	1		1.08	0.40	
Carbohydrate, by difference....g	27.80		0	4		65.05	23.91	
Fiber, total dietary....g	3.8		0	4		8.9	3.3	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	17	0.391	20	1		40	15	
Iron, Fe....mg	0.41	0.026	20	1		0.96	0.35	
Magnesium, Mg....mg	15	0.398	20	1		35	13	
Phosphorus, P....mg	26	0.470	20	1		61	22	
Potassium, K....mg	226	5.121	20	1		529	194	
Sodium, Na....mg	3	0.532	26	1		7	3	
Zinc, Zn....mg	0.19	0.005	20	1		0.44	0.16	
Copper, Cu....mg	0.118	0.005	20	1		0.276	0.101	
Manganese, Mn....mg	0.098		0	1		0.229	0.084	
Selenium, Se....mcg								
Vitamins:								
Vitamin C, total ascorbic acid....mg	2.8	0.184	21	1		6.6	2.4	
Thiamin....mg	0.034	0.001	20	1		0.080	0.029	
Riboflavin....mg	0.122	0.006	21	1		0.285	0.105	
Niacin....mg	0.866	0.036	21	1		2.026	0.745	
Pantothenic acid....mg	0.100		0	4		0.234	0.086	
Vitamin B-6....mg	0.203		0	4		0.475	0.175	
Folate, total....mcg	0		0	4		0	0	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	0		0	4		0	0	
Folate, DFE....mcg_DFE	0		0	4		0	0	
Vitamin B-12....mcg	0.00		0	7		0.00	0.00	
Vitamin A, IU....IU	797	74.628	21	1		1865	685	
Vitamin A, RE....mcg_RE	80	7.463	21	1		187	69	
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.016		0	1		0.037	0.014	
4:0....g								
6:0....g								
8:0....g								
10:0....g								
11:0....g								
12:0....g								
13:0....g								
14:0....g								
15:0....g								
16:0....g	0.013		0	1		0.030	0.011	
17:0....g								
18:0....g	0.003		0	1		0.007	0.003	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.130		0	1		0.304	0.112	
14:1....g								
15:1....g								

NDB No. 09288
Prunes, canned, heavy syrup pack, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.002		0	1		0.005	0.002	
17:1....g								
18:1 undifferentiated....g	0.128		0	1		0.300	0.110	
20:1....g								
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.043		0	1		0.101	0.037	
18:2 undifferentiated....g	0.043		0	1		0.101	0.037	
18:3 undifferentiated....g								
18:4....g								
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g								
20:5 n-3....g								
22:2....g								
22:5 n-3....g								
22:6 n-3....g								
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0	0	
Phytosterols....mg								

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

Common Measures:

Measure 1 = 234.000g: 1 cup

Measure 2 = 86.000g: 5 fruits with liquid

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 09289
Prunes, dehydrated (low-moisture), uncooked

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	4.00		0	1		5.28		
Energy	kcal	339		0	4		447		
Energy	kj	1418			4		1872		
Protein (N x 6.25)	g	3.70		0	1		4.88		
Total lipid (fat)	g	0.73		0	1		0.96		
Ash	g	2.50		0	1		3.30		
Carbohydrate, by difference	g	89.07		0	4		117.57		
Fiber, total dietary	g								
Sugars, total	g								
Starch	g								
Minerals:									
Calcium, Ca	mg	72		0	1		95		
Iron, Fe	mg	3.52		0	1		4.65		
Magnesium, Mg	mg	64		0	1		84		
Phosphorus, P	mg	112		0	1		148		
Potassium, K	mg	1058		0	1		1397		
Sodium, Na	mg	5		0	1		7		
Zinc, Zn	mg	0.75		0	1		0.99		
Copper, Cu	mg	0.611		0	1		0.807		
Manganese, Mn	mg	0.312		0	1		0.412		
Selenium, Se	mcg								
Vitamins:									
Vitamin C, total ascorbic acid	mg	0.0		2	1		0.0		
Thiamin	mg	0.118		2	1		0.156		
Riboflavin	mg	0.165		2	1		0.218		
Niacin	mg	2.995		2	1		3.953		
Pantothenic acid	mg	0.418		2	1		0.552		
Vitamin B-6	mg	0.745		2	1		0.983		
Folate, total	mcg	2		2	1		3		
Folic acid	mcg	0		0	7		0		
Folate, food	mcg	2		2	1		3		
Folate, DFE	mcg_DFE	2		0	4		3		
Vitamin B-12	mcg	0.00		0	7		0.00		
Vitamin A, IU	IU	1762		2	1		2326		
Vitamin A, RE	mcg_RE	176		2	1		232		
Vitamin E	mg_ATE								
Vitamin D	IU								
Lipids:									
Fatty acids, total saturated	g	0.059		0	1		0.078		
4:0	g								
6:0	g								
8:0	g								
10:0	g								
11:0	g								
12:0	g								
13:0	g								
14:0	g								
15:0	g								
16:0	g	0.048		0	1		0.063		
17:0	g								
18:0	g	0.010		0	1		0.013		
19:0	g								
20:0	g								
22:0	g								
24:0	g								
Fatty acids, total monounsaturated	g	0.483		0	1		0.638		
14:1	g								
15:1	g								

NDB No. 09289
Prunes, dehydrated (low-moisture), uncooked

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.006		0	1		0.008		
17:1....g								
18:1 undifferentiated....g	0.477		0	1		0.630		
20:1....g								
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.159		0	1		0.210		
18:2 undifferentiated....g	0.159		0	1		0.210		
18:3 undifferentiated....g								
18:4....g								
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g								
20:5 n-3....g								
22:2....g								
22:5 n-3....g								
22:6 n-3....g								
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0		
Phytosterols....mg								

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

Common Measures:

Measure 1 = 132.000g: 1 cup

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 09290
Prunes, dehydrated (low-moisture), stewed

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	67.99		2	1		190.37		
Energy	kcal	113		0	4		316		
Energy	kj	473			4		1324		
Protein (N x 6.25)	g	1.23		0	1		3.44		
Total lipid (fat)	g	0.24		0	1		0.67		
Ash	g	0.83		0	1		2.32		
Carbohydrate, by difference	g	29.70		0	4		83.16		
Fiber, total dietary	g								
Sugars, total	g								
Starch	g								
Minerals:									
Calcium, Ca	mg	24		0	1		67		
Iron, Fe	mg	1.17		0	1		3.28		
Magnesium, Mg	mg	21		0	1		59		
Phosphorus, P	mg	37		0	1		104		
Potassium, K	mg	353		0	1		988		
Sodium, Na	mg	2		0	1		6		
Zinc, Zn	mg	0.25		0	1		0.70		
Copper, Cu	mg	0.204		0	1		0.571		
Manganese, Mn	mg	0.104		0	1		0.291		
Selenium, Se	mcg								
Vitamins:									
Vitamin C, total ascorbic acid	mg	0.0		2	1		0.0		
Thiamin	mg	0.046		2	1		0.129		
Riboflavin	mg	0.030		2	1		0.084		
Niacin	mg	0.985		2	1		2.758		
Pantothenic acid	mg	0.108		2	1		0.302		
Vitamin B-6	mg	0.191		2	1		0.535		
Folate, total	mcg	0		2	1		1		
Folic acid	mcg	0		0	7		0		
Folate, food	mcg	0		2	1		1		
Folate, DFE	mcg_DFE	0		0	4		1		
Vitamin B-12	mcg	0.00		0	7		0.00		
Vitamin A, IU	IU	523		2	1		1464		
Vitamin A, RE	mcg_RE	52		2	1		146		
Vitamin E	mg_ATE								
Vitamin D	IU								
Lipids:									
Fatty acids, total saturated	g	0.020		0	1		0.056		
4:0	g								
6:0	g								
8:0	g								
10:0	g								
11:0	g								
12:0	g								
13:0	g								
14:0	g								
15:0	g								
16:0	g	0.016		0	1		0.045		
17:0	g								
18:0	g	0.003		0	1		0.008		
19:0	g								
20:0	g								
22:0	g								
24:0	g								
Fatty acids, total monounsaturated	g	0.161		0	1		0.451		
14:1	g								
15:1	g								

NDB No. 09290
Prunes, dehydrated (low-moisture), stewed

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.002		0	1		0.006		
17:1....g								
18:1 undifferentiated....g	0.159		0	1		0.445		
20:1....g								
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.053		0	1		0.148		
18:2 undifferentiated....g	0.053		0	1		0.148		
18:3 undifferentiated....g								
18:4....g								
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g								
20:5 n-3....g								
22:2....g								
22:5 n-3....g								
22:6 n-3....g								
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0		
Phytosterols....mg								

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

Common Measures:

Measure 1 = 280.000g: 1 cup

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

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	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	32.39	0.231	193	1		55.06	2.72	
Energy....kcal	239		0	4		406	20	
Energy....kj	1000			4		1700	84	
Protein (N x 6.25)....g	2.61	0.025	194	1		4.44	0.22	
Total lipid (fat)....g	0.52	0.012	177	1		0.88	0.04	
Ash....g	1.76	0.024	194	1		2.99	0.15	
Carbohydrate, by difference....g	62.73		0	4		106.64	5.27	
Fiber, total dietary....g	7.1		0	1		12.1	0.6	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	51	1.115	193	1		87	4	
Iron, Fe....mg	2.48	0.066	193	1		4.22	0.21	
Magnesium, Mg....mg	45	0.622	191	1		77	4	
Phosphorus, P....mg	79	1.094	193	1		134	7	
Potassium, K....mg	745	7.580	159	1		1267	63	
Sodium, Na....mg	4	0.131	159	1		7	0	
Zinc, Zn....mg	0.53	0.007	151	1		0.90	0.04	
Copper, Cu....mg	0.430	0.013	167	1		0.731	0.036	
Manganese, Mn....mg	0.220	0.016	23	1		0.374	0.018	
Selenium, Se....mcg	2.3		0	4		3.9	0.2	
Vitamins:								
Vitamin C, total ascorbic acid....mg	3.3	0.126	129	1		5.6	0.3	
Thiamin....mg	0.081	0.001	157	1		0.138	0.007	
Riboflavin....mg	0.162	0.007	33	1		0.275	0.014	
Niacin....mg	1.961	0.027	155	1		3.334	0.165	
Pantothenic acid....mg	0.460		0	1		0.782	0.039	
Vitamin B-6....mg	0.264		1	1		0.449	0.022	
Folate, total....mcg	4	0.291	4	1		6	0	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	4	0.291	4	1		6	0	
Folate, DFE....mcg_DFE	4		0	4		6	0	
Vitamin B-12....mcg	0.00		0	7		0.00	0.00	
Vitamin A, IU....IU	1987	47.577	202	1		3378	167	
Vitamin A, RE....mcg_RE	199	4.758	202	1		338	17	
Vitamin E....mg_ATE	1.450		0	1		2.465	0.122	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.041		0	1		0.070	0.003	
4:0....g	0.000		0	1		0.000	0.000	
6:0....g	0.000		0	1		0.000	0.000	
8:0....g	0.000		0	1		0.000	0.000	
10:0....g	0.000		0	1		0.000	0.000	
11:0....g								
12:0....g	0.000		0	1		0.000	0.000	
13:0....g								
14:0....g	0.000		0	1		0.000	0.000	
15:0....g								
16:0....g	0.034		0	1		0.058	0.003	
17:0....g								
18:0....g	0.007		0	1		0.012	0.001	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.340		0	1		0.578	0.029	
14:1....g								
15:1....g								

NDB No. 09291
Prunes, dried, uncooked

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.004		0	1		0.007	0.000	
17:1....g								
18:1 undifferentiated....g	0.335		0	1		0.570	0.028	
20:1....g	0.000		0	1		0.000	0.000	
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.112		0	1		0.190	0.009	
18:2 undifferentiated....g	0.112		0	1		0.190	0.009	
18:3 undifferentiated....g	0.000		0	1		0.000	0.000	
18:4....g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	
20:5 n-3....g	0.000		0	1		0.000	0.000	
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	
22:6 n-3....g	0.000		0	1		0.000	0.000	
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0	0	
Phytosterols....mg								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 170.000g: 1 cup, pitted

Measure 2 = 8.400g: 1 prune

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

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	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	69.73	1.031	3	1		172.93		
Energy....kcal	107		0	4		265		
Energy....kj	448			4		1110		
Protein (N x 6.25)....g	1.17		0	1		2.90		
Total lipid (fat)....g	0.23		0	1		0.57		
Ash....g	0.79		0	1		1.96		
Carbohydrate, by difference....g	28.08		0	4		69.64		
Fiber, total dietary....g	6.6		0	1		16.4		
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	23		0	1		57		
Iron, Fe....mg	1.11		0	1		2.75		
Magnesium, Mg....mg	20		0	1		50		
Phosphorus, P....mg	35		0	1		87		
Potassium, K....mg	334		0	1		828		
Sodium, Na....mg	2		0	1		5		
Zinc, Zn....mg	0.24		0	1		0.60		
Copper, Cu....mg	0.193		0	1		0.479		
Manganese, Mn....mg	0.098		0	1		0.243		
Selenium, Se....mcg	1.0		0	4		2.5		
Vitamins:								
Vitamin C, total ascorbic acid....mg	2.9	0.043	3	1		7.2		
Thiamin....mg	0.024	0.002	3	1		0.060		
Riboflavin....mg	0.100	0.012	3	1		0.248		
Niacin....mg	0.723	0.039	3	1		1.793		
Pantothenic acid....mg	0.107	0.003	3	1		0.265		
Vitamin B-6....mg	0.218	0.009	3	1		0.541		
Folate, total....mcg	0	0.017	3	1		0		
Folic acid....mcg	0		0	7		0		
Folate, food....mcg	0	0.017	3	1		0		
Folate, DFE....mcg_DFE	0		0	4		0		
Vitamin B-12....mcg	0.00		0	7		0.00		
Vitamin A, IU....IU	306	58.706	3	1		759		
Vitamin A, RE....mcg_RE	31	5.871	3	1		77		
Vitamin E....mg_ATE	0.001		0	4		0.002		
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.019		0	1		0.047		
4:0....g	0.000		0	1		0.000		
6:0....g	0.000		0	1		0.000		
8:0....g	0.000		0	1		0.000		
10:0....g	0.000		0	1		0.000		
11:0....g								
12:0....g	0.000		0	1		0.000		
13:0....g								
14:0....g	0.000		0	1		0.000		
15:0....g								
16:0....g	0.015		0	1		0.037		
17:0....g								
18:0....g	0.003		0	1		0.007		
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.152		0	1		0.377		
14:1....g								
15:1....g								

NDB No. 09292
Prunes, dried, stewed, without added sugar

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.002		0	1		0.005		
17:1....g								
18:1 undifferentiated....g	0.150		0	1		0.372		
20:1....g	0.000		0	1		0.000		
22:1 undifferentiated....g	0.000		0	1		0.000		
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.050		0	1		0.124		
18:2 undifferentiated....g	0.050		0	1		0.124		
18:3 undifferentiated....g	0.000		0	1		0.000		
18:4....g	0.000		0	1		0.000		
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000		
20:5 n-3....g	0.000		0	1		0.000		
22:2....g								
22:5 n-3....g	0.000		0	1		0.000		
22:6 n-3....g	0.000		0	1		0.000		
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0		
Phytosterols....mg								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0		
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 248.000g: 1 cup, pitted

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 09293
Prunes, dried, stewed, with added sugar

Refuse: 15% Pits

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	65.08		0	1		161.40		
Energy....kcal	124		0	4		308		
Energy....kj	519			4		1287		
Protein (N x 6.25)....g	1.09		0	1		2.70		
Total lipid (fat)....g	0.22		0	1		0.55		
Ash....g	0.73		0	1		1.81		
Carbohydrate, by difference....g	32.88		0	4		81.54		
Fiber, total dietary....g	3.8		0	4		9.4		
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	21		0	1		52		
Iron, Fe....mg	1.04		0	1		2.58		
Magnesium, Mg....mg	19		0	1		47		
Phosphorus, P....mg	33		0	1		82		
Potassium, K....mg	312		0	1		774		
Sodium, Na....mg	2		0	1		5		
Zinc, Zn....mg	0.22		0	1		0.55		
Copper, Cu....mg	0.180		0	1		0.446		
Manganese, Mn....mg	0.092		0	1		0.228		
Selenium, Se....mcg	1.0		0	4		2.5		
Vitamins:								
Vitamin C, total ascorbic acid....mg	2.7		0	1		6.7		
Thiamin....mg	0.022		0	1		0.055		
Riboflavin....mg	0.093		0	1		0.231		
Niacin....mg	0.675		0	1		1.674		
Pantothenic acid....mg	0.100		0	1		0.248		
Vitamin B-6....mg	0.203		0	1		0.503		
Folate, total....mcg	0		0	1		0		
Folic acid....mcg	0		0	7		0		
Folate, food....mcg	0		0	1		0		
Folate, DFE....mcg_DFE	0		0	4		0		
Vitamin B-12....mcg	0.00		0	7		0.00		
Vitamin A, IU....IU	285		0	1		707		
Vitamin A, RE....mcg_RE	29		0	1		72		
Vitamin E....mg_ATE	0.001		0	4		0.002		
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.017		0	1		0.042		
4:0....g	0.000		0	1		0.000		
6:0....g	0.000		0	1		0.000		
8:0....g	0.000		0	1		0.000		
10:0....g	0.000		0	1		0.000		
11:0....g								
12:0....g	0.000		0	1		0.000		
13:0....g								
14:0....g	0.000		0	1		0.000		
15:0....g								
16:0....g	0.014		0	1		0.035		
17:0....g								
18:0....g	0.003		0	1		0.007		
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.142		0	1		0.352		
14:1....g								
15:1....g								

NDB No. 09293
Prunes, dried, stewed, with added sugar

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.002		0	1		0.005		
17:1....g								
18:1 undifferentiated....g	0.140		0	1		0.347		
20:1....g	0.000		0	1		0.000		
22:1 undifferentiated....g	0.000		0	1		0.000		
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.047		0	1		0.117		
18:2 undifferentiated....g	0.047		0	1		0.117		
18:3 undifferentiated....g	0.000		0	1		0.000		
18:4....g	0.000		0	1		0.000		
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000		
20:5 n-3....g	0.000		0	1		0.000		
22:2....g								
22:5 n-3....g	0.000		0	1		0.000		
22:6 n-3....g	0.000		0	1		0.000		
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0		
Phytosterols....mg								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0		
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 248.000g: 1 cup, pitted

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 09294
Prune juice, canned

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	81.24	0.119	30	1		207.97	26.00	
Energy....kcal	71		0	4		182	23	
Energy....kj	297			4		760	95	
Protein (N x 6.25)....g	0.61	0.013	31	1		1.56	0.20	
Total lipid (fat)....g	0.03	0.011	25	1		0.08	0.01	
Ash....g	0.68	0.056	30	1		1.74	0.22	
Carbohydrate, by difference....g	17.45		0	4		44.67	5.58	
Fiber, total dietary....g	1.0		0	1		2.6	0.3	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	12	0.863	30	1		31	4	
Iron, Fe....mg	1.18	0.196	30	1		3.02	0.38	
Magnesium, Mg....mg	14	0.786	23	1		36	4	
Phosphorus, P....mg	25	0.613	23	1		64	8	
Potassium, K....mg	276	11.612	22	1		707	88	
Sodium, Na....mg	4	1.165	22	1		10	1	
Zinc, Zn....mg	0.21	0.009	17	1		0.54	0.07	
Copper, Cu....mg	0.068	0.007	17	1		0.174	0.022	
Manganese, Mn....mg	0.151		1	1		0.387	0.048	
Selenium, Se....mcg	0.6		0	4		1.5	0.2	
Vitamins:								
Vitamin C, total ascorbic acid....mg	4.1	0.769	47	1		10.5	1.3	
Thiamin....mg	0.016	0.000	42	1		0.041	0.005	
Riboflavin....mg	0.070	0.009	43	1		0.179	0.022	
Niacin....mg	0.785	0.023	30	1		2.010	0.251	
Pantothenic acid....mg	0.107		0	4		0.274	0.034	
Vitamin B-6....mg	0.218		0	4		0.558	0.070	
Folate, total....mcg	0	0.042	3	1		1	0	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	0	0.042	3	1		1	0	
Folate, DFE....mcg_DFE	0		0	4		1	0	
Vitamin B-12....mcg	0.00		0	7		0.00	0.00	
Vitamin A, IU....IU	3	1.338	26	1		8	1	
Vitamin A, RE....mcg_RE	0	0.134	26	1		0	0	
Vitamin E....mg_ATE	0.010		0	4		0.026	0.003	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.003		0	1		0.008	0.001	
4:0....g	0.000		0	1		0.000	0.000	
6:0....g	0.000		0	1		0.000	0.000	
8:0....g	0.000		0	1		0.000	0.000	
10:0....g	0.000		0	1		0.000	0.000	
11:0....g								
12:0....g	0.000		0	1		0.000	0.000	
13:0....g								
14:0....g	0.000		0	1		0.000	0.000	
15:0....g								
16:0....g	0.002		1	1		0.005	0.001	
17:0....g								
18:0....g	0.000		0	1		0.000	0.000	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.021		0	1		0.054	0.007	
14:1....g								
15:1....g								

NDB No. 09294
Prune juice, canned

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.000		0	1		0.000	0.000	
17:1....g								
18:1 undifferentiated....g	0.021		1	1		0.054	0.007	
20:1....g	0.000		0	1		0.000	0.000	
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.007		0	1		0.018	0.002	
18:2 undifferentiated....g	0.007		1	1		0.018	0.002	
18:3 undifferentiated....g	0.000		0	1		0.000	0.000	
18:4....g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	
20:5 n-3....g	0.000		0	1		0.000	0.000	
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	
22:6 n-3....g	0.000		0	1		0.000	0.000	
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0	0	
Phytosterols....mg								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 256.000g: 1 cup

Measure 2 = 32.000g: 1 fl oz

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 09295
Pummelo, raw
Citrus grandis

Refuse: 44% Seeds, skin, and membrane

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	89.10	0.765	3	1		169.29	542.62	
Energy....kcal	38		0	4		72	231	
Energy....kj	159			4		302	968	
Protein (N x 6.25)....g	0.76		0	1		1.44	4.63	
Total lipid (fat)....g	0.04		0	1		0.08	0.24	
Ash....g	0.48		0	1		0.91	2.92	
Carbohydrate, by difference....g	9.62		0	4		18.28	58.59	
Fiber, total dietary....g	1.0		0	1		1.9	6.1	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	4		2	1		8	24	
Iron, Fe....mg	0.11		2	1		0.21	0.67	
Magnesium, Mg....mg	6	0.995	3	1		11	37	
Phosphorus, P....mg	17		2	1		32	104	
Potassium, K....mg	216	24.547	3	1		410	1315	
Sodium, Na....mg	1	0.382	3	1		2	6	
Zinc, Zn....mg	0.08		2	1		0.15	0.49	
Copper, Cu....mg	0.048		2	1		0.091	0.292	
Manganese, Mn....mg	0.017		2	1		0.032	0.104	
Selenium, Se....mcg								
Vitamins:								
Vitamin C, total ascorbic acid....mg	61.0	3.365	13	1		115.9	371.5	
Thiamin....mg	0.034		0	1		0.065	0.207	
Riboflavin....mg	0.027		0	1		0.051	0.164	
Niacin....mg	0.220		0	1		0.418	1.340	
Pantothenic acid....mg								
Vitamin B-6....mg	0.036		1	1		0.068	0.219	
Folate, total....mcg								
Folate, DFE....mcg_DFE								
Vitamin B-12....mcg	0.00		0	7		0.00	0.00	
Vitamin A, IU....IU	0		0	1		0	0	
Vitamin A, RE....mcg_RE	0		0	1		0	0	
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g								
Fatty acids, total monounsaturated....g								
Fatty acids, total polyunsaturated....g								
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0	0	
Phytosterols....mg								

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

Common Measures:

Measure 1 = 190.000g: 1 cup, sections

Measure 2 = 609.000g: 1 fruit without refuse

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 09296
Quinces, raw
Cydonia oblonga

Refuse: 39% Core, seeds, and parings

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	83.80		0	1		77.10		
Energy	kcal	57		0	4		52		
Energy	kj	238			4		219		
Protein (N x 6.25)	g	0.40		0	1		0.37		
Total lipid (fat)	g	0.10		0	1		0.09		
Ash	g	0.40		0	1		0.37		
Carbohydrate, by difference	g	15.30		0	4		14.08		
Fiber, total dietary	g	1.9		0	4		1.7		
Sugars, total	g								
Starch	g								
Minerals:									
Calcium, Ca	mg	11		0	1		10		
Iron, Fe	mg	0.70		0	1		0.64		
Magnesium, Mg	mg	8		2	1		7		
Phosphorus, P	mg	17		0	1		16		
Potassium, K	mg	197		0	1		181		
Sodium, Na	mg	4		0	1		4		
Zinc, Zn	mg	0.04		0	4		0.04		
Copper, Cu	mg	0.130		1	1		0.120		
Manganese, Mn	mg								
Selenium, Se	mcg	0.6		0	4		0.6		
Vitamins:									
Vitamin C, total ascorbic acid	mg	15.0		0	1		13.8		
Thiamin	mg	0.020		0	1		0.018		
Riboflavin	mg	0.030		0	1		0.028		
Niacin	mg	0.200		0	1		0.184		
Pantothenic acid	mg	0.081		0	1		0.075		
Vitamin B-6	mg	0.040		0	1		0.037		
Folate, total	mcg	3		0	4		3		
Folic acid	mcg	0		0	7		0		
Folate, food	mcg	3		0	4		3		
Folate, DFE	mcg_DFE	3		0	4		3		
Vitamin B-12	mcg	0.00		0	7		0.00		
Vitamin A, IU	IU	40		0	1		37		
Vitamin A, RE	mcg_RE	4		0	1		4		
Vitamin E	mg_ATE	0.550		0	4		0.506		
Vitamin D	IU								
Lipids:									
Fatty acids, total saturated	g	0.010		0	1		0.009		
4:0	g	0.000		0	1		0.000		
6:0	g	0.000		0	1		0.000		
8:0	g	0.000		0	1		0.000		
10:0	g	0.000		0	1		0.000		
11:0	g								
12:0	g	0.000		0	1		0.000		
13:0	g								
14:0	g	0.000		0	1		0.000		
15:0	g								
16:0	g	0.007		1	1		0.006		
17:0	g								
18:0	g	0.002		1	1		0.002		
19:0	g								
20:0	g								
22:0	g								
24:0	g								
Fatty acids, total monounsaturated	g	0.036		0	1		0.033		
14:1	g								
15:1	g								

NDB No. 09296
Quinces, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.000		0	1		0.000		
17:1....g								
18:1 undifferentiated....g	0.036		1	1		0.033		
20:1....g	0.000		0	1		0.000		
22:1 undifferentiated....g	0.000		0	1		0.000		
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.050		0	1		0.046		
18:2 undifferentiated....g	0.049		1	1		0.045		
18:3 undifferentiated....g	0.000		0	1		0.000		
18:4....g	0.000		0	1		0.000		
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000		
20:5 n-3....g	0.000		0	1		0.000		
22:2....g								
22:5 n-3....g	0.000		0	1		0.000		
22:6 n-3....g	0.000		0	1		0.000		
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0		
Phytosterols....mg								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0		
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 92.000g: 1 fruit without refuse

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 09297
Raisins, golden seedless
Vitis vinifera

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	14.97	0.196	26	1		24.70	21.71	
Energy....kcal	302		0	4		498	438	
Energy....kj	1264			4		2085	1832	
Protein (N x 6.25)....g	3.39	0.056	27	1		5.59	4.92	
Total lipid (fat)....g	0.46	0.027	22	1		0.76	0.67	
Ash....g	1.66	0.025	27	1		2.74	2.41	
Carbohydrate, by difference....g	79.52		0	4		131.21	115.30	
Fiber, total dietary....g	4.0		0	4		6.6	5.8	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	53	0.920	22	1		87	77	
Iron, Fe....mg	1.79	0.026	22	1		2.95	2.60	
Magnesium, Mg....mg	35	0.292	22	1		58	51	
Phosphorus, P....mg	115	2.155	26	1		190	167	
Potassium, K....mg	746	12.570	22	1		1231	1082	
Sodium, Na....mg	12	1.228	22	1		20	17	
Zinc, Zn....mg	0.32	0.017	22	1		0.53	0.46	
Copper, Cu....mg	0.363	0.006	22	1		0.599	0.526	
Manganese, Mn....mg	0.308		0	1		0.508	0.447	
Selenium, Se....mcg	0.7		0	4		1.2	1.0	
Vitamins:								
Vitamin C, total ascorbic acid....mg	3.2	1.034	7	1		5.3	4.6	
Thiamin....mg	0.008	0.000	26	1		0.013	0.012	
Riboflavin....mg	0.191	0.012	26	1		0.315	0.277	
Niacin....mg	1.142	0.082	26	1		1.884	1.656	
Pantothenic acid....mg	0.140		0	1		0.231	0.203	
Vitamin B-6....mg	0.323		1	1		0.533	0.468	
Folate, total....mcg	3		0	1		5	5	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	3		0	1		5	5	
Folate, DFE....mcg_DFE	3		0	4		5	5	
Vitamin B-12....mcg	0.00		0	7		0.00	0.00	
Vitamin A, IU....IU	44	33.161	17	1		73	64	
Vitamin A, RE....mcg_RE	4	3.316	17	1		7	6	
Vitamin E....mg_ATE	0.700		0	1		1.155	1.015	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.151		0	1		0.249	0.219	
4:0....g	0.000		0	1		0.000	0.000	
6:0....g	0.000		0	1		0.000	0.000	
8:0....g	0.000		0	1		0.000	0.000	
10:0....g	0.000		0	1		0.000	0.000	
11:0....g								
12:0....g	0.000		0	1		0.000	0.000	
13:0....g								
14:0....g	0.004		0	1		0.007	0.006	
15:0....g								
16:0....g	0.129		0	1		0.213	0.187	
17:0....g								
18:0....g	0.018		0	1		0.030	0.026	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.019		0	1		0.031	0.028	
14:1....g								
15:1....g								

NDB No. 09297
Raisins, golden seedless

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.000		0	1		0.000	0.000	
17:1....g								
18:1 undifferentiated....g	0.019		0	1		0.031	0.028	
20:1....g	0.000		0	1		0.000	0.000	
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.135		0	1		0.223	0.196	
18:2 undifferentiated....g	0.104		0	1		0.172	0.151	
18:3 undifferentiated....g	0.031		0	1		0.051	0.045	
18:4....g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	
20:5 n-3....g	0.000		0	1		0.000	0.000	
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	
22:6 n-3....g	0.000		0	1		0.000	0.000	
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0	0	
Phytosterols....mg								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 165.000g: 1 cup, packed

Measure 2 = 145.000g: 1 cup (not packed)

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 09298
Raisins, seedless
Vitis vinifera

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	15.42	0.179	52	1		25.44	22.36	2.16
Energy....kcal	300		0	4		495	435	42
Energy....kj	1255			4		2071	1820	176
Protein (N x 6.25)....g	3.22	0.053	52	1		5.31	4.67	0.45
Total lipid (fat)....g	0.46	0.023	35	1		0.76	0.67	0.06
Ash....g	1.77	0.023	52	1		2.92	2.57	0.25
Carbohydrate, by difference....g	79.13		0	4		130.56	114.74	11.08
Fiber, total dietary....g	4.0		0	1		6.6	5.8	0.6
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	49	1.685	51	1		81	71	7
Iron, Fe....mg	2.08	0.088	51	1		3.43	3.02	0.29
Magnesium, Mg....mg	33	0.988	51	1		54	48	5
Phosphorus, P....mg	97	3.499	51	1		160	141	14
Potassium, K....mg	751	11.298	43	1		1239	1089	105
Sodium, Na....mg	12	0.796	43	1		20	17	2
Zinc, Zn....mg	0.27	0.012	35	1		0.45	0.39	0.04
Copper, Cu....mg	0.309	0.015	51	1		0.510	0.448	0.043
Manganese, Mn....mg	0.308	0.021	18	1		0.508	0.447	0.043
Selenium, Se....mcg	0.7	0.114	6	1		1.2	1.0	0.1
Vitamins:								
Vitamin C, total ascorbic acid....mg	3.3	0.493	45	1		5.4	4.8	0.5
Thiamin....mg	0.156	0.004	33	1		0.257	0.226	0.022
Riboflavin....mg	0.088	0.009	33	1		0.145	0.128	0.012
Niacin....mg	0.818	0.053	33	1		1.350	1.186	0.115
Pantothenic acid....mg	0.045		0	1		0.074	0.065	0.006
Vitamin B-6....mg	0.249		1	1		0.411	0.361	0.035
Folate, total....mcg	3	0.132	4	1		5	5	0
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	3	0.132	4	1		5	5	0
Folate, DFE....mcg_DFE	3		0	4		5	5	0
Vitamin B-12....mcg	0.00		0	7		0.00	0.00	0.00
Vitamin A, IU....IU	8	2.350	25	1		13	12	1
Vitamin A, RE....mcg_RE	1	0.235	25	1		2	1	0
Vitamin E....mg_ATE	0.700		0	1		1.155	1.015	0.098
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.150		0	1		0.248	0.218	0.021
4:0....g	0.000		0	1		0.000	0.000	0.000
6:0....g	0.000		0	1		0.000	0.000	0.000
8:0....g	0.000		0	1		0.000	0.000	0.000
10:0....g	0.000		0	1		0.000	0.000	0.000
11:0....g								
12:0....g	0.000		0	1		0.000	0.000	0.000
13:0....g								
14:0....g	0.004		0	1		0.007	0.006	0.001
15:0....g								
16:0....g	0.129		0	1		0.213	0.187	0.018
17:0....g								
18:0....g	0.018		0	1		0.030	0.026	0.003
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.018		0	1		0.030	0.026	0.003
14:1....g								
15:1....g								

NDB No. 09298
Raisins, seedless

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
17:1....g								
18:1 undifferentiated....g	0.018		0	1		0.030	0.026	0.003
20:1....g	0.000		0	1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.135		0	1		0.223	0.196	0.019
18:2 undifferentiated....g	0.104		0	1		0.172	0.151	0.015
18:3 undifferentiated....g	0.031		0	1		0.051	0.045	0.004
18:4....g	0.000		0	1		0.000	0.000	0.000
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
20:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:6 n-3....g	0.000		0	1		0.000	0.000	0.000
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0	0	0
Phytosterols....mg								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	0.0
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 165.000g: 1 cup, packed

Measure 2 = 145.000g: 1 cup (not packed)

Measure 3 = 14.000g: 1 miniature box (.5 oz)

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 09299
Raisins, seeded
Vitis vinifera

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	16.57	0.201	35	1		27.34	24.03	
Energy....kcal	296		0	4		488	429	
Energy....kj	1238			4		2043	1796	
Protein (N x 6.25)....g	2.52	0.043	35	1		4.16	3.65	
Total lipid (fat)....g	0.54	0.025	18	1		0.89	0.78	
Ash....g	1.89	0.055	35	1		3.12	2.74	
Carbohydrate, by difference....g	78.47		0	4		129.48	113.78	
Fiber, total dietary....g	6.8		0	4		11.2	9.9	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	28	1.389	34	1		46	41	
Iron, Fe....mg	2.59	0.287	34	1		4.27	3.76	
Magnesium, Mg....mg	30	0.993	34	1		50	44	
Phosphorus, P....mg	75	3.591	34	1		124	109	
Potassium, K....mg	825	14.341	26	1		1361	1196	
Sodium, Na....mg	28	1.356	26	1		46	41	
Zinc, Zn....mg	0.18	0.010	18	1		0.30	0.26	
Copper, Cu....mg	0.302	0.017	34	1		0.498	0.438	
Manganese, Mn....mg	0.267	0.016	16	1		0.441	0.387	
Selenium, Se....mcg	0.6		1	1		1.0	0.9	
Vitamins:								
Vitamin C, total ascorbic acid....mg	5.4	0.347	18	1		8.9	7.8	
Thiamin....mg	0.112	0.003	18	1		0.185	0.162	
Riboflavin....mg	0.182	0.023	18	1		0.300	0.264	
Niacin....mg	1.114	0.089	18	1		1.838	1.615	
Pantothenic acid....mg	0.045		0	4		0.074	0.065	
Vitamin B-6....mg	0.188		1	1		0.310	0.273	
Folate, total....mcg	3		0	1		5	5	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	3		0	1		5	5	
Folate, DFE....mcg_DFE	3		0	4		5	5	
Vitamin B-12....mcg	0.00		0	7		0.00	0.00	
Vitamin A, IU....IU	0	0.000	14	1		0	0	
Vitamin A, RE....mcg_RE	0	0.000	14	1		0	0	
Vitamin E....mg_ATE	0.700		0	1		1.155	1.015	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.178		0	1		0.294	0.258	
4:0....g	0.000		0	1		0.000	0.000	
6:0....g	0.000		0	1		0.000	0.000	
8:0....g	0.000		0	1		0.000	0.000	
10:0....g	0.000		0	1		0.000	0.000	
11:0....g								
12:0....g	0.000		0	1		0.000	0.000	
13:0....g								
14:0....g	0.004		0	1		0.007	0.006	
15:0....g								
16:0....g	0.153		0	1		0.252	0.222	
17:0....g								
18:0....g	0.021		0	1		0.035	0.030	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.022		0	1		0.036	0.032	
14:1....g								
15:1....g								

NDB No. 09299
Raisins, seeded

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.000		0	1		0.000	0.000	
17:1....g								
18:1 undifferentiated....g	0.022		0	1		0.036	0.032	
20:1....g	0.000		0	1		0.000	0.000	
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.159		0	1		0.262	0.231	
18:2 undifferentiated....g	0.122		0	1		0.201	0.177	
18:3 undifferentiated....g	0.037		0	1		0.061	0.054	
18:4....g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	
20:5 n-3....g	0.000		0	1		0.000	0.000	
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	
22:6 n-3....g	0.000		0	1		0.000	0.000	
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0	0	
Phytosterols....mg								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 165.000g: 1 cup, packed

Measure 2 = 145.000g: 1 cup (not packed)

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 09301
Rambutan, canned, syrup pack
Nephelium lappaceum

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	78.04		2	1		117.06	167.01	7.02
Energy....kcal	82		0	4		123	175	7
Energy....kj	343			4		515	734	31
Protein (N x 6.25)....g	0.65		2	1		0.98	1.39	0.06
Total lipid (fat)....g	0.21		2	1		0.32	0.45	0.02
Ash....g	0.23		2	1		0.35	0.49	0.02
Carbohydrate, by difference....g	20.87		0	4		31.31	44.66	1.88
Fiber, total dietary....g	0.9		2	1		1.4	1.9	0.1
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	22		2	1		33	47	2
Iron, Fe....mg	0.35		2	1		0.53	0.75	0.03
Magnesium, Mg....mg	7		2	1		11	15	1
Phosphorus, P....mg	9		2	1		14	19	1
Potassium, K....mg	42		2	1		63	90	4
Sodium, Na....mg	11		2	1		17	24	1
Zinc, Zn....mg	0.08		2	1		0.12	0.17	0.01
Copper, Cu....mg	0.066		2	1		0.099	0.141	0.006
Manganese, Mn....mg	0.343		2	1		0.515	0.734	0.031
Selenium, Se....mcg								
Vitamins:								
Vitamin C, total ascorbic acid....mg	4.9		2	1		7.4	10.5	0.4
Thiamin....mg	0.013		2	1		0.020	0.028	0.001
Riboflavin....mg	0.022		2	1		0.033	0.047	0.002
Niacin....mg	1.352		2	1		2.028	2.893	0.122
Pantothenic acid....mg	0.018		2	1		0.027	0.039	0.002
Vitamin B-6....mg	0.020		2	1		0.030	0.043	0.002
Folate, total....mcg	8		2	1		12	17	1
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	8		2	1		12	17	1
Folate, DFE....mcg_DFE	8		0	4		12	17	1
Vitamin B-12....mcg	0.00		0	7		0.00	0.00	0.00
Vitamin A, IU....IU	3		2	1		5	6	0
Vitamin A, RE....mcg_RE	0		2	1		0	0	0
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g								
Fatty acids, total monounsaturated....g								
Fatty acids, total polyunsaturated....g								
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0	0	0
Phytosterols....mg								

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

Common Measures:

Measure 1 = 150.000g: 1 cup, drained

Measure 2 = 214.000g: 1 cup

Measure 3 = 9.000g: 1 fruit

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

NDB No. 09301
Rambutan, canned, syrup pack

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 09302
Raspberries, raw
Rubus spp.

Refuse: 4% Caps, stems, and spoiled berries

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	86.57	0.350	20	1		106.48	270.10	16.45
Energy....kcal	49		0	4		60	153	9
Energy....kj	205			4		252	640	39
Protein (N x 6.25)....g	0.91	0.033	20	1		1.12	2.84	0.17
Total lipid (fat)....g	0.55	0.040	3	1		0.68	1.72	0.10
Ash....g	0.40	0.012	20	1		0.49	1.25	0.08
Carbohydrate, by difference....g	11.57		0	4		14.23	36.10	2.20
Fiber, total dietary....g	6.8		0	1		8.4	21.2	1.3
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	22		0	1		27	69	4
Iron, Fe....mg	0.57	0.029	19	1		0.70	1.78	0.11
Magnesium, Mg....mg	18	0.700	16	1		22	56	3
Phosphorus, P....mg	12	0.775	16	1		15	37	2
Potassium, K....mg	152	3.536	8	1		187	474	29
Sodium, Na....mg	0	0.020	8	1		0	0	0
Zinc, Zn....mg	0.46	0.053	3	1		0.57	1.44	0.09
Copper, Cu....mg	0.074	0.009	19	1		0.091	0.231	0.014
Manganese, Mn....mg	1.013	0.077	19	1		1.246	3.161	0.192
Selenium, Se....mcg	0.6		0	4		0.7	1.9	0.1
Vitamins:								
Vitamin C, total ascorbic acid....mg	25.0		0	1		30.8	78.0	4.8
Thiamin....mg	0.030		0	1		0.037	0.094	0.006
Riboflavin....mg	0.090		0	1		0.111	0.281	0.017
Niacin....mg	0.900		0	1		1.107	2.808	0.171
Pantothenic acid....mg	0.240		0	1		0.295	0.749	0.046
Vitamin B-6....mg	0.057		1	1		0.070	0.178	0.011
Folate, total....mcg	26		0	4		32	81	5
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	26		0	4		32	81	5
Folate, DFE....mcg_DFE	26		0	4		32	81	5
Vitamin B-12....mcg	0.00		0	7		0.00	0.00	0.00
Vitamin A, IU....IU	130		0	1		160	406	25
Vitamin A, RE....mcg_RE	13		0	1		16	41	2
Vitamin E....mg_ATE	0.450		0	1		0.554	1.404	0.086
Tocopherol, alpha....mg	0.30		0	1		0.37	0.94	0.06
Tocopherol, beta....mg								
Tocopherol, gamma....mg								
Tocopherol, delta....mg								
Tocotrienol, alpha....mg								
Tocotrienol, beta....mg								
Tocotrienol, gamma....mg								
Tocotrienol, delta....mg								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.019		0	1		0.023	0.059	0.004
4:0....g	0.000		0	1		0.000	0.000	0.000
6:0....g	0.000		0	1		0.000	0.000	0.000
8:0....g	0.000		0	1		0.000	0.000	0.000
10:0....g	0.000		0	1		0.000	0.000	0.000
11:0....g								
12:0....g	0.000		0	1		0.000	0.000	0.000
13:0....g								
14:0....g	0.000		0	1		0.000	0.000	0.000
15:0....g								
16:0....g	0.013		2	1		0.016	0.041	0.002
17:0....g								

NDB No. 09302
Raspberries, raw

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
18:0 g	0.003		2	1		0.004	0.009	0.001
19:0 g								
20:0 g								
22:0 g								
24:0 g								
Fatty acids, total monounsaturated g	0.053		0	1		0.065	0.165	0.010
14:1 g								
15:1 g								
16:1 undifferentiated g	0.000		0	1		0.000	0.000	0.000
17:1 g								
18:1 undifferentiated g	0.049		2	1		0.060	0.153	0.009
20:1 g	0.004		2	1		0.005	0.012	0.001
22:1 undifferentiated g	0.000		0	1		0.000	0.000	0.000
24:1 c g								
Fatty acids, total polyunsaturated g	0.313		0	1		0.385	0.977	0.059
18:2 undifferentiated g	0.208		2	1		0.256	0.649	0.040
18:3 undifferentiated g	0.105		2	1		0.129	0.328	0.020
18:4 g	0.000		0	1		0.000	0.000	0.000
20:2 n-6 c,c g								
20:3 undifferentiated g								
20:4 undifferentiated g	0.000		0	1		0.000	0.000	0.000
20:5 n-3 g	0.000		0	1		0.000	0.000	0.000
22:2 g								
22:5 n-3 g	0.000		0	1		0.000	0.000	0.000
22:6 n-3 g	0.000		0	1		0.000	0.000	0.000
Fatty acids, total trans g								
Cholesterol mg	0		0	7		0	0	0
Phytosterols mg								
Others:								
Alcohol, ethyl g	0.0		0	7		0.0	0.0	0.0
Caffeine mg								
Theobromine mg								

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

Common Measures:

Measure 1 = 123.000g: 1 cup

Measure 2 = 312.000g: 1 pint as purchased, yields

Measure 3 = 19.000g: 10 raspberries

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 09304
Raspberries, canned, red, heavy syrup pack, solids and liquids

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	75.33	0.255	3	1		192.84		
Energy....kcal	91		0	4		233		
Energy....kj	381			4		975		
Protein (N x 6.25)....g	0.83	0.095	3	1		2.12		
Total lipid (fat)....g	0.12	0.045	3	1		0.31		
Ash....g	0.36	0.015	3	1		0.92		
Carbohydrate, by difference....g	23.36		0	4		59.80		
Fiber, total dietary....g	3.3		0	4		8.4		
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	11	1.257	3	1		28		
Iron, Fe....mg	0.42	0.074	3	1		1.08		
Magnesium, Mg....mg	12	0.524	3	1		31		
Phosphorus, P....mg	9	0.733	3	1		23		
Potassium, K....mg	94	10.016	3	1		241		
Sodium, Na....mg	3	0.333	3	1		8		
Zinc, Zn....mg	0.16	0.026	3	1		0.41		
Copper, Cu....mg	0.057	0.018	3	1		0.146		
Manganese, Mn....mg	0.233	0.055	3	1		0.596		
Selenium, Se....mcg	0.4		0	4		1.0		
Vitamins:								
Vitamin C, total ascorbic acid....mg	8.7	0.441	3	1		22.3		
Thiamin....mg	0.020	0.001	3	1		0.051		
Riboflavin....mg	0.031	0.003	3	1		0.079		
Niacin....mg	0.443	0.058	3	1		1.134		
Pantothenic acid....mg	0.245	0.014	3	1		0.627		
Vitamin B-6....mg	0.042	0.005	3	1		0.108		
Folate, total....mcg	11	0.145	3	1		27		
Folic acid....mcg	0		0	7		0		
Folate, food....mcg	11	0.145	3	1		27		
Folate, DFE....mcg_DFE	11		0	4		27		
Vitamin B-12....mcg	0.00		0	7		0.00		
Vitamin A, IU....IU	33	14.970	3	1		84		
Vitamin A, RE....mcg_RE	3	1.497	3	1		8		
Vitamin E....mg_ATE	0.450		0	4		1.152		
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.005		0	1		0.013		
4:0....g	0.000		0	1		0.000		
6:0....g	0.000		0	1		0.000		
8:0....g	0.000		0	1		0.000		
10:0....g	0.000		0	1		0.000		
11:0....g								
12:0....g	0.000		0	1		0.000		
13:0....g								
14:0....g	0.000		0	1		0.000		
15:0....g								
16:0....g	0.003		0	1		0.008		
17:0....g								
18:0....g	0.001		0	1		0.003		
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.011		0	1		0.028		
14:1....g								
15:1....g								

NDB No. 09304
Raspberries, canned, red, heavy syrup pack, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.000		0	1		0.000		
17:1....g								
18:1 undifferentiated....g	0.011		0	1		0.028		
20:1....g	0.000		0	1		0.000		
22:1 undifferentiated....g	0.000		0	1		0.000		
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.068		0	1		0.174		
18:2 undifferentiated....g	0.045		0	1		0.115		
18:3 undifferentiated....g	0.023		0	1		0.059		
18:4....g	0.000		0	1		0.000		
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000		
20:5 n-3....g	0.000		0	1		0.000		
22:2....g								
22:5 n-3....g	0.000		0	1		0.000		
22:6 n-3....g	0.000		0	1		0.000		
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0		
Phytosterols....mg								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0		
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 256.000g: 1 cup

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 09306
Raspberries, frozen, red, sweetened

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	72.75		2	1		181.88	206.61	
Energy....kcal	103		0	4		258	293	
Energy....kj	431			4		1077	1224	
Protein (N x 6.25)....g	0.70		3	1		1.75	1.99	
Total lipid (fat)....g	0.16		3	1		0.40	0.45	
Ash....g	0.24		2	1		0.60	0.68	
Carbohydrate, by difference....g	26.16		0	4		65.40	74.29	
Fiber, total dietary....g	4.4		0	4		11.0	12.5	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	15		3	1		38	43	
Iron, Fe....mg	0.65		3	1		1.63	1.85	
Magnesium, Mg....mg	13		1	1		33	37	
Phosphorus, P....mg	17		2	1		43	48	
Potassium, K....mg	114		1	1		285	324	
Sodium, Na....mg	1		1	1		3	3	
Zinc, Zn....mg	0.18		1	1		0.45	0.51	
Copper, Cu....mg	0.105		1	1		0.263	0.298	
Manganese, Mn....mg	0.650		1	1		1.625	1.846	
Selenium, Se....mcg	0.6		0	4		1.5	1.7	
Vitamins:								
Vitamin C, total ascorbic acid....mg	16.5		3	1		41.3	46.9	
Thiamin....mg	0.019		3	1		0.048	0.054	
Riboflavin....mg	0.045		3	1		0.113	0.128	
Niacin....mg	0.230		3	1		0.575	0.653	
Pantothenic acid....mg	0.150		1	1		0.375	0.426	
Vitamin B-6....mg	0.034		2	1		0.085	0.097	
Folate, total....mcg	26		1	1		65	74	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	26		1	1		65	74	
Folate, DFE....mcg_DFE	26		0	4		65	74	
Vitamin B-12....mcg	0.00		0	7		0.00	0.00	
Vitamin A, IU....IU	60		3	1		150	170	
Vitamin A, RE....mcg_RE	6		3	1		15	17	
Vitamin E....mg_ATE	0.450		0	4		1.125	1.278	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.005		0	1		0.013	0.014	
4:0....g	0.000		0	1		0.000	0.000	
6:0....g	0.000		0	1		0.000	0.000	
8:0....g	0.000		0	1		0.000	0.000	
10:0....g	0.000		0	1		0.000	0.000	
11:0....g								
12:0....g	0.000		0	1		0.000	0.000	
13:0....g								
14:0....g	0.000		0	1		0.000	0.000	
15:0....g								
16:0....g	0.004		0	1		0.010	0.011	
17:0....g								
18:0....g	0.001		0	1		0.003	0.003	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.015		0	1		0.038	0.043	
14:1....g								
15:1....g								

NDB No. 09306
Raspberries, frozen, red, sweetened

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.000		0	1		0.000	0.000	
17:1....g								
18:1 undifferentiated....g	0.014		0	1		0.035	0.040	
20:1....g	0.001		0	1		0.003	0.003	
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.089		0	1		0.223	0.253	
18:2 undifferentiated....g	0.059		0	1		0.148	0.168	
18:3 undifferentiated....g	0.030		0	1		0.075	0.085	
18:4....g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	
20:5 n-3....g	0.000		0	1		0.000	0.000	
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	
22:6 n-3....g	0.000		0	1		0.000	0.000	
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0	0	
Phytosterols....mg								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 250.000g: 1 cup, unthawed

Measure 2 = 284.000g: 1 package (10 oz)

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 09307
Rhubarb, raw
Rheum rhabarbarum

Refuse: 25% 19% ends, 6% leaves

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	93.61	0.278	38	1		114.20	47.74	
Energy....kcal	21		0	4		26	11	
Energy....kj	88			4		107	45	
Protein (N x 6.25)....g	0.90	0.034	34	1		1.10	0.46	
Total lipid (fat)....g	0.20		1	1		0.24	0.10	
Ash....g	0.76	0.054	33	1		0.93	0.39	
Carbohydrate, by difference....g	4.54		0	4		5.54	2.32	
Fiber, total dietary....g	1.8		0	4		2.2	0.9	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	86	6.096	9	1		105	44	
Iron, Fe....mg	0.22	0.019	33	1		0.27	0.11	
Magnesium, Mg....mg	12	0.619	33	1		15	6	
Phosphorus, P....mg	14	1.337	33	1		17	7	
Potassium, K....mg	288	21.449	17	1		351	147	
Sodium, Na....mg	4	1.467	17	1		5	2	
Zinc, Zn....mg	0.10		0	1		0.12	0.05	
Copper, Cu....mg	0.021	0.002	32	1		0.026	0.011	
Manganese, Mn....mg	0.196	0.031	32	1		0.239	0.100	
Selenium, Se....mcg	1.1		0	4		1.3	0.6	
Vitamins:								
Vitamin C, total ascorbic acid....mg	8.0		1	1		9.8	4.1	
Thiamin....mg	0.020		1	1		0.024	0.010	
Riboflavin....mg	0.030		1	1		0.037	0.015	
Niacin....mg	0.300		1	1		0.366	0.153	
Pantothenic acid....mg	0.085		0	1		0.104	0.043	
Vitamin B-6....mg	0.024		1	1		0.029	0.012	
Folate, total....mcg	7	0.850	4	1		9	4	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	7	0.850	4	1		9	4	
Folate, DFE....mcg_DFE	7		0	4		9	4	
Vitamin B-12....mcg	0.00		0	7		0.00	0.00	
Vitamin A, IU....IU	100		1	1		122	51	
Vitamin A, RE....mcg_RE	10		1	1		12	5	
Vitamin E....mg_ATE	0.200		0	1		0.244	0.102	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.053		0	4		0.065	0.027	
4:0....g	0.000		0	4		0.000	0.000	
6:0....g	0.000		0	4		0.000	0.000	
8:0....g	0.000		0	4		0.000	0.000	
10:0....g	0.000		0	4		0.000	0.000	
11:0....g								
12:0....g	0.000		0	4		0.000	0.000	
13:0....g								
14:0....g	0.001		0	4		0.001	0.001	
15:0....g								
16:0....g	0.046		0	4		0.056	0.023	
17:0....g								
18:0....g	0.004		0	4		0.005	0.002	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.039		0	4		0.048	0.020	
14:1....g								
15:1....g								

NDB No. 09307
Rhubarb, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.001		0	4		0.001	0.001	
17:1....g								
18:1 undifferentiated....g	0.037		0	4		0.045	0.019	
20:1....g	0.000		0	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	4		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.099		0	4		0.121	0.050	
18:2 undifferentiated....g	0.099		0	4		0.121	0.050	
18:3 undifferentiated....g	0.000		0	4		0.000	0.000	
18:4....g	0.000		0	4		0.000	0.000	
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	4		0.000	0.000	
20:5 n-3....g	0.000		0	4		0.000	0.000	
22:2....g								
22:5 n-3....g	0.000		0	4		0.000	0.000	
22:6 n-3....g	0.000		0	4		0.000	0.000	
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0	0	
Phytosterols....mg								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 122.000g: 1 cup, diced

Measure 2 = 51.000g: 1 stalk

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 09309
Rhubarb, frozen, uncooked

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	93.51	0.338	3	1		128.11		
Energy....kcal	21		0	4		29		
Energy....kj	88			4		120		
Protein (N x 6.25)....g	0.55	0.003	3	1		0.75		
Total lipid (fat)....g	0.11	0.018	3	1		0.15		
Ash....g	0.72	0.060	3	1		0.99		
Carbohydrate, by difference....g	5.10		0	4		6.99		
Fiber, total dietary....g	1.8		0	4		2.5		
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	194	16.773	3	1		266		
Iron, Fe....mg	0.29	0.007	3	1		0.40		
Magnesium, Mg....mg	18	1.189	3	1		25		
Phosphorus, P....mg	12	1.466	3	1		16		
Potassium, K....mg	108	10.016	3	1		148		
Sodium, Na....mg	2	0.333	3	1		3		
Zinc, Zn....mg	0.10	0.003	3	1		0.14		
Copper, Cu....mg	0.023	0.003	3	1		0.032		
Manganese, Mn....mg	0.097	0.009	3	1		0.133		
Selenium, Se....mcg	1.1		0	4		1.5		
Vitamins:								
Vitamin C, total ascorbic acid....mg	4.8	0.173	3	1		6.6		
Thiamin....mg	0.031	0.001	3	1		0.042		
Riboflavin....mg	0.029	0.000	3	1		0.040		
Niacin....mg	0.203	0.023	3	1		0.278		
Pantothenic acid....mg	0.065	0.018	3	1		0.089		
Vitamin B-6....mg	0.025	0.000	3	1		0.034		
Folate, total....mcg	8	0.850	3	1		11		
Folic acid....mcg	0		0	7		0		
Folate, food....mcg	8	0.850	3	1		11		
Folate, DFE....mcg_DFE	8		0	4		11		
Vitamin B-12....mcg	0.00		0	7		0.00		
Vitamin A, IU....IU	107	7.211	3	1		147		
Vitamin A, RE....mcg_RE	11	0.721	3	1		15		
Vitamin E....mg_ATE	0.200		0	4		0.274		
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.029		0	4		0.040		
4:0....g	0.000		0	4		0.000		
6:0....g	0.000		0	4		0.000		
8:0....g	0.000		0	4		0.000		
10:0....g	0.000		0	4		0.000		
11:0....g								
12:0....g	0.000		0	4		0.000		
13:0....g								
14:0....g	0.001		0	4		0.001		
15:0....g								
16:0....g	0.025		0	4		0.034		
17:0....g								
18:0....g	0.002		0	4		0.003		
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.021		0	4		0.029		
14:1....g								
15:1....g								

NDB No. 09309
Rhubarb, frozen, uncooked

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.001		0	4		0.001		
17:1....g								
18:1 undifferentiated....g	0.020		0	4		0.027		
20:1....g	0.000		0	4		0.000		
22:1 undifferentiated....g	0.000		0	4		0.000		
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.054		0	4		0.074		
18:2 undifferentiated....g	0.054		0	4		0.074		
18:3 undifferentiated....g	0.000		0	4		0.000		
18:4....g	0.000		0	4		0.000		
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	4		0.000		
20:5 n-3....g	0.000		0	4		0.000		
22:2....g								
22:5 n-3....g	0.000		0	4		0.000		
22:6 n-3....g	0.000		0	4		0.000		
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0		
Phytosterols....mg								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0		
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 137.000g: 1 cup, diced

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 09310
Rhubarb, frozen, cooked, with sugar

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	67.79	1.207	3	1		162.70		
Energy....kcal	116		0	4		278		
Energy....kj	485			4		1165		
Protein (N x 6.25)....g	0.39	0.033	3	1		0.94		
Total lipid (fat)....g	0.05	0.009	3	1		0.12		
Ash....g	0.56	0.022	3	1		1.34		
Carbohydrate, by difference....g	31.20		0	4		74.88		
Fiber, total dietary....g	2.0		0	4		4.8		
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	145	5.033	3	1		348		
Iron, Fe....mg	0.21	0.006	3	1		0.50		
Magnesium, Mg....mg	12	0.484	3	1		29		
Phosphorus, P....mg	8	0.733	3	1		19		
Potassium, K....mg	96	3.528	3	1		230		
Sodium, Na....mg	1	0.333	3	1		2		
Zinc, Zn....mg	0.08	0.003	3	1		0.19		
Copper, Cu....mg	0.027	0.007	3	1		0.065		
Manganese, Mn....mg	0.073	0.003	3	1		0.175		
Selenium, Se....mcg	0.9		0	4		2.2		
Vitamins:								
Vitamin C, total ascorbic acid....mg	3.3	0.203	3	1		7.9		
Thiamin....mg	0.018	0.001	3	1		0.043		
Riboflavin....mg	0.023	0.002	3	1		0.055		
Niacin....mg	0.200		0	1		0.480		
Pantothenic acid....mg	0.050	0.006	3	1		0.120		
Vitamin B-6....mg	0.020	0.001	3	1		0.048		
Folate, total....mcg	5	1.097	3	1		13		
Folic acid....mcg	0		0	7		0		
Folate, food....mcg	5	1.097	3	1		13		
Folate, DFE....mcg_DFE	5		0	4		13		
Vitamin B-12....mcg	0.00		0	7		0.00		
Vitamin A, IU....IU	69	10.837	3	1		166		
Vitamin A, RE....mcg_RE	7	1.084	3	1		17		
Vitamin E....mg_ATE	0.200		0	1		0.480		
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.014		0	4		0.034		
4:0....g	0.000		0	4		0.000		
6:0....g	0.000		0	4		0.000		
8:0....g	0.000		0	4		0.000		
10:0....g	0.000		0	4		0.000		
11:0....g								
12:0....g	0.000		0	4		0.000		
13:0....g								
14:0....g	0.000		0	4		0.000		
15:0....g								
16:0....g	0.012		0	4		0.029		
17:0....g								
18:0....g	0.001		0	4		0.002		
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.010		0	4		0.024		
14:1....g								
15:1....g								

NDB No. 09310
Rhubarb, frozen, cooked, with sugar

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.000		0	4		0.000		
17:1....g								
18:1 undifferentiated....g	0.010		0	4		0.024		
20:1....g	0.000		0	4		0.000		
22:1 undifferentiated....g	0.000		0	4		0.000		
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.025		0	4		0.060		
18:2 undifferentiated....g	0.025		0	4		0.060		
18:3 undifferentiated....g	0.000		0	4		0.000		
18:4....g	0.000		0	4		0.000		
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	4		0.000		
20:5 n-3....g	0.000		0	4		0.000		
22:2....g								
22:5 n-3....g	0.000		0	4		0.000		
22:6 n-3....g	0.000		0	4		0.000		
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0		
Phytosterols....mg								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0		
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 240.000g: 1 cup

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 09311
Roselle, raw
Hibiscus sabdariffa

Refuse: 39% Seed pods and stem

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	86.58		1	1		49.35		
Energy....kcal	49		0	4		28		
Energy....kj	205			4		117		
Protein (N x 6.25)....g	0.96		0	1		0.55		
Total lipid (fat)....g	0.64		0	1		0.36		
Ash....g	0.51		0	1		0.29		
Carbohydrate, by difference....g	11.31		0	4		6.45		
Fiber, total dietary....g								
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	215		1	1		123		
Iron, Fe....mg	1.48		1	1		0.84		
Magnesium, Mg....mg	51		1	1		29		
Phosphorus, P....mg	37		1	1		21		
Potassium, K....mg	208		1	1		119		
Sodium, Na....mg	6		1	1		3		
Zinc, Zn....mg								
Copper, Cu....mg								
Manganese, Mn....mg								
Selenium, Se....mcg								
Vitamins:								
Vitamin C, total ascorbic acid....mg	12.0		0	1		6.8		
Thiamin....mg	0.011		0	1		0.006		
Riboflavin....mg	0.028		0	1		0.016		
Niacin....mg	0.310		0	1		0.177		
Pantothenic acid....mg								
Vitamin B-6....mg								
Folate, total....mcg								
Folate, DFE....mcg_DFE								
Vitamin B-12....mcg	0.00		0	7		0.00		
Vitamin A, IU....IU	287		0	1		164		
Vitamin A, RE....mcg_RE	29		0	1		17		
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g								
Fatty acids, total monounsaturated....g								
Fatty acids, total polyunsaturated....g								
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0		
Phytosterols....mg								

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

Common Measures:

Measure 1 = 57.000g: 1 cup, without refuse

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 09312
Rose-apples, raw
Syzygium jambos

Refuse: 33% Caps and pits

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	93.00		1	1				
Energy....kcal	25		0	4				
Energy....kj	105			4				
Protein (N x 6.25)....g	0.60		0	1				
Total lipid (fat)....g	0.30		0	1				
Ash....g	0.40		0	1				
Carbohydrate, by difference....g	5.70		0	4				
Fiber, total dietary....g								
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	29		1	1				
Iron, Fe....mg	0.07		1	1				
Magnesium, Mg....mg	5		1	1				
Phosphorus, P....mg	8		1	1				
Potassium, K....mg	123		1	1				
Sodium, Na....mg	0		1	1				
Zinc, Zn....mg	0.06		1	1				
Copper, Cu....mg	0.016		1	1				
Manganese, Mn....mg	0.029		1	1				
Selenium, Se....mcg								
Vitamins:								
Vitamin C, total ascorbic acid....mg	22.3	3.196	4	1				
Thiamin....mg	0.020		0	1				
Riboflavin....mg	0.030		0	1				
Niacin....mg	0.800		0	1				
Pantothenic acid....mg								
Vitamin B-6....mg								
Folate, total....mcg								
Folate, DFE....mcg_DFE								
Vitamin B-12....mcg	0.00		0	7				
Vitamin A, IU....IU	339	214.209	3	1				
Vitamin A, RE....mcg_RE	34	21.421	3	1				
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g								
Fatty acids, total monounsaturated....g								
Fatty acids, total polyunsaturated....g								
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7				
Phytosterols....mg								

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

Common Measures:

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 09313
Sapodilla, raw
Manilkara zapota

Refuse: 20% Seeds and skin

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	78.00		1	1		187.98	132.60	
Energy....kcal	83		0	4		200	141	
Energy....kj	347			4		837	590	
Protein (N x 6.25)....g	0.44		1	1		1.06	0.75	
Total lipid (fat)....g	1.10		0	1		2.65	1.87	
Ash....g	0.50		0	1		1.21	0.85	
Carbohydrate, by difference....g	19.96		0	4		48.10	33.93	
Fiber, total dietary....g	5.3		0	4		12.8	9.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	21		0	1		51	36	
Iron, Fe....mg	0.80		0	1		1.93	1.36	
Magnesium, Mg....mg	12		0	4		29	20	
Phosphorus, P....mg	12		0	1		29	20	
Potassium, K....mg	193		0	1		465	328	
Sodium, Na....mg	12		0	1		29	20	
Zinc, Zn....mg	0.10		0	4		0.24	0.17	
Copper, Cu....mg	0.086		0	4		0.207	0.146	
Manganese, Mn....mg								
Selenium, Se....mcg	0.6		0	4		1.4	1.0	
Vitamins:								
Vitamin C, total ascorbic acid....mg	14.7	2.301	12	1		35.4	25.0	
Thiamin....mg	0.000		0	4		0.000	0.000	
Riboflavin....mg	0.020		0	1		0.048	0.034	
Niacin....mg	0.200		0	1		0.482	0.340	
Pantothenic acid....mg	0.252		0	1		0.607	0.428	
Vitamin B-6....mg	0.037		1	1		0.089	0.063	
Folate, total....mcg	14		0	4		34	24	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	14		0	4		34	24	
Folate, DFE....mcg_DFE	14		0	4		34	24	
Vitamin B-12....mcg	0.00		0	7		0.00	0.00	
Vitamin A, IU....IU	60		0	1		145	102	
Vitamin A, RE....mcg_RE	6		0	1		14	10	
Vitamin E....mg_ATE	0.250		0	4		0.603	0.425	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.194		0	4		0.468	0.330	
4:0....g	0.000		0	4		0.000	0.000	
6:0....g	0.000		0	4		0.000	0.000	
8:0....g	0.000		0	4		0.000	0.000	
10:0....g	0.000		0	4		0.000	0.000	
11:0....g								
12:0....g	0.000		0	4		0.000	0.000	
13:0....g								
14:0....g	0.000		0	4		0.000	0.000	
15:0....g								
16:0....g	0.100		0	4		0.241	0.170	
17:0....g								
18:0....g	0.094		0	4		0.227	0.160	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.521		0	4		1.256	0.886	
14:1....g								
15:1....g								

NDB No. 09313
Sapodilla, raw

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.000		0	4		0.000	0.000	
17:1....g								
18:1 undifferentiated....g	0.521		0	4		1.256	0.886	
20:1....g	0.000		0	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	4		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.011		0	4		0.027	0.019	
18:2 undifferentiated....g	0.011		0	4		0.027	0.019	
18:3 undifferentiated....g	0.000		0	4		0.000	0.000	
18:4....g	0.000		0	4		0.000	0.000	
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	4		0.000	0.000	
20:5 n-3....g	0.000		0	4		0.000	0.000	
22:2....g								
22:5 n-3....g	0.000		0	4		0.000	0.000	
22:6 n-3....g	0.000		0	4		0.000	0.000	
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0	0	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.005		2	1		0.012	0.009	
Threonine....g	0.012		1	1		0.029	0.020	
Isoleucine....g	0.015		1	1		0.036	0.026	
Leucine....g	0.024		1	1		0.058	0.041	
Lysine....g	0.039		3	1		0.094	0.066	
Methionine....g	0.003		3	1		0.007	0.005	
Cystine....g								
Phenylalanine....g	0.013		1	1		0.031	0.022	
Tyrosine....g	0.014		1	1		0.034	0.024	
Valine....g	0.016		1	1		0.039	0.027	
Arginine....g	0.017		1	1		0.041	0.029	
Histidine....g	0.016		1	1		0.039	0.027	
Alanine....g	0.014		1	1		0.034	0.024	
Aspartic acid....g	0.032		1	1		0.077	0.054	
Glutamic acid....g	0.038		1	1		0.092	0.065	
Glycine....g	0.017		1	1		0.041	0.029	
Proline....g	0.036		1	1		0.087	0.061	
Serine....g	0.018		1	1		0.043	0.031	
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 241.000g: 1 cup, pulp

Measure 2 = 170.000g: 1 sapodilla

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 09314
Sapotes, (marmalade plum), raw
Pouteria sapota

Refuse: 29% Seeds and skin

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	62.43		2	1		140.47		
Energy....kcal	134		0	4		302		
Energy....kj	561			4		1261		
Protein (N x 6.25)....g	2.12		1	1		4.77		
Total lipid (fat)....g	0.60		0	1		1.35		
Ash....g	1.10		0	1		2.48		
Carbohydrate, by difference....g	33.76		0	4		75.96		
Fiber, total dietary....g	2.6		0	4		5.9		
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	39		0	1		88		
Iron, Fe....mg	1.00		0	1		2.25		
Magnesium, Mg....mg	30		1	1		68		
Phosphorus, P....mg	28		0	1		63		
Potassium, K....mg	344	119.953	4	1		774		
Sodium, Na....mg	10	3.250	4	1		23		
Zinc, Zn....mg								
Copper, Cu....mg								
Manganese, Mn....mg								
Selenium, Se....mcg								
Vitamins:								
Vitamin C, total ascorbic acid....mg	20.0		0	1		45.0		
Thiamin....mg	0.010		0	1		0.023		
Riboflavin....mg	0.020		0	1		0.045		
Niacin....mg	1.800		0	1		4.050		
Pantothenic acid....mg								
Vitamin B-6....mg								
Folate, total....mcg								
Folate, DFE....mcg_DFE								
Vitamin B-12....mcg	0.00		0	7		0.00		
Vitamin A, IU....IU	410		0	1		923		
Vitamin A, RE....mcg_RE	41		0	1		92		
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g								
Fatty acids, total monounsaturated....g								
Fatty acids, total polyunsaturated....g								
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0		
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.023		2	1		0.052		
Threonine....g	0.058		1	1		0.131		
Isoleucine....g	0.046		1	1		0.104		
Leucine....g	0.084		1	1		0.189		
Lysine....g	0.096		3	1		0.216		
Methionine....g	0.016		3	1		0.036		
Cystine....g								
Phenylalanine....g	0.053		1	1		0.119		
Tyrosine....g	0.055		1	1		0.124		
Valine....g	0.077		1	1		0.173		
Arginine....g	0.055		1	1		0.124		
Histidine....g	0.042		1	1		0.095		
Alanine....g	0.115		1	1		0.259		
Aspartic acid....g	0.532		1	1		1.197		
Glutamic acid....g	0.216		1	1		0.486		

NDB No. 09314
Sapotes, (marmalade plum), raw

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Glycine.....g	0.057		1	1		0.128		
Proline.....g	0.057		1	1		0.128		
Serine.....g	0.227		1	1		0.511		
Hydroxyproline.....g								

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

Common Measures:

Measure 1 = 225.000g: 1 fruit without refuse

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 09315
Soursop, raw
Annona muricata

Refuse: 33% Seeds and skin

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	81.16		1	1		182.61	507.25	
Energy....kcal	66		0	4		149	413	
Energy....kj	276			4		621	1726	
Protein (N x 6.25)....g	1.00		0	1		2.25	6.25	
Total lipid (fat)....g	0.30		0	1		0.68	1.88	
Ash....g	0.70		0	1		1.58	4.38	
Carbohydrate, by difference....g	16.84		0	4		37.89	105.25	
Fiber, total dietary....g	3.3		0	4		7.4	20.6	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	14		0	1		32	88	
Iron, Fe....mg	0.60		0	1		1.35	3.75	
Magnesium, Mg....mg	21		1	1		47	131	
Phosphorus, P....mg	27		0	1		61	169	
Potassium, K....mg	278	12.676	3	1		626	1738	
Sodium, Na....mg	14	5.526	3	1		32	88	
Zinc, Zn....mg	0.10		0	4		0.23	0.63	
Copper, Cu....mg	0.086		0	4		0.194	0.538	
Manganese, Mn....mg								
Selenium, Se....mcg	0.6		0	4		1.4	3.8	
Vitamins:								
Vitamin C, total ascorbic acid....mg	20.6	1.503	16	1		46.4	128.8	
Thiamin....mg	0.070		0	1		0.158	0.438	
Riboflavin....mg	0.050		0	1		0.113	0.313	
Niacin....mg	0.900		0	1		2.025	5.625	
Pantothenic acid....mg	0.253		0	1		0.569	1.581	
Vitamin B-6....mg	0.059		1	1		0.133	0.369	
Folate, total....mcg	14		0	4		32	88	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	14		0	4		32	88	
Folate, DFE....mcg_DFE	14		0	4		32	88	
Vitamin B-12....mcg	0.00		0	7		0.00	0.00	
Vitamin A, IU....IU	2	1.476	6	1		5	13	
Vitamin A, RE....mcg_RE	0	0.148	6	1		0	0	
Vitamin E....mg_ATE	0.400		0	4		0.900	2.500	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.051		0	4		0.115	0.319	
4:0....g	0.000		0	4		0.000	0.000	
6:0....g	0.000		0	4		0.000	0.000	
8:0....g	0.000		0	4		0.000	0.000	
10:0....g	0.000		0	4		0.000	0.000	
11:0....g								
12:0....g	0.000		0	4		0.000	0.000	
13:0....g								
14:0....g	0.000		0	4		0.000	0.000	
15:0....g								
16:0....g	0.040		0	4		0.090	0.250	
17:0....g								
18:0....g	0.011		0	4		0.025	0.069	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.090		0	4		0.203	0.563	
14:1....g								
15:1....g								

NDB No. 09315
Soursop, raw

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.004		0	4		0.009	0.025	
17:1....g								
18:1 undifferentiated....g	0.085		0	4		0.191	0.531	
20:1....g	0.000		0	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	4		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.069		0	4		0.155	0.431	
18:2 undifferentiated....g	0.069		0	4		0.155	0.431	
18:3 undifferentiated....g	0.000		0	4		0.000	0.000	
18:4....g	0.000		0	4		0.000	0.000	
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	4		0.000	0.000	
20:5 n-3....g	0.000		0	4		0.000	0.000	
22:2....g								
22:5 n-3....g	0.000		0	4		0.000	0.000	
22:6 n-3....g	0.000		0	4		0.000	0.000	
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0	0	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.011		1	1		0.025	0.069	
Threonine....g								
Isoleucine....g								
Leucine....g								
Lysine....g	0.060		1	1		0.135	0.375	
Methionine....g	0.007		1	1		0.016	0.044	
Cystine....g								
Phenylalanine....g								
Tyrosine....g								
Valine....g								
Arginine....g								
Histidine....g								
Alanine....g								
Aspartic acid....g								
Glutamic acid....g								
Glycine....g								
Proline....g								
Serine....g								
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 225.000g: 1 cup, pulp

Measure 2 = 625.000g: 1 fruit (7" x 5-1/4" dia)

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 09316
Strawberries, raw
Fragaria X ananassa

Refuse: 6% Caps and stems

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	91.57	0.136	100	1		139.19	212.44	152.01
Energy....kcal	30		0	4		46	70	50
Energy....kj	126			4		191	291	208
Protein (N x 6.25)....g	0.61	0.026	91	1		0.93	1.42	1.01
Total lipid (fat)....g	0.37	0.135	6	1		0.56	0.86	0.61
Ash....g	0.43	0.009	81	1		0.65	1.00	0.71
Carbohydrate, by difference....g	7.02		0	4		10.67	16.29	11.65
Fiber, total dietary....g	2.3		0	1		3.5	5.3	3.8
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	14	0.504	10	1		21	32	23
Iron, Fe....mg	0.38	0.042	84	1		0.58	0.88	0.63
Magnesium, Mg....mg	10	0.227	74	1		15	23	17
Phosphorus, P....mg	19	0.464	81	1		29	44	32
Potassium, K....mg	166	2.916	49	1		252	385	276
Sodium, Na....mg	1	0.225	32	1		2	2	2
Zinc, Zn....mg	0.13	0.004	19	1		0.20	0.30	0.22
Copper, Cu....mg	0.049	0.005	78	1		0.074	0.114	0.081
Manganese, Mn....mg	0.290	0.031	76	1		0.441	0.673	0.481
Selenium, Se....mcg	0.7		0	4		1.1	1.6	1.2
Vitamins:								
Vitamin C, total ascorbic acid....mg	56.7	1.882	85	1		86.2	131.5	94.1
Thiamin....mg	0.020		1	1		0.030	0.046	0.033
Riboflavin....mg	0.066		1	1		0.100	0.153	0.110
Niacin....mg	0.230		1	1		0.350	0.534	0.382
Pantothenic acid....mg	0.340		0	1		0.517	0.789	0.564
Vitamin B-6....mg	0.059	0.003	3	1		0.090	0.137	0.098
Folate, total....mcg	18	1.729	8	1		27	41	29
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	18	1.729	8	1		27	41	29
Folate, DFE....mcg_DFE	18		0	4		27	41	29
Vitamin B-12....mcg	0.00		0	7		0.00	0.00	0.00
Vitamin A, IU....IU	27	3.480	3	1		41	63	45
Vitamin A, RE....mcg_RE	3	0.348	3	1		5	7	5
Vitamin E....mg_ATE	0.140		0	1		0.213	0.325	0.232
Tocopherol, alpha....mg	0.12		0	1		0.18	0.28	0.20
Tocopherol, beta....mg								
Tocopherol, gamma....mg								
Tocopherol, delta....mg								
Tocotrienol, alpha....mg								
Tocotrienol, beta....mg								
Tocotrienol, gamma....mg								
Tocotrienol, delta....mg								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.020		0	1		0.030	0.046	0.033
4:0....g	0.000		0	1		0.000	0.000	0.000
6:0....g	0.000		0	1		0.000	0.000	0.000
8:0....g	0.000		0	1		0.000	0.000	0.000
10:0....g	0.000		0	1		0.000	0.000	0.000
11:0....g								
12:0....g	0.000		0	1		0.000	0.000	0.000
13:0....g								
14:0....g	0.000		0	1		0.000	0.000	0.000
15:0....g								
16:0....g	0.014		2	1		0.021	0.032	0.023
17:0....g								

NDB No. 09316
Strawberries, raw

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
18:0 g	0.004		2	1		0.006	0.009	0.007
19:0 g								
20:0 g								
22:0 g								
24:0 g								
Fatty acids, total monounsaturated g	0.052		0	1		0.079	0.121	0.086
14:1 g								
15:1 g								
16:1 undifferentiated g	0.001		2	1		0.002	0.002	0.002
17:1 g								
18:1 undifferentiated g	0.051		2	1		0.078	0.118	0.085
20:1 g	0.000		0	1		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0	1		0.000	0.000	0.000
24:1 c g								
Fatty acids, total polyunsaturated g	0.186		0	1		0.283	0.432	0.309
18:2 undifferentiated g	0.108		2	1		0.164	0.251	0.179
18:3 undifferentiated g	0.078		2	1		0.119	0.181	0.129
18:4 g	0.000		0	1		0.000	0.000	0.000
20:2 n-6 c,c g								
20:3 undifferentiated g								
20:4 undifferentiated g	0.000		0	1		0.000	0.000	0.000
20:5 n-3 g	0.000		0	1		0.000	0.000	0.000
22:2 g								
22:5 n-3 g	0.000		0	1		0.000	0.000	0.000
22:6 n-3 g	0.000		0	1		0.000	0.000	0.000
Fatty acids, total trans g								
Cholesterol mg	0		0	7		0	0	0
Phytosterols mg	12		0	1		18	28	20
Amino Acids:								
Tryptophan g	0.007		1	1		0.011	0.016	0.012
Threonine g	0.019		1	1		0.029	0.044	0.032
Isoleucine g	0.014		1	1		0.021	0.032	0.023
Leucine g	0.031		1	1		0.047	0.072	0.051
Lysine g	0.025		1	1		0.038	0.058	0.042
Methionine g	0.001		1	1		0.002	0.002	0.002
Cystine g	0.005		1	1		0.008	0.012	0.008
Phenylalanine g	0.018		1	1		0.027	0.042	0.030
Tyrosine g	0.021		1	1		0.032	0.049	0.035
Valine g	0.018		1	1		0.027	0.042	0.030
Arginine g	0.026		1	1		0.040	0.060	0.043
Histidine g	0.012		1	1		0.018	0.028	0.020
Alanine g	0.031		1	1		0.047	0.072	0.051
Aspartic acid g	0.138		1	1		0.210	0.320	0.229
Glutamic acid g	0.090		1	1		0.137	0.209	0.149
Glycine g	0.024		1	1		0.036	0.056	0.040
Proline g	0.019		1	1		0.029	0.044	0.032
Serine g	0.023		1	1		0.035	0.053	0.038
Hydroxyproline g								
Others:								
Alcohol, ethyl g	0.0		0	7		0.0	0.0	0.0
Caffeine mg								
Theobromine mg								

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

Common Measures:

Measure 1 = 152.000g: 1 cup, halves

Measure 2 = 232.000g: 1 cup, pureed

Measure 3 = 166.000g: 1 cup, sliced

NDB No. 09316
Strawberries, raw

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 09317
Strawberries, canned, heavy syrup pack, solids and liquids

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	75.35	0.993	3	1		191.39		
Energy....kcal	92		0	4		234		
Energy....kj	385			4		978		
Protein (N x 6.25)....g	0.56	0.015	3	1		1.42		
Total lipid (fat)....g	0.26	0.070	3	1		0.66		
Ash....g	0.30	0.006	3	1		0.76		
Carbohydrate, by difference....g	23.53		0	4		59.77		
Fiber, total dietary....g	1.7		0	4		4.3		
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	13	3.339	3	1		33		
Iron, Fe....mg	0.49	0.060	3	1		1.24		
Magnesium, Mg....mg	8	0.589	3	1		20		
Phosphorus, P....mg	12	0.939	3	1		30		
Potassium, K....mg	86	4.359	3	1		218		
Sodium, Na....mg	4	0.333	3	1		10		
Zinc, Zn....mg	0.09	0.018	3	1		0.23		
Copper, Cu....mg	0.063	0.003	3	1		0.160		
Manganese, Mn....mg	0.200	0.006	3	1		0.508		
Selenium, Se....mcg	0.4		0	4		1.0		
Vitamins:								
Vitamin C, total ascorbic acid....mg	31.7	0.882	3	1		80.5		
Thiamin....mg	0.021	0.001	3	1		0.053		
Riboflavin....mg	0.034	0.002	3	1		0.086		
Niacin....mg	0.057	0.003	3	1		0.145		
Pantothenic acid....mg	0.179	0.035	3	1		0.455		
Vitamin B-6....mg	0.049	0.009	3	1		0.124		
Folate, total....mcg	28	8.122	3	1		71		
Folic acid....mcg	0		0	7		0		
Folate, food....mcg	28	8.122	3	1		71		
Folate, DFE....mcg_DFE	28		0	4		71		
Vitamin B-12....mcg	0.00		0	7		0.00		
Vitamin A, IU....IU	26	5.206	3	1		66		
Vitamin A, RE....mcg_RE	3	0.521	3	1		8		
Vitamin E....mg_ATE	0.140		0	4		0.356		
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.014		0	1		0.036		
4:0....g	0.000		0	1		0.000		
6:0....g	0.000		0	1		0.000		
8:0....g	0.000		0	1		0.000		
10:0....g	0.000		0	1		0.000		
11:0....g								
12:0....g	0.000		0	1		0.000		
13:0....g								
14:0....g	0.000		0	1		0.000		
15:0....g								
16:0....g	0.010		0	1		0.025		
17:0....g								
18:0....g	0.002		0	1		0.005		
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.036		0	1		0.091		
14:1....g								
15:1....g								

NDB No. 09317
Strawberries, canned, heavy syrup pack, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.001		0	1		0.003		
17:1....g								
18:1 undifferentiated....g	0.035		0	1		0.089		
20:1....g	0.000		0	1		0.000		
22:1 undifferentiated....g	0.000		0	1		0.000		
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.129		0	1		0.328		
18:2 undifferentiated....g	0.075		0	1		0.191		
18:3 undifferentiated....g	0.054		0	1		0.137		
18:4....g	0.000		0	1		0.000		
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000		
20:5 n-3....g	0.000		0	1		0.000		
22:2....g								
22:5 n-3....g	0.000		0	1		0.000		
22:6 n-3....g	0.000		0	1		0.000		
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0		
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.006		0	1		0.015		
Threonine....g	0.017		0	1		0.043		
Isoleucine....g	0.013		0	1		0.033		
Leucine....g	0.029		0	1		0.074		
Lysine....g	0.023		0	1		0.058		
Methionine....g	0.001		0	1		0.003		
Cystine....g	0.005		0	1		0.013		
Phenylalanine....g	0.016		0	1		0.041		
Tyrosine....g	0.019		0	1		0.048		
Valine....g	0.016		0	1		0.041		
Arginine....g	0.024		0	1		0.061		
Histidine....g	0.011		0	1		0.028		
Alanine....g	0.028		0	1		0.071		
Aspartic acid....g	0.127		0	1		0.323		
Glutamic acid....g	0.083		0	1		0.211		
Glycine....g	0.022		0	1		0.056		
Proline....g	0.018		0	1		0.046		
Serine....g	0.021		0	1		0.053		
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0		
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 254.000g: 1 cup

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 09318
Strawberries, frozen, unsweetened

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	89.97	0.303	4	1		198.83	134.06	9.54
Energy....kcal	35		0	4		77	52	4
Energy....kj	146			4		324	218	16
Protein (N x 6.25)....g	0.43	0.054	12	1		0.95	0.64	0.05
Total lipid (fat)....g	0.11	0.015	6	1		0.24	0.16	0.01
Ash....g	0.37	0.022	10	1		0.82	0.55	0.04
Carbohydrate, by difference....g	9.13		0	4		20.18	13.60	0.97
Fiber, total dietary....g	2.1		0	4		4.6	3.1	0.2
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	16	0.772	6	1		35	24	2
Iron, Fe....mg	0.75	0.280	6	1		1.66	1.12	0.08
Magnesium, Mg....mg	11		1	1		24	16	1
Phosphorus, P....mg	13	1.063	7	1		29	19	1
Potassium, K....mg	148	9.619	6	1		327	221	16
Sodium, Na....mg	2		1	1		4	3	0
Zinc, Zn....mg	0.13		0	1		0.29	0.19	0.01
Copper, Cu....mg	0.049		0	1		0.108	0.073	0.005
Manganese, Mn....mg	0.290		0	1		0.641	0.432	0.031
Selenium, Se....mcg	0.7		0	4		1.5	1.0	0.1
Vitamins:								
Vitamin C, total ascorbic acid....mg	41.2	9.062	6	1		91.1	61.4	4.4
Thiamin....mg	0.022	0.002	5	1		0.049	0.033	0.002
Riboflavin....mg	0.037	0.006	6	1		0.082	0.055	0.004
Niacin....mg	0.462	0.082	6	1		1.021	0.688	0.049
Pantothenic acid....mg	0.108		0	1		0.239	0.161	0.011
Vitamin B-6....mg	0.028		0	1		0.062	0.042	0.003
Folate, total....mcg	17	5.357	3	1		37	25	2
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	17	5.357	3	1		37	25	2
Folate, DFE....mcg_DFE	17		0	4		37	25	2
Vitamin B-12....mcg	0.00		0	7		0.00	0.00	0.00
Vitamin A, IU....IU	45	10.176	5	1		99	67	5
Vitamin A, RE....mcg_RE	4	1.018	5	1		9	6	0
Vitamin E....mg_ATE	0.270		0	1		0.597	0.402	0.029
Tocopherol, alpha....mg	0.21		0	1		0.46	0.31	0.02
Tocopherol, beta....mg								
Tocopherol, gamma....mg								
Tocopherol, delta....mg								
Tocotrienol, alpha....mg								
Tocotrienol, beta....mg								
Tocotrienol, gamma....mg								
Tocotrienol, delta....mg								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.006		0	1		0.013	0.009	0.001
4:0....g	0.000		0	1		0.000	0.000	0.000
6:0....g	0.000		0	1		0.000	0.000	0.000
8:0....g	0.000		0	1		0.000	0.000	0.000
10:0....g	0.000		0	1		0.000	0.000	0.000
11:0....g								
12:0....g	0.000		0	1		0.000	0.000	0.000
13:0....g								
14:0....g	0.000		0	1		0.000	0.000	0.000
15:0....g								
16:0....g	0.004		0	1		0.009	0.006	0.000
17:0....g								

NDB No. 09318
Strawberries, frozen, unsweetened

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
18:0 g	0.001		0	1		0.002	0.001	0.000
19:0 g								
20:0 g								
22:0 g								
24:0 g								
Fatty acids, total monounsaturated g	0.015		0	1		0.033	0.022	0.002
14:1 g								
15:1 g								
16:1 undifferentiated g	0.000		0	1		0.000	0.000	0.000
17:1 g								
18:1 undifferentiated g	0.015		0	1		0.033	0.022	0.002
20:1 g	0.000		0	1		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0	1		0.000	0.000	0.000
24:1 c g								
Fatty acids, total polyunsaturated g	0.054		0	1		0.119	0.080	0.006
18:2 undifferentiated g	0.031		0	1		0.069	0.046	0.003
18:3 undifferentiated g	0.023		0	1		0.051	0.034	0.002
18:4 g	0.000		0	1		0.000	0.000	0.000
20:2 n-6 c,c g								
20:3 undifferentiated g								
20:4 undifferentiated g	0.000		0	1		0.000	0.000	0.000
20:5 n-3 g	0.000		0	1		0.000	0.000	0.000
22:2 g								
22:5 n-3 g	0.000		0	1		0.000	0.000	0.000
22:6 n-3 g	0.000		0	1		0.000	0.000	0.000
Fatty acids, total trans g								
Cholesterol mg	0		0	7		0	0	0
Phytosterols mg								
Amino Acids:								
Tryptophan g	0.005		0	1		0.011	0.007	0.001
Threonine g	0.013		0	1		0.029	0.019	0.001
Isoleucine g	0.010		0	1		0.022	0.015	0.001
Leucine g	0.022		0	1		0.049	0.033	0.002
Lysine g	0.017		0	1		0.038	0.025	0.002
Methionine g	0.001		0	1		0.002	0.001	0.000
Cystine g	0.004		0	1		0.009	0.006	0.000
Phenylalanine g	0.012		0	1		0.027	0.018	0.001
Tyrosine g	0.014		0	1		0.031	0.021	0.001
Valine g	0.012		0	1		0.027	0.018	0.001
Arginine g	0.018		0	1		0.040	0.027	0.002
Histidine g	0.008		0	1		0.018	0.012	0.001
Alanine g	0.021		0	1		0.046	0.031	0.002
Aspartic acid g	0.096		0	1		0.212	0.143	0.010
Glutamic acid g	0.063		0	1		0.139	0.094	0.007
Glycine g	0.017		0	1		0.038	0.025	0.002
Proline g	0.013		0	1		0.029	0.019	0.001
Serine g	0.016		0	1		0.035	0.024	0.002
Hydroxyproline g								
Others:								
Alcohol, ethyl g	0.0		0	7		0.0	0.0	0.0
Caffeine mg								
Theobromine mg								

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

Common Measures:

Measure 1 = 221.000g: 1 cup, thawed

Measure 2 = 149.000g: 1 cup, unthawed

Measure 3 = 10.600g: 1 berry

NDB No. 09318
Strawberries, frozen, unsweetened

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 09319
Strawberries, frozen, sweetened, whole

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	78.05	0.931	7	1		199.03	221.66	
Energy....kcal	78		0	4		199	222	
Energy....kj	326			4		832	927	
Protein (N x 6.25)....g	0.52	0.059	7	1		1.33	1.48	
Total lipid (fat)....g	0.14	0.015	7	1		0.36	0.40	
Ash....g	0.30	0.071	7	1		0.77	0.85	
Carbohydrate, by difference....g	21.00		0	4		53.55	59.64	
Fiber, total dietary....g	1.9		0	4		4.8	5.4	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	11	1.048	7	1		28	31	
Iron, Fe....mg	0.47	0.041	7	1		1.20	1.33	
Magnesium, Mg....mg	6	0.606	3	1		15	17	
Phosphorus, P....mg	12	0.915	5	1		31	34	
Potassium, K....mg	98	7.340	3	1		250	278	
Sodium, Na....mg	1	0.100	3	1		3	3	
Zinc, Zn....mg	0.05	0.009	3	1		0.13	0.14	
Copper, Cu....mg	0.019	0.005	3	1		0.048	0.054	
Manganese, Mn....mg	0.249	0.051	3	1		0.635	0.707	
Selenium, Se....mcg	0.7		2	1		1.8	2.0	
Vitamins:								
Vitamin C, total ascorbic acid....mg	39.5	6.876	7	1		100.7	112.2	
Thiamin....mg	0.015	0.003	7	1		0.038	0.043	
Riboflavin....mg	0.077	0.023	7	1		0.196	0.219	
Niacin....mg	0.293	0.022	7	1		0.747	0.832	
Pantothenic acid....mg	0.108		0	1		0.275	0.307	
Vitamin B-6....mg	0.028		2	1		0.071	0.080	
Folate, total....mcg	4		2	1		10	11	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	4		2	1		10	11	
Folate, DFE....mcg_DFE	4		0	4		10	11	
Vitamin B-12....mcg	0.00		0	7		0.00	0.00	
Vitamin A, IU....IU	27	2.448	7	1		69	77	
Vitamin A, RE....mcg_RE	3	0.245	7	1		8	9	
Vitamin E....mg_ATE	0.270		0	1		0.689	0.767	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.007		0	1		0.018	0.020	
4:0....g	0.000		0	1		0.000	0.000	
6:0....g	0.000		0	1		0.000	0.000	
8:0....g	0.000		0	1		0.000	0.000	
10:0....g	0.000		0	1		0.000	0.000	
11:0....g								
12:0....g	0.000		0	1		0.000	0.000	
13:0....g								
14:0....g	0.000		0	1		0.000	0.000	
15:0....g								
16:0....g	0.005		0	1		0.013	0.014	
17:0....g								
18:0....g	0.001		0	1		0.003	0.003	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.019		0	1		0.048	0.054	
14:1....g								
15:1....g								

NDB No. 09319
Strawberries, frozen, sweetened, whole

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.000		0	1		0.000	0.000	
17:1....g								
18:1 undifferentiated....g	0.019		0	1		0.048	0.054	
20:1....g	0.000		0	1		0.000	0.000	
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.068		0	1		0.173	0.193	
18:2 undifferentiated....g	0.040		0	1		0.102	0.114	
18:3 undifferentiated....g	0.029		0	1		0.074	0.082	
18:4....g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	
20:5 n-3....g	0.000		0	1		0.000	0.000	
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	
22:6 n-3....g	0.000		0	1		0.000	0.000	
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0	0	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.006		0	1		0.015	0.017	
Threonine....g	0.016		0	1		0.041	0.045	
Isoleucine....g	0.012		0	1		0.031	0.034	
Leucine....g	0.026		0	1		0.066	0.074	
Lysine....g	0.021		0	1		0.054	0.060	
Methionine....g	0.001		0	1		0.003	0.003	
Cystine....g	0.004		0	1		0.010	0.011	
Phenylalanine....g	0.015		0	1		0.038	0.043	
Tyrosine....g	0.017		0	1		0.043	0.048	
Valine....g	0.015		0	1		0.038	0.043	
Arginine....g	0.022		0	1		0.056	0.062	
Histidine....g	0.010		0	1		0.026	0.028	
Alanine....g	0.026		0	1		0.066	0.074	
Aspartic acid....g	0.116		0	1		0.296	0.329	
Glutamic acid....g	0.076		0	1		0.194	0.216	
Glycine....g	0.020		0	1		0.051	0.057	
Proline....g	0.016		0	1		0.041	0.045	
Serine....g	0.019		0	1		0.048	0.054	
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 255.000g: 1 cup, thawed

Measure 2 = 284.000g: 1 package (10 oz)

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 09320
Strawberries, frozen, sweetened, sliced

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	73.18	1.348	16	1		186.61	207.83	
Energy....kcal	96		0	4		245	273	
Energy....kj	402			4		1024	1141	
Protein (N x 6.25)....g	0.53	0.045	18	1		1.35	1.51	
Total lipid (fat)....g	0.13	0.024	18	1		0.33	0.37	
Ash....g	0.24	0.023	15	1		0.61	0.68	
Carbohydrate, by difference....g	25.92		0	4		66.10	73.61	
Fiber, total dietary....g	1.9		0	4		4.8	5.4	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	11	0.426	18	1		28	31	
Iron, Fe....mg	0.59	0.038	18	1		1.50	1.68	
Magnesium, Mg....mg	7	0.384	12	1		18	20	
Phosphorus, P....mg	13	0.861	13	1		33	37	
Potassium, K....mg	98	3.122	10	1		250	278	
Sodium, Na....mg	3	0.572	10	1		8	9	
Zinc, Zn....mg	0.06	0.007	10	1		0.15	0.17	
Copper, Cu....mg	0.020	0.004	10	1		0.051	0.057	
Manganese, Mn....mg	0.250	0.016	10	1		0.638	0.710	
Selenium, Se....mcg	0.7		2	1		1.8	2.0	
Vitamins:								
Vitamin C, total ascorbic acid....mg	41.4	2.889	17	1		105.6	117.6	
Thiamin....mg	0.016	0.001	18	1		0.041	0.045	
Riboflavin....mg	0.051	0.004	18	1		0.130	0.145	
Niacin....mg	0.401	0.047	18	1		1.023	1.139	
Pantothenic acid....mg	0.108		1	1		0.275	0.307	
Vitamin B-6....mg	0.030	0.006	5	1		0.077	0.085	
Folate, total....mcg	15		2	1		38	42	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	15		2	1		38	42	
Folate, DFE....mcg_DFE	15		0	4		38	42	
Vitamin B-12....mcg	0.00		0	7		0.00	0.00	
Vitamin A, IU....IU	24	2.759	18	1		61	68	
Vitamin A, RE....mcg_RE	2	0.276	18	1		5	6	
Vitamin E....mg_ATE	0.140		0	4		0.357	0.398	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.007		0	1		0.018	0.020	
4:0....g	0.000		0	1		0.000	0.000	
6:0....g	0.000		0	1		0.000	0.000	
8:0....g	0.000		0	1		0.000	0.000	
10:0....g	0.000		0	1		0.000	0.000	
11:0....g								
12:0....g	0.000		0	1		0.000	0.000	
13:0....g								
14:0....g	0.000		0	1		0.000	0.000	
15:0....g								
16:0....g	0.005		0	1		0.013	0.014	
17:0....g								
18:0....g	0.001		0	1		0.003	0.003	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.018		0	1		0.046	0.051	
14:1....g								
15:1....g								

NDB No. 09320
Strawberries, frozen, sweetened, sliced

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.000		0	1		0.000	0.000	
17:1....g								
18:1 undifferentiated....g	0.018		0	1		0.046	0.051	
20:1....g	0.000		0	1		0.000	0.000	
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.064		0	1		0.163	0.182	
18:2 undifferentiated....g	0.037		0	1		0.094	0.105	
18:3 undifferentiated....g	0.027		0	1		0.069	0.077	
18:4....g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	
20:5 n-3....g	0.000		0	1		0.000	0.000	
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	
22:6 n-3....g	0.000		0	1		0.000	0.000	
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0	0	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.006		0	1		0.015	0.017	
Threonine....g	0.016		0	1		0.041	0.045	
Isoleucine....g	0.012		0	1		0.031	0.034	
Leucine....g	0.027		0	1		0.069	0.077	
Lysine....g	0.022		0	1		0.056	0.062	
Methionine....g	0.001		0	1		0.003	0.003	
Cystine....g	0.005		0	1		0.013	0.014	
Phenylalanine....g	0.015		0	1		0.038	0.043	
Tyrosine....g	0.018		0	1		0.046	0.051	
Valine....g	0.015		0	1		0.038	0.043	
Arginine....g	0.023		0	1		0.059	0.065	
Histidine....g	0.010		0	1		0.026	0.028	
Alanine....g	0.027		0	1		0.069	0.077	
Aspartic acid....g	0.120		0	1		0.306	0.341	
Glutamic acid....g	0.078		0	1		0.199	0.222	
Glycine....g	0.021		0	1		0.054	0.060	
Proline....g	0.017		0	1		0.043	0.048	
Serine....g	0.020		0	1		0.051	0.057	
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 255.000g: 1 cup, thawed

Measure 2 = 284.000g: 1 package (10 oz)

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

Food Group: 09 Fruits and Fruit Juices

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NDB No. 09321
Sugar-apples, (sweetsop), raw
Annona squamosa

Refuse: 45% Seeds and skin

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	73.23	1.078	12	1		183.08	113.51	
Energy....kcal	94		0	4		235	146	
Energy....kj	393			4		983	610	
Protein (N x 6.25)....g	2.06	0.258	9	1		5.15	3.19	
Total lipid (fat)....g	0.29	0.083	8	1		0.73	0.45	
Ash....g	0.78	0.083	9	1		1.95	1.21	
Carbohydrate, by difference....g	23.64		0	4		59.10	36.64	
Fiber, total dietary....g	4.4		0	4		11.0	6.8	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	24	3.403	10	1		60	37	
Iron, Fe....mg	0.60		0	1		1.50	0.93	
Magnesium, Mg....mg	21		1	1		53	33	
Phosphorus, P....mg	32	5.054	8	1		80	50	
Potassium, K....mg	247	28.408	5	1		618	383	
Sodium, Na....mg	9	3.230	5	1		23	14	
Zinc, Zn....mg	0.10		0	4		0.25	0.16	
Copper, Cu....mg	0.086		0	4		0.215	0.133	
Manganese, Mn....mg								
Selenium, Se....mcg	0.6		0	4		1.5	0.9	
Vitamins:								
Vitamin C, total ascorbic acid....mg	36.3	4.906	9	1		90.8	56.3	
Thiamin....mg	0.110	0.012	7	1		0.275	0.171	
Riboflavin....mg	0.113	0.014	7	1		0.283	0.175	
Niacin....mg	0.883	0.082	7	1		2.208	1.369	
Pantothenic acid....mg	0.226		0	1		0.565	0.350	
Vitamin B-6....mg	0.200		1	1		0.500	0.310	
Folate, total....mcg	14		0	4		35	22	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	14		0	4		35	22	
Folate, DFE....mcg_DFE	14		0	4		35	22	
Vitamin B-12....mcg	0.00		0	7		0.00	0.00	
Vitamin A, IU....IU	6	2.533	9	1		15	9	
Vitamin A, RE....mcg_RE	1	0.253	9	1		3	2	
Vitamin E....mg_ATE	0.590		0	4		1.475	0.915	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.048		0	4		0.120	0.074	
4:0....g	0.000		0	4		0.000	0.000	
6:0....g	0.000		0	4		0.000	0.000	
8:0....g	0.000		0	4		0.000	0.000	
10:0....g	0.000		0	4		0.000	0.000	
11:0....g								
12:0....g	0.000		0	4		0.000	0.000	
13:0....g								
14:0....g	0.000		0	4		0.000	0.000	
15:0....g								
16:0....g	0.028		0	4		0.070	0.043	
17:0....g								
18:0....g	0.020		0	4		0.050	0.031	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.114		0	4		0.285	0.177	
14:1....g								
15:1....g								

NDB No. 09321
Sugar-apples, (sweetsop), raw

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.000		0	4		0.000	0.000	
17:1....g								
18:1 undifferentiated....g	0.114		0	4		0.285	0.177	
20:1....g	0.000		0	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	4		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.040		0	4		0.100	0.062	
18:2 undifferentiated....g	0.040		0	4		0.100	0.062	
18:3 undifferentiated....g	0.000		0	4		0.000	0.000	
18:4....g	0.000		0	4		0.000	0.000	
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	4		0.000	0.000	
20:5 n-3....g	0.000		0	4		0.000	0.000	
22:2....g								
22:5 n-3....g	0.000		0	4		0.000	0.000	
22:6 n-3....g	0.000		0	4		0.000	0.000	
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0	0	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.010		4	1		0.025	0.016	
Threonine....g								
Isoleucine....g								
Leucine....g								
Lysine....g	0.055		4	1		0.138	0.085	
Methionine....g	0.007		4	1		0.018	0.011	
Cystine....g								
Phenylalanine....g								
Tyrosine....g								
Valine....g								
Arginine....g								
Histidine....g								
Alanine....g								
Aspartic acid....g								
Glutamic acid....g								
Glycine....g								
Proline....g								
Serine....g								
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 250.000g: 1 cup, pulp

Measure 2 = 155.000g: 1 fruit (2-7/8" dia)

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 09322
Tamarinds, raw
Tamarindus indica

Refuse: 66% Pods and seeds

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	31.40		0	1		37.68	0.63	
Energy....kcal	239		0	4		287	5	
Energy....kj	1000			4		1200	20	
Protein (N x 6.25)....g	2.80		0	1		3.36	0.06	
Total lipid (fat)....g	0.60		0	1		0.72	0.01	
Ash....g	2.70		0	1		3.24	0.05	
Carbohydrate, by difference....g	62.50		0	4		75.00	1.25	
Fiber, total dietary....g	5.1		0	4		6.1	0.1	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	74		0	1		89	1	
Iron, Fe....mg	2.80		0	1		3.36	0.06	
Magnesium, Mg....mg	92		1	1		110	2	
Phosphorus, P....mg	113		0	1		136	2	
Potassium, K....mg	628	106.529	3	1		754	13	
Sodium, Na....mg	28	17.205	3	1		34	1	
Zinc, Zn....mg	0.10		0	4		0.12	0.00	
Copper, Cu....mg	0.086		0	4		0.103	0.002	
Manganese, Mn....mg								
Selenium, Se....mcg	1.3		0	4		1.6	0.0	
Vitamins:								
Vitamin C, total ascorbic acid....mg	3.5	1.102	6	1		4.2	0.1	
Thiamin....mg	0.428	0.199	6	1		0.514	0.009	
Riboflavin....mg	0.152	0.029	5	1		0.182	0.003	
Niacin....mg	1.938	0.330	5	1		2.326	0.039	
Pantothenic acid....mg	0.143		0	1		0.172	0.003	
Vitamin B-6....mg	0.066		1	1		0.079	0.001	
Folate, total....mcg	14		0	4		17	0	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	14		0	4		17	0	
Folate, DFE....mcg_DFE	14		0	4		17	0	
Vitamin B-12....mcg	0.00		0	7		0.00	0.00	
Vitamin A, IU....IU	30		0	1		36	1	
Vitamin A, RE....mcg_RE	3		0	1		4	0	
Vitamin E....mg_ATE	0.700		0	4		0.840	0.014	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.272		0	1		0.326	0.005	
4:0....g	0.000		0	1		0.000	0.000	
6:0....g	0.000		0	1		0.000	0.000	
8:0....g	0.000		0	1		0.000	0.000	
10:0....g	0.000		0	1		0.000	0.000	
11:0....g								
12:0....g	0.000		0	1		0.000	0.000	
13:0....g								
14:0....g	0.007		1	1		0.008	0.000	
15:0....g								
16:0....g	0.168		1	1		0.202	0.003	
17:0....g								
18:0....g	0.060		1	1		0.072	0.001	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.181		0	1		0.217	0.004	
14:1....g								
15:1....g								

NDB No. 09322
Tamarinds, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.000		0	1		0.000	0.000	
17:1....g								
18:1 undifferentiated....g	0.181		1	1		0.217	0.004	
20:1....g	0.000		0	1		0.000	0.000	
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.059		0	1		0.071	0.001	
18:2 undifferentiated....g	0.059		1	1		0.071	0.001	
18:3 undifferentiated....g	0.000		0	1		0.000	0.000	
18:4....g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	
20:5 n-3....g	0.000		0	1		0.000	0.000	
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	
22:6 n-3....g	0.000		0	1		0.000	0.000	
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0	0	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.018		1	1		0.022	0.000	
Threonine....g								
Isoleucine....g								
Leucine....g								
Lysine....g	0.139		1	1		0.167	0.003	
Methionine....g	0.014		1	1		0.017	0.000	
Cystine....g								
Phenylalanine....g								
Tyrosine....g								
Valine....g								
Arginine....g								
Histidine....g								
Alanine....g								
Aspartic acid....g								
Glutamic acid....g								
Glycine....g								
Proline....g								
Serine....g								
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 120.000g: 1 cup, pulp

Measure 2 = 2.000g: 1 fruit (3" x 1")

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 09325

Fruit salad, (pineapple and papaya and banana and guava), tropical, canned, heavy syrup, solids and liquids

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	76.78	0.322	26	1		197.32		
Energy....kcal	86		0	4		221		
Energy....kj	360			4		925		
Protein (N x 6.25)....g	0.41	0.005	26	1		1.05		
Total lipid (fat)....g	0.10	0.000	26	1		0.26		
Ash....g	0.35	0.010	26	1		0.90		
Carbohydrate, by difference....g	22.36		0	4		57.47		
Fiber, total dietary....g	1.3		0	4		3.3		
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	13	0.585	26	1		33		
Iron, Fe....mg	0.52	0.021	25	1		1.34		
Magnesium, Mg....mg	13	0.195	26	1		33		
Phosphorus, P....mg	7	0.149	26	1		18		
Potassium, K....mg	131	2.850	26	1		337		
Sodium, Na....mg	2	0.111	26	1		5		
Zinc, Zn....mg	0.11	0.003	26	1		0.28		
Copper, Cu....mg	0.080	0.004	26	1		0.206		
Manganese, Mn....mg								
Selenium, Se....mcg	0.5		0	4		1.3		
Vitamins:								
Vitamin C, total ascorbic acid....mg	17.5	0.478	26	1		45.0		
Thiamin....mg	0.054	0.002	26	1		0.139		
Riboflavin....mg	0.045	0.002	26	1		0.116		
Niacin....mg	0.562	0.023	26	1		1.444		
Pantothenic acid....mg								
Vitamin B-6....mg	0.120		0	4		0.308		
Folate, total....mcg	9		0	4		23		
Folic acid....mcg	0		0	7		0		
Folate, food....mcg	9		0	4		23		
Folate, DFE....mcg_DFE	9		0	4		23		
Vitamin B-12....mcg	0.00		0	7		0.00		
Vitamin A, IU....IU	127	10.220	40	1		326		
Vitamin A, RE....mcg_RE	13	1.022	40	1		33		
Vitamin E....mg_ATE	0.500		0	4		1.285		
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.019		0	4		0.049		
4:0....g	0.000		0	4		0.000		
6:0....g	0.000		0	4		0.000		
8:0....g	0.000		0	4		0.000		
10:0....g	0.000		0	4		0.000		
11:0....g								
12:0....g	0.000		0	4		0.000		
13:0....g								
14:0....g	0.002		0	4		0.005		
15:0....g								
16:0....g	0.014		0	4		0.036		
17:0....g								
18:0....g	0.003		0	4		0.008		
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.018		0	4		0.046		
14:1....g								
15:1....g								

NDB No. 09325

Fruit salad, (pineapple and papaya and banana and guava), tropical, canned, heavy syrup, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.004		0	4		0.010		
17:1....g								
18:1 undifferentiated....g	0.013		0	4		0.033		
20:1....g	0.000		0	4		0.000		
22:1 undifferentiated....g	0.000		0	4		0.000		
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.032		0	4		0.082		
18:2 undifferentiated....g	0.018		0	4		0.046		
18:3 undifferentiated....g	0.014		0	4		0.036		
18:4....g	0.000		0	4		0.000		
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	4		0.000		
20:5 n-3....g	0.000		0	4		0.000		
22:2....g								
22:5 n-3....g	0.000		0	4		0.000		
22:6 n-3....g	0.000		0	4		0.000		
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0		
Phytosterols....mg								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0		
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 257.000g: 1 cup

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 09326
Watermelon, raw
Citrullus lanatus

Refuse: 48% Rind, seeds, and cutting loss

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	91.51	0.208	49	1		140.93	139.10	4134.42
Energy....kcal	32		0	4		49	49	1446
Energy....kj	134			4		206	204	6049
Protein (N x 6.25)....g	0.62	0.018	45	1		0.95	0.94	28.01
Total lipid (fat)....g	0.43	0.048	12	1		0.66	0.65	19.43
Ash....g	0.26	0.010	44	1		0.40	0.40	11.75
Carbohydrate, by difference....g	7.18		0	4		11.06	10.91	324.39
Fiber, total dietary....g	0.5		0	1		0.8	0.8	22.6
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	8	2.303	8	1		12	12	361
Iron, Fe....mg	0.17	0.009	45	1		0.26	0.26	7.68
Magnesium, Mg....mg	11	0.263	40	1		17	17	497
Phosphorus, P....mg	9	0.506	40	1		14	14	407
Potassium, K....mg	116	4.439	24	1		179	176	5241
Sodium, Na....mg	2	0.278	27	1		3	3	90
Zinc, Zn....mg	0.07	0.006	12	1		0.11	0.11	3.16
Copper, Cu....mg	0.032	0.002	44	1		0.049	0.049	1.446
Manganese, Mn....mg	0.037	0.003	43	1		0.057	0.056	1.672
Selenium, Se....mcg	0.1		2	1		0.2	0.2	4.5
Vitamins:								
Vitamin C, total ascorbic acid....mg	9.6	0.879	8	1		14.8	14.6	433.7
Thiamin....mg	0.080		1	1		0.123	0.122	3.614
Riboflavin....mg	0.020		1	1		0.031	0.030	0.904
Niacin....mg	0.200		1	1		0.308	0.304	9.036
Pantothenic acid....mg	0.212	0.026	6	1		0.326	0.322	9.578
Vitamin B-6....mg	0.144		7	1		0.222	0.219	6.506
Folate, total....mcg	2	0.342	14	1		3	3	99
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	2	0.342	14	1		3	3	99
Folate, DFE....mcg_DFE	2		0	4		3	3	99
Vitamin B-12....mcg	0.00		0	7		0.00	0.00	0.00
Vitamin A, IU....IU	366		7	1		564	556	16536
Vitamin A, RE....mcg_RE	37		7	1		57	56	1672
Vitamin E....mg_ATE	0.150		0	4		0.231	0.228	6.777
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.048		0	4		0.074	0.073	2.169
4:0....g	0.000		0	4		0.000	0.000	0.000
6:0....g	0.000		0	4		0.000	0.000	0.000
8:0....g	0.001		0	4		0.002	0.002	0.045
10:0....g	0.003		0	4		0.005	0.005	0.136
11:0....g								
12:0....g	0.002		0	4		0.003	0.003	0.090
13:0....g								
14:0....g	0.001		0	4		0.002	0.002	0.045
15:0....g								
16:0....g	0.023		0	4		0.035	0.035	1.039
17:0....g								
18:0....g	0.018		0	4		0.028	0.027	0.813
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.107		0	4		0.165	0.163	4.834
14:1....g								
15:1....g								

NDB No. 09326
Watermelon, raw

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.000		0	4		0.000	0.000	0.000
17:1....g								
18:1 undifferentiated....g	0.107		0	4		0.165	0.163	4.834
20:1....g	0.000		0	4		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0	4		0.000	0.000	0.000
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.146		0	4		0.225	0.222	6.596
18:2 undifferentiated....g	0.146		0	4		0.225	0.222	6.596
18:3 undifferentiated....g	0.000		0	4		0.000	0.000	0.000
18:4....g	0.000		0	4		0.000	0.000	0.000
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	4		0.000	0.000	0.000
20:5 n-3....g	0.000		0	4		0.000	0.000	0.000
22:2....g								
22:5 n-3....g	0.000		0	4		0.000	0.000	0.000
22:6 n-3....g	0.000		0	4		0.000	0.000	0.000
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0	0	0
Phytosterols....mg	2		0	1		3	3	90
Amino Acids:								
Tryptophan....g	0.007		1	1		0.011	0.011	0.316
Threonine....g	0.027		1	1		0.042	0.041	1.220
Isoleucine....g	0.019		1	1		0.029	0.029	0.858
Leucine....g	0.018		1	1		0.028	0.027	0.813
Lysine....g	0.062		1	1		0.095	0.094	2.801
Methionine....g	0.006		1	1		0.009	0.009	0.271
Cystine....g	0.002		1	1		0.003	0.003	0.090
Phenylalanine....g	0.015		1	1		0.023	0.023	0.678
Tyrosine....g	0.012		1	1		0.018	0.018	0.542
Valine....g	0.016		1	1		0.025	0.024	0.723
Arginine....g	0.059		1	1		0.091	0.090	2.666
Histidine....g	0.006		1	1		0.009	0.009	0.271
Alanine....g	0.017		1	1		0.026	0.026	0.768
Aspartic acid....g	0.039		1	1		0.060	0.059	1.762
Glutamic acid....g	0.063		1	1		0.097	0.096	2.846
Glycine....g	0.010		1	1		0.015	0.015	0.452
Proline....g	0.024		1	1		0.037	0.036	1.084
Serine....g	0.016		1	1		0.025	0.024	0.723
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	0.0
Caffeine....mg	0		0	7		0	0	0
Theobromine....mg	0		0	7		0	0	0

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

Common Measures:

Measure 1 = 154.000g: 1 cup, balls

Measure 2 = 152.000g: 1 cup, diced

Measure 3 = 4518.000g: 1 melon (15" long x 7-1/2" dia)

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 09334
Feijoa, raw
Feijoa sellowiana (O. Berg)

Refuse: 25% Skin

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	86.60		2	1		210.44	43.30	
Energy....kcal	49		0	4		119	25	
Energy....kj	205			4		498	103	
Protein (N x 6.25)....g	1.24		2	1		3.01	0.62	
Total lipid (fat)....g	0.78		2	1		1.90	0.39	
Ash....g	0.74		2	1		1.80	0.37	
Carbohydrate, by difference....g	10.63		0	4		25.83	5.32	
Fiber, total dietary....g								
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	17		2	1		41	9	
Iron, Fe....mg	0.08		2	1		0.19	0.04	
Magnesium, Mg....mg	9		2	1		22	5	
Phosphorus, P....mg	20		2	1		49	10	
Potassium, K....mg	155		2	1		377	78	
Sodium, Na....mg	3		2	1		7	2	
Zinc, Zn....mg	0.04		2	1		0.10	0.02	
Copper, Cu....mg	0.055		2	1		0.134	0.028	
Manganese, Mn....mg	0.085		2	1		0.207	0.043	
Selenium, Se....mcg								
Vitamins:								
Vitamin C, total ascorbic acid....mg	20.3		0	1		49.3	10.2	
Thiamin....mg	0.008		2	1		0.019	0.004	
Riboflavin....mg	0.032		2	1		0.078	0.016	
Niacin....mg	0.289		2	1		0.702	0.145	
Pantothenic acid....mg	0.228		2	1		0.554	0.114	
Vitamin B-6....mg	0.050		2	1		0.122	0.025	
Folate, total....mcg	38		2	1		92	19	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	38		2	1		92	19	
Folate, DFE....mcg_DFE	38		0	4		92	19	
Vitamin B-12....mcg	0.00		0	7		0.00	0.00	
Vitamin A, IU....IU	0		2	1		0	0	
Vitamin A, RE....mcg_RE	0		0	1		0	0	
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g								
Fatty acids, total monounsaturated....g								
Fatty acids, total polyunsaturated....g								
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0	0	
Phytosterols....mg								

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

Common Measures:

Measure 1 = 243.000g: 1 cup, pureed

Measure 2 = 50.000g: 1 fruit without refuse

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

NDB No. 09334
Feijoa, raw

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 09340
Pears, asian, raw
Pyrus pyrifolia (Burman f.) Nakai

Refuse: 9% Core and stem

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	88.25		2	1		107.67	242.69	
Energy....kcal	42		0	4		51	116	
Energy....kj	176			4		214	483	
Protein (N x 6.25)....g	0.50		2	1		0.61	1.38	
Total lipid (fat)....g	0.23		2	1		0.28	0.63	
Ash....g	0.37		2	1		0.45	1.02	
Carbohydrate, by difference....g	10.65		0	4		12.99	29.29	
Fiber, total dietary....g	3.6		0	1		4.4	9.9	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	4		2	1		5	11	
Iron, Fe....mg	0.00		2	1		0.00	0.00	
Magnesium, Mg....mg	8		2	1		10	22	
Phosphorus, P....mg	11		2	1		13	30	
Potassium, K....mg	121		2	1		148	333	
Sodium, Na....mg	0		2	1		0	0	
Zinc, Zn....mg	0.02		2	1		0.02	0.06	
Copper, Cu....mg	0.050		2	1		0.061	0.138	
Manganese, Mn....mg	0.060		2	1		0.073	0.165	
Selenium, Se....mcg	0.6		0	4		0.7	1.7	
Vitamins:								
Vitamin C, total ascorbic acid....mg	3.8		0	1		4.6	10.5	
Thiamin....mg	0.009		2	1		0.011	0.025	
Riboflavin....mg	0.010		2	1		0.012	0.028	
Niacin....mg	0.219		2	1		0.267	0.602	
Pantothenic acid....mg	0.070		2	1		0.085	0.193	
Vitamin B-6....mg	0.022		2	1		0.027	0.061	
Folate, total....mcg	8		2	1		10	22	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	8		2	1		10	22	
Folate, DFE....mcg_DFE	8		0	4		10	22	
Vitamin B-12....mcg	0.00		0	7		0.00	0.00	
Vitamin A, IU....IU	0		2	1		0	0	
Vitamin A, RE....mcg_RE	0		0	1		0	0	
Vitamin E....mg_ATE	0.500		0	1		0.610	1.375	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.012		0	1		0.015	0.033	
4:0....g	0.000		0	1		0.000	0.000	
6:0....g	0.000		0	1		0.000	0.000	
8:0....g	0.000		0	1		0.000	0.000	
10:0....g	0.000		0	1		0.000	0.000	
11:0....g								
12:0....g	0.000		0	1		0.000	0.000	
13:0....g								
14:0....g	0.000		0	1		0.000	0.000	
15:0....g								
16:0....g	0.010		1	1		0.012	0.028	
17:0....g								
18:0....g	0.002		1	1		0.002	0.006	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.049		0	1		0.060	0.135	
14:1....g								
15:1....g								

NDB No. 09340
Pears, asian, raw

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.001		1	1		0.001	0.003	
17:1....g								
18:1 undifferentiated....g	0.047		1	1		0.057	0.129	
20:1....g	0.001		1	1		0.001	0.003	
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.055		0	1		0.067	0.151	
18:2 undifferentiated....g	0.054		1	1		0.066	0.149	
18:3 undifferentiated....g	0.001		1	1		0.001	0.003	
18:4....g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	
20:5 n-3....g	0.000		0	1		0.000	0.000	
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	
22:6 n-3....g	0.000		0	1		0.000	0.000	
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0	0	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.005		0	1		0.006	0.014	
Threonine....g	0.013		0	1		0.016	0.036	
Isoleucine....g	0.014		0	1		0.017	0.039	
Leucine....g	0.025		0	1		0.031	0.069	
Lysine....g	0.017		0	1		0.021	0.047	
Methionine....g	0.006		0	1		0.007	0.017	
Cystine....g	0.005		0	1		0.006	0.014	
Phenylalanine....g	0.013		0	1		0.016	0.036	
Tyrosine....g	0.004		0	1		0.005	0.011	
Valine....g	0.018		0	1		0.022	0.050	
Arginine....g	0.009		0	1		0.011	0.025	
Histidine....g	0.005		0	1		0.006	0.014	
Alanine....g	0.017		0	1		0.021	0.047	
Aspartic acid....g	0.098		0	1		0.120	0.270	
Glutamic acid....g	0.036		0	1		0.044	0.099	
Glycine....g	0.014		0	1		0.017	0.039	
Proline....g	0.016		0	1		0.020	0.044	
Serine....g	0.018		0	1		0.022	0.050	
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 122.000g: 1 fruit 2-1/4" high x 2-1/2" dia

Measure 2 = 275.000g: 1 fruit 3-3/8" high x 3" diameter

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 09400
Apple juice, canned or bottled, unsweetened, with added ascorbic acid

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	87.93	0.316	10	1		218.07	27.26	
Energy....kcal	47		0	4		117	15	
Energy....kj	197			4		488	61	
Protein (N x 6.25)....g	0.06	0.006	10	1		0.15	0.02	
Total lipid (fat)....g	0.11	0.028	8	1		0.27	0.03	
Ash....g	0.22	0.004	31	1		0.55	0.07	
Carbohydrate, by difference....g	11.68		0	4		28.97	3.62	
Fiber, total dietary....g	0.1		0	4		0.2	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	7	1.455	8	1		17	2	
Iron, Fe....mg	0.37	0.034	11	1		0.92	0.11	
Magnesium, Mg....mg	3	0.304	3	1		7	1	
Phosphorus, P....mg	7	1.734	3	1		17	2	
Potassium, K....mg	119	2.208	32	1		295	37	
Sodium, Na....mg	3	0.711	11	1		7	1	
Zinc, Zn....mg	0.03		2	1		0.07	0.01	
Copper, Cu....mg	0.022		2	1		0.055	0.007	
Manganese, Mn....mg	0.113		2	1		0.280	0.035	
Selenium, Se....mcg	0.1	0.045	4	1		0.2	0.0	
Vitamins:								
Vitamin C, total ascorbic acid....mg	41.6		1	1		103.2	12.9	
Thiamin....mg	0.021	0.001	9	1		0.052	0.007	
Riboflavin....mg	0.017	0.011	5	1		0.042	0.005	
Niacin....mg								
Pantothenic acid....mg								
Vitamin B-6....mg	0.030		0	1		0.074	0.009	
Folate, total....mcg	0	0.046	3	1		0	0	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	0	0.046	3	1		0	0	
Folate, DFE....mcg_DFE	0		0	4		0	0	
Vitamin B-12....mcg	0.00		0	7		0.00	0.00	
Vitamin A, IU....IU	1		1	1		2	0	
Vitamin A, RE....mcg_RE	0		1	1		0	0	
Vitamin E....mg_ATE	0.010		0	4		0.025	0.003	
Tocopherol, alpha....mg	0.01		0	1		0.02	0.00	
Tocopherol, beta....mg								
Tocopherol, gamma....mg								
Tocopherol, delta....mg								
Tocotrienol, alpha....mg								
Tocotrienol, beta....mg								
Tocotrienol, gamma....mg								
Tocotrienol, delta....mg								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.019		0	1		0.047	0.006	
4:0....g								
6:0....g								
8:0....g								
10:0....g								
11:0....g								
12:0....g								
13:0....g								
14:0....g	0.001		0	1		0.002	0.000	
15:0....g								
16:0....g	0.015		0	1		0.037	0.005	
17:0....g								

NDB No. 09400
Apple juice, canned or bottled, unsweetened, with added ascorbic acid

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
18:0 g	0.002		0	1		0.005	0.001	
19:0 g								
20:0 g								
22:0 g								
24:0 g								
Fatty acids, total monounsaturated g	0.005		0	1		0.012	0.002	
14:1 g								
15:1 g								
16:1 undifferentiated g								
17:1 g								
18:1 undifferentiated g	0.004		0	1		0.010	0.001	
20:1 g								
22:1 undifferentiated g								
24:1 c g								
Fatty acids, total polyunsaturated g	0.033		0	1		0.082	0.010	
18:2 undifferentiated g	0.028		0	1		0.069	0.009	
18:3 undifferentiated g	0.006		0	1		0.015	0.002	
18:4 g								
20:2 n-6 c,c g								
20:3 undifferentiated g								
20:4 undifferentiated g								
20:5 n-3 g								
22:2 g								
22:5 n-3 g								
22:6 n-3 g								
Fatty acids, total trans g								
Cholesterol mg	0		0	7		0	0	
Phytosterols mg								

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

Common Measures:

Measure 1 = 248.000g: 1 cup

Measure 2 = 31.000g: 1 fl oz

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 09401
Applesauce, canned, unsweetened, with added ascorbic acid

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	88.35	0.243	10	1		215.57		
Energy....kcal	43		0	4		105		
Energy....kj	180			4		439		
Protein (N x 6.25)....g	0.17	0.012	18	1		0.41		
Total lipid (fat)....g	0.05	0.012	18	1		0.12		
Ash....g	0.15	0.005	10	1		0.37		
Carbohydrate, by difference....g	11.29		0	4		27.55		
Fiber, total dietary....g	1.2		0	4		2.9		
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	3	0.082	19	1		7		
Iron, Fe....mg	0.12	0.013	10	1		0.29		
Magnesium, Mg....mg	3	0.068	18	1		7		
Phosphorus, P....mg	7	0.461	18	1		17		
Potassium, K....mg	75	3.143	18	1		183		
Sodium, Na....mg	2	0.397	16	1		5		
Zinc, Zn....mg	0.03	0.003	9	1		0.07		
Copper, Cu....mg	0.026	0.002	9	1		0.063		
Manganese, Mn....mg	0.075		0	1		0.183		
Selenium, Se....mcg	0.3		0	4		0.7		
Vitamins:								
Vitamin C, total ascorbic acid....mg	21.2	4.346	7	1		51.7		
Thiamin....mg	0.013	0.003	4	1		0.032		
Riboflavin....mg	0.025	0.001	9	1		0.061		
Niacin....mg	0.188		0	1		0.459		
Pantothenic acid....mg	0.095	0.011	3	1		0.232		
Vitamin B-6....mg	0.026		0	1		0.063		
Folate, total....mcg	1		0	1		1		
Folic acid....mcg	0		0	7		0		
Folate, food....mcg	1		0	1		1		
Folate, DFE....mcg_DFE	1		0	4		1		
Vitamin B-12....mcg	0.00		0	7		0.00		
Vitamin A, IU....IU	29	5.696	3	1		71		
Vitamin A, RE....mcg_RE	3	0.570	3	1		7		
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.008		0	1		0.020		
4:0....g								
6:0....g								
8:0....g								
10:0....g								
11:0....g								
12:0....g								
13:0....g								
14:0....g								
15:0....g								
16:0....g	0.007		0	1		0.017		
17:0....g								
18:0....g	0.001		0	1		0.002		
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.002		0	1		0.005		
14:1....g								
15:1....g								

NDB No. 09401
Applesauce, canned, unsweetened, with added ascorbic acid

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

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

Common Measures:

Measure 1 = 244.000g: 1 cup

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	79.58	0.340	39	1		202.93		
Energy....kcal	76		0	4		194		
Energy....kj	318			4		811		
Protein (N x 6.25)....g	0.18	0.008	38	1		0.46		
Total lipid (fat)....g	0.18	0.048	39	1		0.46		
Ash....g	0.14	0.008	39	1		0.36		
Carbohydrate, by difference....g	19.91		0	4		50.77		
Fiber, total dietary....g	1.2		0	4		3.1		
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	4	0.189	40	1		10		
Iron, Fe....mg	0.35	0.029	43	1		0.89		
Magnesium, Mg....mg	3	0.079	27	1		8		
Phosphorus, P....mg	7	0.444	27	1		18		
Potassium, K....mg	61	1.948	37	1		156		
Sodium, Na....mg	28	4.467	9	1		71		
Zinc, Zn....mg	0.04	0.003	31	1		0.10		
Copper, Cu....mg	0.043	0.002	31	1		0.110		
Manganese, Mn....mg	0.075	0.016	10	1		0.191		
Selenium, Se....mcg	0.3		2	1		0.8		
Vitamins:								
Vitamin C, total ascorbic acid....mg	1.7	0.149	30	1		4.3		
Thiamin....mg	0.013	0.000	36	1		0.033		
Riboflavin....mg	0.028	0.001	51	1		0.071		
Niacin....mg	0.188	0.028	31	1		0.479		
Pantothenic acid....mg	0.052	0.003	9	1		0.133		
Vitamin B-6....mg	0.026	0.003	7	1		0.066		
Folate, total....mcg	1	0.015	9	1		2		
Folic acid....mcg	0		0	7		0		
Folate, food....mcg	1	0.015	9	1		2		
Folate, DFE....mcg_DFE	1		0	4		2		
Vitamin B-12....mcg	0.00		0	7		0.00		
Vitamin A, IU....IU	11	1.202	23	1		28		
Vitamin A, RE....mcg_RE	1	0.120	23	1		3		
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.030		0	1		0.077		
4:0....g								
6:0....g								
8:0....g								
10:0....g								
11:0....g								
12:0....g	0.001		0	1		0.003		
13:0....g								
14:0....g	0.001		0	1		0.003		
15:0....g								
16:0....g	0.025		0	1		0.064		
17:0....g								
18:0....g	0.004		0	1		0.010		
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.007		0	1		0.018		
14:1....g								
15:1....g								

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

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

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

Common Measures:

Measure 1 = 255.000g: 1 cup

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	84.87	0.033	177	1		213.02	26.65	
Energy....kcal	56		0	4		141	18	
Energy....kj	234			4		588	74	
Protein (N x 6.25)....g	0.37	0.011	73	1		0.93	0.12	
Total lipid (fat)....g	0.09	0.004	50	1		0.23	0.03	
Ash....g	0.29	0.006	56	1		0.73	0.09	
Carbohydrate, by difference....g	14.39		0	4		36.12	4.52	
Fiber, total dietary....g	0.6		0	4		1.5	0.2	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	7	0.226	56	1		18	2	
Iron, Fe....mg	0.38	0.016	68	1		0.95	0.12	
Magnesium, Mg....mg	5	0.095	57	1		13	2	
Phosphorus, P....mg	9	0.213	61	1		23	3	
Potassium, K....mg	114	2.540	45	1		286	36	
Sodium, Na....mg	3	0.457	45	1		8	1	
Zinc, Zn....mg	0.09	0.002	46	1		0.23	0.03	
Copper, Cu....mg	0.073	0.003	46	1		0.183	0.023	
Manganese, Mn....mg	0.032		0	4		0.080	0.010	
Selenium, Se....mcg	0.2		0	4		0.5	0.1	
Vitamins:								
Vitamin C, total ascorbic acid....mg	54.4	7.739	44	1		136.5	17.1	
Thiamin....mg	0.009	0.000	89	1		0.023	0.003	
Riboflavin....mg	0.014	0.000	101	1		0.035	0.004	
Niacin....mg	0.260	0.016	84	1		0.653	0.082	
Pantothenic acid....mg	0.096		0	4		0.241	0.030	
Vitamin B-6....mg	0.022		0	4		0.055	0.007	
Folate, total....mcg	1	0.246	5	1		3	0	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	1	0.246	5	1		3	0	
Folate, DFE....mcg_DFE	1		0	4		3	0	
Vitamin B-12....mcg	0.00		0	7		0.00	0.00	
Vitamin A, IU....IU	1316	17.479	262	1		3303	413	
Vitamin A, RE....mcg_RE	132	1.748	262	1		331	41	
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.006		0	1		0.015	0.002	
4:0....g								
6:0....g								
8:0....g								
10:0....g								
11:0....g								
12:0....g								
13:0....g								
14:0....g								
15:0....g								
16:0....g	0.005		0	1		0.013	0.002	
17:0....g								
18:0....g	0.001		0	1		0.003	0.000	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.038		0	1		0.095	0.012	
14:1....g								
15:1....g								

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g								
17:1....g								
18:1 undifferentiated....g	0.038		0	1		0.095	0.012	
20:1....g								
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.017		0	1		0.043	0.005	
18:2 undifferentiated....g	0.017		0	1		0.043	0.005	
18:3 undifferentiated....g								
18:4....g								
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g								
20:5 n-3....g								
22:2....g								
22:5 n-3....g								
22:6 n-3....g								
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0	0	
Phytosterols....mg								

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

Common Measures:

Measure 1 = 251.000g: 1 cup

Measure 2 = 31.400g: 1 fl oz

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 09404
Grapefruit juice, pink, raw

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	90.00		0	1		222.30	176.40	
Energy....kcal	39		0	4		96	76	
Energy....kj	163			4		403	320	
Protein (N x 6.25)....g	0.50		0	1		1.24	0.98	
Total lipid (fat)....g	0.10		0	1		0.25	0.20	
Ash....g	0.20		0	1		0.49	0.39	
Carbohydrate, by difference....g	9.20		0	4		22.72	18.03	
Fiber, total dietary....g								
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	9		0	1		22	18	
Iron, Fe....mg	0.20		0	1		0.49	0.39	
Magnesium, Mg....mg	12		0	1		30	24	
Phosphorus, P....mg	15		0	1		37	29	
Potassium, K....mg	162		0	1		400	318	
Sodium, Na....mg	1		0	1		2	2	
Zinc, Zn....mg	0.05		0	1		0.12	0.10	
Copper, Cu....mg	0.033		0	1		0.082	0.065	
Manganese, Mn....mg	0.020		0	1		0.049	0.039	
Selenium, Se....mcg								
Vitamins:								
Vitamin C, total ascorbic acid....mg	38.0		0	1		93.9	74.5	
Thiamin....mg	0.040		0	1		0.099	0.078	
Riboflavin....mg	0.020		0	1		0.049	0.039	
Niacin....mg	0.200		0	1		0.494	0.392	
Pantothenic acid....mg	0.189		0	4		0.467	0.370	
Vitamin B-6....mg	0.044		0	4		0.109	0.086	
Folate, total....mcg	10		0	4		25	20	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	10		0	4		25	20	
Folate, DFE....mcg_DFE	10		0	4		25	20	
Vitamin B-12....mcg	0.00		0	7		0.00	0.00	
Vitamin A, IU....IU	440		0	1		1087	862	
Vitamin A, RE....mcg_RE	44		0	1		109	86	
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.014		0	1		0.035	0.027	
4:0....g								
6:0....g								
8:0....g								
10:0....g								
11:0....g								
12:0....g								
13:0....g								
14:0....g								
15:0....g								
16:0....g	0.012		0	1		0.030	0.024	
17:0....g								
18:0....g	0.001		0	1		0.002	0.002	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.013		0	1		0.032	0.025	
14:1....g								
15:1....g								

NDB No. 09404
Grapefruit juice, pink, raw

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.001		0	1		0.002	0.002	
17:1....g								
18:1 undifferentiated....g	0.012		0	1		0.030	0.024	
20:1....g								
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.024		0	1		0.059	0.047	
18:2 undifferentiated....g	0.019		0	1		0.047	0.037	
18:3 undifferentiated....g	0.005		0	1		0.012	0.010	
18:4....g								
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g								
20:5 n-3....g								
22:2....g								
22:5 n-3....g								
22:6 n-3....g								
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0	0	
Phytosterols....mg								

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

Common Measures:

Measure 1 = 247.000g: 1 cup

Measure 2 = 196.000g: 1 fruit yields

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 09405
Kiwifruit, (chinese gooseberries), held in storage, raw

Refuse: 14% Skin

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	83.05	0.661	4	1		75.58	63.12	
Energy	kcal	61		0	4		56	46	
Energy	kj	255			4		232	194	
Protein (N x 6.25)	g	0.99	0.075	4	1		0.90	0.75	
Total lipid (fat)	g	0.44	0.211	3	1		0.40	0.33	
Ash	g	0.64	0.065	4	1		0.58	0.49	
Carbohydrate, by difference	g	14.88		0	4		13.54	11.31	
Fiber, total dietary	g	3.4		0	4		3.1	2.6	
Sugars, total	g								
Starch	g								
Minerals:									
Calcium, Ca	mg	26	6.385	3	1		24	20	
Iron, Fe	mg	0.41		2	1		0.37	0.31	
Magnesium, Mg	mg	30		1	1		27	23	
Phosphorus, P	mg	40	11.837	3	1		36	30	
Potassium, K	mg	332		1	1		302	252	
Sodium, Na	mg	5		1	1		5	4	
Zinc, Zn	mg								
Copper, Cu	mg								
Manganese, Mn	mg								
Selenium, Se	mcg								
Vitamins:									
Vitamin C, total ascorbic acid	mg	75.0		0	1		68.3	57.0	
Thiamin	mg	0.020		1	1		0.018	0.015	
Riboflavin	mg	0.050		1	1		0.046	0.038	
Niacin	mg	0.500		1	1		0.455	0.380	
Pantothenic acid	mg								
Vitamin B-6	mg								
Folate, total	mcg								
Folate, DFE	mcg_DFE								
Vitamin B-12	mcg	0.00		0	7		0.00	0.00	
Vitamin A, IU	IU	175		1	1		159	133	
Vitamin A, RE	mcg_RE	18		1	1		16	14	
Vitamin E	mg_ATE								
Vitamin D	IU								
Lipids:									
Fatty acids, total saturated	g								
Fatty acids, total monounsaturated	g								
Fatty acids, total polyunsaturated	g								
Fatty acids, total trans	g								
Cholesterol	mg	0		0	7		0	0	
Phytosterols	mg								

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

Common Measures:

Measure 1 = 91.000g: 1 fruit without skin, large

Measure 2 = 76.000g: 1 fruit without skin, medium

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

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	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	88.40	0.172	4	1		220.12	27.49	
Energy....kcal	44		0	4		110	14	
Energy....kj	184			4		458	57	
Protein (N x 6.25)....g	0.80	0.067	3	1		1.99	0.25	
Total lipid (fat)....g	0.27	0.017	3	1		0.67	0.08	
Ash....g	0.48	0.018	3	1		1.20	0.15	
Carbohydrate, by difference....g	10.06		0	4		25.05	3.13	
Fiber, total dietary....g								
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	10	0.227	4	1		25	3	
Iron, Fe....mg	0.17	0.005	4	1		0.42	0.05	
Magnesium, Mg....mg	11	0.637	4	1		27	3	
Phosphorus, P....mg	11	2.108	4	1		27	3	
Potassium, K....mg	190	2.405	84	1		473	59	
Sodium, Na....mg	1	0.055	84	1		2	0	
Zinc, Zn....mg	0.04	0.009	3	1		0.10	0.01	
Copper, Cu....mg	0.040	0.006	3	1		0.100	0.012	
Manganese, Mn....mg	0.023	0.009	3	1		0.057	0.007	
Selenium, Se....mcg								
Vitamins:								
Vitamin C, total ascorbic acid....mg	42.7	0.377	34	1		106.3	13.3	
Thiamin....mg	0.111	0.006	3	1		0.276	0.035	
Riboflavin....mg	0.021	0.001	3	1		0.052	0.007	
Niacin....mg	0.280	0.050	3	1		0.697	0.087	
Pantothenic acid....mg	0.191	0.001	3	1		0.476	0.059	
Vitamin B-6....mg	0.054	0.003	3	1		0.134	0.017	
Folate, total....mcg	29	1.567	33	1		72	9	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	29	1.567	33	1		72	9	
Folate, DFE....mcg_DFE	29		0	4		72	9	
Vitamin B-12....mcg	0.00		0	7		0.00	0.00	
Vitamin A, IU....IU	146	6.174	34	1		364	45	
Vitamin A, RE....mcg_RE	15	0.617	34	1		37	5	
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.029		0	1		0.072	0.009	
4:0....g								
6:0....g								
8:0....g								
10:0....g								
11:0....g								
12:0....g								
13:0....g								
14:0....g								
15:0....g								
16:0....g	0.029		0	1		0.072	0.009	
17:0....g								
18:0....g								
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.046		0	1		0.115	0.014	
14:1....g								
15:1....g								

NDB No. 09406
Orange juice, California, chilled, includes from concentrate

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.007		0	1		0.017	0.002	
17:1....g								
18:1 undifferentiated....g	0.039		0	1		0.097	0.012	
20:1....g								
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.064		0	1		0.159	0.020	
18:2 undifferentiated....g	0.050		0	1		0.125	0.016	
18:3 undifferentiated....g	0.014		0	1		0.035	0.004	
18:4....g								
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g								
20:5 n-3....g								
22:2....g								
22:5 n-3....g								
22:6 n-3....g								
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0	0	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.001		0	1		0.002	0.000	
Threonine....g	0.005		0	1		0.012	0.002	
Isoleucine....g	0.005		0	1		0.012	0.002	
Leucine....g	0.009		0	1		0.022	0.003	
Lysine....g	0.006		0	1		0.015	0.002	
Methionine....g	0.002		0	1		0.005	0.001	
Cystine....g	0.003		0	1		0.007	0.001	
Phenylalanine....g	0.006		0	1		0.015	0.002	
Tyrosine....g	0.003		0	1		0.007	0.001	
Valine....g	0.007		0	1		0.017	0.002	
Arginine....g	0.031		0	1		0.077	0.010	
Histidine....g	0.002		0	1		0.005	0.001	
Alanine....g	0.010		0	1		0.025	0.003	
Aspartic acid....g	0.049		0	1		0.122	0.015	
Glutamic acid....g	0.022		0	1		0.055	0.007	
Glycine....g	0.006		0	1		0.015	0.002	
Proline....g	0.029		0	1		0.072	0.009	
Serine....g	0.009		0	1		0.022	0.003	
Hydroxyproline....g								

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

Common Measures:

Measure 1 = 249.000g: 1 cup

Measure 2 = 31.100g: 1 fl oz

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 09407
Peach nectar, canned, with added ascorbic acid

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	85.64	0.107	5	1		213.24	26.63	
Energy....kcal	54		0	4		134	17	
Energy....kj	226			4		563	70	
Protein (N x 6.25)....g	0.27	0.025	5	1		0.67	0.08	
Total lipid (fat)....g	0.02	0.015	5	1		0.05	0.01	
Ash....g	0.15	0.016	5	1		0.37	0.05	
Carbohydrate, by difference....g	13.92		0	4		34.66	4.33	
Fiber, total dietary....g	0.6		0	4		1.5	0.2	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	5	0.495	5	1		12	2	
Iron, Fe....mg	0.19	0.037	5	1		0.47	0.06	
Magnesium, Mg....mg	4	0.213	4	1		10	1	
Phosphorus, P....mg	6	0.288	4	1		15	2	
Potassium, K....mg	40	3.228	4	1		100	12	
Sodium, Na....mg	7	0.607	4	1		17	2	
Zinc, Zn....mg	0.08	0.022	4	1		0.20	0.02	
Copper, Cu....mg	0.069	0.008	4	1		0.172	0.021	
Manganese, Mn....mg	0.019		0	1		0.047	0.006	
Selenium, Se....mcg	0.2		0	4		0.5	0.1	
Vitamins:								
Vitamin C, total ascorbic acid....mg	26.8	1.903	3	1		66.7	8.3	
Thiamin....mg	0.003	0.000	49	1		0.007	0.001	
Riboflavin....mg	0.014	0.000	49	1		0.035	0.004	
Niacin....mg	0.288	0.008	50	1		0.717	0.090	
Pantothenic acid....mg	0.068		0	4		0.169	0.021	
Vitamin B-6....mg	0.007		0	4		0.017	0.002	
Folate, total....mcg	1		0	4		3	0	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	1		0	4		3	0	
Folate, DFE....mcg_DFE	1		0	4		3	0	
Vitamin B-12....mcg	0.00		0	7		0.00	0.00	
Vitamin A, IU....IU	258	93.980	4	1		642	80	
Vitamin A, RE....mcg_RE	26	9.398	4	1		65	8	
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.002		0	1		0.005	0.001	
4:0....g								
6:0....g								
8:0....g								
10:0....g								
11:0....g								
12:0....g								
13:0....g								
14:0....g								
15:0....g								
16:0....g	0.002		0	1		0.005	0.001	
17:0....g								
18:0....g								
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.008		0	1		0.020	0.002	
14:1....g								
15:1....g								

NDB No. 09407
Peach nectar, canned, with added ascorbic acid

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g								
17:1....g								
18:1 undifferentiated....g	0.008		0	1		0.020	0.002	
20:1....g								
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.011		0	1		0.027	0.003	
18:2 undifferentiated....g	0.010		0	1		0.025	0.003	
18:3 undifferentiated....g								
18:4....g								
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g								
20:5 n-3....g								
22:2....g								
22:5 n-3....g								
22:6 n-3....g								
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0	0	
Phytosterols....mg								

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

Common Measures:

Measure 1 = 249.000g: 1 cup

Measure 2 = 31.100g: 1 fl oz

Calories Factors: **Protein** 3.36 **Fat** 8.37 **Carbohydrate** 3.79

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 09408
Pear nectar, canned, with added ascorbic acid

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	84.01	0.173	22	1		210.03	26.21	
Energy....kcal	60		0	4		150	19	
Energy....kj	251			4		628	78	
Protein (N x 6.25)....g	0.11	0.004	22	1		0.28	0.03	
Total lipid (fat)....g	0.01	0.006	22	1		0.03	0.00	
Ash....g	0.10	0.001	22	1		0.25	0.03	
Carbohydrate, by difference....g	15.76		0	4		39.40	4.92	
Fiber, total dietary....g	0.6		0	4		1.5	0.2	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	5	0.238	22	1		13	2	
Iron, Fe....mg	0.26	0.032	8	1		0.65	0.08	
Magnesium, Mg....mg	3	0.191	21	1		8	1	
Phosphorus, P....mg	3	0.173	21	1		8	1	
Potassium, K....mg	13	2.304	21	1		33	4	
Sodium, Na....mg	4	0.440	21	1		10	1	
Zinc, Zn....mg	0.07	0.003	21	1		0.18	0.02	
Copper, Cu....mg	0.067	0.004	21	1		0.168	0.021	
Manganese, Mn....mg	0.030		0	1		0.075	0.009	
Selenium, Se....mcg	0.5		0	4		1.3	0.2	
Vitamins:								
Vitamin C, total ascorbic acid....mg	27.0	1.159	20	1		67.5	8.4	
Thiamin....mg	0.002	0.000	47	1		0.005	0.001	
Riboflavin....mg	0.013	0.000	47	1		0.033	0.004	
Niacin....mg	0.128	0.012	47	1		0.320	0.040	
Pantothenic acid....mg	0.022		0	4		0.055	0.007	
Vitamin B-6....mg	0.014		0	4		0.035	0.004	
Folate, total....mcg	1		0	4		3	0	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	1		0	4		3	0	
Folate, DFE....mcg_DFE	1		0	4		3	0	
Vitamin B-12....mcg	0.00		0	7		0.00	0.00	
Vitamin A, IU....IU	1	0.562	16	1		3	0	
Vitamin A, RE....mcg_RE	0	0.056	16	1		0	0	
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.001		0	1		0.003	0.000	
4:0....g								
6:0....g								
8:0....g								
10:0....g								
11:0....g								
12:0....g								
13:0....g								
14:0....g								
15:0....g								
16:0....g	0.001		0	1		0.003	0.000	
17:0....g								
18:0....g								
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.003		0	1		0.008	0.001	
14:1....g								
15:1....g								

NDB No. 09408
Pear nectar, canned, with added ascorbic acid

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g								
17:1....g								
18:1 undifferentiated....g	0.002		0	1		0.005	0.001	
20:1....g								
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.003		0	1		0.008	0.001	
18:2 undifferentiated....g	0.003		0	1		0.008	0.001	
18:3 undifferentiated....g								
18:4....g								
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g								
20:5 n-3....g								
22:2....g								
22:5 n-3....g								
22:6 n-3....g								
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0	0	
Phytosterols....mg								

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

Common Measures:

Measure 1 = 250.000g: 1 cup

Measure 2 = 31.200g: 1 fl oz

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

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	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	85.53	0.131	19	1		213.83	26.77	
Energy....kcal	56		0	4		140	18	
Energy....kj	234			4		586	73	
Protein (N x 6.25)....g	0.32	0.005	78	1		0.80	0.10	
Total lipid (fat)....g	0.08	0.006	57	1		0.20	0.03	
Ash....g	0.30	0.000	19	1		0.75	0.09	
Carbohydrate, by difference....g	13.78		0	4		34.45	4.31	
Fiber, total dietary....g	0.2		0	4		0.5	0.1	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	17	0.488	87	1		43	5	
Iron, Fe....mg	0.26	0.011	77	1		0.65	0.08	
Magnesium, Mg....mg	13	0.294	30	1		33	4	
Phosphorus, P....mg	8	0.278	28	1		20	3	
Potassium, K....mg	134	2.115	65	1		335	42	
Sodium, Na....mg	1	0.113	82	1		3	0	
Zinc, Zn....mg	0.11	0.005	20	1		0.28	0.03	
Copper, Cu....mg	0.090	0.007	20	1		0.225	0.028	
Manganese, Mn....mg	0.990		1	1		2.475	0.310	
Selenium, Se....mcg	0.1		0	4		0.3	0.0	
Vitamins:								
Vitamin C, total ascorbic acid....mg	24.0		0	8		60.0	7.5	
Thiamin....mg	0.055	0.001	63	1		0.138	0.017	
Riboflavin....mg	0.022	0.001	63	1		0.055	0.007	
Niacin....mg	0.257	0.008	63	1		0.643	0.080	
Pantothenic acid....mg	0.100		0	1		0.250	0.031	
Vitamin B-6....mg	0.096		0	1		0.240	0.030	
Folate, total....mcg	23	1.570	3	1		58	7	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	23	1.570	3	1		58	7	
Folate, DFE....mcg_DFE	23		0	4		58	7	
Vitamin B-12....mcg	0.00		0	7		0.00	0.00	
Vitamin A, IU....IU	5	4.643	14	1		13	2	
Vitamin A, RE....mcg_RE	0	0.464	14	1		0	0	
Vitamin E....mg_ATE	0.020		0	1		0.050	0.006	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.005		0	1		0.013	0.002	
4:0....g	0.000		0	4		0.000	0.000	
6:0....g	0.000		0	1		0.000	0.000	
8:0....g	0.000		0	1		0.000	0.000	
10:0....g	0.000		0	1		0.000	0.000	
11:0....g								
12:0....g	0.000		0	1		0.000	0.000	
13:0....g								
14:0....g	0.000		0	1		0.000	0.000	
15:0....g								
16:0....g	0.003		0	1		0.008	0.001	
17:0....g								
18:0....g	0.002		0	1		0.005	0.001	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.009		0	1		0.023	0.003	
14:1....g								
15:1....g								

NDB No. 09409
Pineapple juice, canned, with added ascorbic acid, unsweetened

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.001		0	1		0.003	0.000	
17:1....g								
18:1 undifferentiated....g	0.008		0	1		0.020	0.003	
20:1....g	0.000		0	1		0.000	0.000	
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.028		0	1		0.070	0.009	
18:2 undifferentiated....g	0.016		0	1		0.040	0.005	
18:3 undifferentiated....g	0.012		0	1		0.030	0.004	
18:4....g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	
20:5 n-3....g	0.000		0	1		0.000	0.000	
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	
22:6 n-3....g	0.000		0	1		0.000	0.000	
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0	0	
Phytosterols....mg								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 250.000g: 1 cup

Measure 2 = 31.300g: 1 fl oz

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 09410

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	57.00		0	1		120.27		
Energy....kcal	166		0	4		350		
Energy....kj	695			4		1465		
Protein (N x 6.25)....g	0.51	0.058	4	1		1.08		
Total lipid (fat)....g	0.37	0.024	3	1		0.78		
Ash....g	1.12	0.055	4	1		2.36		
Carbohydrate, by difference....g	41.00		0	4		86.51		
Fiber, total dietary....g								
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	20	2.709	4	1		42		
Iron, Fe....mg	0.91	0.192	4	1		1.92		
Magnesium, Mg....mg	17	1.538	4	1		36		
Phosphorus, P....mg	25	2.401	4	1		53		
Potassium, K....mg	448	26.115	4	1		945		
Sodium, Na....mg	25	9.540	4	1		53		
Zinc, Zn....mg	0.13	0.020	4	1		0.27		
Copper, Cu....mg	0.050	0.009	4	1		0.106		
Manganese, Mn....mg	0.225	0.047	4	1		0.475		
Selenium, Se....mcg	0.4		0	4		0.8		
Vitamins:								
Vitamin C, total ascorbic acid....mg	88.9		1	1		187.6		
Thiamin....mg	0.011	0.003	3	1		0.023		
Riboflavin....mg	0.054	0.003	3	1		0.114		
Niacin....mg	0.135	0.008	3	1		0.285		
Pantothenic acid....mg	0.223	0.061	3	1		0.471		
Vitamin B-6....mg	0.116	0.009	3	1		0.245		
Folate, total....mcg	1	0.264	4	1		2		
Folic acid....mcg	0		0	7		0		
Folate, food....mcg	1	0.264	4	1		2		
Folate, DFE....mcg_DFE	1		0	4		2		
Vitamin B-12....mcg	0.00		0	7		0.00		
Vitamin A, IU....IU	0		3	1		0		
Vitamin A, RE....mcg_RE	0		3	1		0		
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.060		0	1		0.127		
4:0....g								
6:0....g								
8:0....g								
10:0....g								
11:0....g								
12:0....g	0.001		0	1		0.002		
13:0....g								
14:0....g	0.002		0	1		0.004		
15:0....g								
16:0....g	0.050		0	1		0.106		
17:0....g								
18:0....g	0.008		0	1		0.017		
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.015		0	1		0.032		
14:1....g								
15:1....g								

NDB No. 09410

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.001		0	1		0.002		
17:1....g								
18:1 undifferentiated....g	0.014		0	1		0.030		
20:1....g								
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.108		0	1		0.228		
18:2 undifferentiated....g	0.089		0	1		0.188		
18:3 undifferentiated....g	0.019		0	1		0.040		
18:4....g								
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g								
20:5 n-3....g								
22:2....g								
22:5 n-3....g								
22:6 n-3....g								
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0		
Phytosterols....mg								

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

Common Measures:

Measure 1 = 211.000g: 1 can (6 fl oz)

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 09411

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	87.90		0	1		210.08	26.28	
Energy....kcal	47		0	4		112	14	
Energy....kj	197			4		470	59	
Protein (N x 6.25)....g	0.14	0.016	4	1		0.33	0.04	
Total lipid (fat)....g	0.10	0.007	3	1		0.24	0.03	
Ash....g	0.32	0.016	4	1		0.76	0.10	
Carbohydrate, by difference....g	11.54		0	4		27.58	3.45	
Fiber, total dietary....g	0.1		0	4		0.2	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	6	0.762	4	1		14	2	
Iron, Fe....mg	0.26	0.054	4	1		0.62	0.08	
Magnesium, Mg....mg	5	0.433	4	1		12	1	
Phosphorus, P....mg	7	0.676	4	1		17	2	
Potassium, K....mg	126	7.348	4	1		301	38	
Sodium, Na....mg	7	2.684	4	1		17	2	
Zinc, Zn....mg	0.04	0.006	4	1		0.10	0.01	
Copper, Cu....mg	0.014	0.003	4	1		0.033	0.004	
Manganese, Mn....mg	0.063	0.013	4	1		0.151	0.019	
Selenium, Se....mcg	0.1		0	4		0.2	0.0	
Vitamins:								
Vitamin C, total ascorbic acid....mg	25.0		1	1		59.8	7.5	
Thiamin....mg	0.003	0.001	3	1		0.007	0.001	
Riboflavin....mg	0.015	0.001	3	1		0.036	0.004	
Niacin....mg	0.038	0.002	3	1		0.091	0.011	
Pantothenic acid....mg	0.063	0.017	3	1		0.151	0.019	
Vitamin B-6....mg	0.033	0.002	3	1		0.079	0.010	
Folate, total....mcg	0	0.074	4	1		1	0	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	0	0.074	4	1		1	0	
Folate, DFE....mcg_DFE	0		0	4		1	0	
Vitamin B-12....mcg	0.00		0	7		0.00	0.00	
Vitamin A, IU....IU	0		0	4		0	0	
Vitamin A, RE....mcg_RE	0		0	4		0	0	
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.018		0	1		0.043	0.005	
4:0....g								
6:0....g								
8:0....g								
10:0....g								
11:0....g								
12:0....g								
13:0....g								
14:0....g								
15:0....g								
16:0....g	0.016		0	1		0.038	0.005	
17:0....g								
18:0....g	0.002		0	1		0.005	0.001	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.002		0	1		0.005	0.001	
14:1....g								
15:1....g								

NDB No. 09411

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

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

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

Common Measures:

Measure 1 = 239.000g: 1 cup

Measure 2 = 29.900g: 1 fl oz

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 09420
Jackfruit, canned, syrup pack
Artocarpus heterophyllus

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	75.28		2	1		134.00		
Energy	kcal	92		0	4		164		
Energy	kj	385			4		685		
Protein (N x 6.25)	g	0.36		2	1		0.64		
Total lipid (fat)	g	0.14		2	1		0.25		
Ash	g	0.28		2	1		0.50		
Carbohydrate, by difference	g	23.94		0	4		42.61		
Fiber, total dietary	g	0.9		2	1		1.6		
Sugars, total	g								
Starch	g								
Minerals:									
Calcium, Ca	mg	44		2	1		78		
Iron, Fe	mg	0.29		2	1		0.52		
Magnesium, Mg	mg	10		2	1		18		
Phosphorus, P	mg	6		2	1		11		
Potassium, K	mg	96		2	1		171		
Sodium, Na	mg	11		2	1		20		
Zinc, Zn	mg	0.11		2	1		0.20		
Copper, Cu	mg	0.050		2	1		0.089		
Manganese, Mn	mg	0.078		2	1		0.139		
Selenium, Se	mcg								
Vitamins:									
Vitamin C, total ascorbic acid	mg	0.5		2	1		0.9		
Thiamin	mg	0.033		2	1		0.059		
Riboflavin	mg	0.036		2	1		0.064		
Niacin	mg	0.677		2	1		1.205		
Pantothenic acid	mg	0.072		2	1		0.128		
Vitamin B-6	mg	0.044		2	1		0.078		
Folate, total	mcg	14		2	1		25		
Folic acid	mcg	0		0	7		0		
Folate, food	mcg	14		2	1		25		
Folate, DFE	mcg_DFE	14		0	4		25		
Vitamin B-12	mcg	0.00		0	7		0.00		
Vitamin A, IU	IU	2		2	1		4		
Vitamin A, RE	mcg_RE	0		2	1		0		
Vitamin E	mg_ATE								
Vitamin D	IU								
Lipids:									
Fatty acids, total saturated	g								
Fatty acids, total monounsaturated	g								
Fatty acids, total polyunsaturated	g								
Fatty acids, total trans	g								
Cholesterol	mg	0		0	7		0		
Phytosterols	mg								

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

Common Measures:

Measure 1 = 178.000g: 1 cup, drained

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 09422
Durian, raw or frozen
Durio zibethinus

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	64.99		2	1		157.93	391.24	
Energy....kcal	147		0	4		357	885	
Energy....kj	615			4		1495	3703	
Protein (N x 6.25)....g	1.47		2	1		3.57	8.85	
Total lipid (fat)....g	5.33		2	1		12.95	32.09	
Ash....g	1.12		2	1		2.72	6.74	
Carbohydrate, by difference....g	27.09		0	4		65.83	163.08	
Fiber, total dietary....g	3.8		2	1		9.2	22.9	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	6		2	1		15	36	
Iron, Fe....mg	0.43		2	1		1.04	2.59	
Magnesium, Mg....mg	30		2	1		73	181	
Phosphorus, P....mg	38		2	1		92	229	
Potassium, K....mg	436		2	1		1059	2625	
Sodium, Na....mg	1		2	1		2	6	
Zinc, Zn....mg	0.28		2	1		0.68	1.69	
Copper, Cu....mg	0.207		2	1		0.503	1.246	
Manganese, Mn....mg	0.324		2	1		0.787	1.950	
Selenium, Se....mcg								
Vitamins:								
Vitamin C, total ascorbic acid....mg	19.7		2	1		47.9	118.6	
Thiamin....mg	0.374		2	1		0.909	2.251	
Riboflavin....mg	0.200		2	1		0.486	1.204	
Niacin....mg	1.074		2	1		2.610	6.465	
Pantothenic acid....mg	0.230		2	1		0.559	1.385	
Vitamin B-6....mg	0.316		2	1		0.768	1.902	
Folate, total....mcg								
Folate, DFE....mcg_DFE								
Vitamin B-12....mcg	0.00		0	7		0.00	0.00	
Vitamin A, IU....IU	45		2	1		109	271	
Vitamin A, RE....mcg_RE	5		2	1		12	30	
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g								
Fatty acids, total monounsaturated....g								
Fatty acids, total polyunsaturated....g								
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7		0	0	
Phytosterols....mg								

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

Common Measures:

Measure 1 = 243.000g: 1 cup, chopped or diced

Measure 2 = 602.000g: 1 fruit

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 09423
Prune puree

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	30.00		0	9				
Energy....kcal	257		0	9				
Energy....kj	1075			9				
Protein....g	2.10		0	9				
Total lipid (fat)....g	0.20		0	9				
Ash....g	2.60		0	4				
Carbohydrate, by difference....g	65.10		0	9				
Fiber, total dietary....g	3.3		0	9				
Sugars, total....g	39.00		0	9				
Sucrose....g								
Glucose (dextrose)....g	22.27		0	9				
Fructose....g	13.87		0	9				
Lactose....g								
Maltose....g								
Galactose....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	31		0	9				
Iron, Fe....mg	2.80		0	9				
Magnesium, Mg....mg								
Phosphorus, P....mg	72		0	9				
Potassium, K....mg	852		0	9				
Sodium, Na....mg	23		0	9				
Zinc, Zn....mg								
Copper, Cu....mg								
Manganese, Mn....mg								
Selenium, Se....mcg								
Vitamins:								
Vitamin C, total ascorbic acid....mg	4.3		0	9				
Thiamin....mg	0.040		0	9				
Riboflavin....mg								
Niacin....mg	2.500		0	9				
Pantothenic acid....mg	0.430		0	9				
Vitamin B-6....mg								
Folate, total....mcg								
Folate, DFE....mcg_DFE								
Vitamin B-12....mcg								
Vitamin A, IU....IU	2000		0	9				
Vitamin A, RE....mcg_RE	200		0	9				
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.016		0	4				
Fatty acids, total monounsaturated....g								
Fatty acids, total polyunsaturated....g								
Fatty acids, total trans....g								
Cholesterol....mg	0		0	9				
Phytosterols....mg								

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

Common Measures:

Calories Factors: Protein Fat Carbohydrate

NDB No. 09423
Prune puree

Food Group: 09 Fruits and Fruit Juices
USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 09428
Rowal, raw
Pangium edule

Refuse:

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	71.40		1	1		81.40		
Energy....kcal	111		0	4		126		
Energy....kj	462		0	4		527		
Protein (N x 6.25)....g	2.30		1	1		2.62		
Total lipid (fat)....g	2.00		1	1		2.28		
Ash....g	0.40		1	1		0.46		
Carbohydrate, by difference....g	23.90		0	4		27.25		
Fiber, total dietary....g	6.2		1	1		7.1		
Sugars, total....g	14.10		1	1		16.07		
Sucrose....g	12.50		1	1		14.25		
Glucose (dextrose)....g	1.10		1	1		1.25		
Fructose....g	0.50		1	1		0.57		
Lactose....g	0.00		1	1		0.00		
Maltose....g	0.00		1	1		0.00		
Galactose....g	0.00		1	1		0.00		
Starch....g								
Minerals:								
Calcium, Ca....mg	15		1	1		17		
Iron, Fe....mg	2.20		1	1		2.51		
Magnesium, Mg....mg	32		1	1		37		
Phosphorus, P....mg	52		1	1		60		
Potassium, K....mg	131		1	1		149		
Sodium, Na....mg	4		1	1		5		
Zinc, Zn....mg	0.43		1	1		0.49		
Copper, Cu....mg	1.060		1	1		1.208		
Manganese, Mn....mg	0.155		1	1		0.177		
Selenium, Se....mcg								
Vitamins:								
Vitamin C, total ascorbic acid....mg	25.8		1	1		29.4		
Thiamin....mg								
Riboflavin....mg								
Niacin....mg								
Pantothenic acid....mg								
Vitamin B-6....mg								
Folate, total....mcg								
Folate, DFE....mcg_DFE								
Vitamin B-12....mcg								
Vitamin A, IU....IU	383		1	1		437		
Vitamin A, RE....mcg_RE	38		1	1		44		
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.245		1	1		0.279		
Fatty acids, total monounsaturated....g								
Fatty acids, total polyunsaturated....g								
Fatty acids, total trans....g								
Cholesterol....mg								
Phytosterols....mg								

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

Common Measures:

Measure 1 = 114.000g: .5 cup

NDB No. 09428
Rowal, raw

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 09427
Abiyuch, raw
Crateva religiosa

Refuse:

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	79.90		1	1		91.09		
Energy....kcal	69		0	4		79		
Energy....kj	290		0	4		330		
Protein (N x 6.25)....g	1.50		1	1		1.71		
Total lipid (fat)....g	0.10		1	1		0.11		
Ash....g	0.90		1	1		1.03		
Carbohydrate, by difference....g	17.60		0	4		20.06		
Fiber, total dietary....g	5.3		1	1		6.0		
Sugars, total....g	8.55		1	1		9.75		
Sucrose....g	0.05		1	1		0.06		
Glucose (dextrose)....g	4.50		1	1		5.13		
Fructose....g	3.80		1	1		4.33		
Lactose....g	0.00		1	1		0.00		
Maltose....g	0.20		1	1		0.23		
Galactose....g	0.00		1	1		0.00		
Starch....g								
Minerals:								
Calcium, Ca....mg	8		1	1		9		
Iron, Fe....mg	1.61		1	1		1.84		
Magnesium, Mg....mg	24		1	1		28		
Phosphorus, P....mg	47		1	1		54		
Potassium, K....mg	304		1	1		347		
Sodium, Na....mg	20		1	1		22		
Zinc, Zn....mg	0.31		1	1		0.36		
Copper, Cu....mg	0.057		1	1		0.065		
Manganese, Mn....mg	0.182		1	1		0.207		
Selenium, Se....mcg								
Vitamins:								
Vitamin C, total ascorbic acid....mg	54.1		1	1		61.7		
Thiamin....mg								
Riboflavin....mg								
Niacin....mg								
Pantothenic acid....mg								
Vitamin B-6....mg								
Folate, total....mcg								
Folate, DFE....mcg_DFE								
Vitamin B-12....mcg								
Vitamin A, IU....IU	100		1	1		114		
Vitamin A, RE....mcg_RE	10		1	1		11		
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.014		1	1		0.016		
Fatty acids, total monounsaturated....g								
Fatty acids, total polyunsaturated....g								
Fatty acids, total trans....g								
Cholesterol....mg								
Phytosterols....mg								

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

Common Measures:

Measure 1 = 114.000g: .5 cup

NDB No. 09427
Abiyuch, raw

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

Food Group: 09 Fruits and Fruit Juices

USDA Nutrient Database for Standard Reference, Release 14 (2001)