



NDB No. 09427  
 Abiyuch, raw

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

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

**Common Measures:**  
 Measure 1 = 114g: .5 cup

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

**Food Group:** 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



**NDB No. 09002**  
**Acerola juice, raw**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.082		0		4		0.198	0.025	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		4		0.002	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.081		0		4		0.196	0.024	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.090		0		4		0.218	0.027	
18:2 undifferentiated.....g	0.046		0		4		0.111	0.014	
18:3 undifferentiated.....g	0.044		0		4		0.106	0.013	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
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	Z	7		0	0	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<b>Carotenoids:</b>									
Carotene, beta.....mcg	305		0	BNA	4		739.071	92.231	
Carotene, alpha.....mcg	0		0	BNA	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BNA	4		0.000	0.000	
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	17		0	BFSN	4		40.152	5.011	

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**Common Measures:**

Measure 1 = 242g: 1 cup

Measure 2 = 30.2g: 1 fl oz

**Calories Factors: Protein** 3.36

**Fat** 8.37

**Carbohydrate** 3.92

**Food Group:** 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



**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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	0.082		0		4		0.080	0.004	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		4		0.001	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.081		0		4		0.079	0.004	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.090		0		4		0.088	0.004	
18:2 undifferentiated.....g	0.046		0		4		0.045	0.002	
18:3 undifferentiated.....g	0.044		0		4		0.043	0.002	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
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	z	7		0	0	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

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

**Common Measures:**  
 Measure 1 = 98g: 1 cup  
 Measure 2 = 4.8g: 1 fruit without refuse

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

**Food Group:** 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



**NDB No. 09400**  
**Apple juice, canned or bottled, unsweetened, with added ascorbic acid**

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									

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

**Common Measures:**  
 Measure 1 = 248g: 1 cup  
 Measure 2 = 31.0g: 1 fl oz

**Calories Factors:** Protein 3.36      Fat 8.37      Carbohydrate 3.92      **Food Group:** 09 Fruits and Fruit Juices  
 USDA National Nutrient Database for Standard Reference, Release 17 (2004)



**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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	87.93	0.316	10		1		218.07	27.26	230.38
Energy.....kcal	47		0	NC	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	NC	4		28.97	3.62	30.60
Fiber, total dietary.....g	0.1		0		4		0.2	0.0	0.3
Sugars, total.....g	10.90		1		1		27.03	3.38	28.56
Sucrose.....g	1.70		1		1		4.22	0.53	4.45
Glucose (dextrose).....g	2.50		1		1		6.20	0.78	6.55
Fructose.....g	5.60		1		1		13.89	1.74	14.67
Lactose.....g									
Maltose.....g									
Galactose.....g									
Starch.....g									
<b>Minerals:</b>									
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	A	1		0.2	0.0	0.3
<b>Vitamins:</b>									
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	Z	7		0	0	0
Folate, food.....mcg	0	0.046	3		1		0	0	0
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	0
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, IU.....IU	1		1		1		2	0	3
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	0
Retinol.....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.01		0		1		0.02	0.00	0.03
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		1	A	1		0.0	0.0	0.0
<b>Lipids:</b>									
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
12:0.....g	0.000		0		1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.001		0		1</				

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0.....g	0.015		0		1		0.037	0.005	0.039
17:0.....g									
18:0.....g	0.002		0		1		0.005	0.001	0.005
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
22:5 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	Z	7		0	0	0
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
<b>Carotenoids:</b>									
Carotene, beta.....mcg	0		0	BNA	4		1.082	0.135	1.143
Carotene, alpha.....mcg	0		0	BNA	4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	BNA	4		0.812	0.101	0.857
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	16		0	BFSN	4		39.974	4.997	42.230

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#### Common Measures:

Measure 1 = 248g: 1 cup

Measure 2 = 31.0g: 1 fl oz

Measure 3 = 262g: 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 National Nutrient Database for Standard Reference, Release 17 (2004)



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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	0.002		0		1		0.005	0.001	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.002		0		1		0.005	0.001	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.031		0		1		0.074	0.009	
18:2 undifferentiated.....g	0.027		0		1		0.065	0.008	
18:3 undifferentiated.....g	0.004		0		1		0.010	0.001	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
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	Z	7		0	0	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<b>Carotenoids:</b>									
Carotene, beta.....mcg	0		0	BFSN	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	BFSN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000	0.000	
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	16		0	BFSN	4		38.619	4.831	

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#### Common Measures:

Measure 1 = 239g: 1 cup

Measure 2 = 29.9g: 1 fl oz

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.92

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	87.90		0		1		210.08	26.28	
Energy.....kcal	47		0	NC	4		112	14	
Energy.....kj	197				4		470	59	
Protein (N x 6.25).....g	0.14	0.016	4		1		0.33	0.04	
Total lipid (fat).....g	0.10	0.007	3		1		0.24	0.03	
Ash.....g	0.32	0.016	4		1		0.76	0.10	
Carbohydrate, by difference.....g	11.54		0	NC	4		27.58	3.45	
Fiber, total dietary.....g	0.1		0		4		0.2	0.0	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
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	BFSN	4		0.2	0.0	
<b>Vitamins:</b>									
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	Z	7		0	0	
Folate, food.....mcg	0	0.074	4		1		1	0	
Folate, DFE.....mcg_DFE	0		0	NC	4		1	0	
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	0		0		4		0	0	
Vitamin A, RAE.....mcg_RAE	0		0		4		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.018		0		1		0.043	0.005	
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g									
15:0.....g									

NDB No. 09411

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

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

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

Common Measures:

Measure 1 = 239g: 1 cup  
Measure 2 = 29.9g: 1 fl oz

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.92

Food Group: 09 Fruits and Fruit Juices  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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

[illegible]

NDB No. 09410

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

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

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

Common Measures:

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

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.92

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



**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		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
<b>Proximates:</b>									
Water.....g	57.00		0		1		120.27		
Energy.....kcal	166		0	NC	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	NC	4		86.51		
Fiber, total dietary.....g	0.4		0		4		0.8		
Sugars, total.....g	38.83		0	BFSN	4		81.94		
Starch.....g									
<b>Minerals:</b>									
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	BFSN	4		0.8		
<b>Vitamins:</b>									
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	Z	7		0		
Folate, food.....mcg	1	0.264	4		1		2		
Folate, DFE.....mcg_DFE	1		0	NC	4		2		
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin A, IU.....IU	0		3		1		0		
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0		
Retinol.....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg	0.04		0	BFSN	4		0.08		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	BFSN	4		0.0		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.060		0		1		0.127		
4:0.....g	0.000		0		1		0.000		
6:0.....g	0.000		0		1		0.000		
8:0.....g	0.000		0		1		0.000		
10:0.....g	0.000		0		1		0.000		
12:0.....g	0.001		0		1		0.002		
13:0.....g									
14:0.....g	0.002		0		1		0.004		
15:0.....g									
16:0.....g	0.050		0		1		0.106		
17:0.....g									
18:0.....g	0.008		0		1		0.017		
20:0.....g									
22:0.....g									
24:0.....g									

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code				
<hr/>									
Fatty acids, total monounsaturated.....g	0.015		0		1		0.032		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.014		0		1		0.030		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.108		0		1		0.228		
18:2 undifferentiated.....g	0.089		0		1		0.188		
18:3 undifferentiated.....g	0.019		0		1		0.040		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
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	Z	7		0		
Phytosterols.....mg									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<b><u>Carotenoids:</u></b>									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	BFSN	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	BFSN	4		0.000		
Lutein + zeaxanthin.....mcg	57		0	BFSN	4		121.162		

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

#### Common Measures:

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

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.92

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code				
Fatty acids, total monounsaturated.....g	0.017		0		1		0.035		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.016		0		1		0.033		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.126		0		1		0.257		
18:2 undifferentiated.....g	0.104		0		1		0.212		
18:3 undifferentiated.....g	0.022		0		1		0.045		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
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	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.002		0		1		0.004		
Threonine.....g	0.007		0		1		0.014		
Isoleucine.....g	0.007		0		1		0.014		
Leucine.....g	0.011		0		1		0.022		
Lysine.....g	0.011		0		1		0.022		
Methionine.....g	0.002		0		1		0.004		
Cystine.....g	0.002		0		1		0.004		
Phenylalanine.....g	0.005		0		1		0.010		
Tyrosine.....g	0.003		0		1		0.006		
Valine.....g	0.008		0		1		0.016		
Arginine.....g	0.006		0		1		0.012		
Histidine.....g	0.003		0		1		0.006		
Alanine.....g	0.007		0		1		0.014		
Aspartic acid.....g	0.032		0		1		0.065		
Glutamic acid.....g	0.019		0		1		0.039		
Glycine.....g	0.007		0		1		0.014		
Proline.....g	0.006		0		1		0.012		
Serine.....g	0.007		0		1		0.014		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	24		0	BNA	4		49.850		
Carotene, alpha.....mcg	0		0	BNA	4		0.000		
Cryptoxanthin, beta.....mcg	18		0	BNA	4		37.388		
Lycopene.....mcg	0		0	BFZN	4		0.000		
Lutein + zeaxanthin.....mcg	18		0	BFZN	4		36.312		

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

#### Common Measures:

Measure 1 = 204g: 1 cup slices

**NDB No. 09008**

**Apples, canned, sweetened, sliced, drained, heated**

**Calories Factors: Protein** 3.36

**Fat** 8.37

**Carbohydrate** 3.7

**Food Group:** 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 09007

Apples, canned, sweetened, sliced, drained, unheated

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.020		0		1		0.041		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.019		0		1		0.039		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.144		0		1		0.294		
18:2 undifferentiated.....g	0.119		0		1		0.243		
18:3 undifferentiated.....g	0.025		0		1		0.051		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
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	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.002		0		1		0.004		
Threonine.....g	0.006		0		1		0.012		
Isoleucine.....g	0.007		0		1		0.014		
Leucine.....g	0.011		0		1		0.022		
Lysine.....g	0.011		0		1		0.022		
Methionine.....g	0.002		0		1		0.004		
Cystine.....g	0.002		0		1		0.004		
Phenylalanine.....g	0.005		0		1		0.010		
Tyrosine.....g	0.003		0		1		0.006		
Valine.....g	0.008		0		1		0.016		
Arginine.....g	0.006		0		1		0.012		
Histidine.....g	0.003		0		1		0.006		
Alanine.....g	0.006		0		1		0.012		
Aspartic acid.....g	0.031		0		1		0.063		
Glutamic acid.....g	0.018		0		1		0.037		
Glycine.....g	0.007		0		1		0.014		
Proline.....g	0.006		0		1		0.012		
Serine.....g	0.007		0		1		0.014		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	22		0	BNA	4		45.399		
Carotene, alpha.....mcg	0		0	BNA	4		0.000		
Cryptoxanthin, beta.....mcg	17		0	BNA	4		34.049		
Lycopene.....mcg	0		0	BFZN	4		0.000		
Lutein + zeaxanthin.....mcg	18		0	BFZN	4		36.312		

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

#### Common Measures:

Measure 1 = 204g: 1 cup slices

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

**Calories Factors:** **Protein** 3.36                      **Fat** 8.37                      **Carbohydrate** 3.7                      **Food Group:** 09 Fruits and Fruit Juices  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)





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

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

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

**Common Measures:**

Measure 1 = 193g: 1 cup

**Calories Factors: Protein 3.36**

**Fat 8.37**

**Carbohydrate 3.6**

**Food Group: 09 Fruits and Fruit Juices**

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Apples, dehydrated (low moisture), sulfured, uncooked**

**Refuse: 0%**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
<b>Proximates:</b>									
Water.....g	3.00		0		1		1.80		
Energy.....kcal	346		0	NC	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	NC	4		56.12		
Fiber, total dietary.....g	12.4		0		4		7.4		
Sugars, total.....g	81.13		0	O	4		48.68		
Starch.....g									
<b>Minerals:</b>									
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	BFSN	4		1.1		
<b>Vitamins:</b>									
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	Z	7		0		
Folate, food.....mcg	1		2		1		1		
Folate, DFE.....mcg_DFE	1		0	NC	4		1		
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin A, IU.....IU	81		2		1		49		
Vitamin A, RAE.....mcg_RAE	4		2		1		2		
Retinol.....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg	0.75		0	BFSN	4		0.45		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	4.3		0	BFSN	4		2.6		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.095		0		1		0.057		
4:0.....g	0.000		0		1		0.000		
6:0.....g	0.000		0		1		0.000		
8:0.....g	0.000		0		1		0.000		
10:0.....g	0.000		0		1		0.000		
12:0.....g	0.002		0		1		0.001		
13:0.....g									
14:0.....g	0.003		0		1		0.002		
15:0.....g									
16:0.....g	0.079		0		1		0.047		
17:0.....g									
18:0.....g	0.012		0		1		0.007		
20:0.....g									
22:0.....g									
24:0.....g									

**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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Fatty acids, total monounsaturated.....g	0.024		0		1		0.014		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.001		
17:1.....g									
18:1 undifferentiated.....g	0.022		0		1		0.013		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.171		0		1		0.103		
18:2 undifferentiated.....g	0.141		0		1		0.085		
18:3 undifferentiated.....g	0.030		0		1		0.018		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
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	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.012		0		1		0.007		
Threonine.....g	0.047		0		1		0.028		
Isoleucine.....g	0.052		0		1		0.031		
Leucine.....g	0.081		0		1		0.049		
Lysine.....g	0.082		0		1		0.049		
Methionine.....g	0.013		0		1		0.008		
Cystine.....g	0.018		0		1		0.011		
Phenylalanine.....g	0.037		0		1		0.022		
Tyrosine.....g	0.025		0		1		0.015		
Valine.....g	0.061		0		1		0.037		
Arginine.....g	0.042		0		1		0.025		
Histidine.....g	0.021		0		1		0.013		
Alanine.....g	0.047		0		1		0.028		
Aspartic acid.....g	0.230		0		1		0.138		
Glutamic acid.....g	0.137		0		1		0.082		
Glycine.....g	0.052		0		1		0.031		
Proline.....g	0.045		0		1		0.027		
Serine.....g	0.054		0		1		0.032		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	35		0	BNA	4		21.207		
Carotene, alpha.....mcg	0		0	BNA	4		0.000		
Cryptoxanthin, beta.....mcg	27		0	BNA	4		15.905		
Lycopene.....mcg	0		0	BFSN	4		0.000		
Lutein + zeaxanthin.....mcg	25		0	BFSN	4		15.181		

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

**Common Measures:**

Measure 1 = 60g: 1 cup

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

**Calories Factors:** **Protein** 3.36                      **Fat** 8.37                      **Carbohydrate** 3.6                      **Food Group:** 09 Fruits and Fruit Juices  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Apples, dried, sulfured, stewed, with added sugar**

**Refuse: 0%**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	78.76		0		1		220.53		
Energy.....kcal	83		0	NC	4		232		
Energy.....kj	347				4		972		
Protein (N x 6.25).....g	0.20		0		1		0.56		
Total lipid (fat).....g	0.07		0		1		0.20		
Ash.....g	0.24		0		1		0.67		
Carbohydrate, by difference.....g	20.73		0	NC	4		58.04		
Fiber, total dietary.....g	1.9		0		4		5.3		
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
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									
<b>Vitamins:</b>									
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	Z	7		0		
Folate, food.....mcg	0		0		4		0		
Folate, DFE.....mcg_DFE	0		0	NC	4		0		
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin A, IU.....IU	16		0		1		45		
Vitamin A, RAE.....mcg_RAE	1		0		1		2		
Retinol.....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.011		0		1		0.031		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g									
15:0.....g									
16:0.....g	0.009		0		1		0.025		
17:0.....g									
18:0.....g	0.001		0		1		0.003		
20:0.....g									
22:0.....g									
24:0.....g									

**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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
Fatty acids, total monounsaturated.....g	0.003		0		1		0.008		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.003		0		1		0.008		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.020		0		1		0.056		
18:2 undifferentiated.....g	0.017		0		1		0.048		
18:3 undifferentiated.....g	0.004		0		1		0.011		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.002		0		1		0.006		
Threonine.....g	0.007		0		1		0.020		
Isoleucine.....g	0.008		0		1		0.022		
Leucine.....g	0.012		0		1		0.034		
Lysine.....g	0.013		0		1		0.036		
Methionine.....g	0.002		0		1		0.006		
Cystine.....g	0.003		0		1		0.008		
Phenylalanine.....g	0.006		0		1		0.017		
Tyrosine.....g	0.004		0		1		0.011		
Valine.....g	0.009		0		1		0.025		
Arginine.....g	0.006		0		1		0.017		
Histidine.....g	0.003		0		1		0.008		
Alanine.....g	0.007		0		1		0.020		
Aspartic acid.....g	0.035		0		1		0.098		
Glutamic acid.....g	0.021		0		1		0.059		
Glycine.....g	0.008		0		1		0.022		
Proline.....g	0.007		0		1		0.020		
Serine.....g	0.008		0		1		0.022		
Hydroxyproline.....g									

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

**Common Measures:**

Measure 1 = 280g: 1 cup

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)





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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	0.003		0		1		0.008		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.003		0		1		0.008		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.022		0		1		0.056		
18:2 undifferentiated.....g	0.018		0		1		0.046		
18:3 undifferentiated.....g	0.004		0		1		0.010		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
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	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
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									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<b>Carotenoids:</b>									
Carotene, beta.....mcg	7		0	BNA	4		18.916		
Carotene, alpha.....mcg	0		0	BNA	4		0.000		
Cryptoxanthin, beta.....mcg	6		0	BNA	4		14.187		
Lycopene.....mcg	0		0	BFSN	4		0.000		
Lutein + zeaxanthin.....mcg	4		0	BFSN	4		10.556		

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

**Common Measures:**

Measure 1 = 255g: 1 cup

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

**Calories Factors:** **Protein** 3.36                      **Fat** 8.37                      **Carbohydrate** 3.6                      **Food Group:** 09 Fruits and Fruit Juices  
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**Refuse: 0%**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	31.76	0.902	22		1		27.31	2.03	
Energy.....kcal	243		0	NC	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	NC	4		56.67	4.22	
Fiber, total dietary.....g	8.7		0		4		7.5	0.6	
Sugars, total.....g	57.19		0	O	4		49.18	3.66	
Starch.....g									
<b>Minerals:</b>									
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	BFSN	4		1.1	0.1	
<b>Vitamins:</b>									
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	Z	7		0	0	
Folate, food.....mcg	0		0		4		0	0	
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	0	0.000	16		1		0	0	
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	0.53		1	A	1		0.46	0.03	
Tocopherol, beta.....mg	0.02		1	A	1		0.02	0.00	
Tocopherol, gamma.....mg	0.07		1	A	1		0.06	0.00	
Tocopherol, delta.....mg	0.00		1	A	1		0.00	0.00	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	3.0		0	BFSN	4		2.6	0.2	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.052		0		1		0.045	0.003	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	
12:0.....g	0.001		0		1		0.001	0.000	
13:0.....g									
14:0.....g	0.001		0		1		0.001	0.000	
15:0.....g									
16:0.....g	0.043		0		1		0.037	0.003	
17:0.....g									
18:0.....g	0.007		0		1		0.006	0.000	
20:0.....g									
22:0.....g									
24:0.....g									

**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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code				
Fatty acids, total monounsaturated.....g	0.013		0		1		0.011	0.001	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.001	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.012		0		1		0.010	0.001	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.093		0		1		0.080	0.006	
18:2 undifferentiated.....g	0.077		0		1		0.066	0.005	
18:3 undifferentiated.....g	0.016		0		1		0.014	0.001	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
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	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.009		0		1		0.008	0.001	
Threonine.....g	0.033		0		1		0.028	0.002	
Isoleucine.....g	0.037		0		1		0.032	0.002	
Leucine.....g	0.057		0		1		0.049	0.004	
Lysine.....g	0.058		0		1		0.050	0.004	
Methionine.....g	0.009		0		1		0.008	0.001	
Cystine.....g	0.012		0		1		0.010	0.001	
Phenylalanine.....g	0.026		0		1		0.022	0.002	
Tyrosine.....g	0.017		0		1		0.015	0.001	
Valine.....g	0.043		0		1		0.037	0.003	
Arginine.....g	0.029		0		1		0.025	0.002	
Histidine.....g	0.015		0		1		0.013	0.001	
Alanine.....g	0.033		0		1		0.028	0.002	
Aspartic acid.....g	0.162		0		1		0.139	0.010	
Glutamic acid.....g	0.097		0		1		0.083	0.006	
Glycine.....g	0.037		0		1		0.032	0.002	
Proline.....g	0.032		0		1		0.028	0.002	
Serine.....g	0.038		0		1		0.033	0.002	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	18		0	BFSN	4		15.308	1.139	

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

**Common Measures:**

Measure 1 = 86g: 1 cup

Measure 2 = 6.4g: 1 ring

**NDB No. 09011**  
**Apples, dried, sulfured, uncooked**

**Calories Factors:** **Protein** 3.36                      **Fat** 8.37                      **Carbohydrate** 3.6                      **Food Group:** 09 Fruits and Fruit Juices  
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**NDB No. 09015**  
**Apples, frozen, unsweetened, heated**

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

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

**Common Measures:**

Measure 1 = 206g: 1 cup slices

**Calories Factors: Protein 3.36**

**Fat 8.37**

**Carbohydrate 3.6**

**Food Group: 09 Fruits and Fruit Juices**

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Apples, frozen, unsweetened, unheated**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	86.85	0.154	6		1		150.25		
Energy.....kcal	48		0	NC	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	NC	4		21.30		
Fiber, total dietary.....g	1.9		0		4		3.3		
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
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	BFSN	4		0.3		
<b>Vitamins:</b>									
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	Z	7		0		
Folate, food.....mcg	1	0.060	6		1		1		
Folate, DFE.....mcg_DFE	1		0	NC	4		1		
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin A, IU.....IU	34	6.509	6		1		59		
Vitamin A, RAE.....mcg_RAE	2	0.326	6		1		3		
Retinol.....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.053		0		1		0.092		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g	0.001		0		1		0.002		
13:0.....g									
14:0.....g	0.001		0		1		0.002		
15:0.....g									
16:0.....g	0.044		0		1				



**NDB No. 09014**  
**Apples, frozen, unsweetened, unheated**

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

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

**Common Measures:**  
 Measure 1 = 173g: 1 cup slices

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

**Food Group:** 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	85.56	0.241	38	A	1		106.95	94.12	181.39
Energy.....kcal	52		0	NC	4		65	57	110
Energy.....kj	218		0	NC	4		272	240	462
Protein (N x 6.25).....g	0.26	0.019	29	A	1		0.33	0.29	0.56
Total lipid (fat).....g	0.17	0.011	35	A	1		0.22	0.19	0.37
Ash.....g	0.19	0.018	29	A	1		0.24	0.21	0.40
Carbohydrate, by difference.....g	13.81		0	NC	4		17.26	15.19	29.28
Fiber, total dietary.....g	2.4	0.276	29	A	1		2.9	2.6	5.0
Sugars, total.....g	10.39	0.112	25	A	1		12.99	11.43	22.03
Sucrose.....g	2.07	0.049	25	A	1		2.58	2.27	4.38
Glucose (dextrose).....g	2.43	0.031	25	A	1		3.03	2.67	5.15
Fructose.....g	5.90	0.059	25	A	1		7.37	6.48	12.50
Lactose.....g	0.00	0.000	25	A	1		0.00	0.00	0.00
Maltose.....g	0.00	0.000	25	A	1		0.00	0.00	0.00
Galactose.....g	0.00	0.000	25	A	1		0.00	0.00	0.00
Starch.....g	0.05	0.000	10	A	1		0.07	0.06	0.11
<b>Minerals:</b>									
Calcium, Ca.....mg	6	0.340	26	A	1		7	6	13
Iron, Fe.....mg	0.12	0.009	16	A	1		0.15	0.14	0.26
Magnesium, Mg.....mg	5	0.073	26	A	1		6	6	11
Phosphorus, P.....mg	11	0.337	23	A	1		14	12	24
Potassium, K.....mg	107	2.211	26	A	1		134	118	227
Sodium, Na.....mg	1	0.071	6	A	1		2	1	3
Zinc, Zn.....mg	0.04	0.004	26	A	1		0.05	0.04	0.08
Copper, Cu.....mg	0.027	0.001	13	A	1		0.034	0.030	0.057
Manganese, Mn.....mg	0.035	0.002	26	A	1		0.044	0.039	0.075
Selenium, Se.....mcg	0.0	0.000	7	A	1		0.0	0.0	0.0
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	4.6	0.470	3	A	1		5.7	5.0	9.7
Thiamin.....mg	0.017	0.002	23	A	1		0.022	0.019	0.037
Riboflavin.....mg	0.026	0.004	20	A	1		0.032	0.028	0.055
Niacin.....mg	0.091	0.006	13	A	1		0.114	0.100	0.193
Pantothenic acid.....mg	0.061	0.012	23	A	1		0.076	0.067	0.128
Vitamin B-6.....mg	0.041	0.001	23	A	1		0.051	0.045	0.087
Folate, total.....mcg	3	0.611	23		1		4	3	6
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	3	0.611	23		1		4	3	6
Folate, DFE.....mcg_DFE	3		0	NC	4		4	3	6
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, IU.....IU	54	3.108	14	A	1		68	60	115
Vitamin A, RAE.....mcg_RAE	3	0.155	14	A	1		3	3	6
Retinol.....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.18		10	A	1		0.23	0.20	0.39
Tocopherol, beta.....mg	0.00		10	A	1		0.00	0.00	0.00
Tocopherol, gamma.....mg	0.00		10	A	1		0.00	0.00	0.00
Tocopherol, delta.....mg	0.00		10	A	1		0.00	0.00	0.00
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	2.2	0.079	20	A	1		2.8	2.4	4.7
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.028		0	NC	4		0.036	0.031	0.060
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000	0.000
10:0.....g	0.000		0		1		0.000	0.000	0.000
12:0.....g	0.000		1		1		0.001	0.001	0.001
13:0.....g									
14:0.....g	0.001		1		1		0.001	0.001	0.002
15:0.....g									

**NDB No. 09003**  
**Apples, raw, with skin**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
16:0.....g	0.024		4		1		0.029	0.026	0.050
17:0.....g									
18:0.....g	0.003		4		1		0.004	0.004	0.007
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.007		0	NC	4		0.009	0.008	0.016
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		1		1		0.001	0.001	0.001
17:1.....g									
18:1 undifferentiated.....g	0.007		4		1		0.009	0.008	0.015
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.051		0	NC	4		0.064	0.057	0.109
18:2 undifferentiated.....g	0.043		4		1		0.053	0.047	0.090
18:3 undifferentiated.....g	0.009		4		1		0.011	0.010	0.019
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
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	Z	7		0	0	0
Phytosterols.....mg	12		0		1		15	13	25
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.001		0	A	1		0.001	0.001	0.002
Threonine.....g	0.006		0	A	1		0.008	0.007	0.013
Isoleucine.....g	0.006		0	A	1		0.007	0.006	0.012
Leucine.....g	0.013		0	A	1		0.016	0.014	0.027
Lysine.....g	0.012		0	A	1		0.015	0.013	0.026
Methionine.....g	0.001		0	A	1		0.001	0.001	0.002
Cystine.....g	0.001		0	A	1		0.001	0.001	0.002
Phenylalanine.....g	0.006		0	A	1		0.008	0.007	0.013
Tyrosine.....g	0.001		0	A	1		0.001	0.001	0.002
Valine.....g	0.012		0	A	1		0.015	0.013	0.025
Arginine.....g	0.006		0	A	1		0.007	0.006	0.012
Histidine.....g	0.005		0	A	1		0.006	0.005	0.010
Alanine.....g	0.011		0	A	1		0.014	0.012	0.024
Aspartic acid.....g	0.070		0	A	1		0.087	0.077	0.148
Glutamic acid.....g	0.025		0	A	1		0.031	0.027	0.052
Glycine.....g	0.009		0	A	1		0.011	0.009	0.018
Proline.....g	0.006		0	A	1		0.008	0.007	0.013
Serine.....g	0.010		0	A	1		0.013	0.012	0.022
Hydroxyproline.....g									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
<b><u>Carotenoids:</u></b>									
Carotene, beta.....mcg	27	1.662	14	A	1		34.179	30.078	57.968
Carotene, alpha.....mcg	0	0.000	14	A	1		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	11	0.926	14	A	1		13.264	11.673	22.496
Lycopene.....mcg	0	0.000	14	A	1		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	29	1.132	14	A	1		36.846	32.424	62.490

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

**NDB No. 09003**

**Apples, raw, with skin**

**Common Measures:**

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

Measure 2 = 110g: 1 cup slices

Measure 3 = 212g: 1 large (3-1/4" dia) (approx 2 per lb)

**Calories Factors: Protein** 3.36

**Fat** 8.37

**Carbohydrate** 3.6

**Food Group:** 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	86.67	0.110	6	A	1		95.34	110.94	
Energy.....kcal	48		0	NC	4		53	61	
Energy.....kj	200		0	NC	4		220	257	
Protein (N x 6.25).....g	0.27	0.051	4	A	1		0.30	0.35	
Total lipid (fat).....g	0.13	0.021	5	A	1		0.14	0.16	
Ash.....g	0.17	0.028	4	A	1		0.19	0.22	
Carbohydrate, by difference.....g	12.76		0	NC	4		14.03	16.33	
Fiber, total dietary.....g	1.3	0.090	4	A	1		1.4	1.6	
Sugars, total.....g	10.10	1.059	4	A	1		11.11	12.92	
Sucrose.....g	0.82	0.109	4	A	1		0.90	1.04	
Glucose (dextrose).....g	3.25	0.546	4	A	1		3.58	4.16	
Fructose.....g	6.03	0.409	4	A	1		6.63	7.72	
Lactose.....g	0.00	0.000	4	A	1		0.00	0.00	
Maltose.....g	0.00	0.000	4	A	1		0.00	0.00	
Galactose.....g	0.00	0.000	4	A	1		0.00	0.00	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	5	0.678	4	A	1		6	6	
Iron, Fe.....mg	0.07	0.004	163		1		0.08	0.09	
Magnesium, Mg.....mg	4	0.280	4	A	1		5	5	
Phosphorus, P.....mg	11	0.811	4	A	1		13	15	
Potassium, K.....mg	90	7.728	4	A	1		99	115	
Sodium, Na.....mg	0	0.025	85		1		0	0	
Zinc, Zn.....mg	0.05	0.009	4	A	1		0.06	0.06	
Copper, Cu.....mg	0.031	0.001	164		1		0.034	0.040	
Manganese, Mn.....mg	0.038	0.005	4	A	1		0.042	0.049	
Selenium, Se.....mcg	0.0		0	BFZN	4		0.0	0.0	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	4.0		0		1		4.4	5.1	
Thiamin.....mg	0.019	0.002	4	A	1		0.021	0.024	
Riboflavin.....mg	0.028	0.008	4	A	1		0.031	0.036	
Niacin.....mg	0.091	0.018	6		1		0.100	0.116	
Pantothenic acid.....mg	0.071	0.005	4	A	1		0.078	0.091	
Vitamin B-6.....mg	0.037	0.004	4	A	1		0.041	0.048	
Folate, total.....mcg	0	0.056	6		1		0	1	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	0	0.056	6		1		0	1	
Folate, DFE.....mcg_DFE	0		0	NC	4		0	1	
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	38	1.162	4	A	1		42	49	
Vitamin A, RAE.....mcg_RAE	2	0.058	4	A	1		2	2	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	0.05		2	A	1		0.05	0.06	
Tocopherol, beta.....mg	0.01		2	A	1		0.01	0.01	
Tocopherol, gamma.....mg	0.00		2	A	1		0.00	0.00	
Tocopherol, delta.....mg	0.00		2	A	1		0.00	0.00	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.6	0.045	4	A	1		0.6	0.7	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.021		0	NC	4		0.023	0.026	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	
12:0.....g	0.000		0		1		0.000	0.001	
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.001	
15:0.....g									

**NDB No. 09004**  
**Apples, raw, without skin**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
16:0.....g	0.017		0		1		0.019	0.022	
17:0.....g									
18:0.....g	0.002		0		1		0.003	0.003	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.005		0	NC	4		0.006	0.007	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.001	
17:1.....g									
18:1 undifferentiated.....g	0.005		0		1		0.005	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	0.037		0	NC	4		0.041	0.048	
18:2 undifferentiated.....g	0.031		0		1		0.034	0.039	
18:3 undifferentiated.....g	0.007		0		1		0.007	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	
22:5 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	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.001		0	A	1		0.001	0.001	
Threonine.....g	0.006		0	A	1		0.007	0.008	
Isoleucine.....g	0.006		0	A	1		0.007	0.008	
Leucine.....g	0.014		0	A	1		0.015	0.017	
Lysine.....g	0.013		0	A	1		0.014	0.017	
Methionine.....g	0.001		0	A	1		0.001	0.001	
Cystine.....g	0.001		0	A	1		0.001	0.001	
Phenylalanine.....g	0.007		0	A	1		0.007	0.009	
Tyrosine.....g	0.001		0	A	1		0.001	0.001	
Valine.....g	0.012		0	A	1		0.014	0.016	
Arginine.....g	0.006		0	A	1		0.006	0.007	
Histidine.....g	0.005		0	A	1		0.006	0.007	
Alanine.....g	0.012		0	A	1		0.013	0.015	
Aspartic acid.....g	0.074		0	A	1		0.081	0.094	
Glutamic acid.....g	0.026		0	A	1		0.029	0.033	
Glycine.....g	0.009		0	BFPN	4		0.010	0.011	
Proline.....g	0.006		0	A	1		0.007	0.008	
Serine.....g	0.011		0	A	1		0.012	0.014	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	17	0.900	4	A	1		18.480	21.504	
Carotene, alpha.....mcg	0	0.000	4	A	1		0.000	0.000	
Cryptoxanthin, beta.....mcg	13	0.570	4	A	1		13.860	16.128	
Lycopene.....mcg	0	0.000	4	A	1		0.000	0.000	
Lutein + zeaxanthin.....mcg	18	0.300	4	A	1		19.580	22.784	

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**NDB No. 09004**

**Apples, raw, without skin**

**Common Measures:**

Measure 1 = 110g: 1 cup slices

Measure 2 = 128g: 1 medium (2-3/4" dia) (approx 3 per lb)

**Calories Factors: Protein** 3.36

**Fat** 8.37

**Carbohydrate** 3.6

**Food Group:** 09 Fruits and Fruit Juices

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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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
Fatty acids, total monounsaturated.....g	0.014		0		1		0.024		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.014		0		1		0.024		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.104		0		1		0.178		
18:2 undifferentiated.....g	0.086		0		1		0.147		
18:3 undifferentiated.....g	0.018		0		1		0.031		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
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	Z	7		0		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<b>Carotenoids:</b>									
Carotene, beta.....mcg	19		0	BNA	4		32.832		
Carotene, alpha.....mcg	0		0	BNA	4		0.000		
Cryptoxanthin, beta.....mcg	14		0	BNA	4		24.624		
Lycopene.....mcg	0		0	BFSN	4		0.000		
Lutein + zeaxanthin.....mcg	19		0	BFSN	4		33.180		

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#### Common Measures:

Measure 1 = 171g: 1 cup slices

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
Fatty acids, total monounsaturated.....g	0.017		0		1		0.029		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.016		0		1		0.027		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.122		0		1		0.207		
18:2 undifferentiated.....g	0.101		0		1		0.172		
18:3 undifferentiated.....g	0.021		0		1		0.036		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
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	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
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									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<b>Carotenoids:</b>									
Carotene, beta.....mcg	17		0	BNA	4		29.673		
Carotene, alpha.....mcg	0		0	BNA	4		0.000		
Cryptoxanthin, beta.....mcg	13		0	BNA	4		22.255		
Lycopene.....mcg	0		0	BFSN	4		0.000		
Lutein + zeaxanthin.....mcg	21		0	BFSN	4		34.893		

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#### Common Measures:

Measure 1 = 170g: 1 cup slices

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

**Calories Factors:** **Protein** 3.36                      **Fat** 8.37                      **Carbohydrate** 3.6                      **Food Group:** 09 Fruits and Fruit Juices  
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**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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
Fatty acids, total monounsaturated.....g	0.007		0		1		0.018		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.007		0		1		0.018		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.054		0		1		0.138		
18:2 undifferentiated.....g	0.045		0		1		0.115		
18:3 undifferentiated.....g	0.009		0		1		0.023		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.002		0		1		0.005		
Threonine.....g	0.007		0		1		0.018		
Isoleucine.....g	0.007		0		1		0.018		
Leucine.....g	0.011		0		1		0.028		
Lysine.....g	0.011		0		1		0.028		
Methionine.....g	0.002		0		1		0.005		
Cystine.....g	0.002		0		1		0.005		
Phenylalanine.....g	0.005		0		1		0.013		
Tyrosine.....g	0.003		0		1		0.008		
Valine.....g	0.008		0		1		0.020		
Arginine.....g	0.006		0		1		0.015		
Histidine.....g	0.003		0		1		0.008		
Alanine.....g	0.007		0		1		0.018		
Aspartic acid.....g	0.032		0		1		0.082		
Glutamic acid.....g	0.019		0		1		0.048		
Glycine.....g	0.007		0		1		0.018		
Proline.....g	0.006		0		1		0.015		
Serine.....g	0.007		0		1		0.018		
Hydroxyproline.....g									

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

**Common Measures:**  
 Measure 1 = 255g: 1 cup

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

**Food Group:** 09 Fruits and Fruit Juices

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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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0.....g	0.025		0		1		0.064		
17:0.....g									
18:0.....g	0.004		0		1		0.010		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.007		0		1		0.018		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	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		
22:5 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	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.002		0		1		0.005		
Threonine.....g	0.007		0		1		0.018		
Isoleucine.....g	0.007		0		1		0.018		
Leucine.....g	0.011		0		1		0.028		
Lysine.....g	0.011		0		1		0.028		
Methionine.....g	0.002		0		1		0.005		
Cystine.....g	0.002		0		1		0.005		
Phenylalanine.....g	0.005		0		1		0.013		
Tyrosine.....g	0.003		0		1		0.008		
Valine.....g	0.008		0		1		0.020		
Arginine.....g	0.006		0		1		0.015		
Histidine.....g	0.003		0		1		0.008		
Alanine.....g	0.007		0		1		0.018		
Aspartic acid.....g	0.032		0		1		0.082		
Glutamic acid.....g	0.019		0		1		0.048		
Glycine.....g	0.007		0		1		0.018		
Proline.....g	0.006		0		1		0.015		
Serine.....g	0.007		0		1		0.018		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	5		0	BNA	4		12.240		
Carotene, alpha.....mcg	0		0	BNA	4		0.000		
Cryptoxanthin, beta.....mcg	4		0	BNA	4		9.180		
Lycopene.....mcg	0		0	BFZN	4		0.000		
Lutein + zeaxanthin.....mcg	18		0	BFZN	4		45.390		

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**NDB No. 09020**

**Applesauce, canned, sweetened, without salt**

**Common Measures:**

Measure 1 = 255g: 1 cup

**Calories Factors: Protein 3.36**

**Fat 8.37**

**Carbohydrate 3.75**

**Food Group:** 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Fatty acids, total monounsaturated.....g	0.002		0		1		0.005		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.002		0		1		0.005		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.014		0		1		0.034		
18:2 undifferentiated.....g	0.012		0		1		0.029		
18:3 undifferentiated.....g	0.003		0		1		0.007		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.002		0		1		0.005		
Threonine.....g	0.006		0		1		0.015		
Isoleucine.....g	0.006		0		1		0.015		
Leucine.....g	0.010		0		1		0.024		
Lysine.....g	0.010		0		1		0.024		
Methionine.....g	0.002		0		1		0.005		
Cystine.....g	0.002		0		1		0.005		
Phenylalanine.....g	0.005		0		1		0.012		
Tyrosine.....g	0.003		0		1		0.007		
Valine.....g	0.008		0		1		0.020		
Arginine.....g	0.005		0		1		0.012		
Histidine.....g	0.003		0		1		0.007		
Alanine.....g	0.006		0		1		0.015		
Aspartic acid.....g	0.028		0		1		0.068		
Glutamic acid.....g	0.017		0		1		0.041		
Glycine.....g	0.006		0		1		0.015		
Proline.....g	0.006		0		1		0.015		
Serine.....g	0.007		0		1		0.017		
Hydroxyproline.....g									

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

#### Common Measures:

Measure 1 = 244g: 1 cup

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 09019

Applesauce, 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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	0.002		0		1		0.005		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.002		0		1		0.005		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.014		0		1		0.034		
18:2 undifferentiated.....g	0.012		0		1		0.029		
18:3 undifferentiated.....g	0.003		0		1		0.007		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
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	Z	7		0		
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
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									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<b><u>Carotenoids:</u></b>									
Carotene, beta.....mcg	13		0	BNA	4		30.877		
Carotene, alpha.....mcg	0		0	BNA	4		0.000		
Cryptoxanthin, beta.....mcg	9		0	BNA	4		23.158		
Lycopene.....mcg	0		0	BFZN	4		0.000		
Lutein + zeaxanthin.....mcg	18		0	BFZN	4		43.432		

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

**Common Measures:**

Measure 1 = 244g: 1 cup

**NDB No. 09019**

**Applesauce, canned, unsweetened, without added ascorbic acid**

**Calories Factors: Protein** 3.36

**Fat** 8.37

**Carbohydrate** 3.6

**Food Group:** 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
Fatty acids, total monounsaturated.....g	0.038		0		1		0.095	0.012	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.038		0		1		0.095	0.012	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.017		0		1		0.043	0.005	
18:2 undifferentiated.....g	0.017		0		1		0.043	0.005	
18:3 undifferentiated.....g									
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									

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

#### Common Measures:

Measure 1 = 251g: 1 cup

Measure 2 = 31.4g: 1 fl oz

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.78

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)





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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	0.038		0		1		0.095	0.012	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.038		0		1		0.095	0.012	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.017		0		1		0.043	0.005	
18:2 undifferentiated.....g	0.017		0		1		0.043	0.005	
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
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	Z	7		0	0	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<b>Carotenoids:</b>									
Carotene, beta.....mcg	786		0	BNA	4		1972.609	246.773	
Carotene, alpha.....mcg	0		0	BNA	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	7		0	BNA	4		18.574	2.324	
Lycopene.....mcg	0		0	BFYN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	14		0	BFYN	4		34.481	4.314	

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

#### Common Measures:

Measure 1 = 251g: 1 cup

Measure 2 = 31.4g: 1 fl oz

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.78

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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

[illegible]

**NDB No. 09029**  
**Apricots, canned, extra heavy syrup pack, without skin, solids and liquids**

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

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

**Common Measures:**

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



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

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

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

**Common Measures:**  
Measure 1 = 247g: 1 cup, halves

**Calories Factors:** Protein 3.36      Fat 8.37      Carbohydrate 3.69      **Food Group:** 09 Fruits and Fruit Juices  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
<b>Proximates:</b>									
Water.....g	77.56	0.087	217		1		200.10	186.14	31.02
Energy.....kcal	83		0	NC	4		214	199	33
Energy.....kj	347				4		896	833	139
Protein (N x 6.25).....g	0.53	0.009	162		1		1.37	1.27	0.21
Total lipid (fat).....g	0.08	0.002	105		1		0.21	0.19	0.03
Ash.....g	0.37	0.006	130		1		0.95	0.89	0.15
Carbohydrate, by difference.....g	21.47		0	NC	4		55.39	51.53	8.59
Fiber, total dietary.....g	1.6		0		4		4.1	3.8	0.6
Sugars, total.....g	19.87		0	O	4		51.26	47.69	7.95
Starch.....g									
<b>Minerals:</b>									
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	0.1		0	BFYN	4		0.2	0.2	0.0
<b>Vitamins:</b>									
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	Z	7		0	0	0
Folate, food.....mcg	2	0.113	3		1		4	4	1
Folate, DFE.....mcg_DFE	2		0	NC	4		4	4	1
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, IU.....IU	1230	30.285	276		1		3173	2952	492
Vitamin A, RAE.....mcg_RAE	62	1.514	276		1		159	148	25
Retinol.....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.60		0	BFYN	4		1.54	1.43	0.24
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	2.2		0	BFYN	4		5.7	5.3	0.9
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.005		0		1		0.013	0.012	0.002
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000	0.000
10:0.....g	0.000		0		1		0.000	0.000	0.000
12:0.....g	0.000		0		1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	0.000
15:0.....g									
16:0.....g	0.005		0		1		0.013	0.012	0.002
17:0.....g									
18:0.....g	0.001		0		1		0.003	0.002	0.000

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code	Code			
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
22:5 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	Z	7		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.009		0		1		0.023	0.022	0.004
Threonine.....g	0.019		0		1		0.049	0.046	0.008
Isoleucine.....g	0.016		0		1		0.041	0.038	0.006
Leucine.....g	0.031		0		1		0.080	0.074	0.012
Lysine.....g	0.037		0		1		0.095	0.089	0.015
Methionine.....g	0.003		0		1		0.008	0.007	0.001
Cystine.....g	0.002		0		1		0.005	0.005	0.001
Phenylalanine.....g	0.022		0		1		0.057	0.053	0.009
Tyrosine.....g	0.012		0		1		0.031	0.029	0.005
Valine.....g	0.019		0		1		0.049	0.046	0.008
Arginine.....g	0.021		0		1		0.054	0.050	0.008
Histidine.....g	0.009		0		1		0.023	0.022	0.004
Alanine.....g	0.026		0		1		0.067	0.062	0.010
Aspartic acid.....g	0.122		0		1		0.315	0.293	0.049
Glutamic acid.....g	0.054		0		1		0.139	0.130	0.022
Glycine.....g	0.016		0		1		0.041	0.038	0.006
Proline.....g	0.032		0		1		0.083	0.077	0.013
Serine.....g	0.031		0		1		0.080	0.074	0.012
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	735		0	BNA	4		1895.118	1762.900	293.817
Carotene, alpha.....mcg	0		0	BNA	4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	7		0	BNA	4		17.844	16.599	2.767
Lycopene.....mcg	0		0	BFYN	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	26		0	BFYN	4		67.848	63.114	10.519

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

#### Common Measures:

Measure 1 = 258g: 1 cup, halves

Measure 2 = 240g: 1 cup, whole

Measure 3 = 40g: 1 apricot half with liquid



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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	77.66	0.124	115		1		200.36		
Energy.....kcal	83		0	NC	4		214		
Energy.....kj	347				4		896		
Protein (N x 6.25).....g	0.51	0.014	58		1		1.32		
Total lipid (fat).....g	0.09	0.004	42		1		0.23		
Ash.....g	0.29	0.010	58		1		0.75		
Carbohydrate, by difference.....g	21.45		0	NC	4		55.34		
Fiber, total dietary.....g	1.6		0		4		4.1		
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
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									
<b>Vitamins:</b>									
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	Z	7		0		
Folate, food.....mcg	2		0		1		4		
Folate, DFE.....mcg_DFE	2		0	NC	4		4		
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin A, IU.....IU	1240	37.667	168		1		3199		
Vitamin A, RAE.....mcg_RAE	62	1.883	168		1		160		
Retinol.....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.006		0		1		0.015		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g									
15:0.....g									
16:0.....g	0.005		0		1		0.013		
17:0.....g									

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

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

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

**Common Measures:**

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

**Apricots, canned, heavy syrup, drained**

**Refuse:**

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	77.56		0	BD	4		169.86	141.16	
Energy.....kcal	83		0	NC	4		182	151	
Energy.....Kj	347		0	NC	4		760	632	
Protein.....g	0.64		0	BD	4		1.40	1.17	
Total lipid (fat).....g	0.11		0	BD	4		0.24	0.20	
Ash.....g	0.38		0	BD	4		0.83	0.69	
Carbohydrate, by difference.....g	21.31		0	NC	4		46.66	38.78	
Fiber, total dietary.....g	2.7		0	BD	4		5.8	4.8	
Sugars, total.....g	18.65		0	O	4		40.84	33.94	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	10		0	BD	4		22	18	
Iron, Fe.....mg	0.30		0	BD	4		0.66	0.55	
Magnesium, Mg.....mg	7		0	BD	4		16	13	
Phosphorus, P.....mg	13		0	BD	4		29	24	
Potassium, K.....mg	143		0	BD	4		313	260	
Sodium, Na.....mg	4		0	BD	4		9	7	
Zinc, Zn.....mg	0.11		0	BD	4		0.25	0.21	
Copper, Cu.....mg	0.097		0	BD	4		0.212	0.176	
Manganese, Mn.....mg									
Selenium, Se.....mcg	0.1		0	BFZN	4		0.3	0.2	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	3.1		0	BD	4		6.7	5.6	
Thiamin.....mg	0.021		0	BD	4		0.047	0.039	
Riboflavin.....mg	0.024		0	BD	4		0.052	0.043	
Niacin.....mg	0.376		0	BD	4		0.823	0.684	
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.055		0	BD	4		0.121	0.100	
Folate, total.....mcg	2		0	BD	4		4	3	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	2		0	BD	4		4	3	
Folate, DFE.....mcg_DFE	2		0	NC	4		4	3	
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	2924		0	AS	1		6404	5322	
Vitamin A, RAE.....mcg_RAE	146		0	AS	1		320	266	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	0.89		0	BFZN	4		1.95	1.62	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	3.3		0	BFZN	4		7.2	6.0	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.007				4		0.015	0.013	
4:0.....g	0.000				4		0.000	0.000	
6:0.....g	0.000				4		0.000	0.000	
8:0.....g	0.000				4		0.000	0.000	
10:0.....g	0.000				4		0.000	0.000	
12:0.....g	0.000				4		0.000	0.000	
13:0.....g									
14:0.....g	0.000				4		0.000	0.000	
15:0.....g									
16:0.....g	0.007				4		0.015	0.013	
17:0.....g									
18:0.....g	0.001				4		0.002	0.002	
20:0.....g									
22:0.....g									
24:0.....g									

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.045				4		0.099	0.082	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000				4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.045				4		0.099	0.082	
20:1.....g	0.000				4		0.000	0.000	
22:1 undifferentiated.....g	0.000				4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.021				4		0.046	0.038	
18:2 undifferentiated.....g	0.021				4		0.046	0.038	
18:3 undifferentiated.....g	0.000				4		0.000	0.000	
18:4.....g	0.000				4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000				4		0.000	0.000	
20:5 n-3.....g	0.000				4		0.000	0.000	
22:5 n-3.....g	0.000				4		0.000	0.000	
22:6 n-3.....g	0.000				4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0				7		0	0	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0				7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<b>Carotenoids:</b>									
Carotene, beta.....mcg	1746	513.667	8	A	1		3824.178	3178.084	
Carotene, alpha.....mcg	0		2	A	1		0.000	0.000	
Cryptoxanthin, beta.....mcg	16		2	A	1		36.008	29.924	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	39		2	A	1		85.958	71.435	

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

**Common Measures:**

Measure 1 = 219g: 1 cup, halves

Measure 2 = 182g: 1 cup, whole

**Calories Factors: Protein** 3.36

**Fat** 8.37

**Carbohydrate** 3.75

**Food Group:** 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**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			Measure 1	Measure 2	Measure 3
			Points	Deriv Code	Source Code			
<b>Proximates:</b>								
Water.....g	86.62	0.102	7		1	211.35	31.18	
Energy.....kcal	48		0	NC	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	NC	4	30.11	4.44	
Fiber, total dietary.....g	1.6		0		4	3.9	0.6	
Sugars, total.....g	10.74		0	O	4	26.21	3.87	
Starch.....g								
<b>Minerals:</b>								
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	0.1		0	BFYN	4	0.2	0.0	
<b>Vitamins:</b>								
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	Z	7	0	0	
Folate, food.....mcg	2		0		4	4	1	
Folate, DFE.....mcg_DFE	2		0	NC	4	4	1	
Vitamin B-12.....mcg	0.00		0	Z	7	0.00	0.00	
Vitamin A, IU.....IU	1691	153.659	7		1	4126	609	
Vitamin A, RAE.....mcg_RAE	85	7.683	7		1	206	30	
Retinol.....mcg	0		0	Z	7	0	0	
Vitamin E (alpha-tocopherol).....mg	0.60		0	BFYN	4	1.45	0.21	
Tocopherol, beta.....mg								
Tocopherol, gamma.....mg								
Tocopherol, delta.....mg								
Vitamin D.....IU								
Vitamin K (phylloquinone).....mcg	2.2		0	BFYN	4	5.4	0.8	
<b>Lipids:</b>								
Fatty acids, total saturated.....g	0.003		0		1	0.007	0.001	
4:0.....g	0.000		0		1	0.000	0.000	
6:0.....g	0.000		0		1	0.000	0.000	
8:0.....g	0.000		0		1	0.000	0.000	
10:0.....g	0.000		0		1	0.000	0.000	
12:0.....g	0.000		0		1	0.000	0.000	
13:0.....g								
14:0.....g	0.000		0		1	0.000	0.000	
15:0.....g								
16:0.....g	0.002		0		1	0.005	0.001	
17:0.....g								
18:0.....g	0.000		0		1	0.000	0.000	
20:0.....g								
22:0.....g								
24:0.....g								

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	0.017		0		1		0.041	0.006	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.017		0		1		0.041	0.006	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.007		0		1		0.017	0.003	
18:2 undifferentiated.....g	0.007		0		1		0.017	0.003	
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
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	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.011		0		1		0.027	0.004	
Threonine.....g	0.023		0		1		0.056	0.008	
Isoleucine.....g	0.019		0		1		0.046	0.007	
Leucine.....g	0.037		0		1		0.090	0.013	
Lysine.....g	0.044		0		1		0.107	0.016	
Methionine.....g	0.003		0		1		0.007	0.001	
Cystine.....g	0.002		0		1		0.005	0.001	
Phenylalanine.....g	0.026		0		1		0.063	0.009	
Tyrosine.....g	0.015		0		1		0.037	0.005	
Valine.....g	0.023		0		1		0.056	0.008	
Arginine.....g	0.024		0		1		0.059	0.009	
Histidine.....g	0.010		0		1		0.024	0.004	
Alanine.....g	0.031		0		1		0.076	0.011	
Aspartic acid.....g	0.145		0		1		0.354	0.052	
Glutamic acid.....g	0.064		0		1		0.156	0.023	
Glycine.....g	0.019		0		1		0.046	0.007	
Proline.....g	0.038		0		1		0.093	0.014	
Serine.....g	0.036		0		1		0.088	0.013	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	1010		0	BNA	4		2464.024	363.544	
Carotene, alpha.....mcg	0		0	BNA	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	10		0	BNA	4		23.201	3.423	
Lycopene.....mcg	0		0	BFYN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	26		0	BFYN	4		64.166	9.467	

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

**Common Measures:**

Measure 1 = 244g: 1 cup, halves

Measure 2 = 36g: 1 apricot half with liquid

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

**Calories Factors:** **Protein** 3.36                      **Fat** 8.37                      **Carbohydrate** 3.7                      **Food Group:** 09 Fruits and Fruit Juices  
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**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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
<b>Proximates:</b>									
Water.....g	82.56	0.135	104		1		208.88	33.02	
Energy.....kcal	63		0	NC	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	NC	4		41.72	6.60	
Fiber, total dietary.....g	1.6		0		4		4.0	0.6	
Sugars, total.....g	14.89		0	O	4		37.67	5.96	
Starch.....g									
<b>Minerals:</b>									
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	0.1		0	BFYN	4		0.2	0.0	
<b>Vitamins:</b>									
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	Z	7		0	0	
Folate, food.....mcg	2		0		1		4	1	
Folate, DFE.....mcg_DFE	2		0	NC	4		4	1	
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	1322	30.399	148		1		3345	529	
Vitamin A, RAE.....mcg_RAE	66	1.520	148		1		167	26	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	0.60		0	BFYN	4		1.51	0.24	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	2.2		0	BFYN	4		5.6	0.9	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.003		0		1		0.008	0.001	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	
15:0.....g									
16:0.....g	0.003		0		1		0.008	0.001	
17:0.....g									
18:0.....g	0.000		0		1		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									

NDB No. 09026

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.021		0		1		0.053	0.008	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.021		0		1		0.053	0.008	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.010		0		1		0.025	0.004	
18:2 undifferentiated.....g	0.010		0		1		0.025	0.004	
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
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	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
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									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<b>Carotenoids:</b>									
Carotene, beta.....mcg	789		0	BNA	4		1997.392	315.793	
Carotene, alpha.....mcg	0		0	BNA	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	7		0	BNA	4		18.807	2.973	
Lycopene.....mcg	0		0	BFYN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	26		0	BFYN	4		66.533	10.519	

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

#### Common Measures:

Measure 1 = 253g: 1 cup, halves

Measure 2 = 40g: 1 apricot half with liquid

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

**Calories Factors:** **Protein** 3.36                      **Fat** 8.37                      **Carbohydrate** 3.71                      **Food Group:** 09 Fruits and Fruit Juices  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	92.36	0.122	42		1		224.43	33.25	
Energy.....kcal	27		0	NC	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	NC	4		15.53	2.30	
Fiber, total dietary.....g	1.6		0		4		3.9	0.6	
Sugars, total.....g	4.79		0	O	4		11.64	1.72	
Starch.....g									
<b>Minerals:</b>									
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	0.1		0	BFYN	4		0.2	0.0	
<b>Vitamins:</b>									
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	Z	7		0	0	
Folate, food.....mcg	2		0		1		4	1	
Folate, DFE.....mcg_DFE	2		0	NC	4		4	1	
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	1959		0	NC	4		4761	705	
Vitamin A, RAE.....mcg_RAE	98		0	NC	4		238	35	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	0.60		0	BFYN	4		1.45	0.21	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	2.2		0	BFYN	4		5.4	0.8	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.011		0		1		0.027	0.004	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									

NDB No. 09022

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.069		0		1		0.168	0.025	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.069		0		1		0.168	0.025	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.031		0		1		0.075	0.011	
18:2 undifferentiated.....g	0.031		0		1		0.075	0.011	
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
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	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.013		24		1		0.032	0.005	
Threonine.....g	0.026		24		1		0.063	0.009	
Isoleucine.....g	0.022		24		1		0.053	0.008	
Leucine.....g	0.042		24		1		0.102	0.015	
Lysine.....g	0.049		24		1		0.119	0.018	
Methionine.....g	0.004		24		1		0.010	0.001	
Cystine.....g	0.002		24		1		0.005	0.001	
Phenylalanine.....g	0.030		24		1		0.073	0.011	
Tyrosine.....g	0.017		24		1		0.041	0.006	
Valine.....g	0.026		24		1		0.063	0.009	
Arginine.....g	0.028		24		1		0.068	0.010	
Histidine.....g	0.012		24		1		0.029	0.004	
Alanine.....g	0.035		24		1		0.085	0.013	
Aspartic acid.....g	0.163		24		1		0.396	0.059	
Glutamic acid.....g	0.072		24		1		0.175	0.026	
Glycine.....g	0.022		24		1		0.053	0.008	
Proline.....g	0.043		24		1		0.104	0.015	
Serine.....g	0.041		24		1		0.100	0.015	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	1170		0	BFYN	4		2842.988	421.183	
Carotene, alpha.....mcg	0		0	BFYN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	11		0	BFYN	4		26.769	3.966	
Lycopene.....mcg	0		0	BFYN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	26		0	BFYN	4		63.903	9.467	

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

#### Common Measures:

Measure 1 = 243g: 1 cup, halves

Measure 2 = 36g: 1 apricot half with liquid

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

**Calories Factors:** **Protein** 3.36                      **Fat** 8.37                      **Carbohydrate** 3.6                      **Food Group:** 09 Fruits and Fruit Juices  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)



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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Fatty acids, total monounsaturated.....g	0.013		0		1		0.030		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.013		0		1		0.030		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.006		0		1		0.014		
18:2 undifferentiated.....g	0.006		0		1		0.014		
18:3 undifferentiated.....g									
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.012		0		1		0.027		
Threonine.....g	0.025		0		1		0.057		
Isoleucine.....g	0.021		0		1		0.048		
Leucine.....g	0.040		0		1		0.091		
Lysine.....g	0.048		0		1		0.109		
Methionine.....g	0.003		0		1		0.007		
Cystine.....g	0.002		0		1		0.005		
Phenylalanine.....g	0.028		0		1		0.064		
Tyrosine.....g	0.016		0		1		0.036		
Valine.....g	0.025		0		1		0.057		
Arginine.....g	0.027		0		1		0.061		
Histidine.....g	0.011		0		1		0.025		
Alanine.....g	0.034		0		1		0.077		
Aspartic acid.....g	0.157		0		1		0.356		
Glutamic acid.....g	0.069		0		1		0.157		
Glycine.....g	0.021		0		1		0.048		
Proline.....g	0.041		0		1		0.093		
Serine.....g	0.039		0		1		0.089		
Hydroxyproline.....g									

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

#### Common Measures:

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

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)





**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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
Fatty acids, total monounsaturated.....g	0.105		0		1		0.261		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.105		0		1		0.261		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.047		0		1		0.117		
18:2 undifferentiated.....g	0.047		0		1		0.117		
18:3 undifferentiated.....g									
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.034		0		1		0.085		
Threonine.....g	0.070		0		1		0.174		
Isoleucine.....g	0.059		0		1		0.147		
Leucine.....g	0.113		0		1		0.281		
Lysine.....g	0.134		0		1		0.334		
Methionine.....g	0.010		0		1		0.025		
Cystine.....g	0.006		0		1		0.015		
Phenylalanine.....g	0.080		0		1		0.199		
Tyrosine.....g	0.045		0		1		0.112		
Valine.....g	0.070		0		1		0.174		
Arginine.....g	0.075		0		1		0.187		
Histidine.....g	0.032		0		1		0.080		
Alanine.....g	0.095		0		1		0.237		
Aspartic acid.....g	0.442		0		1		1.101		
Glutamic acid.....g	0.195		0		1		0.486		
Glycine.....g	0.060		0		1		0.149		
Proline.....g	0.116		0		1		0.289		
Serine.....g	0.111		0		1		0.276		
Hydroxyproline.....g									

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

**Common Measures:**  
 Measure 1 = 249g: 1 cup

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

**Food Group:** 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



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

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

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

**Common Measures:**  
 Measure 1 = 119g: 1 cup

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

**Food Group:** 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Apricots, dried, sulfured, stewed, with added sugar**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	68.45		0		1		184.82		
Energy.....kcal	113		0	NC	4		305		
Energy.....kj	473				4		1277		
Protein (N x 6.25).....g	1.17		0		1		3.16		
Total lipid (fat).....g	0.15		0		1		0.41		
Ash.....g	0.98		0		1		2.65		
Carbohydrate, by difference.....g	29.26		0	NC	4		79.00		
Fiber, total dietary.....g	4.1		0		4		11.1		
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
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									
<b>Vitamins:</b>									
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	Z	7		0		
Folate, food.....mcg	0		0		1		0		
Folate, DFE.....mcg_DFE	0		0	NC	4		0		
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin A, IU.....IU	2139		0		1		5775		
Vitamin A, RAE.....mcg_RAE	107		0		1		289		
Retinol.....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.010		0		1		0.027		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g									
15:0.....g									
16:0.....g	0.009		0		1		0.024		
17:0.....g									
18:0.....g	0.001		0		1		0.003		

**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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			
			Points						
Fatty acids, total monounsaturated.....g	0.064		0		1		0.173		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.064		0		1		0.173		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.029		0		1		0.078		
18:2 undifferentiated.....g	0.029		0		1		0.078		
18:3 undifferentiated.....g									
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.021		0		1		0.057		
Threonine.....g	0.042		0		1		0.113		
Isoleucine.....g	0.036		0		1		0.097		
Leucine.....g	0.069		0		1		0.186		
Lysine.....g	0.081		0		1		0.219		
Methionine.....g	0.006		0		1		0.016		
Cystine.....g	0.004		0		1		0.011		
Phenylalanine.....g	0.049		0		1		0.132		
Tyrosine.....g	0.027		0		1		0.073		
Valine.....g	0.043		0		1		0.116		
Arginine.....g	0.045		0		1		0.122		
Histidine.....g	0.019		0		1		0.051		
Alanine.....g	0.058		0		1		0.157		
Aspartic acid.....g	0.269		0		1		0.726		
Glutamic acid.....g	0.119		0		1		0.321		
Glycine.....g	0.036		0		1		0.097		
Proline.....g	0.070		0		1		0.189		
Serine.....g	0.067		0		1		0.181		
Hydroxyproline.....g									

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

**Common Measures:**  
 Measure 1 = 270g: 1 cup, halves

**Calories Factors:** Protein 3.36      Fat 8.37      Carbohydrate 3.6      **Food Group:** 09 Fruits and Fruit Juices  
 USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Apricots, dried, sulfured, stewed, without added sugar**

**Refuse: 0%**

[illegible]

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code				
Fatty acids, total monounsaturated.....g	0.026		0	BFSN	4		0.066		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFSN	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.026		0	BFSN	4		0.066		
20:1.....g	0.000		0	BFSN	4		0.000		
22:1 undifferentiated.....g	0.000		0	BFSN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.026		0	BFSN	4		0.066		
18:2 undifferentiated.....g	0.026		0	BFSN	4		0.066		
18:3 undifferentiated.....g	0.000		0	BFSN	4		0.000		
18:4.....g	0.000		0	BFSN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFSN	4		0.000		
20:5 n-3.....g	0.000		0	BFSN	4		0.000		
22:5 n-3.....g	0.000		0	BFSN	4		0.000		
22:6 n-3.....g	0.000		0	BFSN	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.006		0	BFSN	4		0.014		
Threonine.....g	0.026		0	BFSN	4		0.065		
Isoleucine.....g	0.022		0	BFSN	4		0.056		
Leucine.....g	0.037		0	BFSN	4		0.093		
Lysine.....g	0.029		0	BFSN	4		0.073		
Methionine.....g	0.005		0	BFSN	4		0.013		
Cystine.....g	0.007		0	BFSN	4		0.017		
Phenylalanine.....g	0.022		0	BFSN	4		0.055		
Tyrosine.....g	0.014		0	BFSN	4		0.035		
Valine.....g	0.028		0	BFSN	4		0.069		
Arginine.....g	0.023		0	BFSN	4		0.059		
Histidine.....g	0.017		0	BFSN	4		0.041		
Alanine.....g	0.039		0	BFSN	4		0.097		
Aspartic acid.....g	0.331		0	BFSN	4		0.828		
Glutamic acid.....g	0.066		0	BFSN	4		0.166		
Glycine.....g	0.025		0	BFSN	4		0.062		
Proline.....g	0.290		0	BFSN	4		0.726		
Serine.....g	0.031		0	BFSN	4		0.077		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	765		0	BFSN	4		1911.940		
Carotene, alpha.....mcg	0		0	BFSN	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000		
Lycopene.....mcg	0		0	BFSN	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	BFSN	4		0.000		

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

#### Common Measures:

Measure 1 = 250g: 1 cup, halves



**NDB No. 09033**

**Apricots, dried, sulfured, stewed, without added sugar**

**Calories Factors: Protein 3.36**

**Fat 8.37**

**Carbohydrate 3.6**

**Food Group:** 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**NDB No. 09032**  
**Apricots, dried, sulfured, uncooked**

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	30.89	0.293	4	A	1		40.16	1.08	
Energy.....kcal	241		0	NC	4		313	8	
Energy.....kj	1009		0	NC	4		1312	35	
Protein (N x 6.25).....g	3.39	0.112	3	A	1		4.41	0.12	
Total lipid (fat).....g	0.51	0.045	3	A	1		0.66	0.02	
Ash.....g	2.57		1	A	1		3.34	0.09	
Carbohydrate, by difference.....g	62.64		0	NC	4		81.43	2.19	
Fiber, total dietary.....g	7.3	0.092	5	A	1		9.5	0.3	
Sugars, total.....g	53.44	2.302	3	A	1		69.47	1.87	
Sucrose.....g	7.89	0.385	3	A	1		10.25	0.28	
Glucose (dextrose).....g	33.08	1.868	3	A	1		43.00	1.16	
Fructose.....g	12.47	0.215	3	A	1		16.21	0.44	
Lactose.....g	0.00	0.000	3	A	1		0.00	0.00	
Maltose.....g	0.00	0.000	3	A	1		0.00	0.00	
Galactose.....g	0.00	0.000	3	A	1		0.00	0.00	
Starch.....g	0.35	0.227	3	A	1		0.45	0.01	
<b>Minerals:</b>									
Calcium, Ca.....mg	55	4.367	3	A	1		71	2	
Iron, Fe.....mg	2.66	0.624	3	A	1		3.46	0.09	
Magnesium, Mg.....mg	32	3.602	3	A	1		42	1	
Phosphorus, P.....mg	71	8.003	3	A	1		92	2	
Potassium, K.....mg	1162	61.451	3	A	1		1510	41	
Sodium, Na.....mg	10	0.930	33		1		13	0	
Zinc, Zn.....mg	0.39	0.045	3	A	1		0.50	0.01	
Copper, Cu.....mg	0.343	0.055	3	A	1		0.446	0.012	
Manganese, Mn.....mg	0.235	0.032	3	A	1		0.306	0.008	
Selenium, Se.....mcg	2.2		0	BFSN	4		2.9	0.1	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.0	0.226	3	A	1		1.3	0.0	
Thiamin.....mg	0.015	0.004	3	A	1		0.020	0.001	
Riboflavin.....mg	0.074	0.001	3	A	1		0.097	0.003	
Niacin.....mg	2.589	0.019	3	A	1		3.365	0.091	
Pantothenic acid.....mg	0.516		2	A	1		0.670	0.018	
Vitamin B-6.....mg	0.143	0.006	3	A	1		0.186	0.005	
Folate, total.....mcg	10	0.067	3	A	1		13	0	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	10	0.067	3	A	1		13	0	
Folate, DFE.....mcg_DFE	10		0	NC	4		13	0	
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	3604		2	A	1		4685	126	
Vitamin A, RAE.....mcg_RAE	180		2	A	1		234	6	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	4.33	0.089	3	A	1		5.63	0.15	
Tocopherol, beta.....mg	0.05	0.000	3	A	1		0.07	0.00	
Tocopherol, gamma.....mg	0.08	0.007	3	A	1		0.10	0.00	
Tocopherol, delta.....mg	0.01	0.000	3	A	1		0.02	0.00	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	3.1	0.250	3	A	1		4.0	0.1	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.017		0	NC	4		0.021	0.001	
4:0.....g	0.000	0.000	3	A	1		0.000	0.000	
6:0.....g	0.000	0.000	3	A	1		0.000	0.000	
8:0.....g	0.000	0.000	3	A	1		0.000	0.000	
10:0.....g	0.000	0.000	3	A	1		0.000	0.000	
12:0.....g	0.000	0.000	3	A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.000	0.000	3	A	1		0.000	0.000	
15:0.....g	0.000	0.000	3	A	1		0.000	0.000	

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
16:0.....g	0.017	0.000	3	A	1		0.021	0.001	
17:0.....g	0.000	0.000	3	A	1		0.000	0.000	
18:0.....g	0.000	0.000	3	A	1		0.000	0.000	
20:0.....g	0.000	0.000	3	A	1		0.000	0.000	
22:0.....g	0.000	0.000	3	A	1		0.000	0.000	
24:0.....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total monounsaturated.....g	0.074		0	NC	4		0.097	0.003	
14:1.....g	0.000	0.000	3	A	1		0.000	0.000	
15:1.....g									
16:1 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.074	0.000	3	A	1		0.097	0.003	
20:1.....g	0.000	0.000	3	A	1		0.000	0.000	
22:1 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.074		0	NC	4		0.097	0.003	
18:2 undifferentiated.....g	0.074	0.000	3	A	1		0.097	0.003	
18:3 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	
18:4.....g	0.000	0.000	3	A	1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	
20:5 n-3.....g	0.000	0.000	3	A	1		0.000	0.000	
22:5 n-3.....g	0.000	0.000	3	A	1		0.000	0.000	
22:6 n-3.....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.016		0	A	1		0.021	0.001	
Threonine.....g	0.073		0	A	1		0.095	0.003	
Isoleucine.....g	0.063		0	A	1		0.082	0.002	
Leucine.....g	0.105		0	A	1		0.136	0.004	
Lysine.....g	0.083		0	A	1		0.108	0.003	
Methionine.....g	0.015		0	A	1		0.019	0.001	
Cystine.....g	0.019		0	A	1		0.025	0.001	
Phenylalanine.....g	0.062		0	A	1		0.081	0.002	
Tyrosine.....g	0.039		0	A	1		0.051	0.001	
Valine.....g	0.078		0	A	1		0.102	0.003	
Arginine.....g	0.066		0	A	1		0.086	0.002	
Histidine.....g	0.047		0	A	1		0.061	0.002	
Alanine.....g	0.110		0	A	1		0.142	0.004	
Aspartic acid.....g	0.937		0	A	1		1.218	0.033	
Glutamic acid.....g	0.188		0	A	1		0.244	0.007	
Glycine.....g	0.070		0	A	1		0.091	0.002	
Proline.....g	0.821		0	A	1		1.067	0.029	
Serine.....g	0.087		0	A	1		0.113	0.003	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	2163		2	A	1		2811.250	75.688	
Carotene, alpha.....mcg	0		2	A	1		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		2	A	1		0.000	0.000	
Lycopene.....mcg	0		2	A	1		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		2	AS	1		0.000	0.000	

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

**NDB No. 09032**

**Apricots, dried, sulfured, uncooked**

**Common Measures:**

Measure 1 = 130g: 1 cup, halves

Measure 2 = 3.5g: 1 half

**Calories Factors: Protein 3.36**

**Fat 8.37**

**Carbohydrate 3.6**

**Food Group:** 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Refuse: 0%**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
<b>Proximates:</b>									
Water.....g	73.30		0		1		177.39		
Energy.....kcal	98		0	NC	4		237		
Energy.....kj	410				4		992		
Protein (N x 6.25).....g	0.70		0		1		1.69		
Total lipid (fat).....g	0.10		0		1		0.24		
Ash.....g	0.80		0		1		1.94		
Carbohydrate, by difference.....g	25.10		0	NC	4		60.74		
Fiber, total dietary.....g	2.2		0		4		5.3		
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
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	BFZN	4		1.0		
<b>Vitamins:</b>									
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	Z	7		0		
Folate, food.....mcg	2		0		4		4		
Folate, DFE.....mcg_DFE	2		0	NC	4		4		
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin A, IU.....IU	1680		0		1		4066		
Vitamin A, RAE.....mcg_RAE	84		0		1		203		
Retinol.....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.007		0		1		0.017		
4:0.....g	0.000		0		1		0.000		
6:0.....g	0.000		0		1		0.000		
8:0.....g	0.000		0		1		0.000		
10:0.....g	0.000		0		1		0.000		
12:0.....g	0.000		0		1		0.000		
13:0.....g									
14:0.....g	0.000		0		1		0.000		
15:0.....g									
16:0.....g	0.006		0		1		0.015		
17:0.....g									
18:0.....g	0.001		0		1		0.002		
20:0.....g									
22:0.....g									
24:0.....g									

**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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Fatty acids, total monounsaturated.....g	0.044		0		1		0.106		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.044		0		1		0.106		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.020		0		1		0.048		
18:2 undifferentiated.....g	0.020		0		1		0.048		
18:3 undifferentiated.....g	0.000		0		1		0.000		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
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	z	7		0		
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
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									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0	z	7		0.0		
Caffeine.....mg									
Theobromine.....mg									

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

**Common Measures:**  
 Measure 1 = 242g: 1 cup

NDB No. 09021

Apricots, raw

*Prunus armeniaca*

Includes USDA commodity food A386

Refuse: 7% Pits

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	86.35		26		1		133.84	142.48	30.22
Energy.....kcal	48		0	NC	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	NC	4		17.24	18.35	3.89
Fiber, total dietary.....g	2.0	0.408	5	A	1		3.0	3.2	0.7
Sugars, total.....g	9.24		0	AS	1		14.32	15.24	3.23
Sucrose.....g	5.87	0.659	7	A	1		9.11	9.69	2.06
Glucose (dextrose).....g	2.37	0.553	7	A	1		3.67	3.90	0.83
Fructose.....g	0.94	0.271	7	A	1		1.45	1.54	0.33
Lactose.....g	0.00		0	Z	7		0.00	0.00	0.00
Maltose.....g	0.06		1	A	1		0.09	0.10	0.02
Galactose.....g	0.00		0	Z	7		0.00	0.00	0.00
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	13	1.071	21	A	1		21	22	5
Iron, Fe.....mg	0.39	0.018	21	A	1		0.60	0.64	0.14
Magnesium, Mg.....mg	10	0.233	21	A	1		16	17	4
Phosphorus, P.....mg	23	0.424	21	A	1		36	38	8
Potassium, K.....mg	259	4.464	21	A	1		402	428	91
Sodium, Na.....mg	1	0.036	18		1		2	2	0
Zinc, Zn.....mg	0.20	0.011	21	A	1		0.30	0.32	0.07
Copper, Cu.....mg	0.078	0.006	21	A	1		0.121	0.129	0.027
Manganese, Mn.....mg	0.077	0.002	21	A	1		0.120	0.128	0.027
Selenium, Se.....mcg	0.1	0.089	21	A	1		0.2	0.2	0.0
<b>Vitamins:</b>									
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	Z	7		0	0	0
Folate, food.....mcg	9	1.450	4		1		13	14	3
Folate, DFE.....mcg_DFE	9		0	NC	4		13	14	3
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, IU.....IU	1926	638.531	8	A	1		2985	3178	674
Vitamin A, RAE.....mcg_RAE	96	31.927	8	A	1		149	159	34
Retinol.....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.89		0	NR	4		1.38	1.47	0.31
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	3.3		1	A	1		5.1	5.4	1.2
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.027		0		1		0.042	0.045	0.009
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000	0.000
10:0.....g	0.000		0		1		0.000	0.000	0.000
12:0.....g	0.000		0		1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	0.000
15:0.....g									

**NDB No. 09021**  
**Apricots, raw**

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0.....g	0.024		4		1		0.037	0.040	0.008
17:0.....g									
18:0.....g	0.003		4		1		0.005	0.005	0.001
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.170		0		1		0.264	0.281	0.060
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.170		4		1		0.264	0.281	0.060
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.077		0		1		0.119	0.127	0.027
18:2 undifferentiated.....g	0.077		4		1		0.119	0.127	0.027
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
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	Z	7		0	0	0
Phytosterols.....mg	18		0		1		28	30	6
Amino Acids:									
Tryptophan.....g	0.015		12		1		0.023	0.025	0.005
Threonine.....g	0.047		12		1		0.073	0.078	0.016
Isoleucine.....g	0.041		12		1		0.064	0.068	0.014
Leucine.....g	0.077		12		1		0.119	0.127	0.027
Lysine.....g	0.097		12		1		0.150	0.160	0.034
Methionine.....g	0.006		12		1		0.009	0.010	0.002
Cystine.....g	0.003		12		1		0.005	0.005	0.001
Phenylalanine.....g	0.052		12		1		0.081	0.086	0.018
Tyrosine.....g	0.029		12		1		0.045	0.048	0.010
Valine.....g	0.047		12		1		0.073	0.078	0.016
Arginine.....g	0.045		12		1		0.070	0.074	0.016
Histidine.....g	0.027		12		1		0.042	0.045	0.009
Alanine.....g	0.068		12		1		0.105	0.112	0.024
Aspartic acid.....g	0.314		12		1		0.487	0.518	0.110
Glutamic acid.....g	0.157		12		1		0.243	0.259	0.055
Glycine.....g	0.040		12		1		0.062	0.066	0.014
Proline.....g	0.101		12		1		0.157	0.167	0.035
Serine.....g	0.083		12		1		0.129	0.137	0.029
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	1094	346.051	8	A	1		1695.266	1804.638	382.802
Carotene, alpha.....mcg	19	10.693	8	A	1		29.450	31.350	6.650
Cryptoxanthin, beta.....mcg	104	64.178	8	A	1		161.954	172.403	36.570
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	89		2	A	1		137.950	146.850	31.150

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



**NDB No. 09021**

**Apricots, raw**

**Common Measures:**

Measure 1 = 155g: 1 cup, halves

Measure 2 = 165g: 1 cup, sliced

Measure 3 = 35g: 1 apricot

**Calories Factors: Protein** 3.36

**Fat** 8.37

**Carbohydrate** 3.6

**Food Group:** 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	72.33	2.170	33	A	1		166.35	125.12	21.70
Energy.....kcal	167		0	NC	4		383	288	50
Energy.....kj	697		0	NC	4		1604	1207	209
Protein (N x 6.25).....g	1.96	0.158	30	A	1		4.50	3.39	0.59
Total lipid (fat).....g	15.41	0.630	31	A	1		35.45	26.66	4.62
Ash.....g	1.66	0.138	30	A	1		3.82	2.87	0.50
Carbohydrate, by difference.....g	8.64		0	NC	4		19.88	14.95	2.59
Fiber, total dietary.....g	6.8	1.014	21	A	1		15.7	11.8	2.1
Sugars, total.....g	0.30	0.098	11	A	1		0.69	0.52	0.09
Sucrose.....g	0.06	0.043	9	A	1		0.13	0.10	0.02
Glucose (dextrose).....g	0.08	0.035	9	A	1		0.17	0.13	0.02
Fructose.....g	0.08	0.019	9	A	1		0.19	0.14	0.03
Lactose.....g	0.00	0.000	9	A	1		0.00	0.00	0.00
Maltose.....g	0.00	0.000	9	A	1		0.00	0.00	0.00
Galactose.....g	0.08	0.014	8	A	1		0.19	0.14	0.02
Starch.....g	0.11	0.000	4	A	1		0.25	0.19	0.03
<b>Minerals:</b>									
Calcium, Ca.....mg	13	0.662	24	A	1		29	22	4
Iron, Fe.....mg	0.61	0.122	24	A	1		1.40	1.05	0.18
Magnesium, Mg.....mg	29	1.702	12	A	1		67	51	9
Phosphorus, P.....mg	54	1.886	12	A	1		125	94	16
Potassium, K.....mg	507	34.404	24	A	1		1166	877	152
Sodium, Na.....mg	8	1.360	18	A	1		17	13	2
Zinc, Zn.....mg	0.68	0.034	12	A	1		1.56	1.17	0.20
Copper, Cu.....mg	0.170	0.044	12	A	1		0.392	0.295	0.051
Manganese, Mn.....mg	0.149	0.007	12	A	1		0.344	0.259	0.045
Selenium, Se.....mcg	0.4	0.068	5	A	1		0.9	0.7	0.1
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	8.8	0.588	16	A	1		20.3	15.2	2.6
Thiamin.....mg	0.075	0.003	12	A	1		0.172	0.129	0.022
Riboflavin.....mg	0.143	0.010	12	A	1		0.328	0.247	0.043
Niacin.....mg	1.912	0.094	12	A	1		4.397	3.307	0.573
Pantothenic acid.....mg	1.463	0.350	12	A	1		3.366	2.532	0.439
Vitamin B-6.....mg	0.287	0.054	11	A	1		0.659	0.496	0.086
Folate, total.....mcg	89	12.026	20	A	1		204	153	27
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	89	12.026	20	A	1		204	153	27
Folate, DFE.....mcg_DFE	89		0	NC	4		204	153	27
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, IU.....IU	147		0	AS	1		338	254	44
Vitamin A, RAE.....mcg_RAE	7		0	AS	1		17	13	2
Retinol.....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	1.97	0.249	22	A	1		4.54	3.41	0.59
Tocopherol, beta.....mg	0.04	0.010	9	A	1		0.09	0.07	0.01
Tocopherol, gamma.....mg	0.32	0.133	18	A	1		0.73	0.55	0.10
Tocopherol, delta.....mg	0.02	0.005	9	A	1		0.05	0.04	0.01
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	21.0	0.766	8	A	1		48.2	36.3	6.3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	2.126		0	NC	4		4.889	3.677	0.638
4:0.....g									
6:0.....g									
8:0.....g	0.001	0.001	7	A	1		0.002	0.002	0.000
10:0.....g	0.000	0.000	8	A	1		0.000	0.000	0.000
12:0.....g	0.000	0.000	8	A	1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000	0.000	8	A	1		0.000	0.000	0.000
15:0.....g	0.000	0.000	8	A	1		0.000	0.000	0.000

**NDB No. 09038**  
**Avocados, raw, California**

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Deriv Source			Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Code	Code				
16:0.....g	2.075	0.104	8	A	1		4.773	3.590	0.623
17:0.....g	0.000	0.000	8	A	1		0.000	0.000	0.000
18:0.....g	0.049	0.005	8	A	1		0.113	0.085	0.015
20:0.....g	0.000	0.000	8	A	1		0.000	0.000	0.000
22:0.....g	0.000	0.000	8	A	1		0.000	0.000	0.000
24:0.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated.....g	9.799		0	NC	4		22.537	16.952	2.940
14:1.....g	0.000	0.000	8	A	1		0.000	0.000	0.000
15:1.....g	0.000	0.000	8	A	1		0.000	0.000	0.000
16:1 undifferentiated.....g	0.698	0.039	8	A	1		1.606	1.208	0.210
17:1.....g	0.010	0.001	8	A	1		0.023	0.017	0.003
18:1 undifferentiated.....g	9.066	0.474	8	A	1		20.851	15.684	2.720
20:1.....g	0.025	0.002	8	A	1		0.057	0.043	0.007
22:1 undifferentiated.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.816		0	NC	4		4.177	3.142	0.545
18:2 undifferentiated.....g	1.674	0.063	8	A	1		3.851	2.897	0.502
18:3 undifferentiated.....g	0.125		0	A	1		0.288	0.217	0.038
18:3 n-6 c,c,c.....g	0.015	0.000	4	A	1		0.034	0.026	0.004
18:3i.....g									
18:4.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:2 n-6 c,c.....g	0.000	0.000	8	A	1		0.000	0.000	0.000
20:3 undifferentiated.....g	0.016	0.002	8	A	1		0.037	0.028	0.005
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000	0.000	8	A	1		0.000	0.000	0.000
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
22:5 n-3.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
22:6 n-3.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg									
Stigmasterol.....mg	2	0.000	6	A	1		3	3	0
Campesterol.....mg	5	0.196	6	A	1		12	9	2
Beta-sitosterol.....mg	76	5.583	6	A	1		176	132	23
<b>Amino Acids:</b>									
Tryptophan.....g	0.025		0	A	1		0.057	0.043	0.007
Threonine.....g	0.072		0	A	1		0.165	0.124	0.021
Isoleucine.....g	0.083		0	A	1		0.190	0.143	0.025
Leucine.....g	0.141		0	A	1		0.323	0.243	0.042
Lysine.....g	0.129		0	A	1		0.297	0.223	0.039
Methionine.....g	0.037		0	A	1		0.085	0.064	0.011
Cystine.....g	0.027		0	A	1		0.062	0.046	0.008
Phenylalanine.....g	0.228		0	A	1		0.524	0.394	0.068
Tyrosine.....g	0.048		0	A	1		0.110	0.082	0.014
Valine.....g	0.105		0	A	1		0.241	0.181	0.031
Arginine.....g	0.087		0	A	1		0.199	0.150	0.026
Histidine.....g	0.048		0	A	1		0.111	0.084	0.014
Alanine.....g	0.106		0	A	1		0.245	0.184	0.032
Aspartic acid.....g	0.232		0	A	1		0.533	0.401	0.069
Glutamic acid.....g	0.282		0	A	1		0.648	0.487	0.084
Glycine.....g	0.102		0	A	1		0.234	0.176	0.031
Proline.....g	0.096		0	A	1		0.222	0.167	0.029
Serine.....g	0.112		0	A	1		0.258	0.194	0.034
Hydroxyproline.....g									
<b>Carotenoids:</b>									
Carotene, beta.....mcg	63	8.971	29	A	1		145.015	109.077	18.915
Carotene, alpha.....mcg	24	13.419	27	A	1		54.280	40.828	7.080
Cryptoxanthin, beta.....mcg	27	19.444	25	A	1		61.653	46.374	8.042
Lycopene.....mcg	0	0.000	7	A	1		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	271	16.660	16	A	1		623.385	468.894	81.311

NDB No. 09038  
Avocados, raw, California

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

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

**Common Measures:**  
Measure 1 = 230g: 1 cup, pureed  
Measure 2 = 173g: 1 fruit without skin and seeds  
Measure 3 = 30g: 1 NLEA serving

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

**Food Group:** 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Refuse:** 33% Seed and skin

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	78.81	2.474	7	A	1		181.26	239.58	
Energy.....kcal	120		0	NC	4		276	364	
Energy.....kj	501		0	NC	4		1153	1524	
Protein (N x 6.25).....g	2.23	0.170	4	A	1		5.14	6.79	
Total lipid (fat).....g	10.06	0.906	4	A	1		23.13	30.57	
Ash.....g	1.08	0.140	4	A	1		2.48	3.28	
Carbohydrate, by difference.....g	7.82		0	NC	4		17.99	23.78	
Fiber, total dietary.....g	5.6	0.836	6	A	1		13.0	17.2	
Sugars, total.....g	2.42		1	A	1		5.57	7.36	
Sucrose.....g	0.00		1	A	1		0.00	0.00	
Glucose (dextrose).....g	2.17		1	A	1		4.99	6.60	
Fructose.....g	0.25		1	A	1		0.58	0.76	
Lactose.....g	0.00		1	A	1		0.00	0.00	
Maltose.....g	0.00		1	A	1		0.00	0.00	
Galactose.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	10	0.875	5	A	1		24	31	
Iron, Fe.....mg	0.17	0.023	5	A	1		0.38	0.51	
Magnesium, Mg.....mg	24	3.463	5	A	1		55	73	
Phosphorus, P.....mg	40	5.347	4	A	1		92	122	
Potassium, K.....mg	351	73.288	5	A	1		807	1066	
Sodium, Na.....mg	2	0.474	5	A	1		5	7	
Zinc, Zn.....mg	0.40	0.002	5	A	1		0.92	1.22	
Copper, Cu.....mg	0.311	0.048	5	A	1		0.715	0.945	
Manganese, Mn.....mg	0.095	0.012	5	A	1		0.218	0.288	
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	17.4	3.628	4	A	1		40.1	53.0	
Thiamin.....mg	0.021	0.005	4	A	1		0.048	0.064	
Riboflavin.....mg	0.053	0.010	4	A	1		0.122	0.162	
Niacin.....mg	0.672	0.182	4	A	1		1.546	2.043	
Pantothenic acid.....mg	0.931	0.155	4	A	1		2.140	2.829	
Vitamin B-6.....mg	0.078	0.004	4	A	1		0.179	0.236	
Folate, total.....mcg	35	7.525	4	A	1		81	107	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	35	7.525	4	A	1		81	107	
Folate, DFE.....mcg_DFE	35		0	NC	4		81	107	
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	140	19.340	4	A	1		321	425	
Vitamin A, RAE.....mcg_RAE	7	0.967	4	A	1		16	21	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	2.66		1	A	1		6.12	8.09	
Tocopherol, beta.....mg	0.08		1	A	1		0.18	0.24	
Tocopherol, gamma.....mg	0.39		1	A	1		0.90	1.19	
Tocopherol, delta.....mg	0.00		1	A	1		0.00	0.00	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.960		0	NC	4		4.509	5.960	
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g									
15:0.....g									

**NDB No. 09039**  
**Avocados, raw, Florida**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code				
16:0.....g	1.905		2		1		4.381	5.791	
17:0.....g									
18:0.....g	0.055		2		1		0.128	0.169	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	5.513		0	NC	4		12.681	16.761	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.825		2		1		1.896	2.507	
17:1.....g									
18:1 undifferentiated.....g	4.689		2		1		10.784	14.254	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.676		0	NC	4		3.855	5.096	
18:2 undifferentiated.....g	1.580		2		1		3.634	4.803	
18:3 undifferentiated.....g	0.096		2		1		0.221	0.293	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.028		0	BFPN	4		0.065	0.086	
Threonine.....g	0.082		0	BFPN	4		0.188	0.248	
Isoleucine.....g	0.094		0	BFPN	4		0.217	0.286	
Leucine.....g	0.160		0	BFPN	4		0.369	0.487	
Lysine.....g	0.147		0	BFPN	4		0.339	0.448	
Methionine.....g	0.042		0	BFPN	4		0.097	0.128	
Cystine.....g	0.031		0	BFPN	4		0.070	0.093	
Phenylalanine.....g	0.260		0	BFPN	4		0.598	0.790	
Tyrosine.....g	0.054		0	BFPN	4		0.125	0.165	
Valine.....g	0.120		0	BFPN	4		0.275	0.364	
Arginine.....g	0.099		0	BFPN	4		0.228	0.301	
Histidine.....g	0.055		0	BFPN	4		0.127	0.167	
Alanine.....g	0.121		0	BFPN	4		0.279	0.369	
Aspartic acid.....g	0.264		0	BFPN	4		0.608	0.803	
Glutamic acid.....g	0.321		0	BFPN	4		0.739	0.977	
Glycine.....g	0.116		0	BFPN	4		0.267	0.353	
Proline.....g	0.110		0	BFPN	4		0.253	0.334	
Serine.....g	0.128		0	BFPN	4		0.294	0.389	
Hydroxyproline.....g									
Carotenoids:									
Carotene, beta.....mcg	53	7.527	4	A	1		120.865	159.752	
Carotene, alpha.....mcg	27	6.718	4	A	1		61.864	81.768	
Cryptoxanthin, beta.....mcg	36	14.271	4	A	1		82.179	108.619	
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									

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

**Common Measures:**

Measure 1 = 230g: 1 cup, pureed

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

NDB No. 09039  
Avocados, raw, Florida

Calories Factors: Protein 3.36      Fat 8.37      Carbohydrate 3.6      Food Group: 09 Fruits and Fruit Juices  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 09037

Avocados, raw, all commercial varieties (1 )

*Persea americana*

Refuse: 26% Seed and skin

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	73.23	1.898	40	A	1		109.85	168.44	106.92
Energy.....kcal	160		0	NC	4		240	368	234
Energy.....kj	670		0	NC	4		1005	1541	978
Protein (N x 6.25).....g	2.00	0.136	34	A	1		2.99	4.59	2.91
Total lipid (fat).....g	14.66	0.542	35	A	1		21.99	33.72	21.41
Ash.....g	1.58	0.118	34	A	1		2.37	3.63	2.31
Carbohydrate, by difference.....g	8.53		0	NC	4		12.79	19.62	12.45
Fiber, total dietary.....g	6.7	0.879	27	A	1		10.0	15.4	9.7
Sugars, total.....g	0.66	0.019	12	A	1		0.99	1.52	0.96
Sucrose.....g	0.06	0.037	10	A	1		0.09	0.14	0.09
Glucose (dextrose).....g	0.37	0.030	10	A	1		0.55	0.85	0.54
Fructose.....g	0.12	0.016	10	A	1		0.19	0.28	0.18
Lactose.....g	0.00	0.000	10	A	1		0.00	0.00	0.00
Maltose.....g	0.00	0.000	10	A	1		0.00	0.00	0.00
Galactose.....g	0.10	0.014	8	A	1		0.16	0.24	0.15
Starch.....g	0.11	0.000	4	A	1		0.16	0.25	0.16
<b>Minerals:</b>									
Calcium, Ca.....mg	12	0.583	29	A	1		18	28	18
Iron, Fe.....mg	0.55	0.105	29	A	1		0.82	1.26	0.80
Magnesium, Mg.....mg	29	1.542	17	A	1		43	66	42
Phosphorus, P.....mg	52	1.622	16	A	1		79	121	77
Potassium, K.....mg	485	31.316	29	A	1		728	1116	708
Sodium, Na.....mg	7	1.173	23	A	1		10	16	10
Zinc, Zn.....mg	0.64	0.029	17	A	1		0.96	1.47	0.93
Copper, Cu.....mg	0.190	0.039	17	A	1		0.285	0.437	0.278
Manganese, Mn.....mg	0.142	0.007	17	A	1		0.213	0.326	0.207
Selenium, Se.....mcg	0.4	0.068	5	A	1		0.6	0.9	0.6
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	10.0	0.505	20	A	1		15.0	23.0	14.6
Thiamin.....mg	0.067	0.002	16	A	1		0.101	0.155	0.098
Riboflavin.....mg	0.130	0.008	16	A	1		0.195	0.300	0.190
Niacin.....mg	1.738	0.081	16	A	1		2.607	3.998	2.538
Pantothenic acid.....mg	1.389	0.301	16	A	1		2.083	3.194	2.028
Vitamin B-6.....mg	0.257	0.046	15	A	1		0.386	0.592	0.376
Folate, total.....mcg	81	10.343	24	A	1		122	187	119
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	81	10.343	24	A	1		122	187	119
Folate, DFE.....mcg_DFE	81		0	NC	4		122	187	119
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, IU.....IU	146		0	AS	1		219	336	213
Vitamin A, RAE.....mcg_RAE	7		0	AS	1		11	17	11
Retinol.....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	2.07	0.214	23	A	1		3.10	4.76	3.02
Tocopherol, beta.....mg	0.05	0.009	10	A	1		0.07	0.10	0.07
Tocopherol, gamma.....mg	0.33	0.114	19	A	1		0.49	0.76	0.48
Tocopherol, delta.....mg	0.02	0.004	10	A	1		0.03	0.04	0.03
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	21.0	0.766	8	A	1		31.5	48.2	30.6
<b>Lipids:</b>									
Fatty acids, total saturated.....g	2.126		0	NC	4		3.188	4.889	3.103
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.001	0.001	7	A	1		0.002	0.002	0.002
10:0.....g	0.000	0.000	8	A	1		0.000	0.000	0.000
12:0.....g	0.000	0.000	8	A	1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000	0.000	8	A	1		0.000	0.000	0.000
15:0.....g	0.000	0.000	8	A	1		0.000	0.000	0.000



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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0.....g	2.075	0.104	8	A	1		3.113	4.773	3.030
17:0.....g	0.000	0.000	8	A	1		0.000	0.000	0.000
18:0.....g	0.049	0.005	8	A	1		0.074	0.113	0.072
20:0.....g	0.000	0.000	8	A	1		0.000	0.000	0.000
22:0.....g	0.000	0.000	8	A	1		0.000	0.000	0.000
24:0.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated.....g	9.799		0	NC	4		14.698	22.537	14.306
14:1.....g	0.000	0.000	8	A	1		0.000	0.000	0.000
15:1.....g	0.000	0.000	8	A	1		0.000	0.000	0.000
16:1 undifferentiated.....g	0.698	0.039	8	A	1		1.048	1.606	1.020
17:1.....g	0.010	0.001	8	A	1		0.015	0.023	0.015
18:1 undifferentiated.....g	9.066	0.474	8	A	1		13.598	20.851	13.236
20:1.....g	0.025	0.002	8	A	1		0.037	0.057	0.036
22:1 undifferentiated.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.816		0	NC	4		2.724	4.177	2.652
18:2 undifferentiated.....g	1.674	0.063	8	A	1		2.512	3.851	2.445
18:3 undifferentiated.....g	0.125		0	A	1		0.188	0.288	0.183
18:3 n-6 c,c,c.....g	0.015	0.000	4	A	1		0.022	0.034	0.022
18:3i.....g									
18:4.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:2 n-6 c,c.....g	0.000	0.000	8	A	1		0.000	0.000	0.000
20:3 undifferentiated.....g	0.016	0.002	8	A	1		0.024	0.037	0.024
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000	0.000	8	A	1		0.000	0.000	0.000
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
22:5 n-3.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
22:6 n-3.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg									
Stigmasterol.....mg	2	0.000	6	A	1		2	3	2
Campesterol.....mg	5	0.196	6	A	1		8	12	7
Beta-sitosterol.....mg	76	5.583	6	A	1		115	176	112
<b>Amino Acids:</b>									
Tryptophan.....g	0.025		0	BFPN	4		0.038	0.058	0.037
Threonine.....g	0.073		0	BFPN	4		0.110	0.168	0.107
Isoleucine.....g	0.084		0	BFPN	4		0.126	0.194	0.123
Leucine.....g	0.143		0	BFPN	4		0.215	0.330	0.209
Lysine.....g	0.132		0	BFPN	4		0.197	0.303	0.192
Methionine.....g	0.038		0	BFPN	4		0.056	0.087	0.055
Cystine.....g	0.027		0	BFPN	4		0.041	0.063	0.040
Phenylalanine.....g	0.232		0	BFPN	4		0.349	0.534	0.339
Tyrosine.....g	0.049		0	BFPN	4		0.073	0.112	0.071
Valine.....g	0.107		0	BFPN	4		0.160	0.246	0.156
Arginine.....g	0.088		0	BFPN	4		0.133	0.203	0.129
Histidine.....g	0.049		0	BFPN	4		0.074	0.113	0.072
Alanine.....g	0.109		0	BFPN	4		0.163	0.250	0.158
Aspartic acid.....g	0.236		0	BFPN	4		0.354	0.543	0.345
Glutamic acid.....g	0.287		0	BFPN	4		0.431	0.661	0.419
Glycine.....g	0.104		0	BFPN	4		0.156	0.239	0.152
Proline.....g	0.098		0	BFPN	4		0.147	0.226	0.144
Serine.....g	0.114		0	BFPN	4		0.171	0.263	0.167
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
<b>Carotenoids:</b>									
Carotene, beta.....mcg	62	7.715	33	A	1		92.370	141.634	89.907

NDB No. 09037

Avocados, raw, all commercial varieties (1 )

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common</u>		
	Mean	Std. Error	<u>measures of food</u>			Confidence	Measure 1	Measure 2	Measure 3
			Number of Data	Deriv Code	Source Code				
			Points						
Carotene, alpha.....mcg	24	11.540	31	A	1		36.092	55.342	35.130
Cryptoxanthin, beta.....mcg	28	16.722	29	A	1		42.082	64.526	40.960
Lycopene.....mcg	0	0.000	7	A	1		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	271	16.660	16	A	1		406.556	623.385	395.714

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

**Common Measures:**

Measure 1 = 150g: 1 cup, cubes

Measure 2 = 230g: 1 cup, pureed

Measure 3 = 146g: 1 cup, sliced

**Footnotes**

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

**Calories Factors: Protein** 3.36

**Fat** 8.37

**Carbohydrate** 3.6

**Food Group:** 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 09041

Bananas, dehydrated, or banana powder

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.153		0		1		0.153	0.009	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.045		0		1		0.045	0.003	
17:1.....g									
18:1 undifferentiated.....g	0.102		0		1		0.102	0.006	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.337		0		1		0.337	0.021	
18:2 undifferentiated.....g	0.211		0		1		0.211	0.013	
18:3 undifferentiated.....g	0.126		0		1		0.126	0.008	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
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	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
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									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<b>Carotenoids:</b>									
Carotene, beta.....mcg	101		0	BFSN	4		100.665	6.241	
Carotene, alpha.....mcg	96		0	BFSN	4		96.427	5.978	
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000	0.000	
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	84		0	BFSN	4		83.780	5.194	

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

**Common Measures:**

Measure 1 = 100g: 1 cup

Measure 2 = 6.2g: 1 tbsp

**NDB No. 09041**

**Bananas, dehydrated, or banana powder**

**Calories Factors: Protein** 3.36

**Fat** 8.37

**Carbohydrate** 3.6

**Food Group:** 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			Points	Code	Code				
Proximates:									
Water.....g	74.91	0.286	20	A	1		168.56	112.37	60.68
Energy.....kcal	89		0	NC	4		199	133	72
Energy.....kj	371		0	NC	4		835	556	300
Protein (N x 6.25).....g	1.09	0.022	12	A	1		2.46	1.64	0.89
Total lipid (fat).....g	0.33	0.067	19	A	1		0.74	0.49	0.27
Ash.....g	0.82	0.030	12	A	1		1.85	1.23	0.67
Carbohydrate, by difference.....g	22.84		0	NC	4		51.39	34.26	18.50
Fiber, total dietary.....g	2.6	0.129	13	A	1		5.7	3.8	2.1
Sugars, total.....g	12.23	1.034	8	A	1		27.52	18.35	9.91
Sucrose.....g	2.39	0.546	8	A	1		5.38	3.59	1.94
Glucose (dextrose).....g	4.98	0.806	8	A	1		11.20	7.47	4.03
Fructose.....g	4.85	0.658	8	A	1		10.91	7.27	3.93
Lactose.....g	0.00	0.000	8	A	1		0.00	0.00	0.00
Maltose.....g	0.01	0.014	8	A	1		0.03	0.02	0.01
Galactose.....g	0.00	0.000	8	A	1		0.00	0.00	0.00
Starch.....g	5.38	0.564	8	A	1		12.11	8.07	4.36
Minerals:									
Calcium, Ca.....mg	5	0.047	45	A	1		12	8	4
Iron, Fe.....mg	0.26	0.001	42	A	1		0.57	0.38	0.21
Magnesium, Mg.....mg	27	0.475	45	A	1		61	41	22
Phosphorus, P.....mg	22	0.171	45	A	1		49	32	18
Potassium, K.....mg	358	1.911	45	A	1		806	537	290
Sodium, Na.....mg	1	0.395	45	A	1		2	1	1
Zinc, Zn.....mg	0.15	0.001	45	A	1		0.34	0.23	0.12
Copper, Cu.....mg	0.078	0.011	45	A	1		0.177	0.118	0.064
Manganese, Mn.....mg	0.270	0.007	45	A	1		0.607	0.404	0.218
Selenium, Se.....mcg	1.0	0.289	31	A	1		2.2	1.5	0.8
Vitamins:									
Vitamin C, total ascorbic acid.....mg	8.7	0.434	8	A	1		19.6	13.1	7.1
Thiamin.....mg	0.031	0.006	12	A	1		0.069	0.046	0.025
Riboflavin.....mg	0.073	0.008	12	A	1		0.164	0.109	0.059
Niacin.....mg	0.665	0.002	12	A	1		1.497	0.998	0.539
Pantothenic acid.....mg	0.334	0.010	12	A	1		0.752	0.501	0.271
Vitamin B-6.....mg	0.367	0.010	12	A	1		0.826	0.551	0.297
Folate, total.....mcg	20	0.472	11	A	1		46	30	16
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	20	0.472	11	A	1		46	30	16
Folate, DFE.....mcg_DFE	20		0	NC	4		46	30	16
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, IU.....IU	64		0	AS	1		144	96	52
Vitamin A, RAE.....mcg_RAE	3		0	AS	1		7	5	3
Retinol.....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.10	0.054	15	A	1		0.23	0.15	0.08
Tocopherol, beta.....mg	0.00	0.000	15	A	1		0.00	0.00	0.00
Tocopherol, gamma.....mg	0.02	0.015	15	A	1		0.05	0.03	0.02
Tocopherol, delta.....mg	0.01	0.010	15	A	1		0.02	0.02	0.01
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.5	0.075	6	A	1		1.2	0.8	0.4
Lipids:									
Fatty acids, total saturated.....g	0.112		0	NC	4		0.252	0.168	0.091
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000	0.000
10:0.....g	0.001		4		1		0.002	0.001	0.001
12:0.....g	0.002		4		1		0.004	0.002	0.001
13:0.....g									
14:0.....g	0.002		4		1		0.006	0.004	0.002
15:0.....g									

**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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
16:0.....g	0.102		5		1		0.230	0.154	0.083
17:0.....g									
18:0.....g	0.005		5		1		0.011	0.007	0.004
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.032		0	NC	4		0.072	0.048	0.026
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.010		5		1		0.022	0.015	0.008
17:1.....g									
18:1 undifferentiated.....g	0.022		5		1		0.050	0.033	0.018
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.073		0	NC	4		0.164	0.109	0.059
18:2 undifferentiated.....g	0.046		5		1		0.103	0.069	0.037
18:3 undifferentiated.....g	0.027		5		1		0.061	0.041	0.022
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
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	Z	7		0	0	0
Phytosterols.....mg	16		0		1		36	24	13
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.009		0	A	1		0.020	0.013	0.007
Threonine.....g	0.028		0	A	1		0.063	0.042	0.023
Isoleucine.....g	0.028		0	A	1		0.063	0.042	0.023
Leucine.....g	0.068		0	A	1		0.153	0.102	0.055
Lysine.....g	0.050		0	A	1		0.112	0.074	0.040
Methionine.....g	0.008		0	A	1		0.018	0.012	0.007
Cystine.....g	0.009		0	A	1		0.021	0.014	0.008
Phenylalanine.....g	0.049		0	A	1		0.111	0.074	0.040
Tyrosine.....g	0.009		0	A	1		0.020	0.013	0.007
Valine.....g	0.047		0	A	1		0.106	0.070	0.038
Arginine.....g	0.049		0	A	1		0.111	0.074	0.040
Histidine.....g	0.077		0	A	1		0.174	0.116	0.063
Alanine.....g	0.040		0	A	1		0.090	0.060	0.032
Aspartic acid.....g	0.124		0	A	1		0.279	0.186	0.100
Glutamic acid.....g	0.152		0	A	1		0.343	0.229	0.123
Glycine.....g	0.038		0	A	1		0.084	0.056	0.030
Proline.....g	0.028		0	A	1		0.063	0.042	0.023
Serine.....g	0.040		0	A	1		0.090	0.060	0.032
Hydroxyproline.....g									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
<b><u>Carotenoids:</u></b>									
Carotene, beta.....mcg	26	2.167	10	A	1		58.575	39.050	21.087
Carotene, alpha.....mcg	25	4.438	8	A	1		56.109	37.406	20.199
Cryptoxanthin, beta.....mcg	0	0.000	6	A	1		0.000	0.000	0.000
Lycopene.....mcg	0	0.000	6	A	1		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	22	2.520	6	A	1		48.750	32.500	17.550

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

**NDB No. 09040**

**Bananas, raw**

**Common Measures:**

Measure 1 = 225g: 1 cup, mashed

Measure 2 = 150g: 1 cup, sliced

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

**Calories Factors: Protein** 3.36

**Fat** 8.37

**Carbohydrate** 3.6

**Food Group:** 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)





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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
Fatty acids, total monounsaturated.....g	0.014		0		4		0.036		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.013		0		4		0.033		
20:1.....g	0.001		0		4		0.003		
22:1 undifferentiated.....g	0.000		0		4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.080		0		4		0.205		
18:2 undifferentiated.....g	0.053		0		4		0.136		
18:3 undifferentiated.....g	0.027		0		4		0.069		
18:4.....g	0.000		0		4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000		
20:5 n-3.....g	0.000		0		4		0.000		
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	Z	7		0		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<b>Carotenoids:</b>									
Carotene, beta.....mcg	131		0	BNA	4		336.384		
Carotene, alpha.....mcg	0		0	BNA	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BNA	4		0.000		
Lycopene.....mcg	0		0	BFYN	4		0.000		
Lutein + zeaxanthin.....mcg	79		0	BFYN	4		201.536		

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

#### Common Measures:

Measure 1 = 256g: 1 cup

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.75

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



**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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	0.041		0		4		0.062	0.209	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.038		0		4		0.057	0.194	
20:1.....g	0.003		0		4		0.005	0.015	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.245		0		4		0.370	1.250	
18:2 undifferentiated.....g	0.163		0		4		0.246	0.831	
18:3 undifferentiated.....g	0.082		0		4		0.124	0.418	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
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	Z	7		0	0	
Phytosterols.....mg									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<b><u>Carotenoids:</u></b>									
Carotene, beta.....mcg	68		0	BNA	4		103.284	348.840	
Carotene, alpha.....mcg	0		0	BNA	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BNA	4		0.000	0.000	
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	118		0	BFZN	4		177.425	599.250	

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

**Common Measures:**

Measure 1 = 151g: 1 cup, unthawed

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

**Calories Factors: Protein** 3.36

**Fat** 8.37

**Carbohydrate** 3.6

**Food Group:** 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

*Rubus* spp.

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	88.15	0.776	5	A	1		126.93		
Energy.....kcal	43		0	NC	4		62		
Energy.....kj	181		0	NC	4		261		
Protein (N x 6.25).....g	1.39	0.059	5	A	1		2.00		
Total lipid (fat).....g	0.49	0.041	5	A	1		0.70		
Ash.....g	0.37	0.021	5	A	1		0.53		
Carbohydrate, by difference.....g	9.61		0	NC	4		13.84		
Fiber, total dietary.....g	5.3	1.131	4	A	1		7.6		
Sugars, total.....g	4.88	0.685	4	A	1		7.03		
Sucrose.....g	0.07	0.000	4	A	1		0.10		
Glucose (dextrose).....g	2.31	0.296	4	A	1		3.33		
Fructose.....g	2.40	0.369	4	A	1		3.46		
Lactose.....g	0.00	0.000	4	A	1		0.00		
Maltose.....g	0.07	0.000	4	A	1		0.10		
Galactose.....g	0.03	0.027	4	A	1		0.04		
Starch.....g	0.00		2	A	1		0.00		
<b>Minerals:</b>									
Calcium, Ca.....mg	29	6.736	5	A	1		41		
Iron, Fe.....mg	0.62	0.080	5	A	1		0.90		
Magnesium, Mg.....mg	20	1.259	4	A	1		29		
Phosphorus, P.....mg	22	0.785	4	A	1		32		
Potassium, K.....mg	162		2	A	1		233		
Sodium, Na.....mg	1		2	A	1		1		
Zinc, Zn.....mg	0.53	0.036	3	A	1		0.76		
Copper, Cu.....mg	0.165	0.030	5	A	1		0.238		
Manganese, Mn.....mg	0.646	0.230	5	A	1		0.930		
Selenium, Se.....mcg	0.4		2	A	1		0.5		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	21.0		0		1		30.2		
Thiamin.....mg	0.020	0.000	5	A	1		0.029		
Riboflavin.....mg	0.026	0.000	5	A	1		0.038		
Niacin.....mg	0.646	0.028	4	A	1		0.930		
Pantothenic acid.....mg	0.276	0.025	5	A	1		0.398		
Vitamin B-6.....mg	0.030	0.001	5	A	1		0.044		
Folate, total.....mcg	25	2.011	5	A	1		36		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	25	2.011	5	A	1		36		
Folate, DFE.....mcg_DFE	25		0	NC	4		36		
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin A, IU.....IU	214	39.416	4	A	1		308		
Vitamin A, RAE.....mcg_RAE	11	1.971	4	A	1		15		
Retinol.....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg	1.17	0.053	5	A	1		1.68		
Tocopherol, beta.....mg	0.04	0.004	5	A	1		0.05		
Tocopherol, gamma.....mg	1.34	0.105	5	A	1		1.92		
Tocopherol, delta.....mg	0.90	0.109	5	A	1		1.29		
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	19.8	2.080	5	A	1		28.5		
<b>Lipids:</b>									

**NDB No. 09042**  
**Blackberries, raw**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0.....g	0.012		0	BFFN	4		0.017		
17:0.....g									
18:0.....g	0.003		0	BFFN	4		0.004		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.047		0	NC	4		0.068		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFFN	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.044		0	BFFN	4		0.063		
20:1.....g	0.004		0	BFFN	4		0.005		
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.280		0	NC	4		0.404		
18:2 undifferentiated.....g	0.186		0	BFFN	4		0.268		
18:3 undifferentiated.....g	0.094		0	BFFN	4		0.135		
18:4.....g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFFN	4		0.000		
20:5 n-3.....g	0.000		0	BFFN	4		0.000		
22:5 n-3.....g	0.000		0	BFFN	4		0.000		
22:6 n-3.....g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<b><u>Carotenoids:</u></b>									
Carotene, beta.....mcg	128	23.650	4	A	1		184.680		
Carotene, alpha.....mcg	0	0.000	4	A	1		0.000		
Cryptoxanthin, beta.....mcg	0	0.000	4	A	1		0.000		
Lycopene.....mcg	0	0.000	4	A	1		0.000		
Lutein + zeaxanthin.....mcg	118	11.269	4	A	1		169.200		

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

**Common Measures:**

Measure 1 = 144g: 1 cup

**Calories Factors: Protein** 3.36

**Fat** 8.37

**Carbohydrate** 3.6

**Food Group:** 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Refuse: 0%**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
<b>Proximates:</b>									
Water.....g	90.90		0	T	4				
Energy.....kcal	38		0	NC	4				
Energy.....kj	158		0	NC	4				
Protein.....g	0.30		0	T	4				
Total lipid (fat).....g	0.60		0	T	4				
Ash.....g	0.40		0	T	4				
Carbohydrate, by difference.....g	7.80		0	NC	4				
Fiber, total dietary.....g	0.1		0	O	4				
Sugars, total.....g	7.70		0	O	4				
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	12		0	T	4				
Iron, Fe.....mg	0.48		0	BFSY	4				
Magnesium, Mg.....mg	21		0	T	4				
Phosphorus, P.....mg	12		0	T	4				
Potassium, K.....mg	135		0	BFSY	4				
Sodium, Na.....mg	1		0	T	4				
Zinc, Zn.....mg	0.41		0	BFSY	4				
Copper, Cu.....mg	0.114		0	BFSY	4				
Manganese, Mn.....mg									
Selenium, Se.....mcg	0.3		0	BFSN	4				
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	11.3		0	BFSY	4				
Thiamin.....mg	0.012		0	BFSY	4				
Riboflavin.....mg	0.018		0	BFSY	4				
Niacin.....mg	0.446		0	BFSY	4				
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.021		0	BFSY	4				
Folate, total.....mcg	10		0	BFSY	4				
Folic acid.....mcg	0		0	Z	7				
Folate, food.....mcg	10		0	BFSY	4				
Folate, DFE.....mcg_DFE	10		0	NC	4				
Vitamin B-12.....mcg	0.00		0	Z	7				
Vitamin A, IU.....IU	123		0	BFSY	4				
Vitamin A, RAE.....mcg_RAE	8		0	BFSN	4				
Retinol.....mcg	0		0	Z	7				
Vitamin E (alpha-tocopherol).....mg	0.90		0	BFSN	4				
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	15.2		0	BFSN	4				
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.018		0	BFFN	4				
4:0.....g	0.000		0	BFFN	4				
6:0.....g	0.000		0	BFFN	4				
8:0.....g	0.000		0	BFFN	4				
10:0.....g	0.000		0	BFFN	4				
12:0.....g	0.000		0	BFFN	4				
13:0.....g									
14:0.....g	0.000		0	BFFN	4				
15:0.....g									
16:0.....g	0.014		0	BFFN	4				
17:0.....g									
18:0.....g	0.003		0	BFFN	4				
20:0.....g									
22:0.....g									
24:0.....g									

**NDB No. 09043**  
**Blackberry juice, canned**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	0.058		0	BFFN	4				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFFN	4				
17:1.....g									
18:1 undifferentiated.....g	0.054		0	BFFN	4				
20:1.....g	0.004		0	BFFN	4				
22:1 undifferentiated.....g	0.000		0	BFFN	4				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.344		0	BFFN	4				
18:2 undifferentiated.....g	0.229		0	BFFN	4				
18:3 undifferentiated.....g	0.115		0	BFFN	4				
18:4.....g	0.000		0	BFFN	4				
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFFN	4				
20:5 n-3.....g	0.000		0	BFFN	4				
22:5 n-3.....g	0.000		0	BFFN	4				
22:6 n-3.....g	0.000		0	BFFN	4				
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7				
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7				
Caffeine.....mg	0		0	Z	7				
Theobromine.....mg	0		0	Z	7				
<b>Carotenoids:</b>									
Carotene, beta.....mcg	74		0	BFSY	4				
Carotene, alpha.....mcg	0		0	BFSY	4				
Cryptoxanthin, beta.....mcg	0		0	BFSY	4				
Lycopene.....mcg	0		0	BFSY	4				
Lutein + zeaxanthin.....mcg	68		0	BFSY	4				

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

**Common Measures:**

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)





NDB No. 09052

Blueberries, canned, heavy syrup, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	0.047		0		4		0.120		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		4		0.003		
17:1.....g									
18:1 undifferentiated.....g	0.045		0		4		0.115		
20:1.....g	0.000		0		4		0.000		
22:1 undifferentiated.....g	0.000		0		4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.144		0		4		0.369		
18:2 undifferentiated.....g	0.086		0		4		0.220		
18:3 undifferentiated.....g	0.058		0		4		0.148		
18:4.....g	0.000		0		4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000		
20:5 n-3.....g	0.000		0		4		0.000		
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	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
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									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<b>Carotenoids:</b>									
Carotene, beta.....mcg	22		0	BFYN	4		55.621		
Carotene, alpha.....mcg	0		0	BFYN	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BFYN	4		0.000		
Lycopene.....mcg	0		0	BFYN	4		0.000		
Lutein + zeaxanthin.....mcg	53		0	BFYN	4		136.644		

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

**Common Measures:**

Measure 1 = 256g: 1 cup

**NDB No. 09052**

**Blueberries, canned, heavy syrup, solids and liquids**

**Calories Factors: Protein** 3.36

**Fat** 8.37

**Carbohydrate** 3.75

**Food Group:** 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Refuse: 0%**

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	77.40	0.322	3		1		178.02	219.82	
Energy.....kcal	81		0	NC	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	NC	4		50.49	62.34	
Fiber, total dietary.....g	2.2		0	FLA	4		5.1	6.3	
Sugars, total.....g	19.72		0	O	4		45.36	56.00	
Starch.....g									
<b>Minerals:</b>									
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	0.2		0	FLA	4		0.4	0.5	
<b>Vitamins:</b>									
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	Z	7		0	0	
Folate, food.....mcg	7		0		1		15	19	
Folate, DFE.....mcg_DFE	7		0	NC	4		15	19	
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	49		0	FLA	4		113	140	
Vitamin A, RAE.....mcg_RAE	2		0	NC	4		6	7	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	0.52		0	FLA	4		1.19	1.47	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	17.7		0	FLA	4		40.6	50.1	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.011		0		4		0.025	0.031	
4:0.....g	0.000		0		4		0.000	0.000	
6:0.....g	0.000		0		4		0.000	0.000	
8:0.....g	0.000		0		4		0.000	0.000	
10:0.....g	0.000		0		4		0.000	0.000	
12:0.....g	0.000		0		4		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0		4		0.000	0.000	
15:0.....g									
16:0.....g	0.006		0		4		0.014	0.017	
17:0.....g									
18:0.....g	0.002		0		4		0.005	0.006	
20:0.....g									
22:0.....g									
24:0.....g									

**NDB No. 09055**  
**Blueberries, frozen, sweetened**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	0.018		0		4		0.041	0.051	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.018		0		4		0.041	0.051	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.057		0		4		0.131	0.162	
18:2 undifferentiated.....g	0.034		0		4		0.078	0.097	
18:3 undifferentiated.....g	0.023		0		4		0.053	0.065	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
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	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
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									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<b>Carotenoids:</b>									
Carotene, beta.....mcg	30		0	FLA	4		68.069	84.050	
Carotene, alpha.....mcg	0		0	FLA	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.000	0.000	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	73		0	FLA	4		167.224	206.486	

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

**Common Measures:**

Measure 1 = 230g: 1 cup, thawed

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

NDB No. 09055  
Blueberries, frozen, sweetened

Calories Factors: Protein 3.36      Fat 8.37      Carbohydrate 3.75      Food Group: 09 Fruits and Fruit Juices  
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**NDB No. 09054**  
**Blueberries, frozen, unsweetened**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
24:0.....g									
Fatty acids, total monounsaturated.....g	0.091		0		4		0.141	0.516	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0		4		0.003	0.011	
17:1.....g									
18:1 undifferentiated.....g	0.087		0		4		0.135	0.493	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.279		0		4		0.432	1.582	
18:2 undifferentiated.....g	0.167		0		4		0.259	0.947	
18:3 undifferentiated.....g	0.112		0		4		0.174	0.635	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
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	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
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									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<b>Carotenoids:</b>									
Carotene, beta.....mcg	28		0	BFSN	4		42.677	156.114	
Carotene, alpha.....mcg	0		0	BFSN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000	0.000	
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	68		0	BFSN	4		104.844	383.525	

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

**Common Measures:**

Measure 1 = 155g: 1 cup, unthawed



**NDB No. 09054**  
**Blueberries, frozen, unsweetened**

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

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

**Food Group:** 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

*Vaccinium* spp.

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	84.21	0.672	12	A	1		122.10	338.51	57.26
Energy.....kcal	57		0	NC	4		83	231	39
Energy.....kj	240		0	NC	4		348	966	163
Protein (N x 6.25).....g	0.74	0.019	12	A	1		1.07	2.96	0.50
Total lipid (fat).....g	0.33	0.018	12	A	1		0.48	1.34	0.23
Ash.....g	0.24	0.005	12	A	1		0.34	0.95	0.16
Carbohydrate, by difference.....g	14.49		0	NC	4		21.01	58.24	9.85
Fiber, total dietary.....g	2.4	0.124	4	A	1		3.5	9.8	1.7
Sugars, total.....g	9.96	0.550	8	A	1		14.44	40.03	6.77
Sucrose.....g	0.11	0.000	8	A	1		0.16	0.44	0.07
Glucose (dextrose).....g	4.88	0.275	8	A	1		7.08	19.63	3.32
Fructose.....g	4.97	0.276	8	A	1		7.20	19.96	3.38
Lactose.....g	0.00	0.000	8	A	1		0.00	0.00	0.00
Maltose.....g	0.00	0.000	8	A	1		0.00	0.00	0.00
Galactose.....g	0.00	0.000	8	A	1		0.00	0.00	0.00
Starch.....g	0.03	0.027	4	A	1		0.04	0.11	0.02
<b>Minerals:</b>									
Calcium, Ca.....mg	6	0.785	12	A	1		9	26	4
Iron, Fe.....mg	0.28	0.011	12	A	1		0.40	1.12	0.19
Magnesium, Mg.....mg	6	0.197	12	A	1		8	23	4
Phosphorus, P.....mg	12	0.508	12	A	1		17	48	8
Potassium, K.....mg	77	5.450	6	A	1		112	311	53
Sodium, Na.....mg	1	0.353	6	A	1		1	3	0
Zinc, Zn.....mg	0.16	0.017	12	A	1		0.23	0.63	0.11
Copper, Cu.....mg	0.057	0.014	12	A	1		0.083	0.229	0.039
Manganese, Mn.....mg	0.336		8	A	1		0.487	1.350	0.228
Selenium, Se.....mcg	0.1		2	A	1		0.2	0.5	0.1
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	9.7		4	A	1		14.1	39.0	6.6
Thiamin.....mg	0.037	0.006	12	A	1		0.054	0.150	0.025
Riboflavin.....mg	0.041	0.000	12	A	1		0.060	0.166	0.028
Niacin.....mg	0.418	0.089	12	A	1		0.607	1.682	0.284
Pantothenic acid.....mg	0.124	0.008	12	A	1		0.180	0.500	0.085
Vitamin B-6.....mg	0.052	0.000	12	A	1		0.076	0.210	0.036
Folate, total.....mcg	6	0.123	12	A	1		9	25	4
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	6	0.123	12	A	1		9	25	4
Folate, DFE.....mcg_DFE	6		0	NC	4		9	25	4
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, IU.....IU	54		0	AS	1		78	217	37
Vitamin A, RAE.....mcg_RAE	3		0	AS	1		4	11	2
Retinol.....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.57	0.097	4	A	1		0.82	2.28	0.39
Tocopherol, beta.....mg	0.01	0.000	4	A	1		0.02	0.06	0.01
Tocopherol, gamma.....mg	0.36	0.048	4	A	1		0.52	1.45	0.24
Tocopherol, delta.....mg	0.03	0.009	4	A	1		0.04	0.12	0.02
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	19.3	1.546	8	A	1		28.1	77.8	13.2
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.028		0	BFFN	4		0.041	0.114	0.019
4:0.....g	0.000		0	BFFN	4		0.000	0.000	0.000
6:0.....g	0.000		0	BFFN	4		0.000	0.000	0.00

**NDB No. 09050**  
**Blueberries, raw**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
16:0.....g	0.017		0	BFFN	4		0.024	0.067	0.011
17:0.....g									
18:0.....g	0.005		0	BFFN	4		0.007	0.020	0.003
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.047		0	BFFN	4		0.068	0.187	0.032
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0	BFFN	4		0.002	0.007	0.001
17:1.....g									
18:1 undifferentiated.....g	0.047		0	BFFN	4		0.068	0.187	0.032
20:1.....g	0.000		0	BFFN	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.146		0	BFFN	4		0.212	0.589	0.100
18:2 undifferentiated.....g	0.088		0	BFFN	4		0.128	0.355	0.060
18:3 undifferentiated.....g	0.058		0	BFFN	4		0.084	0.234	0.040
18:4.....g	0.000		0	BFFN	4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.003		0	DA	1		0.005	0.013	0.002
Threonine.....g	0.020		0	DA	1		0.029	0.080	0.013
Isoleucine.....g	0.023		0	DA	1		0.034	0.093	0.016
Leucine.....g	0.044		0	DA	1		0.064	0.177	0.030
Lysine.....g	0.013		0	DA	1		0.019	0.053	0.009
Methionine.....g	0.012		0	DA	1		0.018	0.049	0.008
Cystine.....g	0.008		0	DA	1		0.011	0.031	0.005
Phenylalanine.....g	0.026		0	DA	1		0.038	0.106	0.018
Tyrosine.....g	0.009		0	DA	1		0.013	0.035	0.006
Valine.....g	0.031		0	DA	1		0.045	0.124	0.021
Arginine.....g	0.037		0	DA	1		0.054	0.150	0.025
Histidine.....g	0.011		0	DA	1		0.016	0.044	0.007
Alanine.....g	0.031		0	DA	1		0.045	0.124	0.021
Aspartic acid.....g	0.057		0	DA	1		0.083	0.230	0.039
Glutamic acid.....g	0.091		0	DA	1		0.132	0.367	0.062
Glycine.....g	0.031		0	DA	1		0.045	0.124	0.021
Proline.....g	0.028		0	DA	1		0.040	0.111	0.019
Serine.....g	0.022		0	DA	1		0.032	0.088	0.015
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	32	3.292	16	A	1		47.021	130.362	22.051
Carotene, alpha.....mcg	0	0.000	12	A	1		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0	0.000	12	A	1		0.000	0.000	0.000
Lycopene.....mcg	0	0.000	6	A	1		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	80	5.650	6	A	1		115.517	320.260	54.173

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

**NDB No. 09050**

**Blueberries, raw**

**Common Measures:**

Measure 1 = 145g: 1 cup

Measure 2 = 402g: 1 pint as purchased, yields

Measure 3 = 68g: 50 berries

**Calories Factors: Protein** 3.36

**Fat** 8.37

**Carbohydrate** 3.6

**Food Group:** 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



**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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Fatty acids, total monounsaturated.....g	0.012		0		4		0.031		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.011		0		4		0.028		
20:1.....g	0.001		0		4		0.003		
22:1 undifferentiated.....g	0.000		0		4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.068		0		4		0.174		
18:2 undifferentiated.....g	0.045		0		4		0.115		
18:3 undifferentiated.....g	0.023		0		4		0.059		
18:4.....g	0.000		0		4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000		
20:5 n-3.....g	0.000		0		4		0.000		
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	z	7		0		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg									
Theobromine.....mg									

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

**Common Measures:**

Measure 1 = 256g: 1 cup

**Calories Factors: Protein 3.36**

**Fat 8.37**

**Carbohydrate 3.75**

**Food Group: 09 Fruits and Fruit Juices**

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**NDB No. 09057**  
**Boysenberries, frozen, unsweetened**

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	85.90	0.274	3		1		113.39	243.96	
Energy.....kcal	50		0	NC	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	NC	4		16.09	34.62	
Fiber, total dietary.....g	5.3		0	BFZN	4		7.0	15.1	
Sugars, total.....g	6.89		0	O	4		9.09	19.57	
Starch.....g									
<b>Minerals:</b>									
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	0.2		0	BFZN	4		0.3	0.6	
<b>Vitamins:</b>									
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	Z	7		0	0	
Folate, food.....mcg	63	4.063	3		1		84	180	
Folate, DFE.....mcg_DFE	63		0	NC	4		84	180	
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	67	8.110	3		1		88	190	
Vitamin A, RAE.....mcg_RAE	3	0.406	3		1		4	10	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	0.87		0	BFZN	4		1.15	2.48	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	7.8		0	BFZN	4		10.3	22.2	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.009		0		4		0.012	0.026	
4:0.....g	0.000		0		4		0.000	0.000	
6:0.....g	0.000		0		4		0.000	0.000	
8:0.....g	0.000		0		4		0.000	0.000	
10:0.....g	0.000		0		4		0.000	0.000	
12:0.....g	0.000		0		4		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0		4		0.000	0.000	
15:0.....g									
16:0.....g	0.006		0		4		0.008	0.017	
17:0.....g									
18:0.....g	0.001		0		4		0.001	0.003	
20:0.....g									
22:0.....g									
24:0.....g									

**NDB No. 09057**  
**Boysenberries, frozen, unsweetened**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.025		0		4		0.033	0.071	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.023		0		4		0.030	0.065	
20:1.....g	0.002		0		4		0.003	0.006	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.148		0		4		0.195	0.420	
18:2 undifferentiated.....g	0.098		0		4		0.129	0.278	
18:3 undifferentiated.....g	0.050		0		4		0.066	0.142	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
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	Z	7		0	0	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<b>Carotenoids:</b>									
Carotene, beta.....mcg	40		0	BNA	4		53.064	114.168	
Carotene, alpha.....mcg	0		0	BNA	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BNA	4		0.000	0.000	
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	118		0	BFZN	4		155.100	333.700	

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

**Common Measures:**

Measure 1 = 132g: 1 cup, unthawed

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

**Calories Factors: Protein** 3.36

**Fat** 8.37

**Carbohydrate** 3.6

**Food Group:** 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)





**NDB No. 09059**  
**Breadfruit, raw**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.034		0		4		0.075	0.033	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0		4		0.004	0.002	
17:1.....g									
18:1 undifferentiated.....g	0.032		0		4		0.070	0.031	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.066		0		4		0.145	0.063	
18:2 undifferentiated.....g	0.048		0		4		0.106	0.046	
18:3 undifferentiated.....g	0.018		0		4		0.040	0.017	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
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	Z	7		0	0	
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
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									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<b><u>Carotenoids:</u></b>									
Carotene, beta.....mcg	0		2	A	1		0.000	0.000	
Carotene, alpha.....mcg	0		2	A	1		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		2	A	1		0.000	0.000	
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	22		0	BFZN	4		47.667	20.800	

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

**Common Measures:**

Measure 1 = 220g: 1 cup

Measure 2 = 96g: .25 fruit, small

NDB No. 09059  
Breadfruit, raw

Calories Factors: Protein 3.36      Fat 8.37      Carbohydrate 3.6      Food Group: 09 Fruits and Fruit Juices  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)



**NDB No. 09426**  
**Candied fruit**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	0.008		0	RA	4				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	RA	4				
17:1.....g									
18:1 undifferentiated.....g	0.008		0	RA	4				
20:1.....g	0.000		0	RA	4				
22:1 undifferentiated.....g	0.000		0	RA	4				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.020		0	RA	4				
18:2 undifferentiated.....g	0.013		0	RA	4				
18:3 undifferentiated.....g	0.008		0	RA	4				
18:4.....g	0.000		0	RA	4				
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RA	4				
20:5 n-3.....g	0.000		0	RA	4				
22:5 n-3.....g	0.000		0	RA	4				
22:6 n-3.....g	0.000		0	RA	4				
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	RA	4				
Phytosterols.....mg									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0	Z	7				
Caffeine.....mg	0		0	Z	7				
Theobromine.....mg	0		0	Z	7				
<b><u>Carotenoids:</u></b>									
Carotene, beta.....mcg	9		0	RA	4				
Carotene, alpha.....mcg	0		0	RA	4				
Cryptoxanthin, beta.....mcg	5		0	RA	4				
Lycopene.....mcg	0		0	RA	4				
Lutein + zeaxanthin.....mcg	11		0	RA	4				

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

**Common Measures:**

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Refuse:** 3% Seeds and stem end

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	91.38	0.682	4	A	1		120.62	98.69	113.31
Energy.....kcal	31		0	NC	4		40	33	38
Energy.....kj	128		0	NC	4		168	138	158
Protein (N x 6.25).....g	1.04	0.123	4	A	1		1.37	1.12	1.29
Total lipid (fat).....g	0.33	0.133	4	A	1		0.44	0.36	0.41
Ash.....g	0.52	0.062	4	A	1		0.69	0.56	0.65
Carbohydrate, by difference.....g	6.73		0	NC	4		8.89	7.27	8.35
Fiber, total dietary.....g	2.8	0.307	4	A	1		3.6	3.0	3.4
Sugars, total.....g	3.98		0	O	4		5.25	4.29	4.93
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	3	0.307	5	A	1		5	4	4
Iron, Fe.....mg	0.08	0.013	4	A	1		0.10	0.08	0.09
Magnesium, Mg.....mg	10	0.378	5	A	1		13	10	12
Phosphorus, P.....mg	12	0.841	4	A	1		15	13	14
Potassium, K.....mg	133	8.411	5	A	1		175	143	164
Sodium, Na.....mg	2	0.363	5	A	1		2	2	2
Zinc, Zn.....mg	0.12	0.066	5	A	1		0.16	0.13	0.15
Copper, Cu.....mg	0.137	0.033	5	A	1		0.181	0.148	0.170
Manganese, Mn.....mg	0.037	0.002	5	A	1		0.049	0.040	0.046
Selenium, Se.....mcg	0.6		0	CAZN	4		0.8	0.6	0.7
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	34.4	6.122	4	A	1		45.4	37.1	42.6
Thiamin.....mg	0.014	0.004	4	A	1		0.019	0.015	0.018
Riboflavin.....mg	0.016	0.003	4	A	1		0.021	0.017	0.020
Niacin.....mg	0.367	0.078	4	A	1		0.484	0.396	0.454
Pantothenic acid.....mg	0.391	0.040	4	A	1		0.516	0.422	0.485
Vitamin B-6.....mg	0.017	0.006	4	A	1		0.022	0.018	0.020
Folate, total.....mcg	12	2.624	4	A	1		15	12	14
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	12	2.624	4	A	1		15	12	14
Folate, DFE.....mcg_DFE	12		0	NC	4		15	12	14
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, IU.....IU	61	19.812	4	A	1		81	66	76
Vitamin A, RAE.....mcg_RAE	3	0.991	4	A	1		4	3	4
Retinol.....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.15		0	BFZN	4		0.20	0.16	0.19
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	BFZN	4		0.0	0.0	0.0
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.019		0	NC	4		0.025	0.021	0.024
4:0.....g	0.000		0		4		0.000	0.000	0.000
6:0.....g	0.000		0		4		0.000	0.000	0.000
8:0.....g	0.000		0		4		0.000	0.000	0.000
10:0.....g	0.000		0		4		0.000	0.000	0.000
12:0.....g	0.000		0		4		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		0		4		0.000	0.000	0.000
15:0.....g									
16:0.....g	0.011		0		4		0.015	0.012	0.014
17:0.....g									
18:0.....g	0.008		0		4		0.010	0.008	0.010
20:0.....g									
22:0.....g									
24:0.....g									

**NDB No. 09060**  
**Carambola, (starfruit), raw**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	measures of food		
						Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.030		0	NC	4	0.039	0.032	0.037
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.000		0		4	0.000	0.000	0.000
17:1.....g								
18:1 undifferentiated.....g	0.030		0		4	0.039	0.032	0.037
20:1.....g	0.000		0		4	0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		4	0.000	0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.184		0	NC	4	0.243	0.199	0.228
18:2 undifferentiated.....g	0.157		0		4	0.207	0.170	0.195
18:3 undifferentiated.....g	0.027		0		4	0.035	0.029	0.033
18:4.....g	0.000		0		4	0.000	0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0		4	0.000	0.000	0.000
20:5 n-3.....g	0.000		0		4	0.000	0.000	0.000
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	Z	7	0	0	0
Phytosterols.....mg								
<b>Amino Acids:</b>								
Tryptophan.....g	0.008		0	BFPN	4	0.010	0.008	0.010
Threonine.....g	0.044		0	BFPN	4	0.058	0.048	0.055
Isoleucine.....g	0.044		0	BFPN	4	0.058	0.048	0.055
Leucine.....g	0.077		0	BFPN	4	0.101	0.083	0.095
Lysine.....g	0.077		0	BFPN	4	0.101	0.083	0.095
Methionine.....g	0.021		0	BFPN	4	0.028	0.023	0.026
Cystine.....g								
Phenylalanine.....g	0.037		0	BFPN	4	0.048	0.039	0.045
Tyrosine.....g	0.044		0	BFPN	4	0.058	0.048	0.055
Valine.....g	0.050		0	BFPN	4	0.066	0.054	0.062
Arginine.....g	0.021		0	BFPN	4	0.028	0.023	0.026
Histidine.....g	0.008		0	BFPN	4	0.010	0.008	0.010
Alanine.....g	0.071		0	BFPN	4	0.094	0.077	0.088
Aspartic acid.....g	0.098		0	BFPN	4	0.129	0.106	0.122
Glutamic acid.....g	0.148		0	BFPN	4	0.195	0.160	0.183
Glycine.....g	0.050		0	BFPN	4	0.066	0.054	0.062
Proline.....g	0.050		0	BFPN	4	0.066	0.054	0.062
Serine.....g	0.083		0	BFPN	4	0.109	0.089	0.102
Hydroxyproline.....g								
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0		7	0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7	0	0	0
Theobromine.....mg	0		0	Z	7	0	0	0
<b>Carotenoids:</b>								
Carotene, beta.....mcg	25	24.500	4	A	1	32.340	26.460	30.380
Carotene, alpha.....mcg	24	8.525	4	A	1	32.241	26.379	30.287
Cryptoxanthin, beta.....mcg	0	0.000	4	A	1	0.000	0.000	0.000
Lycopene.....mcg	0		1	A	1	0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	66		1	A	1	87.120	71.280	81.840

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**Common Measures:**

Measure 1 = 132g: 1 cup, cubes

Measure 2 = 108g: 1 cup, sliced

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

NDB No. 09060  
Carambola, (starfruit), raw

Calories Factors: Protein 3.36      Fat 8.37      Carbohydrate 3.6      Food Group: 09 Fruits and Fruit Juices  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)



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

**Refuse:** 14% 7% seeds, 7% skin

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	84.17		1		1		126.26	16.83	
Energy.....kcal	62		0	NC	4		93	12	
Energy.....kj	259				4		389	52	
Protein (N x 6.25).....g	0.50		0		1		0.75	0.10	
Total lipid (fat).....g	1.30		0		1		1.95	0.26	
Ash.....g	0.40		0		1		0.60	0.08	
Carbohydrate, by difference.....g	13.63		0	NC	4		20.45	2.73	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
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									
<b>Vitamins:</b>									
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	Z	7		0.00	0.00	
Vitamin A, IU.....IU	40		0		1		60	8	
Vitamin A, RAE.....mcg_RAE	2		0		1		3	0	
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									

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

#### Common Measures:

Measure 1 = 150g: 1 cup slices

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

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

Calories Factors: Protein 3.36      Fat 8.37      Carbohydrate 3.6      Food Group: 09 Fruits and Fruit Juices  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**NDB No. 09062**  
**Cherimoya, raw**  
*Annona cherimola*

**Refuse:** 21% Seeds and skin

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	79.39	1.110	3	A	1		247.70	123.85	
Energy.....kcal	74		0	NC	4		232	116	
Energy.....kj	311		0	NC	4		972	486	
Protein (N x 6.25).....g	1.65	0.028	3	A	1		5.16	2.58	
Total lipid (fat).....g	0.62	0.023	3	A	1		1.93	0.96	
Ash.....g	0.64	0.028	3	A	1		2.00	1.00	
Carbohydrate, by difference.....g	17.70		0	NC	4		55.21	27.61	
Fiber, total dietary.....g	2.3		2	A	1		7.3	3.6	
Sugars, total.....g									
Sucrose.....g	1.30		1	A	1		4.06	2.03	
Glucose (dextrose).....g									
Fructose.....g									
Lactose.....g									
Maltose.....g									
Galactose.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	8	0.700	3	A	1		23	12	
Iron, Fe.....mg	0.30	0.083	3	A	1		0.94	0.47	
Magnesium, Mg.....mg	16	0.475	3	A	1		51	25	
Phosphorus, P.....mg	26	0.500	3	A	1		81	40	
Potassium, K.....mg	269	42.900	3	A	1		839	419	
Sodium, Na.....mg	4	0.125	3	A	1		14	7	
Zinc, Zn.....mg	0.18	0.030	3	A	1		0.56	0.28	
Copper, Cu.....mg	0.073	0.018	3	A	1		0.226	0.113	
Manganese, Mn.....mg	0.083	0.008	3	A	1		0.257	0.129	
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	11.5		2	A	1		35.8	17.9	
Thiamin.....mg	0.091	0.043	3	A	1		0.282	0.141	
Riboflavin.....mg	0.119	0.001	3	A	1		0.372	0.186	
Niacin.....mg	0.574	0.216	3	A	1		1.790	0.895	
Pantothenic acid.....mg	0.237	0.043	3	A	1		0.739	0.370	
Vitamin B-6.....mg	0.212	0.161	3	A	1		0.662	0.331	
Folate, total.....mcg	18		2	A	1		56	28	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	18		2	A	1		56	28	
Folate, DFE.....mcg_DFE	18		0	NC	4		56	28	
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	0		2	A	1		0	0	
Vitamin A, RAE.....mcg_RAE	0		2	A	1		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Carotenoids:</b>									
Carotene, beta.....mcg	0		2	A	1		0.000	0.000	

**NDB No. 09062**  
**Cherimoya, raw**

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common</u> <u>measures of food</u>		
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			
			Points						
Carotene, alpha.....mcg	0		2	A	1		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		2	A	1		0.000	0.000	
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									

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

**Common Measures:**

Measure 1 = 312g: 1 fruit without skin and seeds

Measure 2 = 156g: 1 cup, diced

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

**Food Group:** 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 09067

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

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common</u> <u>measures of food</u>		
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			
			Points						
Fatty acids, total monounsaturated.....g	0.025		0		1		0.065		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.025		0		1		0.065		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.028		0		1		0.073		
18:2 undifferentiated.....g	0.014		0		1		0.037		
18:3 undifferentiated.....g	0.014		0		1		0.037		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									

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

#### Common Measures:

Measure 1 = 261g: 1 cup

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.78

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 09066

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.026		0		1		0.067		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.026		0		1		0.067		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.029		0		1		0.074		
18:2 undifferentiated.....g	0.015		0		1		0.038		
18:3 undifferentiated.....g	0.014		0		1		0.036		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
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	Z	7		0		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<b>Carotenoids:</b>									
Carotene, beta.....mcg	428		0	BNA	4		1096.706		
Carotene, alpha.....mcg	0		0	BNA	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BNA	4		0.000		
Lycopene.....mcg	0		0	BFYN	4		0.000		
Lutein + zeaxanthin.....mcg	57		0	BFYN	4		144.934		

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

#### Common Measures:

Measure 1 = 256g: 1 cup

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.75

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)





NDB No. 09065

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

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
Fatty acids, total monounsaturated.....g	0.026		0		1		0.066		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.026		0		1		0.066		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.029		0		1		0.073		
18:2 undifferentiated.....g	0.015		0		1		0.038		
18:3 undifferentiated.....g	0.014		0		1		0.035		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									

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

#### Common Measures:

Measure 1 = 252g: 1 cup

**Calories Factors:** Protein 3.36

Fat 8.37

Carbohydrate 3.71

**Food Group:** 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	89.93	0.344	5		1		219.43		
Energy.....kcal	36		0	NC	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	NC	4		21.81		
Fiber, total dietary.....g	1.1		0		4		2.7		
Sugars, total.....g	7.60		1	A	1		18.54		
Sucrose.....g	1.00		1	A	1		2.44		
Glucose (dextrose).....g	3.90		1	A	1		9.52		
Fructose.....g	2.70		1	A	1		6.59		
Lactose.....g									
Maltose.....g									
Galactose.....g									
Starch.....g									
<b>Minerals:</b>									
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	0.0		0	BFYN	4		0.1		
<b>Vitamins:</b>									
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	Z	7		0		
Folate, food.....mcg	8	1.651	3		1		20		
Folate, DFE.....mcg_DFE	8		0	NC	4		20		
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin A, IU.....IU	754	40.696	5		1		1840		
Vitamin A, RAE.....mcg_RAE	38	2.035	5		1		92		
Retinol.....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg	0.23		0	BFZN	4		0.56		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	1.4		0	BFYN	4		3.4		
<b>Lipids:</b>									
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		

NDB No. 09064

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

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common</u>		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	<u>measures of food</u>		
							Measure 1	Measure 2	Measure 3
16:0.....g	0.016		0		1		0.039		
17:0.....g									
18:0.....g	0.005		0		1		0.012		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.027		0		1		0.066		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.027		0		1		0.066		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.030		0		1		0.073		
18:2 undifferentiated.....g	0.015		0		1		0.037		
18:3 undifferentiated.....g	0.015		0		1		0.037		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
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	Z	7		0		
Phytosterols.....mg									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<b><u>Carotenoids:</u></b>									
Carotene, beta.....mcg	452		0	BNA	4		1103.858		
Carotene, alpha.....mcg	0		0	BNA	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BNA	4		0.000		
Lycopene.....mcg	0		0	BFYN	4		0.000		
Lutein + zeaxanthin.....mcg	57		0	BFYN	4		138.141		

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

**Common Measures:**

Measure 1 = 244g: 1 cup

**Calories Factors: Protein** 3.36**Fat** 8.37**Carbohydrate** 3.6**Food Group:** 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

Cherries, sour, red, frozen, unsweetened

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	87.20	0.254	3		1		135.16	444.72	
Energy.....kcal	46		0	NC	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	NC	4		17.08	56.20	
Fiber, total dietary.....g	1.6		0		1		2.5	8.2	
Sugars, total.....g	9.02		0	O	4		13.98	46.00	
Starch.....g									
<b>Minerals:</b>									
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	0.0		0	BFSN	4		0.0	0.1	
<b>Vitamins:</b>									
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	Z	7		0	0	
Folate, food.....mcg	5	1.245	3		1		7	23	
Folate, DFE.....mcg_DFE	5		0	NC	4		7	23	
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	870	203.205	3		1		1349	4437	
Vitamin A, RAE.....mcg_RAE	44	10.160	3		1		67	222	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	0.05		0	BFSN	4		0.08	0.26	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	1.5		0	BFSN	4		2.3	7.7	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.100		0		1		0.155	0.510	
4:0.....g	0.000		0		7		0.000	0.000	
6:0.....g	0.000		0		7		0.000	0.000	
8:0.....g	0.000		0		7		0.000	0.000	
10:0.....g	0.000		0		7		0.000	0.000	
12:0.....g	0.000		0						

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.120		0		1		0.186	0.612	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.002	0.005	
17:1.....g									
18:1 undifferentiated.....g	0.119		0		1		0.184	0.607	
20:1.....g	0.000		0		7		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		7		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.132		0		1		0.205	0.673	
18:2 undifferentiated.....g	0.067		0		1		0.104	0.342	
18:3 undifferentiated.....g	0.065		0		1		0.101	0.332	
18:4.....g	0.000		0		7		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		7		0.000	0.000	
20:5 n-3.....g	0.000		0		7		0.000	0.000	
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	Z	7		0	0	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<b>Carotenoids:</b>									
Carotene, beta.....mcg	522		0	BNA	4		809.101	2662.204	
Carotene, alpha.....mcg	0		0	BNA	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BNA	4		0.000	0.000	
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	61		0	BFSN	4		94.430	310.706	

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

**Common Measures:**

Measure 1 = 155g: 1 cup, unthawed

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

**Calories Factors: Protein** 3.36

**Fat** 8.37

**Carbohydrate** 3.6

**Food Group:** 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



**NDB No. 09063**  
**Cherries, sour, red, raw**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0.....g	0.048		0		1		0.074	0.049	
17:0.....g									
18:0.....g	0.016		0		1		0.025	0.016	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.082		0		1		0.127	0.084	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.002	0.001	
17:1.....g									
18:1 undifferentiated.....g	0.081		0		1		0.126	0.083	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.090		0		1		0.140	0.093	
18:2 undifferentiated.....g	0.046		0		1		0.071	0.047	
18:3 undifferentiated.....g	0.044		0		1		0.068	0.045	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
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	Z	7		0	0	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<b>Carotenoids:</b>									
Carotene, beta.....mcg	770		0	BNA	4		1193.192	792.895	
Carotene, alpha.....mcg	0		0	BNA	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BNA	4		0.000	0.000	
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	85		0	BFZN	4		130.975	87.035	

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

**Common Measures:**

Measure 1 = 155g: 1 cup, without pits

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

**Calories Factors: Protein** 3.36

**Fat** 8.37

**Carbohydrate** 3.6

**Food Group:** 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)





NDB No. 09075

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

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common</u> <u>measures of food</u>		
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			
			Points						
Fatty acids, total monounsaturated.....g	0.040		0		1		0.104		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.040		0		1		0.104		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.045		0		1		0.117		
18:2 undifferentiated.....g	0.023		0		1		0.060		
18:3 undifferentiated.....g	0.022		0		1		0.057		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									

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

#### Common Measures:

Measure 1 = 261g: 1 cup, pitted

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.78

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

### 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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	77.61	0.079	82		1		196.35		
Energy.....kcal	83		0	NC	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	NC	4		53.81		
Fiber, total dietary.....g	1.5		0		4		3.8		
Sugars, total.....g	19.77		0	O	4		50.02		
Starch.....g									
<b>Minerals:</b>									
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	0.0		0	BFYN	4		0.1		
<b>Vitamins:</b>									
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	Z	7		0		
Folate, food.....mcg	4		0		4		11		
Folate, DFE.....mcg_DFE	4		0	NC	4		11		
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin A, IU.....IU	154	4.506	138		1		390		
Vitamin A, RAE.....mcg_RAE	8	0.225	138		1		19		
Retinol.....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg	0.23		1	A	1		0.58		
Tocopherol, beta.....mg	0.00		1	A	1		0.00		
Tocopherol, gamma.....mg	0.00		1	A	1		0.00		
Tocopherol, delta.....mg	0.00		1	A	1		0.00		
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	1.4		0	BFYN	4		3.6		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.034		0		1		0.086		
4:0.....g	0.000		0		1		0.000		
6:0.....g	0.000		0		1		0.000		
8:0.....g	0.000		0		1		0.000		
10:0.....g	0.000		0		1		0.000		
12:0.....g	0.000		0		1		0.000		
13:0.....g									
14:0.....g	0.001		0		1		0.003		

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	0.041		0		1		0.104		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.041		0		1		0.104		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.045		0		1		0.114		
18:2 undifferentiated.....g	0.023		0		1		0.058		
18:3 undifferentiated.....g	0.022		0		1		0.056		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
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	Z	7		0		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<b>Carotenoids:</b>									
Carotene, beta.....mcg	92		0	BNA	4		233.772		
Carotene, alpha.....mcg	0		0	BNA	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BNA	4		0.000		
Lycopene.....mcg	0		0	BFYN	4		0.000		
Lutein + zeaxanthin.....mcg	57		0	BFYN	4		143.236		

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

#### Common Measures:

Measure 1 = 253g: 1 cup, pitted

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.75

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 09367

Cherries, sweet, canned, heavy syrup, drained

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	0.049		0	NC	4		0.088	0.091	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000				4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.049				4		0.088	0.091	
20:1.....g	0.000				4		0.000	0.000	
22:1 undifferentiated.....g	0.000				4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.055		0	NC	4		0.098	0.101	
18:2 undifferentiated.....g	0.028				4		0.051	0.052	
18:3 undifferentiated.....g	0.026				4		0.047	0.049	
18:4.....g	0.000				4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000				4		0.000	0.000	
20:5 n-3.....g	0.000				4		0.000	0.000	
22:5 n-3.....g	0.000				4		0.000	0.000	
22:6 n-3.....g	0.000				4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0				7		0	0	
Phytosterols.....mg									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0				7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<b><u>Carotenoids:</u></b>									
Carotene, beta.....mcg	142		0	BNA	4		254.710	261.825	
Carotene, alpha.....mcg	0		0	BNA	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BNA	4		0.000	0.000	
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	57		0	BFZN	4		101.341	104.172	

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

#### Common Measures:

Measure 1 = 179g: 1 cup, pitted

Measure 2 = 184g: 1 cup, with pits, yields

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.75

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	0.005		0		1		0.013		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.005		0		1		0.013		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.006		0		1		0.015		
18:2 undifferentiated.....g	0.003		0		1		0.008		
18:3 undifferentiated.....g	0.003		0		1		0.008		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
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	Z	7		0		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<b>Carotenoids:</b>									
Carotene, beta.....mcg	75		0	BNA	4		187.500		
Carotene, alpha.....mcg	0		0	BNA	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BNA	4		0.000		
Lycopene.....mcg	0		0	BFYN	4		0.000		
Lutein + zeaxanthin.....mcg	57		0	BFYN	4		141.538		

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

#### Common Measures:

Measure 1 = 250g: 1 cup, pitted

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.7

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)





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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	0.042		0		1		0.106		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.041		0		1		0.103		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.046		0		1		0.116		
18:2 undifferentiated.....g	0.023		0		1		0.058		
18:3 undifferentiated.....g	0.023		0		1		0.058		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
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	Z	7		0		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<b>Carotenoids:</b>									
Carotene, beta.....mcg	94		0	BNA	4		237.384		
Carotene, alpha.....mcg	0		0	BNA	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BNA	4		0.000		
Lycopene.....mcg	0		0	BFYN	4		0.000		
Lutein + zeaxanthin.....mcg	57		0	BFYN	4		142.670		

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

#### Common Measures:

Measure 1 = 252g: 1 cup, pitted

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.71

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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

**Refuse: 8% Pits**

[illegible]

NDB No. 09071

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	0.034		0		1		0.084		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.034		0		1		0.084		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.038		0		1		0.094		
18:2 undifferentiated.....g	0.019		0		1		0.047		
18:3 undifferentiated.....g	0.019		0		1		0.047		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
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	Z	7		0		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<b>Carotenoids:</b>									
Carotene, beta.....mcg	96		0	BNA	4		238.080		
Carotene, alpha.....mcg	0		0	BNA	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BNA	4		0.000		
Lycopene.....mcg	0		0	BFYN	4		0.000		
Lutein + zeaxanthin.....mcg	57		0	BFYN	4		140.405		

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

#### Common Measures:

Measure 1 = 248g: 1 cup, pitted

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 09076

Cherries, sweet, frozen, sweetened

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.036		0		1		0.093	0.102	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.036		0		1		0.093	0.102	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.040		0		1		0.104	0.114	
18:2 undifferentiated.....g	0.020		0		1		0.052	0.057	
18:3 undifferentiated.....g	0.020		0		1		0.052	0.057	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
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	Z	7		0	0	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<b>Carotenoids:</b>									
Carotene, beta.....mcg	113		0	BNA	4		293.706	322.056	
Carotene, alpha.....mcg	0		0	BNA	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BNA	4		0.000	0.000	
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	85		0	BFZN	4		218.855	239.980	

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

**Common Measures:**

Measure 1 = 259g: 1 cup, thawed

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

**Calories Factors: Protein** 3.36**Fat** 8.37**Carbohydrate** 3.78**Food Group:** 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

*Prunus avium*

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	82.25	0.546	12	A	1		96.23	119.26	5.59
Energy.....kcal	63		0	NC	4		74	91	4
Energy.....kj	263		0	NC	4		308	381	18
Protein (N x 6.25).....g	1.06	0.075	8	A	1		1.24	1.54	0.07
Total lipid (fat).....g	0.20	0.017	8	A	1		0.23	0.28	0.01
Ash.....g	0.48	0.065	8	A	1		0.56	0.70	0.03
Carbohydrate, by difference.....g	16.01		0	NC	4		18.74	23.22	1.09
Fiber, total dietary.....g	2.1	0.212	8	A	1		2.4	3.0	0.1
Sugars, total.....g	12.82		0	AS	1		15.00	18.59	0.87
Sucrose.....g	0.15	0.081	10	A	1		0.17	0.22	0.01
Glucose (dextrose).....g	6.59	0.615	13	A	1		7.71	9.55	0.45
Fructose.....g	5.37	0.440	13	A	1		6.28	7.79	0.37
Lactose.....g	0.00	0.000	4	A	1		0.00	0.00	0.00
Maltose.....g	0.12	0.120	5	A	1		0.14	0.17	0.01
Galactose.....g	0.59	0.307	4	A	1		0.69	0.86	0.04
Starch.....g	0.00		2	A	1		0.00	0.00	0.00
<b>Minerals:</b>									
Calcium, Ca.....mg	13	0.101	64	A	1		15	19	1
Iron, Fe.....mg	0.36	0.005	65	A	1		0.42	0.52	0.02
Magnesium, Mg.....mg	11	0.070	65	A	1		13	16	1
Phosphorus, P.....mg	21	0.135	63	A	1		25	31	1
Potassium, K.....mg	222	1.196	65	A	1		259	321	15
Sodium, Na.....mg	0	0.015	64	A	1		1	1	0
Zinc, Zn.....mg	0.07	0.002	65	A	1		0.08	0.10	0.00
Copper, Cu.....mg	0.060	0.001	65	A	1		0.071	0.088	0.004
Manganese, Mn.....mg	0.070	0.001	65	A	1		0.082	0.101	0.005
Selenium, Se.....mcg	0.0	0.018	4	A	1		0.0	0.1	0.0
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	7.0	1.588	8	A	1		8.2	10.1	0.5
Thiamin.....mg	0.027	0.004	8	A	1		0.031	0.039	0.002
Riboflavin.....mg	0.033	0.004	8	A	1		0.039	0.048	0.002
Niacin.....mg	0.154	0.006	8	A	1		0.181	0.224	0.010
Pantothenic acid.....mg	0.199	0.017	8	A	1		0.233	0.289	0.014
Vitamin B-6.....mg	0.049	0.004	8	A	1		0.057	0.071	0.003
Folate, total.....mcg	4	0.850	4	A	1		5	6	0
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	4	0.850	4	A	1		5	6	0
Folate, DFE.....mcg_DFE	4		0	NC	4		5	6	0
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, IU.....IU	64		0	AS	1		75	93	4
Vitamin A, RAE.....mcg_RAE	3		0	AS	1		4	5	0
Retinol.....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.07	0.010	5	A	1		0.08	0.10	0.00
Tocopherol, beta.....mg	0.01	0.010	5	A	1		0.01	0.01	0.00
Tocopherol, gamma.....mg	0.04	0.035	5	A	1		0.04	0.05	0.00
Tocopherol, delta.....mg	0.00	0.000	5	A	1		0.00	0.00	0.00
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	2.1	0.600	5	A	1		2.5	3.0	0.1
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.038		0	NC	4		0.044	0.055	0.003
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g</									

**NDB No. 09070**  
**Cherries, sweet, raw**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0.....g	0.027		1		1		0.032	0.040	0.002
17:0.....g									
18:0.....g	0.009		1		1		0.011	0.014	0.001
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.047		0	NC	4		0.055	0.069	0.003
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		1		1		0.001	0.001	0.000
17:1.....g									
18:1 undifferentiated.....g	0.047		1		1		0.055	0.068	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	0.052		0	NC	4		0.061	0.076	0.004
18:2 undifferentiated.....g	0.027		1		1		0.031	0.039	0.002
18:3 undifferentiated.....g	0.026		1		1		0.030	0.037	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
22:5 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	Z	7		0	0	0
Phytosterols.....mg	12		0		1		14	17	1
Amino Acids:									
Tryptophan.....g	0.009		0	A	1		0.011	0.014	0.001
Threonine.....g	0.022		0	A	1		0.025	0.031	0.001
Isoleucine.....g	0.020		0	A	1		0.024	0.029	0.001
Leucine.....g	0.030		0	A	1		0.035	0.044	0.002
Lysine.....g	0.032		0	A	1		0.037	0.046	0.002
Methionine.....g	0.010		0	A	1		0.012	0.015	0.001
Cystine.....g	0.010		0	A	1		0.012	0.014	0.001
Phenylalanine.....g	0.024		0	A	1		0.028	0.034	0.002
Tyrosine.....g	0.014		0	A	1		0.016	0.020	0.001
Valine.....g	0.024		0	A	1		0.028	0.034	0.002
Arginine.....g	0.018		0	A	1		0.021	0.026	0.001
Histidine.....g	0.015		0	A	1		0.017	0.021	0.001
Alanine.....g	0.026		0	A	1		0.031	0.038	0.002
Aspartic acid.....g	0.569		0	A	1		0.666	0.826	0.039
Glutamic acid.....g	0.083		0	A	1		0.097	0.120	0.006
Glycine.....g	0.023		0	A	1		0.027	0.034	0.002
Proline.....g	0.039		0	A	1		0.046	0.057	0.003
Serine.....g	0.030		0	A	1		0.036	0.044	0.002
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	38	10.929	6	A	1		44.850	55.583	2.607
Carotene, alpha.....mcg	0		2	A	1		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		2	A	1		0.000	0.000	0.000
Lycopene.....mcg	0		2	A	1		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	85		2	A	1		98.865	122.525	5.746

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



**NDB No. 09070**

**Cherries, sweet, raw**

**Common Measures:**

Measure 1 = 117g: 1 cup, with pits, yields

Measure 2 = 145g: 1 cup, without pits

Measure 3 = 6.8g: 1 cherry

**Calories Factors: Protein** 3.36

**Fat** 8.37

**Carbohydrate** 3.6

**Food Group:** 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

*Malus spp.*

[illegible]

**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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
16:1 undifferentiated.....g	0.001		0		1		0.001		
17:1.....g									
18:1 undifferentiated.....g	0.011		0		1		0.012		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.088		0		1		0.097		
18:2 undifferentiated.....g	0.073		0		1		0.080		
18:3 undifferentiated.....g	0.015		0		1		0.017		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.004		0		1		0.004		
Threonine.....g	0.014		0		1		0.015		
Isoleucine.....g	0.016		0		1		0.018		
Leucine.....g	0.025		0		1		0.028		
Lysine.....g	0.025		0		1		0.028		
Methionine.....g	0.004		0		1		0.004		
Cystine.....g	0.005		0		1		0.006		
Phenylalanine.....g	0.011		0		1		0.012		
Tyrosine.....g	0.008		0		1		0.009		
Valine.....g	0.019		0		1		0.021		
Arginine.....g	0.013		0		1		0.014		
Histidine.....g	0.006		0		1		0.007		
Alanine.....g	0.014		0		1		0.015		
Aspartic acid.....g	0.070		0		1		0.077		
Glutamic acid.....g	0.042		0		1		0.046		
Glycine.....g	0.016		0		1		0.018		
Proline.....g	0.014		0		1		0.015		
Serine.....g	0.016		0		1		0.018		
Hydroxyproline.....g									

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

**Common Measures:**

Measure 1 = 110g: 1 cup slices

**Calories Factors: Protein** 3.36

**Fat** 8.37

**Carbohydrate** 3.6

**Food Group:** 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



**NDB No. 09079**  
**Cranberries, dried, sweetened**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Fatty acids, total monounsaturated.....g	0.198		0	NC	4		0.079		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0	RA	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.197		0	RA	4		0.079		
20:1.....g	0.000		0	RA	4		0.000		
22:1 undifferentiated.....g	0.000		0	RA	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.658		0	NC	4		0.263		
18:2 undifferentiated.....g	0.626		0	RA	4		0.250		
18:3 undifferentiated.....g	0.032		0	RA	4		0.013		
18:4.....g	0.000		0	RA	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RA	4		0.000		
20:5 n-3.....g	0.000		0	RA	4		0.000		
22:5 n-3.....g	0.000		0	RA	4		0.000		
22:6 n-3.....g	0.000		0	RA	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0				7		0		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0				7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<b>Carotenoids:</b>									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	RA	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	RA	4		0.000		
Lycopene.....mcg	0		0	RA	4		0.000		
Lutein + zeaxanthin.....mcg	33		0	RA	4		13.397		

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

**Common Measures:**

Measure 1 = 40g: .33 cup

**Calories Factors: Protein** 3.36

**Fat** 8.37

**Carbohydrate** 3.6

**Food Group:** 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	87.13	0.277	4	A	1		95.85	82.78	
Energy.....kcal	46		0	NC	4		51	44	
Energy.....kj	194		0	NC	4		213	184	
Protein (N x 6.25).....g	0.39	0.096	4	A	1		0.43	0.37	
Total lipid (fat).....g	0.13	0.032	4	A	1		0.14	0.12	
Ash.....g	0.15	0.029	4	A	1		0.16	0.14	
Carbohydrate, by difference.....g	12.20		0	NC	4		13.42	11.59	
Fiber, total dietary.....g	4.6	0.117	4	A	1		5.1	4.4	
Sugars, total.....g	4.04	0.255	4	A	1		4.44	3.83	
Sucrose.....g	0.13	0.023	4	A	1		0.14	0.12	
Glucose (dextrose).....g	3.28	0.194	4	A	1		3.61	3.12	
Fructose.....g	0.63	0.069	4	A	1		0.69	0.60	
Lactose.....g	0.00	0.000	4	A	1		0.00	0.00	
Maltose.....g	0.00	0.000	4	A	1		0.00	0.00	
Galactose.....g	0.00	0.000	4	A	1		0.00	0.00	
Starch.....g	0.00	0.000	4	A	1		0.00	0.00	
<b>Minerals:</b>									
Calcium, Ca.....mg	8	0.360	4	A	1		9	8	
Iron, Fe.....mg	0.25	0.048	4	A	1		0.27	0.23	
Magnesium, Mg.....mg	6	0.125	4	A	1		7	6	
Phosphorus, P.....mg	13	0.659	4	A	1		14	12	
Potassium, K.....mg	85	2.481	4	A	1		94	81	
Sodium, Na.....mg	2	0.957	4	A	1		2	2	
Zinc, Zn.....mg	0.10	0.006	4	A	1		0.11	0.09	
Copper, Cu.....mg	0.061	0.002	4	A	1		0.067	0.058	
Manganese, Mn.....mg	0.360	0.025	4	A	1		0.396	0.342	
Selenium, Se.....mcg	0.1		2	A	1		0.2	0.1	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	13.3	1.238	4	A	1		14.6	12.6	
Thiamin.....mg	0.012	0.001	4	A	1		0.013	0.011	
Riboflavin.....mg	0.020	0.004	4	A	1		0.022	0.019	
Niacin.....mg	0.101	0.003	4	A	1		0.112	0.096	
Pantothenic acid.....mg	0.295	0.030	4	A	1		0.324	0.280	
Vitamin B-6.....mg	0.057	0.013	4	A	1		0.063	0.055	
Folate, total.....mcg	1	0.000	4	A	1		1	1	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	1	0.000	4	A	1		1	1	
Folate, DFE.....mcg_DFE	1		0	NC	4		1	1	
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	60	5.000	4	A	1		66	57	
Vitamin A, RAE.....mcg_RAE	3	0.250	4	A	1		3	3	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	1.20	0.119	4	A	1		1.32	1.14	
Tocopherol, beta.....mg	0.00	0.000	4	A	1		0.00	0.00	
Tocopherol, gamma.....mg	0.04	0.003	4	A	1		0.04	0.04	
Tocopherol, delta.....mg	0.00	0.000	4	A	1		0.00	0.00	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	5.1	0.448	4	A	1		5.6	4.9	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.011		0	BFFN	4		0.012	0.010	
4:0.....g	0.000		0	BFFN	4		0.000	0.000	
6:0.....g	0.000		0	BFFN	4		0.000	0.000	
8:0.....g	0.000		0	BFFN	4		0.000	0.000	
10:0.....g	0.000		0	BFFN	4		0.000	0.000	
12:0.....g	0.000		0	BFFN	4		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0	BFFN	4		0.000	0.000	
15:0.....g									

**NDB No. 09078**  
**Cranberries, raw**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0.....g	0.006		0	BFFN	4		0.007	0.006	
17:0.....g									
18:0.....g	0.002		0	BFFN	4		0.002	0.002	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.018		0	BFFN	4		0.019	0.017	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0	BFFN	4		0.001	0.001	
17:1.....g									
18:1 undifferentiated.....g	0.018		0	BFFN	4		0.019	0.017	
20:1.....g	0.000		0	BFFN	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.055		0	BFFN	4		0.061	0.052	
18:2 undifferentiated.....g	0.033		0	BFFN	4		0.037	0.032	
18:3 undifferentiated.....g	0.022		0	BFFN	4		0.024	0.021	
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.003		0	A	1		0.003	0.003	
Threonine.....g	0.028		0	A	1		0.031	0.027	
Isoleucine.....g	0.033		0	A	1		0.037	0.032	
Leucine.....g	0.053		0	A	1		0.059	0.051	
Lysine.....g	0.039		0	A	1		0.043	0.037	
Methionine.....g	0.003		0	A	1		0.003	0.003	
Cystine.....g	0.003		0	A	1		0.003	0.003	
Phenylalanine.....g	0.036		0	A	1		0.039	0.034	
Tyrosine.....g	0.032		0	A	1		0.035	0.030	
Valine.....g	0.045		0	A	1		0.050	0.043	
Arginine.....g	0.056		0	A	1		0.062	0.054	
Histidine.....g	0.018		0	A	1		0.020	0.017	
Alanine.....g	0.049		0	A	1		0.054	0.046	
Aspartic acid.....g	0.188		0	A	1		0.206	0.178	
Glutamic acid.....g	0.146		0	A	1		0.160	0.138	
Glycine.....g	0.048		0	A	1		0.053	0.046	
Proline.....g	0.031		0	A	1		0.034	0.030	
Serine.....g	0.051		0	A	1		0.056	0.048	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<b>Carotenoids:</b>									
Carotene, beta.....mcg	36	3.000	4	A	1		39.600	34.200	
Carotene, alpha.....mcg	0	0.000	4	A	1		0.000	0.000	
Cryptoxanthin, beta.....mcg	0	0.000	4	A	1		0.000	0.000	
Lycopene.....mcg	0	0.000	4	A	1		0.000	0.000	
Lutein + zeaxanthin.....mcg	91	9.478	4	A	1		100.100	86.450	

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

**NDB No. 09078**

**Cranberries, raw**

**Common Measures:**

Measure 1 = 110g: 1 cup, chopped

Measure 2 = 95g: 1 cup, whole

**Calories Factors: Protein 3.36**

**Fat 8.37**

**Carbohydrate 3.6**

**Food Group:** 09 Fruits and Fruit Juices

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**NDB No. 43382**  
**Cranberry juice, unsweetened**

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	0.023		0	NC	4		0.059	0.007	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		4		0.002	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.022		0		4		0.057	0.007	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.070		0	NC	4		0.178	0.022	
18:2 undifferentiated.....g	0.042		0		4		0.107	0.013	
18:3 undifferentiated.....g	0.028		0		4		0.071	0.009	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
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									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<b>Carotenoids:</b>									
Carotene, beta.....mcg	27		0	BNA	4		68.310	8.532	
Carotene, alpha.....mcg	0		0	BNA	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BNA	4		0.000	0.000	
Lycopene.....mcg	0		0	BFZY	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	68		0	BFZY	4		172.673	21.567	

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

**Common Measures:**

Measure 1 = 253g: 1 cup

Measure 2 = 31.6g: 1 fl oz

**Calories Factors: Protein** 3.36

**Fat** 8.37

**Carbohydrate** 3.6

**Food Group:** 09 Fruits and Fruit Juices

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**NDB No. 09081**  
**Cranberry sauce, canned, sweetened**

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.021		0		4		0.058	0.012	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		4		0.003	0.001	
17:1.....g									
18:1 undifferentiated.....g	0.021		0		4		0.058	0.012	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.066		0		4		0.183	0.038	
18:2 undifferentiated.....g	0.040		0		4		0.111	0.023	
18:3 undifferentiated.....g	0.026		0		4		0.072	0.015	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
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	Z	7		0	0	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<b>Carotenoids:</b>									
Carotene, beta.....mcg	25		0	FLM	4		69.387	14.278	
Carotene, alpha.....mcg	0		0	FLM	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	FLM	4		0.000	0.000	
Lycopene.....mcg	0		0	FLM	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	63		0	FLM	4		175.395	36.092	

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

**Common Measures:**

Measure 1 = 277g: 1 cup

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

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

**Food Group: 09 Fruits and Fruit Juices**

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**NDB No. 09082**  
**Cranberry-orange relish, canned**

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	53.20		1		1		146.30		
Energy.....kcal	178		0	NC	4		490		
Energy.....kj	745				4		2048		
Protein (N x 6.25).....g	0.30		1		1		0.83		
Total lipid (fat).....g	0.10		1		1		0.28		
Ash.....g	0.20		1		1		0.55		
Carbohydrate, by difference.....g	46.20		0	NC	4		127.05		
Fiber, total dietary.....g	0.0		0		4		0.0		
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
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									
<b>Vitamins:</b>									
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	Z	7		0.00		
Vitamin A, IU.....IU	70		0		1		193		
Vitamin A, RAE.....mcg_RAE	4		0		1		10		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.012		0		1		0.033		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 275g: 1 cup

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

**NDB No. 09082**  
**Cranberry-orange relish, canned**

**Food Group:** 09 Fruits and Fruit Juices  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)



**NDB No. 09083**  
**Currants, european black, raw**

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
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									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 112g: 1 cup

**Calories Factors: Protein** 3.36

**Fat** 8.37

**Carbohydrate** 3.6

**Food Group:** 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)





**NDB No. 09084**  
**Currants, red and white, raw**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0.....g	0.010		1		1		0.011		
17:0.....g									
18:0.....g	0.003		1		1		0.003		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.028		0		1		0.031		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		1		1		0.001		
17:1.....g									
18:1 undifferentiated.....g	0.028		1		1		0.031		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.088		0		1		0.099		
18:2 undifferentiated.....g	0.053		1		1		0.059		
18:3 undifferentiated.....g	0.035		1		1		0.039		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
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	Z	7		0		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<b>Carotenoids:</b>									
Carotene, beta.....mcg	25		1	A	1		28.000		
Carotene, alpha.....mcg	0		1	A	1		0.000		
Cryptoxanthin, beta.....mcg	0		1	A	1		0.000		
Lycopene.....mcg	0		1	A	1		0.000		
Lutein + zeaxanthin.....mcg	47		1	A	1		52.640		

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

**Common Measures:**

Measure 1 = 112g: 1 cup

**Calories Factors: Protein** 3.36

**Fat** 8.37

**Carbohydrate** 3.6

**Food Group:** 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



**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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
Fatty acids, total monounsaturated.....g	0.047		0		1		0.068		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0		1		0.003		
17:1.....g									
18:1 undifferentiated.....g	0.045		0		1		0.065		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.180		0		1		0.259		
18:2 undifferentiated.....g	0.180		0		1		0.259		
18:3 undifferentiated.....g	0.000		0		1		0.000		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
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	Z	7		0		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<b>Carotenoids:</b>									
Carotene, beta.....mcg	43		0	BNA	4		62.210		
Carotene, alpha.....mcg	1		0	BNA	4		0.934		
Cryptoxanthin, beta.....mcg	1		0	BNA	4		0.789		
Lycopene.....mcg	0		0	BFSN	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	BFSN	4		0.000		

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

**Common Measures:**

Measure 1 = 144g: 1 cup

**Calories Factors: Protein** 3.36

**Fat** 8.37

**Carbohydrate** 3.6

**Food Group:** 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

*Annona reticulata*

[illegible]

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

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

Common Measures:

Calories Factors: Protein 3.36      Fat 8.37      Carbohydrate 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 09087

Dates, deglet noor (1 )

Phoenix dactylifera

Refuse: 10% Pits

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	20.53	0.759	13	A	1		36.55	1.70	
Energy.....kcal	282		0	NC	4		501	23	
Energy.....kj	1178		0	NC	4		2097	98	
Protein (N x 6.25).....g	2.45	0.100	13	A	1		4.36	0.20	
Total lipid (fat).....g	0.39	0.181	13	A	1		0.70	0.03	
Ash.....g	1.60	0.071	13	A	1		2.85	0.13	
Carbohydrate, by difference.....g	75.03		0	NC	4		133.55	6.23	
Fiber, total dietary.....g	8.0	0.272	13	A	1		14.2	0.7	
Sugars, total.....g	63.35	0.856	7	A	1		112.77	5.26	
Sucrose.....g	23.84	2.220	7	A	1		42.44	1.98	
Glucose (dextrose).....g	19.87	0.692	8	A	1		35.37	1.65	
Fructose.....g	19.56	0.726	8	A	1		34.81	1.62	
Lactose.....g	0.00	0.000	7	A	1		0.00	0.00	
Maltose.....g	0.12	0.022	8	A	1		0.21	0.01	
Galactose.....g	0.00	0.000	8	A	1		0.00	0.00	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	39	3.093	13	A	1		69	3	
Iron, Fe.....mg	1.02	0.020	13	A	1		1.82	0.09	
Magnesium, Mg.....mg	43	0.322	13	A	1		76	4	
Phosphorus, P.....mg	62	2.541	13	A	1		110	5	
Potassium, K.....mg	656	24.975	13	A	1		1168	54	
Sodium, Na.....mg	2	1.681	9	A	1		4	0	
Zinc, Zn.....mg	0.29	0.033	11	A	1		0.51	0.02	
Copper, Cu.....mg	0.206	0.031	13	A	1		0.367	0.017	
Manganese, Mn.....mg	0.262	0.023	13	A	1		0.466	0.022	
Selenium, Se.....mcg	3.0	0.170	8	A	1		5.3	0.2	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.4	0.165	8	A	1		0.7	0.0	
Thiamin.....mg	0.052	0.012	13	A	1		0.093	0.004	
Riboflavin.....mg	0.066	0.027	13	A	1		0.118	0.005	
Niacin.....mg	1.274	0.026	13	A	1		2.267	0.106	
Pantothenic acid.....mg	0.589	0.043	13	A	1		1.049	0.049	
Vitamin B-6.....mg	0.165	0.041	13	A	1		0.294	0.014	
Folate, total.....mcg	19	1.660	13	A	1		34	2	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	19	1.660	13	A	1		34	2	
Folate, DFE.....mcg_DFE	19		0	NC	4		34	2	
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	10	1.667	8	A	1		18	1	
Vitamin A, RAE.....mcg_RAE	0	0.083	8	A	1		1	0	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	0.05	0.014	4	A	1		0.10	0.00	
Tocopherol, beta.....mg	0.00	0.000	4	A	1		0.00	0.00	
Tocopherol, gamma.....mg	0.05	0.013	4	A	1		0.10	0.00	
Tocopherol, delta.....mg	0.00	0.000	4	A	1		0.00	0.00	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	2.7	0.166	8	A	1		4.7	0.2	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.032		0	NC	4		0.058	0.003	
4:0.....g	0.000		0	Z	7		0.000	0.000	
6:0.....g	0.000		0	Z	7		0.000	0.000	
8:0.....g	0.001		2	A	1		0.001	0.000	
10:0.....g	0.001		2	A	1		0.001	0.000	
12:0.....g	0.001		2	A	1		0.002	0.000	
13:0.....g									
14:0.....g	0.001		2	A	1		0.002	0.000	
15:0.....g	0.000		2	A	1		0.000	0.000	

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code				
16:0.....g	0.017		2	A	1		0.030	0.001	
17:0.....g	0.001		2	A	1		0.002	0.000	
18:0.....g	0.011		2	A	1		0.020	0.001	
20:0.....g	0.000		2	A	1		0.000	0.000	
22:0.....g	0.000		2	A	1		0.000	0.000	
24:0.....g									
Fatty acids, total monounsaturated.....g	0.036		0	NC	4		0.064	0.003	
14:1.....g	0.000		2	A	1		0.000	0.000	
15:1.....g	0.000		2	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.001		2	A	1		0.001	0.000	
17:1.....g	0.000		2	A	1		0.000	0.000	
18:1 undifferentiated.....g	0.035		2	A	1		0.063	0.003	
20:1.....g	0.000		2	A	1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.019		0	NC	4		0.034	0.002	
18:2 undifferentiated.....g	0.016		2	A	1		0.029	0.001	
18:3 undifferentiated.....g	0.003		2	A	1		0.004	0.000	
18:3 n-6 c,c,c.....g	0.000		2	A	1		0.000	0.000	
18:3i.....g									
18:4.....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c.....g	0.000		2	A	1		0.001	0.000	
20:3 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.000		0	Z	7		0.000	0.000	
22:5 n-3.....g	0.000		0	Z	7		0.000	0.000	
22:6 n-3.....g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.012		0	A	1		0.021	0.001	
Threonine.....g	0.043		0	A	1		0.076	0.004	
Isoleucine.....g	0.049		0	A	1		0.088	0.004	
Leucine.....g	0.084		0	A	1		0.149	0.007	
Lysine.....g	0.066		0	A	1		0.118	0.006	
Methionine.....g	0.022		0	A	1		0.039	0.002	
Cystine.....g	0.067		0	A	1		0.120	0.006	
Phenylalanine.....g	0.050		0	A	1		0.090	0.004	
Tyrosine.....g	0.015		0	A	1		0.026	0.001	
Valine.....g	0.071		0	A	1		0.126	0.006	
Arginine.....g	0.136		0	A	1		0.243	0.011	
Histidine.....g	0.032		0	A	1		0.057	0.003	
Alanine.....g	0.083		0	A	1		0.147	0.007	
Aspartic acid.....g	0.213		0	A	1		0.379	0.018	
Glutamic acid.....g	0.359		0	A	1		0.639	0.030	
Glycine.....g	0.101		0	A	1		0.179	0.008	
Proline.....g	0.130		0	A	1		0.231	0.011	
Serine.....g	0.057		0	A	1		0.102	0.005	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<b>Carotenoids:</b>									
Carotene, beta.....mcg	6	1.000	8	A	1		10.647	0.496	
Carotene, alpha.....mcg	0	0.000	8	A	1		0.000	0.000	
Cryptoxanthin, beta.....mcg	0	0.000	8	A	1		0.000	0.000	
Lycopene.....mcg	0	0.000	8	A	1		0.000	0.000	



NDB No. 09087  
Dates, deglet noor (1 )

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lutein + zeaxanthin.....mcg	75	5.096	8	A	1		133.723	6.235	

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

**Common Measures:**

Measure 1 = 178g: 1 cup, pitted, chopped

Measure 2 = 8.3g: 1 date

**Footnotes**

1 Common variety

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

**Food Group:** 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 09421  
 Dates, medjool  
*Phoenix dactylifera*

Refuse:

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	21.32		2	A	1		5.12		
Energy.....kcal	277		0	NC	4		67		
Energy.....kj	1160		0	NC	4		278		
Protein.....g	1.81		2	A	1		0.43		
Total lipid (fat).....g	0.15		2	A	1		0.04		
Ash.....g	1.74		2	A	1		0.42		
Carbohydrate, by difference.....g	74.97		0	NC	4		17.99		
Fiber, total dietary.....g	6.7		2	A	1		1.6		
Sugars, total.....g	66.47		2	A	1		15.95		
Sucrose.....g	0.53		2	A	1		0.13		
Glucose (dextrose).....g	33.68		2	A	1		8.08		
Fructose.....g	31.95		2	A	1		7.67		
Lactose.....g	0.00		2	A	1		0.00		
Maltose.....g	0.30		2	A	1		0.07		
Galactose.....g	0.00		2	A	1		0.00		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	64		2	A	1		15		
Iron, Fe.....mg	0.90		2	A	1		0.22		
Magnesium, Mg.....mg	54		2	A	1		13		
Phosphorus, P.....mg	62		2	A	1		15		
Potassium, K.....mg	696		2	A	1		167		
Sodium, Na.....mg	1		2	A	1		0		
Zinc, Zn.....mg	0.44		2	A	1		0.11		
Copper, Cu.....mg	0.362		2	A	1		0.087		
Manganese, Mn.....mg	0.296		2	A	1		0.071		
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		2	A	1		0.0		
Thiamin.....mg	0.050		2	A	1		0.012		
Riboflavin.....mg	0.060		2	A	1		0.014		
Niacin.....mg	1.610		2	A	1		0.386		
Pantothenic acid.....mg	0.805		2	A	1		0.193		
Vitamin B-6.....mg	0.249		2	A	1		0.060		
Folate, total.....mcg	15		1	A	1		4		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	15		1	A	1		4		
Folate, DFE.....mcg_DFE	15		0	NC	4		4		
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	149		2	A	1		36		
Vitamin A, RAE.....mcg_RAE	7		2	A	1		2		
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	2.7		2	A	1		0.7		
<b>Amino Acids:</b>									
Tryptophan.....g	0.007		0	A	1		0.002		
Threonine.....g	0.042		0	A	1		0.010		
Isoleucine.....g	0.045		0	A	1		0.011		
Leucine.....g	0.082		0	A	1		0.020		
Lysine.....g	0.054		0	A	1		0.013		
Methionine.....g	0.017		0	A	1		0.004		
Cystine.....g	0.046		0	A	1		0.011		
Phenylalanine.....g	0.048		0	A	1		0.011		
Tyrosine.....g	0.016		0	A	1		0.004		

NDB No. 09421  
Dates, medjool

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			
			Points						
Valine.....g	0.066		0	A	1		0.016		
Arginine.....g	0.060		0	A	1		0.014		
Histidine.....g	0.029		0	A	1		0.007		
Alanine.....g	0.078		0	A	1		0.019		
Aspartic acid.....g	0.220		0	A	1		0.053		
Glutamic acid.....g	0.265		0	A	1		0.064		
Glycine.....g	0.090		0	A	1		0.022		
Proline.....g	0.111		0	A	1		0.027		
Serine.....g	0.062		0	A	1		0.015		
Hydroxyproline.....g									
<b><u>Carotenoids:</u></b>									
Carotene, beta.....mcg	89		2	A	1		21.468		
Carotene, alpha.....mcg	0		2	A	1		0.000		
Cryptoxanthin, beta.....mcg	0		2	A	1		0.000		
Lycopene.....mcg	0		2	A	1		0.000		
Lutein + zeaxanthin.....mcg	23		2	A	1		5.604		

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

#### Common Measures:

Measure 1 = 24g: 1 date, pitted

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**NDB No. 09422**  
**Durian, raw or frozen**  
*Durio zibethinus*

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	64.99		2	A	1		157.92	391.22	
Energy.....kcal	147		0	NC	4		357	886	
Energy.....kj	615		0	NC	4		1496	3705	
Protein (N x 6.25).....g	1.47		2	A	1		3.57	8.84	
Total lipid (fat).....g	5.33		2	A	1		12.96	32.11	
Ash.....g	1.12		2	A	1		2.72	6.74	
Carbohydrate, by difference.....g	27.09		0	NC	4		65.83	163.08	
Fiber, total dietary.....g	3.8		2	A	1		9.3	23.1	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	6		2	A	1		14	34	
Iron, Fe.....mg	0.43		2	A	1		1.06	2.62	
Magnesium, Mg.....mg	30		2	A	1		72	178	
Phosphorus, P.....mg	39		2	A	1		94	232	
Potassium, K.....mg	436		2	A	1		1061	2627	
Sodium, Na.....mg	2		1	A	1		5	13	
Zinc, Zn.....mg	0.28		2	A	1		0.68	1.68	
Copper, Cu.....mg	0.207		2	A	1		0.503	1.246	
Manganese, Mn.....mg	0.325		2	A	1		0.789	1.953	
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	19.7		2	A	1		47.8	118.5	
Thiamin.....mg	0.374		2	A	1		0.908	2.248	
Riboflavin.....mg	0.200		2	A	1		0.486	1.204	
Niacin.....mg	1.074		2	A	1		2.609	6.462	
Pantothenic acid.....mg	0.230		2	A	1		0.559	1.385	
Vitamin B-6.....mg	0.316		2	A	1		0.767	1.899	
Folate, total.....mcg	36		2	A	1		88	217	
Folic acid.....mcg									
Folate, food.....mcg	36		2	A	1		88	217	
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	44		2	A	1		108	267	
Vitamin A, RAE.....mcg_RAE	2		2	A	1		5	13	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Carotenoids:</b>									
Carotene, beta.....mcg	23		2	A	1		56.914	140.997	
Carotene, alpha.....mcg	6		2	A	1		15.349	38.025	
Cryptoxanthin, beta.....mcg	0		2	A	1		0.000	0.000	
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									

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

NDB No. 09422  
Durian, raw or frozen

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

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

**Common Measures:**

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

Measure 2 = 602g: 1 fruit

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

**Food Group:** 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



**NDB No. 09088**  
**Elderberries, raw**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.080		0		1		0.116		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.080		0		4		0.116		
20:1.....g	0.000		0		4		0.000		
22:1 undifferentiated.....g	0.000		0		4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.247		0		1		0.358		
18:2 undifferentiated.....g	0.162		0		4		0.235		
18:3 undifferentiated.....g	0.085		0		4		0.123		
18:4.....g	0.000		0		4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000		
20:5 n-3.....g	0.000		0		4		0.000		
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	z	7		0		
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
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									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg									
Theobromine.....mg									

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

**Common Measures:**

Measure 1 = 145g: 1 cup

**Calories Factors: Protein** 3.36

**Fat** 8.37

**Carbohydrate** 3.6

**Food Group:** 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**NDB No. 09334**  
**Feijoa, raw**  
*Feijoa sellowiana* (O. Berg)

**Refuse: 25% Skin**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	86.60		2		1		210.44	43.30	
Energy.....kcal	49		0	NC	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	NC	4		25.83	5.32	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
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									
<b>Vitamins:</b>									
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	Z	7		0	0	
Folate, food.....mcg	38		2		1		92	19	
Folate, DFE.....mcg_DFE	38		0	NC	4		92	19	
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	0		2		1		0	0	
Vitamin A, RAE.....mcg_RAE	0		2		1		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									

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

#### Common Measures:

Measure 1 = 243g: 1 cup, pureed



**NDB No. 09334**  
**Feijoa, raw**

Measure 2 = 50g: 1 fruit without refuse

**Calories Factors:** **Protein** 3.36                      **Fat** 8.37                      **Carbohydrate** 3.6                      **Food Group:** 09 Fruits and Fruit Juices  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 09093

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

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

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

#### Common Measures:

Measure 1 = 261g: 1 cup

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.78

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

### **Figs, canned, heavy syrup pack, solids and liquids**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	76.33	0.146	18		1		197.69	21.37	
Energy.....kcal	88		0	NC	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	NC	4		59.31	6.41	
Fiber, total dietary.....g	2.2		0		4		5.7	0.6	
Sugars, total.....g	20.70		0	O	4		53.61	5.80	
Starch.....g									
<b>Minerals:</b>									
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	0.2		0	BFSN	4		0.5	0.1	
<b>Vitamins:</b>									
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	Z	7		0	0	
Folate, food.....mcg	2		0		4		5	1	
Folate, DFE.....mcg_DFE	2		0	NC	4		5	1	
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	37	3.838	18		1		96	10	
Vitamin A, RAE.....mcg_RAE	2	0.192	18		1		5	1	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	0.12		0	BFSN	4		0.31	0.03	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	5.3		0	BFSN	4		13.7	1.5	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.020		0		1		0.052	0.006	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	
12:0.....g	0.000		0		1		0.000	0	

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	0.022		0		1		0.057	0.006	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.022		0		1		0.057	0.006	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.048		0		1		0.124	0.013	
18:2 undifferentiated.....g	0.048		0		1		0.124	0.013	
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
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	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
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									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<b>Carotenoids:</b>									
Carotene, beta.....mcg	22		0	BNA	4		57.498	6.216	
Carotene, alpha.....mcg	0		0	BNA	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BNA	4		0.000	0.000	
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	11		0	BFSN	4		27.716	2.996	

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

**Common Measures:**

Measure 1 = 259g: 1 cup

Measure 2 = 28g: 1 fig with liquid

**NDB No. 09092**

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

**Calories Factors: Protein** 3.36

**Fat** 8.37

**Carbohydrate** 3.75

**Food Group:** 09 Fruits and Fruit Juices

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NDB No. 09091

Figs, canned, light syrup pack, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.022		0		1		0.055	0.006	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.022		0		1		0.055	0.006	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.048		0		1		0.121	0.013	
18:2 undifferentiated.....g	0.048		0		1		0.121	0.013	
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
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	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
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									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<b>Carotenoids:</b>									
Carotene, beta.....mcg	22		0	BNA	4		55.944	6.216	
Carotene, alpha.....mcg	0		0	BNA	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BNA	4		0.000	0.000	
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	8		0	BFSN	4		21.350	2.372	

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

**Common Measures:**

Measure 1 = 252g: 1 cup

Measure 2 = 28g: 1 fig with liquid



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

**Calories Factors:** **Protein** 3.36                      **Fat** 8.37                      **Carbohydrate** 3.71                      **Food Group:** 09 Fruits and Fruit Juices  
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**Figs, canned, water pack, solids and liquids**

**Refuse: 0%**

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
<b>Proximates:</b>									
Water.....g	85.21		0		1		211.32	23.01	
Energy.....kcal	53		0	NC	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	NC	4		34.70	3.78	
Fiber, total dietary.....g	2.2		0		4		5.5	0.6	
Sugars, total.....g	11.79		0	O	4		29.24	3.18	
Starch.....g									
<b>Minerals:</b>									
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	0.1		0	BFSN	4		0.3	0.0	
<b>Vitamins:</b>									
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	Z	7		0	0	
Folate, food.....mcg	2		0		4		5	1	
Folate, DFE.....mcg_DFE	2		0	NC	4		5	1	
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	38		0		1		94	10	
Vitamin A, RAE.....mcg_RAE	2		0		1		5	1	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	0.08		0	BFSN	4		0.19	0.02	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	3.3		0	BFSN	4		8.2	0.9	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.020		0		1		0.050	0.005	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.001		0		1		0.002	0.000	
15:0.....g									
16:0.....g	0.015		0		1		0.037	0.004	
17:0.....g									
18:0.....g	0.004		0		1		0.010	0.001	
20:0.....g									
22:0.....g									
24:0.....g									

NDB No. 09090

Figs, canned, water pack, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.022		0		1		0.055	0.006	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.022		0		1		0.055	0.006	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.048		0		1		0.119	0.013	
18:2 undifferentiated.....g	0.048		0		1		0.119	0.013	
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
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	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
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									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<b>Carotenoids:</b>									
Carotene, beta.....mcg	23		0	BNA	4		56.544	6.156	
Carotene, alpha.....mcg	0		0	BNA	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BNA	4		0.000	0.000	
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	7		0	BFSN	4		16.582	1.805	

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

**Common Measures:**

Measure 1 = 248g: 1 cup

Measure 2 = 27g: 1 fig with liquid

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

**Calories Factors:** **Protein** 3.36                      **Fat** 8.37                      **Carbohydrate** 3.6                      **Food Group:** 09 Fruits and Fruit Juices  
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**NDB No. 09095**  
**Figs, dried, stewed**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	0.068		0	NC	4		0.177		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.068		0		1		0.177		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.149		0	NC	4		0.386		
18:2 undifferentiated.....g	0.149		0		1		0.386		
18:3 undifferentiated.....g	0.000		0		1		0.000		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
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	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.009		0	BFSN	4		0.023		
Threonine.....g	0.037		0	BFSN	4		0.095		
Isoleucine.....g	0.038		0	BFSN	4		0.099		
Leucine.....g	0.055		0	BFSN	4		0.143		
Lysine.....g	0.038		0	BFSN	4		0.099		
Methionine.....g	0.015		0	BFSN	4		0.038		
Cystine.....g	0.016		0	BFSN	4		0.040		
Phenylalanine.....g	0.033		0	BFSN	4		0.084		
Tyrosine.....g	0.018		0	BFSN	4		0.046		
Valine.....g	0.053		0	BFSN	4		0.136		
Arginine.....g	0.033		0	BFSN	4		0.086		
Histidine.....g	0.016		0	BFSN	4		0.041		
Alanine.....g	0.058		0	BFSN	4		0.150		
Aspartic acid.....g	0.279		0	BFSN	4		0.722		
Glutamic acid.....g	0.127		0	BFSN	4		0.329		
Glycine.....g	0.047		0	BFSN	4		0.121		
Proline.....g	0.263		0	BFSN	4		0.682		
Serine.....g	0.055		0	BFSN	4		0.144		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<b>Carotenoids:</b>									
Carotene, beta.....mcg	3		0	BFSN	4		6.667		
Carotene, alpha.....mcg	0		0	BFSN	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000		
Lycopene.....mcg	0		0	BFSN	4		0.000		
Lutein + zeaxanthin.....mcg	14		0	BFSN	4		35.362		

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

**Common Measures:**

Measure 1 = 259g: 1 cup

NDB No. 09095  
Figs, dried, stewed

Calories Factors: Protein 3.36      Fat 8.37      Carbohydrate 3.6      Food Group: 09 Fruits and Fruit Juices  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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

**Refuse: 4% Stems**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	30.05	0.422	8	A	1		44.77	2.52	
Energy.....kcal	249		0	NC	4		371	21	
Energy.....kj	1041		0	NC	4		1551	87	
Protein (N x 6.25).....g	3.30	0.100	8	A	1		4.92	0.28	
Total lipid (fat).....g	0.93	0.029	8	A	1		1.38	0.08	
Ash.....g	1.86	0.026	8	A	1		2.77	0.16	
Carbohydrate, by difference.....g	63.87		0	NC	4		95.17	5.37	
Fiber, total dietary.....g	9.8	0.265	8	A	1		14.6	0.8	
Sugars, total.....g	47.92	0.375	8	A	1		71.41	4.03	
Sucrose.....g	0.07	0.000	8	A	1		0.11	0.01	
Glucose (dextrose).....g	24.79	0.315	8	A	1		36.93	2.08	
Fructose.....g	22.93	0.215	8	A	1		34.17	1.93	
Lactose.....g	0.00	0.000	8	A	1		0.00	0.00	
Maltose.....g	0.00	0.000	8	A	1		0.00	0.00	
Galactose.....g	0.13	0.057	8	A	1		0.19	0.01	
Starch.....g	5.07		1	A	1		7.55	0.43	
<b>Minerals:</b>									
Calcium, Ca.....mg	162	1.910	8	A	1		242	14	
Iron, Fe.....mg	2.03	0.124	8	A	1		3.02	0.17	
Magnesium, Mg.....mg	68	0.499	8	A	1		101	6	
Phosphorus, P.....mg	67	1.048	8	A	1		100	6	
Potassium, K.....mg	680	12.386	8	A	1		1014	57	
Sodium, Na.....mg	10	0.649	8	A	1		15	1	
Zinc, Zn.....mg	0.55	0.040	8	A	1		0.83	0.05	
Copper, Cu.....mg	0.287	0.010	8	A	1		0.427	0.024	
Manganese, Mn.....mg	0.510	0.035	8	A	1		0.759	0.043	
Selenium, Se.....mcg	0.6	0.108	4	A	1		0.8	0.0	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.2	0.402	8	A	1		1.7	0.1	
Thiamin.....mg	0.085	0.006	8	A	1		0.126	0.007	
Riboflavin.....mg	0.082	0.004	8	A	1		0.123	0.007	
Niacin.....mg	0.619	0.022	8	A	1		0.922	0.052	
Pantothenic acid.....mg	0.434	0.022	8	A	1		0.647	0.036	
Vitamin B-6.....mg	0.106	0.009	8	A	1		0.157	0.009	
Folate, total.....mcg	9	0.730	8	A	1		14	1	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	9	0.730	8	A	1		14	1	
Folate, DFE.....mcg_DFE	9		0	NC	4		14	1	
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	10	0.000	8	A	1		15	1	
Vitamin A, RAE.....mcg_RAE	0	0.000	8	A	1		1	0	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	0.35	0.041	4	A	1		0.53	0.03	
Tocopherol, beta.....mg	0.01	0.004	4	A	1		0.02	0.00	
Tocopherol, gamma.....mg	0.37	0.118	4	A	1		0.55	0.03	
Tocopherol, delta.....mg	0.01	0.004	4	A	1		0.01	0.00	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	15.6	0.393	8	A	1		23.2	1.3	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.144		0	NC	4		0.215	0.012	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.006		0		1		0.008	0.000	
15:0.....g									



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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
16:0.....g	0.110		0		1		0.163	0.009	
17:0.....g									
18:0.....g	0.029		0		1		0.043	0.002	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.159		0	NC	4		0.237	0.013	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.001	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.158		0		1		0.236	0.013	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.345		0	NC	4		0.513	0.029	
18:2 undifferentiated.....g	0.345		0		1		0.513	0.029	
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
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	Z	7		0	0	
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.020		0	A	1		0.030	0.002	
Threonine.....g	0.085		0	A	1		0.127	0.007	
Isoleucine.....g	0.089		0	A	1		0.132	0.007	
Leucine.....g	0.128		0	A	1		0.191	0.011	
Lysine.....g	0.088		0	A	1		0.131	0.007	
Methionine.....g	0.034		0	A	1		0.050	0.003	
Cystine.....g	0.036		0	A	1		0.054	0.003	
Phenylalanine.....g	0.076		0	A	1		0.113	0.006	
Tyrosine.....g	0.041		0	A	1		0.061	0.003	
Valine.....g	0.122		0	A	1		0.182	0.010	
Arginine.....g	0.077		0	A	1		0.115	0.006	
Histidine.....g	0.037		0	A	1		0.055	0.003	
Alanine.....g	0.134		0	A	1		0.199	0.011	
Aspartic acid.....g	0.645		0	A	1		0.961	0.054	
Glutamic acid.....g	0.295		0	A	1		0.439	0.025	
Glycine.....g	0.108		0	A	1		0.161	0.009	
Proline.....g	0.610		0	A	1		0.908	0.051	
Serine.....g	0.128		0	A	1		0.191	0.011	
Hydroxyproline.....g									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<b><u>Carotenoids:</u></b>									
Carotene, beta.....mcg	6	0.000	8	A	1		8.885	0.501	
Carotene, alpha.....mcg	0	0.000	8	A	1		0.000	0.000	
Cryptoxanthin, beta.....mcg	0	0.000	8	A	1		0.000	0.000	
Lycopene.....mcg	0	0.000	8	A	1		0.000	0.000	
Lutein + zeaxanthin.....mcg	32	3.148	8	A	1		47.121	2.657	

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**NDB No. 09094**

**Figs, dried, uncooked (1 )**

**Common Measures:**

Measure 1 = 149g: 1 cup

Measure 2 = 8.4g: 1 fig

**Footnotes**

1 Mission variety

**Calories Factors: Protein** 3.36

**Fat** 8.37

**Carbohydrate** 3.6

**Food Group:** 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			
			Points						
16:0.....g	0.046		0		1		0.029	0.023	0.018
17:0.....g									
18:0.....g	0.012		0		1		0.008	0.006	0.005
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.066		0		1		0.042	0.033	0.026
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.066		0		1		0.042	0.033	0.026
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.144		0		1		0.092	0.072	0.058
18:2 undifferentiated.....g	0.144		0		1		0.092	0.072	0.058
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
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	Z	7		0	0	0
Phytosterols.....mg	31		0		1		20	16	12
Amino Acids:									
Tryptophan.....g	0.006		1		1		0.004	0.003	0.002
Threonine.....g	0.024		1		1		0.015	0.012	0.010
Isoleucine.....g	0.023		1		1		0.015	0.012	0.009
Leucine.....g	0.033		1		1		0.021	0.017	0.013
Lysine.....g	0.030		1		1		0.019	0.015	0.012
Methionine.....g	0.006		1		1		0.004	0.003	0.002
Cystine.....g	0.012		1		1		0.008	0.006	0.005
Phenylalanine.....g	0.018		1		1		0.012	0.009	0.007
Tyrosine.....g	0.032		1		1		0.020	0.016	0.013
Valine.....g	0.028		1		1		0.018	0.014	0.011
Arginine.....g	0.017		1		1		0.011	0.009	0.007
Histidine.....g	0.011		1		1		0.007	0.006	0.004
Alanine.....g	0.045		1		1		0.029	0.023	0.018
Aspartic acid.....g	0.176		1		1		0.113	0.088	0.070
Glutamic acid.....g	0.072		1		1		0.046	0.036	0.029
Glycine.....g	0.025		1		1		0.016	0.013	0.010
Proline.....g	0.049		1		1		0.031	0.025	0.020
Serine.....g	0.037		1		1		0.024	0.019	0.015
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	85		0	BNA	4		54.528	42.600	34.080
Carotene, alpha.....mcg	0		0	BNA	4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	BNA	4		0.000	0.000	0.000
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	9		0	BFSN	4		6.044	4.722	3.778

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**NDB No. 09089**

**Figs, raw**

**Common Measures:**

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

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

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

**Calories Factors: Protein 3.36**

**Fat 8.37**

**Carbohydrate 3.6**

**Food Group:** 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
Fatty acids, total monounsaturated.....g	0.013		0		1		0.034	0.017	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.013		0		1		0.034	0.017	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.030		0		1		0.078	0.039	
18:2 undifferentiated.....g	0.027		0		1		0.070	0.035	
18:3 undifferentiated.....g	0.004		0		1		0.010	0.005	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									

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

#### Common Measures:

Measure 1 = 260g: 1 cup

Measure 2 = 130g: .5 cup

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.78

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)





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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
Fatty acids, total monounsaturated.....g	0.014		0		1		0.017		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.014		0		1		0.017		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.031		0		1		0.038		
18:2 undifferentiated.....g	0.028		0		1		0.034		
18:3 undifferentiated.....g	0.004		0		1		0.005		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									

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

#### Common Measures:

Measure 1 = 123g: .5 cup

**Calories Factors: Protein** 3.36

**Fat** 8.37

**Carbohydrate** 3.69

**Food Group:** 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	0.013		0		1		0.032		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.013		0		1		0.032		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.031		0		1		0.077		
18:2 undifferentiated.....g	0.027		0		1		0.067		
18:3 undifferentiated.....g	0.004		0		1		0.010		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
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	Z	7		0		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<b>Carotenoids:</b>									
Carotene, beta.....mcg	104		0	BNA	4		256.680		
Carotene, alpha.....mcg	0		0	BNA	4		0.000		
Cryptoxanthin, beta.....mcg	39		0	BNA	4		96.720		
Lycopene.....mcg	0		0	BFYN	4		0.000		
Lutein + zeaxanthin.....mcg	75		0	BFYN	4		186.416		

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#### Common Measures:

Measure 1 = 248g: 1 cup

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.75

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	87.44	0.100	6		1		207.23		
Energy.....kcal	46		0	NC	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	NC	4		28.11		
Fiber, total dietary.....g	1.0		0		4		2.4		
Sugars, total.....g	10.86		0	O	4		25.74		
Starch.....g									
<b>Minerals:</b>									
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	BFZN	4		1.2		
<b>Vitamins:</b>									
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	Z	7		0		
Folate, food.....mcg	3		0		4		6		
Folate, DFE.....mcg_DFE	3		0	NC	4		6		
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin A, IU.....IU	305	47.608	6		1		723		
Vitamin A, RAE.....mcg_RAE	15		0	NC	4		36		
Retinol.....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg	0.40		0	BFZN	4		0.95		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	2.6		0	BFZN	4		6.2		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.001		0		1		0.002		
4:0.....g	0.000		0		4		0.000		
6:0.....g	0.000		0		4		0.000		
8:0.....g	0.000		0		4		0.000		
10:0.....g	0.000		0		4		0.000		
12:0.....g	0.000		0		4		0.000		
13:0.....g									
14:0.....g	0.000		0		4		0.000		
15:0.....g					</				

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	0.002		0		1		0.005		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.002		0		4		0.005		
20:1.....g	0.000		0		4		0.000		
22:1 undifferentiated.....g	0.000		0		4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.004		0		1		0.009		
18:2 undifferentiated.....g	0.004		0		4		0.009		
18:3 undifferentiated.....g	0.000		0		4		0.000		
18:4.....g	0.000		0		4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000		
20:5 n-3.....g	0.000		0		4		0.000		
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	Z	7		0		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<b>Carotenoids:</b>									
Carotene, beta.....mcg	154		0	BNA	4		364.951		
Carotene, alpha.....mcg	0		0	BNA	4		0.000		
Cryptoxanthin, beta.....mcg	58		0	BNA	4		137.518		
Lycopene.....mcg	0		0	BFZN	4		0.000		
Lutein + zeaxanthin.....mcg	75		0	BFZN	4		178.148		

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

#### Common Measures:

Measure 1 = 237g: 1 cup

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.7

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	0.014		0		1		0.034		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.014		0		1		0.034		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.031		0		1		0.075		
18:2 undifferentiated.....g	0.027		0		1		0.065		
18:3 undifferentiated.....g	0.004		0		1		0.010		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
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	Z	7		0		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<b>Carotenoids:</b>									
Carotene, beta.....mcg	104		0	BFZN	4		250.470		
Carotene, alpha.....mcg	0		0	BFZN	4		0.000		
Cryptoxanthin, beta.....mcg	39		0	BFZN	4		94.380		
Lycopene.....mcg	0		0	BFZN	4		0.000		
Lutein + zeaxanthin.....mcg	75		0	BFZN	4		181.906		

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#### Common Measures:

Measure 1 = 242g: 1 cup

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.71

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)





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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
Fatty acids, total monounsaturated.....g	0.009		0		1		0.021		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.009		0		1		0.021		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.020		0		1		0.047		
18:2 undifferentiated.....g	0.017		0		1		0.040		
18:3 undifferentiated.....g	0.002		0		1		0.005		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
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	Z	7		0		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<b>Carotenoids:</b>									
Carotene, beta.....mcg	126		0	BNA	4		299.140		
Carotene, alpha.....mcg	0		0	BNA	4		0.000		
Cryptoxanthin, beta.....mcg	48		0	BNA	4		112.720		
Lycopene.....mcg	0		0	BFZN	4		0.000		
Lutein + zeaxanthin.....mcg	75		0	BFZN	4		178.148		

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

#### Common Measures:

Measure 1 = 237g: 1 cup

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 09351

Fruit cocktail, canned, heavy syrup, drained

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
Fatty acids, total monounsaturated.....g	0.018		0	NC	4		0.039		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.018		0		4		0.039		
20:1.....g	0.000		0		4		0.000		
22:1 undifferentiated.....g	0.000		0		4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.042		0	NC	4		0.090		
18:2 undifferentiated.....g	0.037		0		4		0.079		
18:3 undifferentiated.....g	0.005		0		4		0.011		
18:4.....g	0.000		0		4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000		
20:5 n-3.....g	0.000		0		4		0.000		
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									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<b>Carotenoids:</b>									
Carotene, beta.....mcg	138		3	A	1		295.320		
Carotene, alpha.....mcg	0		3	A	1		0.000		
Cryptoxanthin, beta.....mcg	52		3	A	1		111.280		
Lycopene.....mcg	0		3	A	1		0.000		
Lutein + zeaxanthin.....mcg	112		3	A	1		239.680		

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

#### Common Measures:

Measure 1 = 214g: 1 cup

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			
			Points						
Fatty acids, total monounsaturated.....g	0.012		0		1		0.031		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.012		0		1		0.031		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.027		0		1		0.070		
18:2 undifferentiated.....g	0.024		0		1		0.062		
18:3 undifferentiated.....g	0.003		0		1		0.008		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									

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

#### Common Measures:

Measure 1 = 259g: 1 cup

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.78

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	0.014		0		1		0.036		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.014		0		1		0.036		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.031		0		1		0.079		
18:2 undifferentiated.....g	0.028		0		1		0.071		
18:3 undifferentiated.....g	0.004		0		1		0.010		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
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	Z	7		0		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<b>Carotenoids:</b>									
Carotene, beta.....mcg	254		0	BNA	4		648.869		
Carotene, alpha.....mcg	0		0	BNA	4		0.000		
Cryptoxanthin, beta.....mcg	96		0	BNA	4		244.501		
Lycopene.....mcg	0		0	BFZN	4		0.000		
Lutein + zeaxanthin.....mcg	75		0	BFZN	4		191.678		

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

#### Common Measures:

Measure 1 = 255g: 1 cup

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.75

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)





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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
Fatty acids, total monounsaturated.....g	0.005		0		1		0.012		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.005		0		1		0.012		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.011		0		1		0.027		
18:2 undifferentiated.....g	0.010		0		1		0.025		
18:3 undifferentiated.....g	0.001		0		1		0.002		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									

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

#### Common Measures:

Measure 1 = 249g: 1 cup

**Calories Factors:** Protein 3.36

Fat 8.37

Carbohydrate 3.7

**Food Group:** 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	84.24		0		1		212.28		
Energy.....kcal	58		0	NC	4		146		
Energy.....kj	243				4		612		
Protein (N x 6.25).....g	0.34		0		1		0.86		
Total lipid (fat).....g	0.07		0		1		0.18		
Ash.....g	0.21		0		1		0.53		
Carbohydrate, by difference.....g	15.14		0	NC	4		38.15		
Fiber, total dietary.....g	1.0		0		4		2.5		
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
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									
<b>Vitamins:</b>									
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	Z	7		0		
Folate, food.....mcg	3		0		4		7		
Folate, DFE.....mcg_DFE	3		0	NC	4		7		
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin A, IU.....IU	429		0		1		1081		
Vitamin A, RAE.....mcg_RAE	21		0		1		54		
Retinol.....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.009		0		1		0.023		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g									
15:0.....g									
16:0.....g	0.006		1		1		0.015		
17:0.....g									
18:0.....g	0.002		1		1		0.005		

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
Fatty acids, total monounsaturated.....g	0.012		0		1		0.030		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.012		1		1		0.030		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.028		0		1		0.071		
18:2 undifferentiated.....g	0.024		1		1		0.060		
18:3 undifferentiated.....g	0.003		1		1		0.008		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									

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

#### Common Measures:

Measure 1 = 252g: 1 cup

**Calories Factors: Protein** 3.36

**Fat** 8.37

**Carbohydrate** 3.71

**Food Group:** 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
Fatty acids, total monounsaturated.....g	0.013		0		1		0.032		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.013		0		1		0.032		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.028		0		1		0.069		
18:2 undifferentiated.....g	0.025		0		1		0.061		
18:3 undifferentiated.....g	0.003		0		1		0.007		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									

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

#### Common Measures:

Measure 1 = 245g: 1 cup

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code				
Fatty acids, total monounsaturated.....g	0.018		0		4		0.046		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.004		0		4		0.010		
17:1.....g									
18:1 undifferentiated.....g	0.013		0		4		0.033		
20:1.....g	0.000		0		4		0.000		
22:1 undifferentiated.....g	0.000		0		4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.032		0		4		0.082		
18:2 undifferentiated.....g	0.018		0		4		0.046		
18:3 undifferentiated.....g	0.014		0		4		0.036		
18:4.....g	0.000		0		4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000		
20:5 n-3.....g	0.000		0		4		0.000		
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	z	7		0		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg									
Theobromine.....mg									

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

#### Common Measures:

Measure 1 = 257g: 1 cup

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.75

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)





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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
Fatty acids, total monounsaturated.....g	0.034		0		1		0.085	0.097	
14:1.....g									
15:1.....g									
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									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									

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

#### Common Measures:

Measure 1 = 250g: 1 cup, thawed

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

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.78

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



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 <u>measures of food</u>			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			
			Points						
Fatty acids, total monounsaturated.....g	0.019		0		1		0.048		
14:1.....g									
15:1.....g									
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									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									

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

#### Common Measures:

Measure 1 = 255g: 1 cup

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.75

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 09188

Fruit, mixed, (prune and apricot and pear), dried

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			
			Points						
Fatty acids, total monounsaturated.....g	0.232		0		1		0.680		
14:1.....g									
15:1.....g									
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									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									

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

#### Common Measures:

Measure 1 = 293g: 1 package (11 oz)

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	0.018		0		1		0.045		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.018		0		1		0.045		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.110		0		1		0.277		
18:2 undifferentiated.....g	0.094		0		1		0.237		
18:3 undifferentiated.....g	0.016		0		1		0.040		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
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	z	7		0		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg									
Theobromine.....mg									

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

#### Common Measures:

Measure 1 = 252g: 1 cup

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.71

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)





**NDB No. 09107**  
**Gooseberries, raw**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code				
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		
22:5 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	z	7		0		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg									
Theobromine.....mg									

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

**Common Measures:**

Measure 1 = 150g: 1 cup

**Calories Factors: Protein 3.36**

**Fat 8.37**

**Carbohydrate 3.6**

**Food Group: 09 Fruits and Fruit Juices**

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	84.12	0.079	13		1		212.82	26.58	
Energy.....kcal	61		0	NC	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	NC	4		37.85	4.73	
Fiber, total dietary.....g	0.1		0		4		0.3	0.0	
Sugars, total.....g	14.86		0	O	4		37.60	4.70	
Starch.....g									
<b>Minerals:</b>									
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	CAZN	4		0.3	0.0	
<b>Vitamins:</b>									
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	Z	7		0	0	
Folate, food.....mcg	3	0.274	4		1		7	1	
Folate, DFE.....mcg_DFE	3		0	NC	4		7	1	
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	8		0		1		20	3	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		1	0	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	0.00	0.000	3	A	1		0.00	0.00	
Tocopherol, beta.....mg	0.00	0.000	3	A	1		0.00	0.00	
Tocopherol, gamma.....mg	0.00	0.000	3	A	1		0.00	0.00	
Tocopherol, delta.....mg	0.00	0.000	3	A	1		0.00	0.00	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.4		1	A	1		1.0	0.1	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.025		0		1		0.063	0.008	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	
12:0.....g									

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.003		0		1		0.008	0.001	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.003		1		1		0.008	0.001	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.022		0		1		0.056	0.007	
18:2 undifferentiated.....g	0.017		1		1		0.043	0.005	
18:3 undifferentiated.....g	0.005		1		1		0.013	0.002	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
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	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
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									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<b>Carotenoids:</b>									
Carotene, beta.....mcg	5		0	BNA	4		11.978	1.496	
Carotene, alpha.....mcg	0		0	BNA	4		0.180	0.022	
Cryptoxanthin, beta.....mcg	0		0	BNA	4		0.152	0.019	
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	35		0	BFSN	4		87.834	10.971	

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**Common Measures:**

Measure 1 = 253g: 1 cup

Measure 2 = 31.6g: 1 fl oz

**NDB No. 09135**

**Grape juice, canned or bottled, unsweetened, without added vitamin C**

**Calories Factors: Protein** 3.36

**Fat** 8.37

**Carbohydrate** 3.92

**Food Group:** 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	86.90		0		1		217.25	27.11	
Energy.....kcal	51		0	NC	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	NC	4		31.88	3.98	
Fiber, total dietary.....g	0.1		0		4		0.3	0.0	
Sugars, total.....g	12.65		0	O	4		31.63	3.95	
Starch.....g									
<b>Minerals:</b>									
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	CAZN	4		0.3	0.0	
<b>Vitamins:</b>									
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	Z	7		0	0	
Folate, food.....mcg	1	0.344	4		1		3	0	
Folate, DFE.....mcg_DFE	1		0	NC	4		3	0	
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	8	4.022	3		1		20	2	
Vitamin A, RAE.....mcg_RAE	0	0.201	3		1		1	0	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	0.00		0	BFZN	4		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.4		1	A	1		1.0	0.1	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.029		0		1		0.073	0.009	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	
12:0.....g	0.000		0		1		0.000	0.000	
1									

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.004		0		1		0.010	0.001	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.004		0		1		0.010	0.001	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.026		0		1		0.065	0.008	
18:2 undifferentiated.....g	0.020		0		1		0.050	0.006	
18:3 undifferentiated.....g	0.006		0		1		0.015	0.002	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
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	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
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									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<b>Carotenoids:</b>									
Carotene, beta.....mcg	5		0	BNA	4		11.867	1.481	
Carotene, alpha.....mcg	0		0	BNA	4		0.266	0.033	
Cryptoxanthin, beta.....mcg	0		0	BNA	4		0.000	0.000	
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	72		0	BFZN	4		180.000	22.464	

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

**Common Measures:**

Measure 1 = 250g: 1 cup

Measure 2 = 31.2g: 1 fl oz

**NDB No. 09137**

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

**Calories Factors: Protein 3.36**

**Fat 8.37**

**Carbohydrate 3.92**

**Food Group:** 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	54.40		0		1		117.50		
Energy.....kcal	179		0	NC	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	NC	4		95.84		
Fiber, total dietary.....g	0.3		0		4		0.6		
Sugars, total.....g	44.07		0	O	4		95.19		
Starch.....g									
<b>Minerals:</b>									
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	BFSN	4		0.9		
<b>Vitamins:</b>									
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	Z	7		0		
Folate, food.....mcg	4	1.200	4		1		10		
Folate, DFE.....mcg_DFE	4		0	NC	4		10		
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin A, IU.....IU	27	14.001	3		1		58		
Vitamin A, RAE.....mcg_RAE	1	0.700	3		1		3		
Retinol.....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg	0.00		0	BFSN	4		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	1.4		0	BFSN	4		3.0		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.103		0		1		0.222		
4:0.....g	0.000		0		1		0.000		
6:0.....g	0.000		0		1		0.000		
8:0.....g	0.000		0		1		0.000		
10:0.....g	0.000		0		1		0.000		
12:0.....g	0.000		0		1		0.000		
13:0.....g									
14:0.....g	0.003		0		1		0.006		



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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	0.013		0		1		0.028		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.013		0		1		0.028		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.092		0		1		0.199		
18:2 undifferentiated.....g	0.071		0		1		0.153		
18:3 undifferentiated.....g	0.021		0		1		0.045		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
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	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
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									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<b>Carotenoids:</b>									
Carotene, beta.....mcg	17		0	BFSN	4		35.690		
Carotene, alpha.....mcg	0		0	BFSN	4		0.800		
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000		
Lycopene.....mcg	0		0	BFSN	4		0.000		
Lutein + zeaxanthin.....mcg	251		0	BFSN	4		541.352		

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

**Common Measures:**

Measure 1 = 216g: 1 can (6 fl oz)

**NDB No. 09136**

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

**Calories Factors: Protein** 3.36

**Fat** 8.37

**Carbohydrate** 3.92

**Food Group:** 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Refuse: 0%**

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	90.00		0		1		222.30	176.40	
Energy.....kcal	39		0	NC	4		96	76	
Energy.....kj	163				4		403	320	
Protein (N x 6.25).....g	0.50		0		1		1.24	0.98	
Total lipid (fat).....g	0.10		0		1		0.25	0.20	
Ash.....g	0.20		0		1		0.49	0.39	
Carbohydrate, by difference.....g	9.20		0	NC	4		22.72	18.03	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
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									
<b>Vitamins:</b>									
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	Z	7		0	0	
Folate, food.....mcg	10		0		4		25	20	
Folate, DFE.....mcg_DFE	10		0	NC	4		25	20	
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	440		0		1		1087	862	
Vitamin A, RAE.....mcg_RAE	22		0		1		54	43	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.014		0		1		0.035	0.027	
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g									
15:0.....g									
16:0.....g	0.012		0		1		0.030	0.024	
17:0.....g									
18:0.....g	0.001		0		1		0.002	0.002	
20:0.....g									
22:0.....g									
24:0.....g									

**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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
Fatty acids, total monounsaturated.....g	0.013		0		1		0.032	0.025	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.002	0.002	
17:1.....g									
18:1 undifferentiated.....g	0.012		0		1		0.030	0.024	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.024		0		1		0.059	0.047	
18:2 undifferentiated.....g	0.019		0		1		0.047	0.037	
18:3 undifferentiated.....g	0.005		0		1		0.012	0.010	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0	0	
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 247g: 1 cup

Measure 2 = 196g: 1 fruit yields

**Calories Factors: Protein** 3.36

**Fat** 8.37

**Carbohydrate** 3.92

**Food Group:** 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**NDB No. 09124**  
**Grapefruit juice, white, canned, sweetened**

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	87.38	0.069	16		1		218.45	27.26	
Energy.....kcal	46		0	NC	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	NC	4		27.83	3.47	
Fiber, total dietary.....g	0.1		0		4		0.3	0.0	
Sugars, total.....g	11.03		0	O	4		27.58	3.44	
Starch.....g									
<b>Minerals:</b>									
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	BFZN	4		0.3	0.0	
<b>Vitamins:</b>									
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	Z	7		0	0	
Folate, food.....mcg	10		0		1		26	3	
Folate, DFE.....mcg_DFE	10		0	NC	4		26	3	
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	7		0	NC	4		18	2	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		1	0	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	0.04		0	BFZN	4		0.10	0.01	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	BFZN	4		0.1	0.0	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.012		0		1		0.030	0.004	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	
15:0.....g									
16:0.....g	0.011		0		1		0.028	0.003	
17:0.....g									
18:0.....g	0.001		0		1		0.003	0.000	
20:0.....g									
22:0.....g									
24:0.....g									

**NDB No. 09124**  
**Grapefruit juice, white, canned, sweetened**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	0.012		0		1		0.030	0.004	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.003	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.011		0		1		0.028	0.003	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.021		0		1		0.053	0.007	
18:2 undifferentiated.....g	0.017		0		1		0.043	0.005	
18:3 undifferentiated.....g	0.004		0		1		0.010	0.001	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
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	Z	7		0	0	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<b>Carotenoids:</b>									
Carotene, beta.....mcg	3		0	BFZN	4		7.481	0.934	
Carotene, alpha.....mcg	2		0	BFZN	4		4.275	0.533	
Cryptoxanthin, beta.....mcg	1		0	BFZN	4		1.763	0.220	
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	10		0	BFZN	4		23.750	2.964	

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

**Common Measures:**

Measure 1 = 250g: 1 cup  
Measure 2 = 31.2g: 1 fl oz

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

**Food Group:** 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



**NDB No. 09123**  
**Grapefruit juice, white, canned, unsweetened**

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
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	
22:5 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	Z	7		0	0	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<b>Carotenoids:</b>									
Carotene, beta.....mcg	3		0	BNA	4		7.391	0.925	
Carotene, alpha.....mcg	2		0	BNA	4		4.224	0.528	
Cryptoxanthin, beta.....mcg	1		0	BNA	4		1.742	0.218	
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	10		0	BFZN	4		23.465	2.936	

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

**Common Measures:**

Measure 1 = 247g: 1 cup  
Measure 2 = 30.9g: 1 fl oz

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

**Food Group: 09 Fruits and Fruit Juices**

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



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

**Refuse: 0%**

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	89.30		0		1		220.57	27.59	
Energy.....kcal	41		0	NC	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	NC	4		24.03	3.01	
Fiber, total dietary.....g	0.1		0		4		0.2	0.0	
Sugars, total.....g	9.63		0	O	4		23.79	2.98	
Starch.....g									
<b>Minerals:</b>									
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	BFZN	4		0.2	0.0	
<b>Vitamins:</b>									
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	Z	7		0	0	
Folate, food.....mcg	4	1.022	3		1		9	1	
Folate, DFE.....mcg_DFE	4		0	NC	4		9	1	
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	9	1.005	3		1		22	3	
Vitamin A, RAE.....mcg_RAE	0	0.050	3		1		1	0	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	0.04		0	BFZN	4		0.10	0.01	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	BFZN	4		0.0	0.0	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.019		0		1		0.047	0.006	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.001		0		1		0.002	0.000	
15:0.....g									
16:0.....g	0.017		0		1		0.042	0.005	
17:0.....g									
18:0.....g	0.001		0		1		0.002	0.000	
20:0.....g									
22:0.....g									
24:0.....g									

NDB No. 09126

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	0.018		0		1		0.044	0.006	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0		1		0.005	0.001	
17:1.....g									
18:1 undifferentiated.....g	0.016		0		1		0.040	0.005	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.032		0		1		0.079	0.010	
18:2 undifferentiated.....g	0.025		0		1		0.062	0.008	
18:3 undifferentiated.....g	0.007		0		1		0.017	0.002	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
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	Z	7		0	0	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<b>Carotenoids:</b>									
Carotene, beta.....mcg	4		0	BNA	4		9.503	1.189	
Carotene, alpha.....mcg	2		0	BNA	4		5.430	0.679	
Cryptoxanthin, beta.....mcg	1		0	BNA	4		2.240	0.280	
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	10		0	BFZN	4		23.465	2.936	

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

#### Common Measures:

Measure 1 = 247g: 1 cup

Measure 2 = 30.9g: 1 fl oz

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.92

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Grapefruit juice, white, frozen concentrate, unsweetened, undiluted**

**Refuse: 0%**

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	62.00		0		1		128.34		
Energy.....kcal	146		0	NC	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	NC	4		71.54		
Fiber, total dietary.....g	0.4		0		4		0.8		
Sugars, total.....g	34.16		0	O	4		70.71		
Starch.....g									
<b>Minerals:</b>									
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	BFSN	4		0.6		
<b>Vitamins:</b>									
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	Z	7		0		
Folate, food.....mcg	13	3.631	3		1		26		
Folate, DFE.....mcg_DFE	13		0	NC	4		26		
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin A, IU.....IU	31		2		1		64		
Vitamin A, RAE.....mcg_RAE	2		2		1		3		
Retinol.....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg	0.14		0	BFSN	4		0.29		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.1		0	BFSN	4		0.1		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.064		0		1		0.132		
4:0.....g	0.000		0		1		0.000		
6:0.....g	0.000		0		1		0.000		
8:0.....g	0.000		0		1		0.000		
10:0.....g	0.000		0		1		0.000		
12:0.....g	0.001		0		1		0.002		
13:0.....g									
14:0.....g	0.001		0		1		0.002		
15:0.....g									
16:0.....g	0.059		0		1		0.122		
17:0.....g									
18:0.....g	0.002		0		1		0.004		
20:0.....g									
22:0.....g									
24:0.....g									

NDB No. 09125

Grapefruit juice, white, frozen concentrate, unsweetened, undiluted

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.063		0		1		0.130		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.007		0		1		0.014		
17:1.....g									
18:1 undifferentiated.....g	0.056		0		1		0.116		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.113		0		1		0.234		
18:2 undifferentiated.....g	0.089		0		1		0.184		
18:3 undifferentiated.....g	0.024		0		1		0.050		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
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	Z	7		0		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<b>Carotenoids:</b>									
Carotene, beta.....mcg	13		0	BNA	4		27.431		
Carotene, alpha.....mcg	8		0	BNA	4		15.675		
Cryptoxanthin, beta.....mcg	3		0	BNA	4		6.466		
Lycopene.....mcg	0		0	BFSN	4		0.000		
Lutein + zeaxanthin.....mcg	34		0	BFSN	4		69.838		

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

#### Common Measures:

Measure 1 = 207g: 1 can (6 fl oz)

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.92

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Refuse: 0%**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code				
<b>Proximates:</b>									
Water.....g	90.00		0		1		222.30	27.81	176.40
Energy.....kcal	39		0	NC	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	NC	4		22.72	2.84	18.03
Fiber, total dietary.....g	0.1		0		4		0.2	0.0	0.2
Sugars, total.....g	9.10		0	O	4		22.48	2.81	17.84
Starch.....g									
<b>Minerals:</b>									
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	BFZN	4		0.2	0.0	0.2
<b>Vitamins:</b>									
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	Z	7		0	0	0
Folate, food.....mcg	10		0		4		25	3	20
Folate, DFE.....mcg_DFE	10		0	NC	4		25	3	20
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, IU.....IU	33		0	NC	4		81	10	64
Vitamin A, RAE.....mcg_RAE	2		0	NC	4		4	1	3
Retinol.....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.22		1	A	1		0.54	0.07	0.43
Tocopherol, beta.....mg	0.00		1	A	1		0.00	0.00	0.00
Tocopherol, gamma.....mg	0.00		1	A	1		0.00	0.00	0.00
Tocopherol, delta.....mg	0.00		1	A	1		0.00	0.00	0.00
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	BFZN	4		0.0	0.0	0.0
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.014		2		1		0.035	0.004	0.027
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000	0.000
10:0.....g	0.000		0		1		0.000	0.000	0.000
12:0.....g	0.000		0		1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	0.000
15:0.....g									
16:0.....g	0.012		2		1		0.030	0.004	0.024
17:0.....g									
18:0.....g	0.001		2		1		0.002	0.000	0.002
20:0.....g									
22:0.....g									
24:0.....g									

**NDB No. 09128**  
**Grapefruit juice, white, raw**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			
			Points						
Fatty acids, total monounsaturated.....g	0.013		2		1		0.032	0.004	0.025
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		2		1		0.002	0.000	0.002
17:1.....g									
18:1 undifferentiated.....g	0.012		2		1		0.030	0.004	0.024
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.024		2		1		0.059	0.007	0.047
18:2 undifferentiated.....g	0.019		2		1		0.047	0.006	0.037
18:3 undifferentiated.....g	0.005		2		1		0.012	0.002	0.010
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
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	Z	7		0	0	0
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
<b>Carotenoids:</b>									
Carotene, beta.....mcg	14		0	BFZN	4		34.580	4.326	27.440
Carotene, alpha.....mcg	8		0	BFZN	4		19.760	2.472	15.680
Cryptoxanthin, beta.....mcg	3		0	BFZN	4		8.151	1.020	6.468
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	10		0	BFZN	4		23.465	2.936	18.620

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

**Common Measures:**

Measure 1 = 247g: 1 cup  
 Measure 2 = 30.9g: 1 fl oz  
 Measure 3 = 196g: 1 fruit yields

**Calories Factors: Protein** 3.36

**Fat** 8.37

**Carbohydrate** 3.92

**Food Group:** 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

*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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
<b>Proximates:</b>									
Water.....g	90.89	0.048	56		1		209.05	150.88	116.34
Energy.....kcal	32		0	NC	4		74	53	41
Energy.....kj	134				4		308	222	171
Protein (N x 6.25).....g	0.63	0.009	51		1		1.45	1.05	0.81
Total lipid (fat).....g	0.10		0		1		0.23	0.17	0.13
Ash.....g	0.31	0.005	49		1		0.71	0.51	0.40
Carbohydrate, by difference.....g	8.08		0	NC	4		18.58	13.41	10.34
Fiber, total dietary.....g	1.1		0		1		2.5	1.8	1.4
Sugars, total.....g	6.98		0	O	4		16.05	11.59	8.93
Starch.....g									
<b>Minerals:</b>									
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	0.3		0	RA	4		0.7	0.5	0.4
<b>Vitamins:</b>									
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	Z	7		0	0	0
Folate, food.....mcg	10	0.753	52		1		23	17	13
Folate, DFE.....mcg_DFE	10		0	NC	4		23	17	13
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, IU.....IU	927		0	RA	4		2132	1539	1186
Vitamin A, RAE.....mcg_RAE	46		0	RA	4		107	77	59
Retinol.....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.13		0	RA	4		0.31	0.22	0.17
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	RA	4		0.0	0.0	0.0
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.014		0		1		0.032	0.023	0.018
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000	0.000
10:0.....g	0.000		0		1		0.000	0.000	0.000
12:0.....g	0.000		0		1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	0.000
15:0.....g									
16:0.....g	0.012		0		1		0.028	0.020	0.015
17:0.....g									
18:0.....g	0.001		0		1		0.002	0.002	0.001
20:0.....g									
22:0.....g									
24:0.....g									

NDB No. 09111

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total 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
22:5 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	Z	7		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.006		0	A	1		0.015	0.011	0.008
Threonine.....g	0.011		0	A	1		0.025	0.018	0.014
Isoleucine.....g	0.007		0	A	1		0.015	0.011	0.008
Leucine.....g	0.012		0	A	1		0.027	0.020	0.015
Lysine.....g	0.016		0	A	1		0.036	0.026	0.020
Methionine.....g	0.006		0	A	1		0.014	0.010	0.008
Cystine.....g	0.006		0	A	1		0.015	0.011	0.008
Phenylalanine.....g	0.038		0	A	1		0.086	0.062	0.048
Tyrosine.....g	0.006		0	A	1		0.015	0.011	0.008
Valine.....g	0.012		0	A	1		0.028	0.020	0.016
Arginine.....g	0.070		0	A	1		0.162	0.117	0.090
Histidine.....g	0.006		0	A	1		0.015	0.011	0.008
Alanine.....g	0.020		0	A	1		0.045	0.033	0.025
Aspartic acid.....g	0.111		0	A	1		0.256	0.185	0.143
Glutamic acid.....g	0.160		0	A	1		0.368	0.266	0.205
Glycine.....g	0.012		0	A	1		0.028	0.020	0.015
Proline.....g	0.051		0	A	1		0.118	0.085	0.066
Serine.....g	0.022		0	A	1		0.052	0.037	0.029
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	552		0	RA	4		1268.618	915.611	706.013
Carotene, alpha.....mcg	4		0	RA	4		8.351	6.027	4.647
Cryptoxanthin, beta.....mcg	6		0	RA	4		12.779	9.223	7.112
Lycopene.....mcg	1135		0	RA	4		2610.868	1884.366	1453.005
Lutein + zeaxanthin.....mcg	6		0	RA	4		13.570	9.794	7.552

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

**Common Measures:**

Measure 1 = 230g: 1 cup sections, with juice

Measure 2 = 166g: .5 large (approx 4-1/2" dia)

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



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

**Calories Factors:** **Protein** 3.36                      **Fat** 8.37                      **Carbohydrate** 3.6                      **Food Group:** 09 Fruits and Fruit Juices  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)



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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Fatty acids, total monounsaturated.....g	0.013		0		1		0.030	0.016	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.002	0.001	
17:1.....g									
18:1 undifferentiated.....g	0.012		0		1		0.028	0.015	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.024		0		1		0.055	0.030	
18:2 undifferentiated.....g	0.019		0		1		0.044	0.023	
18:3 undifferentiated.....g	0.005		0		1		0.012	0.006	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0	0	
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.005		0		1		0.012	0.006	
Threonine.....g	0.009		0		1		0.020	0.011	
Isoleucine.....g	0.005		0		1		0.012	0.006	
Leucine.....g	0.009		0		1		0.022	0.012	
Lysine.....g	0.012		0		1		0.029	0.015	
Methionine.....g	0.005		0		1		0.011	0.006	
Cystine.....g	0.005		0		1		0.012	0.006	
Phenylalanine.....g	0.030		0		1		0.069	0.037	
Tyrosine.....g	0.005		0		1		0.012	0.006	
Valine.....g	0.010		0		1		0.023	0.012	
Arginine.....g	0.056		0		1		0.130	0.069	
Histidine.....g	0.005		0		1		0.012	0.006	
Alanine.....g	0.016		0		1		0.036	0.019	
Aspartic acid.....g	0.089		0		1		0.205	0.110	
Glutamic acid.....g	0.128		0		1		0.294	0.157	
Glycine.....g	0.010		0		1		0.022	0.012	
Proline.....g	0.041		0		1		0.094	0.050	
Serine.....g	0.018		0		1		0.041	0.022	
Hydroxyproline.....g									

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

**Common Measures:**

Measure 1 = 230g: 1 cup sections, with juice

Measure 2 = 123g: .5 fruit (3-3/4" dia)

**Calories Factors: Protein** 3.36

**Fat** 8.37

**Carbohydrate** 3.6

**Food Group:** 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code				
Fatty acids, total monounsaturated.....g	0.013		0		1		0.030	0.016	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.002	0.001	
17:1.....g									
18:1 undifferentiated.....g	0.012		0		1		0.028	0.015	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.024		0		1		0.055	0.030	
18:2 undifferentiated.....g	0.019		0		1		0.044	0.023	
18:3 undifferentiated.....g	0.005		0		1		0.012	0.006	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
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	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.006		0	A	1		0.013	0.007	
Threonine.....g	0.009		0	A	1		0.022	0.012	
Isoleucine.....g	0.006		0	A	1		0.013	0.007	
Leucine.....g	0.010		0	A	1		0.024	0.013	
Lysine.....g	0.014		0	A	1		0.032	0.017	
Methionine.....g	0.005		0	A	1		0.012	0.006	
Cystine.....g	0.006		0	A	1		0.013	0.007	
Phenylalanine.....g	0.033		0	A	1		0.076	0.041	
Tyrosine.....g	0.006		0	A	1		0.013	0.007	
Valine.....g	0.011		0	A	1		0.025	0.013	
Arginine.....g	0.062		0	A	1		0.143	0.076	
Histidine.....g	0.006		0	A	1		0.013	0.007	
Alanine.....g	0.017		0	A	1		0.040	0.021	
Aspartic acid.....g	0.098		0	A	1		0.226	0.121	
Glutamic acid.....g	0.141		0	A	1		0.324	0.173	
Glycine.....g	0.011		0	A	1		0.024	0.013	
Proline.....g	0.045		0	A	1		0.104	0.055	
Serine.....g	0.020		0	A	1		0.045	0.024	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

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

**Common Measures:**

Measure 1 = 230g: 1 cup sections, with juice

Measure 2 = 123g: .5 fruit (3-3/4" dia)

**Calories Factors: Protein 3.36**

**Fat 8.37**

**Carbohydrate 3.6**

**Food Group: 09 Fruits and Fruit Juices**

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

*Citrus paradisi*

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	88.06	0.761	9	A	1		202.55	108.32	135.62
Energy.....kcal	42		0	NC	4		97	52	65
Energy.....kj	176		0	NC	4		406	217	272
Protein (N x 6.25).....g	0.77	0.032	8	A	1		1.77	0.95	1.19
Total lipid (fat).....g	0.14	0.031	8	A	1		0.33	0.18	0.22
Ash.....g	0.36	0.008	8	A	1		0.82	0.44	0.55
Carbohydrate, by difference.....g	10.66		0	NC	4		24.53	13.12	16.42
Fiber, total dietary.....g	1.6	0.242	5	A	1		3.8	2.0	2.5
Sugars, total.....g	6.89	0.369	8	A	1		15.84	8.47	10.61
Sucrose.....g	3.51	0.176	8	A	1		8.07	4.32	5.41
Glucose (dextrose).....g	1.61	0.157	8	A	1		3.71	1.98	2.48
Fructose.....g	1.77	0.080	8	A	1		4.07	2.17	2.72
Lactose.....g	0.00	0.000	8	A	1		0.00	0.00	0.00
Maltose.....g	0.00	0.000	8	A	1		0.00	0.00	0.00
Galactose.....g	0.00	0.000	8	A	1		0.00	0.00	0.00
Starch.....g	0.00	0.000	4	A	1		0.00	0.00	0.00
<b>Minerals:</b>									
Calcium, Ca.....mg	22	4.428	9	A	1		51	27	34
Iron, Fe.....mg	0.08	0.017	5	A	1		0.18	0.09	0.12
Magnesium, Mg.....mg	9	0.289	9	A	1		20	11	13
Phosphorus, P.....mg	18	0.660	8	A	1		42	22	28
Potassium, K.....mg	135	13.613	9	A	1		312	167	209
Sodium, Na.....mg	0	0.049	17		1		0	0	0
Zinc, Zn.....mg	0.07	0.014	9	A	1		0.16	0.08	0.11
Copper, Cu.....mg	0.032	0.005	5	A	1		0.074	0.039	0.049
Manganese, Mn.....mg	0.022	0.005	9	A	1		0.051	0.027	0.034
Selenium, Se.....mcg	0.1	0.015	4	A	1		0.1	0.1	0.1
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	31.2	1.379	8	A	1		71.7	38.3	48.0
Thiamin.....mg	0.043	0.002	8	A	1		0.100	0.053	0.067
Riboflavin.....mg	0.031	0.002	8	A	1		0.072	0.039	0.048
Niacin.....mg	0.204	0.018	8	A	1		0.469	0.251	0.314
Pantothenic acid.....mg	0.262	0.017	8	A	1		0.602	0.322	0.403
Vitamin B-6.....mg	0.053	0.006	8	A	1		0.121	0.065	0.081
Folate, total.....mcg	13	0.457	8	A	1		30	16	20
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	13	0.457	8	A	1		30	16	20
Folate, DFE.....mcg_DFE	13		0	NC	4		30	16	20
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, IU.....IU	1150		0	AS	1		2646	1415	1772
Vitamin A, RAE.....mcg_RAE	58		0	AS	1		132	71	89
Retinol.....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.13	0.016	8	A	1		0.31	0.16	0.21
Tocopherol, beta.....mg	0.00	0.000	8	A	1		0.00	0.00	0.00
Tocopherol, gamma.....mg	0.00	0.002	8	A	1		0.00	0.00	0.00
Tocopherol, delta.....mg	0.00	0.000	8	A	1		0.00	0.00	0.00
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0	0.000	7	A	1		0.0	0.0	0.0
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.020		0	NC	4		0.045	0.024	0.030
4:0.....g	0.000		0	Z	7		0.000	0.000	0.000
6:0.....g	0.000		0	Z	7		0.000	0.000	0.000
8:0.....g	0.000		0	Z	7		0.000	0.000	0.000
10:0.....g	0.000		0	Z	7		0.000	0.000	0.000
12:0.....g	0.000		0	Z	7		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		0	Z	7		0.000	0.000	0.000
15:0.....g									

NDB No. 09112

Grapefruit, raw, pink and red, all areas

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0.....g	0.018		0		1		0.042	0.022	0.028
17:0.....g									
18:0.....g	0.002		0		1		0.003	0.002	0.002
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.020		0	NC	4		0.045	0.024	0.030
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0		1		0.003	0.002	0.002
17:1.....g									
18:1 undifferentiated.....g	0.018		0		1		0.042	0.022	0.028
20:1.....g	0.000		0	Z	7		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.036		0	NC	4		0.084	0.045	0.056
18:2 undifferentiated.....g	0.029		0		1		0.066	0.035	0.044
18:3 undifferentiated.....g	0.008		0		1		0.017	0.009	0.012
18:4.....g	0.000		0	Z	7		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	Z	7		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	Z	7		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	Z	7		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.008		0	A	1		0.018	0.010	0.012
Threonine.....g	0.013		0	A	1		0.030	0.016	0.020
Isoleucine.....g	0.008		0	A	1		0.019	0.010	0.012
Leucine.....g	0.015		0	A	1		0.033	0.018	0.022
Lysine.....g	0.019		0	A	1		0.044	0.024	0.030
Methionine.....g	0.007		0	A	1		0.017	0.009	0.011
Cystine.....g	0.008		0	A	1		0.018	0.010	0.012
Phenylalanine.....g	0.046		0	A	1		0.107	0.057	0.071
Tyrosine.....g	0.008		0	A	1		0.018	0.010	0.012
Valine.....g	0.015		0	A	1		0.035	0.019	0.023
Arginine.....g	0.087		0	A	1		0.200	0.107	0.134
Histidine.....g	0.008		0	A	1		0.018	0.010	0.012
Alanine.....g	0.024		0	A	1		0.056	0.030	0.037
Aspartic acid.....g	0.138		0	A	1		0.316	0.169	0.212
Glutamic acid.....g	0.197		0	A	1		0.454	0.243	0.304
Glycine.....g	0.015		0	A	1		0.034	0.018	0.023
Proline.....g	0.063		0	A	1		0.145	0.078	0.097
Serine.....g	0.028		0	A	1		0.064	0.034	0.043
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	686	245.802	91	A	1		1577.722	843.738	1056.388
Carotene, alpha.....mcg	3	2.338	74	A	1		5.838	3.122	3.909
Cryptoxanthin, beta.....mcg	6	4.900	73	A	1		14.076	7.528	9.425
Lycopene.....mcg	1419	525.256	23	A	1		3263.585	1745.309	2185.183
Lutein + zeaxanthin.....mcg	5	5.000	8	A	1		11.500	6.150	7.700

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

**NDB No. 09112**

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

**Common Measures:**

Measure 1 = 230g: 1 cup sections, with juice

Measure 2 = 123g: .5 fruit (3-3/4" dia)

Measure 3 = 154g: 1 NLEA serving

**Calories Factors: Protein** 3.36

**Fat** 8.37

**Carbohydrate** 3.6

**Food Group:** 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)





**NDB No. 09117**  
**Grapefruit, raw, white, California**

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.013		0		1		0.030	0.015	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.002	0.001	
17:1.....g									
18:1 undifferentiated.....g	0.012		0		1		0.028	0.014	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.024		0		1		0.055	0.028	
18:2 undifferentiated.....g	0.019		0		1		0.044	0.022	
18:3 undifferentiated.....g	0.005		0		1		0.012	0.006	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.009		0	A	1		0.021	0.011	
Threonine.....g	0.015		0	A	1		0.035	0.018	
Isoleucine.....g	0.009		0	A	1		0.021	0.011	
Leucine.....g	0.017		0	A	1		0.038	0.020	
Lysine.....g	0.022		0	A	1		0.050	0.026	
Methionine.....g	0.008		0	A	1		0.019	0.010	
Cystine.....g	0.009		0	A	1		0.021	0.011	
Phenylalanine.....g	0.053		0	A	1		0.122	0.062	
Tyrosine.....g	0.009		0	A	1		0.021	0.011	
Valine.....g	0.017		0	A	1		0.040	0.020	
Arginine.....g	0.099		0	A	1		0.228	0.117	
Histidine.....g	0.009		0	A	1		0.021	0.011	
Alanine.....g	0.028		0	A	1		0.064	0.033	
Aspartic acid.....g	0.157		0	A	1		0.361	0.185	
Glutamic acid.....g	0.225		0	A	1		0.518	0.266	
Glycine.....g	0.017		0	A	1		0.039	0.020	
Proline.....g	0.072		0	A	1		0.166	0.085	
Serine.....g	0.032		0	A	1		0.073	0.037	
Hydroxyproline.....g									

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

**Common Measures:**

Measure 1 = 230g: 1 cup sections, with juice

Measure 2 = 118g: .5 fruit (3-3/4" dia)

**Calories Factors: Protein 3.36**

**Fat 8.37**

**Carbohydrate 3.6**

**Food Group: 09 Fruits and Fruit Juices**

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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

[illegible]

**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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	0.013		0		1		0.030	0.015	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.002	0.001	
17:1.....g									
18:1 undifferentiated.....g	0.012		0		1		0.028	0.014	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.024		0		1		0.055	0.028	
18:2 undifferentiated.....g	0.019		0		1		0.044	0.022	
18:3 undifferentiated.....g	0.005		0		1		0.012	0.006	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.006		0	A	1		0.015	0.008	
Threonine.....g	0.011		0	A	1		0.025	0.013	
Isoleucine.....g	0.007		0	A	1		0.015	0.008	
Leucine.....g	0.012		0	A	1		0.027	0.014	
Lysine.....g	0.016		0	A	1		0.036	0.018	
Methionine.....g	0.006		0	A	1		0.014	0.007	
Cystine.....g	0.006		0	A	1		0.015	0.008	
Phenylalanine.....g	0.038		0	A	1		0.086	0.044	
Tyrosine.....g	0.006		0	A	1		0.015	0.008	
Valine.....g	0.012		0	A	1		0.028	0.015	
Arginine.....g	0.070		0	A	1		0.162	0.083	
Histidine.....g	0.006		0	A	1		0.015	0.008	
Alanine.....g	0.020		0	A	1		0.045	0.023	
Aspartic acid.....g	0.111		0	A	1		0.256	0.132	
Glutamic acid.....g	0.160		0	A	1		0.368	0.189	
Glycine.....g	0.012		0	A	1		0.028	0.014	
Proline.....g	0.051		0	A	1		0.118	0.060	
Serine.....g	0.022		0	A	1		0.052	0.026	
Hydroxyproline.....g									

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

**Common Measures:**

Measure 1 = 230g: 1 cup sections, with juice

Measure 2 = 118g: .5 fruit (3-3/4" dia)

**Calories Factors: Protein** 3.36

**Fat** 8.37

**Carbohydrate** 3.6

**Food Group:** 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	90.48	0.072	34		1		208.10	106.77	
Energy.....kcal	33		0	NC	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	NC	4		19.34	9.92	
Fiber, total dietary.....g	1.1		0		4		2.5	1.3	
Sugars, total.....g	7.31		0	O	4		16.81	8.63	
Starch.....g									
<b>Minerals:</b>									
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	A	1		3.2	1.7	
<b>Vitamins:</b>									
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	Z	7		0	0	
Folate, food.....mcg	10	0.807	30		1		23	12	
Folate, DFE.....mcg_DFE	10		0	NC	4		23	12	
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	33		0	AS	1		75	39	
Vitamin A, RAE.....mcg_RAE	2		0	AS	1		4	2	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	0.13		0	BFZN	4		0.31	0.16	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	BFZN	4		0.0	0.0	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.014		0		1		0.032	0.017	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	
15:0.....g									
16:0.....g	0.012		0		1		0.028	0.014	
17:0.....g									
18:0.....g	0.001		0		1		0.002	0.001	
20:0.....g									
22:0.....g									
24:0.....g									

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	0.013		0		1		0.030	0.015	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.002	0.001	
17:1.....g									
18:1 undifferentiated.....g	0.012		0		1		0.028	0.014	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.024		0		1		0.055	0.028	
18:2 undifferentiated.....g	0.019		0		1		0.044	0.022	
18:3 undifferentiated.....g	0.005		0		1		0.012	0.006	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
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	Z	7		0	0	
Phytosterols.....mg	17		0		1		39	20	
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.007		0	A	1		0.016	0.008	
Threonine.....g	0.012		0	A	1		0.027	0.014	
Isoleucine.....g	0.007		0	A	1		0.017	0.008	
Leucine.....g	0.013		0	A	1		0.030	0.015	
Lysine.....g	0.017		0	A	1		0.039	0.020	
Methionine.....g	0.007		0	A	1		0.015	0.008	
Cystine.....g	0.007		0	A	1		0.016	0.008	
Phenylalanine.....g	0.041		0	A	1		0.095	0.049	
Tyrosine.....g	0.007		0	A	1		0.016	0.008	
Valine.....g	0.014		0	A	1		0.031	0.016	
Arginine.....g	0.078		0	A	1		0.178	0.092	
Histidine.....g	0.007		0	A	1		0.016	0.008	
Alanine.....g	0.022		0	A	1		0.050	0.026	
Aspartic acid.....g	0.123		0	A	1		0.282	0.145	
Glutamic acid.....g	0.176		0	A	1		0.405	0.208	
Glycine.....g	0.013		0	A	1		0.031	0.016	
Proline.....g	0.056		0	A	1		0.130	0.067	
Serine.....g	0.025		0	A	1		0.057	0.029	
Hydroxyproline.....g									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<b><u>Carotenoids:</u></b>									
Carotene, beta.....mcg	14		3	A	1		32.200	16.520	
Carotene, alpha.....mcg	8		3	A	1		18.400	9.440	
Cryptoxanthin, beta.....mcg	3		1	A	1		7.590	3.894	
Lycopene.....mcg	0		1	A	1		0.000	0.000	
Lutein + zeaxanthin.....mcg	10		1	A	1		21.850	11.210	

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

**Common Measures:**

Measure 1 = 230g: 1 cup sections, with juice

Measure 2 = 118g: .5 fruit (3-3/4" dia)

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

**Calories Factors: Protein 3.36**

**Fat 8.37**

**Carbohydrate 3.6**

**Food Group:** 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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

**Refuse:**

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	89.67	0.301	5		1		223.28		
Energy.....kcal	37		0	NC	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	NC	4		22.93		
Fiber, total dietary.....g	0.4		0		4		1.0		
Sugars, total.....g	8.80		0	O	4		21.91		
Starch.....g									
<b>Minerals:</b>									
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	RA	4		2.2		
<b>Vitamins:</b>									
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	Z	7		0		
Folate, food.....mcg	9		0		4		22		
Folate, DFE.....mcg_DFE	9		0	NC	4		22		
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin A, IU.....IU	0		0		1		0		
Vitamin A, RAE.....mcg_RAE	0		0		1		0		
Retinol.....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg	0.09		0	BFYN	4		0.22		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	BFYN	4		0.0		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.012		0		1		0.030		
4:0.....g	0.000		0		1		0.000		
6:0.....g	0.000		0		1		0.000		
8:0.....g	0.000		0		1		0.000		
10:0.....g	0.000		0		1		0.000		
12:0.....g	0.000		0		1		0.000		
13:0.....g									
14:0.....g	0.000		0		1		0.000		
15:0.....g									
16:0.....g	0.011		0		1		0.027		
17:0.....g									
18:0.....g	0.001		0		1		0.002		
20:0.....g									
22:0.....g									
24:0.....g									



NDB No. 09120

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.012		0		1		0.030		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.010		0		1		0.025		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.021		0		1		0.052		
18:2 undifferentiated.....g	0.017		0		1		0.042		
18:3 undifferentiated.....g	0.004		0		1		0.010		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
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	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.007		0	A	1		0.018		
Threonine.....g	0.012		0	A	1		0.030		
Isoleucine.....g	0.007		0	A	1		0.018		
Leucine.....g	0.013		0	A	1		0.033		
Lysine.....g	0.017		0	A	1		0.043		
Methionine.....g	0.007		0	A	1		0.016		
Cystine.....g	0.007		0	A	1		0.018		
Phenylalanine.....g	0.042		0	A	1		0.105		
Tyrosine.....g	0.007		0	A	1		0.018		
Valine.....g	0.014		0	A	1		0.034		
Arginine.....g	0.079		0	A	1		0.197		
Histidine.....g	0.007		0	A	1		0.018		
Alanine.....g	0.022		0	A	1		0.055		
Aspartic acid.....g	0.125		0	A	1		0.311		
Glutamic acid.....g	0.179		0	A	1		0.446		
Glycine.....g	0.014		0	A	1		0.034		
Proline.....g	0.057		0	A	1		0.143		
Serine.....g	0.025		0	A	1		0.063		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<b>Carotenoids:</b>									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

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

#### Common Measures:

Measure 1 = 249g: 1 cup

**NDB No. 09120**

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

**Calories Factors: Protein** 3.36

**Fat** 8.37

**Carbohydrate** 3.7

**Food Group:** 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 09121

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.013		0		1		0.033		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.003		
17:1.....g									
18:1 undifferentiated.....g	0.012		0		1		0.030		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.024		0		1		0.061		
18:2 undifferentiated.....g	0.019		0		1		0.048		
18:3 undifferentiated.....g	0.005		0		1		0.013		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
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	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.006		0	A	1		0.015		
Threonine.....g	0.010		0	A	1		0.024		
Isoleucine.....g	0.006		0	A	1		0.015		
Leucine.....g	0.011		0	A	1		0.027		
Lysine.....g	0.014		0	A	1		0.036		
Methionine.....g	0.005		0	A	1		0.013		
Cystine.....g	0.006		0	A	1		0.015		
Phenylalanine.....g	0.034		0	A	1		0.085		
Tyrosine.....g	0.006		0	A	1		0.015		
Valine.....g	0.011		0	A	1		0.028		
Arginine.....g	0.063		0	A	1		0.160		
Histidine.....g	0.006		0	A	1		0.015		
Alanine.....g	0.018		0	A	1		0.045		
Aspartic acid.....g	0.100		0	A	1		0.254		
Glutamic acid.....g	0.143		0	A	1		0.364		
Glycine.....g	0.011		0	A	1		0.027		
Proline.....g	0.046		0	A	1		0.117		
Serine.....g	0.020		0	A	1		0.051		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<b>Carotenoids:</b>									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

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

#### Common Measures:

Measure 1 = 254g: 1 cup

**NDB No. 09121**

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

**Calories Factors: Protein** 3.36

**Fat** 8.37

**Carbohydrate** 3.71

**Food Group:** 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 09119

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.014		0		1		0.034		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.012		0		1		0.029		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.024		0		1		0.059		
18:2 undifferentiated.....g	0.019		0		1		0.046		
18:3 undifferentiated.....g	0.005		0		1		0.012		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
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	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.006		0		1		0.015		
Threonine.....g	0.010		0		1		0.024		
Isoleucine.....g	0.006		0		1		0.015		
Leucine.....g	0.011		0		1		0.027		
Lysine.....g	0.014		0		1		0.035		
Methionine.....g	0.005		0		1		0.013		
Cystine.....g	0.006		0		1		0.015		
Phenylalanine.....g	0.035		0		1		0.085		
Tyrosine.....g	0.006		0		1		0.015		
Valine.....g	0.011		0		1		0.028		
Arginine.....g	0.065		0		1		0.160		
Histidine.....g	0.006		0		1		0.015		
Alanine.....g	0.018		0		1		0.045		
Aspartic acid.....g	0.103		0		1		0.252		
Glutamic acid.....g	0.148		0		1		0.362		
Glycine.....g	0.011		0		1		0.027		
Proline.....g	0.048		0		1		0.116		
Serine.....g	0.021		0		1		0.051		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<b>Carotenoids:</b>									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

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

#### Common Measures:

Measure 1 = 244g: 1 cup

**NDB No. 09119**

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

**Calories Factors: Protein** 3.36

**Fat** 8.37

**Carbohydrate** 3.6

**Food Group:** 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



*Vitis spp.*

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

[illegible]

NDB No. 09131

Grapes, american type (slip skin), raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.014		0		1		0.013	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.014		0		1		0.013	0.000	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.102		0		1		0.094	0.002	
18:2 undifferentiated.....g	0.079		0		1		0.073	0.002	
18:3 undifferentiated.....g	0.024		0		1		0.022	0.001	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
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	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
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									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<b>Carotenoids:</b>									
Carotene, beta.....mcg	59		0	BNA	4		54.588	1.424	
Carotene, alpha.....mcg	1		0	BNA	4		1.224	0.032	
Cryptoxanthin, beta.....mcg	0		0	BNA	4		0.000	0.000	
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	72		0	BFZN	4		66.240	1.728	

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

**Common Measures:**

Measure 1 = 92g: 1 cup

Measure 2 = 2.4g: 1 grape

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

**Calories Factors:** **Protein** 3.36                      **Fat** 8.37                      **Carbohydrate** 3.6                      **Food Group:** 09 Fruits and Fruit Juices  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	79.53		2		1		203.60		
Energy.....kcal	73		0	NC	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	NC	4		50.30		
Fiber, total dietary.....g	0.6		0	BFYN	4		1.5		
Sugars, total.....g	19.05		0	O	4		48.77		
Starch.....g									
<b>Minerals:</b>									
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	BFYN	4		0.2		
<b>Vitamins:</b>									
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	Z	7		0		
Folate, food.....mcg	3		0		4		7		
Folate, DFE.....mcg_DFE	3		0	NC	4		7		
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin A, IU.....IU	64		2		1		164		
Vitamin A, RAE.....mcg_RAE	3		2		1		8		
Retinol.....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg	0.13		0	BFYN	4		0.33		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	9.8		0	BFYN	4		25.0		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.033		0		1		0.084		
4:0.....g	0.000		0		1		0.000		
6:0.....g	0.000		0		1		0.000		
8:0.....g	0.000		0		1		0.000		
10:0.....g	0.000		0		1		0.000		
12:0.....g	0.000		0		1		0.000		
13:0.....g									
14:0.....g	0.001		0		1		0.003		
15:0.....g									
16:0.....g	0.029		0		1		0.074	</	

NDB No. 09134

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.004		0		1		0.010		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.004		0		1		0.010		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.030		0		1		0.077		
18:2 undifferentiated.....g	0.023		0		1		0.059		
18:3 undifferentiated.....g	0.007		0		1		0.018		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
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	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
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									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<b>Carotenoids:</b>									
Carotene, beta.....mcg	38		0	BNA	4		97.214		
Carotene, alpha.....mcg	1		0	BNA	4		2.180		
Cryptoxanthin, beta.....mcg	0		0	BNA	4		0.000		
Lycopene.....mcg	0		0	BFYN	4		0.000		
Lutein + zeaxanthin.....mcg	48		0	BFYN	4		123.494		

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

**Common Measures:**

Measure 1 = 256g: 1 cup

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

**Calories Factors:** **Protein** 3.36                      **Fat** 8.37                      **Carbohydrate** 3.75                      **Food Group:** 09 Fruits and Fruit Juices  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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

**Refuse: 0%**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
<b>Proximates:</b>									
Water.....g	88.84		0		1		217.66		
Energy.....kcal	40		0	NC	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	NC	4		25.24		
Fiber, total dietary.....g	0.6		0	BFYN	4		1.5		
Sugars, total.....g	9.70		0	O	4		23.77		
Starch.....g									
<b>Minerals:</b>									
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	BFYN	4		0.2		
<b>Vitamins:</b>									
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	Z	7		0		
Folate, food.....mcg	3		0		4		6		
Folate, DFE.....mcg_DFE	3		0	NC	4		6		
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin A, IU.....IU	45		0	NC	4		109		
Vitamin A, RAE.....mcg_RAE	2		0	NC	4		5		
Retinol.....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg	0.13		0	BFYN	4		0.32		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	9.8		0	BFYN	4		23.9		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.035		0		1		0.086		
4:0.....g	0.000		0		1		0.000		
6:0.....g	0.000		0		1		0.000		
8:0.....g	0.000		0		1		0.000		
10:0.....g	0.000		0		1		0.000		
12:0.....g	0.000		0		1		0.000		
13:0.....g									
14:0.....g	0.001		0		1		0.002		
15:0.....g									
16:0.....g	0.030		0		1		0.074		
17:0.....g									
18:0.....g	0.004		0		1		0.010		
20:0.....g									
22:0.....g									
24:0.....g									

NDB No. 09133

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.004		0		1		0.010		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.004		0		1		0.010		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.031		0		1		0.076		
18:2 undifferentiated.....g	0.024		0		1		0.059		
18:3 undifferentiated.....g	0.007		0		1		0.017		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
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	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
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									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<b>Carotenoids:</b>									
Carotene, beta.....mcg	26		0	BFYN	4		64.708		
Carotene, alpha.....mcg	1		0	BFYN	4		1.451		
Cryptoxanthin, beta.....mcg	0		0	BFYN	4		0.000		
Lycopene.....mcg	0		0	BFYN	4		0.000		
Lutein + zeaxanthin.....mcg	48		0	BFYN	4		118.188		

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

**Common Measures:**

Measure 1 = 245g: 1 cup



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

**Calories Factors:** **Protein** 3.36                      **Fat** 8.37                      **Carbohydrate** 3.6  
**Food Group:** 09 Fruits and Fruit Juices  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

*Vitis vinifera*

**Refuse: 4% Stems**

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	80.54	0.411	8	A	1		128.87	124.04	4.03
Energy.....kcal	69		0	NC	4		110	106	3
Energy.....kj	288		0	NC	4		461	444	14
Protein (N x 6.25).....g	0.72	0.031	8	A	1		1.15	1.10	0.04
Total lipid (fat).....g	0.16	0.030	8	A	1		0.26	0.25	0.01
Ash.....g	0.48	0.038	8	A	1		0.77	0.74	0.02
Carbohydrate, by difference.....g	18.10		0	NC	4		28.95	27.87	0.90
Fiber, total dietary.....g	0.9	0.114	8	A	1		1.4	1.4	0.0
Sugars, total.....g	15.48	0.277	8	A	1		24.76	23.84	0.77
Sucrose.....g	0.15	0.000	8	A	1		0.24	0.23	0.01
Glucose (dextrose).....g	7.20	0.096	8	A	1		11.52	11.09	0.36
Fructose.....g	8.13	0.218	8	A	1		13.01	12.52	0.41
Lactose.....g	0.00	0.000	8	A	1		0.00	0.00	0.00
Maltose.....g	0.00	0.000	8	A	1		0.00	0.00	0.00
Galactose.....g	0.00	0.000	8	A	1		0.00	0.00	0.00
Starch.....g	0.00	0.000	4	A	1		0.00	0.00	0.00
<b>Minerals:</b>									
Calcium, Ca.....mg	10	0.418	36	A	1		17	16	1
Iron, Fe.....mg	0.36	0.048	36	A	1		0.57	0.55	0.02
Magnesium, Mg.....mg	7	0.206	36	A	1		12	11	0
Phosphorus, P.....mg	20	0.987	34	A	1		33	32	1
Potassium, K.....mg	191	6.312	36	A	1		306	294	10
Sodium, Na.....mg	2	0.273	31	A	1		3	3	0
Zinc, Zn.....mg	0.07	0.010	36	A	1		0.10	0.10	0.00
Copper, Cu.....mg	0.127	0.016	36	A	1		0.204	0.196	0.006
Manganese, Mn.....mg	0.071	0.002	36	A	1		0.114	0.110	0.004
Selenium, Se.....mcg	0.1	0.010	4	A	1		0.2	0.1	0.0
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	10.8	0.858	6		1		17.3	16.6	0.5
Thiamin.....mg	0.069	0.002	8	A	1		0.110	0.106	0.003
Riboflavin.....mg	0.070	0.007	8	A	1		0.112	0.108	0.003
Niacin.....mg	0.188	0.016	8	A	1		0.301	0.290	0.009
Pantothenic acid.....mg	0.050	0.005	4	A	1		0.080	0.077	0.003
Vitamin B-6.....mg	0.086	0.009	8	A	1		0.137	0.132	0.004
Folate, total.....mcg	2	0.000	4	A	1		3	3	0
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	2	0.000	4	A	1		3	3	0
Folate, DFE.....mcg_DFE	2		0	NC	4		3	3	0
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, IU.....IU	66		0	AS	1		106	102	3
Vitamin A, RAE.....mcg_RAE	3		0	AS	1		5	5	0
Retinol.....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.19	0.014	5	A	1		0.31	0.30	0.01
Tocopherol, beta.....mg	0.00	0.000	5	A	1		0.00	0.00	0.00
Tocopherol, gamma.....mg	0.07	0.005	5	A	1		0.12	0.12	0.00
Tocopherol, delta.....mg	0.00	0.000	5	A	1		0.00	0.00	0.00
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	14.6	0.761	5	A	1		23.3	22.5	0.7
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.054		0	NC	4		0.086	0.083	0.003
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000	0.000
10:0.....g	0.000		0		1		0.000	0.000	0.000
12:0.....g	0.000		0		1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.001		0		1		0.002	0.002	0.000
15:0.....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	Deriv Code	Source Code	Confidence Code	
							Measure 1 Measure 2 Measure 3
16:0.....g	0.046		0		1		0.073 0.071 0.002
17:0.....g							
18:0.....g	0.006		0		1		0.010 0.010 0.000
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	0.007		0	NC	4		0.010 0.010 0.000
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.000		0		1		0.000 0.000 0.000
17:1.....g							
18:1 undifferentiated.....g	0.007		0		1		0.010 0.010 0.000
20:1.....g	0.000		0		1		0.000 0.000 0.000
22:1 undifferentiated.....g	0.000		0		1		0.000 0.000 0.000
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	0.048		0	NC	4		0.077 0.074 0.002
18:2 undifferentiated.....g	0.037		0		1		0.059 0.057 0.002
18:3 undifferentiated.....g	0.011		0		1		0.018 0.017 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
22:5 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	Z	7		0 0 0
Phytosterols.....mg	4		0		1		6 6 0
<b>Amino Acids:</b>							
Tryptophan.....g	0.011		0	A	1		0.017 0.017 0.001
Threonine.....g	0.022		0	A	1		0.035 0.034 0.001
Isoleucine.....g	0.011		0	A	1		0.017 0.017 0.001
Leucine.....g	0.022		0	A	1		0.035 0.034 0.001
Lysine.....g	0.027		0	A	1		0.043 0.041 0.001
Methionine.....g	0.009		0	A	1		0.014 0.013 0.000
Cystine.....g	0.010		0	A	1		0.015 0.015 0.000
Phenylalanine.....g	0.019		0	A	1		0.031 0.030 0.001
Tyrosine.....g	0.010		0	A	1		0.016 0.016 0.001
Valine.....g	0.022		0	A	1		0.035 0.034 0.001
Arginine.....g	0.130		0	A	1		0.208 0.201 0.007
Histidine.....g	0.022		0	A	1		0.035 0.034 0.001
Alanine.....g	0.022		0	A	1		0.035 0.034 0.001
Aspartic acid.....g	0.038		0	A	1		0.060 0.058 0.002
Glutamic acid.....g	0.081		0	A	1		0.129 0.124 0.004
Glycine.....g	0.016		0	A	1		0.025 0.024 0.001
Proline.....g	0.080		0	A	1		0.127 0.123 0.004
Serine.....g	0.022		0	A	1		0.035 0.034 0.001
Hydroxyproline.....g							
<b>Others:</b>							
Alcohol, ethyl.....g	0.0		0		7		0.0 0.0 0.0
Caffeine.....mg	0		0	Z	7		0 0 0
Theobromine.....mg	0		0	Z	7		0 0 0
<b>Carotenoids:</b>							
Carotene, beta.....mcg	39		2	A	1		63.072 60.707 1.971
Carotene, alpha.....mcg	1		1	A	1		1.414 1.361 0.044
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000 0.000 0.000
Lycopene.....mcg	0		1	A	1		0.000 0.000 0.000
Lutein + zeaxanthin.....mcg	72		1	A	1		115.200 110.880 3.600

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

**NDB No. 09132**

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

**Common Measures:**

Measure 1 = 160g: 1 cup, seedless

Measure 2 = 154g: 1 cup, with seeds, yields

Measure 3 = 5.0g: 1 grape, seedless

**Calories Factors: Protein** 3.36

**Fat** 8.37

**Carbohydrate** 3.6

**Food Group:** 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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

**Refuse:** 6% Husks

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
<b>Proximates:</b>									
Water.....g	85.40		0		1		119.56		
Energy.....kcal	53		0	NC	4		74		
Energy.....kj	222				4		310		
Protein (N x 6.25).....g	1.90		0		1		2.66		
Total lipid (fat).....g	0.70		0		1		0.98		
Ash.....g	0.80		0		1		1.12		
Carbohydrate, by difference.....g	11.20		0	NC	4		15.68		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
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									
<b>Vitamins:</b>									
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	Z	7		0.00		
Vitamin A, IU.....IU	720		0		1		1008		
Vitamin A, RAE.....mcg_RAE	36		0		1		50		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									

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

**Common Measures:**  
Measure 1 = 140g: 1 cup

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

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

**Food Group:** 09 Fruits and Fruit Juices  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	89.56		1		1		213.15		
Energy.....kcal	36		0	NC	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	NC	4		22.56		
Fiber, total dietary.....g	3.6		0		4		8.6		
Sugars, total.....g	5.88		0	O	4		13.99		
Starch.....g									
<b>Minerals:</b>									
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	BFSN	4		1.2		
<b>Vitamins:</b>									
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	Z	7		0		
Folate, food.....mcg	5		0		4		12		
Folate, DFE.....mcg_DFE	5		0	NC	4		12		
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin A, IU.....IU	283		1		1		674		
Vitamin A, RAE.....mcg_RAE	14		0	NC	4		34		
Retinol.....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg	0.55		0	BFSN	4		1.31		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	1.9		0	BFSN	4		4.6		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.040		0		1		0.095		
4:0.....g	0.000		0		1		0.000		
6:0.....g	0.000		0		1		0.000		
8:0.....g	0.000		0		1		0.000		
10:0.....g	0.000		0		1		0.000		
12:0.....g	0.000		0		1		0.000		
13:0.....g									
14:0.....g	0.003		0		1		0.007		
15:0.....g									
16:0.....g	0.034		0		1		0.081		
17:0.....g									
18:0.....g	0.004		0		1		0.010		
20:0.....g									
22:0.....g									
24:0.....g									

**NDB No. 09143**  
**Guava sauce, cooked**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	0.013		0		1		0.031		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.012		0		1		0.029		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.059		0		1		0.140		
18:2 undifferentiated.....g	0.042		0		1		0.100		
18:3 undifferentiated.....g	0.017		0		1		0.040		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
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	Z	7		0		
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
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									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<b><u>Carotenoids:</u></b>									
Carotene, beta.....mcg	170		0	O	4		404.124		
Carotene, alpha.....mcg	0		0	BFSN	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000		
Lycopene.....mcg	3909		0	BFSN	4		9302.953		
Lutein + zeaxanthin.....mcg	0		0	BFSN	4		0.000		

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

**Common Measures:**

Measure 1 = 238g: 1 cup



NDB No. 09143  
Guava sauce, cooked

Calories Factors: Protein 3.36      Fat 8.37      Carbohydrate 3.6      Food Group: 09 Fruits and Fruit Juices  
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**NDB No. 09139**  
**Guavas, common, raw (1 )**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.087		0	NC	4		0.144	0.048	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.005		0		1		0.008	0.003	
17:1.....g									
18:1 undifferentiated.....g	0.082		0		1		0.136	0.045	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.401		0	NC	4		0.661	0.220	
18:2 undifferentiated.....g	0.288		0		1		0.475	0.158	
18:3 undifferentiated.....g	0.112		0		1		0.185	0.062	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
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	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.022		0	BFPN	4		0.036	0.012	
Threonine.....g	0.096		0	BFPN	4		0.159	0.053	
Isoleucine.....g	0.093		0	BFPN	4		0.154	0.051	
Leucine.....g	0.171		0	BFPN	4		0.282	0.094	
Lysine.....g	0.072		0	BFPN	4		0.118	0.039	
Methionine.....g	0.016		0	BFPN	4		0.026	0.009	
Cystine.....g									
Phenylalanine.....g	0.006		0	BFPN	4		0.010	0.003	
Tyrosine.....g	0.031		0	BFPN	4		0.051	0.017	
Valine.....g	0.087		0	BFPN	4		0.144	0.048	
Arginine.....g	0.065		0	BFPN	4		0.108	0.036	
Histidine.....g	0.022		0	BFPN	4		0.036	0.012	
Alanine.....g	0.128		0	BFPN	4		0.210	0.070	
Aspartic acid.....g	0.162		0	BFPN	4		0.267	0.089	
Glutamic acid.....g	0.333		0	BFPN	4		0.549	0.183	
Glycine.....g	0.128		0	BFPN	4		0.210	0.070	
Proline.....g	0.078		0	BFPN	4		0.128	0.043	
Serine.....g	0.075		0	BFPN	4		0.123	0.041	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<b>Carotenoids:</b>									
Carotene, beta.....mcg	374	205.562	21	A	1		617.513	205.838	
Carotene, alpha.....mcg	0		2	A	1		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		2	A	1		0.000	0.000	
Lycopene.....mcg	5204	106.750	19	A	1		8587.013	2862.338	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

**Common Measures:**

Measure 1 = 165g: 1 cup

Measure 2 = 55g: 1 fruit, without refuse

**NDB No. 09139**  
**Guavas, common, raw (1 )**

**Footnotes**  
1 Pink fleshed

**Calories Factors:** **Protein** 3.36                      **Fat** 8.37                      **Carbohydrate** 3.6  
**Food Group:** 09 Fruits and Fruit Juices  
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**Refuse:** 15% Seeds, stem, and blossom end

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	80.66		2		1		196.81	4.84	
Energy.....kcal	69		0	NC	4		168	4	
Energy.....kj	289				4		704	17	
Protein (N x 6.25).....g	0.58		1		1		1.42	0.03	
Total lipid (fat).....g	0.60		0		1		1.46	0.04	
Ash.....g	0.80		0		1		1.95	0.05	
Carbohydrate, by difference.....g	17.36		0	NC	4		42.36	1.04	
Fiber, total dietary.....g	5.4		0	BFZN	4		13.2	0.3	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
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									
<b>Vitamins:</b>									
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	Z	7		0.00	0.00	
Vitamin A, IU.....IU	90		0		1		220	5	
Vitamin A, RAE.....mcg_RAE	5		0		1		11	0	
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.172		0		1		0.420	0.010	
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.012		0		1		0.029	0.001	
15:0.....g									
16:0.....g	0.144		0		1		0.351	0.009	
17:0.....g									
18:0.....g	0.016		0		1		0.039	0.001	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.055		0		1		0.134	0.003	
14:1.....g									
15:1.....g									

**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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
16:1 undifferentiated.....g	0.003		0		1		0.007	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.052		0		1		0.127	0.003	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.253		0		1		0.617	0.015	
18:2 undifferentiated.....g	0.182		0		1		0.444	0.011	
18:3 undifferentiated.....g	0.071		0		1		0.173	0.004	
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0	0	
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.005		0		1		0.012	0.000	
Threonine.....g	0.022		0		1		0.054	0.001	
Isoleucine.....g	0.021		0		1		0.051	0.001	
Leucine.....g	0.039		0		1		0.095	0.002	
Lysine.....g	0.016		0		1		0.039	0.001	
Methionine.....g	0.004		0		1		0.010	0.000	
Cystine.....g									
Phenylalanine.....g	0.001		0		1		0.002	0.000	
Tyrosine.....g	0.007		0		1		0.017	0.000	
Valine.....g	0.020		0		1		0.049	0.001	
Arginine.....g	0.015		0		1		0.037	0.001	
Histidine.....g	0.005		0		1		0.012	0.000	
Alanine.....g	0.029		0		1		0.071	0.002	
Aspartic acid.....g	0.037		0		1		0.090	0.002	
Glutamic acid.....g	0.076		0		1		0.185	0.005	
Glycine.....g	0.029		0		1		0.071	0.002	
Proline.....g	0.018		0		1		0.044	0.001	
Serine.....g	0.017		0		1		0.041	0.001	
Hydroxyproline.....g									

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

**Common Measures:**

Measure 1 = 244g: 1 cup

Measure 2 = 6.0g: 1 fruit without refuse

**Calories Factors: Protein** 3.36

**Fat** 8.37

**Carbohydrate** 3.6

**Food Group:** 09 Fruits and Fruit Juices

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**NDB No. 09420**  
**Jackfruit, canned, syrup pack**  
*Artocarpus heterophyllus*

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code	Code			
<b>Proximates:</b>									
Water.....g	75.28		2	A	1		134.00		
Energy.....kcal	92		0	NC	4		164		
Energy.....kj	385				4		685		
Protein (N x 6.25).....g	0.36		2	A	1		0.64		
Total lipid (fat).....g	0.14		2	A	1		0.25		
Ash.....g	0.28		2	A	1		0.50		
Carbohydrate, by difference.....g	23.94		0	NC	4		42.61		
Fiber, total dietary.....g	0.9		2	A	1		1.6		
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	44		2	A	1		78		
Iron, Fe.....mg	0.29		2	A	1		0.52		
Magnesium, Mg.....mg	10		2	A	1		18		
Phosphorus, P.....mg	6		2	A	1		11		
Potassium, K.....mg	96		2	A	1		171		
Sodium, Na.....mg	11		2	A	1		20		
Zinc, Zn.....mg	0.11		2	A	1		0.20		
Copper, Cu.....mg	0.050		2	A	1		0.089		
Manganese, Mn.....mg	0.078		2	A	1		0.139		
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.5		2	A	1		0.9		
Thiamin.....mg	0.033		2	A	1		0.059		
Riboflavin.....mg	0.036		2	A	1		0.064		
Niacin.....mg	0.677		2	A	1		1.205		
Pantothenic acid.....mg	0.072		2	A	1		0.128		
Vitamin B-6.....mg	0.044		2	A	1		0.078		
Folate, total.....mcg	14		2	A	1		25		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	14		2	A	1		25		
Folate, DFE.....mcg_DFE	14		0	NC	4		25		
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin A, IU.....IU	2		2	A	1		4		
Vitamin A, RAE.....mcg_RAE	0		2	A	1		0		
Retinol.....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 178g: 1 cup, drained

NDB No. 09420  
Jackfruit, canned, syrup pack

Calories Factors: Protein 3.36      Fat 8.37      Carbohydrate 3.75      Food Group: 09 Fruits and Fruit Juices  
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**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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
<b>Proximates:</b>									
Water.....g	73.23	1.956	7		1		120.83		
Energy.....kcal	94		0	NC	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	NC	4		39.62		
Fiber, total dietary.....g	1.6		0		4		2.6		
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
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	CAZN	4		1.0		
<b>Vitamins:</b>									
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	Z	7		0		
Folate, food.....mcg	14		0		4		23		
Folate, DFE.....mcg_DFE	14		0	NC	4		23		
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin A, IU.....IU	297	70.620	3		1		490		
Vitamin A, RAE.....mcg_RAE	15	3.531	3		1		25		
Retinol.....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
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		
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		
20:0.....g									
22:0.....g									
24:0.....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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	0.044		0		4		0.073		
14:1.....g									
15:1.....g									
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		
22:5 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	z	7		0		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg									
Theobromine.....mg									

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

**Common Measures:**

Measure 1 = 165g: 1 cup, sliced

**Calories Factors: Protein 3.36**

**Fat 8.37**

**Carbohydrate 3.6**

**Food Group:** 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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

**Refuse: 19% Seed**

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	83.13	0.873	8		1		112.23	7.48	
Energy.....kcal	60		0	NC	4		81	5	
Energy.....kj	251				4		339	23	
Protein (N x 6.25).....g	0.72	0.080	6		1		0.97	0.06	
Total lipid (fat).....g	0.23	0.071	5		1		0.31	0.02	
Ash.....g	0.36	0.091	5		1		0.49	0.03	
Carbohydrate, by difference.....g	15.56		0	NC	4		21.01	1.40	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
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									
<b>Vitamins:</b>									
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	Z	7		0.00	0.00	
Vitamin A, IU.....IU	3		2		1		4	0	
Vitamin A, RAE.....mcg_RAE	0		2		1		0	0	
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 135g: 1 cup

Measure 2 = 9.0g: 3 fruit

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

**Calories Factors:** **Protein** 3.36                      **Fat** 8.37                      **Carbohydrate** 3.6                      **Food Group:** 09 Fruits and Fruit Juices  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**NDB No. 09147**  
**Jujube, dried**

**Refuse: 11% Seeds**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
<b>Proximates:</b>									
Water.....g	19.70		0		1				
Energy.....kcal	287		0	NC	4				
Energy.....kj	1201				4				
Protein (N x 6.25).....g	3.70		0		1				
Total lipid (fat).....g	1.10		0		1				
Ash.....g	1.90		0		1				
Carbohydrate, by difference.....g	73.60		0	NC	4				
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
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									
<b>Vitamins:</b>									
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	Z	7				
Vitamin A, IU.....IU									
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7				
Phytosterols.....mg									

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

**Common Measures:**

**Calories Factors: Protein 3.36**

**Fat 8.37**

**Carbohydrate 3.6**

**NDB No. 09147**  
**Jujube, dried**

**Food Group:** 09 Fruits and Fruit Juices  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 09146

Jujube, raw

*Ziziphus jujuba*

Refuse: 7% Seeds

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	77.86	2.104	11						1
Energy.....kcal	79		0	NC					4
Energy.....kj	331								4
Protein (N x 6.25).....g	1.20		0						1
Total lipid (fat).....g	0.20		0						1
Ash.....g	0.51	0.066	6						1
Carbohydrate, by difference.....g	20.23		0	NC					4
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
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									
<b>Vitamins:</b>									
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	Z					7
Vitamin A, IU.....IU	40		0						1
Vitamin A, RAE.....mcg_RAE	2		0						1
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z					7
Phytosterols.....mg									

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

#### Common Measures:

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.6

**NDB No. 09146**  
**Jujube, raw**

**Food Group:** 09 Fruits and Fruit Juices  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)



*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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			Points	Code	Code				
<b>Proximates:</b>									
Water.....g	83.07	0.989	20	A	1		147.04	75.60	63.14
Energy.....kcal	61		0	NC	4		108	55	46
Energy.....kj	255		0	NC	4		451	232	194
Protein (N x 6.25).....g	1.14	0.116	20	A	1		2.02	1.04	0.87
Total lipid (fat).....g	0.52	0.120	20	A	1		0.92	0.47	0.39
Ash.....g	0.61	0.044	20	A	1		1.08	0.55	0.46
Carbohydrate, by difference.....g	14.66		0	NC	4		25.94	13.34	11.14
Fiber, total dietary.....g	3.0	0.211	8	A	1		5.4	2.8	2.3
Sugars, total.....g	8.99	0.163	8	A	1		15.92	8.18	6.84
Sucrose.....g	0.15	0.021	8	A	1		0.27	0.14	0.12
Glucose (dextrose).....g	4.11	0.055	8	A	1		7.27	3.74	3.12
Fructose.....g	4.35	0.084	8	A	1		7.70	3.96	3.31
Lactose.....g	0.00	0.000	7	A	1		0.00	0.00	0.00
Maltose.....g	0.19	0.016	8	A	1		0.34	0.18	0.15
Galactose.....g	0.17	0.089	8	A	1		0.31	0.16	0.13
Starch.....g	0.00	0.000	4	A	1		0.00	0.00	0.00
<b>Minerals:</b>									
Calcium, Ca.....mg	34	4.113	20	A	1		60	31	26
Iron, Fe.....mg	0.31	0.062	21	A	1		0.55	0.28	0.24
Magnesium, Mg.....mg	17	0.953	21	A	1		29	15	13
Phosphorus, P.....mg	34	1.603	19	A	1		60	31	26
Potassium, K.....mg	312	6.598	16	A	1		552	284	237
Sodium, Na.....mg	3	0.713	18	A	1		5	3	2
Zinc, Zn.....mg	0.14	0.010	21	A	1		0.24	0.13	0.10
Copper, Cu.....mg	0.130	0.007	21	A	1		0.230	0.118	0.099
Manganese, Mn.....mg	0.098	0.011	17	A	1		0.174	0.089	0.075
Selenium, Se.....mcg	0.2	0.040	5	A	1		0.4	0.2	0.2
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	92.7	3.367	16	A	1		164.1	84.3	70.4
Thiamin.....mg	0.027		2	A	1		0.047	0.024	0.020
Riboflavin.....mg	0.025	0.003	18	A	1		0.045	0.023	0.019
Niacin.....mg	0.341	0.032	18	A	1		0.604	0.311	0.260
Pantothenic acid.....mg	0.183	0.025	18	A	1		0.325	0.167	0.139
Vitamin B-6.....mg	0.063	0.002	18	A	1		0.112	0.057	0.048
Folate, total.....mcg	25	2.021	17	A	1		44	23	19
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	25	2.021	17	A	1		44	23	19
Folate, DFE.....mcg_DFE	25		0	NC	4		44	23	19
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, IU.....IU	87	4.722	18	A	1		154	79	66
Vitamin A, RAE.....mcg_RAE	4	0.236	18	A	1		8	4	3
Retinol.....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	1.46	0.043	16	A	1		2.58	1.33	1.11
Tocopherol, beta.....mg	0.00	0.000	4	A	1		0.00	0.00	0.00
Tocopherol, gamma.....mg	0.03	0.005	4	A	1		0.05	0.03	0.02
Tocopherol, delta.....mg	0.00	0.000	4	A	1		0.00	0.00	0.00
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	40.3	1.786	8	A	1		71.3	36.7	30.6
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.029		0	NC	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
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									

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0.....g	0.017		0		4		0.030	0.015	0.013
17:0.....g									
18:0.....g	0.012		0		4		0.021	0.011	0.009
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.047		0	NC	4		0.082	0.042	0.035
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.047		0		4		0.082	0.042	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	0.287		0	NC	4		0.509	0.261	0.218
18:2 undifferentiated.....g	0.246		0		4		0.435	0.224	0.187
18:3 undifferentiated.....g	0.042		0		4		0.074	0.038	0.032
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
22:5 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	Z	7		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.015		0	A	1		0.026	0.013	0.011
Threonine.....g	0.047		0	A	1		0.084	0.043	0.036
Isoleucine.....g	0.051		0	A	1		0.091	0.047	0.039
Leucine.....g	0.066		0	A	1		0.116	0.060	0.050
Lysine.....g	0.061		0	A	1		0.109	0.056	0.047
Methionine.....g	0.024		0	A	1		0.042	0.022	0.018
Cystine.....g	0.031		0	A	1		0.055	0.028	0.024
Phenylalanine.....g	0.044		0	A	1		0.078	0.040	0.033
Tyrosine.....g	0.034		0	A	1		0.061	0.031	0.026
Valine.....g	0.057		0	A	1		0.101	0.052	0.043
Arginine.....g	0.081		0	A	1		0.143	0.073	0.061
Histidine.....g	0.027		0	A	1		0.047	0.024	0.020
Alanine.....g	0.053		0	A	1		0.095	0.049	0.041
Aspartic acid.....g	0.126		0	A	1		0.222	0.114	0.095
Glutamic acid.....g	0.184		0	A	1		0.326	0.168	0.140
Glycine.....g	0.060		0	A	1		0.106	0.055	0.046
Proline.....g	0.044		0	A	1		0.078	0.040	0.033
Serine.....g	0.053		0	A	1		0.093	0.048	0.040
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	52	2.982	18	A	1		92.827	47.724	39.858
Carotene, alpha.....mcg	0	0.000	6	A	1		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0	0.000	6	A	1		0.000	0.000	0.000
Lycopene.....mcg	0	0.000	6	A	1		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	122	5.764	6	A	1		215.350	110.717	92.467

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

**NDB No. 09148**

**Kiwi fruit, (chinese gooseberries), fresh, raw**

**Common Measures:**

Measure 1 = 177g: 1 cup

Measure 2 = 91g: 1 fruit without skin, large

Measure 3 = 76g: 1 fruit without skin, medium

**Calories Factors: Protein** 3.36

**Fat** 8.37

**Carbohydrate** 3.6

**Food Group:** 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 09405

Kiwifruit, (chinese gooseberries), held in storage, raw

Refuse: 14% Skin

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	83.05	0.661	4		1		75.58	63.12	
Energy.....kcal	61		0	NC	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	NC	4		13.54	11.31	
Fiber, total dietary.....g	3.4		0		4		3.1	2.6	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
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									
<b>Vitamins:</b>									
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	Z	7		0.00	0.00	
Vitamin A, IU.....IU	175		1		1		159	133	
Vitamin A, RAE.....mcg_RAE	9		1		1		8	7	
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									

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

#### Common Measures:

Measure 1 = 91g: 1 fruit without skin, large

Measure 2 = 76g: 1 fruit without skin, medium

**NDB No. 09405**  
**Kiwifruit, (chinese gooseberries), held in storage, raw**

**Calories Factors:** **Protein** 3.36                      **Fat** 8.37                      **Carbohydrate** 3.6                      **Food Group:** 09 Fruits and Fruit Juices  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)



**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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	0.154		0	BFFN	4		0.029		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.021		0	BFFN	4		0.004		
17:1.....g									
18:1 undifferentiated.....g	0.137		0	BFFN	4		0.026		
20:1.....g	0.000		0	BFFN	4		0.000		
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.171		0	BFFN	4		0.032		
18:2 undifferentiated.....g	0.124		0	BFFN	4		0.024		
18:3 undifferentiated.....g	0.047		0	BFFN	4		0.009		
18:4.....g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFFN	4		0.000		
20:5 n-3.....g	0.000		0	BFFN	4		0.000		
22:5 n-3.....g	0.000		0	BFFN	4		0.000		
22:6 n-3.....g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<b><u>Carotenoids:</u></b>									
Carotene, beta.....mcg	0		2	A	1		0.000		
Carotene, alpha.....mcg	155		2	A	1		29.450		
Cryptoxanthin, beta.....mcg	193		2	A	1		36.670		
Lycopene.....mcg	0		0	BFZN	4		0.000		
Lutein + zeaxanthin.....mcg	129		0	BFZN	4		24.596		

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

**Common Measures:**

Measure 1 = 19g: 1 fruit without refuse

**Calories Factors: Protein** 3.36

**Fat** 8.37

**Carbohydrate** 3.6

**Food Group:** 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Refuse: 0%**

	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
Nutrients and Units	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	92.46	0.188	3		1		225.60	13.87	28.20
Energy.....kcal	21		0	NC	4		51	3	6
Energy.....kj	88				4		214	13	27
Protein (N x 6.25).....g	0.40	0.084	3		1		0.98	0.06	0.12
Total lipid (fat).....g	0.29	0.035	3		1		0.71	0.04	0.09
Ash.....g	0.36	0.023	3		1		0.88	0.05	0.11
Carbohydrate, by difference.....g	6.48		0	NC	4		15.81	0.97	1.98
Fiber, total dietary.....g	0.4		0		4		1.0	0.1	0.1
Sugars, total.....g	2.40		0	T	4		5.86	0.36	0.73
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	11	0.577	3		1		27	2	3
Iron, Fe.....mg	0.13	0.012	3		1		0.32	0.02	0.04
Magnesium, Mg.....mg	8	0.416	3		1		20	1	2
Phosphorus, P.....mg	9	1.084	3		1		22	1	3
Potassium, K.....mg	102	5.698	5		1		249	15	31
Sodium, Na.....mg	21	1.720	5		1		51	3	6
Zinc, Zn.....mg	0.06	0.009	3		1		0.15	0.01	0.02
Copper, Cu.....mg	0.037	0.003	3		1		0.090	0.006	0.011
Manganese, Mn.....mg	0.020	0.000	3		1		0.049	0.003	0.006
Selenium, Se.....mcg	0.1		0	BFZN	4		0.2	0.0	0.0
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	24.8	2.390	3		1		60.5	3.7	7.6
Thiamin.....mg	0.041	0.002	3		1		0.100	0.006	0.013
Riboflavin.....mg	0.009	0.002	3		1		0.022	0.001	0.003
Niacin.....mg	0.197	0.033	3		1		0.481	0.030	0.060
Pantothenic acid.....mg	0.091	0.004	3		1		0.222	0.014	0.028
Vitamin B-6.....mg	0.043	0.006	3		1		0.105	0.006	0.013
Folate, total.....mcg	10	1.295	6		1		25	2	3
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	10	1.295	6		1		25	2	3
Folate, DFE.....mcg_DFE	10		0	NC	4		25	2	3
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, IU.....IU	15	5.239	3		1		37	2	5
Vitamin A, RAE.....mcg_RAE	1	0.262	3		1		2	0	0
Retinol.....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.15		0	BFZN	4		0.37	0.02	0.05
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		1	A	1		0.0	0.0	0.0
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.038		0		1		0.093	0.006	0.012
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000	0.000
10:0.....g	0.000		0		1		0.000	0.000	0.000
12:0.....g	0.000		0		1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.001		0		1		0.002	0.000	0.000
15:0.....g									
16:0.....g	0.034		0		1		0.083	0.005	0.010
17:0.....g									
18:0.....g	0.002		0		1		0.005	0.000	0.001



**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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	0.011		0		1		0.027	0.002	0.003
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.002	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.010		0		1		0.024	0.002	0.003
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.085		0		1		0.207	0.013	0.026
18:2 undifferentiated.....g	0.060		0		1		0.146	0.009	0.018
18:3 undifferentiated.....g	0.025		0		1		0.061	0.004	0.008
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
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	Z	7		0	0	0
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
<b>Carotenoids:</b>									
Carotene, beta.....mcg	2		0	BNA	4		5.225	0.321	0.653
Carotene, alpha.....mcg	0		0	BNA	4		0.816	0.050	0.102
Cryptoxanthin, beta.....mcg	13		0	BNA	4		32.654	2.007	4.082
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	11		0	BFZN	4		25.620	1.575	3.203

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

**Common Measures:**

Measure 1 = 244g: 1 cup  
Measure 2 = 15g: 1 tbsp  
Measure 3 = 30.5g: 1 fl oz

**Calories Factors: Protein** 3.36

**Fat** 8.37

**Carbohydrate** 2.7

**Food Group:** 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Lemon juice, frozen, unsweetened, single strength**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	92.39	0.401	3		1		225.43	28.18	
Energy.....kcal	22		0	NC	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	NC	4		15.86	1.98	
Fiber, total dietary.....g	0.4		0		4		1.0	0.1	
Sugars, total.....g	2.40		0	T	4		5.86	0.73	
Starch.....g									
<b>Minerals:</b>									
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	BFZN	4		0.2	0.0	
<b>Vitamins:</b>									
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	Z	7		0	0	
Folate, food.....mcg	10	2.155	3		1		23	3	
Folate, DFE.....mcg_DFE	10		0	NC	4		23	3	
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	13	5.291	3		1		32	4	
Vitamin A, RAE.....mcg_RAE	1	0.265	3		1		2	0	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	0.08		0	BFSN	4		0.20	0.02	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	BFZN	4		0.0	0.0	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.043		0		1		0.105	0.013	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	
12:0.....g	0.000		0		1		0.0		

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Fatty acids, total monounsaturated.....g	0.012		0		1		0.029	0.004	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.002	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.011		0		1		0.027	0.003	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.097		0		1		0.237	0.030	
18:2 undifferentiated.....g	0.068		0		1		0.166	0.021	
18:3 undifferentiated.....g	0.029		0		1		0.071	0.009	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
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	Z	7		0	0	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<b>Carotenoids:</b>									
Carotene, beta.....mcg	2		0	BNA	4		4.528	0.566	
Carotene, alpha.....mcg	0		0	BNA	4		0.708	0.088	
Cryptoxanthin, beta.....mcg	12		0	BNA	4		28.300	3.538	
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	7		0	BFSN	4		17.692	2.212	

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

**Common Measures:**

Measure 1 = 244g: 1 cup

Measure 2 = 30.5g: 1 fl oz

**Calories Factors: Protein** 3.36**Fat** 8.37**Carbohydrate** 2.7**Food Group:** 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Refuse: 0%**

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	90.73	0.166	17		1		221.38	27.67	42.64
Energy.....kcal	25		0	NC	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	NC	4		21.06	2.63	4.06
Fiber, total dietary.....g	0.4		0		1		1.0	0.1	0.2
Sugars, total.....g	2.40		0	T	4		5.86	0.73	1.13
Starch.....g									
<b>Minerals:</b>									
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	BFZN	4		0.2	0.0	0.0
<b>Vitamins:</b>									
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	Z	7		0	0	0
Folate, food.....mcg	13	0.130	3		1		31	4	6
Folate, DFE.....mcg_DFE	13		0	NC	4		31	4	6
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, IU.....IU	19		0	NC	4		46	6	9
Vitamin A, RAE.....mcg_RAE	1		0	NC	4		2	0	0
Retinol.....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.15		0	BFZN	4		0.37	0.05	0.07
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	BFZN	4		0.0	0.0	0.0
<b>Lipids:</b>									
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
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
20:0.....g									
22:0.....g									
24:0.....g									

**NDB No. 09152**  
**Lemon juice, raw**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	
							Measure 1 Measure 2 Measure 3
Fatty acids, total monounsaturated.....g	0.000		0		4		0.000 0.000 0.000
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	0.000		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
22:5 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	Z	7		0 0 0
Phytosterols.....mg							
<b>Others:</b>							
Alcohol, ethyl.....g	0.0		0		7		0.0 0.0 0.0
Caffeine.....mg	0		0	Z	7		0 0 0
Theobromine.....mg	0		0	Z	7		0 0 0
<b>Carotenoids:</b>							
Carotene, beta.....mcg	3		0	BFSN	4		6.568 0.821 1.265
Carotene, alpha.....mcg	0		0	BFSN	4		1.026 0.128 0.198
Cryptoxanthin, beta.....mcg	17		0	BFSN	4		41.050 5.131 7.907
Lycopene.....mcg	0		0	BFSN	4		0.000 0.000 0.000
Lutein + zeaxanthin.....mcg	9		0	BFSN	4		21.551 2.694 4.151

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

**Common Measures:**

Measure 1 = 244g: 1 cup  
 Measure 2 = 30.5g: 1 fl oz  
 Measure 3 = 47g: 1 lemon yields

**Calories Factors: Protein 3.36**

**Fat 8.37**

**Carbohydrate 2.7**

**Food Group: 09 Fruits and Fruit Juices**

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



**NDB No. 09156**  
**Lemon peel, raw**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.011		0		1		0.001	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.010		0		1		0.001	0.000	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.089		0		1		0.005	0.002	
18:2 undifferentiated.....g	0.063		0		1		0.004	0.001	
18:3 undifferentiated.....g	0.026		0		1		0.002	0.001	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
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	Z	7		0	0	
Phytosterols.....mg	35		0		1		2	1	
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<b>Carotenoids:</b>									
Carotene, beta.....mcg	7		0	BNA	4		0.428	0.143	
Carotene, alpha.....mcg	1		0	BNA	4		0.067	0.022	
Cryptoxanthin, beta.....mcg	45		0	BNA	4		2.677	0.892	
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	18		0	BFSN	4		1.052	0.351	

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

**Common Measures:**

Measure 1 = 6.0g: 1 tbsp

Measure 2 = 2.0g: 1 tsp

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)





**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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			
			Points						
16:1 undifferentiated.....g	0.001		0		1		0.001		
17:1.....g									
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									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	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. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 108g: 1 fruit without seeds

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code				
<b>Proximates:</b>									
Water.....g	88.98	0.820	5		1		188.64	51.61	74.74
Energy.....kcal	29		0	NC	4		61	17	24
Energy.....kj	121		0		4		257	70	102
Protein (N x 6.25).....g	1.10		0		1		2.33	0.64	0.92
Total lipid (fat).....g	0.30		0		1		0.64	0.17	0.25
Ash.....g	0.30		0		1		0.64	0.17	0.25
Carbohydrate, by difference.....g	9.32		0	NC	4		19.76	5.41	7.83
Fiber, total dietary.....g	2.8		0		1		5.9	1.6	2.4
Sugars, total.....g	2.50		0	T	4		5.30	1.45	2.10
Starch.....g									
<b>Minerals:</b>									
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	BFSN	4		0.8	0.2	0.3
<b>Vitamins:</b>									
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	Z	7		0	0	0
Folate, food.....mcg	11	2.646	7		1		22	6	9
Folate, DFE.....mcg_DFE	11		0	NC	4		22	6	9
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, IU.....IU	22		0	AS	1		48	13	19
Vitamin A, RAE.....mcg_RAE	1		0	AS	1		2	1	1
Retinol.....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.15		0	BFZN	4		0.32	0.09	0.13
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	BFZN	4		0.0	0.0	0.0
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.039		0		1		0.083	0.023	0.033
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000	0.000
10:0.....g	0.000		0		1		0.000	0.000	0.000
12:0.....g	0.000		0		1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.001		0		1		0.002	0.001	0.001
15:0.....g									
16:0.....g	0.035		0		1		0.074	0.020	0.029
17:0.....g									
18:0.....g	0.002		0		1		0.004	0.001	0.002
20:0.....g									
22:0.....g									
24:0.....g									

**NDB No. 09150**  
**Lemons, raw, without peel**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	
							Measure 1 Measure 2 Measure 3
Fatty acids, total monounsaturated.....g	0.011		0		1		0.023 0.006 0.009
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.001		0		1		0.002 0.001 0.001
17:1.....g							
18:1 undifferentiated.....g	0.010		0		1		0.021 0.006 0.008
20:1.....g	0.000		0		1		0.000 0.000 0.000
22:1 undifferentiated.....g	0.000		0		1		0.000 0.000 0.000
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	0.089		0		1		0.189 0.052 0.075
18:2 undifferentiated.....g	0.063		0		1		0.134 0.037 0.053
18:3 undifferentiated.....g	0.026		0		1		0.055 0.015 0.022
18:4.....g	0.000		0		1		0.000 0.000 0.000
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g	0.000		0		1		0.000 0.000 0.000
20:5 n-3.....g	0.000		0		1		0.000 0.000 0.000
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	Z	7		0 0 0
Phytosterols.....mg							
<b>Others:</b>							
Alcohol, ethyl.....g	0.0		0		7		0.0 0.0 0.0
Caffeine.....mg	0		0	Z	7		0 0 0
Theobromine.....mg	0		0	Z	7		0 0 0
<b>Carotenoids:</b>							
Carotene, beta.....mcg	3		2	A	1		6.784 1.856 2.688
Carotene, alpha.....mcg	1		2	A	1		1.060 0.290 0.420
Cryptoxanthin, beta.....mcg	20		1	A	1		42.400 11.600 16.800
Lycopene.....mcg	0		1	A	1		0.000 0.000 0.000
Lutein + zeaxanthin.....mcg	11		2	A	1		22.260 6.090 8.820

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

**Common Measures:**

Measure 1 = 212g: 1 cup, sections

Measure 2 = 58g: 1 fruit (2-1/8" dia)

Measure 3 = 84g: 1 fruit (2-3/8" dia)

**Calories Factors: Protein 3.36**

**Fat 8.37**

**Carbohydrate 2.48**

**Food Group: 09 Fruits and Fruit Juices**

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Lime juice, canned or bottled, unsweetened**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	92.52	0.103	3		1		227.60	28.50	
Energy.....kcal	21		0	NC	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	NC	4		16.46	2.06	
Fiber, total dietary.....g	0.4		0		4		1.0	0.1	
Sugars, total.....g	1.37		0	BFSN	4		3.37	0.42	
Starch.....g									
<b>Minerals:</b>									
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	BFSN	4		0.2	0.0	
<b>Vitamins:</b>									
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	Z	7		0	0	
Folate, food.....mcg	8	2.397	6		1		19	2	
Folate, DFE.....mcg_DFE	8		0	NC	4		19	2	
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	16	2.333	3		1		39	5	
Vitamin A, RAE.....mcg_RAE	1	0.117	3		1		2	0	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	0.12		0	BFSN	4		0.30	0.04	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.5		0	BFSN	4		1.3	0.2	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.026		0		1		0.064	0.008	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	
12:0.....g	0.000		0		1		0.		

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
Fatty acids, total monounsaturated.....g	0.022		0		1		0.054	0.007	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.004		0		1		0.010	0.001	
17:1.....g									
18:1 undifferentiated.....g	0.018		0		1		0.044	0.006	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.064		0		1		0.157	0.020	
18:2 undifferentiated.....g	0.042		0		1		0.103	0.013	
18:3 undifferentiated.....g	0.022		0		1		0.054	0.007	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
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	Z	7		0	0	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<b>Carotenoids:</b>									
Carotene, beta.....mcg	10		0	BNA	4		23.616	2.957	
Carotene, alpha.....mcg	0		0	BNA	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BNA	4		0.000	0.000	
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	BFSN	4		0.000	0.000	

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

#### Common Measures:

Measure 1 = 246g: 1 cup

Measure 2 = 30.8g: 1 fl oz

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 2.7

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	90.79	0.126	4	A	1		223.33	27.96	34.50
Energy.....kcal	25		0	NC	4		61	8	9
Energy.....kj	104		0	NC	4		255	32	39
Protein (N x 6.25).....g	0.42	0.021	4	A	1		1.02	0.13	0.16
Total lipid (fat).....g	0.07	0.000	4	A	1		0.18	0.02	0.03
Ash.....g	0.31	0.026	4	A	1		0.76	0.10	0.12
Carbohydrate, by difference.....g	8.42		0	NC	4		20.70	2.59	3.20
Fiber, total dietary.....g	0.4		0		4		1.0	0.1	0.2
Sugars, total.....g	1.69	0.124	4	A	1		4.16	0.52	0.64
Sucrose.....g	0.48	0.057	4	A	1		1.18	0.15	0.18
Glucose (dextrose).....g	0.60	0.041	4	A	1		1.47	0.18	0.23
Fructose.....g	0.61	0.045	4	A	1		1.51	0.19	0.23
Lactose.....g	0.00	0.000	4	A	1		0.00	0.00	0.00
Maltose.....g	0.00	0.000	4	A	1		0.00	0.00	0.00
Galactose.....g	0.00	0.000	4	A	1		0.00	0.00	0.00
Starch.....g	0.00		1	A	1		0.00	0.00	0.00
<b>Minerals:</b>									
Calcium, Ca.....mg	14	0.823	4	A	1		34	4	5
Iron, Fe.....mg	0.09	0.014	4	A	1		0.23	0.03	0.04
Magnesium, Mg.....mg	8	0.182	4	A	1		20	2	3
Phosphorus, P.....mg	14	0.260	4	A	1		36	4	5
Potassium, K.....mg	117	5.244	4	A	1		288	36	44
Sodium, Na.....mg	2	0.865	4	A	1		5	1	1
Zinc, Zn.....mg	0.08	0.004	4	A	1		0.21	0.03	0.03
Copper, Cu.....mg	0.027	0.001	4	A	1		0.066	0.008	0.010
Manganese, Mn.....mg	0.018	0.001	4	A	1		0.044	0.005	0.007
Selenium, Se.....mcg	0.1		2	A	1		0.1	0.0	0.0
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	30.0	1.390	4	A	1		73.8	9.2	11.4
Thiamin.....mg	0.025	0.001	4	A	1		0.062	0.008	0.010
Riboflavin.....mg	0.015	0.000	4	A	1		0.037	0.005	0.006
Niacin.....mg	0.142	0.009	4	A	1		0.349	0.044	0.054
Pantothenic acid.....mg	0.123	0.006	4	A	1		0.303	0.038	0.047
Vitamin B-6.....mg	0.038	0.001	4	A	1		0.092	0.012	0.014
Folate, total.....mcg	10	1.559	4	A	1		25	3	4
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	10	1.559	4	A	1		25	3	4
Folate, DFE.....mcg_DFE	10		0	NC	4		25	3	4
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, IU.....IU	50	20.130	4	A	1		123	15	19
Vitamin A, RAE.....mcg_RAE	2	1.006	4	A	1		6	1	1
Retinol.....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.22		2	A	1		0.53	0.07	0.08
Tocopherol, beta.....mg	0.00		2	A	1		0.00	0.00	0.00
Tocopherol, gamma.....mg	0.00		2	A	1		0.00	0.00	0.00
Tocopherol, delta.....mg	0.00		2	A	1		0.00	0.00	0.00
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.6		2	A	1		1.6	0.2	0.2
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.008		0	NC	4		0.021	0.003	0.003
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000	0.000
10:0.....g	0.000		0		1		0.000	0.000	0.000
12:0.....g	0.000		0		1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	0.000
15:0.....g									

**NDB No. 09160**  
**Lime juice, raw**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0.....g	0.008		2		1		0.021	0.003	0.003
17:0.....g									
18:0.....g	0.000		0		1		0.000	0.000	0.000
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.008		0	NC	4		0.021	0.003	0.003
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		2		1		0.004	0.001	0.001
17:1.....g									
18:1 undifferentiated.....g	0.007		2		1		0.017	0.002	0.003
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.023		0	NC	4		0.056	0.007	0.009
18:2 undifferentiated.....g	0.015		2		1		0.037	0.005	0.006
18:3 undifferentiated.....g	0.008		2		1		0.019	0.002	0.003
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
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	Z	7		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.002		0	A	1		0.004	0.001	0.001
Threonine.....g	0.002		0	A	1		0.004	0.001	0.001
Isoleucine.....g	0.002		0	A	1		0.004	0.001	0.001
Leucine.....g	0.016		0	A	1		0.040	0.005	0.006
Lysine.....g	0.016		0	A	1		0.040	0.005	0.006
Methionine.....g	0.002		0	A	1		0.004	0.001	0.001
Cystine.....g	0.002		0	A	1		0.004	0.001	0.001
Phenylalanine.....g	0.011		0	A	1		0.028	0.003	0.004
Tyrosine.....g	0.002		0	A	1		0.004	0.001	0.001
Valine.....g	0.011		0	A	1		0.026	0.003	0.004
Arginine.....g	0.015		0	A	1		0.037	0.005	0.006
Histidine.....g	0.002		0	A	1		0.004	0.001	0.001
Alanine.....g	0.024		0	A	1		0.058	0.007	0.009
Aspartic acid.....g	0.114		0	A	1		0.280	0.035	0.043
Glutamic acid.....g	0.067		0	A	1		0.164	0.020	0.025
Glycine.....g	0.011		0	A	1		0.028	0.003	0.004
Proline.....g	0.030		0	A	1		0.073	0.009	0.011
Serine.....g	0.035		0	A	1		0.086	0.011	0.013
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	30	12.078	4	A	1		73.665	9.223	11.379
Carotene, alpha.....mcg	0	0.000	4	A	1		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0	0.000	4	A	1		0.000	0.000	0.000
Lycopene.....mcg	0	0.000	4	A	1		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0	0.000	4	A	1		0.000	0.000	0.000

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

**NDB No. 09160**

**Lime juice, raw**

**Common Measures:**

Measure 1 = 246g: 1 cup

Measure 2 = 30.8g: 1 fl oz

Measure 3 = 38g: 1 lime yields

**Calories Factors: Protein 3.36**

**Fat 8.37**

**Carbohydrate 2.7**

**Food Group:** 09 Fruits and Fruit Juices

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**NDB No. 09159**  
**Limes, raw**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	0.019		0		1		0.013	0.013	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003		0		1		0.002	0.002	
17:1.....g									
18:1 undifferentiated.....g	0.016		0		1		0.011	0.011	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.055		0		1		0.037	0.037	
18:2 undifferentiated.....g	0.036		0		1		0.024	0.024	
18:3 undifferentiated.....g	0.019		0		1		0.013	0.013	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
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	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.003		10		1		0.002	0.002	
Threonine.....g									
Isoleucine.....g									
Leucine.....g									
Lysine.....g	0.014		10		1		0.009	0.009	
Methionine.....g	0.002		6		1		0.001	0.001	
Cystine.....g									
Phenylalanine.....g									
Tyrosine.....g									
Valine.....g									
Arginine.....g									
Histidine.....g									
Alanine.....g									
Aspartic acid.....g									
Glutamic acid.....g									
Glycine.....g									
Proline.....g									
Serine.....g									
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	30		0	BFZN	4		20.063	20.063	
Carotene, alpha.....mcg	0		0	BFZN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.000	0.000	
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	BFZN	4		0.000	0.000	

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

**Common Measures:**

Measure 1 = 67g: 1 fruit (2" dia)

Measure 2 = 67g: 1 NLEA serving

NDB No. 09159  
Limes, raw

Calories Factors: Protein 3.36      Fat 8.37      Carbohydrate 2.48      Food Group: 09 Fruits and Fruit Juices  
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**NDB No. 09165**  
**Litchis, dried**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code	Code			
Fatty acids, total monounsaturated.....g	0.328		0		4		0.008		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.004		0		4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.324		0		4		0.008		
20:1.....g	0.000		0		4		0.000		
22:1 undifferentiated.....g	0.000		0		4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.361		0		4		0.009		
18:2 undifferentiated.....g	0.184		0		4		0.005		
18:3 undifferentiated.....g	0.178		0		4		0.004		
18:4.....g	0.000		0		4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000		
20:5 n-3.....g	0.000		0		4		0.000		
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	Z	7		0		
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
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									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<b><u>Carotenoids:</u></b>									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

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

**Common Measures:**

Measure 1 = 2.5g: 1 fruit

NDB No. 09165  
Litchis, dried

Calories Factors: Protein 3.36      Fat 8.37      Carbohydrate 3.6      Food Group: 09 Fruits and Fruit Juices  
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**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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	0.120		0		4		0.228	0.012	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		4		0.002	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.119		0		4		0.226	0.011	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.132		0		4		0.251	0.013	
18:2 undifferentiated.....g	0.067		0		4		0.127	0.006	
18:3 undifferentiated.....g	0.065		0		4		0.124	0.006	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
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	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.007		1		1		0.013	0.001	
Threonine.....g									
Isoleucine.....g									
Leucine.....g									
Lysine.....g	0.041		1		1		0.078	0.004	
Methionine.....g	0.009		1		1		0.017	0.001	
Cystine.....g									
Phenylalanine.....g									
Tyrosine.....g									
Valine.....g									
Arginine.....g									
Histidine.....g									
Alanine.....g									
Aspartic acid.....g									
Glutamic acid.....g									
Glycine.....g									
Proline.....g									
Serine.....g									
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

**Common Measures:**

Measure 1 = 190g: 1 cup

Measure 2 = 9.6g: 1 fruit without refuse



NDB No. 09164  
Litchis, raw

Calories Factors: Protein 3.36      Fat 8.37      Carbohydrate 3.6      Food Group: 09 Fruits and Fruit Juices  
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**Refuse: 0%**

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	84.61	0.382	3		1		124.38		
Energy.....kcal	55		0	NC	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	NC	4		19.14		
Fiber, total dietary.....g	5.3		0	BFZN	4		7.8		
Sugars, total.....g	7.70		0	O	4		11.32		
Starch.....g									
<b>Minerals:</b>									
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	0.2		0	BFZN	4		0.3		
<b>Vitamins:</b>									
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	Z	7		0		
Folate, food.....mcg	26	2.914	3		1		38		
Folate, DFE.....mcg_DFE	26		0	NC	4		38		
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin A, IU.....IU	35	3.180	3		1		51		
Vitamin A, RAE.....mcg_RAE	2	0.159	3		1		3		
Retinol.....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg	0.87		0	BFZN	4		1.28		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	7.8		0	BFZN	4		11.5		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.011		0		4		0.016		
4:0.....g	0.000		0		4		0.000		
6:0.....g	0.000		0		4		0.000		
8:0.....g	0.000		0		4		0.000		
10:0.....g	0.000		0		4		0.000		
12:0.....g	0.000		0		4		0.000		
13:0.....g									
14:0.....g	0.000		0		4		0.000		
15:0.....g									
16:0.....g	0.007		0		4		0.010		
17:0.....g									
18:0.....g	0.002		0		4		0.003		
20:0.....g									
22:0.....g									
24:0.....g									

**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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	0.030		0		4		0.044		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.028		0		4		0.041		
20:1.....g	0.002		0		4		0.003		
22:1 undifferentiated.....g	0.000		0		4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.176		0		4		0.259		
18:2 undifferentiated.....g	0.117		0		4		0.172		
18:3 undifferentiated.....g	0.059		0		4		0.087		
18:4.....g	0.000		0		4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000		
20:5 n-3.....g	0.000		0		4		0.000		
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	Z	7		0		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<b>Carotenoids:</b>									
Carotene, beta.....mcg	21		0	BNA	4		30.870		
Carotene, alpha.....mcg	0		0	BNA	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BNA	4		0.000		
Lycopene.....mcg	0		0	BFZN	4		0.000		
Lutein + zeaxanthin.....mcg	118		0	BFZN	4		172.725		

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

**Common Measures:**

Measure 1 = 147g: 1 cup, unthawed

**Calories Factors: Protein** 3.36

**Fat** 8.37

**Carbohydrate** 3.6

**Food Group:** 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**NDB No. 09173**  
**Longans, dried**

**Refuse:** 64% Shell and seeds

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	17.60		0		1				
Energy.....kcal	286		0	NC	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	NC	4				
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
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									
<b>Vitamins:</b>									
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	Z	7				
Vitamin A, IU.....IU	0		1		1				
Vitamin A, RAE.....mcg_RAE	0		1		1				
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7				
Phytosterols.....mg									
<b>Amino Acids:</b>									
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				

NDB No. 09173  
Longans, dried

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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				
Glycine.....g	0.158		0		1				
Proline.....g	0.158		0		1				
Serine.....g	0.180		0		1				
Hydroxyproline.....g									

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Common Measures:

Calories Factors:
Protein 3.36
Fat 8.37
Carbohydrate 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**NDB No. 09172**  
**Longans, raw**  
*Dimocarpus longan*

**Refuse:** 47% Shell and seeds

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	82.75		2		1		2.65		
Energy.....kcal	60		0	NC	4		2		
Energy.....kj	251				4		8		
Protein (N x 6.25).....g	1.31		1		1		0.04		
Total lipid (fat).....g	0.10		0		1		0.00		
Ash.....g	0.70		0		1		0.02		
Carbohydrate, by difference.....g	15.14		0	NC	4		0.48		
Fiber, total dietary.....g	1.1		0		4		0.0		
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
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									
<b>Vitamins:</b>									
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	Z	7		0.00		
Vitamin A, IU.....IU									
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
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		

NDB No. 09172  
Longans, raw

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Arginine.....g	0.035		1		1		0.001		
Histidine.....g	0.012		1		1		0.000		
Alanine.....g	0.157		1		1		0.005		
Aspartic acid.....g	0.126		1		1		0.004		
Glutamic acid.....g	0.209		1		1		0.007		
Glycine.....g	0.042		1		1		0.001		
Proline.....g	0.042		1		1		0.001		
Serine.....g	0.048		1		1		0.002		
Hydroxyproline.....g									

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**Common Measures:**

Measure 1 = 3.2g: 1 fruit without refuse

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

**Food Group:** 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
	Points								
<b>Proximates:</b>									
Water.....g	86.73	1.198	13		1		129.23	17.35	13.88
Energy.....kcal	47		0	NC	4		70	9	8
Energy.....kj	197				4		293	39	31
Protein (N x 6.25).....g	0.43		1		1		0.64	0.09	0.07
Total lipid (fat).....g	0.20		0		1		0.30	0.04	0.03
Ash.....g	0.50		0		1		0.75	0.10	0.08
Carbohydrate, by difference.....g	12.14		0	NC	4		18.09	2.43	1.94
Fiber, total dietary.....g	1.7		0		4		2.5	0.3	0.3
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
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	CAZN	4		0.9	0.1	0.1
<b>Vitamins:</b>									
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	Z	7		0	0	0
Folate, food.....mcg	14		0		4		21	3	2
Folate, DFE.....mcg_DFE	14		0	NC	4		21	3	2
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, IU.....IU	1528	233.817	5		1		2277	306	244
Vitamin A, RAE.....mcg_RAE	76	11.691	5		1		114	15	12
Retinol.....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
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
12:0.....g	0.001		2		1		0.001	0.000	0.000
13:0.....g									
14:0.....g	0.001		2		1		0.001	0.000	0.000
15:0.....g									
16:0.....g	0.032		2		1		0.048	0.006	0.005
17:0.....g									
18:0.....g	0.004		2		1		0.006	0.001	0.001
20:0.....g									
22:0.....g									
24:0.....g									



**NDB No. 09174**  
**Loquats, raw**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	
							Measure 1 Measure 2 Measure 3
Fatty acids, total monounsaturated.....g	0.008		0		1		0.012 0.002 0.001
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.000		0		1		0.000 0.000 0.000
17:1.....g							
18:1 undifferentiated.....g	0.008		2		1		0.012 0.002 0.001
20:1.....g	0.000		0		1		0.000 0.000 0.000
22:1 undifferentiated.....g	0.000		0		1		0.000 0.000 0.000
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	0.091		0		1		0.136 0.018 0.015
18:2 undifferentiated.....g	0.077		2		1		0.115 0.015 0.012
18:3 undifferentiated.....g	0.013		2		1		0.019 0.003 0.002
18:4.....g	0.000		0		1		0.000 0.000 0.000
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g	0.000		0		1		0.000 0.000 0.000
20:5 n-3.....g	0.000		0		1		0.000 0.000 0.000
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	z	7		0 0 0
Phytosterols.....mg	2		0		1		3 0 0
<b>Amino Acids:</b>							
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							
<b>Others:</b>							
Alcohol, ethyl.....g	0.0		0		7		0.0 0.0 0.0
Caffeine.....mg							
Theobromine.....mg							

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

**Common Measures:**

Measure 1 = 149g: 1 cup, cubed

Measure 2 = 20g: 1 large

Measure 3 = 16g: 1 medium

**Calories Factors: Protein 3.36**

**Fat 8.37**

**Carbohydrate 3.6**

**Food Group: 09 Fruits and Fruit Juices**

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.205		0		4		1.734		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.205		0		4		1.734		
20:1.....g	0.000		0		4		0.000		
22:1 undifferentiated.....g	0.000		0		4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.079		0		4		0.668		
18:2 undifferentiated.....g	0.079		0		4		0.668		
18:3 undifferentiated.....g	0.000		0		4		0.000		
18:4.....g	0.000		0		4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000		
20:5 n-3.....g	0.000		0		4		0.000		
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	z	7		0		
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
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									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg									
Theobromine.....mg									

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

**Common Measures:**

Measure 1 = 846g: 1 fruit without refuse

**Calories Factors: Protein 3.36**

**Fat 8.37**

**Carbohydrate 3.6**

**Food Group: 09 Fruits and Fruit Juices**

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

*Mangifera indica*

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	81.71	0.323	108		1		134.82	169.14	
Energy.....kcal	65		0	NC	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	NC	4		28.05	35.19	
Fiber, total dietary.....g	1.8		0		1		3.0	3.7	
Sugars, total.....g	14.80		0	T	4		24.42	30.64	
Starch.....g									
<b>Minerals:</b>									
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	CAZN	4		1.0	1.2	
<b>Vitamins:</b>									
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	Z	7		0	0	
Folate, food.....mcg	14		0		4		23	29	
Folate, DFE.....mcg_DFE	14		0	NC	4		23	29	
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	765		0	AS	1		1262	1584	
Vitamin A, RAE.....mcg_RAE	38		0	AS	1		63	79	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	1.12		0		1		1.85	2.32	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	4.2		0	BFSN	4		6.9	8.7	
<b>Lipids:</b>									
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	
12:0.....g	0.001		15		1	</			

**NDB No. 09176**  
**Mangos, raw**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total 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	
22:5 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	Z	7		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
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									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	445	50.000	8	A	1		734.250	921.150	
Carotene, alpha.....mcg	17		4	A	1		28.050	35.190	
Cryptoxanthin, beta.....mcg	11		4	A	1		18.150	22.770	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

**Common Measures:**

Measure 1 = 165g: 1 cup, sliced

Measure 2 = 207g: 1 fruit without refuse

NDB No. 09176  
Mangos, raw

Calories Factors: Protein 3.36      Fat 8.37      Carbohydrate 3.6      Food Group: 09 Fruits and Fruit Juices  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**NDB No. 09177**  
**Mangosteen, canned, syrup pack**  
*Garcinia mangostana*

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	80.94		2	A	1		158.64	174.83	
Energy.....kcal	73		0	NC	4		143	158	
Energy.....kj	305				4		599	660	
Protein (N x 6.25).....g	0.41		2	A	1		0.80	0.89	
Total lipid (fat).....g	0.58		2	A	1		1.14	1.25	
Ash.....g	0.16		2	A	1		0.31	0.35	
Carbohydrate, by difference.....g	17.91		0	NC	4		35.10	38.69	
Fiber, total dietary.....g	1.8		2	A	1		3.5	3.9	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	12		2	A	1		24	26	
Iron, Fe.....mg	0.30		2	A	1		0.59	0.65	
Magnesium, Mg.....mg	13		2	A	1		25	28	
Phosphorus, P.....mg	8		2	A	1		16	17	
Potassium, K.....mg	48		2	A	1		94	104	
Sodium, Na.....mg	7		2	A	1		14	15	
Zinc, Zn.....mg	0.21		2	A	1		0.41	0.45	
Copper, Cu.....mg	0.069		2	A	1		0.135	0.149	
Manganese, Mn.....mg	0.102		2	A	1		0.200	0.220	
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	2.9		2	A	1		5.7	6.3	
Thiamin.....mg	0.054		2	A	1		0.106	0.117	
Riboflavin.....mg	0.054		2	A	1		0.106	0.117	
Niacin.....mg	0.286		2	A	1		0.561	0.618	
Pantothenic acid.....mg	0.032		2	A	1		0.063	0.069	
Vitamin B-6.....mg	0.018		2	A	1		0.035	0.039	
Folate, total.....mcg	31		2	A	1		61	67	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	31		2	A	1		61	67	
Folate, DFE.....mcg_DFE	31		0	NC	4		61	67	
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	35		2	A	1		69	77	
Vitamin A, RAE.....mcg_RAE	2		2	A	1		3	4	
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Carotenoids:</b>									
Carotene, beta.....mcg	16		2	A	1		32.007	35.273	
Carotene, alpha.....mcg	1		2	A	1		2.450	2.700	
Cryptoxanthin, beta.....mcg	9		2	A	1		16.856	18.576	
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									

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

NDB No. 09177  
Mangosteen, canned, syrup pack

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

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

**Common Measures:**

Measure 1 = 196g: 1 cup, drained

Measure 2 = 216g: 1 cup

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

**Food Group:** 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)





NDB No. 09328

Maraschino cherries, canned, drained

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	0.049		0	BFFN	4		0.002		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0	BFFN	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.049		0	BFFN	4		0.002		
20:1.....g	0.000		0	BFFN	4		0.000		
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.055		0	BFFN	4		0.003		
18:2 undifferentiated.....g	0.028		0	BFFN	4		0.001		
18:3 undifferentiated.....g	0.027		0	BFFN	4		0.001		
18:4.....g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFFN	4		0.000		
20:5 n-3.....g	0.000		0	BFFN	4		0.000		
22:5 n-3.....g	0.000		0	BFFN	4		0.000		
22:6 n-3.....g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<b><u>Carotenoids:</u></b>									
Carotene, beta.....mcg	27		0	RA	4		1.342		
Carotene, alpha.....mcg	0		0	RA	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	RA	4		0.000		
Lycopene.....mcg	0		0	RA	4		0.000		
Lutein + zeaxanthin.....mcg	59		0	RA	4		2.958		

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

**Common Measures:**

Measure 1 = 5.0g: 1 cherry (NLEA serving)

**Calories Factors: Protein** 3.36**Fat** 8.37**Carbohydrate** 3.87**Food Group:** 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



**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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code				
Fatty acids, total monounsaturated.....g	0.006		0		4		0.010		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.004		0		4		0.007		
20:1.....g	0.000		0		4		0.000		
22:1 undifferentiated.....g	0.000		0		4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.098		0		4		0.170		
18:2 undifferentiated.....g	0.042		0		4		0.073		
18:3 undifferentiated.....g	0.056		0		4		0.097		
18:4.....g	0.000		0		4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000		
20:5 n-3.....g	0.000		0		4		0.000		
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	z	7		0		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg									
Theobromine.....mg									

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

**Common Measures:**

Measure 1 = 173g: 1 cup, unthawed

**Calories Factors: Protein 3.36**

**Fat 8.37**

**Carbohydrate 3.6**

**Food Group:** 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
Proximates:									
Water.....g	90.15	0.312	30	A	1		159.57	144.25	140.64
Energy.....kcal	34		0	NC	4		60	54	53
Energy.....kj	141		0	NC	4		250	226	221
Protein (N x 6.25).....g	0.84	0.030	17	A	1		1.48	1.34	1.30
Total lipid (fat).....g	0.19	0.036	21	A	1		0.34	0.31	0.30
Ash.....g	0.65	0.039	17	A	1		1.16	1.05	1.02
Carbohydrate, by difference.....g	8.16		0	NC	4		14.45	13.06	12.74
Fiber, total dietary.....g	0.9	0.112	18	A	1		1.6	1.4	1.4
Sugars, total.....g	7.86		0	AS	1		13.91	12.58	12.26
Sucrose.....g	4.35	0.666	14	A	1		7.71	6.97	6.79
Glucose (dextrose).....g	1.54	0.322	14	A	1		2.72	2.46	2.40
Fructose.....g	1.87	0.304	14	A	1		3.32	3.00	2.92
Lactose.....g	0.00	0.000	8	A	1		0.00	0.00	0.00
Maltose.....g	0.04	0.020	11	A	1		0.07	0.06	0.06
Galactose.....g	0.06	0.004	8	A	1		0.10	0.09	0.09
Starch.....g	0.03	0.025	4	A	1		0.04	0.04	0.04
Minerals:									
Calcium, Ca.....mg	9	0.757	54	A	1		17	15	15
Iron, Fe.....mg	0.21	0.022	54	A	1		0.37	0.34	0.33
Magnesium, Mg.....mg	12	0.430	54	A	1		21	19	18
Phosphorus, P.....mg	15	0.742	53	A	1		27	24	23
Potassium, K.....mg	267	10.242	54	A	1		473	428	417
Sodium, Na.....mg	16	1.243	50	A	1		28	25	24
Zinc, Zn.....mg	0.18	0.018	53	A	1		0.31	0.28	0.27
Copper, Cu.....mg	0.041	0.009	54	A	1		0.072	0.065	0.064
Manganese, Mn.....mg	0.041	0.002	54	A	1		0.072	0.065	0.063
Selenium, Se.....mcg	0.4	0.055	4	A	1		0.6	0.6	0.6
Vitamins:									
Vitamin C, total ascorbic acid.....mg	36.7	1.384	10	A	1		65.0	58.8	57.3
Thiamin.....mg	0.041	0.009	13	A	1		0.073	0.066	0.064
Riboflavin.....mg	0.019		4	A	1		0.033	0.030	0.029
Niacin.....mg	0.734	0.040	18	A	1		1.298	1.174	1.144
Pantothenic acid.....mg	0.105	0.020	13	A	1		0.185	0.167	0.163
Vitamin B-6.....mg	0.072	0.028	14	A	1		0.127	0.115	0.112
Folate, total.....mcg	21	7.073	17	A	1		38	34	33
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	21	7.073	17	A	1		38	34	33
Folate, DFE.....mcg_DFE	21		0	NC	4		38	34	33
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, IU.....IU	3382		0	AS	1		5985	5411	5275
Vitamin A, RAE.....mcg_RAE	169		0	AS	1		299	271	264
Retinol.....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.05	0.007	11	A	1		0.09	0.08	0.08
Tocopherol, beta.....mg	0.00	0.000	11	A	1		0.00	0.00	0.00
Tocopherol, gamma.....mg	0.11	0.013	11	A	1		0.19	0.17	0.16
Tocopherol, delta.....mg	0.00	0.000	11	A	1		0.00	0.00	0.00
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	2.5	0.304	8	A	1		4.5	4.1	4.0
Lipids:									
Fatty acids, total saturated.....g	0.051		0	NC	4		0.090	0.081	0.079
4:0.....g	0.000		0		4		0.000	0.000	0.000
6:0.....g	0.000		0		4		0.000	0.000	0.000
8:0.....g	0.000		0		4		0.000	0.000	0.000
10:0.....g	0.000		0		4		0.000	0.000	0.000
12:0.....g	0.001		0		4		0.003	0.002	0.002
13:0.....g									
14:0.....g	0.001		0		4		0.003	0.002	0.002
15:0.....g									

**NDB No. 09181**  
**Melons, cantaloupe, raw**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0.....g	0.043		0		4		0.076	0.068	0.067
17:0.....g									
18:0.....g	0.005		0		4		0.009	0.008	0.008
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.003		0	NC	4		0.005	0.005	0.005
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.003		0		4		0.005	0.005	0.005
20:1.....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.081		0	NC	4		0.143	0.130	0.126
18:2 undifferentiated.....g	0.035		0		4		0.061	0.055	0.054
18:3 undifferentiated.....g	0.046		0		4		0.082	0.074	0.072
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
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	Z	7		0	0	0
Phytosterols.....mg	10		0		1		18	16	16
Amino Acids:									
Tryptophan.....g	0.002		0	A	1		0.004	0.003	0.003
Threonine.....g	0.017		0	A	1		0.031	0.028	0.027
Isoleucine.....g	0.021		0	A	1		0.037	0.033	0.033
Leucine.....g	0.029		0	A	1		0.051	0.046	0.045
Lysine.....g	0.030		0	A	1		0.052	0.047	0.046
Methionine.....g	0.012		0	A	1		0.022	0.020	0.019
Cystine.....g	0.002		0	A	1		0.004	0.003	0.003
Phenylalanine.....g	0.023		0	A	1		0.041	0.037	0.036
Tyrosine.....g	0.014		0	A	1		0.025	0.023	0.022
Valine.....g	0.033		0	A	1		0.059	0.053	0.052
Arginine.....g	0.029		0	A	1		0.052	0.047	0.046
Histidine.....g	0.015		0	A	1		0.026	0.024	0.023
Alanine.....g	0.095		0	A	1		0.167	0.151	0.148
Aspartic acid.....g	0.136		0	A	1		0.240	0.217	0.212
Glutamic acid.....g	0.209		0	A	1		0.370	0.335	0.326
Glycine.....g	0.026		0	A	1		0.046	0.041	0.040
Proline.....g	0.019		0	A	1		0.034	0.031	0.030
Serine.....g	0.042		0	A	1		0.074	0.067	0.065
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	2020	252.908	52	A	1		3575.743	3232.310	3151.502
Carotene, alpha.....mcg	16	10.021	42	A	1		28.996	26.211	25.555
Cryptoxanthin, beta.....mcg	1	1.170	21	A	1		2.071	1.872	1.825
Lycopene.....mcg	0	0.000	12	A	1		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	26	9.999	12	A	1		45.909	41.500	40.463

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

**NDB No. 09181**

**Melons, cantaloupe, raw**

**Common Measures:**

Measure 1 = 177g: 1 cup, balls

Measure 2 = 160g: 1 cup, cubes

Measure 3 = 156g: 1 cup, diced

**Calories Factors: Protein 3.36**

**Fat 8.37**

**Carbohydrate 3.6**

**Food Group:** 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

*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		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	91.85		2	A	1		156.15	1506.34	150.63
Energy.....kcal	28		0	NC	4		48	463	46
Energy.....kj	118		0	NC	4		201	1939	194
Protein (N x 6.25).....g	1.11		2	A	1		1.89	18.25	1.82
Total lipid (fat).....g	0.10		1		1		0.17	1.64	0.16
Ash.....g	0.36		2	A	1		0.61	5.90	0.59
Carbohydrate, by difference.....g	6.58		0	NC	4		11.18	107.87	10.79
Fiber, total dietary.....g	0.9		2	A	1		1.5	14.5	1.5
Sugars, total.....g	5.69		0	O	4		9.68	93.37	9.34
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	11		2	A	1		18	174	17
Iron, Fe.....mg	0.34		2	A	1		0.57	5.49	0.55
Magnesium, Mg.....mg	11		2	A	1		18	175	17
Phosphorus, P.....mg	5		2	A	1		9	83	8
Potassium, K.....mg	182		2	A	1		310	2991	299
Sodium, Na.....mg	9		2	A	1		15	143	14
Zinc, Zn.....mg	0.07		2	A	1		0.11	1.07	0.11
Copper, Cu.....mg	0.060		2	A	1		0.102	0.984	0.098
Manganese, Mn.....mg	0.035		2	A	1		0.060	0.574	0.057
Selenium, Se.....mcg	0.4		0	BFZN	4		0.6	6.0	0.6
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	21.8		2	A	1		37.1	358.0	35.8
Thiamin.....mg	0.015		2	A	1		0.025	0.238	0.024
Riboflavin.....mg	0.031		2	A	1		0.052	0.500	0.050
Niacin.....mg	0.232		2	A	1		0.394	3.805	0.380
Pantothenic acid.....mg	0.084		2	A	1		0.143	1.378	0.138
Vitamin B-6.....mg	0.163		2	A	1		0.277	2.673	0.267
Folate, total.....mcg	8		2	A	1		13	129	13
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	8		2	A	1		13	129	13
Folate, DFE.....mcg_DFE	8		0	NC	4		13	129	13
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, IU.....IU	0		2	A	1		0	0	0
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0	0	0
Retinol.....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.05		0	BFZN	4		0.09	0.82	0.08
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	2.5		0	BFZN	4		4.3	41.8	4.2
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.025		0		4		0.043	0.410	0.041
4:0.....g	0.000		0		4		0.000	0.000	0.000
6:0.....g	0.000		0		4		0.000	0.000	0.000
8:0.....g	0.000		0		4		0.000	0.000	0.000
10:0.....g	0.000		0		4		0.000	0.000	0.000
12:0.....g	0.001		0		4		0.002	0.016	0.002
13:0.....g									
14:0.....g	0.001		0		4		0.002	0.016	0.002
15:0.....g									
16:0.....g	0.021		0		4		0.036	0.344	0.034
17:0.....g									
18:0.....g	0.002		0		4		0.003	0.033	0.003
20:0.....g									
22:0.....g									
24:0.....g									



**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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code	Code			
Fatty acids, total monounsaturated.....g	0.002		0		4		0.003	0.033	0.003
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.002		0		4		0.003	0.033	0.003
20:1.....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.039		0		4		0.066	0.640	0.064
18:2 undifferentiated.....g	0.017		0		4		0.029	0.279	0.028
18:3 undifferentiated.....g	0.022		0		4		0.037	0.361	0.036
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
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	Z	7		0	0	0
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
<b>Carotenoids:</b>									
Carotene, beta.....mcg	0		2	A	1		0.000	0.000	0.000
Carotene, alpha.....mcg	0		2	A	1		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		2	A	1		0.000	0.000	0.000
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	26		0	BFZN	4		44.094	425.375	42.538

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

**Common Measures:**

Measure 1 = 170g: 1 cup, cubes

Measure 2 = 1640g: 1 melon

Measure 3 = 164g: .1 fruit

**Calories Factors: Protein** 3.36

**Fat** 8.37

**Carbohydrate** 3.6

**Food Group:** 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Refuse:** 54% 5% cavity contents, rind 49%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
Proximates:									
Water.....g	89.82	0.478	20	A	1		158.98	152.69	898.18
Energy.....kcal	36		0	NC	4		63	61	357
Energy.....kj	150		0	NC	4		265	254	1495
Protein (N x 6.25).....g	0.54	0.054	18	A	1		0.96	0.92	5.42
Total lipid (fat).....g	0.14	0.037	8	A	1		0.25	0.24	1.42
Ash.....g	0.41	0.021	17	A	1		0.72	0.69	4.09
Carbohydrate, by difference.....g	9.09		0	NC	4		16.09	15.45	90.90
Fiber, total dietary.....g	0.8	0.140	20	A	1		1.4	1.3	7.9
Sugars, total.....g	8.12	0.925	8	A	1		14.38	13.81	81.24
Sucrose.....g	2.48	0.574	8	A	1		4.39	4.21	24.79
Glucose (dextrose).....g	2.68	0.251	8	A	1		4.75	4.56	26.81
Fructose.....g	2.96	0.156	8	A	1		5.25	5.04	29.64
Lactose.....g	0.00	0.000	8	A	1		0.00	0.00	0.00
Maltose.....g	0.00	0.000	8	A	1		0.00	0.00	0.00
Galactose.....g	0.00	0.000	8	A	1		0.00	0.00	0.00
Starch.....g	0.00	0.000	3	A	1		0.00	0.00	0.00
Minerals:									
Calcium, Ca.....mg	6	1.404	19	A	1		11	10	60
Iron, Fe.....mg	0.17	0.008	19	A	1		0.30	0.29	1.70
Magnesium, Mg.....mg	10	1.202	19	A	1		18	17	103
Phosphorus, P.....mg	11	0.265	18	A	1		20	19	113
Potassium, K.....mg	228	17.897	19	A	1		403	387	2277
Sodium, Na.....mg	18	1.850	12	A	1		31	30	178
Zinc, Zn.....mg	0.09	0.008	19	A	1		0.16	0.15	0.90
Copper, Cu.....mg	0.024	0.003	19	A	1		0.042	0.041	0.240
Manganese, Mn.....mg	0.027	0.002	19	A	1		0.048	0.046	0.271
Selenium, Se.....mcg	0.7	0.000	4	A	1		1.2	1.2	7.0
Vitamins:									
Vitamin C, total ascorbic acid.....mg	18.0	1.637	14	A	1		31.9	30.6	180.1
Thiamin.....mg	0.038	0.013	14	A	1		0.067	0.064	0.378
Riboflavin.....mg	0.012	0.002	8	A	1		0.022	0.021	0.125
Niacin.....mg	0.418	0.061	18	A	1		0.740	0.711	4.182
Pantothenic acid.....mg	0.155	0.068	8	A	1		0.274	0.263	1.550
Vitamin B-6.....mg	0.088	0.012	18	A	1		0.155	0.149	0.877
Folate, total.....mcg	19	3.066	18	A	1		34	33	192
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	19	3.066	18	A	1		34	33	192
Folate, DFE.....mcg_DFE	19		0	NC	4		34	33	192
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, IU.....IU	50	0.735	16	A	1		89	85	503
Vitamin A, RAE.....mcg_RAE	3	0.037	16	A	1		4	4	25
Retinol.....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.02	0.006	3	A	1		0.04	0.03	0.20
Tocopherol, beta.....mg	0.00	0.000	3	A	1		0.00	0.00	0.00
Tocopherol, gamma.....mg	0.03	0.003	3	A	1		0.05	0.05	0.27
Tocopherol, delta.....mg	0.00	0.000	3	A	1		0.00	0.00	0.00
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	2.9	0.130	8	A	1		5.1	4.9	28.8
Lipids:									
Fatty acids, total saturated.....g	0.038		0	NC	4		0.067	0.064	0.377
4:0.....g	0.000		0		4		0.000	0.000	0.000
6:0.....g	0.000		0		4		0.000	0.000	0.000
8:0.....g	0.000		0		4		0.000	0.000	0.000
10:0.....g	0.000		0		4		0.000	0.000	0.000
12:0.....g	0.002		0		4		0.003	0.003	0.015
13:0.....g									
14:0.....g	0.002		0		4		0.003	0.003	0.015
15:0.....g									

**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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
16:0.....g	0.032		0		4		0.056	0.054	0.316
17:0.....g									
18:0.....g	0.003		0		4		0.005	0.005	0.030
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.003		0	NC	4		0.005	0.005	0.030
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.003		0		4		0.005	0.005	0.030
20:1.....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.059		0	NC	4		0.104	0.100	0.588
18:2 undifferentiated.....g	0.026		0		4		0.045	0.044	0.256
18:3 undifferentiated.....g	0.033		0		4		0.059	0.056	0.332
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
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	Z	7		0	0	0
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.005		0	A	1		0.008	0.008	0.048
Threonine.....g	0.013		0	A	1		0.023	0.023	0.132
Isoleucine.....g	0.013		0	A	1		0.022	0.022	0.126
Leucine.....g	0.016		0	A	1		0.028	0.027	0.157
Lysine.....g	0.018		0	A	1		0.032	0.031	0.181
Methionine.....g	0.005		0	A	1		0.008	0.008	0.048
Cystine.....g	0.005		0	A	1		0.008	0.008	0.048
Phenylalanine.....g	0.015		0	A	1		0.026	0.025	0.147
Tyrosine.....g	0.010		0	A	1		0.017	0.017	0.097
Valine.....g	0.018		0	A	1		0.032	0.031	0.181
Arginine.....g	0.014		0	A	1		0.025	0.024	0.139
Histidine.....g	0.005		0	A	1		0.008	0.008	0.048
Alanine.....g	0.044		0	A	1		0.078	0.075	0.443
Aspartic acid.....g	0.088		0	A	1		0.155	0.149	0.878
Glutamic acid.....g	0.153		0	A	1		0.271	0.260	1.529
Glycine.....g	0.016		0	A	1		0.028	0.027	0.157
Proline.....g	0.012		0	A	1		0.021	0.020	0.117
Serine.....g	0.023		0	A	1		0.041	0.040	0.232
Hydroxyproline.....g									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
<b><u>Carotenoids:</u></b>									
Carotene, beta.....mcg	30	0.441	16	A	1		53.395	51.283	301.667
Carotene, alpha.....mcg	0	0.000	6	A	1		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0	0.000	6	A	1		0.000	0.000	0.000
Lycopene.....mcg	0	0.000	6	A	1		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	27	3.810	6	A	1		48.380	46.467	273.333

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

**NDB No. 09184**

**Melons, honeydew, raw**

**Common Measures:**

Measure 1 = 177g: 1 cup, balls

Measure 2 = 170g: 1 cup, diced (approx 20 pieces per cup)

Measure 3 = 1000g: 1 melon (5-1/4" dia)

**Calories Factors: Protein** 3.36

**Fat** 8.37

**Carbohydrate** 3.6

**Food Group:** 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Refuse: 0%**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	87.68		1		1		122.75	13.15	
Energy.....kcal	43		0	NC	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	NC	4		13.72	1.47	
Fiber, total dietary.....g	1.7		0		4		2.4	0.3	
Sugars, total.....g	8.10		0	O	4		11.34	1.22	
Starch.....g									
<b>Minerals:</b>									
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	CAZN	4		0.8	0.1	
<b>Vitamins:</b>									
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	Z	7		0	0	
Folate, food.....mcg	6		0		4		8	1	
Folate, DFE.....mcg_DFE	6		0	NC	4		8	1	
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	25		0		1		35	4	
Vitamin A, RAE.....mcg_RAE	1		0	NC	4		2	0	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	0.87		0	BFZN	4		1.22	0.13	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	7.8		0	BFZN	4		10.9	1.2	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.027		0		4		0.038	0.004	
4:0.....g	0.000		0		4		0.000	0.000	
6:0.....g	0.000		0		4		0.000	0.000	
8:0.....g	0.000		0		4		0.000	0.000	
10:0.....g	0.000		0		4		0.000	0.000	
12:0.....g	0.000		0		4		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0		4		0.000	0.000	
15:0.....g									
16:0.....g	0.006		0		4		0.008	0.001	
17:0.....g									
18:0.....g	0.020		0		4		0.028	0.003	
20:0.....g									
22:0.....g									
24:0.....g									

**NDB No. 09190**  
**Mulberries, raw**

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.041		0		4		0.057	0.006	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.041		0		4		0.057	0.006	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.207		0		4		0.290	0.031	
18:2 undifferentiated.....g	0.206		0		4		0.288	0.031	
18:3 undifferentiated.....g	0.001		0		4		0.001	0.000	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
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	Z	7		0	0	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<b>Carotenoids:</b>									
Carotene, beta.....mcg	9		0	BNA	4		12.470	1.336	
Carotene, alpha.....mcg	12		0	BNA	4		17.059	1.828	
Cryptoxanthin, beta.....mcg	0		0	BNA	4		0.000	0.000	
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	136		0	BFZN	4		190.750	20.438	

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

**Common Measures:**

Measure 1 = 140g: 1 cup

Measure 2 = 15.0g: 10 fruit

**Calories Factors: Protein** 3.36

**Fat** 8.37

**Carbohydrate** 3.6

**Food Group:** 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

*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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	87.59	0.651	17	A	1		120.87	119.12	122.62
Energy.....kcal	44		0	NC	4		61	60	62
Energy.....kj	185		0	NC	4		256	252	259
Protein (N x 6.25).....g	1.06	0.060	8	A	1		1.47	1.45	1.49
Total lipid (fat).....g	0.32	0.038	8	A	1		0.45	0.44	0.45
Ash.....g	0.48	0.020	8	A	1		0.66	0.65	0.67
Carbohydrate, by difference.....g	10.55		0	NC	4		14.55	14.34	14.76
Fiber, total dietary.....g	1.7	0.179	12	A	1		2.3	2.2	2.3
Sugars, total.....g	7.89	0.197	8	A	1		10.88	10.73	11.04
Sucrose.....g	4.87	0.101	12	A	1		6.72	6.63	6.82
Glucose (dextrose).....g	1.57	0.108	12	A	1		2.17	2.13	2.20
Fructose.....g	1.37	0.059	12	A	1		1.89	1.86	1.91
Lactose.....g	0.00	0.000	8	A	1		0.00	0.00	0.00
Maltose.....g	0.00	0.000	8	A	1		0.00	0.00	0.00
Galactose.....g	0.00	0.000	8	A	1		0.00	0.00	0.00
Starch.....g	0.07	0.043	4	A	1		0.10	0.10	0.10
<b>Minerals:</b>									
Calcium, Ca.....mg	6	1.405	4	A	1		9	9	9
Iron, Fe.....mg	0.28	0.034	8	A	1		0.39	0.39	0.40
Magnesium, Mg.....mg	9	0.267	8	A	1		13	12	13
Phosphorus, P.....mg	26	1.168	7	A	1		35	35	36
Potassium, K.....mg	201	23.230	6	A	1		278	274	282
Sodium, Na.....mg	0	0.153	3	A	1		1	1	1
Zinc, Zn.....mg	0.17	0.035	8	A	1		0.24	0.24	0.24
Copper, Cu.....mg	0.086	0.031	8	A	1		0.119	0.117	0.120
Manganese, Mn.....mg	0.054	0.009	8	A	1		0.075	0.074	0.076
Selenium, Se.....mcg	0.0		2	A	1		0.1	0.1	0.1
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	5.4	0.409	6		1		7.5	7.3	7.6
Thiamin.....mg	0.034	0.002	8	A	1		0.046	0.046	0.047
Riboflavin.....mg	0.027	0.001	8	A	1		0.037	0.036	0.037
Niacin.....mg	1.125	0.042	8	A	1		1.552	1.529	1.574
Pantothenic acid.....mg	0.185	0.007	8	A	1		0.256	0.252	0.259
Vitamin B-6.....mg	0.025	0.000	8	A	1		0.034	0.034	0.035
Folate, total.....mcg	5	1.177	4	A	1		6	6	6
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	5	1.177	4	A	1		6	6	6
Folate, DFE.....mcg_DFE	5		0	NC	4		6	6	6
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, IU.....IU	332		0	AS	1		459	452	465
Vitamin A, RAE.....mcg_RAE	17		0	AS	1		23	23	23
Retinol.....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.77	0.253	5	A	1		1.06	1.04	1.07
Tocopherol, beta.....mg	0.01	0.007	5	A	1		0.01	0.01	0.01
Tocopherol, gamma.....mg	0.01	0.012	5	A	1		0.02	0.02	0.02
Tocopherol, delta.....mg	0.01	0.009	5	A	1		0.01	0.01	0.01
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	2.2	0.156	8	A	1		3.1	3.0	3.1
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.025		0	NC	4		0.035	0.034	0.035
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

**NDB No. 09191**  
**Nectarines, raw**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
16:0.....g	0.023		0		4		0.031	0.031	0.032
17:0.....g									
18:0.....g	0.002		0		4		0.003	0.003	0.003
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.088		0	NC	4		0.122	0.120	0.123
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0		4		0.003	0.003	0.003
17:1.....g									
18:1 undifferentiated.....g	0.086		0		4		0.118	0.117	0.120
20:1.....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.113		0	NC	4		0.156	0.154	0.159
18:2 undifferentiated.....g	0.111		0		4		0.153	0.151	0.155
18:3 undifferentiated.....g	0.002		0		4		0.003	0.003	0.003
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
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	Z	7		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.005		0	A	1		0.007	0.007	0.007
Threonine.....g	0.009		0	A	1		0.012	0.012	0.012
Isoleucine.....g	0.009		0	A	1		0.012	0.012	0.013
Leucine.....g	0.014		0	A	1		0.020	0.020	0.020
Lysine.....g	0.016		0	A	1		0.022	0.022	0.022
Methionine.....g	0.006		0	A	1		0.008	0.008	0.008
Cystine.....g	0.005		0	A	1		0.008	0.007	0.008
Phenylalanine.....g	0.011		0	A	1		0.015	0.014	0.015
Tyrosine.....g	0.007		0	A	1		0.010	0.010	0.010
Valine.....g	0.013		0	A	1		0.017	0.017	0.018
Arginine.....g	0.009		0	A	1		0.012	0.012	0.012
Histidine.....g	0.008		0	A	1		0.011	0.011	0.011
Alanine.....g	0.017		0	A	1		0.023	0.023	0.023
Aspartic acid.....g	0.568		0	A	1		0.784	0.773	0.795
Glutamic acid.....g	0.034		0	A	1		0.047	0.047	0.048
Glycine.....g	0.011		0	A	1		0.016	0.016	0.016
Proline.....g	0.010		0	A	1		0.013	0.013	0.014
Serine.....g	0.018		0	A	1		0.024	0.024	0.025
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	150	30.889	10	A	1		207.628	204.619	210.637
Carotene, alpha.....mcg	0	0.000	9	A	1		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	98	19.683	9	A	1		135.180	133.221	137.139
Lycopene.....mcg	0	0.000	8	A	1		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	130	14.039	8	A	1		179.055	176.460	181.650

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



**NDB No. 09191**

**Nectarines, raw**

**Common Measures:**

Measure 1 = 138g: 1 cup slices

Measure 2 = 136g: 1 fruit (2-1/2" dia)

Measure 3 = 140g: 1 NLEA serving

**Calories Factors: Protein** 3.36

**Fat** 8.37

**Carbohydrate** 3.6

**Food Group:** 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**NDB No. 09192**  
**Oheloberries, raw**  
*Vaccinium reticulatum*

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	92.30		1		1		129.22	10.15	
Energy.....kcal	28		0	NC	4		39	3	
Energy.....kj	117				4		164	13	
Protein (N x 6.25).....g	0.38		0		1		0.53	0.04	
Total lipid (fat).....g	0.22		0		1		0.31	0.02	
Ash.....g	0.26		0		1		0.36	0.03	
Carbohydrate, by difference.....g	6.84		0	NC	4		9.58	0.75	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
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									
<b>Vitamins:</b>									
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	Z	7		0.00	0.00	
Vitamin A, IU.....IU	830		0		1		1162	91	
Vitamin A, RAE.....mcg_RAE	42		0		1		58	5	
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 140g: 1 cup

Measure 2 = 11.0g: 10 fruit

NDB No. 09192  
Oheloberries, raw

Calories Factors: Protein 3.36      Fat 8.37      Carbohydrate 3.6      Food Group: 09 Fruits and Fruit Juices  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 09195

Olives, pickled, canned or bottled, green

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	11.314		0	NC	4				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.123		0	BFFN	4				
17:1.....g									
18:1 undifferentiated.....g	11.144		0	BFFN	4				
20:1.....g	0.046		0	BFFN	4				
22:1 undifferentiated.....g	0.000		0	BFFN	4				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.307		0	NC	4				
18:2 undifferentiated.....g	1.215		0	BFFN	4				
18:3 undifferentiated.....g	0.092		0	BFFN	4				
18:4.....g	0.000		0	BFFN	4				
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFFN	4				
20:5 n-3.....g	0.000		0	BFFN	4				
22:5 n-3.....g	0.000		0	BFFN	4				
22:6 n-3.....g	0.000		0	BFFN	4				
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7				
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7				
Caffeine.....mg	0		0	Z	7				
Theobromine.....mg	0		0	Z	7				
<b>Carotenoids:</b>									
Carotene, beta.....mcg	231	27.804	3	A	1				
Carotene, alpha.....mcg	0		1	A	1				
Cryptoxanthin, beta.....mcg	9	4.970	3	A	1				
Lycopene.....mcg	0		1	A	1				
Lutein + zeaxanthin.....mcg	510		1	A	1				

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

#### Common Measures:

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 09194

Olives, ripe, canned (jumbo-super colossal)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	5.071		0		1		0.421	0.761	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.055		1		1		0.005	0.008	
17:1.....g									
18:1 undifferentiated.....g	4.995		1		1		0.415	0.749	
20:1.....g	0.021		1		1		0.002	0.003	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.586		0		1		0.049	0.088	
18:2 undifferentiated.....g	0.544		1		1		0.045	0.082	
18:3 undifferentiated.....g	0.041		1		1		0.003	0.006	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
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	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
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									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<b>Carotenoids:</b>									
Carotene, beta.....mcg	204		0	BNA	4		16.897	30.537	
Carotene, alpha.....mcg	0		0	BNA	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	8		0	BNA	4		0.667	1.206	
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	510		0	BFZN	4		42.330	76.500	

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

**Common Measures:**

Measure 1 = 8.3g: 1 jumbo

Measure 2 = 15g: 1 super colossal

**NDB No. 09194**  
**Olives, ripe, canned (jumbo-super colossal)**

**Calories Factors:** **Protein** 3.36                      **Fat** 8.37                      **Carbohydrate** 3.6                      **Food Group:** 09 Fruits and Fruit Juices  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)



*Olea europaea*

**Refuse: 0%**

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	79.99		2		1		6.72	3.52	2.56
Energy.....kcal	115		0	NC	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	NC	4		0.53	0.28	0.20
Fiber, total dietary.....g	3.2		0		1		0.3	0.1	0.1
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	0.00
Starch.....g									
<b>Minerals:</b>									
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	A	1		0.1	0.0	0.0
<b>Vitamins:</b>									
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	Z	7		0	0	0
Folate, food.....mcg	0		2		1		0	0	0
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	0
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, IU.....IU	403		2		1		34	18	13
Vitamin A, RAE.....mcg_RAE	20		2		1		2	1	1
Retinol.....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	1.65		1	A	1		0.14	0.07	0.05
Tocopherol, beta.....mg	0.00		1	A	1		0.00	0.00	0.00
Tocopherol, gamma.....mg	0.00		1	A	1		0.00	0.00	0.00
Tocopherol, delta.....mg	0.00		1	A	1		0.00	0.00	0.00
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	1.4		1	A	1		0.1	0.1	0.0
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.415		0		1		0.119	0.062	0.045
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000	0.000
10:0.....g	0.000		0		1		0.000	0.000	0.000
12:0.....g	0.000		0		1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		1		1		0.000	0.000	0.000
15:0.....g									
16:0.....g	1.179		1		1		0.099	0.052	0.038
17:0.....g									
18:0.....g	0.236		1		1		0.020	0.010	0.008
20:0.....g									
22:0.....g									
24:0.....g									

NDB No. 09193

Olives, ripe, canned (small-extra large)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	7.888		0		1		0.663	0.347	0.252
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.086		1		1		0.007	0.004	0.003
17:1.....g									
18:1 undifferentiated.....g	7.770		1		1		0.653	0.342	0.249
20:1.....g	0.032		1		1		0.003	0.001	0.001
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.911		0		1		0.077	0.040	0.029
18:2 undifferentiated.....g	0.847		1		1		0.071	0.037	0.027
18:3 undifferentiated.....g	0.064		1		1		0.005	0.003	0.002
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
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	Z	7		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g									
Threonine.....g	0.026		4		1		0.002	0.001	0.001
Isoleucine.....g	0.031		4		1		0.003	0.001	0.001
Leucine.....g	0.050		4		1		0.004	0.002	0.002
Lysine.....g	0.032		4		1		0.003	0.001	0.001
Methionine.....g	0.012		4		1		0.001	0.001	0.000
Cystine.....g									
Phenylalanine.....g	0.029		4		1		0.002	0.001	0.001
Tyrosine.....g	0.023		4		1		0.002	0.001	0.001
Valine.....g	0.038		4		1		0.003	0.002	0.001
Arginine.....g	0.067		4		1		0.006	0.003	0.002
Histidine.....g	0.023		4		1		0.002	0.001	0.001
Alanine.....g	0.043		4		1		0.004	0.002	0.001
Aspartic acid.....g	0.092		4		1		0.008	0.004	0.003
Glutamic acid.....g	0.093		4		1		0.008	0.004	0.003
Glycine.....g	0.049		4		1		0.004	0.002	0.002
Proline.....g	0.040		4		1		0.003	0.002	0.001
Serine.....g	0.031		4		1		0.003	0.001	0.001
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	237		0	BNA	4		19.918	10.433	7.588
Carotene, alpha.....mcg	0		0	BNA	4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	9		0	BNA	4		0.787	0.412	0.300
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	510		0	BFZN	4		42.840	22.440	16.320

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

**Common Measures:**

Measure 1 = 8.4g: 1 tbsp

Measure 2 = 4.4g: 1 large

Measure 3 = 3.2g: 1 small

**NDB No. 09193**  
**Olives, ripe, canned (small-extra large)**

**Calories Factors:** **Protein** 3.36                      **Fat** 8.37                      **Carbohydrate** 3.6                      **Food Group:** 09 Fruits and Fruit Juices  
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NDB No. 09406

Orange juice, California, 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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Fatty acids, total monounsaturated.....g	0.046		0		1		0.115	0.014	
14:1.....g									
15:1.....g									
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									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.001		0		1		0.002	0.000	
Threonine.....g	0.005		0		1		0.012	0.002	
Isoleucine.....g	0.005		0		1		0.012	0.002	
Leucine.....g	0.009		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. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

#### Common Measures:

Measure 1 = 249g: 1 cup

Measure 2 = 31.1g: 1 fl oz

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.92

Food Group: 09 Fruits and Fruit Juices

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**Refuse: 0%**

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	measures of food
									Measure 3
<b>Proximates:</b>									
Water.....g	89.01	0.058	40		1		221.63	27.68	234.10
Energy.....kcal	42		0	NC	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	NC	4		24.53	3.06	25.91
Fiber, total dietary.....g	0.2		0		4		0.5	0.1	0.5
Sugars, total.....g	8.40		0	BFZN	4		20.92	2.61	22.09
Starch.....g									
<b>Minerals:</b>									
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	BFZN	4		0.2	0.0	0.3
<b>Vitamins:</b>									
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	Z	7		0	0	0
Folate, food.....mcg	18		0		4		45	6	48
Folate, DFE.....mcg_DFE	18		0	NC	4		45	6	48
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, IU.....IU	175	5.725	28		1		436	54	460
Vitamin A, RAE.....mcg_RAE	9		0	NC	4		22	3	23
Retinol.....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.20		0	BFZN	4		0.50	0.06	0.53
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.1		0	BFZN	4		0.3	0.0	0.3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.018		0		1		0.045	0.006	0.047
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000	0.000
10:0.....g	0.000		0		1		0.000	0.000	0.000
12:0.....g	0.000		0		1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	0.000
15:0.....g									
16:0.....g	0.018		0		1		0.045	0.006	0.047
17:0.....g									
18:0.....g	0.000		0		1		0.000	0.000	0.000
20:0.....g									
22:0.....g									
24:0.....g									

**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	Deriv Code	Source Code	Confidence Code	
							Measure 1 Measure 2 Measure 3
Fatty acids, total monounsaturated.....g	0.025		0		1		0.062 0.008 0.066
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.004		0		1		0.010 0.001 0.011
17:1.....g							
18:1 undifferentiated.....g	0.021		0		1		0.052 0.007 0.055
20:1.....g	0.000		0		1		0.000 0.000 0.000
22:1 undifferentiated.....g	0.000		0		1		0.000 0.000 0.000
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	0.034		0		1		0.085 0.011 0.089
18:2 undifferentiated.....g	0.027		0		1		0.067 0.008 0.071
18:3 undifferentiated.....g	0.007		0		1		0.017 0.002 0.018
18:4.....g	0.000		0		1		0.000 0.000 0.000
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g	0.000		0		1		0.000 0.000 0.000
20:5 n-3.....g	0.000		0		1		0.000 0.000 0.000
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	Z	7		0 0 0
Phytosterols.....mg							
<b>Amino Acids:</b>							
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							
<b>Others:</b>							
Alcohol, ethyl.....g	0.0		0		7		0.0 0.0 0.0
Caffeine.....mg	0		0	Z	7		0 0 0
Theobromine.....mg	0		0	Z	7		0 0 0
<b>Carotenoids:</b>							
Carotene, beta.....mcg	29		0	BNA	4		71.180 8.890 75.182
Carotene, alpha.....mcg	5		0	BNA	4		12.025 1.502 12.701
Cryptoxanthin, beta.....mcg	148		0	BNA	4		368.515 46.027 389.235
Lycopene.....mcg	0		0	BFZN	4		0.000 0.000 0.000
Lutein + zeaxanthin.....mcg	115		0	BFZN	4		286.416 35.773 302.520

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

**Common Measures:**

Measure 1 = 249g: 1 cup

Measure 2 = 31.1g: 1 fl oz

Measure 3 = 263g: 1 drink box (8.45 fl oz)

**NDB No. 09207**

**Orange juice, canned, unsweetened**

**Calories Factors: Protein 3.36**

**Fat 8.37**

**Carbohydrate 3.92**

**Food Group:** 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



**Orange juice, chilled, includes from concentrate**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	88.40	0.172	4		1		220.12	27.49	
Energy.....kcal	44		0	NC	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	NC	4		25.05	3.13	
Fiber, total dietary.....g	0.2		0		4		0.5	0.1	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
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	BFZN	4		0.2	0.0	
<b>Vitamins:</b>									
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	Z	7		0	0	
Folate, food.....mcg	18	0.913	3		1		45	6	
Folate, DFE.....mcg_DFE	18		0	NC	4		45	6	
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	78	10.440	3		1		194	24	
Vitamin A, RAE.....mcg_RAE	4	0.522	3		1		10	1	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
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	
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	0.046		0		1		0.115	0.014	
14:1.....g									
15:1.....g									
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	
22:5 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	z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
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									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	z	7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

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

**Common Measures:**

Measure 1 = 249g: 1 cup

Measure 2 = 31.1g: 1 fl oz

**Calories Factors: Protein** 3.36**Fat** 8.37**Carbohydrate** 3.92**Food Group:** 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	88.10		0		1		219.37	27.40	
Energy.....kcal	45		0	NC	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	NC	4		26.84	3.35	
Fiber, total dietary.....g	0.2		0		1		0.5	0.1	
Sugars, total.....g	8.40		0	AS	1		20.92	2.61	
Sucrose.....g	3.50	0.600	3	A	1		8.72	1.09	
Glucose (dextrose).....g	2.34	0.310	3	A	1		5.83	0.73	
Fructose.....g	2.56	0.540	3	A	1		6.37	0.80	
Lactose.....g	0.00		1	A	1		0.00	0.00	
Maltose.....g	0.00		1	A	1		0.00	0.00	
Galactose.....g	0.00		0	Z	7		0.00	0.00	
Starch.....g									
<b>Minerals:</b>									
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	A	1		0.2	0.0	
<b>Vitamins:</b>									
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	Z	7		0	0	
Folate, food.....mcg	44	0.404	381		1		109	14	
Folate, DFE.....mcg_DFE	44		0	NC	4		109	14	
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	107		0	AS	1		266	33	
Vitamin A, RAE.....mcg_RAE	5		0	AS	1		13	2	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	0.20		2	A	1		0.50	0.06	
Tocopherol, beta.....mg	0.00		2	A	1		0.00	0.00	
Tocopherol, gamma.....mg	0.05		2	A	1		0.11	0.01	
Tocopherol, delta.....mg	0.00		2	A	1		0.00	0.00	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.1		0	BFSN	4		0.3	0.0	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.007		0		1		0.017	0.002	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	
15:0.....g									

NDB No. 09215

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0.....g	0.007		0		1		0.017	0.002	
17:0.....g									
18:0.....g	0.000		0		1		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.010		0		1		0.025	0.003	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.002	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.009		0		1		0.022	0.003	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.012		0		1		0.030	0.004	
18:2 undifferentiated.....g	0.009		0		1		0.022	0.003	
18:3 undifferentiated.....g	0.003		0		1		0.007	0.001	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
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	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.002		0		1		0.005	0.001	
Threonine.....g	0.008		0		1		0.020	0.002	
Isoleucine.....g	0.007		0		1		0.017	0.002	
Leucine.....g	0.013		0		1		0.032	0.004	
Lysine.....g	0.009		0		1		0.022	0.003	
Methionine.....g	0.003		0		1		0.007	0.001	
Cystine.....g	0.005		0		1		0.012	0.002	
Phenylalanine.....g	0.008		0		1		0.020	0.002	
Tyrosine.....g	0.004		0		1		0.010	0.001	
Valine.....g	0.011		0		1		0.027	0.003	
Arginine.....g	0.045		0		1		0.112	0.014	
Histidine.....g	0.003		0		1		0.007	0.001	
Alanine.....g	0.014		0		1		0.035	0.004	
Aspartic acid.....g	0.072		0		1		0.179	0.022	
Glutamic acid.....g	0.032		0		1		0.080	0.010	
Glycine.....g	0.009		0		1		0.022	0.003	
Proline.....g	0.042		0		1		0.105	0.013	
Serine.....g	0.013		0		1		0.032	0.004	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	17	8.108	12	A	1		43.529	5.437	
Carotene, alpha.....mcg	3	1.937	11	A	1		7.354	0.918	
Cryptoxanthin, beta.....mcg	91	47.906	12	A	1		225.362	28.148	
Lycopene.....mcg	0	0.000	4	A	1		0.000	0.000	
Lutein + zeaxanthin.....mcg	115	22.973	4	A	1		286.416	35.773	

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

**NDB No. 09215**

**Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water**

**Common Measures:**

Measure 1 = 249g: 1 cup

Measure 2 = 31.1g: 1 fl oz

**Calories Factors: Protein 3.36**

**Fat 8.37**

**Carbohydrate 3.92**

**Food Group:** 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
<b>Proximates:</b>									
Water.....g	57.85		0		1		164.29	20.54	123.22
Energy.....kcal	159		0	NC	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	NC	4		108.40	13.55	81.30
Fiber, total dietary.....g	0.8		0		4		2.3	0.3	1.7
Sugars, total.....g	37.37		0	O	4		106.13	13.27	79.60
Starch.....g									
<b>Minerals:</b>									
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
<b>Vitamins:</b>									
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	Z	7		0	0	0
Folate, food.....mcg	155	1.432	381		1		441	55	331
Folate, DFE.....mcg_DFE	155		0	NC	4		441	55	331
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, IU.....IU	379		0	BFSN	4		1077	135	807
Vitamin A, RAE.....mcg_RAE	19		0	BFSN	4		54	7	40
Retinol.....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.71		0	BFSN	4		2.01	0.25	1.51
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.4		2	A	1		1.0	0.1	0.8
<b>Lipids:</b>									
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									

NDB No. 09214

Orange juice, frozen concentrate, unsweetened, undiluted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.038		0		1		0.108	0.013	0.081
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.005		0		1		0.014	0.002	0.011
17:1.....g									
18:1 undifferentiated.....g	0.033		0		1		0.094	0.012	0.070
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.041		0		1		0.116	0.015	0.087
18:2 undifferentiated.....g	0.030		0		1		0.085	0.011	0.064
18:3 undifferentiated.....g	0.011		0		1		0.031	0.004	0.023
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
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	Z	7		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.007		4		1		0.020	0.002	0.015
Threonine.....g	0.027		4		1		0.077	0.010	0.058
Isoleucine.....g	0.026		4		1		0.074	0.009	0.055
Leucine.....g	0.046		4		1		0.131	0.016	0.098
Lysine.....g	0.031		4		1		0.088	0.011	0.066
Methionine.....g	0.012		3		1		0.034	0.004	0.026
Cystine.....g	0.018		4		1		0.051	0.006	0.038
Phenylalanine.....g	0.029		4		1		0.082	0.010	0.062
Tyrosine.....g	0.013		4		1		0.037	0.005	0.028
Valine.....g	0.038		4		1		0.108	0.013	0.081
Arginine.....g	0.161		4		1		0.457	0.057	0.343
Histidine.....g	0.010		4		1		0.028	0.004	0.021
Alanine.....g	0.051		4		1		0.145	0.018	0.109
Aspartic acid.....g	0.255		4		1		0.724	0.091	0.543
Glutamic acid.....g	0.114		4		1		0.324	0.040	0.243
Glycine.....g	0.032		4		1		0.091	0.011	0.068
Proline.....g	0.149		4		1		0.423	0.053	0.317
Serine.....g	0.045		4		1		0.128	0.016	0.096
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	62		0	BFSN	4		175.854	21.982	131.890
Carotene, alpha.....mcg	10		0	BFSN	4		29.709	3.714	22.281
Cryptoxanthin, beta.....mcg	321		0	BFSN	4		910.436	113.805	682.827
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	407		0	BFSN	4		1157.091	144.636	867.818

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

**Common Measures:**

Measure 1 = 284g: 1 cup

Measure 2 = 35.5g: 1 fl oz

Measure 3 = 213g: 1 can (6 fl oz)

**NDB No. 09214**

**Orange juice, frozen concentrate, unsweetened, undiluted**

**Calories Factors: Protein** 3.36

**Fat** 8.37

**Carbohydrate** 3.92

**Food Group:** 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code	Code			
<b>Proximates:</b>									
Water.....g	88.30		0		1		218.98	27.37	75.94
Energy.....kcal	45		0	NC	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	NC	4		25.79	3.22	8.94
Fiber, total dietary.....g	0.2		0		4		0.5	0.1	0.2
Sugars, total.....g	8.40		0	BFZN	4		20.83	2.60	7.22
Starch.....g									
<b>Minerals:</b>									
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	BFZN	4		0.2	0.0	0.1
<b>Vitamins:</b>									
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	Z	7		0	0	0
Folate, food.....mcg	30		0		4		75	9	26
Folate, DFE.....mcg_DFE	30		0	NC	4		75	9	26
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, IU.....IU	200		0		1		496	62	172
Vitamin A, RAE.....mcg_RAE	10		0	NC	4		25	3	9
Retinol.....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.04		0		1		0.10	0.01	0.03
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.1		0	BFZN	4		0.3	0.0	0.1
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.024		0		1		0.060	0.007	0.021
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000	0.000
10:0.....g	0.000		0		1		0.000	0.000	0.000
12:0.....g	0.000		0		1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.001		2		1		0.002	0.000	0.001
15:0.....g									
16:0.....g	0.021		16		1		0.052	0.007	0.018
17:0.....g									
18:0.....g	0.001		10		1		0.002	0.000	0.001
20:0.....g									
22:0.....g									
24:0.....g									

**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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
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
22:5 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	Z	7		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.002		0		1		0.005	0.001	0.002
Threonine.....g	0.008		0		1		0.020	0.002	0.007
Isoleucine.....g	0.008		0		1		0.020	0.002	0.007
Leucine.....g	0.013		0		1		0.032	0.004	0.011
Lysine.....g	0.009		0		1		0.022	0.003	0.008
Methionine.....g	0.003		0		1		0.007	0.001	0.003
Cystine.....g	0.005		0		1		0.012	0.002	0.004
Phenylalanine.....g	0.009		0		1		0.022	0.003	0.008
Tyrosine.....g	0.004		0		1		0.010	0.001	0.003
Valine.....g	0.011		0		1		0.027	0.003	0.009
Arginine.....g	0.047		0		1		0.117	0.015	0.040
Histidine.....g	0.003		0		1		0.007	0.001	0.003
Alanine.....g	0.015		0		1		0.037	0.005	0.013
Aspartic acid.....g	0.075		0		1		0.186	0.023	0.065
Glutamic acid.....g	0.033		0		1		0.082	0.010	0.028
Glycine.....g	0.009		0		1		0.022	0.003	0.008
Proline.....g	0.044		0		1		0.109	0.014	0.038
Serine.....g	0.013		0		1		0.032	0.004	0.011
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	33		0	BNA	4		81.022	10.128	28.096
Carotene, alpha.....mcg	6		0	BNA	4		13.688	1.711	4.747
Cryptoxanthin, beta.....mcg	169		0	BNA	4		419.469	52.434	145.461
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	115		0	BFZN	4		285.266	35.658	98.923

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

**Common Measures:**

Measure 1 = 248g: 1 cup

Measure 2 = 31.0g: 1 fl oz

Measure 3 = 86g: 1 fruit yields

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 National Nutrient Database for Standard Reference, Release 17 (2004)



**NDB No. 09216**  
**Orange peel, raw**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code				
Fatty acids, total monounsaturated.....g	0.036		0		1		0.002	0.001	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.005		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.032		0		1		0.002	0.001	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.040		0		1		0.002	0.001	
18:2 undifferentiated.....g	0.029		0		1		0.002	0.001	
18:3 undifferentiated.....g	0.011		0		1		0.001	0.000	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
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	Z	7		0	0	
Phytosterols.....mg	34		0		1		2	1	
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

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

**Common Measures:**

Measure 1 = 6.0g: 1 tbsp

Measure 2 = 2.0g: 1 tsp

**Footnotes**

1 The Atwater factors for fruit were used to calculate energy; however, the digestibility of peel is unknown.

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

### Orange-grapefruit juice, canned, unsweetened

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	88.64	0.374	14		1		218.94	27.39	
Energy.....kcal	43		0	NC	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	NC	4		25.39	3.18	
Fiber, total dietary.....g	0.1		0		4		0.2	0.0	
Sugars, total.....g	10.18		0	O	4		25.14	3.15	
Starch.....g									
<b>Minerals:</b>									
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	CAZN	4		0.2	0.0	
<b>Vitamins:</b>									
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	Z	7		0	0	
Folate, food.....mcg	14		0		4		35	4	
Folate, DFE.....mcg_DFE	14		0	NC	4		35	4	
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	119	4.671	14		1		294	37	
Vitamin A, RAE.....mcg_RAE	6	0.234	14		1		15	2	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	0.14		0	RA	4		0.34	0.04	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.1		0	RA	4		0.2	0.0	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.011		0		1		0.027	0.003	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	
12:0.....g	0.000		0		1		0.000		

NDB No. 09217

Orange-grapefruit juice, canned, unsweetened

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.017		0		1		0.042	0.005	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0		1		0.005	0.001	
17:1.....g									
18:1 undifferentiated.....g	0.015		0		1		0.037	0.005	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.019		0		1		0.047	0.006	
18:2 undifferentiated.....g	0.014		0		1		0.035	0.004	
18:3 undifferentiated.....g	0.005		0		1		0.012	0.002	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
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	Z	7		0	0	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<b>Carotenoids:</b>									
Carotene, beta.....mcg	20		0	BNA	4		50.030	6.259	
Carotene, alpha.....mcg	4		0	BNA	4		9.766	1.222	
Cryptoxanthin, beta.....mcg	98		0	BNA	4		242.890	30.386	
Lycopene.....mcg	0		0	RA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	73		0	RA	4		179.856	22.500	

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

**Common Measures:**

Measure 1 = 247g: 1 cup

Measure 2 = 30.9g: 1 fl oz

**Calories Factors: Protein** 3.36**Fat** 8.37**Carbohydrate** 3.92**Food Group:** 09 Fruits and Fruit Juices

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**NDB No. 42149**  
**Orange-strawberry-banana juice**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Fatty acids, total monounsaturated.....g	0.020		0	RA	4		0.046	0.006	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0	RA	4		0.006	0.001	
17:1.....g									
18:1 undifferentiated.....g	0.017		0	RA	4		0.040	0.005	
20:1.....g	0.000		0	RA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	RA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.040		0	RA	4		0.095	0.012	
18:2 undifferentiated.....g	0.029		0	RA	4		0.068	0.008	
18:3 undifferentiated.....g	0.012		0	RA	4		0.027	0.003	
18:4.....g	0.000		0	RA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RA	4		0.000	0.000	
20:5 n-3.....g	0.000		0	RA	4		0.000	0.000	
22:5 n-3.....g	0.000		0	RA	4		0.000	0.000	
22:6 n-3.....g	0.000		0	RA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<b><u>Carotenoids:</u></b>									
Carotene, beta.....mcg	17		0	RA	4		39.132	4.883	
Carotene, alpha.....mcg	3		0	RA	4		6.950	0.867	
Cryptoxanthin, beta.....mcg	68		0	RA	4		158.344	19.759	
Lycopene.....mcg	0		0	RA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	55		0	RA	4		128.600	16.048	

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

**Common Measures:**

Measure 1 = 234g: 1 cup

Measure 2 = 29.2g: 1 fl oz

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



**NDB No. 09201**  
**Oranges, raw, California, valencias**

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.055		0		1		0.099	0.067	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.007		0		1		0.013	0.008	
17:1.....g									
18:1 undifferentiated.....g	0.048		0		1		0.086	0.058	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.060		0		1		0.108	0.073	
18:2 undifferentiated.....g	0.044		0		1		0.079	0.053	
18:3 undifferentiated.....g	0.016		0		1		0.029	0.019	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0	0	
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.010		0		1		0.018	0.012	
Threonine.....g	0.017		0		1		0.031	0.021	
Isoleucine.....g	0.028		0		1		0.050	0.034	
Leucine.....g	0.026		0		1		0.047	0.031	
Lysine.....g	0.053		0		1		0.095	0.064	
Methionine.....g	0.022		0		1		0.040	0.027	
Cystine.....g	0.011		0		1		0.020	0.013	
Phenylalanine.....g	0.034		0		1		0.061	0.041	
Tyrosine.....g	0.018		0		1		0.032	0.022	
Valine.....g	0.044		0		1		0.079	0.053	
Arginine.....g	0.073		0		1		0.131	0.088	
Histidine.....g	0.020		0		1		0.036	0.024	
Alanine.....g	0.056		0		1		0.101	0.068	
Aspartic acid.....g	0.127		0		1		0.229	0.154	
Glutamic acid.....g	0.105		0		1		0.189	0.127	
Glycine.....g	0.105		0		1		0.189	0.127	
Proline.....g	0.052		0		1		0.094	0.063	
Serine.....g	0.036		0		1		0.065	0.044	
Hydroxyproline.....g									

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

**Common Measures:**

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

Measure 2 = 121g: 1 fruit (2-5/8" dia)

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

**Food Group:** 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Refuse:** 26% Peel and seeds

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	87.14	0.124	35		1		161.21	122.87	131.58
Energy.....kcal	46		0	NC	4		85	65	69
Energy.....kj	192				4		356	271	291
Protein (N x 6.25).....g	0.70	0.009	35		1		1.30	0.99	1.06
Total lipid (fat).....g	0.21		2		1		0.39	0.30	0.32
Ash.....g	0.41	0.007	35		1		0.76	0.58	0.62
Carbohydrate, by difference.....g	11.54		0	NC	4		21.35	16.27	17.43
Fiber, total dietary.....g	2.4		0		1		4.4	3.4	3.6
Sugars, total.....g	9.14		0	O	4		16.91	12.89	13.80
Starch.....g									
<b>Minerals:</b>									
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	A	1		0.9	0.7	0.8
<b>Vitamins:</b>									
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	Z	7		0	0	0
Folate, food.....mcg	17	3.265	3		1		32	24	26
Folate, DFE.....mcg_DFE	17		0	NC	4		32	24	26
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, IU.....IU	225		0	NC	4		416	317	339
Vitamin A, RAE.....mcg_RAE	11		0	NC	4		21	16	17
Retinol.....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.18		0	BFZN	4		0.34	0.26	0.28
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	BFZN	4		0.1	0.1	0.1
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.025		0		1		0.046	0.035	0.038
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000	0.000
10:0.....g	0.000		0		1		0.000	0.000	0.000
12:0.....g	0.000		0		1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.001		0		1		0.002	0.001	0.002
15:0.....g									
16:0.....g	0.023		0		1		0.043	0.032	0.035
17:0.....g									
18:0.....g	0.001		0		1		0.002	0.001	0.002
20:0.....g									
22:0.....g									
24:0.....g									

**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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
Fatty acids, total monounsaturated.....g	0.039		0		1		0.072	0.055	0.059
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.005		0		1		0.009	0.007	0.008
17:1.....g									
18:1 undifferentiated.....g	0.034		0		1		0.063	0.048	0.051
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.042		0		1		0.078	0.059	0.063
18:2 undifferentiated.....g	0.031		0		1		0.057	0.044	0.047
18:3 undifferentiated.....g	0.011		0		1		0.020	0.016	0.017
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
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	Z	7		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.007		0		1		0.013	0.010	0.011
Threonine.....g	0.011		0		1		0.020	0.016	0.017
Isoleucine.....g	0.019		0		1		0.035	0.027	0.029
Leucine.....g	0.017		0		1		0.031	0.024	0.026
Lysine.....g	0.035		0		1		0.065	0.049	0.053
Methionine.....g	0.015		0		1		0.028	0.021	0.023
Cystine.....g	0.007		0		1		0.013	0.010	0.011
Phenylalanine.....g	0.023		0		1		0.043	0.032	0.035
Tyrosine.....g	0.012		0		1		0.022	0.017	0.018
Valine.....g	0.030		0		1		0.056	0.042	0.045
Arginine.....g	0.049		0		1		0.091	0.069	0.074
Histidine.....g	0.013		0		1		0.024	0.018	0.020
Alanine.....g	0.038		0		1		0.070	0.054	0.057
Aspartic acid.....g	0.085		0		1		0.157	0.120	0.128
Glutamic acid.....g	0.071		0		1		0.131	0.100	0.107
Glycine.....g	0.071		0		1		0.131	0.100	0.107
Proline.....g	0.035		0		1		0.065	0.049	0.053
Serine.....g	0.024		0		1		0.044	0.034	0.036
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	71		0	BFZN	4		131.483	100.211	107.318
Carotene, alpha.....mcg	11		0	BFZN	4		20.819	15.867	16.993
Cryptoxanthin, beta.....mcg	116		0	BFZN	4		214.831	163.736	175.349
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	129		0	BFZN	4		239.483	182.525	195.470

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

**Common Measures:**

Measure 1 = 185g: 1 cup sections, without membranes

Measure 2 = 141g: 1 fruit (2-5/8" dia)

Measure 3 = 151g: 1 fruit (2-11/16" diam)

**NDB No. 09203**  
**Oranges, raw, Florida**

**Calories Factors:** **Protein** 3.36                      **Fat** 8.37                      **Carbohydrate** 3.6                      **Food Group:** 09 Fruits and Fruit Juices  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

*Citrus sinensis*

**Refuse:** 27% Peel and seeds

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	86.75	0.121	88		1		156.15	159.62	83.28
Energy.....kcal	47		0	NC	4		85	86	45
Energy.....kj	197				4		354	362	189
Protein (N x 6.25).....g	0.94	0.014	69		1		1.69	1.73	0.90
Total lipid (fat).....g	0.12	0.010	4		1		0.22	0.22	0.12
Ash.....g	0.44	0.006	70		1		0.79	0.81	0.42
Carbohydrate, by difference.....g	11.75		0	NC	4		21.15	21.62	11.28
Fiber, total dietary.....g	2.4		0		1		4.3	4.4	2.3
Sugars, total.....g	9.35		0	O	4		16.83	17.20	8.98
Starch.....g									
<b>Minerals:</b>									
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	A	1		0.9	0.9	0.5
<b>Vitamins:</b>									
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	Z	7		0	0	0
Folate, food.....mcg	30	0.808	154		1		55	56	29
Folate, DFE.....mcg_DFE	30		0	NC	4		55	56	29
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, IU.....IU	225		0	AS	1		404	413	216
Vitamin A, RAE.....mcg_RAE	11		0	AS	1		20	21	11
Retinol.....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.18	0.033	4	A	1		0.33	0.34	0.18
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0	0.029	10	A	1		0.1	0.1	0.0
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.015		0		1		0.027	0.028	0.014
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000	0.000
10:0.....g	0.000		0		1		0.000	0.000	0.000
12:0.....g	0.000		0		1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	0.000
15:0.....g									
16:0.....g	0.013		0		1		0.023	0.024	0.012
17:0.....g									
18:0.....g	0.000		0		1		0.000	0.000	0.000
20:0.....g									
22:0.....g									
24:0.....g									

**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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
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
22:5 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	Z	7		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.009		2		1		0.016	0.017	0.009
Threonine.....g	0.015		2		1		0.027	0.028	0.014
Isoleucine.....g	0.025		2		1		0.045	0.046	0.024
Leucine.....g	0.023		2		1		0.041	0.042	0.022
Lysine.....g	0.047		2		1		0.085	0.086	0.045
Methionine.....g	0.020		2		1		0.036	0.037	0.019
Cystine.....g	0.010		2		1		0.018	0.018	0.010
Phenylalanine.....g	0.031		2		1		0.056	0.057	0.030
Tyrosine.....g	0.016		2		1		0.029	0.029	0.015
Valine.....g	0.040		2		1		0.072	0.074	0.038
Arginine.....g	0.065		2		1		0.117	0.120	0.062
Histidine.....g	0.018		2		1		0.032	0.033	0.017
Alanine.....g	0.050		2		1		0.090	0.092	0.048
Aspartic acid.....g	0.114		2		1		0.205	0.210	0.109
Glutamic acid.....g	0.094		2		1		0.169	0.173	0.090
Glycine.....g	0.094		2		1		0.169	0.173	0.090
Proline.....g	0.046		2		1		0.083	0.085	0.044
Serine.....g	0.032		2		1		0.058	0.059	0.031
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	71	22.319	55	A	1		127.929	130.772	68.229
Carotene, alpha.....mcg	11	5.836	55	A	1		20.256	20.706	10.803
Cryptoxanthin, beta.....mcg	116	5.875	7	A	1		209.025	213.670	111.480
Lycopene.....mcg	0	0.000	7	A	1		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	129	57.550	7	A	1		233.010	238.188	124.272

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

**Common Measures:**

Measure 1 = 180g: 1 cup, sections

Measure 2 = 184g: 1 large (3-1/16" dia)

Measure 3 = 96g: 1 small (2-3/8" dia)



**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 National Nutrient Database for Standard Reference, Release 17 (2004)

**NDB No. 09202**  
**Oranges, raw, navels**  
*Citrus sinensis*

**Refuse:** 32% Peel and navel

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	85.97	0.848	10	A	1		141.86	120.36	132.40
Energy.....kcal	49		0	NC	4		82	69	76
Energy.....kj	207		0	NC	4		341	290	319
Protein (N x 6.25).....g	0.91	0.031	8	A	1		1.50	1.27	1.40
Total lipid (fat).....g	0.15	0.032	8	A	1		0.24	0.21	0.23
Ash.....g	0.43	0.020	8	A	1		0.71	0.60	0.66
Carbohydrate, by difference.....g	12.54		0	NC	4		20.69	17.56	19.31
Fiber, total dietary.....g	2.2	0.182	5	A	1		3.6	3.0	3.3
Sugars, total.....g	8.50	0.388	9	A	1		14.03	11.90	13.09
Sucrose.....g	4.28	0.307	9	A	1		7.06	5.99	6.59
Glucose (dextrose).....g	1.97	0.101	9	A	1		3.26	2.76	3.04
Fructose.....g	2.25	0.109	9	A	1		3.71	3.15	3.46
Lactose.....g	0.00	0.000	9	A	1		0.00	0.00	0.00
Maltose.....g	0.00	0.000	9	A	1		0.00	0.00	0.00
Galactose.....g	0.00	0.000	8	A	1		0.00	0.00	0.00
Starch.....g	0.00		1	A	1		0.00	0.00	0.00
<b>Minerals:</b>									
Calcium, Ca.....mg	43	2.240	8	A	1		71	60	66
Iron, Fe.....mg	0.13	0.012	4	A	1		0.22	0.19	0.20
Magnesium, Mg.....mg	11	0.099	8	A	1		18	15	16
Phosphorus, P.....mg	23	0.522	8	A	1		38	33	36
Potassium, K.....mg	166	3.107	8	A	1		273	232	255
Sodium, Na.....mg	1	0.788	4	A	1		2	2	2
Zinc, Zn.....mg	0.08	0.004	7	A	1		0.13	0.11	0.12
Copper, Cu.....mg	0.039	0.003	4	A	1		0.065	0.055	0.060
Manganese, Mn.....mg	0.029	0.001	8	A	1		0.048	0.041	0.045
Selenium, Se.....mcg	0.0	0.008	4	A	1		0.1	0.1	0.1
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	59.1	2.038	8	A	1		97.5	82.8	91.0
Thiamin.....mg	0.068	0.003	8	A	1		0.113	0.095	0.105
Riboflavin.....mg	0.051	0.004	8	A	1		0.083	0.071	0.078
Niacin.....mg	0.425	0.013	8	A	1		0.701	0.595	0.655
Pantothenic acid.....mg	0.261	0.020	8	A	1		0.431	0.365	0.402
Vitamin B-6.....mg	0.079	0.006	8	A	1		0.130	0.110	0.121
Folate, total.....mcg	34	1.102	70		1		56	47	52
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	34	1.102	70		1		56	47	52
Folate, DFE.....mcg_DFE	34		0	NC	4		56	47	52
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, IU.....IU	247	35.500	7	A	1		408	346	380
Vitamin A, RAE.....mcg_RAE	12	1.775	7	A	1		20	17	19
Retinol.....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.15	0.007	3	A	1		0.25	0.21	0.23
Tocopherol, beta.....mg	0.00	0.000	3	A	1		0.00	0.00	0.00
Tocopherol, gamma.....mg	0.00	0.000	3	A	1		0.00	0.00	0.00
Tocopherol, delta.....mg	0.00	0.000	3	A	1		0.00	0.00	0.00
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0	0.007	8	A	1		0.1	0.1	0.1
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.017		0	NC	4		0.029	0.024	0.027
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g									
15:0.....g									

**NDB No. 09202**  
**Oranges, raw, navels**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
16:0.....g	0.017		0		1		0.029	0.024	0.027
17:0.....g									
18:0.....g									
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.030		0	NC	4		0.049	0.042	0.046
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003		0		1		0.006	0.005	0.005
17:1.....g									
18:1 undifferentiated.....g	0.026		0		1		0.043	0.037	0.040
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.031		0	NC	4		0.052	0.044	0.048
18:2 undifferentiated.....g	0.023		0		1		0.037	0.032	0.035
18:3 undifferentiated.....g	0.009		0		1		0.014	0.012	0.013
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg	24		0		1		40	34	37
Amino Acids:									
Tryptophan.....g	0.009		0	A	1		0.016	0.013	0.015
Threonine.....g	0.018		0	A	1		0.030	0.025	0.028
Isoleucine.....g	0.017		0	A	1		0.028	0.024	0.026
Leucine.....g	0.029		0	A	1		0.048	0.041	0.045
Lysine.....g	0.038		0	A	1		0.063	0.053	0.058
Methionine.....g	0.009		0	A	1		0.014	0.012	0.013
Cystine.....g	0.010		0	A	1		0.017	0.015	0.016
Phenylalanine.....g	0.053		0	A	1		0.087	0.074	0.081
Tyrosine.....g	0.013		0	A	1		0.022	0.019	0.020
Valine.....g	0.026		0	A	1		0.043	0.037	0.040
Arginine.....g	0.115		0	A	1		0.189	0.160	0.176
Histidine.....g	0.013		0	A	1		0.021	0.018	0.020
Alanine.....g	0.032		0	A	1		0.053	0.045	0.050
Aspartic acid.....g	0.139		0	A	1		0.229	0.194	0.214
Glutamic acid.....g	0.247		0	A	1		0.407	0.345	0.380
Glycine.....g	0.023		0	A	1		0.038	0.032	0.036
Proline.....g	0.181		0	A	1		0.299	0.254	0.279
Serine.....g	0.037		0	A	1		0.062	0.052	0.058
Hydroxyproline.....g									
Carotenoids:									
Carotene, beta.....mcg	87	27.788	7	A	1		142.869	121.223	133.345
Carotene, alpha.....mcg	7	7.100	7	A	1		11.715	9.940	10.934
Cryptoxanthin, beta.....mcg	116	5.875	7	A	1		191.606	162.575	178.833
Lycopene.....mcg	0	0.000	7	A	1		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	129	57.550	7	A	1		213.593	181.230	199.353

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

**Common Measures:**

Measure 1 = 165g: 1 cup sections, without membranes

Measure 2 = 140g: 1 fruit (2-7/8" dia)

**NDB No. 09202**  
**Oranges, raw, navels**

Measure 3 = 154g: 1 NLEA serving

**Calories Factors:** **Protein** 3.36                      **Fat** 8.37                      **Carbohydrate** 3.6                      **Food Group:** 09 Fruits and Fruit Juices  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Refuse: 1% Seeds**

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	82.30		0		1		139.91	130.86	
Energy (1).....kcal	63		0	NC	4		107	100	
Energy.....kj	262		0	NC	4		446	417	
Protein (N x 6.25).....g	1.30		0		1		2.21	2.07	
Total lipid (fat).....g	0.30		0		1		0.51	0.48	
Ash.....g	0.60		0		1		1.02	0.95	
Carbohydrate, by difference.....g	15.50		0	NC	4		26.35	24.65	
Fiber, total dietary.....g	4.5		0		4		7.7	7.2	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
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	BFSN	4		1.2	1.1	
<b>Vitamins:</b>									
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	Z	7		0	0	
Folate, food.....mcg	30		0		4		51	48	
Folate, DFE.....mcg_DFE	30		0	NC	4		51	48	
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	250		0		1		425	398	
Vitamin A, RAE.....mcg_RAE	13		0		1		21	20	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.035		0		1		0.060	0.056	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	
12:0.....g	0.001		0		1		0.002	0.002	
13:0.....g									
14:0.....g	0.001		0		1		0.002	0.002	
15:0.....g									
16:0.....g	0.032		0		1		0.054	0.051	
17:0.....g									
18:0.....g	0.001		0		1		0.002	0.002	
20:0.....g									
22:0.....g									
24:0.....g									

**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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code				
Fatty acids, total monounsaturated.....g	0.055		0		1		0.094	0.087	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.007		0		1		0.012	0.011	
17:1.....g									
18:1 undifferentiated.....g	0.048		0		1		0.082	0.076	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.060		0		1		0.102	0.095	
18:2 undifferentiated.....g	0.044		0		1		0.075	0.070	
18:3 undifferentiated.....g	0.016		0		1		0.027	0.025	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
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	z	7		0	0	
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
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									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	z	7		0	0	
Theobromine.....mg	0		0	z	7		0	0	

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

**Common Measures:**

Measure 1 = 170g: 1 cup

Measure 2 = 159g: 1 fruit without seeds

**Footnotes**

1 The Atwater factors for fruit were used to calculate energy; however, the digestibility of peel is unknown.

**Calories Factors: Protein 3.36**

**Fat 8.37**

**Carbohydrate 3.6**

**NDB No. 09205**  
**Oranges, raw, with peel**

**Food Group:** 09 Fruits and Fruit Juices  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**NDB No. 09229**  
**Papaya nectar, canned**

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	85.02	1.697	3		1		212.55	26.53	
Energy.....kcal	57		0	NC	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	NC	4		36.28	4.53	
Fiber, total dietary.....g	0.6		0		4		1.5	0.2	
Sugars, total.....g	13.91		0	O	4		34.78	4.34	
Starch.....g									
<b>Minerals:</b>									
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	FLA	4		0.8	0.1	
<b>Vitamins:</b>									
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	Z	7		0	0	
Folate, food.....mcg	2	1.094	3		1		5	1	
Folate, DFE.....mcg_DFE	2		0	NC	4		5	1	
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	361		0	NC	4		903	113	
Vitamin A, RAE.....mcg_RAE	18		0	NC	4		45	6	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	0.24		0	BFYN	4		0.61	0.08	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.8		0	BFYN	4		2.1	0.3	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.047		0		1		0.118	0.015	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	
12:0.....g	0.002		0		1		0.005	0.001	
13:0.....g									
14:0.....g	0.008		0		1		0.020	0.002	
15:0.....g									
16:0.....g	0.035		0		1		0.088	0.011	
17:0.....g									
18:0.....g	0.002		0		1		0.005	0.001	
20:0.....g									
22:0.....g									
24:0.....g									



**NDB No. 09229**  
**Papaya nectar, canned**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.041		0		1		0.103	0.013	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.022		0		1		0.055	0.007	
17:1.....g									
18:1 undifferentiated.....g	0.019		0		1		0.048	0.006	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.035		0		1		0.088	0.011	
18:2 undifferentiated.....g	0.007		0		1		0.018	0.002	
18:3 undifferentiated.....g	0.028		0		1		0.070	0.009	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
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	Z	7		0	0	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<b>Carotenoids:</b>									
Carotene, beta.....mcg	91		0	BFYN	4		227.906	28.443	
Carotene, alpha.....mcg	0		0	BFYN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	251		0	BFYN	4		627.639	78.329	
Lycopene.....mcg	0		0	BFYN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	25		0	BFYN	4		61.875	7.722	

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

**Common Measures:**

Measure 1 = 250g: 1 cup

Measure 2 = 31.2g: 1 fl oz

**Calories Factors: Protein** 3.36

**Fat** 8.37

**Carbohydrate** 3.8

**Food Group:** 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

*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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
<b>Proximates:</b>									
Water.....g	88.83	0.300	36		1		124.36	204.31	337.55
Energy.....kcal	39		0	NC	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	NC	4		13.73	22.56	37.28
Fiber, total dietary.....g	1.8		0		1		2.5	4.1	6.8
Sugars, total.....g	5.90		0	T	4		8.26	13.57	22.42
Starch.....g									
<b>Minerals:</b>									
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	CAZN	4		0.8	1.4	2.3
<b>Vitamins:</b>									
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	Z	7		0	0	0
Folate, food.....mcg	38		0		4		53	87	144
Folate, DFE.....mcg_DFE	38		0	NC	4		53	87	144
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, IU.....IU	1094			AS	1		1532	2517	4159
Vitamin A, RAE.....mcg_RAE	55			AS	1		77	126	208
Retinol.....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.73		0	BFZN	4		1.03	1.69	2.79
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	2.6		0	BFZN	4		3.6	5.9	9.7
<b>Lipids:</b>									
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
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
20:0.....g									
22:0.....g									
24:0.....g									

**NDB No. 09226**  
**Papayas, raw**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.038		0		1		0.053	0.087	0.144
14:1.....g									
15:1.....g									
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
22:5 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	Z	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	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	276	214.250	6	A	1		386.750	635.375	1049.750
Carotene, alpha.....mcg	0		3	A	1		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	761	243.775	6	A	1		1065.085	1749.783	2890.945
Lycopene (1).....mcg	0		3	A	1		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	75		3	A	1		105.000	172.500	285.000

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

**Common Measures:**

Measure 1 = 140g: 1 cup, cubes

Measure 2 = 230g: 1 cup, mashed

Measure 3 = 380g: 1 large (5-3/4" long x 3-1/4" dia)

**NDB No. 09226**  
**Papayas, raw**

**Footnotes**

1 Based on orange-fleshed papaya

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

**Food Group:** 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Refuse: 0%**

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	85.62		0		1		211.48	26.46	
Energy.....kcal	51		0	NC	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	NC	4		33.59	4.20	
Fiber, total dietary.....g	0.2		0		4		0.5	0.1	
Sugars, total.....g	13.40		0	O	4		33.10	4.14	
Starch.....g									
<b>Minerals:</b>									
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	CAZN	4		0.2	0.0	
<b>Vitamins:</b>									
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	Z	7		0	0	
Folate, food.....mcg	7		0		4		17	2	
Folate, DFE.....mcg_DFE	7		0	NC	4		17	2	
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	717		0		1		1771	222	
Vitamin A, RAE.....mcg_RAE	36		0		1		89	11	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	0.01		0	BFSN	4		0.03	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.4		0	BFSN	4		1.0	0.1	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.004		0		4		0.010	0.001	
4:0.....g	0.000		0		4		0.000	0.000	
6:0.....g	0.000		0		4		0.000	0.000	
8:0.....g	0.000		0		4		0.000	0.000	
10:0.....g	0.000		0		4		0.000	0.000	
12:0.....g	0.000		0		4		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0		4		0.000	0.000	
15:0.....g									
16:0.....g	0.003		0		4		0.007	0.001	
17:0.....g									
18:0.....g	0.001		0		4		0.002	0.000	
20:0.....g									
22:0.....g									
24:0.....g									

**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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	0.006		0		4		0.015	0.002	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.006		0		4		0.015	0.002	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.029		0		4		0.072	0.009	
18:2 undifferentiated.....g	0.029		0		4		0.072	0.009	
18:3 undifferentiated.....g	0.000		0		4		0.000	0.000	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
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	Z	7		0	0	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<b>Carotenoids:</b>									
Carotene, beta.....mcg	419		0	BNA	4		1034.165	129.375	
Carotene, alpha.....mcg	0		0	BNA	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	23		0	BNA	4		56.858	7.113	
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	BFSN	4		0.000	0.000	

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

**Common Measures:**

Measure 1 = 247g: 1 cup

Measure 2 = 30.9g: 1 fl oz

**Calories Factors: Protein** 3.36

**Fat** 8.37

**Carbohydrate** 3.6

**Food Group:** 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Refuse: 0%**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	84.21		2		1		208.00	26.02	
Energy.....kcal	60		0	NC	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	NC	4		35.69	4.47	
Fiber, total dietary.....g	0.2		0		4		0.5	0.1	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
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	CAZN	4		0.2	0.0	
<b>Vitamins:</b>									
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	Z	7		0	0	
Folate, food.....mcg	8		0		4		20	2	
Folate, DFE.....mcg_DFE	8		0	NC	4		20	2	
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	2410		0		1		5953	745	
Vitamin A, RAE.....mcg_RAE	121		0		1		298	37	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.015		0		4		0.037	0.005	
4:0.....g	0.000		0		4		0.000	0.000	
6:0.....g	0.000		0		4		0.000	0.000	
8:0.....g	0.000		0		4		0.000	0.000	
10:0.....g	0.000		0		4		0.000	0.000	
12:0.....g	0.000		0		4		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0		4		0.000	0.000	
15:0.....g									
16:0.....g	0.012		0		4		0.030	0.004	
17:0.....g									
18:0.....g	0.004		0		4		0.010	0.001	
20:0.....g									
22:0.....g									
24:0.....g									

**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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
Fatty acids, total monounsaturated.....g	0.022		0		4		0.054	0.007	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.022		0		4		0.054	0.007	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.106		0		4		0.262	0.033	
18:2 undifferentiated.....g	0.105		0		4		0.259	0.032	
18:3 undifferentiated.....g	0.000		0		4		0.000	0.000	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
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	z	7		0	0	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

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

**Common Measures:**

Measure 1 = 247g: 1 cup

Measure 2 = 30.9g: 1 fl oz

**Calories Factors: Protein 3.36**

**Fat 8.37**

**Carbohydrate 3.92**

**Food Group: 09 Fruits and Fruit Juices**

USDA National Nutrient Database for Standard Reference, Release 17 (2004)





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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	0.086		0		4		0.203	0.015	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.086		0		4		0.203	0.015	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.411		0		4		0.970	0.074	
18:2 undifferentiated.....g	0.410		0		4		0.968	0.074	
18:3 undifferentiated.....g	0.001		0		4		0.002	0.000	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
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	Z	7		0	0	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<b>Carotenoids:</b>									
Carotene, beta.....mcg	743		2	A	1		1753.480	133.740	
Carotene, alpha.....mcg	0		2	A	1		0.000	0.000	
Cryptoxanthin, beta.....mcg	41		2	A	1		96.406	7.353	
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	BFZN	4		0.000	0.000	

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

**Common Measures:**

Measure 1 = 236g: 1 cup

Measure 2 = 18g: 1 fruit without refuse

**Calories Factors: Protein** 3.36**Fat** 8.37**Carbohydrate** 3.6**Food Group:** 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

### Peach nectar, canned, with added ascorbic acid

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	85.64	0.107	5		1		213.24	26.63	
Energy.....kcal	54		0	NC	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	NC	4		34.66	4.33	
Fiber, total dietary.....g	0.6		0		4		1.5	0.2	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
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	FLA	4		0.5	0.1	
<b>Vitamins:</b>									
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	Z	7		0	0	
Folate, food.....mcg	1		0		4		3	0	
Folate, DFE.....mcg_DFE	1		0	NC	4		3	0	
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	258	93.980	4		1		642	80	
Vitamin A, RAE.....mcg_RAE	13	4.699	4		1		32	4	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.002		0		1		0.005	0.001	
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g									
15:0.....g									

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
Fatty acids, total monounsaturated.....g	0.008		0		1		0.020	0.002	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.008		0		1		0.020	0.002	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.011		0		1		0.027	0.003	
18:2 undifferentiated.....g	0.010		0		1		0.025	0.003	
18:3 undifferentiated.....g									
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									

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

#### Common Measures:

Measure 1 = 249g: 1 cup

Measure 2 = 31.1g: 1 fl oz

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.79

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Peach nectar, canned, without added ascorbic acid**

**Refuse: 0%**

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	85.64	0.107	5		1		213.24	26.63	
Energy.....kcal	54		0	NC	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	NC	4		34.66	4.33	
Fiber, total dietary.....g	0.6		0		4		1.5	0.2	
Sugars, total.....g	13.32		0	O	4		33.17	4.14	
Starch.....g									
<b>Minerals:</b>									
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	FLA	4		0.5	0.1	
<b>Vitamins:</b>									
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	Z	7		0	0	
Folate, food.....mcg	1		0		4		3	0	
Folate, DFE.....mcg_DFE	1		0	NC	4		3	0	
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	258	93.980	4		1		642	80	
Vitamin A, RAE.....mcg_RAE	13	4.699	4		1		32	4	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	0.29		0	DA	1		0.73	0.09	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	1.0		0	DA	1		2.6	0.3	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.002		0		1		0.005	0.001	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	
15:0.....g									
16:0.....g	0.002		0		1		0.005	0.001	
17:0.....g									
18:0.....g	0.000		0		1		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									

NDB No. 09251

Peach nectar, canned, without added ascorbic acid

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.008		0		1		0.020	0.002	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.008		0		1		0.020	0.002	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.011		0		1		0.027	0.003	
18:2 undifferentiated.....g	0.010		0		1		0.025	0.003	
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
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	Z	7		0	0	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<b>Carotenoids:</b>									
Carotene, beta.....mcg	128		0	BNA	4		319.069	39.852	
Carotene, alpha.....mcg	0		0	BNA	4		0.947	0.118	
Cryptoxanthin, beta.....mcg	53		0	BNA	4		131.818	16.464	
Lycopene.....mcg	0		0	DA	1		0.000	0.000	
Lutein + zeaxanthin.....mcg	37		0	DA	1		90.972	11.362	

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**Common Measures:**

Measure 1 = 249g: 1 cup

Measure 2 = 31.1g: 1 fl oz

**Calories Factors: Protein** 3.36**Fat** 8.37**Carbohydrate** 3.79**Food Group:** 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			
Fatty acids, total monounsaturated.....g	0.011		0		1		0.029		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.011		0		1		0.029		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.014		0		1		0.037		
18:2 undifferentiated.....g	0.014		0		1		0.037		
18:3 undifferentiated.....g									
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.001		0		1		0.003		
Threonine.....g	0.018		0		1		0.047		
Isoleucine.....g	0.013		0		1		0.034		
Leucine.....g	0.027		0		1		0.071		
Lysine.....g	0.015		0		1		0.039		
Methionine.....g	0.011		0		1		0.029		
Cystine.....g	0.004		0		1		0.010		
Phenylalanine.....g	0.015		0		1		0.039		
Tyrosine.....g	0.012		0		1		0.031		
Valine.....g	0.026		0		1		0.068		
Arginine.....g	0.012		0		1		0.031		
Histidine.....g	0.009		0		1		0.024		
Alanine.....g	0.028		0		1		0.073		
Aspartic acid.....g	0.078		0		1		0.204		
Glutamic acid.....g	0.071		0		1		0.186		
Glycine.....g	0.016		0		1		0.042		
Proline.....g	0.020		0		1		0.052		
Serine.....g	0.022		0		1		0.058		
Hydroxyproline.....g									

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

#### Common Measures:

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

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.78

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)





NDB No. 09239

Peaches, canned, extra light syrup, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			
Fatty acids, total monounsaturated.....g	0.036		0		1		0.089		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.036		0		1		0.089		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.048		0		1		0.119		
18:2 undifferentiated.....g	0.047		0		1		0.116		
18:3 undifferentiated.....g	0.001		0		1		0.002		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.001		0		1		0.002		
Threonine.....g	0.016		0		1		0.040		
Isoleucine.....g	0.012		0		1		0.030		
Leucine.....g	0.023		0		1		0.057		
Lysine.....g	0.013		0		1		0.032		
Methionine.....g	0.010		0		1		0.025		
Cystine.....g	0.003		0		1		0.007		
Phenylalanine.....g	0.013		0		1		0.032		
Tyrosine.....g	0.010		0		1		0.025		
Valine.....g	0.022		0		1		0.054		
Arginine.....g	0.010		0		1		0.025		
Histidine.....g	0.007		0		1		0.017		
Alanine.....g	0.024		0		1		0.059		
Aspartic acid.....g	0.067		0		1		0.165		
Glutamic acid.....g	0.061		0		1		0.151		
Glycine.....g	0.014		0		1		0.035		
Proline.....g	0.017		0		1		0.042		
Serine.....g	0.018		0		1		0.044		
Hydroxyproline.....g									

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

#### Common Measures:

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

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.69

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

### **Peaches, canned, heavy syrup pack, solids and liquids**

**Refuse: 0%**

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	79.28	0.063	529		1		207.71	77.69	
Energy.....kcal	74		0	NC	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	NC	4		52.24	19.54	
Fiber, total dietary.....g	1.3		0		4		3.4	1.3	
Sugars, total.....g	18.64		0	O	4		48.84	18.27	
Starch.....g									
<b>Minerals:</b>									
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	BFZN	4		0.8	0.3	
<b>Vitamins:</b>									
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	Z	7		0	0	
Folate, food.....mcg	3	0.547	3		1		8	3	
Folate, DFE.....mcg_DFE	3		0	NC	4		8	3	
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	332	5.931	597		1		870	325	
Vitamin A, RAE.....mcg_RAE	17	0.297	597		1		43	16	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	0.49		0	DA	1		1.29	0.48	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	1.7		0	DA	1		4.5	1.7	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.010		0		1		0.026	0.010	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	
15:0.....g									
16:0.....g	0.009		0		1		0.024	0.009	
17:0.....g									
18:0.....g	0.001		0		1		0.003	0.001	
20:0.....g									
22:0.....g									
24:0.....g									

NDB No. 09241

Peaches, canned, heavy syrup pack, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.035		0		1		0.092	0.034	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.003	0.001	
17:1.....g									
18:1 undifferentiated.....g	0.035		0		1		0.092	0.034	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.047		0		1		0.123	0.046	
18:2 undifferentiated.....g	0.046		0		1		0.121	0.045	
18:3 undifferentiated.....g	0.001		0		1		0.003	0.001	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
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	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
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									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<b>Carotenoids:</b>									
Carotene, beta.....mcg	165		0	BNA	4		432.022	161.596	
Carotene, alpha.....mcg	0		0	BNA	4		1.282	0.480	
Cryptoxanthin, beta.....mcg	68		0	BNA	4		178.482	66.761	
Lycopene.....mcg	0		0	DA	1		0.000	0.000	
Lutein + zeaxanthin.....mcg	61		0	DA	1		160.334	59.972	

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

**Common Measures:**

Measure 1 = 262g: 1 cup

Measure 2 = 98g: 1 half, with liquid

**NDB No. 09241**

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

**Calories Factors: Protein** 3.36

**Fat** 8.37

**Carbohydrate** 3.75

**Food Group:** 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 09370

Peaches, canned, heavy syrup, drained

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	0.015		0	NC	4		0.033	0.011	0.002
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.015		0	BFFN	4		0.033	0.011	0.002
20:1.....g	0.000		0	BFFN	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.021		0	NC	4		0.047	0.015	0.003
18:2 undifferentiated.....g	0.021		0	BFFN	4		0.047	0.015	0.003
18:3 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	0.000
18:4.....g	0.000		0	BFFN	4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0			Z	7		0	0	0
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0			Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
<b>Carotenoids:</b>									
Carotene, beta.....mcg	399	141.016	4	A	1		886.520	291.513	50.715
Carotene, alpha.....mcg	0		1	A	1		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	118	70.375	3	A	1		261.239	85.903	14.945
Lycopene.....mcg	0		1	A	1		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	33		1	A	1		72.372	23.798	4.140

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

**Common Measures:**

Measure 1 = 222g: 1 cup

Measure 2 = 73g: 1 half,

Measure 3 = 12.7g: 1 slice

**Calories Factors: Protein** 3.36**Fat** 8.37**Carbohydrate** 3.75**Food Group:** 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

### **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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	87.49	0.076	18		1		218.73	216.98	85.74
Energy.....kcal	44		0	NC	4		110	109	43
Energy.....kj	184				4		460	457	180
Protein (N x 6.25).....g	0.63	0.017	25		1		1.58	1.56	0.62
Total lipid (fat).....g	0.03	0.006	24		1		0.08	0.07	0.03
Ash.....g	0.27	0.004	18		1		0.68	0.67	0.26
Carbohydrate, by difference.....g	11.57		0	NC	4		28.93	28.69	11.34
Fiber, total dietary.....g	1.3		0		4		3.3	3.2	1.3
Sugars, total.....g	10.27		0	O	4		25.68	25.47	10.06
Starch.....g									
<b>Minerals:</b>									
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	BFZN	4		0.8	0.7	0.3
<b>Vitamins:</b>									
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	Z	7		0	0	0
Folate, food.....mcg	3		0		4		9	8	3
Folate, DFE.....mcg_DFE	3		0	NC	4		9	8	3
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, IU.....IU	381	54.723	17		1		953	945	373
Vitamin A, RAE.....mcg_RAE	19	2.736	17		1		48	47	19
Retinol.....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.49		0	DA	1		1.23	1.22	0.48
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	1.7		0	DA	1		4.3	4.3	1.7
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.004		0		1		0.010	0.010	0.004
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000	0.000
10:0.....g	0.000		0		1		0.000	0.000	0.000
12:0.....g	0.000		0		1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	0.000
15:0.....g									
16:0.....g	0.003		0		1		0.008	0.007	0.003
17:0.....g									
18:0.....g	0.000		0		1		0.000	0.000	0.000
20:0.....g									
22:0.....g									
24:0.....g									



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				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.012		0		1		0.030	0.030	0.012
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.012		0		1		0.030	0.030	0.012
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.016		0		1		0.040	0.040	0.016
18:2 undifferentiated.....g	0.016		0		1		0.040	0.040	0.016
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
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	Z	7		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.002		0		1		0.005	0.005	0.002
Threonine.....g	0.025		0		1		0.063	0.062	0.025
Isoleucine.....g	0.018		0		1		0.045	0.045	0.018
Leucine.....g	0.036		0		1		0.090	0.089	0.035
Lysine.....g	0.020		0		1		0.050	0.050	0.020
Methionine.....g	0.015		0		1		0.038	0.037	0.015
Cystine.....g	0.005		0		1		0.013	0.012	0.005
Phenylalanine.....g	0.020		0		1		0.050	0.050	0.020
Tyrosine.....g	0.016		0		1		0.040	0.040	0.016
Valine.....g	0.034		0		1		0.085	0.084	0.033
Arginine.....g	0.016		0		1		0.040	0.040	0.016
Histidine.....g	0.012		0		1		0.030	0.030	0.012
Alanine.....g	0.038		0		1		0.095	0.094	0.037
Aspartic acid.....g	0.105		0		1		0.263	0.260	0.103
Glutamic acid.....g	0.096		0		1		0.240	0.238	0.094
Glycine.....g	0.022		0		1		0.055	0.055	0.022
Proline.....g	0.027		0		1		0.068	0.067	0.026
Serine.....g	0.029		0		1		0.073	0.072	0.028
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	189		0	BNA	4		473.076	469.292	185.446
Carotene, alpha.....mcg	1		0	BNA	4		1.404	1.393	0.550
Cryptoxanthin, beta.....mcg	78		0	BNA	4		195.443	193.880	76.614
Lycopene.....mcg	0		0	DA	1		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	61		0	DA	1		152.990	151.766	59.972

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

**Common Measures:**

Measure 1 = 250g: 1 cup

Measure 2 = 248g: 1 cup, halves or slices

Measure 3 = 98g: 1 half, with liquid

**NDB No. 09238**  
**Peaches, canned, juice pack, solids and liquids**

**Calories Factors:** **Protein** 3.36                      **Fat** 8.37                      **Carbohydrate** 3.7                      **Food Group:** 09 Fruits and Fruit Juices  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)



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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	0.012		0		1		0.030	0.012	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.011		0		1		0.028	0.011	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.015		0		1		0.038	0.015	
18:2 undifferentiated.....g	0.015		0		1		0.038	0.015	
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
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	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
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									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<b>Carotenoids:</b>									
Carotene, beta.....mcg	176		0	BNA	4		441.309	172.304	
Carotene, alpha.....mcg	1		0	BNA	4		1.310	0.511	
Cryptoxanthin, beta.....mcg	73		0	BNA	4		182.319	71.184	
Lycopene.....mcg	0		0	DA	1		0.000	0.000	
Lutein + zeaxanthin.....mcg	61		0	DA	1		153.602	59.972	

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

**Common Measures:**

Measure 1 = 251g: 1 cup, halves or slices

Measure 2 = 98g: 1 half, with liquid

**NDB No. 09240**

**Peaches, canned, light syrup pack, solids and liquids**

**Calories Factors: Protein** 3.36

**Fat** 8.37

**Carbohydrate** 3.71

**Food Group:** 09 Fruits and Fruit Juices

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### **Peaches, canned, water pack, solids and liquids**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	93.13	0.080	60		1		227.24	91.27	
Energy.....kcal	24		0	NC	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	NC	4		14.91	5.99	
Fiber, total dietary.....g	1.3		0		4		3.2	1.3	
Sugars, total.....g	4.81		0	O	4		11.74	4.71	
Starch.....g									
<b>Minerals:</b>									
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	BFZN	4		0.7	0.3	
<b>Vitamins:</b>									
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	Z	7		0	0	
Folate, food.....mcg	3		0		1		8	3	
Folate, DFE.....mcg_DFE	3		0	NC	4		8	3	
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	532	35.791	29		1		1298	521	
Vitamin A, RAE.....mcg_RAE	27	1.790	29		1		65	26	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	0.49		0	DA	1		1.20	0.48	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	1.7		0	DA	1		4.2	1.7	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.006		0		1		0.015	0.006	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	
12:0.....g	0.000		0		1		0.000	0.000	

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	0.021		0		1		0.051	0.021	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.021		0		1		0.051	0.021	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.028		0		1		0.068	0.027	
18:2 undifferentiated.....g	0.027		0		1		0.066	0.026	
18:3 undifferentiated.....g	0.001		0		1		0.002	0.001	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
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	Z	7		0	0	
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
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									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<b><u>Carotenoids:</u></b>									
Carotene, beta.....mcg	264		0	BNA	4		644.715	258.943	
Carotene, alpha.....mcg	1		0	BNA	4		1.914	0.769	
Cryptoxanthin, beta.....mcg	109		0	BNA	4		266.353	106.978	
Lycopene.....mcg	0		0	DA	1		0.000	0.000	
Lutein + zeaxanthin.....mcg	61		0	DA	1		149.319	59.972	

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**Common Measures:**

Measure 1 = 244g: 1 cup, halves or slices

Measure 2 = 98g: 1 half, with liquid

**NDB No. 09237**

**Peaches, canned, water pack, solids and liquids**

**Calories Factors: Protein** 3.36

**Fat** 8.37

**Carbohydrate** 3.6

**Food Group:** 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)





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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Fatty acids, total monounsaturated.....g	0.154		0		1		0.373		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003		0		1		0.007		
17:1.....g									
18:1 undifferentiated.....g	0.151		0		1		0.365		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.204		0		1		0.494		
18:2 undifferentiated.....g	0.199		0		1		0.482		
18:3 undifferentiated.....g	0.005		0		1		0.012		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.001		0		1		0.002		
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.006		0		1		0.015		
Threonine.....g	0.079		0		1		0.191		
Isoleucine.....g	0.058		0		1		0.140		
Leucine.....g	0.114		0		1		0.276		
Lysine.....g	0.065		0		1		0.157		
Methionine.....g	0.048		0		1		0.116		
Cystine.....g	0.016		0		1		0.039		
Phenylalanine.....g	0.063		0		1		0.152		
Tyrosine.....g	0.052		0		1		0.126		
Valine.....g	0.109		0		1		0.264		
Arginine.....g	0.051		0		1		0.123		
Histidine.....g	0.037		0		1		0.090		
Alanine.....g	0.120		0		1		0.290		
Aspartic acid.....g	0.335		0		1		0.811		
Glutamic acid.....g	0.305		0		1		0.738		
Glycine.....g	0.070		0		1		0.169		
Proline.....g	0.084		0		1		0.203		
Serine.....g	0.093		0		1		0.225		
Hydroxyproline.....g									

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

#### Common Measures:

Measure 1 = 242g: 1 cup

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	7.50		0		1		8.70		
Energy.....kcal	325		0	NC	4		377		
Energy.....kj	1360				4		1577		
Protein (N x 6.25).....g	4.89		0		1		5.67		
Total lipid (fat).....g	1.03		0		1		1.19		
Ash.....g	3.39		0		1		3.93		
Carbohydrate, by difference.....g	83.18		0	NC	4		96.49		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
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									
<b>Vitamins:</b>									
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	Z	7		0		
Folate, food.....mcg	7		2		1		8		
Folate, DFE.....mcg_DFE	7		0	NC	4		8		
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin A, IU.....IU	1417		2		1		1644		
Vitamin A, RAE.....mcg_RAE	71		2		1		82		
Retinol.....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.111		0		1		0.129		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g									
15:0.....g									
16:0.....g	0.097		0		1		0.113		
17:0.....g									
18:0.....g	0.014		0		1		0.016		

**NDB No. 09244**  
**Peaches, dehydrated (low-moisture), sulfured, uncooked**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Fatty acids, total monounsaturated.....g	0.377		0		1		0.437		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.008		0		1		0.009		
17:1.....g									
18:1 undifferentiated.....g	0.369		0		1		0.428		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.498		0		1		0.578		
18:2 undifferentiated.....g	0.486		0		1		0.564		
18:3 undifferentiated.....g	0.012		0		1		0.014		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.003		0		1		0.003		
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.014		0		1		0.016		
Threonine.....g	0.192		0		1		0.223		
Isoleucine.....g	0.141		0		1		0.164		
Leucine.....g	0.277		0		1		0.321		
Lysine.....g	0.157		0		1		0.182		
Methionine.....g	0.118		0		1		0.137		
Cystine.....g	0.040		0		1		0.046		
Phenylalanine.....g	0.154		0		1		0.179		
Tyrosine.....g	0.128		0		1		0.148		
Valine.....g	0.267		0		1		0.310		
Arginine.....g	0.124		0		1		0.144		
Histidine.....g	0.091		0		1		0.106		
Alanine.....g	0.292		0		1		0.339		
Aspartic acid.....g	0.817		0		1		0.948		
Glutamic acid.....g	0.743		0		1		0.862		
Glycine.....g	0.171		0		1		0.198		
Proline.....g	0.206		0		1		0.239		
Serine.....g	0.226		0		1		0.262		
Hydroxyproline.....g									

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

**Common Measures:**

Measure 1 = 116g: 1 cup

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

**Food Group: 09 Fruits and Fruit Juices**

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 09248

Peaches, dried, sulfured, stewed, with added sugar

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code	Code			
Fatty acids, total monounsaturated.....g	0.082		0		1		0.221		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0		1		0.005		
17:1.....g									
18:1 undifferentiated.....g	0.080		0		1		0.216		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.108		0		1		0.292		
18:2 undifferentiated.....g	0.105		0		1		0.284		
18:3 undifferentiated.....g	0.003		0		1		0.008		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.001		0		1		0.003		
20:5 n-3.....g	0.000		0		1		0.000		
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	z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
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									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg									
Theobromine.....mg									

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

**Common Measures:**

Measure 1 = 270g: 1 cup

**Calories Factors: Protein** 3.36**Fat** 8.37**Carbohydrate** 3.6**Food Group:** 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Peaches, dried, sulfured, stewed, without added sugar**

**Refuse: 0%**

[illegible]

NDB No. 09247

Peaches, dried, sulfured, stewed, without added sugar

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.089		0		1		0.230		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0		1		0.005		
17:1.....g									
18:1 undifferentiated.....g	0.087		0		1		0.224		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.118		0		1		0.304		
18:2 undifferentiated.....g	0.115		0		1		0.297		
18:3 undifferentiated.....g	0.003		0		1		0.008		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.001		0		1		0.003		
20:5 n-3.....g	0.000		0		1		0.000		
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	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
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									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<b>Carotenoids:</b>									
Carotene, beta.....mcg	98		0	BNA	4		252.436		
Carotene, alpha.....mcg	0		0	BNA	4		0.749		
Cryptoxanthin, beta.....mcg	40		0	BNA	4		104.290		
Lycopene.....mcg	0		0	BFSN	4		0.000		
Lutein + zeaxanthin.....mcg	180		0	BFSN	4		463.523		

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

**Common Measures:**

Measure 1 = 258g: 1 cup



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

**Calories Factors:** **Protein** 3.36                      **Fat** 8.37                      **Carbohydrate** 3.6                      **Food Group:** 09 Fruits and Fruit Juices  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Peaches, dried, sulfured, uncooked**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	31.80	0.515	29		1		50.88	4.13	
Energy.....kcal	239		0	NC	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	NC	4		98.13	7.97	
Fiber, total dietary.....g	8.2		0		1		13.1	1.1	
Sugars, total.....g	41.74	2.860	4		1		66.78	5.43	
Sucrose.....g	15.42	2.220	4		1		24.67	2.00	
Glucose (dextrose).....g	12.83	2.967	4		1		20.53	1.67	
Fructose.....g	13.49	2.113	4		1		21.58	1.75	
Lactose.....g									
Maltose.....g									
Galactose.....g									
Starch.....g									
<b>Minerals:</b>									
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	0.5		0	BFSN	4		0.7	0.1	
<b>Vitamins:</b>									
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	Z	7		0	0	
Folate, food.....mcg	0		0		4		0	0	
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	2163	133.730	21		1		3461	281	
Vitamin A, RAE.....mcg_RAE	108	6.687	21		1		173	14	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	0.19		1	A	1		0.30	0.02	
Tocopherol, beta.....mg	0.00		1	A	1		0.00	0.00	
Tocopherol, gamma.....mg	0.00		1	A	1		0.00	0.00	
Tocopherol, delta.....mg	0.00		1	A	1		0.00	0.00	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	15.7		0	BFSN	4		25.1	2.0	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.082		0		1		0.131	0.011	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	
15:0.....g									

NDB No. 09246

Peaches, dried, sulfured, uncooked

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0.....g	0.071		0		1		0.114	0.009	
17:0.....g									
18:0.....g	0.010		0		1		0.016	0.001	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.278		0		1		0.445	0.036	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.006		0		1		0.010	0.001	
17:1.....g									
18:1 undifferentiated.....g	0.272		0		1		0.435	0.035	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.367		0		1		0.587	0.048	
18:2 undifferentiated.....g	0.358		0		1		0.573	0.047	
18:3 undifferentiated.....g	0.009		0		1		0.014	0.001	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.002		0		1		0.003	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
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	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.010		0		1		0.016	0.001	
Threonine.....g	0.141		0		1		0.226	0.018	
Isoleucine.....g	0.104		0		1		0.166	0.014	
Leucine.....g	0.204		0		1		0.326	0.027	
Lysine.....g	0.116		0		1		0.186	0.015	
Methionine.....g	0.087		0		1		0.139	0.011	
Cystine.....g	0.029		0		1		0.046	0.004	
Phenylalanine.....g	0.114		0		1		0.182	0.015	
Tyrosine.....g	0.094		0		1		0.150	0.012	
Valine.....g	0.197		0		1		0.315	0.026	
Arginine.....g	0.092		0		1		0.147	0.012	
Histidine.....g	0.067		0		1		0.107	0.009	
Alanine.....g	0.215		0		1		0.344	0.028	
Aspartic acid.....g	0.602		0		1		0.963	0.078	
Glutamic acid.....g	0.548		0		1		0.877	0.071	
Glycine.....g	0.126		0		1		0.202	0.016	
Proline.....g	0.152		0		1		0.243	0.020	
Serine.....g	0.167		0		1		0.267	0.022	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	1074		0	BNA	4		1718.869	139.658	
Carotene, alpha.....mcg	3		0	BNA	4		5.102	0.415	
Cryptoxanthin, beta.....mcg	444		0	BNA	4		710.121	57.697	
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	559		0	BFSN	4		895.183	72.734	

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

**NDB No. 09246**

**Peaches, dried, sulfured, uncooked**

**Common Measures:**

Measure 1 = 160g: 1 cup, halves

Measure 2 = 13.0g: 1 half

**Calories Factors: Protein 3.36**

**Fat 8.37**

**Carbohydrate 3.6**

**Food Group:** 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Peaches, frozen, sliced, sweetened**

**Refuse: 0%**

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	74.73	0.267	3		1		186.83	115.83	212.23
Energy.....kcal	94		0	NC	4		235	146	267
Energy.....kj	393				4		983	610	1117
Protein (N x 6.25).....g	0.63	0.125	3		1		1.58	0.98	1.79
Total lipid (fat).....g	0.13	0.033	3		1		0.33	0.20	0.37
Ash.....g	0.53	0.285	3		1		1.33	0.82	1.51
Carbohydrate, by difference.....g	23.98		0	NC	4		59.95	37.17	68.10
Fiber, total dietary.....g	1.8		0		4		4.5	2.8	5.1
Sugars, total.....g	22.18		0	O	4		55.45	34.38	62.99
Starch.....g									
<b>Minerals:</b>									
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	BFZN	4		1.0	0.6	1.1
<b>Vitamins:</b>									
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	Z	7		0	0	0
Folate, food.....mcg	3		0		4		8	5	9
Folate, DFE.....mcg_DFE	3		0	NC	4		8	5	9
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, IU.....IU	284	16.667	3		1		710	440	807
Vitamin A, RAE.....mcg_RAE	14	0.833	3		1		36	22	40
Retinol.....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.62		0	FLA	4		1.54	0.96	1.75
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	2.2		0	FLA	4		5.4	3.3	6.1
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.014		0		1		0.035	0.022	0.040
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000	0.000
10:0.....g	0.000		0		1		0.000	0.000	0.000
12:0.....g	0.000		0		1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	0.000
15:0.....g									
16:0.....g	0.012		0		1		0.030	0.019	0.034
17:0.....g									
18:0.....g	0.002		0		1		0.005	0.003	0.006
20:0.....g									
22:0.....g									
24:0.....g									

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	0.048		0		1		0.120	0.074	0.136
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.003	0.002	0.003
17:1.....g									
18:1 undifferentiated.....g	0.047		0		1		0.118	0.073	0.133
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.064		0		1		0.160	0.099	0.182
18:2 undifferentiated.....g	0.063		0		1		0.158	0.098	0.179
18:3 undifferentiated.....g	0.002		0		1		0.005	0.003	0.006
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
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	Z	7		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.002		0		1		0.005	0.003	0.006
Threonine.....g	0.024		0		1		0.060	0.037	0.068
Isoleucine.....g	0.018		0		1		0.045	0.028	0.051
Leucine.....g	0.035		0		1		0.088	0.054	0.099
Lysine.....g	0.020		0		1		0.050	0.031	0.057
Methionine.....g	0.015		0		1		0.038	0.023	0.043
Cystine.....g	0.005		0		1		0.013	0.008	0.014
Phenylalanine.....g	0.020		0		1		0.050	0.031	0.057
Tyrosine.....g	0.016		0		1		0.040	0.025	0.045
Valine.....g	0.034		0		1		0.085	0.053	0.097
Arginine.....g	0.016		0		1		0.040	0.025	0.045
Histidine.....g	0.012		0		1		0.030	0.019	0.034
Alanine.....g	0.037		0		1		0.093	0.057	0.105
Aspartic acid.....g	0.104		0		1		0.260	0.161	0.295
Glutamic acid.....g	0.095		0		1		0.238	0.147	0.270
Glycine.....g	0.022		0		1		0.055	0.034	0.062
Proline.....g	0.026		0		1		0.065	0.040	0.074
Serine.....g	0.029		0		1		0.073	0.045	0.082
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	141		0	BNA	4		352.634	218.633	400.593
Carotene, alpha.....mcg	0		0	BNA	4		1.047	0.649	1.189
Cryptoxanthin, beta.....mcg	58		0	BNA	4		145.685	90.325	165.498
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	77		0	FLA	4		191.891	118.972	217.988

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

**Common Measures:**

Measure 1 = 250g: 1 cup, thawed

Measure 2 = 155g: 10 slices

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

**NDB No. 09250**  
**Peaches, frozen, sliced, sweetened**

**Calories Factors:** **Protein** 3.36                      **Fat** 8.37                      **Carbohydrate** 3.78                      **Food Group:** 09 Fruits and Fruit Juices  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

*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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	88.87	0.590	9	A	1		151.07	139.52	87.09
Energy.....kcal	39		0	NC	4		67	62	39
Energy.....kj	165		0	NC	4		281	259	162
Protein (N x 6.25).....g	0.91	0.011	8	A	1		1.55	1.43	0.90
Total lipid (fat).....g	0.25	0.052	9	A	1		0.42	0.39	0.24
Ash.....g	0.43	0.013	8	A	1		0.73	0.68	0.42
Carbohydrate, by difference.....g	9.54		0	NC	4		16.22	14.98	9.35
Fiber, total dietary.....g	1.5	0.051	8	A	1		2.5	2.3	1.5
Sugars, total.....g	8.39	0.351	8	A	1		14.26	13.17	8.22
Sucrose.....g	4.76	0.093	8	A	1		8.09	7.47	4.66
Glucose (dextrose).....g	1.95	0.208	8	A	1		3.32	3.06	1.91
Fructose.....g	1.53	0.052	8	A	1		2.61	2.41	1.50
Lactose.....g	0.00	0.000	8	A	1		0.00	0.00	0.00
Maltose.....g	0.08	0.059	8	A	1		0.14	0.13	0.08
Galactose.....g	0.06	0.061	8	A	1		0.10	0.10	0.06
Starch.....g	0.00		4	A	1		0.00	0.00	0.00
<b>Minerals:</b>									
Calcium, Ca.....mg	6	0.265	28	A	1		10	9	6
Iron, Fe.....mg	0.25	0.019	31	A	1		0.42	0.39	0.24
Magnesium, Mg.....mg	9	0.170	32	A	1		15	14	9
Phosphorus, P.....mg	20	0.352	31	A	1		35	32	20
Potassium, K.....mg	190	7.168	30	A	1		324	299	187
Sodium, Na.....mg	0	0.043	26	A	1		0	0	0
Zinc, Zn.....mg	0.17	0.028	32	A	1		0.28	0.26	0.16
Copper, Cu.....mg	0.068	0.007	32	A	1		0.116	0.108	0.067
Manganese, Mn.....mg	0.061	0.003	28	A	1		0.104	0.096	0.060
Selenium, Se.....mcg	0.1		2	A	1		0.1	0.1	0.1
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	6.6	1.115	5		1		11.2	10.4	6.5
Thiamin.....mg	0.024	0.005	8	A	1		0.041	0.037	0.023
Riboflavin.....mg	0.031	0.004	8	A	1		0.054	0.049	0.031
Niacin.....mg	0.806	0.004	8	A	1		1.371	1.266	0.790
Pantothenic acid.....mg	0.153	0.046	8	A	1		0.260	0.240	0.150
Vitamin B-6.....mg	0.025	0.010	8	A	1		0.043	0.040	0.025
Folate, total.....mcg	4		4	A	1		6	5	3
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	4		4	A	1		6	5	3
Folate, DFE.....mcg_DFE	4		0	NC	4		6	5	3
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, IU.....IU	326	11.690	32	A	1		554	511	319
Vitamin A, RAE.....mcg_RAE	16	0.584	32	A	1		28	26	16
Retinol.....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.73	0.086	5	A	1		1.25	1.15	0.72
Tocopherol, beta.....mg	0.00	0.000	5	A	1		0.00	0.00	0.00
Tocopherol, gamma.....mg	0.02	0.019	5	A	1		0.03	0.03	0.02
Tocopherol, delta.....mg	0.00	0.000	5	A	1		0.00	0.00	0.00
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	2.6	0.462	5	A	1		4.4	4.0	2.5
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.019		0	NC	4		0.033	0.030	0.019
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000	0.000
10:0.....g	0.000		0		1		0.000	0.000	0.000
12:0.....g	0.000		0		1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	0.000
15:0.....g									



**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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
16:0.....g	0.017		1		1		0.029	0.027	0.017
17:0.....g									
18:0.....g	0.002		1		1		0.003	0.003	0.002
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.067		0	NC	4		0.114	0.105	0.066
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		1		1		0.003	0.003	0.002
17:1.....g									
18:1 undifferentiated.....g	0.065		1		1		0.111	0.102	0.064
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.086		0	NC	4		0.146	0.135	0.084
18:2 undifferentiated.....g	0.084		1		1		0.143	0.132	0.082
18:3 undifferentiated.....g	0.002		1		1		0.003	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
22:5 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	Z	7		0	0	0
Phytosterols.....mg	10		0		1		17	16	10
Amino Acids:									
Tryptophan.....g	0.010		0	A	1		0.016	0.015	0.009
Threonine.....g	0.016		0	A	1		0.026	0.024	0.015
Isoleucine.....g	0.017		0	A	1		0.029	0.027	0.017
Leucine.....g	0.027		0	A	1		0.047	0.043	0.027
Lysine.....g	0.030		0	A	1		0.050	0.046	0.029
Methionine.....g	0.010		0	A	1		0.016	0.015	0.009
Cystine.....g	0.012		0	A	1		0.020	0.019	0.012
Phenylalanine.....g	0.019		0	A	1		0.033	0.030	0.019
Tyrosine.....g	0.014		0	A	1		0.024	0.022	0.014
Valine.....g	0.022		0	A	1		0.037	0.034	0.021
Arginine.....g	0.018		0	A	1		0.030	0.028	0.017
Histidine.....g	0.013		0	A	1		0.022	0.020	0.013
Alanine.....g	0.028		0	A	1		0.048	0.044	0.027
Aspartic acid.....g	0.418		0	A	1		0.710	0.656	0.410
Glutamic acid.....g	0.056		0	A	1		0.095	0.088	0.055
Glycine.....g	0.021		0	A	1		0.035	0.033	0.020
Proline.....g	0.018		0	A	1		0.030	0.028	0.017
Serine.....g	0.032		0	A	1		0.055	0.050	0.032
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	162	5.768	32	A	1		274.920	253.896	158.483
Carotene, alpha.....mcg	0	0.480	32	A	1		0.816	0.754	0.470
Cryptoxanthin, beta.....mcg	67	4.385	32	A	1		113.578	104.893	65.475
Lycopene.....mcg	0	0.000	8	A	1		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	91	19.796	8	A	1		155.274	143.400	89.511

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

**NDB No. 09236**

**Peaches, raw**

**Common Measures:**

Measure 1 = 170g: 1 cup slices

Measure 2 = 157g: 1 large (2-3/4" dia) (approx 2-1/2 per lb)

Measure 3 = 98g: 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 National Nutrient Database for Standard Reference, Release 17 (2004)

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

**Refuse: 4% Pits**

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	79.20	0.320	19		1		191.66		
Energy.....kcal	75		0	NC	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	NC	4		48.59		
Fiber, total dietary.....g	1.3		0		4		3.1		
Sugars, total.....g	18.78		0	O	4		45.45		
Starch.....g									
<b>Minerals:</b>									
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	BFZN	4		0.7		
<b>Vitamins:</b>									
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	Z	7		0		
Folate, food.....mcg	3		0		4		8		
Folate, DFE.....mcg_DFE	3		0	NC	4		8		
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin A, IU.....IU	317	23.186	19		1		767		
Vitamin A, RAE.....mcg_RAE	16	1.159	19		1		38		
Retinol.....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg	0.49		0	BFYN	4		1.19		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	1.7		0	BFYN	4		4.2		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.011		0		1		0.027		
4:0.....g	0.000		0		1		0.000		
6:0.....g	0.000		0		1		0.000		
8:0.....g	0.000		0		1		0.000		
10:0.....g	0.000		0		1		0.000		
12:0.....g	0.000		0		1		0.000		
13:0.....g									
14:0.....g	0.000		0		1		0.000		
15:0.....g									
16:0.....g	0.009		0		1		0.022		
17:0.....g									
18:0.....g	0.001		0		1		0.002		
20:0.....g									
22:0.....g									
24:0.....g									

NDB No. 09243

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.036		0		1		0.087		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.036		0		1		0.087		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.048		0		1		0.116		
18:2 undifferentiated.....g	0.047		0		1		0.114		
18:3 undifferentiated.....g	0.001		0		1		0.002		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
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	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
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									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<b>Carotenoids:</b>									
Carotene, beta.....mcg	157		0	BNA	4		381.014		
Carotene, alpha.....mcg	0		0	BNA	4		1.131		
Cryptoxanthin, beta.....mcg	65		0	BNA	4		157.409		
Lycopene.....mcg	0		0	BFYN	4		0.000		
Lutein + zeaxanthin.....mcg	61		0	BFYN	4		148.095		

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

**Common Measures:**

Measure 1 = 242g: 1 cup, whole

**NDB No. 09243**

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

**Calories Factors: Protein** 3.36

**Fat** 8.37

**Carbohydrate** 3.75

**Food Group:** 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

### Pear nectar, canned, with added ascorbic acid

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	84.01	0.173	22		1		210.03	26.21	
Energy.....kcal	60		0	NC	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	NC	4		39.40	4.92	
Fiber, total dietary.....g	0.6		0		4		1.5	0.2	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
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	FLA	4		1.3	0.2	
<b>Vitamins:</b>									
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	Z	7		0	0	
Folate, food.....mcg	1		0		4		3	0	
Folate, DFE.....mcg_DFE	1		0	NC	4		3	0	
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	1	0.562	16		1		3	0	
Vitamin A, RAE.....mcg_RAE	0	0.028	16		1		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.001		0		1		0.003	0.000	
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g									
15:0.....g									

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
Fatty acids, total monounsaturated.....g	0.003		0		1		0.008	0.001	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.002		0		1		0.005	0.001	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.003		0		1		0.008	0.001	
18:2 undifferentiated.....g	0.003		0		1		0.008	0.001	
18:3 undifferentiated.....g									
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0	0	
Phytosterols.....mg									

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

#### Common Measures:

Measure 1 = 250g: 1 cup

Measure 2 = 31.2g: 1 fl oz

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.75

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

### Pear nectar, canned, without added ascorbic acid

**Refuse: 0%**

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	84.01	0.173	22		1		210.03	26.21	
Energy.....kcal	60		0	NC	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	NC	4		39.40	4.92	
Fiber, total dietary.....g	0.6		0		4		1.5	0.2	
Sugars, total.....g	15.16		0	O	4		37.90	4.73	
Starch.....g									
<b>Minerals:</b>									
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	0.0		0	BFYN	4		0.1	0.0	
<b>Vitamins:</b>									
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	Z	7		0	0	
Folate, food.....mcg	1		0		4		3	0	
Folate, DFE.....mcg_DFE	1		0	NC	4		3	0	
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	1	0.562	16		1		3	0	
Vitamin A, RAE.....mcg_RAE	0	0.028	16		1		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	0.05		0	BFYN	4		0.12	0.02	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	1.8		0	BFYN	4		4.5	0.6	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.001		0		1		0.003	0.000	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	
15:0.....g									
16:0.....g	0.001		0		1		0.003	0.000	
17:0.....g									
18:0.....g	0.000		0		1		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									



NDB No. 09262

Pear nectar, canned, without added ascorbic acid

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.003		0		1		0.008	0.001	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.002		0		1		0.005	0.001	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.003		0		1		0.008	0.001	
18:2 undifferentiated.....g	0.003		0		1		0.008	0.001	
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
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	Z	7		0	0	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<b>Carotenoids:</b>									
Carotene, beta.....mcg	1		0	BNA	4		1.392	0.174	
Carotene, alpha.....mcg	0		0	BNA	4		0.045	0.006	
Cryptoxanthin, beta.....mcg	0		0	BNA	4		0.185	0.023	
Lycopene.....mcg	0		0	BFYN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	20		0	BFYN	4		50.083	6.250	

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

**Common Measures:**

Measure 1 = 250g: 1 cup

Measure 2 = 31.2g: 1 fl oz

**Calories Factors: Protein** 3.36**Fat** 8.37**Carbohydrate** 3.75**Food Group:** 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



**NDB No. 09340**  
**Pears, asian, raw**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.049		0		1		0.060	0.135	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		1		1		0.001	0.003	
17:1.....g									
18:1 undifferentiated.....g	0.047		1		1		0.057	0.129	
20:1.....g	0.001		1		1		0.001	0.003	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.055		0		1		0.067	0.151	
18:2 undifferentiated.....g	0.054		1		1		0.066	0.149	
18:3 undifferentiated.....g	0.001		1		1		0.001	0.003	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
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	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.005		0		1		0.006	0.014	
Threonine.....g	0.013		0		1		0.016	0.036	
Isoleucine.....g	0.014		0		1		0.017	0.039	
Leucine.....g	0.025		0		1		0.031	0.069	
Lysine.....g	0.017		0		1		0.021	0.047	
Methionine.....g	0.006		0		1		0.007	0.017	
Cystine.....g	0.005		0		1		0.006	0.014	
Phenylalanine.....g	0.013		0		1		0.016	0.036	
Tyrosine.....g	0.004		0		1		0.005	0.011	
Valine.....g	0.018		0		1		0.022	0.050	
Arginine.....g	0.009		0		1		0.011	0.025	
Histidine.....g	0.005		0		1		0.006	0.014	
Alanine.....g	0.017		0		1		0.021	0.047	
Aspartic acid.....g	0.098		0		1		0.120	0.270	
Glutamic acid.....g	0.036		0		1		0.044	0.099	
Glycine.....g	0.014		0		1		0.017	0.039	
Proline.....g	0.016		0		1		0.020	0.044	
Serine.....g	0.018		0		1		0.022	0.050	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	50		0	BFZN	4		61.102	137.729	

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

**Common Measures:**

Measure 1 = 122g: 1 fruit 2-1/4" high x 2-1/2" dia

Measure 2 = 275g: 1 fruit 3-3/8" high x 3" diameter

NDB No. 09340  
Pears, asian, raw

Calories Factors: Protein 3.36      Fat 8.37      Carbohydrate 3.6      Food Group: 09 Fruits and Fruit Juices  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)



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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
Fatty acids, total monounsaturated.....g	0.026		0		1		0.069	0.021	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.003	0.001	
17:1.....g									
18:1 undifferentiated.....g	0.025		0		1		0.067	0.020	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.030		0		1		0.080	0.024	
18:2 undifferentiated.....g	0.029		0		1		0.077	0.023	
18:3 undifferentiated.....g									
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0	0	
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g									
Threonine.....g	0.005		0		1		0.013	0.004	
Isoleucine.....g	0.006		0		1		0.016	0.005	
Leucine.....g	0.010		0		1		0.027	0.008	
Lysine.....g	0.007		0		1		0.019	0.006	
Methionine.....g	0.002		0		1		0.005	0.002	
Cystine.....g	0.002		0		1		0.005	0.002	
Phenylalanine.....g	0.005		0		1		0.013	0.004	
Tyrosine.....g	0.002		0		1		0.005	0.002	
Valine.....g	0.007		0		1		0.019	0.006	
Arginine.....g	0.003		0		1		0.008	0.002	
Histidine.....g	0.002		0		1		0.005	0.002	
Alanine.....g	0.006		0		1		0.016	0.005	
Aspartic acid.....g	0.038		0		1		0.101	0.030	
Glutamic acid.....g	0.014		0		1		0.037	0.011	
Glycine.....g	0.006		0		1		0.016	0.005	
Proline.....g	0.005		0		1		0.013	0.004	
Serine.....g	0.007		0		1		0.019	0.006	
Hydroxyproline.....g									

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

#### Common Measures:

Measure 1 = 266g: 1 cup, halves

Measure 2 = 79g: 1 half, with liquid

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.78

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	87.30		2		1		215.63	66.35	
Energy.....kcal	47		0	NC	4		116	36	
Energy.....kj	197				4		486	149	
Protein (N x 6.25).....g	0.30		2		1		0.74	0.23	
Total lipid (fat).....g	0.10		2		1		0.25	0.08	
Ash.....g	0.10		2		1		0.25	0.08	
Carbohydrate, by difference.....g	12.20		0	NC	4		30.13	9.27	
Fiber, total dietary.....g	1.6		0		4		4.0	1.2	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
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									
<b>Vitamins:</b>									
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	Z	7		0	0	
Folate, food.....mcg	1		0		1		3	1	
Folate, DFE.....mcg_DFE	1		0	NC	4		3	1	
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	0		0		1		0	0	
Vitamin A, RAE.....mcg_RAE	0		0		1		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.006		0		1		0.015	0.005	
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g									
15:0.....g									
16:0.....g	0.004		0		1		0.010	0.003	
17:0.....g		</							

NDB No. 09255

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Fatty acids, total monounsaturated.....g	0.021		0		1		0.052	0.016	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.020		0		1		0.049	0.015	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.023		0		1		0.057	0.017	
18:2 undifferentiated.....g	0.023		0		1		0.057	0.017	
18:3 undifferentiated.....g									
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g									
Threonine.....g	0.008		0		1		0.020	0.006	
Isoleucine.....g	0.009		0		1		0.022	0.007	
Leucine.....g	0.015		0		1		0.037	0.011	
Lysine.....g	0.011		0		1		0.027	0.008	
Methionine.....g	0.004		0		1		0.010	0.003	
Cystine.....g	0.003		0		1		0.007	0.002	
Phenylalanine.....g	0.008		0		1		0.020	0.006	
Tyrosine.....g	0.003		0		1		0.007	0.002	
Valine.....g	0.011		0		1		0.027	0.008	
Arginine.....g	0.005		0		1		0.012	0.004	
Histidine.....g	0.003		0		1		0.007	0.002	
Alanine.....g	0.010		0		1		0.025	0.008	
Aspartic acid.....g	0.059		0		1		0.146	0.045	
Glutamic acid.....g	0.022		0		1		0.054	0.017	
Glycine.....g	0.009		0		1		0.022	0.007	
Proline.....g	0.008		0		1		0.020	0.006	
Serine.....g	0.011		0		1		0.027	0.008	
Hydroxyproline.....g									

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

#### Common Measures:

Measure 1 = 247g: 1 cup, halves

Measure 2 = 76g: 1 half, with liquid

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.69

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)





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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
16:0.....g	0.006		0		1		0.016	0.005	
17:0.....g									
18:0.....g	0.001		0		1		0.003	0.001	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.027		0		1		0.072	0.021	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.003	0.001	
17:1.....g									
18:1 undifferentiated.....g	0.026		0		1		0.069	0.020	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.030		0		1		0.080	0.023	
18:2 undifferentiated.....g	0.030		0		1		0.080	0.023	
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
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	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g									
Threonine.....g	0.005		0		1		0.013	0.004	
Isoleucine.....g	0.006		0		1		0.016	0.005	
Leucine.....g	0.010		0		1		0.027	0.008	
Lysine.....g	0.007		0		1		0.019	0.005	
Methionine.....g	0.002		0		1		0.005	0.002	
Cystine.....g	0.002		0		1		0.005	0.002	
Phenylalanine.....g	0.005		0		1		0.013	0.004	
Tyrosine.....g	0.002		0		1		0.005	0.002	
Valine.....g	0.007		0		1		0.019	0.005	
Arginine.....g	0.003		0		1		0.008	0.002	
Histidine.....g	0.002		0		1		0.005	0.002	
Alanine.....g	0.007		0		1		0.019	0.005	
Aspartic acid.....g	0.039		0		1		0.104	0.030	
Glutamic acid.....g	0.014		0		1		0.037	0.011	
Glycine.....g	0.006		0		1		0.016	0.005	
Proline.....g	0.005		0		1		0.013	0.004	
Serine.....g	0.007		0		1		0.019	0.005	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	BFYN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	34		0	BFYN	4		89.259	25.502	

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

**NDB No. 09257**

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

**Common Measures:**

Measure 1 = 266g: 1 cup

Measure 2 = 76g: 1 half, with liquid

**Calories Factors: Protein 3.36**

**Fat 8.37**

**Carbohydrate 3.75**

**Food Group:** 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 09374

Pears, canned, heavy syrup, drained

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	0.037		0		4		0.074	0.018	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		4		0.002	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.036		0		4		0.072	0.017	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.041		0		4		0.082	0.020	
18:2 undifferentiated.....g	0.041		0		4		0.082	0.020	
18:3 undifferentiated.....g	0.000		0		4		0.000	0.000	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
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									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<b><u>Carotenoids:</u></b>									
Carotene, beta.....mcg	4		1	A	1		8.040	1.920	
Carotene, alpha.....mcg	0		0	BFZN	4		0.855	0.204	
Cryptoxanthin, beta.....mcg	2		0	BFZN	4		3.518	0.840	
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	50		0	BFZN	4		100.667	24.040	

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

**Common Measures:**

Measure 1 = 201g: 1 cup

Measure 2 = 48g: 1 half,

**Calories Factors: Protein** 3.36**Fat** 8.37**Carbohydrate** 3.75**Food Group:** 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 09254

Pears, canned, juice pack, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0.....g	0.003		0		1		0.007	0.002	
17:0.....g									
18:0.....g	0.000		0		1		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.014		0		1		0.035	0.011	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.013		0		1		0.032	0.010	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.015		0		1		0.037	0.011	
18:2 undifferentiated.....g	0.015		0		1		0.037	0.011	
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
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	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g									
Threonine.....g	0.009		0		1		0.022	0.007	
Isoleucine.....g	0.010		0		1		0.025	0.008	
Leucine.....g	0.017		0		1		0.042	0.013	
Lysine.....g	0.012		0		1		0.030	0.009	
Methionine.....g	0.004		0		1		0.010	0.003	
Cystine.....g	0.003		0		1		0.007	0.002	
Phenylalanine.....g	0.009		0		1		0.022	0.007	
Tyrosine.....g	0.003		0		1		0.007	0.002	
Valine.....g	0.012		0		1		0.030	0.009	
Arginine.....g	0.006		0		1		0.015	0.005	
Histidine.....g	0.004		0		1		0.010	0.003	
Alanine.....g	0.011		0		1		0.027	0.008	
Aspartic acid.....g	0.068		0		1		0.169	0.052	
Glutamic acid.....g	0.025		0		1		0.062	0.019	
Glycine.....g	0.010		0		1		0.025	0.008	
Proline.....g	0.009		0		1		0.022	0.007	
Serine.....g	0.012		0		1		0.030	0.009	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	3		0	BNA	4		8.287	2.540	
Carotene, alpha.....mcg	0		0	BNA	4		0.267	0.082	
Cryptoxanthin, beta.....mcg	0		0	BNA	4		1.099	0.337	
Lycopene.....mcg	0		0	BFYN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	34		0	BFYN	4		83.218	25.502	

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

**NDB No. 09254**

**Pears, canned, juice pack, solids and liquids**

**Common Measures:**

Measure 1 = 248g: 1 cup, halves

Measure 2 = 76g: 1 half, with liquid

**Calories Factors: Protein 3.36**

**Fat 8.37**

**Carbohydrate 3.7**

**Food Group:** 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)





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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
16:0.....g	0.001		0		1		0.003	0.001	
17:0.....g									
18:0.....g	0.000		0		1		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.006		0		1		0.015	0.005	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.006		0		1		0.015	0.005	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.007		0		1		0.018	0.005	
18:2 undifferentiated.....g	0.007		0		1		0.018	0.005	
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
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	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g									
Threonine.....g	0.005		0		1		0.013	0.004	
Isoleucine.....g	0.006		0		1		0.015	0.005	
Leucine.....g	0.010		0		1		0.025	0.008	
Lysine.....g	0.007		0		1		0.018	0.005	
Methionine.....g	0.002		0		1		0.005	0.002	
Cystine.....g	0.002		0		1		0.005	0.002	
Phenylalanine.....g	0.005		0		1		0.013	0.004	
Tyrosine.....g	0.002		0		1		0.005	0.002	
Valine.....g	0.007		0		1		0.018	0.005	
Arginine.....g	0.003		0		1		0.008	0.002	
Histidine.....g	0.002		0		1		0.005	0.002	
Alanine.....g	0.006		0		1		0.015	0.005	
Aspartic acid.....g	0.038		0		1		0.095	0.029	
Glutamic acid.....g	0.014		0		1		0.035	0.011	
Glycine.....g	0.006		0		1		0.015	0.005	
Proline.....g	0.005		0		1		0.013	0.004	
Serine.....g	0.007		0		1		0.018	0.005	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	BFYN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	34		0	BFYN	4		84.225	25.502	

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

**NDB No. 09256**

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

**Common Measures:**

Measure 1 = 251g: 1 cup, halves

Measure 2 = 76g: 1 half, with liquid

**Calories Factors: Protein 3.36**

**Fat 8.37**

**Carbohydrate 3.71**

**Food Group:** 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
16:0.....g	0.001		0		1		0.002	0.001	
17:0.....g									
18:0.....g	0.000		0		1		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.006		0		1		0.015	0.005	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.006		0		1		0.015	0.005	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.007		0		1		0.017	0.005	
18:2 undifferentiated.....g	0.007		0		1		0.017	0.005	
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
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	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g									
Threonine.....g	0.005		0		1		0.012	0.004	
Isoleucine.....g	0.005		0		1		0.012	0.004	
Leucine.....g	0.009		0		1		0.022	0.007	
Lysine.....g	0.007		0		1		0.017	0.005	
Methionine.....g	0.002		0		1		0.005	0.002	
Cystine.....g	0.002		0		1		0.005	0.002	
Phenylalanine.....g	0.005		0		1		0.012	0.004	
Tyrosine.....g	0.002		0		1		0.005	0.002	
Valine.....g	0.007		0		1		0.017	0.005	
Arginine.....g	0.003		0		1		0.007	0.002	
Histidine.....g	0.002		0		1		0.005	0.002	
Alanine.....g	0.006		0		1		0.015	0.005	
Aspartic acid.....g	0.037		0		1		0.090	0.028	
Glutamic acid.....g	0.013		0		1		0.032	0.010	
Glycine.....g	0.005		0		1		0.012	0.004	
Proline.....g	0.005		0		1		0.012	0.004	
Serine.....g	0.007		0		1		0.017	0.005	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	BFYN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	34		0	BFYN	4		81.876	25.502	

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

**NDB No. 09253**

**Pears, canned, water pack, solids and liquids**

**Common Measures:**

Measure 1 = 244g: 1 cup, halves

Measure 2 = 76g: 1 half, with liquid

**Calories Factors: Protein 3.36**

**Fat 8.37**

**Carbohydrate 3.6**

**Food Group:** 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	0.061		0		1		0.171		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.003		
17:1.....g									
18:1 undifferentiated.....g	0.059		0		1		0.165		
20:1.....g	0.001		0		1		0.003		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.068		0		1		0.190		
18:2 undifferentiated.....g	0.067		0		1		0.188		
18:3 undifferentiated.....g	0.001		0		1		0.003		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
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	z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
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									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg									
Theobromine.....mg									

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

**Common Measures:**

Measure 1 = 280g: 1 cup, halves

**Calories Factors: Protein** 3.36**Fat** 8.37**Carbohydrate** 3.6**Food Group:** 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



**Pears, dried, sulfured, stewed, without added sugar**

**Refuse: 0%**

[illegible]

NDB No. 09260

Pears, dried, sulfured, stewed, without added sugar

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.064		0		1		0.163		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.003		
17:1.....g									
18:1 undifferentiated.....g	0.062		0		1		0.158		
20:1.....g	0.001		0		1		0.003		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.072		0		1		0.184		
18:2 undifferentiated.....g	0.071		0		1		0.181		
18:3 undifferentiated.....g	0.001		0		1		0.003		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
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	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g									
Threonine.....g	0.023		0		1		0.059		
Isoleucine.....g	0.026		0		1		0.066		
Leucine.....g	0.046		0		1		0.117		
Lysine.....g	0.032		0		1		0.082		
Methionine.....g	0.011		0		1		0.028		
Cystine.....g	0.009		0		1		0.023		
Phenylalanine.....g	0.024		0		1		0.061		
Tyrosine.....g	0.008		0		1		0.020		
Valine.....g	0.032		0		1		0.082		
Arginine.....g	0.016		0		1		0.041		
Histidine.....g	0.010		0		1		0.026		
Alanine.....g	0.030		0		1		0.077		
Aspartic acid.....g	0.178		0		1		0.454		
Glutamic acid.....g	0.065		0		1		0.166		
Glycine.....g	0.026		0		1		0.066		
Proline.....g	0.025		0		1		0.064		
Serine.....g	0.032		0		1		0.082		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	23		0	BNA	4		59.646		
Carotene, alpha.....mcg	1		0	BNA	4		1.924		
Cryptoxanthin, beta.....mcg	3		0	BNA	4		7.914		
Lycopene.....mcg	0		0	BFSN	4		0.000		
Lutein + zeaxanthin.....mcg	24		0	BFSN	4		61.949		

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

**Common Measures:**

Measure 1 = 255g: 1 cup, halves

**NDB No. 09260**  
**Pears, dried, sulfured, stewed, without added sugar**

**Calories Factors:** **Protein** 3.36                      **Fat** 8.37                      **Carbohydrate** 3.6                      **Food Group:** 09 Fruits and Fruit Juices  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Refuse: 0%**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	26.69	0.367	21		1		48.04	4.80	46.71
Energy.....kcal	262		0	NC	4		472	47	459
Energy.....kj	1096				4		1973	197	1918
Protein (N x 6.25).....g	1.87	0.056	19		1		3.37	0.34	3.27
Total lipid (fat).....g	0.63	0.027	19		1		1.13	0.11	1.10
Ash.....g	1.11	0.039	19		1		2.00	0.20	1.94
Carbohydrate, by difference.....g	69.70		0	NC	4		125.46	12.55	121.98
Fiber, total dietary.....g	7.5		0		4		13.5	1.4	13.1
Sugars, total.....g	62.20		0	O	4		111.96	11.20	108.85
Starch.....g									
<b>Minerals:</b>									
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	0.2		0	BFSN	4		0.4	0.0	0.4
<b>Vitamins:</b>									
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	Z	7		0	0	0
Folate, food.....mcg	0		0		4		0	0	0
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	0
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, IU.....IU	3	3.314	15		1		5	1	5
Vitamin A, RAE.....mcg_RAE	0	0.166	15		1		0	0	0
Retinol.....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.06		1	A	1		0.11	0.01	0.11
Tocopherol, beta.....mg	0.00		1	A	1		0.00	0.00	0.00
Tocopherol, gamma.....mg	0.04		1	A	1		0.07	0.01	0.07
Tocopherol, delta.....mg	0.04		1	A	1		0.07	0.01	0.07
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	20.4		0	BFSN	4		36.8	3.7	35.8
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.035		0		1		0.063	0.006	0.061
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000	0.000
10:0.....g	0.000		0		1		0.000	0.000	0.000
12:0.....g	0.000		0		1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	0.000
15:0.....g									
16:0.....g	0.027		0		1		0.049	0.005	0.047
17:0.....g									
18:0.....g	0.004		0		1		0.007	0.001	0.007
20:0.....g									
22:0.....g									
24:0.....g									

**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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code				
Fatty acids, total monounsaturated.....g	0.132		0		1		0.238	0.024	0.231
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003		0		1		0.005	0.001	0.005
17:1.....g									
18:1 undifferentiated.....g	0.128		0		1		0.230	0.023	0.224
20:1.....g	0.002		0		1		0.004	0.000	0.004
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.148		0		1		0.266	0.027	0.259
18:2 undifferentiated.....g	0.146		0		1		0.263	0.026	0.256
18:3 undifferentiated.....g	0.002		0		1		0.004	0.000	0.004
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
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	Z	7		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g									
Threonine.....g	0.049		0		1		0.088	0.009	0.086
Isoleucine.....g	0.054		0		1		0.097	0.010	0.095
Leucine.....g	0.094		0		1		0.169	0.017	0.165
Lysine.....g	0.066		0		1		0.119	0.012	0.116
Methionine.....g	0.022		0		1		0.040	0.004	0.039
Cystine.....g	0.018		0		1		0.032	0.003	0.032
Phenylalanine.....g	0.049		0		1		0.088	0.009	0.086
Tyrosine.....g	0.016		0		1		0.029	0.003	0.028
Valine.....g	0.066		0		1		0.119	0.012	0.116
Arginine.....g	0.032		0		1		0.058	0.006	0.056
Histidine.....g	0.020		0		1		0.036	0.004	0.035
Alanine.....g	0.062		0		1		0.112	0.011	0.109
Aspartic acid.....g	0.368		0		1		0.662	0.066	0.644
Glutamic acid.....g	0.135		0		1		0.243	0.024	0.236
Glycine.....g	0.054		0		1		0.097	0.010	0.095
Proline.....g	0.051		0		1		0.092	0.009	0.089
Serine.....g	0.067		0		1		0.121	0.012	0.117
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	2		0	BNA	4		3.007	0.301	2.924
Carotene, alpha.....mcg	0		0	BNA	4		0.097	0.010	0.094
Cryptoxanthin, beta.....mcg	0		0	BNA	4		0.399	0.040	0.388
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	50		0	BFZN	4		90.150	9.015	87.646

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

**Common Measures:**

Measure 1 = 180g: 1 cup, halves

Measure 2 = 18g: 1 half

Measure 3 = 175g: 10 halves

**NDB No. 09259**  
**Pears, dried, sulfured, uncooked**

**Calories Factors:** **Protein** 3.36                      **Fat** 8.37                      **Carbohydrate** 3.6                      **Food Group:** 09 Fruits and Fruit Juices  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
<b>Proximates:</b>									
Water.....g	83.71	0.134	32	A	1		138.13	174.96	138.97
Energy.....kcal	58		0	NC	4		96	121	96
Energy.....kj	242		0	NC	4		400	507	402
Protein (N x 6.25).....g	0.38	0.014	29	A	1		0.62	0.79	0.63
Total lipid (fat).....g	0.12	0.015	24	A	1		0.20	0.26	0.20
Ash.....g	0.33	0.021	24	A	1		0.54	0.68	0.54
Carbohydrate, by difference.....g	15.46		0	NC	4		25.51	32.31	25.66
Fiber, total dietary.....g	3.1	0.063	24	A	1		5.1	6.4	5.1
Sugars, total.....g	9.80	0.182	24	A	1		16.16	20.47	16.26
Sucrose.....g	0.78	0.184	24	A	1		1.29	1.63	1.30
Glucose (dextrose).....g	2.76	0.145	24	A	1		4.56	5.77	4.59
Fructose.....g	6.23	0.112	24	A	1		10.29	13.03	10.35
Lactose.....g	0.01	0.008	24	A	1		0.01	0.02	0.01
Maltose.....g	0.01	0.008	24	A	1		0.01	0.02	0.01
Galactose.....g	0.00	0.000	24	A	1		0.00	0.00	0.00
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	9	0.256	51	A	1		15	19	15
Iron, Fe.....mg	0.17	0.013	51	A	1		0.27	0.35	0.27
Magnesium, Mg.....mg	7	0.082	51	A	1		11	14	11
Phosphorus, P.....mg	11	0.286	50	A	1		19	24	19
Potassium, K.....mg	119	1.871	50	A	1		196	249	197
Sodium, Na.....mg	1	0.124	43	A	1		1	2	1
Zinc, Zn.....mg	0.10	0.003	51	A	1		0.17	0.21	0.17
Copper, Cu.....mg	0.082	0.003	51	A	1		0.136	0.172	0.137
Manganese, Mn.....mg	0.049	0.002	50	A	1		0.082	0.103	0.082
Selenium, Se.....mcg	0.1	0.008	8	A	1		0.1	0.1	0.1
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	4.2	0.328	16	A	1		6.9	8.8	7.0
Thiamin.....mg	0.012	0.001	16	A	1		0.019	0.024	0.019
Riboflavin.....mg	0.025	0.001	16	A	1		0.041	0.052	0.041
Niacin.....mg	0.157	0.006	16	A	1		0.260	0.329	0.261
Pantothenic acid.....mg	0.048	0.004	14	A	1		0.079	0.100	0.079
Vitamin B-6.....mg	0.028	0.002	16	A	1		0.046	0.059	0.047
Folate, total.....mcg	7	0.591	16	A	1		12	15	12
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	7	0.591	16	A	1		12	15	12
Folate, DFE.....mcg_DFE	7		0	NC	4		12	15	12
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, IU.....IU	23	3.894	16	A	1		38	48	38
Vitamin A, RAE.....mcg_RAE	1	0.195	16	A	1		2	2	2
Retinol.....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.12	0.003	4	A	1		0.20	0.26	0.20
Tocopherol, beta.....mg	0.00	0.000	4	A	1		0.00	0.00	0.00
Tocopherol, gamma.....mg	0.03	0.003	4	A	1		0.06	0.07	0.06
Tocopherol, delta.....mg	0.00	0.000	4	A	1		0.00	0.00	0.00
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	4.5	0.242	16	A	1		7.5	9.5	7.5
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.006		0	NC	4		0.010	0.013	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
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									

**NDB No. 09252**  
**Pears, raw**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0.....g	0.005		1		1		0.009	0.011	0.009
17:0.....g									
18:0.....g	0.001		1		1		0.002	0.002	0.002
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.026		0	NC	4		0.043	0.054	0.043
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		1		1		0.001	0.001	0.001
17:1.....g									
18:1 undifferentiated.....g	0.025		1		1		0.041	0.053	0.042
20:1.....g	0.000		1		1		0.001	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	0.029		0	NC	4		0.048	0.061	0.048
18:2 undifferentiated.....g	0.029		1		1		0.048	0.060	0.048
18:3 undifferentiated.....g	0.000		1		1		0.001	0.001	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
22:5 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	Z	7		0	0	0
Phytosterols.....mg	8		0		1		13	17	13
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.002		0	A	1		0.003	0.003	0.003
Threonine.....g	0.011		0	A	1		0.019	0.024	0.019
Isoleucine.....g	0.011		0	A	1		0.019	0.024	0.019
Leucine.....g	0.019		0	A	1		0.031	0.040	0.032
Lysine.....g	0.017		0	A	1		0.028	0.036	0.028
Methionine.....g	0.002		0	A	1		0.004	0.005	0.004
Cystine.....g	0.002		0	A	1		0.002	0.003	0.003
Phenylalanine.....g	0.011		0	A	1		0.018	0.023	0.018
Tyrosine.....g	0.002		0	A	1		0.003	0.003	0.003
Valine.....g	0.017		0	A	1		0.028	0.035	0.028
Arginine.....g	0.010		0	A	1		0.017	0.022	0.017
Histidine.....g	0.002		0	A	1		0.002	0.003	0.003
Alanine.....g	0.014		0	A	1		0.023	0.029	0.023
Aspartic acid.....g	0.105		0	A	1		0.174	0.220	0.175
Glutamic acid.....g	0.030		0	A	1		0.050	0.063	0.050
Glycine.....g	0.013		0	A	1		0.021	0.026	0.021
Proline.....g	0.021		0	A	1		0.035	0.044	0.035
Serine.....g	0.015		0	A	1		0.025	0.032	0.025
Hydroxyproline.....g									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
<b><u>Carotenoids:</u></b>									
Carotene, beta.....mcg	13	2.176	16	A	1		21.321	27.007	21.451
Carotene, alpha.....mcg	0	0.369	16	A	1		0.608	0.771	0.612
Cryptoxanthin, beta.....mcg	2	0.476	14	A	1		2.475	3.135	2.490
Lycopene.....mcg	0	0.000	14	A	1		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	45	4.489	14	A	1		73.468	93.059	73.913

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



**NDB No. 09252**

**Pears, raw**

**Common Measures:**

Measure 1 = 165g: 1 cup slices

Measure 2 = 209g: 1 pear, large (approx 2 per lb)

Measure 3 = 166g: 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 National Nutrient Database for Standard Reference, Release 17 (2004)

**NDB No. 09264**  
**Persimmons, japanese, dried**

**Refuse: 8% Stems**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	23.01		1		1		7.82		
Energy.....kcal	274		0	NC	4		93		
Energy.....kj	1146				4		390		
Protein (N x 6.25).....g	1.38		1		1		0.47		
Total lipid (fat).....g	0.59		1		1		0.20		
Ash.....g	1.59		1		1		0.54		
Carbohydrate, by difference.....g	73.43		0	NC	4		24.97		
Fiber, total dietary.....g	14.5		0		1		4.9		
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
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									
<b>Vitamins:</b>									
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	Z	7		0.00		
Vitamin A, IU.....IU	767		2	A	1		261		
Vitamin A, RAE.....mcg_RAE	38		2	A	1		13		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
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		

**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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			
Arginine.....g	0.059		0		1		0.020		
Histidine.....g	0.027		0		1		0.009		
Alanine.....g	0.068		0		1		0.023		
Aspartic acid.....g	0.136		0		1		0.046		
Glutamic acid.....g	0.179		0		1		0.061		
Glycine.....g	0.060		0		1		0.020		
Proline.....g	0.053		0		1		0.018		
Serine.....g	0.053		0		1		0.018		
Hydroxyproline.....g									
<b><u>Carotenoids:</u></b>									
Carotene, beta.....mcg	374		2	A	1		126.990		
Carotene, alpha.....mcg	18		2	A	1		6.239		
Cryptoxanthin, beta.....mcg	156		2	A	1		52.870		
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									

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

**Common Measures:**

Measure 1 = 34g: 1 fruit without refuse

**Calories Factors: Protein 3.36**

**Fat 8.37**

**Carbohydrate 3.6**

**Food Group: 09 Fruits and Fruit Juices**

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



**NDB No. 09263**  
**Persimmons, japanese, raw**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0.....g	0.016		0		4		0.027		
17:0.....g									
18:0.....g	0.003		0		4		0.005		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.037		0		4		0.062		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.037		0		4		0.062		
20:1.....g	0.000		0		4		0.000		
22:1 undifferentiated.....g	0.000		0		4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.043		0		4		0.072		
18:2 undifferentiated.....g	0.039		0		4		0.066		
18:3 undifferentiated.....g	0.004		0		4		0.007		
18:4.....g	0.000		0		4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000		
20:5 n-3.....g	0.000		0		4		0.000		
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	Z	7		0		
Phytosterols.....mg	4		0		1		7		
<b><u>Amino Acids:</u></b>									
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									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<b><u>Carotenoids:</u></b>									
Carotene, beta.....mcg	253		2	A	1		425.040		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	1447		2	A	1		2430.708		
Lycopene.....mcg	159		1	A	1		266.280		
Lutein + zeaxanthin.....mcg	834		1	A	1		1401.120		

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

**NDB No. 09263**

**Persimmons, japanese, raw**

**Common Measures:**

Measure 1 = 168g: 1 fruit (2-1/2" dia)

**Calories Factors: Protein 3.36**

**Fat 8.37**

**Carbohydrate 3.6**

**Food Group:** 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Proximates:									
Water.....g	64.40		0		1		16.10		
Energy.....kcal	127		0	NC	4		32		
Energy.....kj	531				4		133		
Protein (N x 6.25).....g	0.80		0		1		0.20		
Total lipid (fat).....g	0.40		0		1		0.10		
Ash.....g	0.90		0		1		0.23		
Carbohydrate, by difference.....g	33.50		0	NC	4		8.38		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	27		0		1		7		
Iron, Fe.....mg	2.50		0		1		0.63		
Magnesium, Mg.....mg									
Phosphorus, P.....mg	26		0		1		7		
Potassium, K.....mg	310		0		1		78		
Sodium, Na.....mg	1		0		1		0		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....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	Z	7		0.00		
Vitamin A, IU.....IU									
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.014		0		1		0.004		
Threonine.....g	0.041		0		1		0.010		
Isoleucine.....g	0.035		0		1		0.009		
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		

NDB No. 09265  
 Persimmons, native, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Histidine.....g	0.016		0		1		0.004		
Alanine.....g	0.039		0		1		0.010		
Aspartic acid.....g	0.079		0		1		0.020		
Glutamic acid.....g	0.104		0		1		0.026		
Glycine.....g	0.035		0		1		0.009		
Proline.....g	0.031		0		1		0.008		
Serine.....g	0.031		0		1		0.008		
Hydroxyproline.....g									

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**Common Measures:**

Measure 1 = 25g: 1 fruit without refuse

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

**Food Group:** 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



**Pineapple juice, canned, unsweetened, without added ascorbic acid**

**Refuse: 0%**

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	85.53	0.131	19		1		213.83	26.77	
Energy.....kcal	56		0	NC	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	NC	4		34.45	4.31	
Fiber, total dietary.....g	0.2		0		4		0.5	0.1	
Sugars, total.....g	13.58		0	O	4		33.95	4.25	
Starch.....g									
<b>Minerals:</b>									
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	CAZN	4		0.3	0.0	
<b>Vitamins:</b>									
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	Z	7		0	0	
Folate, food.....mcg	23	1.570	3		1		58	7	
Folate, DFE.....mcg_DFE	23		0	NC	4		58	7	
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	5	4.643	14		1		13	2	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		1	0	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	0.02		0	NR	4		0.05	0.01	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.3		0	BFZN	4		0.8	0.1	
<b>Lipids:</b>									
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	
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	
20:0.....g									
22:0.....g									
24:0.....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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	0.009		0		1		0.023	0.003	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.003	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.008		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	
22:5 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	Z	7		0	0	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<b>Carotenoids:</b>									
Carotene, beta.....mcg	3		0	BNA	4		7.500	0.939	
Carotene, alpha.....mcg	0		0	BNA	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BNA	4		0.000	0.000	
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	BFZN	4		0.000	0.000	

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**Common Measures:**

Measure 1 = 250g: 1 cup

Measure 2 = 31.3g: 1 fl oz

**Calories Factors: Protein** 3.36**Fat** 8.37**Carbohydrate** 3.92**Food Group:** 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	0.009		0		1		0.023	0.003	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.003	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.008		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	
22:5 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	Z	7		0	0	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<b>Carotenoids:</b>									
Carotene, beta.....mcg	3		0	BFZN	4		7.500	0.939	
Carotene, alpha.....mcg	0		0	BFZN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.000	0.000	
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	BFZN	4		0.000	0.000	

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#### Common Measures:

Measure 1 = 250g: 1 cup

Measure 2 = 31.3g: 1 fl oz

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.92

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	0.003		0		1		0.008	0.001	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.003		0		1		0.008	0.001	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.010		0		1		0.025	0.003	
18:2 undifferentiated.....g	0.006		0		1		0.015	0.002	
18:3 undifferentiated.....g	0.004		0		1		0.010	0.001	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
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	Z	7		0	0	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<b>Carotenoids:</b>									
Carotene, beta.....mcg	6		0	BNA	4		15.000	1.872	
Carotene, alpha.....mcg	0		0	BNA	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BNA	4		0.000	0.000	
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	BFZN	4		0.000	0.000	

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#### Common Measures:

Measure 1 = 250g: 1 cup

Measure 2 = 31.2g: 1 fl oz

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.92

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Pineapple juice, frozen concentrate, unsweetened, undiluted**

**Refuse: 0%**

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	53.10		0		1		114.70		
Energy.....kcal	179		0	NC	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	NC	4		95.69		
Fiber, total dietary.....g	0.7		0		4		1.5		
Sugars, total.....g	43.60		0	O	4		94.18		
Starch.....g									
<b>Minerals:</b>									
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	BFSN	4		0.9		
<b>Vitamins:</b>									
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	Z	7		0		
Folate, food.....mcg	37		0		4		79		
Folate, DFE.....mcg_DFE	37		0	NC	4		79		
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin A, IU.....IU	50		0		1		108		
Vitamin A, RAE.....mcg_RAE	3		0	NC	4		5		
Retinol.....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg	0.03		0	BFSN	4		0.08		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	1.0		0	BFSN	4		2.3		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.007		0		1		0.015		
4:0.....g	0.000		0		1		0.000		
6:0.....g	0.000		0		1		0.000		
8:0.....g	0.000		0		1		0.000		
10:0.....g	0.000		0		1		0.000		
12:0.....g	0.000		0		1		0.000		
13:0.....g									
14:0.....g	0.000		0		1		0.000		
15:0.....g									
16:0.....g	0.004		0		1		0.009		
17:0.....g									
18:0.....g	0.003		0		1		0.006		
20:0.....g									
22:0.....g									
24:0.....g									

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Fatty acids, total monounsaturated.....g	0.012		0		1		0.026		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.011		0		1		0.024		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.035		0		1		0.076		
18:2 undifferentiated.....g	0.020		0		1		0.043		
18:3 undifferentiated.....g	0.015		0		1		0.032		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
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	Z	7		0		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<b>Carotenoids:</b>									
Carotene, beta.....mcg	30		0	BNA	4		64.800		
Carotene, alpha.....mcg	0		0	BNA	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BNA	4		0.000		
Lycopene.....mcg	0		0	BFZN	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	BFZN	4		0.000		

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

**Common Measures:**

Measure 1 = 216g: 1 can (6 fl oz)

**Calories Factors: Protein** 3.36**Fat** 8.37**Carbohydrate** 3.92**Food Group:** 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)





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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	0.013		0		1		0.034		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.003		
17:1.....g									
18:1 undifferentiated.....g	0.012		0		1		0.031		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.038		0		1		0.099		
18:2 undifferentiated.....g	0.022		0		1		0.057		
18:3 undifferentiated.....g	0.016		0		1		0.042		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.005		0		1		0.013		
Threonine.....g	0.009		0		1		0.023		
Isoleucine.....g	0.009		0		1		0.023		
Leucine.....g	0.013		0		1		0.034		
Lysine.....g	0.016		0		1		0.042		
Methionine.....g	0.009		0		1		0.023		
Cystine.....g	0.001		0		1		0.003		
Phenylalanine.....g	0.009		0		1		0.023		
Tyrosine.....g	0.008		0		1		0.021		
Valine.....g	0.011		0		1		0.029		
Arginine.....g	0.012		0		1		0.031		
Histidine.....g	0.007		0		1		0.018		
Alanine.....g	0.018		0		1		0.047		
Aspartic acid.....g	0.079		0		1		0.205		
Glutamic acid.....g	0.040		0		1		0.104		
Glycine.....g	0.014		0		1		0.036		
Proline.....g	0.009		0		1		0.023		
Serine.....g	0.018		0		1		0.047		
Hydroxyproline.....g									

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

#### Common Measures:

Measure 1 = 260g: 1 cup, crushed, sliced, or chunks

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.78

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
16:0.....g	0.005		0		1		0.013	0.002	
17:0.....g									
18:0.....g	0.003		0		1		0.008	0.001	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.013		0		1		0.033	0.006	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.003	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.012		0		1		0.030	0.006	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.040		0		1		0.102	0.020	
18:2 undifferentiated.....g	0.023		0		1		0.058	0.011	
18:3 undifferentiated.....g	0.017		0		1		0.043	0.008	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
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	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.005		0		1		0.013	0.002	
Threonine.....g	0.009		0		1		0.023	0.004	
Isoleucine.....g	0.009		0		1		0.023	0.004	
Leucine.....g	0.013		0		1		0.033	0.006	
Lysine.....g	0.016		0		1		0.041	0.008	
Methionine.....g	0.009		0		1		0.023	0.004	
Cystine.....g	0.001		0		1		0.003	0.000	
Phenylalanine.....g	0.009		0		1		0.023	0.004	
Tyrosine.....g	0.008		0		1		0.020	0.004	
Valine.....g	0.011		0		1		0.028	0.005	
Arginine.....g	0.012		0		1		0.030	0.006	
Histidine.....g	0.008		0		1		0.020	0.004	
Alanine.....g	0.018		0		1		0.046	0.009	
Aspartic acid.....g	0.081		0		1		0.206	0.040	
Glutamic acid.....g	0.041		0		1		0.104	0.020	
Glycine.....g	0.014		0		1		0.036	0.007	
Proline.....g	0.009		0		1		0.023	0.004	
Serine.....g	0.019		0		1		0.048	0.009	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	8		0	BNA	4		21.336	4.116	
Carotene, alpha.....mcg	0		0	BNA	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BNA	4		0.000	0.000	
Lycopene.....mcg	0		0	BFYN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	BFYN	4		0.000	0.000	

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

**NDB No. 09270**

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

**Common Measures:**

Measure 1 = 254g: 1 cup, crushed, sliced, or chunks

Measure 2 = 49g: 1 slice or ring (3" dia) with liquid

**Calories Factors: Protein 3.36**

**Fat 8.37**

**Carbohydrate 3.75**

**Food Group:** 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Pineapple, canned, juice pack, drained**

**Refuse:**

[illegible]

NDB No. 09354

Pineapple, canned, juice pack, drained

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.014		0		4		0.025	0.027	0.023
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		4		0.002	0.002	0.002
17:1.....g									
18:1 undifferentiated.....g	0.012		0		4		0.022	0.023	0.019
20:1.....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.040		0		4		0.072	0.078	0.065
18:2 undifferentiated.....g	0.023		0		4		0.042	0.045	0.037
18:3 undifferentiated.....g	0.017		0		4		0.031	0.033	0.028
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
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	Z	7		0	0	0
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
<b>Carotenoids:</b>									
Carotene, beta.....mcg	30		1	A	1		54.300	58.500	48.600
Carotene, alpha.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	BFZN	4		0.000	0.000	0.000

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

**Common Measures:**

Measure 1 = 181g: 1 cup, chunks

Measure 2 = 195g: 1 cup, crushed

Measure 3 = 162g: 1 cup, sliced

**Calories Factors: Protein** 3.36**Fat** 8.37**Carbohydrate** 3.7**Food Group:** 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)





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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
16:0.....g	0.004		0		1		0.010	0.002	
17:0.....g									
18:0.....g	0.002		0		1		0.005	0.001	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.010		0		1		0.025	0.005	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.002	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.009		0		1		0.022	0.004	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.029		0		1		0.072	0.014	
18:2 undifferentiated.....g	0.017		0		1		0.042	0.008	
18:3 undifferentiated.....g	0.012		0		1		0.030	0.006	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
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	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.005		0		1		0.012	0.002	
Threonine.....g	0.010		0		1		0.025	0.005	
Isoleucine.....g	0.010		0		1		0.025	0.005	
Leucine.....g	0.016		0		1		0.040	0.008	
Lysine.....g	0.019		0		1		0.047	0.009	
Methionine.....g	0.011		0		1		0.027	0.005	
Cystine.....g	0.001		0		1		0.002	0.000	
Phenylalanine.....g	0.010		0		1		0.025	0.005	
Tyrosine.....g	0.010		0		1		0.025	0.005	
Valine.....g	0.013		0		1		0.032	0.006	
Arginine.....g	0.014		0		1		0.035	0.007	
Histidine.....g	0.009		0		1		0.022	0.004	
Alanine.....g	0.021		0		1		0.052	0.010	
Aspartic acid.....g	0.095		0		1		0.237	0.045	
Glutamic acid.....g	0.048		0		1		0.120	0.023	
Glycine.....g	0.016		0		1		0.040	0.008	
Proline.....g	0.011		0		1		0.027	0.005	
Serine.....g	0.022		0		1		0.055	0.010	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	23		0	BFYN	4		56.097	10.589	
Carotene, alpha.....mcg	0		0	BFYN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BFYN	4		0.000	0.000	
Lycopene.....mcg	0		0	BFYN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	BFYN	4		0.000	0.000	

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

**NDB No. 09268**

**Pineapple, canned, juice pack, solids and liquids**

**Common Measures:**

Measure 1 = 249g: 1 cup, crushed, sliced, or chunks

Measure 2 = 47g: 1 slice or ring (3" dia) with liquid

**Calories Factors: Protein 3.36**

**Fat 8.37**

**Carbohydrate 3.7**

**Food Group:** 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 09269

Pineapple, canned, light syrup pack, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.013		0		1		0.033	0.006	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.003	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.012		0		1		0.030	0.006	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.040		0		1		0.101	0.019	
18:2 undifferentiated.....g	0.023		0		1		0.058	0.011	
18:3 undifferentiated.....g	0.017		0		1		0.043	0.008	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
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	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
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									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<b>Carotenoids:</b>									
Carotene, beta.....mcg	23		0	BFYN	4		56.772	10.814	
Carotene, alpha.....mcg	0		0	BFYN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BFYN	4		0.000	0.000	
Lycopene.....mcg	0		0	BFYN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	BFYN	4		0.000	0.000	

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

#### Common Measures:

Measure 1 = 252g: 1 cup, crushed, sliced, or chunks

Measure 2 = 48g: 1 slice or ring (3" dia) with liquid

**NDB No. 09269**

**Pineapple, canned, light syrup pack, solids and liquids**

**Calories Factors: Protein** 3.36

**Fat** 8.37

**Carbohydrate** 3.71

**Food Group:** 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 09267

Pineapple, canned, water pack, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.011		0		1		0.027	0.005	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.002	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.010		0		1		0.025	0.005	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.031		0		1		0.076	0.015	
18:2 undifferentiated.....g	0.018		0		1		0.044	0.008	
18:3 undifferentiated.....g	0.013		0		1		0.032	0.006	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
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	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
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									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<b>Carotenoids:</b>									
Carotene, beta.....mcg	23		0	BFYN	4		55.421	10.589	
Carotene, alpha.....mcg	0		0	BFYN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BFYN	4		0.000	0.000	
Lycopene.....mcg	0		0	BFYN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	BFYN	4		0.000	0.000	

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

**Common Measures:**

Measure 1 = 246g: 1 cup, crushed, sliced, or chunks

Measure 2 = 47g: 1 slice or ring (3" dia) with liquid

**NDB No. 09267**  
**Pineapple, canned, water pack, solids and liquids**

**Calories Factors:** **Protein** 3.36                      **Fat** 8.37                      **Carbohydrate** 3.6                      **Food Group:** 09 Fruits and Fruit Juices  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)





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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	0.012		0		1		0.029		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.011		0		1		0.027		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.035		0		1		0.086		
18:2 undifferentiated.....g	0.020		0		1		0.049		
18:3 undifferentiated.....g	0.015		0		1		0.037		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
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	Z	7		0		
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
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									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<b><u>Carotenoids:</u></b>									
Carotene, beta.....mcg	18		0	BNA	4		44.100		
Carotene, alpha.....mcg	0		0	BNA	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BNA	4		0.000		
Lycopene.....mcg	0		0	BFZN	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	BFZN	4		0.000		

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

**Common Measures:**

Measure 1 = 245g: 1 cup, chunks

**NDB No. 09272**  
**Pineapple, frozen, chunks, sweetened**

**Calories Factors:** **Protein** 3.36                      **Fat** 8.37                      **Carbohydrate** 3.78                      **Food Group:** 09 Fruits and Fruit Juices  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

*Ananus comosus*

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	86.46	1.232	21	A	1		134.02	408.11	72.63
Energy.....kcal	48		0	NC	4		75	228	41
Energy.....kj	202		0	NC	4		313	954	170
Protein (N x 6.25).....g	0.54	0.032	21	A	1		0.84	2.56	0.46
Total lipid (fat).....g	0.12	0.020	21	A	1		0.19	0.57	0.10
Ash.....g	0.24	0.031	21	A	1		0.37	1.13	0.20
Carbohydrate, by difference.....g	12.63		0	NC	4		19.58	59.63	10.61
Fiber, total dietary.....g	1.4		6	A	1		2.1	6.5	1.2
Sugars, total.....g	9.26	0.225	13	A	1		14.36	43.72	7.78
Sucrose.....g	5.47	0.318	13	A	1		8.48	25.81	4.59
Glucose (dextrose).....g	1.74	0.056	13	A	1		2.70	8.22	1.46
Fructose.....g	2.05	0.038	13	A	1		3.18	9.69	1.72
Lactose.....g	0.00	0.000	13	A	1		0.00	0.00	0.00
Maltose.....g	0.00	0.000	13	A	1		0.00	0.00	0.00
Galactose.....g	0.00	0.000	13	A	1		0.00	0.00	0.00
Starch.....g	0.00		6	A	1		0.00	0.00	0.00
<b>Minerals:</b>									
Calcium, Ca.....mg	13	0.940	21	A	1		20	62	11
Iron, Fe.....mg	0.28	0.064	22	A	1		0.43	1.30	0.23
Magnesium, Mg.....mg	12	0.830	22	A	1		19	59	10
Phosphorus, P.....mg	8	1.425	21	A	1		13	39	7
Potassium, K.....mg	115	11.535	22	A	1		178	542	96
Sodium, Na.....mg	1	0.074	11		1		2	5	1
Zinc, Zn.....mg	0.10	0.005	19	A	1		0.16	0.48	0.09
Copper, Cu.....mg	0.099	0.012	22	A	1		0.153	0.467	0.083
Manganese, Mn.....mg	1.177	0.276	22	A	1		1.824	5.555	0.989
Selenium, Se.....mcg	0.1		5	A	1		0.1	0.3	0.1
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	36.2	2.335	21	A	1		56.2	171.1	30.4
Thiamin.....mg	0.079	0.007	18	A	1		0.122	0.371	0.066
Riboflavin.....mg	0.031	0.009	18	A	1		0.048	0.147	0.026
Niacin.....mg	0.489	0.198	14	A	1		0.758	2.308	0.411
Pantothenic acid.....mg	0.205	0.035	18	A	1		0.318	0.969	0.172
Vitamin B-6.....mg	0.110	0.004	18	A	1		0.170	0.518	0.092
Folate, total.....mcg	15	5.718	18	A	1		23	71	13
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	15	5.718	18	A	1		23	71	13
Folate, DFE.....mcg_DFE	15		0	NC	4		23	71	13
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, IU.....IU	56	5.547	16	A	1		87	265	47
Vitamin A, RAE.....mcg_RAE	3	0.277	16	A	1		4	13	2
Retinol.....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.02	0.002	7	A	1		0.03	0.10	0.02
Tocopherol, beta.....mg	0.00	0.000	7	A	1		0.00	0.00	0.00
Tocopherol, gamma.....mg	0.00	0.000	7	A	1		0.00	0.00	0.00
Tocopherol, delta.....mg	0.00	0.000	7	A	1		0.00	0.00	0.00
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.7	0.012	10	A	1		1.1	3.4	0.6
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.009		0	NC	4		0.013	0.040	0.007
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1				

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0.....g	0.005		0		1		0.008	0.026	0.005
17:0.....g									
18:0.....g	0.003		0		1		0.005	0.015	0.003
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.014		0	NC	4		0.021	0.064	0.011
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.001	0.004	0.001
17:1.....g									
18:1 undifferentiated.....g	0.013		0		1		0.020	0.060	0.011
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	NC	4		0.064	0.196	0.035
18:2 undifferentiated.....g	0.024		0		1		0.037	0.113	0.020
18:3 undifferentiated.....g	0.018		0		1		0.027	0.083	0.015
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
22:5 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	Z	7		0	0	0
Phytosterols.....mg	6		0		1		9	28	5
Amino Acids:									
Tryptophan.....g	0.005		0	A	1		0.008	0.025	0.004
Threonine.....g	0.019		0	A	1		0.030	0.090	0.016
Isoleucine.....g	0.019		0	A	1		0.029	0.089	0.016
Leucine.....g	0.024		0	A	1		0.038	0.115	0.021
Lysine.....g	0.026		0	A	1		0.041	0.124	0.022
Methionine.....g	0.012		0	A	1		0.018	0.055	0.010
Cystine.....g	0.014		0	A	1		0.021	0.065	0.012
Phenylalanine.....g	0.021		0	A	1		0.033	0.101	0.018
Tyrosine.....g	0.019		0	A	1		0.030	0.092	0.016
Valine.....g	0.024		0	A	1		0.038	0.115	0.021
Arginine.....g	0.019		0	A	1		0.029	0.088	0.016
Histidine.....g	0.010		0	A	1		0.015	0.047	0.008
Alanine.....g	0.033		0	A	1		0.051	0.156	0.028
Aspartic acid.....g	0.121		0	A	1		0.187	0.570	0.102
Glutamic acid.....g	0.079		0	A	1		0.122	0.373	0.066
Glycine.....g	0.024		0	A	1		0.038	0.115	0.021
Proline.....g	0.017		0	A	1		0.026	0.079	0.014
Serine.....g	0.035		0	A	1		0.055	0.167	0.030
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	34	3.328	16	A	1		52.119	158.710	28.245
Carotene, alpha.....mcg	0	0.000	8	A	1		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0	0.000	8	A	1		0.000	0.000	0.000
Lycopene.....mcg	0	0.000	8	A	1		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0	0.000	8	A	1		0.000	0.000	0.000

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

**NDB No. 09266**

**Pineapple, raw, all varieties (1 )**

**Common Measures:**

Measure 1 = 155g: 1 cup, diced

Measure 2 = 472g: 1 fruit

Measure 3 = 84g: 1 slice (3-1/2" dia x 3/4" thick)

**Footnotes**

1 Values based on data weighted 50% extra sweet variety, 50% traditional varieties.

**Calories Factors: Protein 3.36**

**Fat 8.37**

**Carbohydrate 3.6**

**Food Group:** 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 09430

Pineapple, raw, extra sweet variety (1 )

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	85.66	0.390	10	A	1		132.77	71.95	95.94
Energy.....kcal	51		0	NC	4		80	43	57
Energy.....kj	215		0	NC	4		333	180	240
Protein.....g	0.53	0.031	10	A	1		0.82	0.45	0.59
Total lipid (fat).....g	0.11	0.016	10	A	1		0.17	0.09	0.12
Ash.....g	0.20	0.016	10	A	1		0.31	0.17	0.23
Carbohydrate, by difference.....g	13.50		0	NC	4		20.92	11.34	15.12
Fiber, total dietary.....g	1.4	0.057	6	A	1		2.1	1.2	1.5
Sugars, total.....g	10.32	0.391	10	A	1		16.00	8.67	11.56
Sucrose.....g	6.47	0.534	10	A	1		10.03	5.44	7.25
Glucose (dextrose).....g	1.70	0.141	10	A	1		2.64	1.43	1.91
Fructose.....g	2.15	0.136	10	A	1		3.34	1.81	2.41
Lactose.....g	0.00	0.000	10	A	1		0.00	0.00	0.00
Maltose.....g	0.00	0.000	10	A	1		0.00	0.00	0.00
Galactose.....g	0.00	0.000	10	A	1		0.00	0.00	0.00
Starch.....g	0.00	0.000	6	A	1		0.00	0.00	0.00
<b>Minerals:</b>									
Calcium, Ca.....mg	13	0.959	10	A	1		21	11	15
Iron, Fe.....mg	0.28	0.019	10	A	1		0.44	0.24	0.31
Magnesium, Mg.....mg	12	0.900	10	A	1		19	10	14
Phosphorus, P.....mg	8	0.517	10	A	1		12	6	9
Potassium, K.....mg	108	2.176	10	A	1		167	90	121
Sodium, Na.....mg	1		0	BFZN	4		2	1	1
Zinc, Zn.....mg	0.12	0.008	8	A	1		0.19	0.10	0.14
Copper, Cu.....mg	0.113	0.009	10	A	1		0.175	0.095	0.127
Manganese, Mn.....mg	0.818	0.152	10	A	1		1.268	0.687	0.916
Selenium, Se.....mcg	0.1	0.016	3	A	1		0.2	0.1	0.1
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	56.4	4.000	10	A	1		87.4	47.3	63.1
Thiamin.....mg	0.080	0.004	8	A	1		0.123	0.067	0.089
Riboflavin.....mg	0.033	0.002	8	A	1		0.051	0.028	0.037
Niacin.....mg	0.507	0.156	8	A	1		0.787	0.426	0.568
Pantothenic acid.....mg	0.217	0.054	8	A	1		0.337	0.183	0.243
Vitamin B-6.....mg	0.114	0.007	8	A	1		0.176	0.096	0.128
Folate, total.....mcg	19	1.243	8	A	1		30	16	22
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	19	1.243	8	A	1		30	16	22
Folate, DFE.....mcg_DFE	19		0	NC	4		30	16	22
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	57	6.524	6	A	1		88	48	64
Vitamin A, RAE.....mcg_RAE	3	0.326	6	A	1		4	2	3
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg	0.02	0.001	7	A	1		0.03	0.02	0.02
Tocopherol, beta.....mg	0.00	0.000	7	A	1		0.00	0.00	0.00
Tocopherol, gamma.....mg	0.00	0.000	7	A	1		0.00	0.00	0.00
Tocopherol, delta.....mg	0.00	0.000	7	A	1		0.00	0.00	0.00
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.7	0.104	8	A	1		1.1	0.6	0.8
<b>Carotenoids:</b>									
Carotene, beta.....mcg	34	3.915	6	A	1		52.958	28.700	38.267
Carotene, alpha.....mcg	0	0.000	6	A	1		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0	0.000	6	A	1		0.000	0.000	0.000
Lycopene.....mcg	0	0.000	6	A	1		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0	0.000	6	A	1		0.000	0.000	0.000

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

NDB No. 09430  
Pineapple, raw, extra sweet variety (1 )

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

food, or similar food.

**Common Measures:**

- Measure 1 = 155g: 1 cup, diced
- Measure 2 = 84g: 1 slice (3-1/2" dia x 3/4" thick)
- Measure 3 = 112g: 1 NLEA serving

**Footnotes**

- 1 Values based on data for MD2 variety.

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

**Food Group:** 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 09429

Pineapple, raw, traditional varieties (1 )

*Ananas 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		
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data						
	Points	Code	Code	Code					
<b>Proximates:</b>									
Water.....g	87.24	2.460	11	A	1		135.22	73.28	97.71
Energy.....kcal	45		0	NC	4		70	38	51
Energy.....kj	190		0	NC	4		295	160	213
Protein.....g	0.55	0.045	11	A	1		0.84	0.46	0.61
Total lipid (fat).....g	0.13	0.033	11	A	1		0.20	0.11	0.14
Ash.....g	0.27	0.049	11	A	1		0.41	0.22	0.30
Carbohydrate, by difference.....g	11.82		0	NC	4		18.32	9.93	13.24
Fiber, total dietary.....g									
Sugars, total.....g	8.29	0.932	3	A	1		12.85	6.96	9.28
Sucrose.....g	4.59	0.729	3	A	1		7.12	3.86	5.14
Glucose (dextrose).....g	1.76	0.227	3	A	1		2.73	1.48	1.97
Fructose.....g	1.94	0.325	3	A	1		3.00	1.63	2.17
Lactose.....g	0.00	0.000	3	A	1		0.00	0.00	0.00
Maltose.....g	0.00	0.000	3	A	1		0.00	0.00	0.00
Galactose.....g	0.00	0.000	3	A	1		0.00	0.00	0.00
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	13	1.723	11	A	1		20	11	14
Iron, Fe.....mg	0.25	0.063	12	A	1		0.39	0.21	0.28
Magnesium, Mg.....mg	12	1.630	12	A	1		19	10	14
Phosphorus, P.....mg	9	2.849	11	A	1		14	8	10
Potassium, K.....mg	125	18.777	12	A	1		193	105	140
Sodium, Na.....mg	1		0	BFZN	4		2	1	1
Zinc, Zn.....mg	0.08	0.008	11	A	1		0.13	0.07	0.09
Copper, Cu.....mg	0.081	0.013	12	A	1		0.125	0.068	0.090
Manganese, Mn.....mg	1.593	0.473	12	A	1		2.469	1.338	1.784
Selenium, Se.....mcg	0.0		2	A	1		0.1	0.0	0.0
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	16.9	2.464	11	A	1		26.2	14.2	19.0
Thiamin.....mg	0.078	0.002	10	A	1		0.120	0.065	0.087
Riboflavin.....mg	0.029	0.016	10	A	1		0.045	0.025	0.033
Niacin.....mg	0.470	0.283	6	A	1		0.729	0.395	0.527
Pantothenic acid.....mg	0.193	0.032	10	A	1		0.300	0.162	0.217
Vitamin B-6.....mg	0.106	0.003	10	A	1		0.164	0.089	0.118
Folate, total.....mcg	11	2.313	10	A	1		16	9	12
Folic acid.....mcg									
Folate, food.....mcg	11	2.313	10	A	1		16	9	12
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	52	6.250	10	A	1		81	44	58
Vitamin A, RAE.....mcg_RAE	3	0.312	10	A	1		4	2	3
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.7		2	A	1		1.2	0.6	0.8
<b>Carotenoids:</b>									
Carotene, beta.....mcg	31	3.750	10	A	1		48.438	26.250	35.000
Carotene, alpha.....mcg	0		2	A	1		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		2	A	1		0.000	0.000	0.000
Lycopene.....mcg	0		2	A	1		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		2	A	1		0.000	0.000	0.000

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

NDB No. 09429  
Pineapple, raw, traditional varieties (1 )

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

food, or similar food.

**Common Measures:**

- Measure 1 = 155g: 1 cup, diced
- Measure 2 = 84g: 1 slice (3-1/2" dia x 3/4" thick)
- Measure 3 = 112g: 1 NLEA serving

**Footnotes**

1 Values based on Champaka and Smoothe Cayenne varieties.

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

**Food Group:** 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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

**Refuse:** 12% Seed, stem, and blossom end

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	90.81		2		1		157.10	6.36	
Energy.....kcal	33		0	NC	4		57	2	
Energy.....kj	138				4		239	10	
Protein (N x 6.25).....g	0.80		0		1		1.38	0.06	
Total lipid (fat).....g	0.40		0		1		0.69	0.03	
Ash.....g	0.50		0		1		0.87	0.04	
Carbohydrate, by difference.....g	7.49		0	NC	4		12.96	0.52	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
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									
<b>Vitamins:</b>									
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	Z	7		0.00	0.00	
Vitamin A, IU.....IU	1500		0		1		2595	105	
Vitamin A, RAE.....mcg_RAE	75		0		1		130	5	
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 173g: 1 cup

Measure 2 = 7.0g: 1 fruit without refuse

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

Calories Factors: Protein 3.36      Fat 8.37      Carbohydrate 3.6      Food Group: 09 Fruits and Fruit Juices  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	67.30	1.106	6		1		134.60	103.64	
Energy.....kcal	116		0	NC	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	NC	4		62.30	47.97	
Fiber, total dietary.....g	2.3		0		4		4.6	3.5	
Sugars, total.....g	14.00		0	O	4		28.00	21.56	
Starch.....g									
<b>Minerals:</b>									
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	BFSN	4		2.8	2.2	
<b>Vitamins:</b>									
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	Z	7		0	0	
Folate, food.....mcg	26	0.817	6		1		52	40	
Folate, DFE.....mcg_DFE	26		0	NC	4		52	40	
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	909	116.625	3		1		1818	1400	
Vitamin A, RAE.....mcg_RAE	45	5.831	3		1		91	70	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	0.13		0	BFSN	4		0.26	0.20	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.7		0	BFSN	4		1.4	1.1	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.069		0		4		0.138	0.106	
4:0.....g	0.000		0		4		0.000	0.000	
6:0.....g	0.000		0		4		0.000	0.000	
8:0.....g	0.000		0		4		0.000	0.000	
10:0.....g	0.000		0		4		0.000	0.000	
12:0.....g	0.001		0		4		0.002	0.002	
13:0.....g									
14:0.....g	0.001		0		4		0.002	0.002	
15:0.....g									
16:0.....g	0.047		0		4		0.094	0.072	
17:0.....g									
18:0.....g	0.002		0		4		0.004	0.003	
20:0.....g									
22:0.....g									
24:0.....g									

**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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	0.015		0		4		0.030	0.023	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.005		0		4		0.010	0.008	
17:1.....g									
18:1 undifferentiated.....g	0.010		0		4		0.020	0.015	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.033		0		4		0.066	0.051	
18:2 undifferentiated.....g	0.021		0		4		0.042	0.032	
18:3 undifferentiated.....g	0.012		0		4		0.024	0.018	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
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	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
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									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<b>Carotenoids:</b>									
Carotene, beta.....mcg	369		0	BNA	4		737.549	567.913	
Carotene, alpha.....mcg	353		0	BNA	4		706.503	544.007	
Cryptoxanthin, beta.....mcg	0		0	BNA	4		0.000	0.000	
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	28		0	BFSN	4		56.487	43.495	

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**Common Measures:**

Measure 1 = 200g: 1 cup, mashed

Measure 2 = 154g: 1 cup slices

NDB No. 09278  
Plantains, cooked

Calories Factors: Protein 3.36      Fat 8.37      Carbohydrate 3.6      Food Group: 09 Fruits and Fruit Juices  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Refuse:** 35% Skin and stems

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	65.28	1.063	19		1		96.61	116.85	
Energy.....kcal	122		0	NC	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	NC	4		47.20	57.08	
Fiber, total dietary.....g	2.3		0		4		3.4	4.1	
Sugars, total.....g	15.00		0	O	4		22.20	26.85	
Starch.....g									
<b>Minerals:</b>									
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	BFSN	4		2.2	2.7	
<b>Vitamins:</b>									
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	Z	7		0	0	
Folate, food.....mcg	22	1.000	6		1		33	39	
Folate, DFE.....mcg_DFE	22		0	NC	4		33	39	
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	1127	62.933	3		1		1668	2017	
Vitamin A, RAE.....mcg_RAE	56	3.147	3		1		83	101	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	0.14		0	BFSN	4		0.21	0.25	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.7		0	BFSN	4		1.1	1.3	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.143		0		4		0.212	0.256	
4:0.....g	0.000		0		4		0.000	0.000	
6:0.....g	0.000		0		4		0.000	0.000	
8:0.....g	0.000		0		4		0.000	0.000	
10:0.....g	0.001		0		4		0.001	0.002	
12:0.....g	0.002		0		4		0.003	0.004	
13:0.....g									
14:0.....g	0.002		0		4		0.003	0.004	
15:0.....g									
16:0.....g	0.096		0		4		0.142	0.172	
17:0.....g									
18:0.....g	0.005		0		4		0.007	0.009	
20:0.....g									
22:0.....g									
24:0.....g									



**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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	0.032		0		4		0.047	0.057	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.009		0		4		0.013	0.016	
17:1.....g									
18:1 undifferentiated.....g	0.021		0		4		0.031	0.038	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.069		0		4		0.102	0.124	
18:2 undifferentiated.....g	0.043		0		4		0.064	0.077	
18:3 undifferentiated.....g	0.025		0		4		0.037	0.045	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
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	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.015		2		1		0.022	0.027	
Threonine.....g	0.034		2		1		0.050	0.061	
Isoleucine.....g	0.036		2		1		0.053	0.064	
Leucine.....g	0.059		2		1		0.087	0.106	
Lysine.....g	0.060		4		1		0.089	0.107	
Methionine.....g	0.017		4		1		0.025	0.030	
Cystine.....g	0.020		3		1		0.030	0.036	
Phenylalanine.....g	0.044		2		1		0.065	0.079	
Tyrosine.....g	0.032		2		1		0.047	0.057	
Valine.....g	0.046		2		1		0.068	0.082	
Arginine.....g	0.108		2		1		0.160	0.193	
Histidine.....g	0.064		2		1		0.095	0.115	
Alanine.....g	0.051		2		1		0.075	0.091	
Aspartic acid.....g	0.108		2		1		0.160	0.193	
Glutamic acid.....g	0.116		2		1		0.172	0.208	
Glycine.....g	0.045		2		1		0.067	0.081	
Proline.....g	0.050		2		1		0.074	0.090	
Serine.....g	0.041		2		1		0.061	0.073	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	457		0	BNA	4		676.679	818.416	
Carotene, alpha.....mcg	438		0	BNA	4		648.195	783.966	
Cryptoxanthin, beta.....mcg	0		0	BNA	4		0.000	0.000	
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	30		0	BFSN	4		44.382	53.678	

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

**Common Measures:**

Measure 1 = 148g: 1 cup, sliced

Measure 2 = 179g: 1 medium

NDB No. 09277  
Plantains, raw

Calories Factors: Protein 3.36      Fat 8.37      Carbohydrate 3.6      Food Group: 09 Fruits and Fruit Juices  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Plums, canned, heavy syrup, drained**

**Refuse:**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	76.06		0	BD	4		139.19		
Energy.....kcal	89		0	NC	4		163		
Energy.....kj	374		0	NC	4		684		
Protein.....g	0.44		0	BD	4		0.80		
Total lipid (fat).....g	0.14		0	BD	4		0.25		
Ash.....g	0.25		0	BD	4		0.45		
Carbohydrate, by difference.....g	23.12		0	NC	4		42.31		
Fiber, total dietary.....g	1.5		0	BD	4		2.8		
Sugars, total.....g	21.58		0	O	4		39.49		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	10		0	BD	4		18		
Iron, Fe.....mg	0.84		0	BD	4		1.54		
Magnesium, Mg.....mg	5		0	BD	4		10		
Phosphorus, P.....mg	15		0	BD	4		27		
Potassium, K.....mg	93		0	BD	4		170		
Sodium, Na.....mg	19		0	BD	4		35		
Zinc, Zn.....mg	0.07		0	BD	4		0.13		
Copper, Cu.....mg	0.046		0	BD	4		0.084		
Manganese, Mn.....mg									
Selenium, Se.....mcg	0.0		0	BFZN	4		0.1		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.4		0	BD	4		0.7		
Thiamin.....mg	0.017		0	BD	4		0.031		
Riboflavin.....mg	0.041		0	BD	4		0.075		
Niacin.....mg	0.291		0	BD	4		0.533		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.028		0	BD	4		0.050		
Folate, total.....mcg	3		0	BD	4		5		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	3		0	BD	4		5		
Folate, DFE.....mcg_DFE	3		0	NC	4		5		
Vitamin B-12.....mcg	0.00				7		0.00		
Vitamin A, IU.....IU	399		0	BD	4		730		
Vitamin A, RAE.....mcg_RAE	20		0	NC	4		36		
Retinol.....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg	0.26		0	BFZN	4		0.48		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	6.4		0	BFZN	4		11.6		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.011				4		0.020		
4:0.....g	0.000				4		0.000		
6:0.....g	0.000				4		0.000		
8:0.....g	0.000				4		0.000		
10:0.....g	0.000				4		0.000		
12:0.....g	0.000				4		0.000		
13:0.....g									
14:0.....g	0.000				4		0.000		
15:0.....g									
16:0.....g	0.010				4		0.018		

NDB No. 09379

Plums, canned, heavy syrup, drained

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.090				4		0.165		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001				4		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.089				4		0.163		
20:1.....g	0.000				4		0.000		
22:1 undifferentiated.....g	0.000				4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.030				4		0.055		
18:2 undifferentiated.....g	0.030				4		0.055		
18:3 undifferentiated.....g	0.000				4		0.000		
18:4.....g	0.000				4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000				4		0.000		
20:5 n-3.....g	0.000				4		0.000		
22:5 n-3.....g	0.000				4		0.000		
22:6 n-3.....g	0.000				4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0				7		0		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0				7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<b>Carotenoids:</b>									
Carotene, beta.....mcg	219		0	BNA	4		400.962		
Carotene, alpha.....mcg	0		0	BNA	4		0.000		
Cryptoxanthin, beta.....mcg	40		0	BNA	4		73.973		
Lycopene.....mcg	0		0	BFZN	4		0.000		
Lutein + zeaxanthin.....mcg	73		0	BFZN	4		133.590		

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

**Common Measures:**

Measure 1 = 183g: 1 cup, with pits, yields

**Calories Factors: Protein** 3.36**Fat** 8.37**Carbohydrate** 3.75**Food Group:** 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	73.00		0		1		190.53		
Energy.....kcal	101		0	NC	4		264		
Energy.....kj	423				4		1103		
Protein (N x 6.25).....g	0.36		0		1		0.94		
Total lipid (fat).....g	0.10		0		1		0.26		
Ash.....g	0.24		0		1		0.63		
Carbohydrate, by difference.....g	26.31		0	NC	4		68.67		
Fiber, total dietary.....g	1.0		0		4		2.6		
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
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									
<b>Vitamins:</b>									
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	Z	7		0		
Folate, food.....mcg	3		0		1		7		
Folate, DFE.....mcg_DFE	3		0	NC	4		7		
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin A, IU.....IU	254		0		1		663		
Vitamin A, RAE.....mcg_RAE	13		0		1		33		
Retinol.....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.008		0		1		0.021		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g									
15:0.....g									
16:0.....g	0.006		0		1		0.016		
17:0.....g									
18:0.....g	0.001		0		1		0.003		

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Fatty acids, total monounsaturated.....g	0.065		0		1		0.170		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.003		
17:1.....g									
18:1 undifferentiated.....g	0.064		0		1		0.167		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.021		0		1		0.055		
18:2 undifferentiated.....g	0.021		0		1		0.055		
18:3 undifferentiated.....g									
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g									
Threonine.....g	0.007		0		1		0.018		
Isoleucine.....g	0.007		0		1		0.018		
Leucine.....g	0.010		0		1		0.026		
Lysine.....g	0.008		0		1		0.021		
Methionine.....g	0.003		0		1		0.008		
Cystine.....g	0.002		0		1		0.005		
Phenylalanine.....g	0.008		0		1		0.021		
Tyrosine.....g	0.003		0		1		0.008		
Valine.....g	0.009		0		1		0.023		
Arginine.....g	0.006		0		1		0.016		
Histidine.....g	0.006		0		1		0.016		
Alanine.....g	0.013		0		1		0.034		
Aspartic acid.....g	0.113		0		1		0.295		
Glutamic acid.....g	0.017		0		1		0.044		
Glycine.....g	0.005		0		1		0.013		
Proline.....g	0.016		0		1		0.042		
Serine.....g	0.009		0		1		0.023		
Hydroxyproline.....g									

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

#### Common Measures:

Measure 1 = 261g: 1 cup, pitted

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.78

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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

**Refuse: 5% Pits**

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	76.06	0.226	8		1		196.23	34.99	
Energy.....kcal	89		0	NC	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	NC	4		59.96	10.69	
Fiber, total dietary.....g	0.9		0	BFYN	4		2.4	0.4	
Sugars, total.....g	22.31		0	O	4		57.56	10.26	
Starch.....g									
<b>Minerals:</b>									
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	0.0		0	BFYN	4		0.1	0.0	
<b>Vitamins:</b>									
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	Z	7		0	0	
Folate, food.....mcg	3	0.938	3		1		6	1	
Folate, DFE.....mcg_DFE	3		0	NC	4		6	1	
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	259	63.286	8		1		668	119	
Vitamin A, RAE.....mcg_RAE	13	3.164	8		1		33	6	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	0.18		0	BFYN	4		0.46	0.08	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	4.3		0	BFYN	4		11.0	2.0	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.008		0		1		0.021	0.004	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	
15:0.....g									
16:0.....g	0.007		0		1		0.018	0.003	
17:0.....g									
18:0.....g	0.001		0		1		0.003	0.000	
20:0.....g									
22:0.....g									
24:0.....g									

NDB No. 09284

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.066		0		1		0.170	0.030	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.003	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.065		0		1		0.168	0.030	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.022		0		1		0.057	0.010	
18:2 undifferentiated.....g	0.022		0		1		0.057	0.010	
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
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	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g									
Threonine.....g	0.008		0		1		0.021	0.004	
Isoleucine.....g	0.007		0		1		0.018	0.003	
Leucine.....g	0.010		0		1		0.026	0.005	
Lysine.....g	0.008		0		1		0.021	0.004	
Methionine.....g	0.003		0		1		0.008	0.001	
Cystine.....g	0.002		0		1		0.005	0.001	
Phenylalanine.....g	0.008		0		1		0.021	0.004	
Tyrosine.....g	0.003		0		1		0.008	0.001	
Valine.....g	0.009		0		1		0.023	0.004	
Arginine.....g	0.006		0		1		0.015	0.003	
Histidine.....g	0.006		0		1		0.015	0.003	
Alanine.....g	0.013		0		1		0.034	0.006	
Aspartic acid.....g	0.114		0		1		0.294	0.052	
Glutamic acid.....g	0.017		0		1		0.044	0.008	
Glycine.....g	0.006		0		1		0.015	0.003	
Proline.....g	0.016		0		1		0.041	0.007	
Serine.....g	0.009		0		1		0.023	0.004	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	142		0	BNA	4		367.072	65.447	
Carotene, alpha.....mcg	0		0	BNA	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	26		0	BNA	4		67.720	12.074	
Lycopene.....mcg	0		0	BFYN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	49		0	BFYN	4		126.188	22.499	

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

#### Common Measures:

Measure 1 = 258g: 1 cup, pitted

Measure 2 = 46g: 1 plum with liquid



**NDB No. 09284**  
**Plums, canned, purple, heavy syrup pack, solids and liquids**

**Calories Factors:** **Protein** 3.36                      **Fat** 8.37                      **Carbohydrate** 3.75                      **Food Group:** 09 Fruits and Fruit Juices  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 09282

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.014		0		1		0.035	0.006	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.014		0		1		0.035	0.006	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.005		0		1		0.013	0.002	
18:2 undifferentiated.....g	0.005		0		1		0.013	0.002	
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
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	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g									
Threonine.....g	0.011		0		1		0.028	0.005	
Isoleucine.....g	0.010		0		1		0.025	0.005	
Leucine.....g	0.014		0		1		0.035	0.006	
Lysine.....g	0.011		0		1		0.028	0.005	
Methionine.....g	0.004		0		1		0.010	0.002	
Cystine.....g	0.003		0		1		0.008	0.001	
Phenylalanine.....g	0.011		0		1		0.028	0.005	
Tyrosine.....g	0.004		0		1		0.010	0.002	
Valine.....g	0.012		0		1		0.030	0.006	
Arginine.....g	0.009		0		1		0.023	0.004	
Histidine.....g	0.008		0		1		0.020	0.004	
Alanine.....g	0.019		0		1		0.048	0.009	
Aspartic acid.....g	0.162		0		1		0.408	0.075	
Glutamic acid.....g	0.024		0		1		0.060	0.011	
Glycine.....g	0.008		0		1		0.020	0.004	
Proline.....g	0.022		0		1		0.055	0.010	
Serine.....g	0.013		0		1		0.033	0.006	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	554		0	BNA	4		1396.765	254.965	
Carotene, alpha.....mcg	0		0	BNA	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	102		0	BNA	4		257.686	47.038	
Lycopene.....mcg	0		0	BFYN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	49		0	BFYN	4		123.253	22.499	

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

#### Common Measures:

Measure 1 = 252g: 1 cup, pitted

Measure 2 = 46g: 1 plum with liquid

**NDB No. 09282**

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

**Calories Factors: Protein** 3.36

**Fat** 8.37

**Carbohydrate** 3.7

**Food Group:** 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 09283

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.069		0		1		0.174	0.032	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.003	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.068		0		1		0.171	0.031	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.023		0		1		0.058	0.011	
18:2 undifferentiated.....g	0.023		0		1		0.058	0.011	
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
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	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
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									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<b>Carotenoids:</b>									
Carotene, beta.....mcg	127		0	BFYN	4		320.314	58.470	
Carotene, alpha.....mcg	0		0	BFYN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	23		0	BFYN	4		59.094	10.787	
Lycopene.....mcg	0		0	BFYN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	49		0	BFYN	4		123.253	22.499	

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

#### Common Measures:

Measure 1 = 252g: 1 cup, pitted

Measure 2 = 46g: 1 plum with liquid

**NDB No. 09283**

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

**Calories Factors: Protein** 3.36

**Fat** 8.37

**Carbohydrate** 3.71

**Food Group:** 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)





NDB No. 09281

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.005		0		1		0.012	0.002	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.005		0		1		0.012	0.002	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.002		0		1		0.005	0.001	
18:2 undifferentiated.....g	0.002		0		1		0.005	0.001	
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
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	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
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									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<b>Carotenoids:</b>									
Carotene, beta.....mcg	502		0	BNA	4		1250.193	230.959	
Carotene, alpha.....mcg	0		0	BNA	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	93		0	BNA	4		230.646	42.609	
Lycopene.....mcg	0		0	BFYN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	49		0	BFYN	4		121.786	22.499	

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

#### Common Measures:

Measure 1 = 249g: 1 cup, pitted

Measure 2 = 46g: 1 plum with liquid

**NDB No. 09281**  
**Plums, canned, purple, water pack, solids and liquids**

**Calories Factors:** **Protein** 3.36                      **Fat** 8.37                      **Carbohydrate** 3.6                      **Food Group:** 09 Fruits and Fruit Juices  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

### Plums, dried (prunes), stewed, with added sugar

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	65.08		0		1		161.40		
Energy.....kcal	124		0	NC	4		308		
Energy.....kj	519				4		1287		
Protein (N x 6.25).....g	1.09		0		1		2.70		
Total lipid (fat).....g	0.22		0		1		0.55		
Ash.....g	0.73		0		1		1.81		
Carbohydrate, by difference.....g	32.88		0	NC	4		81.54		
Fiber, total dietary.....g	3.8		0		4		9.4		
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
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	BFZN	4		2.5		
<b>Vitamins:</b>									
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	Z	7		0		
Folate, food.....mcg	0		0		1		0		
Folate, DFE.....mcg_DFE	0		0	NC	4		0		
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin A, IU.....IU	285		0		1		707		
Vitamin A, RAE.....mcg_RAE	14		0		1		35		
Retinol.....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.017		0		1		0.042		
4:0.....g	0.000		0		1		0.000		
6:0.....g	0.000		0		1		0.000		
8:0.....g	0.000		0		1		0.000		
10:0.....g	0.000		0		1		0.000		
12:0.....g	0.000		0		1		0.000		
13:0.....g									
14:0.....g	0.000		0		1		0.000		
15:0.....g									
16:0.....g	0.014		0		1		0.035		
17:0.....g				</					

NDB No. 09293

Plums, dried (prunes), stewed, with added sugar

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Fatty acids, total monounsaturated.....g	0.142		0		1		0.352		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0		1		0.005		
17:1.....g									
18:1 undifferentiated.....g	0.140		0		1		0.347		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.047		0		1		0.117		
18:2 undifferentiated.....g	0.047		0		1		0.117		
18:3 undifferentiated.....g	0.000		0		1		0.000		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
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	z	7		0		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg									
Theobromine.....mg									

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

#### Common Measures:

Measure 1 = 248g: 1 cup, pitted

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 09292

Plums, dried (prunes), stewed, without added sugar

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.152		0		1		0.377		
14:1.....g									
15:1.....g									
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		
22:5 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	Z	7		0		
Phytosterols.....mg									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<b><u>Carotenoids:</u></b>									
Carotene, beta.....mcg	173		0	BFSN	4		427.906		
Carotene, alpha.....mcg	25		0	BFSN	4		61.403		
Cryptoxanthin, beta.....mcg	41		0	BFSN	4		101.101		
Lycopene.....mcg	0		0	BFSN	4		0.000		
Lutein + zeaxanthin.....mcg	65		0	BFSN	4		160.928		

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

#### Common Measures:

Measure 1 = 248g: 1 cup, pitted

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.6

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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

**Refuse: 13% Pits**

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	30.92	2.267	14	A	1		52.56	2.60	
Energy.....kcal	240		0	NC	4		409	20	
Energy.....kj	1006		0	NC	4		1710	85	
Protein (N x 6.25).....g	2.18	0.033	8	A	1		3.71	0.18	
Total lipid (fat).....g	0.38	0.114	9	A	1		0.64	0.03	
Ash.....g	2.64	0.380	8	A	1		4.49	0.22	
Carbohydrate, by difference.....g	63.88		0	NC	4		108.60	5.37	
Fiber, total dietary.....g	7.1	0.307	10	A	1		12.0	0.6	
Sugars, total.....g	38.13	6.339	10	A	1		64.81	3.20	
Sucrose.....g	0.15	0.044	12	A	1		0.26	0.01	
Glucose (dextrose).....g	25.54	2.995	15	A	1		43.42	2.15	
Fructose.....g	12.49	1.403	15	A	1		21.24	1.05	
Lactose.....g	0.00	0.000	9	A	1		0.00	0.00	
Maltose.....g	0.06	0.062	9	A	1		0.10	0.01	
Galactose.....g	0.00	0.000	4	A	1		0.00	0.00	
Starch.....g	5.11		2	A	1		8.70	0.43	
<b>Minerals:</b>									
Calcium, Ca.....mg	43	1.519	42	A	1		73	4	
Iron, Fe.....mg	0.93	0.052	42	A	1		1.58	0.08	
Magnesium, Mg.....mg	41	0.615	42	A	1		69	3	
Phosphorus, P.....mg	69	1.383	42	A	1		118	6	
Potassium, K.....mg	732	6.876	42	A	1		1244	61	
Sodium, Na.....mg	2	0.175	38	A	1		3	0	
Zinc, Zn.....mg	0.44	0.015	42	A	1		0.74	0.04	
Copper, Cu.....mg	0.281	0.011	42	A	1		0.477	0.024	
Manganese, Mn.....mg	0.299	0.011	42	A	1		0.509	0.025	
Selenium, Se.....mcg	0.3	0.062	8	A	1		0.5	0.0	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.6	0.048	8	A	1		1.0	0.0	
Thiamin.....mg	0.051	0.003	8	A	1		0.087	0.004	
Riboflavin.....mg	0.186	0.020	8	A	1		0.316	0.016	
Niacin.....mg	1.882	0.044	8	A	1		3.199	0.158	
Pantothenic acid.....mg	0.422	0.013	8	A	1		0.717	0.035	
Vitamin B-6.....mg	0.205	0.009	6	A	1		0.348	0.017	
Folate, total.....mcg	4	0.000	4	A	1		8	0	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	4	0.000	4	A	1		8	0	
Folate, DFE.....mcg_DFE	4		0	NC	4		8	0	
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	781	230.496	31	A	1		1328	66	
Vitamin A, RAE.....mcg_RAE	39	11.525	31	A	1		66	3	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	0.43	0.109	5	A	1		0.73	0.04	
Tocopherol, beta.....mg	0.00	0.000	5	A	1		0.00	0.00	
Tocopherol, gamma.....mg	0.02	0.022	5	A	1		0.04	0.00	
Tocopherol, delta.....mg	0.00	0.000	5	A	1		0.00	0.00	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	59.5	1.742	8	A	1		101.2	5.0	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.088		0	NC	4		0.150	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	0.007	0.007	4	A	1		0.012	0.001	
10:0.....g	0.005	0.004	4	A	1		0.008	0.000	
12:0.....g	0.001	0.000	4	A	1		0.001	0.000	
13:0.....g									
14:0.....g	0.000	0.000	4	A	1		0.000	0.000	
15:0.....g	0.000	0.000	4	A	1		0.000	0.000	

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0.....g	0.030	0.003	4	A	1		0.051	0.003	
17:0.....g	0.000	0.000	4	A	1		0.000	0.000	
18:0.....g	0.044	0.001	4	A	1		0.075	0.004	
20:0.....g	0.001	0.000	4	A	1		0.002	0.000	
22:0.....g	0.001	0.000	4	A	1		0.001	0.000	
24:0.....g									
Fatty acids, total monounsaturated.....g	0.053		0	NC	4		0.090	0.004	
14:1.....g	0.000	0.000	4	A	1		0.000	0.000	
15:1.....g	0.000	0.000	4	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.039	0.000	4	A	1		0.067	0.003	
17:1.....g	0.000	0.000	4	A	1		0.000	0.000	
18:1 undifferentiated.....g	0.014	0.003	4	A	1		0.023	0.001	
20:1.....g	0.000	0.000	4	A	1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.062		0	NC	4		0.105	0.005	
18:2 undifferentiated.....g	0.044	0.005	4	A	1		0.076	0.004	
18:3 undifferentiated.....g	0.017	0.000	4	A	1		0.029	0.001	
18:3 n-6 c,c,c.....g	0.000		2	A	1		0.000	0.000	
18:3i.....g									
18:4.....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c.....g	0.000	0.000	4	A	1		0.000	0.000	
20:3 undifferentiated.....g	0.000	0.000	4	A	1		0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000	0.000	4	A	1		0.000	0.000	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.000		0	Z	7		0.000	0.000	
22:5 n-3.....g	0.000		0	Z	7		0.000	0.000	
22:6 n-3.....g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.025		0	A	1		0.042	0.002	
Threonine.....g	0.049		0	A	1		0.083	0.004	
Isoleucine.....g	0.041		0	A	1		0.069	0.003	
Leucine.....g	0.066		0	A	1		0.112	0.006	
Lysine.....g	0.050		0	A	1		0.084	0.004	
Methionine.....g	0.016		0	A	1		0.027	0.001	
Cystine.....g	0.011		0	A	1		0.019	0.001	
Phenylalanine.....g	0.104		0	A	1		0.177	0.009	
Tyrosine.....g	0.021		0	A	1		0.036	0.002	
Valine.....g	0.056		0	A	1		0.096	0.005	
Arginine.....g	0.037		0	A	1		0.063	0.003	
Histidine.....g	0.027		0	A	1		0.046	0.002	
Alanine.....g	0.066		0	A	1		0.113	0.006	
Aspartic acid.....g	0.801		0	A	1		1.362	0.067	
Glutamic acid.....g	0.114		0	A	1		0.194	0.010	
Glycine.....g	0.047		0	A	1		0.080	0.004	
Proline.....g	0.130		0	A	1		0.222	0.011	
Serine.....g	0.059		0	A	1		0.100	0.005	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<b>Carotenoids:</b>									
Carotene, beta.....mcg	394	117.455	31	A	1		669.424	33.077	
Carotene, alpha.....mcg	57	17.439	31	A	1		96.059	4.746	
Cryptoxanthin, beta.....mcg	93	24.428	31	A	1		158.164	7.815	
Lycopene.....mcg	0	0.000	7	A	1		0.000	0.000	



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

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code	Code			
Lutein + zeaxanthin.....mcg	148	18.460	31	A	1		251.759	12.440	

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

**Common Measures:**

Measure 1 = 170g: 1 cup, pitted

Measure 2 = 8.4g: 1 prune

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

**Food Group:** 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

*Prunus* spp.

**Refuse: 6% Pits**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	87.23	0.328	10	A	1		143.93	57.57	131.72
Energy.....kcal	46		0	NC	4		76	30	69
Energy.....kj	192		0	NC	4		316	126	289
Protein (N x 6.25).....g	0.70	0.034	9	A	1		1.16	0.46	1.06
Total lipid (fat).....g	0.28	0.045	10	A	1		0.46	0.18	0.42
Ash.....g	0.37	0.008	9	A	1		0.61	0.24	0.56
Carbohydrate, by difference.....g	11.42		0	NC	4		18.84	7.54	17.24
Fiber, total dietary.....g	1.4	0.075	7	A	1		2.3	0.9	2.1
Sugars, total.....g	9.92	0.370	8	A	1		16.36	6.54	14.97
Sucrose.....g	1.57	0.260	8	A	1		2.58	1.03	2.37
Glucose (dextrose).....g	5.07	0.267	8	A	1		8.36	3.34	7.65
Fructose.....g	3.07	0.126	8	A	1		5.06	2.02	4.63
Lactose.....g	0.00	0.000	8	A	1		0.00	0.00	0.00
Maltose.....g	0.08	0.020	8	A	1		0.13	0.05	0.12
Galactose.....g	0.14	0.140	8	A	1		0.23	0.09	0.21
Starch.....g	0.00	0.000	4	A	1		0.00	0.00	0.00
<b>Minerals:</b>									
Calcium, Ca.....mg	6	0.546	39	A	1		10	4	9
Iron, Fe.....mg	0.17	0.026	44	A	1		0.28	0.11	0.26
Magnesium, Mg.....mg	7	0.148	44	A	1		12	5	11
Phosphorus, P.....mg	16	0.665	44	A	1		27	11	24
Potassium, K.....mg	157	3.963	41	A	1		258	103	236
Sodium, Na.....mg	0	0.042	37	A	1		0	0	0
Zinc, Zn.....mg	0.10	0.014	44	A	1		0.17	0.07	0.16
Copper, Cu.....mg	0.057	0.005	44	A	1		0.095	0.038	0.087
Manganese, Mn.....mg	0.052	0.003	44	A	1		0.085	0.034	0.078
Selenium, Se.....mcg	0.0		2	A	1		0.1	0.0	0.0
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	9.5	0.847	5		1		15.7	6.3	14.3
Thiamin.....mg	0.028	0.004	8	A	1		0.046	0.019	0.043
Riboflavin.....mg	0.026	0.001	8	A	1		0.044	0.017	0.040
Niacin.....mg	0.417	0.027	8	A	1		0.688	0.275	0.630
Pantothenic acid.....mg	0.135	0.009	8	A	1		0.223	0.089	0.204
Vitamin B-6.....mg	0.029	0.000	8	A	1		0.047	0.019	0.043
Folate, total.....mcg	5	0.125	8	A	1		9	4	8
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	5	0.125	8	A	1		9	4	8
Folate, DFE.....mcg_DFE	5		0	NC	4		9	4	8
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, IU.....IU	345	43.321	7	A	1		570	228	521
Vitamin A, RAE.....mcg_RAE	17	2.166	7	A	1		28	11	26
Retinol.....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.26	0.064	5	A	1		0.44	0.17	0.40
Tocopherol, beta.....mg	0.00	0.000	5	A	1		0.00	0.00	0.00
Tocopherol, gamma.....mg	0.08	0.076	5	A	1		0.14	0.06	0.13
Tocopherol, delta.....mg	0.00	0.000	5	A	1		0.00	0.00	0.00
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	6.4	0.929	8	A	1		10.5	4.2	9.6
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.017		0	NC	4		0.027	0.011	0.025
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000	0.000
10:0.....g	0.000		0		1		0.000	0.000	0.000
12:0.....g	0.000		0		1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	0.000
15:0.....g									

**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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
16:0.....g	0.014		0		1		0.022	0.009	0.020
17:0.....g									
18:0.....g	0.003		0		1		0.005	0.002	0.004
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.134		0	NC	4		0.221	0.088	0.202
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0		1		0.003	0.001	0.002
17:1.....g									
18:1 undifferentiated.....g	0.132		0		1		0.218	0.087	0.200
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.044		0	NC	4		0.073	0.029	0.067
18:2 undifferentiated.....g	0.044		0		1		0.073	0.029	0.067
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
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	Z	7		0	0	0
Phytosterols.....mg	7		0		1		12	5	11
<b>Amino Acids:</b>									
Tryptophan.....g	0.009		0	A	1		0.014	0.006	0.013
Threonine.....g	0.010		0	A	1		0.017	0.007	0.015
Isoleucine.....g	0.014		0	A	1		0.023	0.009	0.021
Leucine.....g	0.015		0	A	1		0.025	0.010	0.023
Lysine.....g	0.016		0	A	1		0.027	0.011	0.025
Methionine.....g	0.008		0	A	1		0.012	0.005	0.011
Cystine.....g	0.002		0	A	1		0.003	0.001	0.003
Phenylalanine.....g	0.014		0	A	1		0.024	0.009	0.022
Tyrosine.....g	0.008		0	A	1		0.012	0.005	0.011
Valine.....g	0.016		0	A	1		0.026	0.010	0.023
Arginine.....g	0.009		0	A	1		0.014	0.006	0.013
Histidine.....g	0.009		0	A	1		0.015	0.006	0.014
Alanine.....g	0.028		0	A	1		0.046	0.018	0.042
Aspartic acid.....g	0.352		0	A	1		0.580	0.232	0.531
Glutamic acid.....g	0.035		0	A	1		0.057	0.023	0.052
Glycine.....g	0.009		0	A	1		0.015	0.006	0.014
Proline.....g	0.027		0	A	1		0.045	0.018	0.041
Serine.....g	0.023		0	A	1		0.037	0.015	0.034
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
<b>Carotenoids:</b>									
Carotene, beta.....mcg	190	23.833	7	A	1		313.029	125.211	286.469
Carotene, alpha.....mcg	0	0.000	7	A	1		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	35	7.738	7	A	1		57.750	23.100	52.850
Lycopene.....mcg	0	0.000	7	A	1		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	73	12.784	7	A	1		120.450	48.180	110.230

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

**NDB No. 09279**

**Plums, raw**

**Common Measures:**

Measure 1 = 165g: 1 cup, sliced

Measure 2 = 66g: 1 fruit (2-1/8" dia)

Measure 3 = 151g: 1 NLEA serving

**Calories Factors: Protein** 3.36

**Fat** 8.37

**Carbohydrate** 3.6

**Food Group:** 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



**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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	0.046		0		4		0.071		
14:1.....g									
15:1.....g									
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		
22:5 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	Z	7		0		
Phytosterols.....mg	17		0		1		26		
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<b><u>Carotenoids:</u></b>									
Carotene, beta.....mcg	40		0	T	4		61.600		
Carotene, alpha.....mcg	50		0	T	4		77.000		
Cryptoxanthin, beta.....mcg	0		0	T	4		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

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

**Common Measures:**

Measure 1 = 154g: 1 pomegranate (3-3/8" dia)

**Calories Factors: Protein** 3.36

**Fat** 8.37

**Carbohydrate** 3.6

**Food Group:** 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



**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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	0.075		0		1		0.112	0.077	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0		1		0.003	0.002	
17:1.....g									
18:1 undifferentiated.....g	0.072		0		1		0.107	0.074	
20:1.....g	0.001		0		1		0.001	0.001	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.213		0		1		0.317	0.219	
18:2 undifferentiated.....g	0.186		0		1		0.277	0.192	
18:3 undifferentiated.....g	0.023		0		1		0.034	0.024	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
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	Z	7		0	0	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									
<b>Carotenoids:</b>									
Carotene, beta.....mcg	25	24.500	4	A	1		36.505	25.235	
Carotene, alpha.....mcg	0	0.000	4	A	1		0.000	0.000	
Cryptoxanthin, beta.....mcg	3	3.000	4	A	1		4.470	3.090	
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									

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

**Common Measures:**

Measure 1 = 149g: 1 cup

Measure 2 = 103g: 1 fruit without refuse

**Footnotes**

1 Green variety

**Calories Factors: Protein** 3.36

**Fat** 8.37

**Carbohydrate** 3.6

**Food Group:** 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



**NDB No. 09294**  
**Prune juice, canned**

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	81.24	0.119	30		1		207.97	26.00	
Energy.....kcal	71		0	NC	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	NC	4		44.67	5.58	
Fiber, total dietary.....g	1.0		0		1		2.6	0.3	
Sugars, total.....g	16.45		0	O	4		42.11	5.26	
Starch.....g									
<b>Minerals:</b>									
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	BFSN	4		1.5	0.2	
<b>Vitamins:</b>									
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	Z	7		0	0	
Folate, food.....mcg	0	0.042	3		1		1	0	
Folate, DFE.....mcg_DFE	0		0	NC	4		1	0	
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	3	1.338	26		1		8	1	
Vitamin A, RAE.....mcg_RAE	0	0.067	26		1		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	0.12		1	A	1		0.31	0.04	
Tocopherol, beta.....mg	0.00		1	A	1		0.00	0.00	
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg	0.00		1	A	1		0.00	0.00	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	3.4		1	A	1		8.7	1.1	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.003		0		1		0.008	0.001	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	
15:0.....g									
16:0.....g	0.002		1		1		0.005	0.001	
17:0.....g									
18:0.....g	0.000		0		1		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									

**NDB No. 09294**  
**Prune juice, canned**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.021		0		1		0.054	0.007	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.021		1		1		0.054	0.007	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.007		0		1		0.018	0.002	
18:2 undifferentiated.....g	0.007		1		1		0.018	0.002	
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
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	Z	7		0	0	
Phytosterols.....mg									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<b><u>Carotenoids:</u></b>									
Carotene, beta.....mcg	2		0	BNA	4		3.873	0.484	
Carotene, alpha.....mcg	0		0	BNA	4		0.556	0.069	
Cryptoxanthin, beta.....mcg	0		0	BNA	4		0.915	0.114	
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	40		0	BFSN	4		102.953	12.869	

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

**Common Measures:**

Measure 1 = 256g: 1 cup  
Measure 2 = 32.0g: 1 fl oz

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

**Food Group: 09 Fruits and Fruit Juices**

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**NDB No. 09423**  
**Prune puree**

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
<b>Proximates:</b>									
Water.....g	30.00		0	MC	9				
Energy.....kcal	257		0	MC	9				
Energy.....kj	1075				9				
Protein.....g	2.10		0	MC	9				
Total lipid (fat).....g	0.20		0	MC	9				
Ash.....g	2.60		0	NC	4				
Carbohydrate, by difference.....g	65.10		0	MC	9				
Fiber, total dietary.....g	3.3		0	MC	9				
Sugars, total.....g	39.00		0	MC	9				
Sucrose.....g									
Glucose (dextrose).....g	22.27		0	MC	9				
Fructose.....g	13.87		0	MC	9				
Lactose.....g									
Maltose.....g									
Galactose.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	31		0	MC	9				
Iron, Fe.....mg	2.80		0	MC	9				
Magnesium, Mg.....mg									
Phosphorus, P.....mg	72		0	MC	9				
Potassium, K.....mg	852		0	MC	9				
Sodium, Na.....mg	23		0	MC	9				
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	4.3		0	MC	9				
Thiamin.....mg	0.040		0	MC	9				
Riboflavin.....mg									
Niacin.....mg	2.500		0	MC	9				
Pantothenic acid.....mg	0.430		0	MC	9				
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	2000		0	MC	9				
Vitamin A, RAE.....mcg_RAE	100		0	NC	4				
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.016		0	BFFN	4				
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	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. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 09423  
Prune puree

Common Measures:

Calories Factors:	Protein	Fat	Carbohydrate	Food Group: 09 Fruits and Fruit Juices
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USDA National Nutrient Database for Standard Reference, Release 17 (2004)

*Prunus domestica*

[illegible]

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
Fatty acids, total monounsaturated.....g	0.130		0		1		0.304	0.112	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0		1		0.005	0.002	
17:1.....g									
18:1 undifferentiated.....g	0.128		0		1		0.300	0.110	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.043		0		1		0.101	0.037	
18:2 undifferentiated.....g	0.043		0		1		0.101	0.037	
18:3 undifferentiated.....g									
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									

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

#### Common Measures:

Measure 1 = 234g: 1 cup

Measure 2 = 86g: 5 fruits with liquid

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.75

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



**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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
Fatty acids, total monounsaturated.....g	0.161		0		1		0.451		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0		1		0.006		
17:1.....g									
18:1 undifferentiated.....g	0.159		0		1		0.445		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.053		0		1		0.148		
18:2 undifferentiated.....g	0.053		0		1		0.148		
18:3 undifferentiated.....g									
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 280g: 1 cup

**Calories Factors: Protein 3.36**

**Fat 8.37**

**Carbohydrate 3.6**

**Food Group: 09 Fruits and Fruit Juices**

USDA National Nutrient Database for Standard Reference, Release 17 (2004)





**NDB No. 09289**  
**Prunes, dehydrated (low-moisture), uncooked**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			
			Points						
Fatty acids, total monounsaturated.....g	0.483		0		1		0.638		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.006		0		1		0.008		
17:1.....g									
18:1 undifferentiated.....g	0.477		0		1		0.630		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.159		0		1		0.210		
18:2 undifferentiated.....g	0.159		0		1		0.210		
18:3 undifferentiated.....g									
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 132g: 1 cup

**Calories Factors: Protein 3.36**

**Fat 8.37**

**Carbohydrate 3.6**

**Food Group: 09 Fruits and Fruit Juices**

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**NDB No. 09295**  
**Pummelo, raw (1 )**  
*Citrus grandis*

**Refuse:** 44% Seeds, skin, and membrane

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	89.10	0.765	3		1		169.29	542.62	
Energy.....kcal	38		0	NC	4		72	231	
Energy.....kj	159				4		302	968	
Protein (N x 6.25).....g	0.76		0		1		1.44	4.63	
Total lipid (fat).....g	0.04		0		1		0.08	0.24	
Ash.....g	0.48		0		1		0.91	2.92	
Carbohydrate, by difference.....g	9.62		0	NC	4		18.28	58.59	
Fiber, total dietary.....g	1.0		0		1		1.9	6.1	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
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									
<b>Vitamins:</b>									
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	Z	7		0.00	0.00	
Vitamin A, IU.....IU	8		1	A	1		15	48	
Vitamin A, RAE.....mcg_RAE	0		1	A	1		1	2	
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Carotenoids:</b>									
Carotene, beta.....mcg	0		1	A	1		0.000	0.000	
Carotene, alpha.....mcg	0		1	A	1		0.000	0.000	
Cryptoxanthin, beta.....mcg	10		1	A	1		18.050	57.855	
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									

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

**NDB No. 09295**  
**Pummelo, raw (1 )**

**Common Measures:**

Measure 1 = 190g: 1 cup, sections

Measure 2 = 609g: 1 fruit without refuse

**Footnotes**

1 Vitamin A and carotenoid values are based on white variety.

**Calories Factors: Protein** 3.36

**Fat** 8.37

**Carbohydrate** 3.6

**Food Group:** 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



**NDB No. 09296**  
**Quinces, raw**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	0.036		0		1		0.033		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.036		1		1		0.033		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.050		0		1		0.046		
18:2 undifferentiated.....g	0.049		1		1		0.045		
18:3 undifferentiated.....g	0.000		0		1		0.000		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
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	z	7		0		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg									
Theobromine.....mg									

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

**Common Measures:**

Measure 1 = 92g: 1 fruit without refuse

**Calories Factors: Protein 3.36**

**Fat 8.37**

**Carbohydrate 3.6**

**Food Group: 09 Fruits and Fruit Juices**

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



**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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	0.019		0		1		0.031	0.028	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.019		0		1		0.031	0.028	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.135		0		1		0.223	0.196	
18:2 undifferentiated.....g	0.104		0		1		0.172	0.151	
18:3 undifferentiated.....g	0.031		0		1		0.051	0.045	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
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	Z	7		0	0	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<b>Carotenoids:</b>									
Carotene, beta.....mcg	0		0	BFZN	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	BFZN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.000	0.000	
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	BFZN	4		0.000	0.000	

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

**Common Measures:**

Measure 1 = 165g: 1 cup, packed

Measure 2 = 145g: 1 cup (not packed)

**Calories Factors: Protein** 3.36

**Fat** 8.37

**Carbohydrate** 3.6

**Food Group:** 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



*Vitis vinifera*

**Refuse: 0%**

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	16.57	0.201	35		1		27.34	24.03	
Energy.....kcal	296		0	NC	4		488	429	
Energy.....kj	1238				4		2043	1796	
Protein (N x 6.25).....g	2.52	0.043	35		1		4.16	3.65	
Total lipid (fat).....g	0.54	0.025	18		1		0.89	0.78	
Ash.....g	1.89	0.055	35		1		3.12	2.74	
Carbohydrate, by difference.....g	78.47		0	NC	4		129.48	113.78	
Fiber, total dietary.....g	6.8		0		4		11.2	9.9	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
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	A	1		1.0	0.9	
<b>Vitamins:</b>									
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	Z	7		0	0	
Folate, food.....mcg	3		0		1		5	5	
Folate, DFE.....mcg_DFE	3		0	NC	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, RAE.....mcg_RAE	0	0.000	14		1		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.178		0		1		0.294	0.258	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.004		0		1		0.007	0.006	
15:0.....g									
16:0.....g	0.153		0		1		0.252	0.222	
17:0.....g									
18:0.....g	0.021		0		1		0.035	0.030	
20:0.....g									
22:0.....g									
24:0.....g									

**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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points			Code			
Fatty acids, total monounsaturated.....g	0.022		0		1		0.036	0.032	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.022		0		1		0.036	0.032	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.159		0		1		0.262	0.231	
18:2 undifferentiated.....g	0.122		0		1		0.201	0.177	
18:3 undifferentiated.....g	0.037		0		1		0.061	0.054	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
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	z	7		0	0	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

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

**Common Measures:**

Measure 1 = 165g: 1 cup, packed

Measure 2 = 145g: 1 cup (not packed)

**Calories Factors: Protein 3.36**

**Fat 8.37**

**Carbohydrate 3.6**

**Food Group: 09 Fruits and Fruit Juices**

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**NDB No. 09298**  
**Raisins, seedless**  
*Vitis vinifera*

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	15.43	2.446	11	A	1		25.46	22.38	2.16
Energy.....kcal	299		0	NC	4		494	434	42
Energy.....kj	1252		0	NC	4		2066	1815	175
Protein (N x 6.25).....g	3.07	0.079	9	A	1		5.07	4.46	0.43
Total lipid (fat).....g	0.46	0.066	10	A	1		0.76	0.67	0.06
Ash.....g	1.85	0.177	8	A	1		3.05	2.68	0.26
Carbohydrate, by difference.....g	79.18		0	NC	4		130.65	114.81	11.09
Fiber, total dietary.....g	3.7	0.173	13	A	1		6.1	5.4	0.5
Sugars, total.....g	59.19	7.887	11	A	1		97.66	85.82	8.29
Sucrose.....g	0.45	0.184	11	A	1		0.75	0.66	0.06
Glucose (dextrose).....g	27.75	3.475	11	A	1		45.78	40.23	3.88
Fructose.....g	29.68	3.752	11	A	1		48.97	43.03	4.15
Lactose.....g	0.00	0.000	8	A	1		0.00	0.00	0.00
Maltose.....g	0.00	0.000	8	A	1		0.00	0.00	0.00
Galactose.....g	0.00	0.000	8	A	1		0.00	0.00	0.00
Starch.....g	2.70		2	A	1		4.46	3.92	0.38
<b>Minerals:</b>									
Calcium, Ca.....mg	50	1.383	42	A	1		82	72	7
Iron, Fe.....mg	1.88	0.057	43	A	1		3.11	2.73	0.26
Magnesium, Mg.....mg	32	0.421	42	A	1		53	47	5
Phosphorus, P.....mg	101	1.327	42	A	1		167	146	14
Potassium, K.....mg	749	7.719	42	A	1		1235	1086	105
Sodium, Na.....mg	11	0.681	41	A	1		18	16	2
Zinc, Zn.....mg	0.22	0.009	40	A	1		0.36	0.31	0.03
Copper, Cu.....mg	0.318	0.009	42	A	1		0.525	0.462	0.045
Manganese, Mn.....mg	0.299	0.004	42	A	1		0.493	0.433	0.042
Selenium, Se.....mcg	0.6	0.056	8	A	1		1.0	0.9	0.1
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	2.3	1.159	6	A	1		3.9	3.4	0.3
Thiamin.....mg	0.106	0.004	8	A	1		0.174	0.153	0.015
Riboflavin.....mg	0.125	0.012	8	A	1		0.206	0.181	0.017
Niacin.....mg	0.766	0.065	8	A	1		1.263	1.110	0.107
Pantothenic acid.....mg	0.095	0.009	8	A	1		0.157	0.138	0.013
Vitamin B-6.....mg	0.174	0.006	8	A	1		0.286	0.252	0.024
Folate, total.....mcg	5	0.482	4	A	1		8	7	1
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	5	0.482	4	A	1		8	7	1
Folate, DFE.....mcg_DFE	5		0	NC	4		8	7	1
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, IU.....IU	0	0.000	8	A	1		0	0	0
Vitamin A, RAE.....mcg_RAE	0	0.000	8	A	1		0	0	0
Retinol.....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.12	0.027	5	A	1		0.19	0.17	0.02
Tocopherol, beta.....mg	0.00	0.000	5	A	1		0.00	0.00	0.00
Tocopherol, gamma.....mg	0.04	0.010	5	A	1		0.07	0.06	0.01
Tocopherol, delta.....mg	0.00	0.000	5	A	1		0.00	0.00	0.00
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	3.5	1.080	9	A	1		5.7	5.0	0.5
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.058		0	NC	4		0.095	0.084	0.008
4:0.....g	0.000		0	Z	7		0.000	0.000	0.000
6:0.....g	0.000		0	Z	7		0.000	0.000	0.000
8:0.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
10:0.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
12:0.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.001	0.000	4	A	1		0.001	0.001	0.000
15:0.....g	0.000	0.000	4	A	1		0.000	0.000	0.000

**NDB No. 09298**  
**Raisins, seedless**

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0.....g	0.044	0.001	4	A	1		0.072	0.063	0.006
17:0.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
18:0.....g	0.010	0.000	4	A	1		0.017	0.015	0.001
20:0.....g	0.001	0.000	4	A	1		0.002	0.001	0.000
22:0.....g	0.002	0.000	4	A	1		0.003	0.003	0.000
24:0.....g									
Fatty acids, total monounsaturated.....g	0.051		0	NC	4		0.085	0.074	0.007
14:1.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
15:1.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
16:1 undifferentiated.....g	0.039	0.000	4	A	1		0.064	0.057	0.005
17:1.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
18:1 undifferentiated.....g	0.012	0.003	4	A	1		0.020	0.018	0.002
20:1.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.037		0	NC	4		0.061	0.054	0.005
18:2 undifferentiated.....g	0.028	0.003	4	A	1		0.046	0.041	0.004
18:3 undifferentiated.....g	0.008	0.000	4	A	1		0.014	0.012	0.001
18:3 n-6 c,c,c.....g	0.001		2	A	1		0.001	0.001	0.000
18:3i.....g									
18:4.....g	0.000		0	Z	7		0.000	0.000	0.000
20:2 n-6 c,c.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:3 undifferentiated.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.000		0	Z	7		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	Z	7		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	Z	7		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.050		0	A	1		0.082	0.072	0.007
Threonine.....g	0.077		0	A	1		0.127	0.111	0.011
Isoleucine.....g	0.057		0	A	1		0.094	0.082	0.008
Leucine.....g	0.096		0	A	1		0.159	0.139	0.013
Lysine.....g	0.084		0	A	1		0.139	0.122	0.012
Methionine.....g	0.021		0	A	1		0.034	0.030	0.003
Cystine.....g	0.019		0	A	1		0.032	0.028	0.003
Phenylalanine.....g	0.140		0	A	1		0.232	0.204	0.020
Tyrosine.....g	0.012		0	A	1		0.021	0.018	0.002
Valine.....g	0.083		0	A	1		0.137	0.121	0.012
Arginine.....g	0.413		0	A	1		0.682	0.599	0.058
Histidine.....g	0.072		0	A	1		0.118	0.104	0.010
Alanine.....g	0.105		0	A	1		0.173	0.152	0.015
Aspartic acid.....g	0.110		0	A	1		0.181	0.159	0.015
Glutamic acid.....g	0.164		0	A	1		0.271	0.238	0.023
Glycine.....g	0.080		0	A	1		0.133	0.117	0.011
Proline.....g	0.254		0	A	1		0.419	0.368	0.036
Serine.....g	0.070		0	A	1		0.116	0.102	0.010
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
<b>Carotenoids:</b>									
Carotene, beta.....mcg	0	0.000	8	A	1		0.000	0.000	0.000
Carotene, alpha.....mcg	0	0.000	8	A	1		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0	0.000	8	A	1		0.000	0.000	0.000
Lycopene.....mcg	0	0.000	8	A	1		0.000	0.000	0.000

**NDB No. 09298**  
**Raisins, seedless**

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			
			Points						
Lutein + zeaxanthin.....mcg	0	0.000	8	A	1		0.000	0.000	0.000

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

**Common Measures:**

Measure 1 = 165g: 1 cup, packed

Measure 2 = 145g: 1 cup (not packed)

Measure 3 = 14.0g: 1 miniature box (.5 oz)

**Calories Factors: Protein** 3.36

**Fat** 8.37

**Carbohydrate** 3.6

**Food Group:** 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**NDB No. 09301**  
**Rambutan, canned, syrup pack**  
*Nephelium lappaceum*

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	78.04		2	A	1		117.06	167.01	7.02
Energy.....kcal	82		0	NC	4		123	175	7
Energy.....kj	343				4		515	734	31
Protein (N x 6.25).....g	0.65		2	A	1		0.98	1.39	0.06
Total lipid (fat).....g	0.21		2	A	1		0.32	0.45	0.02
Ash.....g	0.23		2	A	1		0.35	0.49	0.02
Carbohydrate, by difference.....g	20.87		0	NC	4		31.31	44.66	1.88
Fiber, total dietary.....g	0.9		2	A	1		1.4	1.9	0.1
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	22		2	A	1		33	47	2
Iron, Fe.....mg	0.35		2	A	1		0.53	0.75	0.03
Magnesium, Mg.....mg	7		2	A	1		11	15	1
Phosphorus, P.....mg	9		2	A	1		14	19	1
Potassium, K.....mg	42		2	A	1		63	90	4
Sodium, Na.....mg	11		2	A	1		17	24	1
Zinc, Zn.....mg	0.08		2	A	1		0.12	0.17	0.01
Copper, Cu.....mg	0.066		2	A	1		0.099	0.141	0.006
Manganese, Mn.....mg	0.343		2	A	1		0.515	0.734	0.031
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	4.9		2	A	1		7.4	10.5	0.4
Thiamin.....mg	0.013		2	A	1		0.020	0.028	0.001
Riboflavin.....mg	0.022		2	A	1		0.033	0.047	0.002
Niacin.....mg	1.352		2	A	1		2.028	2.893	0.122
Pantothenic acid.....mg	0.018		2	A	1		0.027	0.039	0.002
Vitamin B-6.....mg	0.020		2	A	1		0.030	0.043	0.002
Folate, total.....mcg	8		2	A	1		12	17	1
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	8		2	A	1		12	17	1
Folate, DFE.....mcg_DFE	8		0	NC	4		12	17	1
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, IU.....IU	3		2	A	1		5	7	0
Vitamin A, RAE.....mcg_RAE	0		2	A	1		0	0	0
Retinol.....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg									
<b>Carotenoids:</b>									
Carotene, beta.....mcg	2		2	A	1		2.805	4.002	0.168
Carotene, alpha.....mcg	0		2	A	1		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		2	A	1		0.000	0.000	0.000
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									

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

NDB No. 09301  
Rambutan, canned, syrup pack

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

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

**Common Measures:**  
Measure 1 = 150g: 1 cup, drained  
Measure 2 = 214g: 1 cup  
Measure 3 = 9.0g: 1 fruit

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

**Food Group:** 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)





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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	0.011		0		1		0.028		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.011		0		1		0.028		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.068		0		1		0.174		
18:2 undifferentiated.....g	0.045		0		1		0.115		
18:3 undifferentiated.....g	0.023		0		1		0.059		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
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	Z	7		0		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<b>Carotenoids:</b>									
Carotene, beta.....mcg	12		0	BNA	4		30.100		
Carotene, alpha.....mcg	16		0	BNA	4		41.176		
Cryptoxanthin, beta.....mcg	0		0	BNA	4		0.000		
Lycopene.....mcg	0		0	BFYN	4		0.000		
Lutein + zeaxanthin.....mcg	91		0	BFYN	4		233.696		

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

#### Common Measures:

Measure 1 = 256g: 1 cup

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.75

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



**NDB No. 09306**  
**Raspberries, frozen, red, sweetened**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.015		0		1		0.038	0.043	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.014		0		1		0.035	0.040	
20:1.....g	0.001		0		1		0.003	0.003	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.089		0		1		0.223	0.253	
18:2 undifferentiated.....g	0.059		0		1		0.148	0.168	
18:3 undifferentiated.....g	0.030		0		1		0.075	0.085	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
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	Z	7		0	0	
Phytosterols.....mg									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<b><u>Carotenoids:</u></b>									
Carotene, beta.....mcg	21		0	BNA	4		53.444	60.713	
Carotene, alpha.....mcg	29		0	BNA	4		73.112	83.055	
Cryptoxanthin, beta.....mcg	0		0	BNA	4		0.000	0.000	
Lycopene.....mcg	0		0	RA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	113		0	RA	4		282.719	321.169	

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

**Common Measures:**

Measure 1 = 250g: 1 cup, unthawed

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

**Calories Factors: Protein** 3.36

**Fat** 8.37

**Carbohydrate** 3.78

**Food Group:** 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

*Rubus* spp.

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	85.75	0.990	14	A	1		105.47	267.54	16.29
Energy.....kcal	52		0	NC	4		65	164	10
Energy.....kj	220		0	NC	4		270	685	42
Protein (N x 6.25).....g	1.20	0.097	12	A	1		1.47	3.73	0.23
Total lipid (fat).....g	0.65	0.263	11	A	1		0.80	2.04	0.12
Ash.....g	0.46	0.060	12	A	1		0.56	1.42	0.09
Carbohydrate, by difference.....g	11.94		0	NC	4		14.69	37.26	2.27
Fiber, total dietary.....g	6.5	0.657	13	A	1		8.0	20.2	1.2
Sugars, total.....g	4.42	0.147	5	A	1		5.43	13.78	0.84
Sucrose.....g	0.20	0.000	5	A	1		0.25	0.64	0.04
Glucose (dextrose).....g	1.86	0.068	5	A	1		2.29	5.81	0.35
Fructose.....g	2.35	0.084	5	A	1		2.89	7.34	0.45
Lactose.....g	0.00	0.000	5	A	1		0.00	0.00	0.00
Maltose.....g	0.00	0.000	5	A	1		0.00	0.00	0.00
Galactose.....g	0.00	0.000	5	A	1		0.00	0.00	0.00
Starch.....g	0.00	0.000	4	A	1		0.00	0.00	0.00
<b>Minerals:</b>									
Calcium, Ca.....mg	25	1.300	11	A	1		31	77	5
Iron, Fe.....mg	0.69	0.046	12	A	1		0.85	2.15	0.13
Magnesium, Mg.....mg	22	2.190	12	A	1		27	68	4
Phosphorus, P.....mg	29	2.779	11	A	1		36	91	6
Potassium, K.....mg	151	20.320	12	A	1		186	472	29
Sodium, Na.....mg	1	0.571	8	A	1		1	3	0
Zinc, Zn.....mg	0.42	0.069	12	A	1		0.51	1.30	0.08
Copper, Cu.....mg	0.090	0.019	12	A	1		0.110	0.279	0.017
Manganese, Mn.....mg	0.670	0.152	11	A	1		0.824	2.090	0.127
Selenium, Se.....mcg	0.2		2	A	1		0.3	0.7	0.0
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	26.2	5.588	10	A	1		32.2	81.7	5.0
Thiamin.....mg	0.032	0.008	12	A	1		0.039	0.099	0.006
Riboflavin.....mg	0.038	0.007	12	A	1		0.047	0.120	0.007
Niacin.....mg	0.598	0.057	12	A	1		0.736	1.866	0.114
Pantothenic acid.....mg	0.329	0.034	12	A	1		0.405	1.027	0.063
Vitamin B-6.....mg	0.055	0.007	12	A	1		0.068	0.172	0.010
Folate, total.....mcg	21	5.894	12	A	1		26	66	4
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	21	5.894	12	A	1		26	66	4
Folate, DFE.....mcg_DFE	21		0	NC	4		26	66	4
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, IU.....IU	33		0	AS	1		40	102	6
Vitamin A, RAE.....mcg_RAE	2		0	AS	1		2	5	0
Retinol.....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.87	0.072	6	A	1		1.07	2.72	0.17
Tocopherol, beta.....mg	0.06	0.010	6	A	1		0.08	0.19	0.01
Tocopherol, gamma.....mg	1.42	0.141	6	A	1		1.74	4.43	0.27
Tocopherol, delta.....mg	1.04	0.155	6	A	1		1.28	3.26	0.20
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	7.8	0.553	6	A	1		9.6	24.4	1.5
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.019		0	NC	4		0.024	0.060	0.004
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.	

**NDB No. 09302**  
**Raspberries, raw**

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0.....g	0.016		2		1		0.019	0.049	0.003
17:0.....g									
18:0.....g	0.004		2		1		0.004	0.011	0.001
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.064		0	NC	4		0.078	0.198	0.012
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.059		2		1		0.072	0.183	0.011
20:1.....g	0.005		2		1		0.006	0.015	0.001
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.375		0	NC	4		0.462	1.171	0.071
18:2 undifferentiated.....g	0.249		2		1		0.307	0.778	0.047
18:3 undifferentiated.....g	0.126		2		1		0.155	0.393	0.024
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
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	Z	7		0	0	0
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
<b>Carotenoids:</b>									
Carotene, beta.....mcg	12	8.030	16	A	1		14.307	36.292	2.210
Carotene, alpha.....mcg	16	6.054	12	A	1		19.572	49.647	3.023
Cryptoxanthin, beta.....mcg	0	0.000	12	A	1		0.000	0.000	0.000
Lycopene.....mcg	0	0.000	4	A	1		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	136	2.179	4	A	1		167.588	425.100	25.888

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

**Common Measures:**

Measure 1 = 123g: 1 cup

Measure 2 = 312g: 1 pint as purchased, yields

Measure 3 = 19g: 10 raspberries

**Calories Factors: Protein** 3.36

**Fat** 8.37

**Carbohydrate** 3.6

**Food Group:** 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



**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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code	Code			
<hr/>									
Fatty acids, total monounsaturated.....g	0.010		0		4		0.024		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.010		0		4		0.024		
20:1.....g	0.000		0		4		0.000		
22:1 undifferentiated.....g	0.000		0		4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.025		0		4		0.060		
18:2 undifferentiated.....g	0.025		0		4		0.060		
18:3 undifferentiated.....g	0.000		0		4		0.000		
18:4.....g	0.000		0		4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000		
20:5 n-3.....g	0.000		0		4		0.000		
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	Z	7		0		
Phytosterols.....mg									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<b><u>Carotenoids:</u></b>									
Carotene, beta.....mcg	44		0	FLA	4		105.503		
Carotene, alpha.....mcg	0		0	FLA	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.000		
Lycopene.....mcg	0		0	FLA	4		0.000		
Lutein + zeaxanthin.....mcg	123		0	FLA	4		294.025		

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

**Common Measures:**

Measure 1 = 240g: 1 cup

**Calories Factors: Protein 3.36**

**Fat 8.37**

**Carbohydrate 3.78**

**Food Group: 09 Fruits and Fruit Juices**

USDA National Nutrient Database for Standard Reference, Release 17 (2004)





**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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code	Code			
Fatty acids, total monounsaturated.....g	0.021		0		4		0.029		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		4		0.001		
17:1.....g									
18:1 undifferentiated.....g	0.020		0		4		0.027		
20:1.....g	0.000		0		4		0.000		
22:1 undifferentiated.....g	0.000		0		4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.054		0		4		0.074		
18:2 undifferentiated.....g	0.054		0		4		0.074		
18:3 undifferentiated.....g	0.000		0		4		0.000		
18:4.....g	0.000		0		4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000		
20:5 n-3.....g	0.000		0		4		0.000		
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	Z	7		0		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<b>Carotenoids:</b>									
Carotene, beta.....mcg	64		0	BNA	4		87.954		
Carotene, alpha.....mcg	0		0	BNA	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BNA	4		0.000		
Lycopene.....mcg	0		0	BFZN	4		0.000		
Lutein + zeaxanthin.....mcg	170		0	BFZN	4		232.900		

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

**Common Measures:**

Measure 1 = 137g: 1 cup, diced

**Calories Factors: Protein** 3.36

**Fat** 8.37

**Carbohydrate** 3.6

**Food Group:** 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Refuse:** 25% 19% ends, 6% leaves

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	93.61	0.278	38		1		114.20	47.74	
Energy.....kcal	21		0	NC	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	NC	4		5.54	2.32	
Fiber, total dietary.....g	1.8		0		4		2.2	0.9	
Sugars, total.....g	1.10		0	T	4		1.34	0.56	
Starch.....g									
<b>Minerals:</b>									
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	BFSN	4		1.3	0.6	
<b>Vitamins:</b>									
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	Z	7		0	0	
Folate, food.....mcg	7	0.850	4		1		9	4	
Folate, DFE.....mcg_DFE	7		0	NC	4		9	4	
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	102		1	A	1		124	52	
Vitamin A, RAE.....mcg_RAE	5		1	A	1		6	3	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	0.38		0	BFSN	4		0.46	0.19	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	41.0		0	BFSN	4		50.0	20.9	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.053		0		4		0.065	0.027	
4:0.....g	0.000		0		4		0.000	0.000	
6:0.....g	0.000		0		4		0.000	0.000	
8:0.....g	0.000		0		4		0.000	0.000	
10:0.....g	0.000		0		4		0.000	0.000	
12:0.....g	0.000		0		4		0.000	0.000	
13:0.....g									
14:0.....g	0.001		0		4		0.001	0.001	
15:0.....g									
16:0.....g	0.046		0		4		0.056	0.023	
17:0.....g									
18:0.....g	0.004		0		4		0.005	0.002	
20:0.....g									
22:0.....g									
24:0.....g									

**NDB No. 09307**  
**Rhubarb, raw**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Fatty acids, total monounsaturated.....g	0.039		0		4		0.048	0.020	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		4		0.001	0.001	
17:1.....g									
18:1 undifferentiated.....g	0.037		0		4		0.045	0.019	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.099		0		4		0.121	0.050	
18:2 undifferentiated.....g	0.099		0		4		0.121	0.050	
18:3 undifferentiated.....g	0.000		0		4		0.000	0.000	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
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	Z	7		0	0	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<b>Carotenoids:</b>									
Carotene, beta.....mcg	61		1	A	1		74.420	31.110	
Carotene, alpha.....mcg	0		1	A	1		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		1	A	1		0.000	0.000	
Lycopene.....mcg	0		1	A	1		0.000	0.000	
Lutein + zeaxanthin.....mcg	170		1	A	1		207.400	86.700	

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**Common Measures:**

Measure 1 = 122g: 1 cup, diced

Measure 2 = 51g: 1 stalk

**Calories Factors: Protein** 3.36

**Fat** 8.37

**Carbohydrate** 3.6

**Food Group:** 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**NDB No. 09312**  
**Rose-apples, raw**  
*Syzygium jambos*

**Refuse:** 33% Caps and pits

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	93.00		1		1				
Energy.....kcal	25		0	NC	4				
Energy.....kj	105				4				
Protein (N x 6.25).....g	0.60		0		1				
Total lipid (fat).....g	0.30		0		1				
Ash.....g	0.40		0		1				
Carbohydrate, by difference.....g	5.70		0	NC	4				
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
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									
<b>Vitamins:</b>									
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	Z	7				
Vitamin A, IU.....IU	339	214.209	3		1				
Vitamin A, RAE.....mcg_RAE	17	10.710	3		1				
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7				
Phytosterols.....mg									

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

**Common Measures:**

**Calories Factors: Protein** 3.36

**Fat** 8.37

**Carbohydrate** 3.6

**NDB No. 09312**  
**Rose-apples, raw**

**Food Group:** 09 Fruits and Fruit Juices  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**NDB No. 09311**  
**Roselle, raw**  
*Hibiscus sabdariffa*

**Refuse:** 39% Seed pods and stem

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	86.58		1		1		49.35		
Energy.....kcal	49		0	NC	4		28		
Energy.....kj	205				4		117		
Protein (N x 6.25).....g	0.96		0		1		0.55		
Total lipid (fat).....g	0.64		0		1		0.36		
Ash.....g	0.51		0		1		0.29		
Carbohydrate, by difference.....g	11.31		0	NC	4		6.45		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
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									
<b>Vitamins:</b>									
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	Z	7		0.00		
Vitamin A, IU.....IU	287		0		1		164		
Vitamin A, RAE.....mcg_RAE	14		0		1		8		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									

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

#### Common Measures:

Measure 1 = 57g: 1 cup, without refuse

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

**NDB No. 09311**  
**Roselle, raw**

**Food Group:** 09 Fruits and Fruit Juices  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Rowal, raw**  
*Pangium edule*

[illegible]



NDB No. 09428  
Rowal, raw

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

Lutein + zeaxanthin.....mcg

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

**Common Measures:**

Measure 1 = 114g: .5 cup

**Calories Factors: Protein** 3.36

**Fat** 8.37

**Carbohydrate** 3.6

**Food Group:** 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Sapodilla, raw**  
*Manilkara zapota*

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	78.00		1		1		187.98	132.60	
Energy.....kcal	83		0	NC	4		200	141	
Energy.....kj	347				4		837	590	
Protein (N x 6.25).....g	0.44		1		1		1.06	0.75	
Total lipid (fat).....g	1.10		0		1		2.65	1.87	
Ash.....g	0.50		0		1		1.21	0.85	
Carbohydrate, by difference.....g	19.96		0	NC	4		48.10	33.93	
Fiber, total dietary.....g	5.3		0		4		12.8	9.0	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
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	CAZN	4		1.4	1.0	
<b>Vitamins:</b>									
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	Z	7		0	0	
Folate, food.....mcg	14		0		4		34	24	
Folate, DFE.....mcg_DFE	14		0	NC	4		34	24	
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	60		0		1		145	102	
Vitamin A, RAE.....mcg_RAE	3		0		1		7	5	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
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	
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	
1									

**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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code				
Fatty acids, total monounsaturated.....g	0.521		0		4		1.256	0.886	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.521		0		4		1.256	0.886	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.011		0		4		0.027	0.019	
18:2 undifferentiated.....g	0.011		0		4		0.027	0.019	
18:3 undifferentiated.....g	0.000		0		4		0.000	0.000	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
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	z	7		0	0	
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
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									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

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

**Common Measures:**

Measure 1 = 241g: 1 cup, pulp

Measure 2 = 170g: 1 sapodilla

**Calories Factors: Protein** 3.36

**Fat** 8.37

**Carbohydrate** 3.6

**Food Group:** 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**NDB No. 09314**  
**Sapotes, (marmalade plum), raw**  
*Pouteria sapota*

**Refuse:** 29% Seeds and skin

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	62.43		2		1		140.47		
Energy.....kcal	134		0	NC	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	NC	4		75.96		
Fiber, total dietary.....g	2.6		0		4		5.9		
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
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									
<b>Vitamins:</b>									
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	Z	7		0.00		
Vitamin A, IU.....IU	410		0		1		923		
Vitamin A, RAE.....mcg_RAE	21		0		1		46		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
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		

**NDB No. 09314**  
**Sapotes, (marmalade plum), raw**

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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		
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. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 225g; 1 fruit without refuse

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

**Food Group:** 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



**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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code	Code			
Fatty acids, total monounsaturated.....g	0.090		0		4		0.203	0.563	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.004		0		4		0.009	0.025	
17:1.....g									
18:1 undifferentiated.....g	0.085		0		4		0.191	0.531	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.069		0		4		0.155	0.431	
18:2 undifferentiated.....g	0.069		0		4		0.155	0.431	
18:3 undifferentiated.....g	0.000		0		4		0.000	0.000	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
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	Z	7		0	0	
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
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									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	NR	4		0	0	
<b><u>Carotenoids:</u></b>									
Carotene, beta.....mcg	1		0	NR	4		2.700	7.500	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

**Common Measures:**

Measure 1 = 225g: 1 cup, pulp

Measure 2 = 625g: 1 fruit (7" x 5-1/4" dia)

NDB No. 09315  
Soursop, raw

Calories Factors: Protein 3.36      Fat 8.37      Carbohydrate 3.6      Food Group: 09 Fruits and Fruit Juices  
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NDB No. 09317

Strawberries, canned, heavy syrup pack, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.036		0		1		0.091		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.003		
17:1.....g									
18:1 undifferentiated.....g	0.035		0		1		0.089		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.129		0		1		0.328		
18:2 undifferentiated.....g	0.075		0		1		0.191		
18:3 undifferentiated.....g	0.054		0		1		0.137		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
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	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
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									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<b>Carotenoids:</b>									
Carotene, beta.....mcg	16		0	BNA	4		39.624		
Carotene, alpha.....mcg	0		0	BNA	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BNA	4		0.000		
Lycopene.....mcg	0		0	BFYN	4		0.000		
Lutein + zeaxanthin.....mcg	18		0	BFYN	4		44.814		

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**Common Measures:**

Measure 1 = 254g: 1 cup

**NDB No. 09317**

**Strawberries, canned, heavy syrup pack, solids and liquids**

**Calories Factors: Protein** 3.36

**Fat** 8.37

**Carbohydrate** 3.75

**Food Group:** 09 Fruits and Fruit Juices

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NDB No. 09320

Strawberries, frozen, sweetened, sliced

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.018		0		1		0.046	0.051	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.018		0		1		0.046	0.051	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.064		0		1		0.163	0.182	
18:2 undifferentiated.....g	0.037		0		1		0.094	0.105	
18:3 undifferentiated.....g	0.027		0		1		0.069	0.077	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
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	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
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									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<b>Carotenoids:</b>									
Carotene, beta.....mcg	14		0	BNA	4		36.720	40.896	
Carotene, alpha.....mcg	0		0	BNA	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BNA	4		0.000	0.000	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	21		0	FLA	4		53.878	60.006	

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**Common Measures:**

Measure 1 = 255g: 1 cup, thawed

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

**NDB No. 09320**  
**Strawberries, frozen, sweetened, sliced**

**Calories Factors:** **Protein** 3.36                      **Fat** 8.37                      **Carbohydrate** 3.6                      **Food Group:** 09 Fruits and Fruit Juices  
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**NDB No. 09319**  
**Strawberries, frozen, sweetened, whole**

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	78.05	0.931	7		1		199.03	221.66	
Energy.....kcal	78		0	NC	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	NC	4		53.55	59.64	
Fiber, total dietary.....g	1.9		0		4		4.8	5.4	
Sugars, total.....g	18.97		0	FLA	4		48.38	53.88	
Starch.....g									
<b>Minerals:</b>									
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	A	1		1.8	2.0	
<b>Vitamins:</b>									
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	Z	7		0	0	
Folate, food.....mcg	4		2		1		10	11	
Folate, DFE.....mcg_DFE	4		0	NC	4		10	11	
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	27	2.448	7		1		69	77	
Vitamin A, RAE.....mcg_RAE	1	0.122	7		1		3	4	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	0.24		0	FLA	4		0.62	0.69	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	1.9		0	FLA	4		4.7	5.3	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.007		0		1		0.018	0.020	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	
15:0.....g									
16:0.....g	0.005		0		1		0.013	0.014	
17:0.....g									
18:0.....g	0.001		0		1		0.003	0.003	
20:0.....g									
22:0.....g									
24:0.....g									

NDB No. 09319

Strawberries, frozen, sweetened, whole

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.019		0		1		0.048	0.054	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.019		0		1		0.048	0.054	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.068		0		1		0.173	0.193	
18:2 undifferentiated.....g	0.040		0		1		0.102	0.114	
18:3 undifferentiated.....g	0.029		0		1		0.074	0.082	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
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	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
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									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<b>Carotenoids:</b>									
Carotene, beta.....mcg	16		0	BNA	4		41.310	46.008	
Carotene, alpha.....mcg	0		0	BNA	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BNA	4		0.000	0.000	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	23		0	FLA	4		57.458	63.993	

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**Common Measures:**

Measure 1 = 255g: 1 cup, thawed

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



**NDB No. 09319**  
**Strawberries, frozen, sweetened, whole**

**Calories Factors:** **Protein** 3.36                      **Fat** 8.37                      **Carbohydrate** 3.6                      **Food Group:** 09 Fruits and Fruit Juices  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

### Strawberries, frozen, unsweetened

**Refuse: 0%**

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	89.97	0.303	4		1		198.83	134.06	9.54
Energy.....kcal	35		0	NC	4		77	52	4
Energy.....kj	146				4		324	218	16
Protein (N x 6.25).....g	0.43	0.054	12		1		0.95	0.64	0.05
Total lipid (fat).....g	0.11	0.015	6		1		0.24	0.16	0.01
Ash.....g	0.37	0.022	10		1		0.82	0.55	0.04
Carbohydrate, by difference.....g	9.13		0	NC	4		20.18	13.60	0.97
Fiber, total dietary.....g	2.1		0		4		4.6	3.1	0.2
Sugars, total.....g	4.56		0	NC	4		10.07	6.79	0.48
Sucrose.....g	0.37		3	A	1		0.81	0.55	0.04
Glucose (dextrose).....g	2.02	0.145	6	A	1		4.47	3.01	0.21
Fructose.....g	2.17	0.333	6	A	1		4.79	3.23	0.23
Lactose.....g									
Maltose.....g									
Galactose.....g									
Starch.....g									
<b>Minerals:</b>									
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	BFZN	4		1.5	1.0	0.1
<b>Vitamins:</b>									
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	Z	7		0	0	0
Folate, food.....mcg	17	5.357	3		1		37	25	2
Folate, DFE.....mcg_DFE	17		0	NC	4		37	25	2
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, IU.....IU	45	10.176	5		1		99	67	5
Vitamin A, RAE.....mcg_RAE	2	0.509	5		1		5	3	0
Retinol.....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.29		0	BFZN	4		0.63	0.42	0.03
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	2.2		0	BFZN	4		4.8	3.2	0.2
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.006		0		1		0.013	0.009	0.001
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000	0.000
10:0.....g	0.000		0		1		0.000	0.000	0.000
12:0.....g	0.000		0		1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	0.000
15:0.....g									

NDB No. 09318

Strawberries, frozen, unsweetened

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
16:0.....g	0.004		0		1		0.009	0.006	0.000
17:0.....g									
18:0.....g	0.001		0		1		0.002	0.001	0.000
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.015		0		1		0.033	0.022	0.002
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.015		0		1		0.033	0.022	0.002
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.054		0		1		0.119	0.080	0.006
18:2 undifferentiated.....g	0.031		0		1		0.069	0.046	0.003
18:3 undifferentiated.....g	0.023		0		1		0.051	0.034	0.002
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
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	Z	7		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.005		0		1		0.011	0.007	0.001
Threonine.....g	0.013		0		1		0.029	0.019	0.001
Isoleucine.....g	0.010		0		1		0.022	0.015	0.001
Leucine.....g	0.022		0		1		0.049	0.033	0.002
Lysine.....g	0.017		0		1		0.038	0.025	0.002
Methionine.....g	0.001		0		1		0.002	0.001	0.000
Cystine.....g	0.004		0		1		0.009	0.006	0.000
Phenylalanine.....g	0.012		0		1		0.027	0.018	0.001
Tyrosine.....g	0.014		0		1		0.031	0.021	0.001
Valine.....g	0.012		0		1		0.027	0.018	0.001
Arginine.....g	0.018		0		1		0.040	0.027	0.002
Histidine.....g	0.008		0		1		0.018	0.012	0.001
Alanine.....g	0.021		0		1		0.046	0.031	0.002
Aspartic acid.....g	0.096		0		1		0.212	0.143	0.010
Glutamic acid.....g	0.063		0		1		0.139	0.094	0.007
Glycine.....g	0.017		0		1		0.038	0.025	0.002
Proline.....g	0.013		0		1		0.029	0.019	0.001
Serine.....g	0.016		0		1		0.035	0.024	0.002
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	27		0	BNA	4		59.670	40.230	2.862
Carotene, alpha.....mcg	0		0	BNA	4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	BNA	4		0.000	0.000	0.000
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	26		0	BFZN	4		58.197	39.237	2.791

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

**NDB No. 09318**

**Strawberries, frozen, unsweetened**

**Common Measures:**

Measure 1 = 221g: 1 cup, thawed

Measure 2 = 149g: 1 cup, unthawed

Measure 3 = 10.6g: 1 berry

**Calories Factors: Protein 3.36**

**Fat 8.37**

**Carbohydrate 3.6**

**Food Group:** 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**NDB No. 09316**  
**Strawberries, raw**  
*Fragaria X ananassa*

**Refuse:** 6% Caps and stems

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	90.95	0.214	23	A	1		138.25	211.01	150.98
Energy.....kcal	32		0	NC	4		49	75	54
Energy.....kj	136		0	NC	4		206	315	225
Protein (N x 6.25).....g	0.67	0.026	19	A	1		1.01	1.55	1.11
Total lipid (fat).....g	0.30	0.047	15	A	1		0.46	0.71	0.51
Ash.....g	0.40	0.021	19	A	1		0.60	0.92	0.66
Carbohydrate, by difference.....g	7.68		0	NC	4		11.67	17.81	12.75
Fiber, total dietary.....g	2.0	0.152	21	A	1		3.0	4.6	3.3
Sugars, total.....g	4.66		0	AS	1		7.08	10.80	7.73
Sucrose.....g	0.12	0.064	11	A	1		0.18	0.28	0.20
Glucose (dextrose).....g	2.04	0.241	12	A	1		3.10	4.73	3.38
Fructose.....g	2.50	0.243	12	A	1		3.80	5.80	4.15
Lactose.....g	0.00	0.000	8	A	1		0.00	0.00	0.00
Maltose.....g	0.00	0.000	8	A	1		0.00	0.00	0.00
Galactose.....g	0.00	0.000	6	A	1		0.00	0.00	0.00
Starch.....g	0.04	0.029	8	A	1		0.07	0.10	0.07
<b>Minerals:</b>									
Calcium, Ca.....mg	16	0.506	69	A	1		24	37	26
Iron, Fe.....mg	0.42	0.026	73	A	1		0.64	0.97	0.70
Magnesium, Mg.....mg	13	0.222	74	A	1		19	29	21
Phosphorus, P.....mg	24	0.720	73	A	1		37	56	40
Potassium, K.....mg	153	4.073	76	A	1		233	356	254
Sodium, Na.....mg	1	0.100	72	A	1		2	2	2
Zinc, Zn.....mg	0.14	0.013	74	A	1		0.21	0.31	0.22
Copper, Cu.....mg	0.048	0.004	70	A	1		0.073	0.112	0.080
Manganese, Mn.....mg	0.386	0.018	73	A	1		0.587	0.896	0.641
Selenium, Se.....mcg	0.4		2	A	1		0.6	0.9	0.6
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	58.8	2.473	9	A	1		89.3	136.3	97.5
Thiamin.....mg	0.024	0.003	12	A	1		0.036	0.056	0.040
Riboflavin.....mg	0.022	0.008	12	A	1		0.034	0.052	0.037
Niacin.....mg	0.386	0.037	12	A	1		0.586	0.895	0.640
Pantothenic acid.....mg	0.125	0.003	12	A	1		0.189	0.289	0.207
Vitamin B-6.....mg	0.047	0.012	12	A	1		0.072	0.110	0.078
Folate, total.....mcg	24	5.465	3	A	1		37	57	41
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food (1).....mcg	24	5.465	3	A	1		37	57	41
Folate, DFE.....mcg_DFE	24		0	NC	4		37	57	41
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, IU.....IU	12	0.367	8	A	1		18	27	20
Vitamin A, RAE.....mcg_RAE	1	0.018	8	A	1		1	1	1
Retinol.....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.29	0.024	8	A	1		0.43	0.66	0.47
Tocopherol, beta.....mg	0.01	0.002	8	A	1		0.01	0.02	0.02
Tocopherol, gamma.....mg	0.08	0.010	8	A	1		0.12	0.18	0.13
Tocopherol, delta.....mg	0.01	0.005	8	A	1		0.02	0.03	0.02
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	2.2	0.290	9	A	1		3.3	5.0	3.6
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.015		0	NC	4		0.023	0.035	0.025
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000	0.000
10:0.....g	0.000		0		1		0.000	0.000	0.000
12:0.....g	0.000		0		1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	0.000
15:0.....g									

**NDB No. 09316**  
**Strawberries, raw**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0.....g	0.012		2		1		0.018	0.027	0.019
17:0.....g									
18:0.....g	0.003		2		1		0.005	0.008	0.006
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.043		0	NC	4		0.066	0.100	0.072
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		2		1		0.001	0.002	0.001
17:1.....g									
18:1 undifferentiated.....g	0.042		2		1		0.065	0.098	0.070
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.155		0	NC	4		0.235	0.359	0.257
18:2 undifferentiated.....g	0.090		2		1		0.137	0.208	0.149
18:3 undifferentiated.....g	0.065		2		1		0.099	0.151	0.108
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
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	Z	7		0	0	0
Phytosterols.....mg	12		0		1		18	28	20
<b>Amino Acids:</b>									
Tryptophan.....g	0.008		0	DA	1		0.012	0.018	0.013
Threonine.....g	0.020		0	DA	1		0.031	0.047	0.033
Isoleucine.....g	0.016		0	DA	1		0.024	0.036	0.026
Leucine.....g	0.034		0	DA	1		0.052	0.079	0.057
Lysine.....g	0.026		0	DA	1		0.040	0.061	0.044
Methionine.....g	0.002		0	DA	1		0.002	0.004	0.003
Cystine.....g	0.006		0	DA	1		0.009	0.014	0.010
Phenylalanine.....g	0.019		0	DA	1		0.028	0.043	0.031
Tyrosine.....g	0.022		0	DA	1		0.033	0.050	0.036
Valine.....g	0.019		0	DA	1		0.028	0.043	0.031
Arginine.....g	0.028		0	DA	1		0.042	0.065	0.046
Histidine.....g	0.012		0	DA	1		0.019	0.029	0.021
Alanine.....g	0.033		0	DA	1		0.049	0.076	0.054
Aspartic acid.....g	0.149		0	DA	1		0.226	0.345	0.247
Glutamic acid.....g	0.098		0	DA	1		0.148	0.227	0.162
Glycine.....g	0.026		0	DA	1		0.040	0.061	0.044
Proline.....g	0.020		0	DA	1		0.031	0.047	0.033
Serine.....g	0.025		0	DA	1		0.038	0.058	0.041
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
<b>Carotenoids:</b>									
Carotene, beta.....mcg	7	0.220	8	A	1		10.767	16.433	11.758
Carotene, alpha.....mcg	0	0.000	6	A	1		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0	0.000	6	A	1		0.000	0.000	0.000
Lycopene.....mcg	0	0.000	6	A	1		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	26	8.040	6	A	1		40.027	61.093	43.713

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

**NDB No. 09316**

**Strawberries, raw**

**Common Measures:**

Measure 1 = 152g: 1 cup, halves

Measure 2 = 232g: 1 cup, pureed

Measure 3 = 166g: 1 cup, sliced

**Footnotes**

1 Value based on the analysis of 5-methyltetrahydrofolic acid

**Calories Factors: Protein** 3.36

**Fat** 8.37

**Carbohydrate** 3.6

**Food Group:** 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Refuse:** 45% Seeds and skin

[illegible]



**NDB No. 09321**  
**Sugar-apples, (sweetsop), raw**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.114		0		4		0.285	0.177	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.114		0		4		0.285	0.177	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.040		0		4		0.100	0.062	
18:2 undifferentiated.....g	0.040		0		4		0.100	0.062	
18:3 undifferentiated.....g	0.000		0		4		0.000	0.000	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
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	z	7		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
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									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

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

**Common Measures:**

Measure 1 = 250g: 1 cup, pulp

Measure 2 = 155g: 1 fruit (2-7/8" dia)

**Calories Factors: Protein** 3.36

**Fat** 8.37

**Carbohydrate** 3.6

**Food Group:** 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

*Tamarindus indica*

[illegible]

**NDB No. 09322**  
**Tamarinds, raw**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	0.181		0		1		0.217	0.004	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.181		1		1		0.217	0.004	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.059		0		1		0.071	0.001	
18:2 undifferentiated.....g	0.059		1		1		0.071	0.001	
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
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	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.018		1		1		0.022	0.000	
Threonine.....g									
Isoleucine.....g									
Leucine.....g									
Lysine.....g	0.139		1		1		0.167	0.003	
Methionine.....g	0.014		1		1		0.017	0.000	
Cystine.....g									
Phenylalanine.....g									
Tyrosine.....g									
Valine.....g									
Arginine.....g									
Histidine.....g									
Alanine.....g									
Aspartic acid.....g									
Glutamic acid.....g									
Glycine.....g									
Proline.....g									
Serine.....g									
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	18		0	NR	4		21.600	0.360	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

**Common Measures:**

Measure 1 = 120g: 1 cup, pulp

Measure 2 = 2.0g: 1 fruit (3" x 1")

NDB No. 09322  
Tamarinds, raw

Calories Factors: Protein 3.36      Fat 8.37      Carbohydrate 3.6      Food Group: 09 Fruits and Fruit Juices  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 09223

Tangerine juice, canned, sweetened

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.018		0		1		0.045	0.006	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003		0		1		0.007	0.001	
17:1.....g									
18:1 undifferentiated.....g	0.015		0		1		0.037	0.005	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.025		0		1		0.062	0.008	
18:2 undifferentiated.....g	0.020		0		1		0.050	0.006	
18:3 undifferentiated.....g	0.005		0		1		0.012	0.002	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
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	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
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									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<b>Carotenoids:</b>									
Carotene, beta.....mcg	38		0	BFZN	4		93.375	11.663	
Carotene, alpha.....mcg	14		0	BFZN	4		35.856	4.478	
Cryptoxanthin, beta.....mcg	214		0	BFZN	4		532.860	66.554	
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	166		0	BFZN	4		414.336	51.750	

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**Common Measures:**

Measure 1 = 249g: 1 cup

Measure 2 = 31.1g: 1 fl oz

**NDB No. 09223**  
**Tangerine juice, canned, sweetened**

**Calories Factors:** **Protein** 3.36                      **Fat** 8.37                      **Carbohydrate** 3.92                      **Food Group:** 09 Fruits and Fruit Juices  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)





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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code	Code			
Fatty acids, total monounsaturated.....g	0.010		0		1		0.024	0.003	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.002	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.008		0		1		0.019	0.002	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.014		0		1		0.034	0.004	
18:2 undifferentiated.....g	0.011		0		1		0.027	0.003	
18:3 undifferentiated.....g	0.003		0		1		0.007	0.001	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0	0	
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.001		0		1		0.002	0.000	
Threonine.....g	0.005		0		1		0.012	0.002	
Isoleucine.....g	0.005		0		1		0.012	0.002	
Leucine.....g	0.008		0		1		0.019	0.002	
Lysine.....g	0.006		0		1		0.014	0.002	
Methionine.....g	0.002		0		1		0.005	0.001	
Cystine.....g	0.003		0		1		0.007	0.001	
Phenylalanine.....g	0.005		0		1		0.012	0.002	
Tyrosine.....g	0.002		0		1		0.005	0.001	
Valine.....g	0.007		0		1		0.017	0.002	
Arginine.....g	0.029		0		1		0.070	0.009	
Histidine.....g	0.002		0		1		0.005	0.001	
Alanine.....g	0.009		0		1		0.022	0.003	
Aspartic acid.....g	0.045		0		1		0.108	0.014	
Glutamic acid.....g	0.020		0		1		0.048	0.006	
Glycine.....g	0.006		0		1		0.014	0.002	
Proline.....g	0.026		0		1		0.063	0.008	
Serine.....g	0.008		0		1		0.019	0.002	
Hydroxyproline.....g									

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

#### Common Measures:

Measure 1 = 241g: 1 cup

Measure 2 = 30.1g: 1 fl oz

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.92

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Tangerine juice, frozen concentrate, sweetened, undiluted**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	58.20		0		1		124.55		
Energy.....kcal	161		0	NC	4		345		
Energy.....kj	674				4		1442		
Protein (N x 6.25).....g	1.50	0.124	3		1		3.21		
Total lipid (fat).....g	0.39	0.009	3		1		0.83		
Ash.....g	1.07	0.074	3		1		2.29		
Carbohydrate, by difference.....g	38.85		0	NC	4		83.14		
Fiber, total dietary.....g	0.6		0		4		1.3		
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
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									
<b>Vitamins:</b>									
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	Z	7		0		
Folate, food.....mcg	16	1.508	3		1		35		
Folate, DFE.....mcg_DFE	16		0	NC	4		35		
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin A, IU.....IU	2767	689.740	3	A	1		5921		
Vitamin A, RAE.....mcg_RAE	138	34.487	3	A	1		296		
Retinol.....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.026		0		1		0.056		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g									
15:0.....g									
16:0.....g	0.026		0		1		0.056		

NDB No. 09224

Tangerine juice, frozen concentrate, sweetened, undiluted

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.034		0		1		0.073		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.005		0		1		0.011		
17:1.....g									
18:1 undifferentiated.....g	0.029		0		1		0.062		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.048		0		1		0.103		
18:2 undifferentiated.....g	0.038		0		1		0.081		
18:3 undifferentiated.....g	0.010		0		1		0.021		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.004		0		1		0.009		
Threonine.....g	0.017		0		1		0.036		
Isoleucine.....g	0.016		0		1		0.034		
Leucine.....g	0.029		0		1		0.062		
Lysine.....g	0.020		0		1		0.043		
Methionine.....g	0.007		0		1		0.015		
Cystine.....g	0.011		0		1		0.024		
Phenylalanine.....g	0.018		0		1		0.039		
Tyrosine.....g	0.008		0		1		0.017		
Valine.....g	0.024		0		1		0.051		
Arginine.....g	0.101		0		1		0.216		
Histidine.....g	0.006		0		1		0.013		
Alanine.....g	0.032		0		1		0.068		
Aspartic acid.....g	0.159		0		1		0.340		
Glutamic acid.....g	0.071		0		1		0.152		
Glycine.....g	0.020		0		1		0.043		
Proline.....g	0.093		0		1		0.199		
Serine.....g	0.028		0		1		0.060		
Hydroxyproline.....g									
Carotenoids:									
Carotene, beta.....mcg	277	106.823	3	A	1		592.067		
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg	2767	614.052	3	A	1		5920.809		
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									

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**Common Measures:**

Measure 1 = 214g: 1 can (6 fl oz)

**Calories Factors: Protein** 3.36**Fat** 8.37**Carbohydrate** 3.92**Food Group:** 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	88.90		0		1		219.58	27.47	
Energy.....kcal	43		0	NC	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	NC	4		24.95	3.12	
Fiber, total dietary.....g	0.2		0		4		0.5	0.1	
Sugars, total.....g	9.90		0	O	4		24.45	3.06	
Starch.....g									
<b>Minerals:</b>									
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	BFZN	4		0.2	0.0	
<b>Vitamins:</b>									
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	Z	7		0	0	
Folate, food.....mcg	5		0		4		11	1	
Folate, DFE.....mcg_DFE	5		0	NC	4		11	1	
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	253		7	A	1		624	78	
Vitamin A, RAE.....mcg_RAE	13		7	A	1		31	4	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	0.13		0	BFSN	4		0.33	0.04	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	BFSN	4		0.0	0.0	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.024		0		1		0.059	0.007	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.001		0		1		0.002	0.000	
15:0.....g									
16:0.....g	0.021		0		1		0.052	0.006	
17:0.....g									
18:0.....g	0.001		0		1		0.002	0.000	
20:0.....g									
22:0.....g									
24:0.....g									

**NDB No. 09221**  
**Tangerine juice, raw**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.036		0		1		0.089	0.011	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.005		0		1		0.012	0.002	
17:1.....g									
18:1 undifferentiated.....g	0.032		0		1		0.079	0.010	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.040		0		1		0.099	0.012	
18:2 undifferentiated.....g	0.029		0		1		0.072	0.009	
18:3 undifferentiated.....g	0.011		0		1		0.027	0.003	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
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	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
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									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<b>Carotenoids:</b>									
Carotene, beta.....mcg	38		7	A	1		92.625	11.588	
Carotene, alpha.....mcg	14		7	A	1		35.568	4.450	
Cryptoxanthin, beta.....mcg	214		7	A	1		528.580	66.126	
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	166		7	A	1		411.008	51.418	

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

**Common Measures:**

Measure 1 = 247g: 1 cup

Measure 2 = 30.9g: 1 fl oz

NDB No. 09221  
Tangerine juice, raw

Calories Factors: Protein 3.36      Fat 8.37      Carbohydrate 3.92

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Tangerines, (mandarin oranges), canned, juice pack**

**Refuse: 0%**

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	89.51		2		1		222.88		
Energy.....kcal	37		0	NC	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	NC	4		23.83		
Fiber, total dietary.....g	0.7		0		4		1.7		
Sugars, total.....g	8.87		0	O	4		22.09		
Starch.....g									
<b>Minerals:</b>									
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	CAZN	4		1.0		
<b>Vitamins:</b>									
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	Z	7		0		
Folate, food.....mcg	5		0		4		11		
Folate, DFE.....mcg_DFE	5		0	NC	4		11		
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin A, IU.....IU	852		2		1		2121		
Vitamin A, RAE.....mcg_RAE	43		2		1		106		
Retinol.....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg	0.10		0	BFYN	4		0.25		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	BFYN	4		0.0		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.003		0		1		0.007		
4:0.....g	0.000		0		1		0.000		
6:0.....g	0.000		0		1		0.000		
8:0.....g	0.000		0		1		0.000		
10:0.....g	0.000		0		1		0.000		
12:0.....g	0.000		0		1		0.000		
13:0.....g									
14:0.....g	0.000		0		1		0.000		
15:0.....g									
16:0.....g	0.003		0		1		0.007		
17:0.....g									
18:0.....g	0.000		0		1		0.000		
20:0.....g									
22:0.....g									
24:0.....g									

NDB No. 09219

Tangerines, (mandarin oranges), canned, juice pack

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	0.005		0		1		0.012		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.004		0		1		0.010		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.005		0		1		0.012		
18:2 undifferentiated.....g	0.004		0		1		0.010		
18:3 undifferentiated.....g	0.001		0		1		0.002		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
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	Z	7		0		
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
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									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<b><u>Carotenoids:</u></b>									
Carotene, beta.....mcg	193		0	BNA	4		481.278		
Carotene, alpha.....mcg	133		0	BNA	4		329.932		
Cryptoxanthin, beta.....mcg	503		0	BNA	4		1253.289		
Lycopene.....mcg	0		0	BFYN	4		0.000		
Lutein + zeaxanthin.....mcg	163		0	BFYN	4		405.397		

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

**Common Measures:**

Measure 1 = 249g: 1 cup



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

**Calories Factors:** **Protein** 3.36                      **Fat** 8.37                      **Carbohydrate** 3.7                      **Food Group:** 09 Fruits and Fruit Juices  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 09383

Tangerines, (mandarin oranges), canned, juice pack, drained

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code	Code			
<hr/>									
Fatty acids, total monounsaturated.....g	0.007				4		0.013		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001				4		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.005				4		0.009		
20:1.....g	0.000				4		0.000		
22:1 undifferentiated.....g	0.000				4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.007				4		0.013		
18:2 undifferentiated.....g	0.005				4		0.009		
18:3 undifferentiated.....g	0.001				4		0.002		
18:4.....g	0.000				4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000				4		0.000		
20:5 n-3.....g	0.000				4		0.000		
22:5 n-3.....g	0.000				4		0.000		
22:6 n-3.....g	0.000				4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0				7		0		
Phytosterols.....mg									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0				7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<b><u>Carotenoids:</u></b>									
Carotene, beta.....mcg	298		0	BNA	4		562.573		
Carotene, alpha.....mcg	204		0	BNA	4		385.663		
Cryptoxanthin, beta.....mcg	775		0	BNA	4		1464.989		
Lycopene.....mcg	0		0	BFZN	4		0.000		
Lutein + zeaxanthin.....mcg	243		0	BFZN	4		459.270		

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

#### Common Measures:

Measure 1 = 189g: 1 cup

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.7

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Tangerines, (mandarin oranges), canned, light syrup pack**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	83.06	0.069	33		1		209.31		
Energy.....kcal	61		0	NC	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	NC	4		40.80		
Fiber, total dietary.....g	0.7		0		4		1.8		
Sugars, total.....g	15.49		0	O	4		39.03		
Starch.....g									
<b>Minerals:</b>									
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	CAZN	4		1.0		
<b>Vitamins:</b>									
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	Z	7		0		
Folate, food.....mcg	5		0		4		12		
Folate, DFE.....mcg_DFE	5		0	NC	4		12		
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin A, IU.....IU	840	100.438	34		1		2117		
Vitamin A, RAE.....mcg_RAE	42	5.022	34		1		106		
Retinol.....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg	0.10		0	BFYN	4		0.25		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	BFYN	4		0.0		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.012		0		1		0.030		
4:0.....g	0.000		0		1		0.000		
6:0.....g	0.000		0		1		0.000		
8:0.....g	0.000		0		1		0.000		
10:0.....g	0.000		0		1		0.000		
12:0.....g	0.000		0		1		0.000		
13:0.....g									
14:0.....g	0.000		0		1		0.000		

NDB No. 09220

Tangerines, (mandarin oranges), canned, light syrup pack

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.018		0		1		0.045		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0		1		0.005		
17:1.....g									
18:1 undifferentiated.....g	0.016		0		1		0.040		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.020		0		1		0.050		
18:2 undifferentiated.....g	0.015		0		1		0.038		
18:3 undifferentiated.....g	0.005		0		1		0.013		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
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	Z	7		0		
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
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									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<b><u>Carotenoids:</u></b>									
Carotene, beta.....mcg	191		0	BNA	4		480.216		
Carotene, alpha.....mcg	131		0	BNA	4		329.204		
Cryptoxanthin, beta.....mcg	496		0	BNA	4		1250.524		
Lycopene.....mcg	0		0	BFYN	4		0.000		
Lutein + zeaxanthin.....mcg	163		0	BFYN	4		410.281		

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

#### Common Measures:

Measure 1 = 252g: 1 cup

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

**Calories Factors:** **Protein** 3.36                      **Fat** 8.37                      **Carbohydrate** 3.71                      **Food Group:** 09 Fruits and Fruit Juices  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

*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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			Points	Code	Code				
<b>Proximates:</b>									
Water.....g	85.17	0.761	15	A	1		166.07	83.46	71.54
Energy.....kcal	53		0	NC	4		104	52	45
Energy.....kj	223		0	NC	4		435	219	187
Protein (N x 6.25).....g	0.81	0.012	9	A	1		1.58	0.80	0.68
Total lipid (fat).....g	0.31	0.041	7	A	1		0.60	0.30	0.26
Ash.....g	0.38	0.026	9	A	1		0.73	0.37	0.32
Carbohydrate, by difference.....g	13.34		0	NC	4		26.01	13.07	11.20
Fiber, total dietary.....g	1.8	0.205	9	A	1		3.5	1.8	1.5
Sugars, total.....g	10.58	0.980	8	A	1		20.64	10.37	8.89
Sucrose.....g	6.05	0.664	8	A	1		11.80	5.93	5.08
Glucose (dextrose).....g	2.13	0.085	8	A	1		4.16	2.09	1.79
Fructose.....g	2.40	0.233	8	A	1		4.68	2.35	2.02
Lactose.....g	0.00	0.000	5	A	1		0.00	0.00	0.00
Maltose.....g	0.00	0.000	5	A	1		0.00	0.00	0.00
Galactose.....g	0.00	0.000	5	A	1		0.00	0.00	0.00
Starch.....g	0.00		1	A	1		0.00	0.00	0.00
<b>Minerals:</b>									
Calcium, Ca.....mg	37	0.752	9	A	1		71	36	31
Iron, Fe.....mg	0.15	0.011	9	A	1		0.29	0.15	0.13
Magnesium, Mg.....mg	12	0.068	9	A	1		24	12	10
Phosphorus, P.....mg	20	0.105	9	A	1		39	20	17
Potassium, K.....mg	166	2.145	9	A	1		324	163	140
Sodium, Na.....mg	2	0.908	3	A	1		4	2	2
Zinc, Zn.....mg	0.07	0.001	9	A	1		0.14	0.07	0.06
Copper, Cu.....mg	0.042	0.001	9	A	1		0.082	0.041	0.035
Manganese, Mn.....mg	0.039	0.004	9	A	1		0.077	0.039	0.033
Selenium, Se.....mcg	0.1		2	A	1		0.2	0.1	0.1
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	26.7	1.868	9	A	1		52.1	26.2	22.4
Thiamin.....mg	0.058	0.008	9	A	1		0.113	0.057	0.049
Riboflavin.....mg	0.036	0.003	9	A	1		0.070	0.035	0.030
Niacin.....mg	0.376	0.011	9	A	1		0.732	0.368	0.315
Pantothenic acid.....mg	0.216	0.009	9	A	1		0.422	0.212	0.182
Vitamin B-6.....mg	0.078	0.003	9	A	1		0.152	0.076	0.065
Folate, total.....mcg	16	2.360	9	A	1		31	16	14
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	16	2.360	9	A	1		31	16	14
Folate, DFE.....mcg_DFE	16		0	NC	4		31	16	14
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, IU.....IU	681		0	AS	1		1328	667	572
Vitamin A, RAE.....mcg_RAE	34		0	AS	1		66	33	29
Retinol.....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.20	0.083	3	A	1		0.40	0.20	0.17
Tocopherol, beta.....mg	0.00	0.000	3	A	1		0.00	0.00	0.00
Tocopherol, gamma.....mg	0.00	0.000	3	A	1		0.00	0.00	0.00
Tocopherol, delta.....mg	0.00	0.000	3	A	1		0.00	0.00	0.00
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0	0.000	3	A	1		0.0	0.0	0.0
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.039		0	NC	4		0.076	0.038	0.033
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000	0.000
10:0.....g	0.000		0		1		0.000	0.000	0.000
12:0.....g	0.000		0		1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.002		0		1		0.003	0.002	0.001
15:0.....g									

NDB No. 09218

Tangerines, (mandarin oranges), raw

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0.....g	0.035		0		1		0.069	0.035	0.030
17:0.....g									
18:0.....g	0.002		0		1		0.003	0.002	0.001
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.060		0	NC	4		0.117	0.059	0.050
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.007		0		1		0.014	0.007	0.006
17:1.....g									
18:1 undifferentiated.....g	0.053		0		1		0.103	0.052	0.044
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.065		0	NC	4		0.127	0.064	0.055
18:2 undifferentiated.....g	0.048		0		1		0.093	0.047	0.040
18:3 undifferentiated.....g	0.018		0		1		0.034	0.017	0.015
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
22:5 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	Z	7		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.002		0	A	1		0.003	0.002	0.001
Threonine.....g	0.016		0	A	1		0.031	0.015	0.013
Isoleucine.....g	0.017		0	A	1		0.032	0.016	0.014
Leucine.....g	0.028		0	A	1		0.054	0.027	0.023
Lysine.....g	0.032		0	A	1		0.063	0.031	0.027
Methionine.....g	0.002		0	A	1		0.003	0.002	0.001
Cystine.....g	0.002		0	A	1		0.003	0.002	0.001
Phenylalanine.....g	0.018		0	A	1		0.035	0.017	0.015
Tyrosine.....g	0.015		0	A	1		0.030	0.015	0.013
Valine.....g	0.021		0	A	1		0.040	0.020	0.017
Arginine.....g	0.068		0	A	1		0.133	0.067	0.057
Histidine.....g	0.011		0	A	1		0.021	0.011	0.009
Alanine.....g	0.028		0	A	1		0.055	0.028	0.024
Aspartic acid.....g	0.129		0	A	1		0.251	0.126	0.108
Glutamic acid.....g	0.061		0	A	1		0.120	0.060	0.052
Glycine.....g	0.019		0	A	1		0.038	0.019	0.016
Proline.....g	0.074		0	A	1		0.144	0.072	0.062
Serine.....g	0.033		0	A	1		0.064	0.032	0.028
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	155	58.677	12	A	1		301.587	151.567	129.914
Carotene, alpha.....mcg	101	86.390	8	A	1		196.150	98.578	84.496
Cryptoxanthin, beta.....mcg	407	77.610	8	A	1		794.411	399.242	342.208
Lycopene.....mcg	0	0.000	8	A	1		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	138	105.174	8	A	1		268.761	135.070	115.774

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



**NDB No. 09218**

**Tangerines, (mandarin oranges), raw**

**Common Measures:**

Measure 1 = 195g: 1 cup, sections

Measure 2 = 98g: 1 large (2-1/2" dia)

Measure 3 = 84g: 1 medium (2-3/8" dia)

**Calories Factors: Protein** 3.36

**Fat** 8.37

**Carbohydrate** 3.6

**Food Group:** 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 09431

USDA Commodity, mixed fruit (peaches, pears, grapes), canned, light syrup, drained

A404

Refuse:

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
<b>Proximates:</b>									
Water.....g	84.60		1	A	1				
Energy.....kcal	61		0	NC	4				
Energy.....kj	257		0	NC	4				
Protein (N x 6.25).....g	0.46		1	A	1				
Total lipid (fat).....g	0.10		1	A	1				
Ash.....g	0.19		1	A	1				
Carbohydrate, by difference.....g	14.65		0	NC	4				
Fiber, total dietary.....g	1.6		1	A	1				
Sugars, total.....g	11.25		0	AS	1				
Sucrose.....g	0.03		1	A	1				
Glucose (dextrose).....g	5.49		1	A	1				
Fructose.....g	4.85		1	A	1				
Lactose.....g	0.00		1	A	1				
Maltose.....g	0.88		1	A	1				
Galactose.....g	0.00		0	Z	7				
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	5		1	A	1				
Iron, Fe.....mg	0.31		1	A	1				
Magnesium, Mg.....mg	5		1	A	1				
Phosphorus, P.....mg	12		1	A	1				
Potassium, K.....mg	89		1	A	1				
Sodium, Na.....mg									
Zinc, Zn.....mg	0.09		1	A	1				
Copper, Cu.....mg	0.075		1	A	1				
Manganese, Mn.....mg	0.027		1	A	1				
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	2.2		1	A	1				
Thiamin.....mg	0.012		1	A	1				
Riboflavin.....mg	0.024		1	A	1				
Niacin.....mg	0.392		1	A	1				
Pantothenic acid.....mg	0.041		1	A	1				
Vitamin B-6.....mg	0.016		1	A	1				
Folate, total.....mcg	2		1	A	1				
Folic acid.....mcg	0		0	Z	7				
Folate, food.....mcg	2		1	A	1				
Folate, DFE.....mcg_DFE	2		0	NC	4				
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	302		1	A	1				
Vitamin A, RAE.....mcg_RAE	15		1	A	1				
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	4.6		1	A	1				
<b>Carotenoids:</b>									
Carotene, beta.....mcg	110		1	A	1				
Carotene, alpha.....mcg	0		1	A	1				
Cryptoxanthin, beta.....mcg	142		1	A	1				
Lycopene.....mcg	0		1	A	1				
Lutein + zeaxanthin.....mcg	0		1	A	1				

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

NDB No. 09431  
USDA Commodity, mixed fruit (peaches, pears, grapes), canned, light syrup, drained

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

food, or similar food.

Common Measures:

Calories Factors: ProteinFatCarbohydrate

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 09432

USDA Commodity, mixed fruit (peaches, pears, grapes), canned, light syrup, solids and liquids

A404

Refuse:

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
<b>Proximates:</b>									
Water.....g	85.02		1	A	1				
Energy.....kcal	60		0	NC	4				
Energy.....kj	249		0	NC	4				
Protein (N x 6.25).....g	0.41		1	A	1				
Total lipid (fat).....g	0.08		1	A	1				
Ash.....g	0.19		1	A	1				
Carbohydrate, by difference.....g	14.30		0	NC	4				
Fiber, total dietary.....g	1.2		1	A	1				
Sugars, total.....g	11.46		0	AS	1				
Sucrose.....g	0.03		1	A	1				
Glucose (dextrose).....g	5.63		1	A	1				
Fructose.....g	5.04		1	A	1				
Lactose.....g	0.00		1	A	1				
Maltose.....g	0.76		1	A	1				
Galactose.....g	0.00		0	Z	7				
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	5		1	A	1				
Iron, Fe.....mg									
Magnesium, Mg.....mg	5		1	A	1				
Phosphorus, P.....mg	13		1	A	1				
Potassium, K.....mg	85		1	A	1				
Sodium, Na.....mg									
Zinc, Zn.....mg	0.08		1	A	1				
Copper, Cu.....mg	0.075		1	A	1				
Manganese, Mn.....mg	0.029		1	A	1				
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	3.1		1	A	1				
Thiamin.....mg	0.013		1	A	1				
Riboflavin.....mg	0.038		1	A	1				
Niacin.....mg	0.385		1	A	1				
Pantothenic acid.....mg	0.041		1	A	1				
Vitamin B-6.....mg	0.016		1	A	1				
Folate, total.....mcg	2		1	A	1				
Folic acid.....mcg	0		0	Z	7				
Folate, food.....mcg	2		1	A	1				
Folate, DFE.....mcg_DFE	2		0	NC	4				
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	198		1	A	1				
Vitamin A, RAE.....mcg_RAE	10		1	A	1				
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	2.9		1	A	1				
<b>Carotenoids:</b>									
Carotene, beta.....mcg	79		1	A	1				
Carotene, alpha.....mcg	0		1	A	1				
Cryptoxanthin, beta.....mcg	80		1	A	1				
Lycopene.....mcg	0		1	A	1				
Lutein + zeaxanthin.....mcg	0		1	A	1				

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

NDB No. 09432  
USDA Commodity, mixed fruit (peaches, pears, grapes), canned, light syrup, solids and liquids

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

food, or similar food.

Common Measures:

Calories Factors: ProteinFatCarbohydrate

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

*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		
	Number						measures of food		
	Mean	Std. Error	Points	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
				Code	Code	Code			
<b>Proximates:</b>									
Water.....g	91.45	0.316	14	A	1		140.83	139.00	4131.67
Energy.....kcal	30		0	NC	4		47	46	1376
Energy.....kj	127		0	NC	4		196	194	5756
Protein (N x 6.25).....g	0.61	0.041	11	A	1		0.94	0.93	27.52
Total lipid (fat).....g	0.15	0.037	10	A	1		0.23	0.22	6.66
Ash.....g	0.25	0.038	11	A	1		0.38	0.37	11.14
Carbohydrate, by difference.....g	7.55		0	NC	4		11.62	11.47	341.01
Fiber, total dietary.....g	0.4	0.051	10	A	1		0.7	0.7	19.6
Sugars, total.....g	6.20	0.143	6	A	1		9.55	9.43	280.27
Sucrose.....g	1.21	0.859	6	A	1		1.86	1.84	54.55
Glucose (dextrose).....g	1.58	0.433	8	A	1		2.43	2.40	71.19
Fructose.....g	3.36	0.322	8	A	1		5.18	5.11	151.84
Lactose.....g	0.00	0.000	8	A	1		0.00	0.00	0.00
Maltose.....g	0.06	0.043	8	A	1		0.09	0.09	2.69
Galactose.....g	0.00	0.000	7	A	1		0.00	0.00	0.00
Starch.....g	0.00	0.000	4	A	1		0.00	0.00	0.00
<b>Minerals:</b>									
Calcium, Ca.....mg	7	0.322	42	A	1		11	10	311
Iron, Fe.....mg	0.24	0.015	45	A	1		0.36	0.36	10.64
Magnesium, Mg.....mg	10	0.356	45	A	1		15	15	446
Phosphorus, P.....mg	11	0.506	42	A	1		18	17	516
Potassium, K.....mg	112	3.178	44	A	1		173	171	5078
Sodium, Na.....mg	1	0.160	40	A	1		2	2	64
Zinc, Zn.....mg	0.10	0.023	45	A	1		0.16	0.16	4.65
Copper, Cu.....mg	0.042	0.008	42	A	1		0.065	0.064	1.893
Manganese, Mn.....mg	0.038	0.002	45	A	1		0.058	0.057	1.704
Selenium, Se.....mcg	0.4		2	A	1		0.6	0.6	16.6
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	8.1	2.425	6	A	1		12.5	12.3	365.9
Thiamin.....mg	0.033	0.003	11	A	1		0.051	0.050	1.492
Riboflavin.....mg	0.021	0.007	11	A	1		0.032	0.032	0.947
Niacin.....mg	0.178	0.008	11	A	1		0.275	0.271	8.056
Pantothenic acid.....mg	0.221	0.014	11	A	1		0.340	0.336	9.984
Vitamin B-6.....mg	0.045	0.009	11	A	1		0.069	0.068	2.026
Folate, total.....mcg	3	0.251	3	A	1		4	4	116
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	3	0.251	3	A	1		4	4	116
Folate, DFE.....mcg_DFE	3		0	NC	4		4	4	116
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, IU.....IU	569		0	AS	1		877	865	25722
Vitamin A, RAE.....mcg_RAE	28		0	AS	1		44	43	1286
Retinol.....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.05	0.013	8	A	1		0.08	0.07	2.21
Tocopherol, beta.....mg	0.00	0.000	8	A	1		0.00	0.00	0.00
Tocopherol, gamma.....mg	0.00	0.003	8	A	1		0.00	0.00	0.13
Tocopherol, delta.....mg	0.00	0.005	8	A	1		0.01	0.01	0.21
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.1	0.060	8	A	1		0.2	0.2	5.3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.016		0	NC	4		0.025	0.025	0.743
4:0.....g	0.000		0		4		0.000	0.000	0.000</

**NDB No. 09326**  
**Watermelon, raw**

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0.....g	0.008		0		4		0.012	0.012	0.356
17:0.....g									
18:0.....g	0.006		0		4		0.009	0.009	0.279
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.037		0	NC	4		0.056	0.056	1.656
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.037		0		4		0.056	0.056	1.656
20:1.....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.050		0	NC	4		0.077	0.076	2.260
18:2 undifferentiated.....g	0.050		0		4		0.077	0.076	2.260
18:3 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
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	Z	7		0	0	0
Phytosterols.....mg	2		0		1		3	3	90
Amino Acids:									
Tryptophan.....g	0.007		1		1		0.011	0.011	0.316
Threonine.....g	0.027		1		1		0.042	0.041	1.220
Isoleucine.....g	0.019		1		1		0.029	0.029	0.858
Leucine.....g	0.018		1		1		0.028	0.027	0.813
Lysine.....g	0.062		1		1		0.095	0.094	2.801
Methionine.....g	0.006		1		1		0.009	0.009	0.271
Cystine.....g	0.002		1		1		0.003	0.003	0.090
Phenylalanine.....g	0.015		1		1		0.023	0.023	0.678
Tyrosine.....g	0.012		1		1		0.018	0.018	0.542
Valine.....g	0.016		1		1		0.025	0.024	0.723
Arginine.....g	0.059		1		1		0.091	0.090	2.666
Histidine.....g	0.006		1		1		0.009	0.009	0.271
Alanine.....g	0.017		1		1		0.026	0.026	0.768
Aspartic acid.....g	0.039		1		1		0.060	0.059	1.762
Glutamic acid.....g	0.063		1		1		0.097	0.096	2.846
Glycine.....g	0.010		1		1		0.015	0.015	0.452
Proline.....g	0.024		1		1		0.037	0.036	1.084
Serine.....g	0.016		1		1		0.025	0.024	0.723
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	303	8.654	14	A	1		466.389	460.332	13682.763
Carotene, alpha.....mcg	0	0.000	9	A	1		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	78	77.500	10	A	1		119.350	117.800	3501.450
Lycopene.....mcg	4532	386.910	150	A	1		6978.815	6888.181	204742.112
Lutein + zeaxanthin.....mcg	8	4.919	9	A	1		12.577	12.413	368.970

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

**NDB No. 09326**

**Watermelon, raw**

**Common Measures:**

Measure 1 = 154g: 1 cup, balls

Measure 2 = 152g: 1 cup, diced

Measure 3 = 4518g: 1 melon (15" long x 7-1/2" dia)

**Calories Factors: Protein** 3.36

**Fat** 8.37

**Carbohydrate** 3.6

**Food Group:** 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 17 (2004)