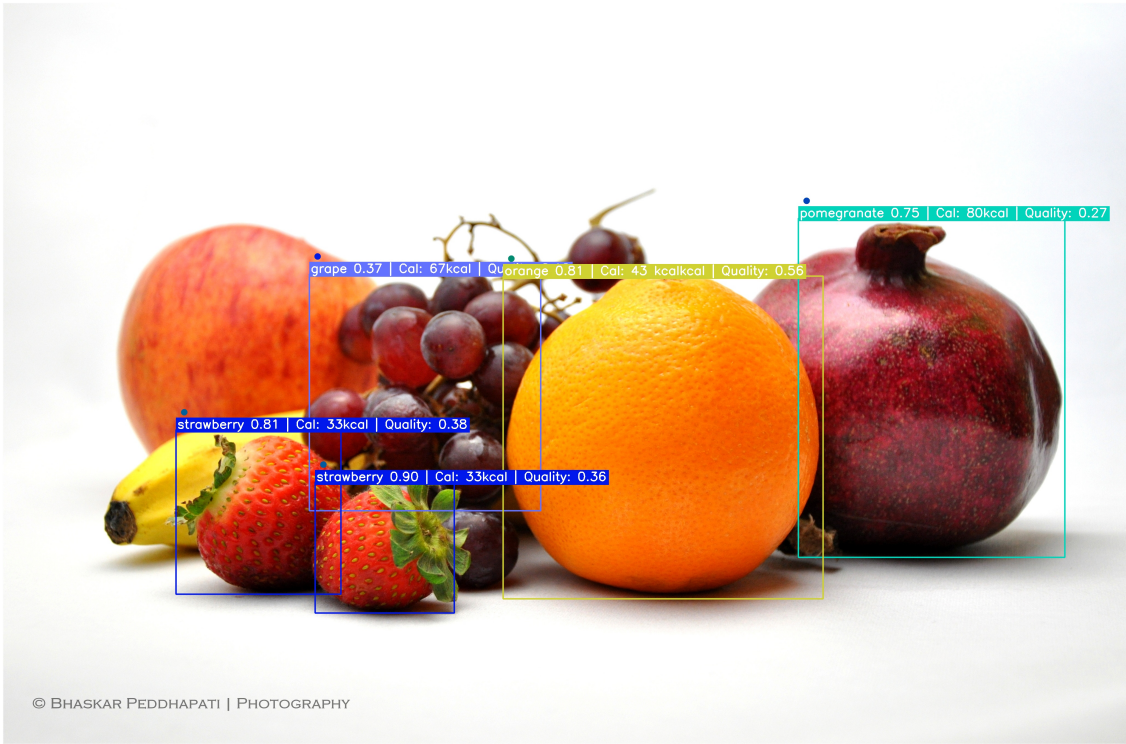


Fruit Analysis Report

Generated on: 2025-06-01 19:00:19

Analysis Results



Detected Fruits

Fruit	Confidence	Quality Score	Weight (g)	Ripeness
grape	0.37	0.10	22.0	0.10
pomegranate	0.75	0.27	181.0	0.27
orange	0.81	0.56	165.5	0.56
strawberry	0.81	0.38	18.1	0.38
strawberry	0.90	0.36	12.2	0.36

Detailed Analysis

grape Analysis:

Quality Score: 0.10

Ripeness Level: 0.10

Estimated Weight: 22.0g

Defects Detected:

- Hard texture
- Acidic taste
- Pale color
- Poor flavor development

Recommendations:

- Allow the grapes to ripen further before consumption for improved quality.
- Store at room temperature or in a fruit bowl, away from direct sunlight to encourage ripening.
- Do not refrigerate at this stage as it can slow down the ripening process.
- For immediate consumption, consider pairing with sweeter foods or beverages to offset the acidity.

Nutritional Information (per 100g):

Calories: 67 kcal

Protein: 0.65g

Carbohydrates: 15.4g

Fiber: 0.3g

Vitamins:

Vitamin C, Vitamin K

Minerals:

Manganese, Potassium

Health Benefits:

- High in antioxidants, particularly polyphenols, which can help reduce inflammation and protect against chronic diseases.
- Good source of Vitamin K, essential for blood clotting and bone health.
- Rich in fiber, aids digestion and helps maintain healthy gut bacteria.

pomegranate Analysis:

Quality Score: 0.27

Ripeness Level: 0.27

Estimated Weight: 181.0g

Defects Detected:

- Hardness: The pomegranate is not fully ripe yet, it may be slightly hard and difficult to squeeze.
- Flavor Intensity: At this stage, the flavor intensity of the pomegranate arils will be low.

Recommendations:

- Store the pomegranate at room temperature for a few more days to allow it to ripen further. A slight softening should be noticeable.
- To consume, once fully ripened, gently roll the pomegranate on a hard surface before cutting it open. This can help loosen the arils inside.
- If consuming immediately, you may find the juice less flavorful than a fully ripe pomegranate. Consider adding it to smoothies or other recipes where its unique taste can be complemented by other flavors.

Nutritional Information (per 100g):

Calories: 80 kcal

Protein: 1.1g

Carbohydrates: 14.5g

Fiber: 2.8g

Vitamins:

Vitamin C, Vitamin K, Vitamin B5, Folate

Minerals:

Potassium, Magnesium, Iron, Copper

Health Benefits:

- Rich in antioxidants, particularly punical acid and ellagic acid, which may have various health benefits.
- May help lower blood pressure and LDL cholesterol levels, reducing the risk of heart disease.
- Anti-inflammatory properties may aid in relieving symptoms of arthritis and other inflammatory conditions.
- Pomegranates are a good source of dietary fiber, which aids digestion and can help maintain healthy blood sugar levels.

orange Analysis:

Quality Score: 0.56

Ripeness Level: 0.56

Estimated Weight: 165.5g

Defects Detected:

- Hardness (underripe)

- Possible uneven ripeness

Recommendations:

- Allow the orange to ripen at room temperature for a few days.
- Check regularly for any signs of spoilage such as mold or a strong odor, and discard if detected.
- Store the orange away from direct sunlight to prevent overripening.

Nutritional Information (per 100g):

Calories: 43 kcal kcal

Protein: 0.9g

Carbohydrates: 11.2g

Fiber: 2.6g

Vitamins:

Vitamin C, Thiamin, Folate

Minerals:

Magnesium, Potassium, Calcium

Health Benefits:

- High in Vitamin C, which is an antioxidant that can help boost your immune system.
- Provides dietary fiber, aiding digestion and maintaining a healthy gut.
- Contains flavonoids – including hesperidin – with potential heart health benefits.
- A good source of Vitamin A, which is important for vision and immune function.

strawberry Analysis:

Quality Score: 0.38

Ripeness Level: 0.38

Estimated Weight: 18.1g

Defects Detected:

- Hard texture
- Pale color
- Lack of aroma

Recommendations:

- Allow the strawberry to ripen for a few more days at room temperature or in a paper bag. The ideal storage condition is between 59°F (15°C) and 70°F (21°C).
- If you cannot wait for it to ripen, you can consume it as is but expect a less than optimal taste and texture.
- For long-term storage, refrigerate the strawberry, which will slow down the ripening process.

Nutritional Information (per 100g):

Calories: 33 kcal

Protein: 0.75g

Carbohydrates: 7.69g

Fiber: 1.68g

Vitamins:

Vitamin C, Vitamin K, Folate

Minerals:

Manganese, Potassium, Magnesium

Health Benefits:

- Strawberries are rich in antioxidants, particularly Vitamin C, which helps boost the immune system and aids in iron absorption.
- They are a good source of manganese, a mineral that plays a role in bone development and metabolism.
- Strawberries also contain potassium, which is essential for maintaining fluid balance, nerve transmission, and muscle contractions.

strawberry Analysis:

Quality Score: 0.36

Ripeness Level: 0.36

Estimated Weight: 12.2g

Defects Detected:

- Hardness: The strawberry is still firm and not yet fully ripe.
- Color: The strawberry may lack red color as it's not fully ripe.

Recommendations:

- Allow the strawberry to ripen at room temperature for a few more days. A fully ripe strawberry should yield slightly to gentle pressure.
- If immediate consumption is required, the strawberry can be refrigerated to slow down the ripening process. However, this will harden it further and reduce flavor.
- For optimal taste and quality, consume within 2-3 days of allowing it to ripen.

Nutritional Information (per 100g):

Calories: 33 kcal

Protein: 0.75g

Carbohydrates: 7.69g

Fiber: 1.68g

Vitamins:

Vitamin C, Vitamin K, Folate

Minerals:

Manganese, Potassium, Magnesium

Health Benefits:

- Strawberries are rich in antioxidants, particularly Vitamin C, which helps boost the immune system and aids in iron absorption.
- They are a good source of manganese, a mineral that plays a role in bone development and metabolism.
- Strawberries also contain potassium, which is essential for maintaining fluid balance, nerve transmission, and muscle contractions.