

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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lutein + zeaxanthin.....mcg									

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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 16 (2003)

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									
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	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 16 (2003)

NDB No. 09001

Acerola, (west indian cherry), raw

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

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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 16 (2003)

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 16 (2003)

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									
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	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 16 (2003)

NDB No. 09018

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
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	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 16 (2003)

NDB No. 09411

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

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

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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 16 (2003)

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 16 (2003)

NDB No. 09017

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	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	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									
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	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		

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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 16 (2003)

NDB No. 09008

Apples, canned, sweetened, sliced, drained, heated

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

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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 16 (2003)

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 16 (2003)

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									
<u>Amino Acids:</u>									
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 16 (2003)

NDB No. 09009

Apples, dehydrated (low moisture), sulfured, uncooked

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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 16 (2003)

NDB No. 09013

Apples, dried, sulfured, stewed, with added sugar

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
<u>Amino Acids:</u>									
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 16 (2003)

NDB No. 09012

Apples, dried, sulfured, stewed, without added sugar

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
Amino Acids:									
Tryptophan.....g	0.002		0		1		0.005		
Threonine.....g	0.008		0		1		0.020		
Isoleucine.....g	0.008		0		1		0.020		
Leucine.....g	0.013		0		1		0.033		
Lysine.....g	0.013		0		1		0.033		
Methionine.....g	0.002		0		1		0.005		
Cystine.....g	0.003		0		1		0.008		
Phenylalanine.....g	0.006		0		1		0.015		
Tyrosine.....g	0.004		0		1		0.010		
Valine.....g	0.010		0		1		0.026		
Arginine.....g	0.007		0		1		0.018		
Histidine.....g	0.003		0		1		0.008		
Alanine.....g	0.008		0		1		0.020		
Aspartic acid.....g	0.037		0		1		0.094		
Glutamic acid.....g	0.022		0		1		0.056		
Glycine.....g	0.008		0		1		0.020		
Proline.....g	0.007		0		1		0.018		
Serine.....g	0.009		0		1		0.023		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
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

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 09011

Apples, dried, sulfured, uncooked

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

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.013		0		1		0.027		
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									
<u>Amino Acids:</u>									
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									

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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 16 (2003)

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									
<u>Amino Acids:</u>									
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 16 (2003)

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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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
Amino Acids:									
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									
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	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

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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 16 (2003)

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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 09005

Apples, raw, without skin, cooked, boiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
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	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 16 (2003)

NDB No. 09006

Apples, raw, without skin, cooked, microwave

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
Amino Acids:									
Tryptophan.....g	0.003		0		1		0.005		
Threonine.....g	0.010		0		1		0.017		
Isoleucine.....g	0.011		0		1		0.019		
Leucine.....g	0.017		0		1		0.029		
Lysine.....g	0.018		0		1		0.031		
Methionine.....g	0.003		0		1		0.005		
Cystine.....g	0.004		0		1		0.007		
Phenylalanine.....g	0.008		0		1		0.014		
Tyrosine.....g	0.005		0		1		0.009		
Valine.....g	0.013		0		1		0.022		
Arginine.....g	0.009		0		1		0.015		
Histidine.....g	0.004		0		1		0.007		
Alanine.....g	0.010		0		1		0.017		
Aspartic acid.....g	0.049		0		1		0.083		
Glutamic acid.....g	0.029		0		1		0.049		
Glycine.....g	0.011		0		1		0.019		
Proline.....g	0.010		0		1		0.017		
Serine.....g	0.011		0		1		0.019		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
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

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 09402

Applesauce, canned, sweetened, with salt

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

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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. 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 16 (2003)

NDB No. 09401

Applesauce, canned, unsweetened, with added ascorbic acid

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
<u>Amino Acids:</u>									
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 16 (2003)

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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
Amino Acids:									
Tryptophan.....g	0.002		0		1		0.005		
Threonine.....g	0.006		0		1		0.015		
Isoleucine.....g	0.006		0		1		0.015		
Leucine.....g	0.010		0		1		0.024		
Lysine.....g	0.010		0		1		0.024		
Methionine.....g	0.002		0		1		0.005		
Cystine.....g	0.002		0		1		0.005		
Phenylalanine.....g	0.005		0		1		0.012		
Tyrosine.....g	0.003		0		1		0.007		
Valine.....g	0.008		0		1		0.020		
Arginine.....g	0.005		0		1		0.012		
Histidine.....g	0.003		0		1		0.007		
Alanine.....g	0.006		0		1		0.015		
Aspartic acid.....g	0.028		0		1		0.068		
Glutamic acid.....g	0.017		0		1		0.041		
Glycine.....g	0.006		0		1		0.015		
Proline.....g	0.006		0		1		0.015		
Serine.....g	0.007		0		1		0.017		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
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 16 (2003)

NDB No. 09403

Apricot nectar, canned, with added ascorbic acid

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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 16 (2003)

NDB No. 09036

Apricot nectar, canned, without added ascorbic acid

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
Others:									
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	
Carotenoids:									
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 16 (2003)

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									
Amino Acids:									
Tryptophan.....g	0.010		0		1		0.025		
Threonine.....g	0.020		0		1		0.049		
Isoleucine.....g	0.017		0		1		0.042		
Leucine.....g	0.032		0		1		0.079		
Lysine.....g	0.038		0		1		0.093		
Methionine.....g	0.003		0		1		0.007		
Cystine.....g	0.002		0		1		0.005		
Phenylalanine.....g	0.023		0		1		0.057		
Tyrosine.....g	0.013		0		1		0.032		
Valine.....g	0.020		0		1		0.049		
Arginine.....g	0.021		0		1		0.052		
Histidine.....g	0.009		0		1		0.022		
Alanine.....g	0.027		0		1		0.066		
Aspartic acid.....g	0.126		0		1		0.310		
Glutamic acid.....g	0.056		0		1		0.138		
Glycine.....g	0.017		0		1		0.042		
Proline.....g	0.033		0		1		0.081		
Serine.....g	0.032		0		1		0.079		
Hydroxyproline.....g									

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

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 16 (2003)

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									
<u>Amino Acids:</u>									
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 16 (2003)

NDB No. 09027

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

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

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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									
<u>Amino Acids:</u>									
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

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 16 (2003)

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									
Others:									
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	
Carotenoids:									
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 16 (2003)

NDB No. 09024

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

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

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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									
Amino Acids:									
Tryptophan.....g	0.009		0		1		0.023	0.004	
Threonine.....g	0.019		0		1		0.048	0.008	
Isoleucine.....g	0.016		0		1		0.040	0.006	
Leucine.....g	0.031		0		1		0.078	0.012	
Lysine.....g	0.037		0		1		0.094	0.015	
Methionine.....g	0.003		0		1		0.008	0.001	
Cystine.....g	0.002		0		1		0.005	0.001	
Phenylalanine.....g	0.022		0		1		0.056	0.009	
Tyrosine.....g	0.012		0		1		0.030	0.005	
Valine.....g	0.019		0		1		0.048	0.008	
Arginine.....g	0.021		0		1		0.053	0.008	
Histidine.....g	0.009		0		1		0.023	0.004	
Alanine.....g	0.026		0		1		0.066	0.010	
Aspartic acid.....g	0.122		0		1		0.309	0.049	
Glutamic acid.....g	0.054		0		1		0.137	0.022	
Glycine.....g	0.016		0		1		0.040	0.006	
Proline.....g	0.032		0		1		0.081	0.013	
Serine.....g	0.031		0		1		0.078	0.012	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
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 16 (2003)

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 16 (2003)

NDB No. 09023

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
<u>Amino Acids:</u>									
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 16 (2003)

NDB No. 09031

Apricots, dehydrated (low-moisture), sulfured, stewed

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
<u>Amino Acids:</u>									
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 16 (2003)

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									
<u>Amino Acids:</u>									
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 16 (2003)

NDB No. 09034

Apricots, dried, sulfured, stewed, with added sugar

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
<u>Amino Acids:</u>									
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 16 (2003)

NDB No. 09033

Apricots, dried, sulfured, stewed, without added sugar

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

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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 16 (2003)

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
Proximates:									
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	
Minerals:									
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	
Vitamins:									
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	
Lipids:									
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	

Apricots, dried, sulfured, uncooked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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 16 (2003)

NDB No. 09035
Apricots, frozen, sweetened

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
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									
<u>Amino Acids:</u>									
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									
<u>Others:</u>									
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

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 16 (2003)

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 16 (2003)

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
Proximates:									
Water.....g	72.33	2.170	33	A	1		166.35	125.12	
Energy.....kcal	167		0	NC	4		383	288	
Energy.....kj	697		0	NC	4		1604	1207	
Protein (N x 6.25).....g	1.96	0.158	30	A	1		4.50	3.39	
Total lipid (fat).....g	15.41	0.630	31	A	1		35.45	26.66	
Ash.....g	1.66	0.138	30	A	1		3.82	2.87	
Carbohydrate, by difference.....g	8.64		0	NC	4		19.88	14.95	
Fiber, total dietary.....g	6.8	1.014	21	A	1		15.7	11.8	
Sugars, total.....g	0.30	0.098	11	A	1		0.69	0.52	
Sucrose.....g	0.06	0.043	9	A	1		0.13	0.10	
Glucose (dextrose).....g	0.08	0.035	9	A	1		0.17	0.13	
Fructose.....g	0.08	0.019	9	A	1		0.19	0.14	
Lactose.....g	0.00	0.000	9	A	1		0.00	0.00	
Maltose.....g	0.00	0.000	9	A	1		0.00	0.00	
Galactose.....g	0.08	0.014	8	A	1		0.19	0.14	
Starch.....g	0.11	0.000	4	A	1		0.25	0.19	
Minerals:									
Calcium, Ca.....mg	13	0.662	24	A	1		29	22	
Iron, Fe.....mg	0.61	0.122	24	A	1		1.40	1.05	
Magnesium, Mg.....mg	29	1.702	12	A	1		67	51	
Phosphorus, P.....mg	54	1.886	12	A	1		125	94	
Potassium, K.....mg	507	34.404	24	A	1		1166	877	
Sodium, Na.....mg	8	1.360	18	A	1		17	13	
Zinc, Zn.....mg	0.68	0.034	12	A	1		1.56	1.17	
Copper, Cu.....mg	0.170	0.044	12	A	1		0.392	0.295	
Manganese, Mn.....mg	0.149	0.007	12	A	1		0.344	0.259	
Selenium, Se.....mcg	0.4	0.068	5	A	1		0.9	0.7	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	8.8	0.588	16	A	1		20.3	15.2	
Thiamin.....mg	0.075	0.003	12	A	1		0.172	0.129	
Riboflavin.....mg	0.143	0.010	12	A	1		0.328	0.247	
Niacin.....mg	1.912	0.094	12	A	1		4.397	3.307	
Pantothenic acid.....mg	1.463	0.350	12	A	1		3.366	2.532	
Vitamin B-6.....mg	0.287	0.054	11	A	1		0.659	0.496	
Folate, total.....mcg	62	14.554	12	A	1		143	107	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	62	14.554	12	A	1		143	107	
Folate, DFE.....mcg_DFE	62		0	NC	4		143	107	
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	147		0	AS	1		338	254	
Vitamin A, RAE.....mcg_RAE	7		0	AS	1		17	13	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	1.97	0.249	22	A	1		4.54	3.41	
Tocopherol, beta.....mg	0.04	0.010	9	A	1		0.09	0.07	
Tocopherol, gamma.....mg	0.32	0.133	18	A	1		0.73	0.55	
Tocopherol, delta.....mg	0.02	0.005	9	A	1		0.05	0.04	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	21.0	0.766	8	A	1		48.2	36.3	
Lipids:									
Fatty acids, total saturated.....g	2.126		0	NC	4		4.889	3.677	
4:0.....g									
6:0.....g									
8:0.....g	0.001	0.001	7	A	1		0.002	0.002	
10:0.....g	0.000	0.000	8	A	1		0.000	0.000	
12:0.....g	0.000	0.000	8	A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.000	0.000	8	A	1		0.000	0.000	
15:0.....g	0.000	0.000	8	A	1		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 Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0.....g	2.075	0.104	8	A	1		4.773	3.590	
17:0.....g	0.000	0.000	8	A	1		0.000	0.000	
18:0.....g	0.049	0.005	8	A	1		0.113	0.085	
20:0.....g	0.000	0.000	8	A	1		0.000	0.000	
22:0.....g	0.000	0.000	8	A	1		0.000	0.000	
24:0.....g	0.000	0.000	4	A	1		0.000	0.000	
Fatty acids, total monounsaturated.....g	9.799		0	NC	4		22.537	16.952	
14:1.....g	0.000	0.000	8	A	1		0.000	0.000	
15:1.....g	0.000	0.000	8	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.698	0.039	8	A	1		1.606	1.208	
17:1.....g	0.010	0.001	8	A	1		0.023	0.017	
18:1 undifferentiated.....g	9.066	0.474	8	A	1		20.851	15.684	
20:1.....g	0.025	0.002	8	A	1		0.057	0.043	
22:1 undifferentiated.....g	0.000	0.000	4	A	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.014		0	NC	4		4.631	3.484	
18:2 undifferentiated.....g	1.674	0.063	8	A	1		3.851	2.897	
18:3 undifferentiated.....g	0.125		0	AS	1		0.288	0.217	
18:3 n-6 c,c,c.....g	0.015	0.000	4	A	1		0.034	0.026	
18:4.....g	0.000	0.000	4	A	1		0.000	0.000	
20:2 n-6 c,c.....g	0.000	0.000	8	A	1		0.000	0.000	
20:3 undifferentiated.....g	0.016	0.002	8	A	1		0.037	0.028	
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	
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	
22:5 n-3.....g	0.000	0.000	4	A	1		0.000	0.000	
22:6 n-3.....g	0.000	0.000	4	A	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
Stigmasterol.....mg	2	0.000	6	A	1		3	3	
Campesterol.....mg	5	0.196	6	A	1		12	9	
Beta-sitosterol.....mg	76	5.583	6	A	1		176	132	
<u>Amino Acids:</u>									
Tryptophan.....g	0.025		0	A	1		0.057	0.043	
Threonine.....g	0.072		0	A	1		0.165	0.124	
Isoleucine.....g	0.083		0	A	1		0.190	0.143	
Leucine.....g	0.141		0	A	1		0.323	0.243	
Lysine.....g	0.129		0	A	1		0.297	0.223	
Methionine.....g	0.037		0	A	1		0.085	0.064	
Cystine.....g	0.027		0	A	1		0.062	0.046	
Phenylalanine.....g	0.228		0	A	1		0.524	0.394	
Tyrosine.....g	0.048		0	A	1		0.110	0.082	
Valine.....g	0.105		0	A	1		0.241	0.181	
Arginine.....g	0.087		0	A	1		0.199	0.150	
Histidine.....g	0.048		0	A	1		0.111	0.084	
Alanine.....g	0.106		0	A	1		0.245	0.184	
Aspartic acid.....g	0.232		0	A	1		0.533	0.401	
Glutamic acid.....g	0.282		0	A	1		0.648	0.487	
Glycine.....g	0.102		0	A	1		0.234	0.176	
Proline.....g	0.096		0	A	1		0.222	0.167	
Serine.....g	0.112		0	A	1		0.258	0.194	
Hydroxyproline.....g									
<u>Carotenoids:</u>									
Carotene, beta.....mcg	63	8.971	29	A	1		145.015	109.077	
Carotene, alpha.....mcg	24	13.419	27	A	1		54.280	40.828	
Cryptoxanthin, beta.....mcg	27	19.444	25	A	1		61.653	46.374	
Lycopene.....mcg	0	0.000	7	A	1		0.000	0.000	
Lutein + zeaxanthin.....mcg	271	16.660	16	A	1		623.385	468.894	

NDB No. 09038
Avocados, raw, California

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

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

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 16 (2003)

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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
<u>Amino Acids:</u>									
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									
<u>Carotenoids:</u>									
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 16 (2003)

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
Proximates:									
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
Minerals:									
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
Vitamins:									
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	58	12.517	16	A	1		88	134	85
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	58	12.517	16	A	1		88	134	85
Folate, DFE.....mcg_DFE	58		0	NC	4		88	134	85
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
Lipids:									
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

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	AS	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
18:4.....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
Amino Acids:									
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									
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	7.715	33	A	1		92.370	141.634	89.907
Carotene, alpha.....mcg	24	11.540	31	A	1		36.092	55.342	35.130

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
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

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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 16 (2003)

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									
Amino Acids:									
Tryptophan.....g									
Threonine.....g	0.171		1		1		0.171	0.011	
Isoleucine.....g	0.167		1		1		0.167	0.010	
Leucine.....g	0.359		1		1		0.359	0.022	
Lysine.....g	0.162		1		1		0.162	0.010	
Methionine.....g	0.074		1		1		0.074	0.005	
Cystine.....g	0.063		1		1		0.063	0.004	
Phenylalanine.....g	0.201		1		1		0.201	0.012	
Tyrosine.....g	0.121		1		1		0.121	0.008	
Valine.....g	0.282		1		1		0.282	0.017	
Arginine.....g	0.176		1		1		0.176	0.011	
Histidine.....g	0.333		1		1		0.333	0.021	
Alanine.....g	0.222		1		1		0.222	0.014	
Aspartic acid.....g	0.503		1		1		0.503	0.031	
Glutamic acid.....g	0.399		1		1		0.399	0.025	
Glycine.....g	0.190		1		1		0.190	0.012	
Proline.....g	0.229		1		1		0.229	0.014	
Serine.....g	0.226		1		1		0.226	0.014	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
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	

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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 16 (2003)

NDB No. 09040
Bananas, raw

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

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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 16 (2003)

NDB No. 09046

Blackberries, canned, heavy syrup, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
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	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 16 (2003)

NDB No. 09048
Blackberries, frozen, unsweetened

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
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	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 16 (2003)

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									
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	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		

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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 16 (2003)

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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7				
Caffeine.....mg	0		0	Z	7				
Theobromine.....mg	0		0	Z	7				
Carotenoids:									
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 16 (2003)

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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
Amino Acids:									
Tryptophan.....g	0.003		0		1		0.008		
Threonine.....g	0.018		0		1		0.046		
Isoleucine.....g	0.020		0		1		0.051		
Leucine.....g	0.039		0		1		0.100		
Lysine.....g	0.012		0		1		0.031		
Methionine.....g	0.010		0		1		0.026		
Cystine.....g	0.007		0		1		0.018		
Phenylalanine.....g	0.023		0		1		0.059		
Tyrosine.....g	0.008		0		1		0.020		
Valine.....g	0.027		0		1		0.069		
Arginine.....g	0.033		0		1		0.084		
Histidine.....g	0.010		0		1		0.026		
Alanine.....g	0.028		0		1		0.072		
Aspartic acid.....g	0.051		0		1		0.131		
Glutamic acid.....g	0.081		0		1		0.207		
Glycine.....g	0.027		0		1		0.069		
Proline.....g	0.024		0		1		0.061		
Serine.....g	0.020		0		1		0.051		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
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		

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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 16 (2003)

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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
<u>Amino Acids:</u>									
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									
<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	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	

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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

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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									
Amino Acids:									
Tryptophan.....g	0.002		0		1		0.003	0.011	
Threonine.....g	0.012		0		1		0.019	0.068	
Isoleucine.....g	0.013		0		1		0.020	0.074	
Leucine.....g	0.025		0		1		0.039	0.142	
Lysine.....g	0.008		0		1		0.012	0.045	
Methionine.....g	0.007		0		1		0.011	0.040	
Cystine.....g	0.004		0		1		0.006	0.023	
Phenylalanine.....g	0.015		0		1		0.023	0.085	
Tyrosine.....g	0.005		0		1		0.008	0.028	
Valine.....g	0.018		0		1		0.028	0.102	
Arginine.....g	0.022		0		1		0.034	0.125	
Histidine.....g	0.006		0		1		0.009	0.034	
Alanine.....g	0.018		0		1		0.028	0.102	
Aspartic acid.....g	0.033		0		1		0.051	0.187	
Glutamic acid.....g	0.052		0		1		0.081	0.295	
Glycine.....g	0.017		0		1		0.026	0.096	
Proline.....g	0.015		0		1		0.023	0.085	
Serine.....g	0.013		0		1		0.020	0.074	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
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	

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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 16 (2003)

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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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

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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 16 (2003)

NDB No. 09056

Boysenberries, canned, heavy syrup

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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 16 (2003)

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									
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	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	

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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 16 (2003)

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									
Amino Acids:									
Tryptophan.....g									
Threonine.....g	0.052		1		1		0.114	0.050	
Isoleucine.....g	0.064		1		1		0.141	0.061	
Leucine.....g	0.065		1		1		0.143	0.062	
Lysine.....g	0.037		1		1		0.081	0.036	
Methionine.....g	0.010		1		1		0.022	0.010	
Cystine.....g	0.009		1		1		0.020	0.009	
Phenylalanine.....g	0.026		1		1		0.057	0.025	
Tyrosine.....g	0.019		1		1		0.042	0.018	
Valine.....g	0.047		1		1		0.103	0.045	
Arginine.....g									
Histidine.....g									
Alanine.....g									
Aspartic acid.....g									
Glutamic acid.....g									
Glycine.....g									
Proline.....g									
Serine.....g									
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
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	

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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 16 (2003)

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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7				
Caffeine.....mg	0		0	Z	7				
Theobromine.....mg	0		0	Z	7				
Carotenoids:									
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				

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Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 09060
Carambola, (starfruit), raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.031		0		4		0.042	0.033	0.039
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	0.031		0		4		0.042	0.033	0.039
20:1.....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.191		0		4		0.262	0.206	0.243
18:2 undifferentiated.....g	0.164		0		4		0.225	0.177	0.208
18:3 undifferentiated.....g	0.028		0		4		0.038	0.030	0.036
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:5 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	0.004		1		1		0.005	0.004	0.005
Threonine.....g	0.023		1		1		0.032	0.025	0.029
Isoleucine.....g	0.023		1		1		0.032	0.025	0.029
Leucine.....g	0.040		1		1		0.055	0.043	0.051
Lysine.....g	0.040		1		1		0.055	0.043	0.051
Methionine.....g	0.011		1		1		0.015	0.012	0.014
Cystine.....g									
Phenylalanine.....g	0.019		1		1		0.026	0.021	0.024
Tyrosine.....g	0.023		1		1		0.032	0.025	0.029
Valine.....g	0.026		1		1		0.036	0.028	0.033
Arginine.....g	0.011		1		1		0.015	0.012	0.014
Histidine.....g	0.004		1		1		0.005	0.004	0.005
Alanine.....g	0.037		1		1		0.051	0.040	0.047
Aspartic acid.....g	0.051		1		1		0.070	0.055	0.065
Glutamic acid.....g	0.077		1		1		0.105	0.083	0.098
Glycine.....g	0.026		1		1		0.036	0.028	0.033
Proline.....g	0.026		1		1		0.036	0.028	0.033
Serine.....g	0.043		1		1		0.059	0.046	0.055
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	25	24.500	4	A	1		33.565	26.460	31.115
Carotene, alpha.....mcg	24	8.525	4	A	1		33.462	26.379	31.020
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		90.420	71.280	83.820

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Common Measures:

Measure 1 = 137g: 1 cup, cubes

Measure 2 = 108g: 1 cup, sliced

Measure 3 = 127g: 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 16 (2003)

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
Proximates:									
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									
Minerals:									
Calcium, Ca.....mg	11		0		1		17	2	
Iron, Fe.....mg	1.31		0		1		1.97	0.26	
Magnesium, Mg.....mg	16		2		1		24	3	
Phosphorus, P.....mg	7		0		1		11	1	
Potassium, K.....mg	260		2		1		390	52	
Sodium, Na.....mg	3		2		1		5	1	
Zinc, Zn.....mg									
Copper, Cu.....mg	0.210		1		1		0.315	0.042	
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	38.0		0		1		57.0	7.6	
Thiamin.....mg	0.040		0		1		0.060	0.008	
Riboflavin.....mg	0.060		0		1		0.090	0.012	
Niacin.....mg	0.200		0		1		0.300	0.040	
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	0.00		0	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									
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	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 16 (2003)

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
Proximates:									
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									
Minerals:									
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									
Vitamins:									
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									
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	0	
Phytosterols.....mg									
Carotenoids:									
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 measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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 16 (2003)

NDB No. 09067

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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 16 (2003)

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									
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	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 16 (2003)

NDB No. 09065

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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 16 (2003)

NDB No. 09064

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	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									
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	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 16 (2003)

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									
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	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 16 (2003)

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									
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	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 16 (2003)

NDB No. 09075

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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 16 (2003)

NDB No. 09074

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
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	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 16 (2003)

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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
Others:									
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	
Carotenoids:									
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 16 (2003)

NDB No. 09072

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
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	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 16 (2003)

NDB No. 09073

Cherries, sweet, canned, light syrup pack, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
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	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 16 (2003)

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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.034		0		1		0.084		
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									
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	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 16 (2003)

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									
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	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	

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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 16 (2003)

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

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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 16 (2003)

NDB No. 09077
Crabapples, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.001		0		1		0.001		
17:1.....g									
18:1 undifferentiated.....g	0.011		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									
<u>Amino Acids:</u>									
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									

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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 16 (2003)

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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
Others:									
Alcohol, ethyl.....g	0.0				7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
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 16 (2003)

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									
Amino Acids:									
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									
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	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

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
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	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	

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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

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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									
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	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	

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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 16 (2003)

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
Proximates:									
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									
Minerals:									
Calcium, Ca.....mg	11		1		1		30		
Iron, Fe.....mg	0.20		1		1		0.55		
Magnesium, Mg.....mg	4		1		1		11		
Phosphorus, P.....mg	8		1		1		22		
Potassium, K.....mg	38		1		1		105		
Sodium, Na.....mg	32		1		1		88		
Zinc, Zn.....mg									
Copper, Cu.....mg	0.040		1		1		0.110		
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	18.0		0		1		49.5		
Thiamin.....mg	0.030		0		1		0.083		
Riboflavin.....mg	0.020		0		1		0.055		
Niacin.....mg	0.100		0		1		0.275		
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	0.00		0	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									
Lipids:									
Fatty acids, total saturated.....g	0.012		0		1		0.033		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	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 16 (2003)

NDB No. 09083
Currants, european black, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.001		0		1		0.001		
17:1.....g									
18:1 undifferentiated.....g	0.056		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 16 (2003)

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									
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	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		

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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 16 (2003)

NDB No. 09085
Currants, zante, dried

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
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	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 16 (2003)

NDB No. 09086

Custard-apple, (bullock's-heart), 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
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 16 (2003)

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
Proximates:									
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									
Minerals:									
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	
Vitamins:									
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	
Lipids:									
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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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	
18:4.....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									
Amino Acids:									
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									
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	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	
Lutein + zeaxanthin.....mcg	75	5.096	8	A	1		133.723	6.235	

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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 16 (2003)

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
<u>Proximates:</u>									
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									
<u>Minerals:</u>									
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									
<u>Vitamins:</u>									
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		
<u>Amino Acids:</u>									
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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
Carotenoids:									
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 16 (2003)

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
Proximates:									
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									
Minerals:									
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									
Vitamins:									
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									
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	0	
Phytosterols.....mg									
Carotenoids:									
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

Number of Data Points of zero 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 16 (2003)

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									
<u>Amino Acids:</u>									
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									
<u>Others:</u>									
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 16 (2003)

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
Proximates:									
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									
Minerals:									
Calcium, Ca.....mg	17		2		1		41	9	
Iron, Fe.....mg	0.08		2		1		0.19	0.04	
Magnesium, Mg.....mg	9		2		1		22	5	
Phosphorus, P.....mg	20		2		1		49	10	
Potassium, K.....mg	155		2		1		377	78	
Sodium, Na.....mg	3		2		1		7	2	
Zinc, Zn.....mg	0.04		2		1		0.10	0.02	
Copper, Cu.....mg	0.055		2		1		0.134	0.028	
Manganese, Mn.....mg	0.085		2		1		0.207	0.043	
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	20.3		0		1		49.3	10.2	
Thiamin.....mg	0.008		2		1		0.019	0.004	
Riboflavin.....mg	0.032		2		1		0.078	0.016	
Niacin.....mg	0.289		2		1		0.702	0.145	
Pantothenic acid.....mg	0.228		2		1		0.554	0.114	
Vitamin B-6.....mg	0.050		2		1		0.122	0.025	
Folate, total.....mcg	38		2		1		92	19	
Folic acid.....mcg	0		0	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									
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	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 16 (2003)

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									
Amino Acids:									
Tryptophan.....g	0.003		0		1		0.008		
Threonine.....g	0.012		0		1		0.031		
Isoleucine.....g	0.011		0		1		0.029		
Leucine.....g	0.016		0		1		0.042		
Lysine.....g	0.015		0		1		0.039		
Methionine.....g	0.003		0		1		0.008		
Cystine.....g	0.006		0		1		0.016		
Phenylalanine.....g	0.009		0		1		0.023		
Tyrosine.....g	0.016		0		1		0.042		
Valine.....g	0.014		0		1		0.037		
Arginine.....g	0.009		0		1		0.023		
Histidine.....g	0.005		0		1		0.013		
Alanine.....g	0.023		0		1		0.060		
Aspartic acid.....g	0.088		0		1		0.230		
Glutamic acid.....g	0.036		0		1		0.094		
Glycine.....g	0.013		0		1		0.034		
Proline.....g	0.025		0		1		0.065		
Serine.....g	0.019		0		1		0.050		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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 16 (2003)

NDB No. 09092

Figs, canned, heavy syrup pack, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
Amino Acids:									
Tryptophan.....g	0.003		0		1		0.008	0.001	
Threonine.....g	0.012		0		1		0.031	0.003	
Isoleucine.....g	0.012		0		1		0.031	0.003	
Leucine.....g	0.017		0		1		0.044	0.005	
Lysine.....g	0.015		0		1		0.039	0.004	
Methionine.....g	0.003		0		1		0.008	0.001	
Cystine.....g	0.006		0		1		0.016	0.002	
Phenylalanine.....g	0.009		0		1		0.023	0.003	
Tyrosine.....g	0.016		0		1		0.041	0.004	
Valine.....g	0.014		0		1		0.036	0.004	
Arginine.....g	0.009		0		1		0.023	0.003	
Histidine.....g	0.005		0		1		0.013	0.001	
Alanine.....g	0.023		0		1		0.060	0.006	
Aspartic acid.....g	0.090		0		1		0.233	0.025	
Glutamic acid.....g	0.037		0		1		0.096	0.010	
Glycine.....g	0.013		0		1		0.034	0.004	
Proline.....g	0.025		0		1		0.065	0.007	
Serine.....g	0.019		0		1		0.049	0.005	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
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

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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									
Amino Acids:									
Tryptophan.....g	0.003		0		1		0.008	0.001	
Threonine.....g	0.013		0		1		0.033	0.004	
Isoleucine.....g	0.012		0		1		0.030	0.003	
Leucine.....g	0.017		0		1		0.043	0.005	
Lysine.....g	0.016		0		1		0.040	0.004	
Methionine.....g	0.003		0		1		0.008	0.001	
Cystine.....g	0.006		0		1		0.015	0.002	
Phenylalanine.....g	0.010		0		1		0.025	0.003	
Tyrosine.....g	0.017		0		1		0.043	0.005	
Valine.....g	0.015		0		1		0.038	0.004	
Arginine.....g	0.009		0		1		0.023	0.003	
Histidine.....g	0.006		0		1		0.015	0.002	
Alanine.....g	0.024		0		1		0.060	0.007	
Aspartic acid.....g	0.093		0		1		0.234	0.026	
Glutamic acid.....g	0.038		0		1		0.096	0.011	
Glycine.....g	0.013		0		1		0.033	0.004	
Proline.....g	0.026		0		1		0.066	0.007	
Serine.....g	0.019		0		1		0.048	0.005	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
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

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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									
Amino Acids:									
Tryptophan.....g	0.003		0		1		0.007	0.001	
Threonine.....g	0.013		0		1		0.032	0.004	
Isoleucine.....g	0.012		0		1		0.030	0.003	
Leucine.....g	0.017		0		1		0.042	0.005	
Lysine.....g	0.016		0		1		0.040	0.004	
Methionine.....g	0.003		0		1		0.007	0.001	
Cystine.....g	0.007		0		1		0.017	0.002	
Phenylalanine.....g	0.010		0		1		0.025	0.003	
Tyrosine.....g	0.017		0		1		0.042	0.005	
Valine.....g	0.015		0		1		0.037	0.004	
Arginine.....g	0.009		0		1		0.022	0.002	
Histidine.....g	0.006		0		1		0.015	0.002	
Alanine.....g	0.024		0		1		0.060	0.006	
Aspartic acid.....g	0.094		0		1		0.233	0.025	
Glutamic acid.....g	0.039		0		1		0.097	0.011	
Glycine.....g	0.014		0		1		0.035	0.004	
Proline.....g	0.026		0		1		0.064	0.007	
Serine.....g	0.020		0		1		0.050	0.005	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
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	

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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

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 09095
Figs, dried, stewed

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
Amino Acids:									
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									
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	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 16 (2003)

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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
Amino Acids:									
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									
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	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	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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. 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 16 (2003)

Nutrients and 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		0.029	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 16 (2003)

NDB No. 09101

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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 16 (2003)

NDB No. 09098

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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 16 (2003)

NDB No. 09100

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

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

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

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 16 (2003)

NDB No. 09097

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
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	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 16 (2003)

NDB No. 09099

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	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	0.000		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									
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	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		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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 3.71

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 09096

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
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	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 16 (2003)

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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
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	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 16 (2003)

NDB No. 09106

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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 16 (2003)

NDB No. 09105

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
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	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 16 (2003)

NDB No. 09103

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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 16 (2003)

NDB No. 09104

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	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									
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 16 (2003)

NDB No. 09102

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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 16 (2003)

NDB No. 09325

Fruit salad, (pineapple and papaya and banana and guava), tropical, canned, heavy syrup, solids and liquids

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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 16 (2003)

NDB No. 09189

Fruit, mixed, (peach and cherry-sweet and -sour and raspberry and grape and boysenberry), frozen, sweetened

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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 16 (2003)

NDB No. 09187

Fruit, mixed, (peach and pear and pineapple), canned, heavy syrup, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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 16 (2003)

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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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 16 (2003)

NDB No. 09109

Gooseberries, canned, light syrup pack, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	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	0.000		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									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg									
Theobromine.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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 16 (2003)

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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg									
Theobromine.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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 16 (2003)

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									
Amino Acids:									
Tryptophan.....g									
Threonine.....g	0.016		18		1		0.040	0.005	
Isoleucine.....g	0.007		18		1		0.018	0.002	
Leucine.....g	0.012		18		1		0.030	0.004	
Lysine.....g	0.010		18		1		0.025	0.003	
Methionine.....g	0.001		3		1		0.003	0.000	
Cystine.....g									
Phenylalanine.....g	0.012		18		1		0.030	0.004	
Tyrosine.....g	0.003		17		1		0.008	0.001	
Valine.....g	0.010		18		1		0.025	0.003	
Arginine.....g	0.047		18		1		0.119	0.015	
Histidine.....g	0.007		18		1		0.018	0.002	
Alanine.....g	0.086		18		1		0.218	0.027	
Aspartic acid.....g	0.022		18		1		0.056	0.007	
Glutamic acid.....g	0.110		18		1		0.278	0.035	
Glycine.....g	0.012		18		1		0.030	0.004	
Proline.....g	0.016		18		1		0.040	0.005	
Serine.....g	0.013		18		1		0.033	0.004	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
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	

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

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 16 (2003)

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									
Amino Acids:									
Tryptophan.....g									
Threonine.....g	0.005		0		1		0.013	0.002	
Isoleucine.....g	0.002		0		1		0.005	0.001	
Leucine.....g	0.004		0		1		0.010	0.001	
Lysine.....g	0.003		0		1		0.008	0.001	
Methionine.....g									
Cystine.....g									
Phenylalanine.....g	0.004		0		1		0.010	0.001	
Tyrosine.....g	0.001		0		1		0.003	0.000	
Valine.....g	0.003		0		1		0.008	0.001	
Arginine.....g	0.016		0		1		0.040	0.005	
Histidine.....g	0.002		0		1		0.005	0.001	
Alanine.....g	0.029		0		1		0.073	0.009	
Aspartic acid.....g	0.007		0		1		0.018	0.002	
Glutamic acid.....g	0.037		0		1		0.093	0.012	
Glycine.....g	0.004		0		1		0.010	0.001	
Proline.....g	0.005		0		1		0.013	0.002	
Serine.....g	0.004		0		1		0.010	0.001	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
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 16 (2003)

NDB No. 09136

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
Amino Acids:									
Tryptophan.....g									
Threonine.....g	0.019		0		1		0.041		
Isoleucine.....g	0.008		0		1		0.017		
Leucine.....g	0.014		0		1		0.030		
Lysine.....g	0.012		0		1		0.026		
Methionine.....g	0.001		0		1		0.002		
Cystine.....g									
Phenylalanine.....g	0.014		0		1		0.030		
Tyrosine.....g	0.003		0		1		0.006		
Valine.....g	0.012		0		1		0.026		
Arginine.....g	0.055		0		1		0.119		
Histidine.....g	0.008		0		1		0.017		
Alanine.....g	0.100		0		1		0.216		
Aspartic acid.....g	0.026		0		1		0.056		
Glutamic acid.....g	0.129		0		1		0.279		
Glycine.....g	0.014		0		1		0.030		
Proline.....g	0.018		0		1		0.039		
Serine.....g	0.015		0		1		0.032		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
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 16 (2003)

NDB No. 09404
Grapefruit juice, pink, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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 16 (2003)

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 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	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									
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	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 16 (2003)

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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.013		0		1		0.032	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									
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		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 16 (2003)

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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.018		0		1		0.044	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									
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	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 16 (2003)

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									
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	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 16 (2003)

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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
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	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 16 (2003)

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	0.002		5		1		0.005	0.003	0.003
Threonine.....g									
Isoleucine.....g									
Leucine.....g									
Lysine.....g	0.016		5		1		0.037	0.027	0.020
Methionine.....g	0.002		4		1		0.005	0.003	0.003
Cystine.....g									
Phenylalanine.....g									
Tyrosine.....g									
Valine.....g									
Arginine.....g									
Histidine.....g									
Alanine.....g									
Aspartic acid.....g									
Glutamic acid.....g									
Glycine.....g									
Proline.....g									
Serine.....g									
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	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 16 (2003)

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 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	0.016	
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									
<u>Amino Acids:</u>									
Tryptophan.....g	0.002		0		1		0.005	0.002	
Threonine.....g									
Isoleucine.....g									
Leucine.....g									
Lysine.....g	0.013		0		1		0.030	0.016	
Methionine.....g	0.002		0		1		0.005	0.002	
Cystine.....g									
Phenylalanine.....g									
Tyrosine.....g									
Valine.....g									
Arginine.....g									
Histidine.....g									
Alanine.....g									
Aspartic acid.....g									
Glutamic acid.....g									
Glycine.....g									
Proline.....g									
Serine.....g									
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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 16 (2003)

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 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	0.016	
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									
Amino Acids:									
Tryptophan.....g	0.002		0		1		0.005	0.002	
Threonine.....g									
Isoleucine.....g									
Leucine.....g									
Lysine.....g	0.014		0		1		0.032	0.017	
Methionine.....g	0.002		0		1		0.005	0.002	
Cystine.....g									
Phenylalanine.....g									
Tyrosine.....g									
Valine.....g									
Arginine.....g									
Histidine.....g									
Alanine.....g									
Aspartic acid.....g									
Glutamic acid.....g									
Glycine.....g									
Proline.....g									
Serine.....g									
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	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 16 (2003)

Nutrients and 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	
17:0.....g									
18:0.....g	0.002		0		1		0.003	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	
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	0.018		0		1		0.042	0.022	
20:1.....g	0.000		0	Z	7		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	0.036		0	NC	4		0.084	0.045	
18:2 undifferentiated.....g	0.029		0		1		0.066	0.035	
18:3 undifferentiated.....g	0.008		0		1		0.017	0.009	
18:4.....g	0.000		0	Z	7		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	
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									
Amino Acids:									
Tryptophan.....g	0.008		0	A	1		0.018	0.010	
Threonine.....g	0.013		0	A	1		0.030	0.016	
Isoleucine.....g	0.008		0	A	1		0.019	0.010	
Leucine.....g	0.015		0	A	1		0.033	0.018	
Lysine.....g	0.019		0	A	1		0.044	0.024	
Methionine.....g	0.007		0	A	1		0.017	0.009	
Cystine.....g	0.008		0	A	1		0.018	0.010	
Phenylalanine.....g	0.046		0	A	1		0.107	0.057	
Tyrosine.....g	0.008		0	A	1		0.018	0.010	
Valine.....g	0.015		0	A	1		0.035	0.019	
Arginine.....g	0.087		0	A	1		0.200	0.107	
Histidine.....g	0.008		0	A	1		0.018	0.010	
Alanine.....g	0.024		0	A	1		0.056	0.030	
Aspartic acid.....g	0.138		0	A	1		0.316	0.169	
Glutamic acid.....g	0.197		0	A	1		0.454	0.243	
Glycine.....g	0.015		0	A	1		0.034	0.018	
Proline.....g	0.063		0	A	1		0.145	0.078	
Serine.....g	0.028		0	A	1		0.064	0.034	
Hydroxyproline.....g									
Others:									
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	
Carotenoids:									
Carotene, beta.....mcg	686	245.802	91	A	1		1577.722	843.738	
Carotene, alpha.....mcg	3	2.338	74	A	1		5.838	3.122	
Cryptoxanthin, beta.....mcg	6	4.900	73	A	1		14.076	7.528	
Lycopene.....mcg	1419	525.256	23	A	1		3263.585	1745.309	
Lutein + zeaxanthin.....mcg	5	5.000	8	A	1		11.500	6.150	

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. 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)

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 16 (2003)

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	0.003		0		1		0.007	0.004	
Threonine.....g									
Isoleucine.....g									
Leucine.....g									
Lysine.....g	0.023		0		1		0.053	0.027	
Methionine.....g	0.003		0		1		0.007	0.004	
Cystine.....g									
Phenylalanine.....g									
Tyrosine.....g									
Valine.....g									
Arginine.....g									
Histidine.....g									
Alanine.....g									
Aspartic acid.....g									
Glutamic acid.....g									
Glycine.....g									
Proline.....g									
Serine.....g									
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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 16 (2003)

NDB No. 09118
Grapefruit, raw, white, Florida

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	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	0.002		0		1		0.005	0.002	
Threonine.....g									
Isoleucine.....g									
Leucine.....g									
Lysine.....g	0.016		0		1		0.037	0.019	
Methionine.....g	0.002		0		1		0.005	0.002	
Cystine.....g									
Phenylalanine.....g									
Tyrosine.....g									
Valine.....g									
Arginine.....g									
Histidine.....g									
Alanine.....g									
Aspartic acid.....g									
Glutamic acid.....g									
Glycine.....g									
Proline.....g									
Serine.....g									
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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 16 (2003)

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 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	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	
<u>Amino Acids:</u>									
Tryptophan.....g	0.002		0		1		0.005	0.002	
Threonine.....g									
Isoleucine.....g									
Leucine.....g									
Lysine.....g	0.018		0		1		0.041	0.021	
Methionine.....g	0.002		0		1		0.005	0.002	
Cystine.....g									
Phenylalanine.....g									
Tyrosine.....g									
Valine.....g									
Arginine.....g									
Histidine.....g									
Alanine.....g									
Aspartic acid.....g									
Glutamic acid.....g									
Glycine.....g									
Proline.....g									
Serine.....g									
Hydroxyproline.....g									
<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	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 16 (2003)

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									
Amino Acids:									
Tryptophan.....g	0.002		0		1		0.005		
Threonine.....g									
Isoleucine.....g									
Leucine.....g									
Lysine.....g	0.018		0		1		0.045		
Methionine.....g	0.002		0		1		0.005		
Cystine.....g									
Phenylalanine.....g									
Tyrosine.....g									
Valine.....g									
Arginine.....g									
Histidine.....g									
Alanine.....g									
Aspartic acid.....g									
Glutamic acid.....g									
Glycine.....g									
Proline.....g									
Serine.....g									
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
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 16 (2003)

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									
<u>Amino Acids:</u>									
Tryptophan.....g	0.002		0		1		0.005		
Threonine.....g									
Isoleucine.....g									
Leucine.....g									
Lysine.....g	0.014		0		1		0.036		
Methionine.....g	0.002		0		1		0.005		
Cystine.....g									
Phenylalanine.....g									
Tyrosine.....g									
Valine.....g									
Arginine.....g									
Histidine.....g									
Alanine.....g									
Aspartic acid.....g									
Glutamic acid.....g									
Glycine.....g									
Proline.....g									
Serine.....g									
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<u>Carotenoids:</u>									
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 16 (2003)

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									
Amino Acids:									
Tryptophan.....g	0.002		0		1		0.005		
Threonine.....g									
Isoleucine.....g									
Leucine.....g									
Lysine.....g	0.015		0		1		0.037		
Methionine.....g	0.002		0		1		0.005		
Cystine.....g									
Phenylalanine.....g									
Tyrosine.....g									
Valine.....g									
Arginine.....g									
Histidine.....g									
Alanine.....g									
Aspartic acid.....g									
Glutamic acid.....g									
Glycine.....g									
Proline.....g									
Serine.....g									
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
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 16 (2003)

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									
Amino Acids:									
Tryptophan.....g	0.003		1		1		0.003	0.000	
Threonine.....g	0.017		1		1		0.016	0.000	
Isoleucine.....g	0.005		1		1		0.005	0.000	
Leucine.....g	0.013		1		1		0.012	0.000	
Lysine.....g	0.014		1		1		0.013	0.000	
Methionine.....g	0.021		1		1		0.019	0.001	
Cystine.....g	0.010		1		1		0.009	0.000	
Phenylalanine.....g	0.013		1		1		0.012	0.000	
Tyrosine.....g	0.011		1		1		0.010	0.000	
Valine.....g	0.017		1		1		0.016	0.000	
Arginine.....g	0.046		1		1		0.042	0.001	
Histidine.....g	0.023		1		1		0.021	0.001	
Alanine.....g	0.026		1		1		0.024	0.001	
Aspartic acid.....g	0.077		1		1		0.071	0.002	
Glutamic acid.....g	0.131		1		1		0.121	0.003	
Glycine.....g	0.019		1		1		0.017	0.000	
Proline.....g	0.021		1		1		0.019	0.001	
Serine.....g	0.030		1		1		0.028	0.001	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
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 16 (2003)

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									
Amino Acids:									
Tryptophan.....g	0.002		0		1		0.005		
Threonine.....g	0.013		0		1		0.033		
Isoleucine.....g	0.004		0		1		0.010		
Leucine.....g	0.010		0		1		0.026		
Lysine.....g	0.011		0		1		0.028		
Methionine.....g	0.016		0		1		0.041		
Cystine.....g	0.008		0		1		0.020		
Phenylalanine.....g	0.010		0		1		0.026		
Tyrosine.....g	0.008		0		1		0.020		
Valine.....g	0.013		0		1		0.033		
Arginine.....g	0.035		0		1		0.090		
Histidine.....g	0.018		0		1		0.046		
Alanine.....g	0.020		0		1		0.051		
Aspartic acid.....g	0.059		0		1		0.151		
Glutamic acid.....g	0.100		0		1		0.256		
Glycine.....g	0.015		0		1		0.038		
Proline.....g	0.016		0		1		0.041		
Serine.....g	0.023		0		1		0.059		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
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 16 (2003)

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									
Amino Acids:									
Tryptophan.....g	0.002		0		1		0.005		
Threonine.....g	0.014		0		1		0.034		
Isoleucine.....g	0.004		0		1		0.010		
Leucine.....g	0.010		0		1		0.025		
Lysine.....g	0.011		0		1		0.027		
Methionine.....g	0.017		0		1		0.042		
Cystine.....g	0.008		0		1		0.020		
Phenylalanine.....g	0.010		0		1		0.025		
Tyrosine.....g	0.009		0		1		0.022		
Valine.....g	0.014		0		1		0.034		
Arginine.....g	0.037		0		1		0.091		
Histidine.....g	0.018		0		1		0.044		
Alanine.....g	0.021		0		1		0.051		
Aspartic acid.....g	0.061		0		1		0.149		
Glutamic acid.....g	0.104		0		1		0.255		
Glycine.....g	0.015		0		1		0.037		
Proline.....g	0.017		0		1		0.042		
Serine.....g	0.024		0		1		0.059		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
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 16 (2003)

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
Amino Acids:									
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									
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	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 16 (2003)

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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
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									
Minerals:									
Calcium, Ca.....mg	9		0		1		13		
Iron, Fe.....mg	1.00		0		1		1.40		
Magnesium, Mg.....mg									
Phosphorus, P.....mg	40		0		1		56		
Potassium, K.....mg									
Sodium, Na.....mg									
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	11.0		0		1		15.4		
Thiamin.....mg	0.110		0		1		0.154		
Riboflavin.....mg	0.040		0		1		0.056		
Niacin.....mg	2.800		0		1		3.920		
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	0.00		0	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									
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									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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 16 (2003)

NDB No. 09143
Guava sauce, cooked

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

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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

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 09139
Guavas, common, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.055		0		1		0.091	0.050	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003		0		1		0.005	0.003	
17:1.....g									
18:1 undifferentiated.....g	0.052		0		1		0.086	0.047	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.253		0		1		0.417	0.228	
18:2 undifferentiated.....g	0.182		0		1		0.300	0.164	
18:3 undifferentiated.....g	0.071		0		1		0.117	0.064	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 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	0.007		12		1		0.012	0.006	
Threonine.....g	0.031		1		1		0.051	0.028	
Isoleucine.....g	0.030		1		1		0.050	0.027	
Leucine.....g	0.055		1		1		0.091	0.050	
Lysine.....g	0.023		13		1		0.038	0.021	
Methionine.....g	0.005		13		1		0.008	0.005	
Cystine.....g									
Phenylalanine.....g	0.002		1		1		0.003	0.002	
Tyrosine.....g	0.010		1		1		0.017	0.009	
Valine.....g	0.028		1		1		0.046	0.025	
Arginine.....g	0.021		1		1		0.035	0.019	
Histidine.....g	0.007		1		1		0.012	0.006	
Alanine.....g	0.041		1		1		0.068	0.037	
Aspartic acid.....g	0.052		1		1		0.086	0.047	
Glutamic acid.....g	0.107		1		1		0.177	0.096	
Glycine.....g	0.041		1		1		0.068	0.037	
Proline.....g	0.025		1		1		0.041	0.023	
Serine.....g	0.024		1		1		0.040	0.022	
Hydroxyproline.....g									
<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	374	205.562	21	A	1		617.513	336.825	
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	4683.825	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 165g: 1 cup

Measure 2 = 90g: 1 fruit without refuse

NDB No. 09139
Guavas, common, 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 16 (2003)

NDB No. 09140
Guavas, strawberry, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
Amino Acids:									
Tryptophan.....g	0.005		0		1		0.012	0.000	
Threonine.....g	0.022		0		1		0.054	0.001	
Isoleucine.....g	0.021		0		1		0.051	0.001	
Leucine.....g	0.039		0		1		0.095	0.002	
Lysine.....g	0.016		0		1		0.039	0.001	
Methionine.....g	0.004		0		1		0.010	0.000	
Cystine.....g									
Phenylalanine.....g	0.001		0		1		0.002	0.000	
Tyrosine.....g	0.007		0		1		0.017	0.000	
Valine.....g	0.020		0		1		0.049	0.001	
Arginine.....g	0.015		0		1		0.037	0.001	
Histidine.....g	0.005		0		1		0.012	0.000	
Alanine.....g	0.029		0		1		0.071	0.002	
Aspartic acid.....g	0.037		0		1		0.090	0.002	
Glutamic acid.....g	0.076		0		1		0.185	0.005	
Glycine.....g	0.029		0		1		0.071	0.002	
Proline.....g	0.018		0		1		0.044	0.001	
Serine.....g	0.017		0		1		0.041	0.001	
Hydroxyproline.....g									

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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

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
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									
Minerals:									
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									
Vitamins:									
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									
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									

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

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 09144
Jackfruit, raw

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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 16 (2003)

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
Proximates:									
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									
Minerals:									
Calcium, Ca.....mg	19	7.887	3		1		26	2	
Iron, Fe.....mg	0.19		2		1		0.26	0.02	
Magnesium, Mg.....mg	15		1		1		20	1	
Phosphorus, P.....mg	17	3.387	3		1		23	2	
Potassium, K.....mg	79		1		1		107	7	
Sodium, Na.....mg	14		1		1		19	1	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	14.3	6.487	3		1		19.3	1.3	
Thiamin.....mg	0.006	0.002	3		1		0.008	0.001	
Riboflavin.....mg	0.012	0.003	3		1		0.016	0.001	
Niacin.....mg	0.260	0.025	4		1		0.351	0.023	
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.038		1		1		0.051	0.003	
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	0.00		0	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									
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	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 16 (2003)

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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	19.70		0						
Energy.....kcal	287		0	NC					
Energy.....kj	1201								
Protein (N x 6.25).....g	3.70		0						
Total lipid (fat).....g	1.10		0						
Ash.....g	1.90		0						
Carbohydrate, by difference.....g	73.60		0	NC					
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	79		0						
Iron, Fe.....mg	1.80		0						
Magnesium, Mg.....mg	37		0						
Phosphorus, P.....mg	100		0						
Potassium, K.....mg	531		0						
Sodium, Na.....mg	9		0						
Zinc, Zn.....mg	0.19		0						
Copper, Cu.....mg	0.265		0						
Manganese, Mn.....mg	0.305		0						
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	13.0		0						
Thiamin.....mg	0.210		0						
Riboflavin.....mg	0.360		0						
Niacin.....mg	0.500		0						
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	0.00		0	Z					
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					
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 16 (2003)

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
Proximates:									
Water.....g	77.86	2.104	11						
Energy.....kcal	79		0	NC					
Energy.....kj	331								
Protein (N x 6.25).....g	1.20		0						
Total lipid (fat).....g	0.20		0						
Ash.....g	0.51	0.066	6						
Carbohydrate, by difference.....g	20.23		0	NC					
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	21	3.970	8						
Iron, Fe.....mg	0.48	0.165	3						
Magnesium, Mg.....mg	10		1						
Phosphorus, P.....mg	23	3.605	6						
Potassium, K.....mg	250	20.090	3						
Sodium, Na.....mg	3		2						
Zinc, Zn.....mg	0.05		1						
Copper, Cu.....mg	0.073		1						
Manganese, Mn.....mg	0.084		1						
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	69.0		0						
Thiamin.....mg	0.020		0						
Riboflavin.....mg	0.040		0						
Niacin.....mg	0.900		0						
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.081		1						
Folate, 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									
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
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 16 (2003)

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

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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 16 (2003)

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
Proximates:									
Water.....g	83.05	0.661	4		1		75.58	63.12	
Energy.....kcal	61		0	NC	4		56	46	
Energy.....kj	255		4		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									
Minerals:									
Calcium, Ca.....mg	26	6.385	3		1		24	20	
Iron, Fe.....mg	0.41		2		1		0.37	0.31	
Magnesium, Mg.....mg	30		1		1		27	23	
Phosphorus, P.....mg	40	11.837	3		1		36	30	
Potassium, K.....mg	332		1		1		302	252	
Sodium, Na.....mg	5		1		1		5	4	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	75.0		0		1		68.3	57.0	
Thiamin.....mg	0.020		1		1		0.018	0.015	
Riboflavin.....mg	0.050		1		1		0.046	0.038	
Niacin.....mg	0.500		1		1		0.455	0.380	
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	0.00		0	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									
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	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 16 (2003)

NDB No. 09149
Kumquats, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
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	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	BFFN	4		0.000		
Lutein + zeaxanthin.....mcg	129		0	BFFN	4		24.596		

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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 16 (2003)

NDB No. 09153
Lemon juice, canned or bottled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
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		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 16 (2003)

NDB No. 09154

Lemon juice, frozen, unsweetened, single strength

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
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	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 16 (2003)

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									
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	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 16 (2003)

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	
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	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	

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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 16 (2003)

NDB No. 09151
Lemons, raw, with peel

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.001		0		1		0.001		
17:1.....g									
18:1 undifferentiated.....g	0.010		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 16 (2003)

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									
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	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

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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 16 (2003)

NDB No. 09161

Lime juice, canned or bottled, unsweetened

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

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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 16 (2003)

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
Fatty acids, total monounsaturated.....g	0.010		0		1		0.025	0.003	0.004
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		2		1		0.005	0.001	0.001
17:1.....g									
18:1 undifferentiated.....g	0.008		2		1		0.020	0.002	0.003
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.027		0		1		0.066	0.008	0.010
18:2 undifferentiated.....g	0.018		2		1		0.044	0.006	0.007
18:3 undifferentiated.....g	0.009		2		1		0.022	0.003	0.003
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 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									
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	30		0	BFZN	4		73.665	9.223	11.379
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 = 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

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0.....g	0.008		0		1		0.006		
17:0.....g									
18:0.....g	0.000		0		1		0.000		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.008		0	NC	4		0.005		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.001		
17:1.....g									
18:1 undifferentiated.....g	0.007		0		1		0.004		
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	0.023		0	NC	4		0.015		
18:2 undifferentiated.....g	0.015		0		1		0.010		
18:3 undifferentiated.....g	0.008		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									
Amino Acids:									
Tryptophan.....g	0.003		10		1		0.002		
Threonine.....g									
Isoleucine.....g									
Leucine.....g									
Lysine.....g	0.014		10		1		0.009		
Methionine.....g	0.002		6		1		0.001		
Cystine.....g									
Phenylalanine.....g									
Tyrosine.....g									
Valine.....g									
Arginine.....g									
Histidine.....g									
Alanine.....g									
Aspartic acid.....g									
Glutamic acid.....g									
Glycine.....g									
Proline.....g									
Serine.....g									
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	30	12.078	4	A	1		20.063		
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	0	0.000	4	A	1		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. 09159

Limes, raw

Common Measures:

Measure 1 = 67g: 1 fruit (2" 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 16 (2003)

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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
<u>Amino Acids:</u>									
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									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<u>Carotenoids:</u>									
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

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

Nutrients and 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		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

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 09167
Loganberries, frozen

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
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	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 16 (2003)

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
Proximates:									
Water.....g	17.60		0						
Energy.....kcal	286		0	NC					
Energy.....kj	1197								
Protein (N x 6.25).....g	4.90		0						
Total lipid (fat).....g	0.40		0						
Ash.....g	3.10		0						
Carbohydrate, by difference.....g	74.00		0	NC					
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	45		0						
Iron, Fe.....mg	5.40		0						
Magnesium, Mg.....mg	46		0						
Phosphorus, P.....mg	196		0						
Potassium, K.....mg	658		1						
Sodium, Na.....mg	48		1						
Zinc, Zn.....mg	0.22		0						
Copper, Cu.....mg	0.807		0						
Manganese, Mn.....mg	0.248		0						
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	28.0		0						
Thiamin.....mg	0.040		0						
Riboflavin.....mg	0.500		0						
Niacin.....mg	1.000		0						
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, 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									
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		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g									
Threonine.....g	0.128		0				1		
Isoleucine.....g	0.097		0				1		
Leucine.....g	0.202		0				1		
Lysine.....g	0.172		0				1		
Methionine.....g	0.049		0				1		
Cystine.....g									
Phenylalanine.....g	0.112		0				1		
Tyrosine.....g	0.094		0				1		
Valine.....g	0.217		0				1		

NDB No. 09173
Longans, dried

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	0.131		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 16 (2003)

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
Proximates:									
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									
Minerals:									
Calcium, Ca.....mg	1		1		1		0		
Iron, Fe.....mg	0.13		1		1		0.00		
Magnesium, Mg.....mg	10		1		1		0		
Phosphorus, P.....mg	21		1		1		1		
Potassium, K.....mg	266		1		1		9		
Sodium, Na.....mg	0		1		1		0		
Zinc, Zn.....mg	0.05		1		1		0.00		
Copper, Cu.....mg	0.169		1		1		0.005		
Manganese, Mn.....mg	0.052		1		1		0.002		
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	84.0		2		1		2.7		
Thiamin.....mg	0.031		2		1		0.001		
Riboflavin.....mg	0.140		1		1		0.004		
Niacin.....mg	0.300		1		1		0.010		
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	0.00		0	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									
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 16 (2003)

Nutrients and 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
Amino Acids:									
Tryptophan.....g	0.005		1		1		0.007	0.001	0.001
Threonine.....g	0.015		2		1		0.022	0.003	0.002
Isoleucine.....g	0.015		2		1		0.022	0.003	0.002
Leucine.....g	0.026		2		1		0.039	0.005	0.004
Lysine.....g	0.023		2		1		0.034	0.005	0.004
Methionine.....g	0.004		2		1		0.006	0.001	0.001
Cystine.....g	0.006		1		1		0.009	0.001	0.001
Phenylalanine.....g	0.014		2		1		0.021	0.003	0.002
Tyrosine.....g	0.013		2		1		0.019	0.003	0.002
Valine.....g	0.021		2		1		0.031	0.004	0.003
Arginine.....g	0.014		2		1		0.021	0.003	0.002
Histidine.....g	0.007		2		1		0.010	0.001	0.001
Alanine.....g	0.024		2		1		0.036	0.005	0.004
Aspartic acid.....g	0.058		2		1		0.086	0.012	0.009
Glutamic acid.....g	0.061		2		1		0.091	0.012	0.010
Glycine.....g	0.020		2		1		0.030	0.004	0.003
Proline.....g	0.027		2		1		0.040	0.005	0.004
Serine.....g	0.020		2		1		0.030	0.004	0.003
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg									
Theobromine.....mg									

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

NDB No. 09175
Mammy-apple, (mamey), 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
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									
<u>Amino Acids:</u>									
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									
<u>Others:</u>									
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 16 (2003)

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									
Amino Acids:									
Tryptophan.....g	0.008		11		1		0.013	0.017	
Threonine.....g	0.019		2		1		0.031	0.039	
Isoleucine.....g	0.018		2		1		0.030	0.037	
Leucine.....g	0.031		2		1		0.051	0.064	
Lysine.....g	0.041		13		1		0.068	0.085	
Methionine.....g	0.005		13		1		0.008	0.010	
Cystine.....g									
Phenylalanine.....g	0.017		2		1		0.028	0.035	
Tyrosine.....g	0.010		2		1		0.017	0.021	
Valine.....g	0.026		2		1		0.043	0.054	
Arginine.....g	0.019		2		1		0.031	0.039	
Histidine.....g	0.012		2		1		0.020	0.025	
Alanine.....g	0.051		2		1		0.084	0.106	
Aspartic acid.....g	0.042		2		1		0.069	0.087	
Glutamic acid.....g	0.060		2		1		0.099	0.124	
Glycine.....g	0.021		2		1		0.035	0.043	
Proline.....g	0.018		2		1		0.030	0.037	
Serine.....g	0.022		2		1		0.036	0.046	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
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 16 (2003)

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
Proximates:									
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									
Minerals:									
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									
Vitamins:									
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									
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	0	
Phytosterols.....mg									
Carotenoids:									
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

Number of Data Points of zero 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 16 (2003)

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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.049		0	BFFN		4			
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0	BFFN		4			
17:1.....g									
18:1 undifferentiated.....g	0.049		0	BFFN		4			
20:1.....g	0.000		0	BFFN		4			
22:1 undifferentiated.....g	0.000		0	BFFN		4			
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.055		0	BFFN		4			
18:2 undifferentiated.....g	0.028		0	BFFN		4			
18:3 undifferentiated.....g	0.027		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									
Others:									
Alcohol, ethyl.....g	0.0		0	Z		7			
Caffeine.....mg	0		0	Z		7			
Theobromine.....mg	0		0	Z		7			
Carotenoids:									
Carotene, beta.....mcg	27		0	RA		4			
Carotene, alpha.....mcg	0		0	RA		4			
Cryptoxanthin, beta.....mcg	0		0	RA		4			
Lycopene.....mcg	0		0	RA		4			
Lutein + zeaxanthin.....mcg	59		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 3.36

Fat 8.37

Carbohydrate 3.87

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 09185
Melon balls, frozen

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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 16 (2003)

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

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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 16 (2003)

NDB No. 09183
Melons, casaba, raw

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

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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 16 (2003)

Nutrients and 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	0.032		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									
Amino Acids:									
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									
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	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 16 (2003)

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									
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	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 16 (2003)

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 Points	Code	Code	Code			
16:0.....g	0.023		0		4		0.031	0.031	
17:0.....g									
18:0.....g	0.002		0		4		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	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0		4		0.003	0.003	
17:1.....g									
18:1 undifferentiated.....g	0.086		0		4		0.118	0.117	
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	0.113		0	NC	4		0.156	0.154	
18:2 undifferentiated.....g	0.111		0		4		0.153	0.151	
18:3 undifferentiated.....g	0.002		0		4		0.003	0.003	
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	0.005		0	A	1		0.007	0.007	
Threonine.....g	0.009		0	A	1		0.012	0.012	
Isoleucine.....g	0.009		0	A	1		0.012	0.012	
Leucine.....g	0.014		0	A	1		0.020	0.020	
Lysine.....g	0.016		0	A	1		0.022	0.022	
Methionine.....g	0.006		0	A	1		0.008	0.008	
Cystine.....g	0.005		0	A	1		0.008	0.007	
Phenylalanine.....g	0.011		0	A	1		0.015	0.014	
Tyrosine.....g	0.007		0	A	1		0.010	0.010	
Valine.....g	0.013		0	A	1		0.017	0.017	
Arginine.....g	0.009		0	A	1		0.012	0.012	
Histidine.....g	0.008		0	A	1		0.011	0.011	
Alanine.....g	0.017		0	A	1		0.023	0.023	
Aspartic acid.....g	0.568		0	A	1		0.784	0.773	
Glutamic acid.....g	0.034		0	A	1		0.047	0.047	
Glycine.....g	0.011		0	A	1		0.016	0.016	
Proline.....g	0.010		0	A	1		0.013	0.013	
Serine.....g	0.018		0	A	1		0.024	0.024	
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	150	30.889	10	A	1		207.628	204.619	
Carotene, alpha.....mcg	0	0.000	9	A	1		0.000	0.000	
Cryptoxanthin, beta.....mcg	98	19.683	9	A	1		135.180	133.221	
Lycopene.....mcg	0	0.000	8	A	1		0.000	0.000	
Lutein + zeaxanthin.....mcg	130	14.039	8	A	1		179.055	176.460	

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NDB No. 09191

Nectarines, raw

Common Measures:

Measure 1 = 138g: 1 cup slices

Measure 2 = 136g: 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 16 (2003)

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
Proximates:									
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									
Minerals:									
Calcium, Ca.....mg	7		0		1		10	1	
Iron, Fe.....mg	0.09		0		1		0.13	0.01	
Magnesium, Mg.....mg	6		1		1		8	1	
Phosphorus, P.....mg	10		0		1		14	1	
Potassium, K.....mg	38		1		1		53	4	
Sodium, Na.....mg	1		1		1		1	0	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	6.0		0		1		8.4	0.7	
Thiamin.....mg	0.017		0		1		0.024	0.002	
Riboflavin.....mg	0.036		0		1		0.050	0.004	
Niacin.....mg	0.270		0		1		0.378	0.030	
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	0.00		0	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									
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	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 16 (2003)

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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
Others:									
Alcohol, ethyl.....g	0.0		0	Z		7			
Caffeine.....mg	0		0	Z		7			
Theobromine.....mg	0		0	Z		7			
Carotenoids:									
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 16 (2003)

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									
Amino Acids:									
Tryptophan.....g									
Threonine.....g	0.031		0		1		0.003	0.005	
Isoleucine.....g	0.036		0		1		0.003	0.005	
Leucine.....g	0.058		0		1		0.005	0.009	
Lysine.....g	0.038		0		1		0.003	0.006	
Methionine.....g	0.014		0		1		0.001	0.002	
Cystine.....g									
Phenylalanine.....g	0.034		0		1		0.003	0.005	
Tyrosine.....g	0.027		0		1		0.002	0.004	
Valine.....g	0.044		0		1		0.004	0.007	
Arginine.....g	0.078		0		1		0.006	0.012	
Histidine.....g	0.027		0		1		0.002	0.004	
Alanine.....g	0.050		0		1		0.004	0.008	
Aspartic acid.....g	0.107		0		1		0.009	0.016	
Glutamic acid.....g	0.108		0		1		0.009	0.016	
Glycine.....g	0.057		0		1		0.005	0.009	
Proline.....g	0.047		0		1		0.004	0.007	
Serine.....g	0.036		0		1		0.003	0.005	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
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	

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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 16 (2003)

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

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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

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
<u>Amino Acids:</u>									
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

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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									
Amino Acids:									
Tryptophan.....g	0.002		0		1		0.005	0.001	0.005
Threonine.....g	0.007		0		1		0.017	0.002	0.018
Isoleucine.....g	0.006		0		1		0.015	0.002	0.016
Leucine.....g	0.011		0		1		0.027	0.003	0.029
Lysine.....g	0.008		0		1		0.020	0.002	0.021
Methionine.....g	0.003		0		1		0.007	0.001	0.008
Cystine.....g	0.004		0		1		0.010	0.001	0.011
Phenylalanine.....g	0.007		0		1		0.017	0.002	0.018
Tyrosine.....g	0.003		0		1		0.007	0.001	0.008
Valine.....g	0.009		0		1		0.022	0.003	0.024
Arginine.....g	0.040		0		1		0.100	0.012	0.105
Histidine.....g	0.003		0		1		0.007	0.001	0.008
Alanine.....g	0.013		0		1		0.032	0.004	0.034
Aspartic acid.....g	0.063		0		1		0.157	0.020	0.166
Glutamic acid.....g	0.028		0		1		0.070	0.009	0.074
Glycine.....g	0.008		0		1		0.020	0.002	0.021
Proline.....g	0.037		0		1		0.092	0.012	0.097
Serine.....g	0.011		0		1		0.027	0.003	0.029
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
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 16 (2003)

NDB No. 09209

Orange juice, chilled, includes from concentrate

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
Amino Acids:									
Tryptophan.....g	0.001		0		1		0.002	0.000	
Threonine.....g	0.005		0		1		0.012	0.002	
Isoleucine.....g	0.005		0		1		0.012	0.002	
Leucine.....g	0.009		0		1		0.022	0.003	
Lysine.....g	0.006		0		1		0.015	0.002	
Methionine.....g	0.002		0		1		0.005	0.001	
Cystine.....g	0.003		0		1		0.007	0.001	
Phenylalanine.....g	0.006		0		1		0.015	0.002	
Tyrosine.....g	0.003		0		1		0.007	0.001	
Valine.....g	0.007		0		1		0.017	0.002	
Arginine.....g	0.031		0		1		0.077	0.010	
Histidine.....g	0.002		0		1		0.005	0.001	
Alanine.....g	0.010		0		1		0.025	0.003	
Aspartic acid.....g	0.049		0		1		0.122	0.015	
Glutamic acid.....g	0.022		0		1		0.055	0.007	
Glycine.....g	0.006		0		1		0.015	0.002	
Proline.....g	0.029		0		1		0.072	0.009	
Serine.....g	0.009		0		1		0.022	0.003	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	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

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 16 (2003)

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

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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 16 (2003)

NDB No. 09206
Orange juice, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	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	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 16 (2003)

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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.036		0		1		0.002	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	
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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 16 (2003)

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									
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	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

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
Others:									
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	
Carotenoids:									
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 16 (2003)

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									
<u>Amino Acids:</u>									
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 16 (2003)

NDB No. 09203
Oranges, raw, Florida

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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 16 (2003)

NDB No. 09200

Oranges, raw, all commercial varieties

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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 16 (2003)

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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0.....g	0.017		0		1		0.029	0.024	
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	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003		0		1		0.006	0.005	
17:1.....g									
18:1 undifferentiated.....g	0.026		0		1		0.043	0.037	
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	
18:2 undifferentiated.....g	0.023		0		1		0.037	0.032	
18:3 undifferentiated.....g	0.009		0		1		0.014	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	0	
Phytosterols.....mg	24		0		1		40	34	
<u>Amino Acids:</u>									
Tryptophan.....g	0.009		0	A	1		0.016	0.013	
Threonine.....g	0.018		0	A	1		0.030	0.025	
Isoleucine.....g	0.017		0	A	1		0.028	0.024	
Leucine.....g	0.029		0	A	1		0.048	0.041	
Lysine.....g	0.038		0	A	1		0.063	0.053	
Methionine.....g	0.009		0	A	1		0.014	0.012	
Cystine.....g	0.010		0	A	1		0.017	0.015	
Phenylalanine.....g	0.053		0	A	1		0.087	0.074	
Tyrosine.....g	0.013		0	A	1		0.022	0.019	
Valine.....g	0.026		0	A	1		0.043	0.037	
Arginine.....g	0.115		0	A	1		0.189	0.160	
Histidine.....g	0.013		0	A	1		0.021	0.018	
Alanine.....g	0.032		0	A	1		0.053	0.045	
Aspartic acid.....g	0.139		0	A	1		0.229	0.194	
Glutamic acid.....g	0.247		0	A	1		0.407	0.345	
Glycine.....g	0.023		0	A	1		0.038	0.032	
Proline.....g	0.181		0	A	1		0.299	0.254	
Serine.....g	0.037		0	A	1		0.062	0.052	
Hydroxyproline.....g									
<u>Carotenoids:</u>									
Carotene, beta.....mcg	87	27.788	7	A	1		142.869	121.223	
Carotene, alpha.....mcg	7	7.100	7	A	1		11.715	9.940	
Cryptoxanthin, beta.....mcg	116	5.875	7	A	1		191.606	162.575	
Lycopene.....mcg	0	0.000	7	A	1		0.000	0.000	
Lutein + zeaxanthin.....mcg	129	57.550	7	A	1		213.593	181.230	

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.

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

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 16 (2003)

NDB No. 09205
Oranges, raw, with peel

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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 16 (2003)

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									
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	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 16 (2003)

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

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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 16 (2003)

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
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	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 16 (2003)

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

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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 16 (2003)

NDB No. 09231

Passion-fruit, (granadilla), purple, raw

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
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	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 16 (2003)

NDB No. 09407

Peach nectar, canned, with added ascorbic acid

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	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									
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 16 (2003)

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									
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	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	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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 16 (2003)

NDB No. 09242

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
<u>Amino Acids:</u>									
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 16 (2003)

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 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		
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									
<u>Amino Acids:</u>									
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 16 (2003)

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									
Amino Acids:									
Tryptophan.....g	0.001		0		1		0.003	0.001	
Threonine.....g	0.018		0		1		0.047	0.018	
Isoleucine.....g	0.013		0		1		0.034	0.013	
Leucine.....g	0.026		0		1		0.068	0.025	
Lysine.....g	0.015		0		1		0.039	0.015	
Methionine.....g	0.011		0		1		0.029	0.011	
Cystine.....g	0.004		0		1		0.010	0.004	
Phenylalanine.....g	0.014		0		1		0.037	0.014	
Tyrosine.....g	0.012		0		1		0.031	0.012	
Valine.....g	0.025		0		1		0.066	0.025	
Arginine.....g	0.012		0		1		0.031	0.012	
Histidine.....g	0.008		0		1		0.021	0.008	
Alanine.....g	0.027		0		1		0.071	0.026	
Aspartic acid.....g	0.076		0		1		0.199	0.074	
Glutamic acid.....g	0.069		0		1		0.181	0.068	
Glycine.....g	0.016		0		1		0.042	0.016	
Proline.....g	0.019		0		1		0.050	0.019	
Serine.....g	0.021		0		1		0.055	0.021	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
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 16 (2003)

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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
Others:									
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
Carotenoids:									
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 16 (2003)

NDB No. 09238

Peaches, canned, juice pack, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	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 16 (2003)

NDB No. 09240

Peaches, canned, light syrup pack, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
Amino Acids:									
Tryptophan.....g	0.001		0		1		0.003	0.001	
Threonine.....g	0.018		0		1		0.045	0.018	
Isoleucine.....g	0.013		0		1		0.033	0.013	
Leucine.....g	0.025		0		1		0.063	0.025	
Lysine.....g	0.014		0		1		0.035	0.014	
Methionine.....g	0.011		0		1		0.028	0.011	
Cystine.....g	0.004		0		1		0.010	0.004	
Phenylalanine.....g	0.014		0		1		0.035	0.014	
Tyrosine.....g	0.012		0		1		0.030	0.012	
Valine.....g	0.025		0		1		0.063	0.025	
Arginine.....g	0.011		0		1		0.028	0.011	
Histidine.....g	0.008		0		1		0.020	0.008	
Alanine.....g	0.027		0		1		0.068	0.026	
Aspartic acid.....g	0.075		0		1		0.188	0.074	
Glutamic acid.....g	0.068		0		1		0.171	0.067	
Glycine.....g	0.016		0		1		0.040	0.016	
Proline.....g	0.019		0		1		0.048	0.019	
Serine.....g	0.021		0		1		0.053	0.021	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
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

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 09237

Peaches, canned, water pack, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
Amino Acids:									
Tryptophan.....g	0.001		0		1		0.002	0.001	
Threonine.....g	0.017		0		1		0.041	0.017	
Isoleucine.....g	0.013		0		1		0.032	0.013	
Leucine.....g	0.025		0		1		0.061	0.025	
Lysine.....g	0.014		0		1		0.034	0.014	
Methionine.....g	0.011		0		1		0.027	0.011	
Cystine.....g	0.004		0		1		0.010	0.004	
Phenylalanine.....g	0.014		0		1		0.034	0.014	
Tyrosine.....g	0.011		0		1		0.027	0.011	
Valine.....g	0.024		0		1		0.059	0.024	
Arginine.....g	0.011		0		1		0.027	0.011	
Histidine.....g	0.008		0		1		0.020	0.008	
Alanine.....g	0.026		0		1		0.063	0.025	
Aspartic acid.....g	0.073		0		1		0.178	0.072	
Glutamic acid.....g	0.066		0		1		0.161	0.065	
Glycine.....g	0.015		0		1		0.037	0.015	
Proline.....g	0.018		0		1		0.044	0.018	
Serine.....g	0.020		0		1		0.049	0.020	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
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	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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 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 16 (2003)

NDB No. 09245

Peaches, dehydrated (low-moisture), sulfured, stewed

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
<u>Amino Acids:</u>									
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 16 (2003)

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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
<u>Amino Acids:</u>									
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 16 (2003)

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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
Amino Acids:									
Tryptophan.....g	0.003		0		1		0.008		
Threonine.....g	0.041		0		1		0.111		
Isoleucine.....g	0.030		0		1		0.081		
Leucine.....g	0.060		0		1		0.162		
Lysine.....g	0.034		0		1		0.092		
Methionine.....g	0.026		0		1		0.070		
Cystine.....g	0.009		0		1		0.024		
Phenylalanine.....g	0.033		0		1		0.089		
Tyrosine.....g	0.028		0		1		0.076		
Valine.....g	0.058		0		1		0.157		
Arginine.....g	0.027		0		1		0.073		
Histidine.....g	0.020		0		1		0.054		
Alanine.....g	0.063		0		1		0.170		
Aspartic acid.....g	0.176		0		1		0.475		
Glutamic acid.....g	0.160		0		1		0.432		
Glycine.....g	0.037		0		1		0.100		
Proline.....g	0.044		0		1		0.119		
Serine.....g	0.049		0		1		0.132		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg									
Theobromine.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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 16 (2003)

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									
Amino Acids:									
Tryptophan.....g	0.003		0		1		0.008		
Threonine.....g	0.045		0		1		0.116		
Isoleucine.....g	0.033		0		1		0.085		
Leucine.....g	0.065		0		1		0.168		
Lysine.....g	0.037		0		1		0.095		
Methionine.....g	0.028		0		1		0.072		
Cystine.....g	0.009		0		1		0.023		
Phenylalanine.....g	0.036		0		1		0.093		
Tyrosine.....g	0.030		0		1		0.077		
Valine.....g	0.063		0		1		0.163		
Arginine.....g	0.029		0		1		0.075		
Histidine.....g	0.021		0		1		0.054		
Alanine.....g	0.069		0		1		0.178		
Aspartic acid.....g	0.193		0		1		0.498		
Glutamic acid.....g	0.176		0		1		0.454		
Glycine.....g	0.040		0		1		0.103		
Proline.....g	0.049		0		1		0.126		
Serine.....g	0.053		0		1		0.137		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
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		

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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 16 (2003)

Nutrients and 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 16 (2003)

NDB No. 09250

Peaches, frozen, sliced, sweetened

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

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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 16 (2003)

Peaches, raw

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

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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 16 (2003)

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									
Amino Acids:									
Tryptophan.....g	0.001		0		1		0.002		
Threonine.....g	0.016		0		1		0.039		
Isoleucine.....g	0.012		0		1		0.029		
Leucine.....g	0.023		0		1		0.056		
Lysine.....g	0.013		0		1		0.031		
Methionine.....g	0.010		0		1		0.024		
Cystine.....g	0.003		0		1		0.007		
Phenylalanine.....g	0.013		0		1		0.031		
Tyrosine.....g	0.011		0		1		0.027		
Valine.....g	0.023		0		1		0.056		
Arginine.....g	0.010		0		1		0.024		
Histidine.....g	0.008		0		1		0.019		
Alanine.....g	0.025		0		1		0.061		
Aspartic acid.....g	0.069		0		1		0.167		
Glutamic acid.....g	0.063		0		1		0.152		
Glycine.....g	0.014		0		1		0.034		
Proline.....g	0.017		0		1		0.041		
Serine.....g	0.019		0		1		0.046		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
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		

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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 16 (2003)

NDB No. 09408

Pear nectar, canned, with added ascorbic acid

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	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									
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 16 (2003)

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 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	0.002		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									
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	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	

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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 3.75

Food Group: 09 Fruits and Fruit Juices

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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 16 (2003)

NDB No. 09258

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
<u>Amino Acids:</u>									
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 16 (2003)

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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.021		0		1		0.052	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									
<u>Amino Acids:</u>									
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 16 (2003)

Pears, canned, heavy syrup pack, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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 16 (2003)

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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
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	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	

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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 16 (2003)

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 16 (2003)

NDB No. 09256

Pears, canned, light syrup pack, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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 16 (2003)

NDB No. 09253

Pears, canned, water pack, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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 16 (2003)

NDB No. 09261

Pears, dried, sulfured, stewed, with added sugar

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
Amino Acids:									
Tryptophan.....g									
Threonine.....g	0.022		0		1		0.062		
Isoleucine.....g	0.025		0		1		0.070		
Leucine.....g	0.043		0		1		0.120		
Lysine.....g	0.030		0		1		0.084		
Methionine.....g	0.010		0		1		0.028		
Cystine.....g	0.008		0		1		0.022		
Phenylalanine.....g	0.023		0		1		0.064		
Tyrosine.....g	0.007		0		1		0.020		
Valine.....g	0.030		0		1		0.084		
Arginine.....g	0.015		0		1		0.042		
Histidine.....g	0.009		0		1		0.025		
Alanine.....g	0.029		0		1		0.081		
Aspartic acid.....g	0.169		0		1		0.473		
Glutamic acid.....g	0.062		0		1		0.174		
Glycine.....g	0.025		0		1		0.070		
Proline.....g	0.023		0		1		0.064		
Serine.....g	0.031		0		1		0.087		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg									
Theobromine.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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 16 (2003)

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 16 (2003)

NDB No. 09259
Pears, dried, sulfured, uncooked

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

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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 16 (2003)

Nutrients and 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
Amino Acids:									
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									
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	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

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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 16 (2003)

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
Proximates:									
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									
Minerals:									
Calcium, Ca.....mg	25		1		1		9		
Iron, Fe.....mg	0.74		1		1		0.25		
Magnesium, Mg.....mg	31		1		1		11		
Phosphorus, P.....mg	81		1		1		28		
Potassium, K.....mg	802		1		1		273		
Sodium, Na.....mg	2		1		1		1		
Zinc, Zn.....mg	0.42		0		1		0.14		
Copper, Cu.....mg	0.442		0		1		0.150		
Manganese, Mn.....mg	1.390		0		1		0.473		
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1		1		0.0		
Thiamin.....mg									
Riboflavin.....mg	0.029		1		1		0.010		
Niacin.....mg	0.180		1		1		0.061		
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	0.00		0	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									
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	0.024		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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
Carotenoids:									
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 16 (2003)

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		
Amino Acids:									
Tryptophan.....g	0.010		1		1		0.017		
Threonine.....g	0.030		2		1		0.050		
Isoleucine.....g	0.025		2		1		0.042		
Leucine.....g	0.042		2		1		0.071		
Lysine.....g	0.033		2		1		0.055		
Methionine.....g	0.005		2		1		0.008		
Cystine.....g	0.013		1		1		0.022		
Phenylalanine.....g	0.026		2		1		0.044		
Tyrosine.....g	0.016		2		1		0.027		
Valine.....g	0.030		2		1		0.050		
Arginine.....g	0.025		2		1		0.042		
Histidine.....g	0.012		2		1		0.020		
Alanine.....g	0.029		2		1		0.049		
Aspartic acid.....g	0.057		2		1		0.096		
Glutamic acid.....g	0.076		2		1		0.128		
Glycine.....g	0.025		2		1		0.042		
Proline.....g	0.022		2		1		0.037		
Serine.....g	0.022		2		1		0.037		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
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		

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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 16 (2003)

NDB No. 09265
 Persimmons, native, raw
Diospyros virginiana

Refuse: 18% 2% calyx, 16% seeds

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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 16 (2003)

NDB No. 09273

Pineapple juice, canned, unsweetened, without added ascorbic acid

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
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		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 16 (2003)

NDB No. 09409

Pineapple juice, canned, with added ascorbic acid, unsweetened

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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 = 31.3g: 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 16 (2003)

NDB No. 09275

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	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		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									
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	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	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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 16 (2003)

NDB No. 09274

Pineapple juice, frozen concentrate, unsweetened, undiluted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
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	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 16 (2003)

NDB No. 09271

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

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

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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 16 (2003)

Pineapple, canned, heavy syrup pack, solids and liquids

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

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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 16 (2003)

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									
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		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 16 (2003)

Pineapple, canned, juice pack, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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 16 (2003)

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									
Amino Acids:									
Tryptophan.....g	0.005		0		1		0.013	0.002	
Threonine.....g	0.009		0		1		0.023	0.004	
Isoleucine.....g	0.009		0		1		0.023	0.004	
Leucine.....g	0.014		0		1		0.035	0.007	
Lysine.....g	0.016		0		1		0.040	0.008	
Methionine.....g	0.009		0		1		0.023	0.004	
Cystine.....g	0.001		0		1		0.003	0.000	
Phenylalanine.....g	0.009		0		1		0.023	0.004	
Tyrosine.....g	0.009		0		1		0.023	0.004	
Valine.....g	0.012		0		1		0.030	0.006	
Arginine.....g	0.012		0		1		0.030	0.006	
Histidine.....g	0.008		0		1		0.020	0.004	
Alanine.....g	0.018		0		1		0.045	0.009	
Aspartic acid.....g	0.082		0		1		0.207	0.039	
Glutamic acid.....g	0.041		0		1		0.103	0.020	
Glycine.....g	0.014		0		1		0.035	0.007	
Proline.....g	0.009		0		1		0.023	0.004	
Serine.....g	0.019		0		1		0.048	0.009	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
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 16 (2003)

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									
Amino Acids:									
Tryptophan.....g	0.006		3		1		0.015	0.003	
Threonine.....g	0.011		3		1		0.027	0.005	
Isoleucine.....g	0.011		3		1		0.027	0.005	
Leucine.....g	0.017		3		1		0.042	0.008	
Lysine.....g	0.020		3		1		0.049	0.009	
Methionine.....g	0.011		3		1		0.027	0.005	
Cystine.....g	0.001		3		1		0.002	0.000	
Phenylalanine.....g	0.011		3		1		0.027	0.005	
Tyrosine.....g	0.010		3		1		0.025	0.005	
Valine.....g	0.014		3		1		0.034	0.007	
Arginine.....g	0.015		3		1		0.037	0.007	
Histidine.....g	0.009		3		1		0.022	0.004	
Alanine.....g	0.022		3		1		0.054	0.010	
Aspartic acid.....g	0.099		3		1		0.244	0.047	
Glutamic acid.....g	0.050		3		1		0.123	0.024	
Glycine.....g	0.017		3		1		0.042	0.008	
Proline.....g	0.011		3		1		0.027	0.005	
Serine.....g	0.023		3		1		0.057	0.011	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
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 16 (2003)

NDB No. 09272

Pineapple, frozen, chunks, sweetened

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
Amino Acids:									
Tryptophan.....g	0.005		0		1		0.012		
Threonine.....g	0.013		0		1		0.032		
Isoleucine.....g	0.013		0		1		0.032		
Leucine.....g	0.020		0		1		0.049		
Lysine.....g	0.026		0		1		0.064		
Methionine.....g	0.011		0		1		0.027		
Cystine.....g	0.002		0		1		0.005		
Phenylalanine.....g	0.012		0		1		0.029		
Tyrosine.....g	0.013		0		1		0.032		
Valine.....g	0.016		0		1		0.039		
Arginine.....g	0.018		0		1		0.044		
Histidine.....g	0.009		0		1		0.022		
Alanine.....g	0.018		0		1		0.044		
Aspartic acid.....g	0.059		0		1		0.145		
Glutamic acid.....g	0.047		0		1		0.115		
Glycine.....g	0.018		0		1		0.044		
Proline.....g	0.013		0		1		0.032		
Serine.....g	0.026		0		1		0.064		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
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 16 (2003)

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 16 (2003)

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
Proximates:									
Water.....g	85.66	0.390	10	A	1		132.77	71.95	
Energy.....kcal	51		0	NC	4		80	43	
Energy.....kj	215		0	NC	4		333	180	
Protein.....g	0.53	0.031	10	A	1		0.82	0.45	
Total lipid (fat).....g	0.11	0.016	10	A	1		0.17	0.09	
Ash.....g	0.20	0.016	10	A	1		0.31	0.17	
Carbohydrate, by difference.....g	13.50		0	NC	4		20.92	11.34	
Fiber, total dietary.....g	1.4	0.057	6	A	1		2.1	1.2	
Sugars, total.....g	10.32	0.391	10	A	1		16.00	8.67	
Sucrose.....g	6.47	0.534	10	A	1		10.03	5.44	
Glucose (dextrose).....g	1.70	0.141	10	A	1		2.64	1.43	
Fructose.....g	2.15	0.136	10	A	1		3.34	1.81	
Lactose.....g	0.00	0.000	10	A	1		0.00	0.00	
Maltose.....g	0.00	0.000	10	A	1		0.00	0.00	
Galactose.....g	0.00	0.000	10	A	1		0.00	0.00	
Starch.....g	0.00	0.000	6	A	1		0.00	0.00	
Minerals:									
Calcium, Ca.....mg	13	0.959	10	A	1		21	11	
Iron, Fe.....mg	0.28	0.019	10	A	1		0.44	0.24	
Magnesium, Mg.....mg	12	0.900	10	A	1		19	10	
Phosphorus, P.....mg	8	0.517	10	A	1		12	6	
Potassium, K.....mg	108	2.176	10	A	1		167	90	
Sodium, Na.....mg	1		0	BFZN	4		2	1	
Zinc, Zn.....mg	0.12	0.008	8	A	1		0.19	0.10	
Copper, Cu.....mg	0.113	0.009	10	A	1		0.175	0.095	
Manganese, Mn.....mg	0.818	0.152	10	A	1		1.268	0.687	
Selenium, Se.....mcg	0.1	0.016	3	A	1		0.2	0.1	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	56.4	4.000	10	A	1		87.4	47.3	
Thiamin.....mg	0.080	0.004	8	A	1		0.123	0.067	
Riboflavin.....mg	0.033	0.002	8	A	1		0.051	0.028	
Niacin.....mg	0.507	0.156	8	A	1		0.787	0.426	
Pantothenic acid.....mg	0.217	0.054	8	A	1		0.337	0.183	
Vitamin B-6.....mg	0.114	0.007	8	A	1		0.176	0.096	
Folate, total.....mcg	19	1.243	8	A	1		30	16	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	19	1.243	8	A	1		30	16	
Folate, DFE.....mcg_DFE	19		0	NC	4		30	16	
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	57	6.524	6	A	1		88	48	
Vitamin A, RAE.....mcg_RAE	3	0.326	6	A	1		4	2	
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg	0.02	0.001	7	A	1		0.03	0.02	
Tocopherol, beta.....mg	0.00	0.000	7	A	1		0.00	0.00	
Tocopherol, gamma.....mg	0.00	0.000	7	A	1		0.00	0.00	
Tocopherol, delta.....mg	0.00	0.000	7	A	1		0.00	0.00	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.7	0.104	8	A	1		1.1	0.6	
Carotenoids:									
Carotene, beta.....mcg	34	3.915	6	A	1		52.958	28.700	
Carotene, alpha.....mcg	0	0.000	6	A	1		0.000	0.000	
Cryptoxanthin, beta.....mcg	0	0.000	6	A	1		0.000	0.000	
Lycopene.....mcg	0	0.000	6	A	1		0.000	0.000	
Lutein + zeaxanthin.....mcg	0	0.000	6	A	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

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

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)

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 16 (2003)

NDB No. 09429

Pineapple, raw, traditional varieties (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
Proximates:									
Water.....g	87.24	2.460	11	A	1		135.22	73.28	
Energy.....kcal	45		0	NC	4		70	38	
Energy.....kj	190		0	NC	4		295	160	
Protein.....g	0.55	0.045	11	A	1		0.84	0.46	
Total lipid (fat).....g	0.13	0.033	11	A	1		0.20	0.11	
Ash.....g	0.27	0.049	11	A	1		0.41	0.22	
Carbohydrate, by difference.....g	11.82		0	NC	4		18.32	9.93	
Fiber, total dietary.....g									
Sugars, total.....g	8.29	0.932	3	A	1		12.85	6.96	
Sucrose.....g	4.59	0.729	3	A	1		7.12	3.86	
Glucose (dextrose).....g	1.76	0.227	3	A	1		2.73	1.48	
Fructose.....g	1.94	0.325	3	A	1		3.00	1.63	
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									
Minerals:									
Calcium, Ca.....mg	13	1.723	11	A	1		20	11	
Iron, Fe.....mg	0.25	0.063	12	A	1		0.39	0.21	
Magnesium, Mg.....mg	12	1.630	12	A	1		19	10	
Phosphorus, P.....mg	9	2.849	11	A	1		14	8	
Potassium, K.....mg	125	18.777	12	A	1		193	105	
Sodium, Na.....mg	1		0	BFZN	4		2	1	
Zinc, Zn.....mg	0.08	0.008	11	A	1		0.13	0.07	
Copper, Cu.....mg	0.081	0.013	12	A	1		0.125	0.068	
Manganese, Mn.....mg	1.593	0.473	12	A	1		2.469	1.338	
Selenium, Se.....mcg	0.0		2	A	1		0.1	0.0	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	16.9	2.464	11	A	1		26.2	14.2	
Thiamin.....mg	0.078	0.002	10	A	1		0.120	0.065	
Riboflavin.....mg	0.029	0.016	10	A	1		0.045	0.025	
Niacin.....mg	0.470	0.283	6	A	1		0.729	0.395	
Pantothenic acid.....mg	0.193	0.032	10	A	1		0.300	0.162	
Vitamin B-6.....mg	0.106	0.003	10	A	1		0.164	0.089	
Folate, total.....mcg	11	2.313	10	A	1		16	9	
Folic acid.....mcg									
Folate, food.....mcg	11	2.313	10	A	1		16	9	
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	52	6.250	10	A	1		81	44	
Vitamin A, RAE.....mcg_RAE	3	0.312	10	A	1		4	2	
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	
Carotenoids:									
Carotene, beta.....mcg	31	3.750	10	A	1		48.438	26.250	
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	A	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

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

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)

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 16 (2003)

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
Proximates:									
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									
Minerals:									
Calcium, Ca.....mg	9		0		1		16	1	
Iron, Fe.....mg	0.20		0		1		0.35	0.01	
Magnesium, Mg.....mg	12		1		1		21	1	
Phosphorus, P.....mg	11		0		1		19	1	
Potassium, K.....mg	103		1		1		178	7	
Sodium, Na.....mg	3		1		1		5	0	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	26.3	2.947	6		1		45.5	1.8	
Thiamin.....mg	0.030		0		1		0.052	0.002	
Riboflavin.....mg	0.040		0		1		0.069	0.003	
Niacin.....mg	0.300		0		1		0.519	0.021	
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	0.00		0	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									
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	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 16 (2003)

NDB No. 09278
Plantains, cooked

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
Amino Acids:									
Tryptophan.....g	0.009		0		1		0.018	0.014	
Threonine.....g	0.021		0		1		0.042	0.032	
Isoleucine.....g	0.022		0		1		0.044	0.034	
Leucine.....g	0.036		0		1		0.072	0.055	
Lysine.....g	0.037		0		1		0.074	0.057	
Methionine.....g	0.010		0		1		0.020	0.015	
Cystine.....g	0.012		0		1		0.024	0.018	
Phenylalanine.....g	0.027		0		1		0.054	0.042	
Tyrosine.....g	0.020		0		1		0.040	0.031	
Valine.....g	0.028		0		1		0.056	0.043	
Arginine.....g	0.066		0		1		0.132	0.102	
Histidine.....g	0.039		0		1		0.078	0.060	
Alanine.....g	0.031		0		1		0.062	0.048	
Aspartic acid.....g	0.065		0		1		0.130	0.100	
Glutamic acid.....g	0.070		0		1		0.140	0.108	
Glycine.....g	0.027		0		1		0.054	0.042	
Proline.....g	0.030		0		1		0.060	0.046	
Serine.....g	0.025		0		1		0.050	0.039	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
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 16 (2003)

NDB No. 09277
Plantains, raw

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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 16 (2003)

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									
Others:									
Alcohol, ethyl.....g	0.0					7	0.0		
Caffeine.....mg	0		0	Z		7	0		
Theobromine.....mg	0		0	Z		7	0		
Carotenoids:									
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		

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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 16 (2003)

NDB No. 09285

Plums, canned, purple, extra heavy syrup pack, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
<u>Amino Acids:</u>									
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 16 (2003)

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	

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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 16 (2003)

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 16 (2003)

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									
Amino Acids:									
Tryptophan.....g									
Threonine.....g	0.008		0		1		0.020	0.004	
Isoleucine.....g	0.007		0		1		0.018	0.003	
Leucine.....g	0.010		0		1		0.025	0.005	
Lysine.....g	0.008		0		1		0.020	0.004	
Methionine.....g	0.003		0		1		0.008	0.001	
Cystine.....g	0.002		0		1		0.005	0.001	
Phenylalanine.....g	0.008		0		1		0.020	0.004	
Tyrosine.....g	0.003		0		1		0.008	0.001	
Valine.....g	0.009		0		1		0.023	0.004	
Arginine.....g	0.006		0		1		0.015	0.003	
Histidine.....g	0.006		0		1		0.015	0.003	
Alanine.....g	0.014		0		1		0.035	0.006	
Aspartic acid.....g	0.116		0		1		0.292	0.053	
Glutamic acid.....g	0.017		0		1		0.043	0.008	
Glycine.....g	0.006		0		1		0.015	0.003	
Proline.....g	0.016		0		1		0.040	0.007	
Serine.....g	0.009		0		1		0.023	0.004	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
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 16 (2003)

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									
Amino Acids:									
Tryptophan.....g									
Threonine.....g	0.008		0		1		0.020	0.004	
Isoleucine.....g	0.008		0		1		0.020	0.004	
Leucine.....g	0.010		0		1		0.025	0.005	
Lysine.....g	0.008		0		1		0.020	0.004	
Methionine.....g	0.003		0		1		0.007	0.001	
Cystine.....g	0.002		0		1		0.005	0.001	
Phenylalanine.....g	0.008		0		1		0.020	0.004	
Tyrosine.....g	0.003		0		1		0.007	0.001	
Valine.....g	0.009		0		1		0.022	0.004	
Arginine.....g	0.006		0		1		0.015	0.003	
Histidine.....g	0.006		0		1		0.015	0.003	
Alanine.....g	0.014		0		1		0.035	0.006	
Aspartic acid.....g	0.122		0		1		0.304	0.056	
Glutamic acid.....g	0.018		0		1		0.045	0.008	
Glycine.....g	0.006		0		1		0.015	0.003	
Proline.....g	0.017		0		1		0.042	0.008	
Serine.....g	0.010		0		1		0.025	0.005	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
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 16 (2003)

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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg									
Theobromine.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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 16 (2003)

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									
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	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 16 (2003)

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
Proximates:									
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	
Minerals:									
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	
Vitamins:									
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	
Lipids:									
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	
18:4.....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									
Amino Acids:									
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									
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	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	
Lutein + zeaxanthin.....mcg	148	18.460	31	A	1		251.759	12.440	

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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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 16 (2003)

Plums, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0.....g	0.014		0		1		0.022	0.009	
17:0.....g									
18:0.....g	0.003		0		1		0.005	0.002	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.134		0	NC	4		0.221	0.088	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0		1		0.003	0.001	
17:1.....g									
18:1 undifferentiated.....g	0.132		0		1		0.218	0.087	
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	0.044		0	NC	4		0.073	0.029	
18:2 undifferentiated.....g	0.044		0		1		0.073	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	7		0		1		12	5	
Amino Acids:									
Tryptophan.....g	0.009		0	A	1		0.014	0.006	
Threonine.....g	0.010		0	A	1		0.017	0.007	
Isoleucine.....g	0.014		0	A	1		0.023	0.009	
Leucine.....g	0.015		0	A	1		0.025	0.010	
Lysine.....g	0.016		0	A	1		0.027	0.011	
Methionine.....g	0.008		0	A	1		0.012	0.005	
Cystine.....g	0.002		0	A	1		0.003	0.001	
Phenylalanine.....g	0.014		0	A	1		0.024	0.009	
Tyrosine.....g	0.008		0	A	1		0.012	0.005	
Valine.....g	0.016		0	A	1		0.026	0.010	
Arginine.....g	0.009		0	A	1		0.014	0.006	
Histidine.....g	0.009		0	A	1		0.015	0.006	
Alanine.....g	0.028		0	A	1		0.046	0.018	
Aspartic acid.....g	0.352		0	A	1		0.580	0.232	
Glutamic acid.....g	0.035		0	A	1		0.057	0.023	
Glycine.....g	0.009		0	A	1		0.015	0.006	
Proline.....g	0.027		0	A	1		0.045	0.018	
Serine.....g	0.023		0	A	1		0.037	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	190	23.833	7	A	1		313.029	125.211	
Carotene, alpha.....mcg	0	0.000	7	A	1		0.000	0.000	
Cryptoxanthin, beta.....mcg	35	7.738	7	A	1		57.750	23.100	
Lycopene.....mcg	0	0.000	7	A	1		0.000	0.000	
Lutein + zeaxanthin.....mcg	73	12.784	7	A	1		120.450	48.180	

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

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 16 (2003)

NDB No. 09286
Pomegranates, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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		
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	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 16 (2003)

NDB No. 09287
Prickly pears, raw

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									
Carotenoids:									
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 16 (2003)

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									
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	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	

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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 16 (2003)

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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	30.00		0	MC		9			
Energy.....kcal	257		0	MC		9			
Energy.....kj	1075								
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									
Minerals:									
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									
Vitamins:									
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									
Lipids:									
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

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 09288

Prunes, canned, heavy syrup pack, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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 16 (2003)

NDB No. 09290

Prunes, dehydrated (low-moisture), stewed

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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 16 (2003)

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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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 16 (2003)

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
Proximates:									
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									
Minerals:									
Calcium, Ca.....mg	4		2		1		8	24	
Iron, Fe.....mg	0.11		2		1		0.21	0.67	
Magnesium, Mg.....mg	6	0.995	3		1		11	37	
Phosphorus, P.....mg	17		2		1		32	104	
Potassium, K.....mg	216	24.547	3		1		410	1315	
Sodium, Na.....mg	1	0.382	3		1		2	6	
Zinc, Zn.....mg	0.08		2		1		0.15	0.49	
Copper, Cu.....mg	0.048		2		1		0.091	0.292	
Manganese, Mn.....mg	0.017		2		1		0.032	0.104	
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	61.0	3.365	13		1		115.9	371.5	
Thiamin.....mg	0.034		0		1		0.065	0.207	
Riboflavin.....mg	0.027		0		1		0.051	0.164	
Niacin.....mg	0.220		0		1		0.418	1.340	
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.036		1		1		0.068	0.219	
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	0.00		0	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									
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	0	
Phytosterols.....mg									
Carotenoids:									
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 16 (2003)

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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.036		0		1		0.033		
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									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg									
Theobromine.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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 16 (2003)

NDB No. 09297
Raisins, golden seedless

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
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	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 16 (2003)

NDB No. 09299
Raisins, seeded

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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 16 (2003)

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
Proximates:									
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
Minerals:									
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
Vitamins:									
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
Lipids:									
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
18:4.....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									
Amino Acids:									
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									
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	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
Lutein + zeaxanthin.....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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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 16 (2003)

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
Proximates:									
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									
Minerals:									
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									
Vitamins:									
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									
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	0	0
Phytosterols.....mg									
Carotenoids:									
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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2

Number of Data Points of zero 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 16 (2003)

NDB No. 09304

Raspberries, canned, red, heavy syrup pack, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
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	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 16 (2003)

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									
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	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 16 (2003)

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									
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	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 16 (2003)

NDB No. 09310

Rhubarb, frozen, cooked, with sugar

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
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	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 16 (2003)

NDB No. 09309
Rhubarb, frozen, uncooked

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
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	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 16 (2003)

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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
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	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 16 (2003)

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
Proximates:									
Water.....g	93.00		1						
Energy.....kcal	25		0	NC					
Energy.....kj	105								
Protein (N x 6.25).....g	0.60		0						
Total lipid (fat).....g	0.30		0						
Ash.....g	0.40		0						
Carbohydrate, by difference.....g	5.70		0	NC					
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	29		1						
Iron, Fe.....mg	0.07		1						
Magnesium, Mg.....mg	5		1						
Phosphorus, P.....mg	8		1						
Potassium, K.....mg	123		1						
Sodium, Na.....mg	0		1						
Zinc, Zn.....mg	0.06		1						
Copper, Cu.....mg	0.016		1						
Manganese, Mn.....mg	0.029		1						
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	22.3	3.196	4						
Thiamin.....mg	0.020		0						
Riboflavin.....mg	0.030		0						
Niacin.....mg	0.800		0						
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, 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									
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		
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 16 (2003)

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
Proximates:									
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									
Minerals:									
Calcium, Ca.....mg	215		1		1		123		
Iron, Fe.....mg	1.48		1		1		0.84		
Magnesium, Mg.....mg	51		1		1		29		
Phosphorus, P.....mg	37		1		1		21		
Potassium, K.....mg	208		1		1		119		
Sodium, Na.....mg	6		1		1		3		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	12.0		0		1		6.8		
Thiamin.....mg	0.011		0		1		0.006		
Riboflavin.....mg	0.028		0		1		0.016		
Niacin.....mg	0.310		0		1		0.177		
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	0.00		0	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									
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									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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 16 (2003)

NDB No. 09428

Rowal, 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
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 16 (2003)

NDB No. 09313
Sapodilla, raw

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

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
Proximates:									
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									
Minerals:									
Calcium, Ca.....mg	39		0		1		88		
Iron, Fe.....mg	1.00		0		1		2.25		
Magnesium, Mg.....mg	30		1		1		68		
Phosphorus, P.....mg	28		0		1		63		
Potassium, K.....mg	344	119.953	4		1		774		
Sodium, Na.....mg	10	3.250	4		1		23		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	20.0		0		1		45.0		
Thiamin.....mg	0.010		0		1		0.023		
Riboflavin.....mg	0.020		0		1		0.045		
Niacin.....mg	1.800		0		1		4.050		
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	0.00		0	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									
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	0.023		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	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	0.055		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 16 (2003)

Nutrients and 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		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									
Amino Acids:									
Tryptophan.....g	0.011		1		1		0.025	0.069	
Threonine.....g									
Isoleucine.....g									
Leucine.....g									
Lysine.....g	0.060		1		1		0.135	0.375	
Methionine.....g	0.007		1		1		0.016	0.044	
Cystine.....g									
Phenylalanine.....g									
Tyrosine.....g									
Valine.....g									
Arginine.....g									
Histidine.....g									
Alanine.....g									
Aspartic acid.....g									
Glutamic acid.....g									
Glycine.....g									
Proline.....g									
Serine.....g									
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	NR	4		0	0	
Carotenoids:									
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

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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									
Amino Acids:									
Tryptophan.....g	0.006		0		1		0.015		
Threonine.....g	0.017		0		1		0.043		
Isoleucine.....g	0.013		0		1		0.033		
Leucine.....g	0.029		0		1		0.074		
Lysine.....g	0.023		0		1		0.058		
Methionine.....g	0.001		0		1		0.003		
Cystine.....g	0.005		0		1		0.013		
Phenylalanine.....g	0.016		0		1		0.041		
Tyrosine.....g	0.019		0		1		0.048		
Valine.....g	0.016		0		1		0.041		
Arginine.....g	0.024		0		1		0.061		
Histidine.....g	0.011		0		1		0.028		
Alanine.....g	0.028		0		1		0.071		
Aspartic acid.....g	0.127		0		1		0.323		
Glutamic acid.....g	0.083		0		1		0.211		
Glycine.....g	0.022		0		1		0.056		
Proline.....g	0.018		0		1		0.046		
Serine.....g	0.021		0		1		0.053		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
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

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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									
Amino Acids:									
Tryptophan.....g	0.006		0		1		0.015	0.017	
Threonine.....g	0.016		0		1		0.041	0.045	
Isoleucine.....g	0.012		0		1		0.031	0.034	
Leucine.....g	0.027		0		1		0.069	0.077	
Lysine.....g	0.022		0		1		0.056	0.062	
Methionine.....g	0.001		0		1		0.003	0.003	
Cystine.....g	0.005		0		1		0.013	0.014	
Phenylalanine.....g	0.015		0		1		0.038	0.043	
Tyrosine.....g	0.018		0		1		0.046	0.051	
Valine.....g	0.015		0		1		0.038	0.043	
Arginine.....g	0.023		0		1		0.059	0.065	
Histidine.....g	0.010		0		1		0.026	0.028	
Alanine.....g	0.027		0		1		0.069	0.077	
Aspartic acid.....g	0.120		0		1		0.306	0.341	
Glutamic acid.....g	0.078		0		1		0.199	0.222	
Glycine.....g	0.021		0		1		0.054	0.060	
Proline.....g	0.017		0		1		0.043	0.048	
Serine.....g	0.020		0		1		0.051	0.057	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
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	

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

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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									
Amino Acids:									
Tryptophan.....g	0.006		0		1		0.015	0.017	
Threonine.....g	0.016		0		1		0.041	0.045	
Isoleucine.....g	0.012		0		1		0.031	0.034	
Leucine.....g	0.026		0		1		0.066	0.074	
Lysine.....g	0.021		0		1		0.054	0.060	
Methionine.....g	0.001		0		1		0.003	0.003	
Cystine.....g	0.004		0		1		0.010	0.011	
Phenylalanine.....g	0.015		0		1		0.038	0.043	
Tyrosine.....g	0.017		0		1		0.043	0.048	
Valine.....g	0.015		0		1		0.038	0.043	
Arginine.....g	0.022		0		1		0.056	0.062	
Histidine.....g	0.010		0		1		0.026	0.028	
Alanine.....g	0.026		0		1		0.066	0.074	
Aspartic acid.....g	0.116		0		1		0.296	0.329	
Glutamic acid.....g	0.076		0		1		0.194	0.216	
Glycine.....g	0.020		0		1		0.051	0.057	
Proline.....g	0.016		0		1		0.041	0.045	
Serine.....g	0.019		0		1		0.048	0.054	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
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	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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, 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 16 (2003)

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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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 16 (2003)

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
Amino Acids:									
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									
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	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 16 (2003)

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 16 (2003)

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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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 16 (2003)

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									
Amino Acids:									
Tryptophan.....g	0.001		0		1		0.002	0.000	
Threonine.....g	0.006		0		1		0.015	0.002	
Isoleucine.....g	0.005		0		1		0.012	0.002	
Leucine.....g	0.010		0		1		0.025	0.003	
Lysine.....g	0.007		0		1		0.017	0.002	
Methionine.....g	0.002		0		1		0.005	0.001	
Cystine.....g	0.004		0		1		0.010	0.001	
Phenylalanine.....g	0.006		0		1		0.015	0.002	
Tyrosine.....g	0.003		0		1		0.007	0.001	
Valine.....g	0.008		0		1		0.020	0.002	
Arginine.....g	0.034		0		1		0.085	0.011	
Histidine.....g	0.002		0		1		0.005	0.001	
Alanine.....g	0.011		0		1		0.027	0.003	
Aspartic acid.....g	0.053		0		1		0.132	0.016	
Glutamic acid.....g	0.024		0		1		0.060	0.007	
Glycine.....g	0.007		0		1		0.017	0.002	
Proline.....g	0.031		0		1		0.077	0.010	
Serine.....g	0.009		0		1		0.022	0.003	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
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 16 (2003)

NDB No. 09225

Tangerine juice, frozen concentrate, sweetened, diluted with 3 volume water

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
<u>Amino Acids:</u>									
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 16 (2003)

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

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									
Amino Acids:									
Tryptophan.....g	0.001		0		1		0.002	0.000	
Threonine.....g	0.006		0		1		0.015	0.002	
Isoleucine.....g	0.005		0		1		0.012	0.002	
Leucine.....g	0.010		0		1		0.025	0.003	
Lysine.....g	0.007		0		1		0.017	0.002	
Methionine.....g	0.002		0		1		0.005	0.001	
Cystine.....g	0.004		0		1		0.010	0.001	
Phenylalanine.....g	0.006		0		1		0.015	0.002	
Tyrosine.....g	0.003		0		1		0.007	0.001	
Valine.....g	0.008		0		1		0.020	0.002	
Arginine.....g	0.034		0		1		0.084	0.011	
Histidine.....g	0.002		0		1		0.005	0.001	
Alanine.....g	0.011		0		1		0.027	0.003	
Aspartic acid.....g	0.053		0		1		0.131	0.016	
Glutamic acid.....g	0.024		0		1		0.059	0.007	
Glycine.....g	0.007		0		1		0.017	0.002	
Proline.....g	0.031		0		1		0.077	0.010	
Serine.....g	0.009		0		1		0.022	0.003	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
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	

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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 16 (2003)

NDB No. 09219

Tangerines, (mandarin oranges), canned, juice pack

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
Amino Acids:									
Tryptophan.....g	0.006		0		1		0.015		
Threonine.....g	0.010		0		1		0.025		
Isoleucine.....g	0.017		0		1		0.042		
Leucine.....g	0.015		0		1		0.037		
Lysine.....g	0.031		0		1		0.077		
Methionine.....g	0.013		0		1		0.032		
Cystine.....g	0.006		0		1		0.015		
Phenylalanine.....g	0.020		0		1		0.050		
Tyrosine.....g	0.010		0		1		0.025		
Valine.....g	0.026		0		1		0.065		
Arginine.....g	0.043		0		1		0.107		
Histidine.....g	0.011		0		1		0.027		
Alanine.....g	0.033		0		1		0.082		
Aspartic acid.....g	0.074		0		1		0.184		
Glutamic acid.....g	0.062		0		1		0.154		
Glycine.....g	0.062		0		1		0.154		
Proline.....g	0.030		0		1		0.075		
Serine.....g	0.021		0		1		0.052		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
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		

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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 16 (2003)

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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
Others:									
Alcohol, ethyl.....g	0.0				7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
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		

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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 16 (2003)

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									
Amino Acids:									
Tryptophan.....g	0.004		0		1		0.010		
Threonine.....g	0.007		0		1		0.018		
Isoleucine.....g	0.012		0		1		0.030		
Leucine.....g	0.011		0		1		0.028		
Lysine.....g	0.023		0		1		0.058		
Methionine.....g	0.010		0		1		0.025		
Cystine.....g	0.005		0		1		0.013		
Phenylalanine.....g	0.015		0		1		0.038		
Tyrosine.....g	0.008		0		1		0.020		
Valine.....g	0.019		0		1		0.048		
Arginine.....g	0.031		0		1		0.078		
Histidine.....g	0.008		0		1		0.020		
Alanine.....g	0.024		0		1		0.060		
Aspartic acid.....g	0.055		0		1		0.139		
Glutamic acid.....g	0.045		0		1		0.113		
Glycine.....g	0.045		0		1		0.113		
Proline.....g	0.022		0		1		0.055		
Serine.....g	0.015		0		1		0.038		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
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 16 (2003)

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
Fatty acids, total monounsaturated.....g	0.034		0		1		0.066	0.033	0.029
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.004		0		1		0.008	0.004	0.003
17:1.....g									
18:1 undifferentiated.....g	0.030		0		1		0.059	0.029	0.025
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.037		0		1		0.072	0.036	0.031
18:2 undifferentiated.....g	0.027		0		1		0.053	0.026	0.023
18:3 undifferentiated.....g	0.010		0		1		0.020	0.010	0.008
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 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		1		0.012	0.006	0.005
Threonine.....g	0.010		0		1		0.020	0.010	0.008
Isoleucine.....g	0.017		0		1		0.033	0.017	0.014
Leucine.....g	0.016		0		1		0.031	0.016	0.013
Lysine.....g	0.032		0		1		0.062	0.031	0.027
Methionine.....g	0.013		0		1		0.025	0.013	0.011
Cystine.....g	0.007		0		1		0.014	0.007	0.006
Phenylalanine.....g	0.021		0		1		0.041	0.021	0.018
Tyrosine.....g	0.011		0		1		0.021	0.011	0.009
Valine.....g	0.027		0		1		0.053	0.026	0.023
Arginine.....g	0.044		0		1		0.086	0.043	0.037
Histidine.....g	0.012		0		1		0.023	0.012	0.010
Alanine.....g	0.034		0		1		0.066	0.033	0.029
Aspartic acid.....g	0.077		0		1		0.150	0.075	0.065
Glutamic acid.....g	0.064		0		1		0.125	0.063	0.054
Glycine.....g	0.064		0		1		0.125	0.063	0.054
Proline.....g	0.031		0		1		0.060	0.030	0.026
Serine.....g	0.022		0		1		0.043	0.022	0.018
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	151	59.767	16	A	1		294.547	148.029	126.882
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

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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)

NDB No. 09218

Tangerines, (mandarin oranges), 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 16 (2003)

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

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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 16 (2003)