

Basic Report 09043, Blackberry juice, canned

Report Date: January 31, 2015 17:38 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	1 cup 250g
Proximates			
Water	g	90.90	227.25
Energy	kcal	38	95
Protein	g	0.30	0.75
Total lipid (fat)	g	0.60	1.50
Carbohydrate, by difference	g	7.80	19.50
Fiber, total dietary	g	0.1	0.2
Sugars, total	g	7.70	19.25
Minerals			
Calcium, Ca	mg	12	30
Iron, Fe	mg	0.48	1.20
Magnesium, Mg	mg	21	52
Phosphorus, P	mg	12	30
Potassium, K	mg	135	338
Sodium, Na	mg	1	2
Zinc, Zn	mg	0.41	1.02
Vitamins			
Vitamin C, total ascorbic acid	mg	11.3	28.2
Thiamin	mg	0.012	0.030
Riboflavin	mg	0.018	0.045
Niacin	mg	0.446	1.115
Vitamin B-6	mg	0.021	0.052
Folate, DFE	µg	10	25
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	6	15
Vitamin A, IU	IU	123	308
Vitamin E (alpha-tocopherol)	mg	0.90	2.25

Nutrient	Unit	1 Value Per100 g	1 cup 250g
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	15.2	38.0
Lipids			
Fatty acids, total saturated	g	0.018	0.045
Fatty acids, total monounsaturated	g	0.058	0.145
Fatty acids, total polyunsaturated	g	0.344	0.860
Cholesterol	mg	0	0
Other			
Caffeine	mg	0	0