

Basic Report 09053, Blueberries, wild, frozen

Report Date: January 31, 2015 23:05 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	1 cup, frozen 140g
Proximates			
Water	g	85.80	120.12
Energy	kcal	57	80
Protein	g	0.00	0.00
Total lipid (fat)	g	0.16	0.22
Carbohydrate, by difference	g	13.85	19.39
Fiber, total dietary	g	4.4	6.2
Minerals			
Calcium, Ca	mg	17	24
Iron, Fe	mg	0.58	0.81
Magnesium, Mg	mg	7	10
Phosphorus, P	mg	13	18
Potassium, K	mg	68	95
Sodium, Na	mg	3	4
Zinc, Zn	mg	0.67	0.94
Vitamins			
Vitamin C, total ascorbic acid	mg	1.7	2.4
Thiamin	mg	0.030	0.042
Riboflavin	mg	0.007	0.010
Niacin	mg	0.610	0.854
Vitamin B-6	mg	0.020	0.028
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	3	4
Vitamin A, IU	IU	59	83
Vitamin E (alpha-tocopherol)	mg	0.26	0.36
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0

Nutrient	Unit	1 Value Per100 g	1 cup, frozen 140g
Lipids			
Fatty acids, total saturated	g	0.030	0.042
Fatty acids, total monounsaturated	g	0.020	0.028
Fatty acids, total polyunsaturated	g	0.090	0.126
Cholesterol	mg	0	0