

Basic Report 09060, Carambola, (starfruit), raw

Report Date: January 24, 2015 22:49 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	1 cup, cubes 132g	1 cup, sliced 108g	1 large (4-1/2" long) 124g	1 medium (3-5/8" long) 91g	1 small (3-1/8" long) 70g
Proximates							
Water	g	91.38	120.62	98.69	113.31	83.16	63.97
Energy	kcal	31	41	33	38	28	22
Protein	g	1.04	1.37	1.12	1.29	0.95	0.73
Total lipid (fat)	g	0.33	0.44	0.36	0.41	0.30	0.23
Carbohydrate, by difference	g	6.73	8.88	7.27	8.35	6.12	4.71
Fiber, total dietary	g	2.8	3.7	3.0	3.5	2.5	2.0
Sugars, total	g	3.98	5.25	4.30	4.94	3.62	2.79
Minerals							
Calcium, Ca	mg	3	4	3	4	3	2
Iron, Fe	mg	0.08	0.11	0.09	0.10	0.07	0.06
Magnesium, Mg	mg	10	13	11	12	9	7
Phosphorus, P	mg	12	16	13	15	11	8
Potassium, K	mg	133	176	144	165	121	93
Sodium, Na	mg	2	3	2	2	2	1
Zinc, Zn	mg	0.12	0.16	0.13	0.15	0.11	0.08
Vitamins							
Vitamin C, total ascorbic acid	mg	34.4	45.4	37.2	42.7	31.3	24.1
Thiamin	mg	0.014	0.018	0.015	0.017	0.013	0.010
Riboflavin	mg	0.016	0.021	0.017	0.020	0.015	0.011
Niacin	mg	0.367	0.484	0.396	0.455	0.334	0.257
Vitamin B-6	mg	0.017	0.022	0.018	0.021	0.015	0.012
Folate, DFE	µg	12	16	13	15	11	8
Vitamin B-12	µg	0.00	0.00	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	3	4	3	4	3	2
Vitamin A, IU	IU	61	81	66	76	56	43
Vitamin E (alpha-tocopherol)	mg	0.15	0.20	0.16	0.19	0.14	0.10

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	0.0	0.0	0.0
Vitamin D	IU	0	0	0	0	0	0
Vitamin K (phylloquinone)	µg	0.0	0.0	0.0	0.0	0.0	0.0
Lipids							
Fatty acids, total saturated	g	0.019	0.025	0.021	0.024	0.017	0.013
Fatty acids, total monounsaturated	g	0.030	0.040	0.032	0.037	0.027	0.021
Fatty acids, total polyunsaturated	g	0.184	0.243	0.199	0.228	0.167	0.129
Cholesterol	mg	0	0	0	0	0	0
Other							
Caffeine	mg	0	0	0	0	0	0