

Basic Report 09067, Cherries, sour, red, canned, extra heavy syrup pack, solids and liquids

Report Date: January 30, 2015 16:34 EST

Nutrient values and weights are for edible portion

| Nutrient | Unit | 1 Value Per100 g | 1 cup 261g |
|--------------------------------|------|------------------|------------|
| Proximates | | | |
| Water | g | 69.73 | 182.00 |
| Energy | kcal | 114 | 298 |
| Protein | g | 0.71 | 1.85 |
| Total lipid (fat) | g | 0.09 | 0.23 |
| Carbohydrate, by difference | g | 29.23 | 76.29 |
| Fiber, total dietary | g | 0.8 | 2.1 |
| Minerals | | | |
| Calcium, Ca | mg | 10 | 26 |
| Iron, Fe | mg | 1.26 | 3.29 |
| Magnesium, Mg | mg | 5 | 13 |
| Phosphorus, P | mg | 9 | 23 |
| Potassium, K | mg | 91 | 238 |
| Sodium, Na | mg | 7 | 18 |
| Zinc, Zn | mg | 0.06 | 0.16 |
| Vitamins | | | |
| Vitamin C, total ascorbic acid | mg | 1.9 | 5.0 |
| Thiamin | mg | 0.016 | 0.042 |
| Riboflavin | mg | 0.038 | 0.099 |
| Niacin | mg | 0.163 | 0.425 |
| Vitamin B-6 | mg | 0.044 | 0.115 |
| Folate, DFE | µg | 7 | 18 |
| Vitamin B-12 | µg | 0.00 | 0.00 |
| Vitamin A, RAE | µg | 35 | 91 |
| Vitamin A, IU | IU | 696 | 1817 |
| Vitamin D (D2 + D3) | µg | 0.0 | 0.0 |
| Vitamin D | IU | 0 | 0 |

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|------------------------------------|-------------|---------------------------------|-----------------------|
| Lipids | | | |
| Fatty acids, total saturated | g | 0.021 | 0.055 |
| Fatty acids, total monounsaturated | g | 0.025 | 0.065 |
| Fatty acids, total polyunsaturated | g | 0.028 | 0.073 |
| Cholesterol | mg | 0 | 0 |