

**Basic Report 09119, Grapefruit, sections, canned, water pack, solids and liquids**

Report Date: January 28, 2015 23:18 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	1 cup 244g
<b>Proximates</b>			
Water	g	89.85	219.23
Energy	kcal	36	88
Protein	g	0.58	1.42
Total lipid (fat)	g	0.10	0.24
Carbohydrate, by difference	g	9.15	22.33
Fiber, total dietary	g	0.4	1.0
Sugars, total	g	8.75	21.35
<b>Minerals</b>			
Calcium, Ca	mg	15	37
Iron, Fe	mg	0.41	1.00
Magnesium, Mg	mg	10	24
Phosphorus, P	mg	10	24
Potassium, K	mg	132	322
Sodium, Na	mg	2	5
Zinc, Zn	mg	0.09	0.22
<b>Vitamins</b>			
Vitamin C, total ascorbic acid	mg	21.8	53.2
Thiamin	mg	0.039	0.095
Riboflavin	mg	0.021	0.051
Niacin	mg	0.249	0.608
Vitamin B-6	mg	0.020	0.049
Folate, DFE	µg	9	22
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	0	0
Vitamin A, IU	IU	0	0
Vitamin E (alpha-tocopherol)	mg	0.09	0.22

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>1 cup 244g</b>
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	0.0	0.0
<b>Lipids</b>			
Fatty acids, total saturated	g	0.014	0.034
Fatty acids, total monounsaturated	g	0.014	0.034
Fatty acids, total polyunsaturated	g	0.024	0.059
Cholesterol	mg	0	0
<b>Other</b>			
Caffeine	mg	0	0