

Full Report (All Nutrients) 09148, Kiwifruit, green, raw

Report Date: March 06, 2015 20:41 EST

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Common Name: Chinese gooseberry

Carbohydrate Factor: 3.6 Fat Factor: 8.37 Protein Factor: 3.36 Nitrogen to Protein Conversion Factor: 6.25

Refuse: 24% Refuse Description: Skin

| Nutrient | Unit | 1 Value Per100 | Data points | Std. Error | 1 cup, sliced 180g | 1 fruit (2" dia) 69g | 1 NLEA serving 148g |
|---|------|----------------|-------------|------------|--------------------|----------------------|---------------------|
| Proximates | | | | | | | |
| Water 1 2 3 | g | 83.07 | 20 | 0.989 | 149.53 | 57.32 | 122.94 |
| Energy | kcal | 61 | -- | -- | 110 | 42 | 90 |
| Energy | kJ | 255 | -- | -- | 459 | 176 | 377 |
| Protein 1 2 3 | g | 1.14 | 20 | 0.116 | 2.05 | 0.79 | 1.69 |
| Total lipid (fat) 1 2 3 | g | 0.52 | 20 | 0.120 | 0.94 | 0.36 | 0.77 |
| Ash 1 2 3 | g | 0.61 | 20 | 0.044 | 1.10 | 0.42 | 0.90 |
| Carbohydrate, by difference | g | 14.66 | -- | -- | 26.39 | 10.12 | 21.70 |
| Fiber, total dietary 2 3 | g | 3.0 | 8 | 0.211 | 5.4 | 2.1 | 4.4 |
| Sugars, total 2 3 | g | 8.99 | 8 | 0.163 | 16.18 | 6.20 | 13.31 |
| Sucrose 2 3 | g | 0.15 | 8 | 0.021 | 0.27 | 0.10 | 0.22 |
| Glucose (dextrose) 2 3 | g | 4.11 | 8 | 0.055 | 7.40 | 2.84 | 6.08 |
| Fructose 2 3 | g | 4.35 | 8 | 0.084 | 7.83 | 3.00 | 6.44 |
| Lactose 2 3 | g | 0.00 | 7 | 0.000 | 0.00 | 0.00 | 0.00 |
| Maltose 2 3 | g | 0.19 | 8 | 0.016 | 0.34 | 0.13 | 0.28 |
| Galactose 2 3 | g | 0.17 | 8 | 0.089 | 0.31 | 0.12 | 0.25 |
| Starch 2 | g | 0.00 | 4 | 0.000 | 0.00 | 0.00 | 0.00 |
| Minerals | | | | | | | |
| Calcium, Ca 1 2 3 4 | mg | 34 | 20 | 4.113 | 61 | 23 | 50 |
| Iron, Fe 1 2 3 4 | mg | 0.31 | 21 | 0.062 | 0.56 | 0.21 | 0.46 |

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|---|------|------------------------|-------------|------------|-----------------------|-------------------------|------------------------|
| Magnesium, Mg 1 2 3 4 | mg | 17 | 21 | 0.953 | 31 | 12 | 25 |
| Phosphorus, P 1 2 3 | mg | 34 | 19 | 1.603 | 61 | 23 | 50 |
| Potassium, K 1 2 4 | mg | 312 | 16 | 6.598 | 562 | 215 | 462 |
| Sodium, Na 1 2 3 4 | mg | 3 | 18 | 0.713 | 5 | 2 | 4 |
| Zinc, Zn 1 2 3 4 | mg | 0.14 | 21 | 0.010 | 0.25 | 0.10 | 0.21 |
| Copper, Cu 1 2 3 4 | mg | 0.130 | 21 | 0.007 | 0.234 | 0.090 | 0.192 |
| Manganese, Mn 1 2 4 | mg | 0.098 | 17 | 0.011 | 0.176 | 0.068 | 0.145 |
| Selenium, Se 2 3 | µg | 0.2 | 5 | 0.040 | 0.4 | 0.1 | 0.3 |
| Vitamins | | | | | | | |
| Vitamin C, total ascorbic acid 1 3 | mg | 92.7 | 16 | 3.367 | 166.9 | 64.0 | 137.2 |
| Thiamin 3 | mg | 0.027 | 2 | -- | 0.049 | 0.019 | 0.040 |
| Riboflavin 1 2 3 | mg | 0.025 | 18 | 0.003 | 0.045 | 0.017 | 0.037 |
| Niacin 1 2 3 | mg | 0.341 | 18 | 0.032 | 0.614 | 0.235 | 0.505 |
| Pantothenic acid 1 2 3 | mg | 0.183 | 18 | 0.025 | 0.329 | 0.126 | 0.271 |
| Vitamin B-6 1 2 3 | mg | 0.063 | 18 | 0.002 | 0.113 | 0.043 | 0.093 |
| Folate, total 1 2 3 | µg | 25 | 17 | 2.021 | 45 | 17 | 37 |
| Folic acid | µg | 0 | -- | -- | 0 | 0 | 0 |
| Folate, food | µg | 25 | 17 | 2.021 | 45 | 17 | 37 |
| Folate, DFE | µg | 25 | -- | -- | 45 | 17 | 37 |
| Choline, total 2 3 | mg | 7.8 | -- | -- | 14.0 | 5.4 | 11.5 |
| Betaine 2 3 | mg | 0.5 | 2 | -- | 0.9 | 0.3 | 0.7 |
| Vitamin B-12 | µg | 0.00 | -- | -- | 0.00 | 0.00 | 0.00 |
| Vitamin B-12, added | µg | 0.00 | -- | -- | 0.00 | 0.00 | 0.00 |
| Vitamin A, RAE 1 2 3 | µg | 4 | 18 | 0.236 | 7 | 3 | 6 |
| Retinol | µg | 0 | -- | -- | 0 | 0 | 0 |
| Carotene, beta 1 2 3 | µg | 52 | 18 | 2.982 | 94 | 36 | 77 |
| Carotene, alpha 2 3 | µg | 0 | 6 | 0.000 | 0 | 0 | 0 |
| Cryptoxanthin, beta 2 3 | µg | 0 | 6 | 0.000 | 0 | 0 | 0 |
| Vitamin A, IU 1 2 3 | IU | 87 | 18 | 4.722 | 157 | 60 | 129 |
| Lycopene 2 3 | µg | 0 | 6 | 0.000 | 0 | 0 | 0 |
| Lutein + zeaxanthin 2 3 | µg | 122 | 6 | 5.764 | 220 | 84 | 181 |
| Vitamin E (alpha-tocopherol) 1 2 | mg | 1.46 | 16 | 0.043 | 2.63 | 1.01 | 2.16 |

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|---|------|------------------|-------------|------------|--------------------|----------------------|---------------------|
| Vitamin E, added | mg | 0.00 | -- | -- | 0.00 | 0.00 | 0.00 |
| Tocopherol, beta 2 | mg | 0.00 | 4 | 0.000 | 0.00 | 0.00 | 0.00 |
| Tocopherol, gamma 2 | mg | 0.03 | 4 | 0.005 | 0.05 | 0.02 | 0.04 |
| Tocopherol, delta 2 | mg | 0.00 | 4 | 0.000 | 0.00 | 0.00 | 0.00 |
| Vitamin D (D2 + D3) | µg | 0.0 | -- | -- | 0.0 | 0.0 | 0.0 |
| Vitamin D | IU | 0 | -- | -- | 0 | 0 | 0 |
| Vitamin K (phylloquinone) 2 3 | µg | 40.3 | 8 | 1.786 | 72.5 | 27.8 | 59.6 |
| Lipids | | | | | | | |
| Fatty acids, total saturated | g | 0.029 | -- | -- | 0.052 | 0.020 | 0.043 |
| 4:0 | g | 0.000 | -- | -- | 0.000 | 0.000 | 0.000 |
| 6:0 | g | 0.000 | -- | -- | 0.000 | 0.000 | 0.000 |
| 8:0 | g | 0.000 | -- | -- | 0.000 | 0.000 | 0.000 |
| 10:0 | g | 0.000 | -- | -- | 0.000 | 0.000 | 0.000 |
| 12:0 | g | 0.000 | -- | -- | 0.000 | 0.000 | 0.000 |
| 14:0 | g | 0.000 | -- | -- | 0.000 | 0.000 | 0.000 |
| 16:0 | g | 0.017 | -- | -- | 0.031 | 0.012 | 0.025 |
| 18:0 | g | 0.012 | -- | -- | 0.022 | 0.008 | 0.018 |
| Fatty acids, total monounsaturated | g | 0.047 | -- | -- | 0.085 | 0.032 | 0.070 |
| 16:1 undifferentiated | g | 0.000 | -- | -- | 0.000 | 0.000 | 0.000 |
| 18:1 undifferentiated | g | 0.047 | -- | -- | 0.085 | 0.032 | 0.070 |
| 20:1 | g | 0.000 | -- | -- | 0.000 | 0.000 | 0.000 |
| 22:1 undifferentiated | g | 0.000 | -- | -- | 0.000 | 0.000 | 0.000 |
| Fatty acids, total polyunsaturated | g | 0.287 | -- | -- | 0.517 | 0.198 | 0.425 |
| 18:2 undifferentiated | g | 0.246 | -- | -- | 0.443 | 0.170 | 0.364 |
| 18:3 undifferentiated | g | 0.042 | -- | -- | 0.076 | 0.029 | 0.062 |
| 18:4 | g | 0.000 | -- | -- | 0.000 | 0.000 | 0.000 |
| 20:4 undifferentiated | g | 0.000 | -- | -- | 0.000 | 0.000 | 0.000 |
| 20:5 n-3 (EPA) | g | 0.000 | -- | -- | 0.000 | 0.000 | 0.000 |
| 22:5 n-3 (DPA) | g | 0.000 | -- | -- | 0.000 | 0.000 | 0.000 |
| 22:6 n-3 (DHA) | g | 0.000 | -- | -- | 0.000 | 0.000 | 0.000 |
| Cholesterol | mg | 0 | -- | -- | 0 | 0 | 0 |
| Amino Acids | | | | | | | |
| Tryptophan 2 3 | g | 0.015 | -- | -- | 0.027 | 0.010 | 0.022 |

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|---|------|------------------------|-------------|------------|-----------------------|-------------------------|------------------------|
| Threonine 2 3 | g | 0.047 | -- | -- | 0.085 | 0.032 | 0.070 |
| Isoleucine 2 3 | g | 0.051 | -- | -- | 0.092 | 0.035 | 0.075 |
| Leucine 2 3 | g | 0.066 | -- | -- | 0.119 | 0.046 | 0.098 |
| Lysine 2 3 | g | 0.061 | -- | -- | 0.110 | 0.042 | 0.090 |
| Methionine 2 3 | g | 0.024 | -- | -- | 0.043 | 0.017 | 0.036 |
| Cystine 2 3 | g | 0.031 | -- | -- | 0.056 | 0.021 | 0.046 |
| Phenylalanine 2 3 | g | 0.044 | -- | -- | 0.079 | 0.030 | 0.065 |
| Tyrosine 2 3 | g | 0.034 | -- | -- | 0.061 | 0.023 | 0.050 |
| Valine 2 3 | g | 0.057 | -- | -- | 0.103 | 0.039 | 0.084 |
| Arginine 2 3 | g | 0.081 | -- | -- | 0.146 | 0.056 | 0.120 |
| Histidine 2 3 | g | 0.027 | -- | -- | 0.049 | 0.019 | 0.040 |
| Alanine 2 3 | g | 0.053 | -- | -- | 0.095 | 0.037 | 0.078 |
| Aspartic acid 2 3 | g | 0.126 | -- | -- | 0.227 | 0.087 | 0.186 |
| Glutamic acid 2 3 | g | 0.184 | -- | -- | 0.331 | 0.127 | 0.272 |
| Glycine 2 3 | g | 0.060 | -- | -- | 0.108 | 0.041 | 0.089 |
| Proline 2 3 | g | 0.044 | -- | -- | 0.079 | 0.030 | 0.065 |
| Serine 2 3 | g | 0.053 | -- | -- | 0.095 | 0.037 | 0.078 |
| Other | | | | | | | |
| Alcohol, ethyl | g | 0.0 | -- | -- | 0.0 | 0.0 | 0.0 |
| Caffeine | mg | 0 | -- | -- | 0 | 0 | 0 |
| Theobromine | mg | 0 | -- | -- | 0 | 0 | 0 |
| Flavonoids | | | | | | | |
| Anthocyanidins | | | | | | | |
| Petunidin 5 | mg | 0.0 | 2 | -- | 0.0 | 0.0 | 0.0 |
| Delphinidin 5 | mg | 0.0 | 2 | -- | 0.0 | 0.0 | 0.0 |
| Malvidin 5 | mg | 0.0 | 2 | -- | 0.0 | 0.0 | 0.0 |
| Pelargonidin 5 | mg | 0.0 | 2 | -- | 0.0 | 0.0 | 0.0 |
| Peonidin 5 | mg | 0.0 | 2 | -- | 0.0 | 0.0 | 0.0 |
| Cyanidin 5 | mg | 0.0 | 2 | -- | 0.0 | 0.0 | 0.0 |
| Flavan-3-ols | | | | | | | |
| (+)-Catechin 5 6 7 14 | mg | 0.0 | 12 | 0 | 0.0 | 0.0 | 0.0 |
| (-)-Epigallocatechin 5 6 7 14 | mg | 0.0 | 12 | 0 | 0.0 | 0.0 | 0.0 |

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|---|------|-----------------------------------|-------------|------------|-----------------------|-------------------------|------------------------|
| (-)-Epicatechin 5 6 7 14 | mg | 0.3 | 12 | 0.05 | 0.5 | 0.2 | 0.4 |
| (-)-Epicatechin 3-gallate 5 6 7 14 | mg | 0.0 | 12 | 0.01 | 0.0 | 0.0 | 0.0 |
| (-)-Epigallocatechin 3-gallate 5 6 7 14 | mg | 0.1 | 12 | 0.09 | 0.2 | 0.1 | 0.1 |
| (+)-Gallocatechin 5 6 7 14 | mg | 0.0 | 12 | 0 | 0.0 | 0.0 | 0.0 |
| Flavanones | | | | | | | |
| Hesperetin 5 | mg | 0.0 | 5 | 0 | 0.0 | 0.0 | 0.0 |
| Naringenin 5 | mg | 0.0 | 5 | 0 | 0.0 | 0.0 | 0.0 |
| Flavones | | | | | | | |
| Apigenin 5 8 | mg | 0.0 | 3 | 0 | 0.0 | 0.0 | 0.0 |
| Luteolin 5 8 9 | mg | 0.7 | 3 | 0.74 | 1.3 | 0.5 | 1.1 |
| Flavonols | | | | | | | |
| Kaempferol 8 9 10 | mg | 1.0 | 3 | 1.01 | 1.8 | 0.7 | 1.5 |
| Myricetin 5 8 9 10 | mg | 0.0 | 5 | 0 | 0.0 | 0.0 | 0.0 |
| Quercetin 5 8 9 10 | mg | 0.0 | 5 | 0.04 | 0.1 | 0.0 | 0.1 |
| Isoflavones | | | | | | | |
| Daidzein 11 | mg | 0.0 | 1 | -- | 0.0 | 0.0 | 0.0 |
| Genistein 11 | mg | 0.0 | 1 | -- | 0.0 | 0.0 | 0.0 |
| Total isoflavones 11 | mg | 0.0 | 1 | -- | 0.0 | 0.0 | 0.0 |
| Proanthocyanidin | | | | | | | |
| Proanthocyanidin monomers 12 13 | mg | 0.5 | 11 | 0.42 | 0.9 | 0.4 | 0.8 |
| Proanthocyanidin dimers 12 13 | mg | 0.6 | 11 | 0.22 | 1.1 | 0.4 | 0.9 |
| Proanthocyanidin trimers 12 13 | mg | 0.5 | 11 | 0.19 | 0.9 | 0.4 | 0.8 |
| Proanthocyanidin 4-6mers 13 | mg | 1.3 | 8 | 0.94 | 2.4 | 0.9 | 2.0 |
| Proanthocyanidin 7-10mers 13 | mg | 0.2 | 8 | 0.27 | 0.4 | 0.1 | 0.3 |
| Proanthocyanidin polymers (>10mers) 13 | mg | 0.0 | 8 | 0 | 0.0 | 0.0 | 0.0 |

Sources of Data

¹Produce Marketing Association (PMA) Nutrient Content of Kiwi, 1983

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Langual Code(s)

- A0143 FRUIT OR FRUIT PRODUCT (US CFR)
- A1279 0900 FRUITS AND FRUIT JUICES (USDA SR)
- B1664 KIWIFRUIT
- C0230 FRUIT, PEEL REMOVED, CORE, PIT OR SEED PRESENT
- E0150 WHOLE, NATURAL SHAPE
- F0003 NOT HEAT-TREATED
- G0003 COOKING METHOD NOT APPLICABLE
- H0003 NO TREATMENT APPLIED
- J0001 PRESERVATION METHOD NOT KNOWN
- K0003 NO PACKING MEDIUM USED
- M0001 CONTAINER OR WRAPPING NOT KNOWN
- N0001 FOOD CONTACT SURFACE NOT KNOWN
- P0024 HUMAN FOOD, NO AGE SPECIFICATION