

Basic Report 09283, Plums, canned, purple, light syrup pack, solids and liquids

Report Date: January 28, 2015 13:11 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	1 cup, pitted 252g	1 plum with liquid 46g
Proximates				
Water	g	83.00	209.16	38.18
Energy	kcal	63	159	29
Protein	g	0.37	0.93	0.17
Total lipid (fat)	g	0.10	0.25	0.05
Carbohydrate, by difference	g	16.28	41.03	7.49
Fiber, total dietary	g	0.9	2.3	0.4
Sugars, total	g	15.35	38.68	7.06
Minerals				
Calcium, Ca	mg	9	23	4
Iron, Fe	mg	0.86	2.17	0.40
Magnesium, Mg	mg	5	13	2
Phosphorus, P	mg	13	33	6
Potassium, K	mg	93	234	43
Sodium, Na	mg	20	50	9
Zinc, Zn	mg	0.08	0.20	0.04
Vitamins				
Vitamin C, total ascorbic acid	mg	0.4	1.0	0.2
Thiamin	mg	0.016	0.040	0.007
Riboflavin	mg	0.039	0.098	0.018
Niacin	mg	0.297	0.748	0.137
Vitamin B-6	mg	0.027	0.068	0.012
Folate, DFE	µg	3	8	1
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	12	30	6
Vitamin A, IU	IU	231	582	106
Vitamin E (alpha-tocopherol)	mg	0.18	0.45	0.08

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	0	0	0
Vitamin K (phylloquinone)	µg	4.3	10.8	2.0
Lipids				
Fatty acids, total saturated	g	0.008	0.020	0.004
Fatty acids, total monounsaturated	g	0.069	0.174	0.032
Fatty acids, total polyunsaturated	g	0.023	0.058	0.011
Cholesterol	mg	0	0	0
Other				
Caffeine	mg	0	0	0