

Full Report (All Nutrients) 09283, Plums, canned, purple, light syrup pack, solids and liquids

Report Date: January 31, 2015 00:30 EST

Nutrient values and weights are for edible portion

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 3.71 Fat Factor: 8.37 Protein Factor: 3.36 Nitrogen to Protein Conversion Factor: 6.25

Refuse: 5% Refuse Description: Pits

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, pitted 252g	1 plum with liquid 46g
Proximates						
Water	g	83.00	--	--	209.16	38.18
Energy	kcal	63	--	--	159	29
Energy	kJ	264	--	--	665	121
Protein	g	0.37	--	--	0.93	0.17
Total lipid (fat)	g	0.10	--	--	0.25	0.05
Ash	g	0.25	--	--	0.63	0.12
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
Copper, Cu	mg	0.038	--	--	0.096	0.017
Manganese, Mn	mg	0.032	--	--	0.081	0.015
Selenium, Se	µg	0.0	--	--	0.0	0.0

Vitamins

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, pitted 252g	1 plum with liquid 46g
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
Pantothenic acid	mg	0.072	--	--	0.181	0.033
Vitamin B-6	mg	0.027	--	--	0.068	0.012
Folate, total	µg	3	--	--	8	1
Folic acid	µg	0	--	--	0	0
Folate, food	µg	3	--	--	8	1
Folate, DFE	µg	3	--	--	8	1
Choline, total	mg	1.3	--	--	3.3	0.6
Vitamin B-12	µg	0.00	--	--	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	12	--	--	30	6
Retinol	µg	0	--	--	0	0
Carotene, beta	µg	127	--	--	320	58
Carotene, alpha	µg	0	--	--	0	0
Cryptoxanthin, beta	µg	23	--	--	58	11
Vitamin A, IU	IU	231	--	--	582	106
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	49	--	--	123	23
Vitamin E (alpha-tocopherol)	mg	0.18	--	--	0.45	0.08
Vitamin E, added	mg	0.00	--	--	0.00	0.00
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
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000
12:0	g	0.000	--	--	0.000	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, pitted 252g	1 plum with liquid 46g
14:0	g	0.000	--	--	0.000	0.000
16:0	g	0.007	--	--	0.018	0.003
18:0	g	0.001	--	--	0.003	0.000
Fatty acids, total monounsaturated	g	0.069	--	--	0.174	0.032
16:1 undifferentiated	g	0.001	--	--	0.003	0.000
18:1 undifferentiated	g	0.068	--	--	0.171	0.031
20:1	g	0.000	--	--	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.023	--	--	0.058	0.011
18:2 undifferentiated	g	0.023	--	--	0.058	0.011
18:3 undifferentiated	g	0.000	--	--	0.000	0.000
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Cholesterol	mg	0	--	--	0	0
Amino Acids						
Threonine	g	0.008	--	--	0.020	0.004
Isoleucine	g	0.007	--	--	0.018	0.003
Leucine	g	0.010	--	--	0.025	0.005
Lysine	g	0.008	--	--	0.020	0.004
Methionine	g	0.003	--	--	0.008	0.001
Cystine	g	0.002	--	--	0.005	0.001
Phenylalanine	g	0.008	--	--	0.020	0.004
Tyrosine	g	0.003	--	--	0.008	0.001
Valine	g	0.009	--	--	0.023	0.004
Arginine	g	0.006	--	--	0.015	0.003
Histidine	g	0.006	--	--	0.015	0.003
Alanine	g	0.014	--	--	0.035	0.006
Aspartic acid	g	0.116	--	--	0.292	0.053
Glutamic acid	g	0.017	--	--	0.043	0.008
Glycine	g	0.006	--	--	0.015	0.003

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, pitted 252g	1 plum with liquid 46g
Proline	g	0.016	--	--	0.040	0.007
Serine	g	0.009	--	--	0.023	0.004
Other						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0

Language Code(s)

- A0143 FRUIT OR FRUIT PRODUCT (US CFR)
- A1279 0900 FRUITS AND FRUIT JUICES (USDA SR)
- B1206 PLUM
- C0139 FRUIT, PEEL PRESENT, CORE, PIT OR SEED REMOVED
- E0150 WHOLE, NATURAL SHAPE
- F0014 FULLY HEAT-TREATED
- G0003 COOKING METHOD NOT APPLICABLE
- H0136 SUGAR OR SUGAR SYRUP ADDED
- J0123 STERILIZED BY HEAT
- K0013 PACKED IN LIGHTLY SWEETENED WATER OR JUICE
- M0194 CAN, BOTTLE OR JAR
- N0001 FOOD CONTACT SURFACE NOT KNOWN
- P0024 HUMAN FOOD, NO AGE SPECIFICATION
- Z0220 NOT DRAINED