

Full Report (All Nutrients) 09291, Plums, dried (prunes), uncooked

Report Date: January 29, 2015 05:19 EST

Nutrient values and weights are for edible portion

Food Group : Fruits and Fruit Juices

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

Refuse: 13% Refuse Description: Pits

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, pitted 174g	1 prune, pitted 9.5g
Proximates						
Water 2 3 5 13 19 20	g	30.92	14	2.267	53.80	2.94
Energy	kcal	240	--	--	418	23
Energy	kJ	1006	--	--	1750	96
Protein 2 3	g	2.18	8	0.033	3.79	0.21
Total lipid (fat) 2 3 13	g	0.38	9	0.114	0.66	0.04
Ash 2 3	g	2.64	8	0.380	4.59	0.25
Carbohydrate, by difference	g	63.88	--	--	111.15	6.07
Fiber, total dietary 2 3 5	g	7.1	10	0.307	12.4	0.7
Sugars, total 3 4 19 20	g	38.13	10	6.339	66.35	3.62
Sucrose 2 3 4 19 20	g	0.15	12	0.044	0.26	0.01
Glucose (dextrose) 2 3 4 14 19 20	g	25.46	15	2.995	44.30	2.42
Fructose 2 3 4 14 19 20	g	12.45	15	1.403	21.66	1.18
Lactose 2 3 20	g	0.00	9	0.000	0.00	0.00
Maltose 2 3 20	g	0.06	9	0.062	0.10	0.01
Galactose 3	g	0.00	4	0.000	0.00	0.00
Starch 2 3	g	5.11	2	--	8.89	0.49
Minerals						
Calcium, Ca 1 2 3 6 7 8 9 10 11 12 15 16 17	mg	43	42	1.519	75	4
Iron, Fe 1 2 3 6 7 8 9 10 11 12 15 16 17	mg	0.93	42	0.052	1.62	0.09
Magnesium, Mg 1 2 3 6 7 8 9 10 11 12 15 16 17	mg	41	42	0.615	71	4
Phosphorus, P 1 2 3 6 7 8 9 10 11 12 15 16 17	mg	69	42	1.383	120	7

Nutrient	Unit	1			1 cup, pitted 174g	1 prune, pitted 9.5g
		Value Per100 g	Data points	Std. Error		
Potassium, K 1 2 3 6 7 8 9 10 11 12 15 16 17	mg	732	42	6.876	1274	70
Sodium, Na 1 2 3 6 7 8 9 10 11 12 15 16 17	mg	2	38	0.175	3	0
Zinc, Zn 1 2 3 6 7 8 9 10 11 12 15 16 17	mg	0.44	42	0.015	0.77	0.04
Copper, Cu 1 2 3 6 7 8 9 10 11 12 15 16 17	mg	0.281	42	0.011	0.489	0.027
Manganese, Mn 1 2 3 6 7 8 9 10 11 12 15 16 17	mg	0.299	42	0.011	0.520	0.028
Selenium, Se 2 3	µg	0.3	8	0.062	0.5	0.0
Fluoride, F 21	µg	4.0	9	--	7.0	0.4
Vitamins						
Vitamin C, total ascorbic acid 2 3	mg	0.6	8	0.048	1.0	0.1
Thiamin 2 3	mg	0.051	8	0.003	0.089	0.005
Riboflavin 2 3	mg	0.186	8	0.020	0.324	0.018
Niacin 2 3	mg	1.882	8	0.044	3.275	0.179
Pantothenic acid 2 3	mg	0.422	8	0.013	0.734	0.040
Vitamin B-6 2 3	mg	0.205	6	0.009	0.357	0.019
Folate, total 2	µg	4	4	0.000	7	0
Folic acid	µg	0	--	--	0	0
Folate, food	µg	4	4	0.000	7	0
Folate, DFE	µg	4	--	--	7	0
Choline, total 2 3	mg	10.1	--	--	17.6	1.0
Betaine 2 3	mg	0.4	2	--	0.7	0.0
Vitamin B-12	µg	0.00	--	--	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE 2 3 18	µg	39	31	11.525	68	4
Retinol	µg	0	--	--	0	0
Carotene, beta 2 3 18	µg	394	31	117.455	686	37
Carotene, alpha 2 3 18	µg	57	31	17.439	99	5
Cryptoxanthin, beta 2 3 18	µg	93	31	24.428	162	9
Vitamin A, IU 2 3 18	IU	781	31	230.496	1359	74
Lycopene 2 3	µg	0	7	0.000	0	0
Lutein + zeaxanthin 2 3 18	µg	148	31	18.460	258	14
Vitamin E (alpha-tocopherol) 2 13	mg	0.43	5	0.109	0.75	0.04
Vitamin E, added	mg	0.00	--	--	0.00	0.00

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, pitted 174g	1 prune, pitted 9.5g
Tocopherol, beta 2 13	mg	0.00	5	0.000	0.00	0.00
Tocopherol, gamma 2 13	mg	0.02	5	0.022	0.03	0.00
Tocopherol, delta 2 13	mg	0.00	5	0.000	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0
Vitamin D	IU	0	--	--	0	0
Vitamin K (phylloquinone) 2 3	µg	59.5	8	1.742	103.5	5.7
Lipids						
Fatty acids, total saturated	g	0.088	--	--	0.153	0.008
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000
8:0 2 3	g	0.007	4	0.007	0.012	0.001
10:0 2 3	g	0.005	4	0.004	0.009	0.000
12:0 2 3	g	0.001	4	0.000	0.002	0.000
14:0 2 3	g	0.000	4	0.000	0.000	0.000
15:0 2 3	g	0.000	4	0.000	0.000	0.000
16:0 2 3	g	0.030	4	0.003	0.052	0.003
17:0 2 3	g	0.000	4	0.000	0.000	0.000
18:0 2 3	g	0.044	4	0.001	0.077	0.004
20:0 2 3	g	0.001	4	0.000	0.002	0.000
22:0 2 3	g	0.001	4	0.000	0.002	0.000
Fatty acids, total monounsaturated	g	0.053	--	--	0.092	0.005
14:1 2 3	g	0.000	4	0.000	0.000	0.000
15:1 2 3	g	0.000	4	0.000	0.000	0.000
16:1 undifferentiated 2 3	g	0.039	4	0.000	0.068	0.004
17:1 2 3	g	0.000	4	0.000	0.000	0.000
18:1 undifferentiated 2 3	g	0.014	4	0.003	0.024	0.001
20:1 2 3	g	0.000	4	0.000	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.062	--	--	0.108	0.006
18:2 undifferentiated 2 3	g	0.044	4	0.005	0.077	0.004
18:3 undifferentiated 2 3	g	0.017	4	0.000	0.030	0.002
18:3 n-6 c,c,c 2	g	0.000	2	--	0.000	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, pitted 174g	1 prune, pitted 9.5g
18:4	g	0.000	--	--	0.000	0.000
20:2 n-6 c,c 2 3	g	0.000	4	0.000	0.000	0.000
20:3 undifferentiated 2 3	g	0.000	4	0.000	0.000	0.000
20:4 undifferentiated 2 3	g	0.000	4	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						
Tryptophan 2 3	g	0.025	--	--	0.044	0.002
Threonine 2 3	g	0.049	--	--	0.085	0.005
Isoleucine 2 3	g	0.041	--	--	0.071	0.004
Leucine 2 3	g	0.066	--	--	0.115	0.006
Lysine 2 3	g	0.050	--	--	0.087	0.005
Methionine 2 3	g	0.016	--	--	0.028	0.002
Cystine 2 3	g	0.011	--	--	0.019	0.001
Phenylalanine 2	g	0.052	--	--	0.090	0.005
Tyrosine 2 3	g	0.021	--	--	0.037	0.002
Valine 2 3	g	0.056	--	--	0.097	0.005
Arginine 2 3	g	0.037	--	--	0.064	0.004
Histidine 2 3	g	0.027	--	--	0.047	0.003
Alanine 2 3	g	0.066	--	--	0.115	0.006
Aspartic acid 2 3	g	0.801	--	--	1.394	0.076
Glutamic acid 2 3	g	0.114	--	--	0.198	0.011
Glycine 2 3	g	0.047	--	--	0.082	0.004
Proline 2 3	g	0.130	--	--	0.226	0.012
Serine 2 3	g	0.059	--	--	0.103	0.006
Other						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0

Flavonoids

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, pitted 174g	1 prune, pitted 9.5g
Anthocyanidins						
Petunidin 22	mg	0.0	7	0	0.0	0.0
Delphinidin 22 23 28	mg	0.0	9	0.01	0.1	0.0
Malvidin 22	mg	0.0	7	0	0.0	0.0
Pelargonidin 22 23 28	mg	0.0	9	0	0.0	0.0
Peonidin 22	mg	0.0	7	0	0.0	0.0
Cyanidin 22 28	mg	0.7	9	0.26	1.2	0.1
Flavan-3-ols						
(+)-Catechin 22	mg	0.0	3	0	0.0	0.0
(-)-Epigallocatechin 22	mg	0.0	3	0	0.0	0.0
(-)-Epicatechin 22	mg	0.0	3	0	0.0	0.0
(-)-Epicatechin 3-gallate 22	mg	0.0	3	0	0.0	0.0
(-)-Epigallocatechin 3-gallate 22	mg	0.0	3	0	0.0	0.0
(+)-Galocatechin 22	mg	0.0	3	0	0.0	0.0
Flavanones						
Hesperetin 22	mg	0.0	3	0	0.0	0.0
Naringenin 22	mg	0.0	3	0	0.0	0.0
Flavones						
Apigenin 22 23 28	mg	0.0	9	0	0.0	0.0
Luteolin 22 23 28	mg	0.0	6	0	0.0	0.0
Flavonols						
Kaempferol 23 28	mg	0.0	2	--	0.0	0.0
Myricetin 22 23 28	mg	0.0	9	0	0.0	0.0
Quercetin 22 23 28	mg	1.8	9	0.6	3.1	0.2
Isoflavones						
Daidzein 24 25 26	mg	0.0	3	0	0.0	0.0
Genistein 24 25 26	mg	0.0	3	0.01	0.0	0.0
Glycitein 26	mg	0.0	1	--	0.0	0.0
Total isoflavones 24 25 26	mg	0.0	3	0.01	0.0	0.0
Biochanin A	mg	0.0	1	--	0.0	0.0
Formononetin	mg	0.0	2	--	0.0	0.0
Coumestrol	mg	0.0	2	--	0.0	0.0

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, pitted 174g	1 prune, pitted 9.5g
Proanthocyanidin						
Proanthocyanidin monomers 27	mg	0.0	8	0	0.0	0.0
Proanthocyanidin dimers 27	mg	0.0	8	0	0.0	0.0
Proanthocyanidin trimers 27	mg	0.0	8	0	0.0	0.0
Proanthocyanidin 4-6mers 27	mg	0.0	8	0	0.0	0.0
Proanthocyanidin 7-10mers 27	mg	0.0	8	0	0.0	0.0
Proanthocyanidin polymers (>10mers) 27	mg	0.0	8	0	0.0	0.0

Sources of Data

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Language Code(s)

- A0143 FRUIT OR FRUIT PRODUCT (US CFR)
- A1279 0900 FRUITS AND FRUIT JUICES (USDA SR)
- B1207 PRUNE
- C0139 FRUIT, PEEL PRESENT, CORE, PIT OR SEED REMOVED

- E0150 WHOLE, NATURAL SHAPE
- F0003 NOT HEAT-TREATED
- G0003 COOKING METHOD NOT APPLICABLE
- H0138 WATER REMOVED
- J0141 NATURALLY DRIED
- K0003 NO PACKING MEDIUM USED
- M0001 CONTAINER OR WRAPPING NOT KNOWN
- N0001 FOOD CONTACT SURFACE NOT KNOWN
- P0024 HUMAN FOOD, NO AGE SPECIFICATION