

Basic Report 11230, Pepeao, dried

Report Date: January 27, 2015 23:13 EST

Nutrient values and weights are for edible portion

| Nutrient | Unit | 1 Value Per100 g | 1 cup 24g |
|--------------------------------|------|------------------|-----------|
| Proximates | | | |
| Water | g | 11.14 | 2.67 |
| Energy | kcal | 298 | 72 |
| Protein | g | 4.82 | 1.16 |
| Total lipid (fat) | g | 0.44 | 0.11 |
| Carbohydrate, by difference | g | 81.03 | 19.45 |
| Minerals | | | |
| Calcium, Ca | mg | 113 | 27 |
| Iron, Fe | mg | 6.14 | 1.47 |
| Magnesium, Mg | mg | 146 | 35 |
| Phosphorus, P | mg | 116 | 28 |
| Potassium, K | mg | 708 | 170 |
| Sodium, Na | mg | 70 | 17 |
| Zinc, Zn | mg | 7.52 | 1.80 |
| Vitamins | | | |
| Vitamin C, total ascorbic acid | mg | 1.4 | 0.3 |
| Thiamin | mg | 0.826 | 0.198 |
| Riboflavin | mg | 0.350 | 0.084 |
| Niacin | mg | 3.000 | 0.720 |
| Vitamin B-6 | mg | 0.950 | 0.228 |
| Folate, DFE | µg | 160 | 38 |
| Vitamin B-12 | µg | 0.00 | 0.00 |
| Vitamin A, RAE | µg | 0 | 0 |
| Vitamin A, IU | IU | 0 | 0 |
| Vitamin D (D2 + D3) | µg | 0.0 | 0.0 |
| Vitamin D | IU | 0 | 0 |

Lipids

| Nutrient | Unit | 1 Value Per100 g | 1 cup 24g |
|-------------|------|------------------------|--------------|
| Cholesterol | mg | 0 | 0 |