

**Basic Report 14334, Pineapple and grapefruit juice drink, canned**

Report Date: January 29, 2015 03:13 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	1 fl oz 31.3g	1 cup (8 fl oz) 250g
<b>Proximates</b>				
Water	g	87.90	27.51	219.75
Energy	kcal	47	15	118
Protein	g	0.20	0.06	0.50
Total lipid (fat)	g	0.10	0.03	0.25
Carbohydrate, by difference	g	11.60	3.63	29.00
Fiber, total dietary	g	0.1	0.0	0.2
Sugars, total	g	11.52	3.61	28.80
<b>Minerals</b>				
Calcium, Ca	mg	7	2	18
Iron, Fe	mg	0.31	0.10	0.78
Magnesium, Mg	mg	6	2	15
Phosphorus, P	mg	6	2	15
Potassium, K	mg	61	19	152
Sodium, Na	mg	14	4	35
Zinc, Zn	mg	0.06	0.02	0.15
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	46.0	14.4	115.0
Thiamin	mg	0.030	0.009	0.075
Riboflavin	mg	0.016	0.005	0.040
Niacin	mg	0.267	0.084	0.668
Vitamin B-6	mg	0.042	0.013	0.105
Folate, DFE	µg	9	3	22
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	0	0	0
Vitamin A, IU	IU	2	1	5
Vitamin E (alpha-tocopherol)	mg	0.01	0.00	0.02

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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	0.1	0.0	0.2
<b>Lipids</b>				
Fatty acids, total saturated	g	0.006	0.002	0.015
Fatty acids, total monounsaturated	g	0.010	0.003	0.025
Fatty acids, total polyunsaturated	g	0.028	0.009	0.070
Cholesterol	mg	0	0	0
<b>Other</b>				
Caffeine	mg	0	0	0