

Basic Report 35030, Cranberry, low bush or lingonberry, raw (Alaska Native)

Report Date: January 29, 2015 09:20 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g
Proximates		
Water	g	86.70
Energy	kcal	55
Protein	g	0.40
Total lipid (fat)	g	0.50
Carbohydrate, by difference	g	12.20
Minerals		
Calcium, Ca	mg	26
Iron, Fe	mg	0.40
Phosphorus, P	mg	21
Vitamins		
Vitamin C, total ascorbic acid	mg	21.0
Thiamin	mg	0.020
Riboflavin	mg	0.080
Niacin	mg	0.400
Vitamin A, IU	IU	90