

Basic Report 09042, Blackberries, raw

Report Date: July 21, 2019 16:06 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	0.5 cup 72g
Proximates			
Water	g	88.15	63.47
Energy	kcal	43	31
Protein	g	1.39	1.00
Total lipid (fat)	g	0.49	0.35
Carbohydrate, by difference	g	9.61	6.92
Fiber, total dietary	g	5.3	3.8
Sugars, total	g	4.88	3.51
Minerals			
Calcium, Ca	mg	29	21
Iron, Fe	mg	0.62	0.45
Magnesium, Mg	mg	20	14
Phosphorus, P	mg	22	16
Potassium, K	mg	162	117
Sodium, Na	mg	1	1
Zinc, Zn	mg	0.53	0.38
Vitamins			
Vitamin C, total ascorbic acid	mg	21.0	15.1
Thiamin	mg	0.020	0.014
Riboflavin	mg	0.026	0.019
Niacin	mg	0.646	0.465
Vitamin B-6	mg	0.030	0.022
Folate, DFE	µg	25	18
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	11	8
Vitamin A, IU	IU	214	154
Vitamin E (alpha-tocopherol)	mg	1.17	0.84

Nutrient	Unit	1 Value Per100 g	0.5 cup 72g
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	19.8	14.3
Lipids			
Fatty acids, total saturated	g	0.014	0.010
Fatty acids, total monounsaturated	g	0.047	0.034
Fatty acids, total polyunsaturated	g	0.280	0.202
Fatty acids, total trans	g	0.000	0.000
Cholesterol	mg	0	0
Amino Acids			
Other			
Caffeine	mg	0	0