

Basic Report 09042, Blackberries, raw

Report Date: August 24, 2019 00:44 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 144g
Proximates			
Water	g	88.15	126.94
Energy	kcal	43	62
Protein	g	1.39	2.00
Total lipid (fat)	g	0.49	0.71
Carbohydrate, by difference	g	9.61	13.84
Fiber, total dietary	g	5.3	7.6
Sugars, total	g	4.88	7.03
Minerals			
Calcium, Ca	mg	29	42
Iron, Fe	mg	0.62	0.89
Magnesium, Mg	mg	20	29
Phosphorus, P	mg	22	32
Potassium, K	mg	162	233
Sodium, Na	mg	1	1
Zinc, Zn	mg	0.53	0.76
Vitamins			
Vitamin C, total ascorbic acid	mg	21.0	30.2
Thiamin	mg	0.020	0.029
Riboflavin	mg	0.026	0.037
Niacin	mg	0.646	0.930
Vitamin B-6	mg	0.030	0.043
Folate, DFE	µg	25	36
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	11	16
Vitamin A, IU	IU	214	308
Vitamin E (alpha-tocopherol)	mg	1.17	1.68

Nutrient	Unit	1 Value Per100 g	1 cup 144g
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	19.8	28.5
Lipids			
Fatty acids, total saturated	g	0.014	0.020
Fatty acids, total monounsaturated	g	0.047	0.068
Fatty acids, total polyunsaturated	g	0.280	0.403
Fatty acids, total trans	g	0.000	0.000
Cholesterol	mg	0	0
Amino Acids			
Other			
Caffeine	mg	0	0