

## Basic Report 09052, Blueberries, canned, heavy syrup, solids and liquids

Report Date: June 15, 2019 22:49 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 256g
<b>Proximates</b>			
Water	g	76.78	196.56
Energy	kcal	88	225
Protein	g	0.65	1.66
Total lipid (fat)	g	0.33	0.84
Carbohydrate, by difference	g	22.06	56.47
Fiber, total dietary	g	1.6	4.1
Sugars, total	g	20.46	52.38
<b>Minerals</b>			
Calcium, Ca	mg	5	13
Iron, Fe	mg	0.33	0.84
Magnesium, Mg	mg	4	10
Phosphorus, P	mg	10	26
Potassium, K	mg	40	102
Sodium, Na	mg	3	8
Zinc, Zn	mg	0.07	0.18
<b>Vitamins</b>			
Vitamin C, total ascorbic acid	mg	1.1	2.8
Thiamin	mg	0.034	0.087
Riboflavin	mg	0.053	0.136
Niacin	mg	0.113	0.289
Vitamin B-6	mg	0.036	0.092
Folate, DFE	µg	2	5
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	2	5
Vitamin A, IU	IU	36	92
Vitamin E (alpha-tocopherol)	mg	0.38	0.97

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Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	6.4	16.4
<b>Lipids</b>			
Fatty acids, total saturated	g	0.027	0.069
Fatty acids, total monounsaturated	g	0.047	0.120
Fatty acids, total polyunsaturated	g	0.144	0.369
Fatty acids, total trans	g	0.000	0.000
Cholesterol	mg	0	0
<b>Amino Acids</b>			
<b>Other</b>			
Caffeine	mg	0	0