

Full Report (All Nutrients) 09052, Blueberries, canned, heavy syrup, solids and liquids

Report Date: July 16, 2019 15:17 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 3.75 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 256g
Proximates					
Water	g	76.78	3	0.570	196.56
Energy	kcal	88	--	--	225
Energy	kJ	368	--	--	942
Protein	g	0.65	3	0.050	1.66
Total lipid (fat)	g	0.33	3	0.030	0.84
Ash	g	0.17	3	0.006	0.44
Carbohydrate, by difference	g	22.06	--	--	56.47
Fiber, total dietary	g	1.6	--	--	4.1
Sugars, total	g	20.46	--	--	52.38
Minerals					
Calcium, Ca	mg	5	3	0.000	13
Iron, Fe	mg	0.33	3	0.060	0.84
Magnesium, Mg	mg	4	3	0.000	10
Phosphorus, P	mg	10	3	0.000	26
Potassium, K	mg	40	3	5.000	102
Sodium, Na	mg	3	3	0.000	8
Zinc, Zn	mg	0.07	3	0.009	0.18
Copper, Cu	mg	0.053	3	0.003	0.136
Manganese, Mn	mg	0.203	3	0.019	0.520
Selenium, Se	µg	0.1	--	--	0.3
Vitamins					
Vitamin C, total ascorbic acid	mg	1.1	3	0.200	2.8

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 256g
Thiamin	mg	0.034	3	0.001	0.087
Riboflavin	mg	0.053	3	0.006	0.136
Niacin	mg	0.113	3	0.022	0.289
Pantothenic acid	mg	0.089	3	0.008	0.228
Vitamin B-6	mg	0.036	3	0.005	0.092
Folate, total	µg	2	3	0.000	5
Folic acid	µg	0	--	--	0
Folate, food	µg	2	3	0.000	5
Folate, DFE	µg	2	--	--	5
Choline, total	mg	4.0	--	--	10.2
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	2	--	--	5
Retinol	µg	0	--	--	0
Carotene, beta	µg	22	--	--	56
Carotene, alpha	µg	0	--	--	0
Cryptoxanthin, beta	µg	0	--	--	0
Vitamin A, IU	IU	36	--	--	92
Lycopene	µg	0	--	--	0
Lutein + zeaxanthin	µg	53	--	--	136
Vitamin E (alpha-tocopherol)	mg	0.38	--	--	0.97
Vitamin E, added	mg	0.00	--	--	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Vitamin K (phylloquinone) 1	µg	6.4	1	--	16.4
Lipids					
Fatty acids, total saturated	g	0.027	--	--	0.069
4:0	g	0.000	--	--	0.000
6:0	g	0.000	--	--	0.000
8:0	g	0.000	--	--	0.000
10:0	g	0.000	--	--	0.000
12:0	g	0.000	--	--	0.000
14:0	g	0.000	--	--	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 256g
16:0	g	0.016	--	--	0.041
18:0	g	0.006	--	--	0.015
Fatty acids, total monounsaturated	g	0.047	--	--	0.120
16:1 undifferentiated	g	0.001	--	--	0.003
18:1 undifferentiated	g	0.045	--	--	0.115
20:1	g	0.000	--	--	0.000
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	0.144	--	--	0.369
18:2 undifferentiated	g	0.086	--	--	0.220
18:3 undifferentiated	g	0.058	--	--	0.148
18:4	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.000	--	--	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Fatty acids, total trans	g	0.000	--	--	0.000
Cholesterol	mg	0	--	--	0
Amino Acids					
Tryptophan	g	0.003	--	--	0.008
Threonine	g	0.018	--	--	0.046
Isoleucine	g	0.020	--	--	0.051
Leucine	g	0.039	--	--	0.100
Lysine	g	0.012	--	--	0.031
Methionine	g	0.010	--	--	0.026
Cystine	g	0.007	--	--	0.018
Phenylalanine	g	0.023	--	--	0.059
Tyrosine	g	0.008	--	--	0.020
Valine	g	0.027	--	--	0.069
Arginine	g	0.033	--	--	0.084
Histidine	g	0.010	--	--	0.026
Alanine	g	0.028	--	--	0.072
Aspartic acid	g	0.051	--	--	0.131
Glutamic acid	g	0.081	--	--	0.207

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Glycine	g	0.027	--	--	0.069
Proline	g	0.024	--	--	0.061
Serine	g	0.020	--	--	0.051
Other					
Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0
Flavonoids					
Proanthocyanidin					
Proanthocyanidin dimers 2	mg	4.8	15	0.53	12.4
Proanthocyanidin trimers 2	mg	2.0	15	0.31	5.0
Proanthocyanidin 4-6mers 2	mg	3.5	15	0.86	9.0
Proanthocyanidin 7-10mers 2	mg	0.3	15	0.1	0.7

Sources of Data

¹G. Ferland, D. MacDonald, J.A. Sadowski **Development of a diet low in vitamin K (phylloquinone)**, 1992 J. American Dietetic Assoc 92 5 pp.593-597

²Brownmiller, C., Howard, L.R., and Prior, R.L. **Processing and storage effects on procyanidin composition and concentration of processed blueberry products**, 2009 J. Agric. Food Chem. 57 pp.1896-1902

Languag Code(s)

- A0143 FRUIT OR FRUIT PRODUCT (US CFR)
- A1279 0900 FRUITS AND FRUIT JUICES (USDA SR)
- B1491 BLUEBERRY
- C0140 FRUIT, PEEL PRESENT, CORE, PIT OR SEED PRESENT
- E0150 WHOLE, NATURAL SHAPE
- F0014 FULLY HEAT-TREATED
- G0003 COOKING METHOD NOT APPLICABLE
- H0136 SUGAR OR SUGAR SYRUP ADDED
- J0123 STERILIZED BY HEAT
- K0012 PACKED IN HEAVILY SWEETENED LIQUID
- M0194 CAN, BOTTLE OR JAR
- N0001 FOOD CONTACT SURFACE NOT KNOWN
- P0024 HUMAN FOOD, NO AGE SPECIFICATION
- Z0220 NOT DRAINED