

Basic Report 09065, Cherries, sour, red, canned, light syrup pack, solids and liquids

Report Date: August 20, 2019 21:23 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 252g
Proximates			
Water	g	79.62	200.64
Energy	kcal	75	189
Protein	g	0.74	1.86
Total lipid (fat)	g	0.10	0.25
Carbohydrate, by difference	g	19.30	48.64
Fiber, total dietary	g	0.8	2.0
Minerals			
Calcium, Ca	mg	10	25
Iron, Fe	mg	1.32	3.33
Magnesium, Mg	mg	6	15
Phosphorus, P	mg	10	25
Potassium, K	mg	95	239
Sodium, Na	mg	7	18
Zinc, Zn	mg	0.07	0.18
Vitamins			
Vitamin C, total ascorbic acid	mg	2.0	5.0
Thiamin	mg	0.016	0.040
Riboflavin	mg	0.039	0.098
Niacin	mg	0.170	0.428
Vitamin B-6	mg	0.044	0.111
Folate, DFE	µg	8	20
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	36	91
Vitamin A, IU	IU	726	1830
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0

Nutrient	Unit	1 Value Per100 g	1 cup 252g
Lipids			
Fatty acids, total saturated	g	0.022	0.055
Fatty acids, total monounsaturated	g	0.026	0.066
Fatty acids, total polyunsaturated	g	0.029	0.073
Fatty acids, total trans	g	0.000	0.000
Cholesterol	mg	0	0

Amino Acids

Other