

Basic Report 09066, Cherries, sour, red, canned, heavy syrup pack, solids and liquids

Report Date: August 18, 2019 09:10 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 256g
Proximates			
Water	g	75.66	193.69
Energy	kcal	91	233
Protein	g	0.73	1.87
Total lipid (fat)	g	0.10	0.26
Carbohydrate, by difference	g	23.27	59.57
Fiber, total dietary	g	1.1	2.8
Sugars, total	g	22.17	56.76
Minerals			
Calcium, Ca	mg	10	26
Iron, Fe	mg	1.30	3.33
Magnesium, Mg	mg	6	15
Phosphorus, P	mg	10	26
Potassium, K	mg	93	238
Sodium, Na	mg	7	18
Zinc, Zn	mg	0.06	0.15
Vitamins			
Vitamin C, total ascorbic acid	mg	2.0	5.1
Thiamin	mg	0.016	0.041
Riboflavin	mg	0.039	0.100
Niacin	mg	0.168	0.430
Vitamin B-6	mg	0.044	0.113
Folate, DFE	µg	8	20
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	36	92
Vitamin A, IU	IU	714	1828
Vitamin E (alpha-tocopherol)	mg	0.23	0.59

Nutrient	Unit	1 Value Per100 g	1 cup 256g
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	1.4	3.6
Lipids			
Fatty acids, total saturated	g	0.021	0.054
Fatty acids, total monounsaturated	g	0.026	0.067
Fatty acids, total polyunsaturated	g	0.029	0.074
Fatty acids, total trans	g	0.000	0.000
Cholesterol	mg	0	0
Amino Acids			
Other			
Caffeine	mg	0	0