

**Basic Report 09067, Cherries, sour, red, canned, extra heavy syrup pack, solids and liquids**

Report Date: June 19, 2019 05:59 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 261g
<b>Proximates</b>			
Water	g	69.73	182.00
Energy	kcal	114	298
Protein	g	0.71	1.85
Total lipid (fat)	g	0.09	0.23
Carbohydrate, by difference	g	29.23	76.29
Fiber, total dietary	g	0.8	2.1
<b>Minerals</b>			
Calcium, Ca	mg	10	26
Iron, Fe	mg	1.26	3.29
Magnesium, Mg	mg	5	13
Phosphorus, P	mg	9	23
Potassium, K	mg	91	238
Sodium, Na	mg	7	18
Zinc, Zn	mg	0.06	0.16
<b>Vitamins</b>			
Vitamin C, total ascorbic acid	mg	1.9	5.0
Thiamin	mg	0.016	0.042
Riboflavin	mg	0.038	0.099
Niacin	mg	0.163	0.425
Vitamin B-6	mg	0.044	0.115
Folate, DFE	µg	7	18
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	35	91
Vitamin A, IU	IU	696	1817
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>1 cup 261g</b>
<b>Lipids</b>			
Fatty acids, total saturated	g	0.021	0.055
Fatty acids, total monounsaturated	g	0.025	0.065
Fatty acids, total polyunsaturated	g	0.028	0.073
Fatty acids, total trans	g	0.000	0.000
Cholesterol	mg	0	0

**Amino Acids**

**Other**