

Basic Report 09074, Cherries, sweet, canned, pitted, heavy syrup pack, solids and liquids

Report Date: August 24, 2019 01:50 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 253g
Proximates			
Water	g	77.61	196.35
Energy	kcal	83	210
Protein	g	0.60	1.52
Total lipid (fat)	g	0.15	0.38
Carbohydrate, by difference	g	21.27	53.81
Fiber, total dietary	g	1.4	3.5
Sugars, total	g	16.18	40.94
Minerals			
Calcium, Ca	mg	9	23
Iron, Fe	mg	0.35	0.89
Magnesium, Mg	mg	9	23
Phosphorus, P	mg	18	46
Potassium, K	mg	145	367
Sodium, Na	mg	3	8
Zinc, Zn	mg	0.10	0.25
Vitamins			
Vitamin C, total ascorbic acid	mg	3.6	9.1
Thiamin	mg	0.021	0.053
Riboflavin	mg	0.040	0.101
Niacin	mg	0.396	1.002
Vitamin B-6	mg	0.022	0.056
Folate, DFE	µg	4	10
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	8	20
Vitamin A, IU	IU	154	390
Vitamin E (alpha-tocopherol)	mg	0.17	0.43

Nutrient	Unit	1 Value Per100 g	1 cup 253g
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	0.9	2.3
Lipids			
Fatty acids, total saturated	g	0.034	0.086
Fatty acids, total monounsaturated	g	0.041	0.104
Fatty acids, total polyunsaturated	g	0.045	0.114
Fatty acids, total trans	g	0.000	0.000
Cholesterol	mg	0	0
Amino Acids			
Other			
Caffeine	mg	0	0