

Full Report (All Nutrients) 09088, Elderberries, raw

Report Date: July 22, 2019 00:13 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 3.6 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 145g
Proximates					
Water	g	79.80	--	--	115.71
Energy	kcal	73	--	--	106
Energy	kJ	305	--	--	442
Protein	g	0.66	12	0.040	0.96
Total lipid (fat)	g	0.50	--	--	0.72
Ash	g	0.64	12	0.020	0.93
Carbohydrate, by difference	g	18.40	--	--	26.68
Fiber, total dietary	g	7.0	--	--	10.2
Minerals					
Calcium, Ca	mg	38	--	--	55
Iron, Fe	mg	1.60	--	--	2.32
Magnesium, Mg	mg	5	--	--	7
Phosphorus, P	mg	39	12	2.000	57
Potassium, K	mg	280	12	10.000	406
Sodium, Na	mg	6	--	--	9
Zinc, Zn	mg	0.11	--	--	0.16
Copper, Cu	mg	0.061	--	--	0.088
Selenium, Se	µg	0.6	--	--	0.9
Vitamins					
Vitamin C, total ascorbic acid	mg	36.0	--	--	52.2
Thiamin	mg	0.070	--	--	0.102
Riboflavin	mg	0.060	--	--	0.087

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 145g
Niacin	mg	0.500	--	--	0.725
Pantothenic acid	mg	0.140	--	--	0.203
Vitamin B-6	mg	0.230	--	--	0.334
Folate, total	µg	6	--	--	9
Folic acid	µg	0	--	--	0
Folate, food	µg	6	--	--	9
Folate, DFE	µg	6	--	--	9
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	30	--	--	44
Retinol	µg	0	--	--	0
Vitamin A, IU	IU	600	--	--	870
Lipids					
Fatty acids, total saturated	g	0.023	--	--	0.033
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
16:0	g	0.018	--	--	0.026
18:0	g	0.005	--	--	0.007
Fatty acids, total monounsaturated	g	0.080	--	--	0.116
16:1 undifferentiated	g	0.000	--	--	0.000
18:1 undifferentiated	g	0.080	--	--	0.116
20:1	g	0.000	--	--	0.000
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	0.247	--	--	0.358
18:2 undifferentiated	g	0.162	--	--	0.235
18:3 undifferentiated	g	0.085	--	--	0.123
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

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 145g
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	0.013	3	--	0.019
Threonine	g	0.027	3	--	0.039
Isoleucine	g	0.027	3	--	0.039
Leucine	g	0.060	3	--	0.087
Lysine	g	0.026	3	--	0.038
Methionine	g	0.014	3	--	0.020
Cystine	g	0.015	3	--	0.022
Phenylalanine	g	0.040	3	--	0.058
Tyrosine	g	0.051	3	--	0.074
Valine	g	0.033	3	--	0.048
Arginine	g	0.047	3	--	0.068
Histidine	g	0.015	3	--	0.022
Alanine	g	0.030	3	--	0.043
Aspartic acid	g	0.058	3	--	0.084
Glutamic acid	g	0.096	3	--	0.139
Glycine	g	0.036	3	--	0.052
Proline	g	0.025	3	--	0.036
Serine	g	0.032	3	--	0.046
Other					
Alcohol, ethyl	g	0.0	--	--	0.0
Flavonoids					
Anthocyanidins					
Cyanidin 1 2 3 4	mg	485.3	94	31.53	703.6
Petunidin 2	mg	0.0	55	0	0.0
Delphinidin 2	mg	0.0	55	0	0.0
Pelargonidin 2 4	mg	0.0	56	0.02	0.0
Flavonols					
Isorhamnetin 2	mg	5.4	55	0.54	7.9
Kaempferol 2	mg	0.6	55	0.06	0.8

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 145g
Quercetin 1 2 3	mg	26.8	93	1.78	38.8
Proanthocyanidin					
Proanthocyanidin dimers 5	mg	10.6	1	--	15.4
Proanthocyanidin trimers 5	mg	5.6	1	--	8.2
Proanthocyanidin 4-6mers 5	mg	10.8	1	--	15.7
Proanthocyanidin 7-10mers 5	mg	0.0	1	--	0.0
Proanthocyanidin polymers (>10mers) 5	mg	0.0	1	--	0.0

¹Kaack, K., and Austed, T. Interaction of vitamin C and flavonoids in elderberry (*Sambucus nigra* L.) during juice processing., 1998 Plant Foods Hum. Nutr. 52 pp.187-198

²Lee, J., and Finn, C. E. Anthocyanins and other polyphenolics in Americanelderberry (*Sambucus Canadensis*) and European elderberry (*S. nigra*) cultivars., 2007 J. Sci. Food Agric. 87 pp.2665-2675

³Veberic, R., Jakopic, J., Stampar, F., and Schmitzer, V. European elderberry (*Sambucus nigra* L.) rich in sugars, organic acids, anthocyanins and selected polyphenols., 2009 Food Chemistry 114 pp.511-515

⁴Wu, X., Gu, L., Prior, R. L., and McKay, S. Characterization of anthocyanins and proanthocyanidins in some cultivars of Ribes, Aronis, and Sambucus and their antioxidant capacity, 2004 J. Agric. Food Chem. 52 pp.7846-7856

⁵Wu, X., Gu, L., Prior, R. L., and McKay, S. Characterization of anthocyanins and proanthocyanidins in some cultivars of Ribes, Aronis, and Sambucus and their antioxidant capacity, 2004 J. Agric. Food Chem. 52 pp.7846-7856

Languag Code(s)

- A0143 FRUIT OR FRUIT PRODUCT (US CFR)
- A1279 0900 FRUITS AND FRUIT JUICES (USDA SR)
- B1403 ELDERBERRY
- C0140 FRUIT, PEEL PRESENT, CORE, PIT OR SEED PRESENT
- E0150 WHOLE, NATURAL SHAPE
- F0003 NOT HEAT-TREATED
- G0003 COOKING METHOD NOT APPLICABLE
- H0003 NO TREATMENT APPLIED
- J0001 PRESERVATION METHOD NOT KNOWN
- K0003 NO PACKING MEDIUM USED
- M0001 CONTAINER OR WRAPPING NOT KNOWN
- N0001 FOOD CONTACT SURFACE NOT KNOWN
- P0024 HUMAN FOOD, NO AGE SPECIFICATION