

Basic Report 09231, Passion-fruit, (granadilla), purple, raw

Report Date: August 24, 2019 00:41 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 236g	1 fruit without refuse 18g
Proximates				
Water	g	72.93	172.11	13.13
Energy	kcal	97	229	17
Protein	g	2.20	5.19	0.40
Total lipid (fat)	g	0.70	1.65	0.13
Carbohydrate, by difference	g	23.38	55.18	4.21
Fiber, total dietary	g	10.4	24.5	1.9
Sugars, total	g	11.20	26.43	2.02
Minerals				
Calcium, Ca	mg	12	28	2
Iron, Fe	mg	1.60	3.78	0.29
Magnesium, Mg	mg	29	68	5
Phosphorus, P	mg	68	160	12
Potassium, K	mg	348	821	63
Sodium, Na	mg	28	66	5
Zinc, Zn	mg	0.10	0.24	0.02
Vitamins				
Vitamin C, total ascorbic acid	mg	30.0	70.8	5.4
Thiamin	mg	0.000	0.000	0.000
Riboflavin	mg	0.130	0.307	0.023
Niacin	mg	1.500	3.540	0.270
Vitamin B-6	mg	0.100	0.236	0.018
Folate, DFE	µg	14	33	3
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	64	151	12
Vitamin A, IU	IU	1272	3002	229
Vitamin E (alpha-tocopherol)	mg	0.02	0.05	0.00

Nutrient	Unit	1 Value Per100 g	1 cup 236g	1 fruit without refuse 18g
Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	0	0	0
Vitamin K (phylloquinone)	µg	0.7	1.7	0.1
Lipids				
Fatty acids, total saturated	g	0.059	0.139	0.011
Fatty acids, total monounsaturated	g	0.086	0.203	0.015
Fatty acids, total polyunsaturated	g	0.411	0.970	0.074
Fatty acids, total trans	g	0.000	0.000	0.000
Cholesterol	mg	0	0	0
Amino Acids				
Other				
Caffeine	mg	0	0	0