

Basic Report 09252, Pears, raw
Report Date: September 20, 2019 21:21 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup, slices 140g	1 cup, cubes 161g	1 small 148g	1 medium 178g	1 large 230g	1 NLEA serving 166g
Proximates								
Water	g	83.96	117.54	135.18	124.26	149.45	193.11	139.37
Energy	kcal	57	80	92	84	101	131	95
Protein	g	0.36	0.50	0.58	0.53	0.64	0.83	0.60
Total lipid (fat)	g	0.14	0.20	0.23	0.21	0.25	0.32	0.23
Carbohydrate, by difference	g	15.23	21.32	24.52	22.54	27.11	35.03	25.28
Fiber, total dietary	g	3.1	4.3	5.0	4.6	5.5	7.1	5.1
Sugars, total	g	9.75	13.65	15.70	14.43	17.36	22.43	16.18
Minerals								
Calcium, Ca	mg	9	13	14	13	16	21	15
Iron, Fe	mg	0.18	0.25	0.29	0.27	0.32	0.41	0.30
Magnesium, Mg	mg	7	10	11	10	12	16	12
Phosphorus, P	mg	12	17	19	18	21	28	20
Potassium, K	mg	116	162	187	172	206	267	193
Sodium, Na	mg	1	1	2	1	2	2	2
Zinc, Zn	mg	0.10	0.14	0.16	0.15	0.18	0.23	0.17
Vitamins								
Vitamin C, total ascorbic acid	mg	4.3	6.0	6.9	6.4	7.7	9.9	7.1
Thiamin	mg	0.012	0.017	0.019	0.018	0.021	0.028	0.020
Riboflavin	mg	0.026	0.036	0.042	0.038	0.046	0.060	0.043
Niacin	mg	0.161	0.225	0.259	0.238	0.287	0.370	0.267
Vitamin B-6	mg	0.029	0.041	0.047	0.043	0.052	0.067	0.048
Folate, DFE	µg	7	10	11	10	12	16	12
Vitamin B-12	µg	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	1	1	2	1	2	2	2
Vitamin A, IU	IU	25	35	40	37	44	58	42
Vitamin E (alpha-tocopherol)	mg	0.12	0.17	0.19	0.18	0.21	0.28	0.20

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Vitamin D	IU	0	0	0	0	0	0	0
Vitamin K (phylloquinone)	µg	4.4	6.2	7.1	6.5	7.8	10.1	7.3
Lipids								
Fatty acids, total saturated	g	0.022	0.031	0.035	0.033	0.039	0.051	0.037
Fatty acids, total monounsaturated	g	0.084	0.118	0.135	0.124	0.150	0.193	0.139
Fatty acids, total polyunsaturated	g	0.094	0.132	0.151	0.139	0.167	0.216	0.156
Fatty acids, total trans	g	0.000	0.000	0.000	0.000	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0	0	0
Amino Acids								
Other								
Caffeine	mg	0	0	0	0	0	0	0