

**Basic Report 09279, Plums, raw**
**Report Date: August 25, 2019 01:16 EDT**

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup, sliced 165g	1 fruit (2-1/8" dia) 66g	1 NLEA serving 151g
<b>Proximates</b>					
Water	g	87.23	143.93	57.57	131.72
Energy	kcal	46	76	30	69
Protein	g	0.70	1.15	0.46	1.06
Total lipid (fat)	g	0.28	0.46	0.18	0.42
Carbohydrate, by difference	g	11.42	18.84	7.54	17.24
Fiber, total dietary	g	1.4	2.3	0.9	2.1
Sugars, total	g	9.92	16.37	6.55	14.98
<b>Minerals</b>					
Calcium, Ca	mg	6	10	4	9
Iron, Fe	mg	0.17	0.28	0.11	0.26
Magnesium, Mg	mg	7	12	5	11
Phosphorus, P	mg	16	26	11	24
Potassium, K	mg	157	259	104	237
Sodium, Na	mg	0	0	0	0
Zinc, Zn	mg	0.10	0.17	0.07	0.15
<b>Vitamins</b>					
Vitamin C, total ascorbic acid	mg	9.5	15.7	6.3	14.3
Thiamin	mg	0.028	0.046	0.018	0.042
Riboflavin	mg	0.026	0.043	0.017	0.039
Niacin	mg	0.417	0.688	0.275	0.630
Vitamin B-6	mg	0.029	0.048	0.019	0.044
Folate, DFE	µg	5	8	3	8
Vitamin B-12	µg	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	17	28	11	26
Vitamin A, IU	IU	345	569	228	521
Vitamin E (alpha-tocopherol)	mg	0.26	0.43	0.17	0.39

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	0.0
Vitamin D	IU	0	0	0	0
Vitamin K (phylloquinone)	µg	6.4	10.6	4.2	9.7
<b>Lipids</b>					
Fatty acids, total saturated	g	0.017	0.028	0.011	0.026
Fatty acids, total monounsaturated	g	0.134	0.221	0.088	0.202
Fatty acids, total polyunsaturated	g	0.044	0.073	0.029	0.066
Fatty acids, total trans	g	0.000	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0
<b>Amino Acids</b>					
<b>Other</b>					
Caffeine	mg	0	0	0	0