

Basic Report 09291, Plums, dried (prunes), uncooked
Report Date: June 19, 2019 15:00 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup, pitted 174g	1 prune, pitted 9.5g
Proximates				
Water	g	30.92	53.80	2.94
Energy	kcal	240	418	23
Protein	g	2.18	3.79	0.21
Total lipid (fat)	g	0.38	0.66	0.04
Carbohydrate, by difference	g	63.88	111.15	6.07
Fiber, total dietary	g	7.1	12.4	0.7
Sugars, total	g	38.13	66.35	3.62
Minerals				
Calcium, Ca	mg	43	75	4
Iron, Fe	mg	0.93	1.62	0.09
Magnesium, Mg	mg	41	71	4
Phosphorus, P	mg	69	120	7
Potassium, K	mg	732	1274	70
Sodium, Na	mg	2	3	0
Zinc, Zn	mg	0.44	0.77	0.04
Vitamins				
Vitamin C, total ascorbic acid	mg	0.6	1.0	0.1
Thiamin	mg	0.051	0.089	0.005
Riboflavin	mg	0.186	0.324	0.018
Niacin	mg	1.882	3.275	0.179
Vitamin B-6	mg	0.205	0.357	0.019
Folate, DFE	µg	4	7	0
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	39	68	4
Vitamin A, IU	IU	781	1359	74
Vitamin E (alpha-tocopherol)	mg	0.43	0.75	0.04

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	0	0	0
Vitamin K (phylloquinone)	µg	59.5	103.5	5.7
Lipids				
Fatty acids, total saturated	g	0.088	0.153	0.008
Fatty acids, total monounsaturated	g	0.053	0.092	0.005
Fatty acids, total polyunsaturated	g	0.062	0.108	0.006
Cholesterol	mg	0	0	0
Amino Acids				
Other				
Caffeine	mg	0	0	0