

Basic Report 09294, Prune juice, canned

Report Date: June 26, 2019 06:05 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 256g	1 fl oz 32g
Proximates				
Water	g	81.24	207.97	26.00
Energy	kcal	71	182	23
Protein	g	0.61	1.56	0.20
Total lipid (fat)	g	0.03	0.08	0.01
Carbohydrate, by difference	g	17.45	44.67	5.58
Fiber, total dietary	g	1.0	2.6	0.3
Sugars, total	g	16.45	42.11	5.26
Minerals				
Calcium, Ca	mg	12	31	4
Iron, Fe	mg	1.18	3.02	0.38
Magnesium, Mg	mg	14	36	4
Phosphorus, P	mg	25	64	8
Potassium, K	mg	276	707	88
Sodium, Na	mg	4	10	1
Zinc, Zn	mg	0.21	0.54	0.07
Vitamins				
Vitamin C, total ascorbic acid	mg	4.1	10.5	1.3
Thiamin	mg	0.016	0.041	0.005
Riboflavin	mg	0.070	0.179	0.022
Niacin	mg	0.785	2.010	0.251
Vitamin B-6	mg	0.218	0.558	0.070
Folate, DFE	µg	0	0	0
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	0	0	0
Vitamin A, IU	IU	3	8	1
Vitamin E (alpha-tocopherol)	mg	0.12	0.31	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	3.4	8.7	1.1
Lipids				
Fatty acids, total saturated	g	0.003	0.008	0.001
Fatty acids, total monounsaturated	g	0.021	0.054	0.007
Fatty acids, total polyunsaturated	g	0.007	0.018	0.002
Fatty acids, total trans	g	0.000	0.000	0.000
Cholesterol	mg	0	0	0
Amino Acids				
Other				
Caffeine	mg	0	0	0