

Full Report (All Nutrients) 09301, Rambutan, canned, syrup pack

Report Date: September 19, 2019 15:03 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 3.75 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, drained 150g	1 cup 214g	1 fruit 9g
Proximates							
Water	g	78.04	2	--	117.06	167.01	7.02
Energy	kcal	82	--	--	123	175	7
Energy	kJ	343	--	--	514	734	31
Protein	g	0.65	2	--	0.97	1.39	0.06
Total lipid (fat)	g	0.21	2	--	0.32	0.45	0.02
Ash	g	0.23	2	--	0.34	0.49	0.02
Carbohydrate, by difference	g	20.87	--	--	31.30	44.66	1.88
Fiber, total dietary	g	0.9	2	--	1.4	1.9	0.1
Minerals							
Calcium, Ca	mg	22	2	--	33	47	2
Iron, Fe	mg	0.35	2	--	0.53	0.75	0.03
Magnesium, Mg	mg	7	2	--	10	15	1
Phosphorus, P	mg	9	2	--	14	19	1
Potassium, K	mg	42	2	--	63	90	4
Sodium, Na	mg	11	2	--	16	24	1
Zinc, Zn	mg	0.08	2	--	0.12	0.17	0.01
Copper, Cu	mg	0.066	2	--	0.099	0.141	0.006
Manganese, Mn	mg	0.343	2	--	0.515	0.734	0.031
Vitamins							
Vitamin C, total ascorbic acid	mg	4.9	2	--	7.3	10.5	0.4
Thiamin	mg	0.013	2	--	0.019	0.028	0.001
Riboflavin	mg	0.022	2	--	0.033	0.047	0.002

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, drained 150g	1 cup 214g	1 fruit 9g
Niacin	mg	1.352	2	--	2.028	2.893	0.122
Pantothenic acid	mg	0.018	2	--	0.027	0.039	0.002
Vitamin B-6	mg	0.020	2	--	0.030	0.043	0.002
Folate, total	µg	8	2	--	12	17	1
Folic acid	µg	0	--	--	0	0	0
Folate, food	µg	8	2	--	12	17	1
Folate, DFE	µg	8	--	--	12	17	1
Vitamin B-12	µg	0.00	--	--	0.00	0.00	0.00
Vitamin A, RAE ¹	µg	0	2	--	0	0	0
Retinol	µg	0	--	--	0	0	0
Carotene, beta ¹	µg	2	2	--	3	4	0
Carotene, alpha ¹	µg	0	2	--	0	0	0
Cryptoxanthin, beta ¹	µg	0	2	--	0	0	0
Vitamin A, IU ¹	IU	3	2	--	4	6	0
Lipids							
Fatty acids, total trans	g	0.000	--	--	0.000	0.000	0.000
Cholesterol	mg	0	--	--	0	0	0

Amino Acids

Other

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA Nutrient content of ethnic and geographic specific foods, Southern Testing and Research Laboratories, 1995 Beltsville MD

Langual Code(s)

- A1279 0900 FRUITS AND FRUIT JUICES (USDA SR)
- B1629 RAMBUTAN
- C0229 FRUIT, PEEL REMOVED, CORE, PIT OR SEED REMOVED
- E0133 DIVIDED INTO HALVES, QUARTERS OR SEGMENTS
- F0014 FULLY HEAT-TREATED
- G0003 COOKING METHOD NOT APPLICABLE
- H0280 SUGAR SYRUP OR SUGAR SYRUP SOLIDS ADDED
- J0123 STERILIZED BY HEAT
- K0023 PACKED IN SWEETENED LIQUID
- M0204 CAN
- N0051 FOOD CONTACT SURFACE FROM HUMAN-MADE MATERIAL
- P0024 HUMAN FOOD, NO AGE SPECIFICATION
- R0001 GEOGRAPHIC PLACE OR REGION NOT KNOWN