

Basic Report 09302, Raspberries, raw
Report Date: September 18, 2019 20:04 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 123g	1 pint as purchased, yields 312g	10.0 raspberries 19g
Proximates					
Water	g	85.75	105.47	267.54	16.29
Energy	kcal	52	64	162	10
Protein	g	1.20	1.48	3.74	0.23
Total lipid (fat)	g	0.65	0.80	2.03	0.12
Carbohydrate, by difference	g	11.94	14.69	37.25	2.27
Fiber, total dietary	g	6.5	8.0	20.3	1.2
Sugars, total	g	4.42	5.44	13.79	0.84
Minerals					
Calcium, Ca	mg	25	31	78	5
Iron, Fe	mg	0.69	0.85	2.15	0.13
Magnesium, Mg	mg	22	27	69	4
Phosphorus, P	mg	29	36	90	6
Potassium, K	mg	151	186	471	29
Sodium, Na	mg	1	1	3	0
Zinc, Zn	mg	0.42	0.52	1.31	0.08
Vitamins					
Vitamin C, total ascorbic acid	mg	26.2	32.2	81.7	5.0
Thiamin	mg	0.032	0.039	0.100	0.006
Riboflavin	mg	0.038	0.047	0.119	0.007
Niacin	mg	0.598	0.736	1.866	0.114
Vitamin B-6	mg	0.055	0.068	0.172	0.010
Folate, DFE	µg	21	26	66	4
Vitamin B-12	µg	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	2	2	6	0
Vitamin A, IU	IU	33	41	103	6
Vitamin E (alpha-tocopherol)	mg	0.87	1.07	2.71	0.17

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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	7.8	9.6	24.3	1.5
Lipids					
Fatty acids, total saturated	g	0.019	0.023	0.059	0.004
Fatty acids, total monounsaturated	g	0.064	0.079	0.200	0.012
Fatty acids, total polyunsaturated	g	0.375	0.461	1.170	0.071
Fatty acids, total trans	g	0.000	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0
Amino Acids					
Other					
Caffeine	mg	0	0	0	0