

**Full Report (All Nutrients) 09316, Strawberries, raw**

**Report Date: June 19, 2019 03:05 EDT**

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

**Carbohydrate Factor: 3.6 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25**

**Refuse:6% Refuse Description: Caps and stems**

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, halves 152g	1 cup, pureed 232g	1 cup, sliced 166g	1 cup, whole 144g	1 extra large (1-5/8" dia) 27g	1 large (1-3/8" dia) 18g	1 medium (1-1/4" dia) 12g	1 pint as purchased, yields 357g	1 small (1" dia) 7g	1 NLEA serving 147g
<b>Proximates</b>														
Water <a href="#">1 2 3 4 5 7 8</a>	g	90.95	23	0.210	138.24	211.00	150.98	130.97	24.56	16.37	10.91	324.69	6.37	133.70
Energy	kcal	32	--	--	49	74	53	46	9	6	4	114	2	47
Energy	kJ	136	--	--	207	316	226	196	37	24	16	486	10	200
Protein <a href="#">1 2 3 4 5</a>	g	0.67	19	0.020	1.02	1.55	1.11	0.96	0.18	0.12	0.08	2.39	0.05	0.98
Total lipid (fat) <a href="#">1 2 3 4 5</a>	g	0.30	15	0.040	0.46	0.70	0.50	0.43	0.08	0.05	0.04	1.07	0.02	0.44
Ash <a href="#">1 2 3 4 5</a>	g	0.40	19	0.020	0.61	0.93	0.66	0.58	0.11	0.07	0.05	1.43	0.03	0.59
Carbohydrate, by difference	g	7.68	--	--	11.67	17.82	12.75	11.06	2.07	1.38	0.92	27.42	0.54	11.29
Fiber, total dietary <a href="#">1 2 3 4 5 8 9</a>	g	2.0	21	0.100	3.0	4.6	3.3	2.9	0.5	0.4	0.2	7.1	0.1	2.9
Sugars, total	g	4.89	--	--	7.43	11.34	8.12	7.04	1.32	0.88	0.59	17.46	0.34	7.19
Sucrose <a href="#">2 3 6 7</a>	g	0.47	15	0.320	0.71	1.09	0.78	0.68	0.13	0.08	0.06	1.68	0.03	0.69
Glucose (dextrose) <a href="#">2 3 5 6 7</a>	g	1.99	16	0.190	3.02	4.62	3.30	2.87	0.54	0.36	0.24	7.10	0.14	2.93
Fructose <a href="#">2 3 5 6 7</a>	g	2.44	16	0.190	3.71	5.66	4.05	3.51	0.66	0.44	0.29	8.71	0.17	3.59
Lactose <a href="#">2 3 6</a>	g	0.00	12	0.000	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Maltose <a href="#">2 3 6</a>	g	0.00	12	0.000	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Galactose <a href="#">2 3 6</a>	g	0.00	10	0.000	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Starch <a href="#">2 3</a>	g	0.04	8	0.020	0.06	0.09	0.07	0.06	0.01	0.01	0.00	0.14	0.00	0.06

**Minerals**

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, halves 152g	1 cup, pureed 232g	1 cup, sliced 166g	1 cup, whole 144g	1 extra large (1-5/8" dia) 27g	1 large (1-3/8" dia) 18g	1 medium (1-1/4" dia) 12g	1 pint as purchased, yields 357g	1 small (1" dia) 7g	1 NLEA serving 147g
Calcium, Ca <a href="#">2</a> <a href="#">3</a> <a href="#">4</a> <a href="#">6</a> <a href="#">10</a> <a href="#">11</a> <a href="#">12</a> <a href="#">13</a> <a href="#">14</a> <a href="#">15</a> <a href="#">16</a> <a href="#">17</a> <a href="#">18</a> <a href="#">19</a> <a href="#">20</a> <a href="#">21</a> <a href="#">22</a> <a href="#">23</a> <a href="#">24</a> <a href="#">25</a> <a href="#">26</a> <a href="#">27</a>	mg	16	73	0.000	24	37	27	23	4	3	2	57	1	24
Iron, Fe <a href="#">2</a> <a href="#">3</a> <a href="#">4</a> <a href="#">6</a> <a href="#">10</a> <a href="#">11</a> <a href="#">12</a> <a href="#">13</a> <a href="#">14</a> <a href="#">15</a> <a href="#">16</a> <a href="#">17</a> <a href="#">18</a> <a href="#">19</a> <a href="#">20</a> <a href="#">21</a> <a href="#">22</a> <a href="#">23</a> <a href="#">24</a> <a href="#">25</a> <a href="#">26</a> <a href="#">27</a>	mg	0.41	77	0.020	0.62	0.95	0.68	0.59	0.11	0.07	0.05	1.46	0.03	0.60
Magnesium, Mg <a href="#">2</a> <a href="#">3</a> <a href="#">4</a> <a href="#">10</a> <a href="#">11</a> <a href="#">12</a> <a href="#">13</a> <a href="#">14</a> <a href="#">15</a> <a href="#">16</a> <a href="#">17</a> <a href="#">18</a> <a href="#">19</a> <a href="#">20</a> <a href="#">21</a> <a href="#">22</a> <a href="#">23</a> <a href="#">24</a> <a href="#">25</a> <a href="#">26</a> <a href="#">27</a>	mg	13	74	0.000	20	30	22	19	4	2	2	46	1	19
Phosphorus, P <a href="#">2</a> <a href="#">3</a> <a href="#">4</a> <a href="#">10</a> <a href="#">11</a> <a href="#">12</a> <a href="#">13</a> <a href="#">14</a> <a href="#">15</a> <a href="#">16</a> <a href="#">17</a> <a href="#">18</a> <a href="#">19</a> <a href="#">20</a> <a href="#">21</a> <a href="#">22</a> <a href="#">23</a> <a href="#">24</a> <a href="#">25</a> <a href="#">26</a> <a href="#">27</a>	mg	24	73	0.000	36	56	40	35	6	4	3	86	2	35
Potassium, K <a href="#">1</a> <a href="#">2</a> <a href="#">3</a> <a href="#">4</a> <a href="#">10</a> <a href="#">11</a> <a href="#">12</a> <a href="#">13</a> <a href="#">14</a> <a href="#">15</a> <a href="#">16</a> <a href="#">17</a> <a href="#">18</a> <a href="#">19</a> <a href="#">20</a> <a href="#">21</a> <a href="#">22</a> <a href="#">23</a> <a href="#">24</a> <a href="#">25</a> <a href="#">26</a> <a href="#">27</a>	mg	153	76	4.000	233	355	254	220	41	28	18	546	11	225
Sodium, Na <a href="#">1</a> <a href="#">3</a> <a href="#">4</a> <a href="#">10</a> <a href="#">11</a> <a href="#">12</a> <a href="#">13</a> <a href="#">14</a> <a href="#">15</a> <a href="#">16</a> <a href="#">17</a> <a href="#">18</a> <a href="#">19</a> <a href="#">20</a> <a href="#">21</a> <a href="#">22</a> <a href="#">23</a> <a href="#">24</a> <a href="#">25</a> <a href="#">26</a> <a href="#">27</a>	mg	1	72	0.000	2	2	2	1	0	0	0	4	0	1
Zinc, Zn <a href="#">2</a> <a href="#">3</a> <a href="#">4</a> <a href="#">10</a> <a href="#">11</a> <a href="#">12</a> <a href="#">13</a> <a href="#">14</a> <a href="#">15</a> <a href="#">16</a> <a href="#">17</a> <a href="#">18</a> <a href="#">19</a> <a href="#">20</a> <a href="#">21</a> <a href="#">22</a> <a href="#">23</a> <a href="#">24</a> <a href="#">25</a> <a href="#">26</a> <a href="#">27</a>	mg	0.14	74	0.010	0.21	0.32	0.23	0.20	0.04	0.03	0.02	0.50	0.01	0.21
Copper, Cu <a href="#">2</a> <a href="#">4</a> <a href="#">10</a> <a href="#">11</a> <a href="#">12</a> <a href="#">13</a> <a href="#">14</a> <a href="#">15</a> <a href="#">16</a> <a href="#">17</a> <a href="#">18</a> <a href="#">19</a> <a href="#">20</a> <a href="#">21</a> <a href="#">22</a> <a href="#">23</a> <a href="#">24</a> <a href="#">25</a> <a href="#">26</a> <a href="#">27</a>	mg	0.048	70	0.004	0.073	0.111	0.080	0.069	0.013	0.009	0.006	0.171	0.003	0.071
Manganese, Mn <a href="#">2</a> <a href="#">3</a> <a href="#">4</a> <a href="#">10</a> <a href="#">11</a> <a href="#">12</a> <a href="#">13</a> <a href="#">14</a> <a href="#">15</a> <a href="#">16</a> <a href="#">17</a> <a href="#">18</a> <a href="#">19</a> <a href="#">20</a> <a href="#">21</a> <a href="#">22</a> <a href="#">23</a> <a href="#">24</a> <a href="#">25</a> <a href="#">26</a> <a href="#">27</a>	mg	0.386	73	0.018	0.587	0.896	0.641	0.556	0.104	0.069	0.046	1.378	0.027	0.567
Selenium, Se <a href="#">3</a>	µg	0.4	2	--	0.6	0.9	0.7	0.6	0.1	0.1	0.0	1.4	0.0	0.6
Fluoride, F <a href="#">28</a> <a href="#">29</a>	µg	4.4	10	0.400	6.7	10.2	7.3	6.3	1.2	0.8	0.5	15.7	0.3	6.5
<b>Vitamins</b>														
Vitamin C, total ascorbic acid <a href="#">1</a> <a href="#">2</a> <a href="#">4</a>	mg	58.8	9	2.400	89.4	136.4	97.6	84.7	15.9	10.6	7.1	209.9	4.1	86.4
Thiamin <a href="#">2</a> <a href="#">3</a> <a href="#">4</a>	mg	0.024	12	0.003	0.036	0.056	0.040	0.035	0.006	0.004	0.003	0.086	0.002	0.035
Riboflavin <a href="#">2</a> <a href="#">3</a> <a href="#">4</a>	mg	0.022	12	0.008	0.033	0.051	0.037	0.032	0.006	0.004	0.003	0.079	0.002	0.032
Niacin <a href="#">2</a> <a href="#">3</a> <a href="#">4</a>	mg	0.386	12	0.037	0.587	0.896	0.641	0.556	0.104	0.069	0.046	1.378	0.027	0.567
Pantothenic acid <a href="#">2</a> <a href="#">3</a> <a href="#">4</a>	mg	0.125	12	0.003	0.190	0.290	0.207	0.180	0.034	0.022	0.015	0.446	0.009	0.184

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Vitamin B-6 <a href="#">2</a> <a href="#">3</a> <a href="#">4</a>	mg	0.047	12	0.012	0.071	0.109	0.078	0.068	0.013	0.008	0.006	0.168	0.003	0.069
Folate, total <a href="#">30</a> <a href="#">31</a>	µg	24	3	5.000	36	56	40	35	6	4	3	86	2	35
Folic acid	µg	0	--	--	0	0	0	0	0	0	0	0	0	0
Folate, food <a href="#">a</a>	µg	24	3	5.000	36	56	40	35	6	4	3	86	2	35
Folate, DFE	µg	24	--	--	36	56	40	35	6	4	3	86	2	35
Choline, total <a href="#">2</a>	mg	5.7	--	--	8.7	13.2	9.5	8.2	1.5	1.0	0.7	20.3	0.4	8.4
Betaine <a href="#">2</a>	mg	0.2	1	--	0.3	0.5	0.3	0.3	0.1	0.0	0.0	0.7	0.0	0.3
Vitamin B-12	µg	0.00	--	--	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Vitamin A, RAE <a href="#">2</a> <a href="#">4</a>	µg	1	6	0.000	2	2	2	1	0	0	0	4	0	1
Retinol	µg	0	--	--	0	0	0	0	0	0	0	0	0	0
Carotene, beta <a href="#">2</a> <a href="#">3</a> <a href="#">4</a>	µg	7	8	0.000	11	16	12	10	2	1	1	25	0	10
Carotene, alpha <a href="#">2</a> <a href="#">3</a>	µg	0	6	0.000	0	0	0	0	0	0	0	0	0	0
Cryptoxanthin, beta <a href="#">2</a> <a href="#">3</a>	µg	0	6	0.000	0	0	0	0	0	0	0	0	0	0
Vitamin A, IU <a href="#">2</a> <a href="#">4</a>	IU	12	6	0.000	18	28	20	17	3	2	1	43	1	18
Lycopene <a href="#">2</a> <a href="#">3</a>	µg	0	6	0.000	0	0	0	0	0	0	0	0	0	0
Lutein + zeaxanthin <a href="#">2</a> <a href="#">3</a>	µg	26	6	8.000	40	60	43	37	7	5	3	93	2	38
Vitamin E (alpha-tocopherol) <a href="#">2</a> <a href="#">3</a>	mg	0.29	8	0.020	0.44	0.67	0.48	0.42	0.08	0.05	0.03	1.04	0.02	0.43
Vitamin E, added	mg	0.00	--	--	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Tocopherol, beta <a href="#">2</a> <a href="#">3</a>	mg	0.01	8	0.002	0.02	0.02	0.02	0.01	0.00	0.00	0.00	0.04	0.00	0.01
Tocopherol, gamma <a href="#">2</a> <a href="#">3</a>	mg	0.08	8	0.010	0.12	0.19	0.13	0.12	0.02	0.01	0.01	0.29	0.01	0.12
Tocopherol, delta <a href="#">2</a> <a href="#">3</a>	mg	0.01	8	0.005	0.02	0.02	0.02	0.01	0.00	0.00	0.00	0.04	0.00	0.01
Tocotrienol, alpha <a href="#">2</a> <a href="#">3</a>	mg	0.01	8	0.000	0.02	0.02	0.02	0.01	0.00	0.00	0.00	0.04	0.00	0.01
Tocotrienol, beta <a href="#">2</a> <a href="#">3</a>	mg	0.00	8	0.000	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Tocotrienol, gamma <a href="#">2</a> <a href="#">3</a>	mg	0.00	8	0.000	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Tocotrienol, delta <a href="#">2</a> <a href="#">3</a>	mg	0.00	8	0.000	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Vitamin D	IU	0	--	--	0	0	0	0	0	0	0	0	0	0
Vitamin K (phylloquinone) <a href="#">2</a> <a href="#">3</a> <a href="#">32</a>	µg	2.2	9	0.200	3.3	5.1	3.7	3.2	0.6	0.4	0.3	7.9	0.2	3.2
<b>Lipids</b>														
Fatty acids, total saturated	g	0.015	--	--	0.023	0.035	0.025	0.022	0.004	0.003	0.002	0.054	0.001	0.022

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, halves 152g	1 cup, pureed 232g	1 cup, sliced 166g	1 cup, whole 144g	1 extra large (1-5/8" dia) 27g	1 large (1-3/8" dia) 18g	1 medium (1-1/4" dia) 12g	1 pint as purchased, yields 357g	1 small (1" dia) 7g	1 NLEA serving 147g
4:0	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
12:0	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
14:0	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
16:0	g	0.012	2	--	0.018	0.028	0.020	0.017	0.003	0.002	0.001	0.043	0.001	0.018
18:0	g	0.003	2	--	0.005	0.007	0.005	0.004	0.001	0.001	0.000	0.011	0.000	0.004
Fatty acids, total monounsaturated	g	0.043	--	--	0.065	0.100	0.071	0.062	0.012	0.008	0.005	0.154	0.003	0.063
16:1 undifferentiated	g	0.001	2	--	0.002	0.002	0.002	0.001	0.000	0.000	0.000	0.004	0.000	0.001
18:1 undifferentiated	g	0.042	2	--	0.064	0.097	0.070	0.060	0.011	0.008	0.005	0.150	0.003	0.062
20:1	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	0.155	--	--	0.236	0.360	0.257	0.223	0.042	0.028	0.019	0.553	0.011	0.228
18:2 undifferentiated	g	0.090	2	--	0.137	0.209	0.149	0.130	0.024	0.016	0.011	0.321	0.006	0.132
18:3 undifferentiated	g	0.065	2	--	0.099	0.151	0.108	0.094	0.018	0.012	0.008	0.232	0.005	0.096
18:4	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
Fatty acids, total trans	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
Cholesterol	mg	0	--	--	0	0	0	0	0	0	0	0	0	0
Phytosterols	mg	12	--	--	18	28	20	17	3	2	1	43	1	18
<b>Amino Acids</b>														
Tryptophan	g	0.008	--	--	0.012	0.019	0.013	0.012	0.002	0.001	0.001	0.029	0.001	0.012
Threonine	g	0.020	--	--	0.030	0.046	0.033	0.029	0.005	0.004	0.002	0.071	0.001	0.029
Isoleucine	g	0.016	--	--	0.024	0.037	0.027	0.023	0.004	0.003	0.002	0.057	0.001	0.024
Leucine	g	0.034	--	--	0.052	0.079	0.056	0.049	0.009	0.006	0.004	0.121	0.002	0.050
Lysine	g	0.026	--	--	0.040	0.060	0.043	0.037	0.007	0.005	0.003	0.093	0.002	0.038
Methionine	g	0.002	--	--	0.003	0.005	0.003	0.003	0.001	0.000	0.000	0.007	0.000	0.003
Cystine	g	0.006	--	--	0.009	0.014	0.010	0.009	0.002	0.001	0.001	0.021	0.000	0.009

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Phenylalanine	g	0.019	--	--	0.029	0.044	0.032	0.027	0.005	0.003	0.002	0.068	0.001	0.028
Tyrosine	g	0.022	--	--	0.033	0.051	0.037	0.032	0.006	0.004	0.003	0.079	0.002	0.032
Valine	g	0.019	--	--	0.029	0.044	0.032	0.027	0.005	0.003	0.002	0.068	0.001	0.028
Arginine	g	0.028	--	--	0.043	0.065	0.046	0.040	0.008	0.005	0.003	0.100	0.002	0.041
Histidine	g	0.012	--	--	0.018	0.028	0.020	0.017	0.003	0.002	0.001	0.043	0.001	0.018
Alanine	g	0.033	--	--	0.050	0.077	0.055	0.048	0.009	0.006	0.004	0.118	0.002	0.049
Aspartic acid	g	0.149	--	--	0.226	0.346	0.247	0.215	0.040	0.027	0.018	0.532	0.010	0.219
Glutamic acid	g	0.098	--	--	0.149	0.227	0.163	0.141	0.026	0.018	0.012	0.350	0.007	0.144
Glycine	g	0.026	--	--	0.040	0.060	0.043	0.037	0.007	0.005	0.003	0.093	0.002	0.038
Proline	g	0.020	--	--	0.030	0.046	0.033	0.029	0.005	0.004	0.002	0.071	0.001	0.029
Serine	g	0.025	--	--	0.038	0.058	0.042	0.036	0.007	0.005	0.003	0.089	0.002	0.037
<b>Other</b>														
Alcohol, ethyl	g	0.0	--	--	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Caffeine	mg	0	--	--	0	0	0	0	0	0	0	0	0	0
Theobromine	mg	0	--	--	0	0	0	0	0	0	0	0	0	0
<b>Flavonoids</b>														
<b>Anthocyanidins</b>														
Cyanidin <a href="#">33</a> <a href="#">34</a> <a href="#">35</a> <a href="#">36</a> <a href="#">37</a> <a href="#">38</a> , <a href="#">39</a> <a href="#">40</a> <a href="#">41</a> <a href="#">42</a> <a href="#">43</a> <a href="#">44</a>	mg	1.7	156	0.06	2.6	3.9	2.8	2.4	0.5	0.3	0.2	6.0	0.1	2.5
Petunidin <a href="#">37</a> <a href="#">38</a> <a href="#">44</a>	mg	0.1	9	0.11	0.2	0.3	0.2	0.2	0.0	0.0	0.0	0.4	0.0	0.2
Delphinidin <a href="#">35</a> <a href="#">37</a> <a href="#">38</a>	mg	0.3	9	0.29	0.5	0.7	0.5	0.4	0.1	0.1	0.0	1.1	0.0	0.5
Malvidin <a href="#">37</a> <a href="#">38</a>	mg	0.0	8	0.01	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Pelargonidin <a href="#">33</a> <a href="#">34</a> <a href="#">36</a> <a href="#">37</a> <a href="#">38</a> , <a href="#">39</a> <a href="#">40</a> <a href="#">41</a> <a href="#">42</a> <a href="#">43</a> <a href="#">44</a>	mg	24.9	151	0.7	37.8	57.7	41.3	35.8	6.7	4.5	3.0	88.7	1.7	36.5
Peonidin <a href="#">37</a> <a href="#">38</a>	mg	0.1	8	0.05	0.1	0.1	0.1	0.1	0.0	0.0	0.0	0.2	0.0	0.1
<b>Flavan-3-ols</b>														
(+)-Catechin <a href="#">37</a> <a href="#">39</a> <a href="#">41</a> <a href="#">45</a> <a href="#">46</a> , <a href="#">47</a> <a href="#">48</a> <a href="#">49</a>	mg	3.1	31	0.19	4.7	7.2	5.2	4.5	0.8	0.6	0.4	11.1	0.2	4.6
(-)-Epigallocatechin <a href="#">37</a> <a href="#">45</a> , <a href="#">47</a>	mg	0.8	13	0.35	1.2	1.8	1.3	1.1	0.2	0.1	0.1	2.8	0.1	1.1
(-)-Epicatechin <a href="#">37</a> <a href="#">39</a> <a href="#">41</a> <a href="#">45</a> , <a href="#">46</a> <a href="#">47</a> <a href="#">49</a>	mg	0.4	30	0.13	0.6	1.0	0.7	0.6	0.1	0.1	0.1	1.5	0.0	0.6
(-)-Epicatechin 3-gallate <a href="#">37</a> , <a href="#">45</a> <a href="#">47</a>	mg	0.1	13	0.03	0.2	0.3	0.2	0.2	0.0	0.0	0.0	0.5	0.0	0.2

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, halves 152g	1 cup, pureed 232g	1 cup, sliced 166g	1 cup, whole 144g	1 extra large (1-5/8" dia) 27g	1 large (1-3/8" dia) 18g	1 medium (1-1/4" dia) 12g	1 pint as purchased, yields 357g	1 small (1" dia) 7g	1 NLEA serving 147g
(-)-Epigallocatechin 3-gallate <a href="#">37</a> <a href="#">45</a> <a href="#">47</a>	mg	0.1	13	0.07	0.2	0.3	0.2	0.2	0.0	0.0	0.0	0.4	0.0	0.2
(+)-Galocatechin <a href="#">37</a> <a href="#">45</a> <a href="#">47</a>	mg	0.0	12	0.01	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0
Flavanones														
Hesperetin <a href="#">37</a>	mg	0.0	6	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Naringenin <a href="#">37</a> <a href="#">48</a>	mg	0.3	7	0.26	0.4	0.6	0.4	0.4	0.1	0.0	0.0	0.9	0.0	0.4
Flavones														
Apigenin <a href="#">35</a> <a href="#">37</a> <a href="#">50</a> <a href="#">51</a> <a href="#">52</a>	mg	0.0	21	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Luteolin <a href="#">35</a> <a href="#">37</a> <a href="#">50</a> <a href="#">51</a> <a href="#">52</a> <a href="#">53</a>	mg	0.0	18	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Flavonols														
Isorhamnetin <a href="#">39</a>	mg	0.0	1	--	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Kaempferol <a href="#">33</a> <a href="#">35</a> <a href="#">39</a> <a href="#">41</a> <a href="#">42</a> <a href="#">43</a> <a href="#">46</a> <a href="#">48</a> <a href="#">50</a> <a href="#">51</a> <a href="#">52</a> <a href="#">53</a> <a href="#">54</a> <a href="#">55</a> <a href="#">56</a> <a href="#">57</a> <a href="#">58</a>	mg	0.5	135	0.01	0.8	1.2	0.8	0.7	0.1	0.1	0.1	1.8	0.0	0.7
Myricetin <a href="#">35</a> <a href="#">37</a> <a href="#">50</a> <a href="#">52</a> <a href="#">53</a> <a href="#">55</a> <a href="#">58</a>	mg	0.0	24	0.04	0.1	0.1	0.1	0.1	0.0	0.0	0.0	0.1	0.0	0.1
Quercetin <a href="#">33</a> <a href="#">35</a> <a href="#">37</a> <a href="#">39</a> <a href="#">41</a> <a href="#">43</a> <a href="#">46</a> <a href="#">48</a> <a href="#">50</a> <a href="#">51</a> <a href="#">52</a> <a href="#">53</a> <a href="#">54</a> <a href="#">55</a> <a href="#">56</a> <a href="#">57</a> <a href="#">58</a>	mg	1.1	118	0.04	1.7	2.6	1.8	1.6	0.3	0.2	0.1	4.0	0.1	1.6
Isoflavones														
Daidzein <a href="#">63</a> <a href="#">64</a> <a href="#">65</a> <a href="#">66</a>	mg	0.00	4	0	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Genistein <a href="#">63</a> <a href="#">64</a> <a href="#">65</a> <a href="#">66</a>	mg	0.00	4	0	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Glycitein <a href="#">66</a>	mg	0.00	1	--	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Total isoflavones <a href="#">63</a> <a href="#">64</a> <a href="#">65</a> <a href="#">66</a>	mg	0.00	4	0	0.00	0.01	0.00	0.00	0.00	0.00	0.00	0.01	0.00	0.00
Formononetin	mg	0.00	1	--	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Coumestrol	mg	0.00	1	--	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Proanthocyanidin														
Proanthocyanidin dimers <a href="#">59</a> <a href="#">60</a> <a href="#">61</a> <a href="#">62</a>	mg	5.2	16	2.27	7.9	12.1	8.6	7.5	1.4	0.9	0.6	18.6	0.4	7.7
Proanthocyanidin trimers <a href="#">59</a> <a href="#">60</a> <a href="#">61</a>	mg	5.7	15	2.23	8.6	13.1	9.4	8.2	1.5	1.0	0.7	20.2	0.4	8.3
Proanthocyanidin 4-6mers <a href="#">60</a> <a href="#">61</a>	mg	23.3	12	8.94	35.4	54.1	38.7	33.6	6.3	4.2	2.8	83.3	1.6	34.3

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, halves 152g	1 cup, pureed 232g	1 cup, sliced 166g	1 cup, whole 144g	1 extra large (1-5/8" dia) 27g	1 large (1-3/8" dia) 18g	1 medium (1-1/4" dia) 12g	1 pint as purchased, yields 357g	1 small (1" dia) 7g	1 NLEA serving 147g
Proanthocyanidin 7-10mers <a href="#">60</a> <a href="#">61</a>	mg	16.9	12	10.83	25.6	39.1	28.0	24.3	4.6	3.0	2.0	60.2	1.2	24.8
Proanthocyanidin polymers (>10mers) <a href="#">60</a> <a href="#">61</a>	mg	54.2	12	33.83	82.4	125.7	89.9	78.0	14.6	9.8	6.5	193.4	3.8	79.6

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**Footnotes**

<sup>a</sup> Value based on the analysis of 5-methyltetrahydrofolate

**Langual Code(s)**

- A0143 FRUIT OR FRUIT PRODUCT (US CFR)
- A1279 0900 FRUITS AND FRUIT JUICES (USDA SR)
- B1393 STRAWBERRY
- C0140 FRUIT, PEEL PRESENT, CORE, PIT OR SEED PRESENT



- E0150 WHOLE, NATURAL SHAPE
- F0003 NOT HEAT-TREATED
- G0003 COOKING METHOD NOT APPLICABLE
- H0003 NO TREATMENT APPLIED
- J0001 PRESERVATION METHOD NOT KNOWN
- K0003 NO PACKING MEDIUM USED
- M0001 CONTAINER OR WRAPPING NOT KNOWN
- N0001 FOOD CONTACT SURFACE NOT KNOWN
- P0024 HUMAN FOOD, NO AGE SPECIFICATION