

Full Report (All Nutrients) 09316, Strawberries, raw

Report Date: September 19, 2019 15:55 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
Proximates														
Water 1 2 3 4 5 7 8	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 1 2 3 4 5	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) 1 2 3 4 5	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 1 2 3 4 5	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 1 2 3 4 5 8 9	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 2 3 6 7	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) 2 3 5 6 7	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 2 3 5 6 7	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 2 3 6	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 2 3 6	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 2 3 6	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 2 3	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 2 3 4 6 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27	mg	16	73	0.000	24	37	27	23	4	3	2	57	1	24
Iron, Fe 2 3 4 6 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27	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 2 3 4 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27	mg	13	74	0.000	20	30	22	19	4	2	2	46	1	19
Phosphorus, P 2 3 4 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27	mg	24	73	0.000	36	56	40	35	6	4	3	86	2	35
Potassium, K 1 2 3 4 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27	mg	153	76	4.000	233	355	254	220	41	28	18	546	11	225
Sodium, Na 1 3 4 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27	mg	1	72	0.000	2	2	2	1	0	0	0	4	0	1
Zinc, Zn 2 3 4 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27	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 2 4 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27	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 2 3 4 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27	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 3	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 28 29	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
Vitamins														
Vitamin C, total ascorbic acid 1 2 4	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 2 3 4	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 2 3 4	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 2 3 4	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 2 3 4	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 2 3 4	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 30 31	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	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 2	mg	5.7	--	--	8.7	13.2	9.5	8.2	1.5	1.0	0.7	20.3	0.4	8.4
Betaine 2	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 2 4	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 2 3 4	µg	7	8	0.000	11	16	12	10	2	1	1	25	0	10
Carotene, alpha 2 3	µg	0	6	0.000	0	0	0	0	0	0	0	0	0	0
Cryptoxanthin, beta 2 3	µg	0	6	0.000	0	0	0	0	0	0	0	0	0	0
Vitamin A, IU 2 4	IU	12	6	0.000	18	28	20	17	3	2	1	43	1	18
Lycopene 2 3	µg	0	6	0.000	0	0	0	0	0	0	0	0	0	0
Lutein + zeaxanthin 2 3	µg	26	6	8.000	40	60	43	37	7	5	3	93	2	38
Vitamin E (alpha-tocopherol) 2 3	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 2 3	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 2 3	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 2 3	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 2 3	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 2 3	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 2 3	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 2 3	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) 2 3 32	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
Lipids														
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

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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
Amino Acids														
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
Other														
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
Flavonoids														
Anthocyanidins														
Cyanidin 33 34 35 36 37 38 , 39 40 41 42 43 44	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 37 38 44	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 35 37 38	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 37 38	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 33 34 36 37 38 , 39 40 41 42 43 44	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 37 38	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
Flavan-3-ols														
(+)-Catechin 37 39 41 45 46 , 47 48 49	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 37 45 , 47	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 37 39 41 45 , 46 47 49	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 37 , 45 47	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

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(-)-Epigallocatechin 3-gallate 37 45 47	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 37 45 47	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 37	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 37 48	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 35 37 50 51 52	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 35 37 50 51 52 53	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 39	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 33 35 39 41 42 43 46 48 50 51 52 53 54 55 56 57 58	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 35 37 50 52 53 55 58	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 33 35 37 39 41 43 46 48 50 51 52 53 54 55 56 57 58	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 63 64 65 66	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 63 64 65 66	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 66	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 63 64 65 66	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 59 60 61 62	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 59 60 61	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 60 61	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 60 61	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) 60 61	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

^a 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