

Basic Report 09322, Tamarinds, raw
Report Date: July 21, 2019 16:16 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup, pulp 120g	1 fruit (3" x 1") 2g
Proximates				
Water	g	31.40	37.68	0.63
Energy	kcal	239	287	5
Protein	g	2.80	3.36	0.06
Total lipid (fat)	g	0.60	0.72	0.01
Carbohydrate, by difference	g	62.50	75.00	1.25
Fiber, total dietary	g	5.1	6.1	0.1
Sugars, total	g	38.80	46.56	0.78
Minerals				
Calcium, Ca	mg	74	89	1
Iron, Fe	mg	2.80	3.36	0.06
Magnesium, Mg	mg	92	110	2
Phosphorus, P	mg	113	136	2
Potassium, K	mg	628	754	13
Sodium, Na	mg	28	34	1
Zinc, Zn	mg	0.10	0.12	0.00
Vitamins				
Vitamin C, total ascorbic acid	mg	3.5	4.2	0.1
Thiamin	mg	0.428	0.514	0.009
Riboflavin	mg	0.152	0.182	0.003
Niacin	mg	1.938	2.326	0.039
Vitamin B-6	mg	0.066	0.079	0.001
Folate, DFE	µg	14	17	0
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	2	2	0
Vitamin A, IU	IU	30	36	1
Vitamin E (alpha-tocopherol)	mg	0.10	0.12	0.00

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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	2.8	3.4	0.1
Lipids				
Fatty acids, total saturated	g	0.272	0.326	0.005
Fatty acids, total monounsaturated	g	0.181	0.217	0.004
Fatty acids, total polyunsaturated	g	0.059	0.071	0.001
Fatty acids, total trans	g	0.000	0.000	0.000
Cholesterol	mg	0	0	0
Amino Acids				
Other				
Caffeine	mg	0	0	0