

Basic Report 09422, Durian, raw or frozen

Report Date: August 18, 2019 07:06 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup, chopped or diced 243g	1 fruit 602g
Proximates				
Water	g	64.99	157.93	391.24
Energy	kcal	147	357	885
Protein	g	1.47	3.57	8.85
Total lipid (fat)	g	5.33	12.95	32.09
Carbohydrate, by difference	g	27.09	65.83	163.08
Fiber, total dietary	g	3.8	9.2	22.9
Minerals				
Calcium, Ca	mg	6	15	36
Iron, Fe	mg	0.43	1.04	2.59
Magnesium, Mg	mg	30	73	181
Phosphorus, P	mg	39	95	235
Potassium, K	mg	436	1059	2625
Sodium, Na	mg	2	5	12
Zinc, Zn	mg	0.28	0.68	1.69
Vitamins				
Vitamin C, total ascorbic acid	mg	19.7	47.9	118.6
Thiamin	mg	0.374	0.909	2.251
Riboflavin	mg	0.200	0.486	1.204
Niacin	mg	1.074	2.610	6.465
Vitamin B-6	mg	0.316	0.768	1.902
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	2	5	12
Vitamin A, IU	IU	44	107	265
Lipids				
Fatty acids, total trans	g	0.000	0.000	0.000
Cholesterol	mg	0	0	0

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Amino Acids				
Other				