

Basic Report 09449, Nance, frozen, unsweetened

Report Date: August 24, 2019 09:32 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup without pits, thawed 112g	3.0 fruit without pits, thawed 9.8g
Proximates				
Water	g	80.64	90.32	7.90
Energy	kcal	73	82	7
Protein	g	0.66	0.74	0.06
Total lipid (fat)	g	1.16	1.30	0.11
Carbohydrate, by difference	g	16.97	19.01	1.66
Fiber, total dietary	g	7.5	8.4	0.7
Sugars, total	g	8.31	9.31	0.81
Minerals				
Calcium, Ca	mg	46	52	5
Iron, Fe	mg	0.38	0.43	0.04
Magnesium, Mg	mg	20	22	2
Phosphorus, P	mg	10	11	1
Potassium, K	mg	244	273	24
Sodium, Na	mg	3	3	0
Zinc, Zn	mg	0.09	0.10	0.01
Vitamins				
Vitamin C, total ascorbic acid	mg	92.5	103.6	9.1
Thiamin	mg	0.015	0.017	0.001
Riboflavin	mg	0.018	0.020	0.002
Niacin	mg	0.290	0.325	0.028
Vitamin B-6	mg	0.021	0.024	0.002
Folate, DFE	µg	8	9	1
Vitamin A, RAE	µg	4	4	0
Vitamin A, IU	IU	74	83	7
Vitamin E (alpha-tocopherol)	mg	1.25	1.40	0.12
Vitamin K (phylloquinone)	µg	11.9	13.3	1.2

Nutrient	Unit	1 Value Per100 g	1 cup without pits, thawed 112g	3.0 fruit without pits, thawed 9.8g
Lipids				
Fatty acids, total trans	g	0.000	0.000	0.000

Amino Acids

Other

Footnotes

^a Mean value contains data based on the analysis of 5-methyltetrahydrofolate, 10-Formyl folic acid, and 5-Formyltetrahydrofolic acid.