

Full Report (All Nutrients) 09546, Cherry juice, tart

Report Date: July 16, 2019 06:14 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 3.92 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 269g	1 fl oz 31.5g
Proximates						
Water 1	g	85.18	2	--	229.13	26.83
Energy	kcal	59	--	--	159	19
Energy	kJ	248	--	--	667	78
Protein 1	g	0.31	2	--	0.83	0.10
Total lipid (fat) 1	g	0.54	2	--	1.45	0.17
Ash 1	g	0.28	2	--	0.75	0.09
Carbohydrate, by difference	g	13.70	--	--	36.85	4.32
Sugars, total 1	g	12.21	1	--	32.84	3.85
Sucrose 1	g	0.00	1	--	0.00	0.00
Glucose (dextrose) 1	g	7.26	1	--	19.53	2.29
Fructose 1	g	4.95	1	--	13.32	1.56
Lactose 1	g	0.00	1	--	0.00	0.00
Maltose 1	g	0.00	1	--	0.00	0.00
Galactose 1	g	0.00	1	--	0.00	0.00
Minerals						
Calcium, Ca 1	mg	13	2	--	35	4
Iron, Fe 1	mg	0.42	2	--	1.13	0.13
Magnesium, Mg 1	mg	11	2	--	30	3
Phosphorus, P 1	mg	17	2	--	46	5
Potassium, K 1	mg	161	2	--	433	51
Sodium, Na 1	mg	4	2	--	11	1
Zinc, Zn 1	mg	0.03	2	--	0.08	0.01

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 269g	1 fl oz 31.5g
Copper, Cu ¹	mg	0.042	2	--	0.113	0.013
Manganese, Mn ¹	mg	0.060	2	--	0.161	0.019
Vitamins						
Vitamin C, total ascorbic acid ¹	mg	0.0	2	--	0.0	0.0
Thiamin ¹	mg	0.060	1	--	0.161	0.019
Vitamin B-6 ¹	mg	0.037	1	--	0.100	0.012
Vitamin B-12	µg	0.00	--	--	0.00	0.00
Retinol	µg	0	--	--	0	0
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0
Vitamin D	IU	0	--	--	0	0
Lipids						
Cholesterol	mg	0	--	--	0	0
Amino Acids						
Other						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 20c, 2016 Beltsville MD