

Basic Report 09062, Cherimoya, raw
Report Date: July 17, 2019 22:42 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup, pieces 160g	1 fruit without skin and seeds 235g
Proximates				
Water	g	79.39	127.02	186.57
Energy	kcal	75	120	176
Protein	g	1.57	2.51	3.69
Total lipid (fat)	g	0.68	1.09	1.60
Carbohydrate, by difference	g	17.71	28.34	41.62
Fiber, total dietary	g	3.0	4.8	7.0
Sugars, total	g	12.87	20.59	30.24
Minerals				
Calcium, Ca	mg	10	16	24
Iron, Fe	mg	0.27	0.43	0.63
Magnesium, Mg	mg	17	27	40
Phosphorus, P	mg	26	42	61
Potassium, K	mg	287	459	674
Sodium, Na	mg	7	11	16
Zinc, Zn	mg	0.16	0.26	0.38
Vitamins				
Vitamin C, total ascorbic acid	mg	12.6	20.2	29.6
Thiamin	mg	0.101	0.162	0.237
Riboflavin	mg	0.131	0.210	0.308
Niacin	mg	0.644	1.030	1.513
Vitamin B-6	mg	0.257	0.411	0.604
Folate, DFE	µg	23	37	54
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	0	0	0
Vitamin A, IU	IU	5	8	12
Vitamin E (alpha-tocopherol)	mg	0.27	0.43	0.63

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Lipids				
Fatty acids, total saturated	g	0.233	0.373	0.548
Fatty acids, total monounsaturated	g	0.055	0.088	0.129
Fatty acids, total polyunsaturated	g	0.188	0.301	0.442
Fatty acids, total trans	g	0.000	0.000	0.000
Cholesterol	mg	0	0	0

Amino Acids

Other

Footnotes

^a Mean value contains data based on the analysis of 5-methyltetrahydrofolate plus total folate determined microbiologically