

Basic Report 09088, Elderberries, raw

Report Date: November 20, 2017 10:19 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 145g
Proximates			
Water	g	79.80	115.71
Energy	kcal	73	106
Protein	g	0.66	0.96
Total lipid (fat)	g	0.50	0.72
Carbohydrate, by difference	g	18.40	26.68
Fiber, total dietary	g	7.0	10.2
Minerals			
Calcium, Ca	mg	38	55
Iron, Fe	mg	1.60	2.32
Magnesium, Mg	mg	5	7
Phosphorus, P	mg	39	57
Potassium, K	mg	280	406
Sodium, Na	mg	6	9
Zinc, Zn	mg	0.11	0.16
Vitamins			
Vitamin C, total ascorbic acid	mg	36.0	52.2
Thiamin	mg	0.070	0.102
Riboflavin	mg	0.060	0.087
Niacin	mg	0.500	0.725
Vitamin B-6	mg	0.230	0.334
Folate, DFE	µg	6	9
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	30	44
Vitamin A, IU	IU	600	870
Lipids			
Fatty acids, total saturated	g	0.023	0.033

Nutrient	Unit	1 Value Per100 g	1 cup 145g
Fatty acids, total monounsaturated	g	0.080	0.116
Fatty acids, total polyunsaturated	g	0.247	0.358
Fatty acids, total trans	g	0.000	0.000
Cholesterol	mg	0	0

Amino Acids

Other