

Full Report (All Nutrients) 09096, Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, water pack, solids and liquids

Report Date: December 16, 2018 13:19 EST

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 3.6 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 237g
Proximates					
Water	g	90.76	37	0.070	215.10
Energy	kcal	32	--	--	76
Energy	kJ	134	--	--	318
Protein	g	0.42	12	0.009	1.00
Total lipid (fat)	g	0.05	9	0.003	0.12
Ash	g	0.26	13	0.009	0.62
Carbohydrate, by difference	g	8.51	--	--	20.17
Fiber, total dietary	g	1.0	--	--	2.4
Sugars, total	g	7.51	--	--	17.80
Minerals					
Calcium, Ca	mg	5	10	0.000	12
Iron, Fe	mg	0.25	13	0.020	0.59
Magnesium, Mg	mg	7	10	0.000	17
Phosphorus, P	mg	11	10	0.000	26
Potassium, K	mg	94	31	2.000	223
Sodium, Na	mg	4	31	0.000	9
Zinc, Zn	mg	0.09	--	--	0.21
Copper, Cu	mg	0.071	--	--	0.168
Manganese, Mn	mg	0.150	--	--	0.355
Selenium, Se	µg	0.5	--	--	1.2

Vitamins

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 237g
Vitamin C, total ascorbic acid	mg	2.1	37	0.100	5.0
Thiamin	mg	0.016	10	0.001	0.038
Riboflavin	mg	0.011	10	0.000	0.026
Niacin	mg	0.363	13	0.022	0.860
Pantothenic acid	mg	0.062	--	--	0.147
Vitamin B-6	mg	0.052	--	--	0.123
Folate, total	µg	3	--	--	7
Folic acid	µg	0	--	--	0
Folate, food	µg	3	--	--	7
Folate, DFE	µg	3	--	--	7
Choline, total	mg	3.7	--	--	8.8
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	13	--	--	31
Retinol	µg	0	--	--	0
Carotene, beta	µg	126	--	--	299
Carotene, alpha	µg	0	--	--	0
Cryptoxanthin, beta	µg	48	--	--	114
Vitamin A, IU	IU	250	12	16.000	592
Lycopene	µg	0	--	--	0
Lutein + zeaxanthin	µg	75	--	--	178
Vitamin E (alpha-tocopherol)	mg	0.40	--	--	0.95
Vitamin E, added	mg	0.00	--	--	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Vitamin K (phylloquinone)	µg	2.6	--	--	6.2
Lipids					
Fatty acids, total saturated	g	0.006	--	--	0.014
4:0	g	0.000	--	--	0.000
6:0	g	0.000	--	--	0.000
8:0	g	0.000	--	--	0.000
10:0	g	0.000	--	--	0.000
12:0	g	0.000	--	--	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 237g
14:0	g	0.000	--	--	0.000
16:0	g	0.005	--	--	0.012
18:0	g	0.002	--	--	0.005
Fatty acids, total monounsaturated	g	0.009	--	--	0.021
16:1 undifferentiated	g	0.000	--	--	0.000
18:1 undifferentiated	g	0.009	--	--	0.021
20:1	g	0.000	--	--	0.000
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	0.020	--	--	0.047
18:2 undifferentiated	g	0.017	--	--	0.040
18:3 undifferentiated	g	0.002	--	--	0.005
18:4	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.000	--	--	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Fatty acids, total trans	g	0.000	--	--	0.000
Cholesterol	mg	0	--	--	0
Amino Acids					
Other					
Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0

Languag Code(s)

- A0143 FRUIT OR FRUIT PRODUCT (US CFR)
- A1279 0900 FRUITS AND FRUIT JUICES (USDA SR)
- B1350 PEACH
- C0229 FRUIT, PEEL REMOVED, CORE, PIT OR SEED REMOVED
- E0104 WHOLE AND PIECES
- F0014 FULLY HEAT-TREATED
- G0003 COOKING METHOD NOT APPLICABLE
- H0147 FRUIT ADDED
- J0123 STERILIZED BY HEAT
- K0017 PACKED IN WATER
- M0194 CAN, BOTTLE OR JAR
- N0001 FOOD CONTACT SURFACE NOT KNOWN
- P0024 HUMAN FOOD, NO AGE SPECIFICATION
- Z0220 NOT DRAINED