

Basic Report 09099, Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, light syrup, solids and liquids

Report Date: September 23, 2017 14:25 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 242g
Proximates			
Water	g	84.37	204.18
Energy	kcal	57	138
Protein	g	0.40	0.97
Total lipid (fat)	g	0.07	0.17
Carbohydrate, by difference	g	14.93	36.13
Fiber, total dietary	g	1.0	2.4
Sugars, total	g	13.93	33.71
Minerals			
Calcium, Ca	mg	6	15
Iron, Fe	mg	0.29	0.70
Magnesium, Mg	mg	5	12
Phosphorus, P	mg	11	27
Potassium, K	mg	89	215
Sodium, Na	mg	6	15
Zinc, Zn	mg	0.09	0.22
Vitamins			
Vitamin C, total ascorbic acid	mg	1.9	4.6
Thiamin	mg	0.018	0.044
Riboflavin	mg	0.019	0.046
Niacin	mg	0.380	0.920
Vitamin B-6	mg	0.051	0.123
Folate, DFE	µg	3	7
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	10	24
Vitamin A, IU	IU	208	503
Vitamin E (alpha-tocopherol)	mg	0.50	1.21

Nutrient	Unit	1 Value Per100 g	1 cup 242g
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	2.6	6.3
Lipids			
Fatty acids, total saturated	g	0.010	0.024
Fatty acids, total monounsaturated	g	0.014	0.034
Fatty acids, total polyunsaturated	g	0.031	0.075
Fatty acids, total trans	g	0.000	0.000
Cholesterol	mg	0	0
Amino Acids			
Other			
Caffeine	mg	0	0