

**Full Report (All Nutrients) 09103, Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, juice pack, solids and liquids**

Report Date: January 24, 2019 03:36 EST

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

**Carbohydrate Factor: 3.7 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 249g
<b>Proximates</b>					
Water	g	86.15	7	0.180	214.51
Energy	kcal	50	--	--	124
Energy	kJ	209	--	--	520
Protein	g	0.51	7	0.010	1.27
Total lipid (fat)	g	0.03	7	0.008	0.07
Ash	g	0.26	7	0.008	0.65
Carbohydrate, by difference	g	13.05	--	--	32.49
Fiber, total dietary	g	1.0	--	--	2.5
<b>Minerals</b>					
Calcium, Ca	mg	11	7	0.000	27
Iron, Fe	mg	0.25	7	0.080	0.62
Magnesium, Mg	mg	8	6	0.000	20
Phosphorus, P	mg	14	6	1.000	35
Potassium, K	mg	116	7	6.000	289
Sodium, Na	mg	5	7	0.000	12
Zinc, Zn	mg	0.14	6	0.030	0.35
Copper, Cu	mg	0.050	6	0.005	0.125
Manganese, Mn	mg	0.151	--	--	0.376
<b>Vitamins</b>					
Vitamin C, total ascorbic acid	mg	3.3	7	0.200	8.2
Thiamin	mg	0.011	4	0.001	0.027
Riboflavin	mg	0.014	2	--	0.035

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 249g
Niacin	mg	0.356	3	0.050	0.886
Pantothenic acid	mg	0.053	--	--	0.132
Vitamin B-6	mg	0.027	--	--	0.067
Folate, total	µg	3	--	--	7
Folic acid	µg	0	--	--	0
Folate, food	µg	3	--	--	7
Folate, DFE	µg	3	--	--	7
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	30	6	2.000	75
Retinol	µg	0	--	--	0
Vitamin A, IU	IU	600	6	42.000	1494
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0

**Lipids**

Fatty acids, total saturated	g	0.004	--	--	0.010
16:0	g	0.003	--	--	0.007
18:0	g	0.001	--	--	0.002
Fatty acids, total monounsaturated	g	0.005	--	--	0.012
18:1 undifferentiated	g	0.005	--	--	0.012
Fatty acids, total polyunsaturated	g	0.011	--	--	0.027
18:2 undifferentiated	g	0.010	--	--	0.025
18:3 undifferentiated	g	0.001	--	--	0.002
Fatty acids, total trans	g	0.000	--	--	0.000
Cholesterol	mg	0	--	--	0

**Amino Acids**

**Other**

**Languag Code(s)**

- A0208 SALAD (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
- K0039 PACKED IN FRUIT JUICE
- M0194 CAN, BOTTLE OR JAR
- N0001 FOOD CONTACT SURFACE NOT KNOWN

- P0024 HUMAN FOOD, NO AGE SPECIFICATION
- Z0220 NOT DRAINED