

**Basic Report 09104, Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, light syrup, solids and liquids**

Report Date: June 19, 2019 04:58 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 252g
<b>Proximates</b>			
Water	g	84.24	212.28
Energy	kcal	58	146
Protein	g	0.34	0.86
Total lipid (fat)	g	0.07	0.18
Carbohydrate, by difference	g	15.14	38.15
Fiber, total dietary	g	1.0	2.5
<b>Minerals</b>			
Calcium, Ca	mg	7	18
Iron, Fe	mg	0.29	0.73
Magnesium, Mg	mg	5	13
Phosphorus, P	mg	9	23
Potassium, K	mg	82	207
Sodium, Na	mg	6	15
Zinc, Zn	mg	0.07	0.18
<b>Vitamins</b>			
Vitamin C, total ascorbic acid	mg	2.5	6.3
Thiamin	mg	0.014	0.035
Riboflavin	mg	0.020	0.050
Niacin	mg	0.365	0.920
Vitamin B-6	mg	0.032	0.081
Folate, DFE	µg	3	8
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	21	53
Vitamin A, IU	IU	429	1081
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>1 cup 252g</b>
<b>Lipids</b>			
Fatty acids, total saturated	g	0.009	0.023
Fatty acids, total monounsaturated	g	0.012	0.030
Fatty acids, total polyunsaturated	g	0.028	0.071
Fatty acids, total trans	g	0.000	0.000
Cholesterol	mg	0	0

**Amino Acids**

**Other**