

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

**Report Date: July 20, 2019 23:09 EDT**

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

**Carbohydrate Factor: 3.71 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 252g
<b>Proximates</b>					
Water	g	84.24	--	--	212.28
Energy	kcal	58	--	--	146
Energy	kJ	243	--	--	612
Protein	g	0.34	--	--	0.86
Total lipid (fat)	g	0.07	--	--	0.18
Ash	g	0.21	--	--	0.53
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
Copper, Cu	mg	0.065	--	--	0.164
Manganese, Mn	mg	0.148	--	--	0.373
<b>Vitamins</b>					
Vitamin C, total ascorbic acid	mg	2.5	--	--	6.3
Thiamin	mg	0.014	--	--	0.035

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 252g
Riboflavin	mg	0.020	--	--	0.050
Niacin	mg	0.365	--	--	0.920
Pantothenic acid	mg	0.053	--	--	0.134
Vitamin B-6	mg	0.032	--	--	0.081
Folate, total	µg	3	--	--	8
Folic acid	µg	0	--	--	0
Folate, food	µg	3	--	--	8
Folate, DFE	µg	3	--	--	8
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	21	--	--	53
Retinol	µg	0	--	--	0
Vitamin A, IU	IU	429	--	--	1081
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0

**Lipids**

Fatty acids, total saturated	g	0.009	--	--	0.023
16:0	g	0.006	1	--	0.015
18:0	g	0.002	1	--	0.005
Fatty acids, total monounsaturated	g	0.012	--	--	0.030
18:1 undifferentiated	g	0.012	1	--	0.030
Fatty acids, total polyunsaturated	g	0.028	--	--	0.071
18:2 undifferentiated	g	0.024	1	--	0.060
18:3 undifferentiated	g	0.003	1	--	0.008
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
- H0136 SUGAR OR SUGAR SYRUP ADDED
- H0147 FRUIT ADDED
- J0123 STERILIZED BY HEAT

- K0013 PACKED IN LIGHTLY SWEETENED WATER OR JUICE
- M0194 CAN, BOTTLE OR JAR
- N0001 FOOD CONTACT SURFACE NOT KNOWN
- P0024 HUMAN FOOD, NO AGE SPECIFICATION
- Z0220 NOT DRAINED