

Basic Report 09105, Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, heavy syrup, solids and liquids

Report Date: February 20, 2018 08:39 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 255g
Proximates			
Water	g	80.26	204.66
Energy	kcal	73	186
Protein	g	0.34	0.87
Total lipid (fat)	g	0.07	0.18
Carbohydrate, by difference	g	19.11	48.73
Fiber, total dietary	g	1.0	2.5
Sugars, total	g	18.11	46.18
Minerals			
Calcium, Ca	mg	6	15
Iron, Fe	mg	0.28	0.71
Magnesium, Mg	mg	5	13
Phosphorus, P	mg	9	23
Potassium, K	mg	80	204
Sodium, Na	mg	6	15
Zinc, Zn	mg	0.07	0.18
Vitamins			
Vitamin C, total ascorbic acid	mg	2.4	6.1
Thiamin	mg	0.015	0.038
Riboflavin	mg	0.021	0.054
Niacin	mg	0.347	0.885
Vitamin B-6	mg	0.032	0.082
Folate, DFE	µg	3	8
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	25	64
Vitamin A, IU	IU	504	1285
Vitamin E (alpha-tocopherol)	mg	0.40	1.02

Nutrient	Unit	1 Value Per100 g	1 cup 255g
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	2.6	6.6
Lipids			
Fatty acids, total saturated	g	0.010	0.026
Fatty acids, total monounsaturated	g	0.014	0.036
Fatty acids, total polyunsaturated	g	0.031	0.079
Fatty acids, total trans	g	0.000	0.000
Cholesterol	mg	0	0
Amino Acids			
Other			
Caffeine	mg	0	0