

Basic Report 09107, Gooseberries, raw

Report Date: June 19, 2019 21:47 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 150g
Proximates			
Water	g	87.87	131.81
Energy	kcal	44	66
Protein	g	0.88	1.32
Total lipid (fat)	g	0.58	0.87
Carbohydrate, by difference	g	10.18	15.27
Fiber, total dietary	g	4.3	6.5
Minerals			
Calcium, Ca	mg	25	38
Iron, Fe	mg	0.31	0.47
Magnesium, Mg	mg	10	15
Phosphorus, P	mg	27	40
Potassium, K	mg	198	297
Sodium, Na	mg	1	2
Zinc, Zn	mg	0.12	0.18
Vitamins			
Vitamin C, total ascorbic acid	mg	27.7	41.5
Thiamin	mg	0.040	0.060
Riboflavin	mg	0.030	0.045
Niacin	mg	0.300	0.450
Vitamin B-6	mg	0.080	0.120
Folate, DFE	µg	6	9
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	15	22
Vitamin A, IU	IU	290	435
Vitamin E (alpha-tocopherol)	mg	0.37	0.56

Lipids

Nutrient	Unit	1 Value Per100 g	1 cup 150g
Fatty acids, total saturated	g	0.038	0.057
Fatty acids, total monounsaturated	g	0.051	0.076
Fatty acids, total polyunsaturated	g	0.317	0.475
Fatty acids, total trans	g	0.000	0.000
Cholesterol	mg	0	0

Amino Acids

Other