

Basic Report 09111, Grapefruit, raw, pink and red and white, all areas
Report Date: July 20, 2019 02:04 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup sections, with juice 230g	0.5 large (approx 4-1/2" dia) 166g	0.5 medium (approx 4" dia) 128g	0.5 small (approx 3-1/2" dia) 100g
Proximates						
Water	g	90.89	209.05	150.88	116.34	90.89
Energy	kcal	32	74	53	41	32
Protein	g	0.63	1.45	1.05	0.81	0.63
Total lipid (fat)	g	0.10	0.23	0.17	0.13	0.10
Carbohydrate, by difference	g	8.08	18.58	13.41	10.34	8.08
Fiber, total dietary	g	1.1	2.5	1.8	1.4	1.1
Sugars, total	g	6.98	16.05	11.59	8.93	6.98
Minerals						
Calcium, Ca	mg	12	28	20	15	12
Iron, Fe	mg	0.09	0.21	0.15	0.12	0.09
Magnesium, Mg	mg	8	18	13	10	8
Phosphorus, P	mg	8	18	13	10	8
Potassium, K	mg	139	320	231	178	139
Sodium, Na	mg	0	0	0	0	0
Zinc, Zn	mg	0.07	0.16	0.12	0.09	0.07
Vitamins						
Vitamin C, total ascorbic acid	mg	34.4	79.1	57.1	44.0	34.4
Thiamin	mg	0.036	0.083	0.060	0.046	0.036
Riboflavin	mg	0.020	0.046	0.033	0.026	0.020
Niacin	mg	0.250	0.575	0.415	0.320	0.250
Vitamin B-6	mg	0.042	0.097	0.070	0.054	0.042
Folate, DFE	µg	10	23	17	13	10
Vitamin B-12	µg	0.00	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	46	106	76	59	46
Vitamin A, IU	IU	927	2132	1539	1187	927
Vitamin E (alpha-tocopherol)	mg	0.13	0.30	0.22	0.17	0.13

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	0.0	0.0
Vitamin D	IU	0	0	0	0	0
Vitamin K (phylloquinone)	µg	0.0	0.0	0.0	0.0	0.0
Lipids						
Fatty acids, total saturated	g	0.014	0.032	0.023	0.018	0.014
Fatty acids, total monounsaturated	g	0.013	0.030	0.022	0.017	0.013
Fatty acids, total polyunsaturated	g	0.024	0.055	0.040	0.031	0.024
Fatty acids, total trans	g	0.000	0.000	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Amino Acids						
Other						
Caffeine	mg	0	0	0	0	0