

Basic Report 09113, Grapefruit, raw, pink and red, California and Arizona

Report Date: October 22, 2017 11:34 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup sections, with juice 230g	0.5 fruit (3-3/4" dia) 123g
Proximates				
Water	g	89.31	205.41	109.85
Energy	kcal	37	85	46
Protein	g	0.50	1.15	0.61
Total lipid (fat)	g	0.10	0.23	0.12
Carbohydrate, by difference	g	9.69	22.29	11.92
Minerals				
Calcium, Ca	mg	11	25	14
Iron, Fe	mg	0.08	0.18	0.10
Magnesium, Mg	mg	9	21	11
Phosphorus, P	mg	12	28	15
Potassium, K	mg	147	338	181
Sodium, Na	mg	1	2	1
Zinc, Zn	mg	0.07	0.16	0.09
Vitamins				
Vitamin C, total ascorbic acid	mg	38.1	87.6	46.9
Thiamin	mg	0.034	0.078	0.042
Riboflavin	mg	0.020	0.046	0.025
Niacin	mg	0.191	0.439	0.235
Vitamin B-6	mg	0.042	0.097	0.052
Folate, DFE	µg	12	28	15
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	13	30	16
Vitamin A, IU	IU	259	596	319
Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	0	0	0

Lipids

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Fatty acids, total saturated	g	0.014	0.032	0.017
Fatty acids, total monounsaturated	g	0.013	0.030	0.016
Fatty acids, total polyunsaturated	g	0.024	0.055	0.030
Fatty acids, total trans	g	0.000	0.000	0.000
Cholesterol	mg	0	0	0

Amino Acids

Other