

Full Report (All Nutrients) 09119, Grapefruit, sections, canned, water pack, solids and liquids

Report Date: September 22, 2019 22:53 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 3.6 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 244g
Proximates					
Water	g	89.85	--	--	219.23
Energy	kcal	36	--	--	88
Energy	kJ	151	--	--	368
Protein	g	0.58	--	--	1.42
Total lipid (fat)	g	0.10	--	--	0.24
Ash	g	0.32	--	--	0.78
Carbohydrate, by difference	g	9.15	--	--	22.33
Fiber, total dietary	g	0.4	--	--	1.0
Sugars, total	g	8.75	--	--	21.35
Minerals					
Calcium, Ca	mg	15	--	--	37
Iron, Fe	mg	0.41	--	--	1.00
Magnesium, Mg	mg	10	--	--	24
Phosphorus, P	mg	10	--	--	24
Potassium, K	mg	132	--	--	322
Sodium, Na	mg	2	--	--	5
Zinc, Zn	mg	0.09	--	--	0.22
Copper, Cu	mg	0.067	--	--	0.163
Manganese, Mn	mg	0.007	--	--	0.017
Selenium, Se	µg	0.9	--	--	2.2
Vitamins					
Vitamin C, total ascorbic acid	mg	21.8	--	--	53.2

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 244g
Thiamin	mg	0.039	--	--	0.095
Riboflavin	mg	0.021	--	--	0.051
Niacin	mg	0.249	--	--	0.608
Pantothenic acid	mg	0.120	--	--	0.293
Vitamin B-6	mg	0.020	--	--	0.049
Folate, total	µg	9	--	--	22
Folic acid	µg	0	--	--	0
Folate, food	µg	9	--	--	22
Folate, DFE	µg	9	--	--	22
Choline, total	mg	5.1	--	--	12.4
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	0	--	--	0
Retinol	µg	0	--	--	0
Carotene, beta	µg	0	--	--	0
Carotene, alpha	µg	0	--	--	0
Cryptoxanthin, beta	µg	0	--	--	0
Vitamin A, IU	IU	0	--	--	0
Lycopene	µg	0	--	--	0
Lutein + zeaxanthin	µg	0	--	--	0
Vitamin E (alpha-tocopherol)	mg	0.09	--	--	0.22
Vitamin E, added	mg	0.00	--	--	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Vitamin K (phylloquinone)	µg	0.0	--	--	0.0
Lipids					
Fatty acids, total saturated	g	0.014	--	--	0.034
4:0	g	0.000	--	--	0.000
6:0	g	0.000	--	--	0.000
8:0	g	0.000	--	--	0.000
10:0	g	0.000	--	--	0.000
12:0	g	0.000	--	--	0.000
14:0	g	0.000	--	--	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 244g
16:0	g	0.013	--	--	0.032
18:0	g	0.001	--	--	0.002
Fatty acids, total monounsaturated	g	0.014	--	--	0.034
16:1 undifferentiated	g	0.001	--	--	0.002
18:1 undifferentiated	g	0.012	--	--	0.029
20:1	g	0.000	--	--	0.000
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	0.024	--	--	0.059
18:2 undifferentiated	g	0.019	--	--	0.046
18:3 undifferentiated	g	0.005	--	--	0.012
18:4	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.000	--	--	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Fatty acids, total trans	g	0.000	--	--	0.000
Cholesterol	mg	0	--	--	0
Amino Acids					
Tryptophan 1 2	g	0.006	--	--	0.015
Threonine 1 2	g	0.010	--	--	0.024
Isoleucine 1 2	g	0.006	--	--	0.015
Leucine 1 2	g	0.011	--	--	0.027
Lysine 1 2	g	0.014	--	--	0.034
Methionine 1 2	g	0.005	--	--	0.012
Cystine 1 2	g	0.006	--	--	0.015
Phenylalanine 2	g	0.035	--	--	0.085
Tyrosine 1 2	g	0.006	--	--	0.015
Valine 1 2	g	0.011	--	--	0.027
Arginine 1 2	g	0.065	--	--	0.159
Histidine 1 2	g	0.006	--	--	0.015
Alanine 1 2	g	0.018	--	--	0.044
Aspartic acid 1 2	g	0.103	--	--	0.251
Glutamic acid 1 2	g	0.148	--	--	0.361

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 244g
Glycine 1 2	g	0.011	--	--	0.027
Proline 1 2	g	0.048	--	--	0.117
Serine 1 2	g	0.021	--	--	0.051
Other					
Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 5i, 2001 Beltsville MD

²Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 5e, 2001 Beltsville MD

Langual Code(s)

- A0143 FRUIT OR FRUIT PRODUCT (US CFR)
- A1279 0900 FRUITS AND FRUIT JUICES (USDA SR)
- B1507 GRAPEFRUIT
- C0229 FRUIT, PEEL REMOVED, CORE, PIT OR SEED REMOVED
- E0107 DIVIDED INTO SEGMENTS OR WEDGES
- F0014 FULLY HEAT-TREATED
- G0003 COOKING METHOD NOT APPLICABLE
- H0003 NO TREATMENT APPLIED
- J0123 STERILIZED BY HEAT
- K0017 PACKED IN WATER
- M0194 CAN, BOTTLE OR JAR
- N0001 FOOD CONTACT SURFACE NOT KNOWN
- P0024 HUMAN FOOD, NO AGE SPECIFICATION
- Z0220 NOT DRAINED