

Basic Report 09120, Grapefruit, sections, canned, juice pack, solids and liquids

Report Date: June 28, 2017 06:36 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 249g
Proximates			
Water	g	89.67	223.28
Energy	kcal	37	92
Protein	g	0.70	1.74
Total lipid (fat)	g	0.09	0.22
Carbohydrate, by difference	g	9.21	22.93
Fiber, total dietary	g	0.4	1.0
Sugars, total	g	8.80	21.91
Minerals			
Calcium, Ca	mg	15	37
Iron, Fe	mg	0.21	0.52
Magnesium, Mg	mg	11	27
Phosphorus, P	mg	12	30
Potassium, K	mg	169	421
Sodium, Na	mg	7	17
Zinc, Zn	mg	0.08	0.20
Vitamins			
Vitamin C, total ascorbic acid	mg	33.9	84.4
Thiamin	mg	0.029	0.072
Riboflavin	mg	0.018	0.045
Niacin	mg	0.249	0.620
Vitamin B-6	mg	0.020	0.050
Folate, DFE	µg	9	22
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	0	0
Vitamin A, IU	IU	0	0
Vitamin E (alpha-tocopherol)	mg	0.09	0.22

Nutrient	Unit	1 Value Per100 g	1 cup 249g
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	0.012	0.030
Fatty acids, total monounsaturated	g	0.012	0.030
Fatty acids, total polyunsaturated	g	0.021	0.052
Fatty acids, total trans	g	0.000	0.000
Cholesterol	mg	0	0
Amino Acids			
Other			
Caffeine	mg	0	0