

Basic Report 09125, Grapefruit juice, white, frozen concentrate, unsweetened, undiluted

Report Date: November 16, 2018 13:02 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 can (6 fl oz) 207g
Proximates			
Water	g	62.00	128.34
Energy	kcal	146	302
Protein	g	1.97	4.08
Total lipid (fat)	g	0.48	0.99
Carbohydrate, by difference	g	34.56	71.54
Fiber, total dietary	g	0.4	0.8
Sugars, total	g	34.16	70.71
Minerals			
Calcium, Ca	mg	27	56
Iron, Fe	mg	0.49	1.01
Magnesium, Mg	mg	38	79
Phosphorus, P	mg	49	101
Potassium, K	mg	484	1002
Sodium, Na	mg	3	6
Zinc, Zn	mg	0.18	0.37
Vitamins			
Vitamin C, total ascorbic acid	mg	119.8	248.0
Thiamin	mg	0.145	0.300
Riboflavin	mg	0.078	0.161
Niacin	mg	0.772	1.598
Vitamin B-6	mg	0.154	0.319
Folate, DFE	µg	13	27
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	2	4
Vitamin A, IU	IU	31	64
Vitamin E (alpha-tocopherol)	mg	0.14	0.29

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Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	0.1	0.2
Lipids			
Fatty acids, total saturated	g	0.064	0.132
Fatty acids, total monounsaturated	g	0.063	0.130
Fatty acids, total polyunsaturated	g	0.113	0.234
Fatty acids, total trans	g	0.000	0.000
Cholesterol	mg	0	0
Amino Acids			
Other			
Caffeine	mg	0	0