

Full Report (All Nutrients) 09128, Grapefruit juice, white, raw

Report Date: July 18, 2019 09:39 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 3.92 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 247g	1 fl oz 30.9g	1 fruit yields 196g
Proximates							
Water	g	90.00	--	--	222.30	27.81	176.40
Energy	kcal	39	--	--	96	12	76
Energy	kJ	163	--	--	403	50	319
Protein	g	0.50	--	--	1.24	0.15	0.98
Total lipid (fat)	g	0.10	--	--	0.25	0.03	0.20
Ash	g	0.20	--	--	0.49	0.06	0.39
Carbohydrate, by difference	g	9.20	--	--	22.72	2.84	18.03
Fiber, total dietary	g	0.1	--	--	0.2	0.0	0.2
Sugars, total	g	9.10	--	--	22.48	2.81	17.84
Minerals							
Calcium, Ca	mg	9	--	--	22	3	18
Iron, Fe	mg	0.20	--	--	0.49	0.06	0.39
Magnesium, Mg	mg	12	--	--	30	4	24
Phosphorus, P	mg	15	--	--	37	5	29
Potassium, K	mg	162	--	--	400	50	318
Sodium, Na	mg	1	--	--	2	0	2
Zinc, Zn	mg	0.05	--	--	0.12	0.02	0.10
Copper, Cu	mg	0.033	--	--	0.082	0.010	0.065
Manganese, Mn	mg	0.020	--	--	0.049	0.006	0.039
Selenium, Se	µg	0.1	--	--	0.2	0.0	0.2
Vitamins							
Vitamin C, total ascorbic acid	mg	38.0	--	--	93.9	11.7	74.5

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 247g	1 fl oz 30.9g	1 fruit yields 196g
Thiamin	mg	0.040	--	--	0.099	0.012	0.078
Riboflavin	mg	0.020	--	--	0.049	0.006	0.039
Niacin	mg	0.200	--	--	0.494	0.062	0.392
Pantothenic acid	mg	0.189	--	--	0.467	0.058	0.370
Vitamin B-6	mg	0.044	--	--	0.109	0.014	0.086
Folate, total	µg	10	--	--	25	3	20
Folic acid	µg	0	--	--	0	0	0
Folate, food	µg	10	--	--	25	3	20
Folate, DFE	µg	10	--	--	25	3	20
Choline, total	mg	7.7	--	--	19.0	2.4	15.1
Vitamin B-12	µg	0.00	--	--	0.00	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00	0.00
Vitamin A, RAE	µg	1	--	--	2	0	2
Retinol	µg	0	--	--	0	0	0
Carotene, beta	µg	4	--	--	10	1	8
Carotene, alpha	µg	2	--	--	5	1	4
Cryptoxanthin, beta	µg	1	--	--	2	0	2
Vitamin A, IU	IU	10	--	--	25	3	20
Lycopene	µg	0	--	--	0	0	0
Lutein + zeaxanthin	µg	10	--	--	25	3	20
Vitamin E (alpha-tocopherol) 1	mg	0.22	1	--	0.54	0.07	0.43
Vitamin E, added	mg	0.00	--	--	0.00	0.00	0.00
Tocopherol, beta 1	mg	0.00	1	--	0.00	0.00	0.00
Tocopherol, gamma 1	mg	0.00	1	--	0.00	0.00	0.00
Tocopherol, delta 1	mg	0.00	1	--	0.00	0.00	0.00
Tocotrienol, alpha 1	mg	0.00	1	--	0.00	0.00	0.00
Tocotrienol, beta 1	mg	0.00	1	--	0.00	0.00	0.00
Tocotrienol, gamma 1	mg	0.00	1	--	0.00	0.00	0.00
Tocotrienol, delta 1	mg	0.00	1	--	0.00	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0	0.0
Vitamin D	IU	0	--	--	0	0	0
Vitamin K (phylloquinone)	µg	0.0	--	--	0.0	0.0	0.0

Lipids

Nutrient	Unit	1			1 cup 247g	1 fl oz 30.9g	1 fruit yields 196g
		Value Per100 g	Data points	Std. Error			
Fatty acids, total saturated	g	0.014	2	--	0.035	0.004	0.027
4:0	g	0.000	--	--	0.000	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000	0.000
12:0	g	0.000	--	--	0.000	0.000	0.000
14:0	g	0.000	--	--	0.000	0.000	0.000
16:0	g	0.012	2	--	0.030	0.004	0.024
18:0	g	0.001	2	--	0.002	0.000	0.002
Fatty acids, total monounsaturated	g	0.013	2	--	0.032	0.004	0.025
16:1 undifferentiated	g	0.001	2	--	0.002	0.000	0.002
18:1 undifferentiated	g	0.012	2	--	0.030	0.004	0.024
20:1	g	0.000	--	--	0.000	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	0.024	2	--	0.059	0.007	0.047
18:2 undifferentiated	g	0.019	2	--	0.047	0.006	0.037
18:3 undifferentiated	g	0.005	2	--	0.012	0.002	0.010
18:4	g	0.000	--	--	0.000	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000	0.000
Fatty acids, total trans	g	0.000	--	--	0.000	0.000	0.000
Cholesterol	mg	0	--	--	0	0	0
Amino Acids							
Other							
Alcohol, ethyl	g	0.0	--	--	0.0	0.0	0.0
Caffeine	mg	0	--	--	0	0	0
Theobromine	mg	0	--	--	0	0	0
Flavonoids							
Flavanones							
Eriodictyol 2 3 4	mg	0.7	29	0.38	1.6	0.2	1.3
Hesperetin 2 3 4 5	mg	2.4	44	0.96	5.8	0.7	4.6

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 247g	1 fl oz 30.9g	1 fruit yields 196g
Naringenin 2 3 4 5 6	mg	18.2	47	1.53	45.0	5.6	35.7
Flavones							
Apigenin 2 7	mg	0.0	9	0	0.0	0.0	0.0
Luteolin 7	mg	0.0	1	--	0.0	0.0	0.0
Flavonols							
Kaempferol 7	mg	0.0	1	--	0.0	0.0	0.0
Myricetin 7	mg	0.1	1	--	0.1	0.0	0.1
Quercetin 2 5 7	mg	0.4	24	0.06	1.0	0.1	0.8

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA **Determination of the Tocopherol Content of Selected Foods**, 1992 Beltsville MD

²Berhow, M., Tisserat, B., Kanes, K., and Vandercook, C. **Survey of phenolic compounds produced in citrus.**, 1998 Technical Bulletin Number 1856, ARS, USDA, December 1998.

³Mouly, P. P., Arzouyan, C. R., Gaydou, E. M., and Estienne, J. M. **Differentiation of citrus juices by factorial discriminant analysis using liquid chromatography of flavanone glycosides**, 1994 J. Agric. Food Chem. 42 pp.70-79

⁴Mouly, P., Gaydou, E. M., and Estienne, J. **Column liquid chromatographic determination of flavanone glycosides in Citrus.**, 1993 J. Chromatogr. 634 pp.129-134

⁵Vanamala, J., Reddivari, L., Yoo, K. S., Pike, L. M., and Patil, B. S. **Variation in the content of bioactive flavonoids in different brands of orange and grapefruit juices.**, 2006 J. Food Comp. Anal. 19 pp.157-166

⁶Berhow, M. A. **Effects of early growth regulator treatment on flavonoid levels in grapefruit.**, 2000 Plant Growth Regulation 30 pp.225-232

⁷Hertog, M. G. L., Hollman, P. C. H., and van de Putte, B. **Content of potentially anticarcinogenic flavonoids of tea infusions, wines, and fruit juices.**, 1993 J. Agric. Food Chem. 41 pp.1242-1246

Langual Code(s)

- A0127 FRUIT JUICE (US CFR)
- A1279 0900 FRUITS AND FRUIT JUICES (USDA SR)
- B1507 GRAPEFRUIT
- C0300 JUICE
- E0123 LIQUID, LOW VISCOSITY, WITH NO VISIBLE PARTICLES
- F0003 NOT HEAT-TREATED
- G0003 COOKING METHOD NOT APPLICABLE
- H0003 NO TREATMENT APPLIED
- J0001 PRESERVATION METHOD NOT KNOWN
- K0003 NO PACKING MEDIUM USED
- M0001 CONTAINER OR WRAPPING NOT KNOWN
- N0001 FOOD CONTACT SURFACE NOT KNOWN
- P0024 HUMAN FOOD, NO AGE SPECIFICATION