

Full Report (All Nutrients) 09132, Grapes, red or green (European type, such as Thompson seedless), raw

Report Date: July 18, 2019 09:46 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

Refuse:4% Refuse Description: Stems

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 151g	10.0 grapes 49g	1 NLEA serving 126g
Proximates							
Water 1	g	80.54	8	0.410	121.62	39.46	101.48
Energy	kcal	69	--	--	104	34	87
Energy	kJ	288	--	--	435	141	363
Protein 1	g	0.72	8	0.030	1.09	0.35	0.91
Total lipid (fat) 1	g	0.16	8	0.030	0.24	0.08	0.20
Ash 1	g	0.48	8	0.030	0.72	0.24	0.60
Carbohydrate, by difference	g	18.10	--	--	27.33	8.87	22.81
Fiber, total dietary 1	g	0.9	8	0.100	1.4	0.4	1.1
Sugars, total 1	g	15.48	8	0.270	23.37	7.59	19.50
Sucrose 1	g	0.15	8	0.000	0.23	0.07	0.19
Glucose (dextrose) 1	g	7.20	8	0.090	10.87	3.53	9.07
Fructose 1	g	8.13	8	0.210	12.28	3.98	10.24
Lactose 1	g	0.00	8	0.000	0.00	0.00	0.00
Maltose 1	g	0.00	8	0.000	0.00	0.00	0.00
Galactose 1	g	0.00	8	0.000	0.00	0.00	0.00
Starch 1	g	0.00	4	0.000	0.00	0.00	0.00
Minerals							
Calcium, Ca 1 2 3 4 5 6 7 8 9 10 11	mg	10	36	0.000	15	5	13
Iron, Fe 1 2 3 4 5 6 7 8 9 10 11	mg	0.36	36	0.040	0.54	0.18	0.45
Magnesium, Mg 1 2 3 4 5 6 7 8 9 10 11	mg	7	36	0.000	11	3	9

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 151g	10.0 grapes 49g	1 NLEA serving 126g
Phosphorus, P 1 3 4 5 6 7 8 9 10 11	mg	20	34	0.000	30	10	25
Potassium, K 1 2 3 4 5 6 7 8 9 10 11	mg	191	36	6.000	288	94	241
Sodium, Na 1 2 3 4 5 6 7 8 9 10 11	mg	2	31	0.000	3	1	3
Zinc, Zn 1 2 3 4 5 6 7 8 9 10 11	mg	0.07	36	0.010	0.11	0.03	0.09
Copper, Cu 1 2 3 4 5 6 7 8 9 10 11	mg	0.127	36	0.016	0.192	0.062	0.160
Manganese, Mn 1 2 3 4 5 6 7 8 9 10 11	mg	0.071	36	0.002	0.107	0.035	0.089
Selenium, Se 1	µg	0.1	4	0.010	0.2	0.0	0.1
Fluoride, F 12 13	µg	7.8	13	4.800	11.8	3.8	9.8
Vitamins							
Vitamin C, total ascorbic acid 17	mg	3.2	12	0.400	4.8	1.6	4.0
Thiamin 1	mg	0.069	8	0.002	0.104	0.034	0.087
Riboflavin 1	mg	0.070	8	0.007	0.106	0.034	0.088
Niacin 1	mg	0.188	8	0.016	0.284	0.092	0.237
Pantothenic acid 1	mg	0.050	4	0.005	0.076	0.025	0.063
Vitamin B-6 1	mg	0.086	8	0.009	0.130	0.042	0.108
Folate, total 1	µg	2	4	0.000	3	1	3
Folic acid	µg	0	--	--	0	0	0
Folate, food	µg	2	4	0.000	3	1	3
Folate, DFE	µg	2	--	--	3	1	3
Choline, total 1	mg	5.6	--	--	8.5	2.7	7.1
Betaine 1	mg	0.1	2	--	0.2	0.0	0.1
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	3	--	--	5	1	4
Retinol	µg	0	--	--	0	0	0
Carotene, beta 14	µg	39	2	--	59	19	49
Carotene, alpha 15	µg	1	1	--	2	0	1
Cryptoxanthin, beta	µg	0	--	--	0	0	0
Vitamin A, IU	IU	66	--	--	100	32	83
Lycopene 15	µg	0	1	--	0	0	0
Lutein + zeaxanthin 15	µg	72	1	--	109	35	91
Vitamin E (alpha-tocopherol) 1 16	mg	0.19	5	0.010	0.29	0.09	0.24

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Vitamin E, added	mg	0.00	--	--	0.00	0.00	0.00
Tocopherol, beta 1 16	mg	0.00	5	0.000	0.00	0.00	0.00
Tocopherol, gamma 1 16	mg	0.07	5	0.005	0.11	0.03	0.09
Tocopherol, delta 1 16	mg	0.00	5	0.000	0.00	0.00	0.00
Tocotrienol, alpha 1 16	mg	0.00	5	0.000	0.00	0.00	0.00
Tocotrienol, beta 1 16	mg	0.00	5	0.000	0.00	0.00	0.00
Tocotrienol, gamma 1 16	mg	0.00	5	0.000	0.00	0.00	0.00
Tocotrienol, delta 1 16	mg	0.00	5	0.000	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) 1 18	µg	14.6	5	0.700	22.0	7.2	18.4
Lipids							
Fatty acids, total saturated	g	0.054	--	--	0.082	0.026	0.068
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	0.001	--	--	0.002	0.000	0.001
16:0	g	0.046	--	--	0.069	0.023	0.058
18:0	g	0.006	--	--	0.009	0.003	0.008
Fatty acids, total monounsaturated	g	0.007	--	--	0.011	0.003	0.009
16:1 undifferentiated	g	0.000	--	--	0.000	0.000	0.000
18:1 undifferentiated	g	0.007	--	--	0.011	0.003	0.009
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	0.048	--	--	0.072	0.024	0.060
18:2 undifferentiated	g	0.037	--	--	0.056	0.018	0.047
18:3 undifferentiated	g	0.011	--	--	0.017	0.005	0.014
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

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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
Phytosterols	mg	4	--	--	6	2	5
Amino Acids							
Tryptophan ¹	g	0.011	--	--	0.017	0.005	0.014
Threonine ¹	g	0.022	--	--	0.033	0.011	0.028
Isoleucine ¹	g	0.011	--	--	0.017	0.005	0.014
Leucine ¹	g	0.022	--	--	0.033	0.011	0.028
Lysine ¹	g	0.027	--	--	0.041	0.013	0.034
Methionine ¹	g	0.009	--	--	0.014	0.004	0.011
Cystine ¹	g	0.010	--	--	0.015	0.005	0.013
Phenylalanine ¹	g	0.019	--	--	0.029	0.009	0.024
Tyrosine ¹	g	0.010	--	--	0.015	0.005	0.013
Valine ¹	g	0.022	--	--	0.033	0.011	0.028
Arginine ¹	g	0.130	--	--	0.196	0.064	0.164
Histidine ¹	g	0.022	--	--	0.033	0.011	0.028
Alanine ¹	g	0.022	--	--	0.033	0.011	0.028
Aspartic acid ¹	g	0.038	--	--	0.057	0.019	0.048
Glutamic acid ¹	g	0.081	--	--	0.122	0.040	0.102
Glycine ¹	g	0.016	--	--	0.024	0.008	0.020
Proline ¹	g	0.080	--	--	0.121	0.039	0.101
Serine ¹	g	0.022	--	--	0.033	0.011	0.028
Other							
Alcohol, ethyl	g	0.0	--	--	0.0	0.0	0.0
Caffeine	mg	0	--	--	0	0	0
Theobromine	mg	0	--	--	0	0	0

Sources of Data

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⁹Food and Drug Administration (FDA), DHHS **FDA Total Diet Study**, 1992

¹⁰Food and Drug Administration (FDA), DHHS **FDA Total Diet Study**, 1993

¹¹Food and Drug Administration (FDA), DHHS **FDA Total Diet Study**, 1994

¹²Robert Ophaug **Fluoride, Unpublished - Ophaug**, Microdiffision

¹³RD Jackson, EJ Brizendine, SA Kelly, R Hinesley, GK Stookey, AJ Dunipace **The fluoride content of foods and beverages from negligibly and optimally fluoridated communities.**, 2002 Community Dental Oral Epidemiology 30 5 pp.382-391

¹⁴Nutrient Data Laboratory, ARS, USDA **Continued monitoring of the nutrient content of selected key foods**, University of Georgia, 1993 Beltsville MD

¹⁵L.M. Heinonen, V. Ollilainen, E. Linkola, P. Varo, P. Koivistoinen **Carotenoids in Finnish Foods: Vegetables, Fruits, and Berries**, 1989 Journal of Agriculture and Food Chemistry 37 pp.655-659

¹⁶Nutrient Data Laboratory, ARS, USDA **NDL Report Vitamin E 1991**, 1991 Beltsville MD

¹⁷California Table Grape Commission **Vitamin C in grapes**, 1999

¹⁸S.L. Booth, J.A. Sadowski, J.A. T. Pennington **Phylloquinone (Vitamin K) Content of Foods in the U.S. Food and Drug Administration's Total Diet Study**, 1995 Journal of Agricultural and Food Chemistry 43 6 pp.1574-1579

Langual Code(s)

- A0143 FRUIT OR FRUIT PRODUCT (US CFR)
- A1279 0900 FRUITS AND FRUIT JUICES (USDA SR)
- B2121 GRAPE, EUROPEAN
- C0137 FRUIT, PEEL PRESENT
- E0150 WHOLE, NATURAL SHAPE
- 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