

Full Report (All Nutrients) 09135, Grape juice, canned or bottled, unsweetened, without added ascorbic acid [a](#)

Report Date: July 19, 2019 06:16 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 253g	1 fl oz 31.6g
Proximates						
Water 1 2	g	84.51	5	0.880	213.81	26.71
Energy	kcal	60	--	--	152	19
Energy	kJ	252	--	--	638	80
Protein 1 2	g	0.37	5	0.010	0.94	0.12
Total lipid (fat) 1 2 3	g	0.13	7	0.070	0.33	0.04
Ash 1 2	g	0.22	4	0.050	0.56	0.07
Carbohydrate, by difference	g	14.77	--	--	37.37	4.67
Fiber, total dietary 1	g	0.2	1	--	0.5	0.1
Sugars, total	g	14.20	--	--	35.93	4.49
Sucrose 1 2	g	0.04	5	0.030	0.10	0.01
Glucose (dextrose) 1 2	g	6.81	5	0.020	17.23	2.15
Fructose 1 2	g	7.36	5	0.060	18.62	2.33
Lactose 1 2	g	0.00	5	0.000	0.00	0.00
Maltose 1 2	g	0.00	5	0.000	0.00	0.00
Galactose 1	g	0.00	1	--	0.00	0.00
Minerals						
Calcium, Ca 1 4 5 6	mg	11	10	0.000	28	3
Iron, Fe 1 2 4 5 6	mg	0.25	13	0.070	0.63	0.08
Magnesium, Mg 1 2 4 5 6	mg	10	14	0.000	25	3
Phosphorus, P 1 2 4 5 6	mg	14	14	1.000	35	4
Potassium, K 1 4 5 6	mg	104	9	5.000	263	33

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 253g	1 fl oz 31.6g
Sodium, Na 1 2 4 5 6	mg	5	14	0.000	13	2
Zinc, Zn 1 4 5 6	mg	0.07	10	0.009	0.18	0.02
Copper, Cu 1 2 4 5 6	mg	0.018	14	0.004	0.046	0.006
Manganese, Mn 1 2 4 5 6	mg	0.239	14	0.024	0.605	0.076
Selenium, Se 2	µg	0.0	4	--	0.0	0.0
Fluoride, F 1 7 8	µg	138.0	32	65.900	349.1	43.6
Vitamins						
Vitamin C, total ascorbic acid	mg	0.1	--	--	0.3	0.0
Thiamin 1	mg	0.017	1	--	0.043	0.005
Riboflavin 1	mg	0.015	1	--	0.038	0.005
Niacin 1	mg	0.133	1	--	0.336	0.042
Pantothenic acid 1	mg	0.048	1	--	0.121	0.015
Vitamin B-6 1	mg	0.032	1	--	0.081	0.010
Folate, total 1	µg	0	1	--	0	0
Folic acid 1	µg	0	1	--	0	0
Folate, food 1	µg	0	--	--	0	0
Folate, DFE	µg	0	--	--	0	0
Choline, total 1	mg	3.2	--	--	8.1	1.0
Betaine 1	mg	0.2	1	--	0.5	0.1
Vitamin B-12	µg	0.00	--	--	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	0	--	--	0	0
Retinol	µg	0	--	--	0	0
Carotene, beta	µg	5	--	--	13	2
Carotene, alpha	µg	0	--	--	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0
Vitamin A, IU	IU	8	--	--	20	3
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	57	--	--	144	18
Vitamin E (alpha-tocopherol) 3 9	mg	0.00	3	0.000	0.00	0.00
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Tocopherol, beta 3 9	mg	0.00	3	0.000	0.00	0.00

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 253g	1 fl oz 31.6g
Tocopherol, gamma 3 9	mg	0.00	3	0.000	0.00	0.00
Tocopherol, delta 3 9	mg	0.00	3	0.000	0.00	0.00
Tocotrienol, alpha 9	mg	0.00	1	--	0.00	0.00
Tocotrienol, beta 9	mg	0.00	1	--	0.00	0.00
Tocotrienol, gamma 9	mg	0.00	1	--	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0
Vitamin D	IU	0	--	--	0	0
Vitamin K (phylloquinone) 10	µg	0.4	1	--	1.0	0.1
Lipids						
Fatty acids, total saturated	g	0.025	--	--	0.063	0.008
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000
12:0	g	0.000	--	--	0.000	0.000
14:0	g	0.001	1	--	0.003	0.000
16:0	g	0.021	1	--	0.053	0.007
18:0	g	0.003	1	--	0.008	0.001
Fatty acids, total monounsaturated	g	0.003	--	--	0.008	0.001
16:1 undifferentiated	g	0.000	--	--	0.000	0.000
18:1 undifferentiated	g	0.003	1	--	0.008	0.001
20:1	g	0.000	--	--	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.022	--	--	0.056	0.007
18:2 undifferentiated	g	0.017	1	--	0.043	0.005
18:3 undifferentiated	g	0.005	1	--	0.013	0.002
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Fatty acids, total trans	g	0.000	--	--	0.000	0.000
Cholesterol	mg	0	--	--	0	0

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Amino Acids						
Threonine	g	0.016	18	--	0.040	0.005
Isoleucine	g	0.007	18	--	0.018	0.002
Leucine	g	0.012	18	--	0.030	0.004
Lysine	g	0.010	18	--	0.025	0.003
Methionine	g	0.001	3	--	0.003	0.000
Phenylalanine	g	0.012	18	--	0.030	0.004
Tyrosine	g	0.003	17	--	0.008	0.001
Valine	g	0.010	18	--	0.025	0.003
Arginine	g	0.047	18	--	0.119	0.015
Histidine	g	0.007	18	--	0.018	0.002
Alanine	g	0.086	18	--	0.218	0.027
Aspartic acid	g	0.022	18	--	0.056	0.007
Glutamic acid	g	0.110	18	--	0.278	0.035
Glycine	g	0.012	18	--	0.030	0.004
Proline	g	0.016	18	--	0.040	0.005
Serine	g	0.013	18	--	0.033	0.004
Other						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0
Flavonoids						
Anthocyanidins						
Cyanidin 11 12 13	mg	0.9	13	0.18	2.3	0.3
Petunidin 13	mg	1.0	3	0	2.6	0.3
Delphinidin 11 12 13	mg	1.9	13	0.39	4.9	0.6
Malvidin 11 13	mg	11.2	11	2.73	28.3	3.5
Pelargonidin 12	mg	0.0	2	--	0.1	0.0
Peonidin 11 13	mg	1.1	11	0.28	2.7	0.3
Flavan-3-ols						
(+)-Catechin 11	mg	0.8	24	0.1	2.1	0.3
(-)-Epicatechin 11 13	mg	0.6	27	0.07	1.4	0.2
Flavones						

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		Value Per100 g	Data points	Std. Error		
Apigenin 12 14	mg	0.0	3	0	0.0	0.0
Luteolin 12 14	mg	0.0	3	0	0.0	0.0
Flavonols						
Kaempferol 12 14	mg	0.0	3	0	0.0	0.0
Myricetin 12 13 14	mg	0.7	6	0.2	1.8	0.2
Quercetin 12 13 14	mg	0.7	6	0.24	1.8	0.2
Proanthocyanidin						
Proanthocyanidin dimers 15	mg	3.2	2	--	8.0	1.0
Proanthocyanidin trimers 15 16	mg	1.2	3	0.94	3.0	0.4
Proanthocyanidin 4-6mers 15	mg	7.5	2	--	18.9	2.4
Proanthocyanidin 7-10mers 15	mg	6.5	2	--	16.3	2.0
Proanthocyanidin polymers (>10mers) 15	mg	28.4	2	--	71.8	9.0

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 6f, 2002 Beltsville MD

²Welch's Nutrient content of Welch's purple and white grape juices, 2008

³Nutrient Data Laboratory, ARS, USDA Nutrient Analysis of Selected Foods, University of Georgia, 1987 Beltsville MD

⁴Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1991

⁵Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1989

⁶Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1990

⁷Mary Kiritsy, Steven Levy, John Warren, Nupur Guha-Chowdhury, Judy Heilman, Teresa Marshall Assessing Fluoride Concentrations of Juices and Juice-Flavored Drinks, 1996 JADA 127 pp.895-902

⁸Jan Stannard, Youn Soo Shim, Maria Kritsineli, Panagiota Labropoulou, Anthi Tsantsouris Fluoride Levels and Fluoride COntamination of Fruit Juices, 1991 The Journal of Clinical Pediatric Dentistry 16 pp.38-40

⁹Nutrient Data Laboratory, ARS, USDA NDL Report Vitamin E 1991, 1991 Beltsville MD

¹⁰S.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

¹¹Dani, C., Vanderlinde, O. R., Bonatto, D., Salvador, M., and Henriques, J. A. P. Phenolic content and antioxidant activities of white and purple juices manufactures with organically or conventionally-produced grapes., 2007 Food Chem. Toxicol. 45 pp.2574-2580

¹²Franke, A.A., Custer, L.J., Arakaki, C., and Murphy, S.P. Vitamin C and flavonoid levels of fruits and vegetables consumed in Hawaii., 2004 J. Food Comp. Anal. 17 pp.1-35

¹³Mullen, W., Marks, S., and Crozier, A. Evaluation of phenolic compounds in commercial fruit juices and fruit drinks., 2007 J. Agric. Food Chem. 55 pp.3148-3157

¹⁴Hertog, 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

¹⁵Gu, L., Kelm, M.A., Hammerstone, J.F., Beecher, G., Holden, J., Haytowitz, D., Gebhardt, S., and Prior, R.L. Concentrations of proanthocyanidins in common foods and estimations of normal consumption, 2004 J. Nutr. 134 pp.613-617

¹⁶Mullen, W., Marks, S., and Crozier, A. Evaluation of phenolic compounds in commercial fruit juices and fruit drinks, 2007 J. Agric. Food Chem. 55 pp.3148-3157

Footnotes

^a Includes purple and white grape juice

Langual Code(s)

- A0127 FRUIT JUICE (US CFR)
- A1279 0900 FRUITS AND FRUIT JUICES (USDA SR)
- B1329 GRAPE
- C0300 JUICE
- E0123 LIQUID, LOW VISCOSITY, WITH NO VISIBLE PARTICLES
- F0014 FULLY HEAT-TREATED
- G0003 COOKING METHOD NOT APPLICABLE

- H0001 TREATMENT APPLIED NOT KNOWN
- J0123 STERILIZED BY HEAT
- K0003 NO PACKING MEDIUM USED
- M0194 CAN, BOTTLE OR JAR
- N0001 FOOD CONTACT SURFACE NOT KNOWN
- P0024 HUMAN FOOD, NO AGE SPECIFICATION
- P0105 UNSWEETENED CLAIM OR USE