

Full Report (All Nutrients) 09138, Groundcherries, (cape-gooseberries or poha), raw

Report Date: July 23, 2019 18:12 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:6% Refuse Description: Husks

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 140g
Proximates					
Water	g	85.40	--	--	119.56
Energy	kcal	53	--	--	74
Energy	kJ	222	--	--	311
Protein	g	1.90	--	--	2.66
Total lipid (fat)	g	0.70	--	--	0.98
Ash	g	0.80	--	--	1.12
Carbohydrate, by difference	g	11.20	--	--	15.68
Minerals					
Calcium, Ca	mg	9	--	--	13
Iron, Fe	mg	1.00	--	--	1.40
Phosphorus, P	mg	40	--	--	56
Vitamins					
Vitamin C, total ascorbic acid	mg	11.0	--	--	15.4
Thiamin	mg	0.110	--	--	0.154
Riboflavin	mg	0.040	--	--	0.056
Niacin	mg	2.800	--	--	3.920
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	36	--	--	50
Retinol	µg	0	--	--	0
Vitamin A, IU	IU	720	--	--	1008
Lipids					

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 140g
Fatty acids, total trans	g	0.000	--	--	0.000
Cholesterol	mg	0	--	--	0

Amino Acids

Other

Languag Code(s)

- A0143 FRUIT OR FRUIT PRODUCT (US CFR)
- A1279 0900 FRUITS AND FRUIT JUICES (USDA SR)
- B1684 CAPE GOOSEBERRY
- C0140 FRUIT, PEEL PRESENT, CORE, PIT OR SEED 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