

Basic Report 09150, Lemons, raw, without peel
Report Date: June 25, 2019 22:38 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup, sections 212g	1 fruit (2-1/8" dia) 58g	1 fruit (2-3/8" dia) 84g	1 wedge or slice (1/8 of one 2-1/8" dia lemon) 7g	1 NLEA serving 58g
Proximates							
Water	g	88.98	188.64	51.61	74.74	6.23	51.61
Energy	kcal	29	61	17	24	2	17
Protein	g	1.10	2.33	0.64	0.92	0.08	0.64
Total lipid (fat)	g	0.30	0.64	0.17	0.25	0.02	0.17
Carbohydrate, by difference	g	9.32	19.76	5.41	7.83	0.65	5.41
Fiber, total dietary	g	2.8	5.9	1.6	2.4	0.2	1.6
Sugars, total	g	2.50	5.30	1.45	2.10	0.17	1.45
Minerals							
Calcium, Ca	mg	26	55	15	22	2	15
Iron, Fe	mg	0.60	1.27	0.35	0.50	0.04	0.35
Magnesium, Mg	mg	8	17	5	7	1	5
Phosphorus, P	mg	16	34	9	13	1	9
Potassium, K	mg	138	293	80	116	10	80
Sodium, Na	mg	2	4	1	2	0	1
Zinc, Zn	mg	0.06	0.13	0.03	0.05	0.00	0.03
Vitamins							
Vitamin C, total ascorbic acid	mg	53.0	112.4	30.7	44.5	3.7	30.7
Thiamin	mg	0.040	0.085	0.023	0.034	0.003	0.023
Riboflavin	mg	0.020	0.042	0.012	0.017	0.001	0.012
Niacin	mg	0.100	0.212	0.058	0.084	0.007	0.058
Vitamin B-6	mg	0.080	0.170	0.046	0.067	0.006	0.046
Folate, DFE	µg	11	23	6	9	1	6
Vitamin B-12	µg	0.00	0.00	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	1	2	1	1	0	1
Vitamin A, IU	IU	22	47	13	18	2	13
Vitamin E (alpha-tocopherol)	mg	0.15	0.32	0.09	0.13	0.01	0.09

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	0.0	0.0	0.0
Vitamin D	IU	0	0	0	0	0	0
Vitamin K (phylloquinone)	µg	0.0	0.0	0.0	0.0	0.0	0.0
Lipids							
Fatty acids, total saturated	g	0.039	0.083	0.023	0.033	0.003	0.023
Fatty acids, total monounsaturated	g	0.011	0.023	0.006	0.009	0.001	0.006
Fatty acids, total polyunsaturated	g	0.089	0.189	0.052	0.075	0.006	0.052
Fatty acids, total trans	g	0.000	0.000	0.000	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0	0
Amino Acids							
Other							
Caffeine	mg	0	0	0	0	0	0