

Full Report (All Nutrients) 09150, Lemons, raw, without peel

Report Date: July 17, 2019 23:25 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 2.48 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25

Refuse:47% Refuse Description: 45% peel, 2% seeds

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	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	5	0.820	188.64	51.61	74.74	6.23	51.61
Energy	kcal	29	--	--	61	17	24	2	17
Energy	kJ	121	--	--	257	70	102	8	70
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
Ash	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	1	--	0.13	0.03	0.05	0.00	0.03
Copper, Cu	mg	0.037	1	--	0.078	0.021	0.031	0.003	0.021
Manganese, Mn	mg	0.030	--	--	0.064	0.017	0.025	0.002	0.017
Selenium, Se	µg	0.4	--	--	0.8	0.2	0.3	0.0	0.2

Vitamins

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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
Pantothenic acid	mg	0.190	--	--	0.403	0.110	0.160	0.013	0.110
Vitamin B-6	mg	0.080	--	--	0.170	0.046	0.067	0.006	0.046
Folate, total	µg	11	7	2.000	23	6	9	1	6
Folic acid	µg	0	--	--	0	0	0	0	0
Folate, food	µg	11	7	2.000	23	6	9	1	6
Folate, DFE	µg	11	--	--	23	6	9	1	6
Choline, total	mg	5.1	--	--	10.8	3.0	4.3	0.4	3.0
Vitamin B-12	µg	0.00	--	--	0.00	0.00	0.00	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	1	--	--	2	1	1	0	1
Retinol	µg	0	--	--	0	0	0	0	0
Carotene, beta 1 2	µg	3	2	--	6	2	3	0	2
Carotene, alpha 1 2	µg	1	2	--	2	1	1	0	1
Cryptoxanthin, beta 2	µg	20	1	--	42	12	17	1	12
Vitamin A, IU	IU	22	--	--	47	13	18	2	13
Lycopene 1	µg	0	1	--	0	0	0	0	0
Lutein + zeaxanthin 1 2	µg	11	2	--	23	6	9	1	6
Vitamin E (alpha-tocopherol)	mg	0.15	--	--	0.32	0.09	0.13	0.01	0.09
Vitamin E, added	mg	0.00	--	--	0.00	0.00	0.00	0.00	0.00
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
4:0	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
12:0	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000

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14:0	g	0.001	--	--	0.002	0.001	0.001	0.000	0.001
16:0	g	0.035	--	--	0.074	0.020	0.029	0.002	0.020
18:0	g	0.002	--	--	0.004	0.001	0.002	0.000	0.001
Fatty acids, total monounsaturated	g	0.011	--	--	0.023	0.006	0.009	0.001	0.006
16:1 undifferentiated	g	0.001	--	--	0.002	0.001	0.001	0.000	0.001
18:1 undifferentiated	g	0.010	--	--	0.021	0.006	0.008	0.001	0.006
20:1	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	0.089	--	--	0.189	0.052	0.075	0.006	0.052
18:2 undifferentiated	g	0.063	--	--	0.134	0.037	0.053	0.004	0.037
18:3 undifferentiated	g	0.026	--	--	0.055	0.015	0.022	0.002	0.015
18:4	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
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									
Alcohol, ethyl	g	0.0	--	--	0.0	0.0	0.0	0.0	0.0
Caffeine	mg	0	--	--	0	0	0	0	0
Theobromine	mg	0	--	--	0	0	0	0	0
Flavonoids									
Flavanones									
Eriodictyol 3 4	mg	21.4	2	--	45.3	12.4	17.9	1.5	12.4
Hesperetin 3 4 5	mg	27.9	3	10.8	59.1	16.2	23.4	2.0	16.2
Naringenin 3 5	mg	0.6	2	--	1.2	0.3	0.5	0.0	0.3
Flavones									
Apigenin 6	mg	0.0	1	--	0.0	0.0	0.0	0.0	0.0
Luteolin 3 6	mg	1.9	2	--	4.0	1.1	1.6	0.1	1.1
Flavonols									
Kaempferol 6 7	mg	0.0	2	--	0.1	0.0	0.0	0.0	0.0

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Myricetin 6 7	mg	0.5	2	--	1.1	0.3	0.4	0.0	0.3
Quercetin 3 4 6 7	mg	1.1	4	0.82	2.4	0.7	1.0	0.1	0.7

Sources of Data

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Langual Code(s)

- A0143 FRUIT OR FRUIT PRODUCT (US CFR)
- A1279 0900 FRUITS AND FRUIT JUICES (USDA SR)
- B1275 LEMON
- C0229 FRUIT, PEEL REMOVED, CORE, PIT OR SEED REMOVED
- 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