

Full Report (All Nutrients) 09153, Lemon juice from concentrate, canned or bottled

Report Date: July 19, 2019 16:51 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 2.7 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 tbsp 15g	1 tsp 5g	1 fl oz 30.5g	1 cup 244g
Proximates								
Water 1	g	93.64	18	0.070	14.05	4.68	28.56	228.48
Energy	kcal	17	--	--	3	1	5	41
Energy	kJ	72	--	--	11	4	22	176
Protein 1	g	0.45	18	0.010	0.07	0.02	0.14	1.10
Total lipid (fat) 1	g	0.07	18	0.000	0.01	0.00	0.02	0.17
Ash 1	g	0.22	18	0.020	0.03	0.01	0.07	0.54
Carbohydrate, by difference	g	5.62	--	--	0.84	0.28	1.71	13.71
Fiber, total dietary 1	g	0.7	1	--	0.1	0.0	0.2	1.7
Sugars, total 1	g	1.53	6	0.030	0.23	0.08	0.47	3.73
Sucrose 1	g	0.00	6	0.000	0.00	0.00	0.00	0.00
Glucose (dextrose) 1	g	0.84	6	0.020	0.13	0.04	0.26	2.05
Fructose 1	g	0.70	6	0.010	0.10	0.04	0.21	1.71
Lactose 1	g	0.00	6	0.000	0.00	0.00	0.00	0.00
Maltose 1	g	0.00	6	0.000	0.00	0.00	0.00	0.00
Galactose 1	g	0.00	6	0.000	0.00	0.00	0.00	0.00
Minerals								
Calcium, Ca 1	mg	10	18	0.000	2	0	3	24
Iron, Fe 1	mg	0.06	18	0.004	0.01	0.00	0.02	0.15
Magnesium, Mg 1	mg	7	18	0.000	1	0	2	17
Phosphorus, P 1	mg	9	18	0.000	1	0	3	22
Potassium, K 1	mg	109	18	2.000	16	5	33	266
Sodium, Na 1	mg	24	18	0.000	4	1	7	59

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tbsp 15g	1 tsp 5g	1 fl oz 30.5g	1 cup 244g
Zinc, Zn 1	mg	0.19	18	0.030	0.03	0.01	0.06	0.46
Copper, Cu 1	mg	0.018	18	0.001	0.003	0.001	0.005	0.044
Manganese, Mn 1	mg	0.016	18	0.000	0.002	0.001	0.005	0.039
Selenium, Se	µg	0.1	--	--	0.0	0.0	0.0	0.2
Vitamins								
Vitamin C, total ascorbic acid 1	mg	14.3	9	0.800	2.1	0.7	4.4	34.9
Thiamin 1	mg	0.021	9	0.001	0.003	0.001	0.006	0.051
Riboflavin 1	mg	0.017	9	0.001	0.003	0.001	0.005	0.041
Niacin 1	mg	0.180	9	0.013	0.027	0.009	0.055	0.439
Pantothenic acid 1	mg	0.080	6	0.004	0.012	0.004	0.024	0.195
Vitamin B-6 1	mg	0.037	9	0.000	0.006	0.002	0.011	0.090
Folate, total 1	µg	9	9	0.000	1	0	3	22
Folic acid	µg	0	--	--	0	0	0	0
Folate, food	µg	9	9	0.000	1	0	3	22
Folate, DFE	µg	9	--	--	1	0	3	22
Choline, total	mg	5.1	--	--	0.8	0.3	1.6	12.4
Vitamin B-12	µg	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
Vitamin A, RAE	µg	2	--	--	0	0	1	5
Retinol	µg	0	--	--	0	0	0	0
Carotene, beta 1	µg	0	1	--	0	0	0	0
Carotene, alpha 1	µg	0	1	--	0	0	0	0
Cryptoxanthin, beta 1	µg	40	1	--	6	2	12	98
Vitamin A, IU	IU	33	--	--	5	2	10	81
Lycopene 1	µg	0	1	--	0	0	0	0
Lutein + zeaxanthin 1	µg	11	1	--	2	1	3	27
Vitamin E (alpha-tocopherol) 1	mg	0.23	1	--	0.03	0.01	0.07	0.56
Vitamin E, added	mg	0.00	--	--	0.00	0.00	0.00	0.00
Tocopherol, beta 1	mg	0.00	1	--	0.00	0.00	0.00	0.00
Tocopherol, gamma 1	mg	0.00	1	--	0.00	0.00	0.00	0.00
Tocopherol, delta 1	mg	0.00	1	--	0.00	0.00	0.00	0.00
Tocotrienol, alpha 1	mg	0.00	1	--	0.00	0.00	0.00	0.00

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tbsp 15g	1 tsp 5g	1 fl oz 30.5g	1 cup 244g
Tocotrienol, beta 1	mg	0.00	1	--	0.00	0.00	0.00	0.00
Tocotrienol, gamma 1	mg	0.00	1	--	0.00	0.00	0.00	0.00
Tocotrienol, delta 1	mg	0.00	1	--	0.00	0.00	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0	0.0	0.0
Vitamin D	IU	0	--	--	0	0	0	0
Vitamin K (phylloquinone) 1	µg	0.1	1	--	0.0	0.0	0.0	0.2
Lipids								
Fatty acids, total saturated	g	0.027	--	--	0.004	0.001	0.008	0.066
4:0 1	g	0.000	1	--	0.000	0.000	0.000	0.000
6:0 1	g	0.000	1	--	0.000	0.000	0.000	0.000
8:0 1	g	0.000	1	--	0.000	0.000	0.000	0.000
10:0 1	g	0.000	1	--	0.000	0.000	0.000	0.000
12:0 1	g	0.000	1	--	0.000	0.000	0.000	0.000
14:0 1	g	0.003	1	--	0.000	0.000	0.001	0.007
15:0 1	g	0.002	1	--	0.000	0.000	0.001	0.005
16:0 1	g	0.015	1	--	0.002	0.001	0.005	0.037
17:0 1	g	0.000	1	--	0.000	0.000	0.000	0.000
18:0 1	g	0.007	1	--	0.001	0.000	0.002	0.017
20:0 1	g	0.000	1	--	0.000	0.000	0.000	0.000
22:0 1	g	0.000	1	--	0.000	0.000	0.000	0.000
24:0 1	g	0.000	1	--	0.000	0.000	0.000	0.000
Fatty acids, total monounsaturated	g	0.006	--	--	0.001	0.000	0.002	0.015
14:1 1	g	0.000	1	--	0.000	0.000	0.000	0.000
15:1 1	g	0.000	1	--	0.000	0.000	0.000	0.000
16:1 undifferentiated 1	g	0.000	--	--	0.000	0.000	0.000	0.000
16:1 c 1	g	0.000	1	--	0.000	0.000	0.000	0.000
16:1 t 1	g	0.000	1	--	0.000	0.000	0.000	0.000
17:1 1	g	0.000	1	--	0.000	0.000	0.000	0.000
18:1 undifferentiated 1	g	0.006	--	--	0.001	0.000	0.002	0.015
18:1 c 1	g	0.006	1	--	0.001	0.000	0.002	0.015
18:1 t 1	g	0.000	1	--	0.000	0.000	0.000	0.000
20:1 1	g	0.000	1	--	0.000	0.000	0.000	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tbsp 15g	1 tsp 5g	1 fl oz 30.5g	1 cup 244g
22:1 undifferentiated 1	g	0.000	--	--	0.000	0.000	0.000	0.000
22:1 c 1	g	0.000	1	--	0.000	0.000	0.000	0.000
22:1 t 1	g	0.000	1	--	0.000	0.000	0.000	0.000
24:1 c 1	g	0.000	1	--	0.000	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	0.017	--	--	0.003	0.001	0.005	0.041
18:2 undifferentiated 1	g	0.011	--	--	0.002	0.001	0.003	0.027
18:2 n-6 c,c 1	g	0.011	1	--	0.002	0.001	0.003	0.027
18:2 CLAs 1	g	0.000	1	--	0.000	0.000	0.000	0.000
18:2 t not further defined 1	g	0.000	1	--	0.000	0.000	0.000	0.000
18:3 undifferentiated 1	g	0.006	--	--	0.001	0.000	0.002	0.015
18:3 n-6 c,c,c 1	g	0.000	1	--	0.000	0.000	0.000	0.000
18:3i 1	g	0.000	1	--	0.000	0.000	0.000	0.000
18:4 1	g	0.000	1	--	0.000	0.000	0.000	0.000
20:2 n-6 c,c 1	g	0.000	1	--	0.000	0.000	0.000	0.000
20:3 undifferentiated 1	g	0.000	--	--	0.000	0.000	0.000	0.000
20:3 n-6 1	g	0.000	1	--	0.000	0.000	0.000	0.000
20:4 undifferentiated 1	g	0.000	1	--	0.000	0.000	0.000	0.000
20:5 n-3 (EPA) 1	g	0.000	1	--	0.000	0.000	0.000	0.000
22:4 1	g	0.000	1	--	0.000	0.000	0.000	0.000
22:5 n-3 (DPA) 1	g	0.000	1	--	0.000	0.000	0.000	0.000
22:6 n-3 (DHA) 1	g	0.000	1	--	0.000	0.000	0.000	0.000
Fatty acids, total trans	g	0.000	--	--	0.000	0.000	0.000	0.000
Fatty acids, total trans-monoenoic	g	0.000	--	--	0.000	0.000	0.000	0.000
Cholesterol	mg	0	--	--	0	0	0	0
Amino Acids								
Other								
Alcohol, ethyl	g	0.0	--	--	0.0	0.0	0.0	0.0
Caffeine	mg	0	--	--	0	0	0	0
Theobromine	mg	0	--	--	0	0	0	0
Flavonoids								
Flavanones								
Eriodictyol 2 3	mg	10.6	40	0.57	1.6	0.5	3.2	25.8

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tbsp 15g	1 tsp 5g	1 fl oz 30.5g	1 cup 244g
Hesperetin 2 3 4	mg	13.4	41	0.95	2.0	0.7	4.1	32.8
Naringenin 4	mg	0.0	1	--	0.0	0.0	0.0	0.0
Flavones								
Luteolin 3	mg	1.8	18	0.34	0.3	0.1	0.6	4.5
Flavonols								
Quercetin 4	mg	0.0	1	--	0.0	0.0	0.0	0.0

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 18e, 2014 Beltsville MD

²Grandi, R., Trifiro, A., Gherardi, S. Calza, M., and Saccani G. **Characterization of lemon juice on the basis of flavonoid content.**, 1994 Fruit Processing 11 pp.355-359

³Marin, F.R., Martinez, M., Uribesalgo, T., Castillo, S., and Frutos, M.J. **Changes in nutraceutical composition of lemon juices according to different industrial extraction systems**, 2002 Food Chemistry 78 3 pp.319-324

⁴Belajov, E. and Suhaj, M. **Determination of phenolic constituents in citrus juices: Method of high performance liquid chromatography.**, 2004 Food Chemistry 86 pp.339-343

Langual Code(s)

- A0127 FRUIT JUICE (US CFR)
- A1279 0900 FRUITS AND FRUIT JUICES (USDA SR)
- B1275 LEMON
- C0300 JUICE
- E0114 LIQUID, LOW VISCOSITY, WITH SMALL 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