

## Basic Report 09167, Loganberries, frozen

Report Date: February 18, 2018 16:44 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup, unthawed 147g
<b>Proximates</b>			
Water	g	84.61	124.38
Energy	kcal	55	81
Protein	g	1.52	2.23
Total lipid (fat)	g	0.31	0.46
Carbohydrate, by difference	g	13.02	19.14
Fiber, total dietary	g	5.3	7.8
Sugars, total	g	7.70	11.32
<b>Minerals</b>			
Calcium, Ca	mg	26	38
Iron, Fe	mg	0.64	0.94
Magnesium, Mg	mg	21	31
Phosphorus, P	mg	26	38
Potassium, K	mg	145	213
Sodium, Na	mg	1	1
Zinc, Zn	mg	0.34	0.50
<b>Vitamins</b>			
Vitamin C, total ascorbic acid	mg	15.3	22.5
Thiamin	mg	0.050	0.074
Riboflavin	mg	0.034	0.050
Niacin	mg	0.840	1.235
Vitamin B-6	mg	0.065	0.096
Folate, DFE	µg	26	38
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	2	3
Vitamin A, IU	IU	35	51
Vitamin E (alpha-tocopherol)	mg	0.87	1.28

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>1 cup, unthawed 147g</b>
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	7.8	11.5
<b>Lipids</b>			
Fatty acids, total saturated	g	0.011	0.016
Fatty acids, total monounsaturated	g	0.030	0.044
Fatty acids, total polyunsaturated	g	0.176	0.259
Fatty acids, total trans	g	0.000	0.000
Cholesterol	mg	0	0
<b>Amino Acids</b>			
<b>Other</b>			
Caffeine	mg	0	0