

## Basic Report 09177, Mangosteen, canned, syrup pack

Report Date: September 17, 2019 08:40 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup, drained 196g	1 cup 216g
<b>Proximates</b>				
Water	g	80.94	158.64	174.83
Energy	kcal	73	143	158
Protein	g	0.41	0.80	0.89
Total lipid (fat)	g	0.58	1.14	1.25
Carbohydrate, by difference	g	17.91	35.10	38.69
Fiber, total dietary	g	1.8	3.5	3.9
<b>Minerals</b>				
Calcium, Ca	mg	12	24	26
Iron, Fe	mg	0.30	0.59	0.65
Magnesium, Mg	mg	13	25	28
Phosphorus, P	mg	8	16	17
Potassium, K	mg	48	94	104
Sodium, Na	mg	7	14	15
Zinc, Zn	mg	0.21	0.41	0.45
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	2.9	5.7	6.3
Thiamin	mg	0.054	0.106	0.117
Riboflavin	mg	0.054	0.106	0.117
Niacin	mg	0.286	0.561	0.618
Vitamin B-6	mg	0.018	0.035	0.039
Folate, DFE	µg	31	61	67
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	2	4	4
Vitamin A, IU	IU	35	69	76
Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	0	0	0

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>1 cup, drained 196g</b>	<b>1 cup 216g</b>
<b>Lipids</b>				
Fatty acids, total trans	g	0.000	0.000	0.000
Cholesterol	mg	0	0	0
<b>Amino Acids</b>				
<b>Other</b>				