

Basic Report 09191, Nectarines, raw
Report Date: July 19, 2019 06:42 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup slices 143g	1 small (2-1/3" dia) 129g	1 medium (2-1/2" dia) 142g	1 large (2-3/4" dia) 156g	1 NLEA serving 140g
Proximates							
Water	g	87.59	125.25	112.99	124.38	136.64	122.63
Energy	kcal	44	63	57	62	69	62
Protein	g	1.06	1.52	1.37	1.51	1.65	1.48
Total lipid (fat)	g	0.32	0.46	0.41	0.45	0.50	0.45
Carbohydrate, by difference	g	10.55	15.09	13.61	14.98	16.46	14.77
Fiber, total dietary	g	1.7	2.4	2.2	2.4	2.7	2.4
Sugars, total	g	7.89	11.28	10.18	11.20	12.31	11.05
Minerals							
Calcium, Ca	mg	6	9	8	9	9	8
Iron, Fe	mg	0.28	0.40	0.36	0.40	0.44	0.39
Magnesium, Mg	mg	9	13	12	13	14	13
Phosphorus, P	mg	26	37	34	37	41	36
Potassium, K	mg	201	287	259	285	314	281
Sodium, Na	mg	0	0	0	0	0	0
Zinc, Zn	mg	0.17	0.24	0.22	0.24	0.27	0.24
Vitamins							
Vitamin C, total ascorbic acid	mg	5.4	7.7	7.0	7.7	8.4	7.6
Thiamin	mg	0.034	0.049	0.044	0.048	0.053	0.048
Riboflavin	mg	0.027	0.039	0.035	0.038	0.042	0.038
Niacin	mg	1.125	1.609	1.451	1.597	1.755	1.575
Vitamin B-6	mg	0.025	0.036	0.032	0.036	0.039	0.035
Folate, DFE	µg	5	7	6	7	8	7
Vitamin B-12	µg	0.00	0.00	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	17	24	22	24	27	24
Vitamin A, IU	IU	332	475	428	471	518	465
Vitamin E (alpha-tocopherol)	mg	0.77	1.10	0.99	1.09	1.20	1.08

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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	2.2	3.1	2.8	3.1	3.4	3.1
Lipids							
Fatty acids, total saturated	g	0.025	0.036	0.032	0.036	0.039	0.035
Fatty acids, total monounsaturated	g	0.088	0.126	0.114	0.125	0.137	0.123
Fatty acids, total polyunsaturated	g	0.113	0.162	0.146	0.160	0.176	0.158
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