

Basic Report 09258, Pears, canned, extra heavy syrup pack, solids and liquids

Report Date: August 18, 2019 10:04 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup, halves 266g	1 half, with liquid 79g
Proximates				
Water	g	74.28	197.58	58.68
Energy	kcal	97	258	77
Protein	g	0.19	0.51	0.15
Total lipid (fat)	g	0.13	0.35	0.10
Carbohydrate, by difference	g	25.25	67.17	19.95
Fiber, total dietary	g	1.6	4.3	1.3
Minerals				
Calcium, Ca	mg	5	13	4
Iron, Fe	mg	0.22	0.59	0.17
Magnesium, Mg	mg	4	11	3
Phosphorus, P	mg	7	19	6
Potassium, K	mg	64	170	51
Sodium, Na	mg	5	13	4
Zinc, Zn	mg	0.08	0.21	0.06
Vitamins				
Vitamin C, total ascorbic acid	mg	1.1	2.9	0.9
Thiamin	mg	0.010	0.027	0.008
Riboflavin	mg	0.022	0.059	0.017
Niacin	mg	0.238	0.633	0.188
Vitamin B-6	mg	0.014	0.037	0.011
Folate, DFE	µg	1	3	1
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	0	0	0
Vitamin A, IU	IU	0	0	0
Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	0	0	0

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Lipids				
Fatty acids, total saturated	g	0.007	0.019	0.006
Fatty acids, total monounsaturated	g	0.026	0.069	0.021
Fatty acids, total polyunsaturated	g	0.030	0.080	0.024
Fatty acids, total trans	g	0.000	0.000	0.000
Cholesterol	mg	0	0	0

Amino Acids

Other