

Basic Report 09265, Persimmons, native, raw

Report Date: July 20, 2019 22:22 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 fruit without refuse 25g
Proximates			
Water	g	64.40	16.10
Energy	kcal	127	32
Protein	g	0.80	0.20
Total lipid (fat)	g	0.40	0.10
Carbohydrate, by difference	g	33.50	8.38
Minerals			
Calcium, Ca	mg	27	7
Iron, Fe	mg	2.50	0.62
Phosphorus, P	mg	26	6
Potassium, K	mg	310	78
Sodium, Na	mg	1	0
Vitamins			
Vitamin C, total ascorbic acid	mg	66.0	16.5
Vitamin B-12	µg	0.00	0.00
Lipids			
Fatty acids, total trans	g	0.000	0.000
Cholesterol	mg	0	0
Amino Acids			
Other			