

**Basic Report 09286, Pomegranates, raw [a](#)**

**Report Date: September 19, 2019 15:58 EDT**

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	0.5 cup arils (seed/juice sacs) 87g	1 pomegranate (4" dia) 282g
<b>Proximates</b>				
Water	g	77.93	67.80	219.76
Energy	kcal	83	72	234
Protein	g	1.67	1.45	4.71
Total lipid (fat)	g	1.17	1.02	3.30
Carbohydrate, by difference	g	18.70	16.27	52.73
Fiber, total dietary	g	4.0	3.5	11.3
Sugars, total	g	13.67	11.89	38.55
<b>Minerals</b>				
Calcium, Ca	mg	10	9	28
Iron, Fe	mg	0.30	0.26	0.85
Magnesium, Mg	mg	12	10	34
Phosphorus, P	mg	36	31	102
Potassium, K	mg	236	205	666
Sodium, Na	mg	3	3	8
Zinc, Zn	mg	0.35	0.30	0.99
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	10.2	8.9	28.8
Thiamin	mg	0.067	0.058	0.189
Riboflavin	mg	0.053	0.046	0.149
Niacin	mg	0.293	0.255	0.826
Vitamin B-6	mg	0.075	0.065	0.211
Folate, DFE	µg	38	33	107
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	0	0	0
Vitamin A, IU	IU	0	0	0

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>0.5 cup arils (seed/juice sacs) 87g</b>	<b>1 pomegranate (4" dia) 282g</b>
Vitamin E (alpha-tocopherol)	mg	0.60	0.52	1.69
Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	0	0	0
Vitamin K (phylloquinone)	µg	16.4	14.3	46.2
<b>Lipids</b>				
Fatty acids, total saturated	g	0.120	0.104	0.338
Fatty acids, total monounsaturated	g	0.093	0.081	0.262
Fatty acids, total polyunsaturated	g	0.079	0.069	0.223
Fatty acids, total trans	g	0.000	0.000	0.000
Cholesterol	mg	0	0	0
<b>Amino Acids</b>				
<b>Other</b>				
Caffeine	mg	0	0	0

**Footnotes**

<sup>a</sup> Based on samples of California Wonderful variety.