

Full Report (All Nutrients) 09291, Plums, dried (prunes), uncooked

Report Date: August 18, 2019 07:24 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 3.6 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25

Refuse:13% Refuse Description: Pits

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, pitted 174g	5 prune, pitted 47.5g
Proximates						
Water 1 2 3 5 6 8	g	30.92	14	2.260	53.80	14.69
Energy	kcal	240	--	--	418	114
Energy	kJ	1006	--	--	1750	478
Protein 1 2	g	2.18	8	0.030	3.79	1.04
Total lipid (fat) 1 2 3	g	0.38	9	0.110	0.66	0.18
Ash 1 2	g	2.64	8	0.380	4.59	1.25
Carbohydrate, by difference	g	63.88	--	--	111.15	30.34
Fiber, total dietary 1 2 8	g	7.1	10	0.300	12.4	3.4
Sugars, total 2 4 5 6	g	38.13	10	6.330	66.35	18.11
Sucrose 1 2 4 5 6	g	0.15	12	0.040	0.26	0.07
Glucose (dextrose) 1 2 4 5 6 7	g	25.46	15	2.990	44.30	12.09
Fructose 1 2 4 5 6 7	g	12.45	15	1.400	21.66	5.91
Lactose 1 2 6	g	0.00	9	0.000	0.00	0.00
Maltose 1 2 6	g	0.06	9	0.060	0.10	0.03
Galactose 2	g	0.00	4	0.000	0.00	0.00
Starch 1 2	g	5.11	2	--	8.89	2.43
Minerals						
Calcium, Ca 1 2 9 10 11 12 13 14 15 16 17 18 19	mg	43	42	1.000	75	20
Iron, Fe 1 2 9 10 11 12 13 14 15 16 17 18 19	mg	0.93	42	0.050	1.62	0.44

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, pitted 174g	5 prune, pitted 47.5g
Magnesium, Mg 1 2 9 10 11 12 13 14 15 16 17 18 19	mg	41	42	0.000	71	19
Phosphorus, P 1 2 9 10 11 12 13 14 15 16 17 18 19	mg	69	42	1.000	120	33
Potassium, K 1 2 9 10 11 12 13 14 15 16 17 18 19	mg	732	42	6.000	1274	348
Sodium, Na 1 2 9 10 11 12 13 14 15 16 17 18 19	mg	2	38	0.000	3	1
Zinc, Zn 1 2 9 10 11 12 13 14 15 16 17 18 19	mg	0.44	42	0.010	0.77	0.21
Copper, Cu 1 2 9 10 11 12 13 14 15 16 17 18 19	mg	0.281	42	0.011	0.489	0.133
Manganese, Mn 1 2 9 10 11 12 13 14 15 16 17 18 19	mg	0.299	42	0.011	0.520	0.142
Selenium, Se 1 2	µg	0.3	8	0.062	0.5	0.1
Fluoride, F 20	µg	4.0	9	--	7.0	1.9
Vitamins						
Vitamin C, total ascorbic acid 1 2	mg	0.6	8	0.048	1.0	0.3
Thiamin 1 2	mg	0.051	8	0.003	0.089	0.024
Riboflavin 1 2	mg	0.186	8	0.020	0.324	0.088
Niacin 1 2	mg	1.882	8	0.044	3.275	0.894
Pantothenic acid 1 2	mg	0.422	8	0.013	0.734	0.200
Vitamin B-6 1 2	mg	0.205	6	0.009	0.357	0.097
Folate, total 1	µg	4	4	0.000	7	2
Folic acid	µg	0	--	--	0	0
Folate, food	µg	4	4	0.000	7	2
Folate, DFE	µg	4	--	--	7	2
Choline, total 1 2	mg	10.1	--	--	17.6	4.8
Betaine 1 2	mg	0.4	2	--	0.7	0.2
Vitamin B-12	µg	0.00	--	--	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE 1 2 21	µg	39	31	11.000	68	19
Retinol	µg	0	--	--	0	0
Carotene, beta 1 2 21	µg	394	31	117.000	686	187
Carotene, alpha 1 2 21	µg	57	31	17.000	99	27
Cryptoxanthin, beta 1 2 21	µg	93	31	24.000	162	44

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, pitted 174g	5 prune, pitted 47.5g
Vitamin A, IU 1 2 21	IU	781	31	230.000	1359	371
Lycopene 1 2	µg	0	7	0.000	0	0
Lutein + zeaxanthin 1 2 21	µg	148	31	18.000	258	70
Vitamin E (alpha-tocopherol) 1 3	mg	0.43	5	0.100	0.75	0.20
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Tocopherol, beta 1 3	mg	0.00	5	0.000	0.00	0.00
Tocopherol, gamma 1 3	mg	0.02	5	0.020	0.03	0.01
Tocopherol, delta 1 3	mg	0.00	5	0.000	0.00	0.00
Tocotrienol, alpha 1 3	mg	0.01	5	0.010	0.02	0.00
Tocotrienol, beta 1 3	mg	0.00	5	0.000	0.00	0.00
Tocotrienol, gamma 1 3	mg	0.00	5	0.000	0.00	0.00
Tocotrienol, delta 1	mg	0.00	4	0.000	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0
Vitamin D	IU	0	--	--	0	0
Vitamin K (phylloquinone) 1 2	µg	59.5	8	1.700	103.5	28.3
Lipids						
Fatty acids, total saturated	g	0.088	--	--	0.153	0.042
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000
8:0 1 2	g	0.007	4	0.007	0.012	0.003
10:0 1 2	g	0.005	4	0.004	0.009	0.002
12:0 1 2	g	0.001	4	0.000	0.002	0.000
14:0 1 2	g	0.000	4	0.000	0.000	0.000
15:0 1 2	g	0.000	4	0.000	0.000	0.000
16:0 1 2	g	0.030	4	0.003	0.052	0.014
17:0 1 2	g	0.000	4	0.000	0.000	0.000
18:0 1 2	g	0.044	4	0.001	0.077	0.021
20:0 1 2	g	0.001	4	0.000	0.002	0.000
22:0 1 2	g	0.001	4	0.000	0.002	0.000
Fatty acids, total monounsaturated	g	0.053	--	--	0.092	0.025
14:1 1 2	g	0.000	4	0.000	0.000	0.000
15:1 1 2	g	0.000	4	0.000	0.000	0.000

Nutrient	Unit	1			1 cup, pitted 174g	5 prune, pitted 47.5g
		Value Per100 g	Data points	Std. Error		
16:1 undifferentiated 1 2	g	0.039	4	0.000	0.068	0.019
17:1 1 2	g	0.000	4	0.000	0.000	0.000
18:1 undifferentiated 1 2	g	0.014	4	0.003	0.024	0.007
20:1 1 2	g	0.000	4	0.000	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.062	--	--	0.108	0.029
18:2 undifferentiated 1 2	g	0.044	4	0.005	0.077	0.021
18:3 undifferentiated 1 2	g	0.017	4	0.000	0.030	0.008
18:3 n-6 c,c,c 1	g	0.000	2	--	0.000	0.000
18:4	g	0.000	--	--	0.000	0.000
20:2 n-6 c,c 1 2	g	0.000	4	0.000	0.000	0.000
20:3 undifferentiated 1 2	g	0.000	4	0.000	0.000	0.000
20:4 undifferentiated 1 2	g	0.000	4	0.000	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Cholesterol	mg	0	--	--	0	0
Amino Acids						
Tryptophan 1 2	g	0.025	--	--	0.044	0.012
Threonine 1 2	g	0.049	--	--	0.085	0.023
Isoleucine 1 2	g	0.041	--	--	0.071	0.019
Leucine 1 2	g	0.066	--	--	0.115	0.031
Lysine 1 2	g	0.050	--	--	0.087	0.024
Methionine 1 2	g	0.016	--	--	0.028	0.008
Cystine 1 2	g	0.011	--	--	0.019	0.005
Phenylalanine 1	g	0.052	--	--	0.090	0.025
Tyrosine 1 2	g	0.021	--	--	0.037	0.010
Valine 1 2	g	0.056	--	--	0.097	0.027
Arginine 1 2	g	0.037	--	--	0.064	0.018
Histidine 1 2	g	0.027	--	--	0.047	0.013
Alanine 1 2	g	0.066	--	--	0.115	0.031
Aspartic acid 1 2	g	0.801	--	--	1.394	0.380

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, pitted 174g	5 prune, pitted 47.5g
Glutamic acid 1 2	g	0.114	--	--	0.198	0.054
Glycine 1 2	g	0.047	--	--	0.082	0.022
Proline 1 2	g	0.130	--	--	0.226	0.062
Serine 1 2	g	0.059	--	--	0.103	0.028
Other						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0
Flavonoids						
Anthocyanidins						
Cyanidin 22 23	mg	0.7	9	0.27	1.2	0.3
Petunidin 23	mg	0.0	7	0	0.0	0.0
Delphinidin 22 23	mg	0.0	9	0.02	0.1	0.0
Malvidin 23	mg	0.0	7	0	0.0	0.0
Pelargonidin 22 23	mg	0.0	9	0	0.0	0.0
Peonidin 23	mg	0.0	7	0	0.0	0.0
Flavan-3-ols						
(+)-Catechin 23	mg	0.0	3	0	0.0	0.0
(-)-Epigallocatechin 23	mg	0.0	3	0	0.0	0.0
(-)-Epicatechin 23	mg	0.0	3	0	0.0	0.0
(-)-Epicatechin 3-gallate 23	mg	0.0	3	0	0.0	0.0
(-)-Epigallocatechin 3-gallate 23	mg	0.0	3	0	0.0	0.0
(+)-Galocatechin 23	mg	0.0	3	0	0.0	0.0
Flavanones						
Hesperetin 23	mg	0.0	3	0	0.0	0.0
Naringenin 23	mg	0.0	3	0	0.0	0.0
Flavones						
Apigenin 22 23	mg	0.0	9	0	0.0	0.0
Luteolin 22 23	mg	0.0	6	0	0.0	0.0
Flavonols						
Kaempferol 22	mg	0.0	2	--	0.0	0.0
Myricetin 22 23	mg	0.0	9	0	0.0	0.0

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Quercetin 22 23	mg	1.8	9	0.6	3.1	0.9
Isoflavones						
Daidzein 25 26 27	mg	0.00	3	0	0.00	0.00
Genistein 25 26 27	mg	0.00	3	0.01	0.01	0.00
Glycitein 27	mg	0.00	1	--	0.00	0.00
Total isoflavones 25 26 27	mg	0.00	3	0.01	0.01	0.00
Biochanin A	mg	0.00	1	--	0.00	0.00
Formononetin	mg	0.00	2	--	0.00	0.00
Coumestrol	mg	0.00	2	--	0.00	0.00
Proanthocyanidin						
Proanthocyanidin dimers 24	mg	0.0	1	--	0.0	0.0
Proanthocyanidin trimers 24	mg	0.0	1	--	0.0	0.0
Proanthocyanidin 4-6mers 24	mg	0.0	1	--	0.0	0.0
Proanthocyanidin 7-10mers 24	mg	0.0	1	--	0.0	0.0
Proanthocyanidin polymers (>10mers) 24	mg	0.0	1	--	0.0	0.0

Sources of Data

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Langual Code(s)

- A0143 FRUIT OR FRUIT PRODUCT (US CFR)
- A1279 0900 FRUITS AND FRUIT JUICES (USDA SR)
- B1207 PRUNE
- C0139 FRUIT, PEEL PRESENT, CORE, PIT OR SEED REMOVED
- E0150 WHOLE, NATURAL SHAPE
- F0003 NOT HEAT-TREATED
- G0003 COOKING METHOD NOT APPLICABLE
- H0138 WATER REMOVED
- J0141 NATURALLY DRIED
- K0003 NO PACKING MEDIUM USED
- M0001 CONTAINER OR WRAPPING NOT KNOWN
- N0001 FOOD CONTACT SURFACE NOT KNOWN
- P0024 HUMAN FOOD, NO AGE SPECIFICATION