

## Basic Report 09293, Plums, dried (prunes), stewed, with added sugar

Report Date: September 20, 2019 01:42 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup, pitted 248g
<b>Proximates</b>			
Water	g	65.08	161.40
Energy	kcal	124	308
Protein	g	1.09	2.70
Total lipid (fat)	g	0.22	0.55
Carbohydrate, by difference	g	32.88	81.54
Fiber, total dietary	g	3.8	9.4
<b>Minerals</b>			
Calcium, Ca	mg	21	52
Iron, Fe	mg	1.04	2.58
Magnesium, Mg	mg	19	47
Phosphorus, P	mg	33	82
Potassium, K	mg	312	774
Sodium, Na	mg	2	5
Zinc, Zn	mg	0.22	0.55
<b>Vitamins</b>			
Vitamin C, total ascorbic acid	mg	2.7	6.7
Thiamin	mg	0.022	0.055
Riboflavin	mg	0.093	0.231
Niacin	mg	0.675	1.674
Vitamin B-6	mg	0.203	0.503
Folate, DFE	µg	0	0
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	14	35
Vitamin A, IU	IU	285	707
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>1 cup, pitted 248g</b>
<b>Lipids</b>			
Fatty acids, total saturated	g	0.017	0.042
Fatty acids, total monounsaturated	g	0.142	0.352
Fatty acids, total polyunsaturated	g	0.047	0.117
Cholesterol	mg	0	0

**Amino Acids**

**Other**