

Full Report (All Nutrients) 09302, Raspberries, raw
Report Date: September 24, 2019 04:54 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:4% Refuse Description: Caps, stems, and spoiled berries

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 123g	1 pint as purchased, yields 312g	10.0 raspberries 19g
Proximates							
Water 1 2 3 4 5	g	85.75	14	0.990	105.47	267.54	16.29
Energy	kcal	52	--	--	64	162	10
Energy	kJ	220	--	--	271	686	42
Protein 1 2 3 4	g	1.20	12	0.090	1.48	3.74	0.23
Total lipid (fat) 1 2 3 4	g	0.65	11	0.260	0.80	2.03	0.12
Ash 1 2 3 4	g	0.46	12	0.060	0.57	1.44	0.09
Carbohydrate, by difference	g	11.94	--	--	14.69	37.25	2.27
Fiber, total dietary 1 2 3 4 5	g	6.5	13	0.600	8.0	20.3	1.2
Sugars, total 2 3	g	4.42	5	0.140	5.44	13.79	0.84
Sucrose 2 3	g	0.20	5	0.000	0.25	0.62	0.04
Glucose (dextrose) 2 3	g	1.86	5	0.060	2.29	5.80	0.35
Fructose 2 3	g	2.35	5	0.080	2.89	7.33	0.45
Lactose 2 3	g	0.00	5	0.000	0.00	0.00	0.00
Maltose 2 3	g	0.00	5	0.000	0.00	0.00	0.00
Galactose 2 3	g	0.00	5	0.000	0.00	0.00	0.00
Starch 2	g	0.00	4	0.000	0.00	0.00	0.00
Minerals							
Calcium, Ca 1 2 3 4	mg	25	11	1.000	31	78	5
Iron, Fe 1 2 3 4	mg	0.69	12	0.040	0.85	2.15	0.13
Magnesium, Mg 1 2 3 4	mg	22	12	2.000	27	69	4

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 123g	1 pint as purchased, yields 312g	10.0 raspberries 19g
Phosphorus, P 1 2 3 4	mg	29	11	2.000	36	90	6
Potassium, K 1 2 3 4	mg	151	12	20.000	186	471	29
Sodium, Na 1 3 4	mg	1	8	0.000	1	3	0
Zinc, Zn 1 2 3 4	mg	0.42	12	0.060	0.52	1.31	0.08
Copper, Cu 1 2 3 4	mg	0.090	12	0.019	0.111	0.281	0.017
Manganese, Mn 1 2 3 4	mg	0.670	11	0.152	0.824	2.090	0.127
Selenium, Se 3	µg	0.2	2	--	0.2	0.6	0.0
Vitamins							
Vitamin C, total ascorbic acid 1 2 3 4	mg	26.2	10	5.500	32.2	81.7	5.0
Thiamin 1 2 3 4	mg	0.032	12	0.008	0.039	0.100	0.006
Riboflavin 1 2 3 4	mg	0.038	12	0.007	0.047	0.119	0.007
Niacin 1 2 3 4	mg	0.598	12	0.057	0.736	1.866	0.114
Pantothenic acid 1 2 3 4	mg	0.329	12	0.034	0.405	1.026	0.063
Vitamin B-6 1 2 3 4	mg	0.055	12	0.007	0.068	0.172	0.010
Folate, total 1 2 3 4	µg	21	12	5.000	26	66	4
Folic acid	µg	0	--	--	0	0	0
Folate, food	µg	21	12	5.000	26	66	4
Folate, DFE	µg	21	--	--	26	66	4
Choline, total 2	mg	12.3	--	--	15.1	38.4	2.3
Betaine 2	mg	0.8	1	--	1.0	2.5	0.2
Vitamin B-12	µg	0.00	--	--	0.00	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00	0.00
Vitamin A, RAE	µg	2	--	--	2	6	0
Retinol	µg	0	--	--	0	0	0
Carotene, beta 2 3 4 6 7	µg	12	16	8.000	15	37	2
Carotene, alpha 2 3 6 7	µg	16	12	6.000	20	50	3
Cryptoxanthin, beta 2 3 6 7	µg	0	12	0.000	0	0	0
Vitamin A, IU	IU	33	--	--	41	103	6
Lycopene 2 3	µg	0	4	0.000	0	0	0
Lutein + zeaxanthin 2 3	µg	136	4	2.000	167	424	26
Vitamin E (alpha-tocopherol) 2 3	mg	0.87	6	0.070	1.07	2.71	0.17
Vitamin E, added	mg	0.00	--	--	0.00	0.00	0.00

Nutrient	Unit	1			1 cup 123g	1 pint as purchased, yields 312g	10.0 raspberries 19g
		Value Per100 g	Data points	Std. Error			
Tocopherol, beta 2 3	mg	0.06	6	0.010	0.07	0.19	0.01
Tocopherol, gamma 2 3	mg	1.42	6	0.140	1.75	4.43	0.27
Tocopherol, delta 2 3	mg	1.04	6	0.150	1.28	3.24	0.20
Tocotrienol, alpha 2 3	mg	0.00	6	0.000	0.00	0.00	0.00
Tocotrienol, beta 2 3	mg	0.00	6	0.000	0.00	0.00	0.00
Tocotrienol, gamma 2 3	mg	0.00	6	0.000	0.00	0.00	0.00
Tocotrienol, delta 2 3	mg	0.00	6	0.000	0.00	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0	0.0
Vitamin D	IU	0	--	--	0	0	0
Vitamin K (phylloquinone) 2 3	µg	7.8	6	0.500	9.6	24.3	1.5
Lipids							
Fatty acids, total saturated	g	0.019	--	--	0.023	0.059	0.004
4:0	g	0.000	--	--	0.000	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000	0.000
12:0	g	0.000	--	--	0.000	0.000	0.000
14:0	g	0.000	--	--	0.000	0.000	0.000
16:0	g	0.016	2	--	0.020	0.050	0.003
18:0	g	0.004	2	--	0.005	0.012	0.001
Fatty acids, total monounsaturated	g	0.064	--	--	0.079	0.200	0.012
16:1 undifferentiated	g	0.000	--	--	0.000	0.000	0.000
18:1 undifferentiated	g	0.059	2	--	0.073	0.184	0.011
20:1	g	0.005	2	--	0.006	0.016	0.001
22:1 undifferentiated	g	0.000	--	--	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	0.375	--	--	0.461	1.170	0.071
18:2 undifferentiated	g	0.249	2	--	0.306	0.777	0.047
18:3 undifferentiated	g	0.126	2	--	0.155	0.393	0.024
18:4	g	0.000	--	--	0.000	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 123g	1 pint as purchased, yields 312g	10.0 raspberries 19g
Fatty acids, total trans	g	0.000	--	--	0.000	0.000	0.000
Cholesterol	mg	0	--	--	0	0	0
Amino Acids							
Other							
Alcohol, ethyl	g	0.0	--	--	0.0	0.0	0.0
Caffeine	mg	0	--	--	0	0	0
Theobromine	mg	0	--	--	0	0	0
Flavonoids							
Anthocyanidins							
Cyanidin 8 9 10 11 12 13	mg	45.8	23	6.74	56.3	142.8	8.7
Petunidin 9 10	mg	0.3	7	0.31	0.4	1.0	0.1
Delphinidin 8 9 10	mg	1.3	11	1.14	1.6	4.1	0.3
Malvidin 9 10	mg	0.1	7	0.13	0.2	0.4	0.0
Pelargonidin 9 10 11 12 13	mg	1.0	19	0.34	1.2	3.1	0.2
Peonidin 9 10	mg	0.1	7	0.12	0.1	0.4	0.0
Flavan-3-ols							
(+)-Catechin 9 11 14 15 16	mg	1.3	18	0.42	1.6	4.1	0.2
(-)-Epigallocatechin 9 14 15	mg	0.5	10	0.02	0.6	1.4	0.1
(-)-Epicatechin 9 11 14 15 16	mg	3.5	18	0.62	4.3	11.0	0.7
(-)-Epicatechin 3-gallate 9 14 15	mg	0.0	10	0	0.0	0.0	0.0
(-)-Epigallocatechin 3-gallate 9 14 15	mg	0.5	10	0.54	0.7	1.7	0.1
(+)-Galocatechin 9 14 15	mg	0.0	10	0	0.0	0.0	0.0
Flavanones							
Hesperetin 9	mg	0.0	3	0	0.0	0.0	0.0
Naringenin 9	mg	0.0	3	0	0.0	0.0	0.0
Flavones							
Apigenin 9 17	mg	0.0	7	0	0.0	0.0	0.0
Luteolin 9 17	mg	0.0	3	0	0.0	0.0	0.0
Flavonols							
Isorhamnetin 11	mg	0.0	3	0	0.0	0.0	0.0
Kaempferol 11 12 17 18 19	mg	0.1	12	0.05	0.1	0.2	0.0
Myricetin 9 18	mg	0.0	9	0	0.0	0.0	0.0

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 123g	1 pint as purchased, yields 312g	10.0 raspberries 19g	
Quercetin 9 11 12 17 18 19 20 21 22 23	mg	1.1	61	0.09		1.3	3.3	0.2
Isoflavones								
Daidzein 28 29 30	mg	0.00	3	0	0.00	0.00	0.00	0.00
Genistein 28 29 30	mg	0.00	3	0	0.00	0.00	0.00	0.00
Glycitein 30	mg	0.00	1	--	0.00	0.00	0.00	0.00
Total isoflavones 28 29 30	mg	0.00	3	0.01	0.00	0.01	0.01	0.00
Formononetin	mg	0.00	1	--	0.00	0.00	0.00	0.00
Coumestrol	mg	0.00	1	--	0.00	0.00	0.00	0.00
Proanthocyanidin								
Proanthocyanidin dimers 24 25 26 27	mg	11.8	13	13.46	14.5	36.8	2.2	
Proanthocyanidin trimers 24 25 26	mg	5.0	11	4.81	6.2	15.8	1.0	
Proanthocyanidin 4-6mers 25 26	mg	9.0	8	4.99	11.1	28.0	1.7	
Proanthocyanidin 7-10mers 25 26	mg	1.1	8	1.55	1.4	3.5	0.2	
Proanthocyanidin polymers (>10mers) 25 26	mg	0.0	8	0	0.0	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)
- B1494 RASPBERRY
- C0140 FRUIT, PEEL PRESENT, CORE, PIT OR SEED PRESENT
- E0150 WHOLE, NATURAL SHAPE
- F0003 NOT HEAT-TREATED
- G0003 COOKING METHOD NOT APPLICABLE
- H0003 NO TREATMENT APPLIED
- J0001 PRESERVATION METHOD NOT KNOWN
- K0003 NO PACKING MEDIUM USED
- M0001 CONTAINER OR WRAPPING NOT KNOWN
- N0001 FOOD CONTACT SURFACE NOT KNOWN
- P0024 HUMAN FOOD, NO AGE SPECIFICATION