

Basic Report 09316, Strawberries, raw
Report Date: July 17, 2019 06:59 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup, halves 152g	1 cup, pureed 232g	1 cup, sliced 166g	1 cup, whole 144g	1 extra large (1-5/8" dia) 27g	1 large (1-3/8" dia) 18g	1 medium (1-1/4" dia) 12g	1 pint as purchased, yields 357g	1 small (1" dia) 7g	1 NLEA serving 147g
Proximates												
Water	g	90.95	138.24	211.00	150.98	130.97	24.56	16.37	10.91	324.69	6.37	133.70
Energy	kcal	32	49	74	53	46	9	6	4	114	2	47
Protein	g	0.67	1.02	1.55	1.11	0.96	0.18	0.12	0.08	2.39	0.05	0.98
Total lipid (fat)	g	0.30	0.46	0.70	0.50	0.43	0.08	0.05	0.04	1.07	0.02	0.44
Carbohydrate, by difference	g	7.68	11.67	17.82	12.75	11.06	2.07	1.38	0.92	27.42	0.54	11.29
Fiber, total dietary	g	2.0	3.0	4.6	3.3	2.9	0.5	0.4	0.2	7.1	0.1	2.9
Sugars, total	g	4.89	7.43	11.34	8.12	7.04	1.32	0.88	0.59	17.46	0.34	7.19
Minerals												
Calcium, Ca	mg	16	24	37	27	23	4	3	2	57	1	24
Iron, Fe	mg	0.41	0.62	0.95	0.68	0.59	0.11	0.07	0.05	1.46	0.03	0.60
Magnesium, Mg	mg	13	20	30	22	19	4	2	2	46	1	19
Phosphorus, P	mg	24	36	56	40	35	6	4	3	86	2	35
Potassium, K	mg	153	233	355	254	220	41	28	18	546	11	225
Sodium, Na	mg	1	2	2	2	1	0	0	0	4	0	1
Zinc, Zn	mg	0.14	0.21	0.32	0.23	0.20	0.04	0.03	0.02	0.50	0.01	0.21
Vitamins												
Vitamin C, total ascorbic acid	mg	58.8	89.4	136.4	97.6	84.7	15.9	10.6	7.1	209.9	4.1	86.4
Thiamin	mg	0.024	0.036	0.056	0.040	0.035	0.006	0.004	0.003	0.086	0.002	0.035
Riboflavin	mg	0.022	0.033	0.051	0.037	0.032	0.006	0.004	0.003	0.079	0.002	0.032
Niacin	mg	0.386	0.587	0.896	0.641	0.556	0.104	0.069	0.046	1.378	0.027	0.567
Vitamin B-6	mg	0.047	0.071	0.109	0.078	0.068	0.013	0.008	0.006	0.168	0.003	0.069
Folate, DFE	µg	24	36	56	40	35	6	4	3	86	2	35
Vitamin B-12	µg	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	1	2	2	2	1	0	0	0	4	0	1

Nutrient	Unit	1	1 cup, halves	1 cup, pureed	1 cup, sliced	1 cup, whole	1 extra large	1 large (1-3/8"	1 medium	1 pint as	1 small (1"	1 NLEA
		Value Per100 g	152g	232g	166g	144g	(1-5/8" dia) 27g	dia) 18g	(1-1/4" dia) 12g	purchased, yields 357g	dia) 7g	serving 147g
Vitamin A, IU	IU	12	18	28	20	17	3	2	1	43	1	18
Vitamin E (alpha-tocopherol)	mg	0.29	0.44	0.67	0.48	0.42	0.08	0.05	0.03	1.04	0.02	0.43
Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Vitamin D	IU	0	0	0	0	0	0	0	0	0	0	0
Vitamin K (phylloquinone)	µg	2.2	3.3	5.1	3.7	3.2	0.6	0.4	0.3	7.9	0.2	3.2
Lipids												
Fatty acids, total saturated	g	0.015	0.023	0.035	0.025	0.022	0.004	0.003	0.002	0.054	0.001	0.022
Fatty acids, total monounsaturated	g	0.043	0.065	0.100	0.071	0.062	0.012	0.008	0.005	0.154	0.003	0.063
Fatty acids, total polyunsaturated	g	0.155	0.236	0.360	0.257	0.223	0.042	0.028	0.019	0.553	0.011	0.228
Fatty acids, total trans	g	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0	0	0	0	0	0	0
Amino Acids												
Other												
Caffeine	mg	0	0	0	0	0	0	0	0	0	0	0

Footnotes
^a Value based on the analysis of 5-methyltetrahydrofolate