

Basic Report 09317, Strawberries, canned, heavy syrup pack, solids and liquids

Report Date: July 19, 2019 06:17 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 254g
Proximates			
Water	g	75.35	191.39
Energy	kcal	92	234
Protein	g	0.56	1.42
Total lipid (fat)	g	0.26	0.66
Carbohydrate, by difference	g	23.53	59.77
Fiber, total dietary	g	1.7	4.3
Sugars, total	g	21.83	55.45
Minerals			
Calcium, Ca	mg	13	33
Iron, Fe	mg	0.49	1.24
Magnesium, Mg	mg	8	20
Phosphorus, P	mg	12	30
Potassium, K	mg	86	218
Sodium, Na	mg	4	10
Zinc, Zn	mg	0.09	0.23
Vitamins			
Vitamin C, total ascorbic acid	mg	31.7	80.5
Thiamin	mg	0.021	0.053
Riboflavin	mg	0.034	0.086
Niacin	mg	0.057	0.145
Vitamin B-6	mg	0.049	0.124
Folate, DFE	µg	28	71
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	1	3
Vitamin A, IU	IU	26	66
Vitamin E (alpha-tocopherol)	mg	0.19	0.48

Nutrient	Unit	1 Value Per100 g	1 cup 254g
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	1.5	3.8
Lipids			
Fatty acids, total saturated	g	0.014	0.036
Fatty acids, total monounsaturated	g	0.036	0.091
Fatty acids, total polyunsaturated	g	0.129	0.328
Fatty acids, total trans	g	0.000	0.000
Cholesterol	mg	0	0
Amino Acids			
Other			
Caffeine	mg	0	0