

Full Report (All Nutrients) 09321, Sugar-apples, (sweetsop), raw

Report Date: February 24, 2018 02:57 EST

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:45% Refuse Description: Seeds and skin

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, pulp 250g	1 fruit (2-7/8" dia) 155g
Proximates						
Water	g	73.23	12	1.078	183.07	113.51
Energy	kcal	94	--	--	235	146
Energy	kJ	393	--	--	982	609
Protein	g	2.06	9	0.258	5.15	3.19
Total lipid (fat)	g	0.29	8	0.083	0.72	0.45
Ash	g	0.78	9	0.083	1.95	1.21
Carbohydrate, by difference	g	23.64	--	--	59.10	36.64
Fiber, total dietary	g	4.4	--	--	11.0	6.8
Minerals						
Calcium, Ca	mg	24	10	3.403	60	37
Iron, Fe	mg	0.60	--	--	1.50	0.93
Magnesium, Mg	mg	21	1	--	52	33
Phosphorus, P	mg	32	8	5.054	80	50
Potassium, K	mg	247	5	28.408	618	383
Sodium, Na	mg	9	5	3.230	22	14
Zinc, Zn	mg	0.10	--	--	0.25	0.15
Copper, Cu	mg	0.086	--	--	0.215	0.133
Selenium, Se	µg	0.6	--	--	1.5	0.9
Vitamins						
Vitamin C, total ascorbic acid	mg	36.3	9	4.906	90.8	56.3
Thiamin	mg	0.110	7	0.012	0.275	0.171

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, pulp 250g	1 fruit (2-7/8" dia) 155g
Riboflavin	mg	0.113	7	0.014	0.282	0.175
Niacin	mg	0.883	7	0.082	2.208	1.369
Pantothenic acid	mg	0.226	--	--	0.565	0.350
Vitamin B-6	mg	0.200	1	--	0.500	0.310
Folate, total	µg	14	--	--	35	22
Folic acid	µg	0	--	--	0	0
Folate, food	µg	14	--	--	35	22
Folate, DFE	µg	14	--	--	35	22
Vitamin B-12	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	0	9	0.127	0	0
Retinol	µg	0	--	--	0	0
Vitamin A, IU	IU	6	9	2.533	15	9
Lipids						
Fatty acids, total saturated	g	0.048	--	--	0.120	0.074
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000
12:0	g	0.000	--	--	0.000	0.000
14:0	g	0.000	--	--	0.000	0.000
16:0	g	0.028	--	--	0.070	0.043
18:0	g	0.020	--	--	0.050	0.031
Fatty acids, total monounsaturated	g	0.114	--	--	0.285	0.177
16:1 undifferentiated	g	0.000	--	--	0.000	0.000
18:1 undifferentiated	g	0.114	--	--	0.285	0.177
20:1	g	0.000	--	--	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.040	--	--	0.100	0.062
18:2 undifferentiated	g	0.040	--	--	0.100	0.062
18:3 undifferentiated	g	0.000	--	--	0.000	0.000
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, pulp 250g	1 fruit (2-7/8" dia) 155g
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Fatty acids, total trans	g	0.000	--	--	0.000	0.000
Cholesterol	mg	0	--	--	0	0
Amino Acids						
Tryptophan	g	0.010	4	--	0.025	0.015
Lysine	g	0.055	4	--	0.138	0.085
Methionine	g	0.007	4	--	0.018	0.011
Other						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0