

Full Report (All Nutrients) 09322, Tamarinds, raw

Report Date: July 16, 2019 02:21 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:66% Refuse Description: Pods and seeds

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, pulp 120g	1 fruit (3" x 1") 2g
Proximates						
Water	g	31.40	--	--	37.68	0.63
Energy	kcal	239	--	--	287	5
Energy	kJ	1000	--	--	1200	20
Protein	g	2.80	--	--	3.36	0.06
Total lipid (fat)	g	0.60	--	--	0.72	0.01
Ash	g	2.70	--	--	3.24	0.05
Carbohydrate, by difference	g	62.50	--	--	75.00	1.25
Fiber, total dietary	g	5.1	--	--	6.1	0.1
Sugars, total 1	g	38.80	1	--	46.56	0.78
Minerals						
Calcium, Ca	mg	74	--	--	89	1
Iron, Fe	mg	2.80	--	--	3.36	0.06
Magnesium, Mg	mg	92	1	--	110	2
Phosphorus, P	mg	113	--	--	136	2
Potassium, K	mg	628	3	106.000	754	13
Sodium, Na	mg	28	3	17.000	34	1
Zinc, Zn	mg	0.10	--	--	0.12	0.00
Copper, Cu	mg	0.086	--	--	0.103	0.002
Selenium, Se	µg	1.3	--	--	1.6	0.0
Vitamins						
Vitamin C, total ascorbic acid	mg	3.5	6	1.100	4.2	0.1

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, pulp 120g	1 fruit (3" x 1") 2g
Thiamin	mg	0.428	6	0.199	0.514	0.009
Riboflavin	mg	0.152	5	0.029	0.182	0.003
Niacin	mg	1.938	5	0.330	2.326	0.039
Pantothenic acid	mg	0.143	--	--	0.172	0.003
Vitamin B-6	mg	0.066	1	--	0.079	0.001
Folate, total	µg	14	--	--	17	0
Folic acid	µg	0	--	--	0	0
Folate, food	µg	14	--	--	17	0
Folate, DFE	µg	14	--	--	17	0
Choline, total	mg	8.6	--	--	10.3	0.2
Vitamin B-12	µg	0.00	--	--	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	2	--	--	2	0
Retinol	µg	0	--	--	0	0
Carotene, beta	µg	18	--	--	22	0
Carotene, alpha	µg	0	--	--	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0
Vitamin A, IU	IU	30	--	--	36	1
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0
Vitamin E (alpha-tocopherol)	mg	0.10	--	--	0.12	0.00
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0
Vitamin D	IU	0	--	--	0	0
Vitamin K (phylloquinone)	µg	2.8	--	--	3.4	0.1
Lipids						
Fatty acids, total saturated	g	0.272	--	--	0.326	0.005
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	0.007	1	--	0.008	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, pulp 120g	1 fruit (3" x 1") 2g
16:0	g	0.168	1	--	0.202	0.003
18:0	g	0.060	1	--	0.072	0.001
Fatty acids, total monounsaturated	g	0.181	--	--	0.217	0.004
16:1 undifferentiated	g	0.000	--	--	0.000	0.000
18:1 undifferentiated	g	0.181	1	--	0.217	0.004
20:1	g	0.000	--	--	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.059	--	--	0.071	0.001
18:2 undifferentiated	g	0.059	1	--	0.071	0.001
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
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	0.018	1	--	0.022	0.000
Lysine	g	0.139	1	--	0.167	0.003
Methionine	g	0.014	1	--	0.017	0.000
Other						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0

Sources of Data

¹A.A. JOSHI Studies on Standardization of Enzyme Concentration and Process for Extraction of Tamarind, 2012 J Food Process Technol 3 2 pp.141-143

Langual Code(s)

- A0143 FRUIT OR FRUIT PRODUCT (US CFR)
- A1279 0900 FRUITS AND FRUIT JUICES (USDA SR)
- B1695 TAMARIND
- C0229 FRUIT, PEEL REMOVED, CORE, PIT OR SEED REMOVED
- 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