

Full Report (All Nutrients) 09325, Fruit salad, (pineapple and papaya and banana and guava), tropical, canned, heavy syrup, solids and liquids

Report Date: January 24, 2019 03:35 EST

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 3.75 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 257g
Proximates					
Water	g	76.78	26	0.320	197.32
Energy	kcal	86	--	--	221
Energy	kJ	360	--	--	925
Protein	g	0.41	26	0.005	1.05
Total lipid (fat)	g	0.10	26	0.000	0.26
Ash	g	0.35	26	0.010	0.90
Carbohydrate, by difference	g	22.36	--	--	57.47
Fiber, total dietary	g	1.3	--	--	3.3
Minerals					
Calcium, Ca	mg	13	26	0.000	33
Iron, Fe	mg	0.52	25	0.020	1.34
Magnesium, Mg	mg	13	26	0.000	33
Phosphorus, P	mg	7	26	0.000	18
Potassium, K	mg	131	26	2.000	337
Sodium, Na	mg	2	26	0.000	5
Zinc, Zn	mg	0.11	26	0.003	0.28
Copper, Cu	mg	0.080	26	0.004	0.206
Selenium, Se	µg	0.5	--	--	1.3
Vitamins					
Vitamin C, total ascorbic acid	mg	17.5	26	0.400	45.0
Thiamin	mg	0.054	26	0.002	0.139

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 257g
Riboflavin	mg	0.045	26	0.002	0.116
Niacin	mg	0.562	26	0.023	1.444
Vitamin B-6	mg	0.120	--	--	0.308
Folate, total	µg	9	--	--	23
Folic acid	µg	0	--	--	0
Folate, food	µg	9	--	--	23
Folate, DFE	µg	9	--	--	23
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	6	40	0.000	15
Retinol	µg	0	--	--	0
Vitamin A, IU	IU	127	40	10.000	326
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Lipids					
Fatty acids, total saturated	g	0.019	--	--	0.049
4:0	g	0.000	--	--	0.000
6:0	g	0.000	--	--	0.000
8:0	g	0.000	--	--	0.000
10:0	g	0.000	--	--	0.000
12:0	g	0.000	--	--	0.000
14:0	g	0.002	--	--	0.005
16:0	g	0.014	--	--	0.036
18:0	g	0.003	--	--	0.008
Fatty acids, total monounsaturated	g	0.018	--	--	0.046
16:1 undifferentiated	g	0.004	--	--	0.010
18:1 undifferentiated	g	0.013	--	--	0.033
20:1	g	0.000	--	--	0.000
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	0.032	--	--	0.082
18:2 undifferentiated	g	0.018	--	--	0.046
18:3 undifferentiated	g	0.014	--	--	0.036
18:4	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.000	--	--	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 257g
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Fatty acids, total trans	g	0.000	--	--	0.000
Cholesterol	mg	0	--	--	0

Amino Acids

Other

Alcohol, ethyl	g	0.0	--	--	0.0
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Languag Code(s)

- A0208 SALAD (US CFR)
- A1279 0900 FRUITS AND FRUIT JUICES (USDA SR)
- B1484 PINEAPPLE
- C0229 FRUIT, PEEL REMOVED, CORE, PIT OR SEED REMOVED
- E0152 DIVIDED INTO PIECES
- F0014 FULLY HEAT-TREATED
- G0003 COOKING METHOD NOT APPLICABLE
- H0136 SUGAR OR SUGAR SYRUP ADDED
- H0147 FRUIT ADDED
- J0123 STERILIZED BY HEAT
- K0012 PACKED IN HEAVILY SWEETENED LIQUID
- M0194 CAN, BOTTLE OR JAR
- N0001 FOOD CONTACT SURFACE NOT KNOWN
- P0024 HUMAN FOOD, NO AGE SPECIFICATION
- Z0220 NOT DRAINED