

## Basic Report 09379, Plums, canned, heavy syrup, drained

Report Date: February 21, 2018 15:43 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup, with pits, yields 183g
<b>Proximates</b>			
Water	g	76.06	139.19
Energy	kcal	89	163
Protein	g	0.44	0.81
Total lipid (fat)	g	0.14	0.26
Carbohydrate, by difference	g	23.12	42.31
Fiber, total dietary	g	1.5	2.7
Sugars, total	g	21.58	39.49
<b>Minerals</b>			
Calcium, Ca	mg	10	18
Iron, Fe	mg	0.84	1.54
Magnesium, Mg	mg	5	9
Phosphorus, P	mg	15	27
Potassium, K	mg	93	170
Sodium, Na	mg	19	35
Zinc, Zn	mg	0.07	0.13
<b>Vitamins</b>			
Vitamin C, total ascorbic acid	mg	0.4	0.7
Thiamin	mg	0.017	0.031
Riboflavin	mg	0.041	0.075
Niacin	mg	0.291	0.533
Vitamin B-6	mg	0.028	0.051
Folate, DFE	µg	3	5
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	20	37
Vitamin A, IU	IU	399	730
Vitamin E (alpha-tocopherol)	mg	0.26	0.48

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Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	6.4	11.7
<b>Lipids</b>			
Fatty acids, total saturated	g	0.011	0.020
Fatty acids, total monounsaturated	g	0.090	0.165
Fatty acids, total polyunsaturated	g	0.030	0.055
Fatty acids, total trans	g	0.000	0.000
Cholesterol	mg	0	0
<b>Amino Acids</b>			
<b>Other</b>			
Caffeine	mg	0	0