

Basic Report 09404, Grapefruit juice, pink, raw

Report Date: February 18, 2018 23:13 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 247g	1 fruit yields 196g
Proximates				
Water	g	90.00	222.30	176.40
Energy	kcal	39	96	76
Protein	g	0.50	1.24	0.98
Total lipid (fat)	g	0.10	0.25	0.20
Carbohydrate, by difference	g	9.20	22.72	18.03
Minerals				
Calcium, Ca	mg	9	22	18
Iron, Fe	mg	0.20	0.49	0.39
Magnesium, Mg	mg	12	30	24
Phosphorus, P	mg	15	37	29
Potassium, K	mg	162	400	318
Sodium, Na	mg	1	2	2
Zinc, Zn	mg	0.05	0.12	0.10
Vitamins				
Vitamin C, total ascorbic acid	mg	38.0	93.9	74.5
Thiamin	mg	0.040	0.099	0.078
Riboflavin	mg	0.020	0.049	0.039
Niacin	mg	0.200	0.494	0.392
Vitamin B-6	mg	0.044	0.109	0.086
Folate, DFE	µg	10	25	20
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	22	54	43
Vitamin A, IU	IU	440	1087	862
Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	0	0	0

Lipids

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Fatty acids, total saturated	g	0.014	0.035	0.027
Fatty acids, total monounsaturated	g	0.013	0.032	0.025
Fatty acids, total polyunsaturated	g	0.024	0.059	0.047
Fatty acids, total trans	g	0.000	0.000	0.000
Cholesterol	mg	0	0	0

Amino Acids

Other