

Basic Report 09433, Clementines, raw

Report Date: July 23, 2019 01:05 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 fruit 74g
Proximates			
Water	g	86.58	64.07
Energy	kcal	47	35
Protein	g	0.85	0.63
Total lipid (fat)	g	0.15	0.11
Carbohydrate, by difference	g	12.02	8.89
Fiber, total dietary	g	1.7	1.3
Sugars, total	g	9.18	6.79
Minerals			
Calcium, Ca	mg	30	22
Iron, Fe	mg	0.14	0.10
Magnesium, Mg	mg	10	7
Phosphorus, P	mg	21	16
Potassium, K	mg	177	131
Sodium, Na	mg	1	1
Zinc, Zn	mg	0.06	0.04
Vitamins			
Vitamin C, total ascorbic acid	mg	48.8	36.1
Thiamin	mg	0.086	0.064
Riboflavin	mg	0.030	0.022
Niacin	mg	0.636	0.471
Vitamin B-6	mg	0.075	0.056
Folate, DFE	µg	24	18
Vitamin E (alpha-tocopherol)	mg	0.20	0.15
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	0.0	0.0

Nutrient	Unit	1 Value Per100 g	1 fruit 74g
Lipids			
Fatty acids, total trans	g	0.000	0.000

Amino Acids

Other