

## Basic Report 09002, Acerola juice, raw

Report Date: June 24, 2019 05:04 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 242g	1 fl oz 30.2g
<b>Proximates</b>				
Water	g	94.30	228.21	28.48
Energy	kcal	23	56	7
Protein	g	0.40	0.97	0.12
Total lipid (fat)	g	0.30	0.73	0.09
Carbohydrate, by difference	g	4.80	11.62	1.45
Fiber, total dietary	g	0.3	0.7	0.1
Sugars, total	g	4.50	10.89	1.36
<b>Minerals</b>				
Calcium, Ca	mg	10	24	3
Iron, Fe	mg	0.50	1.21	0.15
Magnesium, Mg	mg	12	29	4
Phosphorus, P	mg	9	22	3
Potassium, K	mg	97	235	29
Sodium, Na	mg	3	7	1
Zinc, Zn	mg	0.10	0.24	0.03
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	1600.0	3872.0	483.2
Thiamin	mg	0.020	0.048	0.006
Riboflavin	mg	0.060	0.145	0.018
Niacin	mg	0.400	0.968	0.121
Vitamin B-6	mg	0.004	0.010	0.001
Folate, DFE	µg	14	34	4
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	25	60	8
Vitamin A, IU	IU	509	1232	154
Vitamin E (alpha-tocopherol)	mg	0.18	0.44	0.05

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Vitamin K (phylloquinone)	µg	1.4	3.4	0.4
<b>Lipids</b>				
Fatty acids, total saturated	g	0.068	0.165	0.021
Fatty acids, total monounsaturated	g	0.082	0.198	0.025
Fatty acids, total polyunsaturated	g	0.090	0.218	0.027
Fatty acids, total trans	g	0.000	0.000	0.000
Cholesterol	mg	0	0	0
<b>Amino Acids</b>				
<b>Other</b>				
Caffeine	mg	0	0	0