

Basic Report 09050, Blueberries, raw

Report Date: September 22, 2019 04:05 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 148g	50.0 berries 68g
Proximates				
Water	g	84.21	124.63	57.26
Energy	kcal	57	84	39
Protein	g	0.74	1.10	0.50
Total lipid (fat)	g	0.33	0.49	0.22
Carbohydrate, by difference	g	14.49	21.45	9.85
Fiber, total dietary	g	2.4	3.6	1.6
Sugars, total	g	9.96	14.74	6.77
Minerals				
Calcium, Ca	mg	6	9	4
Iron, Fe	mg	0.28	0.41	0.19
Magnesium, Mg	mg	6	9	4
Phosphorus, P	mg	12	18	8
Potassium, K	mg	77	114	52
Sodium, Na	mg	1	1	1
Zinc, Zn	mg	0.16	0.24	0.11
Vitamins				
Vitamin C, total ascorbic acid	mg	9.7	14.4	6.6
Thiamin	mg	0.037	0.055	0.025
Riboflavin	mg	0.041	0.061	0.028
Niacin	mg	0.418	0.619	0.284
Vitamin B-6	mg	0.052	0.077	0.035
Folate, DFE	µg	6	9	4
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	3	4	2
Vitamin A, IU	IU	54	80	37
Vitamin E (alpha-tocopherol)	mg	0.57	0.84	0.39

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	0	0	0
Vitamin K (phylloquinone)	µg	19.3	28.6	13.1
Lipids				
Fatty acids, total saturated	g	0.028	0.041	0.019
Fatty acids, total monounsaturated	g	0.047	0.070	0.032
Fatty acids, total polyunsaturated	g	0.146	0.216	0.099
Fatty acids, total trans	g	0.000	0.000	0.000
Cholesterol	mg	0	0	0
Amino Acids				
Other				
Caffeine	mg	0	0	0