

**Basic Report 09070, Cherries, sweet, raw**
**Report Date: September 21, 2019 19:51 EDT**

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup, with pits, yields 138g	1 cup, without pits 154g	1 cherry 8.2g	1 NLEA serving 140g
<b>Proximates</b>						
Water	g	82.25	113.50	126.67	6.74	115.15
Energy	kcal	63	87	97	5	88
Protein	g	1.06	1.46	1.63	0.09	1.48
Total lipid (fat)	g	0.20	0.28	0.31	0.02	0.28
Carbohydrate, by difference	g	16.01	22.09	24.66	1.31	22.41
Fiber, total dietary	g	2.1	2.9	3.2	0.2	2.9
Sugars, total	g	12.82	17.69	19.74	1.05	17.95
<b>Minerals</b>						
Calcium, Ca	mg	13	18	20	1	18
Iron, Fe	mg	0.36	0.50	0.55	0.03	0.50
Magnesium, Mg	mg	11	15	17	1	15
Phosphorus, P	mg	21	29	32	2	29
Potassium, K	mg	222	306	342	18	311
Sodium, Na	mg	0	0	0	0	0
Zinc, Zn	mg	0.07	0.10	0.11	0.01	0.10
<b>Vitamins</b>						
Vitamin C, total ascorbic acid	mg	7.0	9.7	10.8	0.6	9.8
Thiamin	mg	0.027	0.037	0.042	0.002	0.038
Riboflavin	mg	0.033	0.046	0.051	0.003	0.046
Niacin	mg	0.154	0.213	0.237	0.013	0.216
Vitamin B-6	mg	0.049	0.068	0.075	0.004	0.069
Folate, DFE	µg	4	6	6	0	6
Vitamin B-12	µg	0.00	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	3	4	5	0	4
Vitamin A, IU	IU	64	88	99	5	90
Vitamin E (alpha-tocopherol)	mg	0.07	0.10	0.11	0.01	0.10

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	0.0	0.0
Vitamin D	IU	0	0	0	0	0
Vitamin K (phylloquinone)	µg	2.1	2.9	3.2	0.2	2.9
<b>Lipids</b>						
Fatty acids, total saturated	g	0.038	0.052	0.059	0.003	0.053
Fatty acids, total monounsaturated	g	0.047	0.065	0.072	0.004	0.066
Fatty acids, total polyunsaturated	g	0.052	0.072	0.080	0.004	0.073
Fatty acids, total trans	g	0.000	0.000	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
<b>Amino Acids</b>						
<b>Other</b>						
Caffeine	mg	0	0	0	0	0