

Basic Report 09083, Currants, european black, raw

Report Date: July 24, 2019 01:31 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 112g
Proximates			
Water	g	81.96	91.80
Energy	kcal	63	71
Protein	g	1.40	1.57
Total lipid (fat)	g	0.41	0.46
Carbohydrate, by difference	g	15.38	17.23
Minerals			
Calcium, Ca	mg	55	62
Iron, Fe	mg	1.54	1.72
Magnesium, Mg	mg	24	27
Phosphorus, P	mg	59	66
Potassium, K	mg	322	361
Sodium, Na	mg	2	2
Zinc, Zn	mg	0.27	0.30
Vitamins			
Vitamin C, total ascorbic acid	mg	181.0	202.7
Thiamin	mg	0.050	0.056
Riboflavin	mg	0.050	0.056
Niacin	mg	0.300	0.336
Vitamin B-6	mg	0.066	0.074
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	12	13
Vitamin A, IU	IU	230	258
Vitamin E (alpha-tocopherol)	mg	1.00	1.12
Lipids			
Fatty acids, total saturated	g	0.034	0.038
Fatty acids, total monounsaturated	g	0.058	0.065

Nutrient	Unit	1 Value Per100 g	1 cup 112g
Fatty acids, total polyunsaturated	g	0.179	0.200
Fatty acids, total trans	g	0.000	0.000
Cholesterol	mg	0	0

Amino Acids

Other