

Basic Report 09085, Currants, zante, dried

Report Date: June 19, 2019 21:06 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 144g
Proximates			
Water	g	17.60	25.34
Energy	kcal	290	418
Protein	g	3.43	4.94
Total lipid (fat)	g	0.22	0.32
Carbohydrate, by difference	g	76.98	110.85
Fiber, total dietary ^a	g	4.4	6.3
Sugars, total	g	62.28	89.68
Minerals			
Calcium, Ca	mg	88	127
Iron, Fe	mg	1.88	2.71
Magnesium, Mg	mg	36	52
Phosphorus, P	mg	99	143
Potassium, K	mg	777	1119
Sodium, Na	mg	43	62
Zinc, Zn	mg	0.37	0.53
Vitamins			
Vitamin C, total ascorbic acid	mg	4.7	6.8
Thiamin	mg	0.160	0.230
Riboflavin	mg	0.142	0.204
Niacin	mg	1.615	2.326
Vitamin B-6	mg	0.296	0.426
Folate, DFE	µg	10	14
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	4	6
Vitamin A, IU	IU	73	105
Vitamin E (alpha-tocopherol)	mg	0.11	0.16

Nutrient	Unit	1 Value Per100 g	1 cup 144g
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	3.3	4.8
Lipids			
Fatty acids, total saturated	g	0.085	0.122
Fatty acids, total monounsaturated	g	0.021	0.030
Fatty acids, total polyunsaturated	g	0.047	0.068
Fatty acids, total trans	g	0.001	0.001
Cholesterol	mg	0	0
Amino Acids			
Other			
Caffeine	mg	0	0

Footnotes

^a Total dietary fiber determined by AOAC 2009.01 (McCleary Method)