

Basic Report 09112, Grapefruit, raw, pink and red, all areas

Report Date: July 20, 2019 22:22 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup sections, with juice 230g	0.5 fruit (3-3/4" dia) 123g	1 NLEA serving 154g
Proximates					
Water	g	88.06	202.54	108.31	135.61
Energy	kcal	42	97	52	65
Protein	g	0.77	1.77	0.95	1.19
Total lipid (fat)	g	0.14	0.32	0.17	0.22
Carbohydrate, by difference	g	10.66	24.52	13.11	16.42
Fiber, total dietary	g	1.6	3.7	2.0	2.5
Sugars, total	g	6.89	15.85	8.47	10.61
Minerals					
Calcium, Ca	mg	22	51	27	34
Iron, Fe	mg	0.08	0.18	0.10	0.12
Magnesium, Mg	mg	9	21	11	14
Phosphorus, P	mg	18	41	22	28
Potassium, K	mg	135	310	166	208
Sodium, Na	mg	0	0	0	0
Zinc, Zn	mg	0.07	0.16	0.09	0.11
Vitamins					
Vitamin C, total ascorbic acid	mg	31.2	71.8	38.4	48.0
Thiamin	mg	0.043	0.099	0.053	0.066
Riboflavin	mg	0.031	0.071	0.038	0.048
Niacin	mg	0.204	0.469	0.251	0.314
Vitamin B-6	mg	0.053	0.122	0.065	0.082
Folate, DFE	µg	13	30	16	20
Vitamin B-12	µg	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	58	133	71	89
Vitamin A, IU	IU	1150	2645	1414	1771
Vitamin E (alpha-tocopherol)	mg	0.13	0.30	0.16	0.20

Nutrient	Unit	1 Value Per100 g	1 cup sections, with juice 230g	0.5 fruit (3-3/4" dia) 123g	1 NLEA serving 154g
Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	0.0
Vitamin D	IU	0	0	0	0
Vitamin K (phylloquinone)	µg	0.0	0.0	0.0	0.0
Lipids					
Fatty acids, total saturated	g	0.021	0.048	0.026	0.032
Fatty acids, total monounsaturated	g	0.020	0.046	0.025	0.031
Fatty acids, total polyunsaturated	g	0.036	0.083	0.044	0.055
Fatty acids, total trans	g	0.000	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0
Amino Acids					
Other					
Caffeine	mg	0	0	0	0