

Basic Report 09139, Guavas, common, raw [a](#)

Report Date: July 16, 2019 02:31 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 165g	1 fruit, without refuse 55g
Proximates				
Water	g	80.80	133.32	44.44
Energy	kcal	68	112	37
Protein	g	2.55	4.21	1.40
Total lipid (fat)	g	0.95	1.57	0.52
Carbohydrate, by difference	g	14.32	23.63	7.88
Fiber, total dietary	g	5.4	8.9	3.0
Sugars, total	g	8.92	14.72	4.91
Minerals				
Calcium, Ca	mg	18	30	10
Iron, Fe	mg	0.26	0.43	0.14
Magnesium, Mg	mg	22	36	12
Phosphorus, P	mg	40	66	22
Potassium, K	mg	417	688	229
Sodium, Na	mg	2	3	1
Zinc, Zn	mg	0.23	0.38	0.13
Vitamins				
Vitamin C, total ascorbic acid	mg	228.3	376.7	125.6
Thiamin	mg	0.067	0.111	0.037
Riboflavin	mg	0.040	0.066	0.022
Niacin	mg	1.084	1.789	0.596
Vitamin B-6	mg	0.110	0.181	0.060
Folate, DFE	µg	49	81	27
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	31	51	17
Vitamin A, IU	IU	624	1030	343

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Vitamin E (alpha-tocopherol)	mg	0.73	1.20	0.40
Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	0	0	0
Vitamin K (phylloquinone)	µg	2.6	4.3	1.4
Lipids				
Fatty acids, total saturated	g	0.272	0.449	0.150
Fatty acids, total monounsaturated	g	0.087	0.144	0.048
Fatty acids, total polyunsaturated	g	0.401	0.662	0.221
Fatty acids, total trans	g	0.000	0.000	0.000
Cholesterol	mg	0	0	0
Amino Acids				
Other				
Caffeine	mg	0	0	0

Footnotes

^a Pink fleshed