

Basic Report 09174, Loquats, raw

Report Date: July 20, 2019 01:12 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup, cubed 149g	1 large 20g	1 medium 16g	1 small 13.6g
Proximates						
Water	g	86.73	129.23	17.35	13.88	11.80
Energy	kcal	47	70	9	8	6
Protein	g	0.43	0.64	0.09	0.07	0.06
Total lipid (fat)	g	0.20	0.30	0.04	0.03	0.03
Carbohydrate, by difference	g	12.14	18.09	2.43	1.94	1.65
Fiber, total dietary	g	1.7	2.5	0.3	0.3	0.2
Minerals						
Calcium, Ca	mg	16	24	3	3	2
Iron, Fe	mg	0.28	0.42	0.06	0.04	0.04
Magnesium, Mg	mg	13	19	3	2	2
Phosphorus, P	mg	27	40	5	4	4
Potassium, K	mg	266	396	53	43	36
Sodium, Na	mg	1	1	0	0	0
Zinc, Zn	mg	0.05	0.07	0.01	0.01	0.01
Vitamins						
Vitamin C, total ascorbic acid	mg	1.0	1.5	0.2	0.2	0.1
Thiamin	mg	0.019	0.028	0.004	0.003	0.003
Riboflavin	mg	0.024	0.036	0.005	0.004	0.003
Niacin	mg	0.180	0.268	0.036	0.029	0.024
Vitamin B-6	mg	0.100	0.149	0.020	0.016	0.014
Folate, DFE	µg	14	21	3	2	2
Vitamin B-12	µg	0.00	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	76	113	15	12	10
Vitamin A, IU	IU	1528	2277	306	244	208
Lipids						
Fatty acids, total saturated	g	0.040	0.060	0.008	0.006	0.005

Nutrient	Unit	1 Value Per100 g	1 cup, cubed 149g	1 large 20g	1 medium 16g	1 small 13.6g
Fatty acids, total monounsaturated	g	0.008	0.012	0.002	0.001	0.001
Fatty acids, total polyunsaturated	g	0.091	0.136	0.018	0.015	0.012
Fatty acids, total trans	g	0.000	0.000	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0

Amino Acids

Other