

Basic Report 09263, Persimmons, japanese, raw

Report Date: June 25, 2019 21:55 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 fruit (2-1/2" dia) 168g
Proximates			
Water	g	80.32	134.94
Energy	kcal	70	118
Protein	g	0.58	0.97
Total lipid (fat)	g	0.19	0.32
Carbohydrate, by difference	g	18.59	31.23
Fiber, total dietary	g	3.6	6.0
Sugars, total	g	12.53	21.05
Minerals			
Calcium, Ca	mg	8	13
Iron, Fe	mg	0.15	0.25
Magnesium, Mg	mg	9	15
Phosphorus, P	mg	17	29
Potassium, K	mg	161	270
Sodium, Na	mg	1	2
Zinc, Zn	mg	0.11	0.18
Vitamins			
Vitamin C, total ascorbic acid	mg	7.5	12.6
Thiamin	mg	0.030	0.050
Riboflavin	mg	0.020	0.034
Niacin	mg	0.100	0.168
Vitamin B-6	mg	0.100	0.168
Folate, DFE	µg	8	13
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	81	136
Vitamin A, IU	IU	1627	2733
Vitamin E (alpha-tocopherol)	mg	0.73	1.23

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Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	2.6	4.4
Lipids			
Fatty acids, total saturated	g	0.020	0.034
Fatty acids, total monounsaturated	g	0.037	0.062
Fatty acids, total polyunsaturated	g	0.043	0.072
Fatty acids, total trans	g	0.000	0.000
Cholesterol	mg	0	0
Amino Acids			
Other			
Caffeine	mg	0	0