

Basic Report 09325, Fruit salad, (pineapple and papaya and banana and guava), tropical, canned, heavy syrup, solids and liquids

Report Date: August 17, 2019 17:39 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 257g
Proximates			
Water	g	76.78	197.32
Energy	kcal	86	221
Protein	g	0.41	1.05
Total lipid (fat)	g	0.10	0.26
Carbohydrate, by difference	g	22.36	57.47
Fiber, total dietary	g	1.3	3.3
Minerals			
Calcium, Ca	mg	13	33
Iron, Fe	mg	0.52	1.34
Magnesium, Mg	mg	13	33
Phosphorus, P	mg	7	18
Potassium, K	mg	131	337
Sodium, Na	mg	2	5
Zinc, Zn	mg	0.11	0.28
Vitamins			
Vitamin C, total ascorbic acid	mg	17.5	45.0
Thiamin	mg	0.054	0.139
Riboflavin	mg	0.045	0.116
Niacin	mg	0.562	1.444
Vitamin B-6	mg	0.120	0.308
Folate, DFE	µg	9	23
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	6	15
Vitamin A, IU	IU	127	326
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0

Nutrient	Unit	1 Value Per100 g	1 cup 257g
Lipids			
Fatty acids, total saturated	g	0.019	0.049
Fatty acids, total monounsaturated	g	0.018	0.046
Fatty acids, total polyunsaturated	g	0.032	0.082
Fatty acids, total trans	g	0.000	0.000
Cholesterol	mg	0	0

Amino Acids

Other