

## Basic Report 09352, Blueberries, canned, light syrup, drained

Report Date: June 26, 2019 06:22 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 244g
<b>Proximates</b>			
Water	g	75.72	184.76
Energy	kcal	88	215
Protein	g	1.04	2.54
Total lipid (fat)	g	0.40	0.98
Carbohydrate, by difference	g	22.66	55.29
Fiber, total dietary	g	2.6	6.3
Sugars, total	g	17.45	42.58
<b>Minerals</b>			
Calcium, Ca	mg	6	15
Iron, Fe	mg	0.43	1.05
Magnesium, Mg	mg	4	10
Phosphorus, P	mg	12	29
Potassium, K	mg	54	132
Sodium, Na	mg	3	7
Zinc, Zn	mg	0.09	0.22
<b>Vitamins</b>			
Vitamin C, total ascorbic acid	mg	0.5	1.2
Thiamin	mg	0.046	0.112
Riboflavin	mg	0.132	0.322
Niacin	mg	0.363	0.886
Vitamin B-6	mg	0.049	0.120
Folate, DFE	µg	2	5
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	2	5
Vitamin A, IU	IU	36	88
Vitamin E (alpha-tocopherol)	mg	1.38	3.37

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>1 cup 244g</b>
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	19.9	48.6
<b>Lipids</b>			
Fatty acids, total saturated	g	0.028	0.068
Fatty acids, total monounsaturated	g	0.062	0.151
Fatty acids, total polyunsaturated	g	0.190	0.464
Fatty acids, total trans	g	0.000	0.000
Cholesterol	mg	0	0
<b>Amino Acids</b>			
<b>Other</b>			
Caffeine	mg	0	0