

## Basic Report 11846, Pumpkin, canned, with salt

Report Date: September 18, 2019 20:10 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 245g
<b>Proximates</b>			
Water	g	89.97	220.43
Energy	kcal	34	83
Protein	g	1.10	2.69
Total lipid (fat)	g	0.28	0.69
Carbohydrate, by difference	g	8.09	19.82
Fiber, total dietary	g	2.9	7.1
Sugars, total	g	3.30	8.09
<b>Minerals</b>			
Calcium, Ca	mg	26	64
Iron, Fe	mg	1.39	3.41
Magnesium, Mg	mg	23	56
Phosphorus, P	mg	35	86
Potassium, K	mg	206	505
Sodium, Na	mg	241	590
Zinc, Zn	mg	0.17	0.42
<b>Vitamins</b>			
Vitamin C, total ascorbic acid	mg	4.2	10.3
Thiamin	mg	0.024	0.059
Riboflavin	mg	0.054	0.132
Niacin	mg	0.367	0.899
Vitamin B-6	mg	0.056	0.137
Folate, DFE	µg	12	29
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	778	1906
Vitamin A, IU	IU	15563	38129
Vitamin E (alpha-tocopherol)	mg	1.06	2.60

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>1 cup 245g</b>
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	16.0	39.2
<b>Lipids</b>			
Fatty acids, total saturated	g	0.146	0.358
Fatty acids, total monounsaturated	g	0.037	0.091
Fatty acids, total polyunsaturated	g	0.015	0.037
Fatty acids, total trans	g	0.000	0.000
Cholesterol	mg	0	0
<b>Amino Acids</b>			
<b>Other</b>			
Caffeine	mg	0	0