

Full Report (All Nutrients) 43382, Cranberry juice, unsweetened

Report Date: September 21, 2019 20:10 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 3.6 Fat Factor: 8.37 Protein Factor:3.36

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 253g	1 fl oz 31.6g
Proximates						
Water	g	87.13	--	--	220.44	27.53
Energy	kcal	46	--	--	116	15
Energy	kJ	194	--	--	491	61
Protein	g	0.39	--	--	0.99	0.12
Total lipid (fat)	g	0.13	--	--	0.33	0.04
Ash	g	0.15	--	--	0.38	0.05
Carbohydrate, by difference	g	12.20	--	--	30.87	3.86
Fiber, total dietary	g	0.1	--	--	0.3	0.0
Sugars, total	g	12.10	--	--	30.61	3.82
Minerals						
Calcium, Ca	mg	8	--	--	20	3
Iron, Fe	mg	0.25	--	--	0.63	0.08
Magnesium, Mg	mg	6	--	--	15	2
Phosphorus, P	mg	13	--	--	33	4
Potassium, K	mg	77	--	--	195	24
Sodium, Na	mg	2	--	--	5	1
Zinc, Zn	mg	0.10	--	--	0.25	0.03
Copper, Cu	mg	0.055	--	--	0.139	0.017
Selenium, Se	µg	0.1	--	--	0.3	0.0
Vitamins						
Vitamin C, total ascorbic acid	mg	9.3	--	--	23.5	2.9
Thiamin	mg	0.009	--	--	0.023	0.003

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 253g	1 fl oz 31.6g
Riboflavin	mg	0.018	--	--	0.046	0.006
Niacin	mg	0.091	--	--	0.230	0.029
Vitamin B-6	mg	0.052	--	--	0.132	0.016
Folate, total	µg	1	--	--	3	0
Folic acid	µg	0	--	--	0	0
Folate, food	µg	1	--	--	3	0
Folate, DFE	µg	1	--	--	3	0
Choline, total	mg	3.3	--	--	8.3	1.0
Vitamin B-12	µg	0.00	--	--	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	2	--	--	5	1
Retinol	µg	0	--	--	0	0
Carotene, beta	µg	27	--	--	68	9
Carotene, alpha	µg	0	--	--	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0
Vitamin A, IU	IU	45	--	--	114	14
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	68	--	--	172	21
Vitamin E (alpha-tocopherol)	mg	1.20	--	--	3.04	0.38
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0
Vitamin D	IU	0	--	--	0	0
Vitamin K (phylloquinone)	µg	5.1	--	--	12.9	1.6
Lipids						
Fatty acids, total saturated	g	0.010	--	--	0.025	0.003
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000
12:0	g	0.000	--	--	0.000	0.000
14:0	g	0.000	--	--	0.000	0.000
16:0	g	0.008	--	--	0.020	0.003
18:0	g	0.002	--	--	0.005	0.001

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 253g	1 fl oz 31.6g
Fatty acids, total monounsaturated	g	0.023	--	--	0.058	0.007
16:1 undifferentiated	g	0.001	--	--	0.003	0.000
18:1 undifferentiated	g	0.022	--	--	0.056	0.007
20:1	g	0.000	--	--	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.070	--	--	0.177	0.022
18:2 undifferentiated	g	0.042	--	--	0.106	0.013
18:3 undifferentiated	g	0.028	--	--	0.071	0.009
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Fatty acids, total trans	g	0.000	--	--	0.000	0.000
Cholesterol	mg	0	--	--	0	0
Amino Acids						
Other						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0