

Full Report (All Nutrients) 14334, Beverages, pineapple and grapefruit juice drink, canned

Report Date: January 24, 2019 03:49 EST

Nutrient values and weights are for edible portion.

Food Group : Beverages

Carbohydrate Factor: 3.9 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 fl oz 31.3g	1 cup (8 fl oz) 250g
Proximates						
Water	g	87.90	7	--	27.51	219.75
Energy	kcal	47	--	--	15	118
Energy	kJ	197	--	--	62	492
Protein	g	0.20	8	--	0.06	0.50
Total lipid (fat)	g	0.10	7	--	0.03	0.25
Ash	g	0.20	7	--	0.06	0.50
Carbohydrate, by difference	g	11.60	--	--	3.63	29.00
Fiber, total dietary	g	0.1	--	--	0.0	0.2
Sugars, total	g	11.52	--	--	3.61	28.80
Minerals						
Calcium, Ca	mg	7	8	--	2	18
Iron, Fe	mg	0.31	7	--	0.10	0.78
Magnesium, Mg	mg	6	8	--	2	15
Phosphorus, P	mg	6	8	--	2	15
Potassium, K	mg	61	8	--	19	152
Sodium, Na	mg	14	5	--	4	35
Zinc, Zn	mg	0.06	7	--	0.02	0.15
Copper, Cu	mg	0.045	7	--	0.014	0.113
Manganese, Mn	mg	0.413	--	--	0.129	1.032
Selenium, Se	µg	0.1	--	--	0.0	0.2
Fluoride, F	µg	49.2	8	7.400	15.4	123.0

Vitamins

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 fl oz 31.3g	1 cup (8 fl oz) 250g
Vitamin C, total ascorbic acid	mg	46.0	17	--	14.4	115.0
Thiamin	mg	0.030	6	0.000	0.009	0.075
Riboflavin	mg	0.016	6	0.002	0.005	0.040
Niacin	mg	0.267	6	0.024	0.084	0.667
Pantothenic acid	mg	0.053	--	--	0.017	0.133
Vitamin B-6	mg	0.042	--	--	0.013	0.105
Folate, total	µg	9	--	--	3	22
Folic acid	µg	0	--	--	0	0
Folate, food	µg	9	--	--	3	22
Folate, DFE	µg	9	--	--	3	22
Choline, total	mg	0.5	--	--	0.2	1.2
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	0	--	--	0	0
Retinol	µg	0	--	--	0	0
Carotene, beta	µg	1	--	--	0	2
Carotene, alpha	µg	0	--	--	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0
Vitamin A, IU	IU	2	--	--	1	5
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	1	--	--	0	2
Vitamin E (alpha-tocopherol)	mg	0.01	--	--	0.00	0.03
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	0.1	--	--	0.0	0.2
Lipids						
Fatty acids, total saturated	g	0.006	--	--	0.002	0.015
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

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 fl oz 31.3g	1 cup (8 fl oz) 250g
14:0	g	0.000	--	--	0.000	0.000
16:0	g	0.005	--	--	0.002	0.013
18:0	g	0.002	--	--	0.001	0.005
Fatty acids, total monounsaturated	g	0.010	--	--	0.003	0.025
16:1 undifferentiated	g	0.001	--	--	0.000	0.003
18:1 undifferentiated	g	0.009	--	--	0.003	0.022
20:1	g	0.000	--	--	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.028	--	--	0.009	0.070
18:2 undifferentiated	g	0.017	--	--	0.005	0.043
18:3 undifferentiated	g	0.011	--	--	0.003	0.028
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