

Full Report (All Nutrients) 45346753, WHOLE STRAWBERRIES, UPC: 070038355922
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Report Date: August 21, 2019 09:39 EDT

Information provided by food manufacturers is label data. Manufacturers are responsible for descriptions, nutrient data and ingredient information. USDA calculated values per 100 {0} from values per serving.

Food Group : Branded Food Products Database

Nutrient	Unit	Data points	Std. Error	2 cup 280g	1 Value Per100 g
Proximates					
Energy	kcal	--	--	101	36
Protein	g	--	--	1.99	0.71
Total lipid (fat)	g	--	--	0.00	0.00
Carbohydrate, by difference	g	--	--	26.01	9.29
Fiber, total dietary	g	--	--	5.9	2.1
Sugars, total	g	--	--	12.01	4.29
Minerals					
Calcium, Ca	mg	--	--	39	14
Iron, Fe	mg	--	--	2.16	0.77
Sodium, Na	mg	--	--	0	0
Vitamins					
Vitamin C, total ascorbic acid	mg	--	--	108.1	38.6
Vitamin A, IU	IU	--	--	0	0
Lipids					
Fatty acids, total saturated	g	--	--	0.000	0.000
Fatty acids, total trans	g	--	--	0.000	0.000
Cholesterol	mg	--	--	0	0

Amino Acids
Other
Ingredients

STRAWBERRIES Date Available: 02/05/2018 Date Last Updated by Company: 02/05/2018