

Basic Report 35027, Cloudberries, raw (Alaska Native)

Report Date: September 20, 2019 05:58 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g
Proximates		
Water	g	87.00
Energy	kcal	51
Protein	g	2.40
Total lipid (fat)	g	0.80
Carbohydrate, by difference	g	8.60
Minerals		
Calcium, Ca	mg	18
Iron, Fe	mg	0.70
Phosphorus, P	mg	35
Vitamins		
Vitamin C, total ascorbic acid	mg	158.0
Thiamin	mg	0.050
Riboflavin	mg	0.070
Niacin	mg	0.900
Vitamin A, IU	IU	210
Lipids		
Amino Acids		
Other		