

Basic Report 09129, Grapes, muscadine, raw ^a

Report Date: September 17, 2018 10:52 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 grape 6g
Proximates			
Water	g	84.29	5.06
Energy	kcal	57	3
Protein	g	0.81	0.05
Total lipid (fat)	g	0.47	0.03
Carbohydrate, by difference	g	13.93	0.84
Fiber, total dietary	g	3.9	0.2
Minerals			
Calcium, Ca	mg	37	2
Iron, Fe	mg	0.26	0.02
Magnesium, Mg	mg	14	1
Phosphorus, P	mg	24	1
Potassium, K	mg	203	12
Sodium, Na	mg	1	0
Zinc, Zn	mg	0.11	0.01
Vitamins			
Vitamin C, total ascorbic acid	mg	6.5	0.4
Riboflavin	mg	1.500	0.090
Vitamin A, RAE	µg	3	0
Vitamin A, IU	IU	67	4
Lipids			
Fatty acids, total trans	g	0.000	0.000

Amino Acids

Other

Footnotes

^a Includes analysis of Higgins, Jumbo, and Roanoke varieties.