

Basic Report 09001, Acerola, (west indian cherry), raw

Report Date: January 08, 2018 13:43 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 98g	1 fruit without refuse 4.8g
Proximates				
Water	g	91.41	89.58	4.39
Energy	kcal	32	31	2
Protein	g	0.40	0.39	0.02
Total lipid (fat)	g	0.30	0.29	0.01
Carbohydrate, by difference	g	7.69	7.54	0.37
Fiber, total dietary	g	1.1	1.1	0.1
Minerals				
Calcium, Ca	mg	12	12	1
Iron, Fe	mg	0.20	0.20	0.01
Magnesium, Mg	mg	18	18	1
Phosphorus, P	mg	11	11	1
Potassium, K	mg	146	143	7
Sodium, Na	mg	7	7	0
Zinc, Zn	mg	0.10	0.10	0.00
Vitamins				
Vitamin C, total ascorbic acid	mg	1677.6	1644.0	80.5
Thiamin	mg	0.020	0.020	0.001
Riboflavin	mg	0.060	0.059	0.003
Niacin	mg	0.400	0.392	0.019
Vitamin B-6	mg	0.009	0.009	0.000
Folate, DFE	µg	14	14	1
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	38	37	2
Vitamin A, IU	IU	767	752	37
Lipids				
Fatty acids, total saturated	g	0.068	0.067	0.003

Nutrient	Unit	1 Value Per100 g	1 cup 98g	1 fruit without refuse 4.8g
Fatty acids, total monounsaturated	g	0.082	0.080	0.004
Fatty acids, total polyunsaturated	g	0.090	0.088	0.004
Fatty acids, total trans	g	0.000	0.000	0.000
Cholesterol	mg	0	0	0

Amino Acids

Other