

## Basic Report 09314, Sapote, mamey, raw [b](#)

Report Date: April 05, 2018 11:54 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 1" pieces 175g	1 fruit without refuse 558g
<b>Proximates</b>				
Water	g	64.87	113.52	361.97
Energy	kcal	124	217	692
Protein	g	1.45	2.54	8.09
Total lipid (fat)	g	0.46	0.81	2.57
Carbohydrate, by difference	g	32.10	56.17	179.12
Fiber, total dietary	g	5.4	9.5	30.1
Sugars, total	g	20.14	35.24	112.38
<b>Minerals</b>				
Calcium, Ca	mg	18	32	100
Iron, Fe	mg	0.78	1.36	4.35
Magnesium, Mg	mg	11	19	61
Phosphorus, P	mg	26	46	145
Potassium, K	mg	454	794	2533
Sodium, Na	mg	7	12	39
Zinc, Zn	mg	0.19	0.33	1.06
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	23.0	40.2	128.3
Thiamin	mg	0.013	0.023	0.073
Riboflavin	mg	0.116	0.203	0.647
Niacin	mg	1.432	2.506	7.991
Vitamin B-6	mg	0.720	1.260	4.018
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	7	12	39
Vitamin A, IU	IU	143	250	798
Vitamin E (alpha-tocopherol)	mg	2.11	3.69	11.77

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>1 cup 1" pieces 175g</b>	<b>1 fruit without refuse 558g</b>
<b>Lipids</b>				
Fatty acids, total saturated	g	0.169	0.296	0.943
Fatty acids, total monounsaturated	g	0.102	0.178	0.569
Fatty acids, total polyunsaturated	g	0.097	0.170	0.541
Fatty acids, total trans	g	0.000	0.000	0.000
Cholesterol	mg	0	0	0

**Amino Acids**

**Other**

**Footnotes**

<sup>a</sup> Mean value contains data based on the analysis of 5-methyltetrahydrofolate plus total folate determined microbiologically.

<sup>b</sup> Large variability in weight of whole fruit (340 - 2720 g reported by U Florida).