

Full Report (All Nutrients) 09264, Persimmons, japanese, dried

Report Date: December 22, 2016 14:51 EST

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 3.6 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25

Refuse:8% Refuse Description: Stems

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 fruit without refuse 34g
Proximates					
Water	g	23.01	1	--	7.82
Energy	kcal	274	--	--	93
Energy	kJ	1146	--	--	390
Protein	g	1.38	1	--	0.47
Total lipid (fat)	g	0.59	1	--	0.20
Ash	g	1.59	1	--	0.54
Carbohydrate, by difference	g	73.43	--	--	24.97
Fiber, total dietary	g	14.5	--	--	4.9
Minerals					
Calcium, Ca	mg	25	1	--	8
Iron, Fe	mg	0.74	1	--	0.25
Magnesium, Mg	mg	31	1	--	11
Phosphorus, P	mg	81	1	--	28
Potassium, K	mg	802	1	--	273
Sodium, Na	mg	2	1	--	1
Zinc, Zn	mg	0.42	--	--	0.14
Copper, Cu	mg	0.442	--	--	0.150
Manganese, Mn	mg	1.390	--	--	0.473
Vitamins					
Vitamin C, total ascorbic acid	mg	0.0	1	--	0.0
Riboflavin	mg	0.029	1	--	0.010

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 fruit without refuse 34g
Niacin	mg	0.180	1	--	0.061
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin A, RAE ¹	µg	38	2	--	13
Retinol	µg	0	--	--	0
Carotene, beta ¹	µg	374	2	--	127
Carotene, alpha ¹	µg	18	2	--	6
Cryptoxanthin, beta ¹	µg	156	2	--	53
Vitamin A, IU ¹	IU	767	2	--	261
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Lipids					
Cholesterol	mg	0	--	--	0
Amino Acids					
Tryptophan	g	0.024	--	--	0.008
Threonine	g	0.071	--	--	0.024
Isoleucine	g	0.060	--	--	0.020
Leucine	g	0.101	--	--	0.034
Lysine	g	0.078	--	--	0.027
Methionine	g	0.012	--	--	0.004
Cystine	g	0.030	--	--	0.010
Phenylalanine	g	0.063	--	--	0.021
Tyrosine	g	0.039	--	--	0.013
Valine	g	0.072	--	--	0.024
Arginine	g	0.059	--	--	0.020
Histidine	g	0.027	--	--	0.009
Alanine	g	0.068	--	--	0.023
Aspartic acid	g	0.136	--	--	0.046
Glutamic acid	g	0.179	--	--	0.061
Glycine	g	0.060	--	--	0.020
Proline	g	0.053	--	--	0.018
Serine	g	0.053	--	--	0.018

Other

Sources of Data

¹A Homnava, W Rogers, R R Eitenmiller Provitamin A activity of specialty fruit marketed in the United States., 1990 J. Food Composition and Analysis 3 pp.119-133

