

**Full Report (All Nutrients) 09315, Soursop, raw**

Report Date: March 12, 2015 18:12 EDT

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: 33% Refuse Description: Seeds and skin

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, pulp 225g	1 fruit (7" x 5-1/4" dia) 625g
<b>Proximates</b>						
Water	g	81.16	1	--	182.61	507.25
Energy	kcal	66	--	--	148	412
Energy	kJ	276	--	--	621	1725
Protein	g	1.00	--	--	2.25	6.25
Total lipid (fat)	g	0.30	--	--	0.68	1.88
Ash	g	0.70	--	--	1.58	4.38
Carbohydrate, by difference	g	16.84	--	--	37.89	105.25
Fiber, total dietary	g	3.3	--	--	7.4	20.6
Sugars, total	g	13.54	--	--	30.46	84.62
<b>Minerals</b>						
Calcium, Ca	mg	14	--	--	32	88
Iron, Fe	mg	0.60	--	--	1.35	3.75
Magnesium, Mg	mg	21	1	--	47	131
Phosphorus, P	mg	27	--	--	61	169
Potassium, K	mg	278	3	12.676	626	1738
Sodium, Na	mg	14	3	5.526	32	88
Zinc, Zn	mg	0.10	--	--	0.22	0.62
Copper, Cu	mg	0.086	--	--	0.193	0.538
Selenium, Se	µg	0.6	--	--	1.4	3.8
<b>Vitamins</b>						
Vitamin C, total ascorbic acid	mg	20.6	16	1.503	46.4	128.8

Nutrient	Unit	1			1 cup, pulp 225g	1 fruit (7" x 5-1/4" dia) 625g
		Value Per100 g	Data points	Std. Error		
Thiamin	mg	0.070	--	--	0.158	0.438
Riboflavin	mg	0.050	--	--	0.112	0.312
Niacin	mg	0.900	--	--	2.025	5.625
Pantothenic acid	mg	0.253	--	--	0.569	1.581
Vitamin B-6	mg	0.059	1	--	0.133	0.369
Folate, total	µg	14	--	--	32	88
Folic acid	µg	0	--	--	0	0
Folate, food	µg	14	--	--	32	88
Folate, DFE	µg	14	--	--	32	88
Choline, total	mg	7.6	--	--	17.1	47.5
Vitamin B-12	µg	0.00	--	--	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	0	6	0.074	0	0
Retinol	µg	0	--	--	0	0
Carotene, beta	µg	1	--	--	2	6
Carotene, alpha	µg	0	--	--	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0
Vitamin A, IU	IU	2	6	1.476	4	12
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0
Vitamin E (alpha-tocopherol)	mg	0.08	--	--	0.18	0.50
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0
Vitamin D	IU	0	--	--	0	0
Vitamin K (phylloquinone)	µg	0.4	--	--	0.9	2.5
<b>Lipids</b>						
Fatty acids, total saturated	g	0.051	--	--	0.115	0.319
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000
12:0	g	0.000	--	--	0.000	0.000
14:0	g	0.000	--	--	0.000	0.000

Nutrient	Unit	1			1 cup, pulp 225g	1 fruit (7" x 5-1/4" dia) 625g
		Value Per100 g	Data points	Std. Error		
16:0	g	0.040	--	--	0.090	0.250
18:0	g	0.011	--	--	0.025	0.069
Fatty acids, total monounsaturated	g	0.090	--	--	0.202	0.562
16:1 undifferentiated	g	0.004	--	--	0.009	0.025
18:1 undifferentiated	g	0.085	--	--	0.191	0.531
20:1	g	0.000	--	--	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.069	--	--	0.155	0.431
18:2 undifferentiated	g	0.069	--	--	0.155	0.431
18:3 undifferentiated	g	0.000	--	--	0.000	0.000
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Cholesterol	mg	0	--	--	0	0
<b>Amino Acids</b>						
Tryptophan	g	0.011	1	--	0.025	0.069
Lysine	g	0.060	1	--	0.135	0.375
Methionine	g	0.007	1	--	0.016	0.044
<b>Other</b>						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0
<b>Flavonoids</b>						
Flavonols						
Kaempferol <sup>1</sup>	mg	0.0	1	--	0.0	0.0
Myricetin <sup>1</sup>	mg	0.0	1	--	0.0	0.0
Quercetin <sup>1</sup>	mg	0.0	1	--	0.0	0.0

<sup>1</sup>Lako, J., Trenergy, V. C., Wahlqvist, M., Wattanapenpaiboon, N., Sotheeswaran, S., Premier, R. **Phytochemical flavonols, carotenoids and the antioxidant properties of a wide selection of Fijian fruit, vegetables and other readily available foods.**, 2007 Food Chemistry 101 pp.1727-1741

**Languag Code(s)**

- A0143 FRUIT OR FRUIT PRODUCT (US CFR)

- A1279 0900 FRUITS AND FRUIT JUICES (USDA SR)
- B1480 SOURSOP
- C0229 FRUIT, PEEL REMOVED, CORE, PIT OR SEED REMOVED
- E0150 WHOLE, NATURAL SHAPE
- F0003 NOT HEAT-TREATED
- G0003 COOKING METHOD NOT APPLICABLE
- H0003 NO TREATMENT APPLIED
- J0001 PRESERVATION METHOD NOT KNOWN
- K0003 NO PACKING MEDIUM USED
- M0001 CONTAINER OR WRAPPING NOT KNOWN
- N0001 FOOD CONTACT SURFACE NOT KNOWN
- P0024 HUMAN FOOD, NO AGE SPECIFICATION