

Basic Report 09138, Groundcherries, (cape-gooseberries or poha), raw

Report Date: September 10, 2019 15:40 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 140g
Proximates			
Water	g	85.40	119.56
Energy	kcal	53	74
Protein	g	1.90	2.66
Total lipid (fat)	g	0.70	0.98
Carbohydrate, by difference	g	11.20	15.68
Minerals			
Calcium, Ca	mg	9	13
Iron, Fe	mg	1.00	1.40
Phosphorus, P	mg	40	56
Vitamins			
Vitamin C, total ascorbic acid	mg	11.0	15.4
Thiamin	mg	0.110	0.154
Riboflavin	mg	0.040	0.056
Niacin	mg	2.800	3.920
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	36	50
Vitamin A, IU	IU	720	1008
Lipids			
Fatty acids, total trans	g	0.000	0.000
Cholesterol	mg	0	0
Amino Acids			
Other			