

Full Report (All Nutrients) 09060, Carambola, (starfruit), raw

Report Date: September 30, 2014 15:53 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: 3% Refuse Description: Seeds and stem end

Nutrient	Unit	1 Value Per 100 g	Data points	Std. Error	1.0 cup, cubes 132g	1.0 cup, sliced 108g	1.0 large (4-1/2" long) 124g	1.0 medium (3-5/8" long) 91g	1.0 small (3-1/8" long) 70g
Proximates									
Water 1	g	91.38	4	0.682	120.62	98.69	113.31	83.16	63.97
Energy	kcal	31	--	--	41	33	38	28	22
Energy	kJ	128	--	--	169	138	159	116	90
Protein 1	g	1.04	4	0.123	1.37	1.12	1.29	0.95	0.73
Total lipid (fat) 1	g	0.33	4	0.133	0.44	0.36	0.41	0.30	0.23
Ash 1	g	0.52	4	0.062	0.69	0.56	0.64	0.47	0.36
Carbohydrate, by difference	g	6.73	--	--	8.88	7.27	8.35	6.12	4.71
Fiber, total dietary 1	g	2.8	4	0.307	3.7	3.0	3.5	2.5	2.0
Sugars, total	g	3.98	--	--	5.25	4.30	4.94	3.62	2.79
Minerals									
Calcium, Ca 1 2	mg	3	5	0.307	4	3	4	3	2
Iron, Fe 1 2	mg	0.08	4	0.013	0.11	0.09	0.10	0.07	0.06
Magnesium, Mg 1 2	mg	10	5	0.378	13	11	12	9	7
Phosphorus, P 1	mg	12	4	0.841	16	13	15	11	8
Potassium, K 1 2	mg	133	5	8.411	176	144	165	121	93
Sodium, Na 1 2	mg	2	5	0.363	3	2	2	2	1
Zinc, Zn 1 2	mg	0.12	5	0.066	0.16	0.13	0.15	0.11	0.08
Copper, Cu 1 2	mg	0.137	5	0.033	0.181	0.148	0.170	0.125	0.096
Manganese, Mn 1 2	mg	0.037	5	0.002	0.049	0.040	0.046	0.034	0.026
Selenium, Se	µg	0.6	--	--	0.8	0.6	0.7	0.5	0.4

Vitamins

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1.0 cup, cubes 132g	1.0 cup, sliced 108g	1.0 large (4-1/2" long) 124g	1.0 medium (3-5/8" long) 91g	1.0 small (3-1/8" long) 70g
Vitamin C, total ascorbic acid 1	mg	34.4	4	6.122	45.4	37.2	42.7	31.3	24.1
Thiamin 1	mg	0.014	4	0.004	0.018	0.015	0.017	0.013	0.010
Riboflavin 1	mg	0.016	4	0.003	0.021	0.017	0.020	0.015	0.011
Niacin 1	mg	0.367	4	0.078	0.484	0.396	0.455	0.334	0.257
Pantothenic acid 1	mg	0.391	4	0.040	0.516	0.422	0.485	0.356	0.274
Vitamin B-6 1	mg	0.017	4	0.006	0.022	0.018	0.021	0.015	0.012
Folate, total 1	µg	12	4	2.624	16	13	15	11	8
Folic acid	µg	0	--	--	0	0	0	0	0
Folate, food	µg	12	4	2.624	16	13	15	11	8
Folate, DFE	µg	12	--	--	16	13	15	11	8
Choline, total	mg	7.6	--	--	10.0	8.2	9.4	6.9	5.3
Vitamin B-12	µg	0.00	--	--	0.00	0.00	0.00	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00	0.00	0.00	0.00
Vitamin A, RAE 1	µg	3	4	0.991	4	3	4	3	2
Retinol	µg	0	--	--	0	0	0	0	0
Carotene, beta 3	µg	25	4	24.500	33	27	31	23	18
Carotene, alpha 3	µg	24	4	8.525	32	26	30	22	17
Cryptoxanthin, beta 3	µg	0	4	0.000	0	0	0	0	0
Vitamin A, IU 1	IU	61	4	19.812	81	66	76	56	43
Lycopene 4	µg	0	1	--	0	0	0	0	0
Lutein + zeaxanthin 4	µg	66	1	--	87	71	82	60	46
Vitamin E (alpha-tocopherol)	mg	0.15	--	--	0.20	0.16	0.19	0.14	0.10
Vitamin E, added	mg	0.00	--	--	0.00	0.00	0.00	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0	0.0	0.0	0.0
Vitamin D	IU	0	--	--	0	0	0	0	0
Vitamin K (phylloquinone)	µg	0.0	--	--	0.0	0.0	0.0	0.0	0.0
Lipids									
Fatty acids, total saturated	g	0.019	--	--	0.025	0.021	0.024	0.017	0.013
4:0	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
12:0	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1.0 cup, cubes 132g	1.0 cup, sliced 108g	1.0 large (4-1/2" long) 124g	1.0 medium (3-5/8" long) 91g	1.0 small (3-1/8" long) 70g
14:0	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
16:0	g	0.011	--	--	0.015	0.012	0.014	0.010	0.008
18:0	g	0.008	--	--	0.011	0.009	0.010	0.007	0.006
Fatty acids, total monounsaturated	g	0.030	--	--	0.040	0.032	0.037	0.027	0.021
16:1 undifferentiated	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
18:1 undifferentiated	g	0.030	--	--	0.040	0.032	0.037	0.027	0.021
20:1	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	0.184	--	--	0.243	0.199	0.228	0.167	0.129
18:2 undifferentiated	g	0.157	--	--	0.207	0.170	0.195	0.143	0.110
18:3 undifferentiated	g	0.027	--	--	0.036	0.029	0.033	0.025	0.019
18:4	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
Cholesterol	mg	0	--	--	0	0	0	0	0
Amino Acids									
Tryptophan	g	0.008	--	--	0.011	0.009	0.010	0.007	0.006
Threonine	g	0.044	--	--	0.058	0.048	0.055	0.040	0.031
Isoleucine	g	0.044	--	--	0.058	0.048	0.055	0.040	0.031
Leucine	g	0.077	--	--	0.102	0.083	0.095	0.070	0.054
Lysine	g	0.077	--	--	0.102	0.083	0.095	0.070	0.054
Methionine	g	0.021	--	--	0.028	0.023	0.026	0.019	0.015
Phenylalanine	g	0.037	--	--	0.049	0.040	0.046	0.034	0.026
Tyrosine	g	0.044	--	--	0.058	0.048	0.055	0.040	0.031
Valine	g	0.050	--	--	0.066	0.054	0.062	0.046	0.035
Arginine	g	0.021	--	--	0.028	0.023	0.026	0.019	0.015
Histidine	g	0.008	--	--	0.011	0.009	0.010	0.007	0.006
Alanine	g	0.071	--	--	0.094	0.077	0.088	0.065	0.050
Aspartic acid	g	0.098	--	--	0.129	0.106	0.122	0.089	0.069
Glutamic acid	g	0.148	--	--	0.195	0.160	0.184	0.135	0.104
Glycine	g	0.050	--	--	0.066	0.054	0.062	0.046	0.035

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1.0 cup, cubes 132g	1.0 cup, sliced 108g	1.0 large (4-1/2" long) 124g	1.0 medium (3-5/8" long) 91g	1.0 small (3-1/8" long) 70g
Proline	g	0.050	--	--	0.066	0.054	0.062	0.046	0.035
Serine	g	0.083	--	--	0.110	0.090	0.103	0.076	0.058
Other									
Alcohol, ethyl	g	0.0	--	--	0.0	0.0	0.0	0.0	0.0
Caffeine	mg	0	--	--	0	0	0	0	0
Theobromine	mg	0	--	--	0	0	0	0	0

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA Nutrient Analysis of Specialty Fruit Marketed in the United States, 1987 Beltsville MD

²N.J. Miller-Ihli Atomic absorption and atomic emission spectrometry for the determination of the trace element content of selected fruits consumed in the United States, 1996 Journal of Food Composition and Analysis 9 4 pp.301-311

³A 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

⁴E-Siong Tee, Chin-Lam Lim Carotenoid composition and content of Malaysian vegetables and fruits by the AOAC and HPLC methods., 1991 Food Chemistry 41 pp.309-339

Language Code(s)

- A0143 FRUIT OR FRUIT PRODUCT (US CFR)
- A1279 0900 FRUITS AND FRUIT JUICES (USDA SR)
- B1686 CARAMBOLA
- C0139 FRUIT, PEEL PRESENT, 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