

Basic Report 09061, Carissa, (natal-plum), raw

Report Date: January 03, 2015 17:57 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	1 cup slices 150g	1 fruit without skin and seeds 20g
Proximates				
Water	g	84.17	126.26	16.83
Energy	kcal	62	93	12
Protein	g	0.50	0.75	0.10
Total lipid (fat)	g	1.30	1.95	0.26
Carbohydrate, by difference	g	13.63	20.45	2.73
Minerals				
Calcium, Ca	mg	11	16	2
Iron, Fe	mg	1.31	1.96	0.26
Magnesium, Mg	mg	16	24	3
Phosphorus, P	mg	7	10	1
Potassium, K	mg	260	390	52
Sodium, Na	mg	3	4	1
Vitamins				
Vitamin C, total ascorbic acid	mg	38.0	57.0	7.6
Thiamin	mg	0.040	0.060	0.008
Riboflavin	mg	0.060	0.090	0.012
Niacin	mg	0.200	0.300	0.040
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	2	3	0
Vitamin A, IU	IU	40	60	8
Lipids				
Cholesterol	mg	0	0	0