

Basic Report 09313, Sapodilla, raw

Report Date: April 28, 2015 14:00 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup, pulp 241g	1 sapodilla 170g
Proximates				
Water	g	78.00	187.98	132.60
Energy	kcal	83	200	141
Protein	g	0.44	1.06	0.75
Total lipid (fat)	g	1.10	2.65	1.87
Carbohydrate, by difference	g	19.96	48.10	33.93
Fiber, total dietary	g	5.3	12.8	9.0
Minerals				
Calcium, Ca	mg	21	51	36
Iron, Fe	mg	0.80	1.93	1.36
Magnesium, Mg	mg	12	29	20
Phosphorus, P	mg	12	29	20
Potassium, K	mg	193	465	328
Sodium, Na	mg	12	29	20
Zinc, Zn	mg	0.10	0.24	0.17
Vitamins				
Vitamin C, total ascorbic acid	mg	14.7	35.4	25.0
Thiamin	mg	0.000	0.000	0.000
Riboflavin	mg	0.020	0.048	0.034
Niacin	mg	0.200	0.482	0.340
Vitamin B-6	mg	0.037	0.089	0.063
Folate, DFE	µg	14	34	24
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	3	7	5
Vitamin A, IU	IU	60	145	102
Lipids				
Fatty acids, total saturated	g	0.194	0.468	0.330

Nutrient	Unit	1 Value Per100 g	1 cup, pulp 241g	1 sapodilla 170g
Fatty acids, total monounsaturated	g	0.521	1.256	0.886
Fatty acids, total polyunsaturated	g	0.011	0.027	0.019
Cholesterol	mg	0	0	0