

Full Report (All Nutrients) 09276, Pitanga, (surinam-cherry), raw

Report Date: January 23, 2015 13:39 EST

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: 12% Refuse Description: Seed, stem, and blossom end

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 173g	1 fruit without refuse 7g
Proximates						
Water	g	90.81	2	--	157.10	6.36
Energy	kcal	33	--	--	57	2
Energy	kJ	138	--	--	239	10
Protein	g	0.80	--	--	1.38	0.06
Total lipid (fat)	g	0.40	--	--	0.69	0.03
Ash	g	0.50	--	--	0.86	0.04
Carbohydrate, by difference	g	7.49	--	--	12.96	0.52
Minerals						
Calcium, Ca	mg	9	--	--	16	1
Iron, Fe	mg	0.20	--	--	0.35	0.01
Magnesium, Mg	mg	12	1	--	21	1
Phosphorus, P	mg	11	--	--	19	1
Potassium, K	mg	103	1	--	178	7
Sodium, Na	mg	3	1	--	5	0
Vitamins						
Vitamin C, total ascorbic acid	mg	26.3	6	2.947	45.5	1.8
Thiamin	mg	0.030	--	--	0.052	0.002
Riboflavin	mg	0.040	--	--	0.069	0.003
Niacin	mg	0.300	--	--	0.519	0.021
Vitamin B-12	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	75	--	--	130	5

Nutrient	Unit	1			1 cup 173g	1 fruit without refuse 7g
		Value Per100 g	Data points	Std. Error		
Retinol	µg	0	--	--	0	0
Vitamin A, IU	IU	1500	--	--	2595	105
Lipids						
Cholesterol	mg	0	--	--	0	0
Flavonoids						
Flavones						
Apigenin ¹	mg	0.0	7	0	0.0	0.0
Luteolin ¹	mg	0.0	7	0	0.0	0.0
Flavonols						
Kaempferol ¹	mg	0.4	7	0	0.7	0.0
Myricetin ¹	mg	3.4	7	1.15	5.8	0.2
Quercetin ¹	mg	5.8	7	1.99	10.0	0.4

¹Ribani, H. F., Huber, L. S., and Ridriguez-Amaya, D. B. **Flavonols in fresh and processed Brazilian fruits.**, 2009 J. Food Comp. Anal. 22 pp.263-268

Language Code(s)

- A0143 FRUIT OR FRUIT PRODUCT (US CFR)
- A1279 0900 FRUITS AND FRUIT JUICES (USDA SR)
- B1657 SURINAM CHERRY
- 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