

**Basic Report 09146, Jujube, raw**

Report Date: November 19, 2018 16:09 EST

Nutrient values and weights are for edible portion.

| Nutrient                       | Unit | 1<br>Value<br>Per100 g |
|--------------------------------|------|------------------------|
| <b>Proximates</b>              |      |                        |
| Water                          | g    | 77.86                  |
| Energy                         | kcal | 79                     |
| Protein                        | g    | 1.20                   |
| Total lipid (fat)              | g    | 0.20                   |
| Carbohydrate, by difference    | g    | 20.23                  |
| <b>Minerals</b>                |      |                        |
| Calcium, Ca                    | mg   | 21                     |
| Iron, Fe                       | mg   | 0.48                   |
| Magnesium, Mg                  | mg   | 10                     |
| Phosphorus, P                  | mg   | 23                     |
| Potassium, K                   | mg   | 250                    |
| Sodium, Na                     | mg   | 3                      |
| Zinc, Zn                       | mg   | 0.05                   |
| <b>Vitamins</b>                |      |                        |
| Vitamin C, total ascorbic acid | mg   | 69.0                   |
| Thiamin                        | mg   | 0.020                  |
| Riboflavin                     | mg   | 0.040                  |
| Niacin                         | mg   | 0.900                  |
| Vitamin B-6                    | mg   | 0.081                  |
| Vitamin B-12                   | µg   | 0.00                   |
| Vitamin A, RAE                 | µg   | 2                      |
| Vitamin A, IU                  | IU   | 40                     |
| <b>Lipids</b>                  |      |                        |
| Fatty acids, total trans       | g    | 0.000                  |
| Cholesterol                    | mg   | 0                      |
| <b>Amino Acids</b>             |      |                        |

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|----------|------|------------------------|
| Other    |      |                        |