

Basic Report 09131, Grapes, american type (slip skin), raw

Report Date: November 08, 2014 16:31 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	1.0 cup 92g	1.0 grape 2.4g
Proximates				
Water	g	81.30	74.80	1.95
Energy	kcal	67	62	2
Protein	g	0.63	0.58	0.02
Total lipid (fat)	g	0.35	0.32	0.01
Carbohydrate, by difference	g	17.15	15.78	0.41
Fiber, total dietary	g	0.9	0.8	0.0
Sugars, total	g	16.25	14.95	0.39
Minerals				
Calcium, Ca	mg	14	13	0
Iron, Fe	mg	0.29	0.27	0.01
Magnesium, Mg	mg	5	5	0
Phosphorus, P	mg	10	9	0
Potassium, K	mg	191	176	5
Sodium, Na	mg	2	2	0
Zinc, Zn	mg	0.04	0.04	0.00
Vitamins				
Vitamin C, total ascorbic acid	mg	4.0	3.7	0.1
Thiamin	mg	0.092	0.085	0.002
Riboflavin	mg	0.057	0.052	0.001
Niacin	mg	0.300	0.276	0.007
Vitamin B-6	mg	0.110	0.101	0.003
Folate, DFE	µg	4	4	0
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	5	5	0
Vitamin A, IU	IU	100	92	2
Vitamin E (alpha-tocopherol)	mg	0.19	0.17	0.00

Nutrient	Unit	1 Value Per100 g	1.0 cup 92g	1.0 grape 2.4g
Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	0	0	0
Vitamin K (phylloquinone)	µg	14.6	13.4	0.4
Lipids				
Fatty acids, total saturated	g	0.114	0.105	0.003
Fatty acids, total monounsaturated	g	0.014	0.013	0.000
Fatty acids, total polyunsaturated	g	0.102	0.094	0.002
Cholesterol	mg	0	0	0
Other				
Caffeine	mg	0	0	0