

Basic Report 09321, Sugar-apples, (sweetsop), raw

Report Date: December 28, 2014 12:07 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	1 cup, pulp 250g	1 fruit (2-7/8" dia) 155g
Proximates				
Water	g	73.23	183.08	113.51
Energy	kcal	94	235	146
Protein	g	2.06	5.15	3.19
Total lipid (fat)	g	0.29	0.72	0.45
Carbohydrate, by difference	g	23.64	59.10	36.64
Fiber, total dietary	g	4.4	11.0	6.8
Minerals				
Calcium, Ca	mg	24	60	37
Iron, Fe	mg	0.60	1.50	0.93
Magnesium, Mg	mg	21	52	33
Phosphorus, P	mg	32	80	50
Potassium, K	mg	247	618	383
Sodium, Na	mg	9	22	14
Zinc, Zn	mg	0.10	0.25	0.16
Vitamins				
Vitamin C, total ascorbic acid	mg	36.3	90.8	56.3
Thiamin	mg	0.110	0.275	0.170
Riboflavin	mg	0.113	0.282	0.175
Niacin	mg	0.883	2.208	1.369
Vitamin B-6	mg	0.200	0.500	0.310
Folate, DFE	µg	14	35	22
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	0	0	0
Vitamin A, IU	IU	6	15	9
Lipids				
Fatty acids, total saturated	g	0.048	0.120	0.074

Nutrient	Unit	1 Value Per100 g	1 cup, pulp 250g	1 fruit (2-7/8" dia) 155g
Fatty acids, total monounsaturated	g	0.114	0.285	0.177
Fatty acids, total polyunsaturated	g	0.040	0.100	0.062
Cholesterol	mg	0	0	0