

Full Report (All Nutrients) 09086, Custard-apple, (bullock's-heart), raw

Report Date: January 26, 2016 16:42 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: 42% Refuse Description: Seeds and skin

| Nutrient | Unit | 1 Value Per100 g | Data points | Std. Error |
|--------------------------------|------|------------------------|-------------|------------|
| Proximates | | | | |
| Water | g | 71.50 | -- | -- |
| Energy | kcal | 101 | -- | -- |
| Energy | kJ | 423 | -- | -- |
| Protein | g | 1.70 | -- | -- |
| Total lipid (fat) | g | 0.60 | -- | -- |
| Ash | g | 1.00 | -- | -- |
| Carbohydrate, by difference | g | 25.20 | -- | -- |
| Fiber, total dietary | g | 2.4 | -- | -- |
| Minerals | | | | |
| Calcium, Ca | mg | 30 | 9 | 6.209 |
| Iron, Fe | mg | 0.71 | 2 | -- |
| Magnesium, Mg | mg | 18 | 1 | -- |
| Phosphorus, P | mg | 21 | 7 | 2.722 |
| Potassium, K | mg | 382 | 4 | 52.019 |
| Sodium, Na | mg | 4 | 2 | -- |
| Vitamins | | | | |
| Vitamin C, total ascorbic acid | mg | 19.2 | 15 | 2.747 |
| Thiamin | mg | 0.080 | -- | -- |
| Riboflavin | mg | 0.100 | -- | -- |
| Niacin | mg | 0.500 | -- | -- |
| Pantothenic acid | mg | 0.135 | -- | -- |

| Nutrient | Unit | 1 Value Per100 g | Data points | Std. Error |
|--|------|------------------------|-------------|------------|
| Vitamin B-6 | mg | 0.221 | 1 | -- |
| Vitamin B-12 | µg | 0.00 | -- | -- |
| Vitamin A, RAE | µg | 2 | -- | -- |
| Retinol | µg | 0 | -- | -- |
| Vitamin A, IU | IU | 33 | -- | -- |
| Lipids | | | | |
| Fatty acids, total saturated | g | 0.231 | -- | -- |
| Fatty acids, total trans | g | 0.000 | -- | -- |
| Cholesterol | mg | 0 | -- | -- |
| Amino Acids | | | | |
| Tryptophan | g | 0.007 | 1 | -- |
| Lysine | g | 0.037 | 1 | -- |
| Methionine | g | 0.004 | 1 | -- |
| Other | | | | |
| Flavonoids | | | | |
| Flavan-3-ols | | | | |
| (+)-Catechin 2 | mg | 0.6 | 3 | 0 |
| (-)-Epigallocatechin 2 | mg | 0.0 | 3 | 0 |
| (-)-Epicatechin 2 | mg | 5.6 | 3 | 0 |
| (-)-Epicatechin 3-gallate 2 | mg | 0.0 | 3 | 0 |
| (-)-Epigallocatechin 3-gallate 2 | mg | 0.0 | 3 | 0 |
| (+)-Gallocatechin 2 | mg | 0.0 | 3 | 0 |
| Proanthocyanidin | | | | |
| Proanthocyanidin dimers 1 | mg | 14.2 | 3 | 0 |
| Proanthocyanidin trimers 1 | mg | 4.5 | 3 | 0 |

¹de Pascual-Teresa, S., Santos-Buelga, C., and Rivas-Gonzalo, J.C. Quantitative analysis of flavan-3-ols in Spanish foodstuffs and beverages, 2000 J. Agric. Food Chem. 48 pp.5331-5337

²de Pascual-Teresa, S., Santos-Buelga, C., & Rivas-Gonzalo, J.C. Quantitative analysis of flavan-3-ols in Spanish foodstuffs and beverages., 2000 J. Agric. Food Chem. 48 pp.5331-5337