

Basic Report 09059, Breadfruit, raw

Report Date: January 08, 2018 13:57 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 220g	0.25 fruit, small 96g
Proximates				
Water	g	70.65	155.43	67.82
Energy	kcal	103	227	99
Protein	g	1.07	2.35	1.03
Total lipid (fat)	g	0.23	0.51	0.22
Carbohydrate, by difference	g	27.12	59.66	26.04
Fiber, total dietary	g	4.9	10.8	4.7
Sugars, total	g	11.00	24.20	10.56
Minerals				
Calcium, Ca	mg	17	37	16
Iron, Fe	mg	0.54	1.19	0.52
Magnesium, Mg	mg	25	55	24
Phosphorus, P	mg	30	66	29
Potassium, K	mg	490	1078	470
Sodium, Na	mg	2	4	2
Zinc, Zn	mg	0.12	0.26	0.12
Vitamins				
Vitamin C, total ascorbic acid	mg	29.0	63.8	27.8
Thiamin	mg	0.110	0.242	0.106
Riboflavin	mg	0.030	0.066	0.029
Niacin	mg	0.900	1.980	0.864
Vitamin B-6	mg	0.100	0.220	0.096
Folate, DFE	µg	14	31	13
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	0	0	0
Vitamin A, IU	IU	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.10	0.22	0.10

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	0	0	0
Vitamin K (phylloquinone)	µg	0.5	1.1	0.5
Lipids				
Fatty acids, total saturated	g	0.048	0.106	0.046
Fatty acids, total monounsaturated	g	0.034	0.075	0.033
Fatty acids, total polyunsaturated	g	0.066	0.145	0.063
Fatty acids, total trans	g	0.000	0.000	0.000
Cholesterol	mg	0	0	0
Amino Acids				
Other				
Caffeine	mg	0	0	0