

Basic Report 09334, Feijoa, raw

Report Date: August 27, 2019 15:30 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup, pureed 243g	1 fruit without peel 42g	1 cup 1/2" chunks 205g
Proximates					
Water	g	83.28	202.37	34.98	170.72
Energy	kcal	61	148	26	125
Protein	g	0.71	1.73	0.30	1.46
Total lipid (fat)	g	0.42	1.02	0.18	0.86
Carbohydrate, by difference	g	15.21	36.96	6.39	31.18
Fiber, total dietary	g	6.4	15.6	2.7	13.1
Sugars, total	g	8.20	19.93	3.44	16.81
Minerals					
Calcium, Ca	mg	17	41	7	35
Iron, Fe	mg	0.14	0.34	0.06	0.29
Magnesium, Mg	mg	9	22	4	18
Phosphorus, P	mg	19	46	8	39
Potassium, K	mg	172	418	72	353
Sodium, Na	mg	3	7	1	6
Zinc, Zn	mg	0.06	0.15	0.03	0.12
Vitamins					
Vitamin C, total ascorbic acid	mg	32.9	79.9	13.8	67.4
Thiamin	mg	0.006	0.015	0.003	0.012
Riboflavin	mg	0.018	0.044	0.008	0.037
Niacin	mg	0.295	0.717	0.124	0.605
Vitamin B-6	mg	0.067	0.163	0.028	0.137
Folate, DFE	µg	23	56	10	47
Vitamin B-12	µg	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	0	0	0	0
Vitamin A, IU	IU	6	15	3	12
Vitamin E (alpha-tocopherol)	mg	0.16	0.39	0.07	0.33

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Vitamin K (phylloquinone)	µg	3.5	8.5	1.5	7.2
Lipids					
Fatty acids, total saturated	g	0.104	0.253	0.044	0.213
Fatty acids, total monounsaturated	g	0.056	0.136	0.024	0.115
Fatty acids, total polyunsaturated	g	0.136	0.330	0.057	0.279
Fatty acids, total trans	g	0.000	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0

Amino Acids

Other

Footnotes

^a Mean value contains data based on the analysis of 5-methyltetrahydrofolate, 10-Formyl folic acid, and 5-Formyltetrahydrofolic acid plus total folate determined microbiologically