

Basic Report 09420, Jackfruit, canned, syrup pack

Report Date: April 05, 2018 17:36 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup, drained 178g
Proximates			
Water	g	75.28	134.00
Energy	kcal	92	164
Protein	g	0.36	0.64
Total lipid (fat)	g	0.14	0.25
Carbohydrate, by difference	g	23.94	42.61
Fiber, total dietary	g	0.9	1.6
Minerals			
Calcium, Ca	mg	44	78
Iron, Fe	mg	0.29	0.52
Magnesium, Mg	mg	10	18
Phosphorus, P	mg	6	11
Potassium, K	mg	96	171
Sodium, Na	mg	11	20
Zinc, Zn	mg	0.11	0.20
Vitamins			
Vitamin C, total ascorbic acid	mg	0.5	0.9
Thiamin	mg	0.033	0.059
Riboflavin	mg	0.036	0.064
Niacin	mg	0.677	1.205
Vitamin B-6	mg	0.044	0.078
Folate, DFE	µg	14	25
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	0	0
Vitamin A, IU	IU	2	4
Lipids			
Fatty acids, total trans	g	0.000	0.000

Nutrient	Unit	1 Value Per100 g	1 cup, drained 178g
Cholesterol	mg	0	0

Amino Acids

Other