

USDA National Nutrient Database for Standard Reference Release 28

Basic Report 09174, Loquats, raw

Report Date: March 17, 2016 12:07 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup, cubed 149g	1 large 20g	1 medium 16g	1 small 13.6g
<b>Proximates</b>						
Water	g	86.73	129.23	17.35	13.88	11.80
Energy	kcal	47	70	9	8	6
Protein	g	0.43	0.64	0.09	0.07	0.06
Total lipid (fat)	g	0.20	0.30	0.04	0.03	0.03
Carbohydrate, by difference	g	12.14	18.09	2.43	1.94	1.65
Fiber, total dietary	g	1.7	2.5	0.3	0.3	0.2
<b>Minerals</b>						
Calcium, Ca	mg	16	24	3	3	2
Iron, Fe	mg	0.28	0.42	0.06	0.04	0.04
Magnesium, Mg	mg	13	19	3	2	2
Phosphorus, P	mg	27	40	5	4	4
Potassium, K	mg	266	396	53	43	36
Sodium, Na	mg	1	1	0	0	0
Zinc, Zn	mg	0.05	0.07	0.01	0.01	0.01
<b>Vitamins</b>						
Vitamin C, total ascorbic acid	mg	1.0	1.5	0.2	0.2	0.1
Thiamin	mg	0.019	0.028	0.004	0.003	0.003
Riboflavin	mg	0.024	0.036	0.005	0.004	0.003
Niacin	mg	0.180	0.268	0.036	0.029	0.024
Vitamin B-6	mg	0.100	0.149	0.020	0.016	0.014
Folate, DFE	µg	14	21	3	2	2
Vitamin B-12	µg	0.00	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	76	113	15	12	10
Vitamin A, IU	IU	1528	2277	306	244	208
<b>Lipids</b>						
Fatty acids, total saturated	g	0.040	0.060	0.008	0.006	0.005

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Fatty acids, total monounsaturated	g	0.008	0.012	0.002	0.001	0.001
Fatty acids, total polyunsaturated	g	0.091	0.136	0.018	0.015	0.012
Fatty acids, total trans	g	0.000	0.000	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0

**Amino Acids**

**Other**