

Full Report (All Nutrients) 09265, Persimmons, native, raw

Report Date: May 27, 2014 14:56 EDT

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: 18% Refuse Description: 2% calyx, 16% seeds

Nutrient	Unit	1 Value Per 100 g	Data points	Std. Error	1.0 fruit without refuse 25g
Proximates					
Water	g	64.40	--	--	16.10
Energy	kcal	127	--	--	32
Energy	kJ	531	--	--	133
Protein	g	0.80	--	--	0.20
Total lipid (fat)	g	0.40	--	--	0.10
Ash	g	0.90	--	--	0.22
Carbohydrate, by difference	g	33.50	--	--	8.38
Minerals					
Calcium, Ca	mg	27	--	--	7
Iron, Fe	mg	2.50	--	--	0.62
Phosphorus, P	mg	26	--	--	6
Potassium, K	mg	310	--	--	78
Sodium, Na	mg	1	--	--	0
Vitamins					
Vitamin C, total ascorbic acid	mg	66.0	--	--	16.5
Vitamin B-12	µg	0.00	--	--	0.00
Lipids					
Cholesterol	mg	0	--	--	0
Amino Acids					
Tryptophan	g	0.014	--	--	0.004
Threonine	g	0.041	--	--	0.010

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1.0 fruit without refuse 25g
Isoleucine	g	0.035	--	--	0.009
Leucine	g	0.058	--	--	0.015
Lysine	g	0.045	--	--	0.011
Methionine	g	0.007	--	--	0.002
Cystine	g	0.018	--	--	0.004
Phenylalanine	g	0.036	--	--	0.009
Tyrosine	g	0.023	--	--	0.006
Valine	g	0.042	--	--	0.010
Arginine	g	0.034	--	--	0.008
Histidine	g	0.016	--	--	0.004
Alanine	g	0.039	--	--	0.010
Aspartic acid	g	0.079	--	--	0.020
Glutamic acid	g	0.104	--	--	0.026
Glycine	g	0.035	--	--	0.009
Proline	g	0.031	--	--	0.008
Serine	g	0.031	--	--	0.008

Language Code(s)

- A0143 FRUIT OR FRUIT PRODUCT (US CFR)
- A1279 0900 FRUITS AND FRUIT JUICES (USDA SR)
- B3329 AMERICAN PERSIMMON
- C0139 FRUIT, PEEL PRESENT, CORE, PIT OR SEED REMOVED
- E0150 WHOLE, NATURAL SHAPE
- F0003 NOT HEAT-TREATED
- G0003 COOKING METHOD NOT APPLICABLE
- H0003 NO TREATMENT APPLIED
- J0001 PRESERVATION METHOD NOT KNOWN
- K0003 NO PACKING MEDIUM USED
- M0001 CONTAINER OR WRAPPING NOT KNOWN
- N0001 FOOD CONTACT SURFACE NOT KNOWN
- P0024 HUMAN FOOD, NO AGE SPECIFICATION