

Full Report (All Nutrients) 09263, Persimmons, japanese, raw

Report Date: May 27, 2014 14:52 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: 16% Refuse Description: 2% calyx, 14% skin

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1.0 fruit (2-1/2" dia) 168g
Proximates					
Water	g	80.32	5	0.384	134.94
Energy	kcal	70	--	--	118
Energy	kJ	293	--	--	492
Protein	g	0.58	3	0.025	0.97
Total lipid (fat)	g	0.19	2	--	0.32
Ash	g	0.33	3	0.055	0.55
Carbohydrate, by difference	g	18.59	--	--	31.23
Fiber, total dietary	g	3.6	--	--	6.0
Sugars, total 1 2	g	12.53	3	0.321	21.05
Sucrose 1 2	g	1.54	3	0.101	2.59
Glucose (dextrose) 1 2	g	5.44	3	0.275	9.14
Fructose 1 2	g	5.56	3	0.041	9.34
Minerals					
Calcium, Ca	mg	8	4	2.413	13
Iron, Fe	mg	0.15	1	--	0.25
Magnesium, Mg	mg	9	2	--	15
Phosphorus, P	mg	17	2	--	29
Potassium, K	mg	161	3	28.627	270
Sodium, Na	mg	1	3	0.331	2
Zinc, Zn	mg	0.11	1	--	0.18
Copper, Cu	mg	0.113	1	--	0.190

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1.0 fruit (2-1/2" dia) 168g
Manganese, Mn	mg	0.355	3	0.109	0.596
Selenium, Se	µg	0.6	--	--	1.0
Vitamins					
Vitamin C, total ascorbic acid	mg	7.5	2	--	12.6
Thiamin	mg	0.030	--	--	0.050
Riboflavin	mg	0.020	--	--	0.034
Niacin	mg	0.100	--	--	0.168
Vitamin B-6	mg	0.100	--	--	0.168
Folate, total	µg	8	4	0.750	13
Folic acid	µg	0	--	--	0
Folate, food	µg	8	4	0.750	13
Folate, DFE	µg	8	--	--	13
Choline, total	mg	7.6	--	--	12.8
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	81	--	--	136
Retinol	µg	0	--	--	0
Carotene, beta 3 4	µg	253	2	--	425
Carotene, alpha	µg	0	--	--	0
Cryptoxanthin, beta 3 4	µg	1447	2	--	2431
Vitamin A, IU	IU	1627	--	--	2733
Lycopene 3	µg	159	1	--	267
Lutein + zeaxanthin 3	µg	834	1	--	1401
Vitamin E (alpha-tocopherol)	mg	0.73	--	--	1.23
Vitamin E, added	mg	0.00	--	--	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Vitamin K (phylloquinone)	µg	2.6	--	--	4.4
Lipids					
Fatty acids, total saturated	g	0.020	--	--	0.034
4:0	g	0.000	--	--	0.000
6:0	g	0.000	--	--	0.000
8:0	g	0.000	--	--	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1.0 fruit (2-1/2" dia) 168g
10:0	g	0.000	--	--	0.000
12:0	g	0.000	--	--	0.000
14:0	g	0.001	--	--	0.002
16:0	g	0.016	--	--	0.027
18:0	g	0.003	--	--	0.005
Fatty acids, total monounsaturated	g	0.037	--	--	0.062
16:1 undifferentiated	g	0.000	--	--	0.000
18:1 undifferentiated	g	0.037	--	--	0.062
20:1	g	0.000	--	--	0.000
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	0.043	--	--	0.072
18:2 undifferentiated	g	0.039	--	--	0.066
18:3 undifferentiated	g	0.004	--	--	0.007
18:4	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.000	--	--	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Cholesterol	mg	0	--	--	0
Phytosterols	mg	4	--	--	7
Amino Acids					
Tryptophan	g	0.010	1	--	0.017
Threonine	g	0.030	2	--	0.050
Isoleucine	g	0.025	2	--	0.042
Leucine	g	0.042	2	--	0.071
Lysine	g	0.033	2	--	0.055
Methionine	g	0.005	2	--	0.008
Cystine	g	0.013	1	--	0.022
Phenylalanine	g	0.026	2	--	0.044
Tyrosine	g	0.016	2	--	0.027
Valine	g	0.030	2	--	0.050
Arginine	g	0.025	2	--	0.042
Histidine	g	0.012	2	--	0.020

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Alanine	g	0.029	2	--	0.049
Aspartic acid	g	0.057	2	--	0.096
Glutamic acid	g	0.076	2	--	0.128
Glycine	g	0.025	2	--	0.042
Proline	g	0.022	2	--	0.037
Serine	g	0.022	2	--	0.037
Other					
Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA Variability of the sugar content of foods, 1989 Beltsville MD

²S.D. Senter, G.W.Jr. Chapman, W.R. Jr Forbus, J.A. Payne Sugar and nonvolatile acid composition of persimmons during maturation, 1991 Journal of Food Science 56 4 pp.989-991

³T Philip, T S Chen Quantitative analyses of major carotenoid fatty acid esters in fruits by liquid chromatography: Persimmon and Papaya., 1988 J. Food Science 53 6 pp.1720-1722

⁴T Philip, T S Chen Development of a method for the quantitative estimation of provitamin A carotenoids in some fruits., 1988 J. Food Science 53 pp.1703-1707

Language Code(s)

- A0143 FRUIT OR FRUIT PRODUCT (US CFR)
- A1279 0900 FRUITS AND FRUIT JUICES (USDA SR)
- B1447 PERSIMMON
- C0138 FRUIT, PEEL 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