

Full Report (All Nutrients) 09145, Java-plum, (jambolan), raw

Report Date: June 03, 2018 16:23 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:19% Refuse Description: Seed

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 135g	3.0 fruit 9g
Proximates						
Water	g	83.13	8	0.870	112.23	7.48
Energy	kcal	60	--	--	81	5
Energy	kJ	251	--	--	339	23
Protein	g	0.72	6	0.080	0.97	0.06
Total lipid (fat)	g	0.23	5	0.070	0.31	0.02
Ash	g	0.36	5	0.090	0.49	0.03
Carbohydrate, by difference	g	15.56	--	--	21.01	1.40
Minerals						
Calcium, Ca	mg	19	3	7.000	26	2
Iron, Fe	mg	0.19	2	--	0.26	0.02
Magnesium, Mg	mg	15	1	--	20	1
Phosphorus, P	mg	17	3	3.000	23	2
Potassium, K	mg	79	1	--	107	7
Sodium, Na	mg	14	1	--	19	1
Vitamins						
Vitamin C, total ascorbic acid	mg	14.3	3	6.400	19.3	1.3
Thiamin	mg	0.006	3	0.002	0.008	0.001
Riboflavin	mg	0.012	3	0.003	0.016	0.001
Niacin	mg	0.260	4	0.025	0.351	0.023
Vitamin B-6	mg	0.038	1	--	0.051	0.003
Vitamin B-12	µg	0.00	--	--	0.00	0.00

Nutrient	Unit	I Value Per100 g	Data points	Std. Error	1 cup 135g	3.0 fruit 9g
Vitamin A, RAE	µg	0	2	--	0	0
Retinol	µg	0	--	--	0	0
Vitamin A, IU	IU	3	2	--	4	0

Lipids

Fatty acids, total trans	g	0.000	--	--	0.000	0.000
Cholesterol	mg	0	--	--	0	0

Amino Acids

Other

Languag Code(s)

- A0143 FRUIT OR FRUIT PRODUCT (US CFR)
- A1279 0900 FRUITS AND FRUIT JUICES (USDA SR)
- B1651 JAMBOLAN
- 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