



Nutrient	Unit	1 Value Per 100 g	1.0 cup, mashed 225g	1.0 cup, sliced 150g	1.0 extra small (less than 6" long) 81g	1.0 small (6" to 6-7/8" long) 101g	1.0 medium (7" to 7-7/8" long) 118g	1.0 large (8" to 8-7/8" long) 136g	1.0 extra large (9" or longer) 152g	1.0 NLEA serving 126g
Vitamin D	IU	0	0	0	0	0	0	0	0	0
Vitamin K (phylloquinone)	µg	0.5	1.1	0.8	0.4	0.5	0.6	0.7	0.8	0.6
<b>Lipids</b>										
Fatty acids, total saturated	g	0.112	0.252	0.168	0.091	0.113	0.132	0.152	0.170	0.141
Fatty acids, total monounsaturated	g	0.032	0.072	0.048	0.026	0.032	0.038	0.044	0.049	0.040
Fatty acids, total polyunsaturated	g	0.073	0.164	0.109	0.059	0.074	0.086	0.099	0.111	0.092
Cholesterol	mg	0	0	0	0	0	0	0	0	0
<b>Other</b>										
Caffeine	mg	0	0	0	0	0	0	0	0	0