

Basic Report 09148, Kiwifruit, green, raw

Report Date: March 27, 2014 12:11 EDT

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	0.5 cup, sliced 90g	1.0 fruit (2" dia) 69g	1.0 NLEA serving 148g
Proximates					
Water	g	83.07	74.76	57.32	122.94
Energy	kcal	61	55	42	90
Protein	g	1.14	1.03	0.79	1.69
Total lipid (fat)	g	0.52	0.47	0.36	0.77
Carbohydrate, by difference	g	14.66	13.19	10.12	21.70
Fiber, total dietary	g	3.0	2.7	2.1	4.4
Sugars, total	g	8.99	8.09	6.20	13.31
Minerals					
Calcium, Ca	mg	34	31	23	50
Iron, Fe	mg	0.31	0.28	0.21	0.46
Magnesium, Mg	mg	17	15	12	25
Phosphorus, P	mg	34	31	23	50
Potassium, K	mg	312	281	215	462
Sodium, Na	mg	3	3	2	4
Zinc, Zn	mg	0.14	0.13	0.10	0.21
Vitamins					
Vitamin C, total ascorbic acid	mg	92.7	83.4	64.0	137.2
Thiamin	mg	0.027	0.024	0.019	0.040
Riboflavin	mg	0.025	0.022	0.017	0.037
Niacin	mg	0.341	0.307	0.235	0.505
Vitamin B-6	mg	0.063	0.057	0.043	0.093
Folate, DFE	µg	25	22	17	37
Vitamin B-12	µg	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	4	4	3	6
Vitamin A, IU	IU	87	78	60	129
Vitamin E (alpha-tocopherol)	mg	1.46	1.31	1.01	2.16
Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	0.0

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Vitamin D	IU	0	0	0	0
Vitamin K (phylloquinone)	µg	40.3	36.3	27.8	59.6
Lipids					
Fatty acids, total saturated	g	0.029	0.026	0.020	0.043
Fatty acids, total monounsaturated	g	0.047	0.042	0.032	0.070
Fatty acids, total polyunsaturated	g	0.287	0.258	0.198	0.425
Cholesterol	mg	0	0	0	0
Other					
Caffeine	mg	0	0	0	0