

**Basic Report 09316, Strawberries, raw**

Report Date:March 26, 2014 16:52 EDT

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	0.5 cup, halves 76g	1.0 cup, pureed 232g	1.0 cup, sliced 166g	1.0 cup, whole 144g	1.0 extra large (1-5/8" dia) 27g	1.0 large (1-3/8" dia) 18g	1.0 medium (1-1/4" dia) 12g	1.0 pint as purchased, yields 357g	1.0 small (1" dia) 7g	1.0 NLEA serving 147g
<b>Proximates</b>												
Water	g	90.95	69.12	211.00	150.98	130.97	24.56	16.37	10.91	324.69	6.37	133.70
Energy	kcal	32	24	74	53	46	9	6	4	114	2	47
Protein	g	0.67	0.51	1.55	1.11	0.96	0.18	0.12	0.08	2.39	0.05	0.98
Total lipid (fat)	g	0.30	0.23	0.70	0.50	0.43	0.08	0.05	0.04	1.07	0.02	0.44
Carbohydrate, by difference	g	7.68	5.84	17.82	12.75	11.06	2.07	1.38	0.92	27.42	0.54	11.29
Fiber, total dietary	g	2.0	1.5	4.6	3.3	2.9	0.5	0.4	0.2	7.1	0.1	2.9
Sugars, total	g	4.89	3.72	11.34	8.12	7.04	1.32	0.88	0.59	17.46	0.34	7.19
<b>Minerals</b>												
Calcium, Ca	mg	16	12	37	27	23	4	3	2	57	1	24
Iron, Fe	mg	0.41	0.31	0.95	0.68	0.59	0.11	0.07	0.05	1.46	0.03	0.60
Magnesium, Mg	mg	13	10	30	22	19	4	2	2	46	1	19
Phosphorus, P	mg	24	18	56	40	35	6	4	3	86	2	35
Potassium, K	mg	153	116	355	254	220	41	28	18	546	11	225
Sodium, Na	mg	1	1	2	2	1	0	0	0	4	0	1
Zinc, Zn	mg	0.14	0.11	0.32	0.23	0.20	0.04	0.03	0.02	0.50	0.01	0.21
<b>Vitamins</b>												
Vitamin C, total ascorbic acid	mg	58.8	44.7	136.4	97.6	84.7	15.9	10.6	7.1	209.9	4.1	86.4
Thiamin	mg	0.024	0.018	0.056	0.040	0.035	0.006	0.004	0.003	0.086	0.002	0.035
Riboflavin	mg	0.022	0.017	0.051	0.037	0.032	0.006	0.004	0.003	0.079	0.002	0.032
Niacin	mg	0.386	0.293	0.896	0.641	0.556	0.104	0.069	0.046	1.378	0.027	0.567
Vitamin B-6	mg	0.047	0.036	0.109	0.078	0.068	0.013	0.008	0.006	0.168	0.003	0.069
Folate, DFE	µg	24	18	56	40	35	6	4	3	86	2	35
Vitamin B-12	µg	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	1	1	2	2	1	0	0	0	4	0	1
Vitamin A, IU	IU	12	9	28	20	17	3	2	1	43	1	18

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Vitamin E (alpha-tocopherol)	mg	0.29	0.22	0.67	0.48	0.42	0.08	0.05	0.03	1.04	0.02	0.43
Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Vitamin D	IU	0	0	0	0	0	0	0	0	0	0	0
Vitamin K (phylloquinone)	µg	2.2	1.7	5.1	3.7	3.2	0.6	0.4	0.3	7.9	0.2	3.2
<b>Lipids</b>												
Fatty acids, total saturated	g	0.015	0.011	0.035	0.025	0.022	0.004	0.003	0.002	0.054	0.001	0.022
Fatty acids, total monounsaturated	g	0.043	0.033	0.100	0.071	0.062	0.012	0.008	0.005	0.154	0.003	0.063
Fatty acids, total polyunsaturated	g	0.155	0.118	0.360	0.257	0.223	0.042	0.028	0.019	0.553	0.011	0.228
Cholesterol	mg	0	0	0	0	0	0	0	0	0	0	0
<b>Other</b>												
Caffeine	mg	0	0	0	0	0	0	0	0	0	0	0

**Footnotes**  
<sup>a</sup> Value based on the analysis of 5-methyltetrahydrofolate