

Full Report (All Nutrients) 09231, Passion-fruit, (granadilla), purple, raw

Report Date: June 20, 2018 10:47 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:48% Refuse Description: Shell

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 236g	1 fruit without refuse 18g
Proximates						
Water	g	72.93	4	1.350	172.11	13.13
Energy	kcal	97	--	--	229	17
Energy	kJ	406	--	--	958	73
Protein	g	2.20	--	--	5.19	0.40
Total lipid (fat)	g	0.70	--	--	1.65	0.13
Ash	g	0.80	--	--	1.89	0.14
Carbohydrate, by difference	g	23.38	--	--	55.18	4.21
Fiber, total dietary	g	10.4	--	--	24.5	1.9
Sugars, total	g	11.20	--	--	26.43	2.02
Minerals						
Calcium, Ca	mg	12	3	4.000	28	2
Iron, Fe	mg	1.60	--	--	3.78	0.29
Magnesium, Mg	mg	29	--	--	68	5
Phosphorus, P	mg	68	3	4.000	160	12
Potassium, K	mg	348	--	--	821	63
Sodium, Na	mg	28	--	--	66	5
Zinc, Zn	mg	0.10	--	--	0.24	0.02
Copper, Cu	mg	0.086	--	--	0.203	0.015
Selenium, Se	µg	0.6	--	--	1.4	0.1
Vitamins						
Vitamin C, total ascorbic acid	mg	30.0	--	--	70.8	5.4

Nutrient	Unit	1			1 cup 236g	1 fruit without refuse 18g
		Value Per100 g	Data points	Std. Error		
Thiamin	mg	0.000	--	--	0.000	0.000
Riboflavin	mg	0.130	--	--	0.307	0.023
Niacin	mg	1.500	--	--	3.540	0.270
Vitamin B-6	mg	0.100	--	--	0.236	0.018
Folate, total	µg	14	--	--	33	3
Folic acid	µg	0	--	--	0	0
Folate, food	µg	14	--	--	33	3
Folate, DFE	µg	14	--	--	33	3
Choline, total	mg	7.6	--	--	17.9	1.4
Vitamin B-12	µg	0.00	--	--	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE ↓	µg	64	2	--	151	12
Retinol	µg	0	--	--	0	0
Carotene, beta ↓	µg	743	2	--	1753	134
Carotene, alpha ↓	µg	0	2	--	0	0
Cryptoxanthin, beta ↓	µg	41	2	--	97	7
Vitamin A, IU ↓	IU	1272	2	--	3002	229
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0
Vitamin E (alpha-tocopherol)	mg	0.02	--	--	0.05	0.00
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0
Vitamin D	IU	0	--	--	0	0
Vitamin K (phylloquinone)	µg	0.7	--	--	1.7	0.1
Lipids						
Fatty acids, total saturated	g	0.059	--	--	0.139	0.011
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000
12:0	g	0.000	--	--	0.000	0.000
14:0	g	0.000	--	--	0.000	0.000
16:0	g	0.045	--	--	0.106	0.008

Nutrient	Unit	1			1 cup 236g	1 fruit without refuse 18g
		Value Per100 g	Data points	Std. Error		
18:0	g	0.014	--	--	0.033	0.003
Fatty acids, total monounsaturated	g	0.086	--	--	0.203	0.015
16:1 undifferentiated	g	0.000	--	--	0.000	0.000
18:1 undifferentiated	g	0.086	--	--	0.203	0.015
20:1	g	0.000	--	--	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.411	--	--	0.970	0.074
18:2 undifferentiated	g	0.410	--	--	0.968	0.074
18:3 undifferentiated	g	0.001	--	--	0.002	0.000
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Fatty acids, total trans	g	0.000	--	--	0.000	0.000
Cholesterol	mg	0	--	--	0	0
Amino Acids						
Other						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0
Flavonoids						
Isoflavones						
Daidzein 2	mg	0.01	1	--	0.02	0.00
Genistein 2	mg	0.01	1	--	0.02	0.00
Total isoflavones 2	mg	0.02	1	--	0.05	0.00

Sources of Data

¹A Homnava, W Rogers, R R Eitenmiller **Provitamin A activity of specialty fruit marketed in the United States.**, 1990 J. Food Composition and Analysis 3 pp.119-133

²Liggins, J., Bluck, L. J. C., Runswick, S., Atkinson, C., Coward, W. A., Bingham, S. A. **Daidzein and genistein content of fruits and nuts.**, 2000 J. Nutr. Biochem. 11 pp.326-331

Languag Code(s)

- A0143 FRUIT OR FRUIT PRODUCT (US CFR)
- A1279 0900 FRUITS AND FRUIT JUICES (USDA SR)
- B1634 PASSION FRUIT
- C0230 FRUIT, PEEL REMOVED, CORE, PIT OR SEED PRESENT
- 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