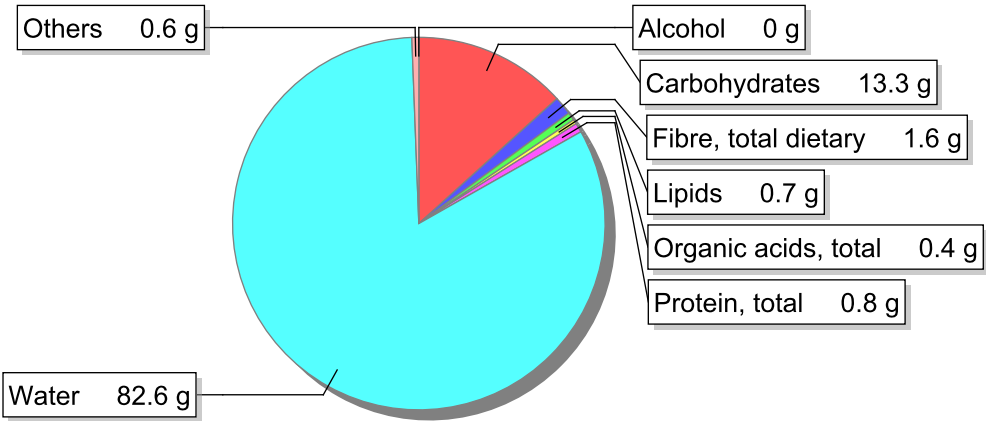


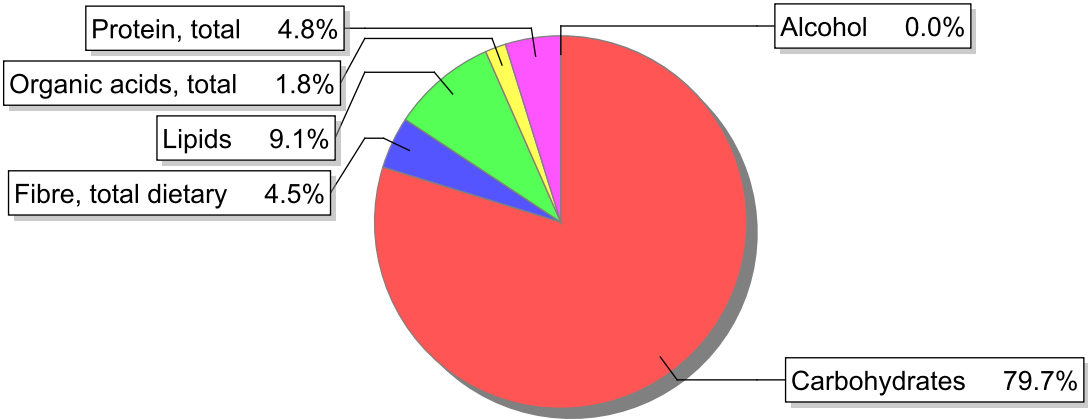
Food

Name: Cherries
Group: Fruit
Subgroup: Fresh fruit
Edible Part: 84%
Code: IS637
FoodEX2 Code: A01GK

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	67	kcal	
energy kJ, total metabolisable	284	kJ	
fatty acids, total saturated	0.2	g	57
fatty acids, total monounsaturated	0.2	g	57
fatty acids, total polyunsaturated	0.2	g	57
fatty acid 18:2 n-6 cis,cis	0.2	g	
fatty acids, total trans	0	g	
sugars, total	13.3	g	
sucrose	0	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	0	g	
fibre, total dietary	1.6	g	57
protein, total	0.8	g	57
alcohol	0	g	
water	82.6	g	57
organic acids, total	0.4	g	
cholesterol	0	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	24	µg	57
carotene, total (vitamin A precursors)	141	µg	57
vitamin D	0	µg	
alpha-tocopherol	0.13	mg	
thiamin	0.04	mg	57
riboflavin	0.06	mg	57
niacin, preformed	0.2	mg	
niacin equivalents, total	0.3	mg	
niacin equivalents from tryptophan	0.1	mg	
vitamin B-6, total	0.04	mg	57
vitamin B-12	0	µg	
vitamin C	6	mg	
folate, total	5	µg	
ash	0.43	g	
sodium	1	mg	
potassium	210	mg	
calcium	14	mg	57
phosphorus	15	mg	57
magnesium	10	mg	
iron, total	0.4	mg	57
zinc	0.1	mg	57

Legend

Code	Name
g	gram
kJ	kilojoule
kcal	kilocalorie
mg	milligram
µg	microgram

References

Id	Reference
57	PIABAD (1993) Programa do Instituto de Alimentação Becel para análise de dietas: programa profissional para computadores pessoais. Lisboa: IAB