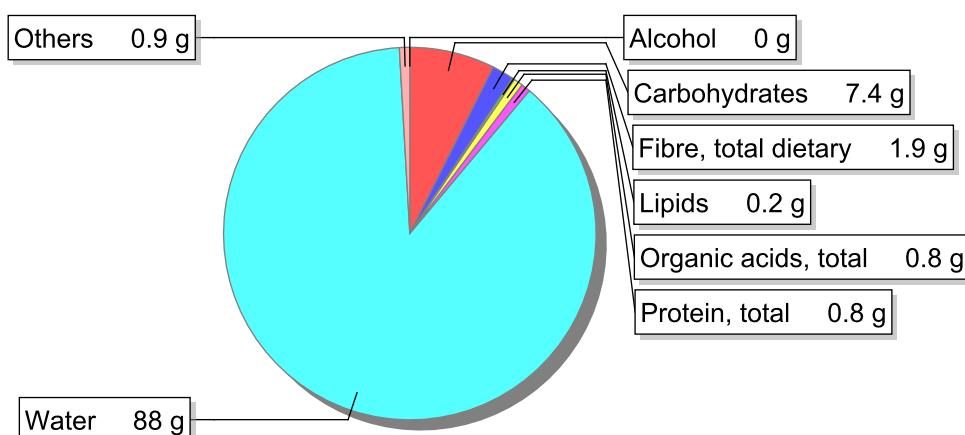


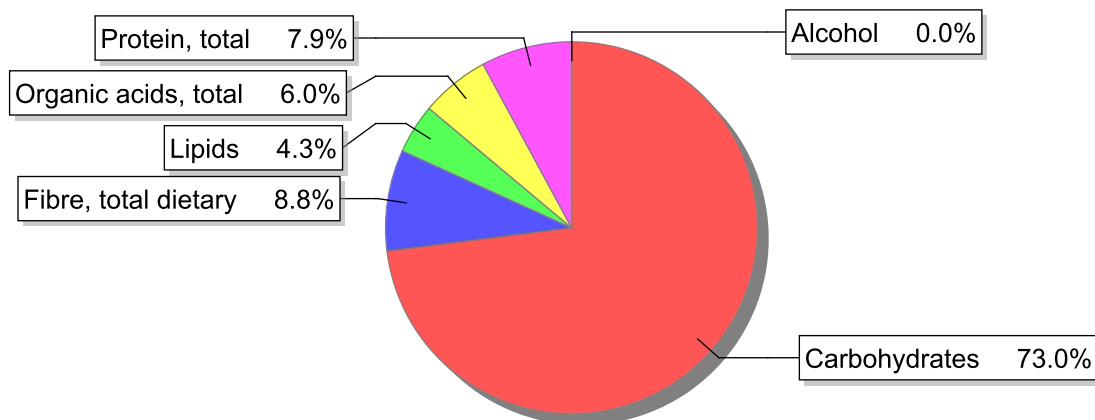
Food

Name: Plums, red
Group: Fruit
Subgroup: Fresh fruit
Edible Part: 95%
Code: IS627
FoodEX2 Code: A01GQ

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	41	kcal	
energy kJ, total metabolisable	172	kJ	
fatty acids, total saturated	0	g	58
fatty acids, total monounsaturated	0.1	g	58
fatty acids, total polyunsaturated	0.1	g	58
fatty acid 18:2 n-6 cis,cis	0.1	g	58
fatty acids, total trans	0	g	
sugars, total	7.4	g	58
sucrose	2.7	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	0	g	
fibre, total dietary	1.9	g	58
protein, total	0.8	g	58
alcohol	0	g	
water	88	g	58
organic acids, total	0.8	g	58
cholesterol	0	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	70	µg	58
carotene, total (vitamin A precursors)	420	µg	58
vitamin D	0	µg	
alpha-tocopherol	0.6	mg	58
thiamin	0.02	mg	58
riboflavin	0.08	mg	58
niacin, preformed	0.5	mg	58
niacin equivalents, total	0.6	mg	58
niacin equivalents from tryptophan	0.1	mg	58
vitamin B-6, total	0.05	mg	
vitamin B-12	0	µg	
vitamin C	2	mg	58
folate, total	6	µg	
ash	0.31	g	58
sodium	2	mg	58
potassium	190	mg	58
calcium	13	mg	58
phosphorus	13	mg	58
magnesium	7	mg	58
iron, total	0.2	mg	58
zinc	0	mg	58

Legend

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

References

Id	Reference
58	Gonçalves Ferreira, FA; Silva Graça, ME (1985) - Tabela de Composição dos Alimentos Portugueses. Reimpressão da 2ª Edição de 1963. Instituto Nacional de Saúde Dr. Ricardo Jorge, Lisboa.