

Basic Report 09152, Lemon juice, raw

Report Date: December 06, 2016 12:17 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 244g	1 fl oz 30.5g	1 lemon yields 48g	1 wedge yields 5.9g
Proximates						
Water	g	92.31	225.24	28.15	44.31	5.45
Energy	kcal	22	54	7	11	1
Protein	g	0.35	0.85	0.11	0.17	0.02
Total lipid (fat)	g	0.24	0.59	0.07	0.12	0.01
Carbohydrate, by difference	g	6.90	16.84	2.10	3.31	0.41
Fiber, total dietary	g	0.3	0.7	0.1	0.1	0.0
Sugars, total	g	2.52	6.15	0.77	1.21	0.15
Minerals						
Calcium, Ca	mg	6	15	2	3	0
Iron, Fe	mg	0.08	0.20	0.02	0.04	0.00
Magnesium, Mg	mg	6	15	2	3	0
Phosphorus, P	mg	8	20	2	4	0
Potassium, K	mg	103	251	31	49	6
Sodium, Na	mg	1	2	0	0	0
Zinc, Zn	mg	0.05	0.12	0.02	0.02	0.00
Vitamins						
Vitamin C, total ascorbic acid	mg	38.7	94.4	11.8	18.6	2.3
Thiamin	mg	0.024	0.059	0.007	0.012	0.001
Riboflavin	mg	0.015	0.037	0.005	0.007	0.001
Niacin	mg	0.091	0.222	0.028	0.044	0.005
Vitamin B-6	mg	0.046	0.112	0.014	0.022	0.003
Folate, DFE	µg	20	49	6	10	1
Vitamin B-12	µg	0.00	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	0	0	0	0	0
Vitamin A, IU	IU	6	15	2	3	0
Vitamin E (alpha-tocopherol)	mg	0.15	0.37	0.05	0.07	0.01

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	0.0	0.0
Vitamin D	IU	0	0	0	0	0
Vitamin K (phylloquinone)	µg	0.0	0.0	0.0	0.0	0.0
Lipids						
Fatty acids, total saturated	g	0.040	0.098	0.012	0.019	0.002
Fatty acids, total monounsaturated	g	0.006	0.015	0.002	0.003	0.000
Fatty acids, total polyunsaturated	g	0.021	0.051	0.006	0.010	0.001
Fatty acids, total trans	g	0.000	0.000	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Amino Acids						
Other						
Caffeine	mg	0	0	0	0	0

Footnotes

^a Mean value contains data based on the analysis of 5-methyltetrahydrofolate plus total folate determined microbiologically