

Lemons, raw, without peel

NDB No: 09150 (Nutrient values and weights are for edible portion)

Scientific Name: *Citrus limon*

Common Name: *Includes USDA commodity food A415*

Refuse: 47% (45% peel, 2% seeds)

Nutrient	Units	Value per 100 grams	Number of Data Points	Std. Error
Proximates				
Water	g	88.98	5	0.82
Energy	kcal	29	0	0
Energy	kJ	121	0	0
Protein	g	1.10	0	0
Total lipid (fat)	g	0.30	0	0
Ash	g	0.30	0	0
Carbohydrate, by difference	g	9.32	0	0
Fiber, total dietary	g	2.8	0	0
Sugars, total	g	2.50	0	0
Minerals				
Calcium, Ca	mg	26	0	0
Iron, Fe	mg	0.60	0	0
Magnesium, Mg	mg	8	0	0
Phosphorus, P	mg	16	0	0
Potassium, K	mg	138	0	0
Sodium, Na	mg	2	0	0
Zinc, Zn	mg	0.06	1	0
Copper, Cu	mg	0.037	1	0
Manganese, Mn	mg	0.030	0	0
Selenium, Se	mcg	0.4	0	0
Vitamins				
Vitamin C, total ascorbic acid	mg	53.0	0	0
Thiamin	mg	0.040	0	0
Riboflavin	mg	0.020	0	0
Niacin	mg	0.100	0	0
Pantothenic acid	mg	0.190	0	0
Vitamin B-6	mg	0.080	0	0
Folate, total	mcg	11	7	2.646

Folic acid	mcg	0	0	0
Folate, food	mcg	11	7	2.646
Folate, DFE	mcg_DFE	11	0	0
Choline, total	mg	5.1	0	0
Vitamin B-12	mcg	0.00	0	0
Vitamin B-12, added	mcg	0.00	0	0
Vitamin A, IU	IU	22	0	0
Vitamin A, RAE	mcg_RAE	1	0	0
Retinol	mcg	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.15	0	0
Vitamin E, added	mg	0.00	0	0
Vitamin K (phylloquinone)	mcg	0.0	0	0
Lipids				
Fatty acids, total saturated	g	0.039	0	0
4:0	g	0.000	0	0
6:0	g	0.000	0	0
8:0	g	0.000	0	0
10:0	g	0.000	0	0
12:0	g	0.000	0	0
14:0	g	0.001	0	0
16:0	g	0.035	0	0
18:0	g	0.002	0	0
Fatty acids, total monounsaturated	g	0.011	0	0
16:1 undifferentiated	g	0.001	0	0
18:1 undifferentiated	g	0.010	0	0
20:1	g	0.000	0	0
22:1 undifferentiated	g	0.000	0	0
Fatty acids, total polyunsaturated	g	0.089	0	0
18:2 undifferentiated	g	0.063	0	0
18:3 undifferentiated	g	0.026	0	0
18:4	g	0.000	0	0
20:4 undifferentiated	g	0.000	0	0
20:5 n-3	g	0.000	0	0
22:5 n-3	g	0.000	0	0
22:6 n-3	g	0.000	0	0
Cholesterol	mg	0	0	0
Other				

Alcohol, ethyl	g	0.0	0	0
Caffeine	mg	0	0	0
Theobromine	mg	0	0	0
Carotene, beta	mcg	3	2	0
Carotene, alpha	mcg	1	2	0
Cryptoxanthin, beta	mcg	20	1	0
Lycopene	mcg	0	1	0
Lutein + zeaxanthin	mcg	11	2	0

USDA National Nutrient Database for Standard Reference, Release 20 (2007)
