

Pears, raw

NDB No: 09252 (Nutrient values and weights are for edible portion)

Scientific Name: *Pyrus communis*

Common Name: *Includes USDA commodity food A435*

Refuse: 10% (Stem, core and seeds)

Nutrient	Units	Value per 100 grams	Number of Data Points	Std. Error
Proximates				
Water	g	83.71	32	0.134
Energy	kcal	58	0	0
Energy	kJ	242	0	0
Protein	g	0.38	29	0.014
Total lipid (fat)	g	0.12	24	0.015
Ash	g	0.33	24	0.021
Carbohydrate, by difference	g	15.46	0	0
Fiber, total dietary	g	3.1	24	0.063
Sugars, total	g	9.80	24	0.182
Sucrose	g	0.78	24	0.184
Glucose (dextrose)	g	2.76	24	0.145
Fructose	g	6.23	24	0.112
Lactose	g	0.01	24	0.008
Maltose	g	0.01	24	0.008
Galactose	g	0.00	24	0
Minerals				
Calcium, Ca	mg	9	51	0.256
Iron, Fe	mg	0.17	51	0.013
Magnesium, Mg	mg	7	51	0.082
Phosphorus, P	mg	11	50	0.286
Potassium, K	mg	119	50	1.871
Sodium, Na	mg	1	43	0.124
Zinc, Zn	mg	0.10	51	0.003
Copper, Cu	mg	0.082	51	0.003
Manganese, Mn	mg	0.049	50	0.002
Fluoride, F	mcg	2.2	20	0.195
Selenium, Se	mcg	0.1	8	0.008
Vitamins				

Vitamin C, total ascorbic acid	mg	4.2	16	0.328
Thiamin	mg	0.012	16	0.001
Riboflavin	mg	0.025	16	0.001
Niacin	mg	0.157	16	0.006
Pantothenic acid	mg	0.048	14	0.004
Vitamin B-6	mg	0.028	16	0.002
Folate, total	mcg	7	16	0.591
Folic acid	mcg	0	0	0
Folate, food	mcg	7	16	0.591
Folate, DFE	mcg_DFE	7	0	0
Choline, total	mg	5.1	3	0.123
Betaine	mg	0.2	3	0.015
Vitamin B-12	mcg	0.00	0	0
Vitamin B-12, added	mcg	0.00	0	0
Vitamin A, IU	IU	23	16	3.894
Vitamin A, RAE	mcg_RAE	1	16	0.195
Retinol	mcg	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.12	4	0.003
Vitamin E, added	mg	0.00	0	0
Tocopherol, beta	mg	0.00	4	0
Tocopherol, gamma	mg	0.03	4	0.003
Tocopherol, delta	mg	0.00	4	0
Vitamin K (phylloquinone)	mcg	4.5	16	0.242
Lipids				
Fatty acids, total saturated	g	0.006	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	0.000	0	0
16:0	g	0.005	1	0
18:0	g	0.001	1	0
Fatty acids, total monounsaturated	g	0.026	0	0
16:1 undifferentiated	g	0.001	1	0
18:1 undifferentiated	g	0.025	1	0
20:1	g	0.000	1	0

22:1 undifferentiated	g	0.000	0	0
Fatty acids, total polyunsaturated	g	0.029	0	0
18:2 undifferentiated	g	0.029	1	0
18:3 undifferentiated	g	0.000	1	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
Phytosterols	mg	8	0	0
Amino acids				
Tryptophan	g	0.002	0	0
Threonine	g	0.011	0	0
Isoleucine	g	0.011	0	0
Leucine	g	0.019	0	0
Lysine	g	0.017	0	0
Methionine	g	0.002	0	0
Cystine	g	0.002	0	0
Phenylalanine	g	0.011	0	0
Tyrosine	g	0.002	0	0
Valine	g	0.017	0	0
Arginine	g	0.010	0	0
Histidine	g	0.002	0	0
Alanine	g	0.014	0	0
Aspartic acid	g	0.105	0	0
Glutamic acid	g	0.030	0	0
Glycine	g	0.013	0	0
Proline	g	0.021	0	0
Serine	g	0.015	0	0
Other				
Alcohol, ethyl	g	0.0	0	0
Caffeine	mg	0	0	0
Theobromine	mg	0	0	0
Carotene, beta	mcg	13	16	2.176
Carotene, alpha	mcg	0	16	0.369
Cryptoxanthin, beta	mcg	2	14	0.476

Lycopene	mcg	0	14	0
Lutein + zeaxanthin	mcg	45	14	4.489

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