

Plums, raw

NDB No: 09279 (Nutrient values and weights are for edible portion)

Scientific Name: *Prunus spp.*

Refuse: 6% (Pits)

Nutrient	Units	Value per 100 grams	Number of Data Points	Std. Error
Proximates				
Water	g	87.23	10	0.328
Energy	kcal	46	0	0
Energy	kJ	192	0	0
Protein	g	0.70	9	0.034
Total lipid (fat)	g	0.28	10	0.045
Ash	g	0.37	9	0.008
Carbohydrate, by difference	g	11.42	0	0
Fiber, total dietary	g	1.4	7	0.075
Sugars, total	g	9.92	8	0.37
Sucrose	g	1.57	8	0.26
Glucose (dextrose)	g	5.07	8	0.267
Fructose	g	3.07	8	0.126
Lactose	g	0.00	8	0
Maltose	g	0.08	8	0.02
Galactose	g	0.14	8	0.14
Starch	g	0.00	4	0
Minerals				
Calcium, Ca	mg	6	39	0.546
Iron, Fe	mg	0.17	44	0.026
Magnesium, Mg	mg	7	44	0.148
Phosphorus, P	mg	16	44	0.665
Potassium, K	mg	157	41	3.963
Sodium, Na	mg	0	37	0.042
Zinc, Zn	mg	0.10	44	0.014
Copper, Cu	mg	0.057	44	0.005
Manganese, Mn	mg	0.052	44	0.003
Fluoride, F	mcg	2.0	9	0
Selenium, Se	mcg	0.0	2	0
Vitamins				

Vitamin C, total ascorbic acid	mg	9.5	5	0.847
Thiamin	mg	0.028	8	0.004
Riboflavin	mg	0.026	8	0.001
Niacin	mg	0.417	8	0.027
Pantothenic acid	mg	0.135	8	0.009
Vitamin B-6	mg	0.029	8	0
Folate, total	mcg	5	8	0.125
Folic acid	mcg	0	0	0
Folate, food	mcg	5	8	0.125
Folate, DFE	mcg_DFE	5	0	0
Choline, total	mg	1.9	0	0
Vitamin B-12	mcg	0.00	0	0
Vitamin B-12, added	mcg	0.00	0	0
Vitamin A, IU	IU	345	7	43.321
Vitamin A, RAE	mcg_RAE	17	7	2.166
Retinol	mcg	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.26	5	0.064
Vitamin E, added	mg	0.00	0	0
Tocopherol, beta	mg	0.00	5	0
Tocopherol, gamma	mg	0.08	5	0.076
Tocopherol, delta	mg	0.00	5	0
Vitamin K (phylloquinone)	mcg	6.4	8	0.929
Lipids				
Fatty acids, total saturated	g	0.017	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	0.014	0	0
18:0	g	0.003	0	0
Fatty acids, total monounsaturated	g	0.134	0	0
16:1 undifferentiated	g	0.002	0	0
18:1 undifferentiated	g	0.132	0	0
20:1	g	0.000	0	0
22:1 undifferentiated	g	0.000	0	0

Fatty acids, total polyunsaturated	g	0.044	0	0
18:2 undifferentiated	g	0.044	0	0
18:3 undifferentiated	g	0.000	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
Phytosterols	mg	7	0	0
Amino acids				
Tryptophan	g	0.009	0	0
Threonine	g	0.010	0	0
Isoleucine	g	0.014	0	0
Leucine	g	0.015	0	0
Lysine	g	0.016	0	0
Methionine	g	0.008	0	0
Cystine	g	0.002	0	0
Phenylalanine	g	0.014	0	0
Tyrosine	g	0.008	0	0
Valine	g	0.016	0	0
Arginine	g	0.009	0	0
Histidine	g	0.009	0	0
Alanine	g	0.028	0	0
Aspartic acid	g	0.352	0	0
Glutamic acid	g	0.035	0	0
Glycine	g	0.009	0	0
Proline	g	0.027	0	0
Serine	g	0.023	0	0
Other				
Alcohol, ethyl	g	0.0	0	0
Caffeine	mg	0	0	0
Theobromine	mg	0	0	0
Carotene, beta	mcg	190	7	23.833
Carotene, alpha	mcg	0	7	0
Cryptoxanthin, beta	mcg	35	7	7.738
Lycopene	mcg	0	7	0

Lutein + zeaxanthin	mcg	73	7	12.784
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USDA National Nutrient Database for Standard Reference, Release 20 (2007)