

Pomegranates, raw (1)

Refuse: 44% (Skin and membrane)

Scientific Name: *Punica granatum*

NDB No: 09286 (Nutrient values and weights are for edible portion)

Nutrient	Units	Value per 100 grams	Number of Data Points	Std. Error
Proximates				
Water	g	77.93	3	0.033
Energy	kcal	83	0	0
Energy	kJ	346	0	0
Protein	g	1.67	3	0.26
Total lipid (fat)	g	1.17	3	0.406
Ash	g	0.53	3	0.067
Carbohydrate, by difference	g	18.70	0	0
Fiber, total dietary	g	4.0	3	0.922
Sugars, total	g	13.67	3	0.328
Minerals				
Calcium, Ca	mg	10	3	0.742
Iron, Fe	mg	0.30	3	0.032
Magnesium, Mg	mg	12	3	1.428
Phosphorus, P	mg	36	3	4.475
Potassium, K	mg	236	3	12.17
Sodium, Na	mg	3	3	0.13
Zinc, Zn	mg	0.35	3	0.033
Copper, Cu	mg	0.158	3	0.036
Manganese, Mn	mg	0.119	3	0.014
Selenium, Se	mcg	0.5	1	0
Vitamins				
Vitamin C, total ascorbic acid	mg	10.2	3	1.021
Thiamin	mg	0.067	3	0.007
Riboflavin	mg	0.053	3	0.003
Niacin	mg	0.293	3	0.007
Pantothenic acid	mg	0.377	3	0.012
Vitamin B-6	mg	0.075	3	0.003
Folate, total	mcg	38	3	11.258

Folic acid	mcg	0	0	0
Folate, food	mcg	38	3	11.258
Folate, DFE	mcg_DFE	38	0	0
Choline, total	mg	7.6	0	0
Vitamin B-12	mcg	0.00	0	0
Vitamin B-12, added	mcg	0.00	0	0
Vitamin A, RAE	mcg_RAE	0	0	0
Retinol	mcg	0	0	0
Carotene, beta	mcg	0	0	0
Carotene, alpha	mcg	0	0	0
Cryptoxanthin, beta	mcg	0	0	0
Vitamin A, IU	IU	0	0	0
Lycopene	mcg	0	0	0
Lutein + zeaxanthin	mcg	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.60	0	0
Vitamin E, added	mg	0.00	0	0
Vitamin K (phylloquinone)	mcg	16.4	3	6.061
Lipids				
Fatty acids, total saturated	g	0.120	3	0.039
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	0.006	0	0
14:0	g	0.006	0	0
16:0	g	0.070	0	0
18:0	g	0.038	0	0
Fatty acids, total monounsaturated	g	0.093	3	0.019
16:1 undifferentiated	g	0.012	0	0
18:1 undifferentiated	g	0.077	0	0
20:1	g	0.004	0	0
22:1 undifferentiated	g	0.000	0	0
Fatty acids, total polyunsaturated	g	0.079	3	0.013
18:2 undifferentiated	g	0.079	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
Fatty acids, total trans	g	0.009	3	0.007
Cholesterol	mg	0	0	0
Stigmasterol	mg	0	1	0
Campesterol	mg	1	1	0
Beta-sitosterol	mg	4	1	0
Other				
Alcohol, ethyl	g	0.0	0	0
Caffeine	mg	0	0	0
Theobromine	mg	0	0	0

Footnotes:

1 Based on samples of California Wonderful variety.

USDA National Nutrient Database for Standard Reference, Release 21 (2008)