

USDA Strawberry Nutritional Data

Nutrient	Units	Value per 100 g,	N	SE	1 cup, halves = 152.000 g
		edible portion			
Proximates					
Water	g	91.57	100	0.136	139.186
Energy	kcal	30	0	0	45.6
Energy	kJ	126	0	0	191.52
Protein	g	0.61	91	0.026	0.927
Total lipid (fat)	g	0.37	6	0.135	0.562
Carbohydrate, by difference	g	7.02	0	0	10.67
Fiber, total dietary	g	2.3	0	0	3.496
Ash	g	0.43	81	0.009	0.654
Minerals					
Calcium, Ca	mg	14	10	0.504	21.28
Iron, Fe	mg	0.38	84	0.042	0.578
Magnesium, Mg	mg	10	74	0.227	15.2
Phosphorus, P	mg	19	81	0.464	28.88
Potassium, K	mg	166	49	2.916	252.32
Sodium, Na	mg	1	32	0.225	1.52
Zinc, Zn	mg	0.13	19	0.004	0.198
Copper, Cu	mg	0.049	78	0.005	0.074
Manganese, Mn	mg	0.29	76	0.031	0.441
Vitamins					
Vitamin C, ascorbic acid	mg	56.7	85	1.882	86.184
Thiamin	mg	0.02	1	0	0.03
Riboflavin	mg	0.066	1	0	0.1
Niacin	mg	0.23	1	0	0.35
Pantothenic acid	mg	0.34	0	0	0.517
Vitamin B-6	mg	0.059	3	0.003	0.09
Folate	mcg	17.7	8	1.729	26.904
Vitamin B-12	mcg	0	0	0	0
Vitamin A, IU	IU	27	3	3.48	41.04
Vitamin A, RE	mcg_RE	3	3	0.348	4.56
Vitamin E	mg_ATE	0.14	0	0	0.213

Lipids					
Fatty acids, saturated	g	0.02	0	0	0.03
4:0 butyric	g	0	0	0	0
6:0 caproic	g	0	0	0	0
8:0 caprylic	g	0	0	0	0
10:0 capric	g	0	0	0	0
12:0 lauric	g	0	0	0	0
14:0 myristic	g	0	0	0	0
16:0 palmitic	g	0.014	2	0	0.021
18:0 stearic	g	0.004	2	0	0.006
Fatty acids, monounsaturated	g	0.052	0	0	0.079
16:1 palmitoleic	g	0.001	2	0	0.002
18:1 oleic	g	0.051	2	0	0.078
20:1 gadoleic	g	0	0	0	0
22:1 erucic	g	0	0	0	0
Fatty acids, polyunsaturated	g	0.186	0	0	0.283
18:2 linoleic	g	0.108	2	0	0.164
18:3 linolenic	g	0.078	2	0	0.119
18:4 parinaric	g	0	0	0	0
20:4 arachidonic	g	0	0	0	0
20:5 timnodonic	g	0	0	0	0
22:5 clupanodonic	g	0	0	0	0
22:6 docosahexaenoic	g	0	0	0	0
Cholesterol	mg	0	0	0	0
Phytosterols	mg	12	0	0	18.24
Amino acids					
Tryptophan	g	0.007	1	0	0.011
Threonine	g	0.019	1	0	0.029
Isoleucine	g	0.014	1	0	0.021
Leucine	g	0.031	1	0	0.047
Lysine	g	0.025	1	0	0.038
Methionine	g	0.001	1	0	0.002
Cystine	g	0.005	1	0	0.008
Phenylalanine	g	0.018	1	0	0.027
Tyrosine	g	0.021	1	0	0.032
Valine	g	0.018	1	0	0.027
Arginine	g	0.026	1	0	0.04
Histidine	g	0.012	1	0	0.018
Alanine	g	0.031	1	0	0.047
Aspartic acid	g	0.138	1	0	0.21
Glutamic acid	g	0.09	1	0	0.137
Glycine	g	0.024	1	0	0.036
Proline	g	0.019	1	0	0.029
Serine	g	0.023	1	0	0.035