

Strawberries In-depth nutrient analysis:

Strawberries		
(Note: "--" indicates data is <u>unavailable</u>)		
amount	1.00 cup	
total weight	144.00 g	
Basic Components		
nutrient	amount	%DV
calories	43.20	2.40
calories from fat	4.80	
calories from saturated fat	0.26	
protein	0.88 g	1.76
carbohydrates	10.11 g	3.37
dietary fiber	3.31 g	13.24
soluble fiber	1.20 g	
insoluble fiber	2.12 g	
sugar - total	6.80 g	
monosaccharides	5.50 g	
disaccharides	1.30 g	
other carbs	0.00 g	
fat - total	0.53 g	0.82
saturated fat	0.03 g	0.15
mono fat	0.07 g	0.29
poly fat	0.27 g	1.13
trans fatty acids	0.00 g	
cholesterol	0.00 mg	0.00
water	131.86 g	
ash	0.62 g	
Vitamins		
nutrient	amount	%DV
vitamin A IU	38.88 IU	0.78
vitamin A RE	4.32 RE	
A - carotenoid	4.32 RE	0.06

A - retinol	0.00 RE	
A - beta carotene	23.33 mcg	
thiamin - B1	0.03 mg	2.00
riboflavin - B2	0.10 mg	5.88
niacin - B3	0.33 mg	1.65
niacin equiv	0.50 mg	
vitamin B6	0.08 mg	4.00
vitamin B12	0.00 mcg	0.00
biotin	1.58 mcg	0.53
vitamin C	81.65 mg	136.08
vitamin D IU	0.00 IU	0.00
vitamin D mcg	0.00 mcg	
vitamin E alpha equiv	0.20 mg	1.00
vitamin E IU	0.30 IU	
vitamin E mg	0.37 mg	
folate	25.49 mcg	6.37
vitamin K	3.17 mcg	3.96
pantothenic acid	0.49 mg	4.90

Minerals

nutrient	amount	%DV
boron	-- mcg	
calcium	20.16 mg	2.02
chloride	25.92 mg	
chromium	-- mcg	--
copper	0.07 mg	3.50
fluoride	-- mg	--
iodine	12.96 mcg	8.64
iron	0.55 mg	3.06
magnesium	14.40 mg	3.60
manganese	0.42 mg	21.00
molybdenum	-- mcg	--
phosphorus	27.36 mg	2.74

potassium	239.04 mg	
selenium	1.01 mcg	1.44
sodium	1.44 mg	
zinc	0.19 mg	1.27

Saturated Fats

nutrient	amount	%DV
4:0 butyric	0.00 g	
6:0 caproic	0.00 g	
8:0 caprylic	0.00 g	
10:0 capric	0.00 g	
12:0 lauric	0.00 g	
14:0 myristic	0.00 g	
15:0 pentadecanoic	0.00 g	
16:0 palmitic	0.02 g	
17:0 margaric	0.00 g	
18:0 stearic	0.01 g	
20:0 arachidic	0.00 g	
22:0 behenate	0.00 g	
24:0 lignoceric	0.00 g	

Mono Fats

nutrient	amount	%DV
14:1 myristol	0.00 g	
15:1 pentadecenoic	0.00 g	
16:1 palmitol	0.00 g	
17:1 heptadecenoic	0.00 g	
18:1 oleic	0.07 g	
20:1 eicosen	0.00 g	
22:1 erucic	0.00 g	
24:1 nervonic	0.00 g	

Poly Fats

nutrient	amount	%DV
18:2 linoleic	0.16 g	

18:3 linolenic	0.11 g	
18:4 stearidon	0.00 g	
20:3 eicosatrienoic	0.00 g	
20:4 arachidon	0.00 g	
20:5 EPA	0.00 g	
22:5 DPA	0.00 g	
22:6 DHA	0.00 g	
Other Fats		
nutrient	amount	%DV
omega 3 fatty acids	0.11 g	4.58
omega 6 fatty acids	0.16 g	
Amino Acids		
nutrient	amount	%DV
alanine	0.04 g	
arginine	0.04 g	
aspartate	0.20 g	
cystine	0.01 g	2.44
glutamate	0.13 g	
glycine	0.03 g	
histidine	0.02 g	1.55
isoleucine	0.02 g	1.74
leucine	0.04 g	1.58
lysine	0.04 g	1.70
methionine	0.00 g	0.00
phenylalanine	0.03 g	2.52
proline	0.03 g	
serine	0.03 g	
threonine	0.03 g	2.42
tryptophan	0.01 g	3.13
tyrosine	0.03 g	3.09
valine	0.03 g	2.04
Other		

nutrient	amount	%DV
alcohol	0.00 g	
caffeine	0.00 mg	
artif sweetener total	-- mg	
aspartame	-- mg	
saccharin	-- mg	
sugar alcohol	0.09 g	
glycerol	-- g	
inositol	-- g	
mannitol	-- g	
sorbitol	0.05 g	
xylitol	0.04 g	
organic acids	1163.52 mg	
acetic acid	0.00 mg	
citric acid	1002.24 mg	
lactic acid	0.00 mg	
malic acid	161.28 mg	
choline	-- mg	--
taurine	-- mg	

Note: The nutrient profiles provided in this website are derived from Food Processor for Windows, Version 7.60, by ESHA Research in Salem, Oregon, USA. Of the 21,629 food records contained in the ESHA foods database, most of them - including those of the World's Healthiest Foods - lacked information for specific nutrients. The designation "--" was chosen to represent those nutrients for which there was no measurement included in the ESHA foods database.