

Blueberry: Phytochemical Content

Blueberries, raw - Scientific name: Vaccinium spp .NDB.
No. 0905

Nutrients

Value per 100 grams of edible
portion

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Proximates

Folic acid

0 mcg

Amino Acids

Water

84.21 g

Folate, food

6 mcg

Tryptophan

0.003 g

Energy

57 kcal

Folate, DFE

6 mcg DFE

Threonine

0.020 g

Energy

240kj

Vitain B-12

0.00mcg

Isoleucine

0.023 g

Protein

0.74 g

Vitamin A, IU

54 IU

Leucine

0.044 g

Total lipid (fat)

0.33g
Vitamin A. RAE
3 mcg RAE
Lysine
0.0133

Ash
0.24 g
Retinol
0 mcg
Methionine
0.012 g

Carbohydrate, by difference
14.49 g
VitaminE (alpha-tocopheral)

0.57ms
Cystine

0.008g

Fiber, total dietary
2.4 g
Tocopherol, beta
0.01mg
Phenylalanine
0.026 g

Sugars, total

9.96 g
TocopheroL, gamma
0.36 mg
Tyrosine
0.009 g

Sucrose
0.11g
Tocopheral, delta
0.03 mg
Valine

0.031g

Glucose (dextrose)
4.88 g
Vitamin K (phylloquinone)
19.3 mcg
Arginine

0.037 g

Fructose
4.97 g

Histidine

0.011 g

Lactose
0.00 g
Lipids

Alanine
0.031g

Maltose
0.00 a
Fatty acids, total saturated

0.028 g
Aspartic acid
0.057 g

Galactose
0.00 g
4:0
0.000 g
Glutamic acid
0.091 g

Starch
0.03 g
6:0
0.000 g
Glycine
0.031 g

8:0
0.000 g
Proline
0.028 g

Minerals

10:0
0.000 g
Serine
0.022 g

Calcium, Ca

6mg
12:0
0.000 g

Iron, Fe

0.28 mg
14:0
0.000 g
Other

Magnesium, Mg

6 mg
16:0
0.017 g
Alcohol, ethyl
0.0 g

Phosphorus, P

12 mg
18:0
0.005 g
Caffeine

0 mg

Potassium, K

77mg
fatty acids, total monounsaturated
0.047 g
Theobromine
0 mg

Sodium, Na

1mg
16:1 undifferentiated

0.002 g
Carotene, beta
32 mcg

Zinc, Zn

0.16mg
18:1 undifferentiated
0.047g
Carotene, alpha
0 mcg

Copper, Cu

.057 mg
20:1
0.000 g
Cryptoxanthin, beta
0 mcg

Manganese, Mn

.336mg
22:1 undifferentiated
0.000 g
Lycopene

0 mcg

Selenium, Se

0.1 mcg
Fatty acids, total polyunsaturated
0.146 g
Lutein + zeaxanthin
80mcg

18:2 undifferentiated
0.088 g

Vitamins

18.3 undifferentiated
0.058 g

Vitamin C. total ascorbic acid
9.7 mg
18:4
0.000g

Thiamin

0.037 mg
20:4 undifferentiated
0.000 g

Riboflavin

0.041 mg
20.3 n-3
0.000 g

Niacin
0.418mg
22.5 n-3
0.000 g

Pantothenic acid
0.124mg
22:6 n-3
0.000 g

Vitamin B-6

0.052mg
Cholesterol
0 mg

Folate, total
6mcg

USDA National Nutrient Database for Standard Reference,
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