



**Food ID:** E104

**Food name and Description:** Cherry, in syrup, drnd

**Scientific name:**

**Alternate/Common name(s):**

**Edible portion:** 65%

### **Proximates** (Food Composition per 100g Edible Portion)

Water (g)	74
Energy, calculated (kcal)	106
Protein (g)	0.2
Total Fat (g)	0.5
Carbohydrate, total (g)	25.1
Ash, total (g)	0.2

### **Other Carbohydrate** (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	1.7
Sugars, total (g)	21.7

### **Minerals** (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	95
Phosphorus, P (mg)	3
Iron, Fe (mg)	1.2
Sodium, Na (mg)	4

### **Vitamins** (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	60
Retinol Activity Equivalent, RAE (µg)	5
Thiamin, Vitamin B1 (mg)	0.01
Riboflavin, Vitamin B2 (mg)	0.03
Niacin (mg)	0
Ascorbic Acid, Vitamin C (mg)	7

### **Lipids** (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.11
Fatty acids, monounsaturated, total (g)	0.14
Fatty acids, polyunsaturated, total(g)	0.15
Cholesterol (mg)	0