

Note that only those nutrients which appear in significant quantities are listed. For more detailed information, please visit the [United States Department of Agriculture \(USDA\) Food & Nutrition Center](#).

Fruits	Amount	Minerals Contained	Vitamins Contained
Apple 	One medium apple with skin contains 0.47 grams of protein, 95 calories, and 4.4 grams of dietary fiber.	Potassium - 195 mg Calcium - 11 mg Phosphorus - 20 mg Magnesium - 9 mg Manganese - 0.064 mg Iron - 0.22 mg Sodium - 2 mg Copper - 0.049 mg Zinc - 0.07 mg Also contains a trace amount of other minerals.	Vitamin A - 98 IU Vitamin B1 (thiamine) - 0.031 mg Vitamin B2 (riboflavin) - 0.047 mg Niacin - 0.166 mg Folate - 5 mcg Pantothenic Acid - 0.111 mg Vitamin B6 - 0.075 mg Vitamin C - 8.4 mg Vitamin E - 0.33 mg Vitamin K - 4 mcg Contains some other vitamins in small amounts.
Avocado 	One medium avocado contains 4.02 grams of protein, 322 calories and 13.5 grams of fiber.	Potassium - 975 mg Phosphorus - 105 mg Magnesium - 58 mg Calcium - 24 mg Sodium - 14 mg Iron - 1.11 mg Selenium 0.8 mcg Manganese - 0.285 mg Copper - 0.382 mg Zinc - 1.29 mg Also contains small amounts of other minerals.	Vitamin A - 293 IU Vitamin C - 20.1 mg Vitamin B1 (thiamine) - 0.135 mg Vitamin B2 (riboflavin) - 0.261 mg Niacin - 3.493 mg Folate - 163 mcg Pantothenic Acid - 2.792 mg Vitamin B6 - .517 mg Vitamin E - 4.16 mg Vitamin K - 42.2 mcg Contains some other vitamins in small amounts.
Banana 	One medium banana contains 1.29 grams of protein, 105 calories and 3.1 grams of dietary fiber.	Potassium - 422 mg Phosphorus - 26 mg Magnesium - 32 mg Calcium - 6 mg Sodium - 1 mg Iron - 0.31 mg Selenium 1.2 mcg Manganese - 0.319 mg Copper - 0.092 mg Zinc - 0.18 mg Also contains small amounts of other minerals.	Vitamin A - 76 IU Vitamin B1 (thiamine) - 0.037 mg Vitamin B2 (riboflavin) - 0.086 mg Niacin - 0.785 mg Folate - 24 mcg Pantothenic Acid - 0.394 mg Vitamin B6 - 0.433 mg Vitamin C - 10.3 mg Vitamin E - 0.12 mg Vitamin K - 0.6 mcg Contains some other vitamins in small amounts.

Blackberries 	One cup of blackberries contains 2 grams of protein, 62 calories and 7.6 grams of dietary fiber.	<u>Potassium</u> - 233 mg <u>Phosphorus</u> - 32 mg <u>Magnesium</u> - 29 mg <u>Calcium</u> - 42 mg <u>Sodium</u> - 1 mg <u>Iron</u> - 0.89 mg <u>Selenium</u> 0.6 mcg <u>Manganese</u> - 0.93 mg <u>Copper</u> - 0.238 mg <u>Zinc</u> - 0.76 mg Also contains small amounts of other minerals.	<u>Vitamin A</u> - 308 IU <u>Vitamin B1 (thiamine)</u> - 0.029 mg <u>Vitamin B2 (riboflavin)</u> - 0.037 mg <u>Niacin</u> - 0.93 mg <u>Folate</u> - 36 mcg <u>Pantothenic Acid</u> - 0.397 mg <u>Vitamin B6</u> - 0.043 mg <u>Vitamin C</u> - 30.2 mg <u>Vitamin E</u> - 1.68 mg <u>Vitamin K</u> - 28.5 mcg Contains some other vitamins in small amounts.
Blackcurrants 	One cup of blackcurrants contains 1.57 grams of protein and 71 calories.	<u>Potassium</u> - 361 mg <u>Phosphorus</u> - 66 mg <u>Magnesium</u> - 27 mg <u>Calcium</u> - 62 mg <u>Sodium</u> - 2 mg <u>Iron</u> - 1.72 mg <u>Manganese</u> - 0.287 mg <u>Copper</u> - 0.096 mg <u>Zinc</u> - 0.3 mg Also contains small amounts of other minerals.	<u>Vitamin A</u> - 258 IU <u>Vitamin B1 (thiamine)</u> - 0.056 mg <u>Vitamin B2 (riboflavin)</u> - 0.056 mg <u>Niacin</u> - 0.336 mg <u>Pantothenic Acid</u> - 0.446 mg <u>Vitamin B6</u> - 0.074 mg <u>Vitamin C</u> - 202.7 mg <u>Vitamin E</u> - 1.12 mg Contains some other vitamins in small amounts.
Blueberries 	One cup of blueberries contains 1.1 grams of protein, 84 calories and 3.6 grams of dietary fiber.	<u>Potassium</u> - 114 mg <u>Phosphorus</u> - 18 mg <u>Magnesium</u> - 9 mg <u>Calcium</u> - 9 mg <u>Sodium</u> - 1 mg <u>Iron</u> - 0.41 mg <u>Selenium</u> 0.1 mcg <u>Manganese</u> - 0.497 mg <u>Zinc</u> - 0.24 mg Also contains small amounts of other minerals.	<u>Vitamin A</u> - 217 IU <u>Vitamin B1 (thiamine)</u> - 0.055 mg <u>Vitamin B2 (riboflavin)</u> - 0.061 mg <u>Niacin</u> - 0.08 mg <u>Folate</u> - 9 mcg <u>Pantothenic Acid</u> - 0.184 mg <u>Vitamin B6</u> - 0.077 mg <u>Vitamin C</u> - 14.4 mg <u>Vitamin E</u> - 2.29 mg <u>Vitamin K</u> - 28.6 mcg Contains some other vitamins in small amounts.
Boysenberries 	One cup of frozen boysenberries contains 1.45 grams of protein, 66 calories and 7 grams of dietary fiber.	<u>Potassium</u> - 183 mg <u>Phosphorus</u> - 36 mg <u>Magnesium</u> - 21 mg <u>Calcium</u> - 36 mg <u>Sodium</u> - 1 mg <u>Iron</u> - 1.12 mg <u>Selenium</u> 0.3 mcg <u>Manganese</u> - 0.722 mg <u>Copper</u> - 0.106 mg	<u>Vitamin A</u> - 88 IU <u>Vitamin B1 (thiamine)</u> - 0.07 mg <u>Vitamin B2 (riboflavin)</u> - 0.049 mg <u>Niacin</u> - 1.012 mg <u>Folate</u> - 83 mcg <u>Pantothenic Acid</u> - 0.33 mg <u>Vitamin B6</u> - 0.074 mg

		<u>Zinc</u> - 0.29 mg Also contains small amounts of other minerals.	<u>Vitamin C</u> - 4.1 mg <u>Vitamin E</u> - 1.15 mg <u>Vitamin K</u> - 10.3 mcg Contains some other vitamins in small amounts.
Breadfruit 	One cup of fresh breadfruit contains 2.35 grams of protein, 227 calories and 10.8 grams of dietary fiber.	<u>Potassium</u> - 1078 mg <u>Phosphorus</u> - 66 mg <u>Magnesium</u> - 55 mg <u>Calcium</u> - 37 mg <u>Sodium</u> - 4 mg <u>Iron</u> - 1.19 mg <u>Selenium</u> 1.3 mcg <u>Manganese</u> - 0.132 mg <u>Copper</u> - 0.185 mg <u>Zinc</u> - 0.26 mg Also contains small amounts of other minerals.	<u>Vitamin B1 (thiamine)</u> - 0.242 mg <u>Vitamin B2 (riboflavin)</u> - 0.066 mg <u>Niacin</u> - 1.98 mg <u>Folate</u> - 31 mcg <u>Pantothenic Acid</u> - 1.05 mg <u>Vitamin B6</u> - 0.22 mg <u>Vitamin C</u> - 63.8 mg <u>Vitamin E</u> - 0.22 mg <u>Vitamin K</u> - 1.1 mcg Contains some other vitamins in small amounts.
Cantaloupe 	One medium wedge (slice) of cantaloupe contains 0.58 grams of protein, 23 calories and 0.6 grams of dietary fiber.	<u>Potassium</u> - 184 mg <u>Phosphorus</u> - 10 mg <u>Magnesium</u> - 8 mg <u>Calcium</u> - 6 mg <u>Sodium</u> - 11 mg <u>Iron</u> - 0.14 mg <u>Selenium</u> 0.3 mcg <u>Manganese</u> - 0.028 mg <u>Copper</u> - 0.028 mg <u>Zinc</u> - 0.12 mg Also contains small amounts of other minerals.	<u>Vitamin A</u> - 2334 IU <u>Vitamin B1 (thiamine)</u> - 0.028 mg <u>Vitamin B2 (riboflavin)</u> - 0.013 mg <u>Niacin</u> - 0.506 mg <u>Folate</u> - 14 mcg <u>Pantothenic Acid</u> - 0.072 mg <u>Vitamin B6</u> - 0.05 mg <u>Vitamin C</u> - 25.3 mg <u>Vitamin E</u> - 0.03 mg <u>Vitamin K</u> - 1.7 mcg Contains some other vitamins in small amounts.
Cherimoya 	One cup of diced, fresh cherimoya contains 2.51 grams of protein, 120 calories and 4.8 grams of dietary fiber.	<u>Potassium</u> - 459 mg <u>Phosphorus</u> - 42 mg <u>Magnesium</u> - 27 mg <u>Calcium</u> - 16 mg <u>Sodium</u> - 11 mg <u>Iron</u> - 0.43 mg <u>Manganese</u> - 0.149 mg <u>Copper</u> - 0.11 mg <u>Zinc</u> - 0.26 mg Also contains small amounts of other minerals.	<u>Vitamin B1 (thiamine)</u> - 0.162 mg <u>Vitamin B2 (riboflavin)</u> - 0.21 mg <u>Niacin</u> - 1.03 mg <u>Folate</u> - 37 mcg <u>Pantothenic Acid</u> - 0.552 mg <u>Vitamin B6</u> - 0.411 mg <u>Vitamin C</u> - 20.2 mg <u>Vitamin A</u> - 8 IU <u>Vitamin E</u> - 0.43 mg Contains some other vitamins in small amounts.
Cherries 	One cup of fresh cherries, with pits, contains 1.46 grams of protein,	<u>Potassium</u> - 306 mg <u>Phosphorus</u> - 29 mg <u>Magnesium</u> - 15 mg <u>Calcium</u> - 18 mg	<u>Vitamin A</u> - 88 IU <u>Vitamin B1 (thiamine)</u> - 0.037 mg <u>Vitamin B2 (riboflavin)</u> -

	87 calories and 2.9 grams of dietary fiber.	<u>Iron</u> - 0.5 mg <u>Zinc</u> - 0.1 mg <u>Manganese</u> - 0.097 mg <u>Copper</u> - 0.083 mg Also contains small amounts of other minerals.	0.046 mg <u>Niacin</u> - 0.213 mg <u>Folate</u> - 6 mcg <u>Pantothenic Acid</u> - 0.275 mg <u>Vitamin B6</u> - 0.068 mg <u>Vitamin C</u> - 9.7 mg <u>Vitamin E</u> - 0.1 mg <u>Vitamin K</u> - 2.9 mcg Contains some other vitamins in small amounts.
Chinese pear 	One Chinese (Asian) pear, about 3 inches in diameter, contains 1.38 grams of protein, 116 calories and 9.9 grams of dietary fiber.	<u>Potassium</u> - 333 mg <u>Phosphorus</u> - 30 mg <u>Magnesium</u> - 22 mg <u>Calcium</u> - 11 mg <u>Selenium</u> 0.3 mcg <u>Manganese</u> - 0.165 mg <u>Copper</u> - 0.138 mg <u>Zinc</u> - 0.06 mg Also contains small amounts of other minerals.	<u>Vitamin B1 (thiamine)</u> - 0.025 mg <u>Vitamin B2 (riboflavin)</u> - 0.028 mg <u>Niacin</u> - 0.602 mg <u>Folate</u> - 22 mcg <u>Pantothenic Acid</u> - 0.193 mg <u>Vitamin B6</u> - 0.06 mg <u>Vitamin C</u> - 10.4 mg <u>Vitamin E</u> - 0.33 mg <u>Vitamin K</u> - 12.4 mcg Contains some other vitamins in small amounts.
Cranberries 	One cup of cranberries contains 0.39 grams of protein, 46 calories and 4.6 grams of dietary fiber.	<u>Potassium</u> - 85 mg <u>Phosphorus</u> - 13 mg <u>Magnesium</u> - 6 mg <u>Calcium</u> - 8 mg <u>Sodium</u> - 2 mg <u>Iron</u> - 0.25 mg <u>Selenium</u> 0.1 mcg <u>Manganese</u> - 0.36 mg <u>Copper</u> - 0.061 mg <u>Zinc</u> - 0.1 mg Also contains small amounts of other minerals.	<u>Vitamin A</u> - 60 IU <u>Vitamin B1 (thiamine)</u> - 0.012 mg <u>Vitamin B2 (riboflavin)</u> - 0.02 mg <u>Niacin</u> - 0.101 mg <u>Folate</u> - 1 mcg <u>Pantothenic Acid</u> - 0.295 mg <u>Vitamin B6</u> - 0.057 mg <u>Vitamin C</u> - 13.3 mg <u>Vitamin E</u> - 1.2 mg <u>Vitamin K</u> - 5.1 mcg Contains some other vitamins in small amounts.
Dates 	One cup of pitted, chopped dates contains 3.6 grams of protein, 415 calories and 11.8 grams of dietary fiber.	<u>Potassium</u> - 964 mg <u>Phosphorus</u> - 91 mg <u>Magnesium</u> - 63 mg <u>Calcium</u> - 57 mg <u>Sodium</u> - 3 mg <u>Iron</u> - 1.5 mg <u>Selenium</u> 4.4 mcg <u>Manganese</u> - 0.385 mg <u>Copper</u> - 0.303 mg <u>Zinc</u> - 0.43 mg Also contains small amounts of other minerals.	<u>Vitamin A</u> - 15 IU <u>Vitamin B1 (thiamine)</u> - 0.076 mg <u>Vitamin B2 (riboflavin)</u> - 0.097 mg <u>Niacin</u> - 1.873 mg <u>Folate</u> - 28 mcg <u>Pantothenic Acid</u> - 0.866 mg <u>Vitamin B6</u> - 0.243 mg <u>Vitamin C</u> - 0.6 mg <u>Vitamin E</u> - 0.07 mg

			Vitamin K - 4 mcg Contains some other vitamins in small amounts.
Figs 	One large, fresh fig contains 0.48 grams of protein, 47 calories and 1.9 grams of dietary fiber.	Potassium - 148 mg Phosphorus - 9 mg Magnesium - 11 mg Calcium - 22 mg Sodium - 1 mg Iron - 0.24 mg Selenium 0.1 mcg Manganese - 0.082 mg Copper - 0.045 mg Zinc - 0.1 mg Also contains small amounts of other minerals.	Vitamin A - 91 IU Vitamin B1 (thiamine) - 0.038 mg Vitamin B2 (riboflavin) - 0.032 mg Niacin - 0.256 mg Folate - 4 mcg Pantothenic Acid - 0.192 mg Vitamin B6 - 0.072 mg Vitamin C - 1.3 mg Vitamin E - 0.07 mg Vitamin K - 3 mcg Contains some other vitamins in small amounts.
Gooseberries 	One cup of gooseberries contains 1.32 grams of protein, 66 calories and over 6.5 grams of dietary fiber.	Potassium - 297 mg Phosphorus - 40 mg Magnesium - 15 mg Calcium - 38 mg Sodium - 2 mg Iron - 0.47 mg Selenium 0.9 mcg Manganese - 0.216 mg Copper - 0.105 mg Zinc - 0.18 mg Also contains small amounts of other minerals.	Vitamin A - 435 IU Vitamin B1 (thiamine) - 0.06 mg Vitamin B2 (riboflavin) - 0.045 mg Niacin - 0.45 mg Folate - 9 mcg Pantothenic Acid - 0.429 mg Vitamin B6 - 0.12 mg Vitamin C - 41.5 mg Vitamin E - 0.56 mg Contains some other vitamins in small amounts.
Grapefruit 	One cup of grapefruit sections contains 1.45 grams of protein, 74 calories and 2.5 grams of dietary fiber.	Potassium - 320 mg Phosphorus - 18 mg Magnesium - 18 mg Calcium - 28 mg Iron - 0.21 mg Selenium 0.7 mcg Manganese - 0.028 mg Copper - 0.108 mg Zinc - 0.16 mg Also contains small amounts of other minerals.	Vitamin A - 2132 IU Vitamin B1 (thiamine) - 0.083 mg Vitamin B2 (riboflavin) - 0.046 mg Niacin - 0.575 mg Folate - 23 mcg Pantothenic Acid - 0.651 mg Vitamin B6 - 0.097 mg Vitamin C - 79.1 mg Vitamin E - 0.3 mg Contains some other vitamins in small amounts.
Grapes	One cup of grapes contains 1.09 gram of protein, 104 calories and 1.4	Potassium - 288 mg Phosphorus - 30 mg Magnesium - 11 mg Calcium - 15 mg Sodium - 3 mg	Vitamin A - 100 IU Vitamin B1 (thiamine) - 0.104 mg Vitamin B2 (riboflavin) - 0.106 mg

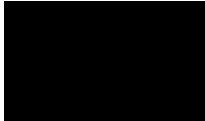
	grams of dietary fiber.	<u>Iron</u> - 0.54 mg <u>Selenium</u> 0.2 mcg <u>Manganese</u> - 0.107 mg <u>Copper</u> - 0.192 mg <u>Zinc</u> - 0.11 mg Also contains small amounts of other minerals.	<u>Niacin</u> - 0.284 mg <u>Folate</u> - 3 mcg <u>Pantothenic Acid</u> - 0.076 mg <u>Vitamin B6</u> - 0.13 mg <u>Vitamin C</u> - 16.3 mg <u>Vitamin E</u> - 0.29 mg <u>Vitamin K</u> - 22 mcg Contains some other vitamins in small amounts.
Guava 	One cup of fresh guava contains 4.21 grams of protein, 112 calories and 8.9 grams of dietary fiber.	<u>Potassium</u> - 688 mg <u>Phosphorus</u> - 66 mg <u>Magnesium</u> - 36 mg <u>Calcium</u> - 30 mg <u>Sodium</u> - 3 mg <u>Iron</u> - 0.43 mg <u>Selenium</u> 1 mcg <u>Manganese</u> - 0.247 mg <u>Copper</u> - 0.38 mg <u>Zinc</u> - 0.38 mg Also contains small amounts of other minerals.	<u>Vitamin A</u> - 1030 IU <u>Vitamin B1 (thiamine)</u> - 0.111 mg <u>Vitamin B2 (riboflavin)</u> - 0.066 mg <u>Niacin</u> - 1.789 mg <u>Folate</u> - 81 mcg <u>Pantothenic Acid</u> - 0.744 mg <u>Vitamin B6</u> - 0.181 mg <u>Vitamin C</u> - 376.7 mg <u>Vitamin E</u> - 1.2 mg <u>Vitamin K</u> - 4.3 mcg Contains some other vitamins in small amounts.
Kiwi 	One medium kiwi (69 grams) contains 0.79 grams protein, 42 calories and 2.1 grams of dietary fiber.	<u>Potassium</u> - 215 mg <u>Phosphorus</u> - 23 mg <u>Magnesium</u> - 12 mg <u>Calcium</u> - 23 mg <u>Sodium</u> - 2 mg <u>Iron</u> - 0.21 mg <u>Selenium</u> 0.1 mcg <u>Manganese</u> - 0.068 mg <u>Copper</u> - 0.09 mg <u>Zinc</u> - 0.1 mg Also contains small amounts of other minerals.	<u>Vitamin A</u> - 60 IU <u>Vitamin B1 (thiamine)</u> - 0.019 mg <u>Vitamin B2 (riboflavin)</u> - 0.017 mg <u>Niacin</u> - 0.235 mg <u>Folate</u> - 17 mcg <u>Pantothenic Acid</u> - 0.126 mg <u>Vitamin B6</u> - 0.043 mg <u>Vitamin C</u> - 64 mg <u>Vitamin E</u> - 1.01 mg <u>Vitamin K</u> - 27.8 mcg Contains some other vitamins in small amounts.
Lemon 	One lemon without peel contains 0.92 grams protein, 24 calories and 2.4 grams of dietary fiber.	<u>Potassium</u> - 116 mg <u>Phosphorus</u> - 13 mg <u>Magnesium</u> - 7 mg <u>Calcium</u> - 22 mg <u>Sodium</u> - 2 mg <u>Iron</u> - 0.5 mg <u>Selenium</u> 0.3 mcg <u>Manganese</u> - 0.025 mg <u>Copper</u> - 0.031 mg <u>Zinc</u> - 0.05 mg Also contains small amounts of other minerals.	<u>Vitamin A</u> - 18 IU <u>Vitamin B1 (thiamine)</u> - 0.034 mg <u>Vitamin B2 (riboflavin)</u> - 0.017 mg <u>Niacin</u> - 0.084 mg <u>Folate</u> - 9 mcg <u>Pantothenic Acid</u> - 0.16 mg <u>Vitamin B6</u> - 0.067 mg <u>Vitamin C</u> - 44.5 mg <u>Vitamin E</u> - 0.13 mg Contains some other

			vitamins in small amounts.
Lime 	One lime contains 0.47 grams of protein, 20 calories and 1.9 grams of dietary fiber.	Potassium - 68 mg Phosphorus - 12 mg Magnesium - 4 mg Calcium - 22 mg Sodium - 1 mg Iron - 0.4 mg Selenium 0.3 mcg Manganese - 0.005 mg Copper - 0.044 mg Zinc - 0.07 mg Also contains small amounts of other minerals.	Vitamin A - 34 IU Vitamin B1 (thiamine) - 0.02 mg Vitamin B2 (riboflavin) - 0.013 mg Niacin - 0.134 mg Folate - 5 mcg Pantothenic Acid - 0.145 mg Vitamin B6 - 0.029 mg Vitamin C - 19.5 mg Vitamin E - 0.15 mg Vitamin K - 0.4 mcg Contains some other vitamins in small amounts.
Loganberries 	One cup of frozen loganberries contains 2.23 grams of protein, 81 calories and 7.8 grams of dietary fiber.	Potassium - 213 mg Phosphorus - 38 mg Magnesium - 31 mg Calcium - 38 mg Sodium - 1 mg Iron - 0.94 mg Selenium 0.3 mcg Manganese - 1.833 mg Copper - 0.172 mg Zinc - 0.5 mg Also contains small amounts of other minerals.	Vitamin A - 51 IU Vitamin B1 (thiamine) - 0.074 mg Vitamin B2 (riboflavin) - 0.05 mg Niacin - 1.235 mg Folate - 38 mcg Pantothenic Acid - 0.359 mg Vitamin B6 - 0.096 mg Vitamin C - 22.5 mg Vitamin E - 1.28 mg Vitamin K - 11.5 mcg Contains some other vitamins in small amounts.
Lychee 	One cup of fresh lychees contains 1.58 grams of protein, 125 calories and 2.5 grams of dietary fiber.	Potassium - 325 mg Phosphorus - 59 mg Magnesium - 19 mg Calcium - 10 mg Sodium - 2 mg Iron - 0.59 mg Selenium 1.1 mcg Manganese - 0.104 mg Copper - 0.281 mg Zinc - 0.13 mg Also contains small amounts of other minerals.	Vitamin B1 (thiamine) - 0.021 mg Vitamin B2 (riboflavin) - 0.123 mg Niacin - 1.146 mg Folate - 27 mcg Vitamin B6 - 0.19 mg Vitamin C - 135.8 mg Vitamin E - 0.13 mg Vitamin K - 0.08 mcg Contains some other vitamins in small amounts.
Mango 	One mango without peel contains 1.06 grams of protein, 135 calories and 3.7 grams of dietary fiber.	Potassium - 323 mg Phosphorus - 23 mg Magnesium - 19 mg Calcium - 21 mg Sodium - 4 mg Iron - 0.27 mg Selenium 1.2 mcg Manganese - 0.056 mg	Vitamin A - 1584 IU Vitamin B1 (thiamine) - 0.12 mg Vitamin B2 (riboflavin) - 0.118 mg Niacin - 1.209 mg Folate - 29 mcg Pantothenic Acid - 0.331

		<u>Copper</u> - 0.228 mg <u>Zinc</u> - 0.08 mg Also contains small amounts of other minerals.	mg <u>Vitamin B6</u> - 0.227 mg <u>Vitamin C</u> - 57.3 mg <u>Vitamin E</u> - 2.32 mg <u>Vitamin K</u> - 8.7 mcg Contains some other vitamins in small amounts.
Mulberries 	One cup of fresh mulberries contains 2.02 grams of protein and 2.4 grams of dietary fiber.	<u>Potassium</u> - 272 mg <u>Phosphorus</u> - 53 mg <u>Magnesium</u> - 25 mg <u>Calcium</u> - 55 mg <u>Sodium</u> - 14 mg <u>Iron</u> - 2.59 mg <u>Selenium</u> 0.8 mcg <u>Copper</u> - 0.084 mg <u>Zinc</u> - 0.17 mg Also contains small amounts of other minerals.	<u>Vitamin A</u> - 35 IU <u>Vitamin B1 (thiamine)</u> - 0.041 mg <u>Vitamin B2 (riboflavin)</u> - 0.141 mg <u>Niacin</u> - 0.868 mg <u>Folate</u> - 8 mcg <u>Vitamin B6</u> - 0.07 mg <u>Vitamin C</u> - 51 mg <u>Vitamin E</u> - 1.22 mg <u>Vitamin K</u> - 10.9 mcg Contains some other vitamins in small amounts.
Nectarine 	One cup of sliced fresh nectarine contains 1.52 grams of protein, 63 calories and 2.4 grams of dietary fiber.	<u>Potassium</u> - 287 mg <u>Phosphorus</u> - 37 mg <u>Magnesium</u> - 13 mg <u>Calcium</u> - 9 mg <u>Iron</u> - 0.4 mg <u>Manganese</u> - 0.077 mg <u>Copper</u> - 0.123 mg <u>Zinc</u> - 0.24 mg Also contains small amounts of other minerals.	<u>Vitamin A</u> - 475 IU <u>Vitamin B1 (thiamine)</u> - 0.049 mg <u>Vitamin B2 (riboflavin)</u> - 0.039 mg <u>Niacin</u> - 1.609 mg <u>Folate</u> - 7 mcg <u>Pantothenic Acid</u> - 0.265 mg <u>Vitamin B6</u> - 0.036 mg <u>Vitamin C</u> - 7.7 mg <u>Vitamin E</u> - 1.1 mg <u>Vitamin K</u> - 3.1 mcg Contains some other vitamins in small amounts.
Olives 	One tablespoon of ripe olives contains 0.07 grams of protein, 10 calories and 0.3 grams of dietary fiber.	<u>Potassium</u> - 1 mg <u>Calcium</u> - 7 mg <u>Sodium</u> - 73 mg <u>Iron</u> - 0.28 mg <u>Selenium</u> 0.1 mcg <u>Manganese</u> - 0.002 mg <u>Copper</u> - 0.021 mg <u>Zinc</u> - 0.02 mg Also contains small amounts of other minerals.	<u>Vitamin A</u> - 34 IU <u>Niacin</u> - 0.003 mg <u>Pantothenic Acid</u> - 0.001 mg <u>Vitamin B6</u> - 0.001 mg <u>Vitamin C</u> - 0.1 mg <u>Vitamin E</u> - 0.14 mg <u>Vitamin K</u> - 0.1 mcg Contains some other vitamins in small amounts.
Orange 	One medium orange contains 1.23 grams of protein, 62 calories and 3.1 grams of dietary fiber.	<u>Potassium</u> - 237 mg <u>Phosphorus</u> - 18 mg <u>Magnesium</u> - 13 mg <u>Calcium</u> - 52 mg <u>Iron</u> - 0.13 mg <u>Selenium</u> 0.7 mcg	<u>Vitamin A</u> - 295 IU <u>Vitamin B1 (thiamine)</u> - 0.114 mg <u>Vitamin B2 (riboflavin)</u> - 0.052 mg <u>Niacin</u> - 0.369 mg

	fiber.	<u>Manganese</u> - 0.033 mg <u>Copper</u> - 0.059 mg <u>Zinc</u> - 0.09 mg Also contains small amounts of other minerals.	<u>Folate</u> - 39 mcg <u>Pantothenic Acid</u> - 0.328 mg <u>Vitamin B6</u> - 0.079 mg <u>Vitamin C</u> - 69.7 mg <u>Vitamin E</u> - 0.24 mg Contains some other vitamins in small amounts.
Papaya 	One cup of cubed fresh papaya contains 0.85 grams of protein, 55 calories and 2.5 grams of dietary fiber.	<u>Potassium</u> - 360 mg <u>Phosphorus</u> - 7 mg <u>Magnesium</u> - 14 mg <u>Calcium</u> - 34 mg <u>Sodium</u> - 4 mg <u>Iron</u> - 0.14 mg <u>Selenium</u> 0.8 mcg <u>Zinc</u> - 0.1 mg <u>Manganese</u> - 0.015 mg <u>Copper</u> - 0.022 mg Also contains small amounts of other minerals.	<u>Vitamin A</u> - 1532 IU <u>Vitamin B1 (thiamine)</u> - 0.038 mg <u>Vitamin B2 (riboflavin)</u> - 0.045 mg <u>Niacin</u> - 0.473 mg <u>Folate</u> - 53 mcg <u>Pantothenic Acid</u> - 0.305 mg <u>Vitamin B6</u> - 0.027 mg <u>Vitamin C</u> - 86.5 mg <u>Vitamin E</u> - 1.02 mg <u>Vitamin K</u> - 3.6 mcg Contains some other vitamins in small amounts.
Passionfruit 	One cup of fresh passion fruit contains 5.19 grams of protein, 229 calories and 24.5 grams of dietary fiber.	<u>Potassium</u> - 821 mg <u>Phosphorus</u> - 160 mg <u>Magnesium</u> - 68 mg <u>Calcium</u> - 28 mg <u>Sodium</u> - 66 mg <u>Iron</u> - 3.78 mg <u>Selenium</u> 1.4 mcg <u>Copper</u> - 0.203 mg <u>Zinc</u> - 0.24 mg Also contains small amounts of other minerals.	<u>Vitamin A</u> - 3002 IU <u>Vitamin B2 (riboflavin)</u> - 0.307 mg <u>Niacin</u> - 3.54 mg <u>Folate</u> - 33 mcg <u>Vitamin B6</u> - 0.236 mg <u>Vitamin C</u> - 70.8 mg <u>Vitamin E</u> - 0.05 mg <u>Vitamin K</u> - 1.7 mcg Contains some other vitamins in small amounts.
Peach 	One medium peach (with skin) contains 1.36 grams of protein, 58 calories and 2.2 grams dietary fiber.	<u>Potassium</u> - 285 mg <u>Phosphorus</u> - 30 mg <u>Magnesium</u> - 14 mg <u>Calcium</u> - 9 mg <u>Iron</u> - 0.38 mg <u>Selenium</u> 0.1 mcg <u>Manganese</u> - 0.091 mg <u>Copper</u> - 0.102 mg <u>Zinc</u> - 0.26 mg Also contains small amounts of other minerals.	<u>Vitamin A</u> - 489 IU <u>Vitamin B1 (thiamine)</u> - 0.036 mg <u>Vitamin B2 (riboflavin)</u> - 0.047 mg <u>Niacin</u> - 1.209 mg <u>Folate</u> - 6 mcg <u>Pantothenic Acid</u> - 0.229 mg <u>Vitamin B6</u> - 0.037 mg <u>Vitamin C</u> - 9.9 mg <u>Vitamin E</u> - 1.09 mg <u>Vitamin K</u> - 3.9 mcg Contains some other vitamins in small amounts.
Pear	One medium pear contains 0.68	<u>Potassium</u> - 212 mg <u>Phosphorus</u> - 20 mg	<u>Vitamin A</u> - 41 IU <u>Vitamin B1 (thiamine)</u> -

	grams of protein, 103 calories and 5.5 grams dietary fiber.	<u>Magnesium</u> - 12 mg <u>Calcium</u> -16 mg <u>Sodium</u> - 2 mg <u>Iron</u> - 0.3 mg <u>Selenium</u> 0.2 mcg <u>Manganese</u> - 0.087 mg <u>Copper</u> - 0.146 mg <u>Zinc</u> - 0.18 mg Also contains small amounts of other minerals.	0.021 mg <u>Vitamin B2 (riboflavin)</u> - 0.045 mg <u>Niacin</u> - 0.279 mg <u>Folate</u> - 12 mcg <u>Pantothenic Acid</u> - 0.085 mg <u>Vitamin B6</u> - 0.05 mg <u>Vitamin C</u> - 7.5 mg <u>Vitamin E</u> - 0.21 mg <u>Vitamin K</u> - 8 mcg Contains some other vitamins in small amounts.
Persimmon 	One fresh persimmon contains 0.2 grams of protein and 32 calories.	<u>Potassium</u> - 78 mg <u>Phosphorus</u> - 6 mg <u>Calcium</u> - 7 mg <u>Iron</u> - 0.62 mg Also contains small amounts of other minerals.	<u>Vitamin C</u> - 16.5 mg Contains some other vitamins in small amounts.
Pineapple 	One cup of fresh pineapple chunks contains 0.89 grams of protein, 82 calories and 2.3 grams of dietary fiber.	<u>Potassium</u> - 180 mg <u>Phosphorus</u> - 13 mg <u>Magnesium</u> - 20 mg <u>Calcium</u> -21 mg <u>Sodium</u> - 2 mg <u>Iron</u> - 0.48 mg <u>Selenium</u> 0.2 mcg <u>Manganese</u> - 1.53 mg <u>Copper</u> - 0.181 mg <u>Zinc</u> - 0.2 mg Also contains small amounts of other minerals.	<u>Vitamin A</u> - 96 IU <u>Vitamin B1 (thiamine)</u> - 0.13 mg <u>Vitamin B2 (riboflavin)</u> - 0.053 mg <u>Niacin</u> - 0.825 mg <u>Folate</u> - 30 mcg <u>Pantothenic Acid</u> - 0.351 mg <u>Vitamin B6</u> - 0.185 mg <u>Vitamin C</u> - 78.9 mg <u>Vitamin E</u> - 0.03 mg <u>Vitamin K</u> - 1.2 mcg Contains some other vitamins in small amounts.
Plum 	One cup of sliced, fresh plums contains 1.15 grams of protein, 76 calories and 2.3 grams dietary fiber.	<u>Potassium</u> - 259 mg <u>Phosphorus</u> - 26 mg <u>Magnesium</u> - 12 mg <u>Calcium</u> - 10 mg <u>Iron</u> - 0.28 mg <u>Manganese</u> - 0.086 mg <u>Copper</u> - 0.094 mg <u>Zinc</u> - 0.17 mg Also contains small amounts of other minerals.	<u>Vitamin A</u> - 569 IU <u>Vitamin B1 (thiamine)</u> - 0.046 mg <u>Vitamin B2 (riboflavin)</u> - 0.043 mg <u>Niacin</u> - 0.688 mg <u>Folate</u> - 8 mcg <u>Pantothenic Acid</u> - 0.223 mg <u>Vitamin B6</u> - 0.048 mg <u>Vitamin C</u> - 15.7 mg <u>Vitamin E</u> - 0.43 mg <u>Vitamin K</u> - 10.6 mcg Contains some other vitamins in small amounts.
Pomegranate	One fresh pomegranate	<u>Potassium</u> - 666 mg <u>Phosphorus</u> - 102 mg	<u>Vitamin B1 (thiamine)</u> - 0.189 mg

	contains 4.71 grams of protein, 234 calories and 11.3 grams dietary fiber.	<u>Magnesium</u> - 34 mg <u>Calcium</u> - 28 mg <u>Sodium</u> - 8 mg <u>Iron</u> - 0.85 mg <u>Selenium</u> 1.4 mcg <u>Manganese</u> - 0.336 mg <u>Copper</u> - 0.446 mg <u>Zinc</u> - 0.99 mg Also contains small amounts of other minerals.	<u>Vitamin B2 (riboflavin)</u> - 0.149 mg <u>Niacin</u> - 0.826 mg <u>Folate</u> - 107 mcg <u>Pantothenic Acid</u> - 1.063 mg <u>Vitamin B6</u> - 0.211 mg <u>Vitamin C</u> - 28.8 mg <u>Vitamin E</u> - 1.69 mg <u>Vitamin K</u> - 46.2 mcg Contains some other vitamins in small amounts.
Prickly Pear 	One cup of raw prickly pears contains 1.09 grams of protein, 61 calories and 5.4 grams dietary fiber.	<u>Potassium</u> - 328 mg <u>Phosphorus</u> - 36 mg <u>Magnesium</u> - 127 mg <u>Calcium</u> - 83 mg <u>Sodium</u> - 7 mg <u>Iron</u> - 0.45 mg <u>Selenium</u> 0.9 mcg <u>Copper</u> - 0.119 mg <u>Zinc</u> - 0.18 mg Also contains small amounts of other minerals.	<u>Vitamin A</u> - 64 IU <u>Vitamin B1 (thiamine)</u> - 0.021 mg <u>Vitamin B2 (riboflavin)</u> - 0.089 mg <u>Niacin</u> - 0.685 mg <u>Vitamin B6</u> - 0.089 mg <u>Folate</u> - 9 mcg <u>Vitamin C</u> - 20.9 mg Contains some other vitamins in small amounts.
Raisins 	One small box of raisins (1.5 ozs) contains 1.32 grams of protein, 129 calories and 1.6 grams dietary fiber.	<u>Potassium</u> - 322 mg <u>Phosphorus</u> - 43 mg <u>Magnesium</u> - 14 mg <u>Calcium</u> - 22 mg <u>Sodium</u> - 5 mg <u>Iron</u> - 0.81 mg <u>Selenium</u> 0.3 mcg <u>Manganese</u> - 0.129 mg <u>Copper</u> - 0.137 mg <u>Zinc</u> - 0.09 mg Also contains small amounts of other minerals.	<u>Vitamin B1 (thiamine)</u> - 0.046 mg <u>Vitamin B2 (riboflavin)</u> - 0.054 mg <u>Niacin</u> - 0.329 mg <u>Folate</u> - 2 mcg <u>Pantothenic Acid</u> - 0.041 mg <u>Vitamin B6</u> - 0.075 mg <u>Vitamin C</u> - 1 mg <u>Vitamin E</u> - 0.05 mg <u>Vitamin K</u> - 1.5 mcg Contains some other vitamins in small amounts.
Raspberries 	One cup of fresh raspberries contains 1.48 grams of protein, 64 calories and 8 grams dietary fiber.	<u>Potassium</u> - 186 mg <u>Phosphorus</u> - 36 mg <u>Magnesium</u> - 27 mg <u>Calcium</u> - 31 mg <u>Sodium</u> - 1 mg <u>Iron</u> - 0.85 mg <u>Selenium</u> 0.2 mcg <u>Manganese</u> - 0.824 mg <u>Copper</u> - 0.111 mg <u>Zinc</u> - 0.52 mg Also contains small amounts of other minerals.	<u>Vitamin A</u> - 41 IU <u>Vitamin B1 (thiamine)</u> - 0.039 mg <u>Vitamin B2 (riboflavin)</u> - 0.047 mg <u>Niacin</u> - 0.736 mg <u>Folate</u> - 26 mcg <u>Pantothenic Acid</u> - 0.405 mg <u>Vitamin B6</u> - 0.068 mg <u>Vitamin C</u> - 32.2 mg <u>Vitamin E</u> - 1.07 mg <u>Vitamin K</u> - 9.6 mcg Contains some other vitamins in small amounts.

Starfruit aka Carambola 	One cup of fresh starfruit contains 1.37 grams of protein, 41 calories and 3.7 grams dietary fiber.	<u>Potassium</u> - 176 mg <u>Phosphorus</u> - 16 mg <u>Magnesium</u> - 13 mg <u>Calcium</u> - 4 mg <u>Sodium</u> - 3 mg <u>Iron</u> - 0.11 mg <u>Selenium</u> 0.8 mcg <u>Manganese</u> - 0.049 mg <u>Copper</u> - 0.181 mg <u>Zinc</u> - 0.16 mg Also contains small amounts of other minerals.	<u>Vitamin A</u> - 81 IU <u>Vitamin B1 (thiamine)</u> - 0.018 mg <u>Vitamin B2 (riboflavin)</u> - 0.021 mg <u>Niacin</u> - 0.484 mg <u>Folate</u> - 16 mcg <u>Pantothenic Acid</u> - 0.516 mg <u>Vitamin B6</u> - 0.022 mg <u>Vitamin C</u> - 45.4 mg <u>Vitamin E</u> - 0.2 mg Contains some other vitamins in small amounts.
Strawberry 	One cup of whole strawberries contains 0.96 grams of protein, 46 calories and 2.9 grams of dietary fiber.	<u>Potassium</u> - 220 mg <u>Phosphorus</u> - 35 mg <u>Magnesium</u> - 19 mg <u>Calcium</u> - 23 mg <u>Sodium</u> - 1 mg <u>Iron</u> - 0.59 mg <u>Selenium</u> 0.6 mcg <u>Manganese</u> - 0.556 mg <u>Copper</u> - 0.069 mg <u>Zinc</u> - 0.2 mg Also contains small amounts of other minerals.	<u>Vitamin A</u> - 17 IU <u>Vitamin B1 (thiamine)</u> - 0.035 mg <u>Vitamin B2 (riboflavin)</u> - 0.032 mg <u>Niacin</u> - 0.556 mg <u>Folate</u> - 35 mcg <u>Pantothenic Acid</u> - 0.18 mg <u>Vitamin B6</u> - 0.068 mg <u>Vitamin C</u> - 84.7 mg <u>Vitamin E</u> - 0.42 mg <u>Vitamin K</u> - 3.2 mcg Contains some other vitamins in small amounts.
Tomato 	One medium tomato contains 1.08 grams of protein, 22 calories and 1.5 grams of fiber.	<u>Potassium</u> - 292 mg <u>Phosphorus</u> - 30 mg <u>Magnesium</u> - 14 mg <u>Calcium</u> - 12 mg <u>Sodium</u> - 6 mg <u>Iron</u> - 0.33 mg <u>Manganese</u> - 0.14 mg <u>Copper</u> - 0.073 mg <u>Zinc</u> - 0.21 mg Also contains small amounts of other minerals.	<u>Vitamin A</u> - 1025 IU <u>Vitamin B1 (thiamine)</u> - 0.046 mg <u>Vitamin B2 (riboflavin)</u> - 0.023 mg <u>Niacin</u> - 0.731 mg <u>Folate</u> - 18 mcg <u>Pantothenic Acid</u> - 0.109 mg <u>Vitamin B6</u> - 0.098 mg <u>Vitamin C</u> - 15.6 mg <u>Vitamin E</u> - 0.66 mg <u>Vitamin K</u> - 9.7 mcg Contains some other vitamins in small amounts.
Watermelon 	1 medium wedge (slice) of watermelon (about 2 cups edible portion) contains 1.74 grams of protein, 86 calories and 1.1 grams of	<u>Potassium</u> - 320 mg <u>Phosphorus</u> - 31 mg <u>Magnesium</u> - 29 mg <u>Calcium</u> - 20 mg <u>Sodium</u> - 3 mg <u>Iron</u> - 0.69 mg <u>Selenium</u> 1.1 mcg <u>Manganese</u> - 0.109 mg <u>Copper</u> - 0.12 mg	<u>Vitamin A</u> - 1627 IU <u>Vitamin B1 (thiamine)</u> - 0.094 mg <u>Vitamin B2 (riboflavin)</u> - 0.06 mg <u>Niacin</u> - 0.509 mg <u>Folate</u> - 9 mcg <u>Pantothenic Acid</u> - 0.632 mg

	dietary fiber.	<u>Zinc</u> - 0.29 mg Also contains small amounts of other minerals.	<u>Vitamin B6</u> - 0.129 mg <u>Vitamin C</u> - 23.2 mg <u>Vitamin E</u> - 0.14 mg <u>Vitamin K</u> - 0.3 mcg Contains some other vitamins in small amounts.
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