

Nutrient Profile for Dried Plums



The Dietary Guidelines for Americans encourages consumption of more fruits, vegetables, whole grains and low-fat dairy foods to help lower the risk of chronic disease. As a fruit, dried plums are cholesterol-, fat- and sodium-free and contain no trans-fatty acids.

Nutrient	Units	Value per 40 grams	Nutrient	Units	Value per 40 grams
Proximates			Vitamins		
Water	g	12.37	Vitamin C, total asorbic acid	mg	0.2
Energy	kcal	96.0	Thiamin	mg	0.020
Energy	kj	402.0	Riboflavin	mg	0.074
Protein	g	0.87	Niacin	mg	0.753
Total lipid (fat)	g	0.15	Pantothenic acid	mg	0.169
Carbohydrate, by difference	g	25.55	Vitamin B-6	mg	0.082
Fiber, total dietary	g	2.8	Folate, total	mcg	2.0
Sugars, total	g	15.25	Folic acid	mcg	0.00
Sucrose	g	0.06	Folate, food	mcg	2.0
Glucose (dextrose)	g	10.18	Folate, DFE	mcg_DFE	2.0
Fructose	g	4.98	Choline, total	mg	4.0
Lactose	g	0.00	Betaine	mg	0.2
Maltose	g	0.02	Vitamin A, IU	IU	312.0
Galactose	g	0.00	Vitamin A, RAE	mcg_RAE	16.0
Starch	g	2.04	Retinol	mcg	0.00
Minerals			Vitamin E (alpha-tocopherol)	mg	0.17
Calcium, Ca	mg	17.0	Vitamin E, added	mg	0.00
Iron, Fe	mg	0.37	Tocopherol, beta	mg	0.00
Magnesium, Mg	mg	16.0	Tocopherol, gamma	mg	0.01
Phosphorus, P	mg	28.0	Tocopherol, delta	mg	0.00
Potassium, K	mg	293.0	Vitamin K (phylloquinone)	mcg	23.8
Sodium, Na	mg	1.0	Other		
Zinc, Zn	mg	0.18	Alcohol, ethyl	g	0.00
Copper, Cu	mg	0.112	Caffeine	mg	0.00
Manganese, Mn	mg	0.120	Theobromine	mg	0.00
Fluoride, F	mcg	1.6	Carotene, beta	mcg	158.0
Selenium, Se	mcg	0.1	Carotene, alpha	mcg	23.0
Lipids			Cryptoxanthin, beta	mcg	37.0
Fatty acids, total saturated	g	0.035	Lycopene	mcg	0.00
Fatty acids, total monounsaturated	g	0.021	Lutein & zeaxanthin	mcg	59.0
Fatty acids, total polyunsaturated	g	0.025			
Cholesterol	mg	0.00			