

Basic Report 09144, Jackfruit, raw [a](#)

Report Date: December 17, 2014 18:09 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	1 cup, sliced 165g	1 cup 1" pieces 151g
Proximates				
Water	g	73.46	121.21	110.92
Energy	kcal	95	157	143
Protein	g	1.72	2.84	2.60
Total lipid (fat)	g	0.64	1.06	0.97
Carbohydrate, by difference	g	23.25	38.36	35.11
Fiber, total dietary	g	1.5	2.5	2.3
Sugars, total	g	19.08	31.48	28.81
Minerals				
Calcium, Ca	mg	24	40	36
Iron, Fe	mg	0.23	0.38	0.35
Magnesium, Mg	mg	29	48	44
Phosphorus, P	mg	21	35	32
Potassium, K	mg	448	739	676
Sodium, Na	mg	2	3	3
Zinc, Zn	mg	0.13	0.21	0.20
Vitamins				
Vitamin C, total ascorbic acid	mg	13.7	22.6	20.7
Thiamin	mg	0.105	0.173	0.159
Riboflavin	mg	0.055	0.091	0.083
Niacin	mg	0.920	1.518	1.389
Vitamin B-6	mg	0.329	0.543	0.497
Folate, DFE	µg	24	40	36
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	5	8	8
Vitamin A, IU	IU	110	182	166
Vitamin E (alpha-tocopherol)	mg	0.34	0.56	0.51

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Lipids				
Fatty acids, total saturated	g	0.195	0.322	0.294
Fatty acids, total monounsaturated	g	0.155	0.256	0.234
Fatty acids, total polyunsaturated	g	0.094	0.155	0.142
Cholesterol	mg	0	0	0

Footnotes

^a Values based on analysis of cultivars grown in Florida.

^b Folate value based on the analysis of 5-methyltetrahydrofolate