



Sugars and other nutrients in produce (fruits and vegetables)

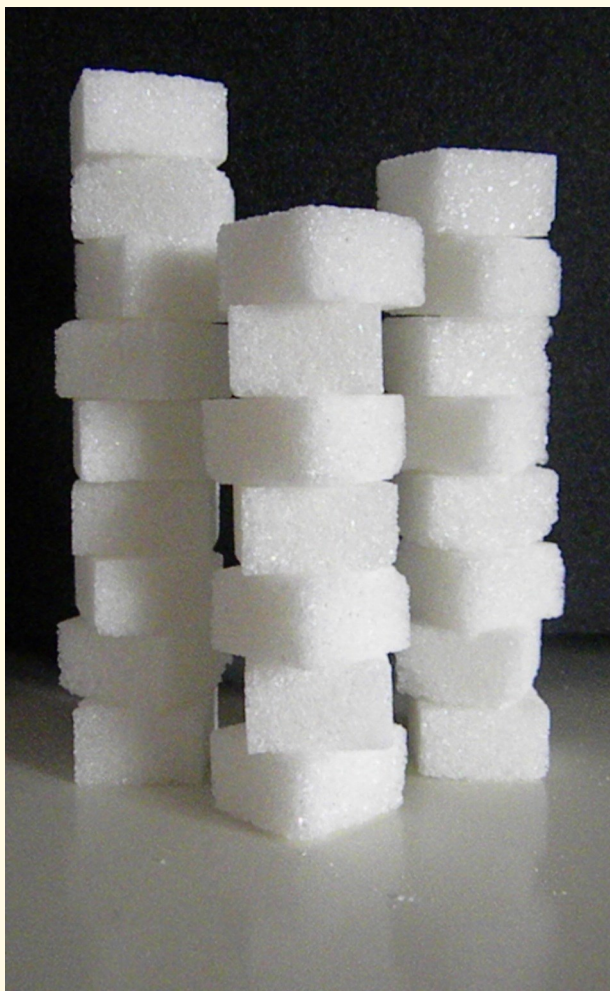
All values expressed as g/kg wet weight unless otherwise stated

Completely revised October 2014

Fruits

Banana

Musa acuminata



104 gram sugar



Energy MJ	Dry Matter	NDF	ADF	Crude Protein	Fat	Ca	P	Mg	Fe	Vit. A RE	Vit. E α-TE	Vit. C
3.4	234	28.8	6.6	13.3	12.4	0.04	0.27	0.28	0.002	44.2	5.5	0.14

Vegetables

Carrot

Daucus caurota



45 gram sugar



Energy MJ	Dry Matter	NDF	ADF	Crude Protein	Fat	Ca	P	Mg	Fe	Vit. A RE	Vit. E α-TE	Vit. C
1.6	115	11.2	10.2	6.8	4	0.36	0.29	0.12	0.004	9170	5.5	0.02

Apple

Malus domestica



86 gram sugar



Energy MJ	Dry Matter	NDF	ADF	Crude Protein	Fat	Ca	P	Mg	Fe	Vit. A RE	Vit. E α-TE	Vit. C
2.2	143	14.6	8.6	4.3	8.3	0.04	0.17	0.04	0.001	20.8	5.5	0.01

Sweet potato

Ipomoea batatas



32 gram sugar



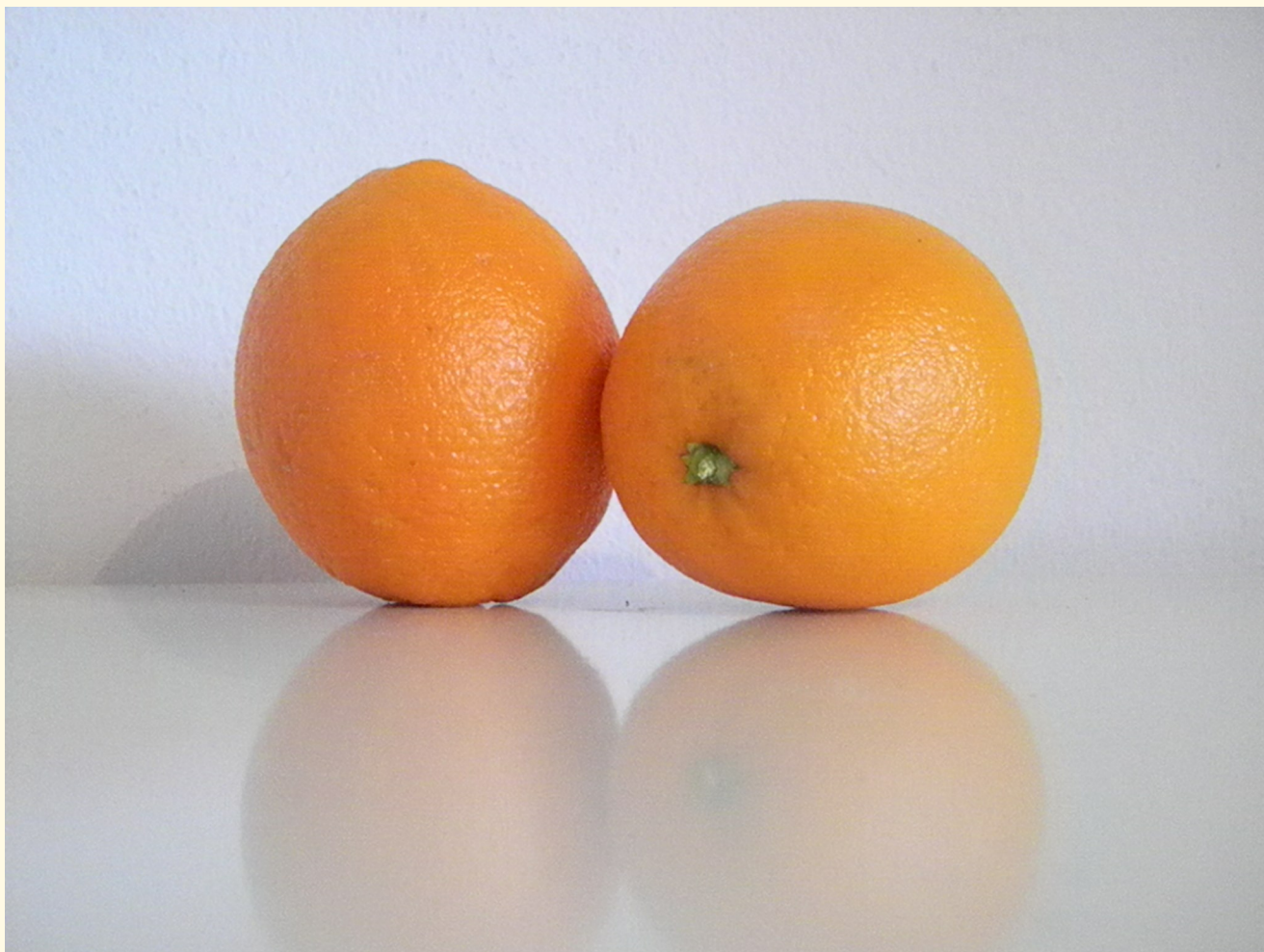
Energy MJ	Dry Matter	NDF	ADF	Crude Protein	Fat	Ca	P	Mg	Fe	Vit. A RE	Vit. E α-TE	Vit. C
3.0	197	39.4	9.7	8.3	11	0.45	0.47	0.15	0.009	3730	-	0.26

Orange

Citrus x sinensis



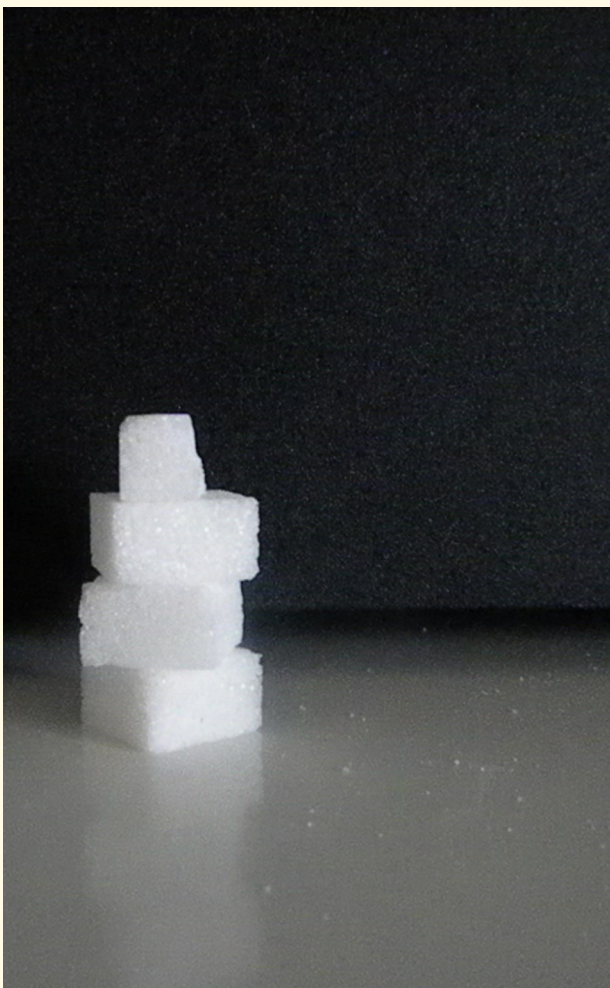
56 gram sugar



Energy MJ	Dry Matter	NDF	ADF	Crude Protein	Fat	Ca	P	Mg	Fe	Vit. A RE	Vit. E α-TE	Vit. C
2.2	130	14.3	9.2	7.8	4.9	0.35	0.22	0.1	0.001	40	5.5	0.5

Celery

Apium graveolens



14 gram sugar



Energy MJ	Dry Matter	NDF	ADF	Crude Protein	Fat	Ca	P	Mg	Fe	Vit. A RE	Vit. E α-TE	Vit. C
0.9	71	11.1	8.9	12.2	2.1	0.57	0.3	0.08	0.004	14.2	2	0.2

Kiwi

Actinidia deliciosa



52 gram sugar



Energy MJ	Dry Matter	NDF	ADF	Crude Protein	Fat	Ca	P	Mg	Fe	Vit. A RE	Vit. E α-TE	Vit. C
2.5	156	25.3	19.7	12.9	8.3	0.32	0.33	0.13	0.003	31.4	5.5	0.65

Spinach

Spinacia oleracea



1 gram sugar



Energy MJ	Dry Matter	NDF	ADF	Crude Protein	Fat	Ca	P	Mg	Fe	Vit. A RE	Vit. E α-TE	Vit. C
1.1	83	16.7	9.7	32.1	6.6	1.29	0.41	0.26	0.05	3490	29	0.52

Papaya

Carica papaya



27 gram sugar



Energy MJ	Dry Matter	NDF	ADF	Crude Protein	Fat	Ca	P	Mg	Fe	Vit. A RE	Vit. E α-TE	Vit. C
2.1	135	18.5	16.5	18.4	4.7	0.25	0.1	0.22	0.007	197	-	0.55

Endive

Cichorium endivia



0 gram sugar



Energy MJ	Dry Matter	NDF	ADF	Crude Protein	Fat	Ca	P	Mg	Fe	Vit. A RE	Vit. E α-TE	Vit. C
0.6	62	11	8.9	13	2	0.52	0.28	0.15	0.008	1030	-	0.07