

Detailed Report (alphabetical)

Grapefruit, flesh, raw

FCDB food ID	L80
Scientific name	<i>Citrus paradisi</i>
Food group	Fruits
Serving Size	118 g
Recommended Serving Size	1/2 grapefruit = 118 g

If data is to be used for food labelling it is your responsibility to ensure you comply with FSANZ labelling requirements.

* Percentage daily intakes are based on an average adult diet of 8700 kJ as specified by FSANZ.

■ denotes no data available

NUTRIENT	UNIT	QUANTITY PER SERVE	%DI* PER SERVE	QUANTITY PER 100 g
25-hydroxyvitamin D3	µg	■		■
Acetic acid (g)	g	■		■
Sugar, added	g	0.0		0.0
Alanine (g)	g	0.047		0.040
Alcohol	g	0.0		0.0
Alpha-carotene	µg	0		0
Alpha-tocopherol	mg	■		■
Arginine (g)	g	0.047		0.040
Ash	g	0.4		0.3
Asparagine (g)	g	■		■
Aspartic acid (g)	g	0.106		0.090
Available carbohydrate by difference	g	9.1		7.7
Available carbohydrates by weight	g	5.9		5.0
Available carbohydrates in monosaccharide equivalent	g	6.0		5.1
Beta-carotene	µg	0		0
Beta-carotene equivalents	µg	0		0
Beta-tocopherol	mg	■		■
Beta-tocopherol + Gamma-tocopherol	µg	■		■
Biotin	µg	1.2	4 %	1.0
Caffeine	mg	0.0		0.0
Calcium	mg	20	3 %	17
Carbohydrate by difference, FSANZ	g	9.1		7.7
Available carbohydrate, FSANZ	g	5.9	2 %	5.0
Chloride	mg	1		1
Cholecalciferol (Vitamin D3)	µg	0.00		0.00
Cholesterol	mg	0.0		0.0
Chromium	µg	■		■
Citric acid (g)	g	■		■
Copper	mg	0.07	2 %	0.06

Cystine (g)	g	0.012		0.010
Delta-tocopherol	mg	■		■
Fibre, total dietary	g	0.7	2 %	0.6
Disaccharides, total	g	2.4		2.0
Disaccharides, total (monosaccharide equivalents)	g	2.5		2.1
Dry matter	g	11.0		9.3
Energy, total metabolisable, available carbohydrate, FSANZ (kJ)	kJ	123	1 %	104
Energy, total metabolisable (kJ)	kJ	117		99
Energy, total metabolisable (kJ, including dietary fibre)	kJ	123		104
Energy, total metabolisable (kcal)	kcal	27		23
Energy, total metabolisable (kcal, including dietary fibre)	kcal	30		25
Energy, total metabolisable, available carbohydrate, FSANZ (kcal)	kcal	30		25
Energy, total metabolisable, carbohydrate by difference, FSANZ (kJ)	kJ	177		150
Energy, total metabolisable, carbohydrate by difference, FSANZ (kcal)	kcal	42		36
Ergocalciferol (Vitamin D2)	µg	0.0		0.0
Fatty acids, total saturated	g	0.02	0 %	0.02
Fat, total	g	0.1	0 %	0.1
Fatty acid 10:0	g	■		■
Fatty acid 10:1	g	■		■
Fatty acid 12:0	g	■		■
Fatty acid 12:1	g	■		■
Fatty acid 13:0	g	■		■
Fatty acid 14:0	g	■		■
Fatty acid 14:1	g	■		■
Fatty acid 14:1 omega-5	g	■		■
Fatty acid 15:0	g	■		■
Fatty acid 15:1	g	■		■
Fatty acid 16:0	g	■		■
Fatty acid 16:1	g	■		■
Fatty acid 17:0	g	■		■
Fatty acid 17:1	g	■		■
Fatty acid 18:0	g	■		■
Fatty acid 18:1	g	■		■
Fatty acid 18:1 omega-7	g	■		■
Fatty acid 18:1 omega-9	g	■		■
Fatty acid 18:2	g	■		■
Fatty acid 18:2 omega-6	g	■		■
Fatty acid 18:3	g	■		■
Fatty acid 18:3 omega-3	g	■		■
Fatty acid 18:3 omega-6	g	■		■
Fatty acid 18:4	g	■		■
Fatty acid 18:4 omega-3	g	■		■
Fatty acid 19:0	g	■		■

Fatty acid 20:0	g	▪	▪
Fatty acid 20:1	g	▪	▪
Fatty acid 20:1 omega-11	g	▪	▪
Fatty acid 20:1 omega-9	g	▪	▪
Fatty acid 20:2	g	▪	▪
Fatty acid 20:2 omega-6	g	▪	▪
Fatty acid 20:3	g	▪	▪
Fatty acid 20:3 omega-3	g	▪	▪
Fatty acid 20:3 omega-6	g	▪	▪
Fatty acid 20:4	g	▪	▪
Fatty acid 20:4 omega-3	g	▪	▪
Fatty acid 20:4 omega-6	g	▪	▪
Fatty acid 20:5	g	▪	▪
Fatty acid 20:5 omega-3	g	▪	▪
Fatty acid 21:0	g	▪	▪
Fatty acid 21:5	g	▪	▪
Fatty acid 21:5 omega-3	g	▪	▪
Fatty acid 22:0	g	▪	▪
Fatty acid 22:1	g	▪	▪
Fatty acid 22:1 omega-11	g	▪	▪
Fatty acid 22:1 omega-9	g	▪	▪
Fatty acid 22:2	g	▪	▪
Fatty acid 22:2 omega-6	g	▪	▪
Fatty acid 22:4	g	▪	▪
Fatty acid 22:4 omega-6	g	▪	▪
Fatty acid 22:5	g	▪	▪
Fatty acid 22:5 omega-3	g	▪	▪
Fatty acid 22:5 omega-6	g	▪	▪
Fatty acid 22:6	g	▪	▪
Fatty acid 22:6 omega-3	g	▪	▪
Fatty acid 23:0	g	▪	▪
Fatty acid 24:0	g	▪	▪
Fatty acid 24:1	g	▪	▪
Fatty acid 4:0	g	▪	▪
Fatty acid 6:0	g	▪	▪
Fatty acid 8:0	g	▪	▪
Fatty acids, total	g	0.09	0.08
Fatty acids, total long chain polyunsaturated omega-3	g	▪	▪
Fatty acids, total monounsaturated	g	0.02	0.02
Fatty acids, total monounsaturated trans	g	▪	▪
Fatty acids, total polyunsaturated	g	0.05	0.04
Fatty acids, total polyunsaturated omega-6	g	▪	▪
Fatty acids, total polyunsaturated trans	g	▪	▪
Fibre, water-insoluble	g	▪	▪
Fibre, water-soluble	g	▪	▪
Fluoride	µg	▪	▪

Dietary folate equivalents	µg	21	11 %	18
Folate food, naturally occurring food folates	µg	21		18
Folate, total	µg	21		18
Folic acid, synthetic folic acid	µg	0		0
Sugar, free	g	0.0		0.0
Fructose	g	1.2		1.0
Gamma-tocopherol	mg	▪		▪
Glucose	g	2.4		2.0
Glutamic acid (g)	g	0.094		0.080
Glycine (g)	g	0.071		0.060
Glycogen	g	▪		▪
Glycogen (monosaccharide equivalents)	g	▪		▪
Histidine (g)	g	0.012		0.010
Hydroxyproline (g)	g	▪		▪
Iodide	µg	0.25	0 %	0.21
Iron	mg	0.35	3 %	0.30
Isoleucine (g)	g	0.024		0.020
Lactic acid (g)	g	▪		▪
Lactose	g	0.0		0.0
Lactose (monosaccharide equivalents)	g	0.0		0.0
Leucine (g)	g	0.024		0.020
Lutein	µg	▪		▪
Lycopene	µg	▪		▪
Lysine (g)	g	0.035		0.030
Magnesium	mg	12	4 %	10
Malic acid (g)	g	▪		▪
Maltodextrin	g	▪		▪
Maltose	g	0.0		0.0
Maltose (monosaccharide equivalents)	g	0.0		0.0
Manganese	µg	14	0 %	12
Methionine (g)	g	0.012		0.010
Molybdenum	µg	▪		▪
Monosaccharides, total	g	3.5		3.0
Niacin equivalents, total	mg	0.32	3 %	0.27
Niacin equivalents from tryptophan	mg	0.08		0.07
Niacin, preformed	mg	0.24		0.20
Nitrogen, total	g	0.1		0.1
Fatty acids, total polyunsaturated omega-3	g	▪		▪
Organic acids, total (g)	g	▪		▪
Oxalic acid (g)	g	▪		▪
Pantothenic acid	mg	0.33	7 %	0.28
Phenylalanine (g)	g	0.024		0.020
Phosphorus	mg	19	2 %	16
Phytosterols, total	mg	▪		▪
Polysaccharides, non-starch	g	1.4		1.2
Polysaccharides, non-starch, water-	g	0.5		0.4

insoluble				
Polysaccharides, non-starch, water-soluble	g	0.9		0.8
Potassium	mg	271		230
Proline (g)	g	0.047		0.040
Protein, total; calculated from total nitrogen	g	0.7	1 %	0.6
Proximates, total	g	115		97.3
Quinic acid (g)	g	▪		▪
Retinol	µg	0		0
Riboflavin	mg	0.02	1 %	0.02
Selenium	µg	0.1	0 %	0.1
Serine (g)	g	0.024		0.020
Sodium	mg	1	0 %	1
Sorbitol (g)	g	▪		▪
Starch, resistant	g	▪		▪
Starch, total	g	0.0		0.0
Starch, total (monosaccharide equivalents)	g	0.0		0.0
Succinic acid (g)	g	▪		▪
Sucrose	g	2.4		2.0
Sucrose (monosaccharide equivalents)	g	2.5		2.1
Sugars, total	g	5.9	7 %	5.0
Sugars, total (monosaccharide equivalents)	g	6.0		5.1
Sulphur	mg	6		5
Taurine (g)	g	▪		▪
Thiamin	mg	0.06	5 %	0.05
Threonine (g)	g	0.012		0.010
Total carbohydrate by difference	g	9.8		8.3
Total carbohydrates by summation	g	6.6		5.6
Fatty acids, total trans	g	▪		▪
Tryptophan (g)	g	0.000		0.000
Tyrosine (g)	g	0.012		0.010
Valine (g)	g	0.024		0.020
Vitamin A, retinol activity equivalents	µg	0	0 %	0
Vitamin A, retinol equivalents	µg	0		0
Vitamin B12	µg	0.00	0 %	0.00
Vitamin B6	mg	0.04	2 %	0.03
Vitamin C	mg	47.2	118 %	40.0
Vitamin D; calculated by summation	µg	0.00	0 %	0.00
Vitamin E, alpha-tocopherol equivalents	mg	0.22	2 %	0.19
Vitamin K	µg	▪		▪
Water	g	107		90.7
Zeaxanthin	µg	▪		▪
Zinc	mg	0.12	1 %	0.10