Detailed Report (alphabetical)

Lemon, flesh & skin, raw

FCDB food ID	L92
Scientific name	*Citrus limon lisbon*
Food group	Fruits
Serving Size	100 g
Recommended Serving Size	1 lemon = 100 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	0.050		0.050
Alcohol	g	0.0		0.0
Alpha-carotene	µg	▪		▪
Alpha-tocopherol	mg	▪		▪
Arginine (g)	g	0.050		0.050
Ash	g	0.5		0.5
Asparagine (g)	g	▪		▪
Aspartic acid (g)	g	0.110		0.110
Available carbohydrate by difference	g	10.7		10.7
Available carbohydrates by weight	g	3.2		3.2
Available carbohydrates in monosaccharide equivalent	g	3.2		3.2
Beta-carotene	µg	▪		▪
Beta-carotene equivalents	µg	21		21
Beta-tocopherol	mg	▪		▪
Beta-tocopherol + Gamma-tocopherol	µg	▪		▪
Biotin	µg	0.5	2 %	0.5
Caffeine	mg	0.0		0.0
Calcium	mg	110	14 %	110
Carbohydrate by difference, FSANZ	g	10.7		10.7
Available carbohydrate, FSANZ	g	3.2	1 %	3.2
Chloride	mg	5		5
Cholecalciferol (Vitamin D3)	µg	0.00		0.00
Cholesterol	mg	0.0		0.0
Chromium	µg	▪		▪
Citric acid (g)	g	▪		▪
Copper	mg	0.26	9 %	0.26

Cystine (g)	g	0.010		0.010
Delta-tocopherol	mg	▪		▪
Fibre, total dietary	g	2.5	8 %	2.5
Disaccharides, total	g	0.4		0.4
Disaccharides, total (monosaccharide equivalents)	g	0.4		0.4
Dry matter	g	14.8		14.8
Energy, total metabolisable, available carbohydrate, FSANZ (kJ)	kJ	100	1 %	100
Energy, total metabolisable (kJ)	kJ	80		80
Energy, total metabolisable (kJ, including dietary fibre)	kJ	100		100
Energy, total metabolisable (kcal)	kcal	19		19
Energy, total metabolisable (kcal, including dietary fibre)	kcal	24		24
Energy, total metabolisable, available carbohydrate, FSANZ (kcal)	kcal	24		24
Energy, total metabolisable, carbohydrate by difference, FSANZ (kJ)	kJ	228		228
Energy, total metabolisable, carbohydrate by difference, FSANZ (kcal)	kcal	54		54
Ergocalciferol (Vitamin D2)	µg	0.0		0.0
Fatty acids, total saturated	g	0.08	0 %	0.08
Fat, total	g	0.3	0 %	0.3
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	0.28	0.28
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	0.18	0.18
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	5	2 %	5
Folate food, naturally occurring food folates	µg	5		5
Folate, total	µg	5		5
Folic acid, synthetic folic acid	µg	0		0
Sugar, free	g	0.0		0.0
Fructose	g	1.4		1.4
Gamma-tocopherol	mg	▪		▪
Glucose	g	1.4		1.4
Glutamic acid (g)	g	0.090		0.090
Glycine (g)	g	0.080		0.080
Glycogen	g	▪		▪
Glycogen (monosaccharide equivalents)	g	▪		▪
Histidine (g)	g	0.010		0.010
Hydroxyproline (g)	g	▪		▪
Iodide	µg	0.21	0 %	0.21
Iron	mg	0.40	3 %	0.40
Isoleucine (g)	g	0.020		0.020
Lactic acid (g)	g	▪		▪
Lactose	g	0.0		0.0
Lactose (monosaccharide equivalents)	g	0.0		0.0
Leucine (g)	g	0.020		0.020
Lutein	µg	▪		▪
Lycopene	µg	▪		▪
Lysine (g)	g	0.040		0.040
Magnesium	mg	12	4 %	12
Malic acid (g)	g	▪		▪
Maltodextrin	g	▪		▪
Maltose	g	0.0		0.0
Maltose (monosaccharide equivalents)	g	0.0		0.0
Manganese	µg	50	1 %	50
Methionine (g)	g	0.010		0.010
Molybdenum	µg	▪		▪
Monosaccharides, total	g	2.8		2.8
Niacin equivalents, total	mg	0.29	3 %	0.29
Niacin equivalents from tryptophan	mg	0.09		0.09
Niacin, preformed	mg	0.20		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	0.23	5 %	0.23
Phenylalanine (g)	g	0.030		0.030
Phosphorus	mg	21	2 %	21
Phytosterols, total	mg	▪		▪
Polysaccharides, non-starch	g	5.0		5.0
Polysaccharides, non-starch, water-	g	2.6		2.6

insoluble				
Polysaccharides, non-starch, water-soluble	g	2.4		2.4
Potassium	mg	160		160
Proline (g)	g	0.040		0.040
Protein, total; calculated from total nitrogen	g	0.8	2 %	0.8
Proximates, total	g	92.5		92.5
Quinic acid (g)	g	▪		▪
Retinol	µg	0		0
Riboflavin	mg	0.04	2 %	0.04
Selenium	µg	1.0	1 %	1.0
Serine (g)	g	0.020		0.020
Sodium	mg	6	0 %	6
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	0.4		0.4
Sucrose (monosaccharide equivalents)	g	0.4		0.4
Sugars, total	g	3.2	4 %	3.2
Sugars, total (monosaccharide equivalents)	g	3.2		3.2
Sulphur	mg	12		12
Taurine (g)	g	▪		▪
Thiamin	mg	0.05	5 %	0.05
Threonine (g)	g	0.010		0.010
Total carbohydrate by difference	g	13.2		13.2
Total carbohydrates by summation	g	5.7		5.7
Fatty acids, total trans	g	▪		▪
Tryptophan (g)	g	0.010		0.010
Tyrosine (g)	g	0.020		0.020
Valine (g)	g	0.030		0.030
Vitamin A, retinol activity equivalents	µg	2	0 %	2
Vitamin A, retinol equivalents	µg	4		4
Vitamin B12	µg	0.00	0 %	0.00
Vitamin B6	mg	0.11	7 %	0.11
Vitamin C	mg	80.0	200 %	80.0
Vitamin D; calculated by summation	µg	0.00	0 %	0.00
Vitamin E, alpha-tocopherol equivalents	mg	0.15	2 %	0.15
Vitamin K	µg	▪		▪
Water	g	85.2		85.2
Zeaxanthin	µg	▪		▪
Zinc	mg	0.10	1 %	0.10