

Basic Report 09032, Apricots, dried, sulfured, uncooked

Report Date: March 06, 2015 23:24 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup, halves 130g	1 half 3.5g
Proximates				
Water	g	30.89	40.16	1.08
Energy	kcal	241	313	8
Protein	g	3.39	4.41	0.12
Total lipid (fat)	g	0.51	0.66	0.02
Carbohydrate, by difference	g	62.64	81.43	2.19
Fiber, total dietary	g	7.3	9.5	0.3
Sugars, total	g	53.44	69.47	1.87
Minerals				
Calcium, Ca	mg	55	72	2
Iron, Fe	mg	2.66	3.46	0.09
Magnesium, Mg	mg	32	42	1
Phosphorus, P	mg	71	92	2
Potassium, K	mg	1162	1511	41
Sodium, Na	mg	10	13	0
Zinc, Zn	mg	0.39	0.51	0.01
Vitamins				
Vitamin C, total ascorbic acid	mg	1.0	1.3	0.0
Thiamin	mg	0.015	0.020	0.001
Riboflavin	mg	0.074	0.096	0.003
Niacin	mg	2.589	3.366	0.091
Vitamin B-6	mg	0.143	0.186	0.005
Folate, DFE	µg	10	13	0
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	180	234	6
Vitamin A, IU	IU	3604	4685	126
Vitamin E (alpha-tocopherol)	mg	4.33	5.63	0.15

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	0	0	0
Vitamin K (phylloquinone)	µg	3.1	4.0	0.1
Lipids				
Fatty acids, total saturated	g	0.017	0.022	0.001
Fatty acids, total monounsaturated	g	0.074	0.096	0.003
Fatty acids, total polyunsaturated	g	0.074	0.096	0.003
Cholesterol	mg	0	0	0
Other				
Caffeine	mg	0	0	0