

Basic Report 09003, Apples, raw, with skin (Includes foods for USDA's Food Distribution Program) [a](#) [b](#)
Report Date: September 21, 2019 17:33 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1.42 Value Per142 g	1 cup, quartered or chopped 125g	1 cup slices 109g	1 large (3-1/4" dia) 223g	1 medium (3" dia) 182g	1 small (2-3/4" dia) 149g	1 extra small (2-1/2" dia) 101g	1 NLEA serving 242g
Proximates									
Water	g	121.50	106.95	93.26	190.80	155.72	127.48	86.42	207.06
Energy	kcal	74	65	57	116	95	77	53	126
Protein	g	0.37	0.33	0.28	0.58	0.47	0.39	0.26	0.63
Total lipid (fat)	g	0.24	0.21	0.19	0.38	0.31	0.25	0.17	0.41
Carbohydrate, by difference	g	19.61	17.26	15.05	30.80	25.13	20.58	13.95	33.42
Fiber, total dietary	g	3.4	3.0	2.6	5.4	4.4	3.6	2.4	5.8
Sugars, total	g	14.75	12.99	11.33	23.17	18.91	15.48	10.49	25.14
Minerals									
Calcium, Ca	mg	9	8	7	13	11	9	6	15
Iron, Fe	mg	0.17	0.15	0.13	0.27	0.22	0.18	0.12	0.29
Magnesium, Mg	mg	7	6	5	11	9	7	5	12
Phosphorus, P	mg	16	14	12	25	20	16	11	27
Potassium, K	mg	152	134	117	239	195	159	108	259
Sodium, Na	mg	1	1	1	2	2	1	1	2
Zinc, Zn	mg	0.06	0.05	0.04	0.09	0.07	0.06	0.04	0.10
Vitamins									
Vitamin C, total ascorbic acid	mg	6.5	5.8	5.0	10.3	8.4	6.9	4.6	11.1
Thiamin	mg	0.024	0.021	0.019	0.038	0.031	0.025	0.017	0.041
Riboflavin	mg	0.037	0.033	0.028	0.058	0.047	0.039	0.026	0.063
Niacin	mg	0.129	0.114	0.099	0.203	0.166	0.136	0.092	0.220
Vitamin B-6	mg	0.058	0.051	0.045	0.091	0.075	0.061	0.041	0.099
Folate, DFE	µg	4	4	3	7	5	4	3	7
Vitamin B-12	µg	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	4	4	3	7	5	4	3	7
Vitamin A, IU	IU	77	68	59	120	98	80	55	131

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Vitamin E (alpha-tocopherol)	mg	0.26	0.23	0.20	0.40	0.33	0.27	0.18	0.44
Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Vitamin D	IU	0	0	0	0	0	0	0	0
Vitamin K (phylloquinone)	µg	3.1	2.8	2.4	4.9	4.0	3.3	2.2	5.3
Lipids									
Fatty acids, total saturated	g	0.040	0.035	0.031	0.062	0.051	0.042	0.028	0.068
Fatty acids, total monounsaturated	g	0.010	0.009	0.008	0.016	0.013	0.010	0.007	0.017
Fatty acids, total polyunsaturated	g	0.072	0.064	0.056	0.114	0.093	0.076	0.052	0.123
Fatty acids, total trans	g	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0	0	0	0
Amino Acids									
Other									
Caffeine	mg	0	0	0	0	0	0	0	0

Footnotes

^a Based on analytical data for red delicious, golden delicious, gala, granny smith, and fuji varieties.

^b 3 and 5 pound bags of apples typically contain small and extra small sizes.