

Basic Report 09016, Apple juice, canned or bottled, unsweetened, without added ascorbic acid [a](#)

Report Date: July 20, 2019 01:30 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 248g	1 fl oz 31g	1 drink box (8.45 fl oz) 262g
Proximates					
Water	g	88.24	218.84	27.35	231.19
Energy	kcal	46	114	14	121
Protein	g	0.10	0.25	0.03	0.26
Total lipid (fat)	g	0.13	0.32	0.04	0.34
Carbohydrate, by difference	g	11.30	28.02	3.50	29.61
Fiber, total dietary	g	0.2	0.5	0.1	0.5
Sugars, total	g	9.62	23.86	2.98	25.20
Minerals					
Calcium, Ca	mg	8	20	2	21
Iron, Fe	mg	0.12	0.30	0.04	0.31
Magnesium, Mg	mg	5	12	2	13
Phosphorus, P	mg	7	17	2	18
Potassium, K	mg	101	250	31	265
Sodium, Na	mg	4	10	1	10
Zinc, Zn	mg	0.02	0.05	0.01	0.05
Vitamins					
Vitamin C, total ascorbic acid	mg	0.9	2.2	0.3	2.4
Thiamin	mg	0.021	0.052	0.007	0.055
Riboflavin	mg	0.017	0.042	0.005	0.045
Niacin	mg	0.073	0.181	0.023	0.191
Vitamin B-6	mg	0.018	0.045	0.006	0.047
Folate, DFE	µg	0	0	0	0
Vitamin B-12	µg	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	0	0	0	0
Vitamin A, IU	IU	1	2	0	3

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Vitamin E (alpha-tocopherol)	mg	0.01	0.02	0.00	0.03
Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	0.0
Vitamin D	IU	0	0	0	0
Vitamin K (phylloquinone)	µg	0.0	0.0	0.0	0.0
Lipids					
Fatty acids, total saturated	g	0.022	0.055	0.007	0.058
Fatty acids, total monounsaturated	g	0.006	0.015	0.002	0.016
Fatty acids, total polyunsaturated	g	0.039	0.097	0.012	0.102
Fatty acids, total trans	g	0.000	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0
Amino Acids					
Other					
Caffeine	mg	0	0	0	0

Footnotes

^a Includes juice box