

Basic Report 09020, Applesauce, canned, sweetened, without salt (includes USDA commodity)

Report Date: November 24, 2017 08:01 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 246g
Proximates			
Water	g	81.98	201.67
Energy	kcal	68	167
Protein	g	0.16	0.39
Total lipid (fat)	g	0.17	0.42
Carbohydrate, by difference	g	17.49	43.03
Fiber, total dietary	g	1.2	3.0
Sugars, total	g	14.67	36.09
Minerals			
Calcium, Ca	mg	3	7
Iron, Fe	mg	0.12	0.30
Magnesium, Mg	mg	3	7
Phosphorus, P	mg	6	15
Potassium, K	mg	75	184
Sodium, Na	mg	2	5
Zinc, Zn	mg	0.03	0.07
Vitamins			
Vitamin C, total ascorbic acid	mg	1.7	4.2
Thiamin	mg	0.017	0.042
Riboflavin	mg	0.022	0.054
Niacin	mg	0.072	0.177
Vitamin B-6	mg	0.027	0.066
Folate, DFE	µg	1	2
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	0	0
Vitamin A, IU	IU	6	15
Vitamin E (alpha-tocopherol)	mg	0.18	0.44

Nutrient	Unit	1 Value Per100 g	1 cup 246g
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	0.6	1.5
Lipids			
Fatty acids, total saturated	g	0.030	0.074
Fatty acids, total monounsaturated	g	0.007	0.017
Fatty acids, total polyunsaturated	g	0.054	0.133
Fatty acids, total trans	g	0.000	0.000
Cholesterol	mg	0	0
Amino Acids			
Other			
Caffeine	mg	0	0