

Basic Report 09021, Apricots, raw
Report Date: June 19, 2019 02:56 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup, halves 155g	1 cup, sliced 165g	1 apricot 35g
Proximates					
Water	g	86.35	133.84	142.48	30.22
Energy	kcal	48	74	79	17
Protein	g	1.40	2.17	2.31	0.49
Total lipid (fat)	g	0.39	0.60	0.64	0.14
Carbohydrate, by difference	g	11.12	17.24	18.35	3.89
Fiber, total dietary	g	2.0	3.1	3.3	0.7
Sugars, total	g	9.24	14.32	15.25	3.23
Minerals					
Calcium, Ca	mg	13	20	21	5
Iron, Fe	mg	0.39	0.60	0.64	0.14
Magnesium, Mg	mg	10	16	16	4
Phosphorus, P	mg	23	36	38	8
Potassium, K	mg	259	401	427	91
Sodium, Na	mg	1	2	2	0
Zinc, Zn	mg	0.20	0.31	0.33	0.07
Vitamins					
Vitamin C, total ascorbic acid	mg	10.0	15.5	16.5	3.5
Thiamin	mg	0.030	0.046	0.050	0.011
Riboflavin	mg	0.040	0.062	0.066	0.014
Niacin	mg	0.600	0.930	0.990	0.210
Vitamin B-6	mg	0.054	0.084	0.089	0.019
Folate, DFE	µg	9	14	15	3
Vitamin B-12	µg	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	96	149	158	34
Vitamin A, IU	IU	1926	2985	3178	674
Vitamin E (alpha-tocopherol)	mg	0.89	1.38	1.47	0.31

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	0.0
Vitamin D	IU	0	0	0	0
Vitamin K (phylloquinone)	µg	3.3	5.1	5.4	1.2
Lipids					
Fatty acids, total saturated	g	0.027	0.042	0.045	0.009
Fatty acids, total monounsaturated	g	0.170	0.264	0.281	0.060
Fatty acids, total polyunsaturated	g	0.077	0.119	0.127	0.027
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