

Full Report (All Nutrients) 09021, Apricots, raw
Report Date: July 15, 2019 20:50 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 3.6 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25
Refuse:7% Refuse Description: Pits

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, halves 155g	1 cup, sliced 165g	1 apricot 35g
Proximates							
Water	g	86.35	26	--	133.84	142.48	30.22
Energy	kcal	48	--	--	74	79	17
Energy	kJ	201	--	--	312	332	70
Protein	g	1.40	22	0.330	2.17	2.31	0.49
Total lipid (fat)	g	0.39	5	0.170	0.60	0.64	0.14
Ash	g	0.75	32	0.050	1.16	1.24	0.26
Carbohydrate, by difference	g	11.12	--	--	17.24	18.35	3.89
Fiber, total dietary 3 4	g	2.0	5	0.400	3.1	3.3	0.7
Sugars, total	g	9.24	--	--	14.32	15.25	3.23
Sucrose 1 2 3	g	5.87	7	0.650	9.10	9.69	2.05
Glucose (dextrose) 1 2 3	g	2.37	7	0.550	3.67	3.91	0.83
Fructose 1 2 3	g	0.94	7	0.270	1.46	1.55	0.33
Lactose	g	0.00	--	--	0.00	0.00	0.00
Maltose 1	g	0.06	1	--	0.09	0.10	0.02
Galactose	g	0.00	--	--	0.00	0.00	0.00
Minerals							
Calcium, Ca 5 6 7 8 9 10 11 12	mg	13	21	1.000	20	21	5
Iron, Fe 5 6 7 8 9 10 11 12	mg	0.39	21	0.010	0.60	0.64	0.14
Magnesium, Mg 5 6 7 8 9 10 11 12	mg	10	21	0.000	16	16	4
Phosphorus, P 5 6 7 8 9 10 11 12	mg	23	21	0.000	36	38	8
Potassium, K 5 6 7 8 9 10 11 12	mg	259	21	4.000	401	427	91

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, halves 155g	1 cup, sliced 165g	1 apricot 35g
Sodium, Na	mg	1	18	0.000	2	2	0
Zinc, Zn 5 6 7 8 9 10 11 12	mg	0.20	21	0.010	0.31	0.33	0.07
Copper, Cu 5 6 7 8 9 10 11 12	mg	0.078	21	0.006	0.121	0.129	0.027
Manganese, Mn 5 6 7 8 9 10 11 12	mg	0.077	21	0.002	0.119	0.127	0.027
Selenium, Se 5 6 7 8 9 10 11 12	µg	0.1	21	0.089	0.2	0.2	0.0
Vitamins							
Vitamin C, total ascorbic acid	mg	10.0	4	0.100	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
Pantothenic acid	mg	0.240	--	--	0.372	0.396	0.084
Vitamin B-6	mg	0.054	1	--	0.084	0.089	0.019
Folate, total	µg	9	4	1.000	14	15	3
Folic acid	µg	0	--	--	0	0	0
Folate, food	µg	9	4	1.000	14	15	3
Folate, DFE	µg	9	--	--	14	15	3
Choline, total	mg	2.8	--	--	4.3	4.6	1.0
Vitamin B-12	µg	0.00	--	--	0.00	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00	0.00
Vitamin A, RAE 13 14 15	µg	96	--	--	149	158	34
Retinol	µg	0	--	--	0	0	0
Carotene, beta 13 14 15	µg	1094	8	346.000	1696	1805	383
Carotene, alpha 13 14 15	µg	19	8	10.000	29	31	7
Cryptoxanthin, beta 13 14 15	µg	104	8	64.000	161	172	36
Vitamin A, IU 13 14 15	IU	1926	--	--	2985	3178	674
Lycopene	µg	0	--	--	0	0	0
Lutein + zeaxanthin 14 15	µg	89	2	--	138	147	31
Vitamin E (alpha-tocopherol)	mg	0.89	--	--	1.38	1.47	0.31
Vitamin E, added	mg	0.00	--	--	0.00	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0	0.0
Vitamin D	IU	0	--	--	0	0	0
Vitamin K (phylloquinone) 16	µg	3.3	1	--	5.1	5.4	1.2

Lipids

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, halves 155g	1 cup, sliced 165g	1 apricot 35g
Fatty acids, total saturated	g	0.027	--	--	0.042	0.045	0.009
4:0	g	0.000	--	--	0.000	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000	0.000
12:0	g	0.000	--	--	0.000	0.000	0.000
14:0	g	0.000	--	--	0.000	0.000	0.000
16:0	g	0.024	4	--	0.037	0.040	0.008
18:0	g	0.003	4	--	0.005	0.005	0.001
Fatty acids, total monounsaturated	g	0.170	--	--	0.264	0.281	0.060
16:1 undifferentiated	g	0.000	--	--	0.000	0.000	0.000
18:1 undifferentiated	g	0.170	4	--	0.264	0.281	0.060
20:1	g	0.000	--	--	0.000	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	0.077	--	--	0.119	0.127	0.027
18:2 undifferentiated	g	0.077	4	--	0.119	0.127	0.027
18:3 undifferentiated	g	0.000	--	--	0.000	0.000	0.000
18:4	g	0.000	--	--	0.000	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000	0.000
Fatty acids, total trans	g	0.000	--	--	0.000	0.000	0.000
Cholesterol	mg	0	--	--	0	0	0
Phytosterols	mg	18	--	--	28	30	6
Amino Acids							
Tryptophan	g	0.015	12	--	0.023	0.025	0.005
Threonine	g	0.047	12	--	0.073	0.078	0.016
Isoleucine	g	0.041	12	--	0.064	0.068	0.014
Leucine	g	0.077	12	--	0.119	0.127	0.027
Lysine	g	0.097	12	--	0.150	0.160	0.034
Methionine	g	0.006	12	--	0.009	0.010	0.002
Cystine	g	0.003	12	--	0.005	0.005	0.001

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, halves 155g	1 cup, sliced 165g	1 apricot 35g
Phenylalanine	g	0.052	12	--	0.081	0.086	0.018
Tyrosine	g	0.029	12	--	0.045	0.048	0.010
Valine	g	0.047	12	--	0.073	0.078	0.016
Arginine	g	0.045	12	--	0.070	0.074	0.016
Histidine	g	0.027	12	--	0.042	0.045	0.009
Alanine	g	0.068	12	--	0.105	0.112	0.024
Aspartic acid	g	0.314	12	--	0.487	0.518	0.110
Glutamic acid	g	0.157	12	--	0.243	0.259	0.055
Glycine	g	0.040	12	--	0.062	0.066	0.014
Proline	g	0.101	12	--	0.157	0.167	0.035
Serine	g	0.083	12	--	0.129	0.137	0.029
Other							
Alcohol, ethyl	g	0.0	--	--	0.0	0.0	0.0
Caffeine	mg	0	--	--	0	0	0
Theobromine	mg	0	--	--	0	0	0
Flavonoids							
Flavan-3-ols							
(+)-Catechin 17 18 19 20 21 22	mg	3.7	42	0.46	5.7	6.1	1.3
(-)-Epigallocatechin 17 18	mg	0.0	7	0	0.0	0.0	0.0
(-)-Epicatechin 17 18 19 20 21 22	mg	4.7	42	0.6	7.3	7.8	1.7
(-)-Epicatechin 3-gallate 17 18	mg	0.0	7	0	0.0	0.0	0.0
(-)-Epigallocatechin 3-gallate 17 18	mg	0.0	7	0	0.0	0.0	0.0
(+)-Galocatechin 17 18	mg	0.0	7	0	0.0	0.0	0.0
Flavones							
Apigenin 23 24	mg	0.0	2	--	0.0	0.0	0.0
Luteolin 23 24	mg	0.0	2	--	0.0	0.0	0.0
Flavonols							
Kaempferol 19 20 21 23 24 25	mg	0.6	33	0.08	1.0	1.0	0.2
Myricetin 23 24 25	mg	0.0	3	0	0.0	0.0	0.0
Quercetin 19 20 21 23 24 25 26	mg	1.6	34	0.2	2.5	2.7	0.6
Isoflavones							
Daidzein 31 32	mg	0.00	2	--	0.00	0.00	0.00
Genistein 31 32	mg	0.00	2	--	0.00	0.00	0.00

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, halves 155g	1 cup, sliced 165g	1 apricot 35g
Total isoflavones 31 32	mg	0.00	2	--	0.00	0.00	0.00
Proanthocyanidin							
Proanthocyanidin dimers 27 28 29 30	mg	9.4	68	4.13	14.5	15.5	3.3
Proanthocyanidin trimers 27 29 30	mg	12.4	62	5.51	19.2	20.5	4.3
Proanthocyanidin 4-6mers 29	mg	4.9	2	--	7.6	8.1	1.7
Proanthocyanidin 7-10mers 29	mg	2.2	2	--	3.4	3.6	0.8
Proanthocyanidin polymers (>10mers) 29	mg	0.8	2	--	1.2	1.3	0.3

Sources of Data

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Languag Code(s)

- A0143 FRUIT OR FRUIT PRODUCT (US CFR)
- A1279 0900 FRUITS AND FRUIT JUICES (USDA SR)
- B1529 APRICOT
- C0139 FRUIT, PEEL PRESENT, CORE, PIT OR SEED REMOVED
- E0150 WHOLE, NATURAL SHAPE
- F0003 NOT HEAT-TREATED
- G0003 COOKING METHOD NOT APPLICABLE
- H0003 NO TREATMENT APPLIED
- J0001 PRESERVATION METHOD NOT KNOWN
- K0003 NO PACKING MEDIUM USED
- M0001 CONTAINER OR WRAPPING NOT KNOWN
- N0001 FOOD CONTACT SURFACE NOT KNOWN
- P0024 HUMAN FOOD, NO AGE SPECIFICATION