

Basic Report 09022, Apricots, canned, water pack, with skin, solids and liquids

Report Date: June 26, 2017 20:17 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup, halves 243g	1 apricot half with liquid 36g
Proximates				
Water	g	92.36	224.43	33.25
Energy	kcal	27	66	10
Protein	g	0.71	1.73	0.26
Total lipid (fat)	g	0.16	0.39	0.06
Carbohydrate, by difference	g	6.39	15.53	2.30
Fiber, total dietary	g	1.6	3.9	0.6
Sugars, total	g	4.79	11.64	1.72
Minerals				
Calcium, Ca	mg	8	19	3
Iron, Fe	mg	0.32	0.78	0.12
Magnesium, Mg	mg	7	17	3
Phosphorus, P	mg	13	32	5
Potassium, K	mg	192	467	69
Sodium, Na	mg	3	7	1
Zinc, Zn	mg	0.11	0.27	0.04
Vitamins				
Vitamin C, total ascorbic acid	mg	3.4	8.3	1.2
Thiamin	mg	0.021	0.051	0.008
Riboflavin	mg	0.023	0.056	0.008
Niacin	mg	0.395	0.960	0.142
Vitamin B-6	mg	0.054	0.131	0.019
Folate, DFE	µg	2	5	1
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	98	238	35
Vitamin A, IU	IU	1959	4760	705
Vitamin E (alpha-tocopherol)	mg	0.60	1.46	0.22

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	0	0	0
Vitamin K (phylloquinone)	µg	2.2	5.3	0.8
Lipids				
Fatty acids, total saturated	g	0.011	0.027	0.004
Fatty acids, total monounsaturated	g	0.069	0.168	0.025
Fatty acids, total polyunsaturated	g	0.031	0.075	0.011
Fatty acids, total trans	g	0.000	0.000	0.000
Cholesterol	mg	0	0	0
Amino Acids				
Other				
Caffeine	mg	0	0	0