

Basic Report 09034, Apricots, dried, sulfured, stewed, with added sugar

Report Date: November 18, 2017 14:45 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup, halves 270g
Proximates			
Water	g	68.45	184.81
Energy	kcal	113	305
Protein	g	1.17	3.16
Total lipid (fat)	g	0.15	0.41
Carbohydrate, by difference	g	29.26	79.00
Fiber, total dietary	g	4.1	11.1
Minerals			
Calcium, Ca	mg	15	40
Iron, Fe	mg	1.52	4.10
Magnesium, Mg	mg	15	40
Phosphorus, P	mg	38	103
Potassium, K	mg	443	1196
Sodium, Na	mg	3	8
Zinc, Zn	mg	0.24	0.65
Vitamins			
Vitamin C, total ascorbic acid	mg	1.4	3.8
Thiamin	mg	0.005	0.014
Riboflavin	mg	0.027	0.073
Niacin	mg	0.853	2.303
Vitamin B-6	mg	0.103	0.278
Folate, DFE	µg	0	0
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	107	289
Vitamin A, IU	IU	2139	5775
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0

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Lipids			
Fatty acids, total saturated	g	0.010	0.027
Fatty acids, total monounsaturated	g	0.064	0.173
Fatty acids, total polyunsaturated	g	0.029	0.078
Cholesterol	mg	0	0

Amino Acids

Other