

Basic Report 09357, Apricots, canned, heavy syrup, drained

Report Date: August 20, 2017 07:44 EDT

Nutrient values and weights are for edible portion.

| Nutrient | Unit | 1 Value Per100 g | 1 cup, halves 219g | 1 cup, whole 182g |
|--------------------------------|------|------------------------|-----------------------|----------------------|
| Proximates | | | | |
| Water | g | 77.56 | 169.86 | 141.16 |
| Energy | kcal | 83 | 182 | 151 |
| Protein | g | 0.64 | 1.40 | 1.16 |
| Total lipid (fat) | g | 0.11 | 0.24 | 0.20 |
| Carbohydrate, by difference | g | 21.31 | 46.67 | 38.78 |
| Fiber, total dietary | g | 2.7 | 5.9 | 4.9 |
| Sugars, total | g | 18.65 | 40.84 | 33.94 |
| Minerals | | | | |
| Calcium, Ca | mg | 10 | 22 | 18 |
| Iron, Fe | mg | 0.30 | 0.66 | 0.55 |
| Magnesium, Mg | mg | 7 | 15 | 13 |
| Phosphorus, P | mg | 13 | 28 | 24 |
| Potassium, K | mg | 143 | 313 | 260 |
| Sodium, Na | mg | 4 | 9 | 7 |
| Zinc, Zn | mg | 0.11 | 0.24 | 0.20 |
| Vitamins | | | | |
| Vitamin C, total ascorbic acid | mg | 3.1 | 6.8 | 5.6 |
| Thiamin | mg | 0.021 | 0.046 | 0.038 |
| Riboflavin | mg | 0.024 | 0.053 | 0.044 |
| Niacin | mg | 0.376 | 0.823 | 0.684 |
| Vitamin B-6 | mg | 0.055 | 0.120 | 0.100 |
| Folate, DFE | µg | 2 | 4 | 4 |
| Vitamin B-12 | µg | 0.00 | 0.00 | 0.00 |
| Vitamin A, RAE | µg | 146 | 320 | 266 |
| Vitamin A, IU | IU | 2924 | 6404 | 5322 |
| Vitamin E (alpha-tocopherol) | mg | 0.89 | 1.95 | 1.62 |

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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 | 3.3 | 7.2 | 6.0 |
| Lipids | | | | |
| Fatty acids, total saturated | g | 0.007 | 0.015 | 0.013 |
| Fatty acids, total monounsaturated | g | 0.045 | 0.099 | 0.082 |
| Fatty acids, total polyunsaturated | g | 0.021 | 0.046 | 0.038 |
| Fatty acids, total trans | g | 0.000 | 0.000 | 0.000 |
| Cholesterol | mg | 0 | 0 | 0 |
| Amino Acids | | | | |
| Other | | | | |
| Caffeine | mg | 0 | 0 | 0 |