

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

Report Date: July 23, 2019 18:27 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