National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 09357, Apricots, canned, heavy syrup, drained

Report Date: August 16, 2017 23:42 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 3.75 Fat Factor: 8.37 Protein Factor:3.36

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, halves 219g	1 cup, whole 182g
Proximates						
Water	g	77.56	--	--	169.86	141.16
Energy	kcal	83	--	--	182	151
Energy	kJ	347	--	--	760	632
Protein	g	0.64	--	--	1.40	1.16
Total lipid (fat)	g	0.11	--	--	0.24	0.20
Ash	g	0.38	--	--	0.83	0.69
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
Copper, Cu	mg	0.097	--	--	0.212	0.177
Selenium, Se	µg	0.1	--	--	0.2	0.2
Vitamins						
Vitamin C, total ascorbic acid	mg	3.1	--	--	6.8	5.6
Thiamin	mg	0.021	--	--	0.046	0.038

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, halves 219g	1 cup, whole 182g
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, total	µg	2	--	--	4	4
Folic acid	µg	0	--	--	0	0
Folate, food	µg	2	--	--	4	4
Folate, DFE	µg	2	--	--	4	4
Choline, total	mg	2.8	--	--	6.1	5.1
Vitamin B-12	µg	0.00	--	--	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	146	--	--	320	266
Retinol	µg	0	--	--	0	0
Carotene, beta [1 2 3 4 5]	µg	1746	8	513.667	3824	3178
Carotene, alpha [4 5]	µg	0	2	--	0	0
Cryptoxanthin, beta [4 5]	µg	16	2	--	35	29
Vitamin A, IU	IU	2924	--	--	6404	5322
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin [4 5]	µg	39	2	--	85	71
Vitamin E (alpha-tocopherol)	mg	0.89	--	--	1.95	1.62
Vitamin E, added	mg	0.00	--	--	0.00	0.00
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
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000
12:0	g	0.000	--	--	0.000	0.000
14:0	g	0.000	--	--	0.000	0.000
16:0	g	0.007	--	--	0.015	0.013
18:0	g	0.001	--	--	0.002	0.002

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, halves 219g	1 cup, whole 182g
Fatty acids, total monounsaturated	g	0.045	--	--	0.099	0.082
16:1 undifferentiated	g	0.000	--	--	0.000	0.000
18:1 undifferentiated	g	0.045	--	--	0.099	0.082
20:1	g	0.000	--	--	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.021	--	--	0.046	0.038
18:2 undifferentiated	g	0.021	--	--	0.046	0.038
18:3 undifferentiated	g	0.000	--	--	0.000	0.000
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Fatty acids, total trans	g	0.000	--	--	0.000	0.000
Cholesterol	mg	0	--	--	0	0
Amino Acids						
Other						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0

Sources of Data

[1]*F W Quackenbush* **Reverse phase HPLC separation of cis- and trans-carotenoids and its application to beta-carotenes in food materials,** 1987 J Liq Chrom 10 pp.643-653

[2]*J P Sweeney, A C Marsh* **Effect of processing on provitamin A in vegetables,** 1971 J Am Diet Assoc 59 pp.238-243

[3]*T Philip, T S Chen* **Development of a method for the quantitative estimation of provitamin A carotenoids in some fruits.,** 1988 J. Food Science 53 pp.1703-1707

[4]*I.M. Heinonen, V. Ollilainen, E. Linkola, P. Varo, P. Koivistoinen* **Carotenoids in Finnish Foods: Vegetables, Fruits, and Berries,** 1989 Journal of Agriculture and Food Chemistry 37 pp.655-659

[5]*D.J. Hart, K.J. Scott* **Development and evaluation of an HPLC method for the analysis of carotenoids in foods, and the measurement of the carotenoid content of vegetables and fruits commonly consumed in the UK,** 1995 Food Chemistry 54 pp.101-111