

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

Report Date: October 21, 2017 06:15 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

¹F 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

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

³T 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

⁴I.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

⁵D.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