

Basic Report 09401, Applesauce, canned, unsweetened, with added ascorbic acid

Report Date: June 29, 2017 05:11 EDT

Nutrient values and weights are for edible portion.

| Nutrient | Unit | 1 Value Per100 g | 1 cup 244g |
|--------------------------------|------|------------------------|---------------|
| Proximates | | | |
| Water | g | 88.22 | 215.26 |
| Energy | kcal | 42 | 102 |
| Protein | g | 0.17 | 0.41 |
| Total lipid (fat) | g | 0.10 | 0.24 |
| Carbohydrate, by difference | g | 11.27 | 27.50 |
| Fiber, total dietary | g | 1.1 | 2.7 |
| Sugars, total | g | 9.39 | 22.91 |
| Minerals | | | |
| Calcium, Ca | mg | 4 | 10 |
| Iron, Fe | mg | 0.23 | 0.56 |
| Magnesium, Mg | mg | 3 | 7 |
| Phosphorus, P | mg | 5 | 12 |
| Potassium, K | mg | 74 | 181 |
| Sodium, Na | mg | 2 | 5 |
| Zinc, Zn | mg | 0.03 | 0.07 |
| Vitamins | | | |
| Vitamin C, total ascorbic acid | mg | 21.2 | 51.7 |
| Thiamin | mg | 0.026 | 0.063 |
| Riboflavin | mg | 0.030 | 0.073 |
| Niacin | mg | 0.084 | 0.205 |
| Vitamin B-6 | mg | 0.027 | 0.066 |
| Folate, DFE | µg | 3 | 7 |
| Vitamin B-12 | µg | 0.00 | 0.00 |
| Vitamin A, RAE | µg | 1 | 2 |
| Vitamin A, IU | IU | 29 | 71 |
| Vitamin E (alpha-tocopherol) | mg | 0.16 | 0.39 |

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|------------------------------------|-------------|---------------------------------|-----------------------|
| Vitamin D (D2 + D3) | µg | 0.0 | 0.0 |
| Vitamin D | IU | 0 | 0 |
| Vitamin K (phylloquinone) | µg | 0.5 | 1.2 |
| Lipids | | | |
| Fatty acids, total saturated | g | 0.008 | 0.020 |
| Fatty acids, total monounsaturated | g | 0.002 | 0.005 |
| Fatty acids, total polyunsaturated | g | 0.014 | 0.034 |
| Fatty acids, total trans | g | 0.000 | 0.000 |
| Cholesterol | mg | 0 | 0 |

Amino Acids

Other