

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

Report Date: September 15, 2019 12:56 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

Nutrient	Unit	1 Value Per100 g	1 cup 244g
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