

Full Report (All Nutrients) 09401, Applesauce, canned, unsweetened, with added ascorbic acid

Report Date: November 20, 2017 20:07 EST

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 3.6 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 244g
Proximates					
Water 1	g	88.22	3	0.923	215.26
Energy	kcal	42	--	--	102
Energy	kJ	176	--	--	429
Protein 1	g	0.17	3	0.021	0.41
Total lipid (fat) 1	g	0.10	3	0.014	0.24
Ash 1	g	0.24	3	0.052	0.59
Carbohydrate, by difference	g	11.27	--	--	27.50
Fiber, total dietary 1	g	1.1	3	0.047	2.7
Sugars, total 1	g	9.39	3	0.869	22.91
Sucrose 1	g	1.13	3	0.268	2.76
Glucose (dextrose) 1	g	2.30	3	0.154	5.61
Fructose 1	g	5.88	3	0.454	14.35
Lactose 1	g	0.00	3	0.000	0.00
Maltose 1	g	0.07	3	0.000	0.17
Galactose 1	g	0.00	3	0.000	0.00
Starch 1	g	0.00	1	--	0.00
Minerals					
Calcium, Ca 1 2 3 4	mg	4	11	0.497	10
Iron, Fe 1 2 3 4	mg	0.23	10	0.029	0.56
Magnesium, Mg 1 2 3 4	mg	3	11	0.106	7
Phosphorus, P 1 2 3 4	mg	5	11	0.175	12
Potassium, K 1 2 3 4	mg	74	11	3.961	181

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 244g
Sodium, Na	mg	2	16	0.397	5
Zinc, Zn 1 2 3 4	mg	0.03	11	0.014	0.07
Copper, Cu 1 2 3 4	mg	0.027	11	0.001	0.066
Manganese, Mn 1 2 3 4	mg	0.025	11	0.004	0.061
Selenium, Se	µg	0.3	--	--	0.7
Vitamins					
Vitamin C, total ascorbic acid	mg	21.2	7	4.346	51.7
Thiamin 1	mg	0.026	3	0.002	0.063
Riboflavin 1	mg	0.030	3	0.001	0.073
Niacin 1	mg	0.084	3	0.010	0.205
Pantothenic acid 1	mg	0.041	3	0.000	0.100
Vitamin B-6 1	mg	0.027	3	0.011	0.066
Folate, total 1	µg	3	3	0.667	7
Folic acid	µg	0	--	--	0
Folate, food 1	µg	3	3	0.667	7
Folate, DFE	µg	3	--	--	7
Choline, total 1	mg	2.2	--	--	5.4
Betaine 1	mg	0.4	1	--	1.0
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	1	3	0.285	2
Retinol	µg	0	--	--	0
Vitamin A, IU	IU	29	3	5.696	71
Vitamin E (alpha-tocopherol) 1	mg	0.16	3	0.029	0.39
Tocopherol, beta 1	mg	0.00	3	0.000	0.00
Tocopherol, gamma 1	mg	0.00	3	0.000	0.00
Tocopherol, delta 1	mg	0.00	3	0.000	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Vitamin K (phylloquinone) 1	µg	0.5	1	--	1.2
Lipids					
Fatty acids, total saturated	g	0.008	--	--	0.020
16:0	g	0.007	--	--	0.017
18:0	g	0.001	--	--	0.002

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 244g
Fatty acids, total monounsaturated	g	0.002	--	--	0.005
18:1 undifferentiated	g	0.002	--	--	0.005
Fatty acids, total polyunsaturated	g	0.014	--	--	0.034
18:2 undifferentiated	g	0.012	--	--	0.029
18:3 undifferentiated	g	0.003	--	--	0.007
Fatty acids, total trans	g	0.000	--	--	0.000
Cholesterol	mg	0	--	--	0
Amino Acids					
Tryptophan	g	0.002	--	--	0.005
Threonine	g	0.006	--	--	0.015
Isoleucine	g	0.006	--	--	0.015
Leucine	g	0.010	--	--	0.024
Lysine	g	0.010	--	--	0.024
Methionine	g	0.002	--	--	0.005
Cystine	g	0.002	--	--	0.005
Phenylalanine	g	0.005	--	--	0.012
Tyrosine	g	0.003	--	--	0.007
Valine	g	0.008	--	--	0.020
Arginine	g	0.005	--	--	0.012
Histidine	g	0.003	--	--	0.007
Alanine	g	0.006	--	--	0.015
Aspartic acid	g	0.028	--	--	0.068
Glutamic acid	g	0.017	--	--	0.041
Glycine	g	0.006	--	--	0.015
Proline	g	0.006	--	--	0.015
Serine	g	0.007	--	--	0.017

Other

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program, Wave 8h, 2004 Beltsville MD

²Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1991

³Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1989

⁴Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1990