

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

Report Date: June 19, 2019 03:13 EDT

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
<b>Proximates</b>					
Water <a href="#">1</a>	g	88.22	3	0.920	215.26
Energy	kcal	42	--	--	102
Energy	kJ	176	--	--	429
Protein <a href="#">1</a>	g	0.17	3	0.020	0.41
Total lipid (fat) <a href="#">1</a>	g	0.10	3	0.010	0.24
Ash <a href="#">1</a>	g	0.24	3	0.050	0.59
Carbohydrate, by difference	g	11.27	--	--	27.50
Fiber, total dietary <a href="#">1</a>	g	1.1	3	0.047	2.7
Sugars, total <a href="#">1</a>	g	9.39	3	0.860	22.91
Sucrose <a href="#">1</a>	g	1.13	3	0.260	2.76
Glucose (dextrose) <a href="#">1</a>	g	2.30	3	0.150	5.61
Fructose <a href="#">1</a>	g	5.88	3	0.450	14.35
Lactose <a href="#">1</a>	g	0.00	3	0.000	0.00
Maltose <a href="#">1</a>	g	0.07	3	0.000	0.17
Galactose <a href="#">1</a>	g	0.00	3	0.000	0.00
Starch <a href="#">1</a>	g	0.00	1	--	0.00
<b>Minerals</b>					
Calcium, Ca <a href="#">1</a> <a href="#">2</a> <a href="#">3</a> <a href="#">4</a>	mg	4	11	0.000	10
Iron, Fe <a href="#">1</a> <a href="#">2</a> <a href="#">3</a> <a href="#">4</a>	mg	0.23	10	0.020	0.56
Magnesium, Mg <a href="#">1</a> <a href="#">2</a> <a href="#">3</a> <a href="#">4</a>	mg	3	11	0.000	7
Phosphorus, P <a href="#">1</a> <a href="#">2</a> <a href="#">3</a> <a href="#">4</a>	mg	5	11	0.000	12
Potassium, K <a href="#">1</a> <a href="#">2</a> <a href="#">3</a> <a href="#">4</a>	mg	74	11	3.000	181

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Sodium, Na	mg	2	16	0.000	5
Zinc, Zn <a href="#">1</a> <a href="#">2</a> <a href="#">3</a> <a href="#">4</a>	mg	0.03	11	0.010	0.07
Copper, Cu <a href="#">1</a> <a href="#">2</a> <a href="#">3</a> <a href="#">4</a>	mg	0.027	11	0.001	0.066
Manganese, Mn <a href="#">1</a> <a href="#">2</a> <a href="#">3</a> <a href="#">4</a>	mg	0.025	11	0.004	0.061
Selenium, Se	µg	0.3	--	--	0.7
<b>Vitamins</b>					
Vitamin C, total ascorbic acid	mg	21.2	7	4.300	51.7
Thiamin <a href="#">1</a>	mg	0.026	3	0.002	0.063
Riboflavin <a href="#">1</a>	mg	0.030	3	0.001	0.073
Niacin <a href="#">1</a>	mg	0.084	3	0.010	0.205
Pantothenic acid <a href="#">1</a>	mg	0.041	3	0.000	0.100
Vitamin B-6 <a href="#">1</a>	mg	0.027	3	0.011	0.066
Folate, total <a href="#">1</a>	µg	3	3	0.000	7
Folic acid	µg	0	--	--	0
Folate, food <a href="#">1</a>	µg	3	3	0.000	7
Folate, DFE	µg	3	--	--	7
Choline, total <a href="#">1</a>	mg	2.2	--	--	5.4
Betaine <a href="#">1</a>	mg	0.4	1	--	1.0
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	1	3	0.000	2
Retinol	µg	0	--	--	0
Vitamin A, IU	IU	29	3	5.000	71
Vitamin E (alpha-tocopherol) <a href="#">1</a>	mg	0.16	3	0.020	0.39
Tocopherol, beta <a href="#">1</a>	mg	0.00	3	0.000	0.00
Tocopherol, gamma <a href="#">1</a>	mg	0.00	3	0.000	0.00
Tocopherol, delta <a href="#">1</a>	mg	0.00	3	0.000	0.00
Tocotrienol, alpha <a href="#">1</a>	mg	0.02	3	0.000	0.05
Tocotrienol, beta <a href="#">1</a>	mg	0.00	3	0.000	0.00
Tocotrienol, gamma <a href="#">1</a>	mg	0.00	3	0.000	0.00
Tocotrienol, delta <a href="#">1</a>	mg	0.00	3	0.000	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 244g
Vitamin K (phylloquinone) <sup>1</sup>	µg	0.5	1	--	1.2
<b>Lipids</b>					
Fatty acids, total saturated	g	0.008	--	--	0.020
16:0	g	0.007	--	--	0.017
18:0	g	0.001	--	--	0.002
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
<b>Amino Acids</b>					
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**

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

<sup>2</sup>Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1991

<sup>3</sup>Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1989

<sup>4</sup>Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1990

**Languag Code(s)**

- A0143 FRUIT OR FRUIT PRODUCT (US CFR)
- A1279 0900 FRUITS AND FRUIT JUICES (USDA SR)
- B1245 APPLE
- C0167 FRUIT
- E0110 SEMILIQUID WITH SOLID PIECES
- F0014 FULLY HEAT-TREATED
- G0003 COOKING METHOD NOT APPLICABLE
- H0194 NUTRIENT OR DIETARY SUBSTANCE ADDED
- H0215 VITAMIN C ADDED
- J0123 STERILIZED BY HEAT
- K0003 NO PACKING MEDIUM USED
- M0194 CAN, BOTTLE OR JAR
- N0001 FOOD CONTACT SURFACE NOT KNOWN
- P0024 HUMAN FOOD, NO AGE SPECIFICATION
- P0105 UNSWEETENED CLAIM OR USE