

Basic Report 09410, Apple juice, frozen concentrate, unsweetened, undiluted, with added ascorbic acid

Report Date: June 19, 2019 14:58 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 can (6 fl oz) 211g
Proximates			
Water	g	57.00	120.27
Energy	kcal	166	350
Protein	g	0.51	1.08
Total lipid (fat)	g	0.37	0.78
Carbohydrate, by difference	g	41.00	86.51
Sugars, total	g	38.83	81.93
Minerals			
Calcium, Ca	mg	20	42
Iron, Fe	mg	0.91	1.92
Magnesium, Mg	mg	17	36
Phosphorus, P	mg	25	53
Potassium, K	mg	448	945
Sodium, Na	mg	25	53
Zinc, Zn	mg	0.13	0.27
Vitamins			
Vitamin C, total ascorbic acid	mg	88.9	187.6
Thiamin	mg	0.011	0.023
Riboflavin	mg	0.054	0.114
Niacin	mg	0.135	0.285
Vitamin B-6	mg	0.116	0.245
Folate, DFE	µg	1	2
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	0	0
Vitamin A, IU	IU	0	0
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0

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Lipids			
Fatty acids, total saturated	g	0.060	0.127
Fatty acids, total monounsaturated	g	0.015	0.032
Fatty acids, total polyunsaturated	g	0.108	0.228
Fatty acids, total trans	g	0.000	0.000
Cholesterol	mg	0	0

Amino Acids

Other