

Basic Report 03166, Babyfood, juice, apple

Report Date: June 15, 2019 23:40 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 fl oz 31.7g	1 jar 127g	1 bottle Earth's Best (4.2 fl oz) 131g	1 bottle Heinz Strained (4 fl oz) 125g	1 bottle Gerber First Food (4 fl oz) 125g	1 bottle Beech-Nut Stage I (4 fl oz) 125g
Proximates								
Water	g	88.00	27.90	111.76	115.28	110.00	110.00	110.00
Energy	kcal	47	15	60	62	59	59	59
Protein	g	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Total lipid (fat)	g	0.10	0.03	0.13	0.13	0.12	0.12	0.12
Carbohydrate, by difference	g	11.70	3.71	14.86	15.33	14.62	14.62	14.62
Fiber, total dietary	g	0.1	0.0	0.1	0.1	0.1	0.1	0.1
Sugars, total	g	10.70	3.39	13.59	14.02	13.38	13.38	13.38
Minerals								
Calcium, Ca	mg	4	1	5	5	5	5	5
Iron, Fe	mg	0.57	0.18	0.72	0.75	0.71	0.71	0.71
Magnesium, Mg	mg	3	1	4	4	4	4	4
Phosphorus, P	mg	5	2	6	7	6	6	6
Potassium, K	mg	91	29	116	119	114	114	114
Sodium, Na	mg	8	3	10	10	10	10	10
Zinc, Zn	mg	0.03	0.01	0.04	0.04	0.04	0.04	0.04
Vitamins								
Vitamin C, total ascorbic acid	mg	57.9	18.4	73.5	75.8	72.4	72.4	72.4
Thiamin	mg	0.007	0.002	0.009	0.009	0.009	0.009	0.009
Riboflavin	mg	0.016	0.005	0.020	0.021	0.020	0.020	0.020
Niacin	mg	0.083	0.026	0.105	0.109	0.104	0.104	0.104
Vitamin B-6	mg	0.029	0.009	0.037	0.038	0.036	0.036	0.036
Folate, DFE	µg	0	0	0	0	0	0	0
Vitamin B-12	µg	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	1	0	1	1	1	1	1
Vitamin A, IU	IU	18	6	23	24	22	22	22
Vitamin E (alpha-tocopherol)	mg	0.60	0.19	0.76	0.79	0.75	0.75	0.75

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Vitamin D	IU	0	0	0	0	0	0	0
Vitamin K (phylloquinone)	µg	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Lipids								
Fatty acids, total saturated	g	0.018	0.006	0.023	0.024	0.022	0.022	0.022
Fatty acids, total monounsaturated	g	0.002	0.001	0.003	0.003	0.003	0.003	0.003
Fatty acids, total polyunsaturated	g	0.031	0.010	0.039	0.041	0.039	0.039	0.039
Cholesterol	mg	0	0	0	0	0	0	0
Amino Acids								
Other								
Caffeine	mg	0	0	0	0	0	0	0