

Basic Report 03171, Babyfood, juice, apple and prune

Report Date: September 20, 2019 06:56 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 fl oz 31.2g	1 jar 127g	1 bottle (4 fl oz) 125g
Proximates					
Water	g	81.30	25.37	103.25	101.62
Energy	kcal	72	22	91	90
Protein	g	0.20	0.06	0.25	0.25
Total lipid (fat)	g	0.10	0.03	0.13	0.12
Carbohydrate, by difference	g	18.10	5.65	22.99	22.62
Fiber, total dietary	g	0.1	0.0	0.1	0.1
Sugars, total	g	10.58	3.30	13.44	13.22
Minerals					
Calcium, Ca	mg	9	3	11	11
Iron, Fe	mg	0.95	0.30	1.21	1.19
Magnesium, Mg	mg	7	2	9	9
Phosphorus, P	mg	15	5	19	19
Potassium, K	mg	148	46	188	185
Sodium, Na	mg	8	2	10	10
Zinc, Zn	mg	0.05	0.02	0.06	0.06
Vitamins					
Vitamin C, total ascorbic acid	mg	67.5	21.1	85.7	84.4
Thiamin	mg	0.005	0.002	0.006	0.006
Riboflavin	mg	0.002	0.001	0.003	0.003
Niacin	mg	0.301	0.094	0.382	0.376
Vitamin B-6	mg	0.035	0.011	0.044	0.044
Folate, DFE	µg	0	0	0	0
Vitamin B-12	µg	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	1	0	1	1
Vitamin A, IU	IU	16	5	20	20
Vitamin E (alpha-tocopherol)	mg	0.05	0.02	0.06	0.06

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	0.0
Vitamin D	IU	0	0	0	0
Vitamin K (phylloquinone)	µg	1.3	0.4	1.7	1.6
Lipids					
Fatty acids, total saturated	g	0.018	0.006	0.023	0.022
Fatty acids, total monounsaturated	g	0.006	0.002	0.008	0.007
Fatty acids, total polyunsaturated	g	0.031	0.010	0.039	0.039
Cholesterol	mg	0	0	0	0
Amino Acids					
Other					
Caffeine	mg	0	0	0	0