

Basic Report 09004, Apples, raw, without skin
Report Date: July 23, 2019 18:31 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup slices 110g	1 large (3-1/4" dia) 216g	1 medium (3" dia) 161g	1 small (2-3/4" dia) 132g
Proximates						
Water	g	86.67	95.34	187.21	139.54	114.40
Energy	kcal	48	53	104	77	63
Protein	g	0.27	0.30	0.58	0.43	0.36
Total lipid (fat)	g	0.13	0.14	0.28	0.21	0.17
Carbohydrate, by difference	g	12.76	14.04	27.56	20.54	16.84
Fiber, total dietary	g	1.3	1.4	2.8	2.1	1.7
Sugars, total	g	10.10	11.11	21.82	16.26	13.33
Minerals						
Calcium, Ca	mg	5	6	11	8	7
Iron, Fe	mg	0.07	0.08	0.15	0.11	0.09
Magnesium, Mg	mg	4	4	9	6	5
Phosphorus, P	mg	11	12	24	18	15
Potassium, K	mg	90	99	194	145	119
Sodium, Na	mg	0	0	0	0	0
Zinc, Zn	mg	0.05	0.06	0.11	0.08	0.07
Vitamins						
Vitamin C, total ascorbic acid	mg	4.0	4.4	8.6	6.4	5.3
Thiamin	mg	0.019	0.021	0.041	0.031	0.025
Riboflavin	mg	0.028	0.031	0.060	0.045	0.037
Niacin	mg	0.091	0.100	0.197	0.147	0.120
Vitamin B-6	mg	0.037	0.041	0.080	0.060	0.049
Folate, DFE	µg	0	0	0	0	0
Vitamin B-12	µg	0.00	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	2	2	4	3	3
Vitamin A, IU	IU	38	42	82	61	50
Vitamin E (alpha-tocopherol)	mg	0.05	0.06	0.11	0.08	0.07

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	0.0	0.0
Vitamin D	IU	0	0	0	0	0
Vitamin K (phylloquinone)	µg	0.6	0.7	1.3	1.0	0.8
Lipids						
Fatty acids, total saturated	g	0.021	0.023	0.045	0.034	0.028
Fatty acids, total monounsaturated	g	0.005	0.006	0.011	0.008	0.007
Fatty acids, total polyunsaturated	g	0.037	0.041	0.080	0.060	0.049
Fatty acids, total trans	g	0.000	0.000	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Amino Acids						
Other						
Caffeine	mg	0	0	0	0	0