

Basic Report 09502, Apples, raw, granny smith, with skin (Includes foods for USDA's Food Distribution Program)
Report Date: June 25, 2019 22:01 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup, sliced 109g	1 large 206g	1 medium 167g	1 small 144g
Proximates						
Water	g	85.46	93.15	176.05	142.72	123.06
Energy	kcal	58	63	119	97	84
Protein	g	0.44	0.48	0.91	0.73	0.63
Total lipid (fat)	g	0.19	0.21	0.39	0.32	0.27
Carbohydrate, by difference	g	13.61	14.83	28.04	22.73	19.60
Fiber, total dietary	g	2.8	3.1	5.8	4.7	4.0
Sugars, total	g	9.59	10.45	19.76	16.02	13.81
Minerals						
Calcium, Ca	mg	5	5	10	8	7
Iron, Fe	mg	0.15	0.16	0.31	0.25	0.22
Magnesium, Mg	mg	5	5	10	8	7
Phosphorus, P	mg	12	13	25	20	17
Potassium, K	mg	120	131	247	200	173
Sodium, Na	mg	1	1	2	2	1
Zinc, Zn	mg	0.04	0.04	0.08	0.07	0.06
Vitamins						
Thiamin	mg	0.019	0.021	0.039	0.032	0.027
Riboflavin	mg	0.025	0.027	0.052	0.042	0.036
Niacin	mg	0.126	0.137	0.260	0.210	0.181
Vitamin B-6	mg	0.037	0.040	0.076	0.062	0.053
Vitamin A, RAE	µg	5	5	10	8	7
Vitamin A, IU	IU	100	109	206	167	144
Vitamin E (alpha-tocopherol)	mg	0.18	0.20	0.37	0.30	0.26
Vitamin K (phylloquinone)	µg	3.2	3.5	6.6	5.3	4.6
Lipids						
Fatty acids, total trans	g	0.000	0.000	0.000	0.000	0.000

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Amino Acids						
Other						