

Nutrient	Unit	1 Value Per100 g	1 cup, pieces or slices 70g	1 cup, whole 96g	1 large 23g	1 medium 18g	1 slice 6g	1 small 10g	0.5 cup pieces 35g
Vitamin E (alpha-tocopherol)	mg	0.01	0.01	0.01	0.00	0.00	0.00	0.00	0.00
Vitamin D (D2 + D3)	µg	0.2	0.1	0.2	0.0	0.0	0.0	0.0	0.1
Vitamin D	IU	7	5	7	2	1	0	1	2
Vitamin K (phylloquinone)	µg	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Lipids									
Fatty acids, total saturated	g	0.050	0.035	0.048	0.012	0.009	0.003	0.005	0.018
Fatty acids, total monounsaturated	g	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	0.160	0.112	0.154	0.037	0.029	0.010	0.016	0.056
Fatty acids, total trans	g	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0	0	0	0
Amino Acids									
Other									
Caffeine	mg	0	0	0	0	0	0	0	0

Footnotes

^a Ergosterol = 56 mg/100 g.

^b Mean value contains data based on the analysis of 5-methyltetrahydrofolate, 10-formyl folic acid, and 5-formyltetrahydrofolic acid plus total folate determined microbiologically

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