



Nutrient	Unit	1	1 cup, chopped	1 cup, sliced	1 tbsp chopped	1 large	1 slice, large	1 medium	1 slice, medium	1 small	1 slice, thin	10.0 rings
		Value Per100 g	160g	115g	10g	150g	(1/4" thick) 38g	(2-1/2" dia) 110g	(1/8" thick) 14g	70g	9g	60g
Vitamin A, IU	IU	2	3	2	0	3	1	2	0	1	0	1
Vitamin E (alpha-tocopherol)	mg	0.02	0.03	0.02	0.00	0.03	0.01	0.02	0.00	0.01	0.00	0.01
Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Vitamin D	IU	0	0	0	0	0	0	0	0	0	0	0
Vitamin K (phylloquinone)	µg	0.4	0.6	0.5	0.0	0.6	0.2	0.4	0.1	0.3	0.0	0.2
<b>Lipids</b>												
Fatty acids, total saturated	g	0.042	0.067	0.048	0.004	0.063	0.016	0.046	0.006	0.029	0.004	0.025
Fatty acids, total monounsaturated	g	0.013	0.021	0.015	0.001	0.019	0.005	0.014	0.002	0.009	0.001	0.008
Fatty acids, total polyunsaturated	g	0.017	0.027	0.020	0.002	0.026	0.006	0.019	0.002	0.012	0.002	0.010
Fatty acids, total trans	g	0.000	0.000	0.000	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	0	0	0
<b>Amino Acids</b>												
<b>Other</b>												
Caffeine	mg	0	0	0	0	0	0	0	0	0	0	0