

Full Report (All Nutrients) 45236753, RED DELICIOUS APPLE, UPC: 033383080437
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Report Date: September 20, 2019 06:30 EDT

Information provided by food manufacturers is label data. Manufacturers are responsible for descriptions, nutrient data and ingredient information. USDA calculated values per 100 {0} from values per serving.

Food Group : Branded Food Products Database

Manufacturer Produce Marketing Association

Nutrient	Unit	Data points	Std. Error	5.5 ONZ 154g	1 Value Per100 g
Proximates					
Energy	kcal	--	--	80	52
Protein	g	--	--	0.00	0.00
Total lipid (fat)	g	--	--	0.00	0.00
Carbohydrate, by difference	g	--	--	22.01	14.29
Fiber, total dietary	g	--	--	4.9	3.2
Sugars, total	g	--	--	16.00	10.39
Minerals					
Calcium, Ca	mg	--	--	0	0
Iron, Fe	mg	--	--	0.35	0.23
Potassium, K	mg	--	--	169	110
Sodium, Na	mg	--	--	0	0
Vitamins					
Vitamin C, total ascorbic acid	mg	--	--	4.8	3.1
Vitamin A, IU	IU	--	--	100	65
Lipids					
Fatty acids, total saturated	g	--	--	0.000	0.000
Fatty acids, total trans	g	--	--	0.000	0.000
Cholesterol	mg	--	--	0	0

Amino Acids
Other
Ingredients

RED DELICIOUS APPLES Date Available: 06/02/2018 Date Last Updated by Company: 06/02/2018