

Basic Report 19294, Fruit butters, apple

Report Date: May 24, 2017 03:50 EDT

Nutrient values and weights are for edible portion.

| Nutrient | Unit | 1 Value Per100 g | 1 tbsp 17g | 1 serving 17g | 1 cup 282g |
|--------------------------------|------|------------------------|---------------|------------------|---------------|
| Proximates | | | | | |
| Water | g | 56.45 | 9.60 | 9.60 | 159.19 |
| Energy | kcal | 173 | 29 | 29 | 488 |
| Protein | g | 0.39 | 0.07 | 0.07 | 1.10 |
| Total lipid (fat) | g | 0.30 | 0.05 | 0.05 | 0.85 |
| Carbohydrate, by difference | g | 42.47 | 7.22 | 7.22 | 119.77 |
| Fiber, total dietary | g | 1.5 | 0.3 | 0.3 | 4.2 |
| Sugars, total | g | 35.30 | 6.00 | 6.00 | 99.55 |
| Minerals | | | | | |
| Calcium, Ca | mg | 14 | 2 | 2 | 39 |
| Iron, Fe | mg | 0.31 | 0.05 | 0.05 | 0.87 |
| Magnesium, Mg | mg | 4 | 1 | 1 | 11 |
| Phosphorus, P | mg | 8 | 1 | 1 | 23 |
| Potassium, K | mg | 91 | 15 | 15 | 257 |
| Sodium, Na | mg | 15 | 3 | 3 | 42 |
| Zinc, Zn | mg | 0.06 | 0.01 | 0.01 | 0.17 |
| Vitamins | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.6 | 0.1 | 0.1 | 1.7 |
| Thiamin | mg | 0.009 | 0.002 | 0.002 | 0.025 |
| Riboflavin | mg | 0.019 | 0.003 | 0.003 | 0.054 |
| Niacin | mg | 0.076 | 0.013 | 0.013 | 0.214 |
| Vitamin B-6 | mg | 0.037 | 0.006 | 0.006 | 0.104 |
| Folate, DFE | µg | 1 | 0 | 0 | 3 |
| Vitamin B-12 | µg | 0.00 | 0.00 | 0.00 | 0.00 |
| Vitamin A, RAE | µg | 1 | 0 | 0 | 3 |
| Vitamin A, IU | IU | 22 | 4 | 4 | 62 |
| Vitamin E (alpha-tocopherol) | mg | 0.05 | 0.01 | 0.01 | 0.14 |

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|------------------------------------|-------------|---------------------------------|-----------------------|--------------------------|-----------------------|
| Vitamin D (D2 + D3) | µg | 0.0 | 0.0 | 0.0 | 0.0 |
| Vitamin D | IU | 0 | 0 | 0 | 0 |
| Vitamin K (phylloquinone) | µg | 0.9 | 0.2 | 0.2 | 2.5 |
| Lipids | | | | | |
| Fatty acids, total saturated | g | 0.053 | 0.009 | 0.009 | 0.149 |
| Fatty acids, total monounsaturated | g | 0.016 | 0.003 | 0.003 | 0.045 |
| Fatty acids, total polyunsaturated | g | 0.084 | 0.014 | 0.014 | 0.237 |
| Cholesterol | mg | 0 | 0 | 0 | 0 |
| Amino Acids | | | | | |
| Other | | | | | |
| Caffeine | mg | 0 | 0 | 0 | 0 |