

Basic Report 19294, Fruit butters, apple

Report Date: March 23, 2018 12:39 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