

Apples, raw, with skin

NDB No: 09003

Date: 5/20/2007 9:45

Measure: 100 gram

Gram weight (edible portion): 100.00 g

Refuse: 8%

Nutrient	Units	Value
Water	g	83.93
Energy	kcal	59
Energy	kJ	247
Protein	g	0.19
Total lipid (fat)	g	0.36
Ash	g	0.26
Carbohydrate, by difference	g	15.25
Fiber, total dietary	g	2.7
Calcium, Ca	mg	7
Iron, Fe	mg	0.18
Magnesium, Mg	mg	5
Phosphorus, P	mg	7
Potassium, K	mg	115
Sodium, Na	mg	0
Zinc, Zn	mg	0.04
Copper, Cu	mg	0.041
Manganese, Mn	mg	0.045
Selenium, Se	mcg	0.3
Vitamin C, total ascorbic acid	mg	5.7
Thiamin	mg	0.017
Riboflavin	mg	0.014
Niacin	mg	0.077
Pantothenic acid	mg	0.061
Vitamin B-6	mg	0.048
Folate, total	mcg	3
Folic acid	mcg	0
Folate, food	mcg	3
Folate, DFE	mcg_DFE	3
Vitamin B-12	mcg	0.00
Vitamin A, IU	IU	53
Vitamin A, RAE	mcg_RAE	3
Retinol	mcg	0
Vitamin E	mg_ATE	0.320
Tocopherol, alpha	mg	0.32
Fatty acids, total saturated	g	0.058
4:0	g	0.000
6:0	g	0.000
8:0	g	0.000
10:0	g	0.000
12:0	g	0.001
14:0	g	0.002
16:0	g	0.048
18:0	g	0.007
Fatty acids, total monounsaturated	g	0.015
16:1 undifferentiated	g	0.001
18:1 undifferentiated	g	0.014
20:1	g	0.000
22:1 undifferentiated	g	0.000
Fatty acids, total polyunsaturated	g	0.105
18:2 undifferentiated	g	0.087
18:3 undifferentiated	g	0.018
18:4	g	0.000
20:4 undifferentiated	g	0.000
20:5 n-3	g	0.000
22:5 n-3	g	0.000
22:6 n-3	g	0.000
Cholesterol	mg	0
Phytosterols	mg	12
Tryptophan	g	0.002
Threonine	g	0.007
Isoleucine	g	0.008
Leucine	g	0.012
Lysine	g	0.012
Methionine	g	0.002
Cystine	g	0.003
Phenylalanine	g	0.005
Tyrosine	g	0.004
Valine	g	0.009
Arginine	g	0.006
Histidine	g	0.003
Alanine	g	0.007

Nutrient	Units	Value
Aspartic acid	g	0.034
Glutamic acid	g	0.020
Glycine	g	0.008
Proline	g	0.007
Serine	g	0.008
Caffeine	mg	0
Theobromine	mg	0