

Basic Report 09500, Apples, raw, red delicious, with skin

Report Date: November 28, 2017 16:17 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup, sliced 109g	1 large 260g	1 medium 212g	1 small 158g
Proximates						
Water	g	85.33	93.01	221.86	180.90	134.82
Energy	kcal	59	64	153	125	93
Protein	g	0.27	0.29	0.70	0.57	0.43
Total lipid (fat)	g	0.20	0.22	0.52	0.42	0.32
Carbohydrate, by difference	g	14.06	15.33	36.56	29.81	22.21
Fiber, total dietary	g	2.3	2.5	6.0	4.9	3.6
Sugars, total	g	10.48	11.42	27.25	22.22	16.56
Minerals						
Calcium, Ca	mg	6	7	16	13	9
Iron, Fe	mg	0.11	0.12	0.29	0.23	0.17
Magnesium, Mg	mg	5	5	13	11	8
Phosphorus, P	mg	12	13	31	25	19
Potassium, K	mg	104	113	270	220	164
Sodium, Na	mg	1	1	3	2	2
Zinc, Zn	mg	0.04	0.04	0.10	0.08	0.06
Vitamins						
Thiamin	mg	0.015	0.016	0.039	0.032	0.024
Riboflavin	mg	0.025	0.027	0.065	0.053	0.040
Niacin	mg	0.075	0.082	0.195	0.159	0.118
Vitamin B-6	mg	0.034	0.037	0.088	0.072	0.054
Vitamin A, RAE	µg	3	3	8	6	5
Vitamin A, IU	IU	55	60	143	117	87
Vitamin E (alpha-tocopherol)	mg	0.24	0.26	0.62	0.51	0.38
Vitamin K (phylloquinone)	µg	2.6	2.8	6.8	5.5	4.1
Lipids						
Fatty acids, total trans	g	0.000	0.000	0.000	0.000	0.000

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Amino Acids						
Other						