



224626

Nutritional Information

Since 1852
Item 2709
Description 12/33 APPLE JUICE CONC
Date 7/17/2012

Nutrient	Quantity	
	2 fl. oz.	100g
Calories	104.696 Cal (Kcal)	151.050 Cal (Kcal)
Calories from Fat	2.092 Cal (Kcal)	3.018 Cal (Kcal)
Calories from Saturated Fat	0.338 Cal (Kcal)	0.488 Cal (Kcal)
Total Fat	0.232 g	0.335 g
Saturated Fat	0.038 g	0.054 g
Polyunsaturated Fat	0.068 g	0.098 g
DHA	0.000 g	0.000 g
Omega 3	0.000 g	0.000 g
Omega 6	0.000 g	0.000 g
Omega 9	0.000 g	0.000 g
Monounsaturated Fat	0.009 g	0.013 g
Trans Fatty Acids	0.000 g	0.000 g
Cholesterol	0.000 mg	0.000 mg
Sodium	15.768 mg	22.750 mg
Potassium	282.567 mg	407.673 mg
Total Carbohydrates	25.860 g	37.310 g
Dietary Fiber	0.252 g	0.363 g
Simple Sugars	24.491 g	35.335 g
Sugar Alcohol	0.000 g	0.000 g
Complex Carbohydrates	0.000 g	0.000 g
Protein	0.322 g	0.464 g
Vitamin A	0.000 IU	0.000 IU
Vitamin C	124.354 mg	179.411 mg
Calcium (Ca)	12.615 mg	18.200 mg
Iron (Fe)	0.573 mg	0.827 mg
Vitamin D	0.000 IU	0.000 IU
Vitamin E	0.000 IU	0.000 IU
Vitamin B1 (Thiamine)	0.007 mg	0.010 mg
Vitamin B2 (Riboflavin)	0.034 mg	0.049 mg
Vitamin B3 (Niacinamide)	0.000 g	0.000 g
Vitamin B5 (Pantothenic Acid)	0.000 g	0.000 g
Niacin	0.085 mg	0.122 mg
Vitamin B6	0.073 mg	0.106 mg
Vitamin B12	0.000 mcg	0.000 mcg
Zinc (Zn)	0.082 mg	0.118 mg
Folic Acid	0.631 mcg	0.910 mcg
Magnesium	10.722 mg	15.470 mg
Phosphorous	15.768 mg	22.750 mg
Caffeine	0.000 mg	0.000 mg
D-glucuronolactone	0.000 g	0.000 g

Data References: Agricultural Handbook #8 - USDA
Food Values - Pennington & Church

LYONS-MAGNUS

Finer Flavor Since 1852

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