

Group 3: Fruit

per 100g edible food

MACRONUTRIENTS

MINERALS

VITAMINS

Group	Code	Food Name	Mois-g	En-kJ	TotN-g	Prot-g	PIPr-g	Ca-mg	Fe-mg	Mg-mg	A-µgRE	Thia-mg	Ribo-mg	Niac-mg
			AnPr-g	Fat-g	SFA-g	MFA-g	PFA-g	P-mg	K-mg	Na-mg	B6-mg	Fol-µg	B12-µg	Pant-mg
			Chol-mg	CHO-g	TFib-g	AdSu-g	Ash-g	Zn-mg	Cu-mg	Mn-µg	Biot-µg	C-mg	D-µg	E-mg
3	3532	Apple, average, raw	83.9	267	0.03	0.2	0.2	2	0.3	3	3	0.02	0.06	0.2
	7001		0.0	0.1	0.02	tr	0.03	7	99	4	0.030	1	0.0	0.09
	3.01		0	13.0	2.3	0.0	0.3	0.09	0.07	80	1.2	5	0.00	0.16
3	3600	Apple, dried, raw	31.8	1147	0.14	0.9	0.9	14	1.4	16	13	0.00	0.16	0.9
	7074		0.0	0.3	0.05	0.01	0.09	38	450	87	0.125	0	0.0	0.25
	1.01		0	57.2	8.7	0.0	1.1	0.20	0.19	90	4.5	4	0.00	0.55
3	3601	Apple, dried, stewed with sugar	78.8	359	0.03	0.2	0.2	3	0.3	3	2	0.01	0.02	0.1
	7075		0.0	0.1	0.01	tr	0.02	8	98	19	0.047	0	0.0	0.05
	1.01		0	18.8	1.9	5.5	0.2	0.04	0.04	20	0.6	1	0.00	0.15

The number of decimal points for various nutrients in the Food Composition Tables is indicated in the table above.