



APPLE NUTRITION FACTS

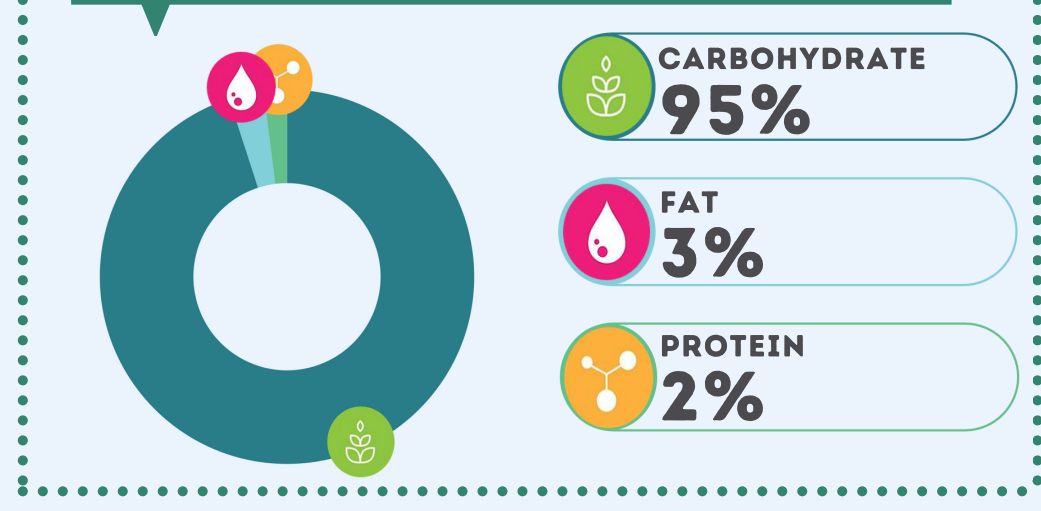


CALORIES 52/100GM

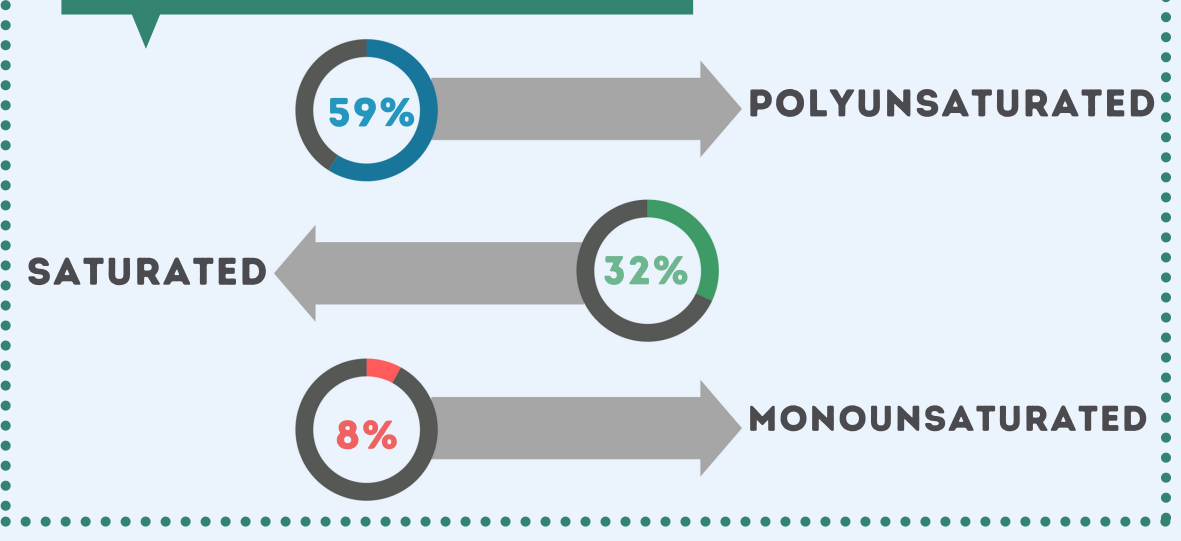
	AMOUNT		AMOUNT
CARBOHYDRATE	13.81 G	NIACIN	0.091 MG
FAT	0.17 G	VITAMIN A	3.00 MCG
PROTEIN	0.26 G	VITAMIN B12	0.00
CHOLESTEROL	0.00	VITAMIN B6	0.041 MG
FIBER	2.4 G	VITAMIN C	4.6 MG
RIBOFLAVIN	0.026 MG	VITAMIN D	0.00
SODIUM, NA	1.00 MG	FOLATE	3.00 MCG
THIAMIN	0.017 MG		



CALORIES BY SOURCE



FATS AND FATTY ACIDS



APPLE OTHER NAMES
MALUS DOMESTICA

MINERALS IN APPLE

6 MG	CALCIUM, CA	0 % (DV)
0.027 MG	COPPER, CU	3 % (DV)
0.12 MG	IRON, FE	1 % (DV)
5.00 MG	MAGNESIUM, MG	1 % (DV)
0.0 MCG	SELENIUM, SE	0 % (DV)
11.00 MG	PHOSPHORUS, P	2 % (DV)
107 MG	POTASSIUM, K	2 % (DV)
0.04 MG	ZINC, ZN	0 % (DV)

THE DAILY VALUES (DV) ARE REFERENCE AMOUNTS (EXPRESSED IN GRAMS, MILLIGRAMS, OR MICRO-GRAMS) OF NUTRIENTS TO CONSUME OR NOT TO EXCEED EACH DAY.