



APRICOT NUTRITION FACTS

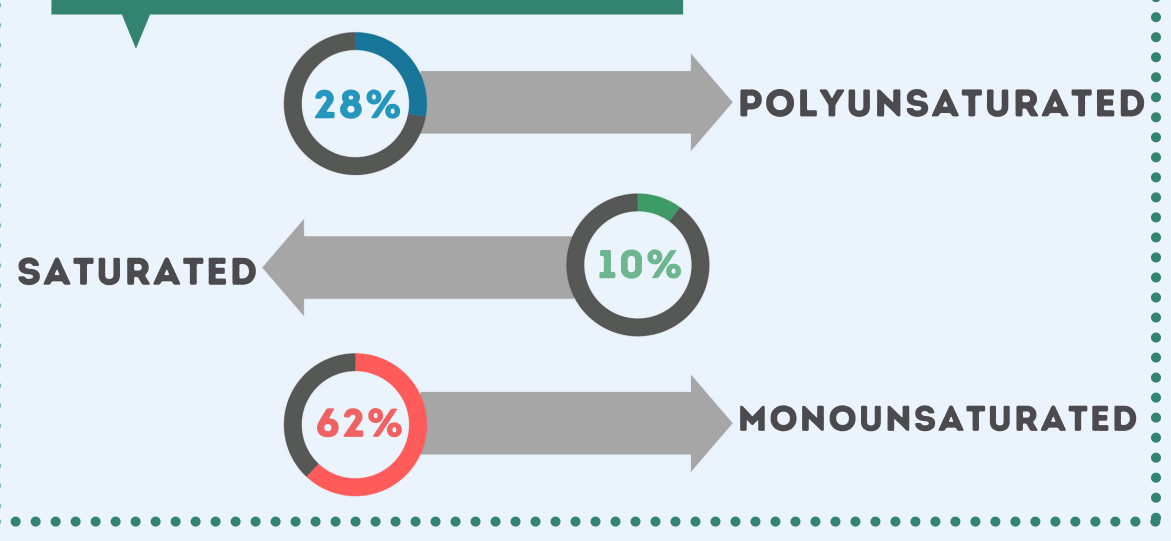


CALORIES 48/100GM

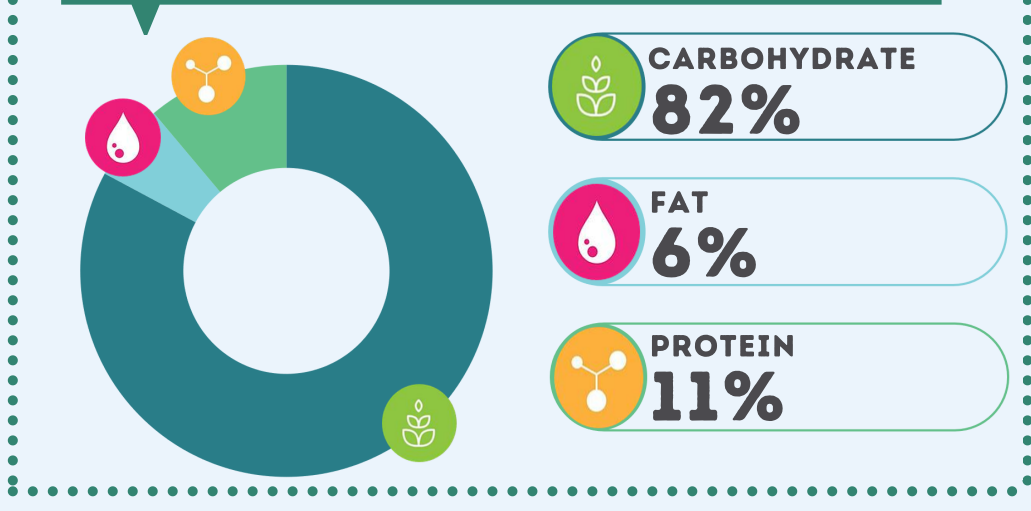
	AMOUNT		AMOUNT
CARBOHYDRATE	11.12 G	NIACIN	0.600 MG
FAT	0.39 G	VITAMIN A	96 MCG
PROTEIN	1.40 G	VITAMIN B12	0.00
CHOLESTEROL	0.00	VITAMIN B6	0.054 MG
FIBER	2.0 G	VITAMIN C	10 MG
RIBOFLAVIN	0.040 MG	VITAMIN D	0.00
SODIUM, NA	1.00 MG	FOLATE	9 MCG
THIAMIN	0.030 MG		



FATS AND FATTY ACIDS



CALORIES BY SOURCE



APRICOT OTHER NAMES

PRUNUS ARMENIACA
 ABRICOT
 ALBARICOQUE
 ARMENIAN PLUM
 JARDALU

MINERALS IN APRICOT

13 MG	CALCIUM, CA	1 % (DV)
0.078 MG	COPPER, CU	9 % (DV)
0.39 MG	IRON, FE	2 % (DV)
10 MG	MAGNESIUM, MG	2 % (DV)
0.1 MCG	SELENIUM, SE	0 % (DV)
23 MG	PHOSPHORUS, P	3 % (DV)
259 MG	POTASSIUM, K	6 % (DV)
0.20 MG	ZINC, ZN	2 % (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.