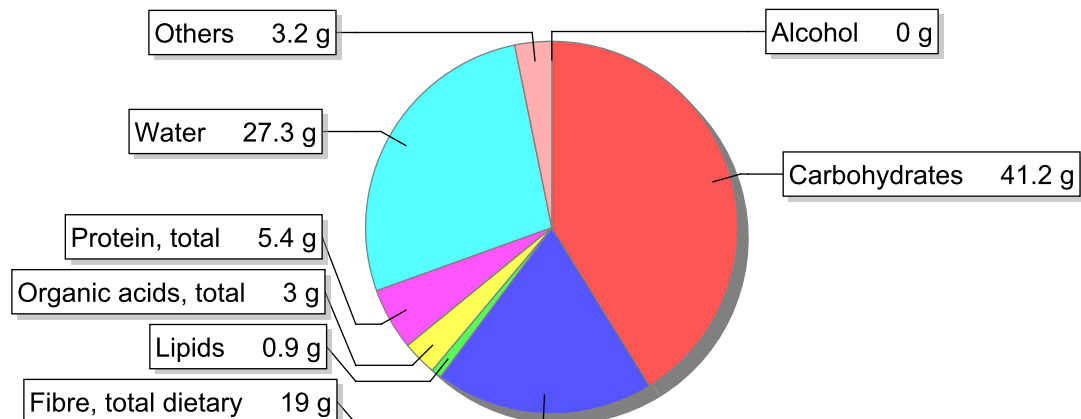


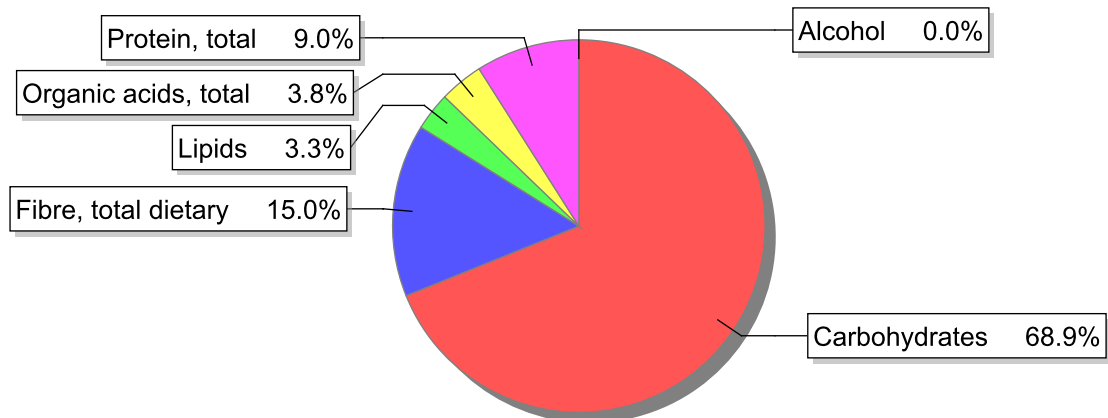
Food

Name: Apricot, dried
Group: Fruit
Subgroup: Fresh fruit
Edible Part: 100%
Code: IS648
FoodEX2 Code: A01MD

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	242	kcal	
energy kJ, total metabolisable	1020	kJ	
fatty acids, total saturated	0.1	g	
fatty acids, total monounsaturated	0.4	g	
fatty acids, total polyunsaturated	0.2	g	
fatty acid 18:2 n-6 cis,cis	0.2	g	
fatty acids, total trans	0	g	
sugars, total	41.2	g	58
sucrose	5.4	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	0	g	
fibre, total dietary	19	g	58
protein, total	5.4	g	57
alcohol	0	g	
water	27.3	g	58
organic acids, total	3	g	58
cholesterol	0	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	417	µg	58
carotene, total (vitamin A precursors)	2500	µg	58
vitamin D	0	µg	
alpha-tocopherol	4.5	mg	
thiamin	0	mg	
riboflavin	0.16	mg	58
niacin, preformed	3	mg	
niacin equivalents, total	3.7	mg	
niacin equivalents from tryptophan	0.7	mg	
vitamin B-6, total	0.17	mg	
vitamin B-12	0	µg	
vitamin C	12	mg	58
folate, total	14	µg	
ash	3.20	g	
sodium	44	mg	58
potassium	1480	mg	58
calcium	53	mg	58
phosphorus	120	mg	
magnesium	51	mg	58
iron, total	5.8	mg	58
zinc	0.2	mg	58

Legend

Code	Name
g	gram
kJ	kilojoule
kcal	kilocalorie
mg	milligram
µg	microgram

References

Id	Reference
57	PIABAD (1993) Programa do Instituto de Alimentação Becel para análise de dietas: programa profissional para computadores pessoais. Lisboa: IAB
58	Gonçalves Ferreira, FA; Silva Graça, ME (1985) - Tabela de Composição dos Alimentos Portugueses. Reimpressão da 2ª Edição de 1963. Instituto Nacional de Saúde Dr. Ricardo Jorge, Lisboa.