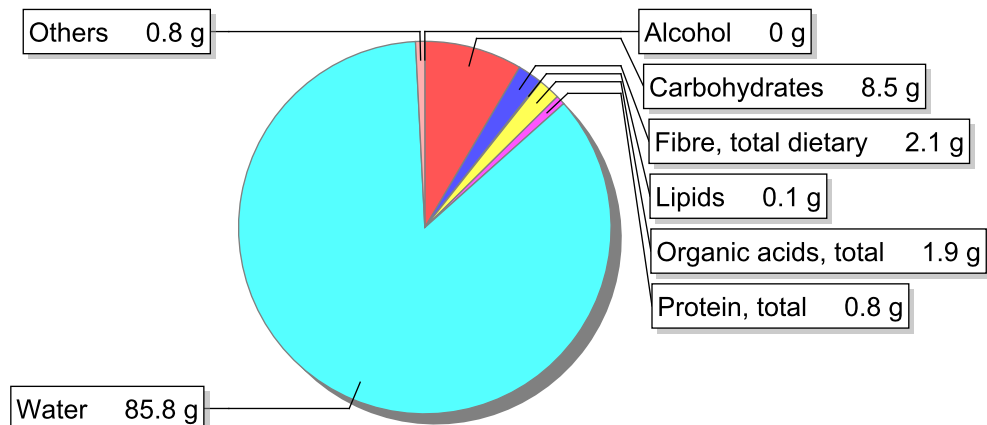


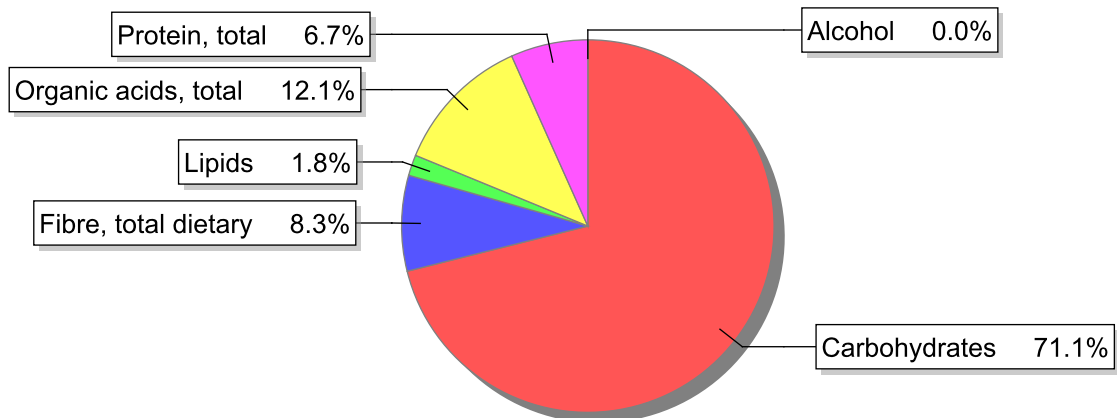
Food

Name: Apricot
Group: Fruit
Subgroup: Fresh fruit
Edible Part: 94%
Code: IS644
FoodEX2 Code: A01GF

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	48	kcal	
energy kJ, total metabolisable	203	kJ	
fatty acids, total saturated	0	g	
fatty acids, total monounsaturated	0.1	g	
fatty acids, total polyunsaturated	0	g	
fatty acid 18:2 n-6 cis,cis	0	g	
fatty acids, total trans	0	g	
sugars, total	8.5	g	58
sucrose	5.8	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	0	g	
fibre, total dietary	2.1	g	57
protein, total	0.8	g	57
alcohol	0	g	
water	85.8	g	
organic acids, total	1.9	g	
cholesterol	0	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	180	µg	
carotene, total (vitamin A precursors)	1100	µg	57
vitamin D	0	µg	
alpha-tocopherol	0.7	mg	
thiamin	0.04	mg	57
riboflavin	0.1	mg	57
niacin, preformed	0.5	mg	
niacin equivalents, total	0.6	mg	
niacin equivalents from tryptophan	0.1	mg	
vitamin B-6, total	0.07	mg	57
vitamin B-12	0	µg	
vitamin C	3	mg	57
folate, total	5	µg	57
ash	0.80	g	
sodium	1	mg	57
potassium	260	mg	
calcium	9	mg	57
phosphorus	15	mg	57
magnesium	12	mg	57
iron, total	1	mg	57
zinc	0.1	mg	57

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.