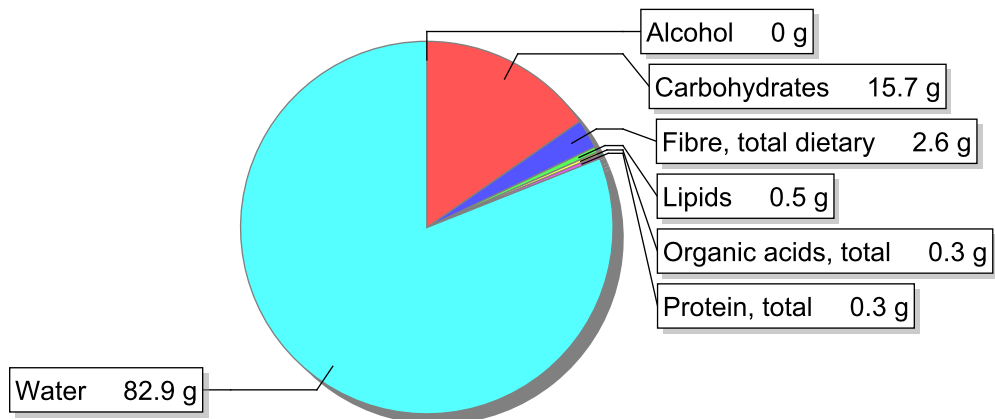


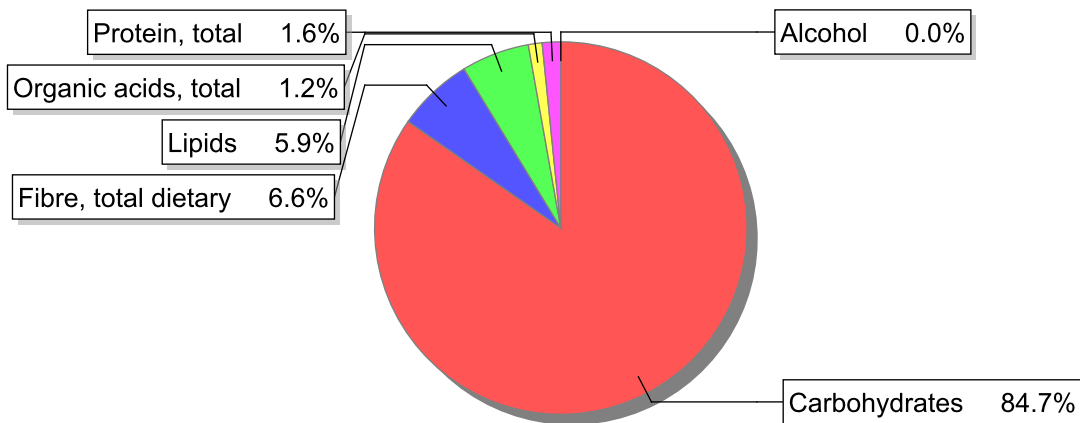
Food

Name: Apple, baked without sugar
Group: Fruit
Subgroup: Fresh fruit
Edible Part: 100%
Code: IS669
FoodEX2 Code: A01DJ

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	75	kcal	
energy kJ, total metabolisable	315	kJ	
fatty acids, total saturated	0.1	g	
fatty acids, total monounsaturated	0	g	
fatty acids, total polyunsaturated	0.3	g	
fatty acid 18:2 n-6 cis,cis	0.1	g	
fatty acids, total trans	0	g	
sugars, total	15.7	g	
sucrose	3.6	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	0	g	
fibre, total dietary	2.6	g	
protein, total	0.3	g	
alcohol	0	g	
water	82.9	g	
organic acids, total	0.3	g	
cholesterol	0	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	10	µg	
carotene, total (vitamin A precursors)	30	µg	
vitamin D	0	µg	
alpha-tocopherol	0.4	mg	
thiamin	0.02	mg	
riboflavin	0.04	mg	
niacin, preformed	0.1	mg	
niacin equivalents, total	0.2	mg	
niacin equivalents from tryptophan	0.1	mg	
vitamin B-6, total	0.05	mg	
vitamin B-12	0	µg	
vitamin C	5	mg	
folate, total	4.8	µg	
ash	0.40	g	
sodium	8	mg	
potassium	150	mg	
calcium	7	mg	
phosphorus	8	mg	
magnesium	7	mg	
iron, total	0.3	mg	
zinc	0	mg	

Legend

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

References