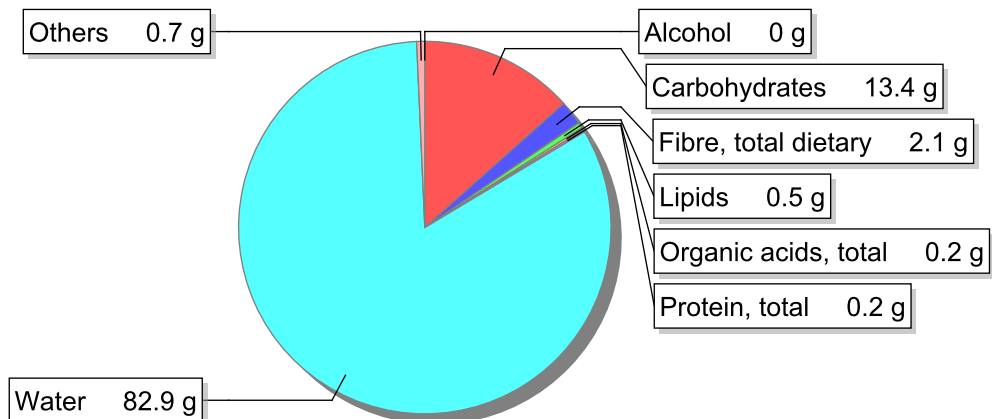


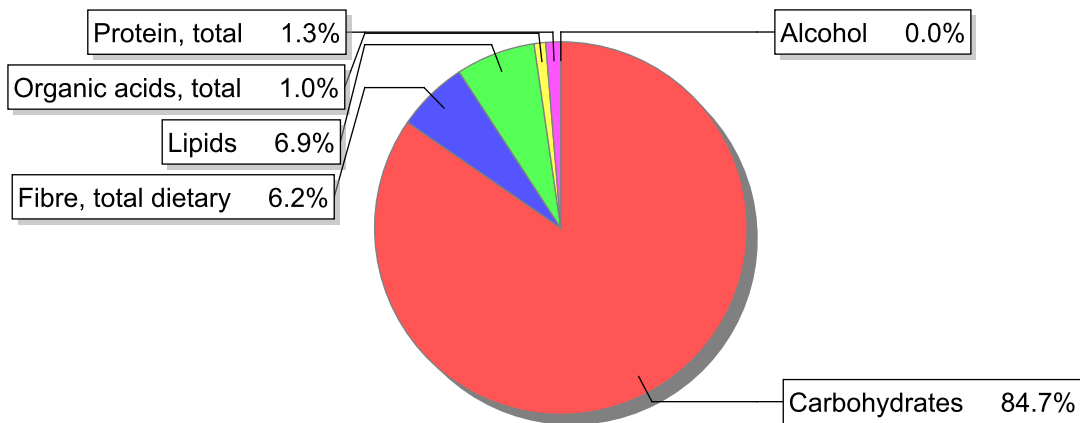
Food

Name: Apple with peel
Group: Fruit
Subgroup: Fresh fruit
Edible Part: 90%
Code: IS662
FoodEX2 Code: A01DJ

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
Energy value			
energy kcal, total metabolisable	64	kcal	
energy kJ, total metabolisable	269	kJ	
Macro nutrients			
Lipids		g	
fatty acids, total saturated	0.1	g	
fatty acids, total monounsaturated	0	g	
fatty acids, total polyunsaturated	0.2	g	
fatty acid 18:2 n-6 cis,cis	0.1	g	

Name	Value	Unit	Source(s)
fatty acids, total trans	0	g	
Carbohydrates		g	
sugars, total	13.4	g	
sucrose	3.1	g	
lactose	0	g	
oligosaccharides, available	0	g	
starch, total	0	g	
salt	0.0	g	
fibre, total dietary	2.1	g	
protein, total	0.2	g	
alcohol	0	g	
water	82.9	g	
organic acids, total	0.2	g	
cholesterol	0	mg	
Vitamins			
vitamin A; retinol equiv from retinol and carotenoid activities	4	µg	
carotene, total (vitamin A precursors)	26	µg	
vitamin D	0	µg	
alpha-tocopherol	0.59	mg	
thiamin	0.02	mg	
riboflavin	0.03	mg	
niacin, preformed	0.1	mg	
niacin equivalents, total	0.2	mg	
niacin equivalents from tryptophan	0.1	mg	
vitamin B-6, total	0.04	mg	
vitamin B-12	0	µg	
vitamin C	7	mg	
folate, total	5	µg	
Minerals			
ash	0.32	g	
sodium	6	mg	
potassium	140	mg	
calcium	6	mg	
phosphorus	8	mg	
magnesium	8	mg	
iron, total	0.2	mg	
zinc	0	mg	

Legend

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

References