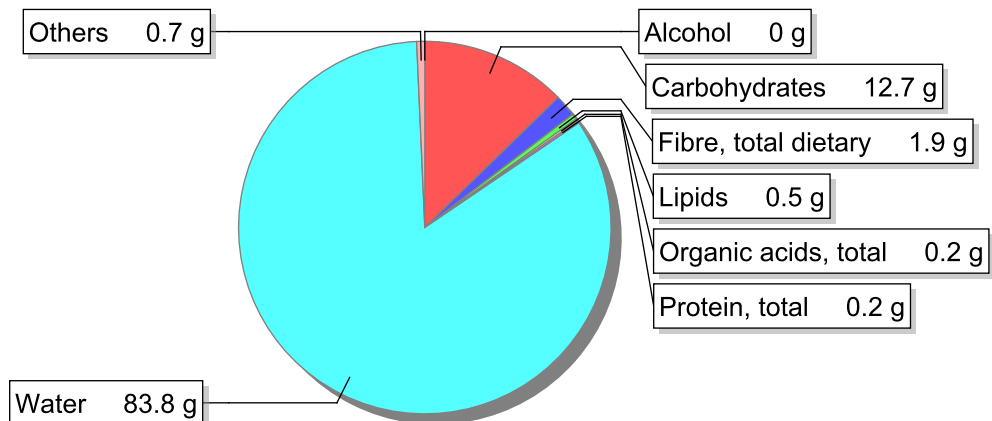


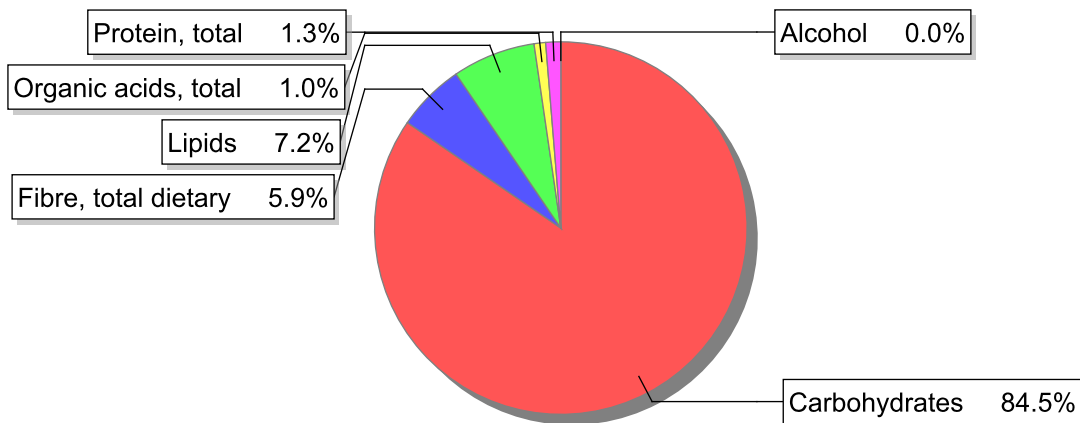
**Food**

**Name:** Apple, peeled  
**Group:** Fruit  
**Subgroup:** Fresh fruit  
**Edible Part:** 80%  
**Code:** IS663  
**FoodEX2 Code:** A01DJ

**Composition [g/100g]**



**Energy**



**Nutritive content per 100g edible portion**

Name	Value	Unit	Source(s)
<b>Energy value</b>			
energy kcal, total metabolisable	61	kcal	
energy kJ, total metabolisable	256	kJ	
<b>Macro nutrients</b>			
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	12.7	g	
sucrose	2.9	g	
lactose	0	g	
oligosaccharides, available	0	g	
starch, total	0	g	
salt	0.0	g	
fibre, total dietary	1.9	g	
protein, total	0.2	g	
alcohol	0	g	
water	83.8	g	
organic acids, total	0.2	g	
cholesterol	0	mg	
<b>Vitamins</b>			
vitamin A; retinol equiv from retinol and carotenoid activities	4	µg	
carotene, total (vitamin A precursors)	25	µg	
vitamin D	0	µg	
alpha-tocopherol	0.27	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	5	mg	
folate, total	5	µg	
<b>Minerals</b>			
ash	0.32	g	
sodium	6	mg	
potassium	120	mg	
calcium	5	mg	
phosphorus	6	mg	
magnesium	5	mg	
iron, total	0.2	mg	
zinc	0	mg	

## Legend

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

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## References