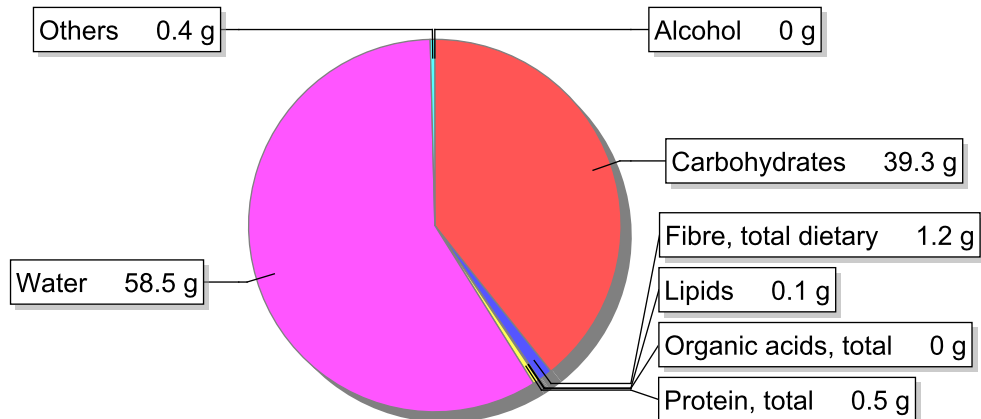


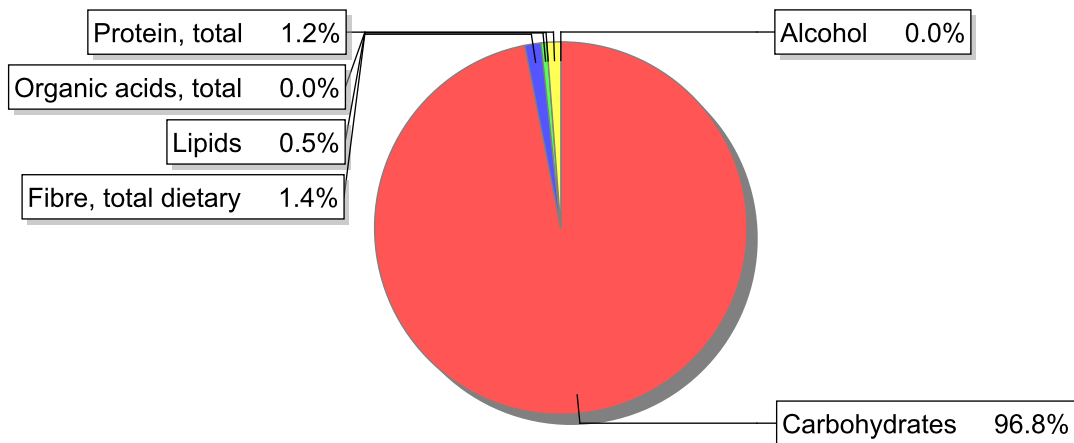
Food

Name: Apricot, canned in syrup
Group: Todos
Subgroup:
Edible Part: 100%
Code: IS645
FoodEX2 Code: A01NS

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	163	kcal	
energy kJ, total metabolisable	690	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	39.3	g	58
sucrose	0.8	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	0	g	
fibre, total dietary	1.2	g	
protein, total	0.5	g	57
alcohol	0	g	
water	58.5	g	
organic acids, total	0	g	
cholesterol	0	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	57	µg	58
carotene, total (vitamin A precursors)	337	µg	58
vitamin D	0	µg	
alpha-tocopherol	0.9	mg	
thiamin	0.01	mg	58
riboflavin	0.07	mg	58
niacin, preformed	0.4	mg	
niacin equivalents, total	0.5	mg	
niacin equivalents from tryptophan	0.1	mg	
vitamin B-6, total	0.06	mg	58
vitamin B-12	0	µg	
vitamin C	1	mg	58
folate, total	2	µg	
ash	0.37	g	
sodium	1	mg	
potassium	140	mg	
calcium	10	mg	
phosphorus	12	mg	
magnesium	9	mg	
iron, total	0.2	mg	
zinc	0.1	mg	

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.