

Apples, raw, with skin

Scientific Name: *Malus sylvestris*

NDB No: 09003

Nutrient	Units	Value per 100 grams of edible portion	Sample Count	Std. Error	1 large (3-1/4" dia) (approx 2 per lb) ----- 212 g	1 medium (2-3/4" dia) (approx 3 per lb) ----- 138 g	1 small (2-1/2" dia) (approx 4 per lb) ----- 106 g
Proximates							
Water	g	83.93	126	0.189	177.932	115.823	88.966
Energy	kcal	59	0		125.080	81.420	62.540
Energy	kJ	247	0		523.640	340.860	261.820
Protein	g	0.19	119	0.003	0.403	0.262	0.201
Total lipid (fat)	g	0.36	35	0.039	0.763	0.497	0.382
Ash	g	0.26	116	0.005	0.551	0.359	0.276
Carbohydrate, by difference	g	15.25	0		32.330	21.045	16.165
Fiber, total dietary	g	2.7	0		5.724	3.726	2.862

Minerals							
Calcium, Ca	mg	7	34	0.519	14.840	9.660	7.420
Iron, Fe	mg	0.18	119	0.019	0.382	0.248	0.191
Magnesium, Mg	mg	5	114	0.100	10.600	6.900	5.300
Phosphorus, P	mg	7	114	0.232	14.840	9.660	7.420
Potassium, K	mg	115	74	2.561	243.800	158.700	121.900
Sodium, Na	mg	0	47	0.064	0.000	0.000	0.000
Zinc, Zn	mg	0.04	15	0.007	0.085	0.055	0.042
Copper, Cu	mg	0.041	119	0.002	0.087	0.057	0.043
Manganese, Mn	mg	0.045	119	0.003	0.095	0.062	0.048
Selenium, Se	mcg	0.3	7	0.076	0.636	0.414	0.318
Vitamins							
Vitamin C, total ascorbic acid	mg	5.7	25	0.766	12.084	7.866	6.042

Thiamin	mg	0.017	6	0.000	0.036	0.023	0.018
Riboflavin	mg	0.014	6	0.001	0.030	0.019	0.015
Niacin	mg	0.077	6	0.028	0.163	0.106	0.082
Pantothenic acid	mg	0.061	6	0.004	0.129	0.084	0.065
Vitamin B-6	mg	0.048	7	0.004	0.102	0.066	0.051
Folate, total	mcg	3	23	0.611	6.360	4.140	3.180
Folic acid	mcg	0	0		0.000	0.000	0.000
Folate, food	mcg	3	23	0.611	6.360	4.140	3.180
Folate, DFE	mcg_DFE	3	0		6.360	4.140	3.180
Vitamin B-12	mcg	0.00	0		0.000	0.000	0.000
Vitamin A, IU	IU	53	6	11.878	112.360	73.140	56.180
Retinol	mcg	0	0		0.000	0.000	0.000
Vitamin A, RAE	mcg_RAE	3	6	0.594	6.360	4.140	3.180
Vitamin E	mg_ATE	0.320	0		0.678	0.442	0.339

Tocopherol, alpha	mg	0.32	0		0.678	0.442	0.339
Lipids							
Fatty acids, total saturated	g	0.058	0		0.123	0.080	0.061
4:0	g	0.000	0		0.000	0.000	0.000
6:0	g	0.000	0		0.000	0.000	0.000
8:0	g	0.000	0		0.000	0.000	0.000
10:0	g	0.000	0		0.000	0.000	0.000
12:0	g	0.001	1		0.002	0.001	0.001
14:0	g	0.002	1		0.004	0.003	0.002
16:0	g	0.048	4		0.102	0.066	0.051
18:0	g	0.007	4		0.015	0.010	0.007
Fatty acids, total monounsaturated	g	0.015	0		0.032	0.021	0.016
16:1 undifferentiated	g	0.001	1		0.002	0.001	0.001

18:1 undifferentiated	g	0.014	4		0.030	0.019	0.015
20:1	g	0.000	0		0.000	0.000	0.000
22:1 undifferentiated	g	0.000	0		0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	0.105	0		0.223	0.145	0.111
18:2 undifferentiated	g	0.087	4		0.184	0.120	0.092
18:3 undifferentiated	g	0.018	4		0.038	0.025	0.019
18:4	g	0.000	0		0.000	0.000	0.000
20:4 undifferentiated	g	0.000	0		0.000	0.000	0.000
20:5 n-3	g	0.000	0		0.000	0.000	0.000
22:5 n-3	g	0.000	0		0.000	0.000	0.000
22:6 n-3	g	0.000	0		0.000	0.000	0.000
Cholesterol	mg	0	0		0.000	0.000	0.000

Phytosterols	mg	12	0		25.440	16.560	12.720
Amino acids							
Tryptophan	g	0.002	1		0.004	0.003	0.002
Threonine	g	0.007	2		0.015	0.010	0.007
Isoleucine	g	0.008	2		0.017	0.011	0.008
Leucine	g	0.012	2		0.025	0.017	0.013
Lysine	g	0.012	2		0.025	0.017	0.013
Methionine	g	0.002	2		0.004	0.003	0.002
Cystine	g	0.003	1		0.006	0.004	0.003
Phenylalanine	g	0.005	2		0.011	0.007	0.005
Tyrosine	g	0.004	2		0.008	0.006	0.004
Valine	g	0.009	2		0.019	0.012	0.010
Arginine	g	0.006	2		0.013	0.008	0.006
Histidine	g	0.003	2		0.006	0.004	0.003
Alanine	g	0.007	2		0.015	0.010	0.007

Aspartic acid	g	0.034	2		0.072	0.047	0.036
Glutamic acid	g	0.020	2		0.042	0.028	0.021
Glycine	g	0.008	2		0.017	0.011	0.008
Proline	g	0.007	2		0.015	0.010	0.007
Serine	g	0.008	2		0.017	0.011	0.008
Other							
Caffeine	mg	0	0		0.000	0.000	0.000
Theobromine	mg	0	0		0.000	0.000	0.000

USDA National Nutrient Database for Standard Reference, Release 15 (August 2002)