



ARS HOME
FOODDATA CENTRAL
APPLE, RAW (SURVEY (FNDDS), 1102644)

Apple, raw

Data Type: Survey (FNDDS)
FDC ID: 1102644
Food Code: 63101000
Start Date: 1/1/2017
End Date: 12/31/2018
Food Category: Apples
FDC Published: 10/30/2020

Nutrients
Portions
Other Information
Ingredients
Ingredient Nutrient Values

Details about FNDDS 2019-2020 development, content, and Excel files can be found at:
<https://www.ars.usda.gov/northeast-area/beltsville-md-bhnrc/beltsville-human-nutrition-research-center/food-surveys-research-group/docs/fndds-download-databases/>

Portion:
100g

Name	Amount	Unit
Water	85.56	g
Energy	52	kcal
Protein	0.26	g
Total lipid (fat)	0.17	g
Carbohydrate, by difference	13.81	g
Fiber, total dietary	2.4	g
Sugars, total including NLEA	10.39	g
Calcium, Ca	6	mg
Iron, Fe	0.12	mg
Magnesium, Mg	5	mg
Phosphorus, P	11	mg
Potassium, K	107	mg
Sodium, Na	1	mg
Zinc, Zn	0.04	mg
Copper, Cu	0.027	mg
Selenium, Se	0	µg
Vitamin C, total ascorbic acid	4.6	mg
Thiamin	0.017	mg
Riboflavin	0.026	mg
Niacin	0.091	mg
Vitamin B-6	0.041	mg
Folate, total	3	µg
Folic acid	0	µg
Folate, food	3	µg
Folate, DFE	3	µg
Choline, total	3.4	mg
Vitamin B-12	0	µg
Vitamin B-12, added	0	µg
Vitamin A, RAE	3	µg
Retinol	0	µg
Carotene, beta	27	µg
Carotene, alpha	0	µg
Cryptoxanthin, beta	11	µg
Lycopene	0	µg
Lutein + zeaxanthin	29	µg
Vitamin E (alpha-tocopherol)	0.18	mg
Vitamin E, added	0	mg

Vitamin D (D2 + D3)	0	µg
Vitamin K (phylloquinone)	2.2	µg
Fatty acids, total saturated	0.028	g
SFA 4:0	0	g
SFA 6:0	0	g
SFA 8:0	0	g
SFA 10:0	0	g
SFA 12:0	0	g
SFA 14:0	0.001	g
SFA 16:0	0.024	g
SFA 18:0	0.003	g
Fatty acids, total monounsaturated	0.007	g
MUFA 16:1	0	g
MUFA 18:1	0.007	g
MUFA 20:1	0	g
MUFA 22:1	0	g
Fatty acids, total polyunsaturated	0.051	g
PUFA 18:2	0.043	g
PUFA 18:3	0.009	g
PUFA 18:4	0	g
PUFA 20:4	0	g
PUFA 20:5 n-3 (EPA)	0	g
PUFA 22:5 n-3 (DPA)	0	g
PUFA 22:6 n-3 (DHA)	0	g
Cholesterol	0	mg
Alcohol, ethyl	0	g
Caffeine	0	mg
Theobromine	0	mg

[Return to Top](#)