



**Total Nutrients Score**

**62**

Rating: Fair, apples have virtually no negative components. The fiber and ORAC actions make apples more beneficial than the nutrient score would indicate.

**Caloric Breakdown**

Carbohydrates	96%
Proteins	2%
Fats	3%
Alcohol	0%

Vitamin Score 26    Protein Score 3  
 Mineral Score 16    Fiber Score 15

86% of apples' weight is water

**Financial Cost**

At **\$1.08** per pound, the cost of all displayed nutrients is **\$0.46**  
 Net nutrition per dollar is **56**  
**92%** of purchased food is edible.

**6.8 ounces provides 100 food calories**

**Vitamins**

Vitamin A	2%
Thiamin (B-1)	2%
Riboflavin (B-2)	2%
Niacin (B-3)	1%
Pantothenic acid	1%
Vitamin B-6	3%
Folate	1%
Vitamin B-12	0%
Vitamin C	10%
Vitamin D	
Vitamin E	2%
Vitamin K	1%

**Minerals**

Calcium	1%
Copper	3%
Iron	1%
Magnesium	2%
Manganese	3%
Phosphorus	1%
Potassium	5%
Selenium	0%
Sodium	0%
Zinc	1%

**Proteins**

1%

Histidine*	0%
Isoleucine*	0%
Leucine*	0%
Lysine*	0%
Methionine*	0%
Cystine	0%
Phenylalanine*	0%
Tyrosine	0%
Threonine*	0%
Tryptophan*	0%
Valine*	0%

**Carbohydrates**

10%

Fiber	15%
Sugars, total	36%
<b>Fats</b> 1%	
Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	0%
Omega-3 fats	1%
Omega-6 fats	1%

**Other Components**

Beta-carotene	1%
Lycopene	0%
Phytosterols	5%
Retinol	0%
ORAC	195%
Caffeine	0%

USDA food number 09003

Food Group Code 0900

**apples**