



apples

Total Nutrients Score **61**

Rating: Very good

Caloric Breakdown

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

Apples are far more healthful than predicted by their nutrition score. Phytonutrients, flavonoids, and polyphenols all add to apples' benefits. These compounds assist regulation of sugars resulting in benefits to the heart, as well as, assisting resistance to diabetes.

6.8 ounces provides 100 food calories
86% of this food's weight is water

Food Scores

Vitamin Score 26 Protein Score 3
Mineral Score 16 Fiber Score 15%
Unhealthy Score 37
Net Food Score 24

Financial Cost

At \$0.99 per pound, cost of all displayed nutrients is \$0.46
Net nutrition per dollar is 54
92% of purchased food is edible.
Cost per edible pound is \$1.08

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%

Fats 1%

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	0%
Omega-3 fats	1%
Omega-6 fats	1%

Other Components

Alpha-carotene	0%
Beta-carotene	1%
Betaine	0%
Fluorine	0%
Lycopene	0%
ORAC	195%
Phytosterols	5%
Retinol	0%

USDA Food Number 09003 Food Group Code 0900

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