



Total Nutrients Score

108

Caloric Breakdown

Carbohydrates	93%
Proteins	4%
Fats	3%
Alcohol	0%

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

Vitamin Score 47 Protein Score 10
Mineral Score 39 Fiber Score 10

75% of apples' weight is water

Financial Cost

At \$0.92 per pound, the cost of all displayed nutrients is \$0.23

Net nutrition per dollar is 360

64% of purchased food is edible.

4.0 ounces provides 100 food calories

Vitamins

Vitamin A	1%
Thiamin (B-1)	2%
Riboflavin (B-2)	3%
Niacin (B-3)	3%
Pantothenic acid	4%
Vitamin B-6	16%
Folate	6%
Vitamin B-12	0%
Vitamin C	11%
Vitamin D	
Vitamin E	1%
Vitamin K	0%

Minerals

Calcium	0%
Copper	4%
Iron	2%
Magnesium	6%
Manganese	12%
Phosphorus	1%
Potassium	10%
Selenium	2%
Sodium	0%
Zinc	1%

Proteins

Histidine*	3%
Isoleucine*	1%
Leucine*	1%
Lysine*	1%
Methionine*	0%
Cystine	0%
Phenylalanine*	1%
Tyrosine	0%
Threonine*	1%
Tryptophan*	1%
Valine*	1%

Carbohydrates

Fiber	10%
Sugars, total	25%
Fats	
Name	
Saturated	1%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	0%
Omega-3 fats	1%
Omega-6 fats	1%

Other Components

Beta-carotene	1%
Lycopene	0%
Phytosterols	4%
Retinol	0%
ORAC	30%
Caffeine	0%

USDA food number 09040

Food Group Code 0900

bananas