

100208 – APPLESAUCE, CANNED, UNSWEETENED, #10

Nutrition Information

Applesauce, unsweetened, without salt

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¼ cup (61 g)	½ cup (122 g)
Calories 26	51
Protein 0.10 g	0.21 g
Carbohydrate 6.89 g	13.77 g
Dietary Fiber 0.7 g	1.5 g
Sugars 6.15 g	12.31 g
Total Fat 0.03 g	0.06 g
Saturated Fat 0.01 g	0.01 g
<i>Trans</i> Fat 0 g	0 g
Cholesterol 0 mg	0 mg
Iron 0.07 mg	0.15 mg
Calcium 2 mg	4 mg
Sodium 1 mg	2 mg
Magnesium 2 mg	4 mg
Potassium 46 mg	92 mg
Vitamin A 18 IU	35 IU
Vitamin A 1 RAE	1 RAE
Vitamin C 0.7 mg	1.5 mg
Vitamin E 0.13 mg	0.27 mg