



Nutrient	Unit	1 Value Per 100 g	0.5 cup, quartered or chopped 62.5g	1.0 cup slices 109g	1.0 large (3-1/4" dia) 223g	1.0 medium (3" dia) 182g	1.0 small (2-3/4" dia) 149g	1.0 extra small (2-1/2" dia) 101g	1.0 NLEA serving 242g
Vitamin D	IU	0	0	0	0	0	0	0	0
Vitamin K (phylloquinone)	µg	2.2	1.4	2.4	4.9	4.0	3.3	2.2	5.3
<b>Lipids</b>									
Fatty acids, total saturated	g	0.028	0.018	0.031	0.062	0.051	0.042	0.028	0.068
Fatty acids, total monounsaturated	g	0.007	0.004	0.008	0.016	0.013	0.010	0.007	0.017
Fatty acids, total polyunsaturated	g	0.051	0.032	0.056	0.114	0.093	0.076	0.052	0.123
Cholesterol	mg	0	0	0	0	0	0	0	0
<b>Other</b>									
Caffeine	mg	0	0	0	0	0	0	0	0

**Footnotes**

- <sup>a</sup> Based on analytical data for red delicious, golden delicious, gala, granny smith, and fuji varieties.
- <sup>b</sup> 3 and 5 pound bags of apples typically contain small and extra small sizes.