



GFS 4% Pure Apple Cider Vinegar - 100 Grams

Nutrient Analysis

Source: Custom

Yield: 1 (100.000 gram(s))

No. Ingredients: 1

Category: Ingredient, Acidulant

Manufacturer: (None)

Nutrient Goal Template:

DAILY VALUES/RDI - ADULT/CHILD

Nutrient	Value	Unit	Goal	%
Weight	100.000	g		
Kilocalories	17.000	kcal	2000.000	1 %
Protein	0.000	g	50.000	0 %
Carbohydrate	0.500	g	300.000	0 %
Fat, Total	0.000	g	65.000	0 %
Alcohol	0.000	g		
Cholesterol	0.000	mg	300.000	0 %
Saturated Fat	0.000	g	20.000	0 %
Monounsaturated Fat	0.000	g		
Polyunsaturated Fat	0.000	g		
MFA 18:1, Oleic	0.000	g		
PFA 18:2, Linoleic	0.000	g		
PFA 18:3, Linolenic	0.000	g		
PFA 20:5, EPA	0.000	g		
PFA 22:6, DHA	0.000	g		
Trans Fatty Acid	0.000	g		
Sodium	6.000	mg	2400.000	0 %
Potassium	100.000	mg	3500.000	3 %
Vitamin A (RE)	0.050	RE		
Vitamin A (IU)	0.500	IU	5000.000	0 %
Vitamin A (RAE)				
Beta-Carotene				
Alpha-Carotene				
Lutein (+ Zeaxanthin)				
Beta-Cryptoxanthin				
Lycopene				
Vitamin C	0.500	mg	60.000	1 %
Calcium	5.000	mg	1000.000	1 %
Iron	0.500	mg	18.000	3 %
Vitamin D (ug)	0.000	µg	10.000	0 %
Vitamin D (IU)	0.000	IU	400.000	0 %
Vitamin E (mg)			20.000	
Vitamin E (IU)			30.000	
Alpha-Tocopherol				
Thiamin	0.500	mg	1.500	33 %
Riboflavin	0.500	mg	1.700	29 %
Niacin	0.500	mg	20.000	3 %
Pyridoxine (Vitamin B6)			2.000	
Folate (Total)			400.000	
Folate (DFE)				
Cobalamin (Vitamin B12)	0.000	µg	6.000	0 %
Biotin			300.000	
Pantothenic Acid			10.000	
Vitamin K			80.000	

Nutrient	Value	Unit	Goal	%
Phosphorus	10.000	mg	1000.000	1 %
Iodine		µg	150.000	
Magnesium		mg	400.000	
Zinc		mg	15.000	
Copper		mg	2.000	
Manganese		mg	2.000	
Selenium		µg	70.000	
Fluoride		µg		
Chromium		mg	0.120	
Molybdenum		µg	75.000	
Dietary Fiber, Total	0.000	g	25.000	0 %
Soluble Fiber	0.000	g		
Insoluble Fiber	0.000	g		
Crude Fiber	0.000	g		
Sugar, Total	0.500	g		
Glucose		g		
Galactose		g		
Fructose		g		
Sucrose		g		
Lactose		g		
Maltose		g		
Sugar Alcohol		g		
Other Carbohydrate		g		
Tryptophan	0.000	mg		
Threonine	0.000	mg		
Isoleucine	0.000	mg		
Leucine	0.000	mg		
Lysine	0.000	mg		
Methionine	0.000	mg		
Cystine	0.000	mg		
Phenylalanine	0.000	mg		
Tyrosine	0.000	mg		
Valine	0.000	mg		
Arginine	0.000	mg		
Histidine	0.000	mg		
Alanine	0.000	mg		
Aspartic Acid	0.000	mg		
Glutamic Acid	0.000	mg		
Glycine	0.000	mg		
Proline	0.000	mg		
Serine	0.000	mg		
Moisture	95.000	g		
Ash	0.500	g		
Caffeine	0.000	mg		

Percentage of Kcals

Protein	0.0%
Carbohydrate	100.0%
Fat, total	0.0%
Alcohol	0.0%