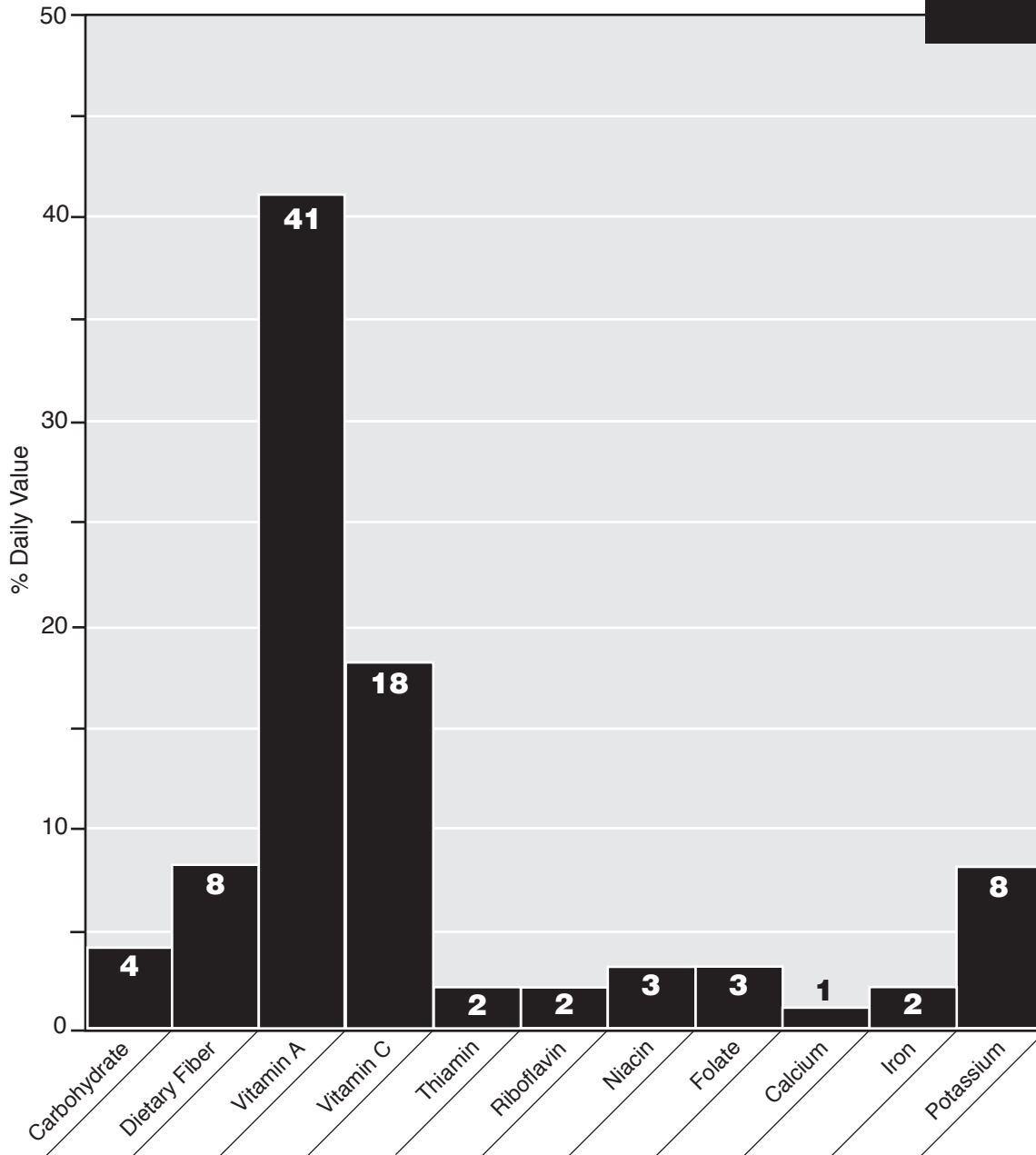


Apricot

Rosaceae *Prunus armeniaca* L.

(analysis based on *unpeeled* raw apricot)



Serving Size

- 3 Medium Apricots
- 106 Grams
- 51 Calories
 - 7% from fat
 - 10% from protein
 - 83% from carbohydrate
- 1 Gram Protein
- 12 Grams Carbohydrate
 - 2 grams dietary fiber
- 0.4 Gram Fat
- 92 Grams Water
- 2 Milligrams Sodium

