



apples oranges



Input interpretation:

apple

amount

1 apple

|

orange

amount

1 orange

Wolfram|Alpha : apples oranges

Total nutrition facts:

serving sizes

apple: 1 apple (182 g)

orange: 1 orange (141 g)

total calories 162

fat calories 5

% daily value*

total fat 576 mg **1%**

saturated fat 80 mg **0%**

trans fat

cholesterol 0 g **0%**

sodium 2 mg **0%**

total carbohydrates 42 g **14%**

dietary fiber 7 g **29%**

sugar 31 g

protein 2 g **4%**

vitamin A 8%

vitamin C 140%

calcium 8%

iron 3%

vitamin E 2%

thiamin 10%

riboflavin 7%

niacin 3%

vitamin B6 8%

vitamin B12 0%

folic acid 0%

phosphorus 4%

magnesium 6%

zinc 1%

*percent daily values are based on a 2000 calorie diet

Wolfram|Alpha : apples oranges

Physical properties:

	apple	orange
mass	6.4 oz (ounces)	5 oz (ounces)
serving volume	7.9 fl oz (fluid ounces)	6.2 fl oz (fluid ounces)
serving density	0.78 g/cm ³ (grams per cubic centimeter)	0.76 g/cm ³ (grams per cubic centimeter)