

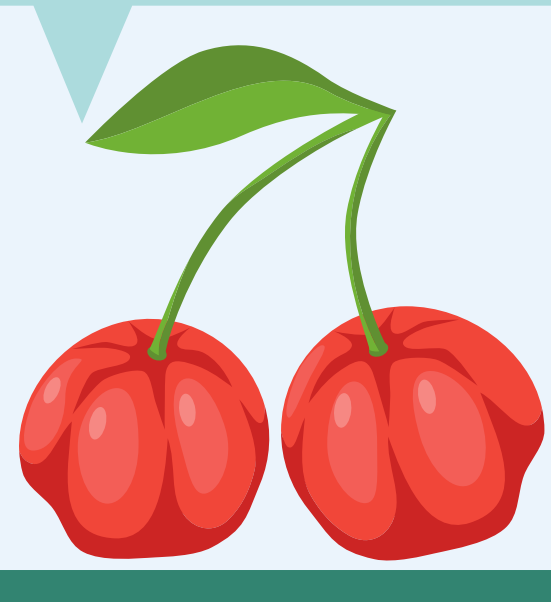


ACEROLA NUTRITION FACTS

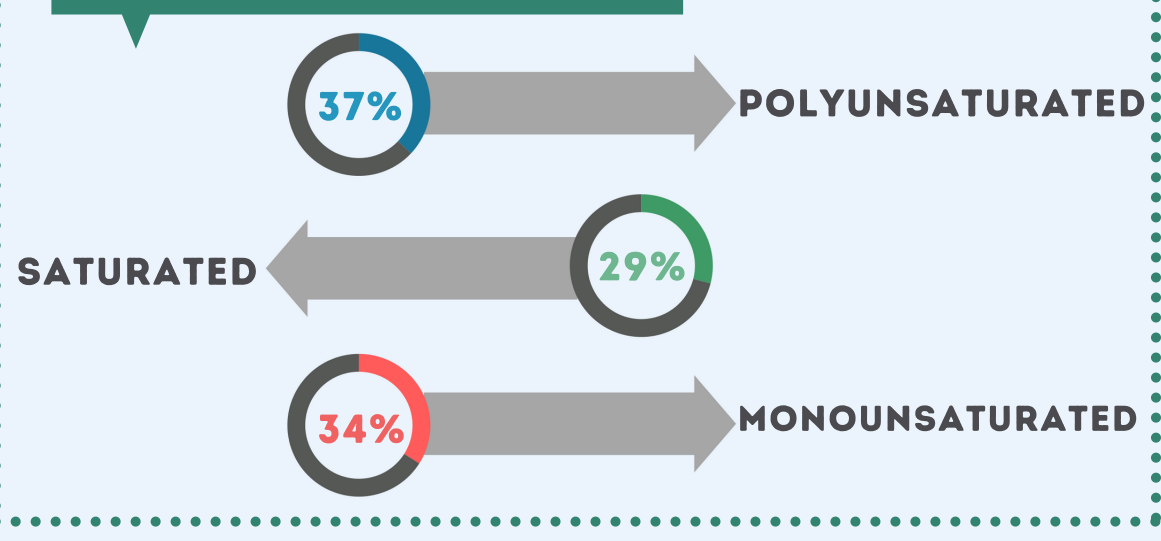


CALORIES 32/100GM

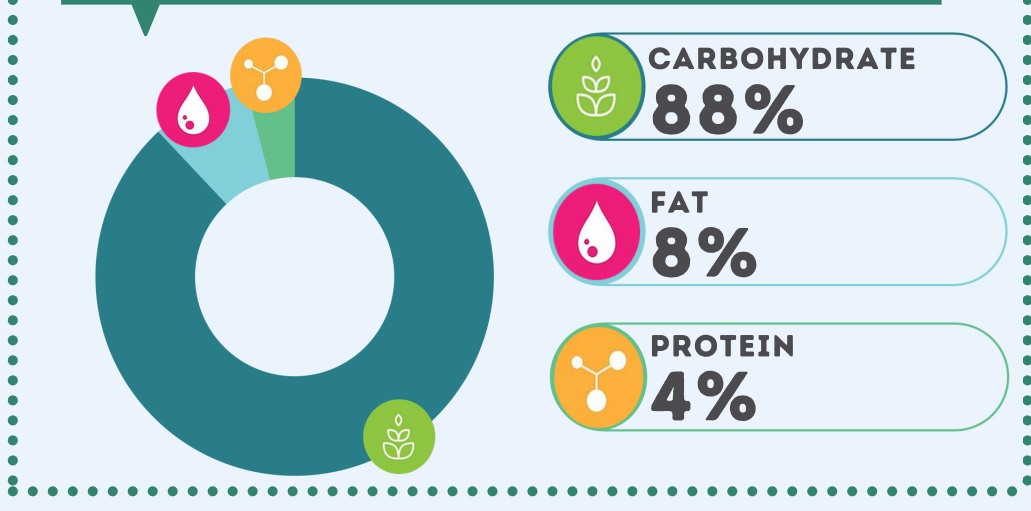
	AMOUNT		AMOUNT
CARBOHYDRATE	7.69 G	NIACIN	0.400 MG
FAT	0.30 G	VITAMIN A	0.00
PROTEIN	0.40 G	VITAMIN B12	0.00
CHOLESTEROL	0.00	VITAMIN B6	0.009 MG
FIBER	1.1 G	VITAMIN C	1677.6 MG
RIBOFLAVIN	0.060 MG	VITAMIN D	0.00
SODIUM, NA	7.00 MG	FOLATE	14 MCG
THIAMIN	0.020 MG		



FATS AND FATTY ACIDS



CALORIES BY SOURCE



- #### ACEROLA OTHER NAMES
- MALPIGHIA EMARGINATA
 - WEST INDIAN CHERRY
 - BARBADOS CHERRY
 - PUERTO RICAN CHERRY
 - ANTILLES CHERRY
 - CERESO
 - SEMERUCO
 - CERISIER
 - CEREZA

MINERALS IN ACEROLA

12 MG	CALCIUM, CA	1 % (DV)
0.086 MG	COPPER, CU	10 % (DV)
0.20 MG	IRON, FE	1 % (DV)
18 MG	MAGNESIUM, MG	4 % (DV)
0.6 MCG	SELENIUM, SE	1 % (DV)
11 MG	PHOSPHORUS, P	2 % (DV)
146 MG	POTASSIUM, K	3 % (DV)
0.10 MG	ZINC, ZN	1 % (DV)

THE DAILY VALUES (DV) ARE REFERENCE AMOUNTS (EXPRESSED IN GRAMS, MILLIGRAMS, OR MICRO-GRAMS) OF NUTRIENTS TO CONSUME OR NOT TO EXCEED EACH DAY.