



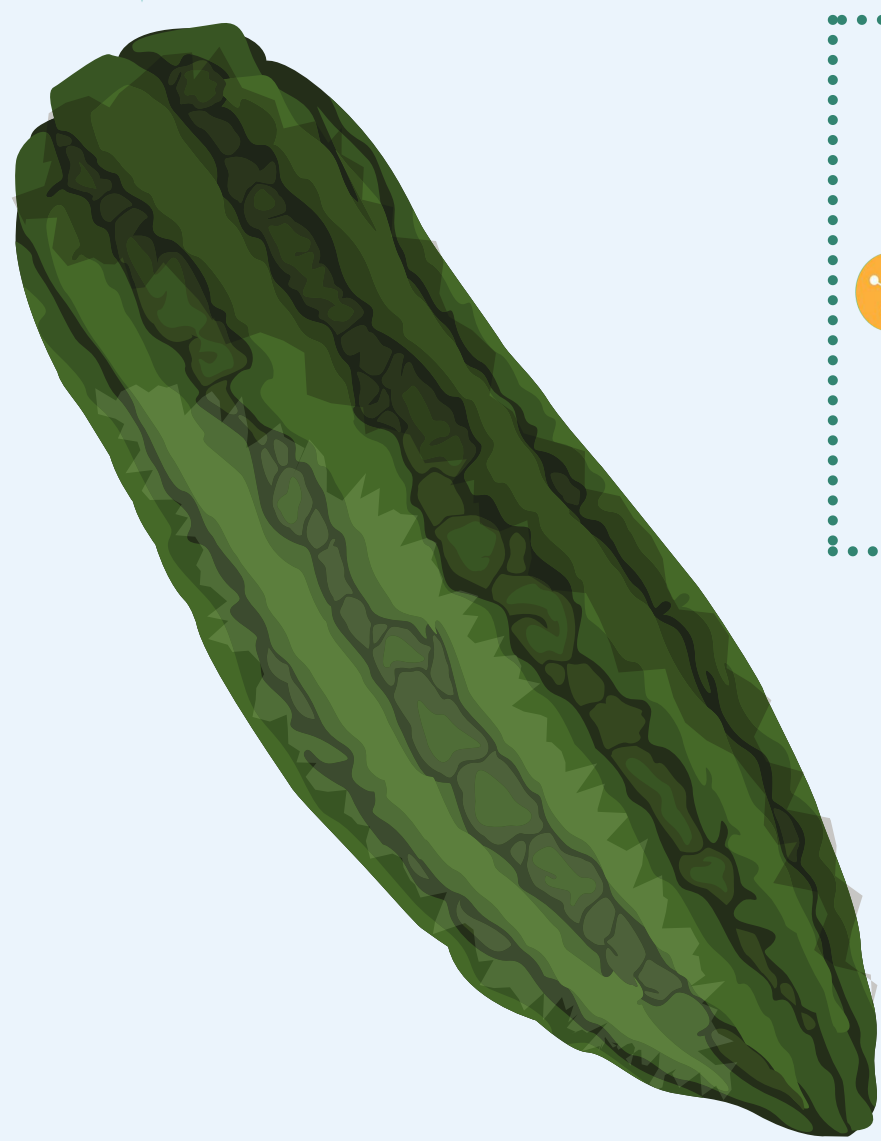
# BITTER MELON NUTRITION FACTS



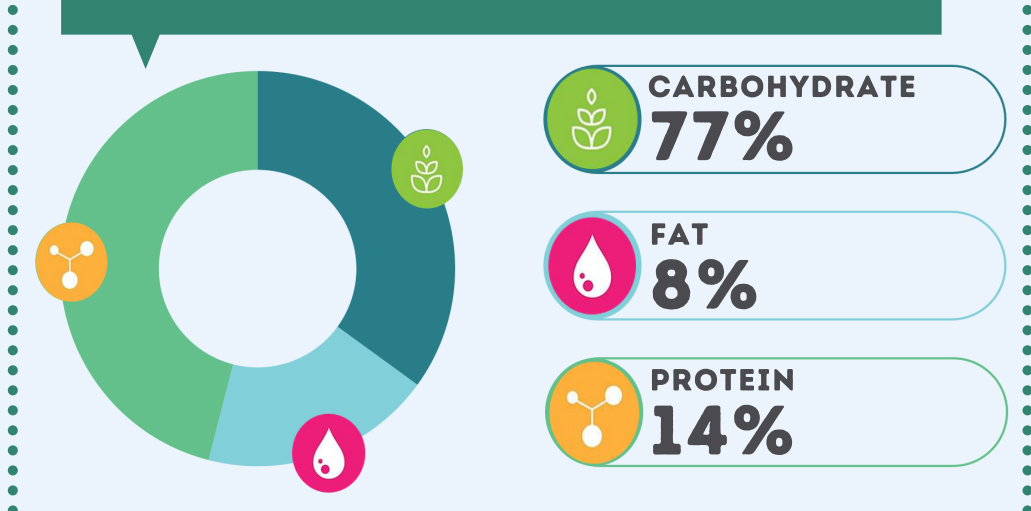
## CALORIES 17/100GM

	AMOUNT
CARBOHYDRATE	3.7 G
FAT	0.17 G
PROTEIN	1 G
CHOLESTEROL	0.00
FIBER	2.8 G
RIBOFLAVIN	0.040 MG
SODIUM, NA	5 MG
THIAMIN	0.040 MG

	AMOUNT
NIACIN	0.400 MG
VITAMIN A	24 MCG
VITAMIN B12	0.00
VITAMIN B6	0.043 MG
VITAMIN C	84 MG
VITAMIN D	0.00
FOLATE	72 MCG



### CALORIES BY SOURCE



### BITTER MELON OTHER NAMES

- MOMORDICA CHARANTIA
- BITTER GOURD
- BITTER APPLE
- BITTER SQUASH
- BALSAM-PEAR
- KARELĀ
- NIGAURI

### MINERALS IN BITTER MELON

19 MG	CALCIUM, CA	1 % (DV)
0.034 MG	COPPER, CU	4 % (DV)
0.43 MG	IRON, FE	2 % (DV)
17 MG	MAGNESIUM, MG	4 % (DV)
0.2 MCG	SELENIUM, SE	0 % (DV)
31 MG	PHOSPHORUS, P	4 % (DV)
296 MG	POTASSIUM, K	6 % (DV)
0.80 MG	ZINC, ZN	7 % (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.