

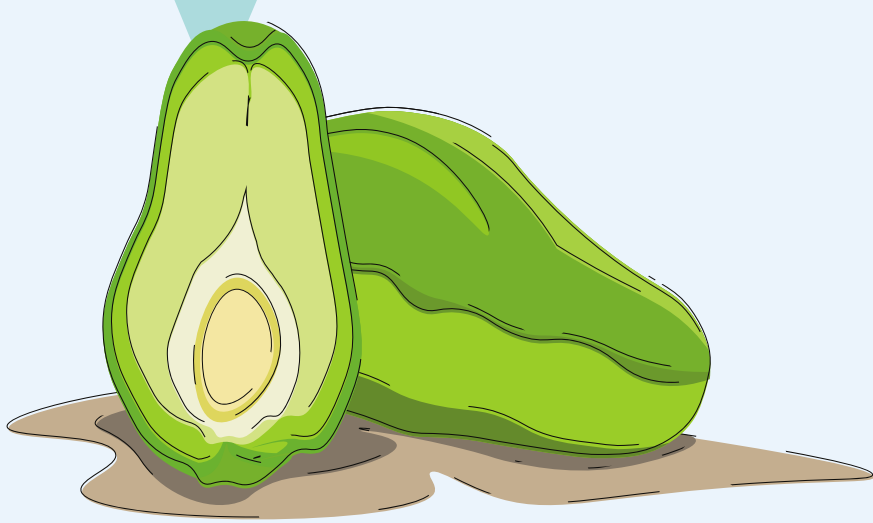


CHAYOTE NUTRITION FACTS

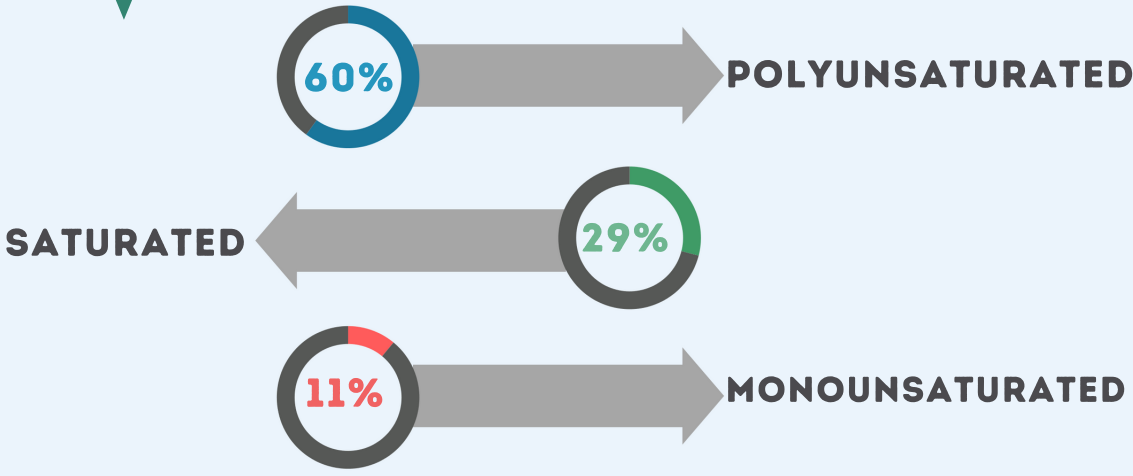


CALORIES
19/100GM

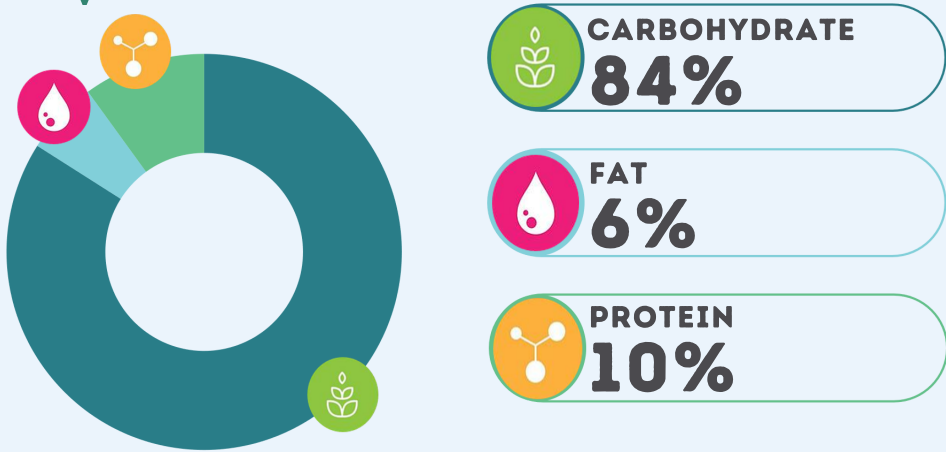
	AMOUNT		AMOUNT
CARBOHYDRATE	4.51 G	NIACIN	0.470 MG
FAT	0.13 G	VITAMIN A	0.00
PROTEIN	0.82 G	VITAMIN B12	0.00
CHOLESTEROL	0.00	VITAMIN B6	0.076 MG
FIBER	1.6 G	VITAMIN C	7.7 MG
RIBOFLAVIN	0.029 MG	VITAMIN D	0.00
SODIUM, NA	2 MG	FOLATE	93 MCG
THIAMIN	0.025 MG		



FATS AND FATTY ACIDS



CALORIES BY SOURCE



CHAYOTE OTHER NAMES

SECHIUM EDULE
CUSTARD MARROW
VEGETABLE PEAR
MIRLITON
CHRISTOPHINE
CHOKO
MANGO SQUASH
MACHUCHU

MINERALS IN CHAYOTE

17 MG	CALCIUM, CA	1 % (DV)
0.123 MG	COPPER, CU	14 % (DV)
0.34 MG	IRON, FE	2 % (DV)
12 MG	MAGNESIUM, MG	3 % (DV)
0.2 MCG	SELENIUM, SE	0 % (DV)
18 MG	PHOSPHORUS, P	3 % (DV)
125 MG	POTASSIUM, K	3 % (DV)
0.74 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.