



CARAMBOLA / STARFRUIT NUTRITION FACTS

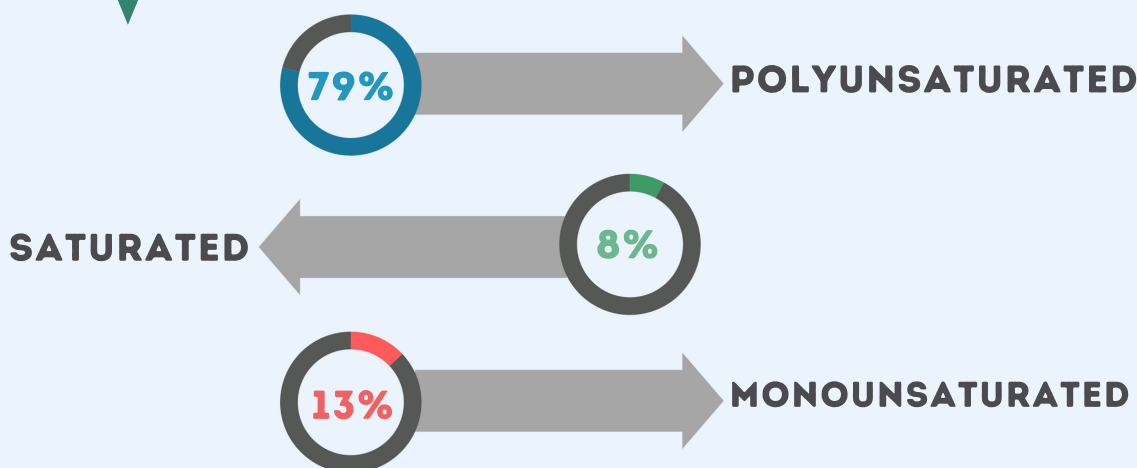


CALORIES 31/100GM

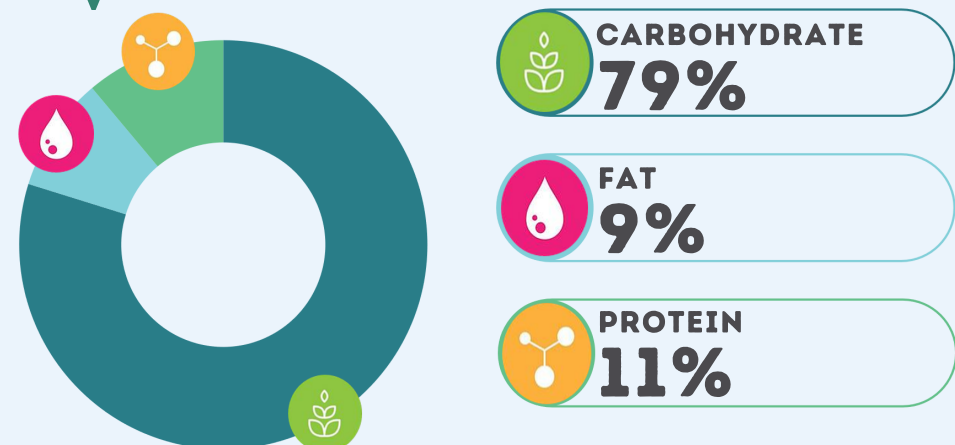
	AMOUNT		AMOUNT
CARBOHYDRATE	8.16 G	NIACIN	0.694 MG
FAT	0.18 G	VITAMIN A	232 MCG
PROTEIN	0.82 G	VITAMIN B12	0.00
CHOLESTEROL	0.00	VITAMIN B6	0.040 MG
FIBER	0.8 G	VITAMIN C	10.9 MG
RIBOFLAVIN	0.027 MG	VITAMIN D	0.00
SODIUM, NA	30 MG	FOLATE	14 MCG
THIAMIN	0.049 MG		



FATS AND FATTY ACIDS



CALORIES BY SOURCE



CARAMBOLA OTHER NAMES

AVERRHOA CARAMBOLA
STARFRUIT

MINERALS IN CARAMBOLA

3 MG CALCIUM, CA 0 % (DV)

0.137 MG COPPER, CU 15 % (DV)

0.08 MG IRON, FE 0 % (DV)

10 MG MAGNESIUM, MG 2 % (DV)

0.6 MCG SELENIUM, SE 1 % (DV)

12 MG PHOSPHORUS, P 2 % (DV)

133 MG POTASSIUM, K 3 % (DV)

0.12 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.