

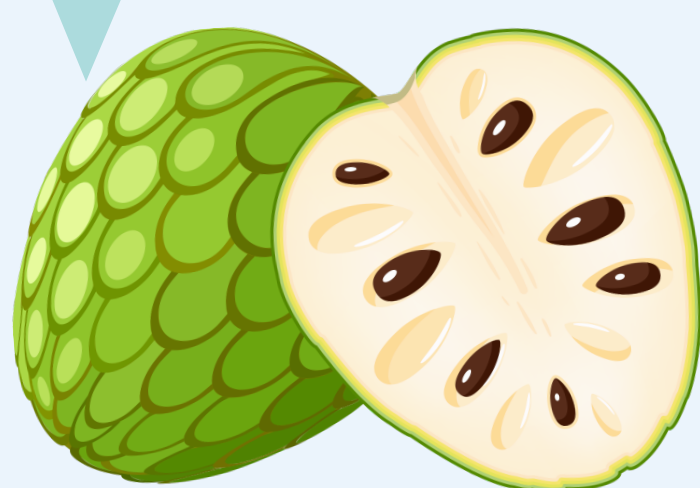


CHERIMOYA NUTRITION FACTS

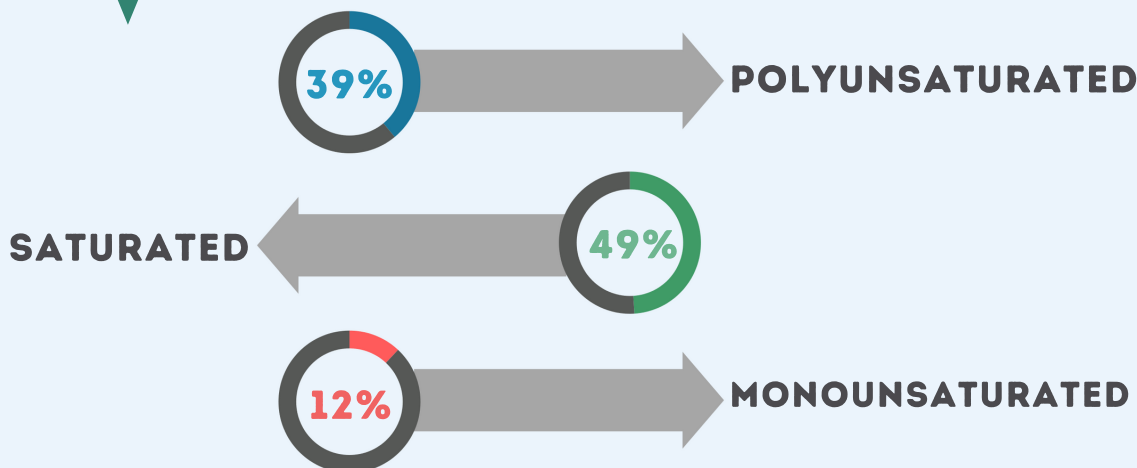


CALORIES 75/100GM

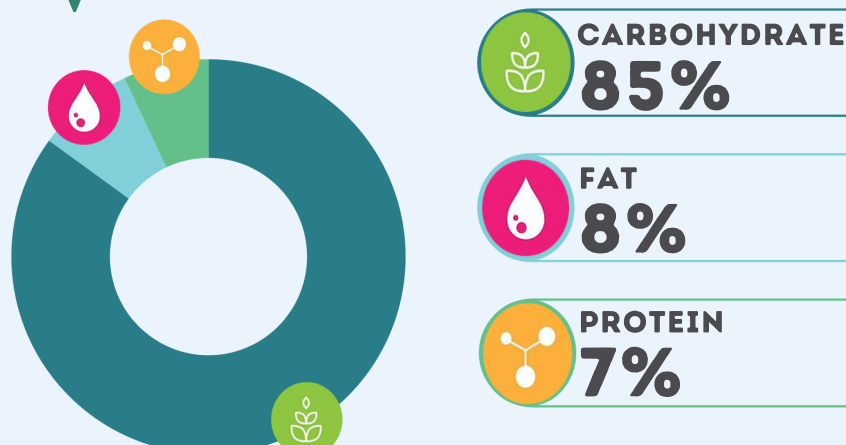
	AMOUNT		AMOUNT
CARBOHYDRATE	17.71 G	NIACIN	0.644 MG
FAT	0.68 G	VITAMIN A	0.00
PROTEIN	1.57 G	VITAMIN B12	0.00
CHOLESTEROL	0.00	VITAMIN B6	0.257 MG
FIBER	3.0 G	VITAMIN C	12.6 MG
RIBOFLAVIN	0.131 MG	VITAMIN D	0.00
SODIUM, NA	7 MG	FOLATE	23 MCG
THIAMIN	0.101 MG		



FATS AND FATTY ACIDS



CALORIES BY SOURCE



CHERIMOYA OTHER NAMES

ANNONA CHERIMOLA
CHIRIMUYA

MINERALS IN CHERIMOYA

10 MG CALCIUM, CA 1 % (DV)

0.069 MG COPPER, CU 8 % (DV)

0.27 MG IRON, FE 2 % (DV)

17 MG MAGNESIUM, MG 4 % (DV)

0.093 MG MANGANESE, MN 4 % (DV)

26 MG PHOSPHORUS, P 4 % (DV)

287 MG POTASSIUM, K 6 % (DV)

0.16 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.