

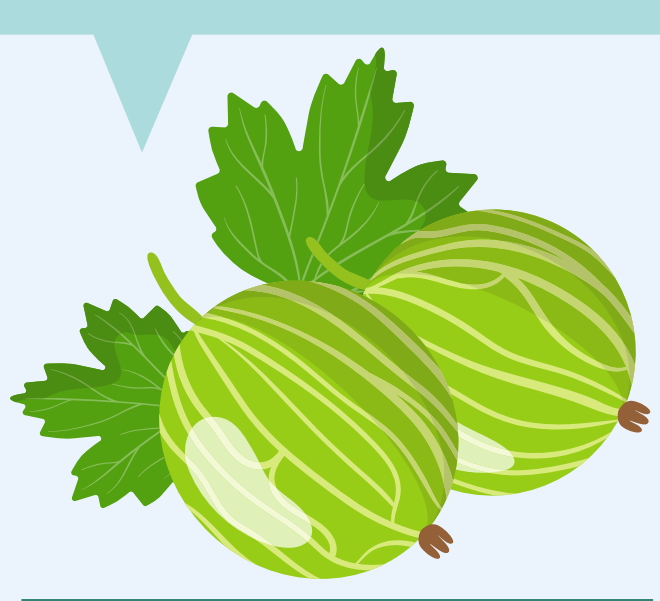


# GOOSEBERRY NUTRITION FACTS

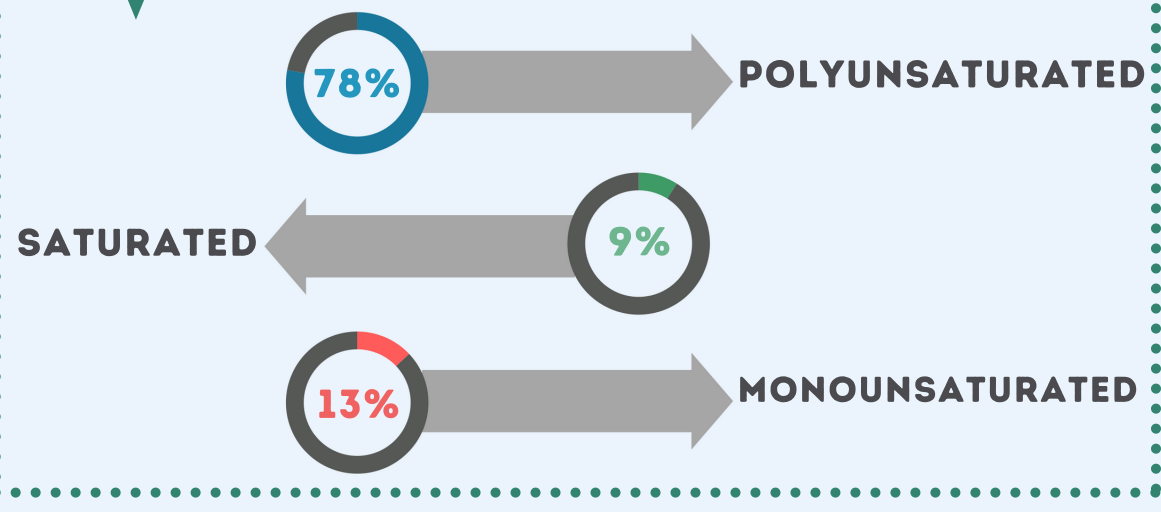


## CALORIES 44/100GM

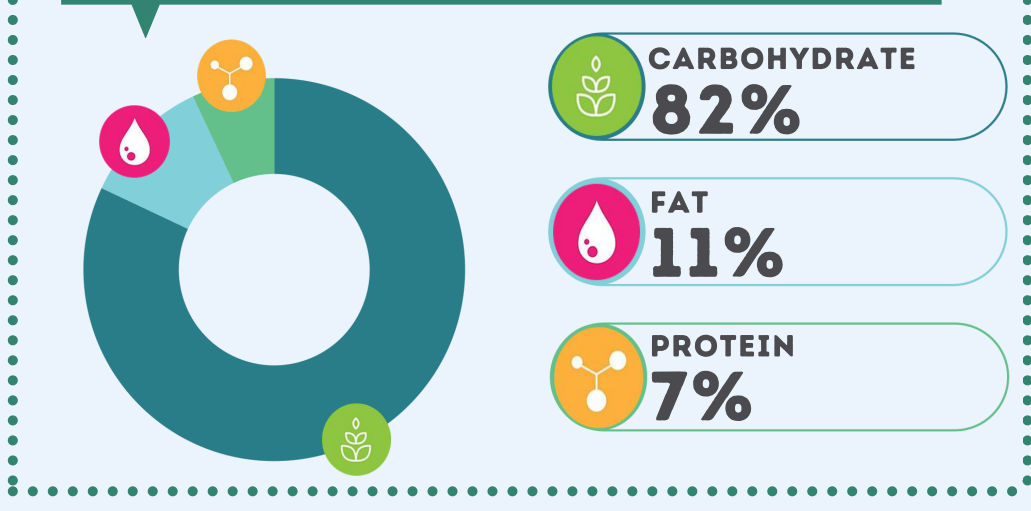
	AMOUNT		AMOUNT
CARBOHYDRATE	10.18 G	NIACIN	0.300 MG
FAT	0.58 G	VITAMIN A	15 MCG
PROTEIN	0.88 G	VITAMIN B12	0.00
CHOLESTEROL	0.00	VITAMIN B6	0.080 MG
FIBER	4.3 G	VITAMIN C	27.7 MG
RIBOFLAVIN	0.030 MG	VITAMIN D	0.00
SODIUM, NA	1.00 MG	FOLATE	6 MCG
THIAMIN	0.040 MG		



### FATS AND FATTY ACIDS



### CALORIES BY SOURCE



**GOOSEBERRY OTHER NAMES**

RIBES UVA-CRISPA  
EUROPEAN GOOSEBERRY

### MINERALS IN GOOSEBERRY

25 MG	CALCIUM, CA	2 % (DV)
0.070 MG	COPPER, CU	8 % (DV)
0.31 MG	IRON, FE	2 % (DV)
10 MG	MAGNESIUM, MG	2 % (DV)
0.6 MCG	SELENIUM, SE	1 % (DV)
27 MG	PHOSPHORUS, P	4 % (DV)
198 MG	POTASSIUM, K	4 % (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.