



# GRAPEFRUIT NUTRITION FACTS

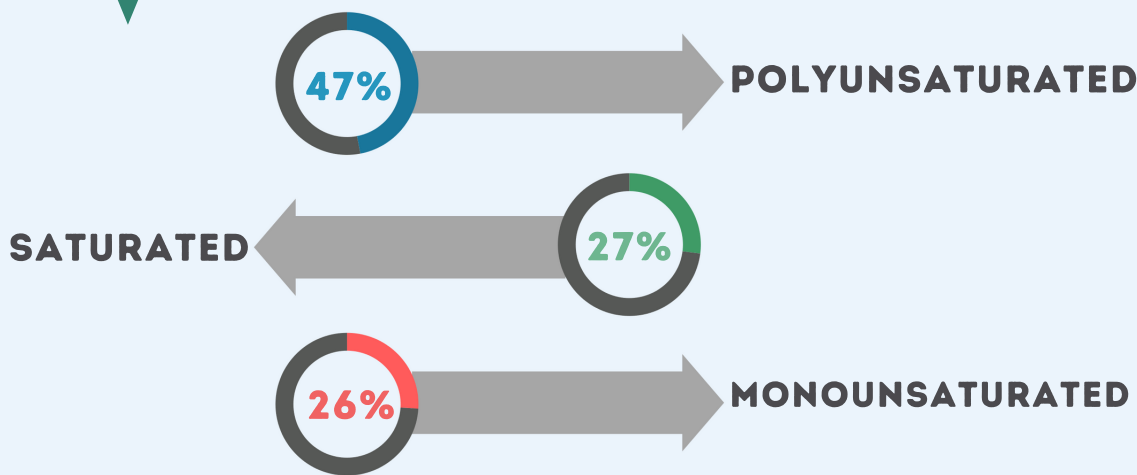


## CALORIES 42/100GM

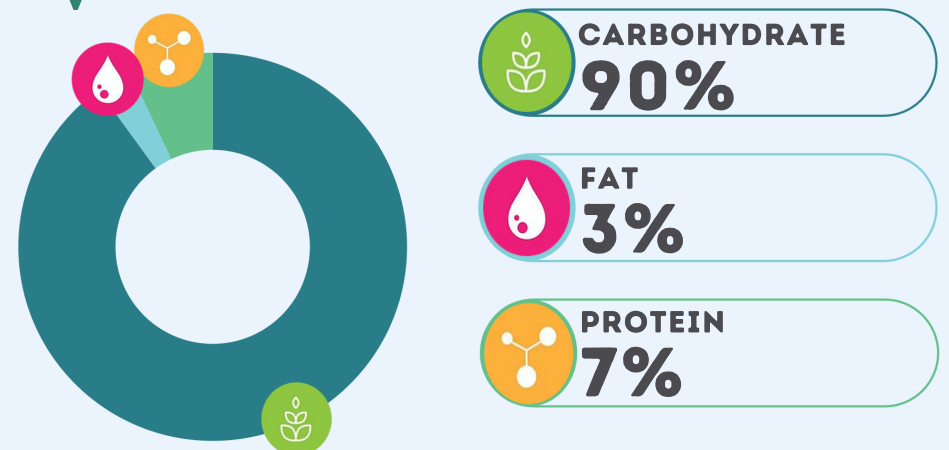
|              | AMOUNT   |             | AMOUNT   |
|--------------|----------|-------------|----------|
| CARBOHYDRATE | 10.66 G  | NIACIN      | 0.204 MG |
| FAT          | 0.14 G   | VITAMIN A   | 58 MCG   |
| PROTEIN      | 0.77 G   | VITAMIN B12 | 0.00     |
| CHOLESTEROL  | 0.00     | VITAMIN B6  | 0.053 MG |
| FIBER        | 1.6 G    | VITAMIN C   | 31.2 MG  |
| RIBOFLAVIN   | 0.031 MG | VITAMIN D   | 0.00     |
| SODIUM, NA   | 0.00     | FOLATE      | 13 MCG   |
| THIAMIN      | 0.043 MG |             |          |



### FATS AND FATTY ACIDS



### CALORIES BY SOURCE



### GRAPEFRUIT OTHER NAMES

CITRUS PARADISI  
TORONJA  
CHAKOTRA

### MINERALS IN GRAPEFRUIT

22 MG CALCIUM, CA 2 % (DV)

0.032 MG COPPER, CU 4 % (DV)

0.08 MG IRON, FE 0 % (DV)

9 MG MAGNESIUM, MG 2 % (DV)

0.1 MCG SELENIUM, SE 0 % (DV)

18 MG PHOSPHORUS, P 3 % (DV)

135 MG POTASSIUM, K 3 % (DV)

0.07 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.