



GUAVA NUTRITION FACTS

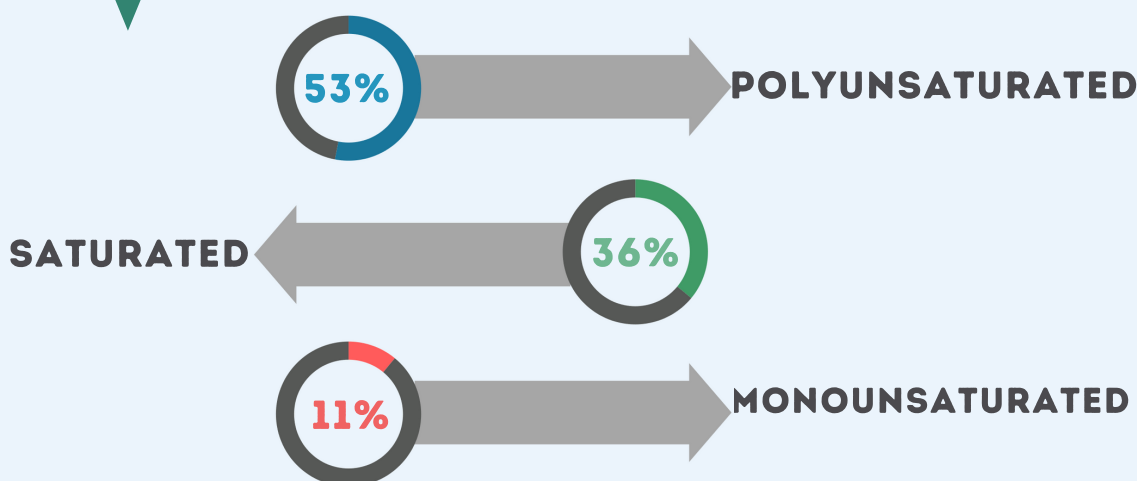


CALORIES 68/100GM

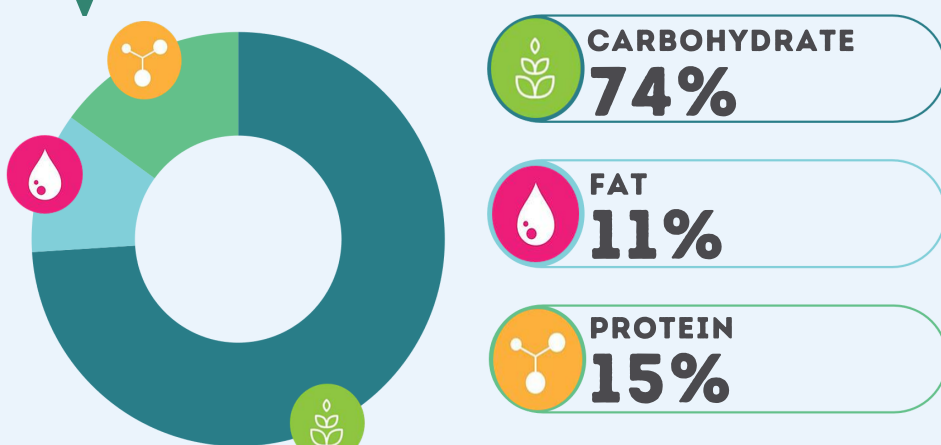
	AMOUNT		AMOUNT
CARBOHYDRATE	14.32 G	NIACIN	1.084 MG
FAT	0.95 G	VITAMIN A	31 MCG
PROTEIN	2.55 G	VITAMIN B12	0.00
CHOLESTEROL	0.00	VITAMIN B6	0.110 MG
FIBER	5.4 G	VITAMIN C	228.3 MG
RIBOFLAVIN	0.040 MG	VITAMIN D	0.00
SODIUM, NA	2.00 MG	FOLATE	49 MCG
THIAMIN	0.067 MG		



FATS AND FATTY ACIDS



CALORIES BY SOURCE



GUAVA OTHER NAMES

PSIDIUM GUAJAVA
GUAYABA
GUYAVA
COMMON GUAVA

MINERALS IN GUAVA

18 MG	CALCIUM, CA	1 % (DV)
0.230 MG	COPPER, CU	26 % (DV)
0.26 MG	IRON, FE	1 % (DV)
22 MG	MAGNESIUM, MG	6 % (DV)
0.6 MCG	SELENIUM, SE	1 % (DV)
40 MG	PHOSPHORUS, P	6 % (DV)
417 MG	POTASSIUM, K	9 % (DV)
0.23 MG	ZINC, ZN	2 % (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.