

JACKFRUIT NUTRITION FACTS



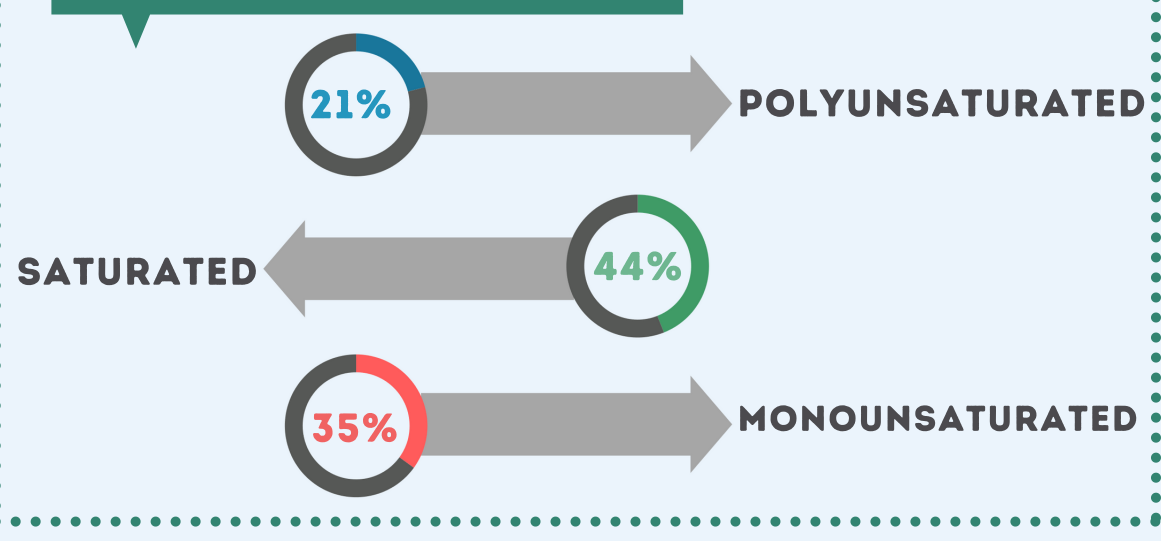
CALORIES 95/100GM

	AMOUNT
CARBOHYDRATE	23.25 G
FAT	0.64 G
PROTEIN	1.72 G
CHOLESTEROL	0.00
FIBER	1.5 G
RIBOFLAVIN	0.055 MG
SODIUM, NA	2 MG
THIAMIN	0.105 MG

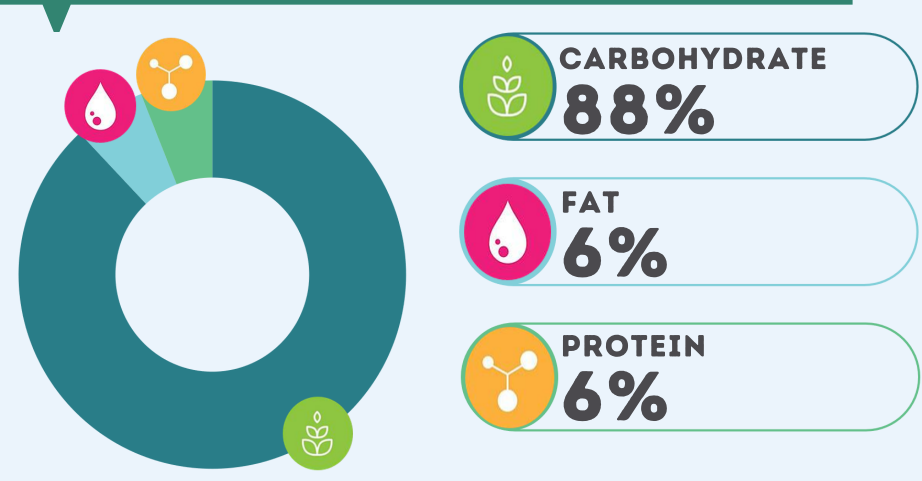
	AMOUNT
NIACIN	0.920 MG
VITAMIN A	5 MG
VITAMIN B12	0.00
VITAMIN B6	0.329 MG
VITAMIN C	13.7 MG
VITAMIN D	0.00
FOLATE	24 MCG



FATS AND FATTY ACIDS



CALORIES BY SOURCE



JACKFRUIT OTHER NAMES

- ARTOCARPUS HETEROPHYLLUS
- JACA
- CHAKKA PAZHAM
- KATHAL
- KANUN
- NANGKA

MINERALS IN JACKFRUIT

24 MG	CALCIUM, CA	2 % (DV)
0.076 MG	COPPER, CU	8 % (DV)
0.23 MG	IRON, FE	1 % (DV)
29 MG	MAGNESIUM, MG	7 % (DV)
0.6 MCG	SELENIUM, SE	1 % (DV)
21 MG	PHOSPHORUS, P	3 % (DV)
448 MG	POTASSIUM, K	10 % (DV)
0.13 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.