

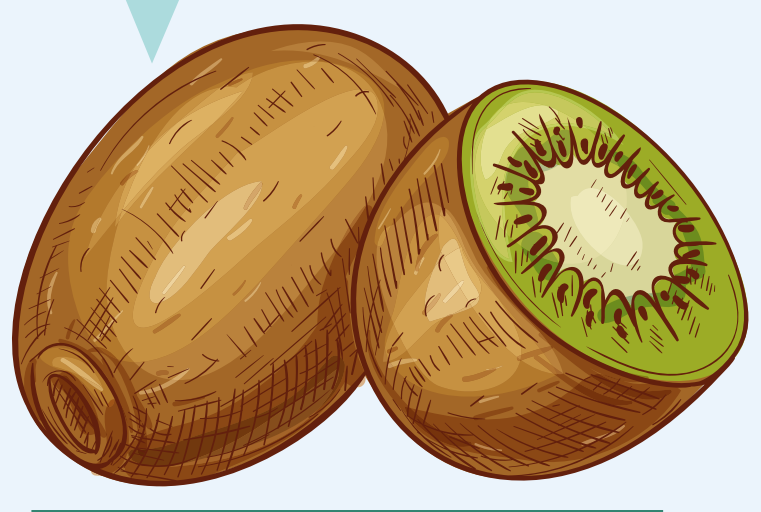


# KIWIFRUIT NUTRITION FACTS

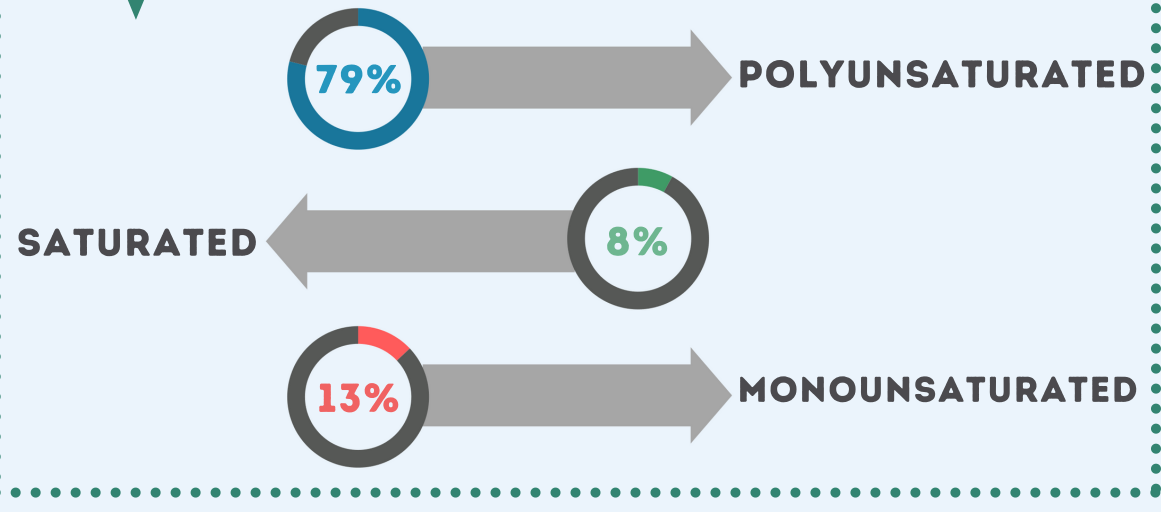


## CALORIES 61/100GM

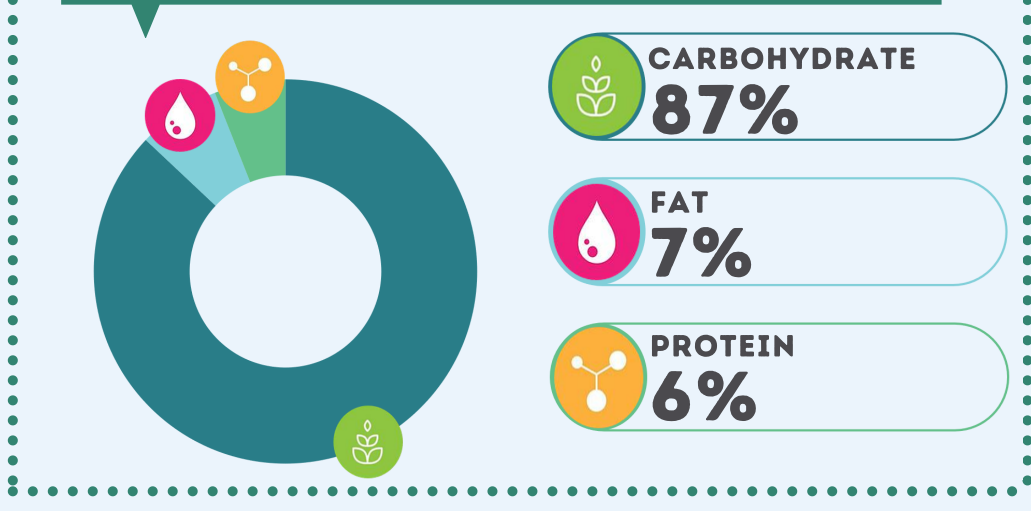
	AMOUNT		AMOUNT
CARBOHYDRATE	14.66 G	NIACIN	0.341 MG
FAT	0.52 G	VITAMIN A	4 MCG
PROTEIN	1.14 G	VITAMIN B12	0.00
CHOLESTEROL	0.00	VITAMIN B6	0.063 MG
FIBER	3.0 G	VITAMIN C	92.7 MG
RIBOFLAVIN	0.025 MG	VITAMIN D	0.00
SODIUM, NA	3.00 MG	FOLATE	25 MCG
THIAMIN	0.027 MG		



### FATS AND FATTY ACIDS



### CALORIES BY SOURCE



### KIWIFRUIT OTHER NAMES

ACTINIDIA DELICIOSA  
KIWI

### MINERALS IN KIWIFRUIT

34 MG	CALCIUM, CA	3 % (DV)
0.130 MG	COPPER, CU	14 % (DV)
0.31 MG	IRON, FE	2 % (DV)
17 MG	MAGNESIUM, MG	4 % (DV)
0.2 MCG	SELENIUM, SE	0 % (DV)
34 MG	PHOSPHORUS, P	5 % (DV)
312 MG	POTASSIUM, K	7 % (DV)
0.14 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.