



KUMQUAT NUTRITION FACTS

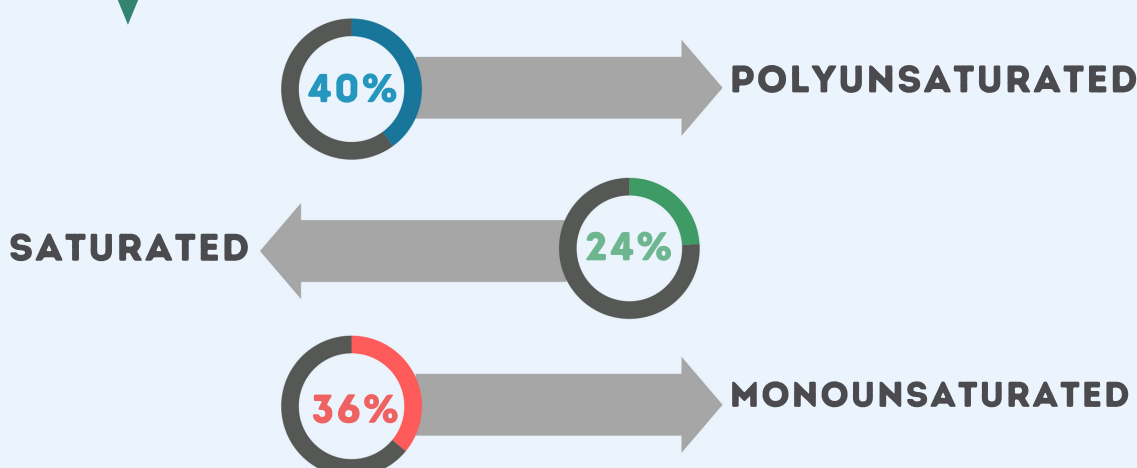


CALORIES 71/100GM

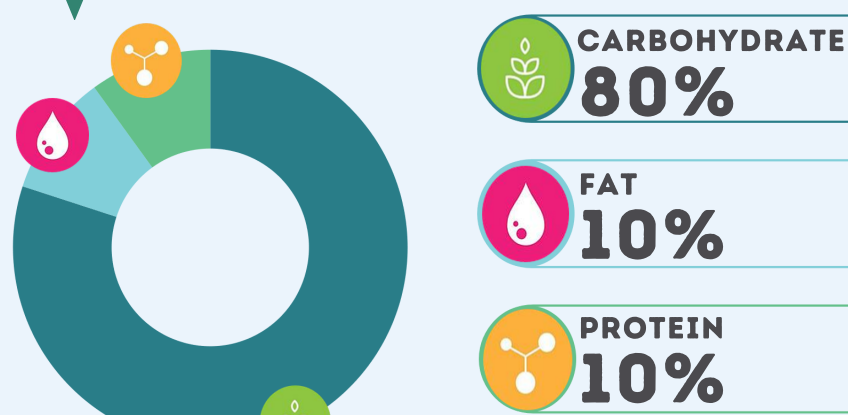
	AMOUNT		AMOUNT
CARBOHYDRATE	15.90 G	NIACIN	0.429 MG
FAT	0.86 G	VITAMIN A	15 MCG
PROTEIN	1.88 G	VITAMIN B12	0.00
CHOLESTEROL	0.00	VITAMIN B6	0.036 MG
FIBER	6.5 G	VITAMIN C	43.9 MG
RIBOFLAVIN	0.090 MG	VITAMIN D	0.00
SODIUM, NA	10 MG	FOLATE	17 MCG
THIAMIN	0.037 MG		



FATS AND FATTY ACIDS



CALORIES BY SOURCE



KUMQUAT OTHER NAMES

CITRUS JAPONICA
GĀMGĀT
JĪNJŪ
CUMQUATS

MINERALS IN KUMQUAT

62 MG	CALCIUM, CA	5 % (DV)
0.095 MG	COPPER, CU	11 % (DV)
0.86 MG	IRON, FE	5 % (DV)
20 MG	MAGNESIUM, MG	5 % (DV)
0.0 MCG	SELENIUM, SE	0 % (DV)
19 MG	PHOSPHORUS, P	3 % (DV)
186 MG	POTASSIUM, K	4 % (DV)
0.17 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.