



# LEMON NUTRITION FACTS

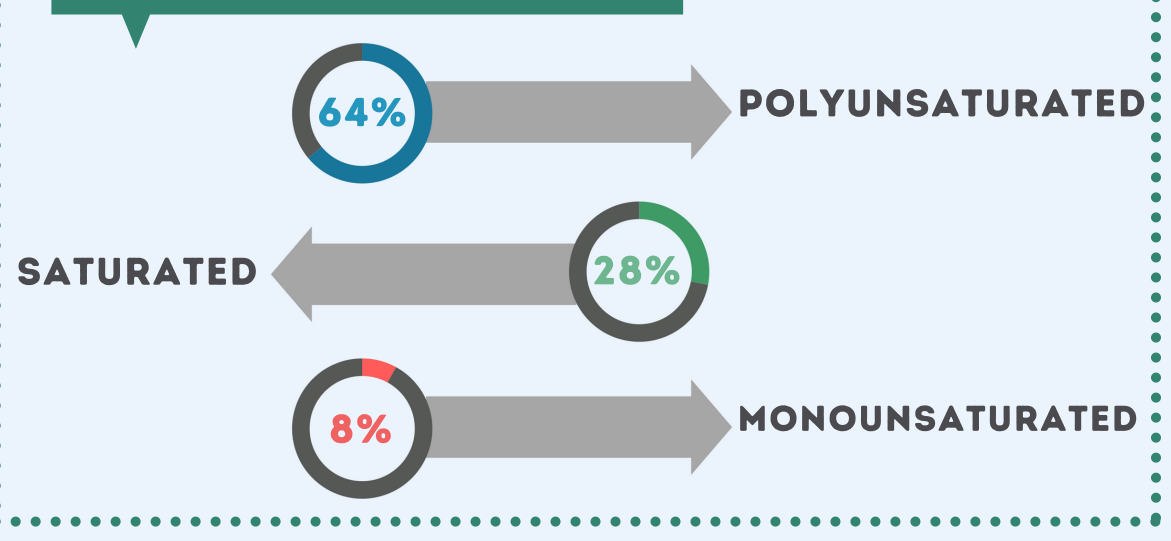


## CALORIES 29/100GM

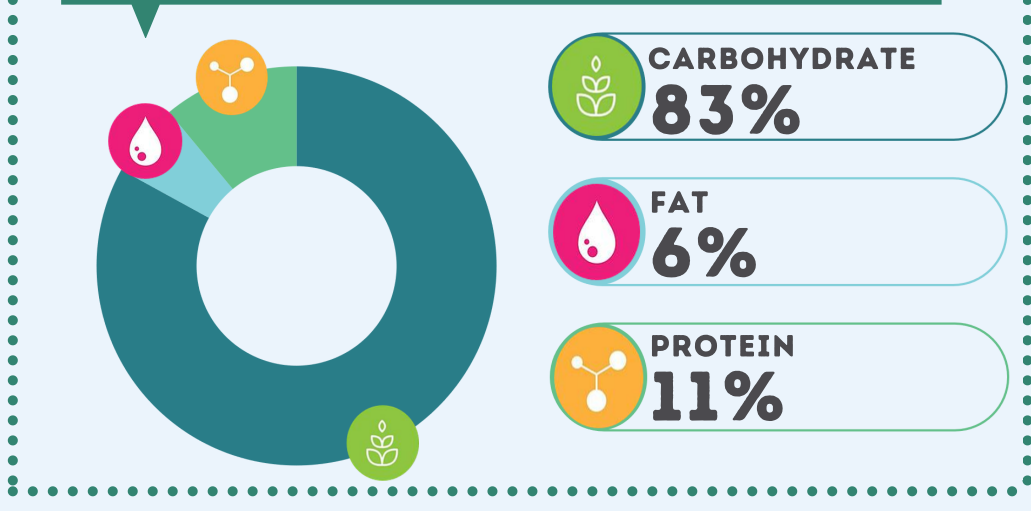
	AMOUNT		AMOUNT
CARBOHYDRATE	9.32 G	NIACIN	0.100 MG
FAT	0.30 G	VITAMIN A	1.00 MCG
PROTEIN	1.10 G	VITAMIN B12	0.00
CHOLESTEROL	0.00	VITAMIN B6	0.080 MG
FIBER	2.8 G	VITAMIN C	53 MG
RIBOFLAVIN	0.020 MG	VITAMIN D	0.00
SODIUM, NA	2 MG	FOLATE	11 MCG
THIAMIN	0.040 MG		



### FATS AND FATTY ACIDS



### CALORIES BY SOURCE



### LEMON OTHER NAMES

CITRUS LIMON

### MINERALS IN LEMON

26 MG	CALCIUM, CA	2 % (DV)
0.037 MG	COPPER, CU	4 % (DV)
0.60 MG	IRON, FE	3 % (DV)
8 MG	MAGNESIUM, MG	2 % (DV)
0.4 MCG	SELENIUM, SE	1 % (DV)
16 MG	PHOSPHORUS, P	2 % (DV)
138 MG	POTASSIUM, K	3 % (DV)
0.06 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.