



LOQUAT NUTRITION FACTS

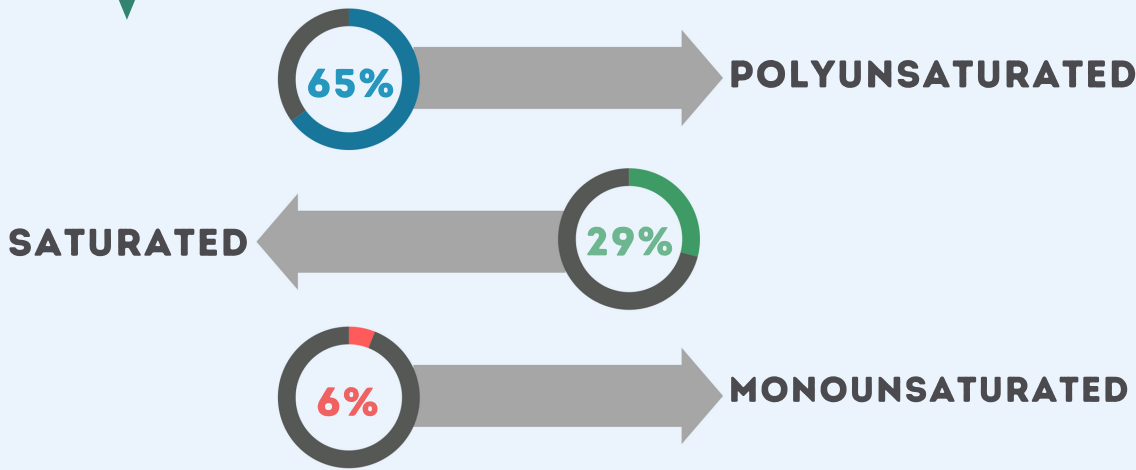


CALORIES 47/100GM

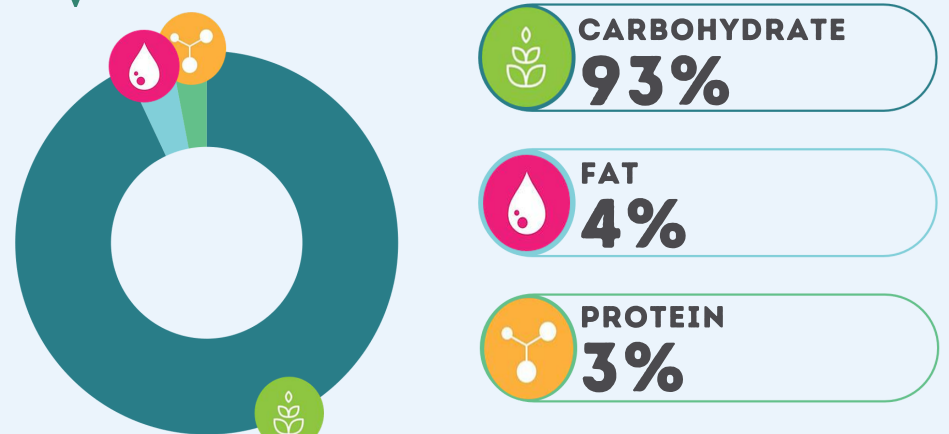
	AMOUNT		AMOUNT
CARBOHYDRATE	12.14 G	NIACIN	0.180 MG
FAT	0.20 G	VITAMIN A	76 MCG
PROTEIN	0.43 G	VITAMIN B12	0.00
CHOLESTEROL	0.00	VITAMIN B6	0.100 MG
FIBER	1.7 G	VITAMIN C	1 MG
RIBOFLAVIN	0.024 MG	VITAMIN D	0.00
SODIUM, NA	1 MG	FOLATE	14 MCG
THIAMIN	0.019 MG		



FATS AND FATTY ACIDS



CALORIES BY SOURCE



LOQUAT OTHER NAMES

- ERIOBOTRYA JAPONICA
- JAPANESE MEDLAR
- JAPANESE PLUM
- CHINESE PLUM
- NÍSPERO
- NÊSPERA

MINERALS IN LOQUAT

16 MG	CALCIUM, CA	1 % (DV)
0.040 MG	COPPER, CU	4 % (DV)
0.28 MG	IRON, FE	2 % (DV)
13 MG	MAGNESIUM, MG	3 % (DV)
0.6 MCG	SELENIUM, SE	1 % (DV)
27 MG	PHOSPHORUS, P	4 % (DV)
266 MG	POTASSIUM, K	6 % (DV)
0.05 MG	ZINC, ZN	0 % (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.