

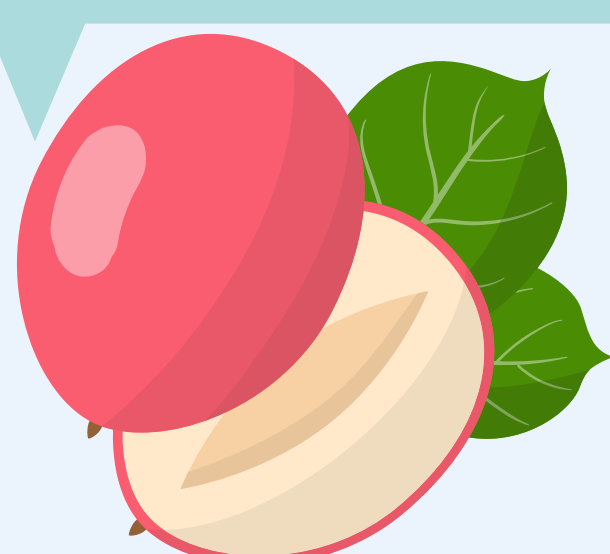


NATAL PLUM NUTRITION FACTS

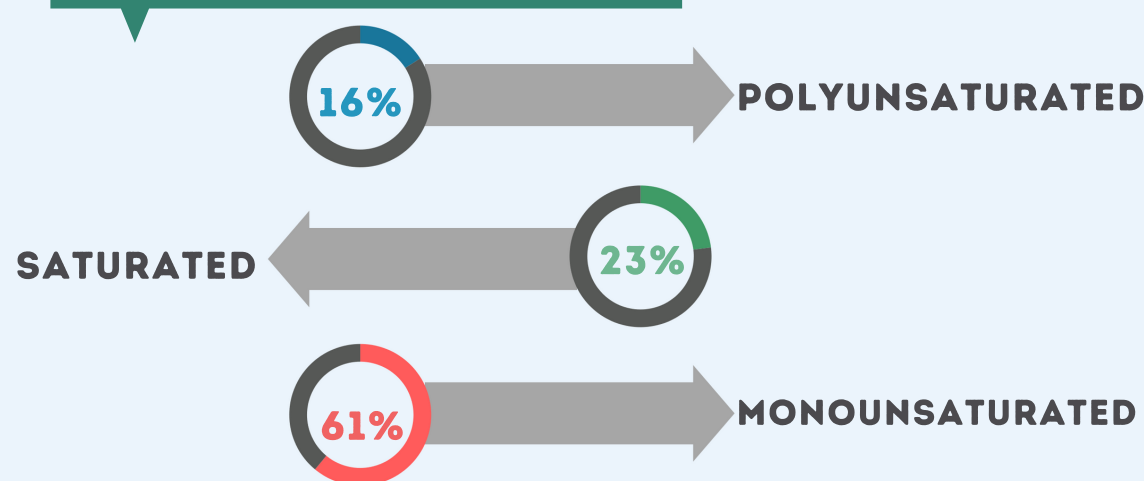


CALORIES 62/100GM

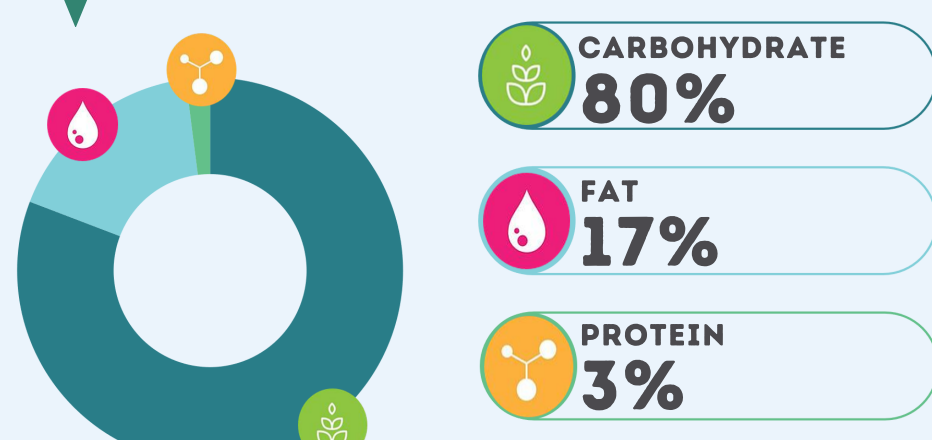
	AMOUNT		AMOUNT
CARBOHYDRATE	13.63 G	NIACIN	0.200 MG
FAT	1.30 G	VITAMIN A	2.00 MCG
PROTEIN	0.50 G	VITAMIN B12	0.00
CHOLESTEROL	0.00	FRUCTOSE	9.4 MG
FIBER	0.91 G	VITAMIN C	38 MG
RIBOFLAVIN	0.060 MG	VITAMIN D	0.00
SODIUM, NA	3 MG	VITAMIN B2	0.06 MG
THIAMIN	0.040 MG		



FATS AND FATTY ACIDS



CALORIES BY SOURCE



NATAL PLUM OTHER NAMES

CARISSA MACROCARPA
NUM-NUM
AMATHUGULU
CARISSA PLUM

MINERALS IN NATAL PLUM

11 MG	CALCIUM, CA	1 % (DV)
0.210 MG	COPPER, CU	23 % (DV)
1.31 MG	IRON, FE	7 % (DV)
16 MG	MAGNESIUM, MG	4 % (DV)
~	SELENIUM, SE	~
7 MG	PHOSPHORUS, P	1 % (DV)
260 MG	POTASSIUM, K	6 % (DV)
~	ZINC, ZN	~

THE DAILY VALUES (DV) ARE REFERENCE AMOUNTS (EXPRESSED IN GRAMS, MILLIGRAMS, OR MICRO-GRAMS) OF NUTRIENTS TO CONSUME OR NOT TO EXCEED EACH DAY.