



PALM HEART NUTRITION FACTS

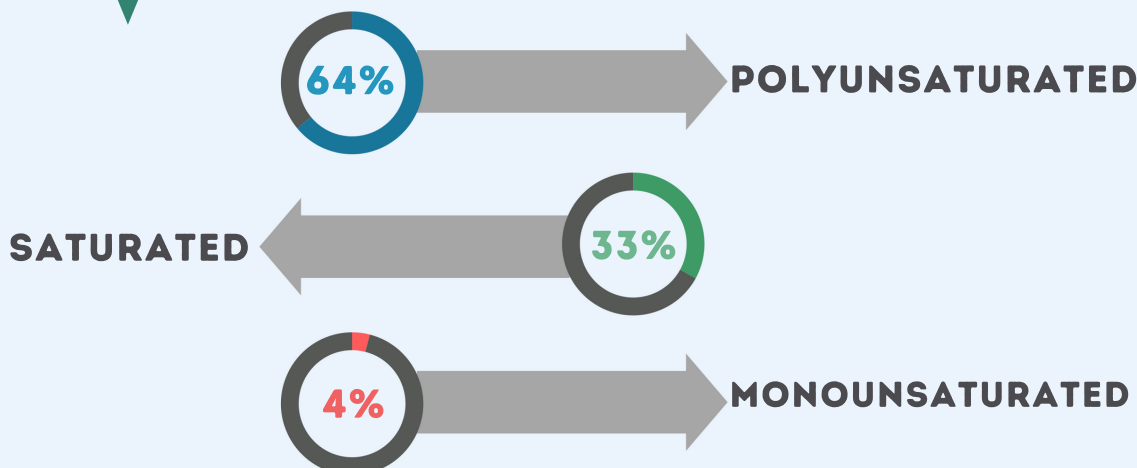


CALORIES 115/100GM

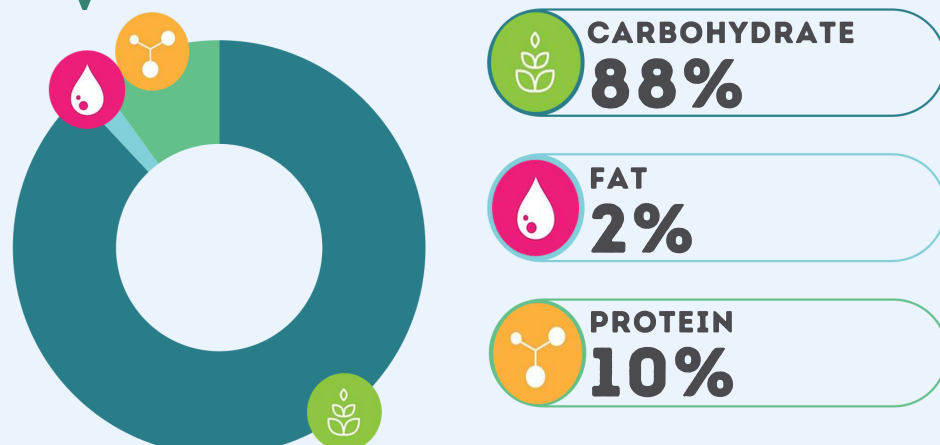
| | AMOUNT | | AMOUNT |
|--------------|----------|-------------|----------|
| CARBOHYDRATE | 25.61 G | NIACIN | 0.900 MG |
| FAT | 0.20 G | VITAMIN A | 3.00 MCG |
| PROTEIN | 2.70 G | VITAMIN B12 | 0.00 |
| CHOLESTEROL | 0.00 | VITAMIN B6 | 0.810 MG |
| FIBER | 1.5 G | VITAMIN C | 8 MG |
| RIBOFLAVIN | 0.180 MG | VITAMIN D | 0.00 |
| SODIUM, NA | 14 MG | FOLATE | 24 MCG |
| THIAMIN | 0.050 MG | | |



FATS AND FATTY ACIDS



CALORIES BY SOURCE



PALM HEART OTHER NAMES

- CHAMAEROPS HUMILIS
- HEART OF PALM
- PALM CABBAGE
- PALMETTO
- PALMITO

MINERALS IN PALM HEART

| | | |
|----------|---------------|-----------|
| 18 MG | CALCIUM, CA | 1 % (DV) |
| 0.644 MG | COPPER, CU | 72 % (DV) |
| 1.69 MG | IRON, FE | 9 % (DV) |
| 10 MG | MAGNESIUM, MG | 2 % (DV) |
| 0.7 MCG | SELENIUM, SE | 1 % (DV) |
| 140 MG | PHOSPHORUS, P | 20 % (DV) |
| 1806 MG | POTASSIUM, K | 38 % (DV) |
| 3.73 MG | ZINC, ZN | 34 % (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.