



PERSIMMON NUTRITION FACTS



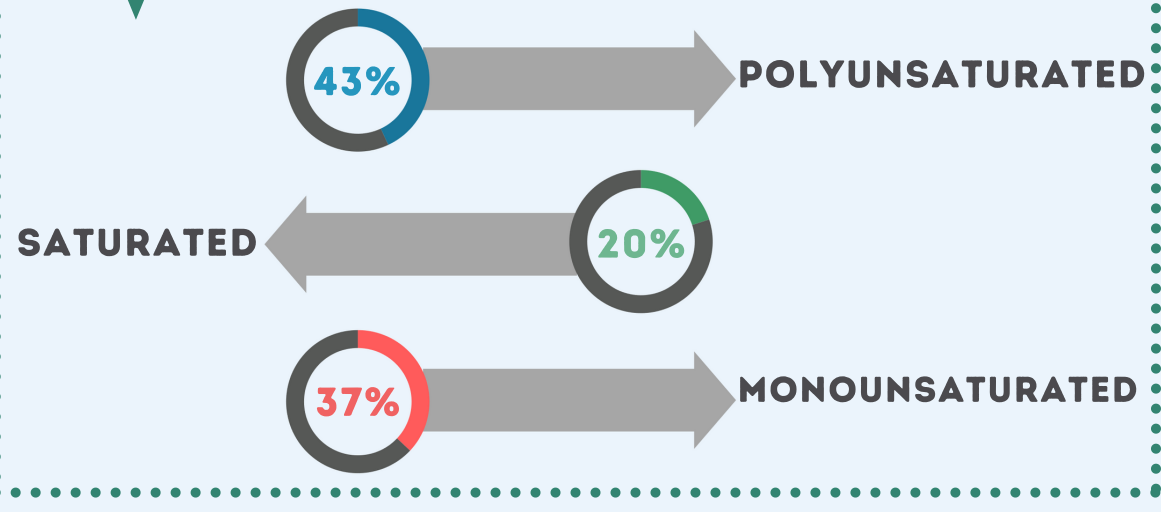
CALORIES 70/100GM

	AMOUNT
CARBOHYDRATE	18.59 G
FAT	0.19 G
PROTEIN	0.58 G
CHOLESTEROL	0.00
FIBER	3.6 G
RIBOFLAVIN	0.020 MG
SODIUM, NA	1 MG
THIAMIN	0.030 MG

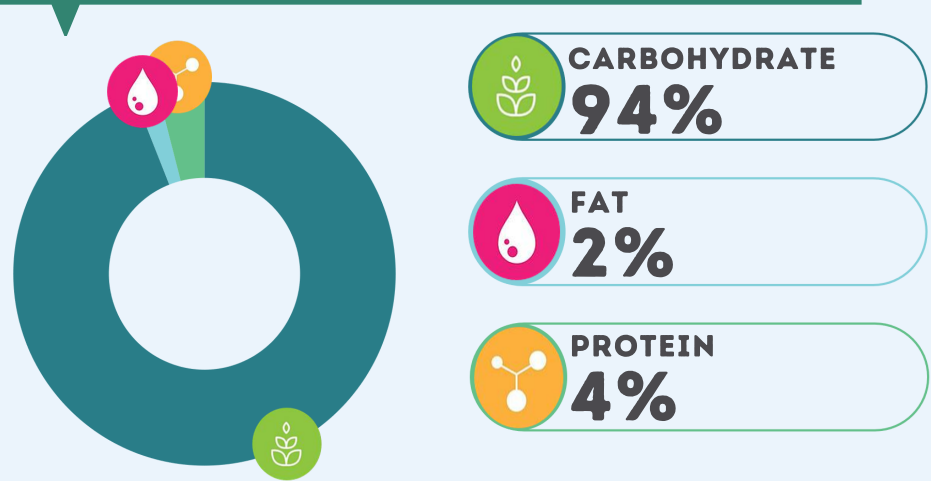
	AMOUNT
NIACIN	0.100 MG
VITAMIN A	81 MCG
VITAMIN B12	0.00
VITAMIN B6	0.100 MG
VITAMIN C	7.5 MG
VITAMIN D	0.00
FOLATE	8 MCG



FATS AND FATTY ACIDS



CALORIES BY SOURCE



PERSIMMON OTHER NAMES

- DIOSPYROS KAKI
- SHARON FRUIT
- KAKI
- JAPANESE PERSIMMON

MINERALS IN PERSIMMON

8 MG	CALCIUM, CA	1 % (DV)
0.113 MG	COPPER, CU	13 % (DV)
0.15 MG	IRON, FE	1 % (DV)
9 MG	MAGNESIUM, MG	2 % (DV)
0.6 MCG	SELENIUM, SE	1 % (DV)
17 MG	PHOSPHORUS, P	2 % (DV)
161 MG	POTASSIUM, K	3 % (DV)
0.11 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.