



POINTED GOURD NUTRITION FACTS

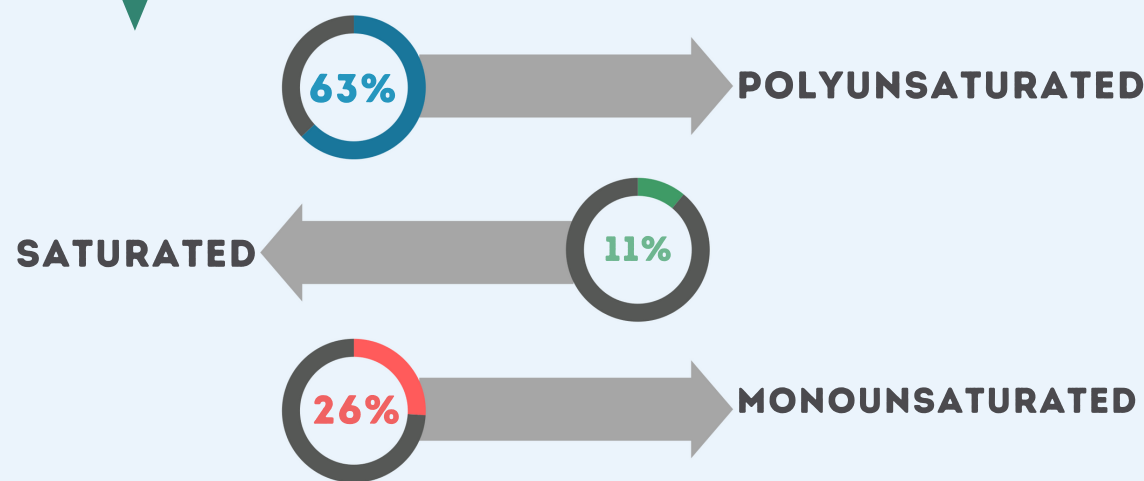


CALORIES 20/100GM

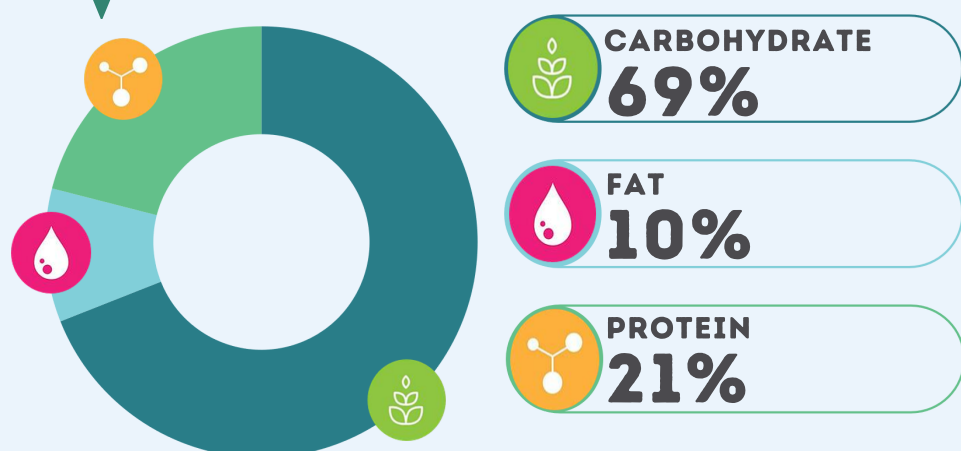
	AMOUNT		AMOUNT
CARBOHYDRATE	4.2 G	NIACIN	0.07 MG
FAT	0.3 G	VITAMIN A	76 MCG
PROTEIN	2.00 G	VITAMIN B12	0.00
CHOLESTEROL	0.00	VITAMIN B6	0.2 MG
FIBER	3.0 G	VITAMIN C	29 MG
RIBOFLAVIN	0.06 MG	VITAMIN K	8.37 MCG
SODIUM, NA	2.6 MG	FOLATE	19.9 MCG
THIAMIN	0.05 MG		



FATS AND FATTY ACIDS



CALORIES BY SOURCE



POINTED GOURD OTHER NAMES

TRICHOSANTHES DIOICA
PARVAL
PARVAL

MINERALS IN POINTED GOURD

30 MG	CALCIUM, CA	2 % (DV)
1.1 MG	COPPER, CU	121 % (DV)
1.7 MG	IRON, FE	8 % (DV)
9 MG	MAGNESIUM, MG	2 % (DV)
2.32 MG	SELENIUM, SE	3 % (DV)
40 MG	PHOSPHORUS, P	6 % (DV)
83 MG	POTASSIUM, K	1 % (DV)
0.23 MG	ZINC, ZN	2 % (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.