



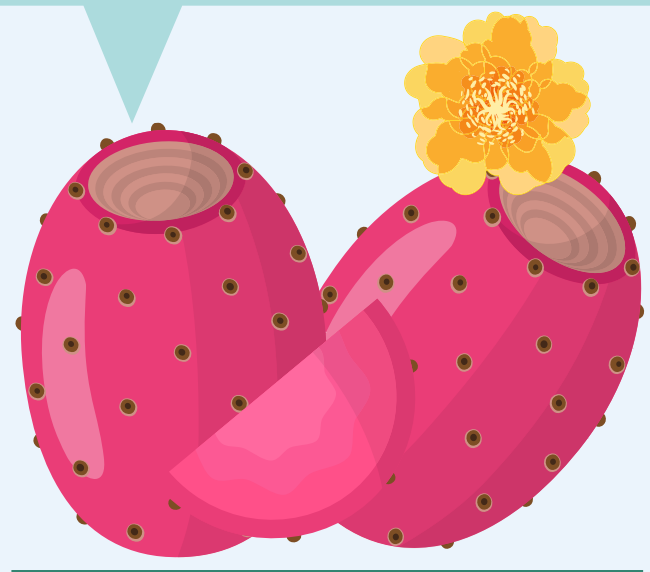
# PRICKLY PEAR NUTRITION FACTS



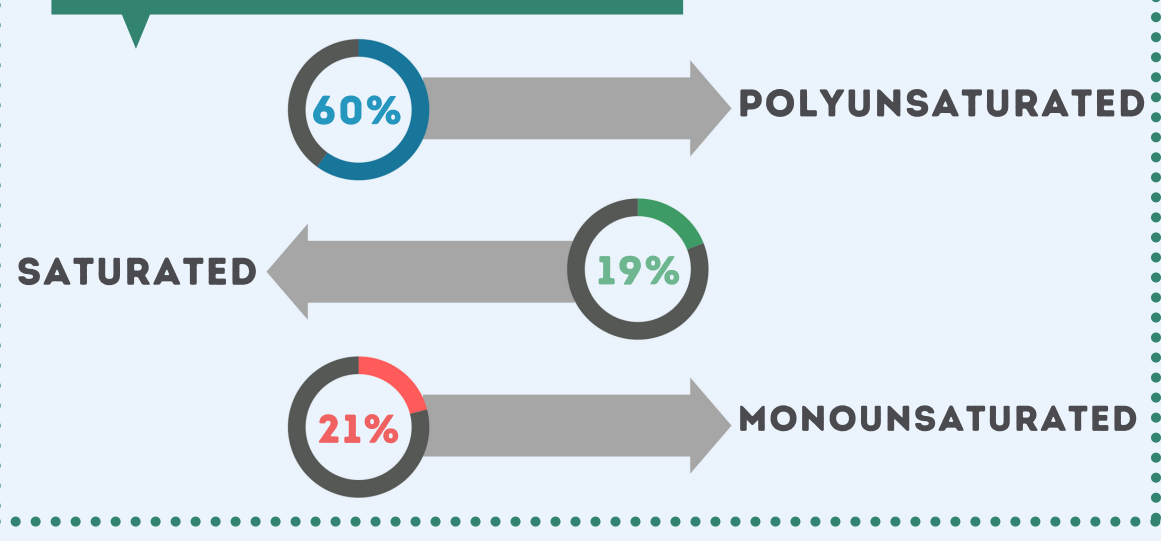
## CALORIES 41/100GM

	AMOUNT
CARBOHYDRATE	9.57 G
FAT	0.51 G
PROTEIN	0.73 G
CHOLESTEROL	0.00
FIBER	3.6 G
RIBOFLAVIN	0.060 MG
SODIUM, NA	5.00 MG
THIAMIN	0.014 MG

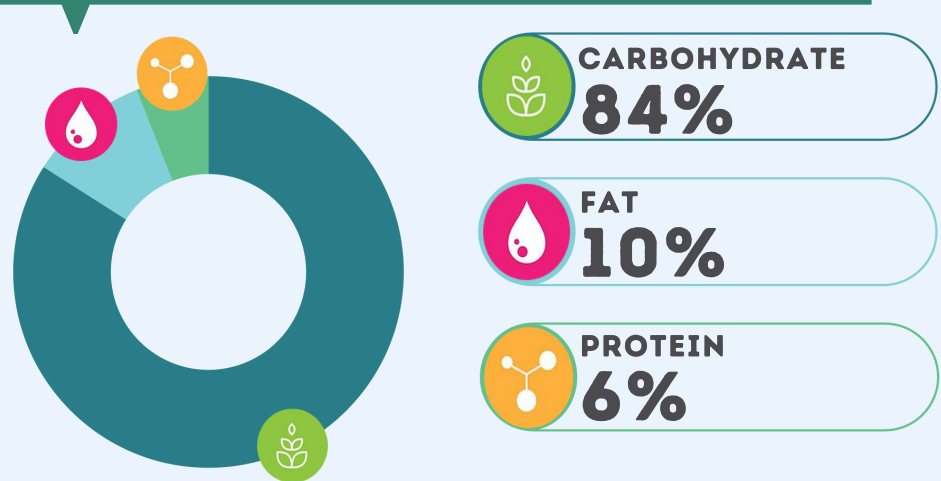
	AMOUNT
NIACIN	0.460 MG
VITAMIN A	0.00
VITAMIN B12	0.00
VITAMIN B6	0.060 MG
VITAMIN C	14 MG
VITAMIN D	0.00
FOLATE	6 MCG



### FATS AND FATTY ACIDS



### CALORIES BY SOURCE



### PRICKLY PEAR OTHER NAMES

- OPUNTIA
- CACTUS PEAR
- MISSION CACTUS
- BARBARY FIG
- INDIAN FIG
- TUNA
- SABRA

### MINERALS IN PRICKLY PEAR

56 MG	CALCIUM, CA	4 % (DV)
0.080 MG	COPPER, CU	9 % (DV)
0.30 MG	IRON, FE	2 % (DV)
85 MG	MAGNESIUM, MG	21 % (DV)
0.6 MG	SELENIUM, SE	1 % (DV)
24 MG	PHOSPHORUS, P	3 % (DV)
220 MG	POTASSIUM, K	5 % (DV)
0.12 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.