

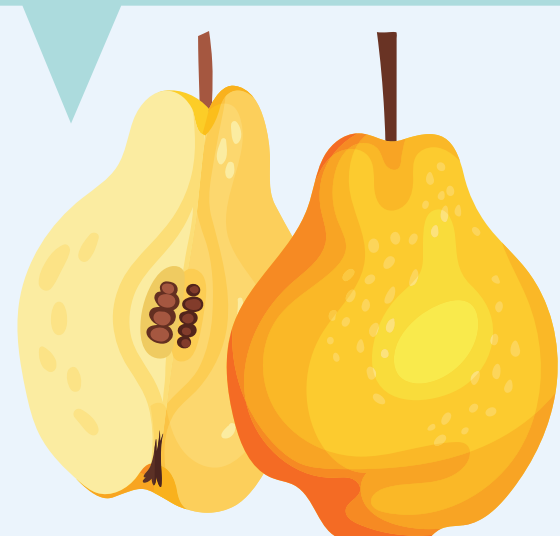


# QUINCE NUTRITION FACTS

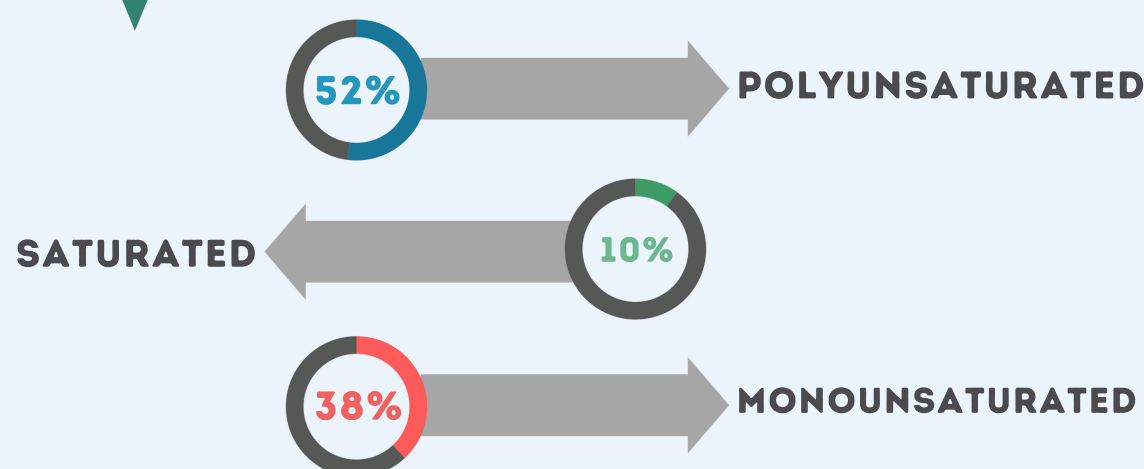


## CALORIES 57/100GM

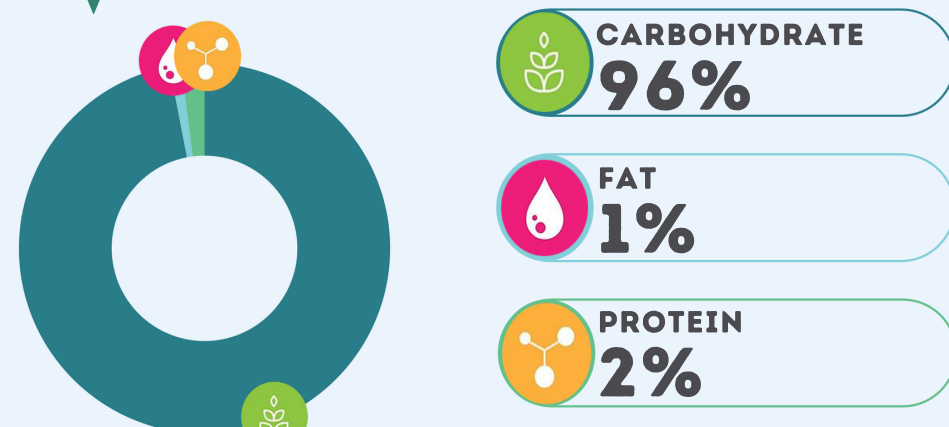
	AMOUNT		AMOUNT
CARBOHYDRATE	15.30 G	NIACIN	0.890 MG
FAT	0.10 G	VITAMIN A	2 MCG
PROTEIN	0.40 G	VITAMIN B12	0.00
CHOLESTEROL	0.00	VITAMIN B6	0.040 MG
FIBER	1.9 G	VITAMIN C	15 MG
RIBOFLAVIN	0.030 MG	VITAMIN D	0.00
SODIUM, NA	4 MG	FOLATE	3 MCG
THIAMIN	0.020 MG		



### FATS AND FATTY ACIDS



### CALORIES BY SOURCE



### QUINCE OTHER NAMES

CYDONIA OBLONGA  
SHREEPHAL

### MINERALS IN QUINCE

11 MG	CALCIUM, CA	1 % (DV)
0.130 MG	COPPER, CU	14 % (DV)
0.70 MG	IRON, FE	4 % (DV)
8 MG	MAGNESIUM, MG	2 % (DV)
0.6 MCG	SELENIUM, SE	1 % (DV)
17 MG	PHOSPHORUS, P	2 % (DV)
197 MG	POTASSIUM, K	4 % (DV)
0.04 MG	ZINC, ZN	0 % (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.