



# RIDGE GOURD NUTRITION FACTS

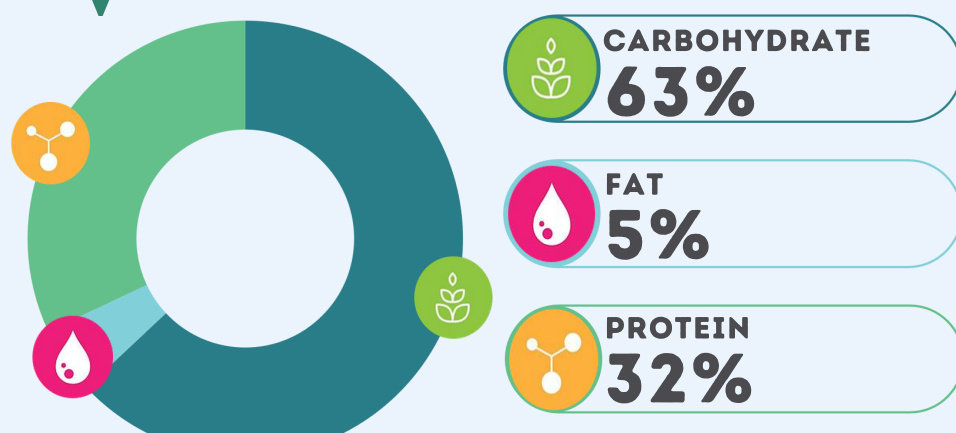


## CALORIES 13/100GM

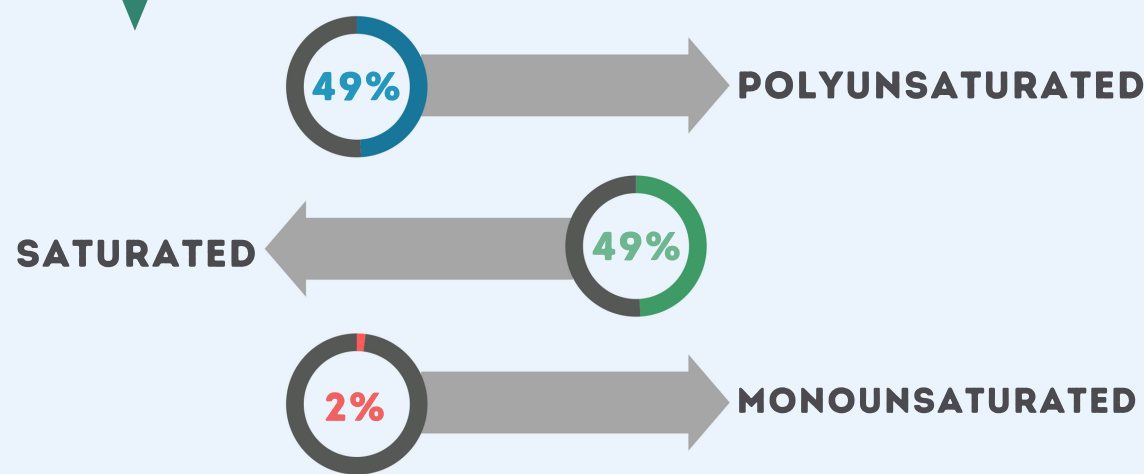
	AMOUNT		AMOUNT
CARBOHYDRATE	1.72 G	NIACIN	0.2 MG
FAT	0.14 G	VITAMIN A	0.00
PROTEIN	0.91 G	VITAMIN B12	0.00
CHOLESTEROL	0.00	VITAMIN B6	0.07 MG
FIBER	1.81 G	VITAMIN C	5.42 MG
RIBOFLAVIN	0.01 MG	VITAMIN D	0.00
SODIUM, NA	4.71 MG	FOLATE	29 MCG
THIAMIN	0.02 MG		



### CALORIES BY SOURCE



### FATS AND FATTY ACIDS



### RIDGE GOURD OTHER NAMES

- LUFFA ACUTANGULA
- LUFFA
- CHINESE OKRA
- DISH CLOTH GOURD
- RIBBED LOOFAH
- SILK GOURD
- TORI

### MINERALS IN RIDGE GOURD

13.7 MG	CALCIUM, CA	1 % (DV)
0.1 MG	COPPER, CU	11 % (DV)
0.42 MG	IRON, FE	2 % (DV)
16 MG	MAGNESIUM, MG	4 % (DV)
0.59 MCG	SELENIUM, SE	2 % (DV)
33.06 MG	PHOSPHORUS, P	4 % (DV)
118 MG	POTASSIUM, K	3 % (DV)
0.22 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.