

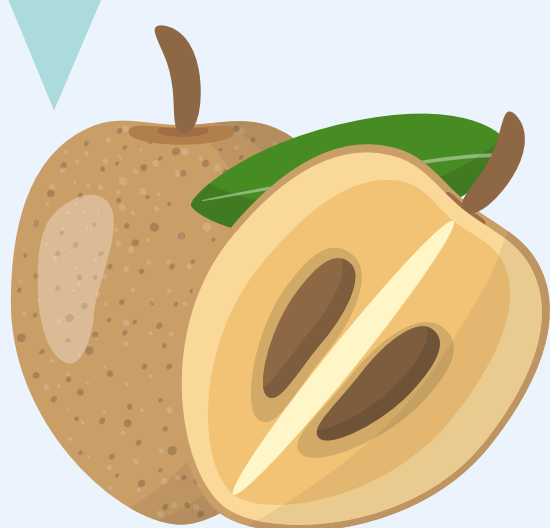


SAPODILLA NUTRITION FACTS

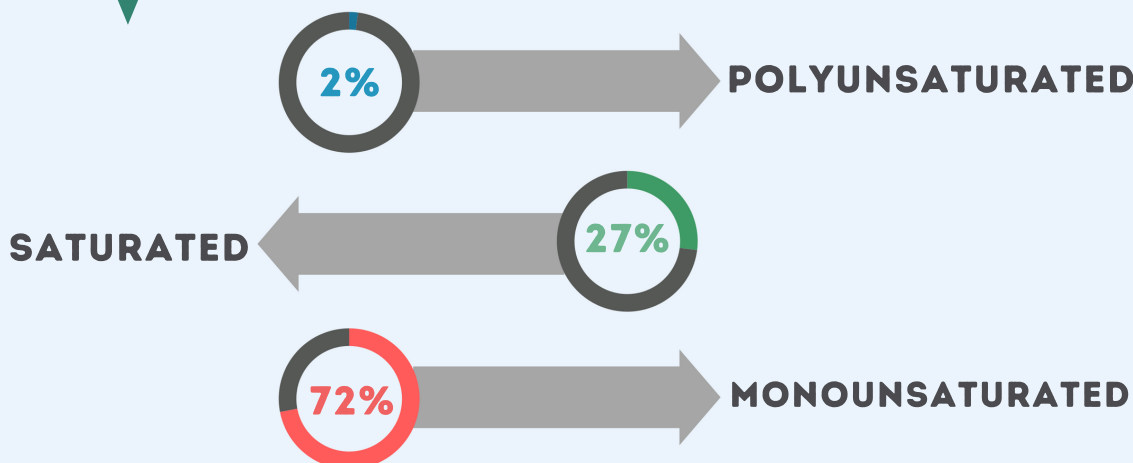


CALORIES 83/100GM

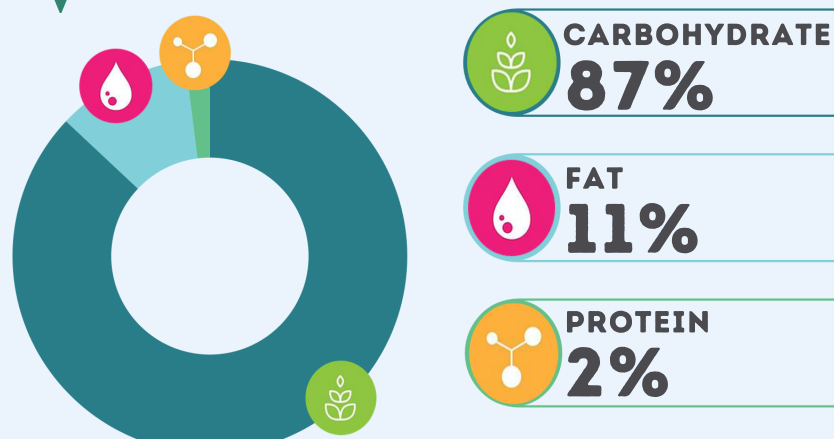
	AMOUNT		AMOUNT
CARBOHYDRATE	19.96 G	NIACIN	0.200 MG
FAT	1.10 G	VITAMIN A	0.00
PROTEIN	0.44 G	VITAMIN B12	0.00
CHOLESTEROL	0.00	VITAMIN B6	0.037 MG
FIBER	5.3 G	VITAMIN C	14.7 MG
RIBOFLAVIN	0.020 MG	VITAMIN D	0.00
SODIUM, NA	12 MG	FOLATE	14 MCG
THIAMIN	0.000 MG		



FATS AND FATTY ACIDS



CALORIES BY SOURCE



SAPODILLA OTHER NAMES

MANILKARA ZAPOTA
NASEBERRY
CHIKOO
NISPERO
CHICO

MINERALS IN SAPODILLA

21 MG CALCIUM, CA 2 % (DV)

0.086 MG COPPER, CU 10 % (DV)

0.80 MG IRON, FE 4 % (DV)

12 MG MAGNESIUM, MG 3 % (DV)

0.6 MCG SELENIUM, SE 1 % (DV)

12 MG PHOSPHORUS, P 2 % (DV)

193 MG POTASSIUM, K 4 % (DV)

0.10 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.