



# SAPOTE NUTRITION FACTS



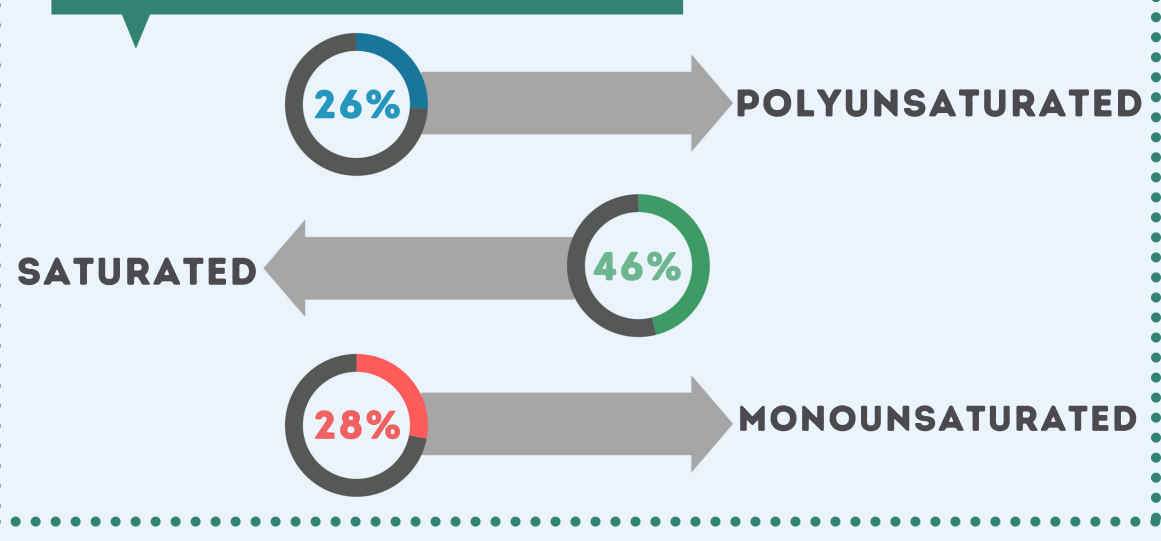
## CALORIES 124/100GM

	AMOUNT
CARBOHYDRATE	32.10 G
FAT	0.46 G
PROTEIN	1.45 G
CHOLESTEROL	0.00
FIBER	5.4 G
RIBOFLAVIN	0.116 MG
SODIUM, NA	7 MG
THIAMIN	0.013 MG

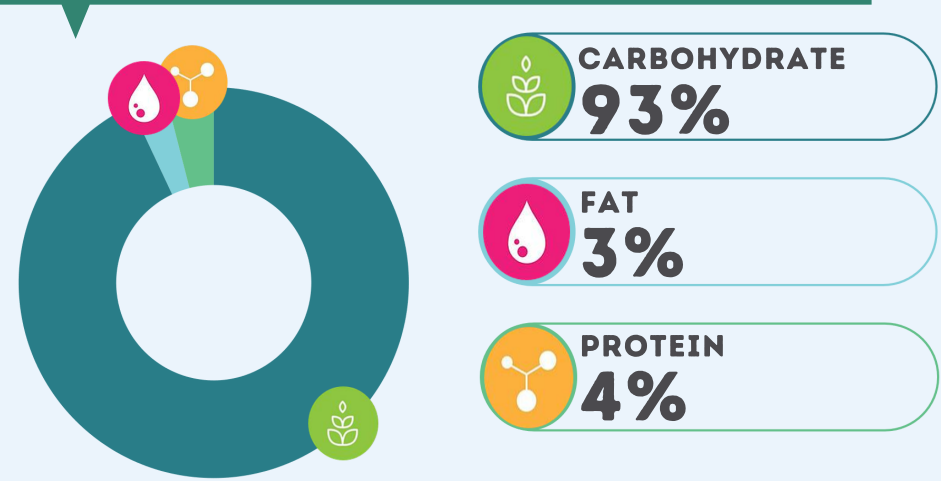
	AMOUNT
NIACIN	1.432 MG
VITAMIN A	7 MCG
VITAMIN B12	0.00
VITAMIN B6	0.720 MG
VITAMIN C	23 MG
VITAMIN D	0.00
FOLATE	7 MCG



### FATS AND FATTY ACIDS



### CALORIES BY SOURCE



### SAPOTE OTHER NAMES

- POUTERIA SAPOTA
- ZAPOTE
- MAMEY
- RED MAMEY
- TZAPOTL
- SOAPAPPLE

### MINERALS IN SAPOTE

18 MG	CALCIUM, CA	1 % (DV)
0.213 MG	COPPER, CU	24 % (DV)
0.78 MG	IRON, FE	4 % (DV)
11 MG	MAGNESIUM, MG	3 % (DV)
0.204 MG	MANGANESE, MN	9 % (DV)
26 MG	PHOSPHORUS, P	4 % (DV)
454 MG	POTASSIUM, K	10 % (DV)
0.19 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.