



SOURSOP NUTRITION FACTS

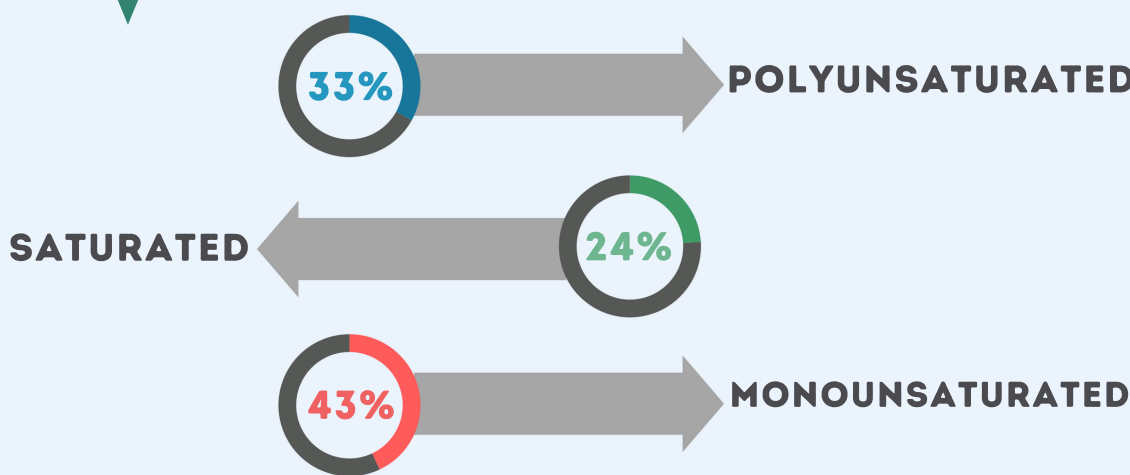


CALORIES 66/100GM

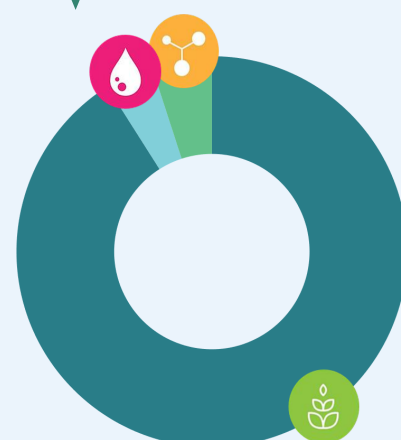
	AMOUNT		AMOUNT
CARBOHYDRATE	16.84 G	NIACIN	0.900 MG
FAT	0.30 G	VITAMIN A	0.00
PROTEIN	1.00 G	VITAMIN B12	0.00
CHOLESTEROL	0.00	VITAMIN B6	0.059 MG
FIBER	3.3 G	VITAMIN C	20.6 MG
RIBOFLAVIN	0.050 MG	VITAMIN D	0.00
SODIUM, NA	14 MG	FOLATE	14 MCG
THIAMIN	0.070 MG		



FATS AND FATTY ACIDS



CALORIES BY SOURCE



- CARBOHYDRATE 91%
- FAT 4%
- PROTEIN 5%

SOURSOP OTHER NAMES

- ANNONA MURICATA
- BRAZILIAN PAW PAW
- GRAVIOLA
- GUYABANO
- RAM FAL
- GUVANABANA

MINERALS IN SOURSOP

14 MG	CALCIUM, CA	1 % (DV)
0.086 MG	COPPER, CU	10 % (DV)
0.60 MG	IRON, FE	3 % (DV)
21 MG	MAGNESIUM, MG	5 % (DV)
0.6 MCG	SELENIUM, SE	1 % (DV)
27 MG	PHOSPHORUS, P	4 % (DV)
278 MG	POTASSIUM, K	6 % (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.