



BOTTLE GOURD NUTRITION FACTS

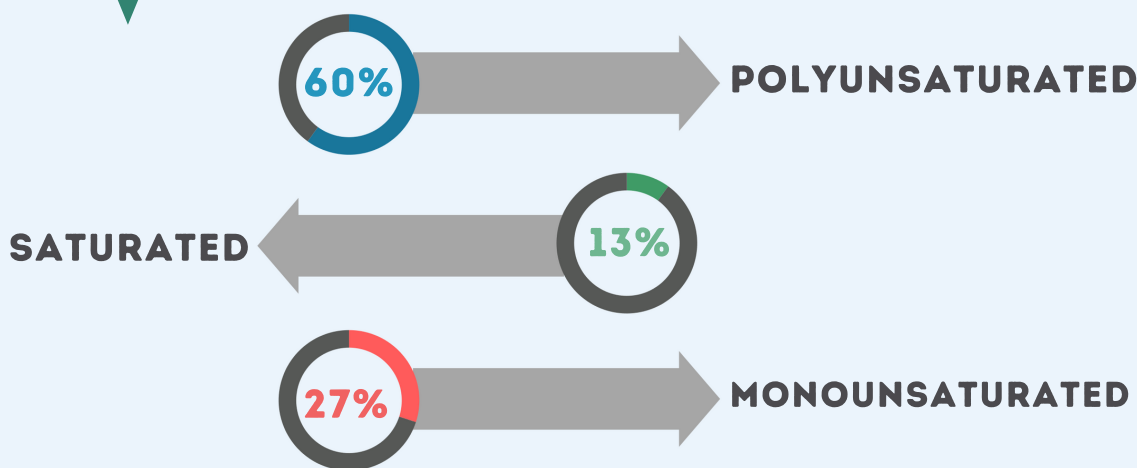


CALORIES 14/100GM

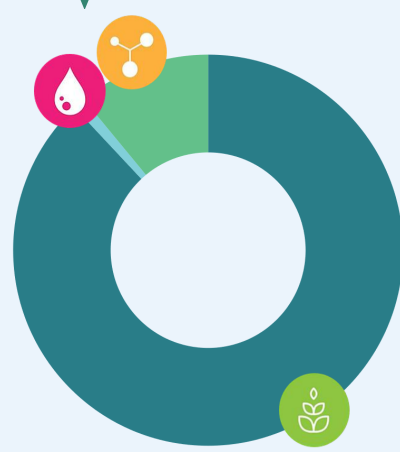
	AMOUNT		AMOUNT
CARBOHYDRATE	3.39 G	NIACIN	0.320 MG
FAT	0.02 G	VITAMIN A	480 MCG
PROTEIN	0.62 G	VITAMIN B12	0.00
CHOLESTEROL	0.00	VITAMIN B6	0.040 MG
FIBER	0.5 G	VITAMIN C	10.1 MG
RIBOFLAVIN	0.022 MG	VITAMIN D	0.00
SODIUM, NA	2 MG	FOLATE	6 MCG
THIAMIN	0.029 MG		



FATS AND FATTY ACIDS



CALORIES BY SOURCE



BOTTLE GOURD OTHER NAMES

- LAGENARIA SICERARIA
- WHITE-FLOWERED GOURD
- CALABASH GOURD
- OPO SQUASH
- LONG MELON
- LAUKI
- GHIA

MINERALS IN BOTTLE GOURD

26 MG	CALCIUM, CA	2 % (DV)
0.026 MG	COPPER, CU	3 % (DV)
0.20 MG	IRON, FE	1 % (DV)
11 MG	MAGNESIUM, MG	3 % (DV)
0.2 MCG	SELENIUM, SE	0 % (DV)
13 MG	PHOSPHORUS, P	2 % (DV)
150 MG	POTASSIUM, K	3 % (DV)
0.70 MG	ZINC, ZN	6 % (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.