

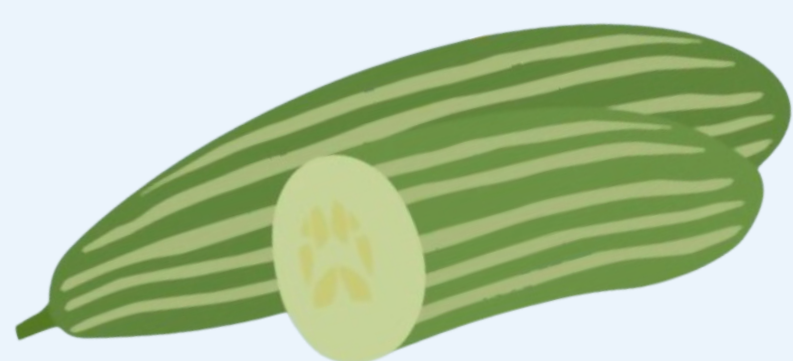


IVY GOURD NUTRITION FACTS

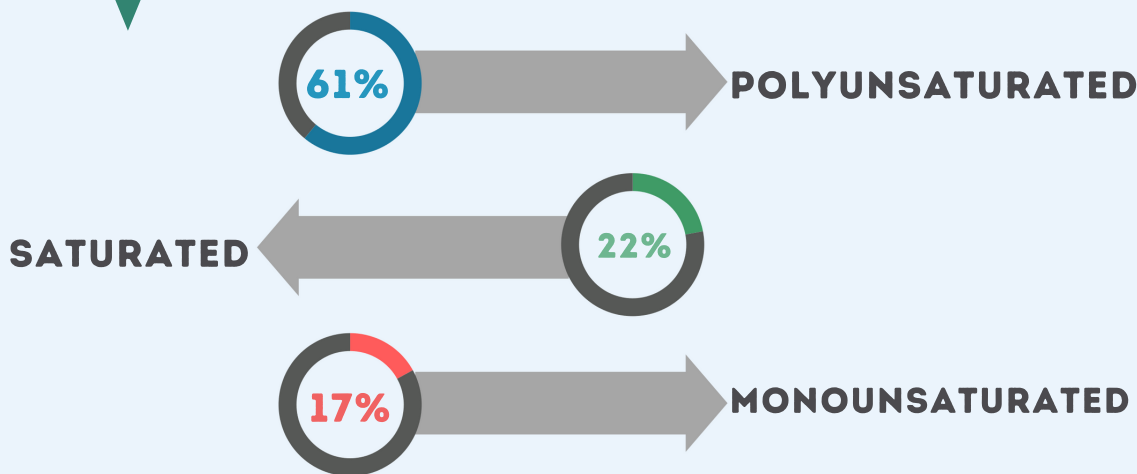


CALORIES 18/100GM

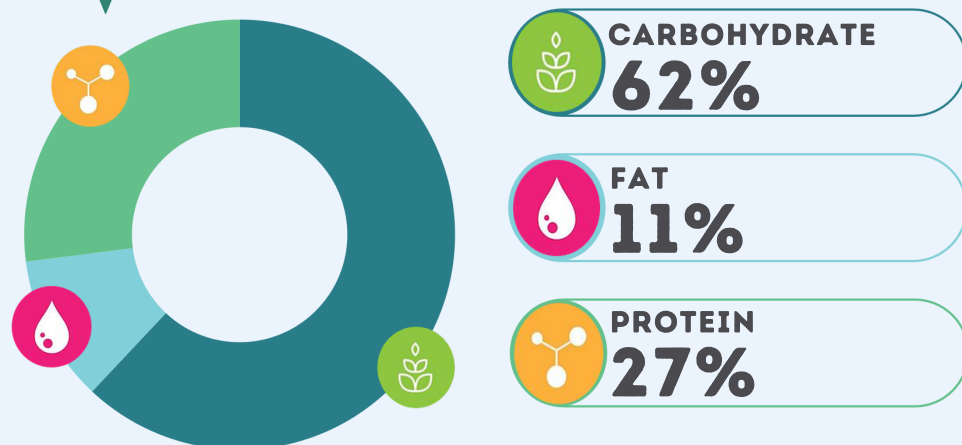
	AMOUNT		AMOUNT
CARBOHYDRATE	3.4 G	NIACIN	0.55 MG
FAT	0.1 G	VITAMIN A	33 MCG
PROTEIN	1.2 G	VITAMIN B12	0.00
CHOLESTEROL	0.00	VITAMIN B6	0.08 MG
FIBER	1.6 G	VITAMIN C	5 MG
RIBOFLAVIN	0.01 MG	VITAMIN K	19.15 MCG
SODIUM, NA	1.53 MG	FOLATE	48.6 MCG
THIAMIN	0.04 MG		



FATS AND FATTY ACIDS



CALORIES BY SOURCE



IVY GOURD

OTHER NAMES

- COCCINIA GRANDIS
- LITTLE GOURD
- CALABACITA
- KOVAI
- KUNDRU
- TELA KUCHA
- COCCINIA INDICA
- TINDOLA

MINERALS IN IVY GOURD

18 MG	CALCIUM, CA	1 % (DV)
0.06 MG	COPPER, CU	7 % (DV)
0.5 MG	IRON, FE	2 % (DV)
19.6 MG	MAGNESIUM, MG	9 % (DV)
36.9 MG	PHOSPHORUS, P	3 % (DV)
26 MG	PHOSPHORUS, P	4 % (DV)
198 MG	POTASSIUM, K	4 % (DV)
0.18 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.