



# SNAKE GOURD NUTRITION FACTS

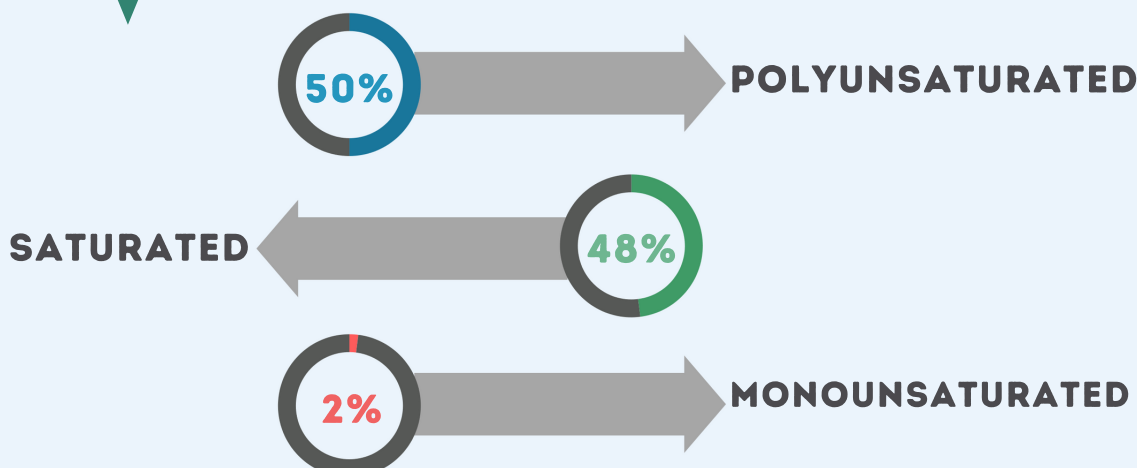


## CALORIES 12/100GM

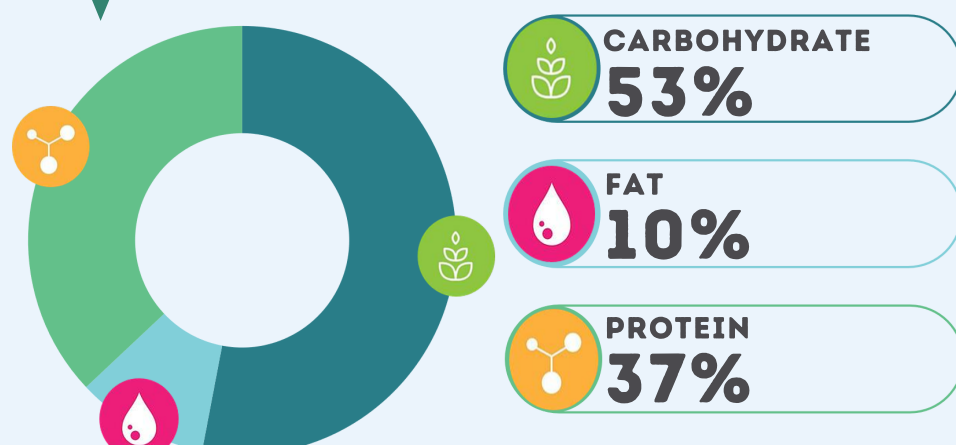
	AMOUNT		AMOUNT
CARBOHYDRATE	1.23 G	NIACIN	0.33 MG
FAT	0.25 G	VITAMIN A	41 MCG
PROTEIN	0.89 G	VITAMIN B12	0.00
CHOLESTEROL	0.00	VITAMIN B6	0.07 MG
FIBER	2.27 G	VITAMIN C	2.85 MG
RIBOFLAVIN	0.03 MG	VITAMIN D	0.00
SODIUM, NA	5 MG	FOLATE	16 MCG
THIAMIN	0.03 MG		



### FATS AND FATTY ACIDS



### CALORIES BY SOURCE



### SNAKE GOURD OTHER NAMES

TRICHOSANTHES CUCUMERINA  
SERPENT GOURD  
CHICHINDA  
PADWAL  
PARWAL

### MINERALS IN SNAKE GOURD

27.1 MG	CALCIUM, CA	3 % (DV)
0.11 MG	COPPER, CU	13 % (DV)
0.47 MG	IRON, FE	2 % (DV)
21.70 MG	MAGNESIUM, MG	5 % (DV)
0.0 MCG	SELENIUM, SE	0 % (DV)
31.03 MG	PHOSPHORUS, P	4 % (DV)
104 MG	POTASSIUM, K	2 % (DV)
0.20 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.