

## Basic Report 09520, Kiwifruit, ZESPRI SunGold, raw

Report Date: June 18, 2019 07:21 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 fruit 81g
<b>Proximates</b>			
Water	g	82.44	66.78
Energy	kcal	63	51
Protein	g	1.02	0.83
Total lipid (fat)	g	0.28	0.23
Carbohydrate, by difference	g	15.79	12.79
Fiber, total dietary	g	1.4	1.1
Sugars, total	g	12.30	9.96
<b>Minerals</b>			
Calcium, Ca	mg	17	14
Iron, Fe	mg	0.21	0.17
Magnesium, Mg	mg	12	10
Phosphorus, P	mg	25	20
Potassium, K	mg	315	255
Sodium, Na	mg	3	2
Zinc, Zn	mg	0.08	0.06
<b>Vitamins</b>			
Vitamin C, total ascorbic acid	mg	161.3	130.7
Thiamin	mg	0.000	0.000
Riboflavin	mg	0.074	0.060
Niacin	mg	0.231	0.187
Vitamin B-6	mg	0.079	0.064
Folate, DFE	µg	31	25
Vitamin B-12	µg	0.08	0.06
Vitamin A, RAE	µg	1	1
Vitamin A, IU	IU	23	19
Vitamin E (alpha-tocopherol)	mg	1.40	1.13

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>1 fruit 81g</b>
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	6.1	4.9
<b>Lipids</b>			
Fatty acids, total saturated	g	0.065	0.053
Fatty acids, total monounsaturated	g	0.023	0.019
Fatty acids, total polyunsaturated	g	0.111	0.090
Cholesterol	mg	0	0
<b>Amino Acids</b>			
<b>Other</b>			
Caffeine	mg	0	0