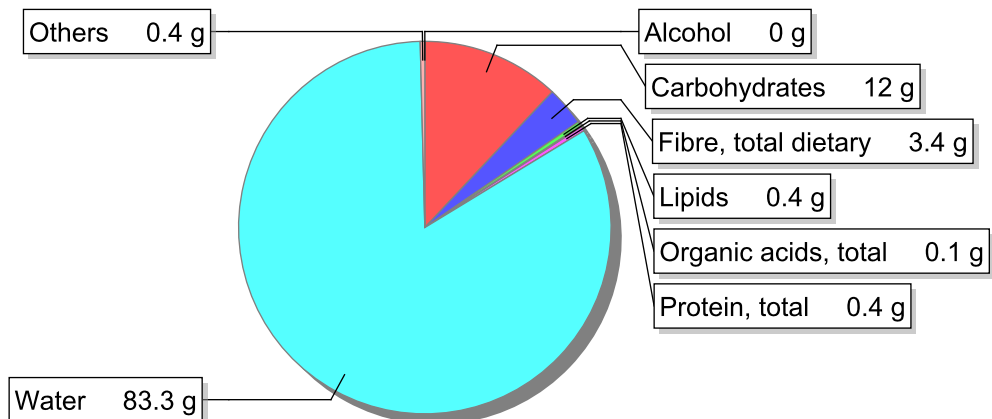


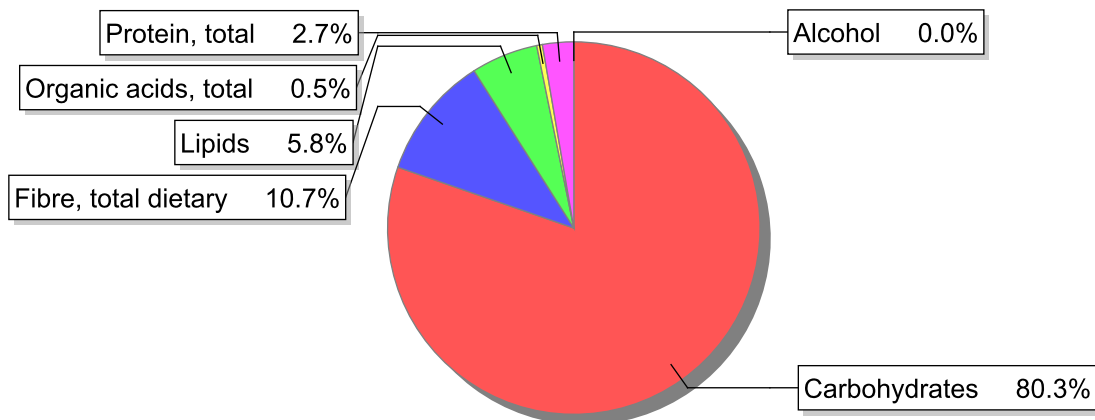
Food

Name: Pomegranate
Group: Fruit
Subgroup: Fresh fruit
Edible Part: 50%
Code: IS696
FoodEX2 Code: A01LH

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	60	kcal	
energy kJ, total metabolisable	254	kJ	
fatty acids, total saturated	0.1	g	
fatty acids, total monounsaturated	0.2	g	
fatty acids, total polyunsaturated	0	g	
fatty acid 18:2 n-6 cis,cis	0	g	
fatty acids, total trans	0	g	
sugars, total	12	g	
sucrose	0.2	g	

Name	Value	Unit	Source(s)
lactose	0	g	
salt	0.0	g	
starch, total	0	g	
protein, total	0.4	g	
alcohol	0	g	
water	83.3	g	
organic acids, total	0.1	g	
cholesterol	0	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	6	µg	
carotene, total (vitamin A precursors)	38	µg	
vitamin D	0	µg	
alpha-tocopherol	0.9	mg	
thiamin	0.05	mg	
riboflavin	0.03	mg	
niacin, preformed	0.2	mg	
niacin equivalents, total	0.3	mg	
niacin equivalents from tryptophan	0.1	mg	
vitamin B-6, total	0.2	mg	
vitamin B-12	0	µg	
vitamin C	13	mg	
folate, total	10	µg	
ash	0.51	g	
sodium	3	mg	
potassium	240	mg	
calcium	11	mg	
phosphorus	14	mg	
magnesium	7	mg	
iron, total	0.6	mg	
zinc	0.3	mg	

Legend

Code	Name
g	gram
kJ	kilojoule
kcal	kilocalorie
mg	milligram
µg	microgram

References