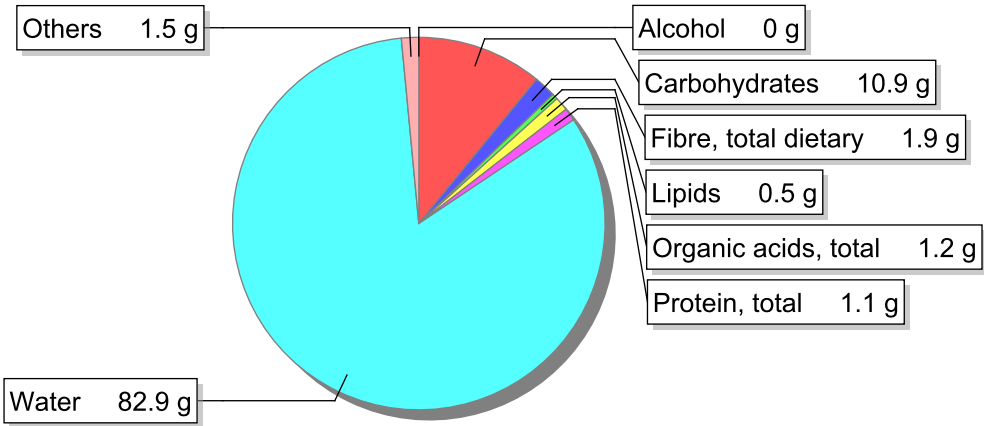


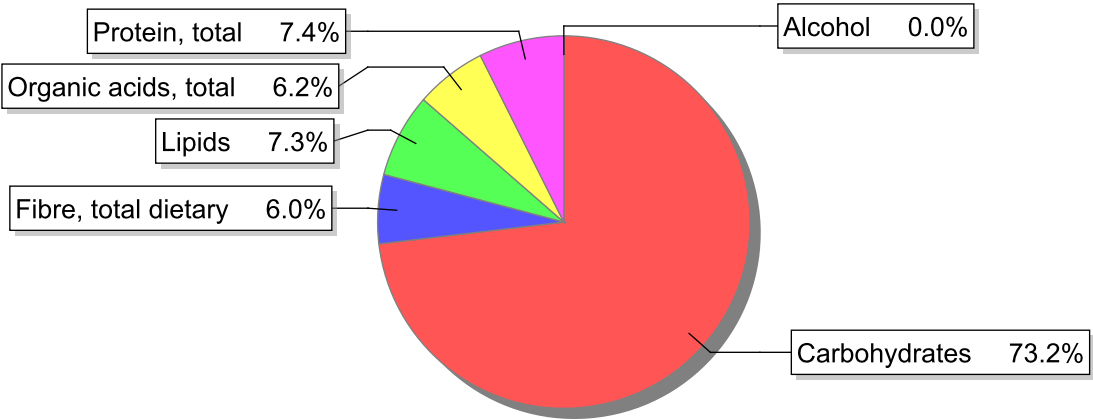
Food

Name: Kiwi
Group: Fruit
Subgroup: Fresh fruit
Edible Part: 81%
Code: IS657
FoodEX2 Code: A01JT

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	253	kJ	
fatty acids, total saturated	0.1	g	
fatty acids, total monounsaturated	0.1	g	
fatty acids, total polyunsaturated	0.2	g	
fatty acid 18:2 n-6 cis,cis	0.1	g	
fatty acids, total trans	0	g	
sugars, total	10.9	g	
sucrose	0	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	0	g	
fibre, total dietary	1.9	g	
protein, total	1.1	g	
alcohol	0	g	
water	82.9	g	
organic acids, total	1.2	g	
cholesterol	0	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	7	µg	
carotene, total (vitamin A precursors)	42	µg	
vitamin D	0	µg	
alpha-tocopherol	0.4	mg	
thiamin	0.02	mg	
riboflavin	0.05	mg	
niacin, preformed	0.3	mg	
niacin equivalents, total	0.5	mg	
niacin equivalents from tryptophan	0.2	mg	
vitamin B-6, total	0.02	mg	
vitamin B-12	0	µg	
vitamin C	72	mg	
folate, total	42	µg	
ash	0.72	g	
sodium	9	mg	
potassium	300	mg	
calcium	19	mg	
phosphorus	28	mg	
magnesium	18	mg	
iron, total	0.4	mg	
zinc	0.2	mg	

Legend

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

References

Id	Reference
1140	TDS_Iodo_INSA_LAB_2