

Kiwifruit

Nutrition Facts

Serving Size: ½ cup kiwifruit, sliced (90g)

Calories 55

Calories from Fat 1

	% Daily Value
Total Fat 0g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 3mg	0%
Total Carbohydrate 13g	4%
Dietary Fiber 3g	11%
Sugars 8g	
Protein 1g	
Vitamin A 2%	Calcium 3%
Vitamin C 139%	Iron 2%

Other nutrients: Vitamin K (45%), Potassium (8%), Folate (6%), Beta-carotene (47mcg), Lutein+zeaxanthin (110mcg)

Source: www.nal.usda.gov/fnic/foodcomp/search/
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