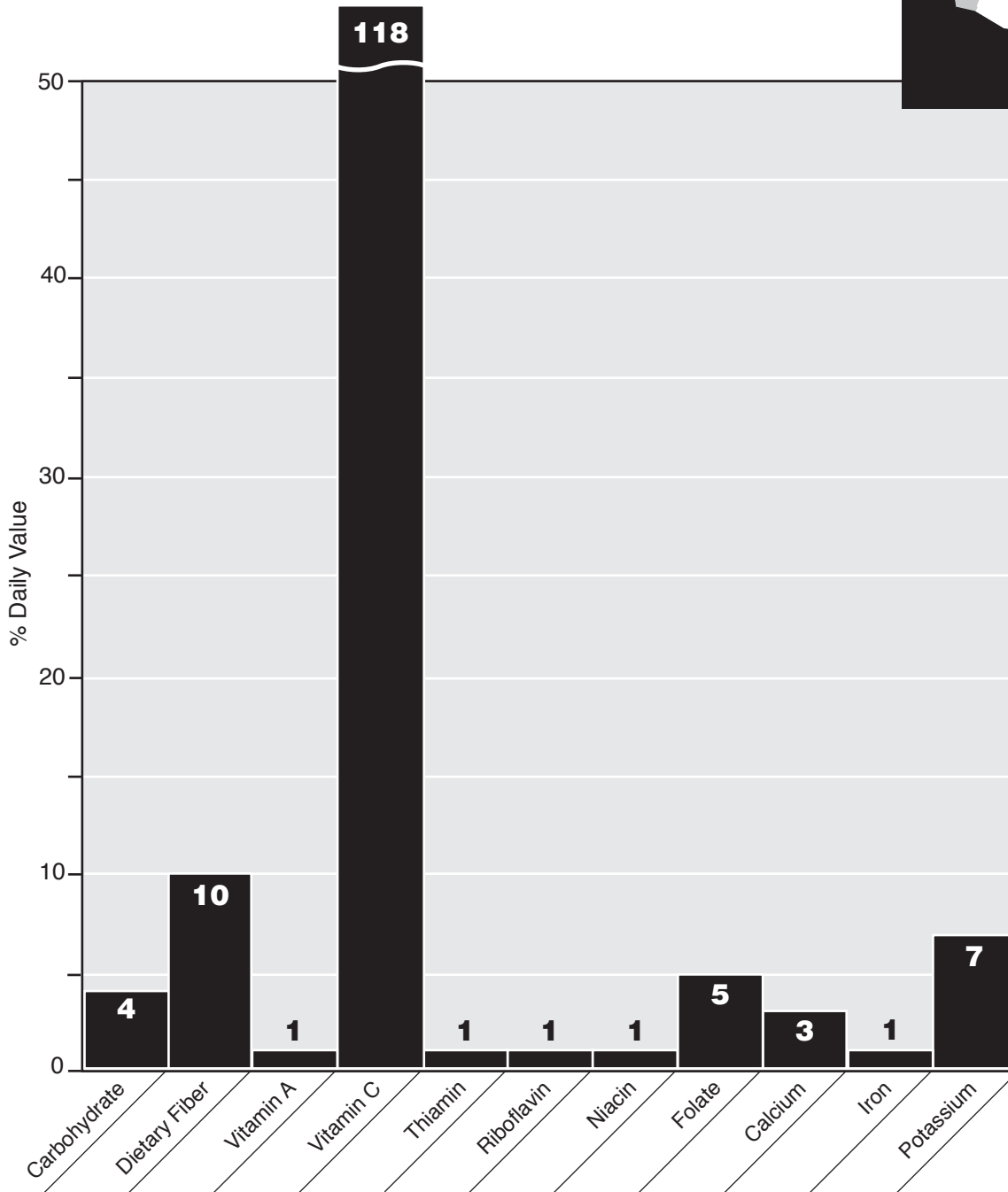


Kiwifruit

Actinidaceae *Actinidia chinensis*
(analysis based on *peeled* raw kiwifruit)



Serving Size

- 1 Medium Kiwifruit
- 76 Grams
- 46 Calories
 - 5% from fat
 - 6% from protein
 - 88% from carbohydrate
- 1 Gram Protein
- 11 Grams Carbohydrate
 - 2 grams dietary fiber
- 0.4 Gram Fat
- 63 Grams Water
- 2 Milligrams Sodium

