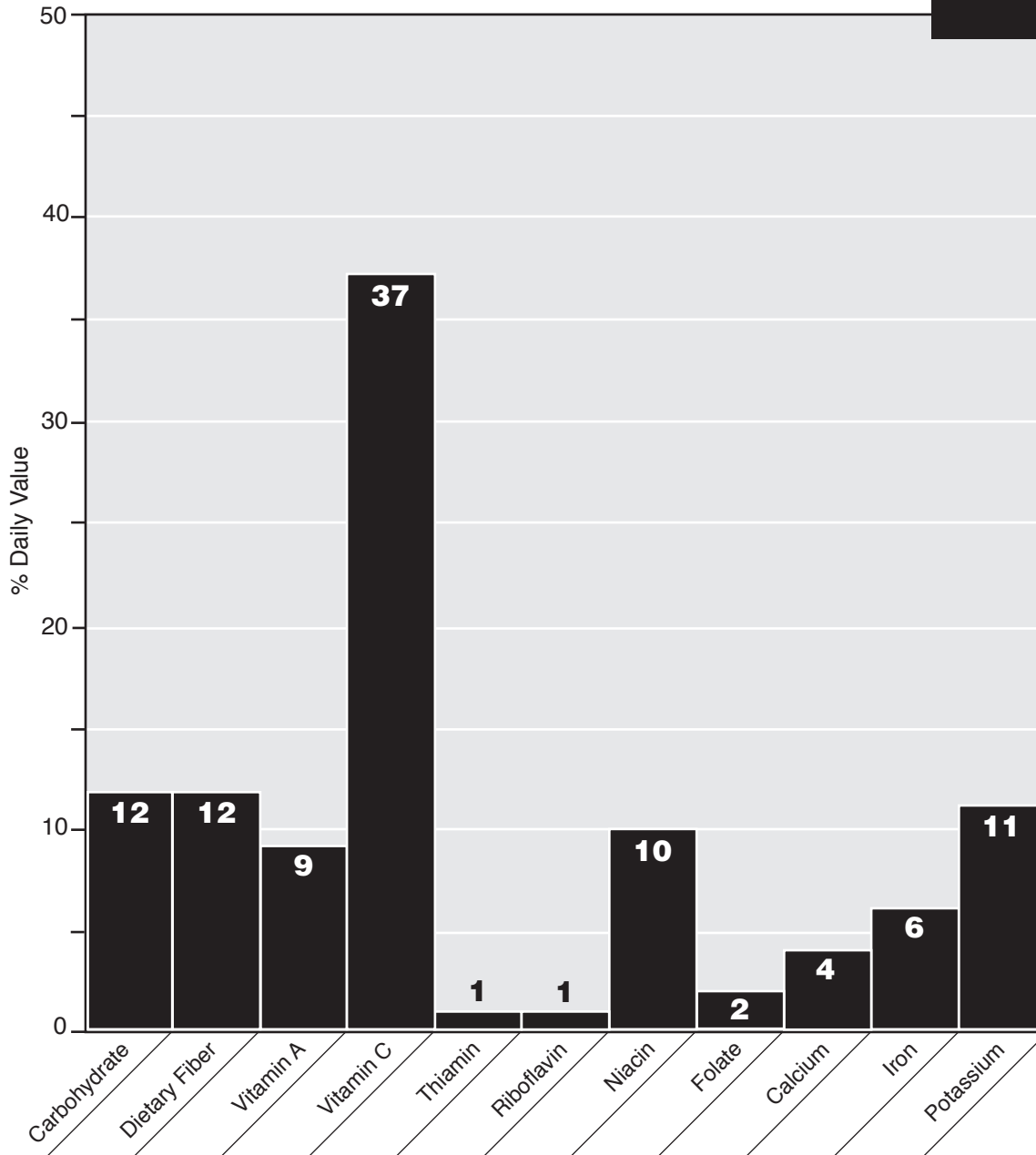


Marmalade Plum

Sapotaceae *Pouteria sapota*

(analysis based on *peeled* raw white marmalade plum)

Pictured: white marmalade plum (sapote)



Serving Size

- 1/2 Marmalade Plum
- 111 Grams
- 148 Calories
 - 4% from fat
 - 5% from protein
 - 91% from carbohydrate
- 2 Grams Protein
- 37 Grams Carbohydrate
 - 3 grams dietary fiber
- 1 Gram Fat
- 69 Grams Water
- 11 Milligrams Sodium

