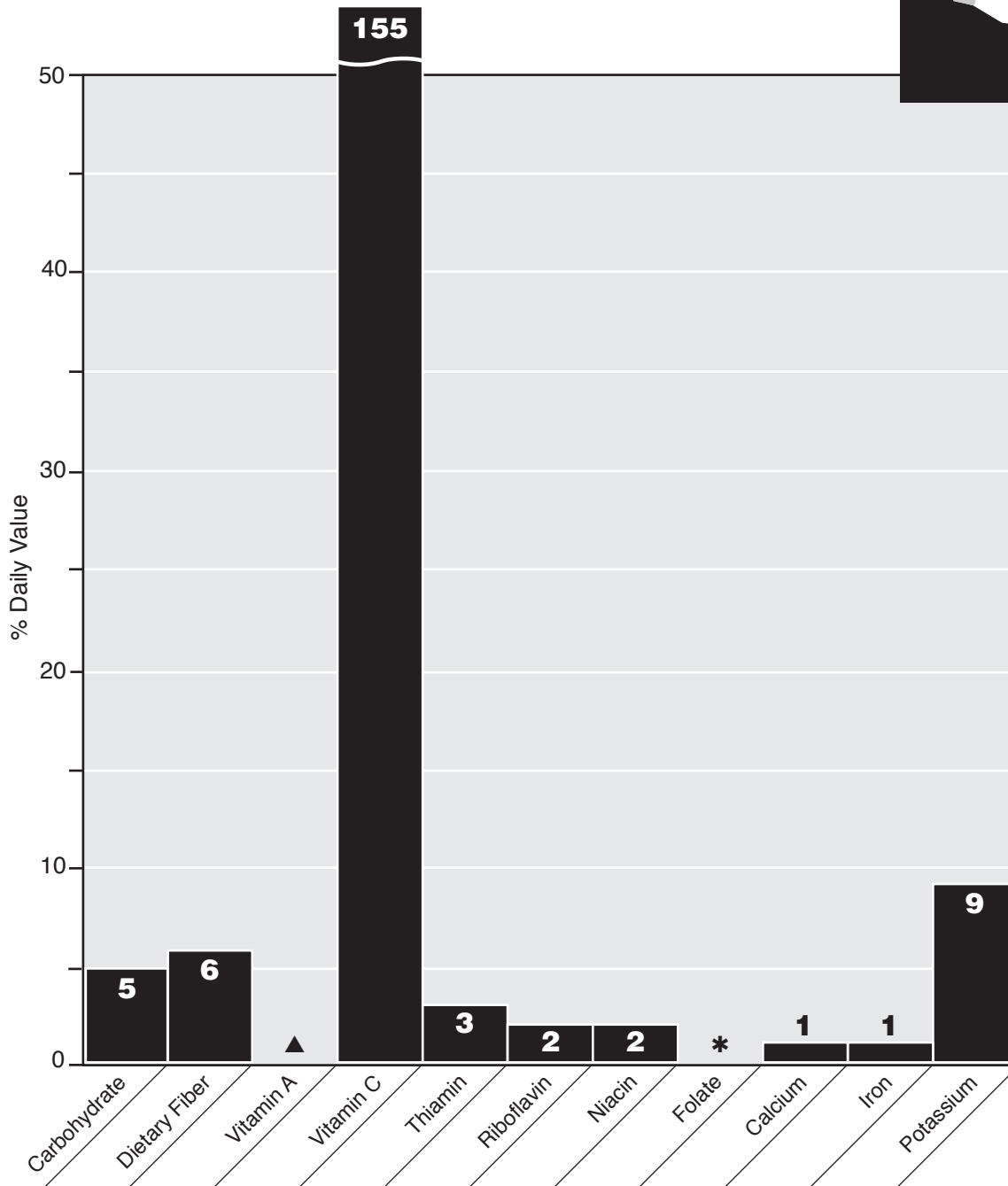
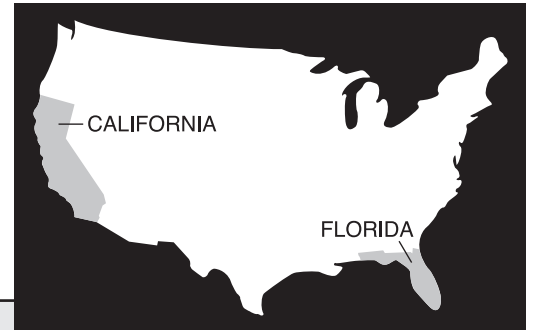


# Pummelo

Rutaceae *Citrus grandis*

(analysis based on *peeled* raw pummelo)



## Serving Size

- $\frac{1}{4}$  Medium Pummelo
- 152 Grams
- 58 Calories
  - 1% from fat
  - 7% from protein
  - 91% from carbohydrate
- 1 Gram Protein
- 15 Grams Carbohydrate
  - 2 grams dietary fiber
- 0.1 Gram Fat
- 135 Grams Water
- 2 Milligrams Sodium

▲ Trace

\* Data unavailable

