



Sapotes, (marmalade plum), raw

TOTAL
6.8
3

Macronutrient profile [gr. of nutrient per 100 gr. food]



- Proteins
- Water
- Sugars
- Fibre
- Alcohol
- Lipids
- Other

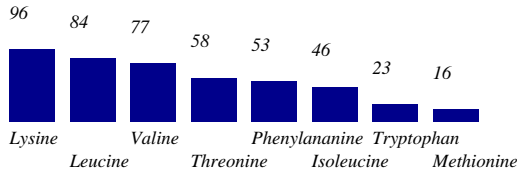
FIBER
10.4
6.8

Energy [kcal per 100 gr. food]

■ 134

kCALs
5.8
5.2
25

Essential aminoacids profile [mg per 100 gr. food]



PROTE.
4.6
3.8
30.2

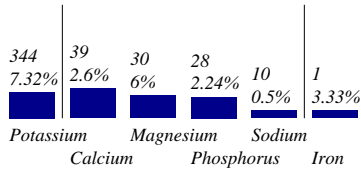
Main lipids profile [gr of lipid per 100 gr. food]

0ug 0ug 0ug
0% 0% 0%

Colesterol
Total omega 3
Total omega 6

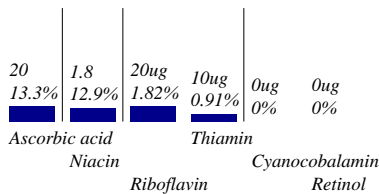
EFA
0

Mineral and oligoelements profile [mg of mineral per 100 gr. food]



MINER.
3.7

Vitamin profile [mg of vitamin per 100 gr. food]



VITAM.
4.8