



Balsam-pear (bitter gourd), pods, raw

TOTAL
5.5
2.7

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



Proteins
Water
Sugars
Fibre
Alcohol
Lipids
Other

FIBER
11.2
7.4

Energy [kcal per 100 gr. food]



kCALs
0.7
0.7
17.7

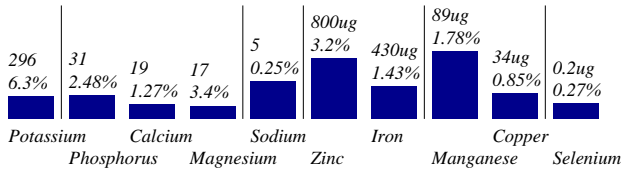
Main lipids profile [gr of lipid per 100 gr. food]

0ug 0ug 0ug
0% 0%

Colesterol
Total omega 3
Total omega 6

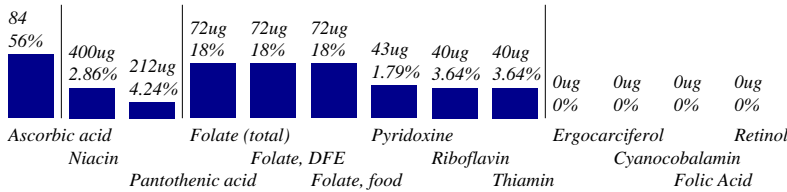
EFA
0

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



MINER.
2.1

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



VITAM.
9.7

Phytochemicals profile [mg of nutrient per 100 gr. food]

