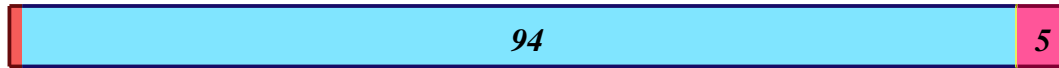




Gourd, dishcloth (towelgourd), raw

TOTAL
3.1
0.9

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



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

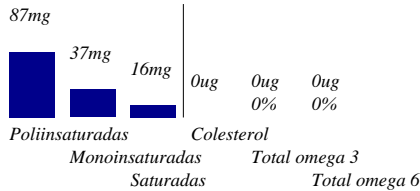
FIBER
0
0

Energy [kcal per 100 gr. food]

20

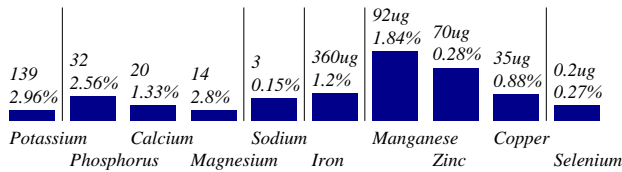
kCALs
0.9
0.8
17.3

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



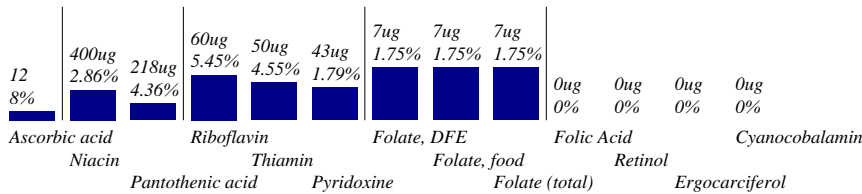
EFA
0

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



MINER.
1.4

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



VITAM.
2.5