



Gourd, dishcloth (towelgourd), cooked, boiled, drained, without salt

TOTAL
4.3
1.1

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



Proteins
Water
Sugars
Fibre
Alcohol
Lipids
Other

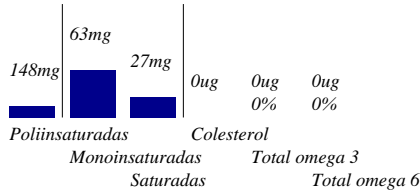
FIBER
0
0

Energy [kcal per 100 gr. food]



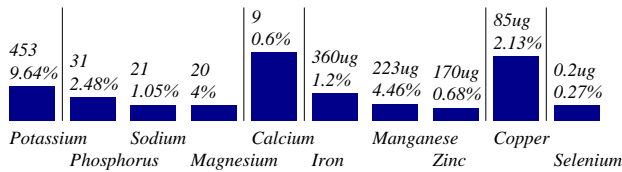
kCALs
2.4
2.2
25

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



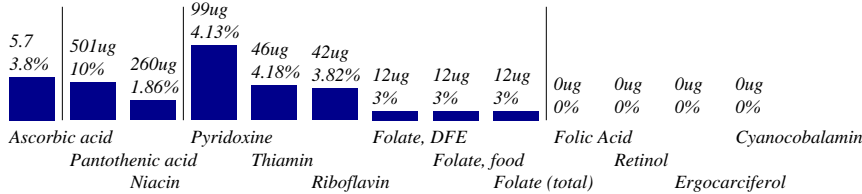
EFA
0

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



MINER.
2.6

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



VITAM.
2.8