

TABLA NUTRICIONAL

ZESPRI SUNGOLD

Por cada 100 g de kiwi Zespri SunGold maduro comestible

Valores aproximados

Energía	Kcals	63
Energía	Kj	280
Total grasas	g	0,3
Carbohidratos	g	12,4
de los cuales, azúcares	g	12,3
Fibra alimentaria	g	1,4
Proteína	g	1
Sodio	g	2,7
Agua	g	82,4

Vitaminas

Total equivalentes vit. A	IU	23
Vit. B1/Tiamina	mg	0
Vit. B2/Riboflavina	mg	0,07
Vit. B3/Niacina	mg	0,23
Vit. B6/Piridoxina	mg	0,08
Vit. C	mg	161,3
Vit. E	mg	1,4
Folato	µg	31

Minerales

Magnesio	mg	12,3
Fósforo	mg	25,2
Potasio	mg	315
Calcio	mg	17,3
Cobre	mg	0,15
Hierro	mg	0,2
Zinc	mg	0,1

USDA National Nutrient Database for Standard Reference Legacy Release, April 2018.

The Concise New Zealand Food Composition Tables 13th Edition, 2018.

Zespri International Limited.

Nutrient adequacy and Nutrient Density Calculations based on US Daily Values and Calculations in Darmon N. A Nutrient Density Standard for Vegetables and Fruits. J Am Diet Assoc. 2005;105:1881-87.

Lesperance L, et al. Nutritional assessment of ZESPRI® GREEN Kiwifruit ('Hayward') and ZESPRI® GOLD Kiwifruit ('Hort16A'). Palmerston North: Plant & Food Research; 2010. 42/SPTS No. 3199.

Sivakumaran S, et al. The nutritional composition of Zespri® SunGold Kiwifruit (Gold3) and Zespri® Sweet Green Kiwifruit (Green14). Palmerston North: Plant & Food Research; 2013. 107/SPTS No. 8606.