

**TABLA NUTRICIONAL**
**ZESPRI SUNGOLD Y**
**ZESPRI GREEN**

 Por cada 100 g de kiwi  
Zespri Green maduro  
comestible

 Por cada 100 g de  
kiwi Zespri SunGold  
maduro comestible

**Valores aproximados**

Energía	Kcals	61	63
Energía	Kj	250	280
Total grasas	g	0,7	0,3
Carbohidratos	g	9,1	12,4
de los cuales, azúcares	g	8,8	12,3
Fibra alimentaria	g	3	1,4
Proteína	g	1,2	1
Sodio	g	2,3	2,7
Agua	g	83,5	82,4

**Vitaminas**

Total equivalentes vit. A	IU	90	23
Vit. B1/Tiamina	mg	0	0
Vit. B2/Riboflavina	mg	0,05	0,07
Vit. B3/Niacina	mg	0	0,23
Vit. B6/Piridoxina	mg	0,07	0,08
Vit. C	mg	85,1	161,3
Vit. E	mg	0,86	1,4
Folato	µg	38,2	31

**Minerales**

Magnesio	mg	14,4	12,3
Fósforo	mg	34	25,2
Potasio	mg	301	315
Calcio	mg	27	17,3
Cobre	mg	0,12	0,15
Hierro	mg	0,2	0,2
Zinc	mg	0,1	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.

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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.