

VALOR CALÓRICO

E ÍNDICE GLUCÉMICO



EFICIENTE
ENERGÉTICAMENTE^{1,3-4}
61-63 KCAL / 100 G



BAJO
ÍNDICE GLUCÉMICO¹
38-39

1 KIWI DE TAMAÑO MEDIO
≈ 45-55 KCAL



1. The New Zealand Institute for Plant & Food Research Limited. (2015). *New Zealand Food Composition Database: New Zealand FOODfiles 2014 Version 01*. Retrieved March 30, 2015 from <http://www.foodcomposition.co.nz/foodfiles>.

3. There are a number of equations to calculate energy as noted by the European Commission (2014). *This calculation refers to the European Commission legislature that calculates energy as total carbohydrate plus fibre.*
http://ec.europa.eu/food/safety/labelling_nutrition/labelling_legislation/index_en.htm

4. Monro JA. *Kiwifruit, carbohydrate availability, and the glycemic response*. Adv Food Nutr Res. 2013;68:257-71.