

TABLEAU DES VALEURS NUTRITIONNELLES
ZESPRI SUNGOLD ET
ZESPRI GREEN

 Pour 100g de kiwi
Zespri Green
comestible mûr

 Pour 100g de kiwi
Zespri SunGold
comestible mûr

Proximates

| | | Pour 100g de kiwi Zespri Green comestible mûr | Pour 100g de kiwi Zespri SunGold comestible mûr |
|--------------------------|-------|---|---|
| Énergie | Kcals | 61 | 63 |
| Énergie | Kj | 250 | 280 |
| Matières grasses totales | g | 0.7 | 0,3 |
| Hydrates de carbone | g | 9.1 | 12.4 |
| dont sucres | g | 8.8 | 12.3 |
| Fibres alimentaires | g | 3 | 1.4 |
| Protéines | g | 1.2 | 1 |
| Sodium | g | 2.3 | 2,7 |
| Eau | g | 83.5 | 82.4 |

Vitamines

| | | | |
|-------------------------|----|------|-------|
| Total équivalents vit A | IU | 90 | 23 |
| Vit B1 / Thiamine | mg | 0 | 0 |
| Vit B2 / Riboflavine | mg | 0,05 | 0.07 |
| Vit B3 / Niacine | mg | 0 | 0.23 |
| Vit B6 / Pyrodoxine | mg | 0.07 | 0,08 |
| Vit C | mg | 85.1 | 161.3 |
| Vit E | mg | 0.86 | 1.4 |
| Folate | µg | 38.2 | 31 |

Minéraux

| | | | |
|-----------|----|------|------|
| Magnésium | mg | 14.4 | 12.3 |
| Phosphore | mg | 34 | 25.2 |
| Potassium | mg | 301 | 315 |
| Calcium | mg | 27 | 17.3 |
| Cuivre | mg | 0.12 | 0.15 |
| Fer | 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.

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.