

VOEDINGSTABEL

ZESPRI GREEN

Per 100 g rijpe,
eetbare Zespri
Green kiwi

Proximale analyses

Energie	Kcals	61
Energie	Kj	250
Totaal vetten	g	0.7
Koolhydraten	g	9.1
waarvan suikers	g	8.8
Voedingsvezels	g	3
Eiwitten	g	1.2
Natrium	g	2.3
Water	g	83.5

Vitamines

Totaal vitamine A-equivalenten	IU	90
Vit B1/Thiamine	mg	0
Vit B2/Riboflavine	mg	0.05
Vit B3/Niacine	mg	0
Vit B6/Pyridoxine	mg	0.07
Vit C	mg	85.1
Vit E	mg	0.86
Folaat	µg	38.2

Mineralen

Magnesium	mg	14.4
Fosfor	mg	34
Kalium	mg	301
Calcium	mg	27
Koper	mg	0.12
Ijzer	mg	0.2
Zink	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.