

VOEDINGSTABEL

ZESPRI SUNGOLD

Per 100 g rijpe,
eetbare Zespri
SunGold kiwi

Proximale analyses

Energie	Kcals	63
Energie	Kj	280
Totaal vetten	g	0.3
Koolhydraten	g	12.4
waarvan suikers	g	12.3
Voedingsvezels	g	1.4
Eiwitten	g	1
Natrium	g	2.7
Water	g	82.4

Vitamines

Totaal vitamine A-equivalenten	IU	23
Vit B1/Thiamine	mg	0
Vit B2/Riboflavine	mg	0.07
Vit B3/Niacine	mg	0.23
Vit B6/Pyridoxine	mg	0.08
Vit C	mg	161.3
Vit E	mg	1.4
Folaat	µg	31

Mineralen

Magnesium	mg	12.3
Fosfor	mg	25.2
Kalium	mg	315
Calcium	mg	17.3
Koper	mg	0.15
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.