

**VOEDINGSTABEL****ZESPRI SUNGOLD EN****ZESPRI GREEN**Per 100 g rijpe,  
eetbare Zespri  
Green kiwiPer 100 g rijpe,  
eetbare Zespri  
SunGold kiwi**Proximale analyses**

Energie	Kcals	61	63
Energie	Kj	250	280
Totaal vetten	g	0.7	0.3
Koolhydraten	g	9.1	12.4
waarvan suikers	g	8.8	12.3
Voedingsvezels	g	3	1.4
Eiwitten	g	1.2	1
Natrium	g	2.3	2.7
Water	g	83.5	82.4

**Vitamines**

Totaal vitamine A-equivalenten	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/Pyridoxine	mg	0.07	0.08
Vit C	mg	85.1	161.3
Vit E	mg	0.86	1.4
Folaat	µg	38.2	31

**Mineralen**

Magnesium	mg	14.4	12.3
Fosfor	mg	34	25.2
Kalium	mg	301	315
Calcium	mg	27	17.3
Koper	mg	0.12	0.15
Ijzer	mg	0.2	0.2
Zink	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.