

# KIWI EIGENSCHAPPEN



**ENERGIE-  
EFFICIENT**

**61-63 KCAL /  
100 G<sup>3-5</sup>**



**LAAG**

**GLYCEMISCHE  
INDEX<sup>1</sup>**

**38-39**



**LAAG**

**FODMAP-  
VOEDING<sup>6</sup>**



**PREBIOTISCH**

**EFFECTEN<sup>7-15</sup>**

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