

TABLA NUTRICIONAL

ZESPRI™ GREEN

NUTRIENTE	UNIDADES	ZESPRI™ GREEN Por 100g maduro y comestible
COMPOSICIÓN		
AGUA	g	82,2
ENERGÍA (NIP)*	kJ	220,0
	kcal	53,0
ENERGÍA (FSANZ, HC POR DIFERENCIA)**	kJ	281,0
	kcal	67,0
PROTEÍNAS	g	0,8
GRASAS	g	0,6
HIDRATOS DE CARBONO DISP. (AZÚCARES + ALMIDÓN)	g	9,8
FIBRA ALIMENTARIA	g	2,3
AZÚCARES	g	9,7
MINERALES		
CALCIO (CA)	mg	27,0
COBRE (CU)	mg	0,13
HIERRO (FE)	mg	0,2
MAGNESIO (MG)	mg	14,0
MANGANESO (MN)	µg	67,0
FÓSFORO (P)	mg	28,0
POTASIO (K)	mg	300,0
SELENIO (SE)	µg	0,3
SODIO (NA)	mg	1,0
ZINC (ZN)	mg	0,11
VITAMINAS		
ALFACAROTENO (AC)	µg	1,0
B1 – TIAMINA	mg	0,02
B2 – RIBOFLAVINA	mg	0,06
B3 – NIACINA	mg	0,41
B5 – ÁCIDO PANTOTÉNICO	mg	<1,0
B6 – PIRIDOXINA	mg	0,22
B9 – FOLATO	µg	73,0
B12 – COBALAMINA	µg	<0,2
BETACAROTENO (BC)	µg	26,0
COLINA	mg	<10,0
VITAMINA A (FSANZ** 1/6 BC Y 1/12 AC)	µg	4,0
VITAMINA A (FSANZ** 1/12 CAROTENOS)	µg	2,0
VITAMINA C	mg	88,0
VITAMINA E	mg	1,2
VITAMINA K	µg	15,0
OTROS		
LUTEÍNA + ZEAXANTINA	µg	138,0
ADECUACIÓN NUTRICIONAL (AN)	Sum %VD***	10,2
DENSIDAD NUTRICIONAL (DN)	AN por 100 kcal	15,2
ÍNDICE GLICÉMICO	IG	51,0

*NIP: Nutriton Information Panels (Australia- New Zealand). **FSANZ : Food Standards Australia New Zealand. *** VD: Valor diario

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.

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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.