

Naranjilla (lulo) pulp, frozen, unsweetened

Portion: 100g

Name	Amount	Unit
Water	93.05	g
Energy	25	kcal
Energy	103	kJ
Protein	0.44	g
Total lipid (fat)	0.22	g
Ash	0.39	g
Carbohydrate, by difference	5.9	g
Fiber, total dietary	1.71	g
Sugars, total including NLEA	3.74	g
Sucrose	1.72	g
Glucose (dextrose)	0.99	g
Fructose	1.041g	
Lactose	0	g
Maltose	0	g
Galactose	0	g
Calcium, Ca	8	mg
Iron, Fe	0.35	mg
Magnesium, Mg	11	mg
Phosphorus, P	12	mg
Potassium, K	200	mg
Sodium, Na	4	mg
Zinc, Zn	0.1	mg
Copper, Cu	0.028	mg
Selenium, Se	0.4	µg
Vitamin C, total ascorbic acid	3.2	mg
Thiamin	0.045	mg
Riboflavin	0	mg
Niacin	1.45	mg
Pantothenic acid	0.22	mg
Vitamin B-6	0.107	mg
Folate, total	3	µg
Folic acid	0	µg
Folate, food	3	µg
Folate, DFE	3	µg
Vitamin A, RAE	28	µg
Carotene, beta	333	µg
Carotene, alpha	4	µg
Cryptoxanthin, beta	10	µg
Vitamin A, IU	568	IU

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Name	Amount	Unit
Lycopene	0	µg
Lutein + zeaxanthin	299	µg
Vitamin E (alpha-tocopherol)	0.75	mg
Tocopherol, beta	0	mg
Tocopherol, gamma	0.2	mg
Tocopherol, delta	0	mg
Tocotrienol, alpha	0.01	mg
Tocotrienol, beta	0	mg
Tocotrienol, gamma	0.01	mg
Tocotrienol, delta	0	mg
Vitamin K (phylloquinone)	14.6	µg
Fatty acids, total trans	0	g

"Naranjilla (lulo) pulp, frozen, unsweetened." *FoodData Central*, 1 Apr. 2019, *USDA Agricultural Research Service*, fdc.nal.usda.gov/index.html. Accessed 22 Nov. 2020.