Sugar AppleSugar Apple

Annona squamosa

Nutritional Composition

Values per 100 g edible portion.

Nutrient	Per 100 g	1 cup, pulp (250 g)	1 fruit (2-7/8" dia;155 g)
Water	73.23 g	183.08 g	113.51 g
Energy	94 kcal	235 kcal	146 kcal
Protein	2.06 g	5.15 g	3.19 g
Total lipid (fat)	0.29 g	0.72 g	0.45 g
Carbohydrate, by difference	23.64 g	59.10 g	36.64 g
Fiber, total dietary	4.4 g	11.0 g	6.8 g
Calcium, Ca	24 mg	60 mg	37 mg
Iron, Fe	0.60 mg	1.50 mg	0.93 mg
Magnesium, Mg	21 mg	52 mg	33 mg
Phosphorus, P	32 mg	80 mg	50 mg
Potassium, K	247 mg	618 mg	383 mg
Sodium, Na	9 mg	22 mg	14 mg
Zinc, Zn	0.10 mg	0.25 mg	0.16 mg
Vitamin C, total ascorbic acid	36.3 mg	90.8 mg	56.3 mg
Thiamin	0.110 mg	0.275 mg	0.170 mg
Riboflavin	0.113 mg	0.282 mg	0.175 mg
Niacin	0.883 mg	2.208 mg	1.369 mg
Vitamin B-6	0.200 mg	0.500 mg	0.310 mg
Folate, DFE	14 µg	35 µg	22 µg
Vitamin B-12	0.00 µg	0.00 µg	0.00 µg
Vitamin A, RAE	0 µg	0 µg	0 µg
Vitamin A, IU	6 IU	15 IU	9 IU
Fatty acids, total saturated	0.048 g	0.120 g	0.074 g
Fatty acids, total monounsaturated	0.114 g	0.285 g	0.177 g
Fatty acids, total polyunsaturated	0.040 g	0.100 g	0.062 g

Nutrient	Per 100 g	1 cup, pulp (250 g)	1 fruit (2-7/8" dia;155 g)
Cholesterol	0 mg	0 mg	0 mg

Source: USDA National Nutrient Database for Standard Reference, Release 27, Basic Report 09321, “Sugar-apples, (sweetsop), raw.” Report dated December 28, 2014. Values per 100 g edible portion.

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