

Nutrition Facts Cape Gooseberry

Serving size 100g

Amount per serving

Calories 50

Fat calories 0

Dietary value*

Total Fat 0

0

Saturated Fat 0g

0%

Trans Fat 0g

Cholesterol 0mg

0%

Sodium 0mg

0%

Total Carbohydrate 10g

4%

Dietary Fibre 0g

0%

Total Sugars 0g

Protein 2g

Vitamin A 14%

Vitamin C 18%

Vitamin B1 0%

Vitamin B6 0%

Calcium 0%

Iron 0%

Phosphates 10%

Potassium 0%

Magnesium 0%

* The percentage Daily Values (DV) are based on a daily diet of 2.000 calories. Daily Values can be higher or lower depending on your caloric necessity.