Nutrition Facts

Kiwi Serving size (100g)

Amount Per Serving

Calories

80

www.ihcare.ae	% Daily Value*
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol Omg	0%
Sodium Omg	0%
Total Carbohydrate 15g	5%
Dietary Fiber 3g	11%
Total Sugars 9g	
Includes 0g Added Sugars	0%
Protein 1g	2%
Vitamin D 0mcg	0%
Calcium 34mg	2%
Iron 0.3mg	2%
Potassium 0mg	0%
Vitamin A	0%
Vitamin C	100%

^{*}The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.