Nutrition Facts

Kumquat Serving size (100g)

Amount Per Serving

Calories

70

www.ihcare.ae	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol Omg	0%
Sodium 10mg	0%
Total Carbohydrate 16g	6%
Dietary Fiber 6g	21%
Total Sugars 9g	
Includes 0g Added Sugars	0%
Protein 2g	4%
Vitamin D 0mcg	0%
Calcium 78mg	6%
Iron 0.9mg	4%
Potassium 0mg	0%
Vitamin A	6%
Vitamin C	70%

^{*}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.