

# Nutrition Facts

Ackee Serving size (100g)

Amount Per Serving

**Calories**

**150**

[www.ihcare.ae](http://www.ihcare.ae)

% Daily Value\*

Total Fat	0g	0%
Saturated Fat	0g	0%
<i>Trans</i> Fat	0g	
Cholesterol	0mg	0%
Sodium	125mg	5%
Total Carbohydrate	10g	4%
Dietary Fiber	2g	7%
Total Sugars	0g	
Includes Added Sugars	0g	0%
Protein	4g	8%
Vitamin D	0mcg	0%
Calcium	40mg	4%
Iron	4mg	20%
Potassium	270mg	6%
Vitamin A	300mcg	2%
Vitamin C	30mg	35%
Phosphorus	98mg	8%

\*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.