

Nutrition Facts

Bread fruit Serving size (220g)

Amount Per Serving

Calories

230

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% Daily Value*

Total Fat 0.5g 1%

Saturated Fat 0.1g 1%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 60g 22%

Dietary Fiber 11g 39%

Total Sugars 24g

Includes 0g Added Sugars 0%

Protein 2g 4%

Vitamin D 0mcg 0%

Calcium 52mg 4%

Iron 1.26mg 8%

Potassium 0mg 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.