

Nutrition Facts

Dragon Fruit Serving size (100g)

Amount Per Serving

Calories **60**

www.ihcare.ae

% Daily Value*

Total Fat 1.5g 2%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 9g 3%

Dietary Fiber 3g 11%

Total Sugars 9g

Includes 0g Added Sugars 0%

Protein 1g 2%

Vitamin D 0mcg 0%

Calcium 0mg 0%

Iron 0.72mg 4%

Potassium 0mg 0%

Vitamin C 2.7mg 4%

Magnesium 42mg 10%

* 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.