

# Nutrition Facts

Jack Fruit

Serving size (100g)

Amount Per Serving

**Calories**

**100**

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

% Daily Value\*

Total Fat 0g 0%

Saturated Fat 0g 0%

*Trans* Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 24g 9%

Dietary Fiber 2g 7%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 1g 2%

Vitamin D 0mcg 0%

Calcium 39mg 4%

Iron 0.54mg 4%

Potassium 0mg 0%

Vitamin A 6%

Vitamin C 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.