

Nutrition Facts

Rambutan Serving size (100g)

Amount Per Serving

Calories **70**

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% Daily Value*

| | | |
|-----------------------|---------|-----|
| Total Fat | 0g | 0% |
| Saturated Fat | 0g | 0% |
| <i>Trans</i> Fat | 0g | |
| Cholesterol | 0mg | 0% |
| Sodium | 0mg | 0% |
| Total Carbohydrate | 16g | 6% |
| Dietary Fiber | 3g | 11% |
| Total Sugars | 13g | |
| Includes Added Sugars | 0g | 0% |
| Protein | 1g | 2% |
| Vitamin D | 0mcg | 0% |
| Calcium | 13mg | 0% |
| Iron | 0.54mg | 4% |
| Potassium | 235mg | 4% |
| Vitamin C | 59.4mg | 70% |
| Thiamin | 0.012mg | 0% |
| Zinc | 0.11mg | 0% |
| Copper | 0.081mg | 8% |
| Manganese | 0.23mg | 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.