

Nutrition Facts

Bitter Melon **Serving size (100g)**

Amount Per Serving

Calories

0

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% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 5mg **0%**

Total Carbohydrate 4g **1%**

Dietary Fiber 3g **11%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

Protein 1g **2%**

Vitamin D 0mcg 0%

Calcium 19mg 2%

Iron 0.43mg 2%

Potassium 0mg 0%

Vitamin A 141mcg 2%

Vitamin C 84mg 90%

*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.