

Nutrition Facts

Chayote

Serving size (100g)

Amount Per Serving

Calories

20

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% Daily Value*

Total Fat 0g	0%
Saturated Fat 0.028g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 5g	2%
Dietary Fiber 2g	7%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 1g	2%
Vitamin D 0mcg	0%
Calcium 17mg	2%
Iron 0mg	0%
Potassium 125mg	2%
Vitamin A 269mcg	2%
Vitamin C 7.7mg	8%
Folate 123mcg	30%

*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.