

מתוך הבלוג של חנות מועדון 100 קלוריות באריזה:

www.100calshop.co.il



פירות וירקות: ניתוח קלוריות, סיבים תזונתיים, ויטמינים ומינרלים

משקל: גרם ל-100 קל'	מינרלים										ויטמינים										מידע ל-100 גרם		
	מנגן	נחושת	אבץ	נתרן	אשלגן	זרחן	מגנזיום	ברזל	סידן	פנטות	B12	פולית	B6	B3	B2	B1	K	E	C	A	סיבים	קל'	פרי
333	2%	2%	1%	0%	3%	1%	2%	1%	1%	2%	0%	1%	2%	1%	2%	0%	0%	13%	11%	0.4	30	אבטיח	
172	2%	4%	1%	0%	3%	1%	2%	1%	1%	0%	0%	2%	1%	1%	1%	6%	1%	7%	0%	3.1	58	אגס	
106		4%	1%	0%	7%	3%	5%	3%	2%	2%	0%	3%	10%	4%	7%	7%		60%	0%	4.4	94	אנונה	
200	46%	6%	46%	0%	3%	1%	3%	2%	1%	2%	0%	5%	6%	2%	2%	5%	1%	0%	80%	1%	1.4	50	אננס
143	18%	6%	1%	0%	5%	2%	2%	1%	1%		0%	2%	5%	1%	1%	2%	3%	4%	13%	33%	3.6	70	אפרסמון
256	3%	3%	1%	0%	5%	2%	2%	1%	1%	2%	0%	1%	1%	4%	2%	2%	3%	4%	11%	7%	1.5	39	אפרסק
303	3%	4%	1%	0%	9%	4%	5%	1%	5%	3%	0%	3%	3%	1%	2%	3%	0%	1%	52%	23%	1.6	33	אש' אדומה
303	1%	3%	0%	0%	4%	1%	2%	0%	1%	3%	0%	2%	2%	1%	1%	2%	0%	1%	56%	1%	1.6	33	אשכולית
112	13%	4%	1%	0%	10%	2%	7%	1%	1%	3%	0%	5%	18%	3%	4%	2%	1%	1%	15%	1%	2.6	89	בונה
147	8%	11%	2%	0%	12%	4%	5%	1%	2%	5%	0%	12%	6%	5%	2%	4%	3%	4%	381%	12%	5.4	68	גויאבה
159	4%	3%	0%	0%	6%	2%	3%	2%	13%	2%	0%	1%	2%	1%	2%	2%	3%	0%	12%	1%	2.1	63	דובדבנים
152	3%	7%	0%	0%	5%	3%	2%	2%	1%		0%	3%	5%	3%	4%	1%	0%	0%	119%	0%	1.3	66	ליצ'י
294	2%	2%	1%	1%	8%	1%	3%	1%	1%	1%	0%	5%	4%	4%	1%	3%	3%	0%	61%	68%	0.9	34	מלון
154	1%	6%	0%	0%	4%	1%	2%	1%	1%	2%	0%	3%	7%	3%	3%	4%	5%	6%	46%	15%	1.8	65	מנגו
189	2%	2%	0%	0%	5%	2%	3%	1%	4%	2%	0%	4%	4%	2%	2%	4%	0%	1%	44%	14%	1.8	53	מנגרינות
208	4%	4%	1%	0%	7%	2%	2%	2%	1%	2%	0%	2%	3%	3%	3%	2%	4%	4%	17%	39%	2	48	משמש
145	4%	6%	0%	0%	5%	2%	2%	2%	1%	1%	0%	0%	4%	1%	4%	5%	18%	1%	18%	1%	0.9	69	ענבים
263	1%	2%	1%	0%	6%	2%	1%	1%	0%				2%	1%	2%	2%			102%	0%	1	38	פומלה
192	34%	4%	3%	0%	4%	3%	5%	4%	2%	3%	0%	5%	3%	3%	2%	2%	10%	4%	44%	1%	6.5	52	פטל
103		4%	1%	1%	10%	7%	7%	9%	1%		0%	3%	5%	7%	8%	0%	1%	0%	50%	25%	10.4	97	פסיפלורה
256	1%	1%	0%	0%	7%	1%	2%	1%	2%	2%	0%	10%	1%	2%	2%	2%	3%	4%	103%	22%	1.8	39	פפאיה
164	5%	6%	1%	0%	9%	3%	4%	2%	3%	2%	0%	6%	3%	2%	1%	2%	50%	7%	155%	2%	3	61	קיווי
323	2%	7%	1%	0%	4%	1%	2%	0%	0%	4%	0%	3%	1%	2%	1%	1%	0%	1%	57%	1%	2.8	31	קרמבולה
120	6%	8%	2%	0%	7%	4%	3%	2%	1%	4%	0%	10%	4%	1%	3%	4%	21%	3%	17%	0%	4	83	רימונים
217	3%	3%	1%	0%	4%	2%	2%	1%	1%	1%	0%	1%	1%	2%	2%	2%	8%	1%	16%	7%	1.4	46	שזיף
213	7%	2%	0%	0%	8%	3%	3%	2%	2%		0%	3%	5%	1%	1%	1%			2%	31%	1.7	47	שסק
135	6%	4%	1%	0%	7%	1%	4%	2%	4%	3%	0%	1%	6%	2%	3%	4%	6%	1%	3%	3%	2.9	74	תאנים
313	19%	2%	1%	0%	4%	2%	3%	2%	2%	1%	0%	6%	2%	2%	1%	2%	3%	1%	98%	0%	2	32	תותים
213	1%	2%	0%	0%	5%	1%	2%	1%	4%	3%	0%	8%	3%	1%	2%	6%	0%	1%	89%	4%	2.4	47	תפוז
192	2%	1%	0%	0%	3%	1%	1%	1%	1%	1%	0%	1%	2%	0%	2%	1%	3%	1%	8%	1%	2.4	52	תפוח
203	7%	4%	2%	0%	6%	2%	3%	2%	2%	2%	0%	4%	4%	2%	2%	3%	6%	2%	58%	11%	3	55	ממוצע: