

White Sapote, raw

Portion: 3.5 oz or 100 g of fruit

Name	Amount	Unit
Moisture	78.3	g
Protein	1.143	g
Fat	0.03	g
Fiber	0.9	g
Ash	0.48	g
Calcium	9.9	mg
Phosphorus	20.4	mg
Iron	0.33	mg
Carotene	0.053	mg
Zinc, Zn	0.54	mg
Thiamine	0.042	mg
Riboflavin	0.043	mg
Niacin	0.072	mg
Ascorbic acid	030.3	mg

Fruits of Warm Climates. Julia F. Morton, Miami, 1987.
Accessed 29 Jan. 2019.