

Guavas

Serving Size

1 cup, sliced (150 g)

Amount Per Serving

Calories 110

	% Daily Value *
Total Fat 1.5 g	2%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 0 mg	0%
Total Carbohydrate 24 g	9%
Dietary Fiber 9 g	32%
Total Sugars 15 g	
Includes 0 g Added Sugars	0%
Protein 4 g	
Vitamin D 0 mcg	0%
Calcium 30 mg	2%
Iron 0.43 mg	2%
Potassium 690 mg	15%

*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.

Allergens:

Ingredients: