

NUTRITIVE VALUE OF FRUITS

	Energy (Kcals)	Moisture (g)	Protein (g)	Fat (g)	Mineral (g)	Fibre (g)	Carbohy drates(g)	Calcium (mg)	Phosphorus (mg)	Iron (mg)
Ambada	48	90	1	3	0	1	4	36	11	4
Amla	58	82	0	0	0	3	14	50	20	1
Apple	59	85	0	0	0	1	13	10	14	1
Apricot fresh	53	85	1	0	1	1	12	20	25	2
Apricot dry	306	19	2	1	3	2	73	110	70	5
Avacodo	215	74	2	23	1	-	1	10	80	1
Bael fruit	137	61	2	0	2	3	32	85	50	1
Banana ripe	116	70	1	0	1	0	27	17	36	0
Banyan tree figs	72	74	2	2	2	8	12	364	43	-
Bilimbi	19	94	0	0	0	1	3	15	10	1
Bread fruit	71	79	1	0	1	2	16	40	30	0
Bullock heart	70	77	1	0	1	5	16	10	10	1
Cape gooseberry	53	83	2	0	1	3	11	10	67	2
Cashew fruit	51	86	0	0	0	1	12	10	10	0
Cherries, red	64	83	1	0	1	0	14	24	25	0
Currants, black	316	18	3	0	2	1	75	130	110	8
Dates fresh	144	59	1	0	1	4	34	22	38	1
Dates dried	617	15	2	0	2	4	76	120	50	7
Grape pale green	71	79	0	0	1	3	16	20	30	0
Grape fruit seedless	45	88	1	0	0	0	10	30	30	0
Grape fruit triumph	32	92	1	0	0	0	7	20	20	0
Grapes blue variety	58	82	1	0	1	3	13	20	23	0
Guava, country	51	82	1	0	1	5	11	10	28	0
Guava, hill	38	85	0	0	1	5	9	50	20	1
Jack fruit	88	76	2	0	1	1	20	20	41	0
Jambu fruit	62	84	1	0	0	1	14	15	15	0
Korukkpalli	78	79	3	0	1	1	16	14	49	1
Lakuch	66	82	1	1	1	2	13	50	20	0
Lemon	57	85	1	1	0	2	11	70	10	0
Lemon sweet	35	90	1	0	0	0	7	30	20	1
Figs	37	88	1	0	1	2	8	80	30	1
Lichi	61	84	1	0	0	0	14	10	35	1
Lime	59	85	1	1	1	1	11	90	20	0
Lime, sweet malta	36	90	1	0	0	1	8	30	20	1
Loquat	43	88	1	0	0	1	10	30	20	1
Mahua, ripe	111	74	1	2	1	0	23	45	22	0
Mango	74	81	1	0	0	1	17	14	16	1
Mangosteen	60	85	1	0	0	0	14	10	20	0
Melon, musk	17	95	0	0	0	0	3	32	14	1

Melon, water	16	96	0	0	0	0	3	11	12	8
Mulberry	49	86	1	0	1	1	10	70	30	2
Orange	48	88	1	0	0	0	11	26	20	0
Orange juice	9	98	0	0	0	0	2	5	9	1
Palmyra fruit ripe	87	77	1	0	1	0	21	9	33	-
Papaya	32	91	1	0	0	1	7	17	13	0
Passion fruit	54	76	1	0	1	10	12	10	60	2
Passion fruit juice	37	89	1	0	1	1	8	10	30	1
Peaches	50	86	1	0	1	1	10	15	41	2
Pears	52	86	1	0	0	1	12	8	15	0
Persimmon	76	80	1	0	0	1	18	15	10	0
Phalsa	72	81	1	1	1	1	15	129	39	3
Pineapple	46	88	0	0	0	0	11	20	9	2
Plum	52	87	1	0	0	0	11	10	12	1
Pomegranate	65	78	2	0	1	5	14	10	70	2
Prunes	56	8	0	0	1	0	13	10	18	-
Pummelo	44	88	1	0	0	1	10	30	30	0
Quince	50	86	0	0	0	2	12	20	10	0
Raisins	308	20	2	0	2	1	75	87	80	8
Raspberry	56	85	1	1	1	1	12	40	110	2
Rose apple	39	89	1	0	0	1	8	10	30	0
Sapota	98	74	1	1	0	3	21	28	27	1
Seethaphal	104	70	2	0	1	3	23	17	47	4
Strawberry	44	88	1	0	0	1	10	30	30	2
Tomato, ripe	20	94	1	0	0	1	4	48	20	1
Wood apple	134	64	7	4	2	5	18	130	110	0
Zizyphus	74	82	1	0	0	0	17	4	9	0

Source

Gopalan. C, Rama Sastri B.V. and Balasubramanian, S.C., 2004, Nutritive Value of Indian Foods, National Institute of Nutrition, ICMR, Hyderabad.