Custard-Apple
Annona reticulata

Nutritional Composition

Values are per 100 g raw edible portion.

Fruit Nutrient	Amount
Calories	101 kcal
Water	71.50 g
Protein	1.70 g
Total fat	0.60 g
Saturated fat	0.23 g
Carbohydrates	25.20 g
Dietary Fiber	2.40 g
Ash	1.00 g
Calcium	30 mg
Iron	0.71 mg
Magnesium	18 mg
Phosphorus	21 mg
Potassium	382 mg
Sodium	4 mg
Vitamin A	33 IU
Vitamin A (RAE)	2 µg
Thiamine	0.08 mg
Riboflavin	0.10 mg
Niacin	0.50 mg
Pantothenic Acid	0.14 mg
Vitamin B6	0.22 mg
Vitamin C	19.20 mg
Lysine	0.04 g
Methionine	0.00 g
Tryptophan	0.01 g

Source: USDA FoodData Central (FDC 171725).

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