

DRAGON FRUIT



Dragon fruit is also known as "pitaya" or "strawberry pear" Do you think this looks like a strawberry or pear?

PRODUCE PARTICULARS

Dragon fruit is rich in protein, fiber, iron, and antioxidants. It is also packed with Vitamin C, which helps absorb iron and boost the immune system.

While it looks exotic, its flavor should be familiar. It's been described as a sweet blending of kiwi and pear or apple.

The dragon fruit is the tropical fruit of a cactus. It has its origins in Mexico, South America and Central America.



Nutrition Facts

1 serving per container
Serving size 100 g

Amount per serving
Calories 60

% Daily Value *

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 12g 4%

Dietary Fiber 2g 8%

Total Sugars 8g

Includes 0g Added Sugars 0%

Protein 1g

Vitamin D 0mcg 0%

Calcium 10mg 0%

Iron 0.4mg 2%

Potassium 290mg 6%

* 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.

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

FRESHEALTH