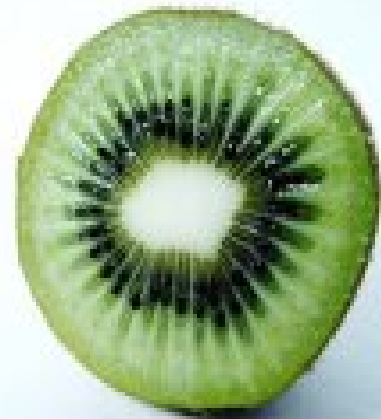


About Kiwi:

One kiwi contains a full day's RDA for vitamin C and kiwi is also a great source of fiber. Kiwi contain enzymes similar to fresh pineapple, so don't use fresh kiwi in gelatin desserts because the gelatin won't set.



Macronutrients:

Water: 63.13 g

Calories: 46

Protein: 0.87 g

Carbohydrates:
11.14 g

Fiber: 2.3 g

Calcium: 26 mg

Iron: 0.24 mg

Magnesium: 13
mg

Phosphorus: 26
mg

Potassium: 237
mg

Sodium: 2 mg

Zinc: 0.11 mg

Vitamin C: 70.5
mg

Thiamin: 0.021
mg