

Sheet1

	Pomegranates
Source of Origin	Maharashtra
Certificates	
Package	Bulk, 250 gms, 500 gm, 1 kg.
Appearance	Blood Red
Available Months	Seasonal
Supply Capacity	
Minimum Order	1 Tonnes
Processing Type	IQF and Fresh
NUTRITIONAL INFORMATION	
Water%	78
Protein%	1.6
Fat%	0.1
Sugar%	14.5
Calcium (Ca)%	10 mg
Phosphorus (P)%	70 mg
Iron (Fe)(mg/100gm)	0.3 mg
Vit A	-
Vit B	10mg/100gm
Vit B1 (ThiA)	-
Vit B2 (Ribf)	-
Vit C(mg/100gm)	16
Niacin	-
Minerals%	0.7
Fibers%	5.1
Sodium (Na)	
Folic Acid	
Source	Foods That Heal (The Natural Way To Good Health) by Dr. H.K. Bakhru