



KANDUNGAN KHASIAT HIDANGAN : 100g

Protein	6.4	g	Thiamin	0.21	mg
Karbohidrat	79	g	Riboflavin	0.05	mg
Tenaga	346	kcal	Niasin	3.8	g
Kalsium	9	mg	Serat	2.3	g
Zat Besi	4	mg	Jumlah Lemak	0.4	g

Sumber : Institute of Nutrition, Mahidol University, a member of FAO, WHO & CAC
Nutrients may vary depending on crop. Nutrien mungkin berbeza antara tuaian.