



## KANDUNGAN KHASIAT HIDANGAN : 100g

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

Sumber :

Institute of Nutrition, Mahidol University member of FAO, WHO & CAC

Nutrients may vary depending on crop.  
Nutrien mungkin berbeza antara tuaian.