

SPECIFICATION OF POMEGRANATE JUICE

	<u>Description</u>	<u>Specification</u>
Food Value Per 100 g of Edible Portion*		
1	Calories	63-78
2	Moisture	72.6-86.4 g
3	Protein	0.05-1.6 g
4	Fat	Trace only to 0.9 g
5	Carbohydrates	15.4-19.6 g
6	Fiber	3.4-5.0 g
7	Ash	0.36-0.73 g
8	Calcium	3-12 mg
9	Phosphorus	8-37 mg
10	Iron	0.3-1.2 mg
11	Sodium	3 mg
12	Potassium	259 mg
13	Carotene	None to Trace
14	Thiamine	0.003 mg
15	Riboflavin	0.012-0.03 mg
16	Niacin	0.180-0.3 mg
17	Ascorbic Acid	4-4.2 mg
18	Citric Acid	0.46-3.6 mg
19	Boric Acid	0.005 mg
WE ALSO MANUFACTURE PRODUCT AS PER PARTY'S SPECIFICATIONS		



Nutritional value per 100 g (3.5 oz)

Energy - 346 kJ (83 kcal), **Carbohydrates** - 18.7 g, **Sugars** - 13.7 g. **Dietary fiber** - 4.0 g, **Fat** - 1.2 g, **Protein** - 1.7 g, **Thiamine (vit. B₁)** - 0.07 mg (6%), **Riboflavin (vit. B₂)** - 0.05 mg (4%), **Niacin (vit. B₃)** - 0.29 mg (2%), **Pantothenic acid (B₅)** - 0.38 mg (8%), **Vitamin B₆** - 0.08 mg (6%), **Folate (vit. B₉)** - 38 µg (10%), **Vitamin C** - 10 mg (12%), **Calcium** - 10 mg (1%), **Iron** - 0.30 mg (2%), **Magnesium** - 12 mg (3%).