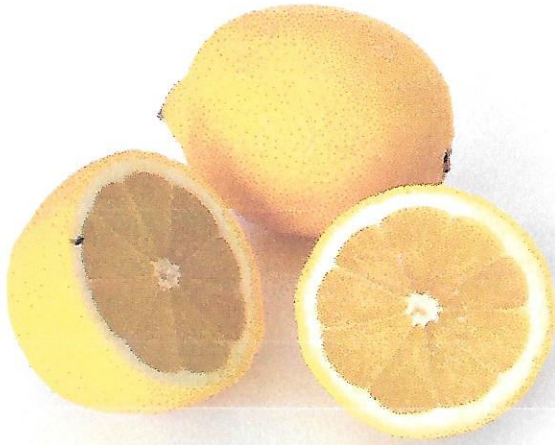


Lemon



Lemon, raw, without peel	
Nutritional value per 100 g (3.5 oz)	
Energy	121 kJ (29 kcal)
- Sugars	2.5 g
- Dietary fiber	2.8 g
Fat	0.3 g
Protein	1.1 g
Thiamine (vit. B1)	0.04 mg (3%)
Riboflavin (vit. B2)	0.02 mg (2%)
Niacin (vit. B3)	0.1 mg (1%)
Pantothenic acid (B5)	0.19 mg (4%)
Vitamin B6	0.08 mg (6%)
Folate (vit. B9)	11 µg (3%)
Choline	5.1 mg (1%)
Vitamin C	53 mg (64%)
Calcium	26 mg (3%)
Iron	0.6 mg (5%)
Magnesium	8 mg (2%)
Manganese	0.03 mg (1%)
Phosphorus	16 mg (2%)
Potassium	138 mg (3%)
Zinc	0.06 mg (1%)

Percentages are roughly approximated using US recommendations for adults.

Source: USDA Nutrient Database