



## Nutrition info

Nutrition	Apple	Banana	Cantelope	Notes
Calories	50	90	34	Per 100 g
Protein (g)	0.5	1.3	0.8	
Fiber (g)	2.4	3.1	0.9	Skin on, if applicable

Nutrition	Jackfruit	Orange	Peach	Notes
Calories	100	75	60	Per 100 g
Protein (g)	2.0	0.5	0.7	
Fiber (g)	3.1	4.1	1.0	Skin on, if applicable