

Nutrient	Unit	1 Value Per100 g	0.5 cup, slices 70g	1.0 cup, cubes 161g	1.0 small 148g	1.0 medium 178g	1.0 large 230g	1.0 NLEA serving 166g
Vitamin D	IU	0	0	0	0	0	0	0
Vitamin K (phylloquinone)	µg	4.4	3.1	7.1	6.5	7.8	10.1	7.3
Lipids								
Fatty acids, total saturated	g	0.022	0.015	0.035	0.033	0.039	0.051	0.037
Fatty acids, total monounsaturated	g	0.084	0.059	0.135	0.124	0.150	0.193	0.139
Fatty acids, total polyunsaturated	g	0.094	0.066	0.151	0.139	0.167	0.216	0.156
Cholesterol	mg	0	0	0	0	0	0	0
Other								
Caffeine	mg	0	0	0	0	0	0	0