

Tamarillo, raw

Food Value Per 100 g of Edible Portion*		
Moisture	82.7-87.8	g
Protein	1.5	g
Carbohydrate	10.03	g
Fat (ether extract)	0.06-1.28	g
Fiber	1.4-4.2	g
Nitrogen	0.223-0.445	g
Ash	0.61-0.84	g
Calcium,	3.9-11.3	mg
Phosphorus (with seeds)	52.5-65.5	mg
(without seeds)	13.1	mg
Iron	0.66-0.94	mg
Carotene	0.371-0.653	mg
(or calculated as Vitamin A)	540	I.U.
Thiamin	0.038-0.137	mg
Riboflavin	0.035-0.048	mg
Niacin (with seeds)	1.10-1.38	mg
(without seeds)	1.011	mg
Ascorbic Acid**	23.3-33.9	mg

*Analyses made in Ecuador, Guatemala and India.

**Most of the ascorbic acid is lost in cooking.

Fruits of Warm Climates. Julia F. Morton, Miami, 1987.
Accessed 16 Apr. 2020.